



GREEN HERITAGE

Winner of the New Jersey Recreation & Park Association (NJRPA) "2008 Agency Showcase Award" Outstanding Achievement in the Printed Materials Category

Newsletter of Monmouth County's Open Space, Parks & Recreation Agency Vol. 42 No. 2 Summer 2008

"Leave No Child Inside" Re-establishing Contact with Nature



If you and your family do not spend as much time outdoors in nature as you would like, you are not alone. Schedules are crammed with activity: from work, school, shopping, cooking, yardwork, housework, homework, hobbies, and sports to figuring out how to operate the ever-changing array of new technologies. Factor in eating, sleeping and getting ready in the morning and there just isn't enough time in the day to relax and enjoy some time out in nature. Yet, unstructured time spent playing outdoors offers a very healthy dose of stress relief and a necessary break from the hectic pace.

NATURE THAT HEALS, NOURISHES AND RESTORES

Research now suggests—and our own instincts confirm—that there are many benefits to spending time in nature. Richard Louv, author of the popular book *Last Child in the Woods: Saving Our Children From Nature Deficit Disorder*, devotes a whole chapter to recent findings on this topic. Titled, *Why the Young (and the Rest of Us) Need Nature*, Louv explores the many facets of our human relationship to nature—especially the rewards—through a mix of stories and research.

Cultural examples of a belief in the curative power of nature, for example, appear throughout history, according to Louv. Chinese Taoists built health gardens, English gardeners advocated "preservation of health" through gardening, and some mental health specialists in the United States at the turn of the century began using horticultural therapy. They believed digging in the soil could cure illness. In the 1950s, the idea of nature therapy spread beyond mental health to other chronic illnesses and American universities began offering degree programs. Recent studies on nature's benefits summarized by Louv found:

- Speedier recovery time from injury through exposure to plants or nature (multiple studies)
- Fewer illnesses in prison inmates with rooms facing nature
- People calmed down when viewing natural landscape images after being stressed
- Spending time in nature reduces stress (multiple studies)
- Nature views/surroundings protect children from stress
- Children with more nature near the home had fewer behavioral problems
- "Green" outdoor spaces foster social interactions



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People's own words about the benefits of nature may be even more convincing than the research; in part, because they are so descriptive. People say they feel "refreshed" and "restored", and that being outside in the quiet, near plants and wildlife, creates a "sense of calm and connection" not available elsewhere.

The following quote from a classroom discussion that Louv conducted with university students illustrates precisely how nature may function to reduce stress:

"I really believe that there is something about nature-that when you are in it, it makes you realize there are far larger things at work than yourself. This helps put problems in perspective."

Another first-person account, as told to Louv, underscores the calming effects of nature while going through a difficult time:

"...I would find solace by walking by myself to an area of coastal oak woodland-just walking, looking at the undercover of poison oak...seeing salamanders, colorful mushrooms, and lichens. It all made sense to me. I experienced great calmness there that I could not find anywhere else."

Louv closes the chapter with information on the special importance of nature play to children ("nature has the power to shape the psyche" says one researcher). Continuing to study our relationship to nature may even yield therapies for children's illnesses such as attention-deficit disorder. At the very least, he says, we shouldn't overlook nature as a "healing balm" for the emotional hardships in a child's life.

UNSTRUCTURED PLAY: A THING OF THE PAST?

To explore the cherished role that playtime in nature served for children in the past, try the following exercise: ask a group of older adults (say, over the age of 35) about where and how they played as children.

...ASK A GROUP OF OLDER ADULTS (SAY, OVER THE AGE OF 35) ABOUT WHERE AND HOW THEY PLAYED AS CHILDREN.



You will probably hear fond recollections of riding bikes, exploring the local forest or woods, fishing and swimming in a nearby pond, building tree-houses and forts, climbing dirt-piles, or wandering trails and fields looking for something to do. What's interesting about these experiences is that, for past generations, they often occurred outside, in nature, and without much structure or adult supervision.

On weekends and summer vacations, for instance, people who grew up in the 1960s and 70s recollect being on their own for large periods of time. Often told by their mothers, "It's beautiful, go play outside!" many weren't expected home "until the streetlights came on" or dinner was served. The occasional phone call or lunch stop-over served as check-in. Free to roam the neighborhood, the kids of yesteryear could think up exactly what they wanted to do (for better or worse) and then go do it.

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Child, continued from page 2

Play experiences were not scheduled or even planned—they were discovered, conjured up from nothing using only the available materials at hand. Children created whole fantasy worlds outside with cardboard, scavenged wood and other natural and unnatural “debris.”

How Kids Played “Back in the Day”

Wandering the local woods, fields, and yards, kids caught fireflies and other insects, reptiles and amphibians; and picked flowers, weeds and branches. They stared up at the sky and imagined shapes in the clouds by day and counted stars by night. People who grew up in this area, specifically around Middletown, learned how to use the reeds they found near the water. Girls wove them into hula skirts for backyard performances; boys rigged them to build “walls” for their marshland forts.



Children had bikes and often rode them much further than their parents ever knew. They swam in ponds, made and sold things (like colored shells and rocks) and gathered parts from who-knows-where to build forts, go-carts and rafts. There were no cell phones, GPS trackers or helmets back then, and kids didn't even think about the safety precautions (and lawsuits) we are all well aware of today.



LEAVE NO CHILD INSIDE: RE-ESTABLISHING CONTACT WITH NATURE

For people of previous generations, the fondest childhood memories occurred outdoors. Yet with each passing year, we are inching further and further away from the free-form outdoor play of the past to more packaged and planned activities inside, often in front of a TV or computer. When children today do play outside, it is to participate in a structured sports activity.

Some parents have grown concerned about the dwindling amount of “free” time that children spend in nature. This growing awareness can be credited in part to Richard Louv and his book, though there are many other authors, institutions, advocates, and participants in this discussion.

This growing movement now includes websites (www.childrenandnature.org), educational programs and other initiatives that bring schools, government agencies, parks, conservation organizations, teachers, and parents together to find ways to help get children outside more, and to make sure the concept of play does not disappear entirely from the educational lexicon (some schools no longer offer recess). Regional campaigns, such as **Leave No Child Inside**, have assembled across the county according to Louv's website (richardlouv.com/last-child-movement). There is also pending federal legislation, the **Leave No Child Inside Act**, to promote and fund outdoor education.

“NATURE AS AN ANTIDOTE”

Louv stresses how important it is to invite nature back into our lives. Busy as we are, he offers, perhaps it is time we started viewing nature as an antidote to our stressful lives. “...Stress reduction, greater physical health, deeper sense of spirit, more creativity, a sense of play, even a safer life...” are rewards awaiting families that introduce more nature into children's lives.

While lack of exposure to nature can have consequences for adults, the potential impact on the physical and mental health of children is even more troubling. Patterns taught in childhood may follow them as adults. And if those of us who spent so much time outside as children can't manage to do so enough as adults, what will happen to the next generation of children who spend much of their time indoors?



“What is There to ‘Do’ in the Parks?”

This is one of the most common questions park staffers get asked. Without play equipment (bike, ball, frisbee, etc.) or a playground nearby, visitors unaccustomed to the trails and open empty fields aren't sure what to do. Here's one idea...Find an information kiosk (usually near the parking lot), consult the park brochure or map, and explore. Find a short trail, take a walk, and if you must “do” something, observe the plants and animals. Rediscover your senses! What do you see? Are the trees in bloom? Are they old or young? What can you smell? Maybe the sweet scent of a particular flower. Can you hear the birds singing? How many different songs? Breathe deeply and appreciate the stillness. You'll be surprised how relaxing an aimless walk can be.

Upgrades To Environmental Center Sure To Please

The phrase “something old, something new, something borrowed, something blue” could be used to describe the new exhibit rooms at the Huber Woods Environmental Center. Three rooms in this historic Alpine-style chalet recently underwent a significant makeover, and the changes are sure to enhance the visitor experience.

SOME THINGS OLD AND NEW

The main room of this nature center, located in the Locust section of Middletown, now includes a photo panel of local mammals, birds, reptiles, amphibians, and flowers.



The Huber House today



Take one look at the photo panels to “meet” some of the incredible flora and fauna of Huber Woods.

Another panel describes the history of the park and the building itself. It contains remarkable pictures borrowed from the Huber family that show the building, inside and out, from the 1920s-1950s. A wildflower wall and Junior Naturalist station in the room provide hands-on activities for young visitors to experience nature.

...AND BORROWED

A second room has been devoted to the Lenape Indians, Monmouth County’s first residents. Artifacts and displays reveal the history, language, domestic art, music and dance of this amazing people. Visitors can play a drum, create a story using ancient petroglyph symbols, weave a basket, or try to identify the purpose of several Lenape tools.



...AND BLUE

The forest-themed room with tree-lined walls, sky blue ceiling, live animals, and mounted animals offers a preview of what you’ll see when you take a walk on one of this park’s many trails. Binoculars allow you to get close and personal with more than a dozen local species such as Blue Jays and Cardinals that visit the feeders outside the room’s large picture window—a living display that’s guaranteed to change with every visit! Add a visit to Huber Woods Park and its “new” Environmental Center to your “to-do” of activities this summer. You’ll find that, like all the county parks, it offers close to home, inexpensive fun for the whole family. Learn more at our website, www.monmouthcountyparks.com.

Huber Renovations Occur Inside And Out

Many historic buildings and landscapes in the county parks provide a tangible connection to the past. Preserved barns and homes of different sizes and styles, hedgerows, a grist mill, millponds, unpaved farm lanes, allees of tall trees, orchards and gardens—to name just a few—help visitors imagine the style of life in this area decades, or even centuries ago. At Huber Woods Park, amidst stately woods and rolling meadows, the former Huber family house is a unique example of this area’s history. Sitting high above the Navesink River with spectacular views of the water, this preserved Alpine-style house built in 1927 is getting a “facelift.”

THE HUBER HISTORY

Joseph and Anna Huber came to America in 1883 from Germany. They spent their summer *Continued, page 9*



Native Plant Stewardship

Randy McHaney, Senior Gardener

Many indigenous or native plants have been lost in this area through disturbances such as clearing land for new homes, roads, industry, and agriculture. They are also lost due to naturally occurring phenomena. At the same time, other plants are particularly opportunistic—they grow everywhere—and in some cases, become invasive. This occurs when a plant is out of balance with its surroundings. When invasive plants are introduced into an environment, they can outgrow and eventually replace the native or local plants. This leads to a chain of events that change the environment, resulting in loss of habitat and food for birds and wildlife. Planting native species is one way to offset this trend.

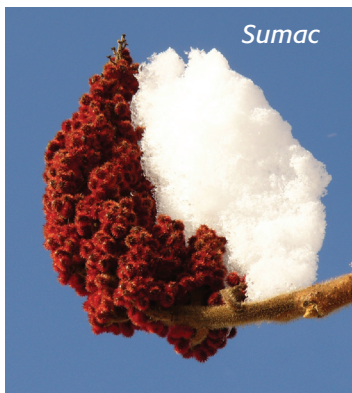
THE NATIVE PLANT MEADOW AT DEEP CUT

Deep Cut Gardens has a Native Plant Meadow, planted in the 1990s. It includes 3 tree groves: Northern Red Oak (*Quercus rubra*) at the western end of the grove, Red Maple (*Acer rubrum*) in the middle, and White Ash (*Fraxinus americana*) at the eastern end. The trees are all native to this part of NJ, and as they mature will help create an environment conducive to native woodland plants especially ephemerals, and small shade-loving native shrubs and perennials.

Deep Cut's native meadow features groves of native trees and a variety of native shrubs, pulled together with native fescue grass.

Along the blue stone walkway that meanders along the north side of the meadow, there are shrubs such as sumac (*Rhus spp.*), arrow-wood viburnums (*Viburnum dentatum*), Bayberry (*Myrica pennsylvanica*), Shadbush (*Amelanchier canadensis*), American Dogwood (*Cornus florida*), and Quaking Aspen (*Populus tremuloides*).

There are several sumac species native to Monmouth County in the grove, including winged or shining sumac (*Rhus copallina*). These small trees reach about 20', and while not ideal for a formal garden, they are great for a naturalistic setting. They require little care and grow nicely in sandy or poor content soils. Sumacs form beautiful, upright, red, fruiting clusters in fall that persist into winter and that are very attractive to birds.



Sumacs form beautiful, upright, red, fruiting clusters in fall that persist into winter...

Over the years, additional natives such as blight-resistant cultivars of the American Chestnut (*Castanea dentate*) have been planted as small whips. There is also a beautiful Bur Oak (*Quercus macrocarpa*) that was donated and planted in the tree-line near the east end of the meadow. Two maturing Persimmons (*Diospyros spp.*) stand near the west entrance, and the whole meadow is pulled together by clumping native fescue grass planted in all the open, sunny areas.

BECOME A STEWARD OF NATIVE SHRUBS

Take action to protect the native plant communities in your area. You can do this by selecting native plants appropriate to your particular landscape and soil type, or simply selecting plants that are NOT invasive.

Select native plants appropriate for your landscape and soil type.

There are quite a few plants at Deep Cut that could be used more widely in the gardens of this area because they are beautiful, easy to culture, and vigorous.

- Sweet Pepperbush (*Clethra alnifolia*). This hardy native shrub can grow to 8' high and 10' wide. Size can vary and the shrub can be pruned in fall (after flowering) if a smaller shrub is desired. Dwarf cultivars are also available. White flowers in July and August last for several weeks and are pleasingly fragrant.



Continued, next page



Bottlebrush Buckeye

Plant, continued from page 5

- **Bottlebrush Buckeye** (*Aesculus parviflora*). A beautiful deciduous shrub growing to 8' x 15' in full sun, though it can also tolerate some shade. Flowers appear in July as 12" panicles covered with hundreds of smallish white flowers. It looks a bit like a bottle-brush (hence, the name) and is a favorite of butterflies.
- **Red Chokeberry** (*Aronia arbutifolia*). This beautiful, deciduous shrub can grow to 7' and has everything: nice habit, flowers, red berries that attract the birds and great fall color.
- **Eastern Redbud** (*Cercis Canadensis*). A delightful, small tree that performs well in natural settings. The rosy/purplish flowers are gorgeous against a late spring backdrop. Although full sun or partial shade is fine, this plant is a little fussier than some and will need attention to its "cultural needs." It hates wet feet, but doesn't like to dry out either; plus, a little fertilizer in late spring should keep it growing vigorously.
- **Sourwood** (*Oxydendrum arboretum*). This small tree with a nice, upright or round shape is native to the Northeast (not necessarily Monmouth County). It can grow to 25', and has fragrant, white, bell-shaped flowers on 8' panicles during summer, and beautiful fall color.
- **Sweetbay Magnolia** (*Magnolia virginiana*). Another small tree of nice character; this one produces very special, creamy white, lemon scented flowers in June. This landscape tree can reach 20'; give it plenty of room to grow, and spread.



Eastern Redbud



Sourwood

NEW!

The Horticultural Library at Deep Cut Gardens is Now Open Saturdays.

Beginning May 3, 2008 the Elvin McDonald Horticultural Library will be open on Saturdays from 10am - 4pm (weekday hours are 9am - 4pm). With over 9,000 books, this is one of the area's most comprehensive facilities for research. Flower arrangements, specialized/organic gardens, diagnosing plant diseases, and distinguishing weeds from wildflowers are just a few of the many topics you may research here. Plus, a librarian is available to help you find what you need. Stop by for a visit.

List of Deer-Resistant Plants Now Available at Deep Cut Gardens. Please call (732) 671-6050 for more information.

It's Time to.... July ✓

- Take note of what's working and what's not, and which plants you will want to divide in the fall or next spring.
- Check for signs of insect damage or infestation. Use Integrated Pest Management (IPM) to deal with problems. (Visit the Deep Cut Library to learn more about IPM).
- Apply/replenish mulch to conserve water and suppress weeds.
- Deadhead through the summer to encourage repeat bloom; support taller plants as they grow; stop pinching chrysanthemums by mid-July.
- If following the 3-holiday schedule for your roses, fertilize on or about July 4. Watch for and remove any suckers emerging from the root stock of grafted roses.
- After bloom has finished, dig and divide irises, lily of the valley, Oriental poppies and bleeding hearts.
- It isn't too late to plant container-grown plants, but be sure to water thoroughly before and after transplanting.
- To keep vegetable gardens producing, pick ripe produce and give plants 1" of water weekly.
- Annuals will benefit from a light feeding, avoid applying fertilizer when the temperature is above 85°.

August ✓

- If Japanese Beetles are a problem in your roses, try disbudding them for two to three weeks. The beetles will be gone and roses will come back strong.
- Continue deadheading, unless you intend to collect the seed or leave some for wildlife.
- Fertilize late summer and fall flowers such as chrysanthemums.
- Sow late crops of lettuce, kale, spinach, Chinese cabbage, and turnips.
- Keep tomatoes well-watered and fertilized during this heavy production period.
- Start planning for Deep Cut's Fall Perennial Plant Swap, September 20.
- If going away on vacation, arrange to have someone keep an eye on and water your gardens.

September ✓

- Fertilize lawns late this month. Now is a good time to reseed or renovate. Sod may be laid until the ground freezes.
- After Labor Day, divide and transplant peonies, and give roses their third and final feeding of the season.



- Continue to harvest eggplant, tomatoes, peppers and beans regularly for greater yield.
- Plant cool-weather crops such as radishes, spinach, lettuce, kale and cabbage. If started early, you may get in a crop of peas, too.
- Plant evergreen and hardy shrubs. Mulch and water well.
- Daffodils, crocus, galanthus and iris reticulata can be planted this month. Bulbs usually look better when naturalized in groups or drifts.
- Bring houseplants indoors. Thanksgiving and Christmas cactus may be left out until just before the first frost.
- Plant chrysanthemums and pansies for fall color. Look for two-season pansies that will bloom again next spring.
- Stop watering amaryllis—the bulbs need a rest before re-blooming.

It's the gardening event of the season!

The Great Fall Perennial Plant Swap

Saturday, September 20, 2008
10am-2pm

IT'S FUN, FREE, AND EASY.

This time you can swap perennials and houseplants. Bring your 1-qt, 1-gal or 2-gal container plants and trade them in for different plants of the same size. Please label all plants. Sorry, no annuals. Call (732) 671-6050 for more information.

GOING NATIVE

Setting native plants properly is critical. They prefer a setting similar to their natural state in the wild. That's really what's fun about this type of gardening (as opposed to setting out annuals each spring). You have to put a little thought into it, but at the end of the day you've created something very special.

Here are a few natives-and their settings-to consider in your garden: Common to Monmouth County, Spotted Horsemint (*Mondarda punctata*) with its unusual flowers prefers hot, dry sun after it has been established. Obedient Plant (*Physostegia virginiana*) is a 1-3' perennial with snapdragon-like flowers that bloom in summer likes full sun and evenly moist soil. Careful! It spreads vigorously. Great Blue Lobelia (*Lobelia siphilitica*) is beautiful, long-blooming and attracts butterflies. It should be planted in evenly moist soil, in sun or partial shade.



Obedient Plant



Spotted Horsemint



Great Blue Lobelia



Join us for...

BONSAI DAY

Sunday, September 21, 2008

1:30-4:00pm

Enjoy the Bonsai experience!

See demonstrations and exhibits, and talk to the experts. Visit Deep Cut Gardens' Jane Scott collection.

Free Admission

Free Parking

vacations in this area; fell in love with the hilly pastures, peach orchards and river views; and eventually purchased a farm. Later, their son Hans and his wife Catherine, chose the farm's hilltop for their home, a large half-timbered house with a distinctive terra cotta roof is inspired by the old-country style of the Alpine region.



HUBER "HOME IMPROVEMENTS"

In 1974, Hans and Catherine donated 103 acres of property to the Monmouth County Park System. In 1984 the J.M. Huber Corporation donated another 48 acres of the Huber estate, and this house. Improvements were made when the Park System first converted the house to public use but, after more than 20 years, more comprehensive repairs and upgrades were needed.

- The terra cotta tile roof was restored in 2006. Along with new copper flashing, gutters and downspouts, 1/3 of the roof tiles were replaced with matching custom terra cotta tiles and the three large brick chimneys were repaired.
- Exterior restoration is scheduled to begin in the summer of 2008. Deteriorating brick and stucco walls and wood siding will be repaired to match original materials and design. The steel windows and wooden doors will be restored, and the crumbling stone terrace at the rear will be re-built.

The Environmental Center will remain occupied and open to the public during construction.

(Above, left) The Huber House shortly after construction, 1930s. Photograph by Samuel Gottscho, Credit: Avery Architectural and Fine Arts Library of Columbia University.

(Below, left) Aerial view of the Huber House in the 1950s

WHY DOES THE PARK SYSTEM PRESERVE HISTORIC STRUCTURES?

Historic preservation projects are a sound long-term investment for many reasons, (and like other projects, must compete with other demands on the Park System budget).

- You don't see buildings and landscapes like this everyday! Hand-crafted and designed to the standards of yesteryear, historic features enhance the quality and appeal of our parks. They offer a chance to "revisit" our county's rich history.
- Practically speaking, older buildings provide usable space. These buildings are used for recreational programs, visitor centers, offices, equipment and supply storage, meeting space, and many other purposes.
- Rehabilitation is a cost-competitive and environmentally sustainable alternative to new construction. When considering renovation of a historic building, it is usually possible to build something new that is cheaper. But that new structure will be of much lower quality and have a shorter life span than a good quality rehabilitation. However, when the cost of a high-quality renovation of a historic building is compared to the cost of a high-quality new building, the new building will generally be more expensive. Recycling our historic structures has proven to be a good economic and environmental choice, with the added bonus of preserving our past.



View of the Navesink River from the historic Environmental Center grounds at Huber Woods.



Photo by Michael S. Miller

Blooms In The Dunes

By Janet Ryan, Park Naturalist

Who doesn't look forward to a day at the beach with its fresh salt-air breezes, the relaxing warmth of the sun, the cooling spray from the waves? It's surely the perfect place to spend a day. Given these lovely images of surf and sand, it's hard to realize that the seashore is actually an extremely harsh environment for both animals and plants.

LIFE'S A BEACH...BUT ONLY FOR US

On day-trips to the beach, we can easily remedy the shore's severe conditions. At high noon in summer, when the sun gets too hot and bright, we take a refreshing swim or, we move into the shade of our striped umbrellas and sip cool drinks. At day's end we wash off the salt under the shower at the boardwalk. On windy days, we cover up with a shirt or jacket, and place a sneaker at each end of the blanket.

When we hear the phrase "life's a beach," we know it means we're living in good times. But early settlers, with fewer days of leisure than we have today, knew better. They wisely built their homes and planted their crops farther inland, away from the bruising climate at the coast.

Coastal plants and wildlife have a much tougher time. The winds are nearly constant, sometimes fierce. What's not battered down gets blown away. Wind sends salt from the ocean spray to coat everything, and the evaporation (caused by wind) makes for very dry conditions.

When it does rain, there is no soil to hold the moisture near the surface and the water percolates rapidly down through the grains of sand. With the light-colored sand reflecting the sun and without the shelter of trees on the beach, temperatures may rise to over 120 degrees on the sand. The temperatures can be extreme at both ends of the thermometer.

SPECIAL PLANTS THRIVE AND SURVIVE AT THE SHORE

One would think that nothing could survive in the desert-like conditions of the beach dunes. Yet there are plants and animals which flourish at the sea's edge because they have developed special adaptations for living on the constantly changing, wind-swept, salt-sprayed, and sun-beaten dunes.

Deep Roots Combat the Wind—Sand dunes are constantly shifting, so a plant needs some way to hold on when the winds blow. The Beach Pea has curling tendrils and many plants have deep taproots. Deep rooted plants actually help the dunes "grow" by holding the sand in place and providing a place for newly blown sand to settle. American Beach Grass, (photo above), is a valuable tool for stabilizing the dunes and this grass actually grows better when it is periodically covered in sand.

Continued, next page



The Beach Pea

Blooms, continued from page 10

Thick, Rubbery Leaves Seal in Moisture—Because they are constantly blown by dehydrating winds, plants along the shore must have a way to preserve moisture and protect themselves from the wind-carried salt. Thick, succulent leaves and stems are the answer. The rubbery, spiny stems of the Prickly Pear Cactus are a good example of this.



Prickly Pear Cactus

So, too, are the fleshy leaves of Sea Lavender and Seaside Goldenrod. The nectar in the beautiful yellow flower-clusters of Seaside Goldenrod in early summer and late fall also attracts migrating monarch butterflies.

The wax on the very fragrant grayish-white seeds of the female Bayberry shrub also keeps the moisture in. (People have used this wax to make very aromatic bayberry candles.) Some dune plants also have hard-shelled seeds to prevent loss of moisture into the arid dune environment; others have many long, horizontal roots close to the surface to quickly soak up rain water before it disappears into the sand. Dune grasses feature curling leaves.

Special Adaptations for Salt & Extreme Temperatures-

Few plants can live in a salty environment, but some of the toughest dune survivors (like Smooth Cord Grass) actually have a special gland which helps them to eliminate salt. The leaves of Dusty Miller are covered with white hairs that protect the plant from very hot and very cold temperatures.

And some plants living near the sea can actually obtain nutrients from the salt spray.

HELP PROTECT THE DUNES

The dunes are formed by wind and water, and they are valuable to both wildlife and human life. They provide habitat for those animals with their own adaptations to life at the shore's edge. Dunes also offer protection from the damaging effects of storms. They form a barrier between the ocean and man-made structures near the coast. There are a number of things we can do to protect our local dunes—and even to help them grow:

- Do not walk on the dunes. A footstep on a fragile dune grass could kill it.
- Educate others.
- Help keep the oceans clean, because pollution could endanger dune plants.
- Volunteer to plant dune grasses which hold sand in place. The Park System offers a number of dune grass planting events and beach clean-ups throughout the year. Please call (732) 842-4000, ext. 4283 for more information.

Seaside Goldenrod



Dusty Miller





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PARK SYSTEM



2008 MONMOUTH COUNTY FAIR!!!! EAST FREEHOLD SHOWGROUNDS, KOZLOSKI RD.

- Wednesday July 23 • Thursday, July 24 • Friday, July 25
- Saturday, July 26 • Sunday, July 27

WEDNESDAY: MotorSports night opens early and Biker Billy will entertain fiery food lovers with his spicy cooking antics. Enjoy all the usual fair favorites and opening night fireworks, plus bouncy upbeat tunes from the 70's band, 1910 Fruitgum Company, on the main stage.

THURSDAY: It's Circus Night! The amazing Mapapa Acrobats will be on hand, along with jugglers, clowns and magicians. Also new--an inflatable crawl train ride for the kids! Lots of great food and other treat vendors, too!

FRIDAY: Yee Ha! It's Wild West Night with pony rides, a mechanical bull, and country western music (Beth Clayton on the main stage). But that's not all, it's the Park System's first-ever Backyard BBQ and Cook-Off, where fairgoers can watch the experts cook, taste BBQ at its best, and get great cooking tips.

SATURDAY: Check out Laser-Tag-another Fair first. Plus, the Backyard BBQ heats up as the dishes are tasted and judged. It's Oldies Night, featuring Gary US Bonds on the main stage and there are plenty of rides, animal shows, games, and more to enjoy.

SUNDAY: It's Seniors Day! There's the Antique & Classic Car Show and the pie-eating contest. See who won the Home & Garden competitions and check out the incredible swing and big band classics of the Silver Starlight Orchestra on the main stage.

