

Weed It and Reap

FRANKLIN COUNTY COOPERATIVE EXTENSION AUGUST 2023 NEWSLETTER



Gardening in Small Spaces

Rick Durham, extension horticulture specialist

Gardening in its many forms is a popular hobby in Kentucky. It promotes healthy habits such as spending time outdoors, being physically active and raising homegrown fruits and vegetables for your family. If you live in urban areas, have little space or have limited mobility, you may think gardening won't work for you. However, raised-bed and container gardening are good solutions for these challenges.

Raised-bed gardens allow you to have control over the planting media. You can create your own soil or soilless mixes. This is great for areas with poor soil quality or poor drainage. You'll get better root growth with amended soils and typically higher yields. Raised beds are easier for those with mobility issues because they usually require less stooping and bending during weeding and watering tasks.

Vegetables usually do well in areas that receive full sun, but many will thrive and give you a good crop with less than a full day of sun. For example, carrots, lettuce, radish, spinach, onion, winter squash, cucumber, peas, cauliflower, parsley and Swiss chard will grow in areas with as little as four to six hours of daily sunlight. Make sure you put your raised beds near a good water source as they

(Continued on pg. 2)

IN THIS ISSUE

GARDENING IN SMALL SPACES . 1-2

**SUMMER CARE OF REBLOOMING
ROSES 3-5**

**PLANTS FOR TOUGH SITES: DRY
SHADE 6**

AUTUMN VEGETABLE GARDENING 7

HOW CAN WE SERVE YOU ? 8

**2023 MASTER GARDENER STATE
CONFERENCE. 9**

**HABITAT MANAGEMENT
SYMPOSIUM 10**

**FARM CITY FIELD DAY DIVERTS
WASTE AWAY FROM LANDFILLS . 11**

EASY CHEESY EGGPLANT 12

HAVE A GREAT SCHOOL YEAR!

(Continued from pg. 1, Gardening in Small Spaces)

will dry out quicker than if planted directly into the ground.

Container gardening may be a great solution for those living in apartments and condominiums or those who just want to garden on the patio. You may use just about any container that holds soil and is large enough to support the plant when it's fully grown. You will need drainage holes in the bottom of any container to avoid overwatering. You don't want the plant roots standing in water. Think about clay or wood pots, plastic buckets, wheelbarrows, window boxes and hanging

baskets. Try to avoid very small or dark-colored containers as they will hold heat and the root zone could get dangerously overheated in full sun.

Nearly all leafy vegetables will do well in containers. You may find many dwarf varieties of your favorite vegetables that will thrive in containers. Crops with many fruits per plant such as tomatoes are good choices.

The University of Kentucky Cooperative Extension Service has a publication with many more details about gardening in small spaces. Find and download it here <http://www2.ca.uky.edu/agcomm/pubs/ID/ID248/ID248.pdf>.

AUGUST 12
8:30 AM - NOON

Kids Day

At The Franklin Co. Farmers Market
Riverview Park - 404 Wilkinson Blvd - fcmarket.org

Come see our mystery farm animal

Kids get \$2 in tokens FOR FREE to buy produce or plants

Fun & Free Activities
arts and crafts, free samples and swag, playtime and educational games

Many Thanks to our August Kids Day Sponsor! →  **Traditional Bank**

Summer Care of Reblooming Roses

David Trinklein, University of Missouri Plant Science & Technology

Of all flowers, methinks rose is best."

--Shakespeare

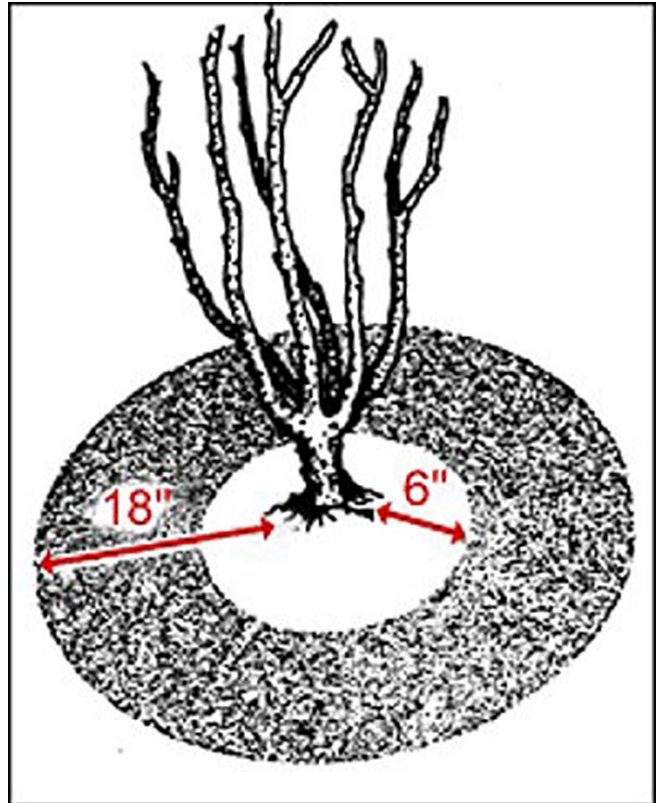
Although the English used today is a bit different compared with that of Shakespeare's era, the sentiment is the same. Rose is America's favorite flower. However, unlike Shakespearian roses which bloomed for only a short while, hybrid tea, floribunda, miniature and many other types of modern roses have the ability to repeat flowering during the summer. We take this characteristic for granted today, but it was only in the mid 1800's that the first hybrid tea and hybrid perpetual roses which repeatedly bloomed during the summer were developed. Even though these plants have the ability to bloom again, good care is important for reblooming to occur, and in determining how prolifically a rose plant is able to bloom throughout the summer.



Floribunda roses such as the award-winning 'Julia Child' pictured here bloom freely all summer long with proper care. (credit: Weeks Roses)

Roses are fairly heavy feeders, so fertilization about every six weeks is necessary, unless slow-release fertilizers with longer release rates are used. With standard fertilizers, this means an application in spring as growth begins,

another as the first major flush of blooms ends, and a third sometime in the month of July. Later applications of fertilizer should be avoided in our climate, since excessive late season growth may develop which is more subject to winter injury.



Proper application zone of fertilizer for roses.

The amount of fertilizer used depends greatly on the size of the plant. Specialty rose fertilizers are available from many yard and garden centers or online, and should be used according to label directions. If a common garden fertilizer such as 5-10-5 is used, about one heaping tablespoon scattered beginning about six inches from the plant and extending to 18 inches (or in a band one foot wide) is satisfactory.

If organic fertilizers are preferred, dried blood and bone meal are possible choices. They may be used at about one tablespoon of each per plant on a monthly basis, depending on plant vigor. Cattle manure that has been composted

(Continued on pg. 4-5)

(Continued from pg. 3, Summer Care of Reblooming Roses)

also is beneficial for roses. A two-to-three-inch application of well-rotted manure each spring will aid growth and development. Whatever the fertilizer choice, newly planted roses, however, should be fertilized lightly until they are well established.

As with other garden plants, roses need adequate water throughout the summer to perform well. The amount of water and frequency of application depends upon soil type. Soil acts as a reservoir for water. There is no benefit from applying more water than the reservoir can hold, or applying it before it is depleted. Plant size and rose type also dictate the amount of water needed.

As a general rule, apply water when the top 1 to 2 inches of soil is dry. Thorough, deep watering is important. Never give light surface applications. Water should be applied slowly enough to prevent surface runoff and long enough to ensure deep soil penetration. At each watering, soil should be soaked to a depth of at least 1 foot.

There are many methods of watering roses, with soaker hoses (or drip irrigation) being the best. Soaker hoses apply water at the base of the plant, keeping foliage dry. Prolonged wet foliage tends to worsen the infestation of foliar disease of roses such as black spot. If overhead sprinkling is the only irrigation option, water in the morning or early in the afternoon so the foliage will be thoroughly dry by evening.

Good weed control also is important to keep roses blooming. Weeds and grass compete for water and nutrients and can slow growth. Tall weeds may reduce light absorption for food manufacture and also

delay the drying of leaves which may lead to increased disease problems. Prompt, shallow cultivation is the best method for removing small weeds. Roses respond well to a thick mulch, which not only reduces weed populations, but also keeps soil moist and cool.

Careful insect and disease control also is important for keeping roses growing and flowering well. In our climate, black spot tends to be the greatest disease problem of roses. This fungus disease causes dark spots on the leaves which later turn yellow and drop off. Badly infected plants may lose most of their leaves if remedial measures are not taken.



Typical symptoms of rose black spot. (credit: Missouri Botanical Gardens)

Management of rose black spot should follow IPM tactics, beginning with cleanliness. Any and all leaves that drop should be removed from the rose planting and disposed of properly. Additionally, there are a number of fungicides available to help control the disease. They include (but are not limited to) captan, chlorothalonil, copper, ferbam, mancozeb, maneb, triforine, sulfur, thiophanate methyl, and ziram. Chlorothalonil has proven itself to be effective against black spot and offers some

protection from powdery mildew as well. This fungicide is available from many different companies, now that its patent has expired. If infestation is not too severe, applications about every two weeks should be adequate. If beds are badly infected, weekly applications are warranted. As with all pesticides, be sure to read and follow label directions carefully.

Systemic fungicides (e.g., tebuconazole) are available as part of rose "three in one" or "all in one" products. These formulations most often include fertilizer and a systemic insecticide (e.g., imidacloprid) as well. The timely and proper usage of these compounds can take care of a number of rose management tasks in one easy step.

If all-in-one products are not used, insect control must be addressed using different tactics. The key to good control is first to identify the pest in question. Spider mite, thrips, rose slug, Japanese beetle and scale are common insect pests of roses during the summer months. Good sanitation and (if needed) timely applications of insecticides can help prevent the insect population from becoming a serious problem. Again, use insecticides as directed by the product's label.



Rose sawfly larva and damage. (credit: Missouri Botanical Gardens)

Finally, a devastating disease known as rose rosette still is problematic on our cultivated roses. Also known as witches'-broom, rose rosette is caused by a virus-like organism that is spread by a nearly microscopic eriophyid (air-borne) mite. Infection occurs when a mite feeds on an infected plant, then travels to a healthy plant to feed. Early symptoms of rose rosette are rapid stem elongation followed by certain branches of the plant developing thickened, abnormally thorny stems. Then, many short deformed shoots form, often displaying a red pigmentation and smaller, misshapen leaves. At this point there is no cure for the disease and infected plants should be carefully removed from the garden and destroyed.



Typical symptoms of rose rosette disease. (credit: Oklahoma State University Extension)



Plants for Tough Sites: Dry Shade

Amy Aldenderfer, Agent for Horticulture, Hardin Co. Cooperative Extension Service

I grew up with a yard that had a slope facing east, shaded by a mature tree with miniscule amounts of good fertile soil to grow any type of plant. I have also inherited this site in my new garden. This area is too steep to mow easily and the grass is so thin it's mostly weeds. I'm a gardener so I'm not opposed to removing the lawn in favor of perennials and shrubs. So what grows in these harsh conditions? One of the shrubs that thrive is bottlebrush buckeye (*Aesculus parviflora*). Bottlebrush buckeye is noted for being one of the best summer-flowering shrubs for shade areas. It is a dense, mounded, suckering, deciduous, multi-stemmed shrub which typically grows 6-12' tall. Blooms June to July. Bottlebrush buckeye requires even moisture to become established, but then tolerates drier soils. It's also native to the southeastern United States and is attractive to hummingbirds and butterflies.

Other shrubs that you might consider include: St. John's wort (*Hypericum calycinum*), Japanese kerria (*Kerria japonica* 'Plenifolia'), Korean boxwood (*Buxus sinica* var. *insularis* 'Wintergreen'), or Hop tree (*Ptelea trifoliata*).



Epimedium x versicolor Cultivar 'Sulphureum' -John Ruter, University of Georgia, Bugwood.org

If you would like some smaller perennials that will cover the ground try *Epimedium x versicolor* or Bishop's hat. Epimedium are clump-forming perennials that can tolerate dry conditions. 'Sulphureum', which typically grows 8-12" tall, is primarily used as a ground cover or edger in shady or woodland areas. It features short-spurred yellow flowers which appear above the foliage in spring. *E. x versicolor* spreads a little faster than other epimediums by underground rhizomes but is not aggressive in a garden. The wiry petioles form tidy mounds of foliage. In mild winters the foliage is evergreen. Cut back old foliage before the new emerges in the Spring.

Other perennials that will thrive in dry shade: *Bergenia cordifolia* (pigsqueak), lily of the valley, *Eurybia* spp (white wood aster), *Helleborus* spp. (Lenten Rose), *Hosta*, and *Polygonatum* (Solomon's Seal).

There is always a plant to put in the right place.

Thank you to the Missouri Botanical Garden's Plant Finder feature on their website:

www.missouribotanicalgarden.org



Autumn Vegetable Gardening

Dennis Morgeson, Agent for Horticulture, Washington County Cooperative Extension Service

Did your plans for a summer vegetable garden not work out? Did you lose track of time and never got around to planting a summer garden? Did you go on vacation to come back to a weedy mess that you just didn't have the energy to correct before it was too late? If you answered yes to any of these questions it's not too late to get homegrown vegetables from your own backyard this season!



Broccoli, Brassica oleracea var. italica, – Gerald Holmes, Strawberry Center, Cal Poly San Luis

Early August is the time to start planting and planning for your fall garden. Many people don't even think about vegetable gardening in the fall but it is actually the best time to grow many of our cool season vegetables. Taste and quality of most cool season vegetables is better in the fall because the weather is getting cooler when harvest and ripening time nears instead of hotter like it does in the spring. Vegetables such as lettuce, broccoli, cabbage, cauliflowers, and turnips develop bitter compounds in hot weather; however in cooler weather such as in late September and October these plants store sugars and starches which greatly improve their taste.

Now is the time to plant broccoli, cabbage, and cauliflower transplants into the garden. Keep in

mind; these are cool season crops that will need extra water in hot dry weather to get established.

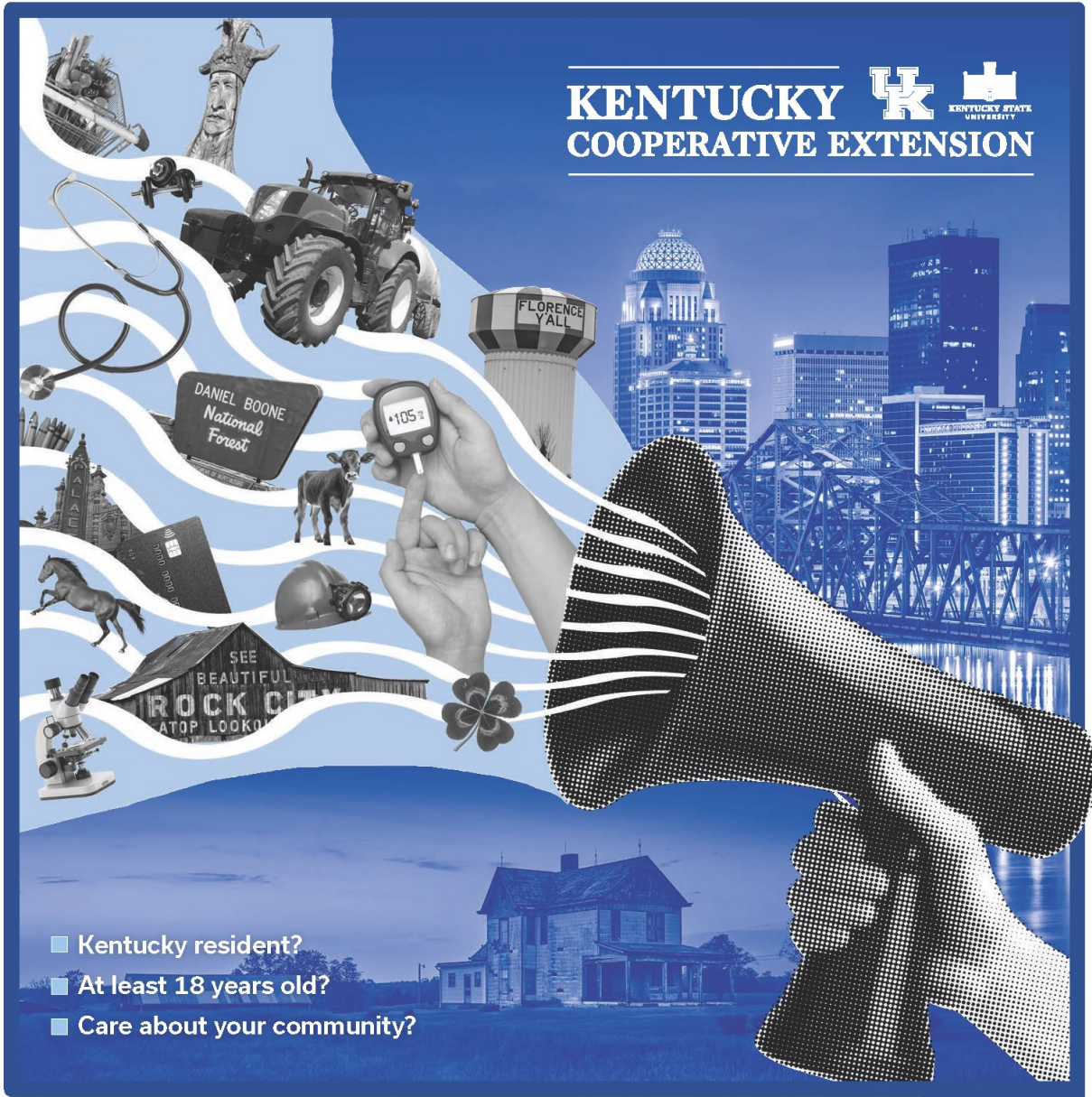


Cauliflower, Brassica oleracea var. botrytis, – Rebecca A. Melanson, Mississippi State University Extension

You can also seed crops such as beets, bush beans, kale, collards, Bibb lettuce, and radishes in early August. Radish can even be planted all the way to mid September. With beans, keep in mind that generally bush beans can be planted until August 15 in West Kentucky and late July and early August for East and Central Kentucky and still make before frost, however be sure to pick early maturing varieties. The other crops mentioned can be planted anytime in August.

Many people in our area don't plant spinach because it tends to bolt (go to seed) and doesn't have a mild flavor. This is because they plant it too late in the spring and hot dry weather causes the flavor to deteriorate as well as stresses the plant which tells it to reproduce or bolt. Fall planted spinach in September won't go to seed because of the cool weather and short day length. Individual leaves can be harvested to cook or add to a salad. These smaller spinach plants will generally over winter and give you early great tasting spinach next spring.

After your fall crop is up and actively growing side dress it with nitrogen fertilizer such as urea. Apply 3 tablespoons of urea per 10 feet of row four to six inches away from the plants. If it doesn't rain water the plants soon to activate the fertilizer.



KENTUCKY  
COOPERATIVE EXTENSION

- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

Cooperative Extension Service

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

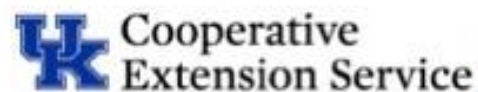
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.



2023 Master Gardener State Conference

The Ecology of Backyard Gardens

Tuesday, September 12 - Wednesday, September 13, 2023

**Held at Kentucky State University's
Harold Benson Research and Demonstration Farm
1525 Mills Lane, Frankfort, KY 40601**

Featured Speaker Dr. Patrick McMillan will be presenting on underutilized native plants and their roles in creating healthy garden ecosystems. Continue reading for full conference schedule and speaker bios!

Registration fee is \$100.00

To register go to:

<https://bit.ly/MGConference2023>

(If you have difficulty with this link, copy and paste it to your browser)

Have questions?

Contact Tyson Gregory at 859-873-4601 or
Tyson.gregory@uky.edu

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of residential 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



Disabilities
accommodated
with prior notification.



HABITAT MANAGEMENT SYMPOSIUM

October 2-4, 2023

**Harold R. Benson Research and Demonstration Farm
Frankfort, Kentucky**

**Day 1: Remote sensing workshop
Days 2 & 3: Natural areas management
practices & demonstrations and case studies of
recent conservation projects**

Full agenda and registration details coming soon

This institution is an equal opportunity provider.

Reasonable accommodations for individuals with disabilities will be provided free of charge upon request. Language access services for limited English proficient individuals will be provided free of charge upon request. Please contact Kasia Bradley at kasia.bradley@ksu.edu by September 15, 2023.

Farm City Field Day was held on July 13th, 2023, at the Harrod Family Farm and Firmly Rooted Flower Farm. To make this a great event, the Farm City Field Day Committee had a goal to have 0% of the waste created enter the landfill. This was done in part by using recyclable and compostable products, such as the plates, forks and napkins. This year, we were able to recycle and compost 119 pounds of waste!

Farm City Field Day

A Waste Free Event

Recycling: 60 Pounds

Compost: 59 Pounds

Trash: 24 Pounds

83 % of WASTE Diverted from the landfill!

SOUTH FRANKFORT FOOD SHARE

- DATES -

EVERY OTHER TUESDAY
5:00 PM – 7:00 PM

- MAY 30
- JUNE 13 · 27
- JULY 11 · 25
- AUG. 8 · 22
- SEPT. 5 · 19
- OCT. 3 · 17



JOIN US TO ENJOY

a box of local produce, cooking demonstrations, free samples & recipes, fun activities, and more!



Dolly Graham Park
225 River Street
Frankfort, KY 40601
(502) 382-1254

LEARN MORE & ORDER AHEAD
fcmarket.org

SLIDING SCALE PRICING \$6 – SNAP/EBT \$30 – Market Value
 \$12 – Limited Income \$40 – Food Justice



Easy Cheesy Eggplant

3 cups cubed eggplant	½ teaspoon dried basil
2 medium tomatoes, sliced	¼ teaspoon garlic powder
1 large onion, sliced	8 ounces shredded mozzarella cheese
¼ cup melted butter	½ cup whole wheat bread crumbs
¼ cup applesauce	2 tablespoons grated Parmesan cheese
¼ teaspoon salt	

Peel eggplant and slice into ½ inch cubes.

Layer eggplant, tomatoes, and onions in a casserole dish.

Mix butter and applesauce and pour ½ over the vegetable mixture.

Sprinkle with the salt, basil, and garlic powder.

Cover and bake for 20 minutes in a 450° F oven.

Remove from oven and top with

mozzarella cheese, whole wheat bread crumbs, and Parmesan cheese. Pour the remaining butter and applesauce mixture over the cheese.

Bake an additional 10 minutes, uncovered.

Yield: 12, ½ cup servings

Nutritional Analysis: 120 calories, 7 g fat, 170 mg sodium, 6 g carbohydrate, 2 g fiber, 6 g protein.

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




Adam Leonberger

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities
accommodated
with prior notification.