

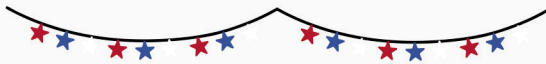


University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Bullitt County Extension Office
384 Halls Lane
Shepherdsville, KY 40165
502-543-2257
Email: bullitt.ext@uky.edu

July

Horticulture Newsletter In this issue:



July Gardening Tips
Page 2

2024 Photo Contest
Page 3

Extending Garden Shelf Life
Page 4

Seasonal Recipe
Page 5

BCPL Donation Drive
Page 6

Community Seed Exchange
Page 7

Upcoming Events
Page 8

Upcoming Classes

**Pre-registration is required to ensure adequate supplies.
Call 502-543-2257 or email tme234@uky to register**

July 2024

- **Friday, 7/19: Preserving Your Harvest, 6pm**

Learn about different techniques to preserve food from your garden.

August 2024

- **Friday, 8/23: Salsa Gardening, 6pm**

Learn what to plant in a salsa themed garden and how to make your own salsa fresca.

September 2024

- **Friday, 9/27: Apple Tasting, 6pm**

Sample and evaluate many different varieties of apples and learn about what types are ideal for certain recipes.

*See what other classes and events we have planned for the year: bullitt.ca.uky.edu/horticulture

Meetings

Master Gardeners' Assn. & Horticulture Council, 6pm
(1st Tuesday of each month)

- August 6th, September 3rd

Bullitt Co. Beekeepers' Association & Class, 7pm
(2nd Wednesday of each month)

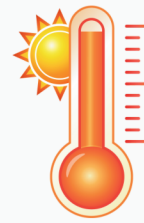
- July 10th, August 14th, September 11th

Connect with us for program updates and daily horticulture tips!



July Gardening Tips

Jessica Strickland, North Carolina Cooperative Extension



Lawn



- Recycle your clippings as you mow instead of bagging and discarding them. Returning these clippings to the law saves time, energy and money. Grass clippings contain 4% nitrogen, 1% phosphorous, 3% potassium and smaller amounts of other essential nutrients
- Try to change direction when mowing your lawn. This will help strengthen the roots system and expose different sides of the plant to sunlight.
- Install a rain sensor to your irrigation system to avoid watering during or immediately after rain. Adjust irrigation applications according to rainfall, so that a total of 1" of water is applied each week.

For more vegetable gardening resources, tips, and information check out ID:128, *Home Vegetable Gardening in Kentucky* here:



Trees, Shrubs, and Flowers



- Pinch off garden mums till mid-July to encourage branches and delay flowering until fall.
- Many people have container gardens on their patios and porches. Container-grown plants can dry out quickly during these hot, summer days. Daily watering may be necessary, however, the soil shouldn't be soggy or have standing water. Apply water until it runs out the drainage holes. Feel the soil in containers at least once a day and twice on hot, dry days to be certain that plants are getting enough water.
- Prune spring-flowering shrubs such as azaleas, forsythia, and hydrangeas as their blooms fade. Be sure to prune them by mid-July to avoid cutting off next year's flower buds.
- Reduce the mosquito population by emptying standing water. Mosquito larvae need only a small amount of water to grow. Empty any open container of water, including saucers under plants and birdbaths, every two or three days to prevent larvae from reaching maturity.
- Remember to prune suckers from flowering trees and shrubs like crape myrtles, crabapples, apples, pears, and more. Pruning out these suckers will improve the appearance and can reduce the chance of some diseases that are attracted to the young, succulent growth.
- A second application of slow-release fertilizer is needed in mid-summer for containers and flower beds.

Fruit, Vegetables, and Herbs



- If you are growing herbs, remember to harvest before they flower for peak flavor or aroma. Pick herbs in the morning when the dew has dried off, when the aroma will be the most intense.
- When watering vegetables from overhead or with a sprinkler, the best time of day to water plants is early in the morning. Watering during mid-day allows excess water evaporation. Avoid watering in late evening when the foliage can not dry before the sunsets. Wet foliage on hot summer nights is a perfect environment for diseases to start.
- Keep tomato plants mulched and evenly moist to reduce blossom end rot and cracking.
- Certain pesticides have a waiting period of several days between the time of the last spray and harvest called "Harvest Interval Date." Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.
- Pick beans, squash, and tomatoes regularly to increase production.
- Remove lower suckers on tomatoes and lightly fertilize to keep production going.



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.

**HORTICULTURAL
PHOTOGRAPHY**

2024

PHOTO CONTEST



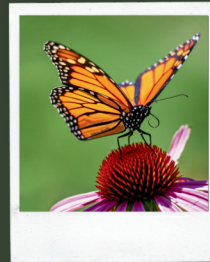
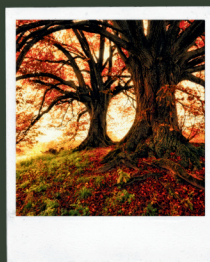
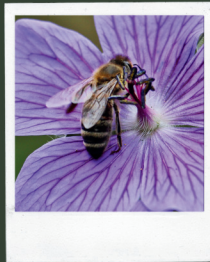
Sponsored by the Bullitt County Master Gardeners

WIN \$100 FOR FIRST PLACE, \$75 FOR SECOND OR \$50 FOR THIRD. PHOTOS THAT DO NOT PLACE MAY BE SELECTED FOR USE IN OUR 2025 CALENDAR!

ENTRY DEADLINE : SEPTEMBER 30TH

2024
Rules
in
Brief:

1. Topic of horticulture must be evident.
2. Must be submitted in jpeg format and be at least 1 mb in size
3. If contest deadline is not met or paperwork is missing, entries will be void.
4. Once submitted, photos become property of The University of Kentucky and/or Bullitt County Extension. Both entities reserve the right to use them in any way.
5. No name brands, people, or time /date signatures on any entries.
6. Photos are judged on creativity, adherence to the rules, photographic value, and interest of subject.
7. Must be original work of submitting individual.
8. Individual may submit up to 10 photos each.
9. See registration form for detailed list of rules!



Contact Lorilee Kunze at 502-543-2257 with questions and email hortphotocontest@gmail.com to enter your photo. Scan QR code or visit <https://bullitt.ca.uky.edu/horticulture> to access the registration form.



Extend garden vegetable shelf-life with proper harvest and storage

Nick Frillman, University of Illinois Extension

When the garden harvest has matured, the work has not stopped. If your home harvest is happening now, don't let poor handling rot the product of your hard-earned gardening season. Follow these simple steps to prepare your vegetables for short and long-term storage.



Harvesting

The first step to storing produce is harvesting healthy produce with clean tools. This helps vegetables store without spoiling, regardless of the storage method. When harvesting do not include rotting produce in the harvest bin. As the saying goes, one bad apple can spoil the whole bunch — if in doubt, throw it out. Before and after harvest, disinfect harvest tools (knives, snips, buckets etc.). The easiest way to do this is to spray and wipe off tools with isopropyl alcohol in a sprayer bottle. For containers, crates, and boxes, a bleach solution can be made up and receptacles can be wiped out, rinsed, and left to dry.

Vegetable Storage

Vegetable storage will vary depending on the crop. Short-term storage means storing several days to a couple weeks, at most. Long-term storage vegetables store for many months when properly dried, or cured. Two examples of long-term storage crops are onions and potatoes; short-term storage crops are bell peppers and tomatoes. Preparation for storage differs between long and short-term storage vegetables.

Short-term storage vegetables

After harvesting short-term storage vegetables, some require immediate rinsing, and some should be rinsed immediately before consumption. All greens (kale, spinach, chard, arugula, etc.) cabbages, and root vegetables (carrots, beets, turnips, etc.) should be rinsed immediately with cool water. Remove yellow or rotten leaves of cabbage before rinsing. Green and bulb onions can also be rinsed right away. Store these rinsed vegetables in the refrigerator. Peppers, eggplant and tomatoes should not be rinsed after harvest. If washed, they will rot sooner. Instead, harvest into dry, clean (washed and sterilized) produce bins. Store out of the sun and at room temperature (eggplant and tomatoes) or in the refrigerator (peppers). Wash these delicious summer treats immediately before consumption.

Long-term storage vegetables

Do not wash storage onions, potatoes, garlic, and shallots. Cure these crops to prepare for storage. Curing, preparation of crops for long-term storage, is necessary for many winter storage crops but the technique varies by crop. Potatoes, and garlic, should be air-dried in a shaded location with well-circulated air to cure. Onions, shallots and winter squash also require good air circulation for curing but they do not cure in shade. Cure in direct sunlight for several days on a greenhouse shelf or outdoors on a tarp. When drying outside, be mindful of weather to avoid them getting wet. Long-term storage crops can be packed in slotted wooden or plastic crates and stored in a cool, dark location with good air circulation. A basement is an ideal location for storage. With proper planning and some consideration for storage, the sweat and toil of a summer garden will deliver nutritious, heartwarming meals all winter long.



Summer Corn and Couscous Salad

3 ears sweet corn, shucked and washed
1 cup low-sodium chicken broth
1 cup uncooked couscous

1 cup garbanzo beans (chick peas), drained and rinsed
1 medium cucumber, washed, quartered and diced
1 ½ cups cherry tomatoes, washed and halved
½ cup feta cheese
¼ cup chopped sweet onion
3 tablespoons minced fresh parsley

Dressing:
3 tablespoons olive oil,
3 tablespoons lemon juice, **1 teaspoon** dried oregano, **¾ teaspoon** ground cumin, **½ teaspoon** each, salt and pepper

Boil corn for 6-9 minutes or until tender. **Drain** corn and immediately place in ice water. **Drain** ice water and **pat** corn dry; using a sharp knife **cut** the corn kernels from the cobs. In a separate saucepan, bring broth to a **boil** and **stir** in couscous. **Remove** couscous from heat, cover and let **stand** 5-10 minutes. **Fluff** couscous with a fork and set aside to cool. In a large bowl, **combine** the beans, cucumber, tomatoes,

cheese, onion and parsley. **Add** couscous and corn to the vegetables. In a small bowl, **whisk together** the dressing ingredients. **Pour** over the couscous mixture; **toss** to coat. **Serve** chilled.
Yield: 9, 1 cup servings
Nutritional Analysis: 200 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 28 g carbohydrate, 4 g fiber, 5 g sugar, 7 g protein



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

Find more seasonal recipes cards:



Kentucky Sweet Corn

SEASON: July-August

NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a half cup serving.

SELECTION: Look for ears with green shucks, moist stems and silk free of decay. Kernels should be small, tender, plump and milky when pierced. They should fill up all the spaces in the rows.

STORAGE: Keep unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and place in a plastic bag for 4 to 6 days.

PREPARATION:

To microwave: Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for one ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

Source: www.fruitsandveggiesmatter.gov

To boil: Remove shucks and silks. Trim stem ends. Carefully place ears in a large pot of boiling water. Cook 2-4 minutes or until kernels are tender.

To grill: Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

KENTUCKY SWEET CORN

Kentucky Proud Project

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

June 2013

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
EXTENSION
SERVICE



BULLITT COUNTY PUBLIC LIBRARY COMMUNITY CARE CABINET

DONATION DRIVE

THROUGH 10/31/24



The Bullitt County Extension is partnering with the Bullitt County Public Library to gather much needed supplies for the Community Care Cabinet. Community Care Cabinet initiative aims to address the basic hygiene needs of individuals in our community who may be experiencing financial hardship or other challenges. This project involves setting up accessible cabinets stocked with essential hygiene supplies in the restrooms at the Central branch of the Bullitt County Public Library. These cabinets will serve as a resource for anyone in need, offering items such as soap, shampoo, toothpaste, toothbrushes, hot/cold weather items, and other essential items free of charge.

Acceptable Donations:

Shower Wipes, Soap (bar or liquid), Shampoo, Conditioner, Dry Shampoo, Toothbrush, Non-Alcoholic Mouthwash, Sunglasses, Sun Hats, Wet Wipes, Diapers, Baby Wipes, Shaving Cream, Razors, Baby Powder, Cotton Swabs, Lotion, Deodorant, Hand Warmers, Gloves, Hats, Socks, Blankets, Combs/Brushes, Hair Ties, Menstrual Products, Any Other Hygiene or Weather Specific Item (unopened/unused/non-alcoholic)

Contact

 502-543-2257

 lorilee.kunze@uky.edu

Most Needed Items:

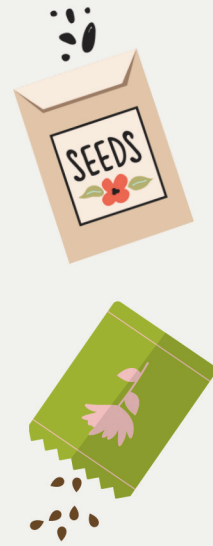
Toothpaste, Floss, Sunscreen, Aloe, Ponchos, Bug Spray, Drawstring Bags, Tissues, Chapstick, Band-Aids, Neosporin





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

Bullitt County Extension Horticulture Community Seed Exchange



**Saturday,
 October 19th
 10a - 2p**

Contact Us:

lorilee.kunze@uky.edu

[facebook.com/BullittCounty
 ExtensionHorticulture](https://www.facebook.com/BullittCountyExtensionHorticulture)

Join us for a communal gathering and seed exchange! Bring your vegetable, native, annual, and perennial seeds to give away or trade with others. All garden enthusiasts are welcome.

Address: 384 Halls Lane, Shepherdsville,
 KY 40165

To reserve a table, call 502-543-2257.



Upcoming Events at the Bullitt Co. Extension Office

Call 502-543-2257 for more information.

Family & Consumer Sciences

- **Sit-N-Sew** second Thursday of each month from 6-9pm

Agriculture

- **Bullitt Co. Cattlemen's Meeting (ft. Educational Speakers) 7-9pm**
Tuesday's on 7/9, 9/10, 11/12

4-H (contact 4-H agents to register)

- **Cloverbuds** (Ages 5-8)
- **Teen Club** (Ages 12-18)
- **Bullitt Co. 4-H Fair** Wednesday, 7/10, 9-4pm

Fine Arts

- **Fall Arts Festival - Vendors, Food, & Family Fun** Saturday, 9/21, 10a-2p



Go
paperless!
e-newsletter
sign-up:

