VOLUME 10, ISSUE 3

SPRING 2023

The Boyle County Thymes

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

Farmer's Market Begins Again!

I am so excited to tell you that the Boyle Co. Farmer's Market is starting back up this April! It is a joy to be a member of the BCFM board and I hope to help increase awareness and attendance of the Market this season. So, that being said check out all the important details below and we hope to see you on opening day!

WHEN?

Opening Day is April 29th 9am-12pm

2

WHERE?

Constitution Square

As a reminder, the City's Parking Garage is free on Saturdays!

3

WHAT?

Vendors will have breads, sweet treats, plenty of leafy greens and some produce by the end of April.

4

TIP

Bring your own reusable bag and shop with either cash or card!

Winter Woes on Woody Landscape Plants: Winter Drying

The UK Plant Disease Diagnostic Laboratory has received many broadleaf and needled evergreen samples with discolored foliage recently. Despite relatively mild weather, extremely low temperatures, low humidity, and strong winds during the third week of December 2022 resulted in a range of winter injury symptoms in landscape plants.

Symptoms

Since the beginning of January, the samples with winter injury that have arrived in the PDDL have shown symptoms of **winter drying**. On broadleaf evergreens (boxwood, cherry laurel, holly, magnolia, rhododendron, etc.) symptoms typically include marginal leaf scorch, irregular spotting, complete browning of the leaves, and occasionally extensive leaf drop. Conifer (arborvitae, Leyland cypress, Cryptomeria, juniper, etc.) symptoms include pale, bronze or brown needles or needle tips, particularly on the exterior foliage and branch tips.

Causes of Winter Injury

Unlike their deciduous counterparts, "evergreen" plants retain foliage year-round. Even during winter months when active growth is not occurring, water is still lost through the leaves and needles of these plants. Environmental and cultural factors that affect overall moisture availability in plants increase the likelihood of winter drying symptoms, including:

- Areas where soil is frozen, limiting, or preventing water uptake by roots.
- Low moisture retained in leaves/needles due to drought (i.e., late summer and fall 2022).
- Sunny winter days with wind and low humidity which increase transpiration rates.
- Inadequate root systems from recent transplanting (within 3-4 years), a restricted root zone (due to nearby sidewalk, driveway, or building) or mechanical injury to roots.
- Plants or sections of plants in a protected area (i.e., along a warm brick wall) that have not completely hardened off.

Management of Winter Injury Symptoms

Resisting the urge to promptly remove the damaged plant material may be difficult, but for the next several weeks, patience is key. Often the foliage is damaged, but the stems and buds are still viable and will produce new healthy growth in spring. A "wait and see" approach is often best when dealing with winter-injured plants. When new growth begins to emerge in spring, it will be clear which symptoms are "cosmetic" and which symptoms indicate significant plant damage.

To help reduce the risk of winter drying in the future, good general plant care practices, such as watering during periods of drought and applying mulch, are beneficial. Supply adequate irrigation to broadleaf evergreen and conifer plants, especially late in the growing season so that plants have sufficient moisture during the winter months. Fertilizer is not typically recommended as this can encourage succulent top growth that is easily damaged in winter. If fertilizer must be applied, a fall application is best, since spring fertilization may promote more new growth than roots can support during summer droughts. If severe cold and wind is predicted, protect plants that are prone to winter drying and located in exposed sites with temporary fencing to block the wind or a light covering of burlap or fabric (e.g., old bed sheets). Wetting the fabric before windy weather will allow the covering to freeze, increasing wind protection.

Danville & Boyle Co. Solid Waste & Recycling

About Danville's Curbside Recycling

- Curbside recycling is an every-other-week service.
- Recycling does not need to be sorted or bagged; place all items together loose in your cart.

Examples of Recyclable Materials

- Paper products: cardboard, magazines, newspaper, phone books, junk mail, office paper, dry goods boxes (cereal, pasta, cake, etc.)
- Metal: aluminum (soda or beer cans), steel food cans* and aerosol cans (must be empty)
- Plastic: any #1 or #2 plastic bottles or jugs (soda bottles, milk jugs*, detergent bottles, etc.)
- Please, no plastic bags
- Glass: any color bottles (soda, beer) and jars (baby food, pickles, pasta sauce, etc.)*

*Note: All food containers should be rinsed; labels are okay.

Non-Recyclable Materials

- Yard waste (grass clippings, limbs, leaves, etc.)
- Scrap metal or coat hangers
- Polystyrene foam
- Plastic grocery bags (return to store for recycling)
- Drink and refrigerated packaging (soda box, frozen food)

Boyle County Convenience Centers

- **Gose Pike Hours**
  Monday - Saturday
  7 am to 5 pm
- **Alum Springs**
  Tuesday - Saturday
  9 am to 5 pm
- **Perryville**
  Tuesday - Saturday
  9 am to 5 pm
- **Mitchellsburg**
  Monday - Thursday, Saturday
  9 am to 5 pm
- **Forkland**
  Tuesday, Friday, Saturday
  9 am to 5 pm

It's a new year and another opportunity to choose a more sustainable lifestyle by recycling! Between recycling and composting, we can significantly reduce the amount of waste that goes into the landfill and improve our soils for a more resilient Boyle County!

Upcoming Classes and News

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

Landscaping With Natives & Converting Lawns to Prairies
4/18/23 6pm
Want to minimize the area you mow? Need a low-input landscape? This class will help you get started.

Make Your Own Planter - 5/3/23 6pm $20
This workshop will allow you to create your own porch planter and learn about best plants and care techniques! Please sign up at
https://www.eventbrite.com/e/make-your-own-porch-planters-tickets-490621982557

Gourds for Drying - 6/7/23 3pm
Try something new in the garden this year with dried gourds!

Oyster Mushroom Workshop - 7/15/23 2pm $20
Learn how to grow mushrooms indoors! This workshop comes with a kit to raise your own mushrooms at home. Please sign up at
https://www.eventbrite.com/e/oyster-mushroom-workshop-tickets-489915158427

Beginner Beekeeping Series - Free!

Types of Composting

At a basic level, all composting is a process by which organic materials are deliberately decomposed in a controlled fashion to produce a material that can be used to return nutrients to the soil. The recipe for traditional composting is a mixture of "green" materials that are high in nitrogen, "brown" materials that are high in carbon, along with air and water.

Single Batch Composting - Materials are added only once to form a pile and turned occasionally.

Continuous Pile - Materials are added as they become available.

Tumbler - can be single batch or continues and utilizes a container to turn compost easier and be cleaner in landscaping.

Vermicompost - red worms are used to breakdown food items.

While most of the above mentioned composting types are fairly familiar to most, one I've come to recently learn about is **Bokashi**. A Japanese method of fermenting organic matter via an anaerobic process, versus the traditional decomposition via aerobic process we do normally. In comparison to the 3-6 month process of traditional composting, Bokashi only takes about 10 days when the food waste is inoculated with EM (effective microorganisms). Bokashi is done in an air-tight bucket or drum with a spigot to remove liquid that can also be used as a fertilizer "compost tea." This removal of liquid is what keeps the compost from smelling. Bokashi also allows for the use of dairy and meet scraps that we usually warn against using in traditional composting systems.

Besides the process and shorter timespan of Bokashi vs. Traditional Composting, your end product is probably the biggest difference. Remember Bokashi food is fermented not decomposed so you won't have a beautiful dark rich soil at the end. Instead you will have a product that likely still looks like food but has been broken down into a product that can be easily digested by soil fungi and microbes which in turn, makes nutrients more readily available to plants. For this reason, when applying to a garden, you will actually need to bury the Bokashi in trenches. Not spread it out on the soil like traditional compost. Or if you have a vermicompost bin, you can feed the Bokashi to the worms to finish the decomposition process. Bokashi requires very little space but does need an airtight container with a spigot to be done correctly.

So, what do you think? Will you try any new composting methods in 2023?

Intercropping, Companion& Succession Planting

Intercropping

Planting two or more crops in the same bed area or in adjacent rows is referred to as intercropping. Intercropping is used to share above- and below-ground space or use the space more efficiently with slow- and faster-growing crops. An example of intercropping is to plant a row of fast-growing radishes between rows of slow-growing carrots or onions. Harvest the radishes as they mature, and you will have space for the carrots or onions. Or, plant fast-growing and shallow-rooted lettuce between slow-growing and deep-rooted tomato plants. The lettuce will be ready to harvest by the time the tomato plants need the room.

Companion planting

When intercropping is used in such a way that the plants benefit nearby crops, it is referred to as companion planting. Adjacent plants interact on many different levels, but benefits derived from companion planting may include soil nutrient additions from one crop to the other, pollinator attraction, and pest management. For example, intercropped legume crops can "fix" atmospheric nitrogen via bacteria. This nitrogen will be available to adjacent or following crops when the legume plant's roots decay. Companion planting can help attract pollinators, improving pollination for certain crops that may be less desirable to pollinators. Mixing plants together in a raised bed or row can also interfere with an insect's ability to find its host. This method of pest management is most effective against pests that locate their host by visual or olfactory (smell) cues. However, there is little evidence that shows effective companion planting strategies for pest management.

Shallow-Rooting (18-36 inches)	Medium-Rooting (36-48 inches)	Deep-Rooting (48+ inches)
Broccoli	Bean, Snap	Artichoke
Brussels Sprout	Beet	Asparagus
Cabbage	Carrot	Bean, Lima
Cabbage, Chinese	Chard, Swiss	Parsnip
Cauliflower	Cucumber	Squash, Winter
Celery	Eggplant	Sweet Potato
Chicory (Endive)	Mustard	Tomato
Corn	Pea	
Garlic	Pepper	
Leek	Rutabaga	
Lettuce	Squash, Summer	
Onion	Turnip	
Parsley		
Potato		
Radish		
Spinach		

Succession planting

Succession planting is the planting of a second, third, or fourth crop after the first crop has been sown or harvested. An example of succession planting is seeding a crop every two weeks for three or four plantings so that it will mature a week or two apart throughout the season. This planting method is well-suited to crops that mature in 40–60 days and are harvested once, such as turnips, beets, radishes, lettuce, and kohlrabi.

Another way to achieve a succession crop is to harvest a single planting at different stages of maturity. This method is especially well-suited to leaf crops that can be harvested very young and are used as a salad or braising mix. Salad crops include lettuce, arugula, kale, mustard, and beets. Braising crops include bokchoy, mustard, kale, turnip, and collards. For example, broadcast lettuce seed and when plants have 4–6 leaves, harvest every other plant as baby leaf lettuce. Once plants have 8–10 leaves, harvest 2–4 outer leaves per plant every week for salad. When plants become crowded or lettuce heads begin to form, harvest every other plant. Harvest remaining plants before they bolt. Bolting refers to forming a flower stalk, which can create a bitter flavor in the plant.

BOYLE COUNTY

EARTH DAY 2023

SATURDAY **APRIL 22**

11:00-3:00PM

BOYLE COUNTY EXTENSION OFFICE

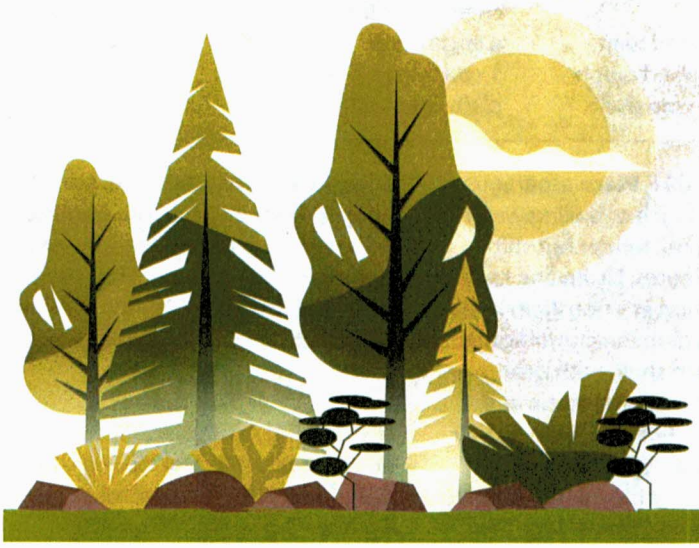
99 CORPORATE DRIVE
DANVILLE, KY 40422

INVEST IN OUR PLANET

OVER 35 EXHIBITORS

LIVE MUSIC+
FOOD VENDORS
CHILDREN'S ACTIVITIES

FOR MORE INFORMATION:
CREECforDanville



BLUEGRASS GREENSOURCE

CREEC
Clarks Run Environmental and Educational Corporation

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

Boyle County
Solid Waste & Recycling

Morning Carrot Muffins

1 ¼ cups all-purpose flour
¾ cup whole-wheat flour
1 cup sugar
2 teaspoons baking soda
1 tablespoon cinnamon
¼ teaspoon salt
2 cups shredded carrot
½ cup raisins
½ cup chopped walnuts
½ cup unsweetened coconut
1 finely chopped medium apple
3 eggs
¼ cup vegetable oil
1 cup unsweetened applesauce
2 teaspoons vanilla extract

Preheat oven to 350 degrees F. **Spray** 18 muffin cups with nonstick spray or line them with muffin liners. In a large bowl, **mix** together flours, sugar, baking soda, cinnamon, and salt. **Stir** in carrots, raisins, nuts, coconut, and apple. In a separate bowl, **beat** together eggs, oil, applesauce, and vanilla. **Stir** wet ingredients into the flour mixture until just moistened. Do not overmix. **Scoop** batter into prepared muffin cups. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean.

Yield: 18 muffins

Nutritional Analysis:
170 calories, 6 g fat, 1.5 g saturated fat, 30 mg cholesterol, 180 mg sodium, 27 g carbohydrate, 2 g fiber, 16 g sugars, 10 g added sugars, 3 g protein

Asparagus Ham Quiche

1 pound fresh asparagus, trimmed and cut into ½ inch pieces
1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells
1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese
4 large eggs
1 container (5.3 ounces) plain Greek yogurt
⅓ cup 1% milk
¼ teaspoon ground nutmeg
¼ teaspoon salt
¼ teaspoon pepper

Preheat oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.

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

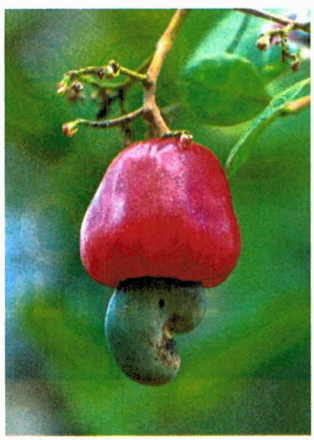
Trowel & Error: Hort Culture Podcast

We started a podcast! I have joined forces with Bourbon Co. Horticulture Agent Ray Tackett, Extension Specialist Brett Wolff and Senior Extension Associate Josh Knight, to create a new podcast! Our goal is to bring you weekly episodes that not only apply to those of you with smaller gardens but applicable tactics for our large horticulture farmers as well. Episodes release every Sunday evening, making it the perfect thing to listen to during Monday morning farm chores or on your drive to work. You can find it anywhere you listen to podcasts and you can also follow us on Instagram at @hortculturepodcast. If you have any recommendations for topics you'd like to hear us explore, please don't hesitate to reach out!

https://www.uky.edu/ccd/hortculturepodcast

Plant Spotlight

Cashew - *Anacardium occidentale*



I know we usually cover native plants you can plant in this section but I thought it might be fun to cover some weirdos in the food world for a few issues! Take the Cashew, I remember the first time I saw one I was shocked to learn it didn't grow the way we think of most nuts. It has this fleshy part above the nut, known as the "cashew apple." Portuguese explorers first took the cashew from Brazil to India (Goa) and then to Mozambique (Africa) in the 16th century. From these two areas the cashew spread to other parts of East Africa and Angola, as well as throughout southeastern Asia and northern Australia. It is likely that Spanish explorers spread the plant to Central America and the Caribbean basin. Cashews were first imported to the United States from India in the early part of the 20th century.

Cashew nut is an important item of commerce; however, in the past the cashew apple was of primary interest, not the nut. There are areas of the Caribbean, South and Central America, and East Africa where trees are still grown solely for local cashew apple consumption. Perhaps this is because the shell contains a reddish-brown, viscous, oily liquid composed of various phenolic lipids. This oil is poisonous and acts as a powerful vesicant, causing extensive blistering of the skin (dermatitis). Removal of the kernel from raw nuts requires special precautions and procedures.

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99 Corporate Drive

Danville, KY 40422

Oh, hey.... spring is here...

Every year it baffles me how we wait and wait for spring to arrive, feeling like it will never get here and then BAM! It's here in full swing and the to-do list is suddenly a mile long and for every one thing you cross off the list you add two more. All the while you mutter to yourself about how you thought you were prepared and you have no idea what you even did all winter.

Anyone else? Just me?

Here's hoping your to-do list gets shorter and the sunshine warms your winter bones.

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"You need to have the courage to eliminate everything that doesn't directly feed what you really want"

~James Clear