



Sego Lily

Newsletter of the Utah Native Plant Society

Spring 2026 Volume 49 Number 2



Wildflowers of Southern Utah2
 Community garden project6
 Canyonlands Chapter activities8
 Rare Plant Meeting.....9
 Lifetime Achievement Award.....11
 UNPS Stewardship Award13

Bumble Bee Atlas14
 Bill King's latest book review15
 Perpetual journal practice16
 Grow Native *Asclepias speciosa*18
 UNPS tabling events20
 UNPS officers, committees, etc.21

Southern Utah Wildflowers 2026

All photos by Parker Lloyd. Cover photo *Cycladenia jonesii* in central Utah. Photo taken May 7, 2026.



Red hot *Penstemon utahensis* at Horse Canyon. Photo taken May 7, 2026.



An exquisite milkweed, *Asclepias cryptoceras* at Cottonwood Wash. Photo taken April 24, 2026.



Eriogonum bicolor in the San Rafael Reef. The flowers often age to beautiful shades of red and pink. Photo taken April 11, 2026.



Rare *Townsendia aprica*, the last chance Townsend daisy, in central Utah. Photo taken April 11, 2026.



Only discovered in 1978, *Pediocactus despainii*. Partially hidden beneath soil near Cedar Mountain. Photo taken March 28, 2026.



Astragalus flavus at Moore, UT. Photo taken April 11, 2026.



Astragalus coltonii at Price, UT. Photo taken April 24, 2026.



Astragalus rafaensis at the Green River cutoff. Photo taken March 28, 2026.



Astragalus sabulosus vehiculus in Grand County, UT. Photo taken March 29, 2026.



A Colorado Plateau endemic, the alcove primrose, *Primula specuicola* in Grand county, UT. Photo taken March 29, 2026.



Townsendia raptora, described as a new species in 2025. Photo taken in Grand County March 29, 2026.



Penstemon moffattii at Thompson Springs.
Photo taken March 29, 2026.



Spiny milkwort, *Rhinotropis (Polygala)subspinosa* at Wellington Utah. Photo taken May 7, 2026.



Lavender-leaf sundrops, *Oenothera lavandulifolius (Calylophus lavandulifolius)* at Wellington, UT. Photo taken May 7, 2026.



Fragrant sand verbena, *Abronia elliptica*, at Hanksville, UT. Photo taken May 7, 2026.



Asclepias labriformis in the San Rafael Reef Wilderness. Photo taken May 7, 2026.



Phlox austromontana in Price Canyon. Photo taken May 9, 2026.



The Segoe Lily, *Calochortus nuttallii*, along Nine-mile Canyon Road. Photo taken May 9, 2026.



Creeping rushpea, *Hoffmanseggia repens*, at Hanksville, UT. Photo taken May 7, 2026.



A fine specimen of dusky-colored *Asclepias ruthiae* at Cottonwood Wash. Photo taken April 10, 2026.

A Native Garden for Pedestrians, Pollinators, and Public School Students

by Dr. Sonia Woodbury, Executive Director Emerita

On April 15 City Academy, a downtown 7th-12th grade public charter school, was proud to host a dedication and grand opening of *Go Native! A Collaborative Community Garden*. Through our *Go Native!* project we wanted to establish a native plant community garden that would provide on-going learning experiences for our students, faculty, and families, as well as for people in the Salt Lake City community who passed by our garden. Our garden was developed in partnership with and mentorship from members of the Salt Lake City Garden Club (SLCGC).

With generous support from Utah Native Plant Society (UNPS) we were able to begin our native garden project with excellent instruction by Julie McIntosh-Shapiro, formerly with the Arnold Arboretum of Harvard

University, and at the Harvard University Herbaria. Through her months of weekly classes at our school on Thursday mornings, our students, faculty, and SLCGC members acquired awareness, skills, and knowledge about the sun, soil, and cultivation and use of native plants in our intended garden space. We also learned about plant choices to support pollinators in our area, and to spark interest from others who see our garden to learn about and do more with native plants.

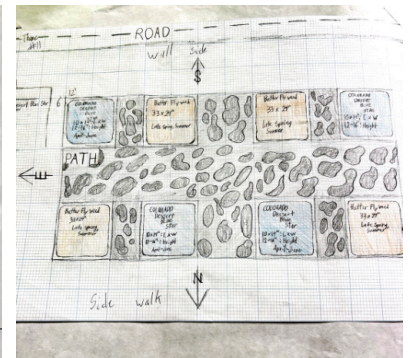
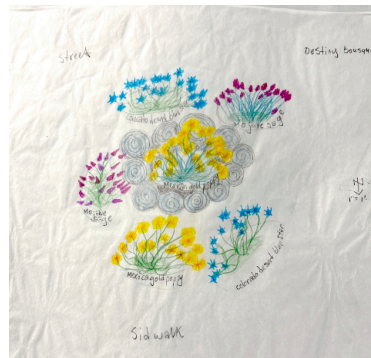
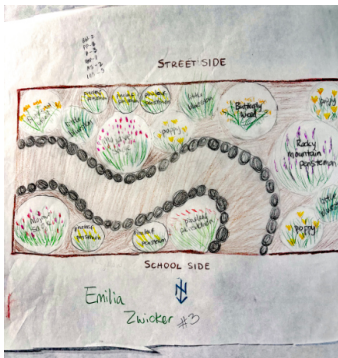
In April 2025, City Academy Garden Committee students presented their garden plot plans at an open house and received input from City Academy students and their families, as well as from members of the larger Salt Lake City community attending the event.

Over the summer grass was removed from the 150' long and 8' wide strip in front of the school, and the sprinkler

Utah Native Plant Society



Dr. Grant Stock Executive Director of City Academy, Kjori Peterson-Boyd SLC Garden Club President., Cynthia Bee Utah Water Ways, and Dr. Sonia Woodbury Executive Director Emerita. Photos by Bill King.



City Academy Garden Committee students presented their garden plot plans at an open house. Photos by Cathy King.

system was modified to a drip system. In fall 2025, 11 student team leaders from the City Academy Garden Committee worked with a small team of other students and adult mentors to further ready their individual plots for planting day which occurred on September 11, 2025. We put our faith in our native plants to do what their DNA had prepared them to do - survive the winter.

We were thrilled to see the first shoots of wild flax, poppies, penstemon, amsonia, wild grasses, and many others coming up this spring. The *Go Native!* community

garden is now launched. This year's seniors on the garden committee will be "turning over the shovel" to future student leaders for each garden plot.

We also look forward to our further collaborations with Salt Lake City Garden Club and Utah Native Plant Society to help us sustain a beautiful native community garden, and to further the growth and educational opportunities that can only occur through this mentored, hands-on, and visible project.



Canyonlands Chapter Activities

by Diane Ackerman

This was an active spring for Canyonlands Chapter. UNPS Vice-President, Parker Lloyd, arranged with Canyonlands to collaborate on an “iNaturalist workshop” on February 21 at the Moab Library. Parker gave a broad overview of the citizen-science app, “iNaturalist,” to approximately 30 interested members of the public. We learned of its enormous potential with data collection throughout the sciences. He was joined by Josh Fife, Wildlife Biologist with DWR (Department of Wildlife Resources) who shared how

to use the application. Check out their amazing work at wildlife.utah.gov.

A few weeks later, the Chapter set out to discover early bloomers on an uncommonly warm mid-March morning. It was reported the “primrose” was blooming in the hanging garden associated with the Corona Arch Trail located west of Moab. This was somewhat of a historical hike for me as it was one of the first hikes Canyonlands chapter embarked on as a newly revived chapter in spring of 2015.

M.A. Russell with *Science Moab* tagged along with her rather large microphone to record highlights of the hike. The

“Hanging Garden” podcast can be heard at sciencemoab.org. Parker had arranged for this interview and managed to bring a small party of his friends along on the day of the hike. It felt good to relive the energy of these younger folks.

While we shared the much-improved trail with more hikers than I remember, some things remain the same. As we climbed up the trail, we saw many of the familiar, early bloomers--*Lepidium* sp. Pepperweed, *Streptanthus* sp.

Twistflower, *Cryptantha flava*, and a yellow daisy, *Hymenoxys acaulis*, to name a few. Climbing still higher, we made our way to the hanging gardens, leaving most of the hikers behind. Upon reaching the imposing rock wall ahead of us, we caught our breath and enjoyed a panorama of red rock and Colorado River below.

Carefully making our way along the wall at the hanging garden, small patches of primrose, *Primula specuicola* and an orchid, *Epipactis gigantea*, were discovered, among other species. One marvels at the evolution these and other hanging garden plants have experienced. Commonly associated with wetter environments, over eons of time, these “endless forms” of plants have filled in these unique, moist niches of the Colorado Plateau.



Group photo by Diane Ackerman.



Canyonlands habitat photo by Parker Lloyd



Up against the wall. Photo by Diane Ackerman.

Rare Plant Meeting 2026



by Cathy King, photos by Marc-Coles Ritchie

One of the most popular Utah Native Plant Society meetings every year is the Rare Plant Meeting, always held on the first Tuesday of March, which this year was on Tuesday, March 3rd, 2026. Although this meeting has been held for over forty years in various locations, in recent years it has been sponsored by the Garrett Herbarium and the Natural History Museum of Utah and is held in the Swaner Forum on the top floor of the museum.

Since the meeting has more attendance than ever, a new twist was added this year. Sarah Hinners, Director of Conservation at Red Butte Gardens facilitated a second day of meetings in the RBG Visitor's Center, which was well received with the meeting attendees.

The program and agenda is organized by a committee of the Utah Native Plant Society, whose very capable leadership this year included Zach Earl and Parker Lloyd, consultant Marc Coles-Ritchie, Franci DeLong, and committee members Jackie Grant, Sarah Hinners, Andrey Zharkikh, and Cathy and Bill King. In addition, a number of UNPS board members and members volunteered to assist on the days of the meeting.

Over 160 people registered for the meeting this year and more than 50 attended the meeting virtually via Zoom.

Day 1 of the Rare Plant Meeting was opened with welcoming remarks from Mitch Power of the Garrett Herbarium and Parker Lloyd, Vice President of UNPS.

There were four sessions of fifteen minute presentations focusing on rare and endemic Utah native plants given by botanists, researchers, government agency representatives and ethnobotanists, followed by time for Q & A afterwards. Much new research and follow-up research was presented.

Ashley Egan updated us on the status of *Pediomelum pariense*, while Mindy Wheeler gave an update on the Utah Rare Plant Program. Bruce Pavlik reported new developments on *Solanum jamesii*. Both Hope Hornbeck and Matt Wang had presentations on *Sclerocactus* and Kipp Lee gave an overview of the new book *Cactus Flora of Utah*, of which he is a co-author.





Day 2 in the classroom.

One Michael Stevens reported about clay phacelia while another Mikel Stevens discussed the narrow endemic penstemons of Utah. Neal Dombrowski gave an overview of the plants of Red Butte Garden, Will Pearce presented the *Ribes* series *Microphylla*. Mark Darrach discussed the PENA clade of Apiaceae and Zach Coury described the newly discovered and named *Townsendia raptora*. Autumn Gillard shared ethnobotany traditions of the Southern Piutes.

The breaks between sessions allowed time for further discussion and conversation between like-minded plant people.

Mid-day, the UNPS Lifetime Achievement Award was presented by Wayne Padgett to Ron Bolander (see accompanying story on page 11) and a new Stewardship Award was presented to Hope Hornbeck by board member Rose Torres (see article page 13).

During the lunch break, Allison Izaksonas, collections manager of the Garrett Herbarium, offered a tour of the facility.

The first day activities and presentations ended at 4:00 pm, although many stayed later to continue their conversations.

Day 2 of the Rare Plant Meeting convened at 9:00 am in the classroom at the Visitor's Center of Red Butte Garden where over 70 people met to tour the greenhouse with Kara Hastings, the Natural Area with Neal Dombrowski, or

Water Conservation Garden with Guy Banner. This was followed with workshops on Community Science and a Utah Native Plant Propagation Network meeting. The meetings ended at noon.

Many thanks to both the Museum of Natural History and Red Butte Garden for their generosity and commitment to educating the public about the native plants of Utah. A warm thank you to the many volunteers who made this meeting possible.

We especially appreciate all of you who support the Utah Native Plant Society and its mission statement to preserve and protect the native plants of Utah. Thank you!



RBG garden tour with Guy Banner.

Ronald Bolander UNPS Lifetime Achievement Award

by Wayne Padgett

Ron and I covered similar territory for different agencies. I collaborated with Ron during my 25 years with the US Forest Service, then was honored to spend my last five years before retirement working with him in the Utah State Office of the Bureau of Land Management. We got to be not only coworkers, but also close friends.

We're both retired now, but we still get together to visit, eat, reminisce, and talk about what's going on in our lives. I was given the great honor to present the 2026 Utah Native Plant Society's Lifetime Achievement Award to Ron. And in doing so, I learned much more about this guy's amazing story...



Wayne Padgett presents the Lifetime Achievement Award to Ron Bolander.

Where to begin when describing the life and work of one of Utah's favorite guys. I'm thinking that in order to really understand this man I have to start in Orderville, Utah.

Growing Up

Ron was born and raised in the small town of Orderville in southern Utah about 25 miles north of Kanab and only 5 miles to the Mount Carmel Junction to Zion National Park and less than 20 miles away from the park's east entrance.

He was an hour away from Bryce Canyon and about the same distance from Cedar Breaks National Monument. He was further from Capitol Reef National Park (about 3

hours) but lived less than an hour away from Pipe Spring National Monument on the Arizona Strip. To say the least, Ron was surrounded by these incredible landscapes and their influences on him were life-altering.

It's amazing the information you can find in those historical newspapers! Ron, or Ronnie as he was known in his youngest years, participated in 4-H. In 1961, at the age of 13 received his 4-year award with that organization. In 1963 he played baseball on the Valley Pony League team which won all but one of their 11 games during their season! He also played baseball for the Valley High School Buffalos with 6 wins and 2 losses. Then in 1964, Ron and Bobby Tait performed a trumpet duet, accompanied by Mrs. Clyde Tait!



Ron knew from a young age that he wanted to work in this world where he grew up. His father, Joe Bolander, began working at Pipe Spring National Monument when Ron was about 15 and that reinforced these desires.

Education

Following his high school years, Ron began his college years at Southern Utah State University, which is now Southern Utah University, in Cedar City. It was here that he achieved his bachelor's degree in botany in 1972. During

the summers he worked for the Forest Service, on the Kaibab National Forest of northern Arizona and Dixie National Forest of southern Utah. Then in 1974 Ron received his master's degree in Botany from Brigham Young University.

Career

That same year he started with the Bureau of Land Management (BLM) in Monticello as what Ron referred to as their NEPA Nerd. The National Environmental Policy Act had only been signed into law four years earlier by Richard Nixon on January 1, 1970. So, this was a new endeavor for all federal agencies and I'm sure they were just trying to understand what this involved.



Ron at the plaque for his dad at Pipe Spring National Monument. Photo from Bolander family.



Ron Bolander and Peggy Olwell.

Just a year later, in 1975, he took those skills to the Moab District Office of the BLM then after that to the BLM's State Office in Salt Lake City

And it was in 1978 that the BLM's State Office created the Threatened and Endangered (T&E) Species Position, which Ron acquired and where he remained in charge of through the rest of his career.

Ron oversaw the protection and management of ALL T&E species on BLM lands within the state of Utah; not just plants! It was a big job that kept getting bigger and more complex as the years went on.

At his retirement there were 42 T&E species under his watch – 17 animals and 25 plants. Another three plant species were identified as candidates for listing. In addition, there were 166 species on the BLM State Director's sensitive species list. This list included 58 animals (fish, amphibians, reptiles, birds, insects, mammals) and 108 plants. What a responsibility!

Honors and Praise

Over his tenure, Ron earned the praises and honors from folks at all levels across a variety of agencies and organizations. In 2007, Ron was honored by Duane Atwood and Stan Welsh by having a newly identified species named after him (*Camissonia bolanderi*). It is a rare few individuals that are rewarded by such an honor.

And, according to Teresa Prendusi, retired Regional Botanist for the U.S. Forest Service Intermountain Region,



As just a little aside, to illustrate Ron's character his wife, Tamra, told me that as a child, Ron had a pet porcupine named Porky. Ron loved that spiny guy but often says... "It was a very nice pet except I could only pet it one way." Ron also is proud to note that he graduated in the top 20 of Valley High School! And that was a hard-won achievement! There were only 20 kids in his graduating class!

noted that Ron provided tremendous support for the update of the Utah Rare Plant Field Guide – a guide that is in great use throughout federal and state agencies, as well as by many plant enthusiasts throughout the state.

Peggy Olwell, who was in the National T&E position in the BLM Washington Office before becoming Plant Conservation and Restoration Program Lead worked with Ron under both of her roles. Her praise of Ron's work was clear. She emphasized the number of species that he was responsible for protecting and praised his strong commitment to do so. And, she also noted that he did this with a smile even through the toughest times!

Verlin Smith, his supervisor for several years in the State Office told me that Ron became a strong leader and manager of Utah BLM's Rare Species Program. Ron kept current and up to date on natural resources science and applications, especially those that involve special status plants and animals.

Verlin specifically mentioned Ron's active involvement and leadership in studying and protecting the critical habitat for the Coral Pink Sand Dunes Tiger Beetle within a Wilderness Study Area in Southern Utah. He said that the Tiger Beetle habitat would probably not be present today without the habitat study and resulting protection from Ron's leadership.

His accomplishments go on and on and on... too many to discuss in this short article. But I want to say that he is one of the most deserving individuals to receive this award! Ron and I have often talked about how lucky we are to have had careers that we loved! We worked on the lands that inspired us, doing work that we felt made a difference. And we got paid for it!

It was with tremendous pleasure that I had the honor of presenting him with this prestigious and love-driven Lifetime Achievement Award from this amazing organization, the Utah Native Plant Society, that has supported both of us during our careers.

UNPS Stewardship Award Hope Hornbeck, March 3, 2026



The Utah Native Plant Society Awards Committee introduced the new Stewardship Award this year, which recognizes an individual who has shown responsible management or guardianship of the rare and endangered plant species of Utah, emphasizing preservation, protection, and ensuring those populations remain in existence for future generations.

This stewardship is exemplified by any or all of the following: Monitoring of rare plant populations, research

about specific rare plant species, publications, presentations and conservation efforts of rare plant species, photography of rare and endangered plants, propagation and efforts to germinate and grow rare plant species, re-locating plants when endangered by development, protecting rare plant specific pollinators and habitats and scientific botanical illustrators for new plant listings.

The first recipient of the UNPS Stewardship Award for 2026 was Hope Hornbeck, especially for her many years of research and monitoring of the genus *Sclerocactus*, specifically the endangered Wright fishhook cactus (*Sclerocactus wrightiae*), the threatened Pariette cactus (*Sclerocactus brevispinus*) and the Uinta Basin hookless cactus (*Sclerocactus wetlandicus*). She has presented her research and findings a number of times, including at the Rare Plant Conference.

Hope is the senior scientist of her firm Manzanita Botanical Consulting, which has collaborated with the US Fish & Wildlife Service, Bureau of Land Management and other agencies to monitor and collect data on field populations of other rare and endangered plants, including *Penstemon grahamii*, *Pediocactus despainii*, *Astragalus sabulosus* and *Astragalus isleyi*, to name just a few.

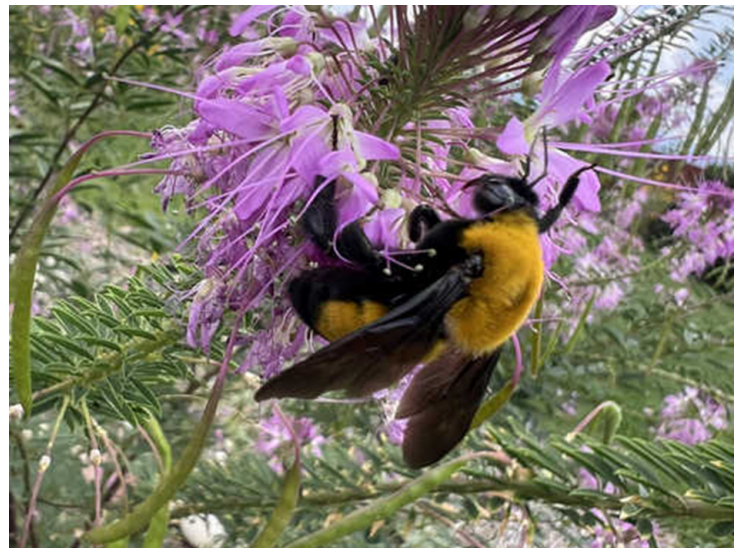
Congratulations to Hope and many thanks for her outstanding plant stewardship.

The Mountain States Bumble Bee Atlas Needs You!

by Amy Dolan

Utah's bumble bees need your help! This summer, join our community of bumble bee loving volunteers across Utah, Nevada, Wyoming, and Colorado searching for and documenting these important pollinators!

Bumble bees are important pollinators of native wildflowers such as milkweed, asters, and lupine, as well as garden plants and crops. Unfortunately, many species face an uncertain future. Of the 19 bumble bee species documented in Utah, four have been petitioned for Endangered Species protection due to declines in range, population, or both. To better prioritize conservation actions, researchers and land managers need more



information about current species distributions, habitat needs, and floral hosts.

The Bumble Bee Atlas relies on volunteers like you to collect data across the state. Atlas volunteers are trained to conduct standardized catch-photograph-release surveys. The data collected by volunteers helps researchers assess conservation status, identify threats, and develop native plant guides and habitat management recommendations to support bumble bees and other native pollinators.

There is still much to learn about our region's bumble bees, and your help can make an impact! Participating in a community science program like the Atlas isn't just a great way to make a difference; it's also a great way to learn something new, visit Utah's beautiful landscapes, gain experience with research, and have fun. Additionally, when you become an Atlas volunteer, you join a growing community of bumble bee lovers and advocates across the country.

Anyone is welcome to join the Bumble Bee Atlas and free training is provided. No previous experience is necessary. To get started and learn more about the project, visit BumbleBeeAtlas.org.

Feel free to reach out to Amy Dolan, the Mountain States Bumble Bee Atlas coordinator with any questions: mtnstatesbba@xerces.org.

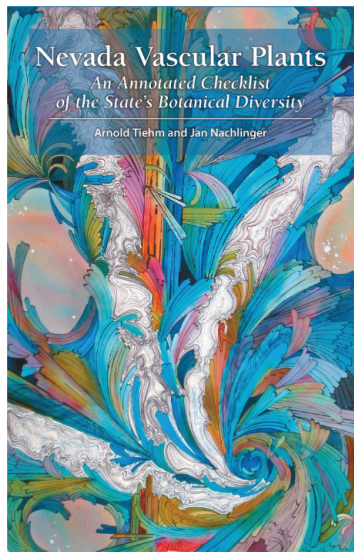
Image Credits: Bumble Bee Watch/Gary Fry; Xerces Society/Amy Dolan



Book Review: *Nevada Vascular Plants: An Annotated Checklist of the State's Botanical Diversity*

Arnold Tiehm and Jan Nachlinger, Botanical Research Institute of Texas Press, 2025, 284 pp., 8-1/2" x 11", flexible cover

by Bill King



Well known Nevada field botanists Arnold Tiehm and Jan Nachlinger have published the first “comprehensive accounting of all plant species and varieties native and naturalized” in our neighboring state of Nevada.

According to the book press release: *Generally dismissed as a barren desert, Nevada has 314 mountain ranges separated by intervening valleys, elevations ranging*

from 147 to 4,007 meters (481 to 13,147 feet) and latitudes spanning four major physiographic regions encompassing the Great Basin Mojave Desert, and Sierra Nevada.

Each checklist entry for 3,647 plant taxa has cited voucher specimens to support their inclusion along with their distributions by Nevada county and physiographic region. An additional 195 taxon previously attributed to Nevada are excluded for lack of an herbarium specimen or for other reasons.

As described in the title, this book is a checklist rather than a complete flora. It is lacking plant keys or physical descriptions of the plants. It does, however, cite where you can get that information, such as the *Intermountain Flora*, the *Flora of North America*, or where to locate a voucher specimen in various herbaria (but mostly Reno).

The checklist entry for each plant in the book “are in the following order, where applicable”:

Major plant groups, families, scientific name with authors, synonyms, common name, life form, references, a voucher specimen, distribution within Nevada's phytogeographic regions, and counties where is has been collected, state endemism and disjunct taxa, non-native status, or Nevada and Federal threatened and

endangered status, and lastly any additional notes. (p. 37) There is also a symbol indicating if there is a color plate for the taxon.

The Results section is especially informative with descriptions about the physiographic features of Nevada's unique Basin & Range composition. We found the 24 page section on endemism of particular interest, echoing the papers written by Stan Welsh on the subject in Utah where similar conditions exist.

There is an impressive 65 page index organized by accepted Latin names printed in bold, synonyms in italics and common names in Roman type. All of this makes it easier to find plants, i.e. by common name or synonym or species.

The book is information rich, well organized with careful attention to detail. The authors have worked together at the Reno Herbarium, University of Reno, where Arnold “Jerry” Tiehm is curator. Since 1973, he has personally collected over 20,000 herbarium specimens and has also collected for the *Intermountain Flora*. Co-author and botanist Janet L. Nachlinger (Jan) is also the photographer responsible for the 106 color plates in the book. The two have been hiking together and collecting in the field since the 1980's. The authors concluded that this book was a good starting point for a future flora of Nevada.

Cover art by the late Reno artist Valerie Cohen, entitled “#7 Night Sage” is beautiful and striking. The back cover of the book states “This *Checklist* is a valuable resource for botanists, ecologists, land managers, researchers, teachers, consultants, and plant enthusiasts.” We would heartily agree and we might add that it would be useful for many in nearby states as well.

At first glance, the price seems a little high, but considering all the work that has gone into it and its usefulness, it is a bargain. There are many who will want to add this to their go-to library of Nevada plant information.

The *Nevada Vascular Plants: An Annotated Checklist* can be purchased for \$50.00 shopbritpress.org or call 817-332-4441.

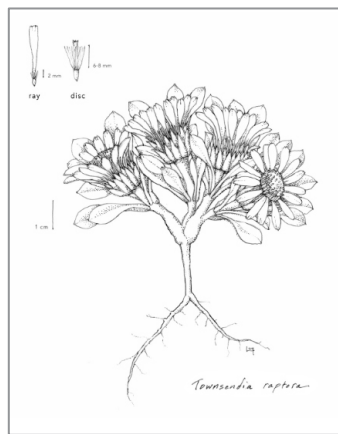
Connecting to Nature through the Perpetual Journal Practice

by Lara Call Gastinger

In the summer of 1999, I lived in Logan, Utah and helped develop a webpage and GIS program for the Floristics Lab at Utah State University. There I became interested in learning about and documenting rare botanical species in Utah and produced a poster depicting the endemic plants of Logan Canyon. Nine years later, after moving back to my home state of Virginia, I reached out to my mentor at Utah State, Leila Shultz, about the dwarf bear claw poppy (*Arctomecon humilis*), a rare, endangered plant in Utah. This was the plant species that I painted for the 2009 American Society of Botanical Artist exhibit, *Losing Paradise*, featuring endangered plants around the world. Since then, I have continued my connection to Utah flora and illustrated a new species in Utah, *Townsendia raptora*, with the guidance of Dr. Shultz this past Fall.

Today, I am still inspired by native and rare plants, and they guide me in my path as a botanical artist. Now, living in the Blue Ridge and Piedmont of Virginia, I spend my

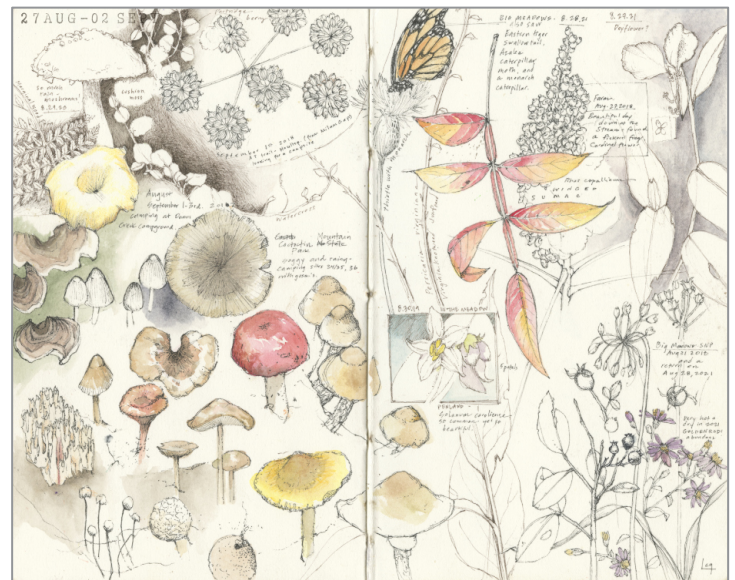
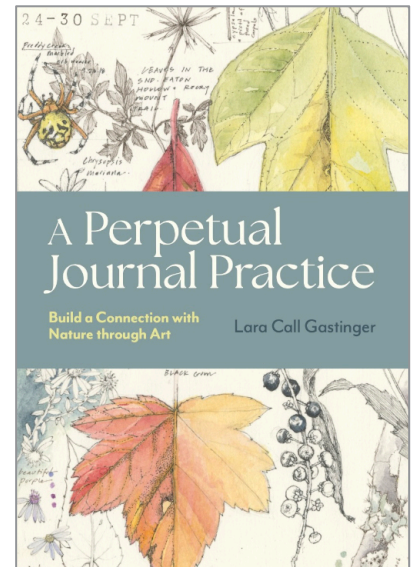
days observing and sketching bloodroot, trillium, trout lily, and mayapples as Spring arrives (it is April as I write this). One way that I connect deeply with understanding the botanical diversity and seasonal changes around me is through nature journaling, specifically a technique that I have created called the perpetual journal.



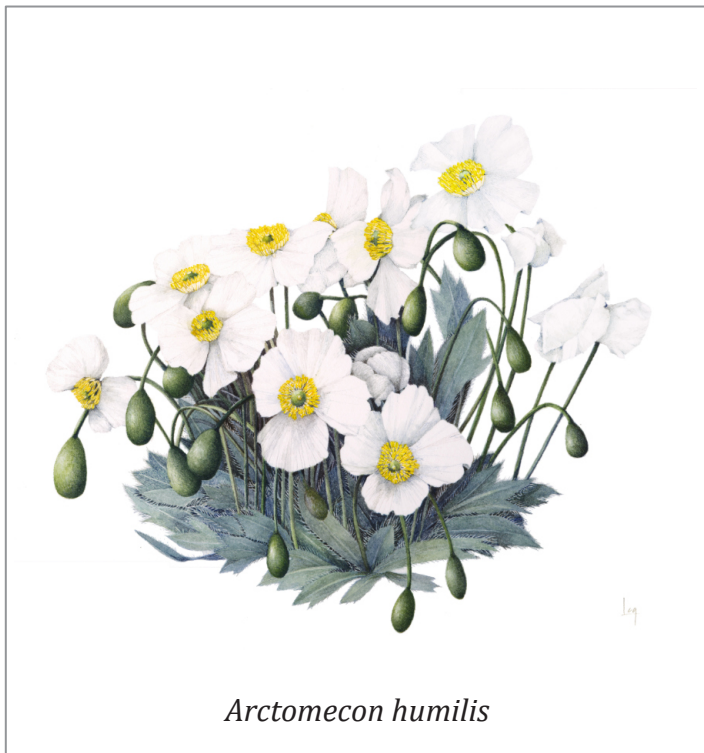
The practice of the perpetual journal is a forgiving, incremental approach to connecting with the natural world through drawing that builds year after year. To begin, you'll label each spread of your blank journal with the dates of a single week, then return to those same pages each year to layer new observations alongside previous seasons. Over many consecutive years, your journal will become a rich record of nature discoveries, seasonal changes, and artistic growth—all achieved by adding small sketches at a reasonable pace that fits into even the busiest life.

This approach demands little from you while offering profound rewards: improved drawing skills, deeper understanding of plant phenology and local ecosystems, and moments of meditative presence that slow down time. Over the years, you will see the subtle magic of seasonal shifts such as a swelling bud, the formation of seeds, or a change in berry color.

There's no pressure for perfection and mistakes are welcome as part of the journey. Whether you're an artist, gardener, naturalist, or simply someone seeking a creative break from screens, the perpetual journal offers a living document that invites retrospection, fosters curiosity and wonder, and becomes a treasured record of both nature's cycles and your own artistic development.



I am very excited that Timber Press will be publishing my book, *A Perpetual Journal Practice: Building a Connection with Nature through Art*, on June 23rd 2026. Maybe you have wanted to feel a greater connection to the plants around you or have been seeking a way to document the changing seasons? If so, this is your sign to start your own perpetual journal. Pre-orders are available now online or at your local independent bookstore.



Arctomecon humilis

BIO

Lara Call Gastinger is an artist and botanical illustrator from Charlottesville, Virginia, and was the chief illustrator of *Flora of Virginia*, a botanical reference. She has an undergraduate degree in biology from the University of Virginia and a master's degree in plant ecology from Virginia Tech. She has been awarded two gold medals (2007, 2018) at the Royal Horticultural Society Botanical Art Show in London and her work is in the Hunt Institute for Botanical Documentation. Her art appears in Peterson Field Guide to Mushrooms of North America and the American Society of Botanical Artists's Botanical Art Techniques. She teaches online and in person (occasionally as a lecturer at UVA) and has traveled to Japan, Romania, and France to lead workshops. Gastinger is renowned on Instagram ([Instagram.com/laragastinger](https://www.instagram.com/laragastinger)) for teaching her perpetual journal process.

perpetualjournal.com , laracallgastinger.com , [patreon.com/laragastinger](https://www.patreon.com/laragastinger)

Many thanks to all of those who made donations to the UNPS Grants-in-Aid Fund in 2026, supporting the program that helps fund small grants for research and education about the native plants of Utah and the Intermountain West. Because of you, we are able to fund more grants this year than ever before.

Our Segoe Lily newsletter depends on its members for content. New plant research, native plant stories, experiences from exploring the flora of our deserts or mountains, conservation activities, or field work on botanical projects... whatever might be informative and interesting to fellow members.

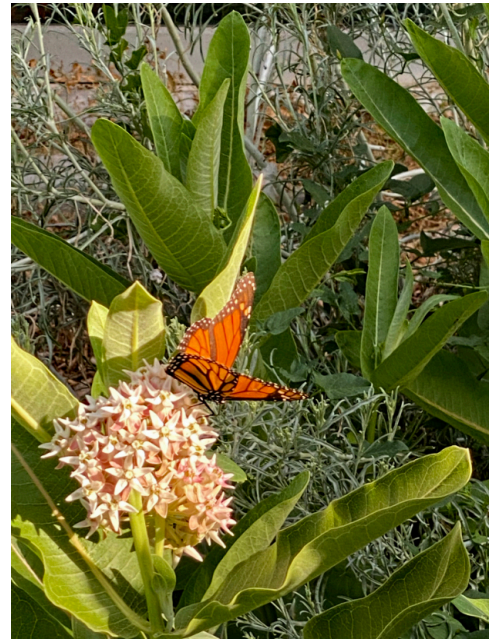
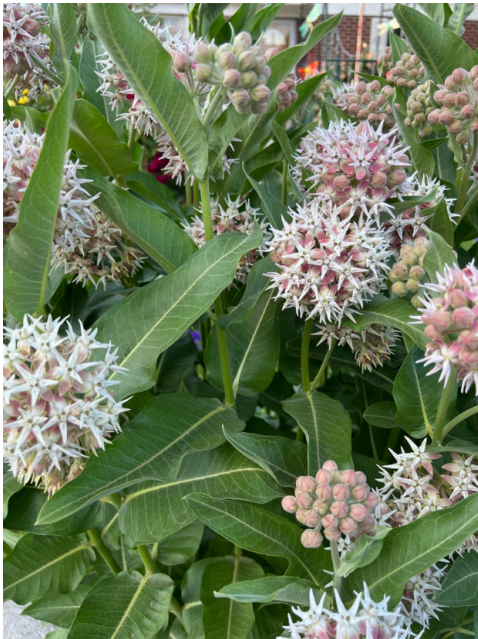
Grow Native: **The Showy Milkweed– *Asclepias speciosa***

by Cathy King

The showy milkweed, *Asclepias speciosa*, has gained popularity in recent years due to the important role it plays in the monarch butterfly life cycle. The monarch is in peril of extinction and has been proposed for protection under the Endangered Species Act by the U.S. Fish & Wildlife Service. That protection has yet to be approved. The monarch butterfly serves as a perfect poster insect for many other butterflies and pollinators that are also suffering steep declines in numbers in the United States and globally.

Showy milkweed is an herbaceous perennial in the Apocynaceae family, native to Utah and throughout the western states, into the center and Midwest of the U.S. and north into Canada ([see distribution map](#)). It is a “showy” plant with a large, globe-shaped constellation of flowers that typically emerge in late June or early July that are covered in fragrant pale pink to rosy pink, even slightly lavender tinted star shaped, individual flowers.

The plant can grow one to three feet tall and a foot and a half wide on sturdy stems with broad, lance shaped rich green leaves that are from 2-8” long, arranged in opposing



Nectar-filled, globular clusters of star-shaped flowers top the stems of *Asclepias speciosa*.

There are a number of factors threatening the existence of the monarch butterfly, most of them human caused, such as habitat loss, pesticides and climate change. But consider the thought; if humans can cause the problem, humans can also fix it. Even small changes can make a difference.

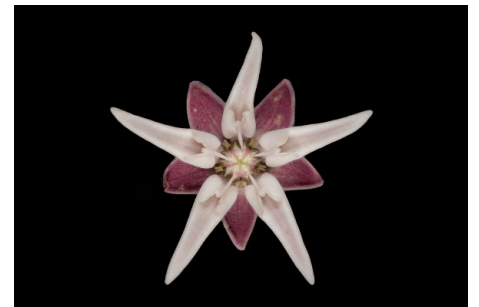
This is where showy milkweed enters the picture by providing habitat along the migration routes, since *Asclepias speciosa* is the host plant where the butterfly lays its eggs and the caterpillars feed on the leaves. In addition to providing food for the caterpillars, the emerging butterflies also feed on the nectar of the flowers.

formation on the stems. If breaking off a leaf or stem, a milky, white sap is exuded that is toxic and irritating to the skin. It has a rhizomatous root system and can easily form colonies of the plant, so choose the location for it in your garden carefully if you want to keep it contained.

The large seed pods are filled with up to 200 seeds attached to fine, silky tufts of filaments reminiscent of dandelions, allowing the seeds to disperse by the wind. It is relatively easy to grow the showy milkweed from seed. Once established, it requires very little water and is a great choice for the water-wise garden. Monarch



Tiny eggs are deposited on the undersides of leaves by the monarch butterfly. No need to hide, the colorful caterpillars are toxic to predators. The transformation from caterpillar to butterfly occurs in a sealed, well-camouflaged chrysalis, which hangs suspended from a leaf underside.



A well-contained patch of showy milkweed. Seed disperses from a large pod. A star-shaped flower and seed with parachute.

butterflies rely on this plant at every stage of their development.

There are a number of programs to help us become more involved with monarch habitat restoration and protect these beautiful butterflies from extinction.

[Utah Friends of Monarchs](#) was founded by Rachel Taylor in 2015 and can also be found on Facebook and Instagram ([@friends.of.monarchs](#)). Learn more about the monarch life cycle, conservation, education, and the free native

milkweed giveaway program that Rachel has developed in Salt Lake City and throughout the state. There are also posts about local sightings of monarch butterflies, which are not as common as you might hope. [Monarch Watch](#) and the [Xerces Society](#) are also both excellent sources for more information on the subject.

Planting your garden with a variety of flowering native plants will provide a nectar haven for monarch butterflies on their migration pathway and for an endless list of other pollinators. It is a mutually beneficial relationship

as the flowers provide the source of nectar and pollen for the insects and the insects do the vital pollination work for the plants. We, the gardeners, benefit from the beauty of all of it.

[Read more:](#)

Bonap's Taxonomic Data Center <https://bonap.net/TDC/Image/Map?taxonType=Species&taxonId=1380&locationType=County&mapType=Normal>

Missouri Botanical Garden <https://www.missouribotanicalgarden.org/plantfinder/PlantFinderDetails.aspx?taxonid=276791>

U.S. Fish & Wildlife Service <https://www.fws.gov/species/monarch-danaus-plexippus>

Welsh, Stanley, et al. *A Utah Flora*. BYU Press 4th Edition, 2004-2008.

Many thanks to A&H Signs, Salt Lake City, for donating the beautiful Utah Native Plant Society banners! Banner flower photos by Andrey Zharkikh.



Penstemon utahensis and *Aquilegia caerulea*



Tony Stireman and Tim Remkes at Pia Okwai.



Rose Torres and Zach Neilsen at REI.



Tony Stireman, Cathy King, and John Stireman at Red Butte Garden.

Your Membership

Your membership is vital to the Utah Native Plant Society. It is important that your information is correct and up to date for notifications and the delivery of The Sego Lily newsletter.

Any questions about your membership, Contact Tony Stireman, tstireman@gmail.com.

It is always time to consider the next issue of the Utah Native Plant Society *Sego Lily* which relies almost entirely upon articles from the society's membership. Please submit articles of your native plant stories and photos from hikes and field trips, conservation activities... whatever might be informative and interesting to fellow members.

The *Sego Lily* editors can use most any text format for articles (**PDFs can be troublesome**). Photos are always best submitted in original resolution and as individual files **separate** from text. You can indicate desired positioning within a document. We are looking forward to hearing from you. For submissions and/or questions: newsletter@unps.org or cathy.king@gmail.com



Utah Native Plant Society

Utah Native Plant Society
PO Box 520041
Salt Lake City, UT, 84152-0041.

To contact an officer or committee chair write to: **Webmaster:** unps@unps.org

Officers of the UNPS board:

- President:** Jackie Grant (Iron Co.)
- Vice President:** Parker Lloyd (Salt Lake Co.)
- Secretary:** Diane Ackerman (Grand Co.)
- Treasurer:** Franci DeLong (Salt Lake Co.)
- Board Chair:** Bill & Cathy King (Salt Lake Co.)

UNPS Board of Directors 2025-2026:

- Diane Ackerman (Grand Co.)
- Ron Bolander (Salt Lake Co.)
- Franci DeLong (Salt Lake Co.)
- Zach Earl (Davis Co.)
- Jackie Grant (Iron Co.)
- Kajsa Hendrickson (Salt Lake Co.)
- Jared Higgs (Carbon Co.)
- Sarah Hanners (Salt Lake Co.)
- Elaine Hultgren (Salt Lake Co.)
- Lydia Joukowsky (Garfield Co.)
- Cathy King (Salt Lake Co.)
- Bill King (Salt Lake Co.)
- Braydon Lake (Salt Lake Co.)
- Kipp Lee (Salt Lake Co.)
- Parker Lloyd (Salt Lake Co.)
- Timothy Remkes (Salt Lake Co.)
- Tony Stireman (Salt Lake Co.)
- Rose Torres (Salt Lake Co.)
- Dave Wallace (Cache Co.)
- Andrey Zharkikh (Salt Lake Co.)

Committees:

- Conservation:**
- Education and Outreach:** Zach Earl, Parker Lloyd, Timothy Remkes, and Jared Higgs
- Horticulture:** Timothy Remkes, Tony Stireman, and Cathy King
- Invasive Species:** David Wallace and Timothy Remkes
- Newsletters and Publications:** Cathy King, John Stireman
- Rare Plant List/Rare Plants:** Sarah Hanners, Braydon Lake, Jared Higgs, Zach Earl, Timothy Remkes, Elaine Hultgren, and Bill King
- Small UNPS Grants:** Bill King, Ron Bolander, Parker Lloyd, Cathy King, Jackie Grant, and Kajsa Hendrickson
- Website:** Andrey Zharkikh, Cathy King, and John Stireman
- Membership:** Tony Stireman, Andrey Zharkikh, and Parker Lloyd
- Annual Report:** Bill King, Cathy King
- Nominating Committee:** Jackie Grant
- Lifetime Achievement Award:** Cathy King, Bill King, and Rose Torres
- 50th Anniversary Planning:** Zach Earl and Cathy King

Chapters and Chapter Presidents

- Canyonlands:** Diane Ackerman
- Salt Lake:** Cathy King

Website: For late-breaking news, the UNPS store (posters, etc.), the *Sego Lily* archives, Chapter events, sources of native plants, the digital Utah Rare Plant Field Guide at unps.org. Webmaster inquiries at unps@unps.org

Many thanks to Xmission.com for sponsoring our web-site.

Sego Lily Editors:
John Stireman jstireman@outlook.com

**Submit articles to
Cathy King
cathy.king@gmail.com**

Cathy King cathy.king@gmail.com

This publication Copyright 2026: Utah Native Plant Society. All Rights Reserved. Unauthorized reproduction prohibited.

UNPS Chapter Map

