

September 2011



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# By The Yard...

HORTICULTURE

## Fall: The Third Gardening Season



Late summer and fall offer a third growing season for the home gardener, though both new and experienced gardeners often overlook the opportunity to extend the bounty of the home garden by. Spring gardening is marked by relief that winter is over, with

the anticipation of warmer weather. Summer gardening brings its own joys, with longer days and the natural cycle of rain and sun that helps plants yield ripe, delicious fruits and vegetables. But with some planning, fall can provide just as much enjoyment as spring and summer, and you can extend the harvest well into the cooler months.

One of the benefits of continuing with a fall garden is that you have already worked and prepared the planting site and soil, so the hard part of preparing for planting normally done in the spring is over. The ground has been worked, weeds are under control, and fertilizer and mulch are already distributed. You may need to add a bit more nitrogen for later plantings of vegetables, but otherwise everything is in place, and you are working in a rhythm.

The first leg of your fall garden can be part of your summer succession gardening plan. Succession gardening staggers the ripening date

and harvest so you have a steady flow of fresh food, rather than an overwhelming flood of vegetables that sometimes go to waste. Good options for a late succession planting include an early-maturing variety of sweet corn and bush beans. The second leg of the fall crop consists of cool-season crops that grow well during cool fall days and withstand frost, such as turnips and parsnips.

Keep in mind that although days continue to be warm, nights are cool, which slows growth and maturation. When buying seed for fall planting, remember to check the average days to maturity. Select varieties with shorter maturation periods. Because we have warm days and cool nights during a typical Kentucky autumn, some vegetables, such as sweet corn and cole crops, thrive, developing excellent levels of sugar and crispness.

The fall garden can include:

- Root vegetables: beets, carrots, rutabaga, parsnips, turnips
- Tender lettuces: bibb, endive, leaf lettuce
- Hearty greens: collards, kale, mustard greens, spinach, and turnip greens
- Cole crops: broccoli, cabbage, cauliflower, Brussels sprouts, Chinese cabbage
- Other vegetables: bush-type green beans, snow peas, sweet corn, kohlrabi

*Continues on page 2*

**Fayette  
County**

## Lace Bug Feeding Injury Appearing



Lace bugs use their sucking mouthparts to feed on plant sap.

Damage ranges from a few scattered tiny white

to yellow spots on the upper surfaces of leaves to bleached white leaves that drop prematurely in late summer. Common species in Kentucky feed on azalea (azalea lace bug); hawthorn, cotoneaster, pyracantha, Japanese quince (hawthorn lace bug); rhododendron and mountain laurel (rhododendron lace bug); and ash, hickory, mulberry, and sycamore (sycamore lace bug). Lace bugs can be confirmed as culprits by looking at the undersides of spotted leaves for the insects, white cast skins, tarry waste spots, or eggs (larger dark spots along leaf midribs).

The adult is about 1/8 inch long with lace-like wings that cover the abdomen. Nymphs are dark and spiny.

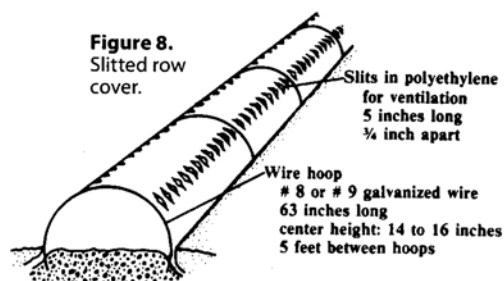


Tolerate light to moderate damage as much as possible; often the plant is not harmed by these insects. Prune damaged foliage if practical, and follow sound practices to promote plant health. Insecticidal soap and horticultural oils can be used for control with minimal impact on natural enemies; most other insecticides will provide control, as well. Thorough spray coverage to lower leaf surfaces is necessary with all products.

Lace wing eggs are inserted into plant tissue so they are protected from sprays. Consequently, more than one application may be needed for control. These applications must be made at the first signs of leaf spots to be effective. A soil drench with an imidacloprid product can provide good preventive control where chronic infestations are a problem. The drench should be applied in the spring according to label directions.

*Source: Lee Townsend, University of Kentucky, Entomology*

## Fall: The Third Gardening Season (con't.)



Gardeners who want a lengthy harvest can use polyethylene row covers in the fall to

extend the harvest of frost-sensitive crops such as tomatoes, peppers and cucumbers. The row cover traps heat and protects the plant from killing frosts but beware that on warm, sunny days the row cover must be ventilated to protect plants from excess heat. Some plants, such as herbs, can be planted in

containers and brought inside or moved to a protected area when there are hard frosts. You can use cold frames in much the same way, with the cover propped open during the day so the plants receive light, and closed at night. Using any combination of these methods can extend your gardening season by several weeks, well into the fall.

For more information, review "Home Vegetable Gardening in Kentucky," <http://www.ca.uky.edu/agc/pubs/id/id128/id128.pdf>, or contact the Fayette County Cooperative Extension Service.

*Source: Rick Durham, University of Kentucky Extension Horticulture Specialist*

## Interested in Joining a Garden Club?

Garden clubs in Fayette County would like to add to their memberships. Take advantage of programs in gardening, flower arranging, landscape design and a wide variety of projects unique to individual clubs. Benefit from the experience of experts and novices. Clubs meet once a month during the day or night time. For information, contact Nan Starkweather at 269-3944 or [b.starkweather@insightbb.com](mailto:b.starkweather@insightbb.com).

**We are not your mother's garden club! Come and join in the fun.**

*Lexington Council Garden Clubs*

# Trees and Shrubs

- **Don't prune** trees and shrubs in the fall. Pruning is an invigorating process which puts the tree in a "growth" mode, dehardening the plant and making it more susceptible to winter injury, especially through the cut surfaces where the branches were pruned off.

- Fall is a good time for planting many trees and shrubs. For great late fall foliage color, choose plants such as "October Glory" Red Maple, Franklinia, Virginia Sweetspire (*Itea*), Korean Barberry, Mentor Barberry, Cranberry Cotoneaster, Dwarf Forthergilla, Oakleaf Hydrangea, Droopin Leucothoe, or Linden Viburnum. If you like showy, ornamental bark, choose plants such as Paperbark Maple, Winter King

- Hawthorn, Persian Parrotia, Lacebark Pine, London Planetree, Flowering Cherry, Snowbell, Lacebark Elm, Japanese Zelkova, Redtwig & Yellowtwig Dogwood, or Oakleaf Hydrangea.



- It's best to wait until spring plant broadleaf evergreens (hollies, boxwood, rhododendrons, etc.), since they often dry out (desiccate) and get winter burn over the winter.

- Two inch caliper trees need 15 gallons of **water** per week, while one-inch trees need 10 gallons.

- If your soil test reveals a high pH (above 7.0), choose **alkaline-tolerant plants** such as alders, arborvitae, ash, baldcypress, hawthorn, hornbeam, juniper, larch, honeylocust, English Oak, Swamp White Oak, London Planetree, Redbud, or Willows.

- Do you like feeding songbirds and watching them in your landscape? Now is the time to plant trees and shrubs to provide fruits and berries for your feathered friends. Bluebirds and thrushes love fruits of cherries, dogwoods, elderberries, hollies and sumacs.



- **Avoid staking** newly-planted trees, if possible, so that a stronger trunk will develop, and trunk girdling will not occur.

- Apply 2 to 3 inches of **organic mulch** (shredded bark, nuggets or wood chips) over the root zone, but keep it several inches away from the trunk to prevent rot and rodent damage.

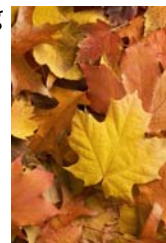


- Wait until established trees are more dormant before fertilizing. This is usually around Thanksgiving. Otherwise, you are dehardening the tree, making it "soft" going into winter, since **fertilizing also puts the tree in a "growth" mode.**

- Keep broadleaf evergreens watered well going into the fall to help **prevent winter dessication** (drying).

- Put a loose cylinder of screen or hardware cloth (kept several inches away from the trunk) around the trunks of smooth barked trees such as red maple, honeylocust and crabapple in late October. This helps prevent **winter sunscald and frost crack** damage.

- Compost fallen tree leaves by **creating a compost pile** or bin, at least 3 feet in each direction, up to 5 feet. Mix in as many different plant wastes (except walnut) as possible, keep moist, add some nitrogen fertilizer, and turn the pile every few days.



- Plant some deciduous hollies (possumhaw or winterberry), Winter King or Washington Hawthorns, American Hollies, and other shrubs **to provide winter fruits for bluebirds**, brown thrashers, robins, cedar waxwings, orioles, tanagers, cardinals, indigo buntings juncos, and other songbirds.

**The Fayette County  
Extension Office will be closed**

**Monday**

**September 5, 2011**

**in celebration of Labor Day**

**Have a safe and happy Holiday!**

# Outdoor Flowers

• **Don't start** your "fall cleanup" and cutting back too soon. As long as leaves are green, they are photosynthesizing, making sugars, and starches for winter protection in the root system. By the time the leaves turn yellow or brown, all sugars have already been mowed to the roots of the plant for winter.

• To Increase the chance of "**hardy mums**" surviving the upcoming winter, cut off the blooms as soon as they are killed by a hard freeze. Wait until leaves and stems turn brown, pale and limp before cutting stems back to a 2-inch height. Don't apply mulch around plants until we've had several frosts and the soil is well chilled (late November to early December.)



• In early September, you can get great prices on perennial flowers. For 10 or more weeks of continuous bloom next year, choose long-blooming perennials such as Achillea (yarrow), America (Sea Pink, Sea Thrift), New England Asters, Threadleaf

Coreopsis, Yellow Corydalis, Fringed Bleeding Heart, Garden Phlox, Scabiosa (Pincushion Flower), Autumn Joy Sedum, Brazillian Verbena (V.bonariensis), and Veronica 'Sunny Border Blue'.

• Before **planting perennials**, mix in a 4 to 6-inch layer of organic matter, such as well-rotted manure, compost, peat moss, decomposed bark or leaf mold.

• Perennials which have been in the same location over 3 years may need divided, especially if they are dying out in the center. **Early September is a good time to divide and transplant perennials** such as yarrow (Achillea), bishop's goutweed, bugleweed (Ajuga), Lady's Mantle, Rock Cress (Arabis), Seathrift (Armeria), Goat's Beard (Arunucs) Sweet Woodruff, False Indigo (Baptisia), Bellflower (Campanula), Coreopsis, Foxglove (Digitalis), Cranesbill Geranium, Daylily, Rose Mallow Hibiscus, Hosta, Japanese Iris, Gayfeather (Litaris), and Mallow (Malva).



## Kentucky Christmas Tree Association Fall Meeting

[www.kychristmastreefarms.com](http://www.kychristmastreefarms.com)

**\*Contact: information and to reserve your spot for the meeting:**

Dale Barker @ 859-223-4354 - dale



\*Date: Saturday, September 24, 2011

\*Location: 1500 Deer Haven Lane, Lexington, KY 40509

\*Cost: \$20.00 per person (includes lunch)

\*Time: 9:00am until 2:00pm

bark-  
Marla  
3423 -  
marla@hl-

er@insightbb.com  
Jackson @ 606-876-

treefarm.com

**\*Speaker:** Mr. Jim Gibson: owner and operator of Timbuk Farm in Granville, Ohio will be with us. He will be discussing all aspects of raising Cannan Fir trees and lessons that he has learned from running a 200 acre tree farm and an extensive greenhouse operation. Check out his website at [www.timbukfarms.com](http://www.timbukfarms.com)

**\*Who should come:** Anyone interested in learning to grow Christmas trees or raising wreath trees.

*Come spend some time learning with us.*

## September Quick Tips

• Add fall blooming perennials to your garden. Good candidates include: Japanese Anemone, Hardy



Ageratum, non-invasive Goldenrods, Hardy Begonia, Toad Lilies, Asters, Montauk Daisy, Perennial Mums, Joe Pye weed, and a wide variety of ornamental grasses. Make sure to keep plants well watered and try to have them planted early enough to allow establishment before freezing weather.

- Continue to seed and renovate lawns this month. Good seed to soil contact is critical. Consider renting a power seeder if you are working with a large area.
- Order spring flowering bulbs now or shop garden centers for the best selection. Bulbs may be planted right away or stored in a cool place for later planting.
- Plant cover crops in the vegetable garden after plants have been harvested. These can be tilled in next spring to add valuable organic matter. Or consider killing the plants and rolling flat to serve as an effective mulch you can plant through- excellent

organic weed control. For more information on varieties go to <http://www.ca.uky.edu/agc/pubs/id/id113/id113.pdf#search=%22fall%20cover%20crops%20ky%22>

- Begin early garden cleanup with the removal of diseased plant materials. This will help prevent problems next year. Healthy plants can be left for late fall or early spring clean up.
- Plant fall vegetables. You still have time to direct sow radishes, turnips, spinach and lettuces. You can still succeed with transplants of broccoli, and fast maturing cabbage varieties if planted right away.
- Plant trees and shrubs. Fall is a wonderful time to plant woody ornamentals. Try to allow plants time to establish before the onset of severe weather.
- Divide peonies, iris, and daylilies through the middle of this month.
- Visit a local orchard or farmer's market for apples, pears, fall raspberries and other seasonal treats.



## Recipe: Quinoa Salad

### Salad:

1 cup red Quinoa  
2 ears sweet corn, cut kernels from cob  
1/2 lb green beans, topped & tailed cut into 1" length  
1 small cauliflower, cut into small florets

Radishes  
Peppers,  
Green Onions, sliced thinly.  
One (14-Oz) can black beans, rinsed, and drained



Take a cup of quinoa and rinse several times, drain. Put the quinoa with 3 cups unsalted water in a largish saucepan and bring to a boil; lower the heat and simmer for 10-15 minutes uncovered, until those little white spiral things appear separating from each grain. Blanch corn, green beans and cauliflower by placing in boiling water, remove, drain and place in a bowl with cooked quinoa. Add radishes, peppers, green onions, all sliced thinly (and anything else you have on hand). Add black beans.

### Ginger-Curry Vinaigrette Dressing:

(Put all the ingredients in a screw top bottle and then shake well to mix.)

Juice of a lemon  
2 Tbsp wine vinegar  
1-2 tsp honey  
1/2 - 1 Tbsp hot curry powder

1 garlic clove, minced  
1 tsp ground ginger (or a piece of fresh ginger, grated)  
1 tsp salt  
Freshly ground black pepper  
1/2 cup olive oil  
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Pour vinaigrette over salad, mix together, add extra salt and pepper to taste.

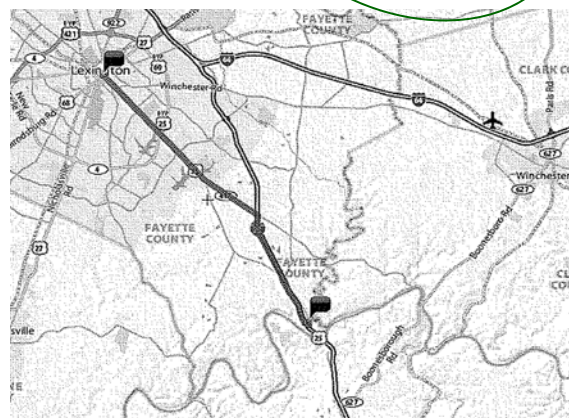
Source: "Liz Pattengill, Lexington Council Garden Clubs

# ORGANIC DEMONSTRATION PLOT TOUR SEPTEMBER 8, 2011 6:30 P.M.

CALL EARLY  
SPACE IS  
LIMITED  
TO THE FIRST  
50 WHO CALL



**DIRECTIONS:** I-75 North South towards Richmond Knoxville, approx 11.1 miles. Take exit #99/Clays Ferry go 0.3 miles, turn left on Old Richmond Road (US 25) go 0.4 mile. *8380 Old Richmond Road* is on the left.



Join us for a recap of the growing season. Jane Harrod has roughly one acre of vegetables with plastic mulch and trickle irrigation. Crops include:

- Tomatoes
- Squash
- Melons
- Peppers
- Sweet Potatoes

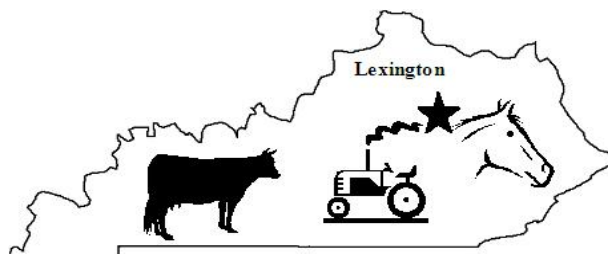


We will tour the plot and discuss the benefits and challenges of this approach.

## Space Is Limited!

Be one of the first 50 to call the Fayette County Extension Office at (859) 257-5582, and RSVP to reserve your spot.

*Partially funded by  
Kentucky Horticulture  
Council Grant from the  
Agriculture Development  
Fund.*



# **Fayette County Farm Field Day**

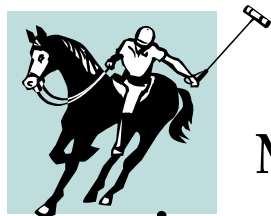
## **Thursday, September 22, 2011**

### **Clark Farms- 4101 Georgetown Rd**

### **Registration begins at 4:00 p.m.**

#### Highlights

- Pasture Rotation
- Pasture Beef/ Lamb & Poultry
- Weed Management
- Equine - Polo Demo by Bluegrass Polo Club
- Ag Development/ Conservation Discussions
- Displays & Vendors



Meal Catered by Darrell Slone



#### Cooperating Agencies

*Fayette County Conservation District*  
*Fayette County Farm Bureau Federation*  
*Fayette County Farm Service Agency*  
*Fayette County Natural Resources Conservation Service*  
*Kentucky Department of Agriculture*  
*UK Cooperative Extension Service*  
*UK Family & Consumer Sciences*  
*Locust Trace Agriscience Center*

**Please RSVP for meal count by Tuesday, September 20th**  
**to the Cooperative Extension Office, (859) 257-5582**