



**** Citizens for Lexington Conservation Newsletter (clclex.org/newsletters) ****

Citizens for Lexington Conservation

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ADDRESS SERVICE REQUESTED

Eileen Entin, Chair

SEPTEMBER 2023

Ruth M. Ladd, Editor

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CLC ANNUAL MEETING—NOVEMBER 21!

Thanks to COVID, it has been a few years since we had an Annual Meeting but it’s back! And to celebrate we are hosting a wonderful speaker, **Barbara Katzenberg**, a Lexingtoninan whose talk will be **“Observing Lexington's Biodiversity Using iNaturalist.”** In the past few years, applications to help people identify



organisms have proliferated using various forms of AI capability. The non-profit iNaturalist has the added benefit of bringing together an international community of naturalists--both amateur and professional-- who contribute by confirming identifications, discussing findings, and creating projects and teaching materials using its content. Barbara Katzenberg has been documenting plant life in Lexington in iNaturalist since 2021 and to date has identified 498 wild species, primarily in our conservation lands. In this talk she will demonstrate the use of iNaturalist, including tips to get started, and show some of her findings, including images of Lexington's two pawpaw groves as they appear at different times of the year.



There will be a handout to help people get started.

Editor’s Note: I looked up Barbara’s bio in iNaturalist and it shows she’s made (as of 8/13/23) 5,296 observations of 879 species and provided 9,598 identifications! Amazing!

The meeting will be **IN PERSON at the Lexington Community Center on November 21 at 7 pm** in the dining room (so there will be refreshments!). We look forward to seeing you there.

The Lexington Native Plant Nursery

Holly Samuels, Lexington Conservation Steward

For a few years an idea has been brewing to create a nursery area to grow native herbaceous plants and shrubs for restoring Lexington conservation areas and perhaps for sale to the public for residential yards. That idea is being realized at the Lower Vine Brook Conservation Area. A tree nursery had already been established in this area, and there is a water source at the site. With Lexington Conservation Commission permission to develop a small plant nursery at this site, planning began in earnest in winter 2020-21.

Due to the heavy pressure in this area from rabbits and other herbivores who would find a nice banquet with tender new plants, the growing area had to be enclosed. A hoop house was envisioned to keep out larger animals such as deer, and large birds such as wild turkeys that also like to browse on tender plants. We were fortunate to receive a donation from Lexington residents Meg and John Himmel of 10 large hoops that had originally been salvaged from the old Lexington Gardens on Hancock St. With that donation we could really begin to envision the possibilities.



Preliminary work to prepare the site began with a workday in April 2021, the first Stewardship Saturday of the season. Boy Scouts and LHS Conservation Club members, as well as some adults, for a total of 21 people came together to clear weeds and brush, lay out cardboard covered with wood chips to suppress future weed growth, move some small trees, and lay out the footprint of the hoop house with landscape fabric. Thank you to the Lex DPW for bringing a dumpster loaded with wood chips and for carting off the collected brush to the composting facility. Further work was done on another Stewardship Saturday in May with families

from Temple Isaiah to clear invasive garlic mustard from the area. The greater area will require ongoing work into the foreseeable future with annual removal of garlic mustard and invasive bittersweet vine but the hoop house area was clear.

In June 2021, proceeds from the pre-paid sale to the public of pollinator plant kits, purchased from a New Hampshire nursery, were made available. After researching and acquiring all of the supplies needed to install the hoops, work was begun in July 2021 to erect the structure. Many thanks to volunteer Conservation Stewards Don Grant, Stephen Perkins, and Barbara Katzenberg, volunteer my willing husband Jim Constantine, LHS students, and the Conservation Summer Work Crew members who helped with the 'barn raising'. It was very exciting to see it all come together into an actual structure. In subse-





quent weeks the hoop house was enclosed with poultry wire and shade netting, and given a custom-made door. There is also an area fully shaded with a tarp for both sun and rain protection for transplanting work. The nursery now consists of an unheated hoop house 45' x 18' open to the elements, with three 8' x 8' growing tables and a custom spray irrigation system.

The nursery is now in its second full year of growing and the seasonal cycles are becoming more clear as operations evolve. For the first two years the nursery has grown primarily herbaceous perennial plants from seed and from purchased landscape plugs. Seed planting begins in January for seeds that require overwintering before they will sprout, in a process called *cold stratification*. The hoop house will remain open to the elements so the plants are grown in natural weather conditions, supplemented by water only during the summer months as needed. Plant selection includes many varieties that are less likely to be browsed by deer and rabbits. Some trees and shrubs have been added this year.

The destination of the plants is for habitat restoration efforts in town conservation and other public areas where volunteers are removing introduced plant species that are especially troublesome. The goal of planting native plants in these newly-cleared areas is to help establish a healthier, more diverse ecosystem, and plants are the basis of the ecosystem. Bi-annual sales to the general public help fund capital and annual operating expenses. The nursery currently has the capacity to hold approximately 1500 -2000 plants and planning is underway to consider expanding the nursery to meet increased need and demand. Over 2000 plants were grown in 2022. Of those grown, 1100 were planted into conservation areas, 230 were sold, and the remainder were wintered over for restoration and sales this year. Currently the plant supply exceeds space capacity and plants are lining the floor along the edges in preparation for fall planting. Future pre-order sales to the public are also in the planning stages.



Thank you, again, to all who helped make this initial nursery establishment a success and we look forward to what it will grow into in the future!

Those interested in being involved in the nursery in any capacity are most welcome, including; seed cleaning, transplanting seedlings, preparation for sales, selling at events, co-coordinating operations, or future planning. Anyone interested can reach out to Holly Samuels at lexplantnursery@gmail.com

WALK SUGGESTIONS AND LEADERS ALWAYS NEEDED!

What Conservation properties would YOU like to explore or revisit? What topics are you most interested in learning more about? Give us a shout with suggestions at clclexington@gmail.com. Don't worry, we won't make you lead the walk(s) you suggest unless you want to!

THANK YOU TO OUR WALK LEADERS!

Barbara Tarrh

Our most sincere thanks to CLC's spring 2023 walk leaders. Guided walks would not be possible without the donation of their generosity, time, and expertise. Their volunteer efforts make Lexington a very special place in which to enjoy the outdoors! Many thanks as well to town employees (including Susan Bennett/ Transportation, Link to Lexington, and Amber Carr/Conservation) for their efforts in coordinating, scheduling, and advertising CLC's walks and other activities, and in maintaining our natural spaces.

CLC FALL '23/WINTER '24 WALKS

Barbara Tarrh

All walks are free and open to the public

Please note that dogs, other than service dogs, are not allowed on any CLC-sponsored walks. Thank you for honoring the needs of all walk participants by leaving your pets at home.

Dose of Nature Series with Lexington Conservation: Dunback Meadow

Tuesday September 19, 5:30-6:30 pm

Fall is the perfect time to come together to enjoy Lexington's many Conservation lands. Join a member of Lexington's Conservation Department for a free guided tour of Dunback Meadow. Heavy rain cancels. Registration is not required. Check the Conservation Department [website](#) for meeting location.

Nature Journaling, Sutherland Woods

Saturday September 23, 9-11am

Join Arlington artist and naturalist Jan Ford on a walk around Sutherland Woods. She will work with you to establish what a nature journal can look like. Using a few tree ID strategies, species variety and fall leaf shapes will be the theme. Artists of all skill levels are welcome to share ideas and techniques. Please bring a drawing pad with a sturdy back, and several pencils with erasers. Park along the west side of Sutherland Rd and meet at the entrance to the ballfield/playground area. More than light rain will cancel. No rain date.

Leader: Jan Ford (ford.id@gmail.com)



Fall Goat Open House at Chiesa Farm

Sunday October 8, 12-2:00 pm; rain date Monday October 9, 12-2:00 pm (a school holiday)

Come and join the local Lexington goats for their daily pasture walk through the fields and woodlands at Chiesa Farm. Each season the land provides them with diverse plant life. The goats are very specific about what they need to eat depending on many factors. We will have two Lexington herds, totaling 13 female dairy goats. Learn about the goats and how they are working to keep invasive plants in check. All adults and children are welcome. No dogs please! Park at Diamond Middle School using the Hathaway/Sedge Road entrance or park at Fiske school and walk across to the pastures. Note rain date.

Guides: Halé Sofia Schatz and Laurene Beaudette

Contact: laurene@iwebinsight.com



LexFarm and Environs: Tour and Conservation Walk

Saturday October 14, 10-12 noon



Join with us to find out more about Lexington's treasured organic farm with its unique history, mission, and location adjacent to local conservation lands. After an informative tour, including a discussion of sustaina-



ble farming practices, discussion of the experimental garden and native planting efforts, we'll proceed to check out the nearby Arlington Reservoir. We'll then walk through a few neighborhood streets to see how Monroe Brook connects these areas with the northeast part of Arlington's Great Meadow (located between Mass Ave and Lowell St in Lexington). Meet in the LexFarm farmstand parking lot on Lowell St. More than light rain cancels; no rain date.

Leaders: Mary Rose Scozzafava and LexFarm staff.

Barbara Tarrh (btarrh@gmail.com)



Dose of Nature Series with Lexington Conservation: Wright Farm

Tuesday October 17, 5:30-6:30 pm

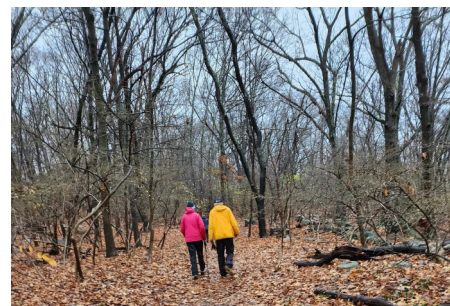


Fall is the perfect time to come together to enjoy Lexington's many Conservation lands. Join a member of Lexington's Conservation Department for a free guided tour of Wright Farm. Registration is not required. Meet at the Grove Street entrance across from Carriage Drive. Heavy rain cancels.

ACROSS Lexington, Route K

Sunday October 22, 2-4:00 pm

ACROSS Route K traverses three conservation parcels on the east side of Lexington: West Farm, where the trail follows an old cart path, and offers a view of the fields at Wilson Farm; Sutherland Woods, which features an oak-hickory forest and 2 old farm ponds; and Liberty Heights, a 6-acre property with a short trail through a mature woodland. Join us on this 1.9 mile walk as we explore these lesser-known conservation parcels and the streets that connect them. Meet on the corner of Oak St. and Bruce Rd. Parking is available on Bruce Rd. and other side streets in the area. Steady rain cancels.



Leader: Eileen Entin (781-862-6418, eileenhome@gmail.com)

Introduction to Winter Tree Identification

Saturday November 4, 9:30-11:00 am; rain date Saturday November 11



Come learn the basics of tree identification with no leaves. Join Conservation Land-Use Ranger Adam Green for an introduction to winter dendrology at Wright Farm. We'll take a nice leisurely stroll while highlighting skills and techniques to aid in your winter tree identification. Some parking available at Wright Farm off Grove St opposite Carriage Drive. Overflow parking on Carriage Drive. Note rain date.

Leader: Adam Green, email landstewards@lexingtonma.gov to register

ACROSS Lexington, Route F

Sunday November 12, 8-10:30 am; rain date Sunday November 19

Route F connects the ACROSS Lexington trail system with the Western Greenway and the Battle Road Trail. This walk will begin at that juncture and will take us to neighborhoods inside Route 128 in the western part of Lexington. From there, the route runs through the Freemont Street play site past the Pine Meadows Golf Club and into Meagherville. If time allows, we will access other portions of Meagherville before returning to our starting point. Total distance will be about 3.5 miles. Meet in the parking lot where Old Mass Ave meets Wood St. Note rain date.



Leader: Ruth Ladd (wetlandmom@aol.com)

Turkey Trot Walk at Hayden Woods

Saturday November 25, 1-3:00 pm

Work off the excesses of your Thanksgiving dinner by joining CLC on its annual Turkey Trot walk. We will try and locate a large boulder bearing a line of stone chisel marks left by an early Lexington resident who evidently had designs on using the top for perhaps a front stoop. Walking sticks recommended if conditions are icy under foot. Meet at the trail head behind 45-55 Hayden Avenue. Heavy rain or snow cancels.

Leader: Keith Ohmart (kohmart@verizon.net)

Winter Birds at Dunback Meadow

Saturday January 20, 8-10 am



During winter our resident birds, such as woodpeckers, nuthatches, chickadees and titmice, are busy finding food, and we are usually able to locate about a dozen different species of them during the winter walk. If it's icy please wear footwear that will provide safety while walking. Cosponsored with Brookline Bird Club and Menotomy Bird Club. Meet across from Pitcairn Place on the Allen St entrance to Dunback. Unless it's raining or snowy the program is on.

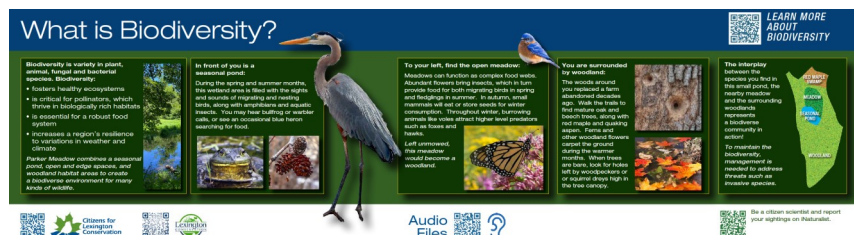


Leader: Bobbie Hodson (781-861-9421)

DID YOU KNOW THAT. . .

...CLC welcomes donations from people through their estate planning. It enables us to do projects such as install memorial benches in conservation areas and provide educational signage about our varied natural (and historic) resources.

- ◆ ...CLC can't operate without the volunteer efforts of many and the more there are, the lighter the efforts needed. We encourage anyone even slightly interested to contact Eileen Entin, President, to learn more. (781-862-6418, eileenhome@gmail.com)
 - ◆ We are greatly in need of a **Walks Coordinator**. Twice a year, for the spring/summer and fall/winter seasons, there is a need to arrange programming with our list of experienced walk leaders. After a calendar of topics, dates, times, and locations has been developed, walk descriptions are shared with the newsletter editor and various publicity outlets. The coordinator remains in contact with walk leaders to ensure that programs go smoothly. Last year's coordinator is available to provide tips and information! Please contact us if you are interested – it's a wonderful chance to help residents have meaningful experiences on our conservation lands.
 - ◆ **Publicity Coordinator** is another position we need filled. This would involve getting information on our walks and annual meetings or other events out to social media, print media (Lexington Times), and the town for their weekly emails.
 - ◆ **One-off jobs** (these are NOT a board positions!) such as:
 - ◆ working with a small group on a sign about the biology (and sometimes the history) of a conservation area. Such as this sign at Parker Meadow:



- ◆ helping to prepare conservation restriction documents and conduct annual monitoring for one of the town conservation lands funded with Community Preservation Act funds for which the CLC will be the easement holder.

REMEMBERING BARBARA SIDLEY

Eileen Entin

Barbara Sidley, who passed away in November, 2022 at the age of 94, was one of the founding members and the first secretary of Citizens for Lexington Conservation when it was founded in 1967. She maintained her membership in CLC over the years, and after many years as a teacher and mother of three children, she re-joined the CLC Board and served again as secretary from 2008 to 2020. As a board member, she contributed her knowledge and expertise to our ongoing activities.

In Lexington and rural New Hampshire near her family’s weekend house, Barbara dedicated herself to conserving wild areas. She was involved in the conservation of wildlife corridors and public spaces around Lexington, which continue to be very popular among people seeking to enjoy the flora and fauna of the area. Additionally, she worked passionately to help preserve habitats for indigenous species. Up north, she was a long-time member and officer in the Wonalancet Outdoor Club, established to maintain hiking trails and ensure that the beauty of the region did not succumb to over-development.

In Lexington, she and her husband, Nathan, spent leisure time enjoying walks through Lexington’s conservation lands. An avid hiker and skier, Barbara was a member of the “4,000 ft Club”, for those who have climbed all of the mountains in New Hampshire over 4,000 ft.



Barbara’s steady presence and boundless energy, not to mention the institutional memory that she provided, will be sorely missed by her colleagues on the CLC board and all who knew her.

LEXINGTON LIVING LANDSCAPES’ OPEN GARDENS DAY

Saturday, September 9, 10am - 3pm

Come Meet and Learn from Other Lexington Gardeners

More than a dozen Lexington residents are opening their gardens to visitors on Lexington Living Landscapes’ 2nd Annual **Open Gardens Day on Saturday, September 9**. This is an opportunity for you to see a variety of gardens and get ideas for how you might incorporate more native plants, fewer chemicals, and more sustainable practices into your own landscaping. Stop by the gardens to see the many different forms a native plant garden can take, or learn what alternatives to lawn fellow residents have tried.

Each of the participating gardens will be open to visitors either from 10 am – 1 pm or from 1 pm – 3 pm. Visit as many or as few as you wish. No ticket or pre-registration is needed.

A detailed schedule and list of participating properties can be found on the Lexington Living Landscapes website (www.lexingtonlivinglandscapes.org).

LAWN AND GARDEN CHEMICALS AND OUR CHILDREN'S HEALTH

with Dr. Sarah Evans

Thursday, September 28, 7:00 – 8:30 pm

Virtual, hosted by Cary Memorial Library and Lexington Living Landscapes

Please join us as Sarah Evans, Assistant Professor of Environmental Medicine and Public Health at the Icahn School of Medicine at Mount Sinai, shares the latest science on how pesticides impact health, children's unique vulnerability, and steps that families can take to reduce pesticide exposures.

Sarah Evans, PhD, MPH, is Assistant Professor in the Department of Environmental Medicine and Public Health and a member of the Institute for Exposomic Research at the Icahn School of Medicine at Mount Sinai. Dr. Evans' research is focused on the impacts of early life environmental exposures on nervous system development and child behavior. She is a trusted voice on the health effects of toxic chemicals and what individuals can do to protect their own health as well as how to advocate for healthier policies in their local communities.



For more information and to register, click [here](#).

PLANTS FOUND ON CRANBERRY HILL



Wild sarsaparilla (Aralia nudicaulis)



White oak (Quercus alba)



Maple-leafed viburnum (Viburnum acerifolium)



Bracken fern (Pteridium aquilinum)



American chestnut (Castanea dentate)