

August 2011 Hort Hotline

HORTICULTURE

Cooperative Extension Service

Franklin County
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035
Fax: (502) 695-9309
www.ca.uky.edu/ces

Harvesting Blueberries and Blackberries for Full Flavor

Source: John Strang, UK extension fruit and vegetable specialist

Summer months are the harvest season for blueberries and blackberries, both of which have the potential to grow very well in Kentucky. Blueberries, which are native to North America, are harvested from early June through early August. Blackberries are harvested from mid-June to early October. These delicious fruits offer newly recognized health benefits, but best of all, they capture the essence of summer in their sweetness.



Blueberries can be excellent choices for both home and commercial growing. They have the advantage of being as long-lived as fruit trees, with few pests or diseases. They also have a late blossom

time, so frost rarely causes damage on well-chosen sites. Blackberries also have a long fruit-bearing life and will produce for a decade or longer in Kentucky.

Blueberries require an acidic soil, which means that most soils in Kentucky will need to be amended to properly suit their needs. They also require a high organic material content, so peat moss (do not substitute other materials) should be mixed with the soil at the time of planting. Irrigation is necessary during the summer because blueberries have a shallow, limited root system. Insufficient irrigation can compromise both this year's and next year's crop.

(Continued on Page 2)

Kim's Bird's Eye View of the Kentucky State Fair



Have you been to the Kentucky State Fair lately? This is a great family event, with many things to do and see! The State Fair will be held in Louisville at the Kentucky Exposition Center, from Thursday, August 18, 2011 through Sunday, August 28, 2011.

So what are some of the events that you may not think of visiting and where can you find information? The State Fair has a website that is updated frequently with all the happenings: <http://www.kystatefair.org>. Check it out often. There is also a Facebook page and Twitter updates available to Fair fans! These communications will let you know schedules for concerts, contests, shows and other attractions available during the week and the location and if you need tickets. You can also contact the Extension Office for a schedule.

Here are some of my favorite things to do at the Kentucky State Fair! What are some of yours?

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Blackberries need to be pruned, fertilized and irrigated. Pruning varies, depending on the type of bramble; for specific information on the proper pruning for your blackberry canes, see the University of Kentucky's publication "Growing Blackberries and Raspberries in Kentucky." It's available online at <http://www.ca.uky.edu/agc/pubs/ho/ho15/ho15.pdf> or by contacting your local office of the UK Cooperative Extension Service.

Blueberries in a cluster do not ripen at the same time, and only fully ripe berries should be picked. Fruit need at least one to two days after turning blue to develop full flavor and can be left on the bush for up to 10 days without a loss in size. Flavor does not improve once the fruit is picked; consequently, blueberries should be left on the bush for as long as possible to develop sweetness and flavor.

For best results at harvest, pick carefully, rolling blueberries from the cluster with the thumb into the palm of the hand. Handle as little as possible to avoid rubbing off the bloom (the light waxy finish on the skin) and reduce bruising. Harvest only when berries are dry. Refrigerate promptly to slow ripening and decay.

Blackberries picked for commercial sale are picked "firm ripe," but home growers have the luxury of



picking soft, fully ripe and juicy fruit. Pick fruit twice a week, and during hot rainy weeks, every other

day. Harvest after the morning dew has dried. Pick carefully to avoid bruising the fruit, and, as with blueberries, refrigerate quickly to limit fruit rot. The sweetest, best tasting fruit is produced during dry sunny weather when nights are cooler.

For more information, see UK's publications on growing blueberries and blackberries available online at <http://www.ca.uky.edu/agc/pubs/ho/ho60/HO60.PDF> and <http://www.ca.uky.edu/agc/pubs/ho/ho15/ho15.pdf>. ☀

Go Green (Forever)

Big environment. Big issues. Little you. If you feel as if there's not much one person can do to make a positive impact on the environment—just take a look at these **Go Green (Forever®)** stamps. They illustrate simple things we each can do every day. With only a few small changes to the way we live.



Out of milk? Walk or bike to the store. Repair that drippy faucet—the noise was driving you crazy, anyway. Switch to energy-efficient light bulbs. Put on a sweater instead of turning up the thermostat. Sun dry your sheets—they'll smell wonderful!

Is it enough to make a difference? Absolutely. Recycling just one aluminum can reduces waste—and saves enough energy to run a computer for three hours. Multiply that by 10—or 200—cans. Simple insulation like caulking or weatherstripping pays for itself with reduced utility bills within one year. Properly inflating your car tires improves gas mileage by as much as three percent. You're not just saving the environment, you're saving—period. Suddenly small steps seem pretty big.

Best of all, once you've started thinking—and acting—green, you'll feel proud that you've been part of a big change. "Home" just got greener. Thanks to you.

Go Green, a pane of 16 stamps, is the Postal Service's social awareness issue for 2011. Award-winning animator, filmmaker, and illustrator Eli Noyes worked with Art Director Derry Noyes on his first stamp project, using a colorful, playful style to convey the message that every American can take simple actions to conserve energy and improve the environment. These Forever stamps are always equal in value to the current First-Class Mail one-ounce rate.

Source: USPS.com ☀

WORLD KITCHEN GARDEN DAY AUGUST 28, 2011



Kitchen Garden Day is an annual, decentralized celebration of food produced on a human-scale. It is recognized each year on the 4th Sunday of August. It is an opportunity for people around the world to gather in their gardens with friends, family, and members of their local community to celebrate the multiple pleasures and benefits of home-grown, hand-made foods.

Background:

KGI initiated Kitchen Garden Day in 2003 as a healthy response to "[Snack Food Month](#)" organized by the International Snack Food Association each February. The thinking was that if the makers of potato chips, pretzels and fluorescent orange cheese doodles could spend 28 days and millions of dollars promoting their foods, the world's kitchen gardeners should be able to have at least a day for celebrating theirs.

Goals:

- To celebrate the positive role of organic kitchen gardening in society, health, and gastronomy
- To raise awareness about the benefits of eating local and to encourage people to explore local food options in their areas
- To build community spirit, at local and international levels, around the universal experiences of gardening, cooking, and eating

Activities:

How people celebrate International Kitchen Garden Day and with whom is up to them. Some choose to do so in public ways with large gatherings of friends and neighbors, whereas others opt for a more intimate celebration with close family. Here are a few ideas for some activities you might consider organizing depending on the level of involvement you would like to have:

- a walking tour of gardens in your area
- a kitchen garden or local agriculture potluck
- a kitchen garden taste-test
- a harvest or planting party
- a benefit for a local food/gardening charity
- a kitchen garden "teach in"
- a single food theme party
- an activity at a local farm
- etc

Soucre: <http://kitchengardeners.org/world-kitchen-garden-day> ☀



An example of a kitchen garden showing different types of herbs ready to pick and use.

The West Wing is home to hundreds of animals during the Fair. Make this a must-do on your schedule. Stop in to check out the dairy cattle, beef cattle and the exciting troupe of Miller's Border Collies. I particularly like the Dairy Cattle that are on show from August 18-22.



My favorite is the West Hall, which is home to a plethora of agriculture-related areas including field seed & grain, tobacco, fruits and nuts, honey, vegetables and melons, dairy products, country ham and eggs. See if you can find

the Commonwealth's largest pumpkin and the blue-ribbon winning Sweet Sorghum Seed.

Another one of my must-see places is the Pavilion. This holds all things poultry: pigeons, rabbits, swine and sheep. Stop by and see the Best of Show Pigeon and the Grand Champion Hog. Everyone will enjoy visiting with the rabbits, talking to the pigeons and listening to the Rooster Crowing Contest! These animals and birds change over during the Fair, so check the website to find out when your favorites are on show.



My State Fair visit wouldn't be complete without checking in to the West Hall, the

home to 4H Cloverville. This exhibit allows 4-H participants from across the state to display their skills and compete for champion honors. Categories include: entomology, geology, forestry, electric, foods, horticulture, woodworking, clothing, knitting and crocheting, home environment, technology, country hams and photography. Come check out the diversity of skills that are developed and offered through 4-H programming across the state. See if you can find entries from Franklin County youth!

The West Hall is also home to the Ky FFA exhibits showcasing the Commonwealth's best of the best

among youth in high school agriculture. State and regional stars in production, agri-business and placement are displayed alongside entries of tobacco, hay, corn, floral arrangements, mechanics and wood-working.



Another favorite attraction with my family is taking a trip around the state without ever leaving the Fairgrounds at the Pride of the Counties, sponsored by Ky Farm Bureau. Fairgoers pass through each exhibit, seeing many of the wonderful things that the Commonwealth has to offer.

And don't forget the food! Corn dogs are a favorite of mine, but I always visit the Ky Proud Tent with many Kentucky products for your dining pleasure. And don't forget to say "hi" to Freddy Farm Bureau in front of the Exhibition Center! ☀



Small Steps to Health and Wealth™ (SSHW) Challenge

Has summer been hard on both wallet and waistline? With summer vacations, barbeques, and family reunions behind us, it is now time to get back on track before the holiday season arrives. The University of Kentucky Cooperative Extension Service is launching its new online **Small Steps to Health and Wealth™ (SSHW) Challenge**. This free four-week program, is open to Kentuckians who enroll online, and will be held from Sunday, September 4th through Sunday, October 2, 2011. Learn more about the online Challenge at <http://rutgers.ancc.net/>. Go to the CREATE AN ACCOUNT link on this page. Once you have created an account, click on MY CHALLENGES and then ENTER A NEW CHALLENGE. You will see Kentucky Fall 2011 SSHW Challenge. Click on that link. You are ready to go now! ☀



Calendar of Things To Do!

In and Around Frankfort

SAVE THE DATE! October 9, 2011—The third annual 2nd Sunday Event. The event will be held in front of the Capitol on Capital Ave from 2:00—6:00. Bring the entire family and “come out and play.” Look for more information in the next edition of Hort Hotline.

Second Saturday, Monthly Low-Impact Funrides—2nd Saturday of every month, 10:00 a.m., Riverview Park. Join young and well-aged, happy or sad, experienced or novice bikers as the Folkbike reCyclery hosts monthly funrides. Dates are June 11, July 9, August 13 featuring the Metafours as they headline a concert ride, September 10 and October 8. Rides depart along different routes starting around ten minutes after the hour.

Frankfort Parks & Recreation – Cove Spring Park/Nature Preserve

For more information contact Parks and Recreation 502-352-2028 or Debbie Bramlage 513-300-8500.

Saturday, August 13, “**Full Moon Hike**”, 9:00—10:30 p.m.

Saturday, August 27, “**Our Starlit Sky**”, Stories and Myths under the stars, 8:30—10:00 p.m.

Salato Wildlife Education Center—Frankfort

For additional information on events at the Salato Center, contact Kristy Stroud at (502) 564-7863 or go online at fw.ky.gov and click on “Upcoming Events” to search for activities.

Safari Saturdays (for ages 3-6) - June 11, July 9, and **August 13**. 10:00 a.m.—11:00 a.m. Pre-registrations required. Bring your little ones to the Salato Center on the second Saturday of every month for a fun-filled morning of activities. This program is designed to foster within your child a connection to wildlife and the outdoors. Every month will have a different theme to promote nature awareness. Parents or chaperones must remain with their children during the program.

Habitat Day featuring the Native Plant Sale—September 10. 10:00 a.m.—4:00 p.m. Habitat Day is free to attend. This event will feature guest speakers who will provide you valuable tips about attracting native wildlife to your own backyard. There will be a special sale of native plants at the Salato picnic shelters. Participants can earn a free native plant by filling out a “Habitat Bingo Card” once they have visited various ecosystems located throughout the Salato Center. Guest speakers include: Roberta Burnes, Education Specialist with KY Division of Air Quality and Sunni Carr, Wildlife Diversity Program Coordinator with KDFWR. Kids can learn the importance of native plants by visiting the “Potting Station”, where kids can get their hands dirty while potting a native plant to take home.

The Arboretum—Lexington

Lexington, Ky. Contact (859) 257-6955, <http://www.ca.uky.edu/arboretum/index.php> for more information.

Tomato Festival—Sun., August 14th, 2–5 p.m. Admission \$1 per person. This year is the 5th Annual Tomato Festival presented by The Arboretum. As in years past there will be lots of tomatoes to taste. Area restaurants will demonstrate their talents as they fashion unique dishes using the tomato. Sullivan University Culinary students will be on hand, as well, to create offerings from locally grown tomatoes. The reasons for growing Heirloom Tomatoes, tomato grafting fundamentals, and tomato nutrition hints are illustrated in various presentations given during the day. Tours to the Arboretum’s Demonstration Vegetable, Chef’s and Herb Gardens will be conducted by Fayette County Master Gardeners. There will be numbers of publications available on growing, harvesting, canning, and uses of the tomato. This family fun event is packed with face painting and children’s events that include a Guess-the-number-of-tomatoes-in-the-jar, Tomato Trivia, and a tomato art contest.

Academy of Botanical Art Workshop Beautiful Flowers August 22-25, 2011, 9am to 4pm Draw and Paint in the style of the Golden Era of Botanical Art. Beginners to advanced are welcome.

Anderson Co Public Library Continuing Education Garden Series

Lawrenceburg, Ky. Contact (502) 839-6420, <http://www.andersonpubliclibrary.org/index.html> for more information.

Vegetable Talk with Woodford County Horticulture Agent, Patti Meades. September 13, 7:00 p.m.

Butterflies presented by Cheryl Snow. September 17, 10:00 a.m.

Herbs and Drying Herbs presented by Ravern McClellan and Barbara Gillette, October 11, 7:00 p.m.

Making Greenery Wreaths presented by Paula Mullins. November 8, 7:00 p.m.

Garden Tool Maintenance presented by David Brown. December 13, 7:00 p.m.

IMAGES FROM THE FRANKLIN COUNTY FAIR EXHIBITS





Join us on the capitol grounds, **October 9, 2011** for the 3rd annual 2nd Sunday Event!

2:00 p.m.—6:00 p.m. on Capital Avenue in front of the Capitol. Bring the entire family for a day to get out and play. Below is a list of some suggestions for activities. If your club or organization would like to participate in any way, contact Tamera Thomas or Kim Cowherd (502) 695-9035 or email tamera.thomas@uky.edu or kim.cowherd@uky.edu.

Franklin County, KY

Suggestions for Community Business, Groups and Organizations

- ◆ **Local farmers** to set up an area to sell produce and other products like local honey, flowers, etc.
- ◆ **Local bike club members** could ride tandem bikes with the visually impaired attendees, stage a tricycle race, bicycle polo, adult big wheel race, bicycle rodeo, etc.
- ◆ **Stage a fun event** like a baby stroller obstacle course—for dads (or moms), a stroller Olympics, baby crawling contest, etc.
- ◆ **Local stores and artists/galleries** could provide street chalk or other forms of artistic expression and engage children in artwork with local artists.
- ◆ **Organize local sports leagues** in mini tournaments with adjusted innings/times or a three-on-three basketball tournament.
- ◆ **Offer childhood games in adult-size and/or children's versions**, i.e. hopscotch, jump rope, weighted hula-hoops, foursquare, etc. Let the winners of each division compete for the championship.
- ◆ **Sponsor a community competition** for corn hole, horseshoes, or tug of war.
- ◆ **Sponsor dance contests** that could include hip-hop, twist, or ballroom, offer an opportunity to compete for a state or Guinness World Record for line or square dancing, offer an opportunity for seniors with a dance marathon (possibly seated).
- ◆ **Make music** by organizing an impromptu community 'people's band' by inviting local middle and high school bands and/or drum corps to march throughout the 2S physical activity area.
- ◆ **Organize a pet activity** that could include a bone hunt, disc catching contest, 6'paw' run, obstacle course demonstration or contest (don't forget the watering stations.)
- ◆ **Challenge a neighboring county or community** to a Second Sunday participant contest. Mayors or county judges could stage a friendly local commodity wager.
- ◆ **Involve schools and parent-teacher organizations** by sponsoring a contest for the most school/family participants for local monetary or trophy prizes.
- ◆ **Invite faith-based organizations** to participate, i.e. marching choirs or handbell choirs to serenade the masses around the grounds.
- ◆ **Local scout troops** could plan an opportunity to earn a badge for physical activities such as hiking, exercises, etc.
- ◆ **Local restaurants** could provide water and healthy food options to participants either by sponsoring these items or offering them at a very reduced rate.
- ◆ **Local naturists and hiking groups** could provide an opportunity to hike the grounds and educate participant about the nature that is here in our county.
- ◆ **Involve local sports figures, mascots and teams**, along with other sports related organizations to present demonstrations and/or safe methods to participate in such sports as: soccer, skate boarding, basketball, rollerblading, golf, etc.
- ◆ **The Health Community** could provide health screenings and other health related information.
- ◆ **Stretch a net** across a street or parking lot for tennis and badminton.
- ◆ **Kick-off or culminate** a 2S community biggest loser contest.
- ◆ **Golfers could organize** a putting or driving competition.



Our team of Staff Assistants in Franklin County.
(L to R) Marlene Studler, Gil Thurman and Debbie Bohrn

New Faces at the Extension Office

The Franklin County Cooperative Extension Service will have a brand new face in our office very soon. We would like to welcome Marlene Studler to our front office. Marlene will be our newest Staff Assistant and will be working at the front reception desk answering the phone and taking your questions. Debbie Bohrn, currently at our front desk will be moving into a new position handling our financials and databases.

We are thrilled to have our entire team assembled to serve the people of Franklin County as we head into the busy part of our year. Stop by and say hello the next time you are in the area. Welcome Marlene! ☀️

Home Hort Hints

Hot weather delays vegetable production. Is your garden slowing down? Have your snap beans stopped producing new beans? Many types of vegetables will not produce when the weather gets too hot. The flowers of beans, tomatoes, and peppers are particularly sensitive to hot weather. Temperatures above 90 degrees will cause the flowers to fail and prevent the formation of the next crop. Tomatoes can be kinda picky when it comes to flowering and fruiting. Tomatoes need temperatures above 55F but below 75F to set fruit. If temperatures are outside this range the flowers will likely fall off the plant. Also, if temperatures are

95F, especially with a dry breeze, young fruit themselves may be damaged and fall off. Applying straw or shredded newspaper as a mulch around vegetables will help to lower soil and air temperatures. However, don't be surprised if production from your garden begins to decline during extended periods of hot weather. Production may rebound as the temperatures drop.

Crops for the fall vegetable garden. Early August would be the time to make a last planting of bush beans, carrots, sweet corn, kale, collards, Bibb lettuce, turnips, and cole crops such as kohlrabi, Chinese cabbage, Brussels sprouts, cabbage, cauliflower, and broccoli. For late August and into September try planting mustard greens, spinach greens, radishes, turnip greens, and leaf lettuce. Before planting, remove any existing debris including crops and weeds to the compost bin and cultivate the soil. If the previous crop was well fertilized and grew vigorously you may need to add little if any additional fertilizer, otherwise apply about 2-3 pounds of a complete fertilizer such as 5-10-10 or 6-12-12 per 100 square feet of planting area. Remember to keep fall gardens well watered.

Summer fertilization in the landscape. In general, late summer and early fall are **not** the best times to apply fertilizer in the landscape. Avoid fertilizing trees and other perennial plants at this time since most perennials will soon begin to slow down their growth rate in preparation for dormancy this fall. Too much soil fertility, especially nitrogen, may encourage prolonged growth and interfere with the dormancy process and cause winter injury. ☀️





RINSE & RETURN!

 Save all your triple rinsed chemical jugs. On September 9th from 10:00-12:00 you can drop them off at the County Road Garage off Lewis Ferry Road to be collected and recycled.

 For the complete schedule, go to <http://www.ca.uky.edu/anr/Rinse and Return 2010.htm>


TWIG FRAME AND VASE

<http://www.dnr.state.wi.us/org/caer/ce/eeek/cool/ameliatwigframe.htm>



Looking for something to keep you busy for awhile? Here's a simple way to make decorative frames and vases. This is what you'll need: twigs you've collected from the ground, cardboard for the frame, a mason jar for the vase, white glue, double sided tape, twine or raffia, scissors, a pencil, a ruler, and one of your favorite pictures.

Start with the picture frame. Take your picture and place it on the cardboard. The cardboard should be larger than your picture. Then take your ruler and pencil and draw lines on the cardboard about one-half to one inch away and all the way around the picture. Cut out the cardboard along

the pencil lines and save the center piece.

Now break your twigs to fit along all four sides of the picture. They don't have to be the same size. About three or four twigs per side will do. Make a bundle of twigs for the bottom of the picture frame. Now, repeat that same process for the top and for the sides. Once you've got the four sides ready, assemble the frame.

Take your picture and glue it to the center of the cardboard. Then, put plenty of glue on one bundle of sticks and glue it along one side of the picture. Keep going and finish the frame by gluing the rest of the bundles around the picture.

That's it, you're finished! Now, if you want to hang it, all you have to do is make a string hanger or a cardboard easel.

Once you've finished the twig frame, you might want to try making a twig vase. Here's what you do. Take a mason jar or an old spaghetti sauce jar and wrap double-sided tape around the bottom, middle and top of the jar. Take your twigs and press them onto the taped areas of the jar. The twigs should be at least as tall as the top

of the jar and some should be taller. Continue doing this until the jar is completely covered with twigs. The last thing you need to do is squeeze glue into the spaces in between the twigs. This will guarantee that your vase will last for a long time.

Once you're finished and the glue has dried, display your new picture frame and put some flowers in your vase.



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Franklin County
101 Lakeview Court
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NOTE FROM KIM

The dog days of summer have extended from July and continue into August. Be sure to stay cool and avoid heat stress and overexertion during these hot, humid days. Water plants in the morning hours, if necessary and avoid trimming trees or shrubs during the heat of the day. Be sure to stop by the Farmers Market or gather your own garden vegetables to enjoy the tastes of the summer while they last. Fall and cooler weather will be here before we know it!

Happy Gardening!

Kim



County Extension Agent for Horticulture

kim.cowherd@uky.edu

Contact the Franklin County Extension Office at (502) 695-9035 if you would like to receive our newsletter via email

or email requests to gil.thurman@uky.edu or kim.cowherd@uky.edu

If you **DO NOT** want to receive this newsletter or your address is incorrect, please notify us immediately.

