



# September 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](http://www.ca.uky.edu/ces)

## Fall Lawn Maintenance

Home lawn problems have been the number one question at the Extension Office the last several weeks. Crabgrass and patch diseases have been especially problematic for many homeowners.

Crabgrass is an annual grassy weed that will die out at the first frost or cold snap. It seeds prolifically in July and has tremendous survival reproductive capabilities. It is best controlled by two applications of specific herbicides, appropriately timed in the early spring. During the summer months, these herbicides do little to control it.

Certain patch diseases and other problems of turf have also been a problem this summer, primarily due to high heat and high humidity. These will be small dead areas in your lawn, sometimes with a greasy look, or a light, white, cottony substance on the leaf blade, seen in the morning. Lawn diseases can have several signs to alert you to a problem. There are also other lawn diseases that are favored in cooler or dryer weather. There are very few lawn fungicides available or recommended for homeowners to combat these problems.

Both of these problems are aggravated by excess application of fertilizers; poor timing of fertilizers; too much irrigation; irrigation applied incorrectly; too low or too high mowing height; or planting grass species that is not resistant to disease.

The best way to control crabgrass, broadleaf weeds, and lawn disease is to properly manage your lawn. Fertilization only in the fall; watering a maximum of 1" per week (which includes rainfall); watering deeply and infrequently; mowing regularly and keeping the grass blade height between 2"-3"; and

*(Continued on Page 2)*

## Fall is Farmers Market Time!

Fall is an excellent time to visit the Franklin County Farmers Market! Some of the delicious summer vegetables are still available, but the fall crops are now starting to appear on the Market tables too!

You can choose from varieties of winter squash, such as acorn, spaghetti, and cushaw, which make excellent baked sides to any meal- they can be made savory or sweet to suit any taste. My favorite, butternut squash, can be prepared in a variety of ways, and makes a delicious soup.

Sweet potatoes are available, and are an excellent source of vitamin C and fiber. Try some grilled sweet potatoes or make your own sweet potato fries.



Pumpkins are another fall favorite. Did you know that pumpkins are great for cooking in many interesting ways, such as soups, pancakes, and pumpkin bread pudding? Pumpkins are not just for pies and jack-o-lanterns anymore!

There are different varieties of crisp, sweet apples available too for baking, frying, making pies and

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choosing the right grass species that are appropriate for Central Kentucky lawns, will all be the best way to keep your lawn looking its best.

Fortunately, lawn renovation time is upon us. Between August 15-September 30th is the prime time to seed, sod, or just start all over again if you must! The following information will get you thinking about renovation and the best way to get your lawn in shape for next year.

There are several steps to lawn renovation. These are: appropriate grass variety selection, eliminating weed competition, proper timing of the renovation, proper seedbed preparation, and using correct seed planting methods.

The "right" grass for your lawn may not be the one you like best, but will be the one most suited to our Central Kentucky climate. Turf type tall fescue is the grass of choice for our area. Bermuda, zoysia, Bluegrass, and ryegrasses all have issues that may not be best for your lawn.

Germinating grass seedlings cannot compete with an aggressively growing weed. For a total kill of the entire area, use a nonselective herbicide like glyphosate (Roundup Pro, Kleenup) or glufosinate (Finale). For other weeds use a selective herbicide for the specific weed. Or you can mow the turf as close as possible before renovating. Or heavily dethatching or thinning the lawn by going across it several times with a lawn dethatcher/verticut machine will reduce the competition for new grass seedlings.

Timing is critical in renovation of lawns. As mentioned before, the best time to renovate is mid-August through September. Sod can be installed almost anytime there is adequate soil moisture and the sod is available for purchase.

Good soil to seed contact is necessary in renovation of lawns. Seeds that lodge in grooves made by hand raking or with special machines, such as dethatchers or slit-seeders, are much more likely to germinate and develop. To properly plant the seed by hand or using a spreader, evenly broadcast seed at a rate of 6 pounds per 1,000 square feet for tall fescue varieties. Rake the seed lightly into the seedbed or cross the area again with a dethatching machine.

After seeding plenty of water is a must! Thoroughly soak the newly seeded area until about one inch of water has been applied. Remember that rain counts as irrigation. Be sure not to use fan or oscillating sprinklers during the heat of the day, as most of your water will evaporate before reaching the ground. Also be sure water is directed on the lawn and not on your driveway, sidewalk, street, or roof of your house. Do not water at night as this can cause lawn disease problems to develop.

Once the grass is established, mow as frequently as needed to keep the old grass or weeds from shading the new seedlings. As the new seedlings develop, continue mowing to keep the height of the grass between 2" to 3". Do not let the seedlings grow tall before mowing.

For more detailed information regarding lawn establishment and maintenance, log on to: <http://www.uky.edu/Ag/ukturf/HomeLawnCare.htm>.

For information on crabgrass, log on to: <http://www.agry.purdue.edu/turf/pubs/AY-10.pdf>. ☀



# Home Hort Hints

Rick Durham, Consumer Horticulture Extension Specialist, University of Kentucky

- Remove fallen fruit and leaves from beneath fruit trees. Many insects and diseases that plague home fruit production spend the winter on fallen fruit and leaves. So raking up any fallen fruit and leaves will help reduce the incidence of fruit pest next year. Composting these materials will both eliminate the pest problem and provide good organic matter that can be used elsewhere in the garden.
- September is the time to divide existing or plant new perennials such as bearded iris, daylilies, peonies, and phlox. Many perennials either produce fewer blooms or fail to bloom altogether when they become too crowded. To divide, loosen the soil around the clump and gently lift the plants. Shake off excess soil so that the growth pattern is apparent. Divisions should contain some of the edges of the clump (most recent growth) and contain two or three stems or groups of leaves. The

stems or leaves should be cut back to about 2 to 3 inches long and also cut back any damaged roots. Plant these divisions in newly worked soil at about the same depth they were growing in the garden.

- Pumpkins and winter squash should be harvested when the skin is tough and can not be easily damaged with your fingernail. The squash and pumpkins can be left in the field as long as there are vines or other vegetation to shield them from direct sunlight, but move them to a protected cool, dry place once freezing temperatures occur.

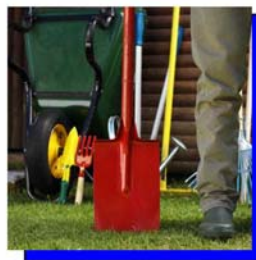
If you still have an itch to do some vegetable gardening, there's still time to get in a few more crops.

Mustard greens, turnips (as well as turnip greens), spinach, and leaf lettuce will all do well if seeded in early September. Radishes can be planted as late as October 1st. ☀

Eastern Hercules beetle, *Dynastes tityus*



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## Gardener's Toolbox:

# LAWNS

# 4 ALL

# SEASONS

Learn what you need to know for  
Fall lawn maintenance to keep a  
beautiful lawn.

September 15, 2011

6:30—8:30

Room E/F

Franklin County  
Extension Office

**FREE!**

Call (502) 695-9035 to register.

Or email

[DL\\_CES\\_FRANKLIN@EMAIL.UKY.EDU](mailto:DL_CES_FRANKLIN@EMAIL.UKY.EDU)

<http://ces.ca.uky.edu/Franklin>



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(Farmer's Market .....Continued from Page 1)

cakes, and just plain eating out of hand. And check out the wonderful apple cider, made as always, with fresh local ingredients.

The Market also has wonderful homemade breads and baked goods; honey, jams and spreads; natural beef and poultry, and farm fresh eggs. Value-added items are showing up on the tables as well this fall. Look for taco seasoning, barbeque sauce, dried peppers, and other interesting products. There are soaps, lotions, and many other things that are all home-produced and also Ky Proud. Also check out the perennial plants and herbs to use in your home landscape and fall flower arrangements to brighten your dinner table!

I would challenge you to choose one new-to-you vegetable or fruit a week from the Farmers Market to try at home. Check with the Extension Office for recipes for new and different ways to prepare these fresh, local vegetables.

If you have not visited the Franklin County Farmers Market recently, come on down to the Riverview Park on the corner of Wilkinson Boulevard, next to the railroad trestle! The Market is open on Tuesdays, Thursdays, and Saturdays from 7:00 am until 12:30pm and on Wednesdays from 3:00pm until 6:00pm. The Wednesday Market is a great opportunity to stop by and purchase your farm fresh foods and products after work!

If you would like to receive the Market weekly e-news letter, send an email to [franklincountyfarmersmarket@gmail.com](mailto:franklincountyfarmersmarket@gmail.com). Also find the Franklin County Farmers Market on Facebook. ☀



Some of the delicious choices that can be found at the Farmers' Market in the fall.

## Christmas Cactus- Blooming Tips

Rick Durham, Consumer Horticulture Extension Specialist, University of Kentucky



Are you getting in the Christmas spirit? Your Christmas Cactus needs to be! Starting in September is when you need to start the process for your Cactus to be able to bloom around the holidays.

Christmas cactus (and Thanksgiving cactus) sometimes seem temperamental when it comes to blooming on schedule. It is not uncommon to see these plants in flower anytime from late October through February or March. However, if given the right stimulation, these plants can usually be induced to flower around Thanksgiving or Christmas. The key is providing the right types of stimuli to encourage flowering. First, keeping the plants on the dry side in September will help with initiation of flower buds.

Don't let the plants dry out completely, just reduce the normal watering by about half. The naturally shorter days



Photo: OSU Extension

of autumn and cooler nights will also help to initiate flower buds. Move plants outdoors where they can experience a natural day/night cycle (away from unnatural light sources such as outdoor lighting or bright windows) until late October. Cover plants or move them to a garage or protected patio if there is a chance of frost. If you can't move them outdoor, consider placing them in a closet or similar area where the plants can get about 14 hours of uninterrupted darkness each night. In late October, bring the plants back to their former location in the house and resume normal watering. Flowering should begin in 3-6 weeks. ☀



# Calendar of Things To Do!

**In and Around Frankfort**

**SAVE THE DATE!**

**October 9, 2011—The third annual 2nd Sunday Event hosted by the Franklin County Cooperative Extension**

**Service. 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.” Bring the kids, your bicycle, hula-hoop, skateboard, roller skates, walking shoes, or whatever keeps you active and join your fellow Frankfortonians on the lawn of the Capitol.**



**Capital Area Extension Master Gardener’s Entomology Workshop “What’s That Bug in My Garden?”** Join us on September 27th at 6:00 p.m. as Blake Newton, UK Entomology Specialist in Youth/4-H Extension Entomology leads us through a discussion on insects found in our yards and gardens. Following the presentation, we will go outdoors to search for and collect insects as the sun sets. We hope to collect many different types of insects for demonstration purposes as well as additions to your insect collection. This workshop is suitable for ages 4-H through adults. Watch for additional information about this workshop on our website. <http://sites.google.com/site/capitalareamastergardeners/> or <http://ces.ca.uky.edu/Franklin>.

**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.

## **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](http://fw.ky.gov) and click on “Upcoming Events” to search for activities.

**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.

## **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.

# Practice Safe Sawing And Careful Cleanup

Release Date: April 22, 2011

Release Number: 1969-005

RALEIGH, N.C. -- Operating a chain saw is not like riding a bicycle. If it's been awhile since you used your saw, the technique might not come back to you all at once, but the saw might.

The N.C. Division of Emergency Management and the Federal Emergency Management Agency urge caution around chainsaws and all clean up tasks, tools, chemicals and machinery.



"There are a lot of different ways to get injured by your chain saw," said Doug Hoell, director of Emergency

Management for North Carolina. "To avoid this problem, keep the saw in a position where you can maintain control and don't wear yourself out."

For chain saw jobs, Hoell says to keep these tips in mind:

- Keep both hands solidly on the chain saw handles and your eye on what you are cutting.
- Keep the saw only on the right side of your body and below the height of your head.
- Cut with the lower edge of the saw blade. Cutting with the tip of the saw is asking for a mouthful of moving chain.
- Limbs and branches that are piled up and bent may snap back at you.
- Let the chain do the work. Don't try to force the saw.
- And don't wear yourself out using your saw. Exhaustion makes you lose your edge.

Here's a list of things to consider before you take on the rubble:

- Survey the work and plan your attack in stages.
- Drink water before you start and take frequent water breaks.
- Poisonous snakes are out and about. Use a long stick to poke through debris before you wade into it.

- Wear protective clothing to suit the job: a hard hat, chain saw chaps, goggles, safety shoes and gloves.
- Use UV protection and bug repellent.

Find more information about getting back into your home or business safely, check out [www.fema.gov/rebuild/recover/return.shtm](http://www.fema.gov/rebuild/recover/return.shtm)>

*FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.* ☀

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## *Moving Plants Indoors*

Rick Durham, Consumer Horticulture Extension Specialist, University of Kentucky

### **Acclimate houseplants before moving indoors.**

Many people moved houseplants outdoors this summer to give them extra light and air circulation. While this is a great practice, it's now time to think about getting those plants ready to move back indoors.



First, realize that many houseplants react poorly to an abrupt change in environment. Many will exhibit yellowing or dropping of leaves when moved to lower light conditions. While the plants will usually adjust to indoor conditions, they may be unattractive for a few months. To lessen this response, begin to lower

the light intensity your plants are receiving outdoors by gradually moving them to a more shady location about one month before you will move them indoors. The plant's gradual change and transition from one environment to another is called acclimation. Also hold back fertilizer to slow growth and check plants for insects and disease and treat as needed. It is much easier to handle an

insect problem outdoors than after the plant has been moved inside.

Inside the house, clean windows where plants will be located to ensure that plants get the brightest light possible. Highest light intensities are generally found in south facing windows that are not blocked by awnings or outdoor vegetation. Even under the best of indoor conditions, plants will likely need less water and fertilizer than they received outdoors so reduce these accordingly.

For more information on houseplants log on to:  
<http://urbanext.illinois.edu/houseplants/> ☀

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## Spring Flowering Bulbs

Spring flowering bulbs are an important part of Kentucky's landscape. Crocus and daffodils tell us that spring is on its way, and red tulips are a Derby Day tradition.



Bulbs need to be planted in a well-drained site. The soil pH should be 6.0 to 7.0. Spring bulbs will not do well in heavy clay soils, so poor soils should be amended with compost, peat moss or other organic matter. Most bulbs prefer a site that does

not receive full sunlight in the middle of the day. The normal planting time for spring flowering bulbs is October 15 through Thanksgiving.

As soon as the plants emerge in the spring, fertilize the area with 10-10-10 (N-P-K) fertilizer at a rate of 1 to 2 pounds per 100 square feet. After the flower petals fade or fall off, remove the flower organs with scissors or knife. Allow the remaining foliage to die naturally as bulbs will not mature properly when the foliage is removed prematurely.

Some homeowners use rubber bands or a similar to tie-up the foliage after it finishes flowering. This can harm the plant and cause it to not recapture

the energy from the spent leaves well. Splitting or harvesting bulbs is generally not advised, yet many home gardeners have been successful with this procedure. If they need to be moved, dig them after the foliage has yellowed and died and store in a relatively dry, ventilated location until fall planting.

When selecting flower bulbs for your garden, consider flowering time, flower color and plant height. Bulbs can be purchased from mail order companies, garden centers, supermarkets or department stores. Some varieties are familiar and others have long, hard-to-pronounce names. They can be used as annuals or perennials in beds, in ground covers, in rock gardens or under trees and shrubs.

Here are a few recommended flower bulbs for Kentucky gardens.

- Dwarf Iris
- Crocus
- Glory-of-the-Snow
- Wind Flower
- Daffodil
- Hyacinth
- Siberian Squill
- Botanical Tulip
- Spring Starflower
- Trout Lily
- Crown Imperial
- Grape Hyacinth
- Star of Bethlehem
- Spanish Blue Bells
- Quamash
- Ornamental Onion
- Triplet Lily
- Tulips

For additional information about bulbs, as well as other types of plants, visit the University of Kentucky, Department of Horticulture's website at:  
<http://www.uky.edu/Ag/Horticulture/homehort2.html> ☀

*Adapted from the Cooperative Extension Service publication HortFacts 52-04*

# A recipe for success: UK College of Agriculture, KDA team up to increase use of local foods

By Laura Skillman

LEXINGTON, KY., (Aug. 10, 2011) - Whether it's spring, summer, fall or winter, Kentuckians can "Plate It Up" with delicious recipes containing local products.

That's the message the University of Kentucky Cooperative Extension Service and Kentucky Department of Agriculture hope to spread to consumers with "Plate It Up, Kentucky Proud" through ever evolving, tasty recipes.

"The goal is to get consumers to buy, prepare and preserve more locally grown Kentucky Proud products," said Janet Johnson, Allen County Cooperative Extension agent for family and consumer sciences and a driving force behind the program. "By developing delicious new recipes each season that focus on the freshest commodities, consumers can sample the benefits provided by plating up the best of Kentucky foods."

"Plate It Up, Kentucky Proud" will kick off statewide beginning at the Kentucky State Fair. Two recipes from the program – a watermelon tomato salad and a cucumber, corn and bean salsa – will be featured at the Aug. 18 commodity breakfast, the fair's opening day.

"Kentucky Proud means fruits and vegetables picked fresh for your family," Agriculture Commissioner Richie Farmer said. "When you buy Kentucky Proud, you buy fresh, nutritious foods that you can serve to your family with confidence while helping Kentucky farm families make a living."

Work on the collaborative program has been under way for more than a year and not just any recipe makes it. Family and consumer sciences extension agents submit recipes for modification. Nutrition and food science students in the UK College of Agriculture's School of Human Environmental Sciences modify each selected recipe to make it healthier while retaining its flavor. Finally, each recipe is run through a series of taste tests.

Recipes that make it through the process become part of the "Plate It Up" recipe catalog at <http://www.kyproud.com/recipes>.

For each featured recipe, extension agents receive demonstration guides containing nutritional, selection, storage and preparation information that they can use to educate consumers in their local communities about how to use a specific Kentucky Proud product.

Recipes have been featured in cooking demonstrations at groceries and farmers' markets last fall and this summer, and sales of those ingredients have soared after visitors sampled the recipes, Johnson said. One farmers' market sold out of sweet potatoes after visitors sampled a sweet potato-apple recipe.



Funding for the program came through a federal grant to the Kentucky Department of Agriculture. KDA is assisting in developing the educational resources, marketing, and has developed and maintains the Kentucky Proud recipe database.

"This is just another example of the long history of collaboration between the UK College of Agriculture and Kentucky Department of Agriculture," said Scott Smith, dean of the UK College of Agriculture. "Working together is an efficient, cost-effective way to improve the nutrition of Kentuckians and improve the farm economy of Kentucky."

In addition to recipes featured during the state fair's opening day breakfast, recipes will also be featured at the Gourmet Garden demonstrations held noon daily at the Kentucky Beef Council's stage in the south wing of the Kentucky Exposition Center. Additional information and recipe cards will be available at the UK College of Agriculture's exhibit in the west hall lobby and in KDA's exhibit in the south wing.

Kentucky Proud is Kentucky's official farm marketing program, administered by the state Department of Agriculture. Membership is free and open to any Kentucky farm or business which grows, raises or manufactures food and agricultural products in Kentucky.

For more information on the "Plate It Up, Kentucky Proud" program contact a county extension office or visit the KDA website for recipes. ☀



# APPLE DAPPLE!

Fall means time for crisp, juicy, locally grown apples! Visit the Farmers Market and check out the different varieties available for eating and cooking.

Do a taste test with your family. Get one of each variety of apple from the Market and one of each variety available at the grocery store. For each variety, get a paper plate. On the underneath side, write the name of the variety. On the top side of the plate, number each sample. With an adult, slice each apple into bite-size pieces, place on the plate with it's name. Have a sheet of paper for each person tasting, with numbers corresponding to each sample. For each tasting sample, have the person write how they like the fruit. Is it crisp, sweet, soft,

juicy? Which do they like best? Then turn over the plates and show the names of each apple. Now everyone will know which is their favorite to purchase!

Another fun thing with apples and other fruit is to make stamps!

Here is how:

## Apple Prints

You can use apples to make decorative and colourful prints.

Here's how:

### Materials:

- apples
- knife
- tempera paint
- Styrofoam tray (to use as palette)
- paper towels
- paper

### Instructions:

Cut apples into shapes for stamping (this should be done by instructor) - make sure they each have a flat and level bottom. Experiment with different shapes: try apples, stars, flowers, hearts and other designs. Pour paint into trays - if possible, use different colours.

Dip flat end of stamp into paint; then wipe off excess paint onto paper towel. Stamp onto paper. To avoid having to wash stamps, use each stamp in only one colour of paint. Let paper dry. Paper can be made into cards and gift wrap. Taken from: Nova Scotia Fruit Grower's Association <http://www.nsapples.com/teacher/t5cprint.htm>

[www.nsapples.com/teacher/t5cprint.htm](http://www.nsapples.com/teacher/t5cprint.htm)



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Kim Cowherd  
County Extension Agent for Horticulture

**NOTE FROM KIM**

The days are growing shorter and the evening temperatures are beginning to drop! Fall is in the air! Remember to clean up your summer gardens and flowerbeds and start preparing for winter. If you have not over-seeded your lawn, you have a few short weeks to get that done! Call the Extension Office if you need information on lawn renovation.

Happy Gardening- Kim

County Extension Agent for Horticulture

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](mailto:gil.thurman@uky.edu) or [kim.cowherd@uky.edu](mailto:kim.cowherd@uky.edu)

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