



# Streamlines

The Newsletter  
of the Brodhead Watershed Association

Spring 2013

## Our May plant sale is now a festival

Theme: Native  
plants in food  
and medicine

The Brodhead Watershed Association's annual Native Plant Sale is now a festival, complete with music, vendors and special activities for children.

The event, the tenth annual plant sale, will be held Saturday, May 11, from 9 a.m. to 4 p.m. at the Tannersville Campus of Northampton Community College. A series of free workshops will lead up to the festival, starting April 25.

The more than 100 species of native plants at this year's plant sale have one thing in common: They've been used in food and medicine.

The theme extends to a number of related BWA programs beginning on April 25 (**See Workshops, page 2**) and includes talks on legend, lore, cultivation and identification of plants with either food or medicinal value.

A traditional BWA members-only preview and sale is from 6:30 to 8:30 p.m. Friday, May 10.

Plants to be offered this year include more than 30 species of native trees and shrubs and 70 species of herbaceous perennials. Lists and information about each can be downloaded from the BWA website at: [www.brodheadwatershed.org/nativeplantsale.html](http://www.brodheadwatershed.org/nativeplantsale.html)

Among the featured plants this year are two native roses with medicinal properties, Virginia Rose and Carolina Rose.



The Carolina Rose will be available at the plant sale for the first time this year

Experts will be on hand to answer gardening questions.

Among the experts is Nathaniel Whitmore, master herbalist and author, who will give a 10 a.m. talk on cultivation of medicinal herbs and lead an edible/medicinal herb walk at noon, assisted by Don Miller. (**See Nathaniel Whitmore, page 2**) Don Miller will lead a longer hike, beginning at 2 p.m.

At the sale, vendors will include: Farmhouse Kitchen, Mudworks Pottery, Dutch Hill Preserves, Pocono Gourd Patch, Pennsylvania Gourd Society and Yogi Girl Jenn Allen. Additionally, souvenir BWA t-shirts and shopping bags will be sold.

Music will be provided by the Lost Ramblers from 9 a.m. to 2 p.m., and the festival will include a children's activity tent, also from 9 to 2.

Event sponsors include: Cook's Corner Restaurant, Cranberry Creek Farm, Dutch Hill Preserves, Earth Light Natural Foods, Microbac Laboratory and Mudworks Pottery.



## Native plant festival -related workshops start April 25

Several free, related workshops precede this year's plant festival. Register by calling (570) 839-1120. Scheduled are:

Thursday, April 25, 6 p.m., Western Pocono Library. **"Historic Uses of Native Plants"** by Mark Brownlee, owner of American Native Nursery, will address about the historical value of Pennsylvania native plants used for food, medicine and decoration. The website for American Native Nursery is [www.americannativenursery.com](http://www.americannativenursery.com)

Saturday, April 27, 10 a.m., Pocono Mountain Public Library. **"Birds, Bees and Butterflies and the Plants They Love"** by Lori Colgan, Pike County Watershed Specialist and BWA board member. Kids of all ages can explore the threats to wildlife such as habitat loss for birds and wildlife and bee

colony collapse. Participants will receive native wildflower seeds to help support threatened wildlife. This is a great Earth Week celebration.

Thursday, May 2, 6 p.m., Barrett-Paradise Friendly Library. **"Herbs for Women's Health"** by Jenn Allen, who leads herbal classes and is a presenter for the New England Women's Herbal Conference, the International Herb Symposium and the Pennsylvania Herbal Fest. Jenn will discuss how to support overall women's health and how to use herbs. There will be herbal sampling and demonstrations. Jenn's website is [www.earthwayssacredwisdom.com](http://www.earthwayssacredwisdom.com)

Saturday, May 4, 6 p.m., Hughes Library, Stroudsburg. **"Edible Herbs"** by Shirley Young, a founder and active member of Pocono Herb Club. She is also a member of both

the Monroe County and Pocono garden clubs. Pocono Herb Club's website is [www.poconoherbclub.com](http://www.poconoherbclub.com)

Sunday, May 5, 1 p.m., George and Olive Learn Preserve, **native plant walk along Pocono Creek** with Don Miller. Meet at the Tannersville Campus of Northampton Community College parking lot.

Thursday, May 9, 6 p.m., Clymer Library. **"Horticulture and the Science Supporting Nature's Benefits to Our Health"** by Sharon Carey. Sharon holds a certificate in Horticultural Therapy from the New York Botanical Garden and has interned at the Glass Garden at Langone Medical Center of New York University Medical School. She is also a member of the Pocono Garden Club. Sharon will talk about gardening for pleasure, a therapeutic garden and horticultural therapy.

## Festival speaker chose his own path - one through the woods

Nathaniel Whitmore started spending time in the woods as a teenager, learning about wild herbs and vegetables. He stayed with it, teaching himself about the botany and traditional herbalism of other parts of the country and attending conferences and workshops to learn from the nation's top herbalists.

Much of his work today is focused on sharing what he has learned with others. In order to preserve tradition and develop a more thorough understanding of locally wild herbs, Nathaniel focuses much of his study time on ethnobotany and botany (also mycology), as he believes that Native American traditions still have much to offer the modern world.

He'll be sharing with the Brodhead Watershed Association and Pocono residents during the expanded Native Plants Festival on May 11. Whitmore will speak at 10 a.m. and lead a plant walk, assisted by the BWA's Don Miller, at noon.

Well-versed in botany, folk-lore, and the medicinal theory of using herbs, Nathaniel teaches about identification, harvesting, preparation, and use. He practices herbal medicine,



Nathaniel Whitmore

shiatsu (acupressure), moxabustion, and chi gung.

Nathaniel naturally learned about edible wild plants simply by growing up on a farm. His earliest memory of a wild food experience is watching his grandfather going out into the yard with bread and making Dandelion leaf sandwiches. As he learned more about wild edibles, he began to incorporate them more and more into his diet, and would routinely eat no other vegetables other than what he received from the wild for the seasons of spring and early summer. Though his busy life prevents him from utilizing wild vegetable foods as much as he used to, it is still an ideal of his to include fresh, nutrient rich, and hearty

wild foods in his diet.

Today he regularly offers walks and classes about medicinal herbs and related subjects. Most events are in Wayne and Pike counties in Pennsylvania and Sullivan county in New York, but regularly happen in surrounding areas and occasionally other locations. He teaches regularly at the Lodge at Woodloch (including special seasonal herbal weekends), Worker Bee Community Acupuncture, and Greenridge Community Wellness while continuing to regularly bring people out in to the woods and wild places in search of edible and medicinal plants on public and private walks organized by himself, nature centers, schools and homeschoolers, and private hire.

Nathaniel also formed the Delaware Highlands Mushroom Society, a mushroom enthusiasts' club dedicated to the appreciation of fungi and education of edible and medicinal mushrooms. Nathaniel offers walks through the club and serves as club president.

Nathaniel is a member of the American Organization of Bodywork Therapies of Asia (AOBTA).

Issue update:

## Kalahari changes water source plans

Kalahari water park developers took a second look at their plans to remove 500,000 gallons per day of water from the headwaters of Swiftwater Creek and send that water to the bottom of the watershed for treatment. They have decided to get that water, instead, from the bottom of the watershed by way of the Brodhead Creek Regional authority's water line on Route 611.

It means a lot of pipes and pumps, but is a better solution than drying up the Swiftwater headwaters – which would have happened in dry years. In those times, there simply is not enough water in the headwaters to meet Kalahari's needs.

The turning point for the water supply decision came at a Pocono Township Planning Commission meeting when, at BWA's urging, members read from a letter from the hydrogeologist engaged by Pocono Manor Investors (owner of property where the water park would be built). That letter states, in part:

"However, under prolonged dry periods and droughts, this yield is anticipated to be significantly reduced and the ability to meet water supply demands may be difficult."

"... alternative water supply sources may be warranted during such times (e.g. interconnection with neighboring water purveyors)."

The full water needs for the Kalahari resort will only come in Phase 3 of the project. In Phase 1, the developers plan to use water from wells in the headwaters, and discharge it to the ancient treatment plant that serves Pocono Manor Inn and cottages. The effect this smaller withdrawal (70,000 gallons per day) will have on the Swiftwater, and it's smaller tributary, Indian Run, will be closely monitored. We will also be monitoring the effect of the larger wastewater discharge on the lower Swiftwater.

## Cherry Valley Festival 2013

On Saturday, June 15, the third annual Cherry Valley Festival will celebrate the unique natural environmental qualities of the valley and raise awareness of conservation efforts. This year the community outreach event is organized by the Brodhead Watershed Association. BWA has a strong record of accomplishment insuring that the local community protects and enhances its high quality water resources.

The Cherry Valley Festival will run from 10 a.m. to 5 p.m., rain or shine, and will be held at The Josie Porter Farm, home of Cherry Valley Community Supported Agriculture (CSA) on Cherry Valley Road, south of Stroudsburg, Pd. The festival is free to the public.

Planned events include educational speakers, demonstrations, live music, family activities, environmentally themed vendors, arts and crafts. In addition, there will be food and beverages available, a variety of raffle items, and a silent auction. Proceeds will support BWA.

There will also be nature walks and tours of the Josie Porter farm. Live entertainment will include acoustical music throughout the day provided by the Pocono Bluegrass & Folk Society.

## President's Corner

The past few months have seen a flurry of activity as we worked to assure that the headwater streams of the Paradise watershed are protected when the proposed Kalahari water park, resort and conference center comes to fruition. I couldn't have been prouder of the BWA, and especially Theresa Merli, when she opened the eyes of the developer, and Pocono Township Planning Commission, to the unsustainability of their plan to withdraw 500,000 gallons a day from the tiny Indian Run watershed. Please read the summary of BWA's activities to get to this point on our website.

It is clear, that without the voice of the BWA, protection of our most important natural resource cannot be guaranteed.

Keep these thoughts with you as you discuss your support of the BWA with friends and neighbors and as you spend time enjoying yourself in and around our pristine Pocono waterways.

**Rob Sedwin**

## Welcome new members

Roxanne Kaiser-Antonowich  
Ingrid & Frank Young  
Vincent & Meritxell Zimbardo  
Peggy Pugh  
Daniel McMaster  
Teresa Musumeci  
Brittany Ott  
Judith Stillinger  
He Jin  
Frank Allen



The United States uses about 346,000 million gallons of fresh water every day. The recommended personal daily intake of eight cups a day – a luxury in the developing world – is just a small part of our total consumption. The average person in the U.S. will use anywhere from 80-100 gallons per day. Most of it is the result of flushing toilets!"

## Local H2Ology

Folks believe the Brodhead Watershed has clean streams and good water, and it's generally true. But it's not universally true. How many know the name and history of the stream that's buried forever under the Stroud Mall?

We'll provide the answer next month. Meanwhile, get out and enjoy the streams that are still flowing wild and free

### BWA Spring Calendar

For more information on all out events and workshops, please visit our Web site: [www.brodheadwatershed.org](http://www.brodheadwatershed.org).

**April 25:** Historic Uses of Native Plants ,Western Pocono Public Library 6 p.m.

**April 27:** Birds, Bees and Butterflies and the Plants They Love, Pocono Mountain Public Library, 10 a.m.

**April 27:** Spring Hike along the Le-vee Loop, meet at Dansbury Park Trail Head, 1 p.m.

**April 28:** Where the Brodhead Ends: Hike with Don Miller along the Cherry Creek confluence trail 1 p.m.

**May 2:** Herbs for Women’s Health, Barrett-Paradise Friendly Library, 6 p.m.

**May 4:** Edible Herbs,Hughes Library, 6 p.m.

**May 5:** Native plants and stream buffers: Hike along the Pocono Creek with Don Miller, George and Olive Learn Pocono Creek Preserve; meet at Northampton Community College 1 p.m.

**May 6:** Full BWA board meeting, Mon-

roe County Conservation District, 7 p.m.

**May 9:** Horticultural Therapy and Nature’s Benefits to our Health, Clymer Library,6 p.m.

**May 10-11:** BWA NATIVE PLANT SALE and FESTIVAL; Northampton Community College, Tannersville, Friday evening for BWA members, all day Saturday for the public

**June 2:** Where the Brodhead Doubles: Hike with Don Miller on open space land at confluence of Brodhead and Paradise,1 p.m.

**June 15:** Cherry Valley Days, Josie Porter Farm

**June 22-28:** Delaware River Sojourn **July 7:** Where the Brodhead Begins; hike with Don Miller along a Paradise headwaters tributary, 1 p.m.

**July 27:** Summer Hike along the Le-vee Loop; meet at Dansbury Park Trail Head. 1 p.m.

### The Buzz: We’re monthly and we’re digital

BWA has launched a monthly E-News update, to keep you current on coming events and ongoing projects. If you haven’t received it (three have been sent), it means we don’t have your email address. Please call 839-1120, or email [brodheadwatershed@gmail.com](mailto:brodheadwatershed@gmail.com) to let us connect with you digitally.

### Spring Cleanup

Two streams, McMichael Creek and Lake Creek, are on the BWA cleanup list this spring, although no dates have been set. If you’d like to help, please email: [brodheadwatershed@gmail.com](mailto:brodheadwatershed@gmail.com).

The Brodhead Watershed Association is a non-profit organization formed in 1989 to promote and preserve the environment of the Brodhead watershed and the water quality of the Brodhead, Cherry, Marshalls, McMichael, Paradise and Pocono creeks and their tributaries.

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