



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Clark County Extension Horticulture Newsletter

From the Ground Up!

July 2023



Clark County Extension Service • 1400 Fortune Drive • Winchester, KY 40391 • 859-744-4682 • clark.ext@uky.edu • <http://clark.ca.uky.edu/>

A Word from the Agent...



Happy July everyone! I'm in a little disbelief that July and summer are already here, but equally surprised that summer isn't over yet! Hopefully we don't fall victim to another drought and the rains continue. It will never cease to amaze me how our turf grasses can go completely brown and dormant, but be green and growing one day after a good rain. While all the rain is good for our gardens, it also increases disease and insect pressure. So if you start having issues with anything, get up with me and I am happy to help you figure out what is going on and

how to handle it. Happy growing everyone!

Carrie Spry

Clark County Extension Agent for Horticulture
carrie.spry@uky.edu



A life without dreams,
is like a garden without flowers!

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Clark / Powell Beekeepers Association

Monday, July 10, 2023
6:30 pm
Clark County Extension Service
1400 Fortune Dr.
Winchester, KY

~ POT-LUCK MEAL ~

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.



By: Brittnay Haag; University of Illinois Horticulture Educator

Adding new plants to a garden every year is hard on the back, and the pocketbook. Perennial herbs make great additions to any garden or landscape. They are easy to grow and good for the pocketbook.

Serving a dual purpose—beauty in the landscape and culinary uses in the kitchen—perennial herbs can save you money and labor. When added to existing landscapes and flower beds, herbs offer a unique mix of fragrances, textures, and colors in the garden.

Perennial herbs come back every year following the winter dieback of the previous year's growth. Some are small woody shrubs, others are herbaceous plants. Hardy perennial herbs are easy to grow and will survive winter in our area—Zone 6.



Chives

Allium schoenoprasum grow in 12-inch grass-like clumps. The purple-pink flowers are both decorative and edible. The leaves can be harvested all summer, but the flavor is best in young growth.



Lemon balm

Melissa officinalis has strongly lemon-scented heart-shaped foliage reaching 1 ½ feet tall. To prevent it from self-seeding in the garden, remove spent flower stalks before the seeds mature.



Oregano

Origanum vulgare grows 2 feet tall with sprawling branches covered with small, round leaves. The petite pink flowers bloom in the summer.



Sage

Salvia officinalis has oval, gray-green foliage, and a woody stem. It is a small evergreen shrub that needs good drainage to avoid root rot.



Thyme

Thymus vulgaris is a low-growing mound, reaching 6 to 12 inches tall. The pink, tubular blooms appear in early summer amongst the dark green, fragrant foliage.

Other perennial herbs are lovage, lavender, salad burnet, French tarragon, winter savory, and mint. Use caution when growing mint; plant it in a container to avoid it taking over the garden! Some plants are also referred to as 'tender perennials' which are not winter hardy in colder climates. This group includes rosemary, lemon verbena, lemongrass, and scented geraniums. To grow them as perennials in Illinois, overwinter them indoors.

For optimal growth and flavor, replicate the Mediterranean growing conditions of these perennial herbs.

Growing in warm temperatures and well-drained soils of the Mediterranean region, these plants are adapted to dry locations so they are quite drought tolerant. And with very few pest and disease problems, they tend to be low-maintenance plants. Some herbs will tolerate partial shade, but the majority perform their best, and produce their best flavors, when receiving 6 to 8 hours of sunlight each day.



CLARK COUNTY
HEALTH DEPARTMENT

Winchester Farmer's Market

Veggie Fest

July 15, 2023

8 AM- Noon

1 Depot St, Winchester

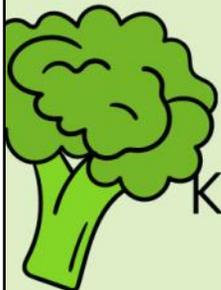
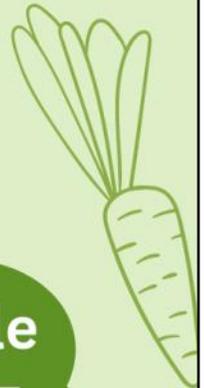
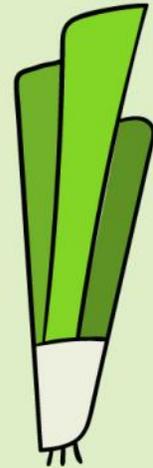
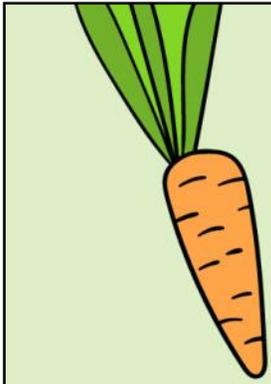
Enjoy *free* recipes
from our market
vendors!

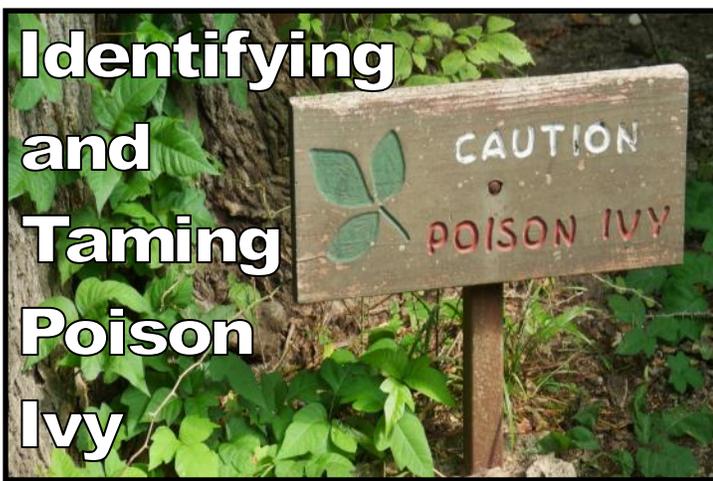
Enjoy fun activities
for the kids!

Enter to win gift
baskets!

Kids' Veggie Costume
Contest at 10 AM!

**First 200 people
will receive a \$5
market voucher!**





By: *Carrie Spry*
Clark County Extension Agent for Horticulture

Poison ivy is a common perennial plant notorious for causing itchy rashes and allergic reactions in humans. It can be challenging to control due to its ability to spread rapidly and its resilience in various environments. With proper knowledge and effective strategies, you can manage and control poison ivy.

Learn how to identify poison ivy. It is a deciduous vine, shrub, and ground cover that typically grows in clusters of three leaflets, although leaf count may vary. Its leaves are glossy, oval-shaped, and may have serrated or smooth edges. The plant's color ranges from light green to reddish orange, depending on age and time of year. Birds love the white, waxy berries it produces.

The pesky plant poses health risks through its oily resin called urushiol, which causes allergic reactions. Direct contact with any part of the plant—leaves, stems, roots or even the smoke from burning it—can trigger a rash, accompanied by itching, redness, swelling and blisters. The oil can remain on clothing, pets, or tools that touch it. Avoid unprotected contact with poison ivy and take necessary precautions when attempting to control it. Responses may range from mild to severe depending on the person, the amount of oil contacted, the method of contact (touching, inhalation from burning, etc.) and the time of year.

Here are some effective strategies for controlling poison ivy growth:

1. Wear protective clothing. When dealing with poison ivy, wear long sleeves, long pants, gloves and closed-toe shoes to minimize skin exposure. Eye protection and a hat may be necessary. Use disposable gloves and turn them inside out when removing them. You may need to use disposable garment such as those used by pesticide applicators, or make sure to wash clothing separately from other items to prevent urushiol transfer.
2. You can manually remove small infestations of poison ivy by digging up the roots with a garden

trowel or gloved hands. Ensure you remove the entire plant, including the roots, to prevent regrowth.

3. For larger infestations or difficult-to-reach areas, you may find herbicides effective. These herbicides can be selective to broadleaf plants, or a non-selective herbicide such as those containing glyphosate. The use of glyphosate-based herbicide is recommended in late summer through fall when the plant is preparing for winter and sending reserves to the roots and the chemical is transported with it to kill the root. Carefully read and follow the instructions on the product label and consider using a targeted application method like a paintbrush to minimize damage to desirable plants in the same area.
4. Smothering it with a barrier. Try using layers of newspaper or cardboard covered with mulch or soil to block sunlight and prevent the plant from growing. Regularly monitor the covered area for any new sprouts. Unfortunately, poison ivy can travel as a vine for a considerable distance so this method will not usually be very effective.
5. Don't be afraid to call in a professional. In severe cases, or if you are unsure about dealing with poison ivy yourself, consider seeking professional help from landscapers or pest control services experienced in poison ivy removal.

Now that you've removed the pest, you want to prevent it from regrowing. Remain vigilant with a few preventative measures:

1. Regularly inspect your property for new poison ivy growth, especially in areas where it is known to thrive, such as fence lines, wooded areas, neglected corners, and areas where birds roost.
2. When you spot new poison ivy plants, promptly remove them using the methods mentioned earlier to prevent their spread.
3. Educate yourself and others about poison ivy identification and precautions to avoid contact. Knowledge will empower you to take proactive measures and prevent accidental exposure.

Controlling poison ivy requires a combination of identification, protective measures, and effective removal strategies. By understanding the plant's characteristics and using appropriate methods, you can minimize the risks associated with poison ivy and regain control over your environment. Remember to prioritize safety and, when in doubt, seek professional assistance to ensure effective and long-lasting control.

For more information about poison ivy and other topics, contact the Clark County Cooperative Extension Service, 859-744-4682.

Groundhog

Marmotax monax



What you need to know . . .

(Information obtained from [Kentucky Wildlife Center](#))

ORIGIN:

North America

LIFESPAN:

Can live up to 6 years, though most average 2-3 years.

SIZE:

- Adult groundhogs weigh 2-6.5 kg (4.4-13.9 lb)
- Males are slightly larger than females.
- Groundhogs are heavier in the fall than in early spring.

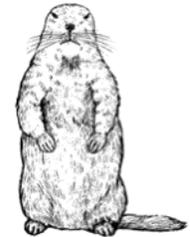
DIET:

- Their diet varies usually consisting of wild grasses and other vegetation, including berries.
- In spring, they will also eat grubs, grasshoppers, insects, and snails.



REPRODUCTION:

- Groundhogs usually breed in their second year of life.
- Breeding season is from March to mid-or late April. This is after hibernation.
- A mated pair will stay together in the same den until the birth of the young.
- Gestation period is 31 to 32 days, with about 2-6 offspring to a litter.
- The male leaves the den after the young are born.
- The female introduces the young to wild once they grow fur and are no longer blind.
- The male then returns to help encourage the young to copy the adult's behavior and learn survival skills.
- By August the family breaks up and scatter to dig burrows of their own.



EXTRA FACTS:

- Males emerge from hibernation in March to April
- Females take longer than males to wake up from hibernation.
- Groundhogs are also called woodchucks, whistle pigs, land beavers and the Canada Marmot.
- Young are called Chucklings.
- They alert other groundhogs using a high pitched whistle to warn the rest of the colony of nearby danger.
- Groundhogs are one of a few species that enter true hibernation and often have separate den sites for it.
- They have extremely powerful jaws the will defend their burrows tenaciously against intruders.
- Often times, a groundhog's burrow will be used by many other species if left unattended.
- In the U.S. and Canada, a yearly celebration is dedicated to groundhogs. It is know as Groundhog's Day, and occurs on February 2nd.
- Groundhogs are used in medical research on Hepatitis B-induced liver cancer. A percentage of the wood chuck population is infected with Woodchuck Hepatitis B Virus (WHV). This virus is similar to that of the Human Hepatitis B Virus. Humans do not receive Hepatitis from groundhogs infected with WHV, but the virus and its affects on the liver make the groundhog the best available animal for the study of viral hepatitis in humans.
- Groundhog burrows have revealed two archeological sites!
- They are typically loners, though they den near others in a communal location for protection against predators.
- Groundhogs need to eat 1/3 of their body weight a day in spring and summer.
- They have incredibly dense bones, which means they can survive major blows to the skull that would be fatal to other similarly sized animals.
- Groundhogs are not the fastest species, reaching top speeds of only 8 mph. Due to this, they do not travel too far from their burrow entrances.
- Their burrows consist of more than 50 feet of tunnels, buried 5 ft. below the frost line.
- They are the largest members of the squirrel family.
- Woodchucks are the only marmots east of the Mississippi River.





Gus' QUICK TIPS for JULY

- 1 Now is the time to plan and plant a fall garden. Most plants with shorter growing seasons can be grown in the fall and often produce better results. Allow a little more time to mature than the seed package says as cooler nights will slow growth somewhat.
- 2 When watering, try to avoid wetting foliage or watering late in the evening as both can promote disease.
- 3 Do not spray chemicals in the heat of the day, PLEASE! Many plants can be damaged. Spray in the early morning or late evening when temperatures are cooler.
- 4 Monitor evergreens for spider mite damage. Drought stressed plants are particularly at risk. If you see signs of browning shake the branch over a white surface, if you see tiny moving red specks you likely have mites. Minor infestations can be treated with a daily spray from the hose. Larger problems may need chemical control.
- 5 Remove spent blooms from flowering annuals and perennials to promote more bloom. If your late blooming perennials (Asters, Goldenrod, Butterfly Bush, Mums, etc.) are already tall and threatening to flop, prune them back to 1' in height. This will result in a fuller, sturdier plant that will bloom slightly later than normal.



Recipe

Green Bean Bundles

<p>1 pound fresh green beans</p> <p>¼ teaspoon black pepper</p> <p>12 slices turkey bacon</p> <p>2 tablespoons unsalted butter</p>	<p>2 cloves garlic, minced</p> <p>½ teaspoon ground cinnamon</p> <p>¼ teaspoon allspice</p>
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- 1. Preheat** oven to 400° F.
- 2. Remove** ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
- 3. Bundle** together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
- 4. Lay** each bundle, seam side down in a large
- baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
- 5. Brush** the mixture over the top of each green bean bundle with a pastry brush.
- 6. Cover** with foil and bake for 35 minutes.
- 7. Remove** foil and bake for 15 additional minutes, until bacon is crisp.

Yield: 12 bundles

Nutritional Analysis:
60 calories, 5 g fat, 2 g saturated fat, 20 mg cholesterol, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 3 g protein.

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