

*Growing
Gardeners*



Cooperative Extension Service
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Late Summer is the Perfect Time for Planting Fall Vegetables

FREE SEEDS FOR FALL PLANTING – 9 PACKET LIMIT – PICK UP AT:
ED DAVIS CENTER, 151 ED DAVIS LANE, GEORGETOWN, OR 
SCOTT COUNTY COOPERATIVE EXTENSION OFFICE, 
1130 CINCINNATI ROAD, GEORGETOWN
Thank you Rural King for your generous donation! 

If you already have a garden, remove dead or played-out plants, such as fully harvested plants, diseased or dead plants. Pull any weeds that are in the garden. Weeds steal moisture and nutrients from your vegetable plants. After weeding, add 2"-3" of compost (if you have it) and work in well.

Smooth out the soil with a rake or similar to prepare a good seed bed for planting your seeds. Plant your seeds according to package directions making sure to plant them deep enough and far enough apart. Water seeds well after planting. Keep your fall garden well-watered during the hot months of August and September. Most do well with one inch of water a week. Once your seedlings are established give them one deep watering once a week rather than several lighter waterings. Water the soil and not the plant.

Extend your growing season later into fall by protecting your plants from frost. (Our first frost date in the fall is generally around October 24, give or take a few days). Cover the garden with an old sheet, blanket, tarp, or row cover when frost or freezing temperatures occur. Some of the greens will not be adversely affected by light frost, and may not need to be covered.

Because there may have been a spring and summer garden in this same place, be on the lookout for pests and diseases. Watch for insect holes or unusual spots on plant leaves and take care of insects and diseases promptly to minimize the damage.

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Disabilities
accommodated
with prior notification.

AS THE TEMPERATURE COOLS . . .

Autumn begins on Saturday, September 23, 2023, this year.

Bear in mind that this only applies to us who live in the Northern Hemisphere — if you live South of the equator, this is when spring will begin!

In Kentucky, we can expect our first frost to occur around the fourth week in October.

Poison ivy leaves could begin to turn red this month. Don't be fooled by their fall color change, the leaves are still very irritating. Do not handle or shred the leaves and do not burn the vines, as even the smoke can cause allergic reactions in some people.

Avoid storing pesticides over the winter in sheds and garages. Cold temperatures can cause these materials to become ineffective. If you have questions about the efficacy of your pesticides call the manufacturer, using the phone number listed on the label. For additional pesticide storage information visit the National Pesticide Information Center website.

Asian lady beetles, stink bugs, cluster flies, and other innocuous insects may attempt to enter your home this fall to overwinter. If you haven't already, now is the time to caulk, weatherstrip, and seal up all cracks, and entry points around your house foundation, vent openings, windows, and doorways to prevent these critters from coming indoors.

House mice and sometimes field mice may be more noticeable around and in homes due to the onset of cool weather. Keep grass and weeds properly mowed around your house and seal all cracks.

If you have a lawn consisting of cool-season grasses (tall fescue, fine fescue, Kentucky bluegrass), applying fertilizer in late September to early winter is best. Fall fertilization allows the turf to develop a better root system and becomes very dense. Other advantages to autumn fertilization include better recovery from summer-time diseases and other stresses, better color during the winter, and earlier green-up in the spring.

Why? Grass roots are the first to start thriving when spring temperatures warm. New and deeper roots that were formed from fall fertilization, have already created a network of interlocking roots, so your grass is ahead of the game with a good root system in place, ready to take up necessary nutrients and water for spring green up. Also, the deeper the roots, the more likely the grass plant will be able to survive hot, dry summer conditions.

Always follow a soil test recommendation (they are free here at Scott County Cooperative Extension. Also, make sure to sweep any fertilizer that lands on sidewalks or driveways back onto grassy areas. You want fertilizer on your turf and not washed into the storm sewer during the next rain.

Fresh From the Garden

Consider making this healthy recipe with lettuce you grow from your own fall garden. If you plant the FREE 'Livingston's Mix' lettuce seeds now, you could be enjoying this Fall Harvest Salad by mid-October and beyond!



Fall Harvest Salad

5 cups torn leaf lettuce	4 teaspoons lemon juice	2 tablespoons balsamic vinegar
2 ½ cups spinach leaves	¼ cup dried cranberries	1 ½ teaspoons Dijon mustard
1 medium red apple, chopped	¼ cup feta cheese crumbles	2 teaspoons Kentucky honey
1 medium pear, chopped	½ cup chopped walnuts	½ teaspoon salt
Dressing:		
2 ½ tablespoons olive oil		

Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture.

Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.

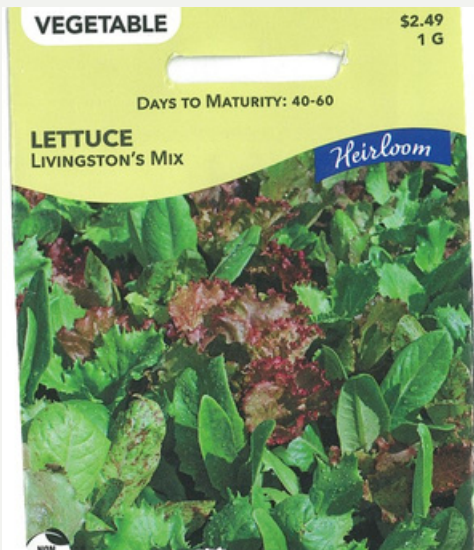
Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately.

Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Lettuce

SEASON: Early to late spring and August to November.

NUTRITION FACTS: Lettuces have 5 to 15 calories per cup depending on variety. Lettuce provides vitamin A, vitamin C, calcium and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for 3 to 5 days, depending on the variety.

PREPARATION: Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

KENTUCKY LETTUCE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

September 2014

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College of Agriculture,
Food and Environment

Source: www.fruitsandveggiesmatter.gov



BIG TREES

Georgetown Tree Week

October 6 - 15, 2023

In 1940, the American Forests organization began a search of the largest specimen of each species of American trees. This list, now called the National Registry of Big Trees, contains the names of more than 870 species. Kentucky has eleven national champions or co-champions.

The Division of Forestry began compiling a list of state champion trees in 1968. The first list contained 51 species. Only trees referenced in the book *Trees & Shrubs of Kentucky* by Mary E. Wharton & Roger W. Barbour are considered for the Kentucky Champion Tree Program. The list is continually changing as new species are added and former champions are replaced either because they die or a larger specimen is nominated.

Join us October 6-15, 2023 for our 3rd annual Tree Week, a week-long celebration of the trees and greenspaces around us! Through a series of nature and tree-themed events, Tree Week strives to foster a deeper appreciation and understanding for the important roles nature and trees have in improving our quality of life. Look for upcoming events at the

[Scott County Horticulture website](#)

In honor of upcoming Georgetown Tree Week (October 6-15, 2023), take a look at Kentucky's Champion Trees. Some of them are within traveling distance to us, on public lands. Pack up friends and family and go visit a record tree! The information on this page was resourced the Kentucky Division of Forestry's website on Champion Trees.



[Kentucky Division of Forestry - Champion Trees](#)



Trees & Shrubs
of Kentucky

Mary E. Wharton
& Roger W. Barbour

COME ZOOM WITH US AT LUNCH



Classes for the month of September on Horticulture Webinar Wednesdays are listed below. All start at 12:30 pm Eastern Time, or 11:30 Central Time. Must register ahead of time. (below)

A poster for "September Classes" featuring a background of purple flowers. In the top left corner is the "Horticulture Webinar Wednesdays" logo. The main text reads "SEPTEMBER CLASSES" in large bold letters, followed by "Wednesdays 12:30 p.m. ET/ 11:30 a.m. CT". A list of classes follows: "September 6 Carex for the Mid-Atlantic Region - Sam Hoadley", "September 13 Hydrangea Selection and Care", "September 20 Backyard Fruit: Clean up Today to Keep Diseases Away", and "September 27 Tabletop Mushrooms". At the bottom, a grey rounded rectangle contains the text "Register Here: https://tinyurl.com/23SEPHWW".

**Welcome! You are invited to join a meeting:
SEPTEMBER 2023 HWW. After registering, you will...**

