



# THE GARFIELD GARDENER

THE NEWSLETTER OF GARFIELD PARK MASTER GARDENER ASSOCIATION

## April 2020 Next Meeting

**April 8 (6:30 p.m.)**  
Meeting Cancelled

**May 13 (6:30 p.m.)**  
In-Person Meeting Cancelled;  
Researching Conducting  
A Virtual Meeting

Meetings occur the second  
Wednesday of each month at  
6:30 p.m. at Garfield Park  
unless otherwise noted.

### Future Meetings

June 10

July 8

Aug. 12

Sept. 9

Oct. 14

Nov. 18 (Third Wednesday)  
Dec. 9

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If you require an  
accommodation or special  
assistance to attend these  
programs due to a disability,  
please contact Steve Mayer at  
317.275.9290. Some  
accommodations may require  
2 weeks notice.

**Newsletter Editor:**  
Oren Cooley  
[pastpfct@aol.com](mailto:pastpfct@aol.com)

**Learn more at:**  
[www.IndyGPMGA.com](http://www.IndyGPMGA.com)  
[www.IndyMG.org](http://www.IndyMG.org)  
[www.IndyHorticulture.org](http://www.IndyHorticulture.org)

## President's Letter

There is a lot of attention on viruses right now with the COVID-19 pandemic, so I thought I'd do a little research on them.

A virus is a parasite that needs a host body to reproduce, and viruses have been around as long as there has been life on Earth. There are viruses that affect only people; there are viruses that affect only animals; and there are viruses that affect only plants. Viruses can even infect bacteria! And, there are new viruses constantly being developed to infect your computer.

Not all viruses are contagious while some are highly contagious. Viruses can be spread in a variety of ways, depending on the virus. Some spread by human contact, some by insects (either their bite or on their feet, if you can say an insect has feet!), and some can live long enough on an inert object to latch on to the next one to touch it. There is not any way to cure a virus; the only option is to treat the symptoms. However, there are vaccines that aid in the prevention of viruses in humans and animals.

I can't help but be amused at the names of some viruses. Is the Astrovirus shaped like the Jetsons' dog, or does it just occur in space? Does the Mimivirus only infect mothers, sisters, aunts or grandmothers? Would one typically find the Retrovirus perusing antique malls for cool stuff? And, I picture the Togavirus draped in a white sheet at bacchanal festivals.

The most important plant virus is the tobacco mosaic virus. TMV was identified in the late 1800s and was the first pathogen deemed a virus in the early 20th century. That's a long time for viruses to be around and infecting the world before people actually knew what was happening. Viruses have their own Linnaeus classification, and also a further classification under the Baltimore system, which is specifically for viruses.

TMV is a serious problem not just in the home garden but in commercial crop production. It mainly affects the Solanaceae family—tobacco, tomatoes, peppers—but also can infect cucumbers, grapes, apples and ornamental plants, such as tulips and orchids.



Since plants don't move, transmission of TMV amongst plants can be by insects and plants touching each other due to wind or contact with people or machinery. Breaking or bruising of the leaf releases a sap, which is then rubbed off on the adjacent plant. The first symptom is the leaf veins turning a lighter green. Then, mottled spots of dark and light green may spread throughout the leaf. Leaves also can become wrinkled, puckered or elongated. These symptoms are similar to other issues, so proper diagnosis can be difficult for the average gardener. TMV typically does not kill

(Continued on Page 3)

## At the Garfield Park Conservatory

Garfield Park has announced that all facilities—including the conservatory—are closed until further notice because of the current pandemic.

At present, all Indy Parks programs (except for food programs) have been cancelled as well. Garfield Park plans to provide full refunds to registered program participants.

For more information, visit [www.garfieldgardensconservatory.org](http://www.garfieldgardensconservatory.org).

## Gnome Away from Home Postponed

Garfield Park Conservatory has announced that this year's Gnome Away from Home—initially scheduled for March 21 to April 5—has been postponed.

The rescheduled event will still have *Gnomes on the Big Screen* as its theme. During the event, garden gnomes from far and wide once again will gather—this time to depict various movie scenes.

For more information, visit [www.garfieldgardensconservatory.org](http://www.garfieldgardensconservatory.org).



## GPMGA Meetings Cancelled: April/May

The Purdue Extension—Marion County office recently announced its current guideline for Purdue Extension events (which includes MG association events) throughout Indiana.

**No face-to-face Purdue Extension events may be held until Monday May 18.** (The date is subject to change). The announcement was made in light of the status of the current pandemic.

As a result, the April 8 and May 13 in-person meetings of the Garfield Park Master Gardener Association have been cancelled. The GPMGA Board is researching the possibility of conducting a virtual meeting in May.

## Capturing The Moment . . .



Several members of the Garfield Park Master Gardener Association attended the 2020 Spring Clinic earlier this year. Thanks to Becky Walker, GPMGA Historian, for providing the photograph.

## 2020 GPMGA Officers/Committee Chairs

### President

Lane Judkins  
APJ44@sbcglobal.net

### Vice President

Bill Bernstein  
billbe19@comcast.net

### Secretary

Nancy Boettner  
nancyboettner@sbcglobal.net

### Treasurer

Cindy Maude  
cmaude@sbcglobal.net

### Plant Sale

Kay Martin-Pence  
guitargirl929@gmail.com

### Program Directors

Carrie Alumbaugh  
carriesalumbaugh@gmail.com

### Debra Boyer

idealgardenspace@aol.com

### Hospitality—Snack Coordinator

Jayne Queck  
jaqueck@aol.com

### Hospitality—Set-up Coordinator

Teresa McCurry  
tmccurry@iupui.edu

### Hospitality—Pitch-In Coordinator

Carrie Alumbaugh  
carriesalumbaugh@gmail.com

### Newsletter/Publicity Director

Oren Cooley  
pastpfct@aol.com

### Conservatory Tour Coordinator

Victoria Metheaux  
vmethx@comcast.net

### Historian

Becky Walker  
otisdog2@hotmail.com

### Questions about Reporting Hours

Debbie Schelske  
dschelsk@purdue.edu

Please contact the officers and chairs of the Garfield Park Master Gardener Association if you have any questions or suggestions .

## President's Letter (*Continued from Page 1*)

the plant, but growth of the entire plant may be stunted. Some plants will kill surrounding tissue to prevent the virus spreading internally.

The best control is by removing infected plants, avoiding cross-contamination by washing hands, tools and pots, and crop rotation. Look for plant varieties that have been specifically developed to be resistant to TMV. In an effort to turn lemons into lemonade, research is actually being done to utilize TMV in electronic applications to further battery life.

Viruses are here to stay. The best defense is a good offense. Educate yourself, wash your hands . . . a lot, keep your hands off your face and maintain appropriate social distance. There are plenty of online resources regarding viruses of all kinds, and TMV specifically, if you want to read further.

Do your best to stay calm, safe and healthy.

—Lane Judkins  
President, GPMGA President

## GPMGA Meeting Minutes—March 11

### Program

- Retired entomologist John Thieme on *Where Are All the Butterflies?*



### Business Meeting

- President—Lane Judkins: New Year/New Format with snacks before the program and meeting; Two changes to by-laws approved: Remove hours chair role and add Historian and Hospitality Chair to Executive Board as non-voting members
- Secretary's Report—Nancy Boettner: Minutes in e-newsletter not available; To be approved next month
- Treasurer's Report—Cindy Maude: Checking balance is \$6,299.79; Remember that dues are due; Verify contact info on list available on back table
- Plant Sale—Lane for Kay Martin-Pence: May 16; Planning meeting held last week; Bring pots to share at next meeting
- Newsletter/Publicity—Oren Cooley: Electronic copy of newsletter delayed, paper copies distributed; Don't forget garden center discounts listed in last month's and this month's newsletters; Working on Website
- Programs—Debra Boyer, Carrie Alumbaugh: Myrene Brown in April; Seeking other programs and field trips
- Hospitality—Teresa McCurry, Jayne Queck: Thanks to snack providers; Need providers for next meeting
- Tours—Adequately staffed but additional guides welcome
- Historian—Becky Walker: Shared history of various Presidents' gardening interests from Washington to Jefferson

### Opportunities

- April 6 (at 6:30 p.m.): A Community Gathering at Garfield Park presented by Friends of Garfield Park
- April 24-26: Wildflower Foray, T.C. Steele State Historic Site

—Nancy Boettner  
Secretary

## Garfield Park Master Gardener Association

*in association with*



### Purdue Extension - Marion County

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If you require an accommodation or special assistance to attend programs due to a disability, please contact Steve Mayer at 317.275.9290. Some accommodations may require 2 weeks notice.

Purdue does not endorse nor disclaim information that appears in this newsletter. It is intended only for informational purposes.

Questions: Contact Steve Mayer at mayersl@purdue.edu or Debbie Schelske at dschelsk@purdue.edu.

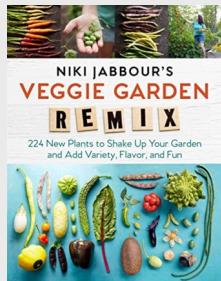


## From the Bookshelf . . .

**Niki Jabbour's Veggie Garden Remix: 224 New Plants to Shake Up Your Garden and Add Variety, Flavor, and Fun**

by Niki Jabbour

Best-selling author Niki Jabbour invites gardeners to shake up their vegetable gardens with an intriguing array of 224 plants from around the world.



With her lively "Like this? Then try this!" approach, Jabbour encourages readers to start with what they know and expand their repertoire to try related plants, many of which are delicacies in other cultures. Jabbour shakes up gardeners' assumptions on how "conventional" vegetables should look or taste—from tomatoes to potatoes, from onions to squash.

Jabbour presents detailed growing information for each plant, along with fun facts and plant history. Loaded with lush photos throughout, this attractive book will appeal to gardeners and gourmands alike.

Winner of the 2019 American Horticultural Society Book Award, the book is perfect for any gardener seeking new and exciting edible options to keep it fresh and interesting.

## On the Web . . .

### My Indiana Home

[www.my-indiana-home.com/category/home-and-garden/gardening/](http://www.my-indiana-home.com/category/home-and-garden/gardening/)

The *In The Garden* section of the *My Indiana Home* website provides home gardening, lawn care and landscaping tips, and planting how-tos for the backyard gardener. The website belongs to the *My Indiana Home* magazine, which is produced for Indiana Farm Bureau members. The organization's mission is to connect people with the food they eat, the Indiana farmers who grow it and a rural lifestyle that is uniquely Hoosier.

*Do you know a great website? Please send that information to Oren Cooley at [pastpfct@aol.com](mailto:pastpfct@aol.com).*

## Garden Centers Deemed 'Essential'

Most state governments are allowing green industry businesses to remain open amidst closure of 'non-essential' operations to slow the spread of the coronavirus, according to the latest issue of *Greenhouse Management*.

Due to an uptick of new coronavirus cases sweeping the nation, many states have issued stay-at-home orders, along with temporary shutdowns for non-essential businesses. Green industry businesses, however, have been deemed as "essential" at present and remain open in every state, if they follow federal and state guidelines on sanitation and social distancing.

Nurseries, greenhouses, landscape architects, garden centers and even public farmers' markets are open for business as long as they follow federal and state guidelines, such as limiting gatherings of people, maintaining social distancing and following other safety protocols to the fullest extent possible.



As of March 27, Indiana and the surrounding states have the following guidelines:

**Indiana:** As of March 23, residents are under a stay-at-home order (schools, businesses, public gatherings, etc.) but agri-businesses such as landscapers, greenhouses, large chains with garden sections, etc., are open for business. Retail stand-alone florists are closed.

**Illinois:** As of March 30, a spokesperson from the Illinois Department of Agriculture said, "Garden and flower stores should not remain open. However, stores that sell supplies that assist with either (a) agriculture; or (b) products for landscaping may remain open as long as social distancing is complied with."

**Michigan:** As of March 24, all agricultural industry businesses are safe and considered essential under section 8a of Governor Gretchen Whitmer's executive COVID-19 order. In section 5c, the order noted that businesses and operations maintaining in-person activities must adopt social distancing practices and other mitigation measures to protect workers and patrons.

**Ohio:** As of March 25, there is a stay-at-home order in place for the state. Production agriculture is specifically listed as critical/essential, and nursery and greenhouse production is federally classified as agriculture, indicating growers should be able to remain operational at this time. The Ohio Nursery and Landscape Association says landscape, lawn care and landscape irrigation companies require "careful discretion". Construction and public works projects may be considered isolated from the public and relatively safe. Critical trade and other service providers who are necessary to maintaining the safety, sanitation, and essential operation of residences are mentioned in the orders. Some landscape projects and services may fit under this category. Although the order's essential business guidance does not clearly call out garden centers, many garden centers offer fruits and vegetables to customers for home gardening, and sell firewood, pet supplies and other household essentials.

**Kentucky:** As of March 22, Governor Andy Beshear declared an executive order stating, "Retail businesses that are not-life sustaining may provide local delivery and curbside service of online or telephone orders." In addition, all businesses that fall under the "Building Material and Garden Equipment and Supplies Dealers" may operate if they follow appropriate social distancing.

Many Indianapolis area greenhouses and nurseries continue to operate and some now offer delivery services for placed orders. Please check with local organizations' websites to determine hours of operation and available delivery options.

# Purdue Extension-Marion County Guidelines

Dear Master Gardeners,

**Purdue Extension-Marion County is still open for business, but due to the current health crisis, we have implemented a no public access policy at our office.** Staff are working remotely. If you need to reach us, our contact information is:

- Steve Mayer: [MayerSL@purdue.edu](mailto:MayerSL@purdue.edu), 317-275-9290 (leave a message)
- Debbie Schelske: [dschelsk@purdue.edu](mailto:dschelsk@purdue.edu), 317-275-9286 (leave a message)
- Master Gardener AnswerLine: [marioncountymg@gmail.com](mailto:marioncountymg@gmail.com), 317-275-9292 (leave a message)

Our previously scheduled involvement in the following programs have been terminated or postponed: public library events, community hospital events and Earth Day events. The current guideline for Purdue Extension events (includes MG association events) throughout Indiana is: **No face-to-face Purdue Extension events may be held until Monday May 18** (date is subject to change). These are events where the public is invited to attend.

**All Master Gardener meetings and plant sales should be either cancelled, postponed or done virtually through Zoom or other means through May 17** (keep in mind that this date may be extended). Given the current stay at home directive, all other face-to-face meetings are not recommended. However, in the future, other face-to-face meetings of less than 10 people may be held, if absolutely necessary, when the people involved observe social distancing guidelines (no physical contact and stay at least 6 feet away from another person).

**Purdue Extension-Marion County Demonstration Garden activities will be delayed.** We will not be planting cool-season crops this spring so we still have plenty of time to prepare the garden. No work days are currently planned. In the future, MG volunteers will be able to work in a demo garden (at the same physical address) if there are less than 10 people working in the garden and they observe the social distancing guidelines (remain 6 feet apart and no physical contact). Volunteers should plan to bring their own garden tools to avoid possible contamination. We will also need to consider the current local and state health department guidance and restrictions on travel before organizing work days in gardens. **If you visit the demonstration garden in the next month, leave the front gates open so we don't have everyone handling the gate handles to open and close them.**

**For the best recommended practices for community garden and demonstration garden management during the COVID-19 pandemic**, go to: <https://extension.purdue.edu/article/36666>. It also recommends practices for visitors: 1) Do not visit the garden if you are feeling ill or showing signs of illness, 2) Wash/sanitize your hands before and after visiting the garden, 3) Follow all new and existing garden policies, 4) Maintain social distancing (6 feet between individuals), 5) Limit interactions and time spent in the garden, 6) Minimize contact with surfaces (e.g., door knobs, gates, latches, railings), and 7) Wash hands after visiting the garden.

**Now is a good time to catch up on Master Gardener reporting activities.** Spring Garden Clinic counts as 5 educational (training) hours. If you went to the Extension Annual Celebration meeting in March, you can report 1 educational (training) hour.

**If you need MG advanced training hours, there are some online opportunities.** Additional web-based resources were added to: <https://www.purdue.edu/hla/sites/master-gardener/continuedhours/>.

As you are aware, Gov. Eric Holcomb has issued an Indiana "Stay-at-Home" order for us for March 25 - April 7: <https://www.in.gov/coronavirus/>. **For the latest information from Purdue about COVID-19**, go to: <https://extension.purdue.edu/labell/44>.

Be safe and try to enjoy some of the spring weather.

Steve Mayer, Extension Educator-Horticulture  
Purdue Extension-Marion County

## GPMGA Bylaws Changes Approved

The GPMGA members at its meeting on March 11 approved the following changes to the organization's bylaws:

### Approved Change:

#### Article VII, Section 7

#### Delete the Hours Chairperson in the GPMGA Bylaws

**Reasoning:** The function of recording and approving hours is covered in Article I, Membership, Section 2, and puts the responsibility on the "Extension Educator in charge" (i.e., Steve Mayer, Deb Schelske)

### Approved Change:

#### Article VI

#### Add the Historian and a Hospitality Chair to the Executive Board as non-voting members, changing the number of non-voting members from five to seven.

**Reasoning:** The Board currently treats these positions as non-voting members. Thus, this change would reflect the current functioning of the GPMGA Board.

### Future Discussion:

#### New Position: Garfield Park Liaison

#### Add a position of Garfield Park Liaison to the Officers and Chairs. Responsibilities to include (but not limited to):

- Communicate regularly with Garfield Park staff and report to the membership at the GPMGA meetings,
- Schedule MG volunteers for Garfield Park tours,
- Organize tour guide training (done by Garfield Park staff) when needed,
- Volunteer in some capacity at Garfield Park.

**Reasoning:** It would be beneficial to have one person with the responsibility of communicating between our group and the Garfield Park staff.

The Officers and Chairs of the GPMGA welcome members' thoughts and suggestions about the bylaws and the approved and proposed changes.

Please send any suggestions to Lane Judkins at APJ44@sbcglobal.net or bring your suggestions to the next GPMGA meeting for discussion.

## EXTENSION HORTICULTURE HINTS—APRIL 2020

*Steve Mayer, Extension Educator-Horticulture, Purdue Extension-Marion County*

*Steve Mayer, Extension Educator-Horticulture for Purdue Extension-Marion County, serves as coordinator and instructor for the Purdue Master Gardener program in Marion County.*

### Purdue Extension-Marion County Still “Open” for Business but Face-to-Face Events Cancelled

Due to the current COVID-19 health crisis, Purdue Extension-Marion County has implemented a no public access policy at our office. Local staff have been working remotely since March 16. If you need to reach us about the Master Gardener program or have other gardening-related concerns, please contact us.

- Steve Mayer: MayerSL@purdue.edu, 317-275-9290 (leave a message)
- Debbie Schelske: dschelsk@purdue.edu, 317-275-9286 (leave a message)
- Master Gardener AnswerLine: mari-oncountymg@gmail.com, 317-275-9292 (leave a message)

We are currently following Governor Eric Holcomb’s Stay-at-Home order for us (March 25 - April 7): <https://www.in.gov/coronavirus/>.

Our previously scheduled involvement in programs have been terminated or postponed. This includes public library events, community hospital events and Earth Day events.

At this writing, all events at the Indiana State Fair-grounds have been suspended until further notice but the grounds have not been completely closed off to the public.

The current guideline for Purdue Extension events (includes MG association events) throughout Indiana is: **No face-to-face Purdue Extension events may be held until Monday May 18** (date is subject to change). These are events where the public is invited to attend.

All Master Gardener meetings and plant sales should be either cancelled, postponed or done virtually through Zoom or other means through May 17 (keep in mind that this date may be extended). Given the current Stay-at-Home directive, no face-to-face meetings are recommended now. However, in the future, other face-to-face meetings of less than 10 people may be held, if absolutely necessary, when people involved observe social distancing guidelines (no physical contact and stay at least 6 feet away from another person). This guideline is subject to change.

Purdue Extension is currently looking at other ways to deliver educational programming. I am working on a way

to deliver lunch & learn programs remotely. We are currently offering two programs to the public via a flash drive (includes recorded presentations and materials) that will be mailed to each participant to use on their own computer.

- Home Landscape Design: <https://extension.purdue.edu/marion/article/36598>
- Home Vegetable Gardening: <https://extension.purdue.edu/marion/article/36574>

Purdue Extension demonstration garden activities will be delayed. We will not be planting cool-season crops this spring so we still have plenty of time to prepare the garden. No work days are currently planned. In the future MG volunteers will be able to work in a demo garden (at the same physical address) if there are less than 10 people working in the garden and they observe the social distancing guidelines (remain 6 feet apart and no physical contact). If possible, volunteers should plan to bring their own garden tools to avoid possible contamination. Using clean gardening gloves (that you wash each time) or disposable gloves is also recommended. We will have to take a closer look at harvesting guidelines when that activity is needed. **If you visit the demonstration garden in the next month, leave the front gates open so we don’t have everyone handling the gate handles to open and close them.**

Now is a good time to catch up on Master Gardener reporting activities. Spring Garden Clinic counts as 5 educational (training) hours. If you went to the Extension Annual Celebration meeting in March, you can report 1 educational (training) hour. The address to report your hours is: <https://www.purdue.edu/mg-volunteer/login.php> or go to the state Master Gardener program page: <https://www.purdue.edu/hla/sites/master-gardener/>.

If you need MG advanced training hours, there are some online opportunities. Additional web-based resources were added to the state website: <https://www.purdue.edu/hla/sites/master-gardener/continuedhours/>.

For the latest information from Purdue on COVID-19, go to: <https://extension.purdue.edu/label/44>.



*Spring in Indianapolis (photo: Steve Mayer, 2019).*

### April Garden Calendar Tips

*Note: Reference links on the topics are also supplied.*

- **First Week:** Apply crabgrass preventer to the lawn now, if not already done. As of March 28, 2020, according to weather data, no crabgrass germination had been recorded in central Indiana, and we were in the optimum time period for application of crabgrass preventers. For current conditions, go to: <http://www.gddtracker.net/?model=10&offset=0&zip=46205>.
- **Second Week:** Transplant 1-year old asparagus crowns this spring to enjoy many years of harvest. Choose one of the productive all-male asparagus cultivars in the Jersey series: [https://hort.purdue.edu/hort/ext/Pubs/HO/HO\\_096.pdf](https://hort.purdue.edu/hort/ext/Pubs/HO/HO_096.pdf).
- **Third Week:** Fall is the best time to control dandelions. However, the next best time is in late spring. For more information, go to: <https://turf.purdue.edu/dandelion/?cat=106>.
- **Fourth Week:** Plant strawberries this month. Setting the plants early will help obtain the best growth and plant development during the first year: <https://mdc.itap.purdue.edu/item.asp?itemID=11013>.

Follow me on Twitter @purduehortindy (or view at: <http://twitter.com/purduehortindy>) for more tips. You can also see my tweets on each Master Gardener association website: <http://indymcmga.org/> and <http://indygpmga.com/>.

## The Question Box April 2020

*Steve Mayer, Extension Educator-Horticulture  
Purdue Extension-Marion County*

### Q. Is it safe to eat fruits and vegetables now?

**A.** Yes. You should not fear eating fruits and veggies during the current nationwide COVID-19 outbreak. Modern supermarkets with their many open displays of fruits and vegetables are truly a marvel and a reminder that our nation enjoys the safest and most abundant food supply in the world. However, in the face of the current nationwide COVID-19 outbreak, many questions about the safety of fresh fruits and vegetables have arisen. Read the full story: <https://extension.purdue.edu/article/36519>.

### Q. How can I buy from local farmers during the COVID-19 outbreak?

**A.** Consider reaching out to farmers in the following ways: 1) Search social media for farms from whom you've purchased before and follow them. 2) Search online to see if those farms have a website with contact information. 3) Call, text, email or message farmers and ask them the following questions: a) Are their products available through local grocery stores? b) Do they sell to any local restaurants from which you could order take-out or delivery? c) If you want to buy direct, what products will they have available and when? d) If the local farmers' market doesn't open, how would they deliver their products? Read the full story: <https://extension.purdue.edu/article/36596>.

### Q. What should community gardens do during the COVID-19 pandemic?

**A.** Best management practices for community garden management include: 1) Communicate to all potential audiences that they should not visit the garden if they feel ill, 2) Do not allow anyone with signs of illness on the site, 3) Postpone community events/tours as well as carry-ins, potlucks or self-serve food, 4) Leave garden gates open during hours of operation to help avoid frequent contact, 5) Remove or cordon off public benches or picnic tables, 6) Limit the size of work groups to 10 people or fewer, 7) Enforce social distancing guidelines of at least 6 feet apart at all times, and 8) Undertake additional cleaning and sanitation protocols and recommendations. Read the full story: <https://extension.purdue.edu/article/36666>.

## Show / Event Calendar

### Status of Events as of April 1, 2020:

#### April 6 (at 6:30 p.m.) - Cancelled

*A Community Gathering at Garfield Park*  
Friends of Garfield Park

#### April 7 (6:30 p.m.) - Cancelled

*My Favorite Flowers*  
Presentation by Lana Wolfe  
Indiana Daylily and Iris Society

#### April 11 (9:00 a.m.– 2:30 p.m.) - Cancelled

*Brambling Herbs Symposium*  
Herb Society of Central Indiana

#### April 18 (9:00-10:30 a.m.) - Cancelled

*Spring Hike at Ritchey Woods Nature Preserve*  
Indiana Native Plants Society

#### April 18 (9:00 a.m.–1:00 p.m.) - On Hold

*Invasive Species Workshop*  
Hamilton County Soil and Water Conservation District

#### April 18-19—Cancelled

*Central Indiana Orchid Society Show*  
Garfield Park Conservatory

#### April 18-19 - Postponed to 2021

*Les Belles Fleurs*  
Indianapolis Garden Club Flower Show  
Newfields

#### April 20 (11:00 a.m.—4:00 p.m.) - On Hold

*Earth Day Indiana Festival*  
Military Park at White River State Park

#### April 25 (2:00 p.m.) - Cancelled

*How INDOT is Promoting Native Plants*  
Indiana Native Plant Society

#### May 1-2 (8:00 a.m.—2:00 p.m.) - Postponed until September 18-19

*18th Annual Native Plant Sale*  
Avon Outdoor Learning Center

#### May 1-2 — Cancelled

*Annual Plant Sale*  
Hancock County Herb Society and Master Gardener Association

#### May 2 (9:00 a.m.—3:00 p.m.) - On Hold

*Garden Celebration XVI: Wild and Native*  
Johnson County Garden Club

#### May 9 - Cancelled

*Indiana Native Plant Society Plant Sale and Auction*  
Keep Indianapolis Beautiful Warehouse

#### May 16 (9:00 a.m.—Noon) - Cancelled

*GPMGA Annual Plant Sale*  
Garfield Park Conservatory

## GPMGA Plant Sale Cancelled

The Garfield Park Master Gardener Association has cancelled its annual plant sale scheduled for May 16.

The GPMGA already has a large number of trees, shrubs and plants slated for the plant sale. The plants, donated by Sullivan's Hardware last fall, currently are being cared for by Kay Martin-Pence at her home.

The Plant Sale Committee is considering a plant swap or a members only plant sale in June or later in the year. For the present, several Plant Sale Committee members will volunteer to help compile an inventory of the available plants.

The GPMGA will make the list available as well as promote the mechanism for selling the plants in the future. In addition to various trees and shrubs, the plants also include clematis, roses and some lilies.



## Gardening Can Help People Cope with Current Pandemic

Americans across the country have been staying home as COVID-19 cases spread, but staying away from crowds does not have to keep people from planting seedlings or pruning rose bushes.

Even as more states issue stay-at-home orders, health experts encourage adults to garden in order to get exercise and reduce stress. Interpreting stay-at-home restrictions as staying on the couch could cause an absence of activity that is unhealthy. People should continue with gardening as long as they practice social distancing.

Gardeners have long called their work a stress reliever, and a number of scientific studies support them. Gardening was found to reduce stress-related cortisol in a well-known 2011 study in the Netherlands. And, a 2018 article in the London-based journal of England's Royal College of Physicians commended gardening's mental and physical benefits, citing 81 studies.

Horticulture therapy, which employs gardening to treat both mental and physical ailments, has gained increasing support. Such therapy used with nursing home residents found that it makes people happier, according to another 2018 study.

Gardeners eager to launch their growing season can shop for supplies despite the challenges of the coronavirus epidemic. Those who shop at Lowe's (based in Mooresville, North Carolina) and Home Depot (headquartered in Atlanta) can search for items online. Sturdy items such as mulch may be available for delivery, but people may have to have a friend or volunteer pick up more delicate flower, herb and vegetable seedlings for them at a garden center or store.

