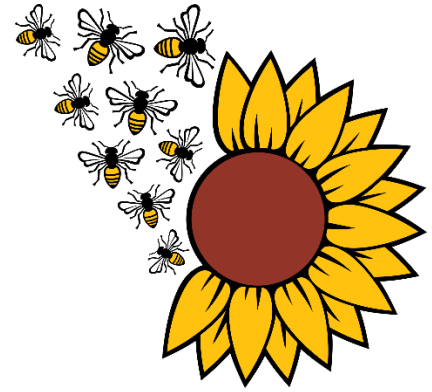


*NoAH
The Dirt
Newsletter
August 2025*



The Purpose of NoAH is to:

- Promote all aspects of the growing of plants
- Provide education to our members and the public
- Community service
- Encourage the enjoyment of horticulture

NoAH membership is open to all who are interested in gardening.

**Don't miss the August meeting touring The Hunger Free Garden at 5400
US-83, Minot.**

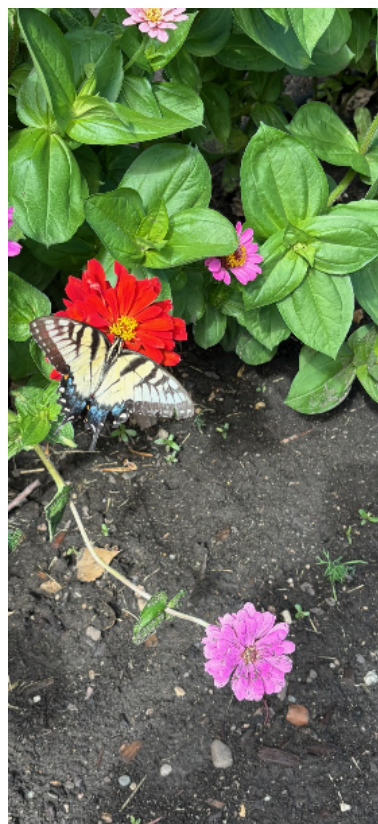
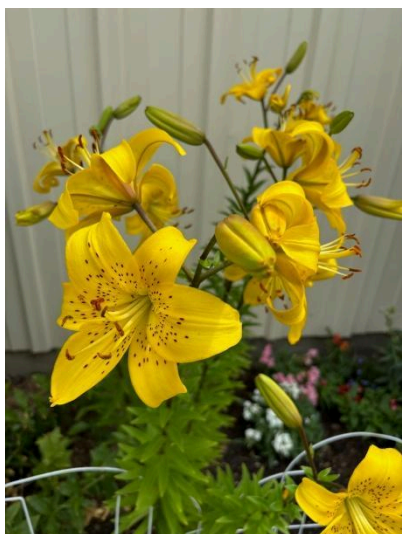
We hope to see you all there!

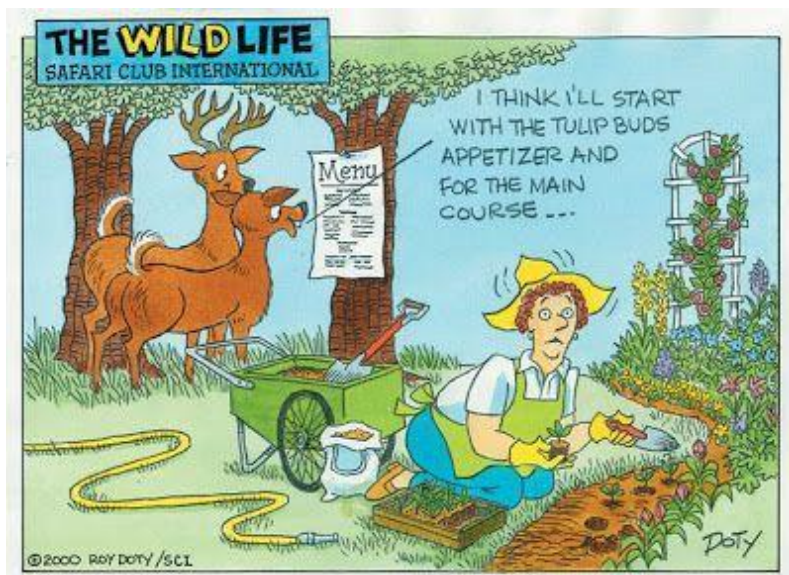
No minutes for the July meeting.





from the garden of Dennis &
Lois Schott
Butte, ND





Oh Deer!!!

As cute as fawns may be, and the thrill of seeing its mama or papa, these lovely critters can wreak havoc on our lawns, trees, and gardens! We're looking for YOUR solutions and hints or deer control for September's newsletter. Please send your stories and pictures to nancyfry227@gmail.com and help us all out in the Venison War!

10 Scents That Deer Absolutely Hate

Mint

Blood Meal

Garlic

Human hair

Irish Spring soap

Hot peppers

Eucalyptus

Lavender

Predator Urine

Fennel

Plant Joy

Mary Janik-USA Today Network Florida

Count the ways plants provide surprising health benefits.

Air quality:

Some of the most famous research on the benefits of indoor plants was conducted in 1989 by NASA in conjunction with the Associated Landscape Contractors of America. The NASA Clean Air Study examined whether plants could be beneficial to air quality in space stations.

The results suggested that plants like the variegated spider plants, dracaena, ficus, and peace lily were among the most successful in absorbing carbon dioxide and removing volatile organic compounds, or VOCs, like benzene and formaldehyde in closed settings. This process became known as phytoremediation.

A summary of numerous intervening studies regarding indoor plant effects on air quality was published in 2020 by the Journal of Exposure Science and Environmental Epidemiology. It confirmed that indoor plants, their soil, and soil microorganisms do absorb VOCs, but more studies were needed to identify how variables interact before findings can be applied in office and home environments. For example, in 2023, an article published by the Penn State Extension Office cited a study that suggested it would take approximately 680 plants in a 1,500 square-foot house to achieve the same



airflow effects as opening a few windows. So, while plants do help clean the air, how to most effectively and efficiently harness this capability remains unclear.

Cognitive and psychological benefits:

While more studies are needed to determine how efficient plants are at cleaning indoor air, research consistently finds that proximity to plants helps us think better and feel better, psychologically. An article in the International Journal of Wellbeing described three theories:

The **biophilia hypothesis** argues, “Since our ancestors evolved in wild settings and relied on the environment for survival, we have an innate drive to connect with nature.” That drive is harnessed by horticultural therapy, which has been used for centuries to increase feelings of well-being among those with psychological distress, dementia, and other conditions. Medical clinics in Manchester, England, have gone so far as to ‘prescribe’ potted plants for patients with depression and anxiety. It’s been shown that soils often contain microbacteria that work much like antidepressants in elevating mood.

The **stress reduction hypothesis** posits that spending time in nature triggers a physiological response that lowers stress levels. Jenny Seham, from Montefiore Health System in the Bronx, states that plants lower the stress hormone cortisol. Reduced cortisol levels result in less fatigue, less irritability, and lowered blood pressure.

The third theory, the **attention restoration hypothesis**, claims nature essentially jump-starts our cognitive resources, aiding in our ability to concentrate and pay attention.

Texas A&M showed that working and studying around plants improved quality and accuracy. Similarly, the University of Michigan found that mental activities in the presence of plants improved concentration, memory and productivity, with memory improving by 20%. A 2007 study found that when plants were in their work spaces, people took fewer sick days and were more productive.

Get well soon:

Who hasn’t sent flowers or a plant to someone recovering from an illness, hoping to brighten their spirits? They might also help the patient’s physical recovery.

In preparation for a Plants for People conference in 2002, Roger Ulrich reviewed multiple research studies on the influence of gardens and plants in health care settings. He found that not only do greenery and even pictures of greenery reduce patient stress levels, but plants can also be beneficial in reducing the amount of pain medication needed, speeding recovery time, and bolstering overall feeling of well-being and satisfaction with the care provided. Even staff job satisfaction and retention benefited from proximity to plants in hospital gardens.

Better Sleep:

Plants release oxygen during the day. With decreased light levels after nightfall, photosynthesis tops, and instead of releasing oxygen, plants release carbon dioxide.

So, if you want a better night's sleep, keep orchids, succulents, or bromeliads near your bed, because they still emit oxygen with diminished light levels. This increase in oxygen might help you fall asleep faster and have better sleep overall.

Getting started:

So, research confirms that indoor plants have psychological and physical benefits, and you like the look of them. If you're looking for inspiration, an internet search can help you find ways to use plants in your decor. My search found MasterClass, which offers a course on how to display plants in your space. For example, small rootless air plants that absorb moisture from the air can be displayed in wire frames, glass planters and ceramic sculptures on wall shelves. A terrarium on a bookcase or end table creates a mini-indoor garden. A plant on the dining table can add a bit of life to your meals. Of course, hanging planters are a classic way to incorporate plants into your room without taking up floor space. If floor space isn't an issue, large potted plants and small trees really bring nature indoors.

How many is enough? Seham advises starting with one or two live plants in your indoor environment if this is new to you. Getting too many all at once and being unfamiliar with their care can create stress rather than decrease it. In her experience, "Just one plant can make a difference; it can engage you by its smell or color, creating a positive mood response with every interaction."

Another caveat: Be sure to avoid plants that are on the invasive species list, even if they'll be kept indoors. Help identifying invasive species can be found on the University of Florida Institute of Food and Agricultural Sciences Center for Aquatic and Invasive Plants website (plant-directory.ifas.ufl.edu)

If you have young children and pets, care in houseplant selection may be warranted. The ASPCA and National Poison Control Center maintain lists of plants that may be harmful to humans and pets. Remember, just because it's for sale someplace doesn't mean it's safe for your particular pet and human family members.

So it turns out Mom and Junior are both right: You don't have to eat plants for them to be good for you!

Mary Janik is a Master Gardener Volunteer with the University of Florida Institute of Food & Agricultural Sciences Leon County Extension.



13 Vegetables That Won't Die If You Forget to Water Them

©13-vegetables-that-wont-die-if-you-forget-to-water-them

Life gets busy—and sometimes, watering the garden slips your mind. The good news? Some vegetables are surprisingly tough and drought-tolerant, able to keep growing even if you miss a day (or three) with the hose. These 13 resilient crops are ideal for low-maintenance gardens, vacation times, or anyone dealing with hot, dry conditions. From zucchini and okra to Swiss chard and eggplant, they're built to survive—and even thrive—with minimal watering. In this article, you'll discover which vegetables are the most forgiving when water is scarce, plus simple tips to help them perform their best with less effort and stress.

Swiss Chard © jmjgrows

Bright, crunchy, and packed with nutrients, Swiss Chard is a gardener's ally against forgetfulness. Known for its vibrant stems, this leafy green can withstand dry spells thanks to its deep root system. Even when you neglect the watering can, it continues to produce its colorful bounty. Often found in Mediterranean cuisines, it's not just hardy but also versatile. Plant it in a spot that gets partial sunlight, and watch it thrive with minimal care. Whether in pots or garden beds, it's adaptable, making it an excellent choice for those with a hectic schedule.

*** (50-70 days to maturity)



it

Kale © cultivatethecity

Kale, the superfood that's as tough as it is nutritious, thrives under less-than-ideal conditions. This hearty green doesn't demand constant attention, allowing gardeners to take a relaxed approach. Its tough leaves indicate its resilience, flourishing even when other plants might wither. Incorporate it into smoothies or salads; its health benefits are as robust as its growth. With a history rooted in ancient Rome, kale is more than just a modern trend. It's a testament to endurance and adaptability, making it a must-have for any low-maintenance garden.

*** (50-70 days to maturity)



Zucchini © organic_garden_patch

Zucchini is known not just for its culinary versatility but also for its resilience in the garden. This squash variety can tolerate dry conditions once established. Its sprawling vines and prolific fruiting mean you'll have a bountiful harvest even if watering isn't consistent. Perfect for baking, grilling, or spiralizing, zucchini brings both flavor and nutrition. Its ability to thrive with minimal water makes it an ideal plant for busy gardeners. Just give it some space to sprawl, and it will reward you with plenty of courgettes throughout the season.

*** (50-60 days to maturity)



Eggplant © fansinthegarden

Eggplants, with their glossy, purple skins, are not just visually striking; they are also impressively drought-tolerant once mature. This Mediterranean staple can endure dry periods, making it a favorite among gardeners in warmer climates. Whether grilled, baked, or roasted, eggplants add a rich, earthy flavor to dishes. Despite their exotic appearance, they're surprisingly easy to grow. Provide them with ample sunlight and well-drained soil, and they'll flourish even if watering is sporadic. Their resilience in harsh conditions makes them a garden favorite.

*** (100-120 days to maturity)



Okra © the_hokestead

Okra might be best known for its role in Southern cuisine, but its ability to withstand drought is equally impressive. Once established, this plant thrives in hot, dry conditions, producing pods steadily throughout the growing season. Its unique texture and flavor make it a versatile addition to stews and fried dishes. Known as "ladies' fingers" in some parts of the world, okra is both prolific and undemanding. Plant it in full sun, and even if you miss a watering session or two, it will continue to grow, making it perfect for forgetful gardeners.

*** (50-65 days to maturity)



Tomatoes © urbanfarmstead

Tomatoes are not typically considered drought-tolerant, but once their root systems are established, they can withstand dry spells. Their robust nature allows them to thrive with irregular watering. Known for their sweet, tangy flavors, tomatoes are a staple in kitchens worldwide. Whether you're making sauces, salads, or just snacking, they offer versatility and nutrition. To maximize their yield, plant them in well-draining soil and give them plenty of sunlight. With a bit of initial care, they become relatively self-sufficient, making them a favorite among busy gardeners.

*****(60-100 days to maturity)**



Carrots © ufifas_hillsboroughcounty

Carrots, with their sweet crunch, are surprisingly hardy. Once the seedlings establish, they require little more than sunlight and occasional watering. Their taproots dig deep into the soil, accessing moisture long after the surface dries out. This makes them perfect for gardeners prone to forgetting regular watering. Enjoy them raw, roasted, or in hearty soups. Their vibrant color and nutritional benefits are matched by their resilience. Plant them in loose, well-drained soil, and they'll reward you with a plentiful harvest despite sporadic care.

*****(50-120 days to maturity, 30 days for baby carrots)**



Peppers © pepperjoes

Peppers, whether sweet or hot, are garden champions with their ability to endure less frequent watering. Once mature, they thrive in sunny, dry conditions, adding color and spice to your garden and kitchen. From salads to salsas, peppers offer a burst of flavor and nutrition. Their thick skins and sturdy plants reflect their resilience, making them ideal for those who might not have time for daily garden upkeep. Plant them in well-drained soil, and enjoy a prolific harvest that requires minimal fuss.

*****(sweet 60-90 days to maturity; hot up to 150 days)**



Rhubarb © herb.and.honey.erie

Rhubarb, with its tart, crimson stalks, is more than just a pie ingredient. It's a perennial favorite that requires little attention once established. Known for its impressive tolerance to dry conditions, rhubarb thrives in well-drained soil with partial shade. Its large, fan-like leaves shade the soil, helping to retain moisture. While typically associated with desserts, rhubarb also lends a tangy twist to savory dishes. Its low-maintenance nature and unique flavor profile make it a standout choice for any gardener looking to add something different to their plot.



***(perennial; 2-3 years to maturity, harvest only until July 1st)

Beets © claybottomfarm

Beets are as versatile in the kitchen as they are resilient in the garden. Their deep roots allow them to access water even when the topsoil dries out, making them perfect for neglectful gardeners. Enjoyed roasted, pickled, or raw, beets offer a sweet, earthy flavor that complements many dishes. Their vibrant colors are a visual delight, adding aesthetic appeal to any garden. Plant them in full sun, and they'll reward you with an abundant harvest, thriving even when left to fend for themselves during dry spells.



***(50-70 days to maturity)

Artichokes © jaimelynnruiz

Artichokes, with their prehistoric appearance, are surprisingly drought-tolerant. Native to the Mediterranean, they're accustomed to dry climates and can thrive with minimal water once established. Known for their meaty leaves and delectable hearts, artichokes bring gourmet flair to any meal. Their striking foliage adds visual interest to the garden too. Provide them with a sunny spot and well-drained soil, and they'll grow reliably, even in less-than-ideal watering conditions. Their robust nature and unique flavor make them a worthwhile addition for any garden enthusiast.



***(85-150 days to maturity)

Radishes © rosecreekfarms

Radishes are quick growers and can tolerate dry conditions once their roots take hold. Known for their peppery punch, they're a delightful addition to salads and snacks. Their rapid growth cycle makes them an excellent choice for those looking to see quick results without much effort. Plant them in well-drained soil, and they'll thrive with little attention. This makes radishes perfect for those new to gardening or with limited time. Their ability to grow in various conditions and their crisp, refreshing taste make them a garden staple.

*** (20-30 days to maturity)



Parsnips © man.in.overalls

Parsnips, often overshadowed by carrots, offer a sweet, nutty flavor and remarkable drought resistance. Their long roots burrow deep, tapping into moisture reserves that other plants might miss. This resilience makes them perfect for gardens where watering can be inconsistent. Enjoy them roasted or mashed, parsnips bring a warm, comforting taste to meals. Plant them early in the season, and let them grow with minimal intervention. Their robustness and delightful flavor ensure they stand out, making them an excellent choice for any low-maintenance garden.

*** (100-130 days to maturity)



*** time to maturity researched by Google search and added to articles

Can You Grow a Vegetable Garden in the Shade?

These 10 Veggies Are Your Best Bets

Gardeners know there's never enough room in the garden! So, sometimes we try to squeeze plants into areas where they won't naturally thrive—like maybe that shady area over by the garage. Unfortunately, that can be a waste of time and money because many popular vegetables, such as [tomatoes](#), peppers, and eggplants, love, love, love the sun and won't perform well at all in shade conditions.

Are there any veggies that produce in shade? “The bottom line is that most vegetables don't like shade,” says Gary Pilarchik, of [The Rusted Garden](#), and author of [The Modern Homestead Garden](#). “Vegetables want to see and feel the sun, and sunlight isn't the same thing as ‘brightness.’ Full sun means 6 or more hours of sun directly touching the plant.”



What are the different kinds of shade?

If you're not sure how much sun an area gets, watch it for a few days. Take note of when the sun is shining directly on the ground where you intend to plant. You can grow some veggies in part shade/part sun (which are terms that are used interchangeably), which is considered 4 to 6 hours of direct sunlight per day, says Pilarchik.

Aim for the spot in your yard that gets the most direct sunlight possible: Ideally, a good, solid 6 hours because growth will be slow and iffy with only 4 hours. It's also important to consider the time of day when the area is receiving the sunlight. The most potent sunlight is when it's shining directly on the garden bed between noon and 6 pm, which will be more beneficial than a garden that gets only the mild morning sunlight from 6 am to noon.

For those of us not blessed with at least *part sun*, so sorry! Absolutely no vegetable will grow in full shade (no direct sunlight at all). However, an alternative is to plant in [raised beds or containers](#) that can be placed somewhere else sunny in your garden, such as at the end of a driveway or even in your front yard.

Should I underwater vegetables that are not growing in full sun?

This is a misconception because “underwatering” isn't going to benefit your plants. “You want to keep the plants moist, not sopping wet, but that has to do with watering frequency,” says Pilarchik. “Water to keep that level of moisture, but don't let water pool on the surface. If you've got water that's not draining away, you need to add compost to improve and loosen the soil.”

Should I use a special soil for vegetables grown in the shade?

It's not necessary to use any special soil for veggies grown in shade. A mix of 50 percent peat moss, coco coir, or compost and your garden's soil is fine, or use a bagged potting mix with a good ratio of peat or other lightweight materials, says Pilarchik.

Also, do not mulch shade garden vegetable beds because it will keep the soil cooler, and you actually want the sun that you do have to warm the soil up.

Ahead, these are your best bets, according to Pilarchik, if you need to grow veggies in the shade:



1) Lettuce ©Cavan Images - Getty Images

Leaf lettuce is one of the easiest vegetables to grow, and it tolerates cool weather so planting it in a shade garden actually may help it last longer as summer ramps up. It grows fast, too, so you can harvest baby lettuce leaves in as little as a month with some varieties. It has shallow roots, so it can even be grown in window boxes.

Varieties: Oak leaf, Romaine, Mesclun mixes



2) Spinach ©SylvieBouchard - Getty Images

Spinach is another crop that does fine in shade. Shade will keep it cool so that it doesn't bolt, or go to seed, quite as quickly as it would in full sun.

Varieties: Giant Noble, Bloomsdale Long-standing



3) Kale ©RifatHasina - Getty Images

Kale is a tough plant that doesn't mind staying on the cool side. Opt for leafier types, which are quicker to harvest time. You can plant a second crop in mid-summer, too, for fall harvests.

Varieties: Red Russian, Dwarf Blue Curled

4)



Arugula ©saraTM – Getty Images

Arugula adds a spicy snap to salads and pasta dishes, so succession plant this cool-weather lover and enjoy it well into early summer. Like many other leafy greens, it has shallow roots so it can even be grown in window boxes.

Varieties: Rocket, Astro

5)



Cilantro ©2ndLookGraphics – Getty Images

Cilantro absolutely hates the heat and bolts quickly, so planting this popular herb in shade is a great way to make the most of your unused garden bed spaces. The pretty, lacy flowers attract pollinators, too, and you can harvest the pods (coriander) when it goes to seed.

Varieties: Calypso

in



6) Bok Choy ©CreativeFire – Getty Images

Bok choy bolts fast in the heat, so it tends to do better in a shady location. Opt for quick-growing varieties that are ready in about 40 days.

Varieties: Little Shanghai, Shikibu

7)



Collard Greens ©Photo by Cathy Scola – Getty Images

Collards are sturdy crops that are equally delish in salads or when cooked down in soups and stews. Choose a variety that's slow to bolt, or go to seed.

Varieties: Flash, Georgia Southern

8)



Swiss Chard ©Jacky Parker Photography

The beautiful colorful stems of this plant make it a delight! Swiss chard does better in sun, but it will tolerate shade, though it grows more slowly.

Varieties: Bright Lights



9) Bunching Onions ©Tina Terras & Michael Walter - Getty Images

Bunching onions, or scallions, are a great crop for the edges of shady beds. They'll be ready in 50 to 65 days, depending on the variety.


Varieties: Dash, Yago



10) Parsley ©Fernando Trabanco Fotografía - Getty Images

Parsley is another herb that doesn't like the heat of summer. Keep this plant in a shade garden for summer-long harvests.

Varieties: Curly, Italian



Minot NoAH
Gardening Club

**SAVE THE
DATE**

**GARDENING
SATURDAY
2026**

Saturday, April 18, 2026
Minot Area Workforce Academy
2100 21st Ave NW
Minot, ND 58702
Additional information to follow