



THE GARFIELD GARDENER

THE NEWSLETTER OF GARFIELD PARK MASTER GARDENER ASSOCIATION

November 2021 Next Meeting

November 10 (6:30 p.m.)
Program: *Hoosier Hemp*
Speaker: Debra Boyer,
GPMGA Program Chair
Virtual Meeting Only:
No In-Person Meeting

December 8 (6:30 p.m.)
Holiday Gathering
Program: TBD
In-Person or Virtual Meeting

*Programs are being planned
on a month-to-month basis
according to Purdue University
Extension Office Guidelines*

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accommodation or special
assistance to attend these
programs due to a disability,
please contact Carey Grable at
317.275.9279. Some
accommodations may require
2 weeks notice.

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Learn more at:
www.IndyGPMGA.com
www.IndyMG.org
www.IndyHorticulture.org

President's Letter

Greetings Fellow Master Gardeners!

Winter will be here soon! It starts on December 21st. There is still much to do before the snow falls and most of our activities will be indoors.

Spring bulbs, container trees and shrubs can still be planted. Root crops like carrots and beets should be mulched heavily to extend the harvest into the winter.

Continue mowing at a height of 3 inches. Mulch leaves back into the lawn. Excess leaves can be collected and used to mulch planting beds. Adding compost to beds also will be beneficial. Clean up debris and dead branches. Remove any invasive plants that still exist. Mulch roses above the crown with soil mounded above the bud union.

Water plants as necessary, although the hoses should be drained and stored by now.

This is also a good time to turn your attention to houseplants. Herbs can be grown in containers in a sunny location. Vegetables and herbs also can be grown indoors if you have a hydroponic set-up. Small hydroponic systems are available for a nominal investment.

It is also a good time to review your notes and logs to assist in planning for next year. Think about what you would like to plant again or skip planting next year.

We will be meeting virtually again this month. Look forward to "seeing" you at the November meeting.

—Bill Bernstein, President GPMGA



At The Conservatory

November 26 – January 2

Monday-Saturday: 10:00 a.m.-5:00 p.m.

Sunday: 1:00-5:00 p.m.

1:00-8:00 p.m. (December only)

Garfield Park's Conservatory Crossing

Come enjoy a winter wonderland as Garfield Park Conservatory again decks out in its holiday best with a brilliant display of poinsettias, model trains and villages, and thousands of twinkling lights during the Garfield Park's Conservatory Crossing Holiday Train and Poinsettia Display.

The cost is \$4 per person; \$10 per family (2 adults maximum). For information, visit: www.garfieldgardensconservatory.org.



Next GPMGA Meeting: November 10

At the November 10 meeting, GPMGA Program Chair Debra Boyer will explore the history, botany, chemistry and agribusiness of hemp (a.k.a. Cannabis).

While the plant was likely not on people's radar until the 1960s and 1970s, Cannabis has a long history in the U.S. and in Indiana. Recent changes in regulations have brought this plant back into the spotlight with an array of medicinal, recreational, culinary and other products. Debra's program will sort out the often confusing information about Cannabis.



Although she has a B.A. in Biological Sciences from Indiana University, Debra took no botany courses and developed her love of plants after college. As a research assistant to an I.U. professor, she learned to hand-pollinate and harvest corn for genetic studies. Debra has pursued gardening of vegetables, herbs, perennials and native plants. She was the personal gardener for a residential and commercial client for 11 years and managed her own community garden in Fountain Square.

A friend once told Debra she doesn't have a "green thumb" but rather a "green hand". Too much of a good thing resulted in the city citing her property more than once for high weeds. So now she does an annual "Perennial Divide" to edit her landscape and share plants with neighbors, many of whom are novice gardeners.

Debra completed her Master Gardener training in 1999, has been a member of GPMGA since 2004, and has served as Program Chair for 13 years. She looks forward to "officially" attaining Gold Level status.

Link for the GPMGA November Meeting:

<https://us02web.zoom.us/j/4393722451?pwd=b3RHZ1RMYVFRNHVwL0JRSHpVTkdMUT09>

Meeting ID: 439 372 2451; Passcode: GPMG2021!

One tap mobile

+19292056099,,4393722451#,,,,*144161925# US (New York)

+13017158592,,4393722451#,,,,*144161925# US (Washington DC)

Dial by your location—Meeting ID: 439 372 2451, Passcode: 144161925
+1 312 626 6799 US (Chicago)

Find your local number: <https://us02web.zoom.us/j/4393722451>

2021 GPMGA Officers/Committee Chairs

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

GPMGA Calls for Grant Applications

Any organization wishing to apply for a grant from the Garfield Park Master Gardener Association should submit their proposals to GPMGA Treasurer Cindy Maude at cmaude@sbcglobal.net. Requests should not exceed \$300 per application.

A committee of GPMGA officers will review all submitted applications to ensure projects will meet the GPMGA's desire to advance gardening and beautification. Recommendations from the committee usually are announced at a monthly meeting for approval by the general membership.

Members of GPMGA are encouraged to nominate organizations. Volunteer garden activities headed by GPMGA members are given priority. Also, projects affecting Garfield Park are considered a high priority in this process.

To apply, individuals should submit the following items:

Cover Sheet, including:

- Organization benefiting (not-for-profit organizations only please)
- Name, location and brief history of project
- Applicant/contact person (name, address, telephone, e-mail)
- Amount requested (not to exceed \$300); Indicate new or existing project
- Prior Garfield Park Master Gardener Association funding

Text of Proposal (Not to exceed 2 pages)

- Summary of project (50 words)
- Clear, concise description of project, including:
 1. How the project furthers the GPMGA's mission
 2. Why is the project needed?
 3. Objectives to be achieved
 4. Detailed list of plants, seeds and materials needed
(Itemization of funds needed; drawings/graphs may be included)
- List names of Master Gardeners and/or Extension Staff working on this project as well as others benefiting
- Anticipated start and completion dates of project
- Additional donors to your project (if applicable)

Budget Sheet, including:

- Materials, labor and program costs
- Sources and amounts of any funds already raised
- Total cost of project

Project Summary and Comments on the expected results to be achieved within the following year. Photos may be included if applicable.



Garfield Park Master Gardener Association

in association with



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If you require an accommodation or special assistance to attend programs due to a disability, please contact Carey Grable at 317-275-9290 or Barb Rusin at 317-275-9279. 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 Carey Grable at cagrabable@purdue.edu or at 317-275-9290.

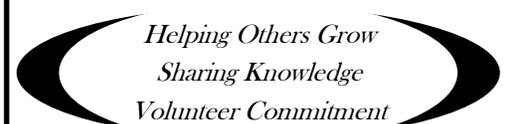
GPMGA Meeting Minutes: October 13

Business Reports:

- Nancy Boettner, Vice President: Reminder: Marion County Master Gardener northside virtual meeting October 14 (evening), More details shortly; Nancy asking if anyone interested in serving as GP board members for the coming year, Interested members should let Bill Bernstein know; GPMGA website being updated, Purdue Extension office will review
- Cindy Maude, Treasurer: Current checking account balance: \$7,098.74; Most recent grant award given to Friends of Southeastway Park (\$300)
- Teresa McCurry/Jayne Queck, Hospitality: No reports or activity this month
- Debra Boyer, Program Director: Next month's program—*Hoosier Hemp*—presented by Debra Boyer
- Oren Cooley, Newsletter: Extension Office asked that GPMGA distribute its newsletter in the future (instead of the Extension Office), Extension Office will continue newsletter review.

Program:

- *Not in MY Backyard* presented by Jo Ellen Meyers Sharp, The Hoosier Gardener
—Teresa McCurry, Secretary



Spicebush Snickerdoodles



Preheat oven to 350 degrees.

Ingredients

3/4 cup sugar
1/4 cup softened butter
1/2 teaspoon vanilla
1 egg
1 3/8 cup flour
1/2 teaspoon cream of tartar
1/4 teaspoon baking soda
1/8 teaspoon salt

Rolling mixture

1 tablespoon sugar
1 1/2 teaspoon ground spicebush berries (Lindera benzoin)

Instructions

1. Combine sugar, butter, vanilla and egg and mix well.
2. Stir in flour, cream of tartar, baking soda and salt.
3. Blend well and roll the dough into a ball.
4. Refrigerate for at least an hour.
5. Use a small melon baller or other tool to scoop out spheres of dough.
6. Roll the balls the mixture of sugar and ground spicebush berries (Lindera benzoin).
7. Place on baking sheet. Bake for 12 minutes.

Many people think the only difference between sugar cookies and snickerdoodles is that one is covered in cinnamon and the other is not. However, the real difference is cream of tartar.

The cream of tartar not only adds that slight tinge of savory flavor to the snickerdoodle, but also acts as a chemical agent that, when mixed with the base ingredients, interferes with the properties that would make the cookies hard and crunchy on the outside — resulting in the soft and chewy nature of snickerdoodles.

The Joy of Cooking claims that snickerdoodles are probably German in origin, and that the name is a corruption of the German word Schneckenudel (meaning “snail or snail-shaped noodle or knot”).

The Herbs and Spices of Thanksgiving

What would Thanksgiving be without herbs and spices? Among the many blessings of today's cooks and bakers is the ease with which they obtain and use these delicious seasonings.

Herbs

Harvested from the leaves or flowers of herbaceous plants, herbs originated in temperate areas of Europe and the countries bordering the Mediterranean. Given the right conditions, most of these plants can be grown by any home gardener, and are easily preserved for use out of season. Herbs such as sage, thyme, rosemary and marjoram can be used either fresh or dried in a recipe.

Sage

Sage leaves are fuzzy, lance-shaped and silvery green in color. This herb's long reputation as a healing plant is easily discerned in its scientific name -- *Salvia officinalis*, from the Latin “salvere”, meaning “to be saved”. This peppery-tasting native of the Mediterranean typically is associated with poultry or poultry stuffing.



Thyme

Thyme, or *Thymus vulgaris*, is also native to the Mediterranean. This delicate-looking herb features very small, narrow grayish-green leaves. As a medicine, thyme has a long history of use as a medicinal ingredient for treating chest and respiratory illnesses. Thymol, the primary volatile oil present in the plant, is responsible for the herb's pungent sharpness.



Rosemary

Rosemary, or *Rosmarinus officinalis*, is a woody plant indigenous to Asia and the Mediterranean. It adds an astringent, piney aroma to foods. The leaves, which resemble the needles of an evergreen, are deep green on the top and silvery on the bottom. Since ancient times, rosemary was believed to strengthen one's memory. Its Latin name means “dew of the sea”, referring to its ability to survive on little water.



Marjoram

Marjoram, or *Origanum majorana*, is a tender perennial native to the Mediterranean and a relative of the more strong-flavored oregano. Mild and sweet to the taste, this herb has a slightly floral aroma.



Spices

Until relatively recently, spices were exotic and difficult to obtain, making them extraordinarily expensive. All spices are derived from the root, fruit, flower, seed or bark of either a woody or a herbaceous plant, and grow in warm, tropical climates. Spices are more concentrated than herbs, so one needs only a small amount to flavor food.

Cinnamon

Many people know this sweet, warm spice in its ground form only, but it is actually made from the bark of the cinnamon tree. The two most important culinary varieties are *Cinnamomum zeylanicum* (Ceylon cinnamon) and *Cinnamomum aromaticum* (Chinese cinnamon). The Chinese variety, also known as cassia, is the cinnamon flavoring most familiar to American palates.



Nutmeg

The sweet and peppery flavor of nutmeg comes from the ripened and dried seed of the *Myristica fragrans* tree, native to the Moluccas or Spice Islands. The husks of the nuts are removed and processed separately to make a similar-tasting spice called mace. Nutmeg quickly loses its intensity once ground. It is easy to grate fresh spice as needed by purchasing whole nutmeg nuts and a small hand-held grater.



(continued on Page 5)

Winterlights at Newfields

Experience over a million and a half lights glittering in The Garden at Winterlights from 5:00 p.m. to 9:00 p.m., November 22 to January 2, at Newfields.

For the fifth year in a row, Winterlights transforms Newfields into a winter wonderland. The event is presented by Bank of America.

Tradition abounds and old favorites return—*Landscape of Light* dances on the Lilly Allee while wind whistles in the *Ice Storm Walk*. See family and friends' eyes twinkle as they take in new addition—including Huckleberry Funk's own



projection-mapped rock show and local artist Anila Agha's mesmerizing sculpture that uses light and shadow to explore concepts of communal space, belonging and exclusion.

Holiday goodies and hot cocoa will be served up under the glow of the lights; Girl Scouts will be selling their famous s'mores; and holiday shoppers can find something for everyone at the Wintermarket.

For more information, visit www.discovernewfields.org.



Thanksgiving's Spices (continued from Page 4)

Ginger

Pungent ginger, or *Zingiber officinale*, is harvested from the pale, knotty rhizome of a plant native to India and China. Modern scientific research has confirmed the long-held belief in ginger's ability to soothe gastrointestinal distress. Ginger is available in a variety of forms but bakers most often use powdered ginger, which imparts a pleasant sharpness to baked goods.



Cloves

Cloves, or *Eugenia caryophyllus*, are unopened flower buds from the evergreen clove tree. They resemble tiny nails and, in fact, their name derives from the Latin "clavus", meaning "nail". Inside their hard exterior is an oily compound responsible for the clove's intensely warm and aromatic flavor. Cloves, like nutmegs, are also native to the Spice Islands.



Allspice

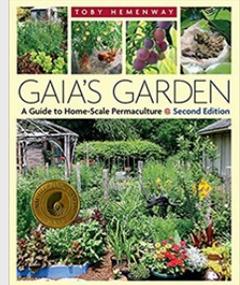
This dried, unripe berry of the tropical evergreen tree, called *Pimenta dioica*, is a distinct spice. The European explorers who first discovered it in Central America thought the berries tasted like a combination of cinnamon, nutmeg and cloves, and thus called it allspice. Allspice is the only spice grown exclusively in the Western hemisphere.



From the Bookshelf . . .

Gaia's Garden: A Guide to Home-Scale Permaculture
by Toby Hemenway

Gaia's Garden has sparked the imagination of home gardeners the world over by introducing a simple message: Working with nature, not against nature, results in more beautiful, abundant and forgiving gardens.



Many people mistakenly think that "ecological gardening"—which involves growing a wide range of edible and other useful plants—can take place only on a large, multi-acre scale. As Hemenway demonstrates, it is fun and easy—even for the beginner—to create a "backyard ecosystem" by assembling communities of plants that can work cooperatively and perform a variety of functions, including:

- Building and maintaining soil fertility and structure
- Catching and conserving water in the landscape
- Providing a rewilded and bio-diverse habitat for beneficial insects, birds and animals
- Growing an edible "forest" that yields seasonal fruits, nuts and other foods

This revised and updated edition also features a chapter on urban permaculture, designed especially for people in cities and suburbs who have very limited growing space. Whatever size yard or garden, one can apply basic permaculture principles to make it more diverse, more natural, more productive and more beautiful.

Gaia's Garden is a fusion of the practical and the visionary—using the natural intelligence of Earth's symbiotic communities to strengthen and sustain ecosystems in which humans are a partner, not a competitor. This book shows how to create and enhance beautiful backyard ecosystems within the garden and how to become a sustainable producer of resources instead of a wasteful consumer.

Show / Event Calendar

November 11 (7:00— 8:00 p.m.)

How to Watchdog Wetland and Water Permits

Hoosier Environmental Council

Isolated wetland means a wetland that is not directly connected to a river or stream and typically does not have federal protection. There are many types of isolated wetlands: bogs, dunes and swales, fens, cypress swamps, pothole wetlands, seeps, marshes, swamps, forested fens and sedge meadows. A bill in the 2021 Indiana legislative session, SB 389, was passed into law and significantly reduced protection for Indiana's isolated wetlands. Advocacy by the Hoosier Environmental Council (HEC) and its many partners around the state succeeded in reducing the harm of the original bill. The HEC is offering a series of training webinars on how to watchdog water and wetland permits. This task is well-suited to people who are detail-oriented and willing to spend time on the computer digging through documents. The watchdogging effort helps push state and federal agencies to consider community concerns and write a permit with more environmental benefits. In this free webinar, the HEC will cover the basics of the water regulatory processes, how to track the permits and how to prioritize which permits on which to comment. A subsequent webinar will cover how to draft effective public comments on permit applications.

www.hecweb.org/indiana-isolated-wetlands

November 13 (1:00—5:00 p.m.)

Wild Indiana & Wilding Indiana Gardens

Indiana Native Plant Society (INPS) Virtual Annual Conference

The INPS Annual Conference each year gathers environmentalists, gardeners, nature photographers, bird lovers, landscapers, ecologists and seed planters. This year's theme highlights the variety and beauty of native flora and how personal gardens might employ them to support native wildlife. Paul Rothrock, sedge guru and emeritus curator of the Indiana University Herbarium, will explore the legacy of *Charles Deam, The Great Hoosier Botanist*. Two of Indiana's best botanists will talk about the natural landscapes they know best: Mike Homoya will share tales of *Southern Exposure: Indiana's Land of Bluffs, Bayous, and Barrens*; Scott Namestnik will visit the northern region as he reveals *True North: Indiana's Territory of Prairies, Lakes, Forests, and Wetlands*". Popular nature blogger Jim McCormac also will speak on *Gardening for Moths in the Midwest*. Between sessions, participants will learn the inaugural 2022 Native Plant of the Year.

www.indiananativeplants.org/inps-sponsored-events/annual-conference

Greening the Statehouse

November 19-20 (Noon—4:00 p.m.)

Greening the Statehouse (Virtual)

The Hoosier Environmental Council will host the 14th annual Greening the Statehouse (GTS) virtually from noon to 4:00 p.m. on November 19-20.

The largest annual gathering of environmentally-minded Hoosiers, GTS is the year's best chance to learn about upcoming legislative issues, engage with environmental public policy experts, and network with environmental-minded Hoosiers and green-minded businesses from across the state.

This year's event will be focused on solutions to the climate crisis. The agenda includes solar energy, wetland protection and restoration, environmental justice and the necessary efforts to move Indiana away from its polluting past.

General admission: \$35, student \$25. For more information or to register, visit www.hecweb.org/gts.



Renew Your GPMGA Membership This January

Renew your membership in the Garfield Park Master Gardener Association. Dues are \$15.00 per year and help pay for special activities, speakers, the newsletter and donations to community projects.

Monthly meetings occur on the second Wednesday of the month and begin at 6:30 p.m. Unless otherwise noted at the prior meeting or in the newsletter, meetings are held either virtually or at the Garfield Park Conservatory, 2505 Conservatory Drive, Indianapolis.

Date _____ Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ E-mail _____

Completion date of Master Gardener Training Class ____/____/____

I volunteer with: _____

_____ I wish to be included in the 2022 GPMGA Member Directory.

_____ I wish to receive future newsletters by e-mail only.

Submit this form and your \$15.00 annual membership fee to:

Cindy Maude 7416 Rooses Drive Indianapolis, IN 46217