

BY THE YARD

HORTICULTURE NEWSLETTER



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August

2023

Inside this issue:

- Give Your Summer Garden New Life
- Planning for Fall Vegetables in the Garden
- Working In The Summer Heat
- Protecting Yourself in the Sun
- Time is Right for Kentucky Melons
- August Quick Tips
- Recipe of the Month



August 17-27, 2023

Louisville, KY

<http://www.kystatefair.org/>

August Gardener's Toolbox Classes

Goldenrods ~ Tuesday, August 8th at 6:00pm: Kentucky's state flower. We have over 30 species in Kentucky, and many are known to be terribly aggressive garden guests. We will steer you to the better garden candidates and provide small plants of a couple of our favorites. If pollinators are high on your list, this class should be as well. Cost: \$10.00

Collecting and Saving Seeds ~ Thursday, August 17th at 6:00pm: Whether you are trying to preserve a family heirloom vegetable or save a favorite flower; collecting and saving seeds is an easy and cost-effective way to ensure a plant can be grown in the garden for seasons to come. From common garden veggies to native trees and wildflowers, we will cover the basics of how to properly collect, clean, and store seeds for personal use or to share with friends and family. Cost: Free, but must register in advance to reserve a seat.

Native Bees ~ Tuesday, August 22th at 6:00pm: Few topics in the gardening world have created as much buzz as pollinators and their importance. Perhaps the most iconic group of pollinators are bees, and here in the US, we are lucky to have around 4,000 different species of bees. In this class you'll learn about some of the more commonly found species in Kentucky and how to make your yard more welcoming to these important organisms. Presented by Dr. Jonathan Larson, UK Extension Entomologist. Cost: Free but must register in advance to reserve a seat.

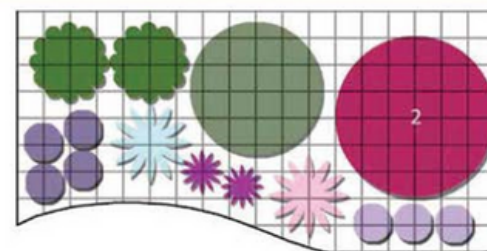
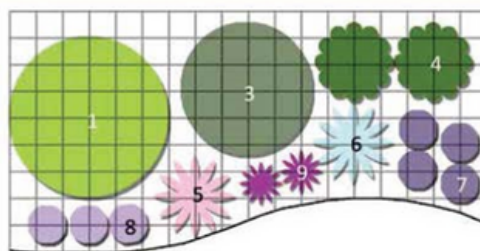
Free Native Plant Garden Designs

Have you been looking to create a low-maintenance, pollinator-friendly landscaping but don't know where to start? The city of Lexington has the answer! Inspired by paint-by-numbers and using all KY native plants, the program provides templates for full sun, full shade and partial shade areas that give guidance on what to plant where. Guides are currently available in three categories: front yard, streetside and streamside. Find full color guides, tips for preparing and planting, as well as purchasing suggestions at LexingtonKY.gov/PlantByNumbers

5: Partial Shade Front Yard Symmetrical

3-6 hours of sun

9x39 ft



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Give Your Summer Garden New Life

Summer's heat and weather can take a toll on your flower garden. But with a little extra care, it is possible to bring it back to life for a few more weeks of vibrant color and texture.

It's always important to make sure annuals and perennials get plenty of water this time of year, especially in later summer. Annuals, in particular, will start to decline without an adequate supply of water to keep the ground moist.

The general rule of thumb for watering your plants is 1 inch of water per week. Plants growing in pots may need water as often as every day throughout the summer, depending on the type of plant and the size of the container. Once the top few inches of container soil is dry, add enough water so that a little drains through the hole in the bottom of the pot. If rain doesn't supply enough water, you should apply the necessary water in one application rather than in several small applications. Remember, the best time to water your plants is in the morning or early evening, preferably before 7 p.m.

During periods of drought, many annuals may appear to die. However, if you cut them back, water them regularly and apply fertilizer, they will often recover.

Another thing you can do to help your summer flower garden rebound is to remove spent, or old, flowers. This process is called deadheading. Deadheading helps encourage new growth that will produce new flowers.

Late summer is also the time to pull out the flowers that have seen their better days and plant new ones that are more suitable for fall.

Annual flowers that give a good show in the fall include pansies, ornamental cabbage and kale and snapdragons. Perennials, such as anemones, asters and showy sedums, also give a good show in the fall but you'll need to transplant them the previous spring to give them a chance to provide their best show.

As you renovate your summer garden, be careful when applying fertilizer around perennial plants. If you apply fertilizer later than August, it may stimulate new growth at a time when the plants would normally begin to prepare for dormancy. And that can mean more winter injury.

Of course, all of this may be moot if you haven't carefully tended your summer garden throughout the growing season. If you've kept your garden well-watered and periodically added fertilizer, your chances are greater for a late summer and fall show of color.

For more information, contact the Fayette County Cooperative Extension office.

Source: Rick Durham, University of Kentucky, Extension Professor



Planning for Fall Vegetables in the Garden

It's time to start planning how you can continue to enjoy your garden and even add new plantings. You can plant a variety of produce in Kentucky gardens in the coming weeks allowing fresh items to be available well into the fall.

The cooler nights experienced later in the year as these vegetables mature may increase the sugar content of many crops and thus increase their quality. Cooler nights also slow growth, so crops can take longer to mature than in the summer. Keep this slower pace in mind when you check seeds for days to maturity.

Late July or early August would be the time to make a last planting of bush beans, carrots, sweet corn, kale, collards, Bibb lettuce, turnips and cole crops such as kohlrabi, Chinese cabbage, Brussels sprouts, cabbage, cauliflower and broccoli. For late August and into September try planting mustard greens, spinach greens, radishes, turnip greens and leaf lettuce.

Before planting, remove any existing debris including crops and weeds to the compost bin and cultivate the soil.

If the previous crop was well fertilized and grew vigorously you may need to add little if any additional fertilizer, otherwise apply about 2 to 3 pounds of a complete fertilizer such as 5-10-10 or 10-10-10 per 100 square feet of planting area.

Remember to keep fall gardens well watered as this tends to be a fairly dry time in Kentucky. A weekly irrigation sufficient to wet the soil to 6 or 8 inches should be adequate. This is more or less equivalent to a weekly one-inch rain.

Crops for the Fall Garden

By: Rick Durham, UK Extension Horticulture Professor

For more information on home vegetable gardening visit:
<https://fayette.ca.uky.edu/horticulture>



<u>Vegetable</u>	<u>Date of Planting</u>	<u>Seeds</u>	<u>Transplants</u>	<u>Days to Maturity</u>	<u>Date of Harvest</u>
Beets	Jul - mid-Aug	x		70 - 75	Oct
Bibb lettuce	Jul - Aug	x	x	50 - 60	Sep - Oct
Broccoli	Jul - Aug		x	60 - 80	Sep - Nov
Brussels sprouts	Jun - Jul		x	70 - 80	Oct - Nov
Cabbage	late Jun - early Aug		x	60 - 70	Sep - Nov
Carrots	Jul - Aug	x		80 - 90	Nov
Cauliflower	late Jun - early Aug		x	70 - 80	Sep - Nov
Chinese cabbage	Jul - Aug	x	x	50 - 70	Sep - Nov
Collards	Jul - Aug	x		80 - 90	Oct - Nov
Endive	Jul - Aug	x	x	70 - 80	Sep - Nov
Green beans, bush	Jul - mid-Aug	x		60 - 65	Sep
Kale	Jul - Aug	x	x	70 - 80	Sep - Nov
Kohlrabi	Jul - Aug	x		60 - 70	Sep - Nov
Leaf lettuce	Jul - Aug - Sep	x	x	40 - 60	Sep - Oct
Mustard greens	Jul - Aug	x		50 - 60	Sep - Oct
Parsnips	June	x		90 - 100	Nov
Potatoes	mid-Jun	x		90 - 100	Oct
Radishes	Sep	x		30 - 40	Oct
Rutabaga	July - mid-Aug	x		80 - 90	Oct - Nov
Snow Peas	Aug	x		50 - 70	Oct
Spinach	Aug - Sep	x		50 - 60	Aug - Sep
Sweet corn	Jul	x		70 - 80	Sep
Turnips	Jul - Aug	x		50 - 60	Sep - Nov
Turnip greens	Jul - Aug	x		50 - 60	Sep - Nov

Working In The Summer Heat

Heat-related illnesses can be deadly. Thousands become sick every year and many die due to preventable heat-related illnesses. With summer temperatures rising, now is the best time to prepare for working outdoors in excessive heat by following a few simple steps.

HEAT-RELATED ILLNESS: KNOW THE SIGNS:

It's important to know the signs of heat-related illness—acting quickly can prevent more serious medical conditions and may even save lives.

- **Heat Stroke** is the most serious heat-related illness and requires immediate medical attention. Symptoms include: confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. CALL 911 if a coworker shows signs of heat stroke.
- **Heat Exhaustion** is also a serious illness. Symptoms include: headache, nausea, dizziness, weakness, thirst and heavy sweating. Heat fatigue and heat rash are less serious, but they are still signs of too much heat exposure.

If you or a coworker has symptoms of heat-related illness, tell your supervisor right away. If you can, move the person to a shaded area loosen his/her clothing, give him/her water (a little at a time), and cool him/her down with ice packs or cool water.

TO PREVENT HEAT ILLNESS:

WATER - REST - SHADE.

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- Acclimate – "easy does it" on your first days of work; be sure to get use to the heat and allow yourself to build up a tolerance. Not being used to the heat is a big problem. Many of the people who died from heat stress were either new to working in the heat or returning from a break. If a worker has not worked in hot weather for a week or more, their body needs time to adjust.



Source: United States Department of Labor, OSHA

Protecting Yourself in the Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. *There are no safe UV rays or safe suntans.*

Skin Cancer

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features:

- Numerous, irregular, or large moles.
- Freckles.
- Fair skin.
- Blond, red, or light brown hair.

Self-Examination

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules.
- Red, scaly, sharply outlined patches.
- Sores that don't heal.
- Small, mole-like growths - melanoma, the most serious type of skin cancer.

If you find such unusual skin changes, see a health care professional immediately.

Block Out UV Ray

- **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

Preventing Skin Cancer

For more information about preventing, detecting, and treating skin cancer, check out these sources:

American Cancer Society: www.cancer.org 1-800-ACS-2345

Centers for Disease Control and Prevention: www.cdc.gov/ChooseYourCover 1-888-842-6355

The Skin Cancer Foundation: www.skincancer.org 1-800-SKIN-490

Source: United States Department of Labor, OSHA



Time is Right for Kentucky Melons

The time is ripe for Kentucky cantaloupes and watermelons. Americans consume about 14 pounds of watermelon a year and about 11 pounds per year for cantaloupes, according to the United States Department of Agriculture. But how do you pick the best ones?

For watermelon, look for a dull finish. A shiny appearance usually signals immaturity. Next, look for the spot on the watermelon where it was lying on the ground. As the melon matures this ground spot turns from white to cream to a yellowish color which varies with the variety. Generally the darker cream or yellow the color the riper it is. The time honored technique of thumping a watermelon to detect the best sound will tend to select melons that have a hollow area inside, an indication of over-maturity but these still taste good.

The best place to buy a watermelon is at a local farmers market or fruit stand because the grower can allow the watermelon to reach a higher sugar content. Watermelons do not get any sweeter after harvest. Usually grocers do not have the ripest because the melons must sit on the shelves a while.

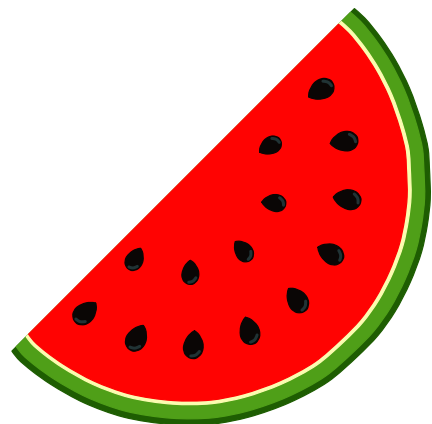
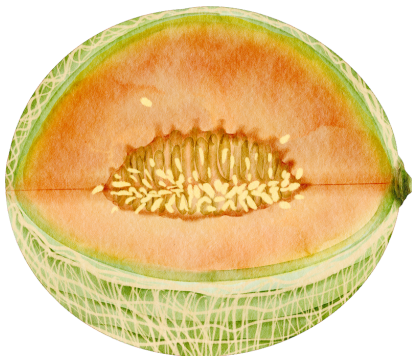
Also, often a melon left in a cooler will pick up off flavors of other things that are also stored there.

Look for a melon that is free of dents, cuts and bruises. Pick a heavy one. Watermelons are mostly made of water so it should be heavy for its size.

In choosing cantaloupes, look for a yellowish straw colored exterior; less mature melons will have a greenish exterior. There should be a depression where the stem was attached which indicates that the melon was picked at the peak of its flavor and sugar content. A cantaloupe with a stem or portion of a stem still attached will be less mature. This is not true for honeydews and other specialty melons for which the stem does not “slip.”

Smell the stem end. It should have a sweet aroma. Avoid ones with moldy ends and ones that are too soft. These are overripe. Keeping melons refrigerated will extend their quality and shelf life.

Enjoying the succulent flavor of watermelons and cantaloupes is one of Kentucky’s summer pleasures.
Source: John Strang, Extension Specialist, Horticulture



August Quick Tips

- Many short season vegetables can be planted now for a fall crop. Look at beans, cucumbers, squash, radishes, lettuce etc. Keep in mind the shortening days will cause plants to mature more slowly. Allow at least two weeks longer than the predicted days to harvest.
- Plant cool season crops like broccoli, cabbage, brussels sprouts and cauliflower now for best results. These crops perform better for us in fall than spring.
- Finish trimming shrubs and hedges this month to allow time for re-growth to mature before winter.
- Do not spray pesticides in the heat. Wait until late evening or early morning when temperatures are cooler. Always read labels thoroughly for additional precautions.
- Divide crowded perennials now through mid September.
- Harvest vegetables as they mature. Allowing fruits and vegetables to ripen seed on the plant will reduce further yields.
- Monitor plants in the squash and pumpkin family for squash bug and squash vine borer. Treat as necessary before a significant problem develops.
- Bagworms are still a problem on evergreens. Monitor plants closely as small bagworms are much easier to control than the more mature larvae.
- Late summer brings the common tomato blights to forefront. Inspect plants regularly and remove any infected leaves as they appear. This will help control the spread of the disease. Also be careful not to wet foliage when watering as splashing water often spreads disease organisms.

Recipe of the Month



Curried Chicken and Melon Salad

3 ounces sliced almonds	1½ cups cantaloupe melon, cubed	1 tablespoon fresh lemon juice
2 chicken breasts	6 cups baby spinach leaves, rinsed and dried	1 tablespoon fresh orange juice
¼-¾ teaspoon curry powder		2 tablespoons honey
1½ cups seedless red grapes, halved	Dressing	½ teaspoon ground curry powder
1½ cups honey dew melon, cubed	½ cup reduced fat mayonnaise	1 teaspoon lite soy sauce
	½ cup plain Greek yogurt	¼ teaspoon pepper
		Yield: 1 ¼ cups

Preheat oven to 350 degrees F. **Spread** almonds in ungreased shallow baking pan. **Bake** uncovered 5-7 minutes until lightly browned. **Remove** from oven and cool. **Place** chicken breasts in a medium saucepan; **cover** with water, bring to a **boil**; **cook** until tender. **Drain** and **shred** chicken in large bowl. **Add** curry powder to taste, ¼-¾ teaspoon. **Stir** in grapes and melon cubes. **Mix** dressing ingredients in small bowl and **whisk** until smooth. **Add** dressing to taste, not over ¼ cup, to

chicken mixture. **Store** extra dressing in refrigerator. **Serve** 1 cup salad over 1 cup spinach leaves. **Sprinkle** with toasted almonds.

Serving size: 2 cups
Yield: 6

Nutritional Analysis: 270 calories, 12 g fat, 1.5 g saturated fat, 25 mg cholesterol, 270 mg sodium, 28 g carbohydrate, 4 g fiber, 22 g sugars, 15 g protein.

