



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

Upcoming Classes

Pre-registration is required to ensure adequate supplies.
 Call 502-543-2257 to register.

May 2023

- Friday, 5/19: Essential Plants for Butterflies, 6pm.
Learn about food plants required for healthy butterfly larvae and habitat.

June 2023

- Friday, 6/16: Growing & Drying Herbs, 6pm.
Learn the basics of growing, drying, and storing herbs. Craft and fill your own bottle to take home.

July 2023

- Friday, 7/19: Carnivorous Plants, 6pm.
Learn about the life cycle and proper care of carnivorous plants.

Meetings

All meetings open to the public

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

- May 2nd, 6pm
- June 6th, 6pm
- July: No Meeting

Beekeepers' Association & Classes (2nd Wednesday of each month)

- May 10th, 7pm
- June 14th, 7pm
- July 12th, 7pm

*Check out other classes and events being offered at extension on our website: <https://bullitt.ca.uky.edu/>



Horticulture Newsletter



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Sign up for our E-Newsletter



May Garden Calendar

Rosie Lerner, Purdue University

Home

- Move indoor plants to shady locations outdoors after the danger of frost has passed. Plants will dry out more often outdoors, so keep a close eye on soil moisture. Sinking the pots in soil will help slow down moisture loss.
- Now is a good time to take cuttings of houseplants to increase a collection or share with friends. Stick cuttings to root in media, such as vermiculite, perlite, or potting soil. Roots grown in water tend to be weak from lack of oxygen and do not adjust well to planting in soil.
- Fertilize houseplants according to label directions. Foliage plants require relatively high nitrogen fertilizer; flowering houseplants respond best to fertilizer high in phosphorus.

Garden

- Plant frost-tender plants after the danger of frost has passed, typically May 10th. This includes warm-season vegetables (such as tomatoes, peppers, eggplant, and vine crops) as well as most annual flowers and tender perennials (such as cannas, gladiolus, dahlias, tuberous begonias, and caladiums).
- Pinch annual flower plants to keep them compact and well-branched.
- Make successive plantings of beans and sweet corn to extend the harvest season.
- Thin seedlings of early-planted crops such as carrots, lettuce, spinach, and beets to their proper spacing.
- Harvest early plantings of radishes, spinach, and lettuce.
- Harvest asparagus by cutting or snapping spears at or just below soil level
- Harvest rhubarb by cutting or grasping the stalk and pulling it up and slightly to one side.
- Control cucumber beetles (which are carriers of bacterial wilt) as soon as cucumber plants germinate or are transplanted to prevent disease.
- Remove blossoms from newly set strawberry plants to allow better runner formation.
- Remove unwanted sucker growth in raspberries when new shoots are about a foot tall.

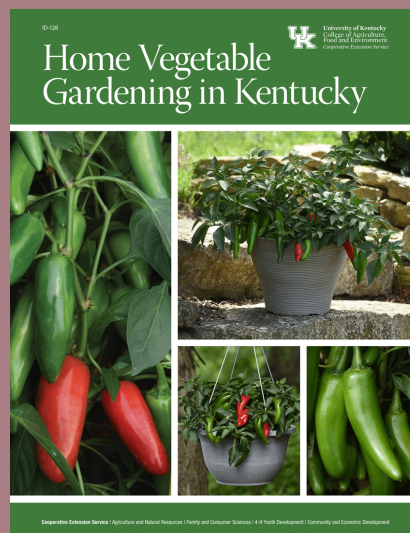
Need your soil tested? Drop off 8 dry oz. at our office to receive a free analysis report with recommendations. For more information, call 502-543-2257



Yard

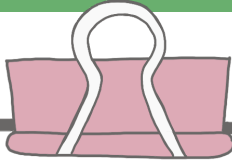
- Prune early spring-flowering trees and shrubs after flowers fade.
- Plant balled-and-burlapped or container nursery stock, and water thoroughly.
- Remove and destroy overwintering bagworms from landscape trees and shrubs.
- Follow a spray schedule to keep home-orchard crops pest free. While trees are in bloom, use fungicide sprays without insecticide to avoid injuring bees.
- Apply fungicides to roses to control diseases such as black spot.

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



Bullitt County Spring Events

For more events & information, visit:
<https://travelbullitt.org/local-events-info/calendar-of-events/>



The Mt. Washington Farmers Market

is open every Wednesday and Saturday from
June 3rd – September 30th

Hours:

Wednesday: 4PM – 7PM

Saturday: 8AM – 12PM

300 Snapp St., Mt. Washington, KY 40047

The Shepherdsville Farmers Market

is open every Saturday starting
June 3rd – September 23rd.

Hours: 9am-1pm

170 W Joe B Hall Ave, Shepherdsville, KY 40165



Mt. Washington Spring Festival

Friday, May 12th 4pm-10pm

Saturday, May 13th 9am-5pm

(Parade at 10am)

*Food * Rides * Music * Car Show * 5K Run

* Handmade & Homemade Craft

Vendors



Food Truck Invasion

May 21st, 12pm-5pm

Music by "The Swerve" 2-5pm

1100-1224 W 1st St, Shepherdsville,
KY 40165

Over 15 Food Trucks, lots of
different food, beer, drinks, sweets
and craft vendors.



Art @ The Market

Every Wednesday, June 14th- September 6th
4:15 -5:45pm

Mt. Washington City Pavilion, 300 Snapp St.

Mt. Washington Farmers Market partnership with
the Mt. Washington Branch Library

-All Ages Welcomed – Weather Permitting

Come take free art classes under the Gazebo



Locally sourced, in-season foods taste better. Buy Kentucky Fresh and give these healthy recipes from the Kentucky Nutritional Education Program a try!

Kentucky Cucumbers

SEASON: June to September

NUTRITION FACTS:

Cucumbers are naturally high in water. A ½ cup serving contains only 7 calories.

SELECTION: Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers, suitable for eating, are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers are smaller and have, black spines on the surface.

STORAGE: Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to 3 days.

PREPARATION: Wash under cool, running water to remove visible dirt. Slice. You may want to remove the seeds in mature cucumbers by cutting lengthwise and scooping seeds from the center with a spoon.

PRESERVING: Follow recipe instructions. Four pounds of cucumbers yield 5-6 pints of pickles.

KENTUCKY CUCUMBERS

Kentucky Proud Project

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



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. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/cefs



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

Cucumber Chicken Salad

Ingredients:

- 1/2 pound chicken breast
- 1 tablespoon fresh lemon juice
- 1 cup slivered almonds
- 1/2 cup nonfat plain Greek yogurt
- 3 oz. reduced fat cream cheese
- 2 tablespoons Dijon mustard
- 1/2 teaspoon sea salt
- 1 teaspoon ground black pepper
- 2 tablespoons fresh chopped dill
- 2 medium cucumbers, chopped
- 1 cup dried cranberries
- 8 lettuce leaves



Directions:

- Marinate chicken breast in lemon juice for one hour.
- Remove chicken from marinade and chop into bite sized pieces. Sauté in preheated nonstick skillet until thoroughly cooked and no longer pink in the center. Set aside to cool.
- Toast slivered almonds on low heat in a non-stick skillet until fragrant. Set aside to cool.
- In a large mixing bowl combine yogurt, cream cheese, mustard, salt, pepper and dill. Add chicken and toss. Add cucumbers, cranberries and almonds to chicken mixture. Toss to coat.
- Cover and chill in refrigerator for 1 hour. Spoon salad into washed and dried lettuce leaves. Serve cold.

Strawberry Green Tea

Ingredients:

- 13 cups water
- 13 green tea bags, regular size
- 1 pound fresh strawberries
- 1 cup honey
- 1 lemon, optional



Directions:

- Wash strawberries and remove the tops.
- Chop the berries with a hand chopper in a large pot.
- Add water to the chopped berries and bring to a boil, stirring occasionally.
- Remove from heat and let mixture cool for 5 minutes.
- Add tea bags and submerge. Steep tea for 2 to 3 minutes.
- Strain the tea through a mesh strainer or cheesecloth lined colander into a 1 gallon pitcher.
- Add honey and stir until dissolved.
- Chill and serve.
- Garnish with a lemon slice, mint leaf, or a fresh strawberry if desired. Yield: 16, 8 ounce servings

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber and folic acid.

SELECTION: Choose fully ripened, bright red berries. Berries should be plump and have a natural shine and bright green, fresh-looking caps.

STORAGE: Store in the refrigerator, covered, unwashed, and with the cap on. Do not crowd. Use berries within two to three days.

HANDLING: Handle gently. Never remove the caps before washing.

Source: www.fruitsandveggiesmatter.gov

To Wash: Cover berries in cold water and gently lift out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife.

Serve whole, sliced, fresh or cooked.

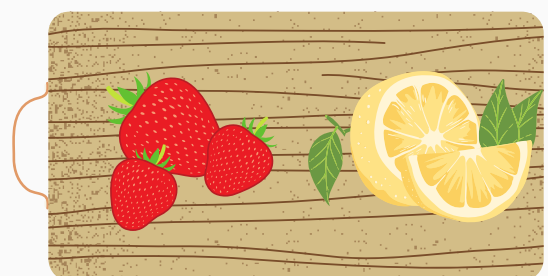
STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
March 2012

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.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE



INTENSIVE GARDENING

David Koester, Agent for Horticulture, Boone Co. Cooperative Extension

When you measure your gardening experience in decades rather than years, you've adopted new techniques and eliminated some old ones. Over the seasons, one of the traditions I've changed is the long single rows of vegetables with wide spaces between rows. Due to easier maintenance and increased yield, I've changed to more intensive gardening. Intensive gardening reduces wasted space to a minimum; however, it isn't just for people who lack land resources. An intensive vegetable garden concentrates work efforts to create an ideal plant environment, giving higher yields with less labor. This idea isn't new as "Square Foot Gardening" has advocated these ideals for decades. Don't get the idea there isn't still work involved, as weeding by hand or with hand tools is still required, although due to closer plant spacing, fewer weeds should be present. Mulching with an organic material between plants is an integral part of the intensive system.



A good intensive garden requires early, thorough planning to make the best use of time and space. The interrelationships of plants must be considered before planting, including nutrient needs, shade tolerance, above- and below-ground growth patterns, and preferred growing seasons. Using the techniques described below, anyone can develop a high yielding intensive garden.

The raised bed or growing bed is the basic unit of an intensive garden. A system of beds allows the gardener to concentrate soil preparation in small areas, resulting in efficient use of soil amendments and an ideal environment for vegetable growth. Beds are generally 4' wide and as long as desired. The gardener works from either side of the bed, reducing the incidence of compaction caused by walking on the soil.



Soil preparation is the key to successful intensive gardening. Plants compete for available water and nutrients, and an adequate supply must be provided for more closely spaced plantings. Applying extra synthetic fertilizers and irrigation will help, but there is no substitute for deep, fertile soil high in organic matter. Humus-rich soil will hold extra nutrients, and existing elements that are locked up in the soil are released by the actions of earthworms, microorganisms and acids present in a life-filled soil, making them more available for plant use.



If your prepared soil is not deep, double-dig the beds for best results. Remove the top twelve inches of soil from the bed. Insert a spade or spading fork into the next 10"-12" of soil and wiggle the handle back and forth to break up compacted layers. Do this every 6"-8" in the bed. Mix the top soil with a generous amount of compost or manure, and return the mixture to the bed. It should be somewhat fluffy and may be raised a bit. To create a true raised bed, take topsoil from the neighboring pathways and mix it in as well.

This type of soil preparation is a lot of work. Try it in one or two beds for some of your more valuable plants; if you like the results, you can proceed to other beds as you have time. One nice thing about raised-bed gardening is that it breaks the work into units. Instead of gazing desperately at a garden full of weeds, thinking you'll never have time to clean it up, you can look at each bed and say, "I can do that in half an hour today!" Other chores are accomplished with the same ease.

Creative Writing Course

You can participate as much or as little you as like. Cameras on or off. This is just for fun.

There will be a 30 min skills lesson at the start of class and then listening to or sharing others writing at the end.

Class on Tuesday Nights at 7pm on Zoom

Schedule of Classes:

May 16th - Stream of Consciousness

May 30th - No Send Letters

June 13th - Create a character Exercise

June 27th - Sensory Imagery

July 11th - POV Switch Up

July 25th - Figurative Language

August 8th - Showing vs Telling

August 22nd - Pacing

September 19th - Cliché and Metaphor

October 17th - Narrative and Short Story

To Register email lorilee.kunze@uky.edu and put Creative Write in the Subject Line



ENTRY DEADLINE : SEPTEMBER 30TH

**HORTICULTURAL
PHOTOGRAPHY CONTEST**

2023

PHOTO CONTEST

1ST, 2ND AND 3RD PLACE PRIZES!



WIN \$100 FOR FIRST PLACE, \$75 FOR SECOND OR \$50 FOR THIRD. PHOTOS THAT DO NOT PLACE MAY BE SELECTED FOR USE IN OUR 2024 CALENDAR!



**2023
Rules
in
Brief**

1. TOPIC OF HORTICULTURE MUST BE EVIDENT. 2. MUST BE SUBMITTED ELECTRONICALLY IN JPEG FORMAT AND BE AT LEAST 1MB IN SIZE, MUST HAVE SIGNED LEGAL CONDITIONS AND CONTEST RULES FORM TURNED IN. 3. IF CONTEST DEADLINE IS NOT MET OR PAPERWORK IS MISSING ENTRIES SUBMITTED WILL BE VOID. 4. ONCE SUBMITTED, PHOTOS BECOME THE 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 AND DATE SIGNATURE CAN BE PRESENT ON OR IN ANY ENTRIES. 6. PHOTOS JUDGED ON CREATIVITY, ADHERENCE TO THE RULES, PHOTOGRAPHIC VALUE, AND INTEREST OF SUBJECT. 7. MUST BE ORIGINAL WORK OF SUBMITTING INDIVIDUAL. FULL RULES AVAILABLE AT THE BULLITT COUNTY EXTENSION OFFICE. 8. INDIVIDUAL MAY SUBMIT UP TO 10 PHOTOS EACH.

CONTACT LORILEE KUNZE AT 502-543-2257 WITH QUESTIONS AND EMAIL HORTPHOTOCONTEST@GMAIL.COM TO ENTER YOUR PHOTO. SPONSORED BY THE BULLITT COUNTY MASTER GARDENERS.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Science
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Upcoming Events at the Bullitt Co. Extension Office

**Pre-registration required for all classes & events. Call 502-543-2257 or visit <https://bullitt.ca.uky.edu/> for more information.*

Family & Consumer Sciences

- **Homemakers Awards & Business Meeting:** 10:00am - Noon
- **Sit-N-Sew:** Second Thursday of each month from 6:00 - 9:00pm

Agriculture

- **Managing Land: Simple Steps to Stewardship:** Tuesday, May 23rd 6-8:30pm

4-H

- **Animal Explorers Club (Ages 4-8):** Tuesday, May 16th 6:30 - 7:30pm
- **Lake Cumberland 4-H Camp:** July 3-7

Fine Arts

- **Mother's Day Pop-Up Craft Shop:** Monday, May 8th & Tuesday May 9th 5:00 - 6:00pm

