

# Horticulture

## Newsletter

### Small Space Fruit Gardening



I mentioned in our January/February edition, how we were using silage tarp as a weed control method in our raised beds. In late March/early April, we began to lift off the

silage tarp and worked the soil to begin planting a few perennial crops in our raised beds. One of the spaces we will be contributing to small fruit demonstration. Over the last few years, we have had an increase in interest in learning and seeking information on small space fruit gardening. We will be researching varieties that are suitable for small space gardening with low disease and pest impact and good quality fruit. Here is a quick glimpse of what has been or will be planted this spring:

- 'Martha Washington' Asparagus
- Two fall raspberry varieties 'Crimson Night' and 'Double Gold Yellow'.
- Two varieties of honeyberry 'Berry Blue' and 'Blue Palm'

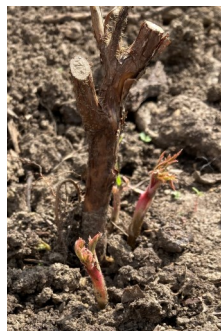
- Hardy Kiwi 'Issai'
- Baby Cakes series 'Bushel and Berry' Blackberry

All plants were purchased from a few different catalogues. This is worthy to mention, as some of our local nurseries may not carry what I would refer to as specialty plants suitable for our site. Nurseries may carry blackberries or kiwi, for example, but may not carry particular varieties with certain characteristics that we desired for our raised beds. We are excited to showcase these growing opportunities to Campbell County residence with upcoming programs.



In addition to these fruit, we will also be growing a few other crops in our raised beds such as: herbs, vegetables and cut flowers.

*Please come to our gardens and take a look this summer and see what we are growing and if you have any questions, don't hesitate to reach out to one of the horticulturists!*



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**Frost-Free Date**  
**May 15th**  
**Hardiness Zone: 6B**



## Crunch!.... Okra

This plant is a great addition to your annual landscape to add height and provides a tropical look. Its foliage and beautiful large hibiscus-like flower, depending on variety. The stem color also adds a great interest into your landscape. In fact, this plant and hibiscus are in the same family, so that beautiful tropical colorful flower that you may be familiar with of the hibiscus, you will also get with Okra!



The flowers will open once, and the bees will frequent these blooms daily, which can be a great addition to your pollinator garden. After

bloom, fruit will begin to develop. Fruit will develop fairly quickly.

I prefer the pods smaller, about 3" long which also reduces the sliminess that they can have once too long. The smaller pods are crunchy and I like to dip them in hummus or tzatziki yogurt sauce for my mid-day snack. I also enjoy cutting them up and adding them to my salad. Surprisingly, when cut into small bites, children are more likely to try them since they look like stars (see picture below). Adding these star-like crunchy bites on top of a salad is a great substitute to croutons. Of course, okra can also be cooked, pickled, dried, boiled, fried and frozen. I've shared one of our new recipes below using an air fryer!



Okra is a great source of vitamin C, folic acid, and soluble fiber. Okra contains only 20 calories per ½ cup serving. For more ideas on using okra in your recipes this summer, check out more KY Proud Recipes: <https://fcs-hes.ca.uky.edu/piukp-recipes>

Okra is a great addition to your herbaceous landscape, edibles gardens and will do well in containers.

They need some room in your landscape as they can reach a height and width of 3'x5'. Okra is a warm season annual that will



need full sun, similar to tomatoes and peppers. Well drained soil is a must to prevent rot. You can start plants by seed (after overnight seed soak) or transplant. There are a few dozen different varieties of okra. I would recommend to select a spineless variety. Spineless lack spines on the pods making them less irritating to harvest. Depending on variety, stem color, size, and size can differ between varieties.

### Other Okra resources:

[https://www.kysu.edu/documents/college-of-agriculture-communities-the-sciences/urbanag\\_okra2\\_fs20\\_accessible.pdf](https://www.kysu.edu/documents/college-of-agriculture-communities-the-sciences/urbanag_okra2_fs20_accessible.pdf)

<https://fcs-hes.ca.uky.edu/commodity/okra>



### Home Vegetable Gardening in Kentucky



For more information on growing okra in your garden, refer to this UK publication or feel free to reach out to the Campbell County Horticulture team

<https://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf>



# GARDEN CALENDAR: MAY-JUNE

## General

- **Campbell County residents can have their soil tested free of charge.** Testing will determine soil pH and fertilizer recommendations. Learn how to collect a proper sample at [https://campbell.ca.uky.edu/files/instructions\\_for\\_soil\\_testing\\_samples.pdf](https://campbell.ca.uky.edu/files/instructions_for_soil_testing_samples.pdf)
- **Carpenter bees** are actively digging holes in wooden structures to lay eggs. The males can be aggressive but lack a stinger. Visit <http://entomology.ca.uky.edu/ef611>
- In the spring, **swarming termites** may appear outside or in the home. Termites are often confused with ants. To learn more, visit <https://entomology.ca.uky.edu/ef604>
- **Mulch plants 2" deep.** Do not let mulch touch the trunks or crowns of plants. To learn more about mulch visit, <http://www2.ca.uky.edu/agc/pubs/ho/ho106/ho106.pdf>

## Houseplants

- As **houseplant** come out of winter, it is a good time to propagate them. Visit <http://www2.ca.uky.edu/agcomm/pubs/ho/ho67/ho67.pdf> for helpful tips.
- **Repot houseplants if needed.** Use a pot 1-2" larger than the previous pot.
- Houseplants can be taken outside after danger of frost.

## Lawns

- For a **healthy turf**, make sure to mow at the recommended height. Tall fescue lawns are best mowed at 2.0-3.5" tall. <http://www2.ca.uky.edu/agc/pubs/AGR/AGR209/AGR209.pdf>

- **Refrain from adding fertilizer to lawns** at this time. Fertilizing now can increase disease pressure and increase the frequency of mowing. <http://www.ca.uky.edu/agc/pubs/id/id154/id154.pdf>
- **Red Thread fungal disease** usually occurs when temperatures are between 40-70°F. Look for <https://www.extension.purdue.edu/extmedia/bp/bp-104-w.pdf> <https://www.extension.purdue.edu/extmedia/bp/bp-104-w.pdf>
- **Watch for Brown Patch** and Anthracnose in June. Brown Patch favors high temperatures (highs above 85°F, lows above 60°F) <http://www2.ca.uky.edu/agc/pubs/id/id112/id112.htm>

## Flowers

- **Plant warm season flowers** after frost-free date (May 15).
- **Plant summer flowering bulbs** (dahlia, canna, gladiolas, etc.)
- **This is a good time to plant perennials.** Make sure to check watering until plants are established.



## Trees & Shrubs

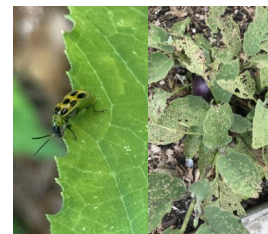
- Pine needle scale, sawfly, bladder gall, oystershell scale, tent caterpillar, bagworm



- Roses should be blooming. Take time to smell the roses and check for Japanese beetles, rose sawfly and aphids.
- After you've smelled the roses, spray a preventive fungicide to control **black spot**.

## Fruits and Vegetables

- Plant the summer vegetable garden.
- Warm season vegetables can be planted after frost free date (usually May 15).
- Beans, melons, corn are best directly seeded.
- Continue spraying fruits for insect and disease prevention. Consult Disease & Insect Control Programs for Homegrown Fruit in Kentucky (ID-21) to properly time sprays. <http://www2.ca.uky.edu/agcomm/pubs/id21/id21.pdf>



- **May:** Squash Vine borer, Cucumber beetle, flea beetle, Colorado potato beetle, aphids.

<https://entomology.ca.uky.edu/vegetable-calendar>

- **June:** plant sweet potatoes.
- **Succession planting:** Plant your first batch tomatoes approximately May 15, plant another a month later another crop of fresh tomato transplants. Do not select plants that have been languishing in the pots for a long period of time.



# Vegetable Insect-Pest Calendar for Kentucky



## ENTFACT

### Supplement: Vegetable Insect-Pest Calendar for Kentucky

**This table shows:**

- when to expect insects of concern to appear,
- when population numbers can be expected to peak, and
- the usual length of time these insects are present during the season.

**Please note:**

- These dates are approximations only. Local weather and soil conditions in a given year will determine exact dates of first and peak appearance.
- This calendar was constructed using data from Kentucky, USA. If you are located in Kentucky or in nearby states with similar conditions, you will probably find it useful.
- These dates may not apply in your area, especially the farther you are located from Kentucky. In that case, you may wish to contact your county extension agent or agricultural consultant for information about your locality.

**Key:**

- - or \* indicates insect populations likely to be present
- \* indicates peak population levels likely
- Multiple peaks indicate the particular insect species produces more than one generation per year.

Pest Activity	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
<b>Cole Crops</b>								
Diamondback moth	.	.	----	****	****	****	****	.
Cabbage looper	.	.	.	--	****	****	****	.
X-striped cabbageworm	.	--	**	****	****	****	****	.
Imported cabbageworm	.	--	*	****	****	****	****	.
Cabbage maggot	.	**	****	.	.	.	.	.
<b>Cucurbits</b>								
Squash vine borer	.	**	****	-	----	***	-	.
Squash bug	.	.	--	**	****	****	****	.
Striped cucumber beetle	.	**	****	-*	****	****	****	*
Spotted cucumber beetle	.	***	****	-*	****	****	****	*
Seedcorn maggot	.	***	***	.	.	.	.	.
<b>Sweet Corn</b>								
Cutworm	.	**	****	****	*	.	.	.
Flea beetle	.	.	----	****	----	.	.	.
Corn earworm	.	.	.	--	----	****	----	.
Fall armyworm	.	.	.	--	****	****	**	.
Rootworm larvae	.	.	.	----	**	----	.	.
Japanese beetle	.	.	.	--	****	**	.	.
European corn borer	.	.	**	***	----	**	----	.
<b>Tomato</b>								
Tomato fruitworm	.	.	.	--	----	****	----	.
Flea beetle	.	*	****	**	.	.	.	.
Spider mites	.	.	.	.	----	****	.	.
<b>Potato</b>								
Colorado potato beetle	.	**	****	**	****	****	*	.
Potato leafhopper	.	.	**	****	**	----	.	.
<b>Pepper</b>								
European corn borer	.	.	.	-	----	****	.	.
Aphids	.	.	----	----	----	----	----	.

## Hort Webinar Wednesdays'



### Kentucky Hort News

Lawns • Flowers • Trees • Fruit • Veggies

View upcoming programs and watch previous episodes:

<https://kentuckyhortnews.com/horticulture-webinar-wednesdays/season-five/>



CAMPBELL COUNTY  
**FARMERS  
MARKET**

**2024**



**Highland Heights\*— Tuesdays**

Senior Citizens Activity Center

3504 Alexandria Pike

**May 14 thru October 28**

3:00 p.m. to 6:00 p.m.

**Fort Thomas\*\*— Wednesdays**

Mess Hall in Tower Park

801 Cochran Avenue

**April 10 thru December 18** (no market on 11/27/2024)

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 17 thru October 25**

3:00 p.m. to 6:00 p.m.

**Newport\*— Saturdays**

Next to Pepper Pod Restaurant

709 Monmouth Street

**May 18 thru October 26**

9:00 a.m. to 12 noon

\* Accepts WIC, SNAP and Senior Farmer's  
Market Nutrition Program

\*\* Accepts WIC, SNAP, Senior Farmer's  
Market Nutrition Program and Kentucky Double Dollars

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

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



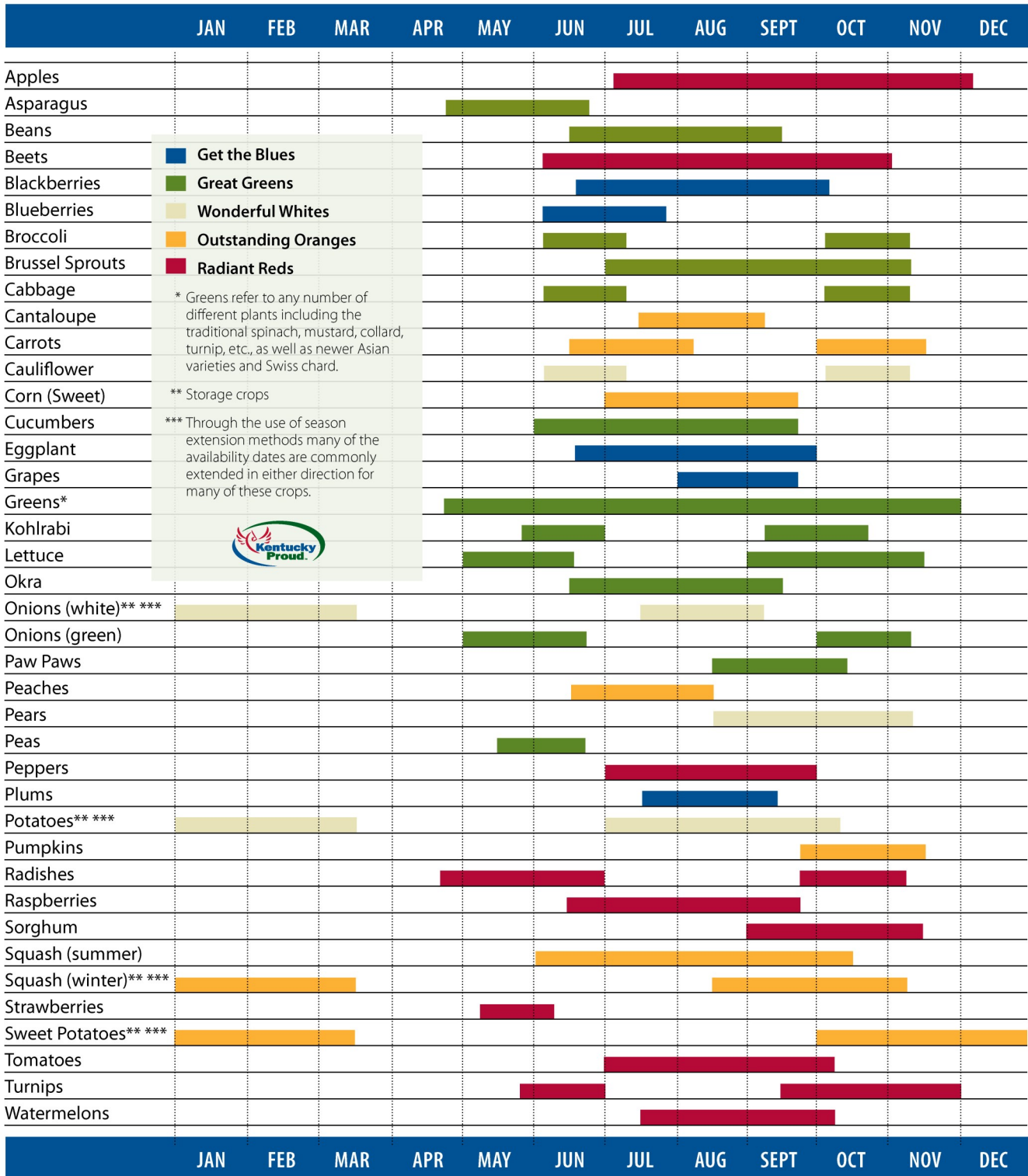
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# Kentucky Proud Produce Availability

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.





## Backyard Conservation Local Cost Share



The Campbell County Conservation District's Backyard Conservation Local Cost-Share Program is an incentive

program intended to assist with landowner's costs while implementing conservation practices that benefit soil and water quality and wildlife habitat. This program is open to all landowners to apply, but preference will be for those landowners who are not eligible for other state and federal cost share programs. The goal of this program is to help landowners be good stewards of the land by providing financial assistance for the implementation of conservation practices in their own backyards.

The expectation of the Conservation District is that participants in the Backyard Conservation Cost-Share Program are responsible for proper installation, long-term operation, and maintenance of conservation practices. Conservation practices installed with cost-share funds must be in place for a minimum of three years.



This is a cost share program (75% of project cost reimbursed up to \$500). Participant contributions can be in the form of purchased materials and services, equipment rental, and labor. Receipts dated before approval letter will not be considered for reimbursement.

One application per household per fiscal year (July 1 thru June 30).

**Possible projects for funding, but not limited to:**

- Rain barrels
- Monarch waystation
- Pollinator garden
- Raised garden beds
- Certified backyard wildlife habitat
- National Wildlife Federation, [www.nwf.org](http://www.nwf.org)
- Invasive removal
- Rain gardens
- Composting
- Native grass and tree planting

**All projects must abide county or city zoning ordinances and permitting requirements.**

[Click Here for more information](#)

## Tree Swap Program



The Campbell County Conservation District, in partnership with Guidugli Landscape Supplies and Property Services, invites private landowners in Campbell County to apply for the Tree Swap Program. One application per year (March 1 through October 31). PURPOSE: To help control the spread of invasive trees in Campbell County. One of the most highly invasive species, but not limited to, is the Callery/Bradford Pear Tree. The project must be carried out on privately owned land. Please contact our office if you need assistance in filing your application.

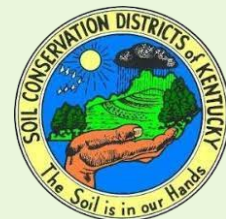
[Click Here for the application](#)

Applications will be accepted and evaluated as they are received. Funds for this cost share program are made available through the Campbell County Conservation District.

**Mail/drop off applications to:**

Campbell County Conservation District  
8350 East Main Street  
Alexandria, KY 41001-1214  
(859) 635-9587

[ccd@campbellkyconservation.org](mailto:ccd@campbellkyconservation.org)  
[www.campbellkyconservation.org](http://www.campbellkyconservation.org)



## Emerging Boxwood Issues

The past few years have proven difficult for boxwoods in Northern Kentucky. The winter of 2022-23 caused widespread cold damage that outright killed some plants and laid the groundwork for insects and disease manifestation in many others. Emerging threats such as boxwood blight and the box tree moth are major concerns looming on the horizon, but what issues may we see in the immediate future? Two major pests to be on the lookout for in the coming weeks are boxwood leafminer and boxwood psyllid, both pests are common in our area and are active in May and June. Boxwood psyllid is most recognizable by the distinct cupping of foliage caused by feeding. Towards the end of May, many psyllids will reach maturity and begin mating. While damage is often aesthetic, infestations left to play out may cause recurring and extensive damage. Often this can be prevented by pruning out afflicted foliage before mid-May.

### [Boxwood Psyllid Information](#)

Boxwood leafminer damage can be more difficult to diagnose as symptoms are not always consistent and several external

factors may influence what is “typical”, including leafminer presence on foliage already damaged by boxwood psyllid. Leafminer pupae will overwinter and feed in the interior of boxwood foliage and eventually emerge from the foliage as short living adults. An abundance of small mosquito like insects on and around boxwoods is certainly an indication that leafminer are present.

### [More Boxwood Leafminer Information](#)

While these pests can cause varying levels of damage, they often do not cause outright death. Often, they contribute to a gradual decline of the plant and create opportunities

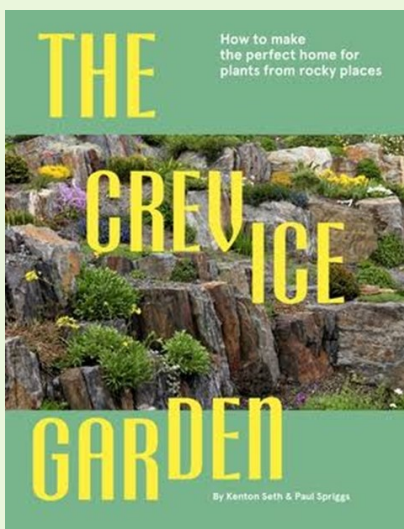


Joe Boggs, OSU Extension

for disease or fungi to deliver more damage. Care should be taken when considering how to treat these two pests. First and foremost, pruning out damaged foliage is an effective way to reduce the present population. If you are willing to accept some imperfections on boxwoods, this is likely the best course of action. For larger specimens or center pieces, there are some chemical options to consider, however, timing and follow up treatments will be imperative. If there is no other out, contacting your local extensions office for more details on the usage of chemicals is recommended.



## Book Spotlight: The Crevice Garden



Kentucky gardens must combat scorching summer temperatures, frigid winters, and heavy rainfall during the spring and autumn months. Gardeners looking to diversify their plant selections and incorporate exotic species are often hindered by two defining characteristics of our region: periods of excessive precipitation and heavy clay soil. The Crevice Garden by Kenton Seth and Paul Spriggs provides a transformative solution to combat these problems and develop a landscape capable of hosting unique plants from a wide geographical range. The concept of crevice gardening has been widespread for many years and is becoming increasingly popular in public gardens across the United States. Using boulders sunken in the earth or tightly arranged stones in a container allows the gardener to emulate the alpine landscape where many exotic plants thrive in. Utilizing these hardscape patterns allows the gardener to circumvent key soil drainage issues and expand the palette of plants we can grow successfully in our area. Throughout the book, detailed instructions on planning and establishing these gardens illustrate just how easy it can be to completely alter open spaces to form a focal point in the garden. Hundreds of illustrations provide inspiration and capture the elegant elements of a mature crevice garden. In addition to the

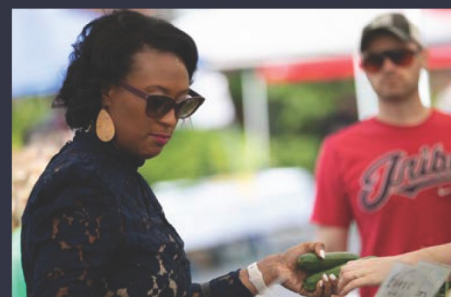
designs themselves, this book also includes an extensive plant list containing several esoteric plants to newly consider. If you are looking to renovate a garden space or expand the diversity of your garden, this book is highly recommended.





# Senior Farmers' Market Nutrition Program

## Market Card



Use your market card at the Farmers' Market to purchase fresh fruits, vegetables, and honey.

1. Bring your card/app to market
2. Select your fresh, eligible produce
3. Hand app/ market card to farmer
4. Farmer will scan
5. Take your produce and enjoy!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

FOR COMPLETE USDA NON DISCRIMINATION STATEMENT PLEASE VISIT:  
[HTTP://WWW.KYAGR.COM/CONSUMER/SENIOR-FARMER-MARKET.HTML](http://www.kyagr.com/consumer/senior-farmer-market.html)



**KENTUCKY**  
DEPARTMENT OF  
**AGRICULTURE**

# MADE FRESH IN KENTUCKY.

Apply for the Senior Farmer's Market Card at  
Campbell County Senior & Wellness Center  
3504 Alexandria Pike  
Highland Heights, KY 41076

Contact Person: Jessie Shields  
Phone Number: 859.547.3665

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

FOR COMPLETE USDA NON DISCRIMINATION STATEMENT  
PLEASE VISIT:  
[HTTP://WWW.KYAGR.COM/CONSUMER/SENIOR-FARMER-  
MARKET.HTML](http://www.kyagr.com/consumer/senior-farmer-market.html)



**KENTUCKY**  
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# —WARNING—

## Topping is Hazardous to Tree Health

Cheryl Kaiser  
*Plant Pathology*  
*Extension Support*

Paul Vincelli  
*Plant Pathology*  
*Extension Specialist*

Topping is the drastic removal or cutting back of large branches in mature trees. The tree is pruned much as a hedge is sheared, and large branches are left as stubs (FIGURE 1). Topping is also referred to as heading, stubbing, and dehorning. This fact sheet discusses the reasons trees may be topped, how topping is detrimental to tree health, and the alternatives to topping.

### REASONS TREES ARE TOPPED

Trees may be topped by homeowners or commercial tree service companies for a variety of reasons.

#### To reduce tree size

Very large trees may be considered a safety hazard when growing near buildings or parked vehicles, so they are topped to avoid possible storm damage in the future. Large or over-sized trees may also be topped when they:

- Grow into overhead utility wires
- Block views
- Interfere with buildings
- Hinder the growth of other trees
- Provide too much shade for solar collectors, lawns, or gardens.

#### To remove hazardous branches

Trees may be topped to remove potentially hazardous dead and diseased branches before they break during ice storms or windstorms.

#### To stimulate new branch growth

Topping stimulates regrowth of dense, upright branches just below pruning cuts.



**FIGURE 1.** TOPPING RESULTS IN A SEVERELY PRUNED TREE WITH UNSIGHTLY BRANCH STUBS, AND IT DESTROYS THE TREE'S NATURAL SHAPE AND FORM. IN ADDITION, TOPPED TREES BECOME VULNERABLE TO INSECT DAMAGE AND DECAY.

# Mindfulness

# with Nature

Children will learn mindfulness techniques while drawing on the elements of nature.

(Day Camp)

9-11 a.m.

This program is for Ages 7-10

Space is Limited!

## June 11 and 12, 2024

Campbell County Cooperative Extension Service

3500 Alexandria Pike | Highland Heights, KY 41076

Registration is required, 859-572-2600 or online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu)

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Disabilities accommodated with prior notification.





# Plastic Nursery Container Collection



**We need all rinsed and dried  
PLASTIC landscape containers**  
**Requirements:**

- Free to debris
- No wire or rope
- No tags

**Purpose:** to reduce plastic in landfill. The HUB Recycling in Cincinnati accepts most other items that Rumpke doesn't to recycle. Extension will collect and deliver.

*We NEED your Containers, NOT the landfill.*

**Friday, May 31**  
**10-12 p.m.**

**Monday, June 3**  
**5:30-6:30 p.m.**

**Drop off location:**

Campbell County Cooperative Extension Service  
3500 Alexandria Pike | Highland Heights, KY 41076

**Questions... call the Extension Office at 859-572-2600**

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Disabilities  
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2024

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



## Attention Hikers!

Beginning April 15 thru June 30, Campbell County residents who hike all the trails during this time will receive a **FREE HAT**, compliments of Campbell County Extension Service.

Trail maps and locations can be found on the website listed below.

<https://campbell.ca.uky.edu/campbell-county-trail-passport>

### For more details...

Visit the website above or scan this QR code.



Hikers are required to report miles hiked and time spent on the trails to receive a hat.



Send pictures and comments of your hike to: [djscully@uky.edu](mailto:djscully@uky.edu)

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# CAMPBELL COUNTY SPRING 2024 CLEANUP EVENT



**APRIL 26 & APRIL 27  
8:00 AM - 5:00 PM**


**RESIDENTS ONLY - BRING PHOTO ID OR PROOF OF RESIDENCY  
PARTICIPANTS MUST UNLOAD OWN VEHICLE (LIMITED ASSISTANCE AVAILABLE)**

LOCATION	ACCEPTED ITEMS
<b>Campbell County Police Department</b> 8774 Constable Drive, Alexandria	Furniture & Mattresses Trash & Debris Yard Waste
<b>Frederick's Landing</b> KY 9-AA Highway, Wilder	
<b>Pendery Park</b> 4113 Williams Lane, Melbourne	
<b>Campbell County Transportation Center</b> 1175 Racetrack Road, Alexandria	Furniture & Mattresses Trash & Debris Yard Waste Appliances (Freon OK) Batteries (Vehicle & rechargeable only) Electronics (Limit 1 TV per vehicle) Propane Tanks Scrap Metal (Remove all fluids) Tires (Limit 8 Tires; Rims OK)

**NOT ACCEPTED**

Paint, Liquids, Junk Vehicles, Hazardous Waste,  
Fluorescent Bulbs, Dirt, Concrete, Rocks



 (859) 547 - 1866



[campbellcountyky.gov](http://campbellcountyky.gov)



[solidwaste@campbellcountyky.gov](mailto:solidwaste@campbellcountyky.gov)

# FREE Compost

City of Ft Thomas

- Great for filling in containers

*There is free leaf compost at Tower Park in Fort Thomas! If you would like some, bring your own shovel and buckets or truck to take as much as you need!*

## Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

### Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

**Yield:** 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



## Kentucky Okra

**SEASON:** June through September

**NUTRITION FACTS:** Okra is a good source of Vitamin C, folic acid, and fiber. Fiber helps lower cholesterol which reduces the risk of heart disease.

**SELECTION:** Select small, crisp, tender pods, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull, dry appearance, contain coarse fibers, and are stringy when opened.

**STORAGE:** Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will only keep 2 to 3 days before it starts to deteriorate.

### PREPARATION:

Wash okra pods before cooking. Cut off stem end, leaving small pods whole. Cut large pods in 1/2-inch slices.

Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock.

### FREEZING:

The best method for long-term storage is freezing. Okra must be blanched before freezing to hold the flavor and quality. It will keep in the freezer for one year.

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org  
July 2022

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. [PlateItUp.ca.uky.edu](http://PlateItUp.ca.uky.edu)

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*Sarah Imbus*

**Sarah Imbus**

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**Joe Morgan**

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