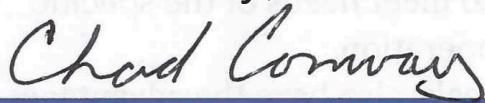


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Managing Home Vegetable Garden Pests

It is a good time to think about pest control for your home vegetable garden.

You can control pest problems, and perhaps prevent future difficulties, in your garden by doing some advance planning and following a few simple Integrated Pest Management practices. IPM promotes minimal pesticide use and emphasizes the use of all available pest control methods including cultural, mechanical and biological practices to prevent pest problems.

Examples of the IPM approach include using plants with natural disease tolerance or resistance, using mulch to control weeds or row covers to prevent insect damage and using naturally occurring organisms such as lady beetles or praying mantises.

Sanitation is another good IPM practice. Keep your garden well-groomed during active growth. Once you spot diseased plant material, remove it immediately to keep diseases from spreading.



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Also, promptly remove vegetable plants when they cease to be productive. Although you should clear out unproductive vegetable plants from the garden area, you can add this plant material to a compost pile.

Before you buy seeds, plants or fertilizer, start your garden off right by doing a soil test to determine if soil fertility and acidity/alkalinity will meet plants' nutrient requirements.

Soil test results will let you know how much fertilizer your plants need to have adequate nutrients, while preventing excessive use that contributes to groundwater, stream and lake pollution.

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with prior notice



Plants that are stressed or weak from insufficient nutrients or a pH that's too low or too high are more susceptible to disease and can't readily tolerate insect damage. To give your plants a healthy start, soil test and apply the fertilizer and other amendments according to the recommendations.

Do you plant your garden crops in the same spot year after year? If so, think about rotating things this year. Crop rotation can help prevent insect and disease build-ups. For example, potatoes, eggplant, tomatoes and peppers are subject to the same insect and disease problems. So, you shouldn't plant these crops in the same location more than every three consecutive years.

After three years, switch to a different crop like beans or corn. If you have limited garden space, plant some vegetable plants in containers such as large pots or half whisky barrels as a form of crop rotation.

To help you remember, you can make a diagram of your garden each year to avoid planting the same, or closely related crops, too frequently in the same spot.

Whether you are planting corn or tomatoes, check to see that the variety you are planting has some disease resistance or tolerance. For example, select tomato varieties labeled "VFN," as they're resistant to Verticillium Wilt, Fusarium and root-knot nematodes. Whereas, a tomato variety leveled "V" is only resistant to Verticillium Wilt.

Don't buy the cheapest transplants. When it comes to transplants, the best buys are the healthy ones. A healthy transplant was seeded at the right time, grown at the proper temperature, and received adequate light and moisture. It will have a compact growth structure with very small distances between leaves. The leaves will be dark green, large and upright with no tendency to droop. Stems will be pencil-thick and rigid.

Avoid transplants that are beginning to produce flowers or fruit. It might seem that buying a plant with blooms or fruit will give you a head start in the garden. However, plants trying to produce fruit or flowers are slow to develop the good root systems needed to support later fruit production. Never buy plants that have insects present or are showing disease symptoms.

Plan on using mulch to prevent weeds that will decrease your garden's production by competing with the vegetable plants for water, nutrients, and sunlight. In addition, some weeds harbor diseases and insects that attack vegetable plants. Mulch also helps conserve soil moisture.

Several types of commercial mulch are available, or you can use newspapers for the mulch. Start with five to eight layers, adding more layers as the newspapers decompose to prevent weed growth throughout the growing season. Most newspapers use soy-ink, but you still need to avoid using the glossy inserts.

Sources: Richard Durham, UK Horticulture Specialist

Do you plant your garden crops
in the same spot year after year?
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Watch for poison hemlock in hayfields

Soon, many of you will begin cutting your first hay of the season. While making hay, you need to notice and remove poison hemlock from your hay or pasture fields.

Native to Europe, poison hemlock is an invasive weed that was introduced as an ornamental in the United States during the 1800s. It is potentially poisonous if ingested by livestock or humans in both its vegetative growth stages and when dry. The weed is often found along fencerows, roadways, and other areas not used for cropland across most of Kentucky and the United States. However, in the past several years, its presence has increased across Kentucky, and it is now found in some hay and pasture fields.

If consumed, poisoning symptoms appear rather quickly in livestock and include nervousness, trembling, muscle weakness, loss of coordination, pupil dilation, coma, and eventually death from respiratory failure. Because of its unpalatable taste, livestock usually do not eat poison hemlock when in its natural growing state. However, they will eat it if no other forage is available or when they inadvertently consume it through hay.

Ideally, it would be best if you controlled poison hemlock with herbicide products applied during the plant's early vegetative growth stage during the late winter or early spring, or with an herbicide treatment in the fall. By this time of the year, it may now be too late for effective control with 2,4-D applied alone and may require other herbicide options for best control. With herbicide applications to grazed pastures remove livestock from the field until plants have fully died. You can also control poison hemlock by mowing or mechanically removing the plant before it produces new seeds, which occurs soon after flowering. If you find it while cutting hay, either mow around the weed or mow it separately from your stored hay.

The easiest way to identify poison hemlock is by its smooth, purple-spotted stem. Poison hemlock is often confused with the nontoxic weed Queen Anne's Lace (also called Wild Carrot) because both produce clusters of small, white flowers but Queen Anne's Lace will have hairs along its stem and leaf bases. Poison hemlock usually reaches its peak bloom in late May or early June, while Queen Anne's Lace blooms a little later in late June and July.

For more information on controlling weeds in pastures, contact Chad Conway at the Knott County Extension Office, 606-785-5329.



Successfully transplanting vegetables

With springtime finally here, we turn our attention to the vegetable garden. Getting your transplants up and growing will give you some delicious homegrown produce in the months to come.

Transplanting gives a plant more space to develop, but it will temporarily stop growth, not stimulate it. Therefore, for successful transplanting, try to interrupt plant growth as little as possible.

Whether you grow your own transplants or purchase them, these eight steps can ensure successful transplanting into the garden.

1. Transplant on a shady day in late afternoon or in early evening to prevent wilting.
2. Ensure transplants are well watered and their roots are thoroughly damp an hour or two before setting them in the garden.
3. Handle the plants carefully. Avoid disturbing the roots. Try removing plants from their containers by knocking them out in an inverted position rather than tugging on the plants. Plants growing in peat pots may be planted with the pot intact.
4. Dig a hole large enough to hold the roots. Set the plants to the lowest leaf at recommended spacings. Press soil firmly around the roots.
5. Pour 1 cup of a solution of soluble plant food and water mixed according to the label's directions.
6. Put more soil around each plant, but leave a slight depression for water to collect. Break off any exposed parts of peat pots so that they will not act as wicks and pull water out of the soil.
7. Shade the plants for a few days after transplanting on a very hot day by putting newspapers or cardboard on their south sides or cover them with a woven cotton fabric such as cheese cloth.
8. Water the plants every 2-3 days during the next week.

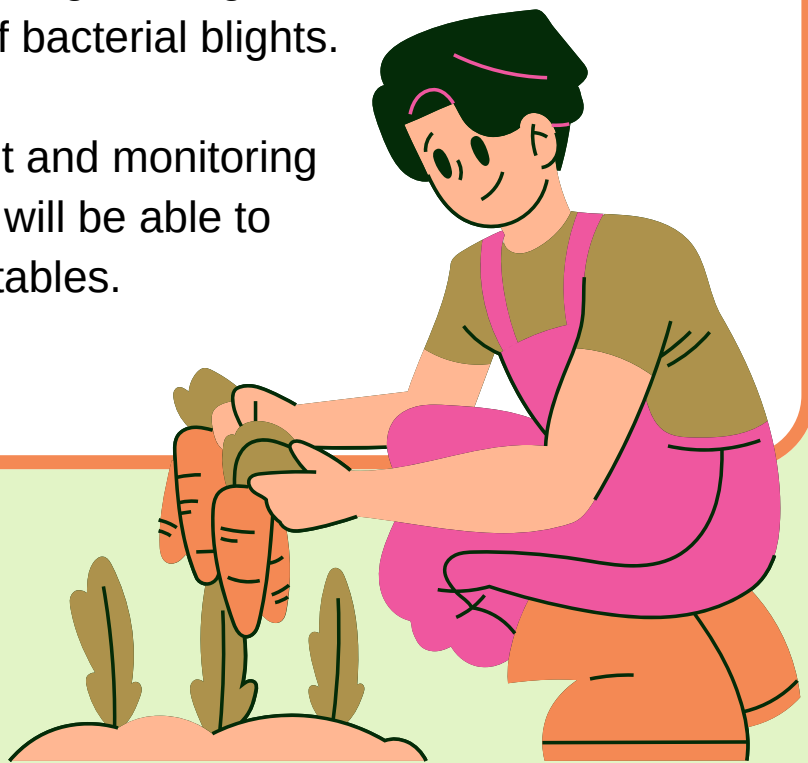
There are several ways to stay ahead of plant diseases. Before you plant, choose a sunny, well-drained spot with good air movement. Raised beds can improve drainage. Remove or plow under old crop debris from last year. Select disease-resistant varieties and, if purchasing transplants, check to ensure they are disease-free before bringing them home.

If you are planting by seed, consider using seed commercially treated with fungicide. Plant seeds and transplants into warm soil to avoid stressing them and space plants properly to ensure air movement between them.

Practice crop rotation by altering what is planted in the same place every few years. If you have a small garden, consider not growing some crops for a few years or grow them in containers away from the garden. That way, diseases in the soil from previous year's crops won't build up and infect this year's crop.

Once you have established your garden, take the time to control the weeds. Pokeweed, Johnsongrass, milkweed, wild cucumber, nightshade, ground cherry and clovers can harbor insects and disease pathogens. Avoid plant stress by watering when needed and mulching. Avoid getting the foliage wet. Water from below or water early in the morning, so the foliage will have time to dry before the sun sets. Avoid working in the garden when leaves are wet. This will help to reduce the spread of bacterial blights.

With a little planning before you plant and monitoring throughout the growing season, you will be able to harvest a good crop of healthy vegetables.



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THE FOOD CONNECTION AT THE UNIVERSITY OF KY, COMMUNITY FARM ALLIANCE, GOD'S PANTRY FOOD BANK, & WAREHOUSES4GOOD ARE COLLABORATING TO GATHER INFORMATION FROM FARMERS THAT PRODUCE FOOD PRODUCTS.

Information gathered from this survey will be used to provide you with helpful resources, connect you with new markets, and determine the feasibility of aggregating & distributing food in Southeastern KY.



For more info, or to complete the survey via phone or email, contact:
Heather Graham
heather.graham@uky.edu
606-495-1026

COOPERATIVE EXTENSION



BY POPULAR REQUEST AT WOLFE - BREATHITT

HIGH TUNNEL FIELD DAY



MUST REGISTER IN ORDER TO ATTEND

MAY 7, 2024

10:00 AM

HOWARD FARMS | DR. RACHEL RUDOLPH PRESENTING

Call
606-666-8812
to register

WILL MEET AT THE BREATHITT COUNTY EXTENSION OFFICE AT 9:30AM ON DAY OF EVENT FOR TRANSPORTATION!

MUST WATCH VIDEOS AT THIS LINK PRIOR TO FIELD DAY -

<https://www.youtube.com/playlist?list=PLQEQoZRMbybIHAPvsLDmHGIN9YeJgEGj->

COOPERATIVE EXTENSION



IMPROVE REPRODUCTIVE EFFICIENCY *Utilizing Technology on the Herd*

Hands on Learning Experience Series at the Robinson Center



Estrus Synchronization

Join us as Dr. Anderson and Dr. Lehmkuhler demonstrate and explain estrus synchronization as well as the Cow Manager system.

May
1
NOON



Artificial Insemination

Join the specialist as they demonstrate and explain how to properly AI as well as the cost, discuss sexed semen benefits, and explore Stockett, the record keeping app.

May
9
NOON



Pregnancy Diagnosis

Join for the final meeting of the series as chute side pregnancy test kits are demonstrated. Final discussion of how cow manager has aided in this process for these heifers.

June
10
8:30AM

130 Robinson Road | Jackson, KY

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Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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