



THE GARFIELD GARDENER

THE NEWSLETTER OF GARFIELD PARK MASTER GARDENER ASSOCIATION

October 2022 Next Meeting

October 12

Program: *Shrubs,
Vinegars and More*

Speaker: René Walczak,
BooYah! Shrubs

November 9

Program:

Gardens in Europe

Speakers:

MaryAnn Donham and
Danielle Randles,
GPMGA Members

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

2022 Meeting Dates

Dec. 14

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Learn more at:

www.IndyGPMGA.com
www.IndyMG.org
www.IndyHorticulture.org

President's Letter

Greetings,

After successfully avoiding COVID for over 2 years, I succumbed after attending my HS Class Reunion, a super-spreader event given that many of us contracted the virus there. Fortunately, no one reported a severe case! Don't remember details, but I had some strange dreams when I was feverish!

Now that I'm emerging from the brain-fog, it's back to the business of running our organization. We continue to seek a candidate to serve as Vice President in 2023 followed by President in 2024. If you prefer to ease your way onto the board, please consider serving as Secretary or Treasurer. The Secretary takes minutes of meetings (finding a sub when needed) and the Treasurer maintains the association's checking account and membership list. Any of these positions is a great way to learn more about our association and gain volunteer hours. Let me know if you are interested.



In my gardens, I'm thrilled with the blooms on my Autumn Joy Sedum this season. Some years, they seem to turn a rusty color immediately but this year they are a vibrant dark red. They are easily divided and I have them scattered throughout my front and back yards so I can enjoy them everywhere, even those that I've shared with a neighbor. Let me know if you'd like any!

I hope to see you at our Oct. 12 meeting!

—Nancy Boettner, President, GPMGA

Newfields' Harvest Nights

Harvest Nights, the spook-tacular spectacle, returned to Newfields (4000 N. Michigan) this month—occurring each night from 7:30 to 10:00 p.m. until Sunday, October 30.

This spooky (not scary) after-dark event is a frightful and delightful evening under Indiana's chilly harvest sky. Families may wander through fog-filled forests filled with glowing jack-o-lanterns galore in the Pumpkin Path of Peril, feel the Ghost Train rumble beneath their feet, and witness *The Three Graces* sculpture in the garden come to life. This year, guests are invited to the party of the century inside the Lilly House—where they may join in the frightful festivities of Mischief Manor.



On Halloween weekend, enjoy an extra special evening at Harvest Nights. On Friday, October 28, and Saturday, October 29, guests to Harvest Nights will find Art or Treat stations throughout the Harvest Nights experience. Gather all of your goodies in a treat bag designed by a local artist Gary Gee of The Eighteen Art Collective.

For more information, visit www.discovernewfields.org/harvest-nights.

Garfield Park Conservatory Tours

October 8 (11:00 a.m.)

Arlene Bow
Oren Cooley
John Montgomery

October 22 (11:00 a.m.)

Judy Martin

Anyone interested in becoming a tour guide should contact Victoria Metheaux at vmethx@comcast.net.

At the Conservatory

November 5 (10:00-11:30 a.m.)

Herb Workshop: Herbs with Kids

Bring your children to make holiday herbal gifts for teachers, parents, family members and friends in *Herb Workshop: Herbs with Kids* at Garfield Park Conservatory on November 5. Participants will try recipes with their parents' assistance, explore various herbal handouts and, of course, make a couple of herbal gifts to take home.

Fee: \$6 person (Ages: 6-13); munchies provided. For more information, visit: www.garfieldgardensconservatory.org.



GPMGA In-Person Meeting: Oct. 12

The Garfield Park Master Gardeners will meet at 6:30 p.m. on Wednesday, October 12, at the Garfield Park Conservatory to hear René Walczak discuss *Shrubs, Vinegars and More*.

Did you know that a shrub also can be a beverage? Join us for this month's meeting when René Walczak of BooYah! Shrubs will teach us about those acidulated beverages.

The typical shrub is defined as the addition of apple cider or other high acidity vinegar, made from the juice of fresh fruit or herbs, sweetened and sometimes spiced. A proper shrub has a flavor that is both tart and sweet so it stimulates the appetite while quenching thirst.

It is believed that shrubs originated some 2,000 years ago in the Middle East. Shrubs carried fruit flavors into the harvest off-seasons, and the vinegar served as a natural preservative, giving the beverage a long shelf life. Sailors often brought shrubs on voyages to provide Vitamin C in order to prevent scurvy.

Shrubs are healthy and versatile. They can be used to create cocktails and mocktails, enjoyed as marinades, drizzled over ice cream and taken medicinally. In addition to shrubs, BooYah! has sipping vinegars, spritzers, syrups and the exclusive Shagbark Hickory Syrup with its secret recipe from Brown County.

René grew up in a Polish family of artists and foodies. Her path to shrubs included getting a degree in poetry and working 10 years as a music journalist. Her awakening to shrubs came when she ordered a non-alcoholic beverage made with a Cherry Vanilla shrub and reacted with a "BooYah!" And thus, her business was launched six years ago. René's nod to her other endeavors is to give her shrubs "musical" names such as "California Dreamin'", "Light My Fire", and "Just My Imagination".

To learn more about BooYah! Shrubs, recipes and health benefits, visit www.booyahshrubs.com.



of

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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 Meeting Minutes: September 14

The GPMGA met in person at 6:30 p.m. on Wednesday, September 14, at the President Benjamin Harrison Home.

Program:

A tour of the first floor of the President Benjamin Harrison Home led by GPMGA member Oren Cooley was followed by a tour of the museum's various gardens led by Master Gardener Ken Hottell.

Business Meeting:

President-Nancy Boettner: Seeking Vice President for 2023; Checking balance is \$8,177.66.

Hospitality-Carrie Alumbaugh, Jayne Queck, Mary Ann Titus, Bill Bernstein: Seeking snacks for October meeting (2 volunteered)

Newsletter/Communications-Oren Cooley: Oren working on t-shirt orders

Conservatory Tours-Victoria Metheaux: Tours covered for September; Training available to become a guide.

—Nancy Boettner

GP Conservatory's Fishtail Palm

The Fishtail Palm (*Caryota mitis*) is native to the humid forests of India, China, northern Australia and islands of the South Pacific.

Many palms are pinnate: blades grow along both sides of a frond's mid-rib. However, fishtail palms are bipinnate: each blade is further subdivided into leaflets. The bipinnate fronds give the fishtail palm its "feathery look" and suggests the origin of its name since the slightly ragged edges of the divided leaflets resemble a fish's tail.

A fishtail palm may reach 100 feet in height, with a crown diameter of up to 30 feet and with fronds that are 10 feet in length. The palm grows quickly—about 12 to 24 inches per year. Most fishtail palms are single-trunk species, but some have clustering multiple trunks—with new ones called suckers emerging at the base of the first trunk.



The fishtail palm's flowers grow on hanging spikes that sprout in a clump, resembling a dangling mop head. Tiny female flowers grow between the not-quite-as-small male flowers, on the same spike, and mature only after the male flowers bloom. The flowering stems (about 12 inches long) are followed by tropical-looking green fruits that turn dark red as they ripen. The fruit has a round shape and is about $\frac{3}{4}$ inch in diameter.

In addition to its breathtaking ornamental value, the fishtail palm has other uses. Its leaves' sheath fibers make good thatch and rope and, in some places, the trunk is used for construction. The spongy pith of the plant's stems yield a food starch called sago, which is similar to tapioca.

Garfield Park Master Gardener Association

in association with



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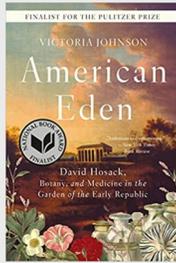
Questions: Contact Carey Grable at cagrable@purdue.edu or at 317-275-9290.

*Helping Others Grow
Sharing Knowledge
Volunteer Commitment*

From the Bookshelf . . .

American Eden: David Hosack, Botany and Medicine in the Garden of the Early Republic
by Victoria Johnson

The untold story of Hamilton's—and Burr's—personal physician, whose dream to build America's first botanical garden inspired the young Republic.



On a clear morning in July 1804, Alexander Hamilton stepped onto a boat at the edge of the Hudson River. He was bound for a New Jersey dueling ground to settle his bitter dispute with Aaron Burr. Hamilton took just two men with him: his “second” for the duel and Dr. David Hosack.

As historian Victoria Johnson reveals in her groundbreaking biography, Hosack was one of the few points on which the duelists did agree. Summoned that morning because of his role as the Hamilton family doctor, he was also a close friend of Burr. A brilliant surgeon and a world-class botanist, Hosack was a pioneering thinker who helped shape a young nation.

Born in New York City, he was educated in Europe and returned to America inspired by his newfound knowledge. He assembled a plant collection so spectacular and diverse that it amazes botanists today, conducted some of the first pharmaceutical research in the United States, and introduced new surgeries to America.

One goal drove Hosack above all others—to build the Republic's first botanical garden. Despite innumerable obstacles, Hosack triumphed when, by 1810, his Elgin Botanic Garden at last crowned twenty acres of Manhattan farmland. Today, what remains of America's first botanical garden lies in the heart of midtown, buried beneath Rockefeller Center.

Whether collecting specimens along the banks of the Hudson River, lecturing before a class of rapt medical students or breaking a child's fever, Hosack was an American visionary. In unearthing the dramatic story of his life, Johnson offers a lush depiction of the man who gave a new voice to the powers and perils of nature.

Garfield Park's New Sculpture Exhibit

More than 100 sculptures have been placed in Garfield Park—graceful, life-size statues, contemporary animals and fluid abstract objects—all on tree-stump bases for *Confluence*, an exhibit of African artists running through October 22.

The black-and-white stone carvings dot the lush green lawns between still-flourishing flower beds and planters of mums, inviting guests to step off the brick paths and wander across the grass to see each one up close. Most pieces are in the Sunken Garden; a few are inside the Garfield Park Conservatory.

With the help of Indy Parks, artist Dominic Benhura and his colleague Passmore Mupindiko, both from Zimbabwe, installed each piece over a few days last month.

Benhura, who has exhibited his works around the world, is a longtime friend of Jayne During, owner of Kuaba Gallery in Carmel. The relationship led the Hamilton County city to install a Benhura piece in the Arts & Design District last May.

This month, *Confluence* offers a chance to see dozens of his pieces (supplemented by works from other African artists) and talk to Benhura, who visitors will see out and about in the gardens throughout the exhibit's run.



Gardens such as Garfield Park's not only provide a scenic backdrop for the museum-quality works, but thematically they bring forth a message about conservation. Benhura explains that conservationists, like artists, look after culture as well—not just plants and animals. The wood stumps for his exhibit came from park trees that were slated to be cut down.

The exhibit points out that, between artists and conservationists around the world, there has always existed a remarkable similarity of thought, a community of interest based upon a deep respect for nature and the role of the family within it. The Sunken Garden and Conservatory at Garfield Park is home to hundreds of different plants from around the world and is complementary to the organic universality of these sculptures.

Benhura also installed many pieces focused on femininity, a theme he explores because he was raised by a single mother and an aunt. Many of those works depict a mother and child together in a playful pose. The faces are blank because the theme is meant to be universal.

Benhura also sculpts a lot of animals. However, the elephant, fish and horse in *Confluence* are the works of colleagues in Zimbabwe.

All pieces are for sale. For more information, visit www.garfieldgardensconservatory.org.



Artists Passmore Mupindiko (left) and Dominic Benhura (right)



Indiana Native Plant Society Conference

The Indiana Native Plant Society Annual Conference will occur from 8:30 a.m. to 4:30 p.m. on Saturday, October 22, at 502 E. Event Centre (502 E. Carmel Dr., Carmel).

It's the 29th INPS Annual Conference—again providing the know-how to help Hoosiers appreciate, grow, study and conserve Indiana's native plants. The daylong conference is one of Indiana's premiere nature events, drawing environmentalists, gardeners, nature photographers, bird lovers, landscapers, ecologists and plant lovers.

This year's theme, *Viewpoints: New Perspectives on the Land Around Us*, highlights various ways scientists and ordinary folk can study and appreciate our natural areas. This year's speakers and topics include:

Tony Reznicek, Ph.D. (Keynote)
Curator Emeritus, University of Michigan Herbarium
From the Ground Up: Indiana Landscape and Flora

Reznicek's work currently focuses on the systematics and evolution of sedges, particularly in Latin America. He also works with the flora and biogeography of the Great Lakes region, with strong interests in rare plant conservation, plant migration and related topics. Reznicek's presentation will address how landscapes in Indiana have evolved.



Annie Novak (Keynote)
Founder/Director, Growing Chefs
Reading a Landscape: A Fundamental Approach to Observing Our Natural Environment

Drawing on the fundamentals of soil, plant and animal ecologies with enriched observation practices, Novak will show how we can build a stronger relationship with the landscapes around us. She often speaks on the connections between people, food, and ecology.



Gabriela C. Nunez-Mir, PhD
Bridge to the Faculty Scholar, University of Illinois at Chicago
Invasive Forest Defoliators: The Big Picture

Nunez-Muir will share her research on what drives the spread of a highly damaging non-native insect defoliator, the European gypsy moth, while addressing invasive insect pests more generally and their devastating effects on forest ecosystems.



Gabrielle Cerberville
"The Chaotic Forager"
Environmental Phoenixes: Plants, Mushrooms & Scorched Earth

Following graduation in Music Composition from Butler University, Cerberville discovered a passion for edible mushrooms and documenting what was learned while foraging for them. Her video on puffballs went viral with 6.5 million views. Cerberville continues providing science-based foraging information @chaoticforager on TikTok.



Nathanael Pilla
Botanist, ORBIS Environmental Consulting
Botany and Beer: Demystifying Botanical Jargon

Describing himself as a "charismatic plant preacher", Pilla created a YouTube channel, *Botany and Beer*, to enable viewers to sit back and enjoy a beer while learning botany. Through videos, presentations, and hikes, Pilla weaves common themes with botanical jargon, showcasing the intricacies of plants in an easy-to-understand manner.



The Homoya Family: Mike, Barb and Wes
The Homoyas' Hoosier Orchid Big Year

The Homoya family tells all about their ambitious quest in 2021 to track down every extant type of orchid in Indiana—a journey involving bogs and prairies as well as fens and forests. Former INPS president, Mike Homoya is a Retired Botanist/Plant Ecologist, Indiana Natural Heritage Program; Barb Homoya enjoys botanizing, birding and "salamandering"; and Wes conducts avian surveys in Colorado.



For more information, visit <https://indiananativeplants.org/inps-sponsored-events/annual-conference/>.

Mosquito Fogging's Harmful Effects

Numerous harmful effects—both to the environment and to humans—result from the use of commercial fogging to control mosquitoes.

Fogging with synthetic pyrethroids (chemicals that kills insects) kills not only the mosquitos but also all insects. Mosquitos are affected by pyrethroid applications but beneficial insects are susceptible as well—often at lower doses than mosquitos are.

Butterflies, caterpillars, honey bees, fireflies, arthropods (spiders) and certain earthworms are killed by the sprays as well. Pyrethroids are moderately toxic to birds, but birds are indirectly affected because of the decrease in their food supply.



Insects perform essential ecological roles, starting with pollinating most of the flowering plants. In addition, insects are a critical link in the food chain that supports all life.

Entomologist Dr. Douglas Tallamy of the University of Delaware explains in *Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard* that targeting adult mosquitos is the worst and by far the most expensive approach to mosquito control—because mosquitos are best controlled in the larval stage.

He recommends putting a five-gallon bucket of water in a sunny place in the yard and add a handful of hay or straw. After a few days, the resulting brew is irresistible to gravid (egg-filled) female mosquitos.

After the mosquitos have laid their eggs, add a commercially available mosquito dunk tablet that contains *Bacillus thuringiensis* (Bt), a natural larvicide, to the bucket. The eggs will hatch and the larvae will die. This way, one may control mosquitos, and only mosquitos, without the use of harmful insecticides.

Show/Event Calendar

Sunday, October 16 (11:00 a.m.)

Guided Nature Walk at Meltzer Woods

1522 S. 600 E., Shelbyville

Central Indiana Land Trust will host a guided walk through the old growth forest in honor of the National Natural Landmark program's 60th anniversary.

<https://conservingindiana.org/event/60th-anniversary-of-national-natural-landmark-atmeltzer-woods/>

Saturday, October 22 (8:30 a.m. to 4:30 p.m.)

Indiana Native Plant Society (INPS) Annual Conference

502 East Event Centre, 502 E. Carmel Dr., Carmel

The 29th Annual INPS Annual Conference will provide the know-how to help Hoosiers appreciate, grow, study and conserve Indiana's native plants. This year's theme, *Viewpoints: New Perspectives on the Land Around Us*, highlights various ways scientists as well as citizens may study and appreciate natural areas.

<https://indiananativeplants.org/inps-sponsored-events/annual-conference/>

Saturday, October 29 (11:00 a.m.)

Steve's Top Ten Garden Tools and Other Unique Favorites

Lawrence Branch Library, 7898 Hague Road, Indianapolis

Master Gardener Steve Cline, retired pharmacist turned avid gardener, will discuss and demonstrate his favorite garden tools, explain their advantages and discuss their proper use and care. Participants will take home a handout with websites of all the tools demonstrated and a list of the complete gardening tool bucket.

Sponsored by Indiana Native Plant Society Central Chapter

<https://indiananativeplants.org>

November 14 (6:30 p.m.)

Landscaping with Hosta and Other Shady Characters

Mary Ann Metz, Plant Material Buyer, Prairie Gardens, Champaign, IL

Holliday Park Nature Center, 6363 Spring Mill Road

For more than 40 years, Mary Ann Metz has worked in horticulture—in specialized plant production, greenhouse management and landscape design. She has been involved in the American Hosta Society during that time and is a Master Judge.

Sponsored by the Indianapolis Hosta Society

www.indianapolishostasociety.org

Greening the Statehouse

October 15 (9:00 a.m. to 4:00 p.m.)

15th Annual Greening the Statehouse

Hoosier Environmental Council

IMMI Conference Center

18880 N. East St., Westfield

The theme of this year's in person conference—the first since the pandemic began—is *Clean Water for Indiana*. The keynote speaker is Robert Bilott, the tenacious environmental lawyer who became “DuPont's worst nightmare”, according to *The New York Times*.

This year marks the 50th Anniversary of the Clean Water Act, which has helped Indiana and other states to have substantially cleaner waterways than they did in 1972. Besides discussing today's challenges, the conference will provide Indiana environmental updates, engaging discussions, networking opportunities and a locally produced lunch.

For more information, visit <https://www.hecweb.org/gts>



GPMGA Membership

Become a member of 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