



# **Carlington Hampton News**

## **March 2021**

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**Hampton & Carlington team up**

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*Jane's Walk in Carlington 2019*

## Welcome to the first issue of Carlington Hampton News!

Friends of Hampton Park and Friends of Carlington worked closely over the past year to deliver some events together and, most importantly, to oversee the ecological study of the Carlington Woods and the Hampton Park Woods.

<https://carlingtonpark.home.blog/2021/02/03/ecological-study-carlington-woods-and-hampton-park-woods/>

Many people who come to Carlington also come to Hampton and vice-versa. We have so much in common that it made sense to team up on the newsletter.

If you have comments, or would like to contribute a story, photo, or an idea for future issues, email us at:

[CarlingtonHampton@gmail.com](mailto:CarlingtonHampton@gmail.com).

**Friends of Carlington:** @CarlingtonHill (Twitter)

<https://www.facebook.com/groups/1105428122826947/>

**Hampton-Iona Community Group:**

<https://www.facebook.com/hamptoniona/>

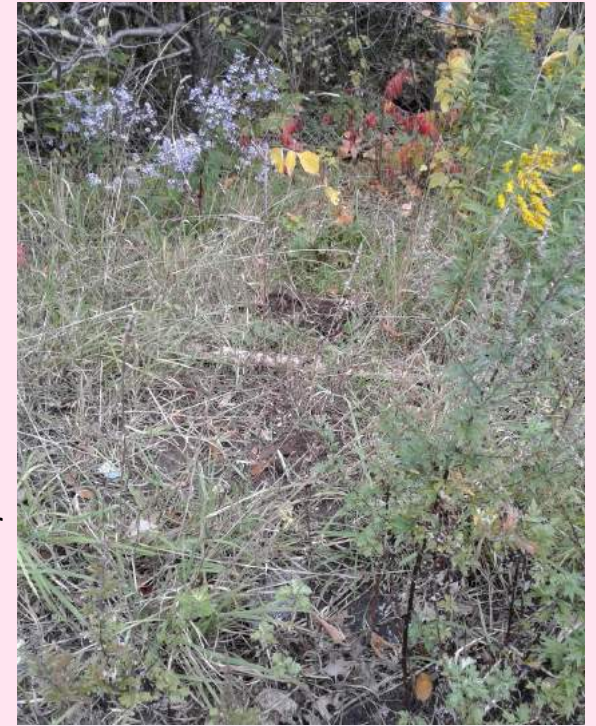


*Tree Walk in Hampton 2017*

## Introducing the Clyde-Carlington Pollinator Patch!

On a small strip of land on Clyde between the road shoulder and the Carlington Woods grows lovely goldenrod, asters and sumac but it also grows invasive and aggressive species that can push out native ones. One enterprising Carlington resident thought, “Why not encourage it to grow more native pollinator plants?”

Seeds are waiting to sprout at neighbours’ homes, including field pussytoes, swamp milkweed, white and purple asters, switch grass, goldenrods and blazing star. These all attract pollinating insects like bumblebees and other bees, flower flies, and hoverflies. Some also help butterflies like the caterpillars of Skippers and American Painted Lady butterflies that feed on field pussytoes.



***Check it out! Clyde South close to the entrance into Carlington Park.***



Spearheaded by local resident Nora Lee (pictured here with Alex Hayman), the project is supported by the Friends of Carlington, the Friends of Hampton Park, and the Copeland Park Community Association. Our thanks to Alex and FoodCycler for donating an FC30 indoor food waste recycler for this project. The unit grinds and dehydrates food scraps and the resulting “uncompost” can be added to soil to increase nutrients.

[www.foodcycler.com](http://www.foodcycler.com)





# Plant Donations Needed!

If you have these plants in your yard & want to divide some up, we will take your extras!



**Ostrich Fern**  
**Lady Fern**  
**False Solomon's Seal**  
**Mayapple**



These native species will be planted in areas of the Hampton Park Woods, likely in areas around the existing Japanese knotweed control areas.

Please see the next pages for pictures of each plant at different stages. If you have any of these plants please send a picture to [CarlingtonHampton@gmail.com](mailto:CarlingtonHampton@gmail.com) for proper identification and other details.

A visit to your yard may be necessary for 100% identification and to ensure that no invasive or other harmful plants are transplanted into the Woods by accident.



**OSTRICH (FIDDLEHEAD) FERN** *Matteuccia struthiopteris*

**Upper Left:** Fiddleheads appear anywhere from late March through April/May, depending on the weather. **Middle:** Look for the tall brown mature fronds that stick up through snow. **Right:** Ostrich ferns have long broad fronds, much broader than lady ferns.

**LADY FERN** *Athyrium filix-femina*

**Lower Left:** Fiddlehead close up.  
**Middle:** Fiddleheads are more spindly than Ostrich fern fiddleheads.  
**Right:** Fronds are shorter and more tapered.







**FALSE SOLOMON'S SEAL** *Maianthemum racemosum*

**Upper Left:** False Solomon's seal in early summer. **Middle:** Berries start out pink and mottled. **Right:** Berries turn bright red in late summer, early fall.

**MAYAPPLE** *Podophyllum peltatum*

**Lower Left:** One of the first plants to appear in spring. They look like little umbrellas. **Middle:** Flower bud usually appears by the end of late April, depending on the weather. **Right:** The flower is usually white with six petals.



## Be Good to the Woods

Walk, don't ride bikes, push strollers or use wheels of any kind in the Hampton Park and Carlington Woods.



Dogs must be **on leash** at all times in the Woods. Spring is nesting season and birds can be easily disturbed by off leash dogs.

Leave forest debris where it is for habitat and food for wildlife, and to build the next generation of healthy soil.

Use the main trails and avoid new trails made.

Avoid muddy areas on very wet days. Walk in the middle of puddles, not around them so that the trail doesn't widen any further.

## Don't wait for an invitation to keep our parks clean!

**Carlington:** Look for large bags at Morisset and Lepage/McBride. Small bags at Lepage. Leave bags at either spot. / **Hampton:** Look for large bags at Buell, Parkview, Island Park. Small bags at Buell and Brennan. Leave full bags at Parkview or Island Park.

### *Lugging Tips*

Stretch! Using a bucket also makes collection easier.

Concentrate on picking up plastics. **Cigarette butts** contain a lot of pollutants, including plastic. Use the baggie move for small scattered items like Styrofoam peanuts. Cover your hand with a smaller bag and scoop it all up at once.

# News & Events

**FREE!** Earth Day Foraging Webinar, via Zoom.

April 22, 2021, 7:30 – 9:00 p.m. To save a spot, email [urbanweedeater@gmail.com](mailto:urbanweedeater@gmail.com)

Designed for beginners, this webinar introduces the ethics of foraging. how to identify some of the most versatile and nutritious plants, how to harvest plants sustainably, and tips on using them in every day recipes. Presented by Sharon Boddy, environmental researcher, writer, and urban forager.

## Welcome Nepean High School Field Ecology Class!

This April Grade 12 students will hold their field ecology classes in the field!

Nepean High School teacher Tara Topping and her students will use Hampton Park as a living laboratory, two days per week until mid June weather permitting. Students will learn the basics of field ecology, including soil sampling and analysis and species identification and inventorying, as well as help with some of the projects planned for the park and that meet many of the recommendations included in the ecological study. *Welcome to our next generation of stewards!*

## COMING SOON

**June 21-27** Get ready for Pollinator Week Canada! Start seeding native species now and plan your own pollinator garden this year.

<https://pollinatorpartnership.ca/en/pollinator-week-canada>