



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

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May

Horticulture Newsletter

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Connect with us for program
 updates and daily horticulture tips!



Upcoming Classes

**Pre-registration is required to ensure adequate supplies.
 Call 502-543-2257 or email tlme234@uky.edu to register**

May 2024

- **Friday, 5/17: Herbal Tea Gardening, 6pm**

Learn about a variety of plants that make great tea and how to create a bountiful tea garden.

- **Friday, 5/30: Vertical Gardening, 6pm**

Learn about different methods for using vertical space efficiently to grow abundance in small or limited spaces.

June 2024

- **Thursday, 6/27: Carnivorous Plants, 6pm**

Learn about the life cycle and care of a variety of carnivorous plants.

July 2024

- **Monday, 7/22: Preserving Your Harvest, 6pm**

Learn about different techniques to preserve food from your garden.

*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)

- May 7th, June 4th, July 2nd

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

- May 8th, June 12th, July 10th



Growing Your Own

A beginner's guide to gardening

Extension Resource Guide

Simple, research based information for any Kentucky gardener



 Cooperative Extension Service

 USDA
Supplemental Nutrition Assistance Program
Putting Healthy Food
Where It's Needed

This institution is an equal opportunity provider. This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP.

This work is supported by the Expanded Food and Nutrition Education Program from the USDA, National Institute of Food and Agriculture.



Exciting news, Gardeners!

This new, FREE app is tailored specifically for gardening in Kentucky and is the ultimate resource for all your gardening needs. Scan the QR codes in the image above to download SOW and access University of Kentucky gardening publications!

With SOW, you can:

- Access information sheets for 40+ common veggies
- Customize your growing zone, and know what & when to plant
- Personalize your garden and organize veggies by planting or harvest date
- Maintain a journal of your garden's progress
- Record your yields and pests
- And much more!



Companion Planting

Natasha Harris & Jessica Streets, West Virginia University Extension

Like people, some plants thrive surrounded by others. Companion planting is the practice of growing several types of crops near one another to enhance crop production. In general, plants with known positive relationships should be planted within two or three rows of each other. Plants that have negative or detrimental relationships, should be planted at least two to three rows apart. Infestation of pests or disease can occur more quickly if you plant all the same crop close together. Planting fruits and vegetables with flowers, herbs, or other vegetables can provide several valuable natural resources to your garden.



Utilizing companion planting is not only beneficial for your plants, but also helps maximize your space. Using different types of plants can help deter harmful insects, provide support for crops, offer shade to smaller plants, provide weed suppression, attract beneficial insects, as well as increase your overall soil health. One of the most popular companion plantings is “The Three Sisters Garden,” which includes corn, beans and squash. Taller plants, such as corn, can provide a natural support trellis and shelter for beans, peas and other climbing crops. In return, beans and peas provide nitrogen to the soil for the corn and squash plants. Squash and pumpkin leaves shade the smaller bean and pea plants that need sun protection and provide weed suppression. When planning your garden, you need to consider where you plant crops that may be in competition with one another. For instance, onions and beans should not be interplanted since onion plants stunt the growth of beans.

Soil Health Benefits

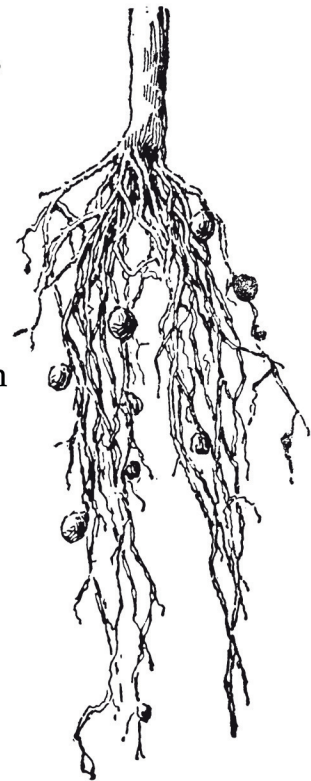
Companion planting allows you to tap into the benefits of having different root systems throughout your garden. Plants with taproots, such as carrots or radishes, can help alleviate soil compaction issues. Deep rooted crops like asparagus or watermelon can pull nutrients and water from deeper in the soil profile.

Saving Space

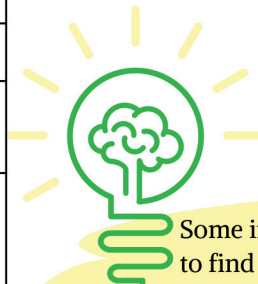
Interplanting, the practice of planting different crops between one another, works especially well to maximize space and improve productivity in small gardens. Maturity rate, nutrient requirements and size are important factors to consider when deciding what crops to interplant. Interplant smaller cool season plants, such as spinach, beets, or lettuce, in between larger, slow-growing vegetables such as tomatoes or peppers. Once the smaller crops mature, the larger plants canopy will offer shade. Companion planting can also be utilized in large container gardening to maximize space and crop yield. Consider planting a pizza garden or salad garden, which could include tomato, pepper, lettuce, oregano and/or basil plants all in the same large container.

Insect Management

The scents and bright colors of herbs and flowers repel and confuse harmful pests and can attract beneficial insects and pollinators. Trap cropping is the practice of planting something between the main crop to attract harmful insects to it instead, therefore saving your main crop. This practice, along with adding bright colors, can also be utilized to attract pollinators and other beneficial insects.

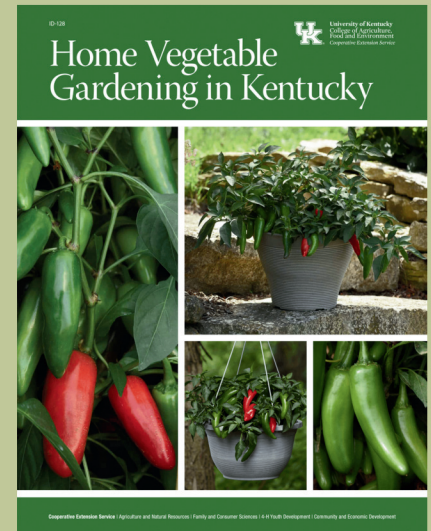


Plant	Companions	Do NOT plant next to
Asparagus	Tomato, basil, parsley	
Beans	Most vegetables and herbs	Onion, garlic, gladiolus
Brassicas (Cauliflower, kale, broccoli)	Sage, dill, beets, peppermint, rosemary, corn, onion family, chard, spinach, sunflowers, nasturtiums	Dill, fennel, strawberries, pole beans, tomatoes
Cantaloupe	Corn, sunflowers	Potatoes
Celery	Onion and cabbage families, tomatoes, bush beans, nasturtiums	
Corn	Irish potatoes, beans, English peas, pumpkins, cucumber, squash	Tomatoes
Cucumber	Beans, corn, English peas, sunflowers, radishes, cabbage family	Irish potatoes, aromatic herbs
Eggplant	Beans, marigolds	Potatoes
Lettuce	Carrot, radish, strawberries, cucumber, onions	
Onion family	Beets, carrot, lettuce, cabbage family, tomatoes, strawberries, Summer Savory tomato, asparagus	Beans, English peas
Potato, Irish	Beans, corn, cabbage family, marigolds, horseradish, peas	Pumpkin, squash, tomatoes, cucumber, sunflowers, raspberries
Spinach	Strawberries	
Squash	Nasturtium, corn, radishes, marigolds	
Strawberries	Bush beans, spinach, borage, lettuce (as a boarder)	Cabbage
Tomato	Herbs, such as parsley, dill, and basil	Irish potatoes, fennel, cabbage family



Some insects use visual cues to find their target plants, such as leaf shape or color. If you have a whole plot full of the same plant, insects may find it more easily than if you have a variety of plants with different heights, colors, and textures.

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



Companion planting is not an exact science, and successful companion plantings can vary in different areas. However, companion planting charts can offer a good starting point. Record observations and the results of your plant combinations from year to year of successful and failed companion plantings. Sharing your results can provide education and assistance to other gardeners! You can also contact the Bullitt County Extension office for suggestions on other companion crops.



Kickin' Greens

2 tablespoons olive oil
8 slices turkey bacon,
cut into bite-sized pieces
1 large onion, chopped
6 cloves garlic, minced

2 pounds fresh greens
(collards, turnip
or mustard)
3 cups low sodium
chicken broth

½ teaspoon
black pepper
¼ teaspoon red
pepper flakes,
or to taste

Plate it up!



Heat olive oil in a large stockpot over medium high heat. **Cook** turkey bacon in hot oil until crisp. **Add** onion and garlic. **Cook** until onion is tender, **stirring** occasionally. **Add** greens and **stir** until greens start to wilt. **Add** chicken broth, black pepper and red pepper flakes. **Cover**, reduce heat to

low and **simmer** 25-30 minutes, or until greens are tender.

Yield: 8, 1 cup servings

Nutritional Analysis: 110 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 9 g carbohydrate, 5 g fiber, 2 g sugars, 7 g protein.

Find more seasonal recipes cards:



Kentucky Greens

SEASON: May through June and September through November

NUTRITION FACTS: Greens are a source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. Greens are low in calories, with 20 to 30 calories per half-cup serving.

SELECTION: Look for bright green leaves that are fresh, young, moist and tender.

STORAGE: Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.

PREPARATION: Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.

To cook: Add washed greens to a medium-size saucepan with ¼ inch water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may require 5 to 10 minutes. Seasonings and herbs will enhance the flavor without adding salt. Try allspice, lemon, onion, nutmeg or vinegar.

To freeze: Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain and package. Leave ½ inch headspace, seal, label and freeze. Greens can be stored for up to 1 year in the freezer.

KENTUCKY GREENS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

October 2018

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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Hydration Fuel-Up



Station



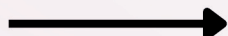
Ingredients:

- Pitchers of Ice Water
- Assorted Add-Ins: cucumber slices, raspberries, mint, orange slices, lemon slices, lime slices, blueberries, pineapple chunks, basil, etc.

Directions:

1. Provide pitchers of ice water. Arrange a variety of add-ins on a table with the water and clear cups.
2. Encourage everyone to mix their own water drink using assorted add-ins. To increase the flavor, mash fruits in the bottom of the cup before adding water.

Browse more healthy
drink recipes from
KYNEP



Quick Berry Cooler



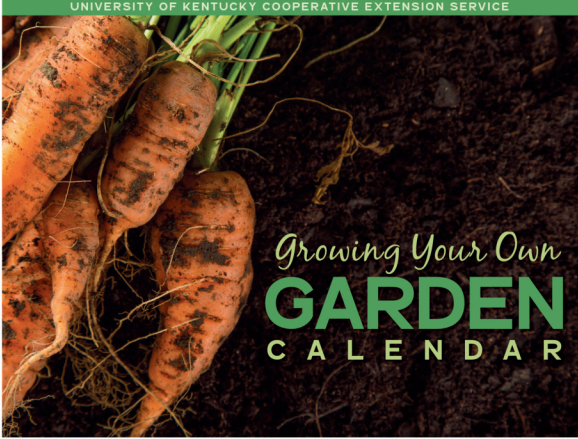
Ingredients:

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away. Refrigerate leftovers within 2 hours.





*Calendars available.
Contact our office to
receive yours.*

MAY



Even if you have not planted beans, sweet corn, and vining crops (cucumbers, squash), you can continue to plant them in May in all parts of the state.

Now is the time to plant crops that are particularly sensitive to cold and frost: this includes tomatoes, peppers, eggplant, and okra. It is very important to protect these plants from frost. The last frosts of the season usually occur in early May in western Kentucky, mid-May in central Kentucky, and later May in eastern Kentucky.

To protect plants from frost, use a large flower pot placed over the plant on the evening before the frost. Be sure to remove the pot as temperatures warm—sunlight hitting a dark colored pot may quickly cause the pot to get too hot and damage the plant. Children might like to participate in covering and uncovering the plants.

As plants continue to grow, lightly turn the soil around plants to control weeds. A layer of straw, newspaper, cardboard, or plastic mulch between plants will help control weeds and keep the soil moist.

If you are growing in raised beds or containers, the soil will dry out faster than it does in a regular garden. Water when the top of the soil feels dry. Evenly apply water around the bed or container. For raised beds, apply enough water to wet the soil about six inches deep. Use a garden trowel or shovel to check how deep the water has moved. For containers, apply water until some water drains out the hole at the bottom of the container. Containers may need to be watered every day or two. Raised beds usually need to be watering about twice a week, unless it rains.

Week 1

Lay stakes for tomatoes; plant herbs; turn compost

Week 2

Transplant peppers, tomatoes, melons, squash, cucumbers

Week 3

Plant sweet potato slips; look for pests and diseases in the garden

Week 4

Direct sow sweet corn; continue to document in your journal and note specific varieties of vegetables that have done well

Upcoming Events at the Bullitt Co. Extension Office

**Pre-registration required for all classes. Call 502-543-2257 for more information.*

Family & Consumer Sciences

- **Sit-N-Sew** second Thursday of each month from 6-9pm
- **Water bath Canning/Hands on Jam Making:** May 22 & 23rd

Agriculture

- **Bullitt Co. Cattlemen's Meeting (ft. Educational Speakers) 7-9pm**
Tuesday's on 5/14, 7/9, 9/10, 11/12

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


- **Animal Explorer Club** (Ages 4-8)
- **Cloverbuds** (Ages 5-8)
- **Green Giants Club** (Ages 9-12)
- **Teen Club** (Ages 12-18)
- **4-H Camp Lake Cumberland:** July 29 - August 2nd (\$225.00)



Go
paperless!
e-newsletter
sign-up:



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Bullitt County Cooperative Extension
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Return Service Requested

HORTICULTURE NEWSLETTER
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