

The Germinator



PUBLISHED BY THE MEN'S GARDEN CLUB OF YOUNGSTOWN, OHIO
 89 YEARS OF SERVICE TO THE MAHONING VALLEY AND SURROUNDING COMMUNITIES

President's Message

One of the Mahoning Valley's most anticipated growing season events occurs Saturday and Sunday, Aug. 24th & 25th at Fellows Riverside Gardens when the Men's Garden Club of Youngstown hosts its annual Horticulture Show. It is a chance for gardeners to show off their green thumbs and learn about plants they may want to try next season. The event is open to the public and there is a Youth Division.

Last Year, non-members won both Best-In-Show and Sweepstakes and, as has been the case in recent years, the number of member entrants and their entries declined. I'm calling on our membership to do all they can to reverse this trend. If all else fails, snatch a dandelion from your weed-infested lawn or some thistle growing in your gutters.

Our August membership meeting will take the form of our annual Steak Fry. It will again be hosted by our friend Larry Duck at his large pavilion, 5471 Clingan Rd., Poland. There will be a Horticulture Show tutorial, and some great side dishes and desserts. Call, text or email Bob McGowan, 330-518-6397, rjfmcgowan@gmail.com, letting him know that you will attend and whether you prefer steak, chicken or salmon. Deadline is July 31st. Beer on the menu. Prices on request.

I want to commend Vice President Tom Arens for his efforts in recruiting membership meeting speakers. Some of the topics have not been what we normally expect, but they have been very interesting and educational.

Sadly, for the first time in many years, our club will not have an information booth at the Canfield Fair. Various reasons were given by the fair board but, long story short, fair goers will have just that much less to crow about. *Sincerely; Bruce Brungard, President*

MGCY Annual Horticulture Show

Sat. & Sun., Aug. 24,25 - Fellows Riverside Gardens

Entry Prep Begins at 7am, Judging at 10am on 24th

Awards at 1pm on 25th Setup at noon on the 23rd

Learn about entry presentation at the Steak Fry, Aug. 7th

Let's step up and make this the best Show yet!



page 1

Membership Meeting

5:30pm, Wed., Aug. 7th

Steak Fry/Show Tutorial

Larry Duck's Pavilion

5471 Clingan Rd.

Guests Welcome

Board Meeting

6:30pm, Wed., Aug. 14th

Austintown Library

All Members Welcome

MetroParks In July

Nature's Graces Exhibit	1-31
Nature & History	7,14
Ford Butterfly Hunt	7-11
Yellow Creek Concert Series	8
Naturalist Series: Crickets	10
Traveling Naturalist	10
Photo Clique	10,18
Stream Monitoring	10,11
Laid Back Cooking	13
Birding the Sanctuary	17
Thru the Lens	17,20-31
Picnic in the Park	21
Botanical Mornings	23
Ceramic Tiles	26
Herbal Harvest	27
MetroParks Farm at Fair	28-31

Check out more events at:

www.millcreekmetroparks.org

In This Issue

President's Message	1
Club News	2
Flying High, Inc.....	2
Reduce, Reuse, Recycle.....	3
Flagging	4
Can't Beat It - Eat It	4
Sponsors	5
Club Events & Officers.....	6



As a change of pace, our July Board of Gardeners meeting was held at FlyingHigh, Inc., an individual development center on the grounds of the old Cafaro Osteopathic Hospital on Youngstown's North side. Our presence was in response to an invitation from FlyingHigh's Executive Director Jeffery Magada. Hosting the tour was fellow member Ron Fasano who holds a leadership position there and at ACTION.

We were impressed with the GROW urban farm's 35 (and expanding) raised growing beds occupying what was once the hospital's parking lot. Among the



vegetables presently being grown are onions, beets, cabbage, cucumbers, zucchini, and mustard and collard greens. Tomatoes, peppers, peas and beans are being cultivated in another area. Wild and annual flowers abound functioning as pollinator attracters while enhancing the atmosphere.

The raised beds, an inspiration of Ohio State Univ. Extension Educator Eric Barrett, are fashioned from concrete blocks that are glued top and bottom. The block's sides are unglued to allow for drainage. The tomatoes are supported by long metal trellises set at an angle. Both setups allow for easy cultivation and harvest. There is also a small greenhouse, and apple trees have recently been planted.

The GROW project will offer produce for sale at 12 pop-up farmer's markets at various Youngstown locations. Samples of dishes made from organically grown produce will also be offered. FlyingHigh intends to introduce food preparation as a way to education the community about healthy nutrition. Food prep will be done at various ACTION affiliated churches until a more suitable kitchen can be found. The pop-up market schedule can be found at flyinghigh.org.

Helping our Valley to Grow Since 1930

FlyingHigh provides opportunities for people serious about developing their potential, and making a better and more productive future for themselves. Services include a vocational school, job readiness and placement services, GED tutoring, drug and alcohol treatment, case management, and the Eagle's Nest Recovery House. There is also an impressive welding school.

The experienced staff gets to know their students well and quickly culls the pretenders from those intent on making the life changes needed to become productive, sober and self-reliant citizens.

Ron proposes a mutually beneficial relationship between FlyingHigh and our organization. Our club could have access to growing facilities including a potential greenhouse and a location for our Spring Plant Sale. While it has a very capable farm supervisor, the organization would like some of our members to join Friends of GROW to help guide students in the finer aspects of horticulture and preparing healthy meals.

Scrappers Baseball Outing

Join fellow members, friends and family on Aug. 8th



when our Mahoning Valley Scrappers meet the Auburn Doubledays at Eastwood Field. There will be a complimentary meal beginning at 5:30pm with the game starting at 7:05pm. If you act now, you can still reserve your seat(s) with Rodney Toth, 330-759-1993,

or at rkdahlias@aol.com. Price is \$15 per person.

2018 Horticulture Show Winners

In order to help our readers choose their entries in this year's MGCY Horticulture Show, we thought it might be a good idea to remind them which entries won Best-In-Section in their various categories. Here's the list but not necessarily in schedule order:

- Roses – 'White Bride' miniature
- Fruit – 'Concord' grapes
- Perennials/Biennials - hosta 'Appletini'
- Dahlias – 'Harvey Koup'
- Vegetables – mixed basket
- Woody Plants – *Hibiscus* (Rose of Sharon) 'Showtime'
- Potted Plants – *Colascasia* 'Coffee Cups'
- Hanging Containers – asparagus fern
- Bulbs, Corms, etc. – *Alocasia* 'Calidora'
- Succulents – *Portulacaria afra* 'Elephant Bush'
- Annuals – *Coleus*
- Bonsai – *Serissa*
- Best-In-Show – Kentucky Green Gourd (7+ft. long)
- Heaviest Tomato – 3.25 lb.
- Largest Zinnia – 4.25 in.

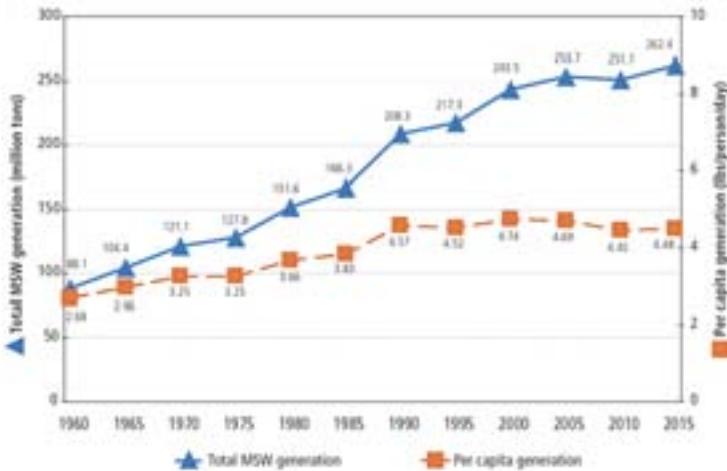
REDUCE, REUSE, RECYCLE

Kim Lewis, our July membership meeting speaker, is a volunteer with of the Mahoning County Waste Management District better known as the *Green Team*. To say that she enthusiastically supports the organization's motto of *Reduce, Reuse, Recycle* would be an understatement. She is articulate, informed and has an answer for any challenges nonbelievers throw her way.

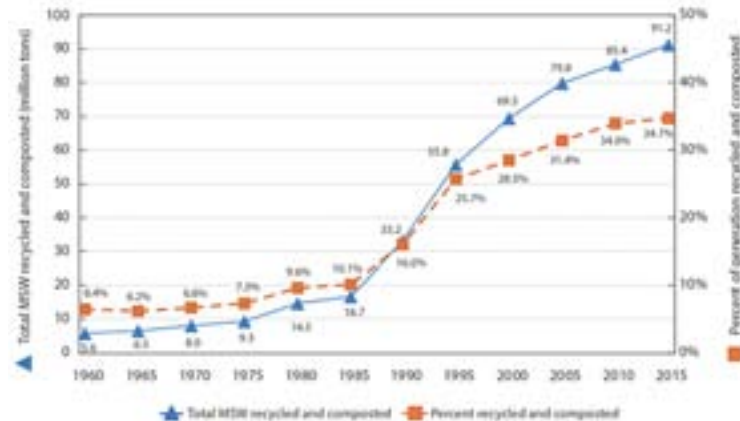
It is a sad fact that our nation generates more solid waste than the next several industrialized countries combined. And the problem continues to grow. As an analogy, think about gas and oil production waste from other states being injected into Ohio land. Not only does it present long-term health threat to our citizens but it is also a disgrace. For those and other reasons, China and Viet Nam have quit accepting our solid refuse.

For a clearer picture of the problem, go to the U.S. Environmental Protection web site, epa.gov (Facts and Figures About Waste and Recycling). While we can't begin to cover the report in the space here, the report covers Miscellaneous Solid Waste (MSW) collection from 1960-2015. The good news/bad news is:

MSW has increased from 80m tons to 260m tons. Per capita generation has stabilized since 1990.



Recycling & composting have increased dramatically especially since 1985.



Combustion with energy recovery has increased 20x, most notably since 1980.



As one can see from these charts, the increase in recycling is not keeping up with our national addiction to disposable products and packaging. Kim Lewis gave us some insight into the problem and what the average individual can do to reverse the tide.

One product that stirs her ire is single use beverage containers. When soda producers saw their sales slipping, they moved to bottled water almost all of which comes from municipal water supplies. What Kim thought was the dumbest move possible turned out to be a blockbuster innovation.

Bottled water is the world's best selling beverage, the package is more expensive than the product, and the single-use containers contribute significantly to MSW generation only 20% of which is recycled into carpet and faux wood. The answer to this problem and its ilk is to invest in a reusable container for beverages like water, coffee and tea. Gatorade, for instance, also comes in a powdered form. Other things we can do:

- Shop with a reusable tote bag.***
- Purchase cotton swabs with paper sticks.***
- Refuse Styrofoam (unrecycleable) takeout containers – bring Tupperware.***
- Use bar soap.***
- Buy laundry detergent, tissues and kitty litter in boxes.***
- Choose eggs in cardboard cartons.***
- Purchase soda in aluminum cans and recycle.***
- Skip K-cup coffee and hot chocolate.***
- Print on both sides of paper.***
- Return nursery pots to nurseries or Lowes.***
- Take newsprint to animal shelters (Angels for Animals); they will also take large plastic bags.***
- Compost vegetative debris & food into 'black gold'.***
- Search online for non-profits accepting old prescription containers.***
- Stop junk mail. thedma.org/accountability/dma-choice/***
- Go to the Mahoning Co. Mental Health & Recovery Board web site for list of recycling centers & special recycling events.***

Items intended for recycling placed in plastic bags will be sent to landfills. Many large retail stores have bins for used plastic bags.

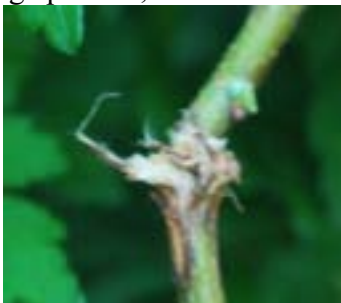
New, life-enhancing products are often disposable and not easily recycled, and it's so easy just to throw everything in the trash. We need to reduce our need for convenience with older fashioned reusable items. The development of new products from recycled MSW has not kept up with our addiction to consumerism.

Flagging

In the July issue of the *Germinator*, we discussed the recent ‘Invasion’ of 17 year cicadas in Girard and other Mahoning Valley locations. A follow up article is necessary because the damage these insects inflict on young hardwood trees, shrubs and bushes can’t be overstated.

The 1.5 inch long cicada is a slow, clumsy flyer making it easy prey for birds, wild and domestic animals, and car windshields. The fact that they emerge in vast numbers over a relatively short time, however, ensures a well populated next generation. A fertilized female will lay 20-28 eggs in multiple locations resulting in the production of 400-600 eggs per individual.

During the egg laying process, the female’s ovipositor tears into but not completely through a thin branch causing it to bend under its own weight. ‘Flagging’ occurs when the leaves die from lack of nutrition resulting in what appears to be a downward-hanging brown banners. A large hardwood tree may have hundreds of these pennants on display



just in time for Independence Day. This begs the question: ‘Are North America’s longest lived insects masters of propagation or are they super patriotic?’.

As one can see from these photos, a young tree or shrub can suffer serious, even life-threatening, damage if enough female cicadas find its thin branches welcoming egg-laying sites. If the plant loses enough foliage, the photosynthesis cycle of nutrient production will be seriously disrupted. In addition, open wounds and the plant’s weakened condition are invitations for such pathogens as oak wilt.

When planting new trees and shrubs, it is important to know if your area is subject to a cicada invasion and when it is likely to occur.

Can’t Beat It – Eat It

Among gardeners and landscapers who like to keep things neat and tidy, purslane (*Portulaca oleracea*) is not a popular plant. It grows in a variety of soils, thrives in hot sunny areas, regrows from seeds or stem fragments, and is darn hard to eradicate. A native to India and the Middle East, this ‘weed’ has spread throughout the world.

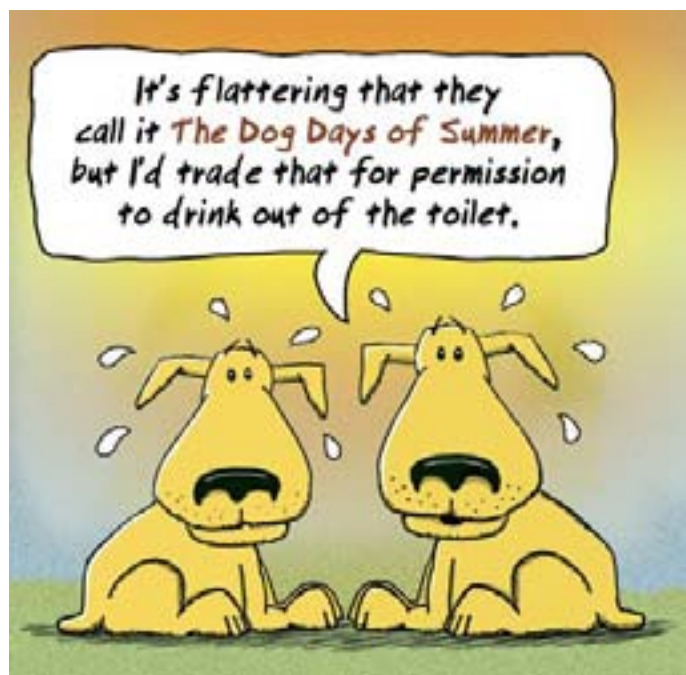
The stems grow low to the ground resembling a young jade plant and, like jade, it is a succulent with fleshy little leaves. It is commonly found in sidewalk and driveway cracks, and is a real pain when it invades lawns.



Like every cloud with a silver lining, hard-to-kill purslane contains omega-3 fatty acids, iron, vitamin C, several B vitamins, calcium, magnesium, potassium, and high levels of vitamin A. It’s flavor is mild to sweet, and slightly acidic.

The simplest way to enjoy purslane is to eat it fresh and raw like spinach. Use it in salads, as a garnish for soups or tacos, or on a sandwich. When cooking, sauté gently as overcooking will render it slimy. Before eating, it should be first washed. Avoid using herbicides and pesticides if you plan to try it, and be sure to wash it.

Source: GardeningKnowHow.com



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August 2019

Thank you to the MGCY Friends for their Civic Fund donations.
Members are urged to give them a visit.

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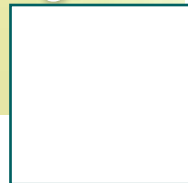
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August 2019



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www.mgcy.org



Aug. 19 - National Honey Bee Day

calendar of events



August - TBASteak Fry/General Meeting.....Larry Duck's Home 6/7:00 pm
 August 8Scrapper Ball GameEastwood Field 5:30 pm
 August 14.....Board MeetingAPL 6:30 pm
 August 23.....Setup for Horticulture Show...FRG 12:00 pm
 September 4.....General Meeting.....FRG 7:00 pm
 September 11.....Board MeetingAPL 6:30 pm
 September 14.....Fall Breakfast.....FRG 9am - 11am
 September 2.....General Meeting.....FRG 7:00 pm
 September 9.....Board MeetingAPL 6:30 pm

Please Join Us!

The purpose of The Men's Garden Club of Youngstown is to create a better understanding of gardening and to encourage and promote the beautification of our community. In order to meet this endeavor, several civic projects are completed each year.

Meetings are held the first Wednesday of each month at 7:00 p.m. in the D. D. Davis Center at Fellows Riverside Garden. Members receive a monthly newsletter, "The Germinator," which has timely gardening hints, club news and other local and regional horticultural events. Members also become members of The National Men's Garden Club of America.

Membership is open to residents of the Mahoning Valley and surrounding communities with an interest in gardening.

To join, contact us at: **Men's Garden Club of Youngstown Ohio**



% Membership Committee
123 McKinley Way
Youngstown, OH 44509



or on our website at www.mgcy.org

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