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### 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.

## President's Message

Hi Gardeners,

I hope your garden is off to a good start. I planned a lot and got behind in May. I was gone camping and fishing at Brookville two days each week. Just my luck that May is a really big month for fishing and the garden.

The 90-degree heatwave warmed the soil a lot. It's full-on summer now. That really woke up my tomato plants. The early ones (Manitoba) are bushy and loaded with fruit. Could have ripe tomatoes soon!

I'm planting more wildflowers this week in the front yard. I have a plot about 25 ft by 30 ft to work with. I did 3 plots last summer. I'm all in on natural and pollinators.

If you're like me, there's more veggies to plant. I always plan a little too much. Don't give up just because spring is gone. July is the month to start some fall crops.

I'm starting cabbage soon for fall. And I plant carrots and even a second planting of potatoes in late July. Yukon Gold and white potatoes both do well. A little shade can help, or row cover, even for the cool weather crops.

We had our first pot of pole green beans last week. And also some nice green cabbage heads a couple of weeks ago. The red cabbage is about ready now.



**Steve Beers**



May Wildflowers



This weeks view dominated by black eyed susan.

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I now wish I planned a longer row of pole beans so I could share some. Also I have extra Brussel sprout plants I can give away at the meeting.

I'm rambling on now, but I hope to see you all at our July meeting. Meet like-minded folks, share ideas, and encourage each other.

See you there,  
Steve Beers

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### **Native Flowers Attracting and Pollinated by Butterflies**

Asters  
Blazing Stars  
Cherry and Plum trees  
Coneflowers  
Goldenrods  
Ironweeds  
Joe Pye Weeds  
Milkweeds  
New Jersey Tea  
Prairie Clovers  
Sunflowers



### **Native Flowers Pollinated by Native Bees**

Asters  
Beardtongues  
Bee Balms, Bergamots  
Blazing Stars  
Giant Hyssops  
Goldenrods  
Lupines  
Milkweeds  
Onions, Garlics, Ramps  
Prairie Clovers  
Sunflowers

### **Native Flowers Pollinated by Honey Bees**

Anise Hyssop  
Asters  
Buckwheats  
Coneflowers  
Culver's Roots  
Fireweed  
Goldenrods  
Ironweeds  
Joe Pye Weeds  
Sumacs

Quite a few same flowers in each list for great garden pollination.

Doug Rohde

# IOGA Meeting Minutes

## April 20, 2024

The April meeting was held at Cool Creek Nature Center. Members arrived early to get their donations onto the tables. Suellen Medley donated 6 crates of gardening books for the sale. Attendance was very good

Starting at 11:00, people lined up to enjoy the pitch-in lunch. Following this, the plant auction began with Tammy as auctioneer. Bidding was lively, especially for the fig trees and currants.



### Upcoming Meetings

IOGA generally meets quarterly on the third Saturday of the month.

Mark your calendar for upcoming meetings.

July 20, 2024  
October 19, 2024



## Your “Microherd”

Soil isn't an inanimate substance that supports plant roots; it's actually a complex community of living things that successful gardeners actively cultivate. Organisms in the soil - its microherd - break down compost and other organic matter slowly, releasing nutrients to plants. They're the basis for the process that organic gardeners swear by: “Feed the soil, and let the soil feed the plants.” Earthworms are one component of a soil's microherd, but it contains many other organisms, including insects, bacteria, fungi, and other microscopic organisms, both good and bad. Gardeners care for soil and its microherd by adding compost, manure, and other organic matter. A large, active microherd speeds the breakdown of organic matter and also helps decrease problems with plant diseases and pests. The more organic matter a soil contains - and the more different types of organic materials you add to your soil - the larger and more active its microherd will be. And the more active the microherd, the more nutrients there are that are available to plants.

Soils rich in organic matter have good tilth, meaning that they have a loose, crumbly structure and are easy to dig or work. (The microherd helps form this crumbly structure that's so desired by gardeners.) Ideal planting soils drain well, because they have plenty of large spaces, or pores, that hold air that plant roots need to grow (a big difference from heavy clay soils). Organic matter - especially humus, the end product of the decomposition of compost and other organic matter - also holds moisture in the soil, which is essential to plants as well as for the microherd.

So a microherd is made up with plant roots, nitrogen-fixing bacteria in root nodules, other bacteria, insects, molds, grubs, nematodes, fungi and earthworms.

“Feed the soil.

Doug Rohde

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## Hardening Off Plants

Seedlings that have been protected indoors aren't ready for the rigors of the garden just because the last frost date has passed. Drying winds, intense sun (always my problem), variations in soil moisture, and other extreme conditions cause a condition called transplant shock, which leads to wilted even dead seedlings. Before you move homegrown veggies or purchased transplants to the garden, be sure to harden them off by gradually exposing them to the outdoors. Hardening off helps toughen plants so they can handle the vagaries of weather conditions outdoors. Set the seedlings outdoors in the following sequence:

Day 1. In a spot with bright light, but not direct sun, for an hour or so.

Day 2. In the same spot for about 3 hours.

Day 3. In a partly sunny spot for about 5 hours.

Day 4. In a partly sunny spot for the day.

Day 5. In the morning and leave them out for the day and overnight.

Protect your seedlings from animal pests (squirrels, chipmunks, and especially Robins) throughout this process. When they're fully hardened, transplant, ideally on a day when the weather is cloudy, overcast or even rainy.

Doug Rohde



## Peas Again



Letters from  
Paul Matzek

Pea season will probably be past by the time you read this, but right now I'm deep in pea pickin' mode. Several years ago, I wrote extolling the virtues of Miragreen peas. Since that time I had been unable to find those seeds untreated (no, I don't want to kill my soil fungus) so I have been planting Emerald Archer peas. Like Miragreens, they are a good producer with pods containing ten, sometimes eleven peas, and occasionally, the nirvana of an even dozen.

This year I looked in the right place. I found Miragreens, untreated, at Johnnys Seeds. I planted some of each, side by side, in mid-March. As the vines matured, they brought back why I like Miragreens best.

The Archers produce a short vine, twelve to sixteen inches tall, with curly, kinky masses of tough, tangled, tendrils. Picking them requires crawling on all fours unless you are into a lot of bending over exercises. Pea vine salad is next best to fresh peas, but munching a mass of those tendrils is like chewing a mouthful of tough daddy long leg spiders

Miragreens, on the other hand, produce a vine 48 inches or more high. They put their energy into peas, wasting only enough energy on tendrils to keep them on the trellis. The leaves make a delightful salad. They also produce longer. When the Archers were done, I hoed and mulched, then planted onion plants, hoping to get some bulbs that will last longer in the winter than the main harvest. Two weeks later I picked the last of the Miragreens. I say Miragreens are really stand-up peas, because you can pick them standing up.

## Corn Ear Worms

A timely reminder for those who have problems with corn ear worms.

Last year, after six years of having a worm in every ear, once silks started showing, I put dill and garlic in a blender with water, then strained, diluted, and sprayed the stinking juice on my sweet corn. I sprayed twice a week, and after a rain, especially the silks but the foliage too. The longer it sat in the sprayer, the smellier it got, but it was effective. I had not one ear worm

## Huckleberries

Here is an update on the garden huckleberries experiment. They have set fruit and some berries are starting to ripen.



# Seed Saving

Seed saving is fun and easy to do-and it's free. Seeds from almost all of your garden plants can be saved-flowers as well as vegetables.

Seeds from flowers can be collected in the fall, when the seed heads are dry, either before or after the first frost. I do most of my seed collecting in early November. I have very good luck with zinnias, marigolds, cleome, celosia, and sunflowers, among others. Several years ago I planted morning glories, and they have reseeded every year since. They can be difficult to get rid of, so be careful about planting them in the first place.

I simply cut off the seed heads, place them on a sheet of newspaper, and then fold and staple it shut, forming a packet with the seeds inside. Then label, date, and store in a box on a dry shelf with some desiccant packets, such as come with various products, thrown in.

Then in late May plant the seeds fairly thickly in the garden, lightly covered with good soil or compost, and water well. Germination should take place in a few days. You can thin out the seedlings or transplant some of them to an area where germination was poor.

Vegetable seeds such as tomato, pepper, squash, beans, and cucumbers can be collected over the summer as the produce is used. The seeds should be rinsed thoroughly, carefully removing any fibrous tissue, and then spread out on a sheet of wax paper to dry completely, which could take up to a week.

However, bean seeds can be collected in the fall after the pods have dried and stored in junk mail envelopes-good recycling. Likewise, lettuce seeds can be collected directly from plants that have been allowed to bolt and stored in an envelope. Then the seeds that were dried on wax paper can be stored in newspaper packets like the flowers and stored with them. The seeds in envelopes can go into the box too.

You may want to check the box periodically over the winter to see that the seeds are dry and without mold. I have never had a problem with it. Then you can look forward to planting your saved seeds in the spring with excellent results.

Margaret Smith



**New IOGA Member**

 **Welkom**

Jo Levine

## Ask us...!

President – Steve Beers  
(317) 361-6783  
[sbeers46160@gmail.com](mailto:sbeers46160@gmail.com)



VP/Programs – Tamara Shockley  
(317) 437-3767  
[tamarashockley@att.net](mailto:tamarashockley@att.net)

Secretary – Ann Leatherman  
(317) 253-9490  
[plantmom45@aol.com](mailto:plantmom45@aol.com)

Treasurer – Larry Bills  
(765) 963-2947  
[lbillsioga@gmail.com](mailto:lbillsioga@gmail.com)

Editor – Judy Houser  
(317) 243-6671  
[ioga.newsletter@gmail.com](mailto:ioga.newsletter@gmail.com)

## Treasurer's Report 2nd Quarter 2024

Opening Balance April 1, 2024      \$4,834.06

<b>Income</b>	
Dues, plant and book sale	506.50
<b>Total</b>	<b>\$506.50</b>

<b>Expenses</b>	
Newsletter	91.21
WEB plan	239.99
<b>Total</b>	<b>\$331.20</b>

Closing Balance June 30, 2024      \$5,009.36

*Respectfully submitted by Larry Bills, Treasurer*

## How do I join IOGA?

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

To join, make your check out to Indiana Organic Growers Association and mail to:

I.O.G.A.  
7159 W 200 N  
Tipton, IN 46072-8637



Please include ALL of the following information:

Full Name \_\_\_\_\_

2nd Name (if dual membership) \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

I prefer my newsletter to be  e-mailed  mailed.

IOGA  
Meeting  
Sat. July 20  
11:00

**Christian Park Community Center**  
4200 English Ave., Indianapolis, IN ([Map](#))

11:00—12:00 Pitch-in Lunch, Meeting  
12:00— Carpool to The Hippie Hole to learn about growing mushrooms.

**Lunch:** Bring a favorite dish filled with food ("home-made" and/or "organic" appreciated) to share and your plate, fork, and drink. Kitchen facilities will be available.

**Program:** Following lunch, we will carpool to The Hippie Hole, an established food forest, at 6056 Ivanhoe St., on the edge of Irvington. There, Hannah Messer will lead us on a walk around the food forest and discuss different ways to grow mushrooms. After this, everyone is invited to visit Tammy's garden (5 minutes away).

**Directions:** Christian Park is located on the east side of Indianapolis. It is south of Washington St. and east of Sherman Dr.. For more information, click on MAP above.

Everyone welcome. Questions call Tamara Shockley at 317-437-3767.

.Remember to carpool, if possible.

Join us and bring a friend!



Hoosier Organic Gardener  
Judith Houser editor  
4654 Tempe Ct.  
Indianapolis, IN 46241