



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

Woodford County
Cooperative Extension Service
184 Beasley Drive
Versailles, KY 40383-8992
(859) 873-4601
woodford.ext@uky.edu



March 2023

In case you haven't heard, I am going to be leaving my position as the Woodford County Horticulture Agent to take a position with The Food Connection at UK as a Central KY Value Chain Coordinator. In this position I will be working with farmers to get more local food into institutions. As you can imagine, this decision did not come easy. I have built many wonderful relationships over the past ten and a half years in this position. You have become my friends and my supporters, and I will be forever grateful to this wonderful community.

I will still be around and hope to continue working with farmers and businesses in the county through my new position. My last day will be March 21st and with the support of the Extension Office staff, Horticulture Agents in surrounding counties, and Extension Master Gardener leaders, programming and communication will continue until the vacancy is filled. Thank you for all your support of me and of the Horticulture program!

Woodford County Extension Page:

<https://www.facebook.com/woodfordcountyCES>

Woodford County Horticulture Extension Page:

<https://www.facebook.com/woodfordCEShorticulture>

Woodford County Extension Master Gardener Page:

<https://www.facebook.com/WoodfordCountyMasterGardeners>

Faye T. Kuosman

Faye T. Kuosman
County Extension Agent for Horticulture
faye.kuosman@uky.edu

Upcoming Programs

March 11th 2023, Bluegrass Beekeeping School, 9:00 a.m. – 4:00 p.m. Kentucky State University

The annual Bluegrass Beekeeping School will be held on March 11th at Kentucky State University. There are classes for beginner, intermediate and advanced beekeepers. This workshop is hosted by Bluegrass Beekeepers Association, Capital City Beekeepers and Kentucky State University. Registrations and details

here: <https://beeschool.eventsmart.com/events/bluegrass-beekeeping-school-2023/>

March 18th, Spring Gardening Workshop, 9:00 a.m. – 1:00 p.m. Woodford Co. Extension Office

This workshop has sold out! If you would like to be placed on a waitlist, please call our office at 859-873-4601.

April 1st Woodford County Monarch Waystation Grant Program Applications Coming

Want to Help the Monarch Butterflies?



Here's a great way. . .

Apply for a Waystation Grant

A limited number of grants for 10 milkweed & nectar plants (a \$50 value) will be awarded to Woodford County residents.

Interested? Deadline to apply is April 24!

Contact Vivian Ross, Woodford Co. Conservation District
859-873-4941, Ext 3 • woodfordcd@gmail.com

[Click here for more information & application form.](#)

Plant Natives & Pollinators

Grantees may pick up their waystation plants from Ironweed Native Plant Nursery at the Woodford County Extension Master Gardener Plant Sale on May 13th between 1pm & 3pm. **Plus, additional native & pollinator plants will be sold to the public at that time!**



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Disabilities
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The Monarch Waystation Grant Program is designed to encourage Woodford County residents to establish or expand Monarch waystations by planting native plants that will attract and sustain Monarch butterflies as well as other species of butterflies and pollinators. The Woodford County Cooperative Extension Service and the Woodford County Conservation District in partnership with The Woodford County Extension Master Gardeners are sponsoring grants in 2023. Applications will be available starting April 1st at this link: <https://woodford.ca.uky.edu/monarch-waystation-grant-application>

Deadline for applications will be April 24 .

Annual Berry & Asparagus Plant Sale AND Annual Tree Seedling Giveaway, April 22nd 10:00 a.m. – 12:00 p.m. The Red Barn @ Falling Springs Park

The Woodford County Extension Berry & Asparagus Sale AND the Woodford County Conservation District Annual Tree Giveaway are happening at the same time and place this year! Join us on Saturday, April 22nd from 10:00 a.m. to Noon at the Red Barn at Falling Springs Park. Please follow this link for more information on the Berry & Asparagus Plant Sale:



BERRY & ASPARAGUS PLANT SALE

**SATURDAY, APRIL 22 2023
10:00AM - 12:00PM**

**HUFFMAN PAVILION AT FALLING
SPRINGS PARK IN VERSAILLES**

*There is a purchase limit of 10 plants per fruit type
Cash or Check only

Asparagus Crowns (Millennium) - \$0.50 each
Raspberries (Prelude) - \$2.00 per plant
Blackberries (Sweet-Ark Ponca) - \$3.50 per plant
Strawberries (Flavorfest) - \$0.50 per plant

Questions? Contact the Woodford County Extension Office
859-873-4601 or woodford.ext@uky.edu

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For more information about the Tree Seedling Giveaway visit the Woodford County Conservation District's facebook page here: <https://www.facebook.com/woodfordcd>

We look forward to seeing you there!

Horticulture Webinar Wednesdays

The Horticulture Wednesday Webinars are BACK! These short classes are geared to homeowners, gardeners, plant enthusiasts to learn more about the art and science of gardening. Classes begin at 12:30 p.m. ET/ 11:30 a.m. CT. To find out more visit the website <https://kentuckyhortnews.com/horticulture-webinar-wednesdays/> or follow along on Facebook <https://www.facebook.com/UKYHortWebWed/>

May 13th Master Gardener Plant Sale 1:00-3:00 pm at the Red Barn at Falling Springs Park

Join us for the annual Woodford County Extension Master Gardener Plant Sale. There will

be a variety of tomatoes, peppers, cucumbers, herbs, and native perennials that are great for attracting pollinators. You don't want to miss it!



Woodford County Extension Master Gardeners

Plant Sale

Saturday, May 13 • 1pm-3pm
Red Barn • Falling Springs Park



*Tomatoes, Hot & Bell Peppers,
Cucumbers, Herbs and Marigolds*

Plus Seeds, Books & Ironweed Nursery Native Plants

Please note – we can only accept payment by cash or check.



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University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEONARD, KY 40348



Ironweed Nursery
1000 Ironweed Lane
Lexington, KY 40508

July 31st, Woodford County Farm Tour, more information coming, mark your calendars.

2023 Master Gardener Training

So you want to be a Master Gardener? Be part of our renowned program that helps change the world through gardening! Make a difference in your community working on horticulture education projects and events as part of our active and engaged volunteers at the Woodford County Extension Office. We will be offering the master gardener training starting in August of 2023. Please contact me to be put on our interest list – call 859-873-4601 or email faye.kuosman@uky.edu. Applications will be available starting in June 2023. Find out more about the program here: <https://woodford.ca.uky.edu/master-gardeners>

Lawn Care Tips



As we start gearing up for lawn mowing season, now is the time to sharpen lawn mower blades and do any other maintenance to our mowers that hasn't already been done this past fall. Having sharp blades on your mower helps prevent a lot of diseases that can occur when you cut with dull blades. Below is a link to a great video on how to properly sharpen your lawn mower blades: <https://www.youtube.com/watch?>

You can also look ahead and find out what the best times are to reseed, fertilizer, and more by following our Turf care calendar:

<http://www2.ca.uky.edu/agcomm/pubs/agr/agr55/agr55.pdf>

Mole control in home lawns is a question we get a lot and this video has great information on the best methods for control: [https://www.youtube.com/watch?v=XKs-fWZhZ-](https://www.youtube.com/watch?v=XKs-fWZhZ-8&list=UUMFY6zEWe6uJEYakzOofhlg&index=1)

[8&list=UUMFY6zEWe6uJEYakzOofhlg&index=1](https://www.youtube.com/watch?v=XKs-fWZhZ-8&list=UUMFY6zEWe6uJEYakzOofhlg&index=1)

Spring Planting Calendar

Now is the time to start your spring garden! Below are planting dates for some early spring crops. For more information on varieties and dates to start your own seeds, give us a call or stop by the Extension Office and pick up a copy of the “Home Vegetable Gardening in Kentucky” guide. You can also find the guide online here:

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf>

Vegetable Crop	Earliest Date
Peas, Spinach	March 1
Collards, Onions (sets), Radishes, Turnips, Rhubarb (crowns), Parsnips	March 10
Asparagus, Beets, Potatoes	March 15
Carrots, Chard, Kale, Parsley, Kohlrabi	March 20
Cabbage, Lettuce	March 25
Broccoli (plants), B. Sprouts (plants), Cauliflower (plants), Celery	April 5

Don't Work Wet Soil



Resist the temptation to work any soil if it is wet. Doing so destroys the structure of the soil resulting in clods that may not break down all summer. To determine if a soil is too wet to work, grab a handful and squeeze. If water comes out, it is much too wet. Even if no water drips out, it still may not be dry enough to work. Push a finger into the soil you squeezed. If it crumbles, it is dry enough, but if your finger just leaves an indentation, more time is needed. Be sure to take your handfuls of soil from the depth you plan to work the soil because deeper soils may contain more moisture than the surface.

If there is a small area that you wish to plant in a few weeks and it much too wet to work, try tarping the area during wet weather and uncovering when it is dry. This will allow the soil to dry enough to work by the time you are ready to plant.

Cover Crops



Cover crops aren't just for farm fields. Home gardeners can plant cover crops before or after harvest or in unused areas. Healthy soil is essential for healthy plants and using cover crops in the home garden is one way to promote soil health.

Benefits of cover crops

Cover crops improve soil structure, draw up nutrients from deep in the soil, and increase soil fertility. They also suppress weeds, create habitat for beneficial insects, and increase biodiversity. Crimson clover and cowpeas are legume cover crops that take nitrogen from the air and convert it to a form that future plants can use as nutrients.

Want to learn more? Click the link below to find out what types are best for the home garden and more:

https://extension.illinois.edu/sites/default/files/cover_crops_for_the_home_garden.pdf?fbclid=IwAR2bMrhcBstGAbbrfiFxEnypsm3lj4rUlg8zcdSQbyLO3FoDfncAcR-oWnl

Recipe

Vegetarian Taco Soup



Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR



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Vegetarian Taco Soup



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 teaspoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Makes 14 cups
Serving size: 1 cup
Cost per recipe: \$9.11
Cost per serving: \$0.65

Nutrition facts per serving:
220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:
Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

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click on recipe to go to larger version of recipe

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