

## Agent Notes

Warmer days and vibrant blooms are just around the corner! As the chill of winter fades, it's the perfect time to revitalize your landscape beds for a stunning spring display. The University of Kentucky Cooperative Extension Service is here to help!

### Get a Head Start on a Flourishing Spring:

- **Clear the Clutter:** Rake away leaves, debris, and any leftover winter mulch. This allows for proper air circulation and prevents diseases.
- **Weed Warriors:** Address those pesky weeds early! Loosened soil from winter makes pulling them easier, preventing them from stealing nutrients from your desired plants.
- **Soil Savvy:** Check your soil's condition. Consider taking a soil test through the Bourbon Extension office to determine nutrient levels and pH. Amending the soil with compost or other organic matter can enhance drainage and provide essential nutrients for vibrant blooms.
- **Mulch Marvel:** Applying a fresh layer of mulch (around 2-3 inches deep) keeps weeds at bay, retains moisture, and regulates soil temperature. Remember, keep mulch a few inches away from the base of plants to prevent rot.

### Blooming with Knowledge:

For more detailed information and personalized recommendations, contact the Bourbon County Cooperative Extension Service at 859-987-1895. We can answer your questions and guide you towards a flourishing spring landscape!

**Happy planting!**



*Dr. Anthony Tackett*

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**BOURBON COUNTY EXTENSION**

# FREE VEGETABLE, HERB, FLOWER SEEDS!

**SEEDS AVAILABLE BEGINNING APRIL 29TH AT  
THE EXTENSION OFFICE**



**BEGINNING  
MONDAY APRIL  
29TH**

**BOURBON COUNTY  
EXTENSION  
603 MILLERSBURG RD**

**8AM-4:30PM  
CLOSED FOR LUNCH  
12:30PM-1:30PM**

**LIMITED QUANTITIES OF VEGETABLE,  
HERB, FLOWER SEEDS. GARDEN  
INFORMATION ALSO AVAILABLE.**

**SIGN UP FOR OUR MAILING LIST WHEN YOU STOP BY TO BE  
NOTIFIED OF OTHER UPCOMING PROGRAMS!**

## Grow Green with the SOW App: Your Kentucky Gardening Companion!



Calling all Kentucky gardeners! The University of Kentucky Cooperative Extension Service has a new free app to help you cultivate your green thumb. The SOW - A Planting Companion app puts all the information you need for a successful garden right at your fingertips.

**Plan like a pro:** SOW provides personalized planting schedules based on your Kentucky location. Say goodbye to planting confusion! The app guides you on what to sow and when, ensuring your vegetables thrive in Kentucky's unique climate.

**Organize your plot:** The My Garden section lets you create virtual plots for easy garden management. Plan your layout, set reminders for planting and harvesting, and keep track of your veggie varieties.

**Learn and grow:** SOW boasts a comprehensive library packed with information on common vegetables. Find details on planting depths, spacing recommendations, and even ideal soil pH levels.

**Become a better gardener:** The app doesn't stop at planting. Use the Journal feature to record your harvest yields and garden observations. This valuable information helps you improve your techniques year after year.

**Local experts at your touch:** SOW connects you directly with your local Cooperative Extension office. Need help with a pesky pest or an unexpected wilt? The app provides easy access to local gardening resources.

**Ready to dig in?** Download the free SOW - A Planting Companion app from the Apple App Store or Google Play Store today. Start planning your most successful garden yet with the University of Kentucky Cooperative Extension Service!



# Sweet News! Local Strawberries Are Here!

Spring bounty has arrived in Bourbon County! Fresh, local strawberries are finally in season, bringing their juicy sweetness to our markets and farms.

These sun-ripened gems are perfect for enjoying on their own, adding a burst of flavor to salads and desserts, or even trying your hand at homemade jam. Several local farms and farmers markets currently have a good supply of strawberries. **However, don't miss out!** Strawberry season is typically short, lasting from the beginning of May to early June. So grab your basket and get ready to savor the taste of spring and summer!

## 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 with bright green, fresh-looking caps.

**STORAGE:** Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd, and use within 2 to 3 days. Wash just before serving.

**HANDLING:** Handle gently. Never remove the caps before washing. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps. Give the cap a gentle twist or use the point of a sharp paring knife.

**STRAWBERRIES**

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
**January 2020**

**Source:** [www.fruitsandveggiesmatter.gov](http://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>



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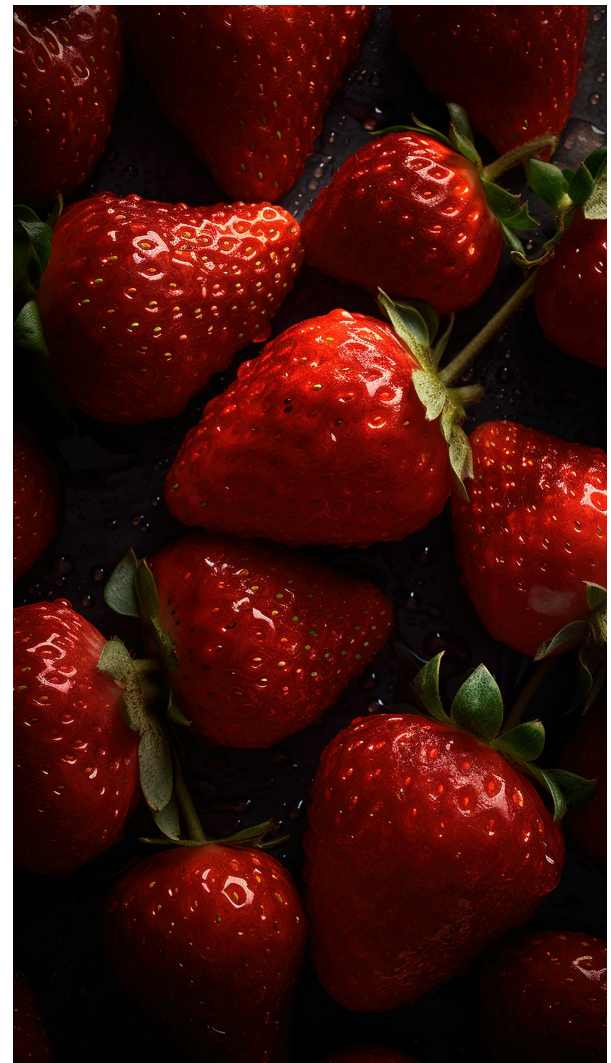
### Scrumptious Strawberry Salad

<b>5 cups</b> spinach	<b>Dressing</b>	<b>3 tablespoons</b> olive oil
$\frac{1}{2}$ large cabbage head, chopped	$\frac{3}{4}$ cup plain non-fat Greek yogurt or plain regular yogurt	$\frac{1}{2}$ teaspoon Dijon mustard
<b>1 cup</b> golden raisins	<b>3 tablespoons</b> honey	<b>1 teaspoon</b> poppy seeds
<b>1 cup</b> halved red grapes	<b>6 tablespoons</b> apple cider vinegar	<b>1 teaspoon</b> salt
<b>1 pint</b> sliced strawberries		$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ small red onion, sliced		
$\frac{1}{2}$ cup toasted and chopped pecans (optional)		

**Combine** all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

**Yield:** 8, 2-cup servings

**Nutritional Analysis:**  
240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein



## Get Your Spring Garden Growing: Tilling and Preparation Tips

As spring approaches, gardeners in Kentucky are eager to start tilling their gardens, but patience is key. The University of Kentucky Cooperative Extension Service advises waiting until the soil is dry enough to avoid damaging its structure, which is crucial for plant health and root development. A simple "squeeze test" can help determine the right time for tilling: if a ball of soil crumbles under fingertip pressure, it's ready. When it comes to soil amendments, early season incorporation is beneficial. Compost, for instance, should be mixed thoroughly,

possibly by hand in smaller areas, to avoid the compaction that rototillers can cause. This not only improves soil fertility but also accelerates soil warming, allowing for earlier planting. For more detailed guidance on spring garden preparation, including the best times to till and the ideal soil conditions, refer to the resources provided by the Kentucky Cooperative Extension Service. Remember, a well-prepared garden is the foundation of a bountiful harvest. Happy gardening!



## Pick Up Your Free Kentucky Garden Manual Today



"Home Vegetable Gardening in Kentucky (ID-128)" is an essential guide for residential gardeners in Kentucky, offering a wealth of information from garden planning to vegetable storage. The guide covers comprehensive management of diseases, insects, and weeds, and provides advice on the production of a wide range of crops, from asparagus to zucchini. Drop by the Bourbon Extension Office to receive your free copy today!

ID-128

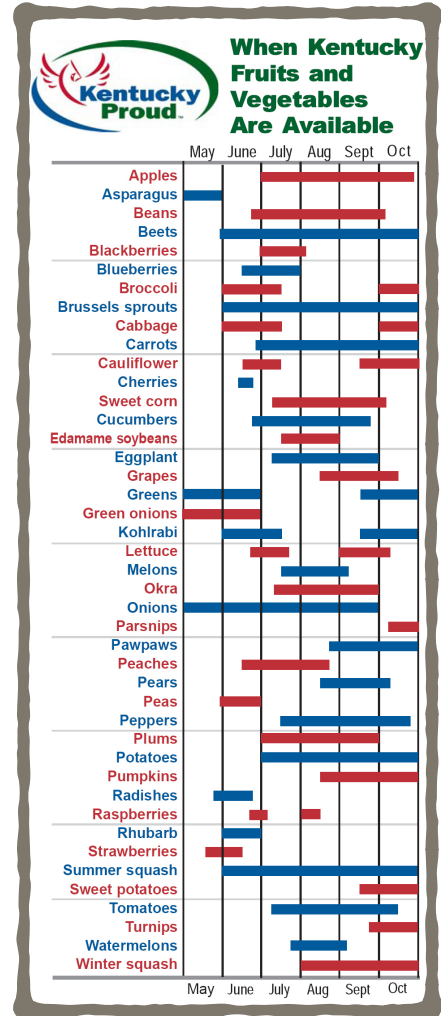
Cooperative Extension Service

### Home Vegetable Gardening in Kentucky

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

# QUESTION OF THE WEEK

You were enjoying a beautiful spring day here in central Kentucky when a neighbor leaned over the fence and struck up a conversation. "Any idea when we'll start seeing local produce at the markets?" they asked, their eyes sparkling with anticipation for fresh, homegrown vegetables. This question piqued your interest too – you were eager to sink your teeth into a juicy, locally-grown tomato. Next time you get this question you will be prepared with the information in this easy to follow chart!



## Get a Jump On Lawn Care This Year with This Easy to Follow Cool Season Lawn Care Calendar

Management Practice	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Aerify <sup>1</sup>												
Lime <sup>2</sup>												
Mow <sup>3</sup>												
Mower maintenance <sup>4</sup>												
Nitrogen fertilization <sup>5</sup>												
PRE-herbicides for annual grassy weeds <sup>6</sup>												
POST-herbicides for annual grassy weeds <sup>7</sup>												
POST-herbicides for broadleaf weeds <sup>7</sup>												
Seeding for renovation or initial establishment <sup>8</sup>												
Sodding <sup>9</sup>												
Curative white grub control <sup>10</sup>												
Preventive white grub control <sup>10</sup>												

**Note:** Cool-season lawns include Kentucky bluegrass, tall fescue, fine fescues, and perennial ryegrass.

- Best time to perform activity
- Second-best time to perform activity
- Do not perform activity