

I O G A

Hoosier Organic Gardener

January 2013

Indiana Organic Gardeners Association



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Loop Acres

IOGA MISSION:

To educate ourselves and others in reasons for and methods of environmentally friendly gardening; and to encourage the reduction of chemical dependency in gardens, lawns and farms.

'Tis the Season to be Jolly! Fa La La La La, La La La La!

Why be jolly when our beautiful gardens have gone brown and dormant? Because IOGA has heard your suggestions and has partnered with the Fall Creek Gardens Urban Growers Resource Center to offer a free Winter Workshop Series on Organic Gardening for Beginners!

Four different classes will be taught from January through April. The four topics are the following:

SOIL. *If you can grow healthy soil, you can grow anything;*
SEEDS. *What to grow and how to get going;*
SUSTAIN. *Weeds, pests, droughts, and other calamities;* and
SAVE. *Harvest and enjoy – and save those seeds for Spring!*

Each class will be taught twice a month, once on a Saturday during the day and once on a weekday evening.

Several different instructors will be teaching the classes, including IOGA members Constance Ferry of Hobbit Gardens, David Englert, Rosie Bishop, Jess Trimble, Adam Clevenger, and Lynn Jenkins. We are so excited to offer these classes and think they will be a great way to pass the winter months as we plan for the new growing season.

We have coordinated the January 19 IOGA meeting to coincide with the first class, SOIL, so folks attending the quarterly IOGA meeting can stay for the class (no registration necessary)! If you are interested in attending any of the other classes (SEEDS, SUSTAIN, or SAVE), we ask that you register at the Fall Creek Gardens website so we know how many people we can expect and so we can have plenty of materials. These classes are free and open to the public, so spread the word and bring a friend or two! Each topic will be taught by different instructors, so feel free to sign up for both classes each month to get different perspectives on each topic.

Please visit Fall Creek Gardens website at www.fallcreekgardens.org for details about the classes and to register for the classes you would like to attend.

Another reason to be jolly is that IOGA is initiating a new mentoring program! Yes! This mentoring program is an opportunity to pair current members with new or existing members who would like to team up to learn more about organic gardening. Hopefully, this will help the new member feel like a part of the group right away. A mentor does not need to be an expert in all things organic gardening, just someone who is interested in connecting with others who are interested in learning more. If you are a member who wants to share your gardening expertise with a new member (don't we all!), please contact one of the officers. Current members can also request a mentor if they'd like one.

The mentoring program will be discussed in more detail at the January meeting. We look forward to getting your thoughts and ideas. Also, we will be soliciting for a member to chair this program.

Happy and Healthy New Year!

- Lynne



Lynne Sullivan
IOGA President

A visit to Paula Boone's gardens last July was fantastic. Three gardens in northern Boone County doing well despite the drought. Paula is an IOGA member and a long-time gardener. She is very knowledgeable about every aspect of gardening and her gardens are proof of her expertise. At the IOGA July meeting in Bloomington, many of us attended the great farm market there, and not even one vendor had green beans. By contrast, Paula had six or seven types of beans and even sold them at a weekly farm market. She has seeds for about twenty types of beans and plants different combination of seeds each year. She has Nash beans that do well in hot weather and also bear into November. Dragon Tongue beans are a wider yellow bean with purple spots. Provider beans are an heirloom dating at least to the 1800s that she plants in April and that will bear until November, though they slow down a little in the heat of summer. The Trofeo is a slender filet bush bean. The beans that do the best are those that are shaded in the morning by a tree. (The Bloomington farmers mentioned that the heat dried up the flowers and no beans were produced. Your editors had the same problem. Maybe a little shade should be recommended for beans.) Paula also had wax beans (Carson is the variety) and several kinds of pole beans, including Ura, Kentucky Wonders, and Fortex (a very long filet bean – about three times the length of regular beans) in addition to Super Slicer, a long flat Italian bean.



IOGA Member Paula Boone

Paula doesn't usually water her garden very much, but last summer she had to. She digs trenches between the rows for watering. When she plants seeds, she also fills a trench with water and then plants the seeds. Another tip for hot dry days is shade cloth. She has two kinds; one with grommets and one that is a larger piece of fabric, cut into the sizes you want and tied with ties. This allows her to still keep lettuce into late July and would seem to be a great idea for transplanting small plants in the middle of summer. This could also keep green beans shaded in extremely hot weather. A favorite lettuce is Marshall, a red romaine and also Flame, a leaf lettuce.

Paula has five kinds of chard that are gorgeous! Bright red, yellow, and green. The name of the chard that looks like Fordhook Giant is Silverado. It is more upright and consistently good looking in the garden. It went through the drought with little or no watering. Magenta Sunset is a chard from Territorial Seed Co.. She likes Rhubard chard from Burpee. She also grew Orange Fantasia. Golden from Territorial Seed Co. as well as Five Color Silverbeet round out the chard garden. The latter



Pole Beans Climbing Feedlot Panels

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Bush Bean Plants

is a more delicate chard but weathered the drought surprising well as did all the chard. Paula cooks the greens by chopping them and steaming them. She adds small carrots under the steamer for color. She serves the chard with mayonnaise that is combined with a very small amount of lemon juice. She just puts a dollop of the mayo on the greens. She likes to combine all types of greens together when she cooks them – beet greens, chard, etc. She plants the Early Wonder beet for its greens. You could eat the beet, however she only uses the greens and mixes those greens with all the other greens. Bull's Blood from Johnny's Selected Seeds is another good beet for greens which she normally grows but didn't this year. Paula usually hills the beets up with dirt.

A very good tip for insect damage is that after seeing signs of insect damage, she uses BT (DiPel DF at a rate of ¼ tsp. per gallon) on beans, broccoli, cabbage, kale, Brussels sprouts, mustard greens, and chard. Once she first sprays the BT, she continues about every 10 days to 2 weeks.

One of her favorite tomatoes is Beaver Lodge, developed by Oregon State University. It is an early tomato that ripens around the 4th of July. Another tomato is Aunt Ruby's German Green tomato, which is white on the bottom when ripe. She likes Momotara, a pink mid size tomato which has excellent taste and is available from Territorial Seed Co.. It is not a heritage plant and thus seeds

cannot be saved. Another is the Flame heritage red and yellow striped tomato which has a very good flavor. She plants a tomato from Burpee called Big Pink that has good flavor. Another is the San Marzano that is good for making tomato paste or for drying.

A favorite cabbage is Gonzoles from Park Seed Co. It has a small head and after harvesting, it has baby cabbages that look like Brussels sprouts around the base. She also raises okra and waters them to get a high yield. Her broccoli of choice is Packman. She has also planted thornless blackberries. A favorite spinach is Renegade variety. She is raising two kinds of grapes, Swenson Red and Chlabach. She also raised raspberries and has a very large asparagus bed.

Paula is a very successful gardener, with enough to feed her family and extra for the farm market. She absolutely goes by the biodynamic calendar, and consults it before planting anything. It is the Stella Natura Biodynamic Planting Calendar and can be ordered online. Paula is such a great resource for IOGA and it was a pleasure to visit her gardens.



Gonzoles Cabbage

Shade Cloth on Tomatoes



Multiple Varieties of Swiss Chard



**Paula's
Gardens**



Grapes



Okra



Shade Cloth on Lettuce Over Feedlot Panels

The October 20, 2012 meeting of IOGA took place at Fruit Loop Acres in Indianapolis with 27 members and visitors in attendance. Following the pitch-in luncheon, President Lynne Sullivan began the meeting. She welcomed the many new people. Lynne noted that we had booths at both the [Indy Veg Fest](#) and the [Master Gardener State Conference](#). She had also spoken recently to the Indianapolis Garden Club about fall gardens



A Make Shift Table for the Pitch-In Lunch. Left-to-Right, Ann Leatherman, Lynne Sullivan, Claudia Clark, and Dave Englert

Introductions as well as the Question & Answer (Q&A) session followed the short business meeting. Many had garden problems because of the drought. Some members reported having no green beans. Claudia Clark said others had success by shading the bean plants from the hot sun. Lynne said mulching with leaves, grass clippings, straw or whatever had been especially important this year. Dave Englert said his tomatoes did not produce well, but overall his garden was okay. Jon Thomas said he watered just enough to keep things green. He had lots of volunteer tomatoes, especially cherry tomatoes. It was noted that garlic is easy to grow.

Ron Clark said he had a lot of squash bugs this year. He had good luck catching the bugs under boards so he could destroy them when he turned the board over. Jackie Martin had a large garden, 40' by 150', but deer ate some of her crop. Rosie Bishop is involved with a gardening project with over 2,000 volunteers that was written about in Living Green magazine. She brought purple Swiss Chard seeds to share.

Judy Houser got good tomatoes and eggplant, but many plants were just stunted because of the drought. Karen Nelson's green beans initially died but came back later in the summer after she mulched and then watered heavily once a week. She is trying to educate her neighbors about composting their leaves instead of putting them in plastic bags for trash pickup.

Doug Rohde double digs his garden to alleviate hardpan. Doug planted grain rye as a cover crop this Fall. Doug says that you can buy small quantities of grain rye seed inexpensively at the Habig Garden Centers in the Indianapolis area.

Frank C, a new member, suggested growing plants like collards, broccoli, poppies, and evening primrose that take less water and can survive the winter. He is very careful to use all of his gray water since water management is so important in successful gardening now. Ann Leatherman said she had to haul in a lot of water for her raspberries and four cherry trees. She had good squash, even into September, but no green beans. Another member said cucumber beetles were bad and had found it best to dust the plants. Rosie wanted to know if anyone grows Stevia, the artificial sweetener.

Next, Sue Spicer and Kay Grimm of Fruit Loop Acres told us all about their farm in the city. They use organic products that can be ordered from [Organi-Gro](#), a company located in New Castle, IN. [Seed Amp](#) is a product that maximizes germination and reduces germination time. [Trans Amp](#), used in transplanting, has the ability to keep the water in and to break down compost and the soil. [Soil Amp](#), a concentrate that is added to water, keeps the plants growing well.

Kay then led us on a tour of their farm. They use a permaculture method, which is the interworking together of the environment and the plants- that is, working with nature and not against it. It is a

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Kay Grimm (left) and Sue Spicer (right) of Fruit Loop Acres

closed-loop system, always recycling and reusing what they have on hand. They grow many heirloom plants and a variety of fruits. They sell much of their produce to local restaurants. Their farm was “decorated” with a variety of discarded items found in their neighborhood.

Kay showed us an easily assembled, slow release waterer made out of a two-liter pop bottle and a cone with a pointed end that goes into the soil ([Gardener Supply Co.](#) or [amazon.com](#)).

Kay talked about bioremediation, the growing of certain plants to soak up the lead. Lead in city soils can be a problem. People can get their soil tested for lead at no charge. Raised beds are a good idea if there is a lead problem.

We got to see traps for the Codling Moth made out of a bottle and containing water, vinegar, sugar, and a banana peel. The “mother” inside the traps looked like a mushroom. Insects enter these bottles but can’t go out again.

Kay says that Virginia Creeper is a trap plant for Japanese Beetles.

Kay told us about many of the plants on the farm, which include the following: a very old apple tree that had been grafted, American plum, apricot (30

pounds of apricots from one tree), Elderberry (an indicator shrub or tree for presence of water), Heart Nut, Oriental Bittersweet (no berries), Black Cherry, Witch Hazel (blooms in fall, astringent qualities), American Cranberry, Fragrant Sumac, Barberry, Wormwood, and Banana (a small one in a tub). Of special interest was a large Paulownia tree, a native of China. These trees are endangered and have valuable wood, use in making musical instruments. Kay also showed us how the black raspberries will root when brought down and attached to the ground.

Kay has a gray water system set up from her washing machine. They also have a compostable toilet.

Of great interest, Fruit Loop Acres also has a three-year old American Chestnut tree, which is being carefully nurtured. We even got to try out using a dowsing rod, an old but still reliable way to locate water.

At the end of the meeting we got to meet the two Jacob sheep (an ancient breed), Lily, an eight-month old female, and Twisty, a three-year old, neutered male. Sue and Kay, through the neighborhood association, purchased Lily and Twisty to “mow” the grass in the neighborhood.

We all agreed that our visit to Fruit Loop Acres had been a most interesting and informative experience. *- Margaret Smith, Secretary*



Lily (left) and Twisty (right) Are Two Jacob Sheep Used to “Mow” the Grass in the Neighborhood

The codling moth (*Cydia pomonella*) is a member of the Lepidopteran family Tortricidae. They are known as an agricultural pest, their larva being the common apple worm or maggot. The Codling Moth larva is the infamous "worm in the apple" of cartoon and vernacular fame. The moth also attacks pears, walnuts, and other tree fruits.

The Codling Moth trap is constructed using a 2-liter plastic bottle. Place the following in the bottle: 1) one ripe banana peel (eat the banana), 2) one cup cider vinegar, and 3) one cup sugar. Fill the bottle with water until 80% full. Cover the top the bottle and shake to dissolve the sugar. Hang a few of these traps from the branches of each tree you wish to protect.



Codling Moth Trap Hanging from a Tree

According to Kay Grimm the Codling Moth trap is an effective way to control the Codling Moth.

Also, see Codling Moth Traps.



Kay Grim (right) instructs Ann Leatherman (left) on How to Fill the Codling Moth Trap

LETTERS: Letter from the Cobbs



(Editors' note: Beulah and Clarence Cobb are the only charter members of IOGA still members of IOGA. Beulah attended the first organizational meeting of IOGA in the early 1970s.)

Dear Claudia and Ron,

Thanks for keeping in touch. Gardening is still my #1 love!

The summer of 2012 was confusing at best and the most impossible growing season ever! In September we unplugged our second freezer. It was empty! No apples, no peaches, no corn, no beans, no spinach. Very reduced crops of grapes, tomatoes and cucumbers. I couldn't bear the heat and only worked in the shade.

I experimented with some companion planting. First asparagus, tomatoes and basil together. The basil grew fast, went to seed and died. The tomatoes said "Ho Hum", but the asparagus flourished and kept making new growth all summer. I don't know what that proves.

My cucumbers liked climbing over the raspberry canes and sunflower plants. In the heat the cucumbers seemed to have a better (more intense) flavor than usual.

I planted onions with all my garden vegetables. Also peach trees! The onions seem to keep the squirrels, chipmunks and deer away.

I just kept planting onion sets with lettuce, cucumbers, basil and peppers. I will do this next year and watch the results more closely.

Oh! Next year. We're already planning for next year.

I should mention that Clarence's potatoes, garlic and radishes did well. The endive in his fall garden didn't tempt the deer who ate off all the fall lettuce.

I'm starting to ramble, so time to sigh off.

Our best to you both. *Beulah & Clarence Cobb*

Ask us...!

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Treasurer's Report

4th Quarter 2012

Opening Balance Oct. 1, 2012	\$ 2902.59
Income	
Membership Dues	\$ 32.00
Total	\$ 32.00
Expenses	
Volunteer Lunches	\$ 40.00
Hosting Gratuity	\$ 50.00
Conservation Day 2013	\$ 150.00
Earth Day 2013	\$ 43.00
Total	\$ 283.00
Closing Balance Dec. 31, 2012	\$ 2651.59

Respectfully submitted by Ron Clark, Treasurer

Frank C, Indianapolis, IN 46218
Geraldine Daniel, Indianapolis, IN 46208

Welkom

Mark your calendar

IOGA generally meets quarterly on the third Saturday of the month. Mark your calendar for upcoming meetings.

January 19, 2013
April 20, 2013
(Plant Auction)
July 20, 2013
October 19, 2013



Dues are \$10.00 per individual member, and \$12.00 for a dual membership (same address, one newsletter).

To join, please send your annual dues to:

Please include ALL of the following information:

I prefer my newsletter to be ___ emailed ___ mailed.



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