

# Dakota Gardener: The year of milkweed

By Emily How, Horticulture agent, NDSU



Milkweeds are flowering plants that are great pollinator plants, as they are the most important plant for monarch butterfly survival. (Pixabay photo)

Each year the National Garden Bureau chooses plants of the year. I always look forward to which plants they pick and learning more about each plant. This year among the chosen is Asclepias or milkweed. The genus name is derived from Asclepius, the Greek god of healing. The common name of Milkweed is due to the milky substance it exudes and there are over 100 species native to North America. In North Dakota, there are 10 native species, and they are often seen in ditches and sunny areas. Native Americans used milkweeds to make string, rope and cloth from the stem fibers. They would also use Common Milkweed for medicinal purposes as well to treat warts and other ailments. Another historical fact is that milkweed seed floss was used to fill life preservers and other flotation devices during

World War II. Today, milkweed floss is used as hypoallergenic filling in pillows and comforters. Milkweeds are flowering plants that are great pollinator plants! They are the most important plant for monarch survival as the monarch caterpillar feeds exclusively on milkweeds. Females lay their eggs on milkweed and once hatched, the caterpillars feed on the foliage. The milky substance contains cardiac glycosides making them toxic to birds and mammals. The caterpillars become toxic and the predators leave them alone. There are several species to explore and add to your garden, but the most common species are Common Milkweed, Swamp Milkweed, and Butterfly Weed. When adding to a garden setting, it is best to avoid Common Milkweed due to the aggression of spreading it underground through rhizomes. It is a good

choice, though, if you need erosion control and will offer whitish-purple flowers. Butterfly weed and Swamp Milkweed are better choices for containment. Swamp Milkweed grows best in wet soil with full or partial shade and will have pink flowers. Butterfly weed tolerates dry-to-medium soil and has bright orange flowers, and unlike other milkweeds, it doesn't have milky sap. Butterfly weed would be my personal choice for a garden just to add a bright pop of color. Growing milkweed is easy! It can be directly seeded or added as a transplant into your garden. It establishes quickly and is a low-maintenance plant. Milkweeds are paired well with native and ornamental grasses along with native perennials such as coneflowers.

NDSU NORTH DAKOTA STATE UNIVERSITY

EXTENSION AND AG RESEARCH NEWS

## NDSU to host sheep and goat advanced reproductive technologies workshop May 17



Participants will receive key insights into pre-breeding nutrition, body condition scoring, estrous synchronization, reproductive evaluation of sires and artificial insemination techniques for sheep and goats. (Pixabay photo)

For sheep and goat producers interested in implementing estrous synchronization and other reproductive technologies, NDSU Extension will host a Sheep and Goat Advanced Reproductive Technologies workshop on May 17 at the Hettinger Research Extension Center – Livestock Lab. Designed to provide detailed information on sheep and goat reproductive techniques, this workshop aims to prepare producers interested in implementing estrous synchronization and/or artificial insemination into their breeding programs.

Participants will receive key insights into pre-breeding nutrition, body condition scoring, estrous synchronization, reproductive evaluation of sires and artificial insemination techniques for sheep and goats. This program will begin at 9:30 a.m. MDT at the Hettinger Research Extension Center Livestock Lab located at 106 1st Ave W, Hettinger, North Dakota. “Reproductive technologies, like artificial insemination, have revolutionized breeding programs by expanding opportunities to quickly and efficiently incorporate superior genetics,” says Rachel

Gibbs, NDSU Extension livestock specialist at the HREC. “We’re excited to offer this hands-on learning experience to support producers interested in adopting this strategy.” To register for the NDSU Sheep and Goat Advanced Reproductive Technologies Workshop, visit [ndsu.ag/repro-workshop25](https://ndsu.ag/repro-workshop25). Registration is due to the Hettinger Research Extension Center by May 10. For questions regarding the workshop, contact Rachel Gibbs at 701-567-4323.



Dickey County Public Transportation

Handicapped Accessible Vehicles

Ellendale:  
Monday - Thursday  
8:30am - 4:30pm

Oakes:  
Monday - Friday  
8:30am - 4:30pm

To Aberdeen:  
The third (3) Monday  
of each month

If you need a ride, call:  
742-3509

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The McIntosh County Bus goes through Ellendale on their way to Aberdeen the 1st and 3rd Tuesdays of the month. If you would like to catch a ride call: 701-731-0072

Dickey County Senior Menu

Ellendale: 349-4513

Oakes: 742-3509

Friday: Baked Cod w/Garlic Butter, Lemon Dill Orzo, Carrots, Fruit-ed Jello, Whole Grain Bread, Soft Margarine Cup, 1% Milk

Monday: Beef lasagna, Peach Crisp, Green Beans, Garlic Toast, Soft margarine Cup, 1% Milk

Tuesday: Scrambled Egg, Cinnamon French Toast w/LoCal Syrup, Diced Breakfast Potatoes, Berries w/whip topping, 1% Milk, Soft Mar-garine Cup

Wednesday: Grandma's Hot Dish, Peas, Whole Grain Bread, Pears, Soft Margarine Cup, 1% Milk.

Thursday: Chicken Pot Pie, House Salad w/dressing, Pineap-ple, Whole Grain Bread, Soft mar-garine cup, 1% Milk

Even a Small Ad Gets No-ticed

DICKEY COUNTY LEADER:

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## DAKOTA DATEBOOK: Fred Sinirius

A tragic shooting rocked the small town of Zap, North Dakota, in April of 1941. The shooter, a local farmer and father of eight, was considered a hard-working husband and family man before financial trouble and a minor dispute pushed him over the edge. Early in 1941, Fred Sinirius was evicted from his farm near Zap by the Bank of North Dakota. The Sinirius family moved to a nearby farmstead, but the elderly farmer later returned to the foreclosed property to remove the home's storm windows and screens. Sinirius claimed he had purchased them himself, and wanted to use them on his new home. The bank, however, claimed the windows were part of the original property, and there-fore belonged to them. On April 1, the bank sent field agent Val Wolf from Mandan to collect the windows from Sinirius and return them to the origi-nal farmstead. Wolf was met by Deputy Sheriff Joseph Runions at the Sinirius farm. The two men met Mr. Sinirius outside his home and explained the reason behind their visit. Enraged by the intrusion, Sinirius demanded that the men leave his property. He ran inside and emerged with a shotgun, taking aim at Runion and Wolf. He shot at the two men, but, believing the shotgun's aim was inadequate, quickly exchanged it for a rifle. Runion later claimed that the 60-year old Sinerius chased him and Wolf as they ran to their vehicles. The farmer continued shoot-ing until both men had fallen. Although Sinirius believed them both dead, Runion survived and managed to drag himself to the highway and flag down a pass-ing vehicle. He was rushed to the hospital at Stanton and later transferred to Bismarck's critical care unit. Mercer County Sheriff Otto Poschadel arrived at the farm and arrested Sinirius later that evening; he offered no resis-tance and confessed immedi-ately. Deputy Runion lost sight in one eye, and Wolf, a father of four, lost his life to the argu-ment over those storm windows. Sinirius was arraigned for the murder of Wolf and the attempt-ed murder of Runion on this date in 1941. Dakota Datebook written by Jayme L. Job

- ## Today In History
- 1609 – Moriscos are expelled from the Kingdom of Valencia.
  - 1660 – Declaration of Breda by King Charles II of Great Britain promises, among other things, a general pardon to all royalists and opponents of the monarchy for crimes committed during the English Civil War and the Interregnum.
  - 1796 – Georges Cuvier delivers the first paleontological lecture.
  - 1814 – Napoleon abdicates (conditionally) for the first time and names his son Napoleon II as Emperor of the French, followed by unconditional abdication two days later.
  - 1818 – The United States Congress, affirming the Second Continental Congress, adopts the flag of the United States with 13 red and white stripes and one star for each state (20 at that time).
  - 1841 – William Henry Harrison dies of pneumonia, becoming the first President of the United States to die in office, and setting the record for the briefest administration. Vice President John Tyler succeeds Harrison as President.
  - 1860 – The declaration on the introduction of the Finnish markka as an official currency is read in different parts of the Grand Duchy of Finland.
  - 1865 – American Civil War: A day after Union forces capture Richmond, Virginia, U.S. President Abraham Lincoln visits the Confederate capital.
  - 1866 – Alexander II of Russia narrowly escapes an assassination attempt by Dmitry Karakozov in the city of Saint Petersburg.
  - 1887 – Argonia, Kansas elects Susanna M. Salter as the first female mayor in the United States.

GUELPH NEWS... by Rose Sell

Chuck and Sue German have made several trips to Fargo since arriving home from Florida. It was fun to connect with Barb and Elaine and Gerry for an extended lunch and celebrate four birthdays. Another day, Chuck and Sue bought supper to Matt and Aiden Kalbus and enjoyed a nice catch-up visit, too. Sue German travelled to Bismarck on Sunday, March 23. She had a great time recon-necting with music colleagues at the ND All-State Festival. On Sunday night, she attended the Concert Hour in which the Grand Forks Red River Concert Choir was featured. Apryl Jordan is a member of the choir, so she had some time to visit with Apryl and her friends in the choir, too. She returned home on Monday. Sue German spent Sunday, March 30, in Grand Forks at Rachel and Ben's. She helped with Carl's Miss ND prepara-tions, and also preparations for Apryl's high school graduation. That night the following went out for dinner to celebrate Apryl's 18th birthday: Rachel and Ben, Rylan Hoffman, Apryl, Carl, Taylor, and Cole Jordan, Ellie, Will, and Sue. Sue returned home on Monday.

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