

## Agent Notes

### Get Ready for Fun at the Bourbon County Fair!

The Bourbon County Fair is back and better than ever, running from June 24th to June 29th, 2024! This year promises a week jam-packed with family fun, delicious food, thrilling entertainment, and of course, celebrating all things agriculture.

#### Here's a sneak peek of what awaits you:

- **Family Fun Nights:** Free games, touch-a-truck events, and a youth pedal pull will keep the little ones entertained. (Bonus: Kids in Paris Youth Little League uniforms get FREE entry on Monday night!)
- **Midway Magic:** Take a spin on the thrilling rides, test your skills at carnival games, and indulge in classic fair food (*no carnival rides/vendors open Monday*).
- **Operation Food Basket:** Join the community effort to support those in need on Thursday.
- **A Taste of Bourbon Band:** Enjoy some music from this local band at the show stage Thursday night
- **Show-Stopping Entertainment:** Witness the excitement of the Demolition Derby on Thursday night.
- **And More!** Throughout the week, enjoy livestock shows, exhibits, and live music.

Don't miss out on this quintessential summer tradition! Head down to the Bourbon County Fairgrounds in Paris, Kentucky, for a week of unforgettable fun.

For more information and a full schedule of events, visit the Bourbon County Fair at:

<https://www.bourboncountyfair.org/>



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# GROW A ROW, SHARE A BOUNTY: HELP FEED OUR COMMUNITY!



## FOOD DRIVE

**Calling all green thumbs!** This season, consider donating garden excess to help families in need. We're excited to announce our "Plant an Extra Row" initiative to support our local food banks.

### **How can you participate?**

It's simple! Dedicate a row (or even a pot) in your garden to grow vegetables specifically for donation. Here's how you can get started:

- **Choose the Right Produce:** Food banks are always in high demand for fresh fruits and vegetables. Consider planting easy-to-care-for options like green onions, peppers, root vegetables (carrots, beets), or summer squash.
- **Find a Food Bank:** We can connect you with local food banks that accept fresh produce donations. Contact us for a list of participating organizations in Bourbon County.

**Every garden item donated makes a difference!** By joining this initiative, you'll be contributing to a healthier community and providing nutritious food to families facing food insecurity.

## 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.

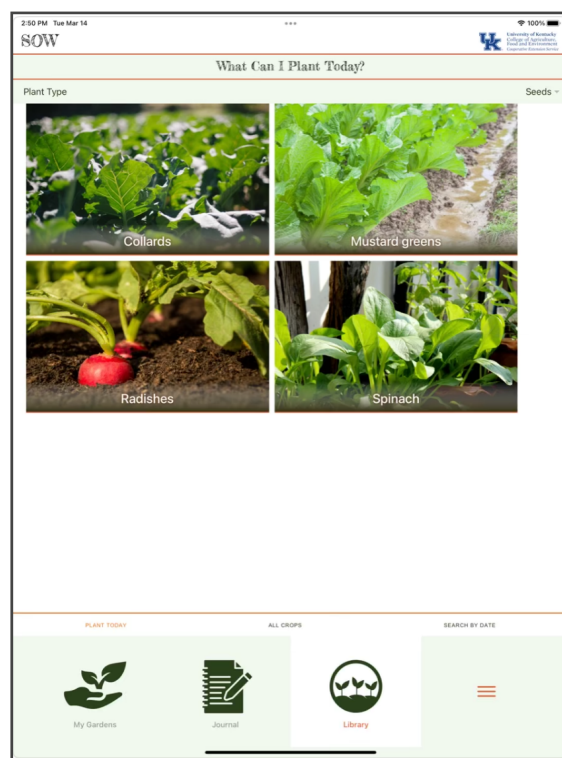
**Organize your plot:** The My Garden section lets you create virtual plots for easy garden management. Plan your layout, set reminders for planting and harvesting, and keep track of your veggie varieties.

**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!



## Bell Pepper Bounty: A Delicious Stuffed Recipe for Summer!

Summer's vibrant flavors are upon us, and Bourbon County's farmers markets and farm stores are bursting with fresh, locally-grown produce! Bell peppers, with their beautiful colors and crisp bite, are a quintessential summer ingredient. This week, we celebrate the bell pepper with a delightful recipe for Stuffed Peppers - a hearty, comforting dish perfect for a satisfying meal.

### The Local Twist:

The key to this recipe lies in using the freshest possible ingredients. Luckily, look no further than Bourbon County's very own farmers markets and farm stores! They're brimming (or soon will be) with gorgeous bell peppers in a variety of colors - red, yellow, orange, and even purple! Fill your basket with these beauties and support local farmers while treating yourself to a taste of summer.

**So dive into this delicious recipe and savor the vibrant flavors of summer with fresh, local bell peppers!**



## Beefy Stuffed Peppers

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|---|---|---|
| <b>1 cup</b> uncooked, whole wheat couscous | <b>¼ teaspoon</b> ground black pepper           | <b>4 large</b> bell peppers             |
| <b>1 small</b> tomato, diced                | <b>1 teaspoon</b> salt                          | <b>½ pound</b> lean ground beef         |
| <b>½ cup</b> garbanzo beans                 | <b>½ cup</b> low fat shredded mozzarella cheese | <b>1 tablespoon</b> chopped green onion |
| <b>1 teaspoon</b> dried Italian seasoning   |   | <b>1 tablespoon</b> minced garlic       |

**Cook** couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

**Yield:** 4 servings  
**Nutritional Analysis:** 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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

## Kentucky Bell Peppers

**SEASON:** June through the first frost, usually September.

**NUTRITION FACTS:** Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

**SELECTION:** Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

**STORAGE:** Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

**PREPARATION:** To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

**PRESERVING:** Wash and stem peppers. Package, leaving no head space. Seal and freeze.

### KENTUCKY BELL PEPPERS

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

June 2013

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.uky.edu/afcs](http://www.uky.edu/afcs)

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Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

# Keeping Your Kentucky Lawn Green: New Publication on Bermudagrass Control!

Is unwanted bermudagrass taking over your cool-season Kentucky lawn? Don't worry, help is here! The University of Kentucky Cooperative Extension Service is pleased to announce the release of a new publication: AGR-278 Bermudagrass Control for Kentucky Lawns.

This informative guide provides homeowners with the knowledge and tools they need to effectively manage bermudagrass in their lawns. You'll learn about the biology of bermudagrass, why it can be a problem, and most importantly, how to control it using a combination of cultural practices and, if necessary, herbicides.

By following the recommendations in AGR-278, you can create a healthy and vibrant lawn that thrives throughout the year. Download your free copy of AGR-278 Bermudagrass Control for Kentucky Lawns today!

AGR-278 **Bermudagrass Control for Kentucky Lawns** Cooperative Extension Service

*Joann Vaughn, Beth Wilson, and Andy Roberts, Cooperative Extension Service, and Kenneth Clayton, Plant and Soil Sciences*

**Cultural Control**

The first part of controlling bermudagrass in Kentucky's cool-season lawns is using cultural practices. The goal of any cultural control practice is to make the environment less suitable for a particular pest. Due to the aggressive growth and ability to adapt, bermudagrass control will fail without manipulating the environment to favor the desirable cool-season grasses. The use of herbicides alone is not recommended for management of this weed.

The most important step in creating an environment where cool-season grasses are competitive is to raise the mower height to 4 inches or greater. Since bermudagrass thrives in full sun, a tall, dense lawn can capture sunlight and shade-out the bermudagrass. Research shows that mowing heights of 4 inches can decrease the spread of bermudagrass in cool-season lawns.

Additionally, fertilizing with nitrogen in the late summer to early fall favors cool-season grasses as the bermudagrass enters dormancy and is not actively growing. Avoid applying fertilizers while the bermudagrass is green and actively growing to reduce competition with the desired cool-season grasses. With high nitrogen availability and temperatures above 80°F, bermudagrass can out-compete cool-season turfgrasses during the heat of Kentucky summers.



**Figure 1.** The broom-straw brown color of bermudagrass stands in stark contrast to the cool-season grasses in the winter.

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## Commercial Vegetable Production Manual Now Available



University of Kentucky publication ID-36 is a resource for commercial vegetable growers titled "Vegetable Production Guide for Commercial Growers". It provides information on all aspects of vegetable production, from variety selection and planting to pest management, harvesting, and marketing your crops. The latest edition is for 2024-2025. You can find it online at the University of Kentucky College of Agriculture, Food and Environment <http://www2.ca.uky.edu/agc/pubs/ID/ID36/ID36.pdf>.

ID-36 **Vegetable Production Guide for Commercial Growers, 2024-25** Cooperative Extension Service



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# QUESTION OF THE WEEK

*Are we going to be seeing a lot of cicadas in central Kentucky this year?*

Central Kentucky is unlikely to have a major cicada emergence in 2024.

The big brood expected this year is Brood XIX, also known as the Great Southern Brood. This brood generally won't be emerging in central Kentucky.

**Bourbon County ranks 4th in Kentucky for combined nursery, greenhouse, floriculture, and sod production according to the USDA NASS Census of Agriculture data for 2022!**



DID YOU KNOW?

## Common Mid-Summer Tomato Problems!

Summer heat brings sunshine and delicious homegrown tomatoes, but it can also usher in some common problems. Here's a quick guide to identify and fight these frustrating foes:

- **Blossom Drop:** Those tiny tomato flowers falling off? This can be caused by temperature fluctuations (especially nighttime chills), lack of pollination (try hand-pollinating with a cotton swab!), or uneven watering.
- **Fungal Diseases:** Watch out for spots, wilting, or browning leaves. Early blight and leaf spot are common culprits. Practice good hygiene by removing infected leaves and keep good air circulation around plants.
- **Blossom-End Rot:** This one shows up as sunken, leathery areas on the blossom end of your tomato. It's more about inconsistent watering and less about actual calcium deficiency in most cases. Ensure consistent watering throughout the growing season.
- **Sunscald:** Don't forget, sunburn isn't just for us! Exposed fruits can develop white, leathery patches. Prune strategically to provide shade for ripening tomatoes, or use shade cloths during peak sun hours.

By staying vigilant and taking preventative measures, you can keep your tomato plants healthy and fruitful all summer long!

