

Horticulture

Newsletter

July / August 2023

Volume 1, Issue 4

Cooperative Extension Service

Campbell County

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CAMPBELL COUNTY COOPERATIVE EXTENSION SERVICE

OPEN HOUSE & COMMUNITY CELEBRATION

SEPTEMBER 9, 2023

10:00 AM - 2:00 PM






SAVE THE DATE!

For more information contact: 859-572-2600 | e-mail: campbell.ext@uky.edu
3500 Alexandria Pike | Highland Heights, KY 41076

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Come join us for our Annual Community Celebration here at the Extension Office on **Saturday, September 9th from 10-2**. We want to share with our communities all of the programs and educational opportunities that we have here at extension for everyone. We will have 4-H farm animals to show, dog yoga in the garden, music, hands on activities and much, much more. We look forward to having you join our FREE event.



From the Garden



Visit Lakeside Commons Educational Gardens
 3500 Alexandria Pike
 Highland Heights, KY 41076

Summer has arrived and our garden volunteers have been busy. We have planted over 2,000 summer flowering plants. In an effort to grow organically, we attempt to select plants that have good disease resistance and require little to no fertilization. We also select low maintenance plants that do not require cutting back or staking.



If you visit the pollinator garden, you will see a variety of annuals and perennial flowering plants. This ensures a steady supply of flowers throughout the season. Zahara Zinnias are used as annual bedding plants due to their compact habit and resistance to powdery

mildew disease. We also have a variety of taller zinnias. These are great for cut flowers. We always see a large variety of pollinators visiting them.

We have already seen several species of butterflies at our Monarch Waystation.



Red Admirals, Silver-Spotted Skippers, Swallowtails and Monarchs have been regular visitors. We have a variety of milkweed planted in this garden. While monarch adults will visit a variety of plants for nectar, the caterpillar feeds only on milkweed plants.

You may be surprised to see plants such as fennel, dill, and parsley in our butterfly garden. While we enjoy eating these herbs, the black swallowtail caterpillar also likes to feast on them.



We do have some unwanted visitors in the garden. Aphids are a huge pest in the garden.

They feed on the sap of the plant and weaken it. The large populations can be hard to control. We will be releasing beneficial insects for control of aphids.

We also have a collection of plants native to the eastern United States. Our spring ephemeral plants are now resting for the summer. Our coneflower, wild quinine,



hypericum, rattlesnake master and others are in full bloom.

Plans for the renovation of our vegetable garden are progressing. Please excuse our mess. We hope to begin construction this summer.

If the sun and heat of summer is too much for you, remember we have plenty of shady areas to enjoy. We have

approximately 100 different hosta in our collection.



The Lakeside Educational Garden is located behind the Campbell County Cooperative Extension Service. The garden is open 365 days a year from dawn to dusk.

Master Gardener News...



Welcome New Master Gardeners!

Congratulations to the NKY Master Gardener class of 2023!

If you are interested in becoming a Northern Kentucky Master Gardener, the next class will be held at the Boone County Cooperative Extension Service. Class training will begin December 7, 2023 and finish April 4, 2024. For more information, contact Boone County at (859) 586-6101.

- Annette Boehm
- Ann Carneal
- Tim Cooper
- Christina Garvey
- Jennifer Dean
- Frances Gonzalez
- Sara Howery
- Marty Jennings
- Jorja Kremer
- Meredith Leary
- Amanda Locher
- Mark Long
- Bob McKenney
- Patricia Metzger
- Teri Schroder
- Don Spaulding
- Jan Tiefermann
- Diane Wisniewski
- Tamra Womble
- Lile Cremeans
- Anita D'Souza
- Karen Lutes
- Laila El-Amin
- Nancy Zink
- Gayle Aytes
- Melba Bjornson
- David Carter
- Christina Ellzey
- Barbara E Keeling
- Kim Leavens
- Eileen Schilling
- Chris Schilling
- Maribeth Snyder
- Jean Warken
- Joellen Mitchell
- Anita Vaske
- Ray Wash

To achieve certification, graduates completed an intensive 15-week training course and volunteered at least 40 hours of service to a non-profit organization.

CAMPBELL COUNTY FARMERS MARKET 2023

Large variety of home grown produce, breads, honey and other KY Proud commodities. For more information, call 859-572-2600.

Highland Heights*— Tuesdays
Senior Citizens Activity Center
3504 Alexandria Pike
May 16 thru October 24
3:00 p.m. to 6:00 p.m.

Fort Thomas— Wednesdays**
Mess Hall in Tower Park
801 Cochran Avenue
April 12 thru December 13 (no market on 11/22/2023)
3:00 p.m. to 6:00 p.m.
Hours extend to 7:00 p.m. June-September
(Senior shopping begins at 2:45 p.m.)

Alexandria*— Fridays
Southern Lanes Sports Center
7634 Alexandria Pike
May 19 thru October 27
3:00 p.m. to 6:00 p.m.

Newport*— Saturdays
Next to Pepper Pod Restaurant
709 Monmouth Street
May 20 thru October 28
9:00 a.m. to 12 noon

* Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program
** Accepts SNAP only
Supplemental Nutrition Assistance Program

University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

GARDEN CALENDAR: JULY-AUGUST

General

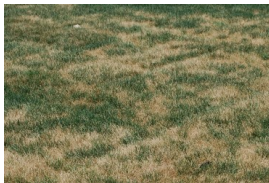
- Most landscape plants require 1" of rainfall every 7 days. If rainfall has not been adequate, supplement watering. A rain gauge is a handy tool to track rainfall in your yard.

Lawns



- White grub damage becomes evident in August and September. Curative grub controls should be applied early to mid-August. To learn more, visit <https://entomology.ca.uky.edu/ent10>

- Kentucky Bluegrass is susceptible to Summer Patch Disease. Circular or crescent dead spots appear in late July-August. More information is available at <http://plantpathology.ca.uky.edu/files/ppfs-or-t-06.pdf>



- Brown Patch disease infects all species of turf in Kentucky but tall fescue and perennial ryegrass are most susceptible. This disease occurs in hot, humid weather. Look for tan lesions with a dark border. To learn ways to control brown patch, visit <http://plantpathology.ca.uky.edu/files/ppfs-or-t-12.pdf>

Flowers

- Annual flowers such as tall zinnias, cosmos, marigolds, bedding geraniums, and petunia benefit from removing spent flowers or deadheading. If spent blooms are not removed, these plants use their energy to produce seeds and not new flowers.

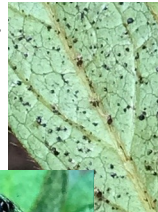
- Late July to early August is a good time to divide iris rhizomes. When dividing check the rhizomes for evidence of iris borers. Visit <https://www.ksuhortnewsletter.org/newsletters/dividing-iris#:~:text=Iris%20may%20be%20divided%20from,rhizomes%20and%20smaller%20feeder%20roots>, for more information.

- Powdery mildew may be evident on such plants as zinnia, peony, phlox, monarda. Powdery mildew can also affect woody plants, vegetables and fruit. To learn more visit, <http://plantpathology.ca.uky.edu/files/ppfs-gen-02.pdf>



Trees & Shrubs

- Avoid fertilizing trees and shrubs at this time. Fertilizing will encourage new growth that may be damaged by an early frost.
- Monitor for Azalea lace bug. Symptoms of lacebug damage include bleached leaves. Lacebugs are usually found on the underside of leaves. They leave dark, tar-like excrement on the leaves. If you do not want to use chemical controls. Consider releasing beneficial insects, such as ladybugs and lacewings. For more information, visit <https://kentuckypestnews.wordpress.com/2018/07/31/lace-bugs-one-potential-cause-of-bleached-leaves/>



- Japanese beetles are now in the landscape. Grapes, roses, linden trees, purple-leaf plum are favorites. There are several options for controlling them. Japanese beetle traps are not recommended. The pheromones in these traps may actually attract more beetles to your yard. For more information, visit <https://entomology.ca.uky.edu/ef451>
- The second generation of fall webworm is not active. These are often misidentified as bagworms or tent caterpillars. Fall webworm encase the branch tips in fine webbing and feed on the foliage of a wide variety of trees. A healthy tree can tolerate light feeding. Heavy infestations may require treatment for vulnerable trees. More information can be found at <https://kentuckypestnews.wordpress.com/2018/07/17/fall-webworm-2-0/>
- Pine needle scale are easily recognized by their white coating and yellow head. They line the pine needles and feed off the plant sap. Heavy infestations can give the plant a silver glow. This insect has two generations per year. The first-generation hatch in spring. The second generation of pine needle scale emerges in July. When newly hatched, they are known as "crawlers." The crawlers lack the white waxy coating that protects the body. Control is most effective at this stage. Visit <https://kentuckypestnews.wordpress.com/2015/01/27/armored-scales-are-challenging/>





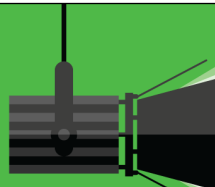
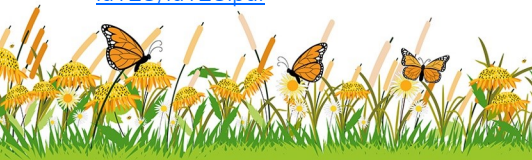
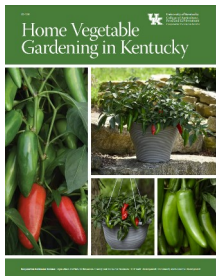
Vegetables

- Potatoes may be dug when the vines have yellowed and died. Skin will be delicate if dug immediately. You can wait two weeks to let the skin thicken.
- Blossom end rot on tomato is not actually a disease. It is a physiological disorder caused by inadequate watering and calcium deficiencies. It can also occur on other vegetables such as pepper and watermelon. To learn more visit, https://kentuckypestnews.files.wordpress.com/2019/07/blossom_end_rot.jpg



- Fungal diseases of tomatoes are more prevalent during warm, humid weather of summer. Early blight and Septoria are the two most common and often occur simultaneously. <https://plantpathology.ca.uky.edu/files/ppfs-vg-26.pdf> The fungicide chlorothalonil is a broad spectrum fungicide.

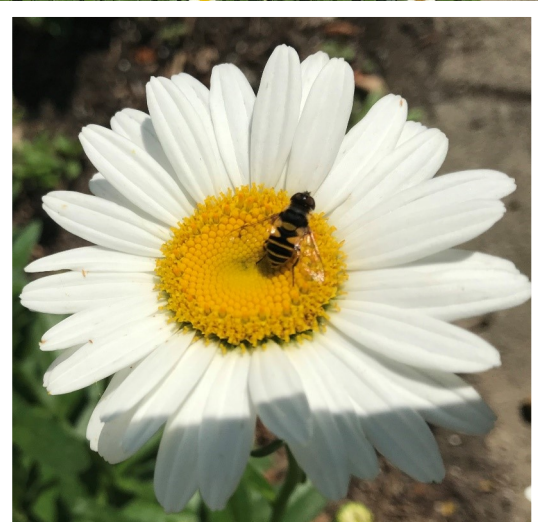
- Now is the time to start planning and planting your fall garden. Cool season crops such as kale, collards, bibb lettuce, turnips, and cole crops such as kohlrabi, Chinese cabbage, Brussels sprouts, cabbage, cauliflower and broccoli. Home Vegetable Gardening in Kentucky is an excellent reference for all your gardening questions. Recommendations for planting a fall garden can be found on **page 18**. <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>



Plant Spotlight:

Becky Shasta Daisy

(*Leucanthemum x superbum* 'Becky')



Many people avoid planting shasta daisies because the stem tend to be weak and need staking. This is not the case with the cultivated variety (cultivar) 'Becky.' This plant is known for its strong, sturdy stems. It was named the Perennial Plant of the Year in 2003. In our educational garden, it has weathered strong winds and rain without staking.

Plants can reach 3-4' tall and up to 2-3' wide. Plants bloom from July to September. Flower heads are 3-4" in diameter. Removing the spent flower (deadheading) will encourage the plant to re-bloom. They attract a large number of pollinating insects.

tolerant. Wet, winter soil usually results in death of the plant. Clumps can be dug and divided as needed, usually every 2-3 years.

It makes a great, long-lasting cut flower.

Becky daisies are best in full sun and well-drained soils. Once established it is drought

Grandpa's Bean

By: Angie King, Interim Master Gardener, Master Rain Gardener

Early spring, like most gardeners, I sit down to collect my thoughts and gather my seeds. Tomatoes, peppers, herbs, marigolds (among others) and best of all, my Grandpa's beans.



To most, it's the Purple Hyacinth Bean (Lablab purpureus), an annual native to tropical

Africa that blooms from June until August. It's an ornamental twining vine with purple-tinged, trifoliate leaves with purple blooms, is attractive to hummingbirds and develops ruby-purple seed pods.

This bean to me, however, is always labeled "Grandpa's Bean". Grandpa has been gone for a couple of years now, but, the memory of him sitting by his barn with the stunning vining plant as a back drop will never escape me. A memory that takes hold every year as I use the same seed Grandpa once planted. The memory where Grandpa would smile when he told the story of the priest that would visit him and eat the beans. And the excitement when my kiddos get to plant Grandpa's bean and then harvest the seed pods at the end of their life cycle to save for the next year.

It's such a special feeling when gifted a plant or seed to carry on something that may have been growing for years and knowing that you can continue planting year after year. It's also difficult when that seed is lost or doesn't germinate. My husband was gifted what was called "The Haubner Bean from Missouri" years ago. The seed went missing for years. But we recently found it. We are in the process of trying to get them to germinate. A family bean is not just any bean – but can bring a history of generations along for the ride. It tells story.

My biggest passion and what I am most invested in, is "Grandma's Zinnias" (Zinnia elegans), an annual that is known as the common zinnia and blooms June to frost. The huge blooms can range in colors from white (rare for me), various pinks, red, purple, yellow and orange on stalks up to four foot tall.

This seed has been passed down year after year and has been through three generations that I know of. The blooms have been held in high regard – from my daughter winning the 4-H flower championship at the Alexandria Fair, the bouquets used in Grandma's granddaughters wedding, to being donated to local nursing homes. Finally, for an

unknown number of years, the zinnias have been displayed in the dining hall at Saints Peter and Paul's Annual Picnic in various mismatched vases, showing a touch of the country garden. I took over this task about 17 years ago, after our uncle could no longer handle and previous to that Grandma handled. Hence the name "Grandma's Zinnias".



Grandma Haubner loved her flowers and every bloom reminds me of her. I direct sow the zinnia seed in mid-May and anxiously await the first blooms to cut for the July picnic. Between picnics, the zinnias are surrounded by pollinators, and are ready to be cut for the August picnic. With the last blooms of the year, the spent seed heads are removed and

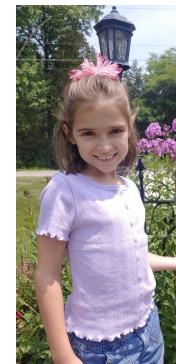


stored for next season.

To some, a plant or a seed is just a plant or a seed. But every plant or seed that I am gifted, has a special place in my heart. From the previously mentioned, to the Black-eyed Susans from a past coworker, the Hostas from my mom or the Coral Bell from my Grandma. I can't forget "Great Grandma Bezold's Purple Flower" (Fall Phlox) or "Uncle Bill's Purple Tomato" (Which is not

really purple, and perhaps a hybrid of an old German Tomato?).

I'd like to hope that whoever is gifted a seed or a plant from me feels the same way. My dad calls the Sun Sugar tomato seed that I gave him, "Angie's



once called the "Woeste Tomato" and then turned into "John's Tomato" after my dad passed the seed on.

In a way, seeds travel thru time. Names may change. But the history and story is unforgettable. Just like my Grandpa's Bean.



Yellow Tomato". To me, "Uncle Bill's Purple Tomato" will always be "Uncle Bill's Purple Tomato", but was



Poison Hemlock (*Conium maculatum*)



This skyline view is breathtaking, but for some residents, there has been some concern about a plant that has matured and seems to be taking over the hillside. This 6' tall plant thrives on hillsides, pastures and areas that are undisturbed. This tall "parsley" looking plant with large white flowers and its noticeable purple streaks on the lower stem is poison hemlock (*Conium maculatum*). It can be confused with Queen Anne's Lace, wild fennel and yarrow, but poison hemlocks hollow stem with purple spots and streaks on the stem (as shown below) are key when identifying this plant.

<https://weedid.cals.vt.edu/profile/334>



Extension has been receiving a few call over the last month about this plant and not only concerned about its aggressive and invasive growth habit, but concerns about its toxicity.

The accidental death of Socrates in 329 B.C is well documented and a well known case involving the death of a human. Reading some documents about his death, it's been know that poison hemlock was infused into a drink of Socrates which caused paralysis and later his death. Cattle, horses, and goats are among the most sensitive domestic livestock animals that are the most susceptible to toxicity when injected. As mentioned, poison hemlock can be found in pasture fields, so farmers take extra precautions and implement best management practices when poison hemlock is in their fields to reduce exposure into the feed for livestock.

Walking in a field to control this weed and brushing up against this plant most likely will not cause a dermal reaction like that of poison ivy. Though, keep in mind, in the field where poison hemlock grows, there could be other plants that could cause a dermal reaction, so be prepared as you enter the field to begin to eradicate poison hemlock.

Control

University of Kentucky Extension Weed Specialist, J.D. Green shared the best management strategies for poison hemlock. He mentions that late winter is one of the best times of the year to assess fields and fencerows for presence of cool-season weeds. Further, the preferred time to implement control tactics can often be in March as

daytime air temperatures begin to rise and are maintained above 55F. This is when cool-season weeds are younger and begin their active vegetative growth before initiating flowers later in the spring. Winter annual and biennial weeds typically germinate from seed in the fall and produce flowers during the spring.



Figure 1. Poison Hemlock Rosette

Poison hemlock is easily recognized throughout the winter and early spring. Classified as a biennial, it often grows as a winter annual in Kentucky, particularly plants that germinate during the previous fall. Poison hemlock plants form rosettes that remain green throughout the winter in a somewhat semi-dormant stage (Figure 1). These young rosettes are often found in areas where poison hemlock was present the previous year, particularly along fence rows and other isolated areas. Younger plants can be identified by their fern-like leaves with leaf petioles that have purple spotting and no hairs. After resuming active growth in late winter, they form larger rosettes. Later flower stalks elongate during the spring, producing clusters of white flowers in June.

The best time for control using herbicides is generally when plants are in the younger rosette stages of growth in late February and early March.

Effectiveness of chemical control can decrease as plants begin to elongate and become more mature. On mature plants mechanical methods such as mowing can be an alternative control method if infested areas are accessible. Mowing and other mechanical control efforts should be done after flower stalks elongate but before plants begin to flower.

Traveling this summer?

Beware of a few pests, and be mindful not to bring them back home with you.

I never thought that in my Extension career, that I would be writing about imported fire ants (IFA) in Kentucky, but after about 14 years, here I am, writing about these biting pests. If you suspect IFA activity or have any questions, please contact our office. To date, I have not heard that they are here in NKY. Here is some helpful information from our state entomology department at UK to help us all understand this pest better.

Imported Fire Ants in Kentucky

Source: <https://entomology.ca.uky.edu/files/ef469.pdf>

Fire Ant Identification

IFA queens are around 3/8th inch long and are dark red or brown depending on the species. They are initially winged until they start their nest, at which point they will lose their wings. IFA workers can be a range of sizes within a nest, from 1/16th to 1/4th inch long. They will be the same color as the queen of the nest, dark red to dark brown. Both queens and workers have elbowed antennae. Male fire ants are similar in size to queens and also have wings. However, they will be darker in color, have smaller heads, and straight antennae.

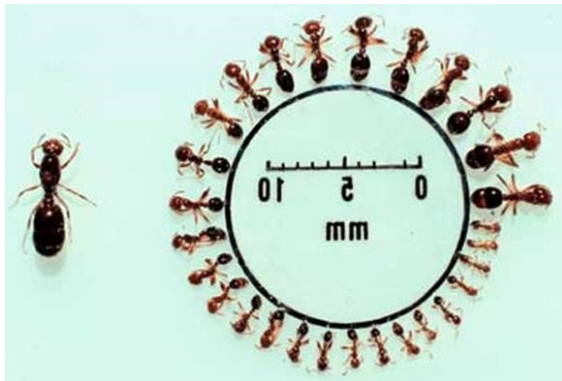


Figure 3: Fire ant workers are not a standard size. All the ants around the circle are workers, a queen is on the right for reference. Photo by Sanford D. Porter, USDA

Conclusive identification of a fire ant requires the use of magnification to count the segments of the antenna, look for spines on the thorax, and to count the nodes of the



Figure 4: When a fire ant nest is disturbed, worker ants will rapidly appear. This behavior is described as “boiling out”. Photo by Barry Rice, sarracenia.com, Bugwood.org

suspect ant. IFA have ten segmented antennae, with the last two resembling a “club”, no spines on the thorax, and two nodes on their “waist”. This identification is best done by an entomologist, and you can submit samples to us through your local county Extension office for identification.



Figure 2: As of 2022, counties highlighted in blue have had confirmed IFA mounds that have been managed. Counties in orange have ongoing infestations.

Fire ant mounds can help with field identification. IFA mounds in KY can be as large as 18-24 inches tall and up to 2 feet in width, however newly formed mounds are much smaller. The mound is made up of soil the ants have dug from below and there is no noticeable entrance hole to the mound. The mounds occur in open sunny locations where grass and weeds are sparse and may be built at the bases of trees,

logs, fence posts, outdoor electric/irrigation housings, or up against structures. When the nest is disturbed, fire ants will “boil out” of the mound. This behavior is very distinctive, more

associated with this species than with other more common ants in Kentucky.

As mentioned, IFA has not been detected in NKY, but beware if you are traveling this summer. Below is a map that show the counties where IFA has been confirmed. Be mindful when you are traveling.



Spotted Lanternfly

Source: <https://entomology.ca.uky.edu/ef465>

This flashy adult insect, who some think is beautiful with their stylish polka dots and attractive red wings, is known for being destructive to many of our ornamental trees as well as some of our fruit trees and grape vines. Early this past May, nymphs, were found in Cincinnati, OH. As shown below, unlike the adults, the younger nymphs are black with white spots and the older nymphs are black with red patches with white spots.

Symptoms, Life Cycle, and Descriptions of Life Stages

Spotted lanternflies feed by inserting piercing-sucking mouthparts into the host plant which allow them to suck sap from the plant. This drain of resources stresses plants and results in other notable signs of infestation including:

- Wilted foliage
- Branch dieback
- Accumulation of "honeydew", a sticky, sugary fecal material
- Black sooty mold growing in honeydew
- Increased visitations of flies, bees, and wasps who are feeding on honeydew

SLF infestations may also cause sap to ooze from infested trees and sites often have a fermented odor to them.

In its known US distribution, the spotted lanternfly has only one generation per year. As true bugs, these insects develop through incomplete metamorphosis- starting life as an egg, then progressing through nymphal stages, before becoming an adult.

Eggs

SLF overwinters as an egg and egg masses can be found between September of one year

into June of the following year. Individual eggs are laid in masses that typically contain 30-40 eggs but can hold as many as 75-78. The mass is coated in a putty like substance produced by the mother. Initially this coating is white but darkens to a tan or khaki coloration. The result is egg masses that look like a smear of mud (Figure 3).

They can be found on natural objects like logs but have also been found on many human-made objects like fence posts, lawn furniture, mailboxes, and automobiles, amongst others. SLF is a "hitchhiking" pest. When eggs are laid on firewood or cars, humans often inadvertently help to introduce this pest into new areas. Once nymphs have emerged from the eggs, the spent eggs are uncovered and empty, resembling open coin purses (Figure 4).

So, now that your bags are packed and car loaded to head on your next summer trip, just note that you may also have a few hitchhikers riding along with you. University of Kentucky Entomologist Specialist, Jonathan Larson suggested going through a car was to wash away any of those summer hitchhikers. If you suspect SLF in your landscape, take pictures and or collect a sample and then call the Extension Office.



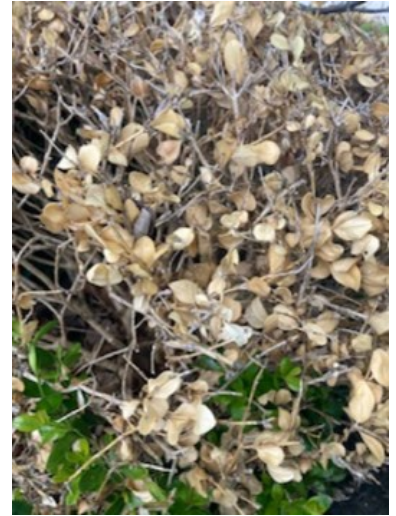
Figure 3: Spotted lanternfly egg masses look like patches of dry, brown, mud and can be found on trees, stones, and other objects outside. (Photo: Emelie Swackhamer, Penn State University, Bugwood.org)



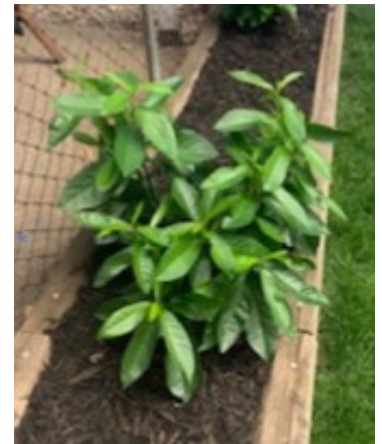
Figure 4: After hatching, spotted lanternfly eggs are no longer covered with the brown substance. The spent eggs are also open, resembling an open coin purse. (Photo: Kenneth R. Law, USDA APHIS PPQ, Bugwood.org)

Winter damage on landscape ornamentals update...

A little garden patience has paid off. Many of our woody plants like boxwood, laurels, roses and a few others have flushed out new growth and are surprisingly doing well. Over the past few months, we have received many inquiries from homeowners expressing concerns about “dying” landscape shrubs. Time and time again, diagnoses concluded winter injury. And with a little patience, (no chemicals needed) plants, especially established plants, have shown their green leaves and signs of life. In addition to patience, pruning for many shrubs and woody plants will need to be done. Fertilizer may not be necessary unless signs of discoloration or chlorosis become symptomatic. If you have particular questions about your plants showing winter injury, feel free to contact our office.



Buxus sp. by far has been the most sensitive plant with low survival after our winter artic blast. For many, boxwoods line the foundation of homes or shape the path of a walkway. We've noticed that boxwood mass plantings can show a wide range of winter injury and also complete death from one landscape to another. Aesthetically, removal and replanting may be needed for a mass planting. Pruning may leave your shrub unbalanced and ununiformed.



Prunus laurocerasus 'Otto Luyken' defoliated to the ground. Established shrub generated new growth in late spring and damaged wood was removed.



Acer japonica 'Lions Head' took a tough beating. Japanese maples are already winter sensitive, but we have this planted in a protected area. Though this winter did some damage and most of the tips were burned from winter damage. With clean sharp pruners, we have been pruning to encourage new growth.



Azalea 'Bloom-a-thon Red' defoliated all the way to soil. Early spring showed signs of life. pruned injured stems back to soil line.



And another plant to mention, Nandina sp., also defoliated to the ground but is beautiful as ever. If you have shrubs that look similar, simply prune out the deadwood.



Each November, we heal in our roses with a 6-8" layer of mushroom compost to help protect them throughout the winter. Notice the black and brown areas on rose canes which was caused by winter injury, but luckily, the canes are mature and have store energy in their roots and you will notice just above the mulch layer, new leaf buds are budding.



Mid-June our roses were fully leafed out and flowering. Thanks to mulching and our dedicated rose volunteer Ray Richardson for pruning and tending to the roses each week to keep them healthy and beautiful!



This illustrates a perfect example of what we are noticing on many of our evergreen shrubs. We were certain that this plant wouldn't survive. But to our surprise, around late May, new green tips emerge which is a sign of life. The brown foliage, or the older growth, will most likely defoliate overtime. We are hopefully that this mature juniper will thrive. It may look a bit funny for a year or so, but we adore this plant next to our pond and will give it more time to show its beauty.



David's Famous BLT

- Select a sun infused, vine ripened, large tomato from your garden. Gently pick and bring to your kitchen counter. Do not refrigerate.
- Select several crisp outer leaves from a head of Kentucky Bibb Lettuce. (preferably grown in limestone based soil)
- 2 slices of bread of your choice.
- 3-4 pieces of thick sliced pepper bacon.
- Fry or microwave the bacon.
- Toast bread
- Slice a prodigious wedge from the bottom third of the tomato. Keep the remaining parts for salsa.
- Begin assembling your sandwich with the bacon on top of one slice of bread. Next add tomato and lettuce.
- Your goal in creating the perfect sandwich is every bite taken should have bread, bacon, tomato and lettuce.
- Spread the second piece of bread liberally with home made mayonnaise. I realize you may want to skip the home made mayonnaise but your end product will not be as good.
- I recommend serving with two crisp dill pickles and potato sticks.

Eat and Repeat...



Watermelon Tomato Salad

- | | |
|---|---|
| 5 cups seeded watermelon cubes (¾ inch) | ¼ cup red wine vinegar |
| 3 cups of cubed tomatoes (¾ inch) | 2 tablespoons extra virgin olive oil |
| ¼ teaspoon salt | 1 teaspoon black pepper |
| 1 small red onion, quartered and thinly sliced | 6 lettuce leaves |

Directions: Combine watermelon and tomatoes in a large bowl.

Sprinkle with salt; toss to coat. Let stand 15 minutes.

Stir in onion, vinegar, and oil.

Cover and chill 2 hours.

Serve chilled on lettuce leaves, if desired.

Sprinkle with cracked black pepper to taste.

Yield: Makes 6, 1½ cup servings

Nutritional Analysis: 100 calories, 5 g fat, 2 g protein, 18 g carbohydrate, 0 mg cholesterol, 105 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Watermelon

SEASON: July to September.

NUTRITION FACTS: Watermelons are low in calories (92 calories for one two-thirds cup serving) and very nutritious. They are high in lycopene, a powerful antioxidant. They are also high in vitamin C, vitamin A, and potassium.

SELECTION: Choose melons with a well-rounded shape and smooth surface. The underside should be creamy yellow. The flesh should be deep red with mature, dark seeds. Also look for yellow-fleshed and seedless melons.

STORAGE: Cut melon should be stored in the

Source: www.fruitsandveggiesmatter.gov

refrigerator and covered with plastic for two to three days. Uncut melon will keep in a cool place for up to two weeks.

PREPARATION: Melons should be washed with soap and water before cutting. The flavor of a watermelon is best when served cold and raw.

WATERMELON

Kentucky Proud Project

County Extension Agents for Family and Consumer Science
University of Kentucky, Nutrition
and Food Science students, Fall 2009

May 2010

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Enjoy the freshness, flavor and excellence of Kentucky Proud Produce

It really makes a difference when you purchase locally grown fruits and vegetables. You provide your family with garden fresh taste and quality, while also helping the community by keeping your food dollars close to home.



Colorful Eating

Color-code your shopping and be on your way to better health. Each color group of produce offers different phytochemicals, antioxidants and nutrients that help you stay healthy in a variety of ways.



Get the blues (and purples)

Brain/memory, healthy aging, urinary tract

Fruits

- Blackberries
- Blueberries
- Grapes
- Plums

Vegetables

- Eggplant
- Kohlrabi
- Purple asparagus
- Purple cabbage
- Purple carrots
- Purple peppers

Great greens

Vision, bones, teeth

Fruits

- Apples
- Grapes
- Paw paws
- Pears

Vegetables

- Asparagus
- Beans
- Broccoli
- Brussel sprouts
- Cabbage
- Cucumbers
- Kohlrabi
- Leafy greens
- Lettuce
- Okra
- Onions (green)
- Peas
- Peppers
- Zucchini

Wonderful whites

Heart, maintain healthy cholesterol

Fruits

- Pears (brown)
- White peaches

Vegetables

- Cauliflower
- Kohlrabi
- Onions
- Potatoes
- White corn

Outstanding oranges (and yellows)

Vision, immune system, heart

Fruits

- Cantaloupe
- Peaches
- Yellow apples
- Yellow pears
- Yellow watermelon

Vegetables

- Carrots
- Corn
- Golden potatoes
- Peppers
- Pumpkins
- Squash
- Sweet potatoes
- Yellow tomatoes

Radiant reds

Heart, urinary tract, brain/memory

Fruits

- Apples
- Grapes
- Pears
- Raspberries
- Strawberries
- Watermelons

Vegetables

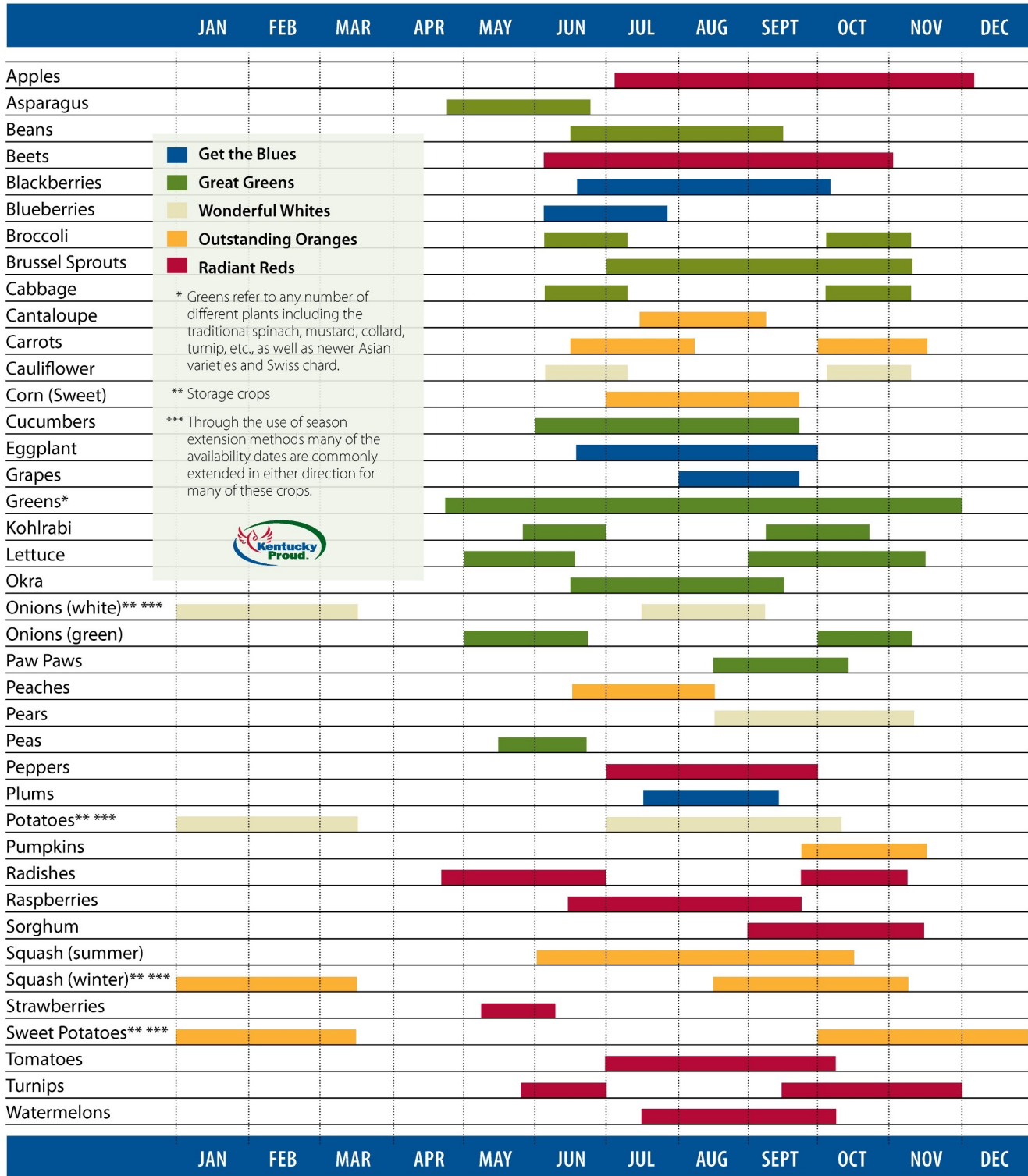
- Beets
- Radishes
- Red peppers
- Sorghum
- Tomatoes
- Turnips





Kentucky Proud Produce Availability

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."



- Get the Blues
- Great Greens
- Wonderful Whites
- Outstanding Oranges
- Radiant Reds

* Greens refer to any number of different plants including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

** Storage crops

*** Through the use of season extension methods many of the availability dates are commonly extended in either direction for many of these crops.

