



**Jacksonville Arboretum & Gardens e-Newsletter
January 2018**

**HAPPENING
THIS MONTH!**

**Arboretum
Gates Open**
8:00 AM-5:00 PM

**Discovering Nature
Nearby**

Saturday, January 20
9:30 AM- 10:30 AM

Kids Tour

Saturday, January 13
10:00AM-11:00 AM

**Volunteer
Workday**

Saturday, January 13
9 AM- 12 PM

Nature Walk

Saturday, January 13
9:30 AM-10:30 AM



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tangerine

Photo credit: Chuck Hubbuch

Sugar and Other Sweeteners

by Chuck Hubbuch

According to the University of California San Francisco, the average American consumes about sixty-six pounds of sugar per year. Nutritionists say that is too much but we will leave the health issues of sugar for you and your physician to discuss. Sugar occurs naturally in some of our foods and we add processed sugar to many processed foods. Honey was the primary source of concentrated sugar for the ancients but people in tropical Asia have known about the sweet stems of sugar cane and its relatives for thousands of years. Sugar cane (*Saccharum officinarum*) was brought to the Americas by Christopher Columbus on his first voyage. It is now grown around the world in warm regions. Sugar beet (*Beta vulgaris*) became an important source of sugar in the late 1800's when a method for extracting its sugar was developed. It is now grown in cool climates around the world. Other plant-based sources of sweeteners include sorghum, maple syrup, agave nectar, corn syrup, dates and other palms. Stevia is a commercial non-sugar sweetener that comes from a plant in the mint family, *Stevia rebaudiana*. Inulin is a plant-based soluble fiber that is sweet in some forms and is not absorbed well by the human digestive tract. Inulin is sometimes added to processed foods. Several other plant-based sweeteners are being researched for commercial use. They include chemicals derived from brazzen (*Pentadiplandra brazzeana*), monk fruit (*Siraitia grosvenorii*), serendipity berry

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JAG Membership

By becoming a member or donor, you are supporting the Arboretum's operations and improvements. All donations are tax-deductible. Details are available on our website.

Membership Levels

\$ 40 Single
\$ 55 Dual
\$ 70 Family
\$100 Friend

Supporters & Corporate Partners

Bronze Partner \$250
Silver Partner \$500
Gold Partner \$1,000

John Bartram Society

Gatekeeper \$2500+
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(*Dioscoreophyllum cumminsii*) and miracle fruit (*Synsepalum ducificum*).

Of course, many of the fruits and vegetables we eat contain natural sugars. If nutritionists had their ways, these foods would be the primary source for our dietary sugar. Citrus, prickly pear and lulo are among the plants at the Jacksonville Arboretum that produce sweet fruits. Sweet potatoes and yacon produce sweet tuberous roots at the Arboretum. Yacon is interesting because inulin provides its sweet taste. Stevia produced its sweet-tasting leaves in the Arboretum last summer but was overgrown by a neighboring plant. If it does not return in spring, we will plant another. Fig, banana, pomegranate and sugar cane are among the plants waiting to be added to the Arboretum plant collection in spring. Join the Arboretum walking tours to learn more about these plants and the many other ways that people use plants.

Discovering Nature Nearby

\$10000+

To join or purchase a gift membership, click

[JOIN](#)

Thank you!

Join us at the Jacksonville Arboretum and Gardens for a FREE program



DISCOVERING
**NATURE
NEARBY**
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ARBORETUM
& GARDENS

SPRING 2018

3rd Saturdays January to May 2018 at 9:30 a.m. in the Picnic Area
The picnic area is wheelchair accessible

Jan 20

Danielle D'Amato, U.S. Army Corps of Engineers, will talk about an important resident of the arboretum, the gopher tortoise explaining their habitat needs and what we can do to help protect this important species.

Feb 17

Alice Shinkos, UF Master Naturalist and Artist will present: "Nature Journals for Beginning Naturalists of All Ages". Join in the creative fun while documenting nature by drawing, painting and writing.

Mar 17

Annaleasa Winter, Fresh from Florida, and Dave Holley, Duval County Forrester, will talk about trees. They will demonstrate how to make handmade paper and leaf rubbings.

Apr 21

Dr. Tony Rossi, UNF Entomology Professor will present an Insect Discovery Walk and Talk. Identification of species and insect collections will be available for viewing.

May 19

Second Annual Butterfly Release with collections, posters and demonstrations of our most common Florida butterflies. Native species will be available for participants to release.

More Nature Opportunities
1st Saturdays Nov 2017 & Jan - Mar 2018 9:30am
Chuck Hubbach's JAG Plant Interpretive Series
Every 2nd Saturday Nature Tours starting at 9:30 am

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O Gopher Tortoises - Can you Dig it?" January 20 2018

Come join us for the first Discovering Nature Nearby of 2018. The program this month will be about the Gopher tortoise and the important role they play in the ecosystem, their life cycle and what to do if you see a gopher tortoise.

Trail News



On the cool second Saturday of December, a hardy group of ten met at the Arboretum. It was a nice mix of regulars and newcomers. The rain stopped just in time for a great work day. We repaired and constructed some border fences for landscape beds. We mulched some of the plants and the Willis Jones bench. We wrapped up the morning by transplanting a large group of cast iron plants. It was a fun and productive day. The work of these volunteers is key to the Arboretum's development.

Tribute Bricks

Dear Friends and Supporters,

We are asking for your support of our Tribute Brick and Tribute Bench fundraising projects at the Jacksonville Arboretum & Gardens. This time of the year is great for making tax deductible gifts and, as a reminder, we are a non-profit organization and not a city park. We have no paid staff and rely solely on volunteers - and your charitable contributions - to operate the Arboretum for everyone to enjoy.

Consider supporting us by purchasing an engraved brick paver or an engraved bench with the name of your choice, permanently imprinted on the brick and on a plaque on the bench, to honor or memorialize those who are dear to you. This is a visible honor that you can use, and that other visitors will appreciate as they enter the arboretum to walk the trails and enjoy the grounds. The Tribute Brick area will create a living monument of pathways bridging the past, the present and the future. Your placement of a bench will also be appreciated, creating places of rest for you and other guests. Your donation helps us today - and will be enjoyed now and for generations to come.

Your Tribute Brick will be located at the kiosk at the entrance to the Gardens, with benches placed in strategic locations throughout the arboretum grounds.

This year marks our 10th anniversary - and a great opportunity to celebrate the success of what's being called "the hidden jewel of Jacksonville" for its native plants, ecosystems and extensive walking and hiking trails.

Thanks for considering the Jacksonville Arboretum & Gardens Tribute Bricks/Benches fundraising program in your annual giving.

Sincerely,
Martha Mazza
Tribute Brick Coordinator

Kids Tour of the Arboretum



This tour is designed to teach kids the relationship between people and the environment. The group will be taken around the arboretum and shown what plants can be used for purposes such as food, medicine, fibers, culture, and environmental factors. Kids will learn that plants are essential to life as we know it.

This free tour is designed for kids roughly ages 7-12 and will begin the second Saturday of September. From there, it will be held every second Saturday of the month. It will begin at 10:00 a.m. at the picnic area and will continue until 11:00 a.m. This program will not only get the kids outside and letting out some energy, but it will also teach them facts and skills they can take to their families and schools.

Please email arboretum4kids@gmail.com as spots are limited

McKenna Korzeniewski is a senior at UNF, double majoring in Global Environmental Studies and Religious Studies. She has been working in horticulture since 2010. She currently interns at the Jacksonville Arboretum and is the Peace Corps Ambassador for UNF. McKenna recently studied abroad at Chiang Mai University in Thailand and hopes to go into agriculture education in the future.

Show the World You Love the Arboretum

Show the world you love us, by posting your Arboretum photographs at [#jacksonvillearboretum](https://www.instagram.com/jacksonvillearboretum) & www.facebook.com/JacksonvilleArboretumGardens
We appreciate it!

OUR MISSION

*Cultivating a unique environment
for recreation, education, and inspiration.*

Jacksonville Arboretum & Gardens, 1445 Millcoie Road, Jacksonville, FL 32225