



HOPKINS COUNTY

# The Horticultural Herald

HOPKINS COUNTY COOPERATIVE  
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## SOW APP Available for Kentucky Gardeners

*Rick Durham, UK Horticulture Extension Specialist*

Kentucky gardeners have a new tool available in Apple and Google Play app stores to assist with planting, sowing and harvesting decisions for their home garden.

SOW—A Planting Companion is a free app based on University of Kentucky Cooperative Extension’s publication ID-18 Home Vegetable Gardening in Kentucky. The app also incorporates information for Alabama and North Carolina and other areas in U.S. Department of Agriculture Plant Hardiness Zones 6a-9a. Kentucky is primarily in zone 6b, with a few areas in 6a or 7a. After downloading the app, enter your state and county to get customized plant information based on your hardiness zone. You can always change the information later in the settings menu.



The app has three main sections: My Garden, Journal and Library. The library currently has information and photos of about 36 popular home garden vegetables. You may sort the vegetables alphabetically, by harvest date or by planting date. Clicking on a vegetable in the library will open information about that vegetable, including estimated days to harvest, expected yield, plant spacing, planting depth, soil pH range and average number of plants per person you need to include for a good harvest.

*Erika Wood*  
Hopkins County Extension  
Agent for Horticulture

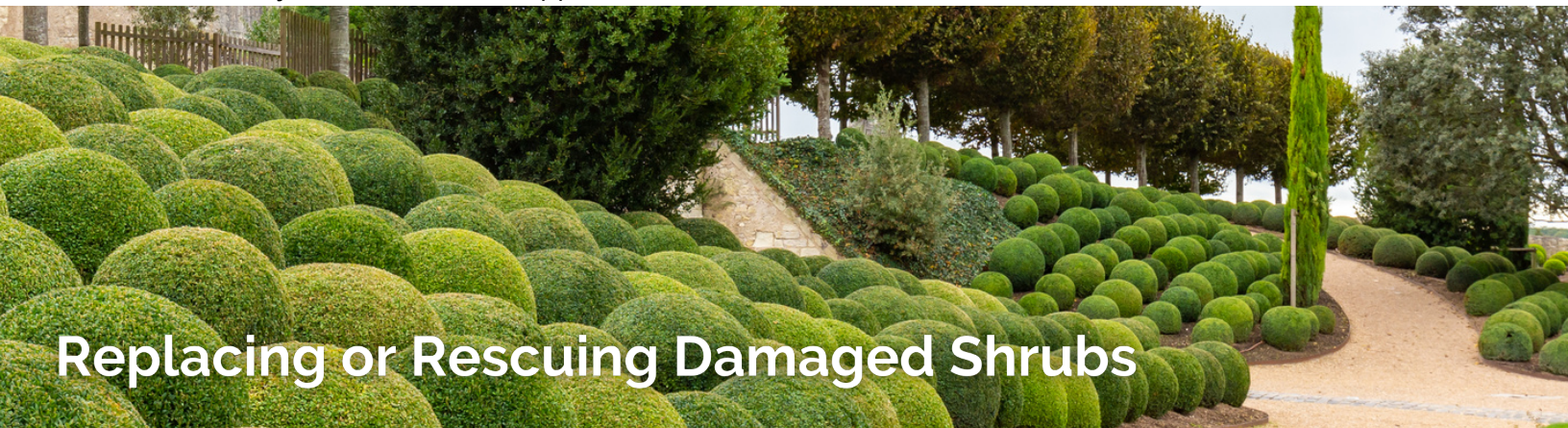


## SOW APP continues...

You can add vegetables to the My Garden section. You can develop more than one garden, for example, a spring garden, a summer garden and a fall garden, and keep them separate. My Garden helps you keep track of planting dates, seed or transplant planting method, the specific cultivar or variety you planted and when you should be able to harvest it. You can even plan ahead and enter a planting date for the future and the app will give you the option to add this date to your phone's calendar as a reminder.

After you harvest a crop, you the Journal section to record yield, harvest date or any other notes you may need to help plan next year's garden. The app can also link you to your local Cooperative Extension office, where you'll find staff information and ways to contact extension agents with questions.

Download the app through Apple, <https://apps.apple.com/us/app/sow-a-planting-companion/id840347996>, or Google, [https://play.google.com/store/apps/details?id=edu.aces.SOW&hl=en\\_US&gl=US&pli=1](https://play.google.com/store/apps/details?id=edu.aces.SOW&hl=en_US&gl=US&pli=1), or search for it in your mobile device app store.



## Replacing or Rescuing Damaged Shrubs

*Rick Durham, UK Horticulture Extension Specialist*

The extreme cold spell at the end of December 2022 caused severe damage to many shrubs and bushes around Kentucky homes. With plants greening up this spring, you may be wondering what to remove and what to attempt to rescue in your landscape.

The cold is just one part of the puzzle when shrub health declines. Other factors include soil pH, soil volume, too much or too little water and light availability.

Some shrubs may just need a good pruning and time to recover from the winter stress. If you want to try to revive the shrub through pruning, you'll need to trim it down with sturdy pruning shears. Don't remove more than one-third of the plant in a season. If the plant is healthy, it will soon produce new green shoots. If your shrub has more brown branches than green at the core, it may be time for you to remove it. When shrubs become too woody in the middle, start over with another plant.

Well-established shrubs may have large, complex root structures. Make sure to completely remove them before planting something new. Use the transition time to do a soil test so you know what amendments it will need before you bring home new plants.

If you must replace landscape shrubs and plants, Kentucky has more than 1,200 nurseries and retailers selling hundreds of types of trees, shrubs, groundcovers and perennials. With 120 counties of resources, you can buy locally without driving very far. The Kentucky Department of Agriculture's Kentucky Proud program allows individuals locate local retail garden centers that market Kentucky-grown trees and shrubs. Search the garden center database at <https://www.kyagr.com/agbus/products.aspx?group=19&category=112>. Retailers looking to stock their garden centers with Kentucky-grown trees and shrubs may use the Landscape Plant Availability Guide <https://www.kyagr.com/marketing/plant/common-name-search.aspx>.

# Replacing or Rescuing Damaged Shrubs continues...

Kentucky also has many qualified nursery growers, retailers, landscapers and arborists. The Cooperative Extension Service offers many green-industry classes throughout the year. Kentucky nursery growers and retailers are a very well-trained group of horticulturists. They are familiar with Kentucky soil types, weather and other factors playing a role in plant performance.

When you visit a local nursery to choose new plants, make sure and read the tags and note the light, water and soil requirements. Ensure the new plants fit your landscape.

To learn more about transplanting container plants, check out the University of Kentucky Cooperative Extension publication Planting Container-Grown Trees and Shrubs in Your Landscape, HO-114. You can find it online here: <https://tinyurl.com/24fx9j9p>.

## Check the Hopkins County Farmers Market for Kentucky Proud fresh produce!



### Scrumptious Strawberry Salad

<b>5 cups</b> spinach	<b>Dressing</b>	<b>3 tablespoons</b> olive oil
<b>½ large</b> cabbage head, chopped	<b>¼ cup</b> plain non-fat Greek yogurt or plain regular yogurt	<b>½ teaspoon</b> 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 salt</b>
<b>1 pint</b> sliced strawberries		<b>½ teaspoon</b> pepper
<b>½ small</b> red onion, sliced		
<b>½ cup</b> 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



### Big Blue Muffins

<b>2 medium</b> oranges	<b>2 eggs</b>	<b>1 cup</b> whole wheat flour	<b>1 teaspoon</b> baking soda
<b>¼ cup</b> olive oil	<b>½ cup</b> low fat, plain Greek yogurt	<b>1½ teaspoons</b> baking powder	<b>¼ teaspoon</b> salt
<b>¼ cup</b> sugar	<b>1 cup</b> all-purpose flour		<b>1½ cups</b> fresh blueberries
<b>¼ cup</b> honey			

Preheat oven to 400 degrees F. Position rack in the center of the oven. Wash oranges. Using a zester or fine grater, remove the orange zest from the rinds of both oranges and place in a mixing bowl. Slice oranges in half. Squeeze juice into a 1 cup liquid measuring cup. Add water if needed to make ½ cup juice. Add juice to the zest. Add the oil, sugar, honey, eggs and yogurt. Mix together with a whisk. In a separate mixing bowl, place the flour, baking powder, soda and salt. Add the wet ingredients to the dry ingredients and mix with a wooden spoon, until just combined. Batter should be lumpy.

Add the blueberries and fold into batter until evenly distributed. Using a large table spoon, scoop the batter into a greased 12 cup muffin pan, evenly dividing the batter. Bake 20 minutes or until lightly browned on the tops. Cool in pan for 5 minutes. Remove to wire rack and serve.

**Yield:** 12 muffins. Serving size, one muffin.

**Nutritional Analysis:**  
190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>





# Turf Care Calendar for Cool-Season Lawns in Kentucky

Gregg C. Munshaw, Plant and Soil Sciences

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, ne fescues, and perennial

ryegrass.

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

1. Not all lawns need to be aerified or dethatched. These only need to be done if the soil is excessively hard or a great deal of thatch exists. For more information on aeration and dethatching, see AGR-54, Aerifying and Dethatching Lawns.
2. Lime only needs to be applied if indicated by a soil test report. Applying lime when it is not needed, as indicated by a soil test, could result in reduced nutrient availability and turfgrass health. For more information on liming, see AGR-214, Liming Kentucky Lawns.
3. Lawns can be mowed any time of the year if the grass is growing. Mowing height should be increased in the summer to reduce stress from heat and drought. For more information on mowing, see AGR-209, Mowing Your Kentucky Lawn.
4. Mower maintenance, including blade sharpening and oil and filter changes, should be done in the winter so the mower will be ready to use for the lawn growing season. For more information on mower maintenance, see the "Your Kentucky Lawn" videos Blade Sharpening (<http://www.youtube.com/watch?v=v-JMy1j9NR89o&list=UUMFY6zEWe6uJEYakzOofhlg>) and Seasonal Lawn Mower Maintenance (<http://www.youtube.com/watch?v=oxgbMDdT6bQ&list=UUMFY6zEWe6uJEYakzOofhlg>).
5. Nitrogen fertilizer should only be applied in the spring to lawns if it was not applied in the fall. Excessive nitrogen applied in the spring and/or summer reduces turfgrass health and promotes insects, diseases, and weeds.

- For more information on fertilizing, see AGR-212, Fertilizing Your Lawn.
6. Pre-emergent herbicides should be applied in early April in southern and western Kentucky and by April 15 for central, eastern, and northern Kentucky. A second application may be necessary in late May to insure grass control all summer. Summer annual grassy weeds include crabgrasses, goosegrass, and foxtails. An autumn pre-emergent application may be necessary for annual bluegrass and winter annual broadleaf weed control. The autumn application should be avoided if the lawn will be seeded with desirable species. For more information on weed control, see AGR-208, Weed Control for Kentucky Home Lawns.
7. Post-emergent herbicides work best when weeds are young, succulent, and actively growing. For more information on weed control, see AGR-208, Weed Control for Kentucky Home Lawns.
8. Late-summer/early autumn is the ideal time for planting seed, seed germination and grass seedling development. Although spring lawn seedings can be successful, irrigation and extra care are likely necessary for juvenile grass plants to survive the summer. For more information on seeding, see AGR-50, Lawn Establishment in Kentucky and AGR-51, Renovating Your Lawn.
9. Sod can be laid at any time during the year as long as the soil is not frozen. For more information on sodding, see AGR-50, Lawn Establishment in Kentucky.
10. Insecticide applications for white grub control should only be made if a history of grubs exists in the lawn or if grubs are present. For more information on controlling white grubs in the lawn, see ENT-10, Controlling White Grubs in Turfgrass.

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# Upcoming Classes & Events



## FARMERS MARKET

### MAHR PARK

55 Mahr Park Drive, Madisonville, KY

Tuesdays 10:00 a.m. - 3:00 p.m.

Saturdays 8:00 a.m. - 1:00 p.m.

### BAPTIST HEALTH

900 Hospital Drive, Madisonville, KY

Thursdays 7:00 a.m. - 1:00 p.m.



## Kid's Gardening Workshop

Join us for hands-on gardening activities!  
Kids will take home a free potted plant!  
For Ages 8-12

**Thursday, June 29th**  
from 10 - Noon

**Space is limited! RSVP at**  
**270-821-3650**

Hopkins County Extension Office  
75 Cornwall Drive, Madisonville, KY



## JUNE CLASSES

Wednesdays

12:30 p.m. ET/ 11:30 a.m. CT

**June 7**

Blooming Wildflowers

**June 14**

Japanese Beetles

**June 21**

Talking Phalaenopsis

**June 28**

Tropicals for Zone 6



Register Here:

<https://tinyurl.com/23JunHww>

# All about Hummingbirds

In honor of National Pollinator Week, let's talk about a little bird with a big purpose! Come learn about hummingbirds and how to attract them to your garden!



June 20th at 5:30 p.m.

Hopkins County Extension Office  
75 Cornwall Drive, Madisonville, KY

RSVP at 270-821-3650



## Art in the Garden



**Join us  
for an evening in  
the Gardens.**

Art Vendors  
Live Music  
Garden Tours  
Food Trucks  
Kids Activities  
Door Prizes  
Gardener Resources

**Sunday, June 25, 2023  
4-7pm**

**Hopkins County  
Extension  
75 Cornwall Dr  
Madisonville, KY**

**[Pmgaky.org](http://Pmgaky.org)**

**Pennyroyal  
Master Gardener  
Association**



# Tomato Tasting



\$5  
per person

Saturday, July 15th

10:00a.m. to 12:00p.m.

Come taste test a variety of different  
Kentucky raised tomatoes!

Hopkins County  
Farmers Market  
55 Mahr Park Drive  
Madisonville, KY 42431

Only cash or  
check accepted!



# Seed LIBRARY

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Check out upcoming  
events at our website  
<https://www.pmgaky.org>  
or by scanning the QR  
code below.

