

Littleton Conservation Trust



Newsletter

Fall 2019

Freedom's Way Spotlights Littleton Achievements at October Annual Meeting



LCT's Don MacIver, Freedom's Way Executive Director Patrice Todisco, LHS's Ann Himmelberger and Pam Hays

At October's annual meeting, Freedom's Way Heritage Association (FWHA) recognized Littleton's impressive achievements to the region in celebrating its nature and history. Both the LCT and the Littleton Historical society (LHS) were granted citations for their efforts.

Freedom's Way National Heritage Area Partnership Inaugural Grant Winner -
The LCT was acknowledged for winning a \$5,000 competitive grant for conducting a Ceremonial Stone Landscape survey that identified and characterized significant Native American stone features at the Sarah Doublet Forest and Nature Reserve (SDF). The 98-acre conservation land is situated at the core of the former Nashobah Praying Indian Village (16 square miles when
(See "Freedom's Way" on page 5)

Progress at Nagog Hill Orchard at Nagog Pond

The Littleton Conservation Trust and municipal Conservation Commission are now collaborating with the Concord Water Department to manage invasive plant species in the field and woodlands abutting Nagog Pond and to restore what was once one of the prettiest spots in town.

At the turn of the century, Littleton purchased this scenic property that included the Nagog Hill Orchard with the help of both a state land conservation grant and a generous \$1 million discount from the owner, Eunice Morrison. Since then, the town has leased the active orchard for commercial agricultural purposes, which is a community asset, but has neglected the town-owned pond side land, situated downhill from the old Jack Morrison white barn and between the Sarah Doublet Parking lot with split rail fencing and the near shore island on Nagog Pond. When in private hands, the pond side fields were mowed and well-maintained.

In 2002, the roadside view of this attractive pond side field was highlighted on the cover of the town's Open Space and
(See "Progress" on page 5)

Annual Meeting ~Landscape Ecology: Friday 11/8

LCT Annual Meeting at 6:30 pm

"Landscape Ecology: Towns, Ecology, and The Land" at 7:00 pm

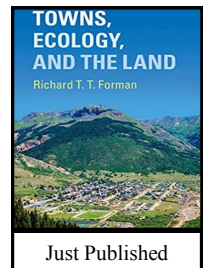
**with Professor Richard T.T. Forman
of the Harvard Graduate School of Design
at Littleton High School Performing Arts Center
56 King St. (Rt 2A/110), Littleton
(1 mile west of I-495, exit 30)
Free ~ ADA accessible**



Professor Richard T. T. Forman

This year the Dr. Ed Bell Educational Forum will feature Professor Richard T. T. Forman, who brings a combined perspective that blends the learnings and knowledge achieved through an extraordinary academic career with that gained as a very real on-the-ground pragmatic practitioner. Forman, often considered a "father" of landscape ecology,

and additionally road ecology, helped spearhead urban ecology and recently pioneered town ecology. His primary scholarly interest links science with spatial patterns to interweave nature and people on the land. Other research interests include changing land mosaics, conservation, and land-use planning. His pioneering work on landscape, road, and urban ecology led him to the fledgling field of town ecology.
(See "Forman" on page 3)



Inside this Issue:

- P1 Freedom's Way Recognizes Littleton's Achievements**
- P1 Progress at Nagog Hill Orchard Land at Nagog Pond**
- P1 LCT Annual Meeting, 11/8/2019, at 6:30 pm**
- P1 Landscape Ecology: Towns, Ecology, and Land, 7:00 pm**
- P2 Outdoor Walks and Activities, and Events Schedule**
- P2 LCT at the Holiday Bazaar, 12/7/2019, 9 am - 3 pm**
- P3 LCT 2019 Membership: Renewals, New, and Gift Members**
- P3 Littleton Little Town Tree Hunt Returns - Family Event**
- P4 Freedom's Way: Storied Women at Sarah Doublet Forest**
- P6 Book Reviews - Recipes: Herbal and Wildcrafted**



**LCT
Board of Trustees
November 2019**

Sam Bell	508 Great Road	978-486-9278
Bill Brown	7 Old Orchard Lane	978-486-3303
Katie Carruth	58 Goldsmith St	978-394-8660
Rick Findlay	<i>Vice President</i> 46 Beaver Brook Rd	978-486-4031
Andrew Halloran	16A Oak Hill Rd	774-364-0334
Daedra Jones	<i>Treasurer</i> 9 Brook Lane	978-952-2989
Donald MacIver	<i>President</i> 43 Foster Street	978-952-2706
Fran Meyers	<i>Secretary</i> 16 Valley Drive	978-486-3776
Dustin Neild	17 Lake Shore Drive	978-486-4507
Jim O'Neil	<i>Director of Land Stewardship</i> 63 Great Road	978-486-3642
Kathy Stevens	46 Shaker Lane	978-486-8847
Steven Sussman	32 Lake Warren Dr	978-486-9630
Elizabeth Leaver	<i>Copy Editor</i>	
Melinda Hobausz	<i>Layout Editor</i>	
Lori Pelrine	<i>Publicist</i>	
Scott Lewis	<i>Webmaster</i>	
Karen O'Neil	<i>Facebook Admin.</i>	
Jim O'Neil	<i>Trail Crew Coord.</i>	
Judith Pickett	<i>Counsel</i>	

www.LittletonConservationTrust.org
www.facebook.com/LittletonConservationTrust

The Littleton Conservation Trust (LCT), distinct from the Town's Conservation Commission, is a private land trust formed in 1962 to promote Littleton's rural character; to preserve its water, plant, and wildlife resources, and its unique views; and to provide environmental education. The LCT is caretaker of over 300 acres of property (gifted from far-sighted residents) on which we manage a public trails system.

Littleton Conservation Trust Contacts

- ➡ **Jim O'Neil, LCT Trail Crew Coordinator**, maintains a trail worker email distribution list. When work projects are planned, notifications and updates are distributed to its member list. Email JFOnell63@verizon.net.
- ➡ **Littleton Trails**, a public Facebook group is an interactive site to share stories, photos, and observations of Littleton's conservation lands and area wildlife. See www.facebook.com/groups/639049749490984
- ➡ **LCT Walks** will be announced and updated on the Littleton Conservation Trust website, listed in the Littleton Conservation Trust events calendar and automatically sent to the Littleton Conservation Trust email list. Sign up at www.LittletonConservationTrust.org/contact-us/subscribe/

Conservation Activities (A), Walks (W), and Other Outdoor Events (O)

11/2, 3	All Day	(A) Mass Trails Conference, Leominster, MA See www.MassTrailsConference.com for more details
11/8	6:30 pm	(A) LCT Annual Business Meeting, Littleton High School Performing Arts Center (LHS-PAC)
11/8	7– 9 pm	(A) Richard Forman: "Towns, Ecology, and The Land," Annual Dr. Ed Bell Forum presentation at the LHS-PAC
11/9	11 am – 1 pm	(W) Geology Tour of Nashoba Woodlands with Bill Vales. Must register at www.svtweb.org/node/7824/register
11/15	7:30 pm	(A) Eyes on Owls: live owl program, at Littleton Lyceum at LHS-PAC. See www.LittletonLyceum.org
11/16	1–3 pm	(W) Connecting Communities: Freedom's Way Walks and Talks Program about Storied Women of Sarah Doublet Forest. See article on page 4 for details and photos.
11/29	1–3 pm	(W) "Black Friday" Walk at Prouty Woods. Meet at the NEFF Barn by the Wilderness Rd. kiosk and gate.
11/29 – 1/1	All Day	(O) Third Annual Town-wide Tree Hunt on conservation lands. See article on page 3 for details and photos.
12/7	9 am – 3 pm	(A) LCT at the Holiday Bazaar, Middle School. Come visit, browse, and say "Hello." See below for more details.

See LCT webpage for more details and updates on these walks/hikes and events.
Find trail maps at littletonconservationtrust.org/trail-guide/

Littleton Holiday Bazaar

Nature-oriented Gifts ~ Raffles ~ Conservation Trail Guides
LCT 2020 Memberships - New, Gift, and Renewal
December 7th, 9 am – 3 pm, Middle School, 55 Russell Street

Come Visit LCT!

For donations under \$1,000 we also accept credit card payments online at: littletonconservationtrust.org/donate

Littleton Conservation Trust Membership Form — Fall - 2019

☐ New ☐ Renewal ☐ Gift Membership

Date: ____/____/____

Name: _____

(Your date designates tax deduction year)

Address: _____

Phone: _____ Email: _____

*Please provide an email address to receive notification of upcoming walks and conservation-related events.
Checks should be made out to the "Littleton Conservation Trust" or just "LCT."*

- | | |
|--|--|
| <input type="checkbox"/> Individual: \$25 | <input type="checkbox"/> Family: \$40 |
| <input type="checkbox"/> Friend: \$100 | <input type="checkbox"/> Supporter: \$250 |
| <input type="checkbox"/> Patron: \$500 | <input type="checkbox"/> Benefactor: \$1,000 |
| <input type="checkbox"/> Other: \$ _____ | |
| <input type="checkbox"/> Gift to Permanent Fund: \$ _____ | |
| <input type="checkbox"/> Please send me information on preserving my own land. | |

Please send form to:

Daedra Jones, Treasurer
Littleton Conservation Trust
PO Box 594
Littleton, MA 01460



("Forman" continued from page 1)

Forman's distinguished career includes many academic accolades, honorary degrees, international prizes, coveted positions in professional societies and conservation organizations, and numerous publications, including eight books. All that is well described in his faculty profile for the Harvard Graduate School for Design, where he serves as Professor of Advanced Environmental Studies in the field of Landscape Ecology, Emeritus. He currently teaches a graduate course in Urban and Town Ecology.

(See www.gsd.harvard.edu/person/richard-t-t-forman/)

Building on his scholarly roots in plant, avian, and forest ecology, Forman has described the structure, function, and dynamics of the natural landscape and has shown how these are impacted by changes caused by both human development and natural forces. Such work has led to principles and solutions to form better functioning towns and more sustainable lands. These learnings and applications are of prime interest to our own community, which is undergoing stresses from ongoing development and rapid climate warming.

Forman also has applied his concepts locally, serving on numerous state and regional conservation organization boards, including that of the Sudbury Valley Trustees (SVT) which spans across the 36-town SuAsCo watershed. Additionally, he has served on local town boards and has been instrumental in creating several innovative open space plans. In Concord, he played a fundamental role in creating six tunnels, serving as wildlife corridor passageways, built under the walled-off state Route 2 highway, and is looking elsewhere to build more. As a SVT board member, he is working on SVT's so-called High Ridge Initiative in the

towns of Littleton, Harvard, and Boxborough, to permanently protect contiguous lands with topographical diversity in addition to the needed horizontal connectivity. Adding a vertical dimension can enable interdependent species in a local ecological assemblage to adapt to the local landscape, with each species finding compatible microclimates at various necessary elevations that meet its own habitat needs while enabling them still to remain in close proximity with their needed counterparts. As the climate warms, interdependent ecological assemblages are at risk of becoming decoupled in space and time as their accustomed habitat changes. When habitat conditions change rapidly, they can outpace ecological assemblages' ability to adapt, thereby leading to decreased populations, and even extinction, if the change is extreme. ■

Littleton Little Town Tree Hunt Returns for Third Year - Join the Fun!

Littleton's own scavenger hunt for decorated trees is almost here! Now approaching its third year, the Littleton Tree Hunt has become a cherished holiday-time tradition, inviting



residents of all ages to search conservation lands all around town for cute and cleverly decorated trees. The trees are decorated and maintained by local stewards including various town businesses and organizations.

Organizers Lynne Bourque and Alicia MacDonald encourage participants to see how many trees they can find and to document their discoveries with posted photos and selfies.

See www.facebook.com/LittletonLittleTownTreeHunt.

For additional information, email the organizers at littletontowntreehunt@gmail.com. ■

Freedom's Way Connecting Communities Walk and Talk at Sarah Doublet Forest

Featuring Quiet Storm, Nashobah Native American



On Saturday, Nov. 16, from 1 – 3 pm, Freedom's Way will host a Connecting Communities Walk and Talk at the Sarah Doublet Forest in Littleton, in honor and celebration of the Women's Vote Centennial, Native Heritage Month, and women who have impacted America.

Littleton was originally the Praying Indian Village of Nashobah Plantation, a four-mile square of

land. Nashobah—or more correct, *Nashopee*—means “between the waters” and it was the primary seat of Sagamore Tahattawan of the Massachusetts Nation. Upon Tahattawan's conversion to Christianity in the early 1650s, Nashobah Plantation came into being in 1654 with the aid of the Reverend John Eliot.

Tahattawan's village is located at Speen's End, the northern end of Fort Pond, so called for the fort the Nashobah tribe built to protect themselves from Mohawk raids. The adjacent Sarah Doublet Forest is part of the Village area and is also the heart of the ceremonial stone landscape.

Sarah Doublet (Wunnuhew) was an Indian princess, the daughter of Sagamore-John, the Chief of the Wamesit Praying Village (Lowell/Chelmsford). She married Chief Tahattawan's son John Tahattawan, who later became chief of the Nashobah tribe. Sadly, John passed away at an early age, and their young son was killed by renegade militia in Chelmsford during the English-Indian war of 1675–76. It is unknown if Sarah was interred on Deer Island with the other Nashobah Praying Indians during the war; many died there of starvation and exposure. Unlike most of the Nashobah who relocated to Natick Praying Indian Village after

the war, Sarah and her new husband Thomas Doublet (Nepanet) chose to stay in Nashobah with a few others, including James Speen.

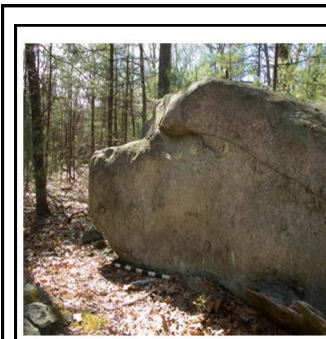
Nashobah Plantation was sold to the English piecemeal over the years and became the English town of Nashoba in 1714, renamed Littleton in 1715. As part of the incorporation, the General Court ordered 500 acres in the southeast corner of town to be called the Indian New Town and set aside for the remaining Nashobah. When Sarah, purported to be the last of the Nashobah, passed away around 1736, this land went to her caretakers, the Jones brothers of Acton. The Sarah Doublet Forest is the only public land at the heart of the Village, and the Littleton Conservation Trust is its steward.

The good news is the Nashobah Indians are alive and well, and are still Praying Indians. We will be joined on our walk by Quiet Storm, the daughter of Chief Caring Hands, the Sagamore of the Nashobah-Natick-Ponkapoag Praying Indians. Quiet Storm is of the royal family and a descendant of Chief Tahattawan, and will talk about her Nashobah people and their Nashobah lands while we walk the spiritual heart of the old plantation together. She also has a family connection to Sarah Doublet herself through Chief Tahattawan and will speak about Sarah, as well.

The Sarah Doublet Forest Walk and Talk is cosponsored by the Littleton Conservation Trust and the Littleton Historical Society. Don MacIver, president of the Conservation Trust, will talk about Edith Jenkins and Fanny Knapp, the two women who graciously deeded the 98 acres of what we now call the Sarah Doublet Forest and Nature Reserve to the conservation land trust.

Daniel V. Boudillion, Littleton historian and author, will assist leading the Walk and Talk with Quiet Storm and Don. Dan's work focuses on Native Nashobah history and early Littleton history, and he has made a special study of the Sarah Doublet Forest.

This is a unique event, an opportunity to walk the land with the tribal descendant of the original Native inhabitants, and talk with the daughter of their current chief about times past, the world today, and times to come.



Ceremonial Stone Landscape at Sarah Doublet Forest

Sarah Doublet Forest contains ceremonial stones, including this large rock carved to resemble an otter. Other stone groupings have special meaning and serve as active prayers. ■

("Freedom's Way" continued from page 1)
created in 1654) and the subsequent New Town Indian Village (500 acres, created when the colonial town of Nashobah was incorporated in 1714).

The work was completed by the Narragansett Indian Tribal Historic Preservation Trust (NITHPT) in conjunction with its archaeological research partner, Ceremonial Landscape Research, LLC, at a total cost of \$11,000. The grant award was at the maximum amount allowed and was funded through the National Park Service. Currently LCT is seeking donations to help defray the remaining \$6,000 project cost.

NITHPT conducts similar surveys throughout the Northeast and in collaboration with members of the United Southern and Eastern Tribes (USET), the inter-tribal organization representing the interests of 27 federally recognized First Nations, spanning from Maine to Florida to Texas.

Ceremonial stone features can include large carved rocks, alignments of stones, or groupings frequently representing animals significant in tribal legends and culture (see photo of large carved rock resembling an otter on page 4). These features are many centuries old, with most originating from long before European colonization. While NITHPT's survey work spans many geographies, it should be noted that it was the Christianized Praying Indian Massachusetts tribe that resided here when the Nashobah Plantation was established by the Mass Bay Colony. While the Nashobah band of the Massachusetts tribe neither owns land nor is it federally recognized, it remains very vibrant. The state adopted the tribal name for its own, reflecting the large area the tribe inhabited; Sarah Doublet Forest is in Massachusetts territory.

Hidden Treasures All Stars Five-Year FWA Partners -
The LCT and LHS were recognized as "all stars" for working together and presenting public educational programs within FWA's Hidden Treasures Program, performed annually in May, for five successive years. Extensive educational programs were presented through LCT-LHS collaborative efforts at Littleton special areas such as the Sarah Doublet Forest, where a living outdoor museum was created; Oak Hill and the Tophet Chasm; the Prouty Homestead and Prouty Woods Community Forest; George and Lucy Yapp Conservation Land; and Robert and Emily Cobb Conservation Lands.

FWA Spotlights SDF Storied Women for November Connecting Communities Program - Finally, the LCT and LHS were recognized for being selected as cohosts with FWA for a special program on the Storied Women of the Sarah Doublet Forest as part of the series "Connecting Communities: Walks and Talks." In celebration of the Women's Vote Centennial, the series will share the stories of these local women whose work impacted the Freedom's Way National Heritage Area (FWNHA). The Littleton women highlighted will be Sarah Doublet (known also by the Algonquin name Wunnuhew), the last Native American to reside at SDF, and the two women who generously bequeathed the SDF conservation land to LCT (see related story Freedom's Way Connecting Communities Walk and Talk on page 4). Each month in the coming year, FWA will

select a community within its 45-town region to highlight local women who have made a major impact to the region's heritage. It is especially eventful that Littleton and SDF conservation land have been chosen for November, the month now commonly cited for Native American observances.

The FWNHA geography is an area extending westward from Boston and reaching across central Massachusetts and continuing upward into southern New Hampshire. It binds together some 45 communities joined by their common revolutionary history and their natural and cultural sense of place. The National Park Service supports the FWNHA, primarily through the Minuteman National Park. Massachusetts has five National Heritage areas; the U.S. has a total of 55 such special areas. (See www.freedomsway.org for more details.) ■

("Progress" continued from page 1)

Outdoor Recreation Plan Report. That parcel was cited as an area of outstanding scenic beauty, graced notecards and photos, and was even a site for an outdoor wedding.

For many years, the town prohibited conservation groups from combating and removing encroaching invasive species.

Twenty years of uncontrolled growth had rendered the property impenetrable, thanks to quickly spreading invasives such as bittersweet, multiflora rose, and other aggressive species. These uncontrolled invasives, which outcompeted and overwhelmed native plants, have also invaded adjacent conservation lands such as the commercial Nagog Hill Orchard, Sarah Doublet Forest and Nature Reserve, and other natural areas.



Work began this summer on this shoreline open space parcel overlooking Nagog Pond. Private funding (\$2,400 from LCT member donations and another \$2,000 from LCT reserves), along with neighborhood volunteer labor and assistance from a private contractor, have produced partial restorative efforts on this town-owned land. It is estimated that another \$2,000 and additional volunteer efforts are needed to fully bring back this once prized scenic vista and public open space.

Long-term management will not be easy without the use of herbicides, and ultimately will require the efforts of many volunteers—so stay tuned and get ready to help, if you can. The LCT project coordinator is Trustee Rick Findlay. ■

Fall 2019

Littleton
Conservation
Trust



P.O. Box 594
Littleton, MA 01460

Time to Renew Membership
Consider Gift Memberships!

Non-Profit Organization
U.S. Postage Paid
Littleton, MA 01460
Permit #6

*"Preserving Our Rural Landscape"
for over 50 Years*

Postal Patron
Littleton, Massachusetts 01460

LCT Annual Meeting (6:30–6:45 pm)

~~~~~  
**"Landscape Ecology:  
Towns, Ecology, and The Land"  
with Richard Forman (7:00–9:00 pm)**



~~~~~  
**Friday - 11/8/2019
Littleton HS Performance Center
56 King Street, Littleton**



This newsletter is printed on recycled paper
(20% post-consumer waste)

The Book Corner by Kathy Stevens

LCT donated books can be found at the Reuben Hoar Library

Recipes From the Herbalist's Kitchen by Brittany Wood Nickerson

While this is a book with delicious-looking recipes, it is foremost about herbs and their uses in creating healthful, nourishing food for good health and a good life. Nickerson believes in the idea that herbs and food are powerful medicine, and explains how to use them for deep sustenance for the body and mind. She breaks down the categories of tastes and flavors that indicate their medicinal actions in the body (sweet/bland, salty, sour, pungent, and bitter), and what foods and herbs fit into each category. A dozen herbs are highlighted with beautiful photos and information about a variety of ways to prepare and incorporate them into food and drink as teas, tinctures, vinegars, butters, waters, oils, syrups, and more.



There are more than 100 original recipes, from soups and snacks to entrees and drinks with many unique and unexpected flavor combinations. There are many vegetarian recipes, but this is an omnivore's cookbook. Throughout the book there is an emphasis on the idea that food offers us all the tools to connect with the earth, with each other, and with our bodies and minds to nourish and enrich our lives and health. ■

The Wildcrafted Cocktail: Make Your Own Foraged Syrups, Bitters, Infusions, and Garnishes by Ellen Zachos

For those who enjoy foraging for wild edibles, here is a book that expands the ideas around what can be done with them to include unique cocktails. The author, Ellen Zachos, is a longtime instructor at the New York Botanical Garden, a contributor to *Edible* magazine, and author of six books including *Backyard Foraging*. She introduces readers to more than 50 recipes for making bitters, garnishes, syrups, infusions, liqueurs, and juices from plants readily found in backyards, on roadsides, and at farmers markets. She uses fruits, flowers, leaves, fresh berries, roots, seeds, and nuts in a variety of ways, explaining how best to gather or harvest them and make them into tasty additions to libations. There are also some invasive plants like sumac and Japanese knotweed included so you can put those pesky plants to good use.

The book also includes sections describing mixology basics, such as how cocktails are constructed, guidelines about what base spirits to use and experiment with, an explanation of the important role bitters play in creating tasty drinks, and the basics of what glassware is used for different types of drinks. This book can set you on a fun path to enjoying wild flavors and interesting new ways to enjoy tasty drinks with family, friends, and guests. ■

