

July 2026



The

Germinator



PRESIDENT'S MESSAGE

Hi All!!

Welcome to Summer! I hope everyone is enjoying the beauty of your gardens ~ they really are coming into their own now and we are reaping the rewards of our earlier planning and preparation.

I am enjoying seeing the return of some of my favorite flowers ~allium, iris, bee balm, phlox, globe thistle... ~ and the discovery of things I didn't plant but have showed up and surprised me with dainty flowers on tall stalks ~ mallow? It is difficult to come to terms with the plants we held out hope for returning this season but that couldn't tolerate the winter we had. Unfortunately, weeds seem to have tolerated it just fine!!! What is with this cleaver/sticky willy "vine"???? and how is it managed/eradicated?? Any suggestions??

I am happy the Board decided to have a July meeting this year! The past few years we have been "off" in July, but with the USA's 250th Anniversary, it only seemed fitting to come together to celebrate our Country and be together with our gardening friends. I hope you will plan to join us on 7/7/26 at the 7pm membership meeting. Lisa and Birt have arranged for a great guest speaker and we know we will enjoy whatever refreshments Helene has arranged for the evening. Also, this is the meeting where we will, officially and in-person, award the student scholarships to the deserving recipients. Don't miss this opportunity to meet them!

Many thanks to Lisa Nicklash for facilitating the June Board meeting in my absence!! Thanks for keeping us on track!

I understand the June plant auction was another fun-filled event with numerous contributions by members from their own gardens. I am sorry to have missed it! I have also been told I missed some great food brought by our members for the potluck dinner that same evening ~ thanks to all who contributed to the success of this annual event!

It is said "many hands make light work". This was true on 6/8/26 when a group of members gathered to help Mike Banks plant seasonal flowers at the Austintown Park pond deck. Thanks to all who volunteered their time, tools, and planting skills to this GOGY Community project! We were out of there in about an hour.

Happy 4th of July to everyone! Hope to see many of you on the 7th, and again on Thursday, July 9th when we convene at Lisa & Birt's for a tour of their gardens.

Pat

"July is hollyhocks and hammocks, fireworks and vacations, hot and steamy weather, cool and refreshing swims, beach picnics, and vegetables all out of the garden".

- Jean Hersey



Save The Date!

Planning is underway for our 62nd Annual Horticulture Show, scheduled for August 29th & 30th in the DD Davis Center at Fellows Riverside Gardens. Once again, there is no entry fee, a full schedule will be available for download on our website. Please share with family, friends and neighbors to make this another outstanding event.

Meetings Schedule

Tuesday, July 7, 2026
Austintown Township Park
Stacy Pavilion

Board Meeting - 5:30

General Meeting - 7:00

Program

We Need Spiders!

Pat Rydquist

Hudson Garden Club

President's Message	1
Club News	2
July Gardening	3
Why Do You Garden?	4
Our Sponsors	5
Calendar of Events	6
Club Officers	6



"One flag, one land, one heart, one hand, one nation, evermore!"

- Oliver Wendell Holmes

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."

- Peter Marshall

"Liberty, when it begins to take root, is a plant of rapid growth."

- George Washington



The Germinator



Club News

June Meeting Recap

Our annual Plant Auction and potluck dinner showcased a wonderful variety of healthy plants donated by our members. I can attest to the quality, as Bruce brought home some beautiful plants we've been striving to get in the ground! While attendance seemed low, Mike Banks plans on taking available plants for civic projects.



Community Projects

Community Projects Chair Mike Banks was joined by several members at Austintown Park to continue the planting at the platform by Yeager Pond.



Home Depot is also offering to donate flats of annuals for the gardens at Gabba Camp.

Keep in mind, part of the club's mission statement, established almost one hundred years ago, is to use our expertise to help beautify our community. Members are encouraged to join in community projects whenever possible. Contact Mike Banks for more information.

Club Events

Lisa Nicklash and Birt Underwood are opening their gardens - and their home - for members on July 9th. (We heard there was a kitchen remodel including a chef's table)! Contact Lisa or Birt for more details..

A change in the plans to visit Hippley Gardens in Columbiana - the new date is Thursday, August 6th at 6pm. Contact Tom Arens for ride sharing/parking options.

Horticulture Show

August 30th is rapidly approaching - Lisa Nicklash & Birt Underwood are preparing for our 61st annual show. Lisa reports that categories have been streamlined, and dahlias are now with annuals and hydrangeas are now with perennials.

Make plans to enter your favorite plants and invite family members, friends and neighbors to show off their green thumbs as well. As always, there's no entry fee, recognition will be given to the best in each category.



Scholarship Winners

Joining us at our July meeting will be our two scholarship winners, Chloe Boye and Jillian Lemans. After many interviews and much deliberation, the Scholarship Committee felt both of these students deserved this opportunity. They are both also eligible to receiving matching scholarships from our national organization. Join us in congratulating these scholarship winners.

New Storage Facility

Tom Arens, Birt Underwood, Josh Schoaff and Terry Volland volunteered for the arduous task of cleaning out our existing storage rental, donating/purging a lot of the items deemed unnecessary and arranging for a newer facility, on Western Reserve Road, just east of Market Street. Tom also took items to his recent garage sale, netting \$60 for the club and Bruce and Clare Neff offered their dumpster for pieces determined to have no value. But it's not completely over! There will be items at the July meeting for members to purchase... at a great price!



The Germinator



July Gardening

Attracting Pollinators to the Garden

Gardeners are increasingly concerned about the status of pollinators in Ohio. Important pollinators such as honeybees, bumble bees and monarch butterflies have gained attention in recent years due to concerns about declining populations. Pollinators are vital to the production of many food crops and provide a service essential to the survival of many native plants. Fortunately, gardeners can take steps to support these and other pollinators through plant selection and simple gardening practices.



Grow More Flowers, Plant More Trees

Trees, shrubs and herbaceous plants can provide food and nesting habitat for pollinators. An abundance of different flower shapes, sizes, and colors will appeal to a variety of pollinators. Grouping plants together in sunny locations helps pollinators find and feed on desirable flowers while expending less energy in the search for plants.

Different flower shapes and colors attract different pollinators. For example, red tubular flowers with a nectar reward



tend to attract hummingbirds. Daisy-like flowers that provide nectar and pollen in shallow flowers are often visited by bees and flies with shorter mouthparts. Some cultivars and hybrids don't offer the pollen and nectar rewards that so-called "straight species" do, since the quality and quantity of nectar and pollen are

sometimes lost during breeding. Plants bred with "double" flower petals are often inaccessible to pollinators. Gardeners can include less refined plants along with plant cultivars to offer broad pollinator appeal.

While literally hundreds of garden plants provide important sources of nectar and pollen for pollinators, try these garden-worthy additions:

- Trees: maple, crabapple, linden, serviceberry
- Shrubs: ninebark, pussy willow, sumac, viburnum
- Perennials: aster, hyssop, milkweed, purple coneflower
- Annuals: cosmos, marigold, sunflower, zinnia
- Herbs: basil, borage, catmint, lavender, oregano

Caterpillar Host Plants

Adult butterflies will drink nectar from many types of flowers, immature caterpillar stages require specific plant species to complete development. Monarch caterpillars require milkweed plants, pearl crescent caterpillars feed on New England asters, and black swallowtail caterpillars feed on plants in the carrot family such as parsley and dill. Include butterfly host plants as well as flowers



Vegetable Garden Pollination

Flowers planted in and near vegetable gardens and fruit plantings help bring pollinators and other beneficial insects into the garden. Annuals, perennials and herbs provide important food sources for insect pollinators, especially in the heat of summer. Consider planting sunflowers, zinnias, marigolds and cosmos in or near the vegetable garden. Herbs such as lavender, basil, borage, dill, fennel, oregano and catnip will also attract many pollinators.

Plant Natives

Locally native plants attract native pollinators. Native plants offer nectar, pollen and other nutrients in quantities that native pollinators need. Consider adding more locally native trees, shrubs and herbaceous plants to the garden.

Provide Nesting Sites

Brush piles, dead standing trees and clumping grasses all provide important nesting and overwintering habitat for bees and butterflies. Cavity-nesting bees make their nests in the pith of twigs like elderberry or sumac, or in abandoned beetle burrows in dead trees. Solitary ground-nesting bees usually nest in sandy, well-drained soils on south-facing slopes.

Other Considerations

A water source in the garden helps thirsty pollinators, especially in the heat of summer. A shallow bowl or birdbath can provide sufficient water. A few sticks placed in the bowl will provide a place for bees and other insects to land and perch, thus preventing insect drowning. Limit pesticide use in the garden. Pesticides can have negative effects on bees and other insects, killing them outright or affecting behavior, longevity or susceptibility to disease. Use an integrated pest management approach with multiple strategies to reduce pest damage.



The Germinator



Why Do You Garden?

If someone asked you, “Why do you garden?” what would you say? Maybe you would respond that gardening makes you happy and keeps you healthy. If you did, you would be correct. There is a plethora of research showing that gardening is great for your mental and physical health.



Researchers have conducted meta-analyses on the benefits of gardening. They found that gardening is linked to significant reductions in depression, anxiety, social isolation and Body Mass Index (BMI) (Howarth et al., 2020; Soga et al., 2017). They also found that gardening increases life satisfaction, mental well-being, physical activity and quality of life (Howarth et al., 2020; Soga et al., 2017). There are so many studies showing these and other physical and mental health benefits of gardening that gardening is being prescribed by doctors and therapists.

When you are gardening, you are moving your body and eating the highly nutritious fresh whole foods that you grow. The increased physical activity and fiber intake has been linked to a decrease in cancer and other chronic diseases (Lancet Planetary Health, 2023). Gardening is a source of both exercise and healthy food.



Add Microbiomes

You’ve probably heard about the link between the diversity of the microbiome in your gut and your physical and mental health. Exposure to soil while gardening exposes you to healthy bacteria that improve your gut microbiome, thus improving your physical and mental health (Brown, 2021). Additionally, you have a microbiome living on your skin. Exposure to microbially rich soil instantly increases diversity of the microbiome on your skin as well (Gronroos et al., 2017). A diverse microbiome on your skin improves immune function reducing the risk of immune-related diseases such as allergies and asthma (NCBI Bookshelf, 2025).

Play In The Dirt!

Forget what your mom taught you and don’t be afraid to get your hands dirty! Dopamine is the feel-good chemical released in the part of your brain called the reward system. When you harvest vegetables in your garden, dopamine is released giving you a “harvesting high” (Newsonen, 2024). Additionally, when you eat the delicious food you’ve grown, you get another hit of dopamine. Harvesting food from your garden and then eating it gives you a double hit of pleasure.



Working outside in your garden also gives you ample exposure to sunlight. Sunlight has been found to improve mood, sleep and cognitive function (American Psychiatric Association, 2025). Additionally, the increase in Vitamin D from sun exposure decreases risk for chronic health conditions and improves cardiovascular health (Wu & Wei-Liang, 2022). Just remember to wear sunscreen to help prevent skin cancer.

Gardening improves your mental well-being by increasing the diversity of your microbiome on your skin and in your gut, activating your reward system, and giving you ample exposure to sunlight. Time in the garden also improves physical health through physical activity, supplying fresh and highly nutritious whole foods to your diet, and increasing your exposure to healthy bacteria and vitamin D. With all of these benefits of gardening, maybe community gardens could replace trips to the hospital?



From Trina Tobey, Master Gardener Volunteer



The

Germinator



**Thank you to the Gardeners of Greater Youngstown's Friends for their Civic Fund donations.
Members are urged to give them a visit.**

303 Mushroom Company
2623 OH St 303
Streetsboro, Ohio 44241

Ace Hardware Canfield
413 E. Main St. Canfield,
Ohio 44406
330-533-7464

Amish Market
6121 South Ave.
Boardman, Ohio 44512
330-248-7034
www.theamishmarket.net

Baird Brothers
7060 Crory Rd.
Canfield, Ohio 44406
330-533-3122
info@bairdbrothers.com

Blooming Crazy
8277 Market St.
Youngstown, Ohio 44512
330-758-8131
www.bloomingcrazyflowers.com

Bluestone Perennials
7211 Middle Ridge Rd.
Madison, Ohio 44057
www.bluestoneperennials.com

Bread Chef
800 E Western Reserve Rd
Youngstown, Ohio 44514
330-729-990

Burton Floral & Garden
13020 Kinsman R.,
Burton, OH, 44021
www.burtonfloralandgarden.net

Century 21 Real Estate/Canfield
Tibitha Mahoney
6715 Tippicanoe Rd. #102
Canfield, OH 44506
330-501-9085

Crouse True Value Hardware
1178 Market St.
North Lima, Ohio 44452
330-549-2144
www.truevaluetrains.com

Davidson's Restaurant 3636
Canfield Rd.
Canfield, Ohio 44406
330-793-0030

DJ's Greenhouse
1004 East Lake Rd.
Transfer, Pennsylvania 16154
724-962-2230
www.djsgreenhouse.com

Edward Jones/Salem
John Wise
2380 Southeast Blvd. Unit B
Salem, OH 44460
330-332-1256

Elliot's Garden Center
1283 W. Western Reserve Rd.
Youngstown, Ohio 44514
330-758-8889
www.elliotsgardencenter.com

From The Heart Floral
41 Lisbon St.
Canfield, OH 44406
330-702-1792
www.fromtheheartfloralandgifts.com

Gardening-Indoor
6951 Southern Blvd.
Boardman, OH 44512
330-758-0272

Heritage Country Store
364 Lisbon St.
Canfield, Ohio 44406
330-533-5551
www.heritagecountrystore.com

Jimmy's Italian Specialties
3230 Belmont Ave.
Youngstown, Ohio 44505
www.jimmysitalianspecialties.com

Kim's Confections
7 Lisbon St.
Canfield, OH 44506
234-414-7099

L&M Greenhouse
43091 Columbiana-Waterford Rd.
Columbiana, OH 44408
330-482-3209

Mijavec Feed & Supply
294 Cheriwood Rd.
Pulaski, PA 16143
724-964-8933

Outdoor Recreation Equipment
5316 Market St.
Boardman, Ohio
330-782-2004

Parks Garden Center
9010 Youngstown-Salem Rd.
Canfield, Ohio 44406
330-533-7278
parksgardencenter@aol.com

Petitti Garden Center
5509 South Ave.
Boardman, Ohio 44512
330-788-0733
www.petittigardencenter.com

Piccadilly Parlour
114 S. Broad St.
Canfield, OH 44406
330-533-4749
www.piccadillytearoom.com

Rumpled Queen
387 S. Broadway St.
Salem, OH 44460
234-320-4014

Star Supply
875 Mahoning Ave.
Youngstown, OH 44502
330-746-2969

Stone Fruit Coffee Co.
8414 Market St.
Boardman, Ohio 44512
www.StoneFruitCoffee.com

The Marketplace at Creekside
3680 N. River Rd.
Warren, OH 44484
330-856-1641

Tractor Supply
6225 Mahoning Ave.
Austintown, Ohio 44515
330-792-8235

Village Quilter
17 W. Main Street
Canfield, Ohio 44406
330-533-0545
www.villagequiltscanfield.com

Western Reserve Nursery & Garden Center
1283 W. Western Reserve Rd.
Youngstown, OH 44514
330-758-8889

Whitehouse Fruit Farms
9249 Youngstown-Salem Rd.
Canfield, Ohio 44406
330-533-4161
www.whitehousefruitfarm.com

The Wild Herb Company
157 S. Main St.
Columbiana, OH 44408
330-892-0682
www.wilderb.com

July 2026



The

Germinator



GOGY OFFICERS 2026

PRESIDENT: Pat Murphy • pjmurphy0900@aol.com • 330.635.8180

1st VICE PRESIDENT: Lisa Nicklash • lisanicklash@yahoo.com • 412.500.1981

2nd VICE PRESIDENT: Birt Underwood • jbunderwood@gmail.com •

TREASURER: Terry Voland • voskater@aol.com • 330.881.8467

RECORDING SECRETARY: Terri Hendricks • fillyfive@netzero.net • 330.881.8467

CORRESPONDING SECRETARY: Michael Banks • mcbankspaint@yahoo.com
330.707.9089 (H) • 330.565.0592

FOR THE GERMINATOR

EDITOR: Clare Neff • clare.neff@icloud.com • 330.503.6988

EDITOR EMERITUS: David Campana • mgcygerminator@gmail.com



Calendar of Events

July 7, 2026	Board Meeting	5:30PM	Stacey Pavilion	Austintown Park
July 7, 2026	General Meeting	7:00PM	Stacey Pavilion	Austintown Park
August 4, 2026	Board Meeting	5:30PM	Stacey Pavilion	Austintown Park
August 4, 2026	General Meeting	7:00PM	Stacey Pavilion	Austintown Park
August 29, 2026	Horticulture Show Set Up		Davis Center	Fellows Riverside Gardens
August 30, 2026	Horticulture Show		Davis Center	Fellows Riverside Gardens
Sept TBD, 2026	Board Meeting	5:30PM	Stacey Pavilion	Austintown Park
Sept TBD, 2026	General Meeting	7:00PM	Stacey Pavilion	Austintown Park
Sept 3-7, 2026	Canfield Fair		The Fairgrounds	Canfield
Oct. 6, 2026	Board Meeting	5:30PM	Stacey Pavilion	Austintown Park
Oct. 6, 2026	General Meeting	7:00PM	Stacey Pavilion	Austintown Park

Please Join Us

The purpose of the Gardeners of Greater 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.

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 Gardeners of America.

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

To join, contact us at: gardenersofgreteryoungstown@gmail.com

Membership Committee

P.O. Box 612

North Jackson, OH 44451

or on our website at www.gg-yo.org

