

Agent Notes



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

March Garden Calendar

In March, central Kentucky gardeners can prepare for the upcoming growing season by focusing on cool-season crops and essential garden maintenance. Here's a comprehensive to-do list:



1. Soil Preparation:

Test Soil: Conduct a soil test to determine pH and nutrient levels. Contact your local county Extension office for testing services.

Amend Soil: Incorporate compost or well-rotted manure to enhance soil fertility and structure.

2. Planting Cool-Season Vegetables:

Early March:

Direct Sow Seeds: Plant seeds for beets, carrots, lettuce, peas, radishes, and spinach directly into the garden.

Mid to Late March:

Transplant Seedlings: Set out transplants of broccoli, cabbage, cauliflower, and kale. According to the University of Kentucky's guidelines, well-grown transplants can be

planted by March 15 in most areas, allowing for harvest in mid-June.

3. Succession Planting:

Stagger Plantings: To ensure a continuous harvest, plant small amounts of crops like lettuce and radishes every two weeks.

4. Garden Maintenance:

Weed Control: Regularly remove weeds to reduce competition for nutrients and water.
Mulching: Apply organic mulch to conserve soil moisture and regulate temperature.

5. Tool and Equipment Check:

Inspect Tools: Clean and sharpen gardening tools to ensure they are ready for use.

Prepare Irrigation Systems: Check hoses and irrigation setups for leaks or damage.

6. Planning Ahead:

Warm-Season Crops: Start seeds indoors for tomatoes, peppers, and other warm-season vegetables to transplant after the last frost.

Garden Layout: Design your garden plan, considering crop rotation and companion planting strategies.

For detailed guidance, refer to the University of Kentucky's "Home Vegetable Gardening in Kentucky" publication (ID-128). This resource offers comprehensive information tailored to Kentucky gardeners.

Asparagus: A Early Spring Favorite



Asparagus Ham Quiche

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

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.

Kentucky Asparagus

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

SELECTION: Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

KENTUCKY ASPARAGUS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
March 2015

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<https://ccd.uky.edu/hort-culture-podcast>



FREE SEEDS!!!

Drop by anytime between
8:00am- 12:30 pm and
1:30- 4:30pm
at the Bourbon
Extension Office
603 Millersburg Rd.

We still have a limited amount of seeds available at the office! Stop by to grab yours!

Now is the time to get your transplants growing!
If you have questions please call (859) 987-1895 or email at atackett@uky.edu.