

www.springvalleynatureclub.org

springvalleynatureclub@gmail.com

# March/April 2021 Letter from the President, Donna Johnson Spring Ahead! Finally!

Currently, the guidelines outlined by the CDC make the prospect of having our monthly live meetings not possible. To maintain the advised guidelines and to ensure the health and safety of our members, friends, and the community, our monthly, in person meetings are suspended, until the time that the CDC advises to resume a normal lifestyle.

To herald in the Spring Season, The Spring Valley Nature Club is going to host a Virtual ZOOM meeting! On Wednesday April 7, 2021 at 7:00PM, the ZOOM meeting will be open to all members and friends of the Spring Valley Nature Club. Never used ZOOM, no problem, it's extremely easy! You just need a smart phone, or laptop. You will receive an email with the invitation to join the meeting. You may share the link with interested friends.

# Heirloom Tomatoes, Vegetables & Herbs - Donna Johnson, Presenter

Get a look at the Heirloom tomatoes, vegetables and herbs that are available for the 2021 Heirloom Vegetable & Herb Sale. We will discuss the benefits and attributes of these much-loved varieties and introduce you to some veggies you may have never heard of or seen before! You may want to follow along with your Heirloom plant order form that is included within this newsletter. There may be time to field some questions, if not email your questions.

Vegetable & Herb Sale Pre Order Pick Up Sunday May 16, 2021, 10:00- 2:00 Spring Valley Nature Center. Spring Valley Nature Club has a new ordering format that will allow placement of an on-line Vegetable and Herb order and allow payment for your order with PayPal, credit, or debit card. Click <a href="www.springvalleynatureclub.org">www.springvalleynatureclub.org</a> to view all plants that are available. Rather pay by check, we will continue the paper order forms that can be found at <a href="www.springvalleynatureclub.org">www.springvalleynatureclub.org</a> along with plant pictures and descriptions. Just look for the tab <a href="paper form">paper form</a>. No additional plants will be offered for sale at pick up time, pre-orders only. Tell your family, friends, and neighbors about our pre-order sale, they do not need to be a member of Spring Valley Nature Club to order plants.

**Need Seeds?** There is still time to order spring crop seeds through Nature Club. To help us send a group order, go to: <a href="www.rareseeds.com">www.rareseeds.com</a> choose the items you want, send your name, address, phone number, include seed name, part number, quantity & price to: springvalleynatureclub@gmail.com. You can pay with PayPal at that time too. Your seeds will be ready for pick up in about 1 week. Want to send a check? You can mail your order to: Spring Valley Nature Club, PO Box 68395, Schaumburg, IL 60168. Nature Club derives a benefit from the group orders we place with Baker Creek. You do not need to be a member to place a group order.

Our NEW WEBSTORE is up and running waiting for you to click www.springvalleynatureclub.org

#### Spring Valley Update for March/April Newsleaf – 2021

We are excited to announce that programming and events, as well as access to facilities, will begin to expand during the spring months! Please visit the Schaumburg Park District website at <a href="https://www.parkfun.com">www.parkfun.com</a> for up-to-date information on restrictions due to COVID or other factors. You may also call the Nature Center at (847) 985-2100. The phones are staffed every weekday; however, if you leave a message, we will reply within a day or two at most.

- Spring Valley's grounds and walking trails remain open for walkers every day from 8am-5pm during March, with hours extending until 8pm during April. Portable toilets are available near the Nature Center and Merkle Cabin; however, no restrooms are open for use and no drinking water is available.
- The Nature Center and Heritage Farm Visitor Center remain closed through April 2; however, both facilities will open for limited capacity visits on weekends starting April 3 (see below).
- Bison's Bluff Nature Playground is open daily during March from 9am-4pm, on any day when dry conditions and temperatures above 32 degrees exist. Special restrictions on group gatherings still exist; however the playground is no longer staffed and there is no fee for entrance. Staffed operations of the nature playground will begin on April 3 (more info below).
- Regularly scheduled <u>spring special events are being offered in modified form during April and May</u> (see description below).
- All spring programs continue to be modified to comply with Illinois health and safety guidelines.
- The Heritage Farm will be hosting hogs and cattle again by early May and the new poultry flock should be out pecking around during the next few weeks.
- Volunteers continue to assist with outdoor conservation projects, trail maintenance, and with some of our modified events and programs. If you are willing and able to assist with projects, please contact Brenda Korecky at <a href="maintenance">brkorecky@parkfun.com</a>.

# **Parking Update**

Starting in April, patrons may park at St. Matthew's Catholic Church when visiting Spring Valley. An entrance gate at the far south end of the church parking lot leads into Heritage Farm and access to the trails. Please be respectful of church property and drive carefully.

## **New Visitor Amenities Project Begun**

The planned project to construct new picnic and outdoor program areas, restrooms, and a new pollinator interpretive garden near the Nature Center is schedule to wrap up sometime in April or May. The Park District was awarded a \$400,000 Open Space Land Acquisition & Development (OSLAD) grant in order to complete these new features. They are designed to better serve Spring Valley's many new visitors. During construction, access to the walking paths near the Nature Center will remain open, although walkers will be detoured around the rear of the building. Bison's Bluff patrons are also detoured to a temporary entrance located along the sidewalk leading to Schaumburg Rd. Fencing is in place to keep patrons away from the construction area and parking lot entrance lanes.

# **Bison's Bluff Nature Playground (through April 2)**

- Hours of Operation: Daily, November-March, 9:00am-4:00pm (weather permitting)
- Playground is CLOSED any day on which rain, ice, snow or temperatures below 32 degrees exist; maintenance activities may also result in closures.
- No entrance fee
- No more than 50 patrons may be inside the play area (includes adults)
- No Group Use permitted
- No Picnics permitted inside play area

## Bison's Bluff Nature Playground (starting on April 3)

- Hours of Operation: Daily, 10:00am-6:30pm (weather permitting)
- 1-hour play sessions begin at 10:00am, 11:30am, 1:00pm, 2:30pm, 4:00pm, and 5:30pm.
- On-line reservations through Schaumburg Park District's reservation system <a href="www.parkfun.com">www.parkfun.com</a> are available for both residents and non-residents up until ½ hour before the start of any play session.
- Entrance fee for one-hour play session is \$2/resident and \$3/non-resident
- No more than 50 patrons may be inside the play area (includes adults)

- Play area is closed for cleaning and sanitation for a half-hour between each play session.
- Main play area entrance is staffed during operating hours
- No Group Use permitted
- Water feature will NOT be operational for safety/health reasons
- No picnics, bikes or scooters permitted inside play area
- Play area will be <u>closed during rainy or inclement weather</u>; cancelled play sessions due to inclement weather can be rescheduled or refunded.

#### **Spring Events & Programs**

NOTE: On-line pre-registration is required for each of the programs listed below. Nearly all classes have limited capacity and will be held outdoors whenever possible. More information and on-line registration are available within the Park District's **Winter Program Guide**, found at <a href="www.parkfun.com">www.parkfun.com</a>. The updated **Spring Program Guide**, which includes April and May programs and events, should be available by mid-March.

# Eggszapalooza – Sat., April 3, 9:00am-12:30pm

A special family scavenger hunt starting at Heritage Farm, followed by an egg hunt near Merkle Cabin, ending with a hayride! Registrants check-in at Heritage Farm. Register for one of six different time slots. Fee is \$5/resident or \$6/non-resident.

#### **Earth Week Program Series**

Each day from April 17 through April 24, Spring Valley will host a series of programs focusing on sustainability and connection to nature. Times, subject and fees vary. Pre-registration is required for each. Check the Spring Program Guide for details.

### Earth Day Party - Sat., April 24, 12:00-4:00pm

Families follow the *Earth Stewardship Trail* between the Nature Center and Heritage Farm, a series of activity stations designed to engage, enlighten and educate! After completing all activities, a wagon shuttle will return you to the Nature Center. Register for one of twelve different time slots. Fee is \$4/resident or \$5/non-resident.

#### Native Plant Sale – Sat. & Sun., May 22 & 23, 10:00am-2:00pm

In addition to the Nature Club's *Heirloom Vegetable & Herb sale* in May, Schaumburg Community Garden Club will be hosting a pre-sale only native plant sale. Orders must be placed by April 30, and plants may be picked up at the Nature Center on the weekend listed above.

#### EARLY CHILDHOOD PROGRAMS

Based on the premise that outdoors is the healthiest place to be, these are outdoor programs for children ages 2-6 (varies by program) accompanied by a parent. All seek to immerse young children in nature, providing them with a basic understanding of the world around us while also teaching about cooperation, helping and sharing, and resiliency. Two new programs also explore farm life.

Nature Playdates – Wed., Mar. 3 & 17, April 14 & 2811:00am-12:00pm Morning Glories – Fri., April 9, 16, 23 & 30

#### **YOGA PROGRAMS – In-person**

Four yoga program series are being offered at the Nature Center to provide sufficient spacing of participants. These are classes for either beginners or those experienced with the physical, mental and emotional benefits of yoga. They are held once each week over 8 weeks.

Weekly Yoga at the Nature Center – Tues, April 6-May 25, 6:00-7:00pm OR 7:30-8:30pm Weekly Yoga at the Nature Center – Thurs., April 8-May 27, 6:00-7:00pm OR 7:30-8:30pm

Many more classes are being offered through both April and May – visit the virtual Spring Program Guide to learn more!

# 1974 And Beyond

#### Spring Valley began as a dream by one of the founders of the Village of Schaumburg, Ellsworth Meineke.

Early on he referred to it as "The Spring Valley Dream." It was he who convinced the Schaumburg Park District and the Village of Schaumburg to work together to acquire and preserve land for Spring Valley. Ellsworth founded the Spring Valley Nature Club in 1974 as a not-for-profit service organization which provides volunteer and financial support for Spring Valley and promotes conservation, nature, and environmental education. The Club sponsors nature programs and teacher field trips, and members volunteer at festivals and fund raisers. We have been working hard since 1974. Won't you join us?

These words reflect the dedication that the founders felt for the purpose of the Club and the love of the natural world around us. Since the Schaumburg Park District assumed the responsibility of recruiting volunteers, Nature Club's purpose has evolved to share its love of Spring Valley by offering timely programs that reinforce a more wholesome lifestyle. We have initiated monthly educational programs that instill a comprehension of our ability to lessen our carbon footprint by reducing waste, recycling and reusing our valuable resources. Our monthly programs enlighten us to appreciate our environment and respect its fragile beauty.

We have lessened our impact on landfill waste by eliminating the mailing of our bimonthly News Leaf. We are encouraging members to attend educational programs which teach us the importance of the wildlife around us, the art of using our natural resources wisely and being more self-reliant by advising how to live a more wholesome lifestyle, grow and live more organically and become more self-sufficient.

With the kind donations and assistance from local merchants and organizations, we can exist more ecologically by shopping locally. Some of the wonderful supporters and contributors to the club have been, Roselle Ace Hardware discount coupon; Schaumburg Park District 1-day Fitness Pass; Platt Hill Nursery discount coupon at their garden centers; Holistic Art Studio discount coupon; Skincare by Carmela discount coupon; Sweetland Bakery discount coupon; and Chick-Fil-A (free sandwich Schaumburg stores only).

Our wonderful supporters have given us a way to lessen our footsteps by offering valued products and services at discounted prices while saving our energy dollars by reducing the number of miles we travel. Please support our supporters. With their help, we have been successful in raising additional funds to sponsor educational programming for our Club members, Spring Valley Volunteers, and school children and teachers from our community. We have supplied funds for books for Spring Valley's Library and have sponsored various free to the public programs and events that the Nature Center has offered.

Thanks to you all, and especially our valued Members and Supporters of Spring Valley Nature Club!

Please take time to review all the wonderful benefits we are offering to our members with their Nature Club membership. Won't you join us?

Spring Valley Nature Club is a 501(c)(3) organization and contributions may be tax deductible. Check with your tax advisor.

## **Spring Valley Nature Club 2021 Membership Rates**

To show appreciation for our member support, a discount coupon package is offered for all paid members.

"Discount Coupon Packet" This packet will include certificates and coupons for various merchants, i.e., Holistic Health Studio (massage discount), Platt Hill Nursery (discount on purchase), Chick-Fil-A (Free Sandwich - Schaumburg Stores only), Skincare by Carmela (Discount on Services), Sweetland Bakery (discount on purchase).

**Special Benefit;** An invitation to the Spring Valley Volunteer/Meineke Award Picnic on the first Friday in August. A postcard will be sent to current members in good standing by mid-July asking for an RSVP.

Free Entry to the Nature Club Programs: Allows you to attend any or all ten Spring Valley Nature Club monthly meetings and educational programs from February through November where you can enjoy some refreshments and camaraderie with fellow supporters of the Nature Club and the Spring Valley Volunteers.

Membership Card & Bi-monthly News Leaf: Identifies you as a supporter of the Nature Club's efforts.

**Life Membership:** In addition to the above items, this membership includes a Nature Club Commemorative Fleece Throw (\$35.00 value); this fleece throw is for **New Life Memberships Only.** 

Current Life Members are eligible for the Discount Coupon Packet. Donations appreciated.

Your Membership Packet needs to be picked up in person at the Spring Valley Nature Center 9:00 - 5:00 daily. A paying member may have the membership packet mailed to them for a postage and handling fee of \$2.00

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# Yearly Memberships Begin February 1st through January 31st

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(circle one) Senior - Individual - Family - Supporting -- Life - Sponsor

Name		
Address		StZip
Email	Phone	

Spring Valley Nature Center is temporally closed, mail to the following.

Checks should be made payable and mailed to: Spring Valley Nature Club PO Box 68395 Schaumburg IL 60168

# Spring Valley Nature Center 1111 E Schaumburg Road (847) 985-2100 PickUp Sunday, May 16, 2021 10:00AM-2:00PM Order Form 2021

Tomatoes	Price	Qty	Total
1000-Aunt Ruby's German Green – Heirloom very sweet 1-2lb pale green 85 days	\$4.00		
1002-Brad's Atomic Grape – New introduction Very colorful grape tomato 75 days	4.00		
1003-Berkeley Tie Dye Green-A kaleidoscope pattern on this amazing tomato	4.00		
1004-Berkeley Tie Dye Pink-Plant produces beautiful 8-12 ounce fruit	4.00		
1005-Big Rainbow – Heirloom very juicy 1-2lb gold bi-colored fruits 82 days	4.00		
1008-Black Beauty- Dark meaty, extraordinarily rich fleshed, high in anthocyanin	4.00		
1009-Black Krim- Heirloom from the black sea of Russia. Indeterminate 75-90 days	4.00		
1010-Black Cherry – Heirloom sweet robust flavor burgundy colored 65 days	4.00		<u> </u>
1011-Blueberries- Very dark purple color super rich in anthocyanins	4.00		
1012-Box Car Willie – Heirloom reddish orange very prolific old-fashioned flavor 80 days	4.00		
1015-Brandywine - Heirloom connoisseurs favorite 1lb fruit 85 to 90 days	4.00		
1022-Carnival – Hybrid impressive early ripening beefsteak type prolific 68 days	4.00		
1025-Cherokee Purple - Heirloom dusky purple pink superb flavor very large fruit 80 days	4.00		
1027-Chocolate Cherry- These luscious treats are perfect for salads 70 days	4.00		
1030-Great White- Heirloom white very large1lb unique very sweet taste 83 days	4.00		
1034-Green Hybrid- It begins lime green, turns deep yellow at maturity	4.00		
1035-German Johnson–Heirloom large 1lb pinkish red very few seeds 76 days	4.00		
1036-German Pink- Deep pink beefsteak sweet flavor 10-16 oz 78 days	4.00		
1037-Indigo Apple-Hybrid deep purple highest in antioxidant of any tomato 55 days	4.00		
1038-Honey Delight- Four-ounce yellow fruits will light up the garden and your palate	4.00		
1040-Kellogg's Breakfast - Heirloom very flavorful superbly sweet yellow low acid 80 days	4.00		
1044-Money Maker- A well-known variety that produces smooth medium-sized fruit	4.00		
1045-Mortage Lifter-Heirloom sweet rich flavored pink large 1lb crack free 80 days	4.00		
1054-Orange Jazz- Fruits are brushed with yellow stripes 10-16 oz 85 days	4.00		
1060-Patio-Hybrid dwarf 2' tall no staking 4oz fruit great in containers 70 days	4.00		
1062-Pink Jazz- This beefsteak often weighs in at 1lb. and has peach overtones	4.00	sold	out
1063-Roma- Prized for its use in tomato paste and sauces	4.00		
1064-Pinapple-Heirloom yellow /red streaked flesh super sweet 2lb 78 days	4.00		
1065-San Marzano-Heirloom Italy's famous best tomato for sauces & cooking 65 days	4.00		
1067-Solar Flare- Venture into this new world of gourmet tomatoes 78 days	4.00		
1070-Sun Sugar – New Introduction extra sweet yellow cherry good in containers 60 days	4.00		
1072-Sugary-Hybrid super sweet grape tomato large yields good for containers 60 days	4.00		
1073-Tigerella- This small fruit (2 inches) is fun to grow with kids, great in salads	4.00		
1074-Sweet 100-Hybrid very productive bearing long trusses of small sweet cherries 60 days	4.00		
1075-Tumbling Tom -Hybrid cherry great in containers & hanging baskets 55 days	4.00		<u> </u>
1076-Tommy Toes Vigorous plants produce hundreds of small 1 inch cherries 55 days	4.00		
1078-True Black Brandywine- The ultimate heirloom tomato, this is the real thing!	4.00		
1085-Yellow Pear- Gardeners like this variety because its unusual and even cute	4.00		
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# Spring Valley Nature Center 1111 E Schaumburg Road (847) 985-2100 Order Pick Up Sunday, May 16, 2021 10:00AM-2:00PM Order Form 2021

# **Vegetables**

2002-Celeriac-Heirloom hardy large root has sweet crisps celery flavor good keeper 80 days	4.00
2002-1 Chinese Pink Celery- The dazzling color make for real eye candy in your garden	4.00
2003-Cucumber-Hybrid bush type short vines full sized cukes can grow in containers 57 days	
2003-1 Cucumber Lemon- This cuke has the shape, size and color of a lemon	4.00
2003-2 Cucumber Straight Eight- Straight eight has uniform smooth fruit	4.00
2004- Eggplant Black Beauty- Lustrous ebony skin and delicate creamy flesh 55 days	4.00
2005-Eggplant – Fairy Tale Japanese type 5" x 1" Striped delicious pale lavender 50 days	4.00
2008-Fennel Heirloom – Florence bulbing type delicious raw or cooked 90 days	4.00
2011-Garlic Chives- This lovely vegetable-herb is a staple in Asian cuisine	4.00
2015-Kale Lacinato – Heirloom Tuscan cold tolerant salads & cooked greens	4.00
2021-Kale Russian Red- Cold tolerant tender & mild eye-catching color 50 days	4.00
2026-Lettuce Heirloom – Merveille des Quatre Saisons 48 Days	4.00
2030-Leeks – Sweet & mild gourmet onion family for stew, soup, egg dishes 75 days	4.00
2034-Parsley Root-Heirloom tops used as parsley roots used in soups & stews	4.00
2043-Big Jim Chili Pepper- This Tex-Mex chili is renown as the largest chili pepper	4.00
2045-Pepper – Chocolate Beauty sweet bell great color & flavor 70 days	4.00
2055-Pepper- Lady Bell Red Sweet uniform shape very prolific 71 days	4.00
2060-Pepper Heirloom- Sweet Banana mild yellow turn red 6" 72 days	4.00
2062-Pepper-Jalapeno serve stuffed with seafood, meat, poultry, or cheese	4.00
2065-Pepper – Thai Hot Very hot Asian pepper	4.00
2070-Pepper – Valencia Orange Sweet bright color intense full flavor 70 days	4.00
2072-Spinach Strawberry- Tolerates heat much better than the ordinary leafy plant	4.00
2076-Squash Golden Crookneck- You will get high yields and tasty fruits	4.00
2077-Squash Scallop- Adorable "Flying Saucers" are a delectable table treat. 50 days	4.00
2080-Swiss Chard – Bright Lights multicolored stems delicious steamed	4.00
Fruits	<del></del>
2500-Goji Berry – Orange/Red berries Vitamin & antioxidant rich Gal. Shrub	16.00
2505-Gooseberry – Sweet/Tart delicious fruit Gal. Shrub	16.00
2510-Honeyberry Indigo Gem – Super fruit high antioxidant & vitamin C Gal. Shrub	16.00
2515-Honeyberry Indigo Treat – Blue berries high antioxidant & vitamin C Gal. Shrub	16.00
2520-Lingonberry – Red tart fruit for jam pink flowers Gal. Shrub	16.00
2523-Ground Cherry - The size of a cherry tomato, with a flavor of pineapple and tomato.	6.00
2525-Strawberry Rainbow Treasure – Ever bearing w/red flowers	6.00
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Herbs	Price	Qty	Total
3000-Basil Genovese-Heirloom favorite "sweet basil" bold full flavor Annual	\$4.50		
3001-Basil Red Rubin- Intense deep purple leaves holds its color all season Annual	4.50		
3003-Basil Perpetuo – Intense basil aroma & flavor decorative variegated leaves Annual	4.50		
3005-Basil Thai Siam Queen- Decorative and delicious anise flavor Annual	4.50		
3015-Borage- Cucumber flavored leaves blue flowers used as edible garnish Annual	4.50		
3020-Chives- Snip leaves for salads & garnish clump forming Perennial	4.50		
3022-Chamomile-Soothing aromatic, for tea, potpoutti & spa use Perennial	4.50		
3025-Chervil- Licorice flavor great on potatoes, fish & chicken Annual	4.50		
3027-Cilantro flavor favorite for salsa & Asian cuisine Annual	4.50		
3031-Dill Fern Leaf delightful pickle herb great on fish & cooked beets & potatoes Annuals	4.50		
3035-Fennel – Bronze ornamental & delicious anise flavor on fish & vegetables Annual	4.50		
3040-Horseradish – Heirloom zesty hot root for condiment young leaves for salad Per.	4.50		
3045-Lavender Provence – Use in sachets & potpourri, ingredient in "herbs de Provence"	4.50		
3050-Lemon Grass – Lemon flavoring essential in Thai cooking Tender Perennial	4.50		
3051-Lemon Verbena-Intense lemon flavor for tea & drinks, fragrance for potpourri Annual	4.50		
3055-Lovage- Celery & anise flavored leaves entire plant edible Perennial	4.50		
3060-Marjoram Sweet – Delicate oregano like flavor great on fresh tomatoes Annual	4.50		
3070-Mint Mojito- Delightful warm mint flavor great for mulling in drinks Perennial	4.50		
3074-Oregano Greek-The original flavor for Italian & Mediterranean fare Tender Perennial	4.50		
3075-Oregano Hot & Spicy - Intense flavor for pizza & spaghetti sauce Perennial	4.50		
3080-Parsley Italian flat leaf - Leaves for garnish & tempura frying Biennial	4.50		
3082-Rosemary-Spicy woodsy herb great for chicken & Mediterranean fare Tender Perennial	4.50		
3083-Sage-Savory herb used in stuffing soups & Mediterranean dishes Perennial	4.50		
3084-Pineapple Sage- Fruity addition to teas, fruit garnish hummingbird magnet Annual	4.50		
3085-Savory Winter- Ingredient in "herbs de Provence" for meat & bean dishes Perennial	4.50		
3090-Sorrel- Red Veined tart flavor great accent in soups and salads very ornamental Per.	4.50		
3093-Stevia – Sugar plant non caloric sweetener use fresh or dried Annual	4.50		
3095-Sweet Annie- Fragrant and attractive used in wreaths, potpourri, and sachets. Annual	4.50		
3101-Sweet Woodruff- Fragrant flowers for potpourri and room freshener Perennial	4.50		
3102-Thyme English-Most familiar thyme used in soups stews & roasts Perennial	4.50		
3105-Thyme Silver Edge- Ornamental use in "Bouquet Garni"& "herbs de Provence" Per.	4.50		
3110-Thyme Spicy – Orange flavor great with chicken, fish, salads and tea. Perennial	4.50		
3111-Thyme Variegated Lemon-Very decorative rich lemon flavor Perennial	4.50		
4025-Mexican Sunflower- A fantastic nectar source for your pollinators and butterflies	4.50		
4050-Tansey- Used by crafters as an addition to dried flower arrangements	4.50		
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Grand Total		-	
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Mail to: Spring Valley Nature Club PO Box 68395 Schaumburg, IL 60168

Checks payable: Spring Valley Nature Club. **Preorder Cutoff May 8, 2021** Order Pick Up Sunday May 16, 2021 10:00AM-2:00PM Spring Valley Nature Center 1111 E Schaumburg Rd Quantities limited, to avoid disappointment order early to assure availability. Questions? Contact Spring Valley Nature Club: <a href="mailto:springvalleynatureclub@gmail.com">springvalleynatureclub@gmail.com</a>