

PE17.2.3

From: [LyttonPark ResidentsOrganization](#)
To: [Parks and Environment Committee](#)
Cc: [Jason Doyle](#); [Janie Romoff](#); [Daniel Boven](#); [Councillor Carmichael Greb](#)
Subject: PE17.2 - Black Walnut Trees in Toronto
Date: Wednesday, February 22, 2017 5:25:03 PM
Attachments: [PE17.2 LPRO Letter WalnutTrees.pdf](#)
[In Praise of Black Walnut Trees.pdf](#)

Please find following our letter in support of preserving Ontario's native Black Walnut trees along with our two page "In Praise of Black Walnut Trees". We have a number of very large, healthy Black Walnut trees in our catchment area and we regularly write to North York Council in support of refusing removal for any reason save that they are in poor health.

Thank you for your consideration of our position.

Arlena Hebert
President

*Representing the area bounded by Lawrence Avenue West south to Roselawn Avenue and Yonge Street
West to Avenue Road.*

Visit our website at <https://lpro.wordpress.com>

If you don't wish to receive these emails, please notify us: lyttonparkresidentsorg@gmail.com



LYTTON PARK RESIDENTS' ORGANIZATION INC.
Box 45031, 2482 Yonge Street
Toronto, M4P 3E3

February 22, 2017

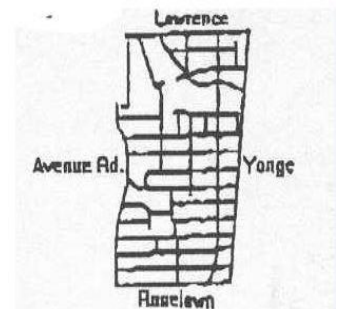
Chair and Members of the Parks and Environment Committee pec@toronto.ca
Attn: Carol Kaustinen
10th floor, West Tower, City Hall
100 Queen Street West, Toronto, ON M5H 2N2

Subject: PE17.2 - Black Walnut Trees in Toronto

We have read and support the position provided by the General Manager, Parks, Forestry and Recreation in their Staff Report dated February 7, 2017 where they were requested to explain the effects of exempting black walnut trees (*Juglans nigra*) from protection under the City's tree bylaws with a focus on both community safety and canopy impacts. On behalf of the Lytton Park Residents' Organization I write to urge you and the city to continue to support and protect our native black walnut trees.

One of LPRO's members Harold Smith has worked with LPRO to produce "in Praise of Black Walnut Trees" which we distributed to our membership and posted on our website. I have attached a copy for your review.

We would ask that instead of destroying a valuable, native to Ontario species, owners of these black walnut trees contact the Toronto Charity "**Not Far From the Tree**" who will come and harvest the walnuts when they mature over a week or two between September and October and distribute to those in need of the incredible high-quality nutrition they have provided to Ontarians since pioneer days. Walnuts are very expensive at the store, but they make an excellent, healthy brain food: Black walnuts contain lots of good fats, such as polyunsaturated omega 3s and monounsaturated fats. Not Far From The Tree's website states that they are picking trees in 15 of Toronto's 44 city wards. They recently called in to the CBC Radio Noon Program offering to relieve a



Toronto Walnut Tree Owner of their harvest with a phone call. Email picks@notfarfromthetree.org or call 647-687-PICK.

In closing, we thank Councillor Doucette for requesting a clarification of the City's Tree By-law as there are many applications submitted for destruction of the Black Walnut trees. We support Urban Forestry's position that one should not be able to destroy a tree because it has become inconvenient; a nuisance caused by falling walnuts for several weeks in the fall. It is one of our native Ontario trees and should only be removed if its condition becomes poor and unsafe.

Sincerely,

Arlena Hebert, President
lyttonparkresidentsorg@gmail.com
<https://lpro.wordpress.com>

Attach: In Praise of Black Walnut Trees.pdf

c.c.: Jason Doyle, Director, Urban Forestry
Janie Romoff, General Manager, Parks, Forestry and Recreation
Daniel Boven, Manager, Forest Policy and Planning, Urban Forestry
Councillor Carmichael Greb, Ward 16 Eglinton Lawrence

IN PRAISE OF BLACK WALNUT TREES

Harold Smith February 4, 2017
Director, NORTH AMERICAN NATIVE PLANT SOCIETY



Black walnuts are very special native trees enhancing our quality of life, food and health. One of Ontario's successful edible native nut trees, they can live up to 250 years and thrive in our winters. Early pioneers highly valued their rich taste and benefits and their farmsteads had fruit and nut tree orchards. In the fall the crop was harvested and stored in sacks providing a rich winter food source. Probably some black walnut trees in Lytton Park are descendants of those harvested over 500 years ago by the indigenous people of the large Quandat village¹ and later by European pioneers and farmers.

Some homeowners request permission to remove black walnut trees (*Juglans nigera*) citing falling nuts, stained decks and difficulty growing plants beneath them. Black walnuts get such bad press that many avoid having them, however the facts demonstrate their overwhelming benefits. According to Toronto's Urban Forestry Department:

*"...the City's Risk Management Unit have not received claims for damages or personal injury related to walnuts falling from City trees. Urban Forestry has not received such a claim since the 2013 review of claims. If the City accepts that the nuisance and risk factors of these trees outweighs their environmental and health values, this could lead to the potential removal of 756 street trees and thousands of park and private walnut trees in Toronto. Additionally, there are thousands of other nut-bearing trees across the city which could also be the subject of similar concerns."*²

GARDENING WITH BLACK WALNUTS

Although black walnut roots secrete, Juglone, an allopathic compound stunting the growth of numerous plants, most native plants resist it including trilliums, Virginia waterleaf, columbines, several varieties of asters, cardinal flower, Solomon's seal, Jack-in-the-pulpit, mayapple, monarda didyma (Bee Balm), bladdernut, wood fern, ostrich fern, great blue lobelia, cardinal flower and foam flower. For more native plant information please visit www.nanps.org.



SOLOMON'S SEAL



MONARDA



WOOD FERN



SPIDERWORT



JACK IN THE PULPIT



TRILLIUM

WILDLIFE

Black walnuts also host 130 species of butterfly and moth larva including the elusive and exotic luna moth! According to University of Delaware's Dr. Doug Tallamy, walnuts (*juglans*), are among the leading native plants for sustaining caterpillars which become valuable moth and butterfly pollinators essential for biodiversity. He emphasized in his fall 2016 Toronto Botanical Garden talk that caterpillars are a major food source for songbirds.

¹ The great palisade fence that enclosed the Quandat village stretched from Duplex to Bathurst, Eglinton to Strathallan Blvd.

² Jason Doyle, Director, Urban Forestry, Parks, Forestry and Recreation April 19, 2016 report on black walnut removal.

Birds attracted to black walnuts include: Baltimore oriole, blue jay, northern cardinal, and white-crowned sparrow³. With today's species extinction and climate change it is crucial having native plants to attract pollinators in stress. That's why butterflies are seen less often in our city. When is the last time you saw one? Toronto has Bee City, Resilient City and Live Green Toronto aspirations. Butternuts, related to black walnuts are on Ontario's Endangered Species list and Black walnuts are threatened by Thousand Cankers Disease. Ontario's Environment Ministry encourages planting native plants which includes black walnuts.



BANDED HAIRSTREAK



LUNA MOTH



D. WOODPECKER



W. C. SPARROW



BLUE JAY

Toronto Parks, Forestry and Recreation's website "How to Select and Buy Native Plants" states: *"The loss of habitat as a result of rapid urbanization in Southern Ontario is affecting ecosystem health and reducing the diversity of native plants and wildlife in natural areas. In addition to the benefits of lower cost and maintenance, using native plants can help sustain local ecosystems."*

NUTRITION



Recent studies indicate walnuts may reduce cholesterol. Doctors often advise those with high cholesterol to eat a Mediterranean diet, low in animal fats, high in fruits, vegetables and olive oil (monounsaturated fat). Walnut extracts, called polyphenolic compounds, prevent the oxidation of cholesterol which contributes to plaques that cause heart disease and strokes.

According to the Mayo Clinic, in addition to protein, most nuts contain at least some of these heart-healthy substances: monounsaturated and polyunsaturated fats, omega-3 fatty acids. Omega-3 fatty acids, fiber, vitamin E, plant sterols and L-arginine. A recent U. of Nebraska study found black walnut nutrients include dietary fiber, folate, phytosterols, protein, melatonin, etc., all linked with multiple human health promoting properties. They declare the black walnut "a potentially potent, yet critically understudied, dietary system for promoting human health."

Canadian botanist and scientist, Diana Beresford-Kroeger states:

"Pound for pound (walnuts) they are equal to steak in food value. The ratio of essential fats they carry is perfect for the brain development of the very young and old. These fats also protect the functioning heart. These high quality fats are essential for healthy cell functioning and are quite rare in the plant world."

Although black walnuts can be messy when the nuts ripen and drop for several weeks in the fall, it's a modest price to pay for the benefits they provide. As temporary stewards of our property we should protect all trees including black walnuts. With all its advantages, why would anyone not want one?

³ Trees, Shrubs, and Vines for Attracting Birds, Richard M. DeGraaf, University Press of New England, 2002