



Germinator



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



President's Message - May

Easter has come and gone, and I hope that everyone had a joyous and pleasant holiday. I hope that the Easter bunny was good to everyone! Meanwhile, the flowers are starting to spring out of the ground with their vibrant colors and the birds are singing, which means summer is on its way. Most of you have probably started your plants. If not, you may want to get a move on things so that you don't miss this prime time.

I would like to thank everyone who participated at the Home & Garden Show in Canfield. I hope everyone who attended enjoyed themselves, as your being there was appreciated. Also, I would like to remind everyone about our Spring Plant Sale. We hope to have a good turnout, so we can use all the help that people are willing to give. Don't forget to spread the word about the sale.

Another thing to keep in mind is the National Convention in Cleveland, July 19th-22nd. We would like to have a good representation of our club there. I hope to see all of you at the next meeting. Our scholarship winner will be speaking to the group.

I wish all of you a great May!

Thanks,
Dennis

Membership Meeting
7pm, Wednesday, May 3
Fellows Riverside Gardens
Speaker: Christian Moore, three time MGCY Scholarship winner
- Guests Welcome -

Board Meeting
6:30pm, Wednesday, May 10
Austintown Public Library
South Raccoon Rd.
-All Members Welcome-

MetroParks Events

Green Gardening Fundamentals	2
Summer Flower Gardening Course	3
Cohasset Nostalgia Tour	4,7,16,25,30
Birding McGuffey Preserve	6
Bluebells & More	7
Tractor-Wagon Rides	7,13,21
Drive, Chip & Putt Lessons	9,16,23
Golf Shop Sale	10-14,26-29
Spring Plant Sale	12-14
Birding Mill Creek Preserve.....	13
Herb Gardening.....	13
Traveling Naturalist.....	14
Spring Mindfulness Course	16
Birding The Sanctuary	20
Wetland Walkabout Intro	21
Biological Mornings.....	26
Spring Evening Hike	26
PGA Pro's Q&A Lesson	27
Garden Guide Training.....	31

www.millcreekmetroparks.org

TGOA/MGCA NATIONAL CONVENTION
July 19 - 21 (Optional Tours July 22) , Cleveland, OH
Join National President John Schinker and other MGCY members who have helped organize 'The Garden Scene in 2017'.
See April Issue, Page 4, for convention details

Annual MGCY Spring Plant Sale
9am - 6pm, Thursday thru Saturday , May 11-13
MASCO Greenhouse, South Ave. Ext. at Bev Rd.
Stunning array of garden & landscape annuals at great prices!
Support your club by working before and during the sale.



In This Issue

President's Message	1
Club News	2
Kill Deer.....	3
Gardening for Wildlife.....	3
Not-So-Evil Weed.....	3
Growing Coreopsis.....	3
Organic & Beyond.....	4
Luv Ya, Mommy	4
Sponsors.....	5
Club Calendar	6
Club Officers	6



Club News

WWW.MGCY.ORG

84 Members • 2 Associates

New Members

Robert Tillman, 1890 N. Fox North Rd. Hubbard, OH, 44425, 330-984-2904, yankeerunner@aol.com. Robert is retired, and his gardening interests include fruits, vegetables and flowers. Sponsor: Rodney Toth.

Gerald Peskin, 2012 Crestwood, Youngstown, OH, 44505, peskin_signs@sbcglobal.net, 330-759-1180, 330-565-4721. Gerald is retired. His gardening interests include vegetable gardening and orchids. He also enjoys golf and traveling. Sponsor: Paul Shanabarger.

Welcome aboard, gentlemen

Greenhouse Needs Volunteers

While the only things being planted this early are salad veggies, and indoor and cold frame seeding, there is a lot going on at the MASCO greenhouse. In preparation for our Spring Plant Sale, May 11-13, members are now filling flats with annual sprouts and watering daily. Greenhouse and Plant Sale Chairman John Schinker is now asking for volunteers to help customers during the sale. He will be passing a signup sheet at our membership meeting. It is every member's duty to participate where able to ensure our club's primary public service funding source is a success.

Thanks For Newsletter Input

Over the years we have taken the membership to task for their lack of newsletter content participation. Although contributed articles are still disappointing, we must recognize the increased referrals to externally published articles and information sources by our members. While we may not publish everything they submit, Bruce Brungard and Paul Shanabarger have led the pack in providing input sources that resulted in *Germinator* articles.

Digging Up New Members

It has been a while since a member has received a recruiting award so it was nice to see Bob McGowan get a Spade pin for signing up two new members last year. Despite the passing of several men with long histories of dedication to our organization, our membership has happily grown over the past two years. Each of us has the responsibility of helping retain those new to the club by engaging them at meetings, and new members should channel their gardening interests toward where they can best serve our club by seeking out committee chairmen.



Helping our Valley to Grow Since 1930

Past Medical Quackery

Almost daily we hear of a promising new medical breakthrough and often take for granted the quality of doctor and hospital care currently available. Injuries and diseases now successfully treated with drugs or simple procedures were not long ago a death sentence or a life shortened by misery and pain. People were often driven to seek help anywhere they could, and there were always unscrupulous people willing to take advantage of them for a buck.



This sad but sometimes darkly humorous past was the subject of Cassie Nespore's presentation at our April membership meeting. Cassie is the curator at the Melnick Medical Museum on the Youngstown State University campus. Until 20th century Food and Drug legislation limited some of the most egregious practices, many common conditions were treated with such barbaric procedures as purging and bleeding humor (bodily fluids like blood, bile, etc.), and with "magic" elixirs like Mrs. Winslow's Syrup and Wizard Oil whose active ingredients were alcohol, morphine, cocaine and heroin.

Cassie brought a few sample museum devices that spoke not only to the once primitive state of medical science, but also how desperately ill people were taken advantage

of. Pictured here are, from top-left: A hand-cranked gizmo that sends an electric shock to



applied parts of the body; a magnetic belt; and two small cutting gadgets for 'bleeding' treatments.

We thank Cassie for a very interesting presentation.

Home & Garden Info Booth

Despite being confined to an out-of-the-way corner of the Canfield Fair Floral Building, we had a lot of interested visitors. And if just 10% of those who took Spring Plant Sale pamphlets show up for the sale, the MASCO Greenhouse should be bare by the evening of May 13th. Thanks Bruce Brungard for a job well done.



Kill Deer

We're not talking about birds of that name, nor carnivores like wolves. The culprit is Japanese yew, a poplar ornamental shrub. It is responsible for the death of pronghorn, elk and mule deer out west. While not having come across any reports of associated whitetail deaths, we assume they too would be susceptible.

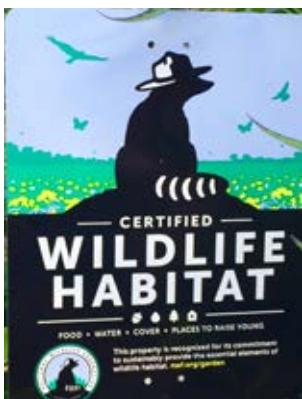
In many areas of Idaho, ungulates are migratory often putting them in the proximity of humans during the harsh winter months. While their normal native plant diet is much more nutritious, the hungry animals will often take to nibbling on landscaping plants. And Japanese yew somewhat resemble native shrubs.



The problem has reached the point where some jurisdictions have banned the plant or ordered them wrapped in plastic sheeting until the roving animals move on. Like many imports from abroad, they may break the boundaries of landscaping and choke out native plants resulting in lost wildlife habitat and further forcing plant eaters into our yards.

Gardening For Wildlife

The National Wildlife Federation wants you to make a commitment to replenish your landscape with plants and structures that will be a welcoming haven for native and migratory birds, bees, butterflies, amphibians and other wildlife. Your 'Garden for Wildlife' certification



processing fee of \$20 supports federation programs that will inspire others to make a difference. Also, by adding pollinator and monarch butterfly-friendly plants, your garden will be counted towards the Million Pollinator Garden Challenge.

The online application will ask you to confirm that you've provided the required number of elements of food, water, cover, places to raise young, and that you use sustainable practices. Before applying, download the online checklist to ensure you've met the requirements. The benefits include:

- Subscription to the *Garden for Wildlife* e-newsletter.
- One year NWF membership and subscription to *National Wildlife Magazine*.

10% discount on NWF Catalog merchandise. Go to www.nwf.org for more information.

A Not-So-Evil Weed

Does this plant look familiar? Most of us have encountered this baby jade-like plant in our gardens and landscapes and have promptly pulled it out. What most of us didn't know is that 'purslane' leaves provide fantastic health benefits.



The plant includes the most vitamin A, a known cancer preventer, of all leafy vegetables, and is abundant in Omega-3 fatty acids that prevent heart disease and stroke. The leaves have a delicious lemony taste and crunchy texture, and are a good substitute for spinach. Add it to salads and sandwiches to benefit from its rich protein content. It is said to boost energy and strength levels, and reduces the risk of developmental disorders in children like autism and ADHD. Purslane capsules are also available in health food stores.

Growing Coreopsis

Like rudbeckia and Shasta daisies, daisy-shaped flowers are very popular these days, and coreopsis or tickweed is a smaller version of these perennials. The one-to-two foot tall plant blooms from early to late summer depending on the variety. While traditionally yellow, there are many different colored varieties available.

'Mercury Rising' features 3 inch velvety red blossoms. 'Peach Sparkle' has a red center with pale yellow edges and, though growing to only 15 inches, is a consistent bloomer. 'Heavens Gate' features pink petals with a red center, and 'Sweet Dreams' has white petals with a raspberry center.



Coreopsis likes full sun and fertile, well-drained soil. Many new hybrids are hardy to Zone 5. The clumping perennial has few problems and deer seem to avoid it. Birds and butterflies love them and the seed heads should be left intact until the birds have had their fill.

Sign up for the informative Charlie Nardozi's newsletter at charlie@gardeningwithcharlie.com. It and his blog appear at least twice a month.



Organic & Beyond

A friend snuck the February/March issue of *Mother Earth News* magazine out of his dentist's office and gave it to us. Here is condensed content from two articles:

Minnesota-based International Ag Labs assembled 29 butternut squash samples from across the country, grown under various conditions, and analyzed their nutrient content from 100 grams of dry matter. The findings ranging from:

- Protein - .4g to 4.4g
- Phosphorus - 23mg to 166mg
- Calcium - 27mg to 78mg
- Potassium - 282mg to 1,083mg
- Magnesium - 13mg to 51mg

The squash with the highest nutrient content across the board was grown by a Fayetteville, Ark., couple employing bio-intensive growing methods that go beyond organic. They state, "Meeting minimum organic standards gives no assurance that the produce will be nutrient dense". Minerals must be in the right amount and ratio, and the soil energized with a food web that is alive and healthy.

The techniques involved in 'bio-intensive agriculture' may vary from gardener to gardener, but the basics are:

Manual double-digging to 24" to establish good soil structure as needed, then cultivating to 2" thereafter.

Regularly use cured compost with only 1/6th animal waste; non-use of green manure.

Use only organic fertilizer and only minimally.

Crop rotation and companion planting.

Use open-pollinated seeds; no hybrids nor GMOs.

Only compost crops and calorie crops (root & grain)

Hugelkultur - If you want to start a new bed and have easy access to expendable tree limbs, you might consider a centuries-old Eastern Europe method that involves building large planting mounds filled with wood debris.

Lay down a layer of thick branches covering the dimensions of your new bed, followed by medium-sized branches, followed by smaller sticks and twigs. Stuff any open areas with organic matter like compost, leaves and grass clippings. Finally add 2 inches of soil.

The slow breakdown of wood boosts the soil food web over a long, sustainable time. While you should plant right away, increasingly better crop yields will occur over time.



Luv Ya, Mommy

The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.

Honore de Balzac

All women become like their mothers. That is their tragedy. No man does. That is his.

Oscar Wilde

The most important thing a father can do for his children is to love their mother.

Author Unknown

All mothers are working mothers.

Author Unknown

A suburban mother's role is to deliver children obstetrically once, then by car ever after.

Peter De Vries

The real religion of the world comes from women more than from men - from mothers most of all for they carry the key of our souls in their bosoms.

Oliver Wendell Holmes

God could not be everywhere and therefore he made mothers.

Jewish Proverb

It kills you to see them grow up, but I guess it would kill you quicker if they didn't.

Barbara Kingsolver

An ounce of mother is worth a ton of priest.

Spanish Proverb

Mothers are fonder than their fathers of their children because they are more certain they are their own.

Aristotle



A mother's favorite words - 'You were right.'

A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.

You know you're a mom when picking up another human being to smell their butt is not only normal - it's necessary.



The Germinator

May 2017

Thank you to the MGCY Friends for their Civic Fund donations.

Members are urged to give them a visit.

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MGCY Member

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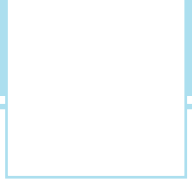
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The Germinator

May 2017



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123 McKinley Ave. • Youngstown, OH 44509

www.mgcy.org



Memorial Day - May 29, 2017

calendar of events



May 3.....	General Meeting	FRG.....	7:00 pm
May 10.....	Board Meeting.....	Austintown Public Library	6:30 pm
May 11 - 13.....	Spring Plant Sale	MASCO Greenhouse.....	9 am - 6 pm
June 7.....	General Meeting Plant Auct..	Casserole or Pot Luck Dinner Bdmn Pk.....	6/7 pm
June 14	Board Meeting.....	Austintown Public Library	6:30 pm
July 5.....	General Meeting	FRG.....	7:00 pm
July 12.....	Board Meeting.....	Austintown Public Library	6:30 pm
July 19-21.....	TGOA/MGCA National Conference	Cleveland Airport Marriott	TBA
July 21.....	CGL Regional Meeting	Cleveland Airport Marriott.....	TBA
Aug 2	General Meeting	FRG.....	7:00 pm
Aug 9	Board Meeting.....	Austintown Public Library	6:30 pm
Aug 24	Scrappers Outing	Eastwood Field.....	TBA
Aug. 26-27	MGCY Horticulture Show	FRG.....	TBA
Aug. 30-Sept. 4.....	Canfield Fair.....	Canfield Fairgrounds	9:00 am - 9:00 pm
Sept 6.....	General Meeting	FRG.....	7:00 pm
Sept 13.....	Board Meeting.....	Austintown Public Library	6:30 pm
Oct 4.....	General Meeting	FRG.....	7:00 pm
Oct 11.....	Board Meeting.....	Austintown Public Library	6:30 pm
TBA	Fall Breakfast	FRG.....	9:00 am
TBA	CGLG Meeting.....	Kingwood Gardens, Mansfield, OH.....	10:00 am

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