



Lawrence County Part-Time Farmer June 2022

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Sincerely,

Laura Maggard

Laura Maggard,
CEA for Agriculture
and Natural Resources

Upcoming Events and Meetings

June 13th: Farmers Market Meeting

6:00PM @ the Extension Office

June 14th: CAIP Informational Meeting

6:00PM @ the Extension Office

June 27th-28th: Senior Voucher Distribution

See flyer for more information

July 4th: 4th of July Holiday

Office Closed

July 6th: Farmers Market Opening Day

9AM-12PM (or sellout)

July 7th: LC Beekeepers Meeting

Call for more information

July 16th: Farmers Market Customer Appreciation Day

9AM-12PM (or sellout)

July 27-30: LC County Fair

Lawrence County Fairgrounds



Taking Control of Weeds in the Garden

Home gardeners look forward to that first ripe tomato or ear of corn they pick from their carefully tended gardens. But after some vigorous gardening on a hot, humid day, you may wonder if it is all worth it.

Weeds compete with crops for water, nutrients and sunlight. Some weeds, like quackgrass, can chemically inhibit vegetable plant growth. Others host insect pests and disease pathogens. All of these result in fewer fresh vegetables for your table.

There are some preventive practices that effectively combat weeds. Frequent hoeing or rototilling on a weekly basis helps eliminate weeds when they are small and easily removed.

If you plant rows a little closer, vegetable crops provide more shade and that also helps to reduce weed pressure. After you harvest a crop, plant another in its place to continue using the space.



Mulching works very well in the home garden. Use organic material such as grass clippings, leaves or straw to eliminate weed growth and build up organic matter to make the soil more fertile and easier to work. Do not use grass clippings from a lawn that was treated recently with a herbicide. Treated clippings can cause vegetable plant twisting and can even kill some sensitive crops. Be careful about the kind of organic material you use. Hay can introduce a considerable load of weed seeds into your garden.

Black plastic mulch is beneficial to certain vegetables including tomatoes, eggplants, peppers and vine crops. In addition to shading out and eliminating weeds, plastic mulches conserve moisture and promote early crop growth by helping heat up the soil in spring. Landscape fabric has the added advantage of being water permeable and can be used for multiple years; although it is more expensive than black plastic.

Most importantly, do everything possible to keep garden weeds from going to seed. One red root pigweed plant can produce 100,000 seeds that can continue to germinate over the next 15 to 20 years.

Blossom End Rot

Nothing can ruin a mouth watering tomato more than reaching for one on the vine only to find an ugly, flattened spot on it. If the ugly spot is located on the fruit opposite the stem end, it is likely blossom end rot, a disease caused by a lack of calcium that commonly occurs in tomatoes but can also affect eggplant, peppers and many cucurbits.

Blossom end rot spots develop into dark brown, leathery decays that may affect half of the tomato. Calcium is an essential part of the chemical “glue” that binds cells together within the fruit. When fruits are enlarging rapidly, sufficient amounts of calcium do not reach the end of the fruit. This causes cells to come apart, resulting in a rot or decay in that area. Calcium does not move easily from other plant parts, so any disruption in the plant’s uptake can result in a deficiency.

Soils in Kentucky are rarely deficient in calcium, but water plays a critical role in the plant’s uptake and distribution of calcium. So maintaining an even supply of moisture is important in controlling blossom end rot. However, to be sure that a soil is not calcium-deficient, soil tests should be taken, and if needed, it can be applied as lime prior to planting.



Irrigate plants as needed, and use mulch to conserve soil moisture. Irrigate on a consistent basis. Don’t allow plants to become stressed from too much or too little water. Avoid wetting foliage as much as possible as this could encourage fungal and bacterial diseases to develop on the plant.

Trickle or drip irrigation is an excellent way of getting water to plants without the risk of wetting the foliage or splashing soil onto the foliage which can also lead to disease problems.

Controlling Corn Earworms

One of the most potentially damaging problems facing sweet corn producers is controlling insects that feed on the ear. During the summer months, if you grow sweet corn, you need to watch for corn earworm.

Earworms are moderately hairy larvae that vary in color from yellow to green to red to brownish-black, but they all have a brown head without markings and numerous microscopic spines covering their body. You may find them feeding in the ear tips following silking. The larvae are cannibalistic, rarely is there more than one per ear or whorl.

Corn earworm is potentially the greatest threat to sweet corn production in our state. Because it feeds directly on the ear, is difficult to control and is common in high numbers at the end of the season, most insecticides used on sweet corn target this pest. Once earworm becomes established within the ear, controlling it is impossible. Earworms spend a relatively short period of their life feeding in a site that can receive an adequate insecticide application. An effective program, especially for corn planted later in the season, is necessary to ensure a minimal amount of damaged ears.



Currently, the primary insecticides used for corn earworm control in sweet corn belong to the pyrethroid class. There is concern that corn earworm in some regions of the Midwest has developed resistance to this class of insecticides. Some field failures have been reported.

You can start a preventive program against corn earworms when 10 percent of the ears are silked. Repeat sprays at three-to-five-day intervals until 90 percent of the silks have wilted. This strategy should give a high percentage of worm-free ears during early and midseason. Control is more difficult late in the season. Even shortening spray intervals may produce only 90 percent clean ears.

Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!

Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

Best Practice:

Use berries on the countertop within 1–2 days.
If longer, store in the fridge.

Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

Chef Tips:

Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.

Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!

Blanche and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

Mar–May

Asparagus (Apr–Jun)
Greens (Apr–Nov)
Kohlrabi (May–Jun)
Lettuce (May–Jun)
Maple Syrup (Feb–Mar)
Green Onions (May–Jun)
White Onions (Jan–Mar)
Peas (May–Jun)
Potatoes (Jul–Oct)
Radishes (Apr–Jun)
Strawberries (May–Jun)
Sweet Potatoes (Oct–Mar)
Turnips (May–Jun)
Winter Squash (Jan–Mar)

Jun–Aug

Apples (Jul–Dec)
Beans (Jun–Sep)
Beets (Jun–Nov)
Blackberries (Jun–Oct)
Blueberries (Jun–Jul)
Broccoli (Jun–Jul)
Brussels Sprouts (Jul–Nov)
Cabbage (Jun–Jul)
Cantaloupe (Jul–Sep)
Carrots (Jun–Aug)
Cauliflower (Jun–Jul)
Sweet Corn (Jul–Sep)
Cucumbers (Jun–Sep)
Eggplant (Jun–Sep)
Garlic (Jun–Aug)
Grapes (Aug–Sep)
Greens (Apr–Nov)
Kohlrabi (May–Jun)
Okra (Jun–Sep)
White Onions (Jan–Mar)
Peaches (Jun–Aug)
Peppers (Jul–Sep)
Plums (Jul–Sep)
Potatoes (Jul–Oct)
Raspberries (Jun–Sep)
Rhubarb (Jun–Sep)
Summer Squash (Jun–Oct)
Tomatoes (Jul–Oct)
Watermelons (Jul–Oct)
Zucchini (Jun–Oct)

Sep–Nov

Apples (Jul–Dec)
Beans (Jun–Sep)
Beets (Jun–Nov)
Blackberries (Jun–Oct)
Blueberries (Oct–Nov)
Bok Choy (Aug–Nov)
Brussels Sprouts (Jul–Nov)
Cabbage (Oct–Nov)
Carrots (Oct–Nov)
Cauliflower (Oct–Nov)
Greens (Apr–Nov)
Kohlrabi (Sep–Oct)
Lettuce (Sep–Oct)
Nut Crops (Sep–Nov)
Okra (Jun–Sep)
Green Onions (Oct–Nov)
White Onions (Jul–Sep)
Pawpaws (Aug–Oct)
Pears (Aug–Nov)
Peppers (Jul–Sep)
Plums (Jul–Sep)
Potatoes (Jan–Mar)
Pumpkins (Sep–Nov)
Radishes (Sep–Nov)
Raspberries (Jun–Sep)
Rhubarb (Jun–Sep)
Sorghum (Sep–Nov)
Summer Squash (Jun–Oct)
Sweet Potatoes (Oct–Mar)
Tomatoes (Jul–Oct)
Watermelons (Jul–Oct)
Winter Squash (Aug–Nov)
Zucchini (Jun–Oct)



Dec–Feb

Apples (Jul–Dec)
Maple Syrup (Feb–Mar)
White Onions (Jan–Mar)
Potatoes (Jan–Mar)
Sweet Potatoes (Oct–Mar)
Winter Squash (Jan–Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.





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Cooperative Extension Service



Senior Farmer's Market Coupon Distribution



The Lawrence County Cooperative Extension Service will be handling senior citizen's coupon applications for the Lawrence County Farmer's Market Association.

Qualifications

- 1. You must be a resident of Lawrence County**
- 2. You must be 60 or older**
- 3. Must meet the Federal Monetary Guidelines**
Household of 1 can make no more than \$1,986 monthly
Household of 2 can make no more than \$2,686 monthly
Household of 3 can make no more than \$3,386 monthly

*****Important:** Please bring identification, your driver's license or birth certificate, etc.

We will be at the following locations to accept applications:

<u>Monday, June 27th</u>	9:00 am – 12:00 pm	Senior Citizens Center, Louisa
	1:30 pm – 2:00 pm	Housing Authority/Ray Williams Villa
	2:00 pm – 2:30 pm	Bay Pointe
<u>Tuesday, June 28th</u>	9:30 am – 10:00 am	Fallsburg Fire Department
	10:30 am - 11:00 am	Webbville Fire Department
	11:30 am – 12:00 pm	Unity Baptist Church, Blaine KY

The Senior Vouchers will be distributed on a first come first serve basis.
Vouchers will be available at the Extension Office on
Wednesday, June 29th if there are any left.

The Lawrence County Farmer's Market is located at 249 Industrial Park Road (below Wal-Mart).
The market is open Wednesdays and Saturdays from 9:00 – Noon (or sellout)

2022 Farmer's Market season begins on Wednesday, July 6th.

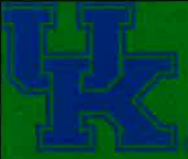
For more information contact the Lawrence County Cooperative Extension Service at (606)673-9495.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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OPENING DAY OF FARMER'S MARKET

WEDNESDAY

JULY 6TH, 2022

9AM - NOON (OR SELL OUT)

SUPPORT YOUR LOCAL FARMERS!



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