



May 2011 Hort Hotline

HORTICULTURE

Cooperative Extension Service

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CommonWealth Garden Network- It's a Growing Thing!

In the summer of 2007, Sellus Wilder and his wife Jessie Bessinger converted their front yard into a vegetable garden. So many friends and neighborhood children showed an interest in their yard that they soon realized there was enough support in the community to warrant a public garden in Dolly Graham Park.

The Frankfort Parks department happily gave them permission to convert a section of this City park into a community garden. Sellus went door-to-door distributing fliers inviting the community to an initial planning meeting. Countless volunteers pitched in to establish guidelines and break ground. The garden was a success, and it soon filled to overflowing as folks from other neighborhoods started to get in on the action.



The organizers of that first garden decided to form a network whose goal is to establish a community garden in every neighborhood in Frankfort. They determined that they could realize their vision within only a few years by growing exponentially (literally doubling the number of gardens every year). The network has actually grown so rapidly that they are already a full year ahead of schedule. They also expanded their mission to include school gardens, and are working to incorporate core curriculum requirements into these 'outdoor classrooms' so that students can discover math, science, and humanities in a healthy outdoor setting.

Along the way, the network branded itself as CommonWealth Gardens and became an official non-profit under the guidance of president Kris Shera and a dedicated board. UK's Franklin County Extension Office has been

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What IS Organic?

<http://www.localharvest.org/organic.jsp>

Most people are aware that organically grown food is free from exposure to harmful chemicals, but that is only one small part of what organic is about.

A larger part of organic agriculture involves the [health of the soil](#) and of the ecosystems in which crops and livestock are raised. Organic agriculture is born from the idea that a healthy environment significantly benefits crops and the health of those consuming them. In addition, organic practices are also viable in the long term, since they are efficient in their use of resources, and do not damage the environment and local communities like large scale "chemical agriculture" does.

Here are some growers' organic categories:

Certified Organic

There are many organizations worldwide that certify produce as being grown in a manner that does not harm the environment and that preserves or improves soil fertility, soil structure, and farm sustainability. Naturally Grown

Some farms prefer not to pursue an organic certification, but do follow organic principles in growing their produce.

Certified Naturally Grown

[CNG](#) is a grassroots certification program created specifically for farmers that sell locally and directly to their customers. CNG's certification standards are based on the National Organic Program but with some variation, including improved livestock living conditions and more explicit access to pasture requirements.

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CommonWealth Gardens' closest ally. The network is also partnering with the local YMCA and the 'Pioneering Healthy Communities' initiative (generously supported by the Robert Wood Johnson Foundation to combat childhood obesity) in an effort to expand school gardens to every school in Franklin County. Kentucky State University MBA students have assisted in the grant-writing process, and recently helped secure a Home Depot Grant to help with school gardens. The Kentucky State University Land Grant Program and Agricultural Department also provide invaluable resources and expertise to the network. CommonWealth Gardens is also actively partnered with the City of Frankfort, the Governor's Office, and numerous community groups such as the Y-Corps and Go Frankfort.

One final goal of CommonWealth Gardens is to link the community and school gardens into a farm-to-school program that will integrate locally produced food into school cafeterias. To that end, some members are also engaged to the local farm-to-school effort, and are working to build support for a 'community kitchen.'



The Network has hosted the Frankfort community the last two years in the fall for the Annual Harvest Festival. This is an event of food and fun to celebrate the end of the growing season and the time of harvesting the crops. This popular event features free locally grown and produced food; local musicians; displays; kids' activities; and much more. Well over 200 people participated in these events.

Commonwealth Gardens The following is a list of gardens that are either pending or currently in the CommonWealth Gardens network:

- Logan Street Community Garden**
- Todd Street Community Garden**
- Bellepoint Community Garden**
- East Frankfort Park Community Garden**
- Immanuel Baptist Community Garden**
- Franklin County Women's Shelter Community Garden**
- Frankfort Firefighters Post 2 Garden**
- Elkhorn Elementary School Garden**
- Elkhorn Middle School Garden**
- Hearn Elementary School Garden**
- Collins Lane Elementary School Garden**
- Capital Day School Garden**

- Frankfort High School Garden**
- The Governor's Garden at Berry Hill Mansion**
- Franklin County Regional Jail Garden (pending)**
- State Street Community Garden (pending)**
- Riverside Park Community Garden (pending)**
- Kentucky State University Garden (pending)**
- Second Street School (pending)**



Home Hort Hints May and June

Rick Durham, Consumer Horticulture Extension Specialist, University of Kentucky

Successful transplanting.

If you've bought flower or vegetable transplants to go into the yard or garden, be aware that weather conditions when you plant these may affect their success at becoming established in their new home.

Before being planted in their permanent location, transplants should be hardened off by placing them for a few days in a sunny location protected from high wind. Also reduce watering during hardening off, almost to the point the plants wilt. But apply a little water during the day as severe wilting occurs. Hardening off will make the plants tougher and more suited to growth in the yard or garden.

When transplanting, choose a calm, overcast day over a sunny day or windy day. Under cloudy conditions, transplants lose less water and recover more quickly from the natural stresses of transplanting. If you can't wait for an overcast day, try transplanting late in the afternoon when the sun is not so bright, temperatures begin to cool, and water evaporation is not as great. Keep plants well watered after transplanting and remember to apply a layer of mulch to help conserve soil moisture and reduce weed growth.

Fireflies--a blessing to the landscape.

Fireflies, lightning bugs, glowworms. These are beetles that light up the night sky, or sometimes soil, during warm summer nights. The flashing light is a homing beacon for the opposite sex. And to prevent confusion, each species of fire fly has its own specific signal to attract a mate.

This season I've seen lots of fireflies, my children delight in chasing them



Firefly
Photuris lucicrescens

down, holding them for a few minutes, then releasing them unharmed. Should I be concerned that there are so many lightning bugs in my yard and landscape?

Absolutely not! The larvae of fireflies, called glowworms when they are luminescent, have a great appetite for several pests in the garden. The larvae live mostly underground but often emerge at night to forage for food. A typical menu for a firefly larvae would be slugs, snails, and caterpillars including cutworms. So when you see these insects lighting up your garden, thank your lucky stars that they are there.

Can plants wilt from too much water?

You've probably heard it before, too much water is more damaging to a plant than too little! Is this true? Can too much water actually cause damage, even wilting of a plant? Let's be realistic, a moderate amount of water is what most plants need, keep them too dry and they fail to thrive, if they are too wet they may succumb to root damage or disease. Keeping soils too wet will also deprive a plant's roots of needed oxygen.

A plant's root system needs three important components provided by the soil. These are moisture, nutrients, and air. The moisture and nutrients we all understand, but why does a plant's roots need air? A plant's root system respire, or more specifically, its cells carry out respiration, just like animal cells do. Oxygen is required for respiration and carbon dioxide is given off. Without adequate air space in the soil, roots will soon deplete the soil of oxygen, carbon dioxide builds up, and this combination will slow down respiration. When respiration slows, other plant processes slow as well, including the plant's ability to transport water, so wilting may occur. The well meaning gardener may heap coals on the fire by applying more water to the seemingly parched plant.

Another factor comes into play as well. When plants are under stress such as during drought, flooding, or even insect or diseases attack, they often release hormones that alter plant growth. One such hormone is ethylene. An over watered or flooded root system will trigger the plant to release ethylene that then causes the foliage to droop and eventually fall off if the stress is not removed. This drooping of foliage is called epinasty and sometimes looks like the plant is not getting enough water. Actually the culprit is too much water.

So what can be done to alleviate this problem of roots not getting enough air? The problem is especially severe in compacted soils where the natural air spaces present in the soil have collapsed. This may have been caused by heavy traffic on the soil or cultivation of the soil when wet. Heavy clay soils are particularly prone to compaction.

To reduce compaction and increase air space in the soil, cultivation is a must. Breaking up the compacted soil into smaller aggregates will improve aeration. Incorporation of organic matter such as compost, leaf litter, or pot-

ting mix, will also help to reduce compaction. At the same time that aeration is improved, water drainage is also improved. And organic matter also helps the soil to retain nutrients.

So, if you have compacted soil, or you want to avoid compacted soil, one solution is to incorporate organic matter in the soil. Once planted, keep plants mulched with 2-3 inches of an organic material to continually replenish the organic matter in the soil. And the next time you see a wilting plant, check the soil to see if it is really dry before watering.

Other things to do in May and June.

- It is very important to follow a home fruit spray program to ensure quality fruit at the end of the season. Also, the first sprays in April and May are generally the most important. By controlling insects and disease early, there is less likelihood of additional generations of pests later in the season. Spray schedules are available from your county extension agent. Just ask for ID-21, Disease and Insect Control Programs for Homegrown Fruit in Kentucky Including Organic Alternatives.
 - Thin apple and peach fruit when the fruit is still relatively small or within about 3 weeks of full bloom. Thinning has several advantages: mature fruit will be larger, chances of limb breakage will decrease, and trees will have sufficient energy to develop buds for next year's flowers and fruit.
 - Protect new transplants from cutworms by placing a cardboard collar around the base of the stem. Cardboard rolls from wrapping paper, paper towels, or bathroom tissue work well, or you can make your by cutting strips of cardboard and stapling the ends together. A tube two to three inches long and surrounding the plant at soil level will usually deter cutworms from feeding.
 - When transplanting, ensure that plants are set at about the same depth that they were previously growing. An exception is tomatoes. Tomatoes will form roots on any part of the stem that contacts the soil. Tomato transplants can be set very deep, or dig a trench several inches deep and lay the transplants down on their sides. Only the growing tip and a few leaves need to remain above the soil surface. Pinch off any leaves that will be covered by soil. Tomatoes planted in this way will quickly establish a good root system and will be less susceptible to fluctuations in soil moisture.
- Spring and early summer flowering perennials can be divided and transplanted once the flowers have faded. ☀



Flatheaded Apple Borer
Chrysobothris femorata Oliv.

Birdhouse Gourds—

A Summer Long Project for the Birds of 2012



Try growing your own birdhouses this year. Bottle gourds can be great homes for a variety of birds, including wrens, purple martins and chickadees. Besides bringing their happy song to your yard they can eat thousands of insects a day. Gourds prove that nature has a sense of humor: their wild markings, eye-popping colors, and space-alien shapes transform the late-summer garden into a natural amusement park. If you've considered growing gourds but wondered what in the world to do with them, this project will answer your question--and please the birds in the process.

These gourds were made by 4-H'ers, ages 8-12 in the Lancaster County, Nebraska 4-H program.



Gourd seeds ready to be planted.

Materials

- Garden area to grow gourd
- Gourd seeds
- Wire
- Drill and assorted bits
- Satin polyurethane and a disposable foam paint brush

Instructions



1. **Growing the Gourd**—Allow each plant 10 to 15 square feet of garden space; you can get away with a little less if you trellis your plants. For each plant you plan to grow (one will suffice for this project), plant a half dozen seeds, following the directions on the seed packet. Before planting, mix a little fertilizer into the soil, then reapply it monthly during the growing season. Keep seeds and plants well watered
2. **Drying the Gourd**—Harvest your gourd before the first frost, taking care to cut rather than twist the stem. Ideally the fruit will have attained a diameter of 6 or more inches. Wash the gourd carefully to remove any dirt or debris. As an extra safeguard against rot, some experts recommend dipping gourds in a solution of 1 part bleach to 10 parts water. Drill a small hole through the gourd's neck, insert a hanging wire, and suspend the fruit in a dry, well-ventilated space until the seeds rattle around inside the shell (about four weeks but sometimes longer). Once the gourd is dry, any surface mold or fungus can be removed with steel wool, or left on for a more rustic look.
3. **Making the Birdhouse**—Drill a 2-inch-diameter hole in the side of the gourd for the birds front door. Remove the dried seeds and fibers. Drill two 1/4-inch holes about 1 1/2 inches up from the bottom of the gourd for ventilation and drainage. For a more colorful look, paint the gourd in the motif of your choice, then finish with two coats of satin polyurethane. Hang the birdhouse in a sheltered area at least 6 feet from the ground

Tips:
One gardening note: large gourds such as the birdhouse or bottle variety can take up to 130 days to mature. In areas with shorter growing seasons, ask at your garden center about black plastic mulch, row covers and other season-extending devices and techniques.



Calendar of Things To Do!

In and Around Frankfort

May 14—Capital Area Extension Master Gardener Plant Market, 9:00 a.m.—2:00 p.m. on the grounds of the Old Capitol on Broadway. (See flyer below)



CAPITAL AREA EXTENSION MASTER GARDENERS PLANT MARKET

Kindly hosted by the Kentucky Historical Society on the
Front Lawn of the

Old State Capitol
300 West Broadway
Frankfort, KY

Saturday, May 14, 2011
9 AM to 2 PM

**Vegetables, Herbs, Perennials,
Garden Art, Hypertufa Planters and more!**

Gardening Related Demonstrations and Vendors

Enjoy Saturday in Downtown Frankfort!
Many merchants will be featuring garden related items.



UK COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY—COLLEGE OF AGRICULTURE



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Frankfort Parks & Recreation – Cove Springs - “Dare to be an Outsider”

All programs begin at 10:00 a.m., Saturdays, unless otherwise noted. Programs will last approximately 1 1/2 –2 hours. Activity, craft, snacks included. For more information on programs at Cove Springs, contact Debbie at nansthe-man@yahoo.com, 513-300-8500, or Parks Department at 502-875-8574

LET’S REAP WHAT WE SOW—(Ever heard of the 3 sisters?) - May 21, Logan and 2nd Street at the Community Garden

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.

BROWN BAG LUNCH SERIES: Salamander Secrets of Kentucky—May 11, Noon-1:00 p.m. FREE, 50. All ages are welcome. Many types of salamanders live in Kentucky but we sometimes rarely see them. These sensitive creatures are indicators of healthy habitats and water quality in aquatic ecosystems. Join us for lunch as we discuss which salamanders you can find close to home and which ones transform throughout their lives. You’ll also learn about the unique

behaviors that make salamanders so elusive. No registration required.

Spring Into Fishing—May 14, 10:00 a.m.—Noon. FREE, Limit 20. Participants: Great for families! Warmer temperatures, blooming shade trees and biting fish make for a perfect way to start your day! Bring your friends or family for a fishing adventure down by our lakes. We have two lakes that are regularly stocked with various fish such as bluegill, catfish or trout. We will provide the rods and reels, bait and all the equipment necessary for you to have an enjoyable fishing adventure. **REGISTRATION REQUIRED.**

Rafting for Wildlife Watchers—May 21, 8:00 a.m. Cost: \$30 per person. Limit 15/3 rafts. Participants: Ages 15 and up. Great for wildlife watchers. Take a guided rafting trip with the Salato staff and Canoe Kentucky for a wildlife watching trip like never before! This is an opportunity for you to see wildlife in its truest form on the beautiful Elkhorn Creek. Surrounded by nature, outdoor enthusiasts are bound to find something to their liking on this trip! We will meet at the Salato Center at 8:00 a.m. and then travel to Canoe Kentucky. We will be taking a 6-mile rafting trip with about two hours of paddling. This course is good for beginners and intermediate paddlers. There will be five people per raft. This trip is not considered a white-water rafting experience, but rather an intermediate float. Please bring lunch, water and sunscreen. Wear water shoes and clothes that can get wet. A waterproof bag is a good idea to store items you don’t want to get wet. You can bring your own field guides and binoculars, but we can also provide a few. Small coolers are allowed for food and drink items. Life vest, paddles and rafts will be provided by Canoe Kentucky. Program may be cancelled due to bad weather. **REGISTRATION AND PRE-PAYMENT ARE REQUIRED.**

The Arboretum—Lexington

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

“Ribbon Cutting Ceremony, Kentucky Childrens Garden” - Thurs. April 14, 11 a.m.—Cost: Free

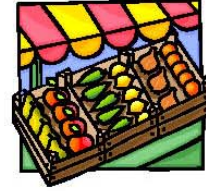


Yellow Poplar Weevil
Odontopus calceatus



Tips for Shopping at Local Farmers' Markets

Beth Wilson, Pulaski County Horticulture Agent



1. Know when they open and shop early for the best quality
2. To free your hands, wear a fanny pack or backpack type purse
3. Try to keep pets at home - but if you can't be mindful of where Fido goes and where he pokes his nose
4. Don't touch/squeeze/smell every piece of produce on the table.
5. Farmers don't appreciate customers helping themselves to a bite of their produce without permission. Farmers can provide samples, encourage them to do this instead.
6. Stroll around the market first and see what everyone has.
7. Don't do 'drive-bys' - this is dangerous for patrons and vendors at the market.
8. Farmers love to talk about their farms. It's OK to ask:
 - a. What variety of ____ is this?
 - b. How do you grow ____? I never can get it to grow well.
 - c. Do you use IPM? This is better than 'What have you sprayed?'
 - d. What other fruits or vegetables will you have coming in later?
9. Bring your own reusable bags. Or else bring a small wagon or shopping cart.
10. Try to make the FM your last stop if you are out doing errands. If you can't, bring a cooler to keep produce fresh
11. Fresh, local produce is better food and worth more. Don't expect major discounts. Farmers work hard to bring top quality to the market.
12. If you have a problem (parking, rude vendor, etc), please let someone at the market know.
13. Try not to set purses, drinks, car keys, etc on the vendors' tables.
14. If a farmer has customers waiting in line behind you, don't monopolize his time with lots and lots of questions.
15. Markets are open rain or shine. Don't be a fair weather customer only.
16. Don't make the farmer your bank - bring small bills.
17. Bring a friend.
18. Bring kids.
19. Learn what's in season.
20. Buy a good seasonal cookbook.



Varied Carpet Beetle
Chrysobothris femorata Oliv. .

Franklin County Farmers Market

The Franklin County Farmers Market is now open for business for the season! The Market has a wide array of seasonal, farm-fresh and locally produced products for you to choose from. What makes the Farmers Market special? Why should you shop at a farmers market and what importance do these special markets play in our economy?

Farmers Markets across the state of Kentucky produce more than \$7.5 million in revenue for more than 2000 farmers. According to the 2005 National Farmer Market Managers Survey, sales at farmers markets were slightly over \$1 billion annually and more than 25 percent of vendors at surveyed markets derived their sole source of farm income from farmers markets. Kentucky has 145 farmers' markets. Go to <http://www.kyagr.com/marketing/farmmarket/2011FarmersMarketDirectory.htm> for the Kentucky Farmers Market Directory and check out some of these markets.

According to 2009 estimates from the U.S. Department of Agriculture (USDA), approximately \$1.3 billion was exchanged directly between farmers and consumers at farmers markets. This is a 17% increase over the previous five years. Each year, more Americans in more communities get more of their food from farmers markets. In 2010, the USDA Farmers Market Directory listed 6,132 operational farmers markets in the United States, representing a 16 percent growth rate from 2009 levels. In 2010, about 15% of all farmers markets were open in the winter months, and the average seasonal farmers market in the U.S. is open for approximately four and a half months of the year. More information about Farmers Markets can be found on the Farmers Market Coalition website:

<http://www.farmersmarketcoalition.org>

Farmers Markets are important to make fresh nutritious food available to more people. The farmers associated with local markets across the country donate hundreds of thousands of pounds of unsold, fresh produce to food banks, shelters, and other social service agencies. Your Franklin County Farmers Market participates in the WIC, Senior and SNAP, and food stamp programs, so all Franklin Countians have access to fresh, locally grown and produced, healthy foods. Franklin County also takes Debit cards as well for your shopping convenience.

Farmers Markets are a place to learn about where your food comes from. When you shop the Market, often the person you are buying from actually grew or produced the food or product. Take the time to talk to them, ask questions about when was the item picked, what methods do they use to make the product, and how far did the item have to travel to the Market? There are often new varieties of vegetables or other items

available. Ask about these as well and don't be afraid to purchase some to take home and try. Edemame, purple beans, green tomato bread, goat's milk soap, lemon rosemary muffins, naturally leavened bread, zucchini chutney, blue potatoes-just to name a few- these are items you may not find on any regular store shelf! Explore and sample what we have available from our local farms and vendors.

The Franklin County Market has information available to customers on products and special events. There is a weekly email news letter during the Market season to let you know what is available that week at market. Sometimes recipes or other tidbits of farming life are included. You can email FranklinCountyFarmersMarket@gmail.com to be placed on the email list. Also the Market has a Facebook page. You can search for Franklin County Farmers Market and become a fan of the Market. Photos and additional information can be found there. We also want you to vote for the Franklin County Market in the 'America's Favorite Farmers Market' campaign! Log on to www.farmland.org/vote and vote for your favorite Farmers Market. The Franklin County Market was in the top 20 nationally in 2009, and currently is in third place in the state... Be sure to vote!

Kentucky and Frankfort will celebrate Farmers' Market Week, August 1-9. Visit the Franklin County Farmers Market during this special week. Come on down to the Market and thank our farmers and producers for providing us with fresh, locally grown and produced foods and products to enjoy!

Some of the items that are available at the Franklin County Farmers Market during the next week or so include: beef, chicken, Italian sausage, breads, cakes, cookies, muffins, jams, jellies, spreads, farm fresh eggs, honey, handmade soaps, apples, vegetables of all sorts, herbs, blackberries, cut flowers, plants, and daylilies. Some items are only available on certain days, and some items may be in limited quantities. Shop early and shop often!

The Franklin County Farmers Market is open Tuesdays, Thursdays, and Saturdays, 7:00 am till approximately 1:00pm. Also you can visit after work on Wednesdays, when the Market is open from 3:30-7:30pm. (Be sure to come by on Wednesdays and check out the mural painting on the rail road bridge!) The Market is under the green pavilion at Riverview Park, on the corner of Broadway and Wilkinson, next to the rail road trestle.

So come shop at the Franklin County Farmers Market; take your time, slow down, and enjoy the rich sights, sounds and smells of farm-fresh, locally grown and produced foods and products.

Contact the Franklin County Extension Office if you have questions about the Farmers Market or local food issues. Phone 695-9035 or email Kim.Cowherd@uky.edu. Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. ☀

INVASIVE SPECIES FACT SHEET

Garlic mustard (*Alliaria petiolata*)

Description: Garlic mustard, a member of the mustard family (Brassicaceae), is a cool-season biennial herb distinguished because its leaves and stems smell like garlic when crushed.

In its first year, seeds germinate in April and the plant produces a rosette of 3 or 4 scallop-edged leaves 2 to 2.75 inches tall that remain throughout the winter. The second-year plants produce a long white taproot and one or two stems with flowers growing in clusters at the stem ends. The white flowers bloom in late April or early May and have 4 petals 3/16 inch long each that bend outward at the middle to form a cross.

Leaves on flowering plants are alternate and larger near the base of the stem. Stem leaves are somewhat triangular, approximately 1 inch long and 2 to 3 inches wide, and have large teeth. Each leaf is attached to the stem by a petiole that is longer on leaves toward the base of the plant. Rosette leaves are kidney-shaped and dark green.



photo by: Dan Tenaglia

The fruit is a slender green capsule (silique) up to 2.25 inches long with a single row of tiny black oblong seeds with ridged seed coats. The silique is produced in early summer and bursts open when mature to disperse seeds several meters. The seeds require 20 months to germinate but remain viable in the soil for more than 5 years.

Habitat: Garlic mustard was brought over from Europe in the mid-1800s, presumably as food or a medicinal herb. It occurs most frequently in upland and floodplain forests, savannas, and along roadsides under partial shade. However, it is capable of growing in dense shade and occasionally in areas with full sun. The plant usually begins colonization by invading woodland edges, then progressing into undisturbed areas via streams, roads and trails.

Distribution: Garlic mustard grows throughout the midwest and northeastern U.S. In Kentucky it is found throughout the north central part of the state as well as in scattered areas east to Carter county and west to Union and Logan counties.

Threat: Garlic mustard is particularly threatening to natural areas because of its high seed production (up to 868 per plant), the long viability of seeds in the seed bank, the plant's adaptability to various environments, and its tendency to crowd out native plants.

Control: For small populations, hand pulling at or before the onset of flowering is an effective control method. If plants have seed capsules when pulled, they should be removed from the site in plastic bags and disposed of to prevent seed dispersal. Pulling may result in soil disturbance, damaging desirable species, and exposing seeds from the seed bank. Disturbance may be reduced by tamping down the ground after pulling. For pulling to be effective, the upper half of the root must be removed in order to stop buds at the root crown from sending up new flower stalks.

Medium to large-sized populations can be controlled by cutting the stems at ground level when the plants are in flower but before seed capsule development.

Garlic mustard may also be controlled by applying a 2% solution of glyphosate (Roundup) herbicide to the plant leaves in late fall or early spring. Do not apply the spray so heavily that it drips off the leaves. Treatments for all control methods should be repeated annually until the seed bank is depleted.



Prepared by:
Kentucky State Nature Preserves Commission
801 Schenkel Lane Frankfort, KY 40601 · (502) 573-2886 · www.naturepreserves.ky.gov



Transitional

Organic certification standards are very strict, and it usually takes years for farms to achieve them, as all pesticide and chemical residue from the soil is slowly broken down and leached away. Farms marked as "Transitional" are farms in the process of getting their certification, but that are not quite there yet.

Conventional

Conventional farming does not necessarily have to be as destructive as large-scale chemical agriculture. There are many small farms worldwide that [sparingly use chemicals](#) when needed, and that otherwise follow good guidelines in the care of their environments and communities.

Biodynamic

Based on a series of lectures given by Austrian philosopher Rudolf Steiner in 1924, [Biodynamics](#) is a method of agriculture which seeks to actively work with the health-giving forces of nature. It is the oldest non-chemical agricultural movement, predating the organic agriculture movement by some 20 years and has now spread throughout the world.

Grass Fed / Pastured

[Grass fed, or pastured](#), animals are raised on pasture, as opposed to being kept in confinement and fed primarily grains. Pasturing livestock and poultry is the traditional method of raising farm animals, is ecologically sustainable, humane, and produces the most nutritious meat, dairy and eggs.

This information comes from Local Harvest, which an organic and local food website. They maintain a definitive and reliable "living" public nationwide directory of small farms, farmers markets, and other local food sources. Their search engine helps people find products from family farms, local sources of sustainably grown food, and encourages them to establish direct contact with small farms in their local area. The online store helps small farms develop markets for some of their products beyond their local area. Check out Local Harvest at <http://www.localharvest.org/>

Web Links

- ⇒ <http://lifeonthebalcony.com/how-to-turn-a-pallet-into-a-garden/> How to make a garden out of a wooden pallet!
- ⇒ <http://www.childrenandnature.org/> Children and Nature Network- information on helping kids get outside and learning activities to do in the out of doors.
- ⇒ <http://www.communitygarden.org/> American Community Gardening Association- everything you need to know to get started with a community garden.
- ⇒ http://jefferson.ifas.ufl.edu/agriculture/conversion_tables.shtml Useful Agricultural Conversion Charts and Tables.
- ⇒ <http://www.butterfliesandmoths.org/> Butterflies and Moths of North America.

May is Water Awareness Month

Take the 40 Gallon Water Challenge

By Ashley Osborne, UK Extension Associate for Environmental and Natural Resource Issues

Come on, Kentucky—Georgia and Alabama are leaving us in the dust! Yes, it's just a friendly competition, but we need all the help we can get to prove Kentucky cares about the environment.

Help the Commonwealth win the water conservation challenge by participating. Here's how you can save 40 gallons of water a day for your county and Kentucky

Pledge now. Across the southern United States individuals are taking the *40 Gallon Challenge*. The *40 Gallon Challenge* is a regional campaign that challenges residents to conserve at least 40 gallons of water per day. Currently, Kentucky only has two pledges, on par with Virginia and Mississippi, and well below some of the high-pledging states. You can look at each state's pledges by rolling your cursor over the interactive map at <http://www.40gallonchallenge.org>. Georgia has a whopping 307 pledges at this writing!

On average Kentuckians use anywhere from 100 to 150 gallons of water per person, per day. To eliminate any excuses, here are some of the no-cost water-saving suggestions you can start doing today:

- Run the dishwasher only when full (saves 2 gallons)
- Turn off water in between rinsing dishes or brushing teeth (saves 5 and 8 gallons)
- Shorten showers; fill bathtub only half-full (saves 5 and 18 gallons)
- Do not use the toilet as a garbage can (saves 2 gallons)
- Reduce laundry by one load a week; wash full loads only (saves 5 gallons)
- Start a compost pile for food waste (saves 4 gallons)
- Capture water in a rain barrel for irrigation (saves 5 gallons)
- Sweep sidewalks and driveways with a broom rather than spraying with hose (saves 22 gallons)
- Limit and reduce lawn and garden irrigation (depending, can save 20-80 gallons)
- Mulch two to three inches around trees and plants (saves 25 gallons)

Taking the *40 Gallon Challenge* is as simple as filling out the Pledge Card, either online at <http://www.40gallonchallenge.org/> or call the Franklin County Extension office.



COOPERATIVE
EXTENSION
SERVICE



Cooperative Extension Service

University of Kentucky
Franklin County
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Frankfort KY 40601

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UKAg Quick Facts:

- 14 academic units offer 27 academic programs
- 285 faculty members engage in teaching, research, and extension
- 600-plus students receive degrees each year
- 1,000-plus people visit the Department of Entomology Web site each day
- 2,500-plus students enroll each year
- 3,336 plant samples are processed at the Plant Disease Diagnostic Lab a year
- 20,933 acres comprise six substations
- \$23,000,000-plus in external research funding is received annually
- 60,000-plus cases a year are completed at the University of Kentucky Veterinary Diagnostic Laboratory
- 61,000 soil analyses are completed at Regulatory Services each year
- 4,000,000-plus people engage in a Cooperative Extension Service activity at least once a year

For more information, log on to:

<http://www2.ca.uky.edu/deanadmin/landgrants>

NOTE FROM KIM

April showers bring... unfortunately we have had a few too many showers this spring! Be careful when starting your vegetable garden or getting into your flowerbed if it is wet- you can compact your valuable soils, which can lead to problems later on. Also the frost free date is after Mother's Day in May- don't plant tender annuals and veggies too soon! Remember to start mowing your lawn at a higher setting, mow more often, and don't apply fertilizers this time of year, and use as few herbicides as possible - be Earth-Friendly! Enjoy the warmer days of Spring! Happy Gardening!

County Extension Agent for Horticulture
kim.cowherd@uky.edu



Yellow Jacket
Vespula flavopilosa

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.

