

The Boyle County Thymes



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

August Quick Tips

August, I know the heat makes it still feel like summer and don't get me wrong it still is summer. However, you may start to notice plants responding to the fading daylight hours and cooler nighttime temps over the next few weeks. Slight changes in leaf color, less blooms but with more vibrancy, things like that. With that in mind, here are a few quick tips for your to-do list as we approach autumn.

Finish trimming shrubs and hedges this month to allow time for re-growth to mature before winter.



Divide crowded perennials now through mid September.

3

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.

4

Bagworms are still a problem on evergreens. Monitor plants closely as small bagworms are much easier to control than the more mature larvae.

1. August Quick Tips
2. Fall Gardening
3. Garlic
4. Upcoming Classes



5. Cover Crops
6. Beekeeping
7. Beginner Farmer
8. KY Proud Recipes
9. Trowel and Error

Fall Gardening

How do you know when summer garden vegetables have finished producing for the year? Crops will begin to droop and will no longer produce fruit. Once this occurs, pull out the last of the summer crops. If diseased plants have been an issue, make sure to remove all plant material from the garden and dispose of them properly in the trash. Next, till up the ground about six to eight inches deep to prepare the ground for planting.

Before planting a fall vegetable garden, make sure to have the soil tested. Contact your local agriculture or horticulture extension agent to learn the correct procedure on how to collect a soil sample from the home vegetable garden. Collect the soil sample and take it to the extension office and expect to receive recommendations in one to two weeks. The soil testing report gives an overall picture of what the soil needs for optimum plant growth. August is a good time to have the soil tested, so gardeners have plenty of time to apply fertilizer before planting.



What to plant? When thinking about fall gardens, think green! Greens are great vegetables to grow when it starts to get cool. They even taste sweeter when picked after a frost. Some greens to plant are mustard greens, turnip greens, lettuce and spinach. Another great group of vegetables to grow are root vegetables. Carrots, radishes, and turnips grow well in the cooler months and give a great variety to the greens. So don't stop now, get those seeds or small transplants planted and watch them grow!

Vegetable	Date of Planting	Seeds	Transplants	Days to Maturity ¹	Date of Harvest
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

For more information about fall gardening crops, check out the University of Kentucky Cooperative Extension Service publication for Home Vegetable Gardening in Kentucky ID-128, <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>.

Written by: Katherine Ullery, Warren County Extension Master Gardener Intern

Growing Garlic

A fun fall activity, which starts the vegetable gardening season for next year, is planting garlic. Garlic adds flavor to many entrees and main dishes. Garlic is relatively disease and insect free and easy to grow.

Garlic grows in many places in the United States, but the planting time and type of garlic varies with the location. In Kentucky, it is best to plant garlic in October and early November. It needs cool temperatures and short day length for leaf growth. When the weather is warmer and the day length increases, the leaves stop growing and the bulb begins to form.

When selecting garlic, *Allium sativum*, it is usually divided into two subspecies, *ophioscordon*, hardneck or top set garlic, and *sativum*, softneck garlic. Hardneck garlic produces flower stalks called scapes and bulbils at the top of the stalk. Due to the hard scapes, the hardneck garlic cannot be braided. Softneck garlic usually does not produce bulbils but develops larger bulbs with more cloves per bulb. Hardneck garlic cultivars usually do better in Kentucky and produce larger cloves that are easier to peel. Softneck garlic keeps longer in storage than hardneck garlic. The cloves, which make up the mature garlic bulb,



are used for propagation. Elephant garlic (*Allium ampeloprasum*) is not a true garlic, but more of a pungent leek, which has a milder flavor compared to garlic. The bulb resembles garlic with very large cloves.

Planting and caring for garlic is similar to onions, but garlic is more exacting in its requirements. An open, sunny location with fertile, well-drained soil that is high in organic matter is desirable. Add good air circulation and garlic is relatively carefree in this type of site. Thrips and onion maggots are insects to watch for while the bulbs are growing. Plant individual cloves from a bulb, root end down, and cover with 2 to 3 inches of well-drained soil. Allow 6 inches between sets. They can also be planted in a raised bed which promotes good soil drainage, reduces soil compaction, and increases the ease of harvest.

Apply a mulch, such as straw, over the bulbs or cloves to help provide winter protection and conserve moisture during the summer. Fertilizer is usually applied beginning in the spring as a side-dressing every two weeks until bulbs begin to form. Garlic is day length sensitive and begins to bulb around the summer solstice.



During the growing season, garlic needs 1 inch of water per week. Stop watering about two weeks before harvest. With hardneck garlic, remove any flowering stalk that forms to increase bulb size.

For using and harvesting, many gardeners enjoy eating the green shoots and leaves of garlic plants. By early June, flower stalks may appear and should be cut back and discarded so the plant's energies can be directed toward root and bulb formation.

Bulbs begin to mature or ripen in mid-June - July. When the leaves become yellow and the leaf tips turn brown and bend toward the ground, the garlic is ready to harvest. Lift the plants out of the soil and dry the bulbs in a partly shaded storage area for about two weeks. After drying, the tops may be removed, braided for the softneck garlic, or tied and then hung in a cool, well-ventilated spot. Dampness invites rotting. Properly dried garlic should last for 6-7 months at 32 degrees F and 70 percent relative humidity.

Upcoming Classes and News

You **MUST** call the BCEO to register for free classes.
Classes are subject to cancel if there are no signups.

Cut Flower Short Courses

We've joined forces with the Kentucky Horticulture Council and Center for Crop Diversification to schedule some webinars for all our cut flower growers out there. I'm super excited about this August class and this should be a super helpful session regardless of what you grow!

Beginner Beekeeping

Join us for free classes taught by some incredible local beekeepers and statewide experts! All classes are at 6pm please call to register!

- 8/30 Beekeeping 101
- 9/20 Starting Your Hive
- 10/25 Seasonal Management
- 11/15 Enemies of Bees

Beginning Farmer Series

Whether you are raising livestock, vegetables or anything in-between, this series will help you figure out the ins and outs of getting started with farming! Meals are provided at start at 5:30pm, please call to let us know you are coming!

- 9/19 - Business Plans & Record Keeping
 - *Dr. Steve Issacs - UK Ag Economics Specialist*
- 10/10 - FSA & Funding Options
 - *Farm Service Agency, KY State University*
- 11/28 - Farm Design, Layout & Environment Concerns
 - *Dr. Steve Higgins - UK Biosystems & Ag Engineering*
- 12/12 - Meeting Your Machinery Needs

Quarterly Cut Flower Short Course

Making Cover Crops Work for Your Cut Flower Operation

with
Dr. Krista Jacobsen

Learn new strategies for integrating cover crops into your cut flower rotation!

August 28th, 2023
6:30 PM EST / 5:30PM CT

Register Here
QR Code
bit.ly/covercrop1

Kentucky Horticulture Council

CENTER FOR CROP DIVERSIFICATION

University of Kentucky College of Agriculture, Food and Environment Department of Plant and Soil Science



Find Hort Culture Podcast anywhere you stream podcasts!

Cover Cropping

Traditional farmers routinely plant a cover crop at the end of a growing season. This is not something usually done by vegetable growers but is highly recommended.

A cover crop is intentionally seeding a crop if your garden is going to be sitting idle for a period of time, instead of letting the land sit fallow. It will put nutrients back into the soil to improve fertility and erosion control. The type of cover crop you choose to plant depends on your equipment and level of interest.

Cover Crops Versus Green Manures Cover crops are seeded directly into empty garden areas and allowed to grow for several weeks or even months. Cover crops that are tilled into the soil while still green and living are called green manures. Tilling crops into the soil adds nutrients to the soil and increases organic matter, and is much like growing compost directly in the garden. Some cover crops are simply mown down and left on the soil surface at the end of the season. The residue left by these crops acts as a mulch, holding moisture in the soil and suppressing weed growth. Several varieties of legumes, grains, and mustard relatives can be grown as cover crops or green manures. Each has its benefits. Which crop is best for your garden depends on what you most hope to accomplish by planting it.

There are two types of cover crops, legumes and non-legumes. Legumes will add nitrogen to the soil and non-legumes, a type of grass, establishes better than legumes. In a vegetable garden a mixture of the two is common, but you can choose one or the other. Cover crops are typically planted in the fall after all crops have been harvested.

Examples of cover crops include:

- Cereal rye – non-legume – planted September to November
- Wheat – non-legume – planted September to November
- Hairy vetch – legume – adds nitrogen – planted August to September
- Crimson clover – legume – adds nitrogen – planted August to September



Grasses are easier to remove in the spring, before planting, because they have a shallow root system. Crimson clover is recommended as a legume with its shallow root system and is a good pollinator friendly plant.



Boyle and Mercer County Extension Offices

Beginner Beekeeping For Kentuckians

Attend all four classes and get a free starter kit! Plus, receive help ordering your first nuke! A \$200 value!

Free starter kits limited to the first 20 people who attend all four classes.
Limit one per household.



Classes begin at 6:00pm

August 30—Beekeeping 101

September 20—Starting Your Hive

October 25—Seasonal Management

November 15—Enemies of Bees



RSVP to Boyle County Extension Office —859-236-4484

All classes will be held at the Boyle County Extension Office.

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.

BEGINNING FARMER Series



RECENTLY PURCHASED A FARM OR A PIECE OF LAND AND HAVE THOUGHT, NOW WHAT?
JOIN US FOR SESSIONS ON CREATING A BUSINESS PLAN, FUNDING OPTIONS, FARM LAYOUT, AND MACHINERY NEEDS.

A MEAL WITH BE SERVED AT ALL SESSIONS.

SEPTEMBER 19

Business Plans & Record Keeping

OCTOBER 10

FSA & Funding Options

NOVEMBER 28

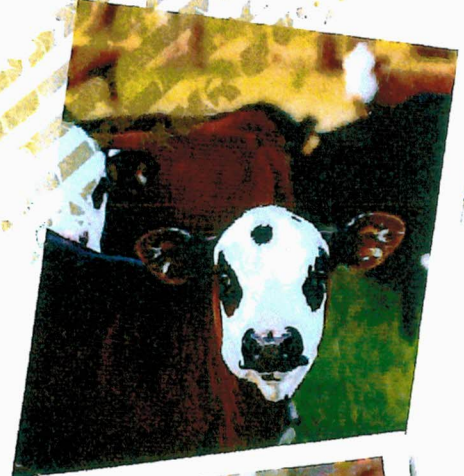
Farm Design & LayOut

DECEMBER 12

Meeting your Machinery Needs

AT BOYLE COUNTY COOPERATIVE EXTENSION OFFICE

CALL (859)236-4484 TO SIGN UP!



FREE!

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546



Disabilities accommodated with prior notification

Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves
½ cup lite balsamic vinaigrette dressing
12 large fresh basil leaves
2 ounces low-fat skim mozzarella cheese, cut into four slices
2 ½ cups grape tomatoes, halved
4 tablespoons shredded Parmesan cheese

Place chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture.

Yield: 4 servings

Nutritional Analysis: 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



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

<http://plateitup.ca.uky.edu>

Fall Harvest Salad

5 cups torn leaf lettuce
2 ½ cups spinach leaves
1 medium red apple, chopped
1 medium pear, chopped
4 teaspoons lemon juice
¼ cup dried cranberries
¼ cup feta cheese crumbles
½ cup chopped walnuts
2 tablespoons balsamic vinegar
1 ½ teaspoons Dijon mustard
2 teaspoons Kentucky honey
½ teaspoon salt

Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture.

Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately.

Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

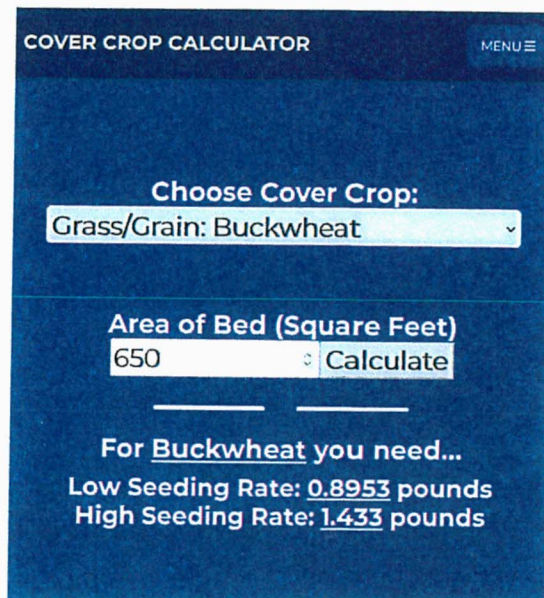


Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Trowel & Error: Cover Crop Calculator

If you've ever had difficulty in figuring out HOW MUCH of a particular cover crop you need for your garden or farm, this can help!

In a collaboration between the Center for Crop Diversification and the Kentucky Horticulture Council, a mobile/tablet responsive tool has been developed to help growers figure out their cover crop seed needs based on area of management and seeding rates. You can simply choose the cover crop and input the area of the bed to receive the high and low rates for seeding. The Cover Crop Calculator also includes links to the Third Edition of *Managing Cover Crops Profitably*, the free reference guide from USDA-SARE, relevant Extension factsheets, and hand-outs of per acre seeding rates and benefits associated with select cover crops.



The screenshot shows the 'COVER CROP CALCULATOR' app interface. At the top, it says 'COVER CROP CALCULATOR' and 'MENU'. Below that, there's a section 'Choose Cover Crop:' with a dropdown menu set to 'Grass/Grain: Buckwheat'. Underneath, there's a section 'Area of Bed (Square Feet)' with an input field containing '650' and a 'Calculate' button. Below the input field, there are two horizontal lines. At the bottom, it says 'For Buckwheat you need...' followed by 'Low Seeding Rate: 0.8953 pounds' and 'High Seeding Rate: 1.433 pounds'.



Plant Spotlight

Sedum, Stonecrop

Sedum is a genus of succulent, herbaceous perennials with fleshy, flat or rounded leaves depending on the species. I can honestly say it is one of my favorite perennials due to its variety and hardiness. With over 300 species in the genus it can be grown as a houseplant, ground cover, in rock gardens or in your flower

beds. It establishes quickly and the varieties with large bloom heads are very attractive to various pollinators.

Sedum prefers a full sun area that drains well. Put it in that dry spot where nothing else seems to want to live, then sit back and watch it thrive. It also divides easily and with its fast growth habit in just a couple years you can go from having one sedum plant to 5 or more!

So, give one of the 300 species a try in your garden space!





Boyle County Extension Office

99 Corporate Drive

Danville, KY 40422

How ya'll doin' out there?

Personally, I'm tired.

August brings back school days, routines and an hour less daylight. For which I say, I'm OK with. Summer is glorious and I thoroughly enjoy making it home with enough time to enjoy some sunshine. However, an hour less daylight means more rest and couldn't we all do with a little more rest?

Take care of yourself and enjoy a summer-ripe-tomato while you still can.

Alexis A. Sheffield
Boyle Co. Agent for Horticulture
aeam222@uky.edu
(859) 236-4484

“It is impossible to get better and look good at the same time. Give yourself permission to be a beginner”

~Julia Cameron