



Welcome to the **EARLY SUMMER 2023 ISSUE** of our **Healthy Yards New Rochelle (HYNR) newsletter**. Our purpose is to provide information for creating healthy and sustainable yards in New Rochelle. We welcome participants who are new to healthy gardening as well as experienced gardeners.

UPCOMING MEETINGS

In addition to steering committee meetings planned for the first Wednesday of each month, which are open to everyone, we have planned open garden days. We also present a virtual lecture series in conjunction with the New Rochelle Library.

June 11 4PM to 5PM. Five-Year-Old Native Garden in the Making/How to Get Started Natali and Mark's Garden, 69 Lispenard Ave



In a cozy corner lot, we have planted a meadow garden, a woodland garden, and shaded rock garden. What used to be only grass is now home to over 100 species of plants, the majority of them native to the northeast.

Milkweeds, Verbena, Foxglove, Black eyed Susan, wild strawberry, Cardinal flowers, Woodland phlox and ferns. We enjoy the Monarch butterflies, bees, songbirds, hummingbirds, chipmunks, and many other surprising guests that make their home here. Children are welcome.

July 16

New Rochelle Pollinator Garden Tours

As part of the lower Hudson Valley Pollinator Pathway Tour series several homeowners in New Rochelle will open their gardens to the public. Participating gardens will be announced soon so please save the date to spend time in our beautiful gardens.

STAY CURRENT WITH EVENTS

To keep current on events and resources please be sure you are on our email list and check the following resources on a regular basis:

[Healthy Yards New Rochelle | Facebook](#)

[Healthy Yards – Learn How to Change to More Sustainable Landscaping.](#)

[Westchester Pollinators | Facebook](#)



ASK THE HEALTHY GARDENER

How Do I Start a Butterfly Garden?

A butterfly garden can be a great source of delight and the plantings will help conserve native butterfly species. Nectar and food plant sources within expanding urban areas can contribute to the prosperity of our local butterflies. Here is a guide to help identify our common butterflies along with their recommended host plant that serve as a food source for immature pollinators:

Planning Your Garden: A suitable site for butterflies has three basic requirements: full sun, shelter from wind, heavy rain or other adverse weather conditions, and a source of water. If you want butterflies to live in your garden, you will need to supply “host” plants that serve as food for immature butterflies (caterpillars), as well as those that provide nectar and pollen for adults.

10 FAVORITE BUTTERFLIES

	Caterpillar	Host Plant	Adult	Nectar Plant
1. Spicebush swallowtail Host Plant: Sassafras Trees Nectar Plant: Cardinal Flower				
2. Zebra Swallowtail Host Plant: Pawpaw Tree Nectar Plant: Iantana				
3. Gulf fritillary Host Plant: Passion Vine Nectar Plant: coneflower				
4. Monarch Host Plant: Milkweed Nectar Plant: Joe Pye Weed				
5. Painted ladies Host Plant: Thistles Nectar Plant: Asters				
6. Viceroy Host Plant: Willow Tree Nectar Plant: Thistle				
7. Tiger swallowtail Host Plant: Ash Tree Nectar Plant: Gailardia				
8. Red admiral Host Plant: Nettles Nectar Plant: Marigold				
9. Question Mark Host Plant: Hackberry Tree Nectar Plant: Butterfly Bush				
10. Sulphur Host Plant: Clover Nectar Plant: Garden Phlox				



Encourage Caterpillars: Because caterpillars consume plants, you must be willing to accept some damage to plant hosts. Do not use any insecticides in your butterfly garden. In addition to harming the caterpillars, many insecticides will also harm adult butterflies. Consider setting the caterpillars' food plants in a less visible spot in the yard. Place flowers that provide nectar and pollen for adult butterflies in a more prominent location.

Help Butterflies Feel at Home: The best nectar flowers are fragrant, have a long season of bloom, and provide a sequence of bloom throughout the season. Clumped or massed plantings are most effective in attracting butterflies. Simplicity is the key to a satisfying and easily maintained butterfly garden.

Flowers that are flat-topped or clustered provide landing platforms and easy access to nectar. Blossoms with short nectar tubes may be used by a wide range of butterflies. Blue, purple, white, pink, yellow, orange, and red flowers may entice butterflies to your yard. Whether your garden is large or small, a number of attractive choices are available.

Complete the Habitat: Butterflies must bask to regulate their body temperature. Provide flat stones throughout the garden where they can rest and absorb sun and heat. Many gardeners also provide a container of wet sand or a muddy puddle where butterflies may obtain salt and mineral-rich liquids. Descriptions on how to start a butterfly garden credit to Cornell University Cooperative Extension, Rockand County. For a more complete listing of plants that attract butterflies please click on:

[Gardening to Attract Butterflies \(rocklandcce.org\)](http://rocklandcce.org)



Picture credit Bird Watching HQ

RECENT EVENT HIGHLIGHTS

March 29th: UNDERSTANDING PESTICIDE RISKS: Protecting Your Health and Your Yard

Recorded Event presented by Sarah Evans, PhD MPH. Assistant Professor of Environmental Medicine and Public Health Icahn School of Medicine at Mount Sinai



HYNR, in conjunction with the New Rochelle Library, presented a virtual discussion on the hazards of common chemicals used by homeowners and gardeners that may cause serious health effects in children, adults, and pets. Dr. Evans discussed the latest science on how common pesticides impact health, children's unique vulnerability, and steps that families can take to reduce pesticide exposures. Topics presented included:

- Health impact of pesticides & herbicides
- Body burden: 40 pesticides detectable in our body
- Short & long-term impact on children and adults
- Types of pesticides: organophosphates, neonicotinoids, glyphosate
- The hazards of "Other Ingredients"
- Tick control
- Steps to take to protect your family.
- Legislation
- Pesticide Free Zones

To watch the full recording of the presentation please click on: [Understanding Pesticide Risks: Protecting your Health and Your Yard - YouTube](#)

Thanks to Lisa Itzkowitz - Non-Profit Management /Marketing and Communications Strategist/ Engagement and Revenue Driver for outreach and presentation management. Also thank you to the two participating partner libraries coordinators - Cathleen Sulli at the Ruth Keeler Memorial Library in North Salem and Aurora Cruz at the Grinton I. Will Library in Yonkers.

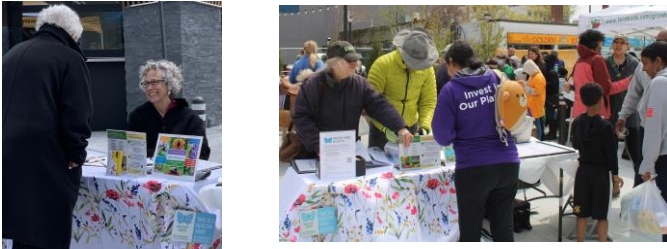
Native Mountain laurel
Marilyn Brown's Garden





April 22nd: Sustainable Earth Day Festival, Anderson Plaza

HYNR hosted a table at the festival highlighting composting, pesticide free yards, and native plants. For full details on the event please click on: [News Flash • New Rochelle, NY • CivicEngage \(newrochelleny.com\)](#)



Thank you Nicole Forman, Amy Ehrlich, Marilyn Brown, Ruth Bryan, Rod Rolett, Natali Meytin, Mark Napier, and Bob Finkelstein for volunteering at our table.

May 11th: Davis Elementary STEM Fair

Davis held their 2nd Annual STEM Fair featuring hands on activities for children and adults. HYNR teamed with the Westchester Land Trust Pollinator Pop Up for displays highlighting pollinators, composting, and pesticide free gardens. Thanks to our Composting and Soils Guru Nicole Forman for another well-received composting presentation, Rod Rolett, Bob Finkelstein and Jes Parker from the Trust for a great display drawing over 175 visitors.

May 13th: Composting and Raised Bed Demonstration Nicole Forman's Garden



Our first garden meeting of 2023 was held at Nicole Forman's hhosue. Bicole, our HYNR Composting and Soild Guru, discussed the process from start to finish with food scraps and yard materials. Although most people believe that

the more green materials, such as grass clipping or food scraps, the better we learned that the proper mix of brown to green materials was 2 to 1. Nicole discussed how to load and care for on ground composters and leaf piles.

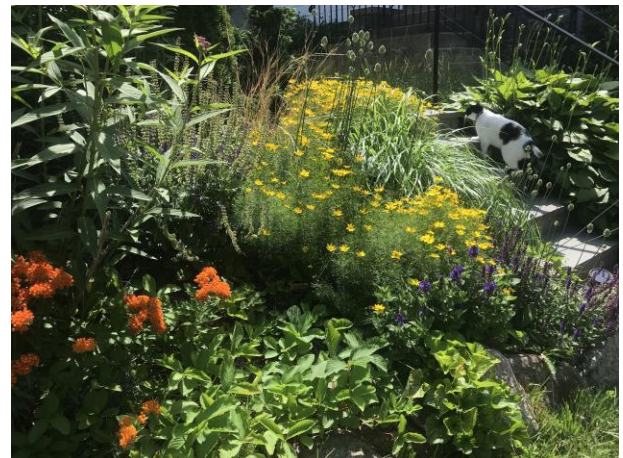


Nicole also coordiantes the periodic sale of composters such as the Earth Machine. Future sales events will be sent to our HYNR email list and posted on Facebook.



For information on home composting click on: [Home Composting - NYS Dept. of Environmental Conservation](#)

Natali and Mark's Native Garden pictured below will be the location for our June 11th meeting





ENRAC and CITY of NEW ROCHELLE

New Rochelle's Ecology and Natural Resources Advisory Committee (ENRAC) plays an important role with the City of New Rochelle's 2023 initiatives identified below.

ENRAC is continuing their work on updating the original 2010 GreenNR sustainability plan. They will also be gathering local input to identify climate hazards and the risks posed to community resources for The Climate Vulnerability Assessment (CVA), The City was awarded technical assistance from HUD for the CVA to support the City's engagement of vulnerable populations including seniors, low-income households, and residents for whom English is not their primary language.

Sustainable landscaping will be demonstrated at three "Green Zones" at New Rochelle city parks this year in partnership with the American Green Zone Alliance (AGZA) and others.

City School District of New Rochelle

The City School District of New Rochelle is moving forward with their Green Schools Initiative to make schools safer, more sustainable, and more energy efficient. The goal is to reduce their carbon footprint and help protect the environment while involving students in learning life-long, environmentally sustainable practices. Raised bed vegetable gardens and native plants will be part of the program.

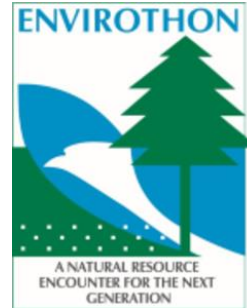
Jefferson Elementary School Principal Kim Nieves is Co-Chairing the Education Committee along with Nicole Forman. Rod Rolette and Bob Finkelstein will be serving as Education Committee members.

For detailed information about the program and goals click on: [Green Schools Committee | City School District of New Rochelle \(nred.org\)](#)

Green Inquiry and Research Fair

The District held its first Green Initiatives Fair on May 17th at New Rochelle High School. All eleven schools were represented by their Green Team that presented findings from a sustainability and environmental audit each conducted. The Fair was well attended and provided the opportunity for students to highlight their knowledge, care, and concern for the community and our environment. Congratulations to the Green Teams and schools.

Envirothon 2023 Westchester County



The 2023 The Westchester County Envirothon environmental science competition for public and private high school students was held Friday, May 12 at Sal J. Prezioso Mountain Lakes Park in North Salem, cosponsored by the Westchester County Soil and Water Conservation District and Department of Parks, Recreation

and Conservation, with support from the Westchester Parks Foundation, Watershed Agricultural Council and New York Sea Grant.

This event was an opportunity for students to test their soil, aquatic ecology, land use, forestry, wildlife, and climate change knowledge against their peers from schools throughout the county. The highest scoring Westchester County team will represent the county in the New York State Envirothon.

Congratulations to the Green Team from **New Rochelle High School** for their first-place finish in Aquatic Ecology. Here is a sample question:

A lake ecosystem is termed "phosphorous limited" if:

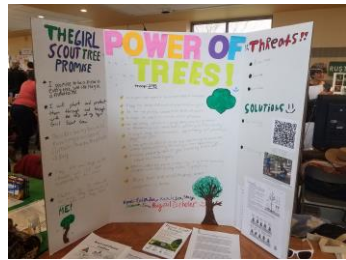
- a. adding nitrogen to the lake causes increased phytoplankton growth*
- b. adding phosphorus to the lake causes increased phytoplankton growth*
- c. adding nitrogen to the lake causes decreased phytoplankton growth*
- d. adding phosphorus to the lake causes decreased phytoplankton growth*
- e. adding phosphorus to the lake causes no change in phytoplankton growth.*

High concentrations of phosphorus may result from poor agricultural practices, runoff from urban areas and lawns, leaking septic systems or discharges from sewage treatment plants. Too much phosphorus can cause increased growth of algae and large aquatic plants, which can result in decreased levels of dissolved oxygen— a process called eutrophication. High levels of phosphorus can also lead to algae blooms that produce algal toxins which can be harmful to human and animal health. The correct answer is B.



NOTEWORTHY NEWS

NR Girl Scout Troop 2795



New Rochelle Girl Scout Troop 2795 participated in the Bedford 2030 Community Forum on the Power of Trees on March 25th. Lea Kisling, Emma Lizzo, Corina O’Looney, and Abigail Schuler, with Troop Leaders Karen Lizzo and Jessica Schuler, showcased and talked about the Girl Scout Promise to befriend and protect trees, their value to nature and the environment, threats and possible solutions to support their growth and longevity. Congratulations Troop 2795 on their Girl Scout Bronze Award Project!

On April 23rd, the Troop planted 20 Beech Trees to help replenish trees affected by Beech Leaf Disease. Pictured are Stacy Dee, Emma Lizzo, Maya Marrero, Chelsea Wong-Dunn, Giada Mastrogiacomio, Abigail Schuler, Corina O’Looney, and Kendall Foley. The Troop is comprised of 5th Graders from Ward, Trinity, Webster, and SJP.



To learn more about Beech Leaf Disease click on:

[Beech Leaf Disease - NYS Dept. of Environmental Conservation](#)

YARD SIGNS

Is your garden pesticides and herbicide free? Yard sign distribution is well under way with seventy distributed to date! You can pick up signs at one of our meetings or send an email to healthyYardsNR@gmail.com. Proudly display your support for healthier yards and our environment.



GARDEN BUDDY

Not sure how to get started or what to do next?

We are here to help and would be happy to designate a Garden Buddy for you. Your Garden Buddy will be an experienced HYNR volunteer who is looking forward to sharing their expertise and ideas in a no-pressure setting. Let us know if you would like to meet with a Garden Buddy to help you on your way or discuss issues with your mature or growing garden.

HYNR WEB PAGES

Check out our new Healthy Yards New Rochelle Website and Native Garden Guide developed by Mark Napier. It features general information and links about our group including contact information and resources. Click on the two links to view the sites:

- ✓ [Healthy Yards New Rochelle \(healthyyardsnr.org\)](http://HealthyYardsNewRochelle.org)
- ✓ [Native Garden Guide](#)

ADDITIONAL RESOURCES LINKS

- ✓ [Healthy Yards New Rochelle | Facebook](#)
- ✓ [Healthy Yards – Learn How to Change to More Sustainable Landscaping.](#)
- ✓ [Westchester Pollinators | Facebook](#)
- ✓ [The Native Plant Center - SUNY Westchester Community College \(sunywcc.edu\)](#)
- ✓ [Planting Westchester \(westchestergov.com\)](#)
- ✓ [Native Flowers, Grasses, Shrubs, Trees, and Vines \(ny.gov\)](#)



ABOUT HYNR

Healthy Yards New Rochelle is here to encourage you to help restore our natural environment while enjoying a beautiful yard. Learn how to invite pollinators, avoid pesticides, love leaves, use better equipment, plant wisely, go native, have a healthier lawn, and how to discuss healthy practices with your neighbors and landscaper.

- JOIN our monthly meetings and yard tours, meet knowledgeable people.
- LEARN about the importance of native plants in supporting pollinators and local fauna.
- SUPPORT our events and local nurseries.

HYNR STEERING COMMITTEE

HYNR is an organization of New Rochelle residents and neighbors committed to working together to learn about healthy yard practices that protect our environment, children, families, and pets.

We are part of a local and regional movement taking steps to improve our yards and make them safer and healthier. HYNR Business Meetings are held monthly on zoom and are open to everyone. Please let us know if you would like to attend. We welcome your suggestions and participation whether or not you have a particular area of interest. Each meeting's zoom link will be available a few days before the meeting. For more information email us at HealthyYardsNR@gmail.com.

Amy Ehrlich: Co-President, Treasurer
Bob Finkelstein: Co-President, Newsletter
Theresa Beyer: Communications, Event Coordination
Marilyn Brown: ENRAC, Newsletter
Ruth Bryan: NR Library Coordination, Event Support
Nicole Forman: CSDNR Education Committee Co-Chair, Composting Mentor

M. Genevieve Hitchings: Advisory
Millie Magraw: Advisory
Natali Meytin: Communications, Event Coordination
Mark Napier: Website, Help Page Coordinator
Rod Rolett: CSDNR Education Committee Member, NR Library Coordination
Meryl Rubin: Natives Technical Resource
Jessica Schuler: HYNR Programs Advisor
Keira Wickliffe: Advisory, Photography



Native Spiderwort
Marilyn Brown's Garden