



# SAINT PAUL NATURAL RESOURCES

A SECTION OF THE SAINT PAUL DEPARTMENT OF PARKS AND RECREATION

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## Winter Issue

January 8, 2015

### Phalen Freeze Fest: Show Winter What You're Made Of



Woodcut illustration by Betsy Bowen.

Rediscover the magic of winter at the new Phalen Freeze Fest, where we'll light the darkness and warm the air with art, food, and fun activities. Join us around the fire to hear the Ojibwe legend of Shingebiss, the story of the determined duck who refused to be defeated by the Winter Maker. Help us dramatize the storytelling with parade-style puppets and masks. Inspired by this plucky duck, we'll fish through the ice, build snow caves, and cook our food

over the fire. Enjoy a StoryWalk of the picture book *Shingebiss* by Nancy Van Laan, with woodcut illustrations by Betsy Bowen, posted page by page along a trail lit with luminaries.

**Sat, Feb. 7, 5-8 pm**  
**Phalen Picnic Pavilion,**  
**1600 Phalen Drive,**  
**Saint Paul**

Help build the Shingebiss puppets or prepare the snow caves in workshops starting January 12. Learn more at <http://bit.ly/freezefest15> or contact Faith Krogstad at 651-632-2455.

## Nurture Nature – Get Involved!

Join others in the community or spend some tranquil alone-time this spring while beautifying Saint Paul. Whether you have an hour to spare or some time every week, you can be involved as a valuable member of our fantastic volunteer team. It may seem early, but we're already looking for help this spring.

### Restoration Supervisors

If you are interested in improving our natural areas in the city and teaching other volunteers

about invasive species and native plants, this rewarding position is for you.

### EcoStewards

If you'd rather contribute to improving our parks on your own time, adopt a parcel of the Como Woodland Outdoor Classroom.

### Citywide Spring Cleanup

Join others across Saint Paul and help clean up your neighborhood or promote your local business by sponsoring a Cleanup Site. In honor of Earth Day, we will



take to the streets and parks Saturday, April 18. More opportunities will be posted even before the weather warms up, so

*Citywide Spring Cleanup.*

check out [www.stpaul.gov/naturalresources](http://www.stpaul.gov/naturalresources) and click on the Volunteer link.

## Contact Natural Resources

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## Emerald Ash Borer in Saint Paul

Emerald Ash Borer (EAB) is an exotic beetle that was discovered in southeastern Michigan near Detroit in 2002. It is suspected that EAB initially arrived in the United States on solid wood packing material originating in its native Asia. EAB is a concern in the United States because it kills all ash native to the U.S.



*Adult Emerald ash borer emerging from tree (photo courtesy of Joshua Plunkett, MDA) in St Paul.*

### What to know:

- Adult Beetles are metallic green and about 1/2-inch long.
- Adults do little damage to the tree—they feed on the foliage, but are not defoliators
- Adults leave a D-shaped exit hole in the bark when they emerge in spring
- EAB larvae feed on the

inner bark (cambium) of ash trees, disrupting the tree's ability to transport water and nutrients

- The feeding path, or gallery of the EAB larvae is a characteristic S-shape

- Woodpeckers like to eat EAB larvae; woodpecker damage on ash trees may be a sign of EAB infestation, but is not a 100% positive indicator

First discovered in the Saint Anthony Park neighborhood of Saint Paul in 2009, EAB has now been found throughout much of the city. Saint Paul Forestry manages the pest through a variety of techniques including monitoring of infested areas, sanitation or infested tree removal, and insecticide treatments.

If you think EAB is in your ash tree please call: 651-632-5129 or visit: [www.stpaul.gov/eab](http://www.stpaul.gov/eab).



*Adult Emerald ash borer exit hole in ash tree in St Paul.*

### How You Can Help:

If you think Emerald Ash Borer is in your ash tree please call:

651-632-5129

or visit: [www.stpaul.gov/eab](http://www.stpaul.gov/eab)

## The Growing Science Project: Blending Environmental Science Research with Community Service



*The project combined urban agriculture research with education and development.*

In 2014, the University of St. Thomas began the Growing Science Project at Conway and St. Clair Recreation Centers. The Growing Science Project combines urban agriculture

research with educational and community development activities in low-income neighborhoods. At each site, 32 raised bed plots were built and randomly

allocated to treatments in a scientific experiment. Undergraduate students and faculty from the University of St. Thomas created experiments that focused on yield and environmental impacts associated with different composting strategies. UST undergraduates led groups of local high school students to conduct research activities and provided integrative training of agriculture field research with technical training in soil and agriculture product analysis. The results of these urban agricultural projects included:

- A barbecue harvest party where gardeners, neighbors and St. Thomas

students worked together and socialized

- Free starter plants and soil testing to the other community gardeners at the sites
- The employment of two youth interns who were exposed to university-level science and thoroughly integrated into the UST team
- Fresh vegetables provided to gardeners, food shelves and students
- Research results that are promising and have the potential to be published

## Grant Funds Secured for Habitat Restoration & Education



Saint Paul Natural Resources has been awarded a \$118,000 Conservation Partners Legacy (CPL) grant to enhance and manage approximately fifty-nine acres of disturbed floodplain forest along the Mississippi River within Hidden Falls Regional Park. Project work will include reforestation efforts and invasive species removal and control. The project will improve tree canopy diversity, increase connectedness of high-quality forests, reduce sedimentation of the Mississippi River, and improve habitat for fish and wildlife. Funding for the CPL



*Recreation center youth will grow and transplant native wetland plants.*

grant program is from the Outdoor Heritage Fund, created by the people of Minnesota. The CPL Program has been recommended by the

Lessard-Sams Outdoor Heritage Council and approved by the MN Legislature annually since 2009.

Additionally, Natural Resources secured a \$12,000 Capitol Region Watershed District Partner Grant to engage youth from four recreation centers as learners and stewards in Trout Brook Nature Sanctuary and the Como Woodland Outdoor Classroom (CWOC). Youth will "adopt" the parks during the 8-week summer program, propagating native wetland plants, monitoring wildlife, studying ecology, and hosting a community volunteer event to transplant their wetland plants to stream and pond edges.

**Find  
St. Paul  
Natural  
Resources  
Online!**

**Facebook:**

www.facebook.com/  
saintpaulnatural  
resources

**Blog:**

www.restoresaint  
paul.blogspot.com

Banish garlic mustard and conquer burdock in 2015! The Natural Resources team is currently developing a volunteer EcoStewards program for those interested in continuing habitat maintenance work in one of our city's recently restored natural areas. By adopting parcels in different plant communities, EcoStewards will maintain and improve land in the Como Woodland Outdoor Classroom on a weekly basis by monitoring vegetation and removing invasive species. This is the perfect opportunity for individuals who like to

**Adopt a Parcel**



Erin pulling garlic mustard. Photo Credit: Debbie Koenigs

work independently and feel satisfaction from a good weed-pulling session. EcoStewards will receive training and will be provided tools and supplies. If you are

interested in this rewarding experience or would like more information, please contact Ryanna Jackson at Ryanna.Jackson@ci.stpaul.mn.us or 651-632-2411.

**Environmental Programs Calendar**

**Preschool  
ExploraTots**

Parent-child nature exploration class for 2-5 year olds. Siblings welcome. Held second Wednesdays from 10 am-11:30 am

**Jan 14** - Battle Creek Recreation Center

**Feb 11** - Battle Creek Recreation Center

**Mar 11** - Battle Creek Recreation Center

**Apr 8** - Crosby Farm Regional Park

**May 13** - Crosby Farm Regional Park

**Family**

**Phalen Freeze Fest**

Enjoy this winter with storytelling by firelight, ice fishing, snow caves, and more!

**Sat, Feb 7, 5-8 pm,**  
Phalen Picnic Pavilion

**Phalen Freeze Fest  
Puppet Workshops**

Help build large parade-style puppets and masks to be used as props for storytelling at the festival. Four weeks of open house style workshops from 4:00-6:00 pm at the Duluth & Case and Hancock Recreation Centers.

*Duluth & Case Recreation Center -*  
**Jan 12, Jan 22, Jan 26, Feb 2**

*Hancock Recreation Center -*  
**Jan 13, Jan 20, Jan 27, Feb 3**

**Phalen Freeze Fest**

Snow Cave Making  
Learn the art of building quinzhees (snow caves) in preparation for the Phalen Freeze Fest on Feb 7.

**Feb 6, 3:30-5:30 pm,**  
Phalen Picnic Pavilion

**Green Time**

Child-led nature play family meetup held third Thursdays from 10-11:30 am at Hidden Falls Regional Park Picnic Shelter (North Gate)

**Jan 15, Feb 19, Mar 19, Apr 16, May 21**

**Geocaching on  
Snowshoes**

Go on a treasure hunt through the snow!

**Sat, Feb 21, 10 am-noon**  
Crosby Farm Regional Park

**Adults of All Ages  
Moonlight Snowshoe  
Hike**

Enjoy the Mississippi River by the light of the moon.

**Thu, Feb 12, 7:30-9 pm,**  
Crosby Farm Regional Park

*These programs are funded in full or in part by the Clean Water, Land and Legacy Amendment, REI and Cargill.*



**Flying WILD & Project WILD Workshop**

Calling all teachers, youth leaders, and environmental educators! Introduce your students to hands-on activities about birds and other wildlife.

**Sat, Mar 21, 9 am-2 pm,**  
Como Park Zoo and Conservatory  
\$69—curriculum, lunch and CEUS provided

**Register for Environmental Programs  
at <http://bit.ly/STPenviored>**