

The 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 - November

Fall is here and the leaves have begun to change. It is the big clean-up time of the year for our yards with all of the falling leaves and branches, but a pretty time as well. By now, you should have most of your garden picked up, your plants cut back, and you have dug up what you are saving for the next planting season. In driving along the countryside, it seems most farmers are on schedule with getting the fields ready for winter, just as we are doing with our gardens.

The bulbs should all be planted by now as well. With the mild weather we have been having, the fall flowers are still blooming, but the cold weather is around the corner and soon enough white snowflakes may be covering the ground.

For those who couldn't make it to the last meeting, it was very interesting and educational to learn about the history of the Valley and surrounding areas. Lynn Zocolo did a very outstanding job. Thanks to her again.

Turkey Day will be upon us soon, so I hope everyone has a nice Thanksgiving! For those who are traveling, I wish you safe travels.

I hope to see you at the next meeting. We still have slots open for photographer, elections officer and president, as I will be stepping down at the end of the year. I encourage you to sign up for one of these positions, as I know that club is only as good as you make it!

Thanks,

Dennis Zap

MGCY President's Reception Dinner (aka Christmas Party)

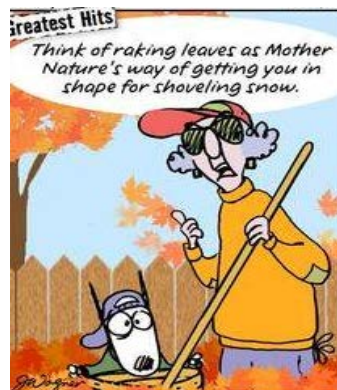
6:00pm, Wednesday, December 13

A La Cart Catering, Canfield, OH

Great Food, Company & Entertainment, & Club Awards

Menu & Price to be Announced

Contact Bob McGowan, 330-518-6397, rjfmcgowan@aol.com, for reservations



Membership Meeting

7pm, Wednesday, Nov. 1
Fellows Riverside Gardens
Speaker: Sylvia Pla-Raith
Subject: Elder Abuse
(Guests Welcome)

Board Meeting

6:30pm, Wednesday, Nov. 8
Austintown Library
(All Members Welcome)

MetroParks November Events

Holiday Open House - Shop	3-5
Autumn Trolley Ride	4
Cohasset Nostalgia Tour	7
Tango Class	7, 14, 21
Yoga Basics Course Begins	7
Photography Clinic	8
Snowbird Scramble	12
MetroMutts - Pet First Aid	14
Rumba Class	14, 21
Thanksgiving Arrangement	14, 21
Botanical Mornings	17
Birding the Sanctuary	18
Hike with a Naturalist	18
Black Friday Golf Sale	24
Christmas @ Lanterman' Mill	25-26

millcreekmetroparks.org

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Club News

WWW.MGCY.ORG

82 Members • 2 Associates

'The Gift of a Garden'

Of area nature lovers in general and, specifically, those associated with Mill Creek MetroParks, no one is more dedicated to sharing their love and knowledge of the natural world than Lynn Zocolo. Among her duties is managing the Veggie Garden Program for children at the MetroParks Farm in Canfield.

Lynn's association with our organization goes back to when she was one of our first scholarship winners. Her ties to us were further cemented by members who volunteered at the Veggie Garden. Last year we donated funds to supply materials for a new fence around the garden's beds.

And so we were quite pleased when she volunteer to give a presentation at our October membership meeting. The subject of her talk, Elizabeth Fellows' life dream of a place where area citizens of every station could come to enjoy the natural world, came alive when Lynn assumed the persona of Elizabeth herself by speaking in the first person. It made for a lovely evening.

Elizabeth Fellows', nee Rudge, family emigrated from England in the late 19th century making their home in the 900 block of Mahoning Ave., Youngstown. Her future husband's (Samuel Fellows) family lived nearby. Elizabeth died in 1958 willing the combined Rudge and Fellows properties and funds to establish and maintain a free public garden.

The design of Fellows Riverside Gardens was conceived and implemented by landscape architect John Paolano in 1962. As a foundation for the design, he maintained the existing rolling landscape with two distinct overlooks: Views of Lake Glacier and



downtown Youngstown. The first plantings took place in 1963.

Over the years, the Gardens has been enhanced by good planning, and private and public funding. A wide variety of plants, trees and theme beds including the iconic Rose Garden were established further adorning

Helping our Valley to Grow Since 1930

existing vegetation and natural topography. The most recent jewel in the garden's crown is the D. D. and Velma Davis Visitor and Education Center built with \$6



million in private donations.

Our own Larry Tooker, horticulture director during the early days of the Gardens, added some interesting side notes by identifying landmarks from old photos in Lynn's presentation.

Pumpkin Walk at Fellows

One of our area's premier autumn events is the Pumpkin Walk at Fellows Riverside Gardens. Each year thousands of visitors are guided along the garden's paths by hundreds of lighted jack-o-lanterns. In the days leading up to the Walk, children of all ages carve the pumpkins. Despite the threat of rain, the event went off without a hitch and everyone had a great time.

The festivities included live music of several genres, children's activities, free cider and apples, and pumpkin carving demonstrations. If they ever hold a carving contest in the area, Ron Roberts, pumpkinart99@gmail.com, has to be considered a serious contender.



Our Club made its presence known. President Dennis Zap and Rodney Toth manned an information table and passed out candy at the D D and Verna Davis Center. Hugh Earnhart was there signing his *Forest Friends* children's book series, 5 stars on Amazon.



Medical Potential of Rainforest Plants

In a recent issue of the *Germinator*, we discussed marijuana's present and potential use in treating a number of medical and psychological maladies. While *cannabis* has been used by indigenous peoples worldwide for untold centuries to treat a number of conditions, modern medicine is just beginning to explore its potential. As rainforests are being slashed and burned to expand arable land, what other potential life-saving and enhancing medicines are being lost forever?

Covering only 6% of the Earth's surface, rainforests contain over half of all plant species. Their botanical resources already provide tangible medical advances, yet only 1% of the plant and animal species have been thoroughly examined for their potential. Some of the chemical components of approximately 6,500 plants that medicinemen (shamans) have used to treat indigenous peoples for millennia could be building blocks for new drugs or even cures for such diseases as cancer or AIDS.

Approximately 7,000 medical compounds prescribed by Western doctors are derived from plants with an estimated retail value of hundreds of billions of dollars. Seventy percent of the 3000 plants identified by the U.S. National Cancer Institute as having potential anti-cancer properties are endemic to the rainforest.



These compounds serve Western medicine in three ways: 1) Extracts can be used directly as drugs for maladies ranging from pain relievers to curing lethal contagions like malaria; 2) Chemical structures of plants sometimes serve as templates from which scientists can synthesize drugs; and 3) Rainforest plants can provide aids for research, from enabling scientists to understand how cancer cells grow to serving as testing agents for potentially harmful food and drug products.

Rainforest Plants Currently in Use

From anxiety to fertility to cancer (70% of plants with anticancer properties exist only in the Amazon) and AIDS, these medicinal plants have long been used to heal mankind's ailments, and we've likely discovered only a small percentage of them. Here are a few plants and the diseases they have been shown to have or potentially have a positive effect in treating:

Wasai – Kidney health.

Lapacho - Cancer and chemotherapy.

Cordoncillo – An anesthetic.

Tawari Tree Bark - Multiple anticancer properties.

Sodo - Cure narcotic, alcoholic addictions.

Pusangade Motelo - Anxiety relief.

Cola de raton (Rat's tail) - Digestion aid.

Canellila - Ovarian cysts.

Brazilian Ginseng (Suma) - Cancer, immune system enhancer.

Shapumvilla - Coagulantng.

Curare - Traditionally used as an arrow poison used to treat snake bites, kidney stones, testicular inflammation and fever.

Cat's Claw (Uncaria Tomentoosa) - Cancer, arthritis, and AIDS.

Cinchona Tree (Quinine) - Malaria, blood disorders.

Yerba Mate - Cardiovascular health.

Ceiba Pentandra - Type Two diabetes.

Rosy Periwinkle - Used in preparation of drugs responsible for increasing childhood leukemia survival rate from 5% to 95%.

Cocoa Tree - Kidney stones, wounds, and skin conditions, and fight off free radicals.

The Palm Oil Scourge

While Indonesia and Malaysia currently produce 80% of the world's production of palm oil, Brazil is making aggressive strides toward becoming a major competitor given the fact that 50% of the Amazon is suitable for growing palm oil trees.

Palm oil has been used for years in the production of cosmetics. Its demand has soared of late as an ingredient in snack foods since it is trans-fat free and therefore seen as healthier than the shortening it replaces. Today palm oil production is the largest cause of deforestation in equatorial countries with dwindling expanses of tropical rainforests.

By replacing native vegetation with this monoculture



crop, untold potential medical cures may never be discovered. In addition, the Amazon alone accounts for 20% of the world's oxygen and 20% of fresh water productions. Also, the clearing of these forests is a big factor in global warming given how much carbon dioxide (CO₂) the trees store.

Stink Bugs on the Menu

When an acquaintance advised us that a turkey he shot this spring had a craw full of stink bugs, we had to check further to see if this was just an unusual occurrence since most invasive species have no natural enemies. It turns out that the *Asian marmorated stink bug* is on the menu of many native species.



This invader, first discovered in Pennsylvania in 1998, is now widely distributed throughout the United States. In addition to being one of the few insects that will eat ripening vegetables and fruit, it has the nasty habit of finding its way into our homes especially when the weather begins to cool. And sometimes, when you find one invader's hiding place, there will be a multitude of them as they seem to enjoy each other's company.

A Penn State University study found that many birds enjoy stinkbugs including turkeys, chickens, some song birds and opossums. Bluegills don't seem to share their dining preferences and will spit them out. This is great news because this pest has spread widely and rapidly. It may be bad news, however, if turkey and chicken meat begins to develop a 'fowl' smell.

Treating Blueberry Chlorosis

Chlorosis in blueberry plants occurs when a lack of iron prevents the leaves from producing chlorophyll. This nutritional deficiency is often the cause for yellow or discolored leaves, stunted growth, reduced yield, and in some cases the plant's eventual death.

Blueberries require a low soil pH, and chlorosis occurs when a high pH level binds up the iron in the soil. While the optimum pH level differs between cultivars, a pH above 5.5 is often the cause for chlorosis.

After getting a soil test and the soil has been amended according to the test results, a foliar iron spray is a temporary fix. Be sure the



spray is marked 'chelated' iron. Reapply the spray as new leaves appear.

A longer-term solution involves application of sulfur to lower soil pH. This can be complicated by what type of soil (loam, sand or clay) the plant is growing in. The Extension Office can recommend between powdered sulfur, pelleted sulfur, elemental sulfur, lime sulfur or aluminum sulfate. Soil pH, soil type, moisture, and timing are all factors to consider.

While figuring your optimum method of attacking chlorosis, do the following:

Water regularly, especially during dry periods.

Mulch well with bark chips, pine needles, oak leaves or other acidic materials.

Fertilize regularly using high-acid fertilizer.

Source: gardeningknowhow.com

Winter Root Crop Gardening

Our winters of late have been unpredictable ranging from mild to bitter cold with both coming during the same season. If expecting a hard freeze, put down a heavy layer of mulch (10-12") over the rows extending 18" on both sides. This will keep the soil around the roots at an even 35-40 degrees Fahrenheit, the ideal storage temp. You can harvest at your leisure.



Start harvesting beets and turnips early for their greens, and baby carrots when they're the size of your little finger. This will give you a good start at a long harvesting period. Other plant's roots will then have more room to grow thus preventing having to harvest the whole crop at one time. Besides, the smaller the root, the better it tastes. Beet and turnip greens can be harvested without damaging the plant by leaving some greens on the plant.

Pull the largest roots every time you harvest. By doing so, you're sure to have them before they're so big they're all woody and bitter, and giving you a good supply of medium sized, tasty roots. Watering the soil beforehand will make pulling the plant easier.

In finding the largest carrot in a row, just look at the greens. The bigger the root, the darker the greens and the thicker the stem. With beets, radishes or turnips, the greens with the thickest stems will indicate the way to the biggest roots.

Sign up for the online National Gardening Assn. weekly gardening newsletter at garden.org.



The Germinator

November 2017

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

Members are urged to give them a visit.

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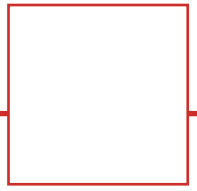
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The Germinator

November 2017



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www.mgcy.org



**Please Remember Our Veterans on Veterans Day
November 11, 2017**

calendar of events



Nov 1	General Meeting	FRG	7:00 pm
Nov 8	Board Meeting	Austintown Public Library	6:30 pm
Dec 6	Board Meeting	Austintown Public Library	6:30 pm
Dec 13	Christmas Dinner	A La Cart in Canfield, Ohio	6:00 pm

Happy Thanksgiving

Thursday November 23, 2017

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