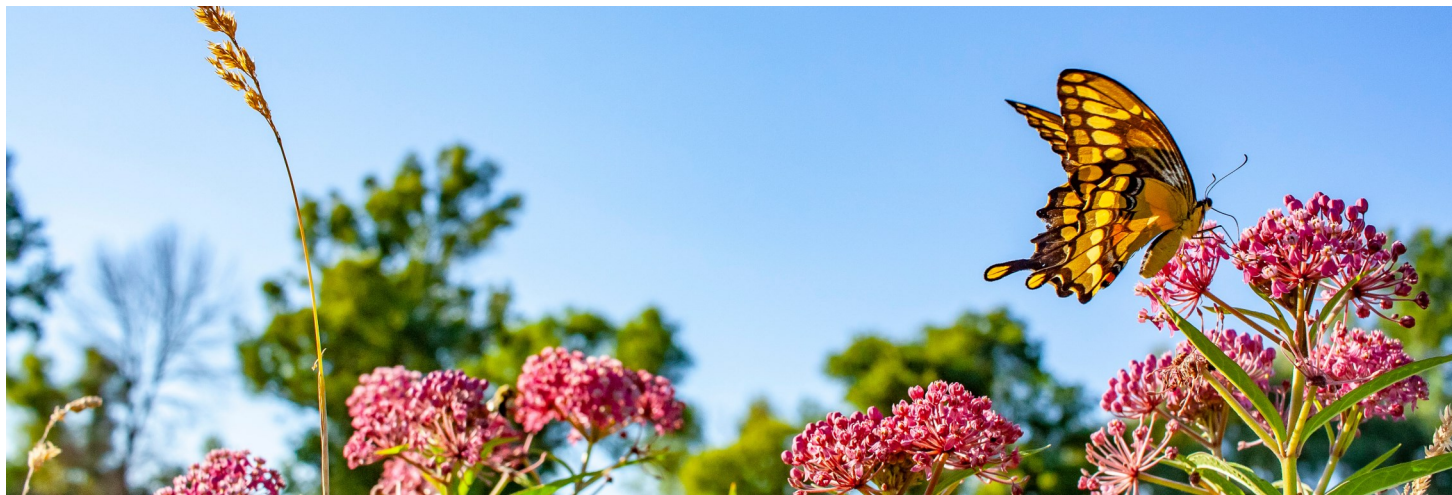


Weed It and Reap

**FRANKLIN COUNTY
COOPERATIVE EXTENSION
AUGUST 2024 NEWSLETTER**

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
Fax: (502) 695-9309
franklin.ca.uky.edu



Installing a Butterfly Garden Can Play a Critical Role in Plant Pollination

Source: Faye Kuosman, UK Food Connection Coordinator

Butterflies aren't the only ones that can benefit from butterfly gardens. Honeybees, which are native to Europe and introduced to the United States, are also important pollinators for home gardens. Numerous other pollinator species including native bees, butterflies, moths, beetles, birds, and bats benefit our gardens. Sadly, many of the pollinators have suffered from habitat loss, chemical misuse, diseases and parasites.

Butterfly gardeners play a critical role in nurturing and conserving both native and introduced pollinators. Butterfly gardens and landscapes provide pollinators with food, water, shelter and habitat to complete their life cycles. Urban areas typically feature large areas of pavement and buildings and offer little in the way of food and shelter for pollinators. Garden plantings can help bridge that gap.

(Continued on pg. 2)

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(Continued from pg. 1, Installing a Butterfly Garden Can Play a Critical Role in Plant Pollination)

Just like with any new flower bed, you want to pick a site for your butterfly garden with good drainage, full sun and an area with good weed control. If you are starting a new butterfly garden, get a soil test, eliminate the weeds, and add organic matter.

Butterflies, honeybees, and other pollinators need protein from flower pollen and carbohydrates from flower nectar. Plan to provide a variety of different types of flowers and aim to have three different flower species in bloom throughout the growing season. Showy, colorful flowers and massed groups of flowers, particularly in small gardens, provide efficient feeding stations for the pollinators. Flowering trees and shrubs also provide excellent food sources. Native plants share a long history with their pollinators, including a wide variety of natives will make your garden a favorite destination for pollinators.

You want to have a variety of plants, preferably native and non-native ones that

will bloom throughout the growing season. Some of these are purple cone flower, black-eyed susan, asters, golden rod, yarrow, tall blazing star, milkweed, coreopsis and many more. The Kentucky Native Plant Society has an updated listing of nurseries in Kentucky that sell native plants at <https://www.knps.org/>.



Be sure to have puddling spots for butterflies to get a drink of water. Pollinators also need shelter from the wind, scorching sun, and heavy rain. Fences can serve as windbreaks, which may make the garden more attractive to pollinators.





MY KENTUCKY HOME PROVIDES WHAT I NEED

The Bluegrass State has an abundance of natural resources that are needed for food, fiber, and energy production. How does your county contribute to meeting our needs?

Water, Water Everywhere!

Water is plentiful across the Commonwealth. With 13 river basins and 90,000 miles of streams, Kentucky has more navigable waterways than any other state except Alaska. There are also 45 major lakes and reservoirs in Kentucky. The reservoirs alone hold nearly 3 trillion gallons of water.

Agriculture

COUNTIES WITH CROP AND LIVESTOCK ICONS RECEIVE \$1 MILLION IN REVENUE FOR THESE PRODUCTS. DAXX IS THE TOTAL SALES FROM AGRICULTURE COMMODITIES.

- Grains & Oilseeds
- Tobacco
- Hay
- Fruits & Vegetables
- Nursery, Greenhouse, Flowers & Sod
- Poultry
- Cattle
- Horses
- Hogs
- Milk



Regions of Kentucky
 Jackson Purchase Bluegrass
 Pennyrile Eastern Coal Field
 Western Coal Field

Every Kentucky county also receives significant income from timber sales. Counties with the tree icon is covered in 50% or more in forest.

Counties with active coal mining in years 2020-2024

Sources: USDA 2022 Census of Agriculture, US Forestry Service, US Energy Information Administration



Plant a Prairie Grassland

By Joyce Fry, Master Gardener Volunteer

There are an estimated 24 million acres of lawn in the United States, and while a cropped green lawn may look appealing, it lacks much color and life. Absent are butterflies and other pollinators and most bird species. If you enjoy watching wildlife and would like to improve your views, consider replacing some of that lawn with a prairie grassland. Prairies contain warm-season grasses and many wildflowers. Warm-season grasses are so-named because their growing season is much shorter than that of turf grasses (cold-season grasses). They are an integral component of a prairie because of their adaptation to extremes in weather, and their deep, branching, oftentimes clumping, root system. The clumping habit is critical for some grassland birds, such as Bob-white quail. Their chicks cannot navigate through the tightly intertwined fescue roots of turf grasses but can move easier and hide from predators amid the clumps of prairie grasses. Some of these grasses include big bluestem (*Andropogon gerardi*), little bluestem (*Schizachyrium scoparium*), Indian grass (*Sorghastrum nutans*), and switch grass (*Panicum virgatum*). It is estimated that about 2.5 to 3 million acres of

"grasslands" (includes prairie, barrens, savanna, and woodlands) existed in pre-settlement Kentucky. However, about 99% of these have been converted to agricultural and urban areas. Although there have been benefits to humankind through this conversion, much has been lost.

Here in the Bluegrass region, many familiar wildflowers would be right at home in a prairie planting. Spring-flowering plants include

beardstongue (*Penstemon* sp.), black-eyed Susan (*Rudbeckia hirta*), and coreopsis (*Coreopsis* sp.). Summer is resplendent with blooms of wild blue indigo (*Baptisia australis*), blazing star (*Liatris* spp.) and purple coneflower (*Echinacea purpurea*). Color continues through autumn with New England aster (*Symphotrichum novae-angliae*), great blue lobelia (*Lobelia siphilitica*), and sneezeweed (*Helenium autumnale*). These are just a few, and species will differ depending upon soil conditions. In wetter areas, plants such as blue flag iris (*Iris virginica*), monkey flower (*Mimulus ringens*) and swamp milkweed (*Asclepias incarnata*) will dazzle.



Green Lacewing

"If you build it, they will come" (Field of Dreams, 1989) was never truer than wildlife to a grassland prairie. They attract a vast array of insects and birds. Pollinators include butterflies, bees, wasps, and hummingbirds. Ants are harvesters of aphid "honeydew" and decomposers, and beetles are decomposers or predators. Other insect predators include assassin bugs, praying mantis and green lacewing. This network of insects and bugs attract a host of insect- and seed-eating birds.

A hummingbird's diet consists of about 80% insects. To produce one brood, Carolina chickadee parents must feed their offspring between 6,000 to 9,000 caterpillars. Seed-eating birds include sparrows, Northern cardinal and American goldfinch. They may have a smorgasbord of black-eyed Susan, purple coneflower and grass seed in a prairie. The seed-eating American goldfinch primarily feeds seed to its chicks, while most other bird chicks must have insect protein in their diets. Finally, grasslands provide habitat for insects and birds to nest in, hide from predators, and shelter from harsh weather. Insects overwinter in the dormant and dead plant leaves, stalks, and roots. Lingering seeds and overwintering insects provide sustenance to birds through the winter. Such is the rich, diverse, fascinating life that is missing from a turf grass yard. If you are

interested in planting prairie grassland, contact your local Extension Agency for guidance.



GoldFinch eating seed

Going Solar!

The Franklin County Extension District Board voted to take advantage of the Solarize Frankfort process and federal government rebates. We will be installing a solar photovoltaic (PV) and battery back-up system to supply nearly 100% of the office's net annual electricity needs.

The 45 kilowatt (AC) project will use 164 solar PV panels and four Tesla Powerwall batteries and is expected to save the Extension office over \$10,000 annually in electricity costs. Our office expects to receive a \$66,000 "Direct Pay" rebate from the Federal government for the \$165,000 project, enabling the project to break even in less than 10 years.

The 164-panel solar array is expected to supply 98% of the Extension office's net annual electricity needs, using a net metering agreement with Kentucky Utilities. The battery back-up system will supply critical loads during grid outages, enabling the Extension office to continue operations and offer community services during potential community emergencies.

We expect installation during the month of August. Please be patient with us during this process. Much of the rear parking lot will be restricted due to staging and access will be limited. If you're interested in the solar process, stop by and visit us along the way. Once completed we'll have a public monitor that will show how our panels are performing and real time status of the system. To learn more about Solarize Frankfort, visit www.kyses.org/solarize.

Help Your Garden Weather a Heatwave

Source: Rick Durham, Extension Professor, Department of Horticulture

If you think you're hot, ask your plants (not literally). They can suffer under high summer heat, too.

Most vegetables and native plants can withstand a periodic heatwave, but once the soil dries out in the top few inches, all plants can feel the stress. Some vegetables like beans and tomatoes may delay producing fruit during hot weather but this is usually temporary. A layer of mulch around your plantings can help hold moisture for those important surface roots and moderate the soil's temperature. A light-colored mulch like straw, pine needles or grass clippings can help to reflect heat back and away from the plant's roots.

But don't worry. There are ways to protect your plants!

Water your plants in the early morning before the heat of day to prevent water loss to evaporation. If you use sprinklers, most of that water can be lost through wind drift and evaporation, so try to water on a calm morning. Hand watering gives you the best control and directs the water exactly



where you need it. If you can, it is best to soak the soil directly beneath the plant and avoid getting the leaves wet. Soaker hoses are good for directing the water where it's needed most.

Watering in the morning also discourages slugs and fungal diseases. An evening dousing can leave the soil and foliage wet for longer periods of time and encourage snails, slugs and the spread of disease.

You may have to water container gardens two or even three times a day, depending on how large the container is and how much foliage is present. If they are small enough to be moved, shifting containers to a place where they can get partial shade will help manage the plants' stress, but some plants may not bloom as well when exposed to prolonged shady conditions.

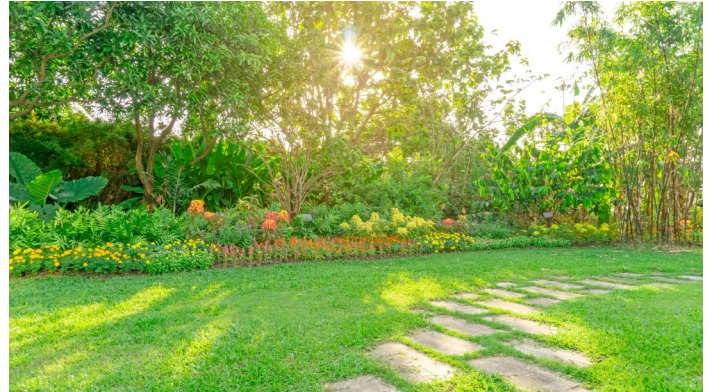
During normal weather, young trees need at least 10 gallons of water a week for the first three years directed toward their developing root systems. If you find yourself in a hot dry spell, provide your young trees and shrubs with more water. They are at their most susceptible during those early years. A tree bag contains a reservoir of water that is released slowly to the plant and can help keep the tree well-watered during the hottest spells. You'll only have to fill the bag occasionally rather than watering every few days. They can be purchased at most garden shops.

Shade cloth, which comes in varying thicknesses, can help protect plants that are withering under the sun's rays. Support it above or to one side of the plants, which will shelter them like a porch protects us from the strongest sunlight. Tree branches with leaves can also be placed over plants to provide shade.

Now is not the time to cut your lawns short. Mow them to at least a three-inch height. That way, the grass blades will provide shade for their own roots and help hold in soil moisture. Avoid fertilizing lawns and gardens during heatwaves, because roots' capacity for taking up nutrients are reduced during hot weather. You'll just be wasting your money. Most Kentucky lawns are comprised of bluegrass and tall fescue. Once established, both of these species can withstand quite a bit of drought.

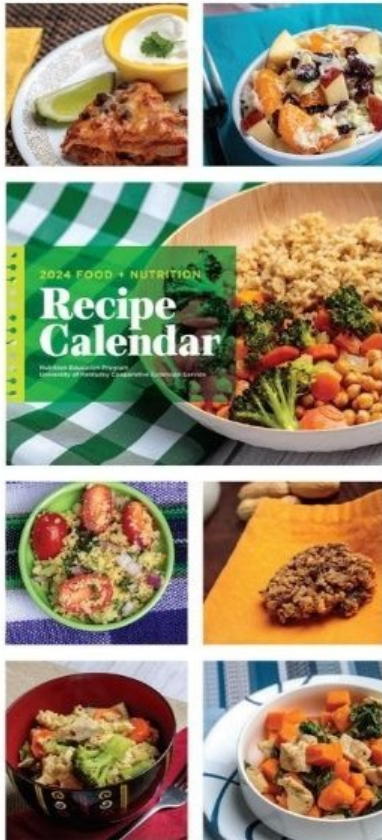
Many cool-season crops are planted in August, but the late summer heat can be

hard on young transplants. Again, shade cloth can come in handy. Or plant them under more mature plants, so they can benefit from the shade the larger plant throws.



COOKING THROUGH THE

Calendar



Franklin County Cooperative
Extension Office
101 Lakeview Court
Frankfort, KY 40601

For more information on how you can attend these
FREE cooking classes, please contact your local
Nutrition Education Program Assistant:

Pamela Holbrook
502-695-9035
pamela.holbrook@uky.edu

RSVP Required

**All 2024
Class
Dates**
Feb 12
March 11
April 8
May 13
June 10
July 8
Aug 12
Sept 9
Oct 14
Nov 11
Dec 9



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

2024 Farm City Field Day

Farm City Field Day had its start in 1958 at the Smith Farm in Bridgeport. From what I understand, it began as a way to share cutting edge research with local farmers and demonstrate new practices. It has continued and evolved over time.

Not that many years ago the Field Day educational tour reached a milestone – tobacco production was not on the agenda. Burley used to be a main stay for our county. It was a high value crop that every farm could grow a bit of to pay the bills and some years maybe have a little extra. In its heyday of the 1980s there were over 600 farmers growing burley tobacco. This year, to my knowledge, there is one.

The Jone's family, our 2024 Farm City Field Day hosts, saw the writing on the wall several decades ago and decided to diversify. They added vegetable production to their farm enterprises. Now, while they no longer grow tobacco, they do still have beef cattle, forages and some row crops as well as other satellite agricultural enterprises to supplement the three generations that farm today.

This year's Field Day was fairly unique as it focused solely on large scale vegetable production, highlighting the roughly seven acres in production. Stops included: History & Evolution of Happy Jack's, Ecological Benefits of Farming, Vegetable Disease Management, Economics of Plasticulture and a Restaurateur's POV on serving Local Products. A major benefit from this year's host was that all the sides came from the farm! Truly a farm to fork experience.



Farm City Field Day

A Waste Free Event

Recycle & Compost: **149** Pounds

Trash: **10** Pounds

94 % of WASTE Diverted from the landfill!



64th Annual

FARM CITY FIELD DAY

presented by: Franklin County Farm Bureau, Franklin County Extension Office, Franklin County Conservation District, & Frankfort Area Chamber of Commerce

Special THANK YOU to our farm host:



Happy Jack's Farm



THANK YOU to our 2024 sponsors:



Ed McClure



L.O. Osborne





REMINDER!

5 free soil samples in the month of October!

Start planning and watch for the coupon in the September and October newsletters!

Check out extension publication AGR- 16 to learn more about soil samples!

<https://publications.ca.uky.edu/files/agr16.pdf>



South Frankfort Food Share

Every other Tuesday | 5-6:30 PM



Dates

- May 28
- June 11 & 25
- July 9 & 23
- Aug. 6 & 20
- Sept. 3 & 17
- Oct. 1 & 15



Each Food Share box comes with 8-12 produce items from local farmers!

Sliding Scale Pricing	SNAP/EBT - \$6	Regular - \$30
	Limited Income - \$12	Food Justice - \$40

Dolly Graham Park | 225 River St, Frankfort | (502)-472-4639
freshfood@franklincountymarket.org | FCMarket.org












SAVE THE DATE

2025 KENTUCKY FRUIT & VEGETABLE CONFERENCE

JANUARY 5-7, 2025

**MARRIOTT GRIFFIN GATE
1800 NEWTOWN PIKE
LEXINGTON, KY**

DETAILS TO COME



**THE
KENTUCKIEST
THING THERE
EVER WAS**

KENTUCKY STATE FAIR 120

120 Years 120 Counties

AUG. 15-25, 2024



KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION



GARDEN CLUB

For youth ages 9-18

4-H GARDEN CLUB WILL BE GROWING AND LEARNING ABOUT :

- ✓ Seed to Supper Program
- ✓ Grow and harvest your own garden
- ✓ Pollinator Gardens
- ✓ Horticulture, Floral design and Flower Shows



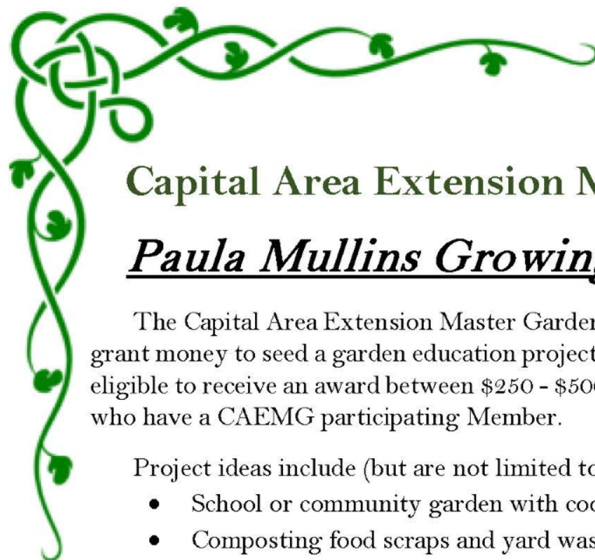
3rd Thursday of the month
@5:00 pm



Franklin County Extension Office **101 Lakeview Ct.**
Frankfort KY 40601

QUESTIONS? CONTACT THE FRANKLIN COUNTY EXTENSION OFFICE AT 502-695-9035
OR EMAIL THE CLUB LEADER BETSY KENNEDY @ YARNADDICTION62@GMAIL.COM





KENTUCKY  
COOPERATIVE EXTENSION



Kentucky Extension
Master Gardener

Capital Area Extension Master Gardeners

Paula Mullins Growing Gardeners Grant Application

The Capital Area Extension Master Gardeners (CAEMG) invites schools in Kentucky Counties to apply for grant money to seed a garden education project in the classroom or community. Pre-K through 12th grades are eligible to receive an award between \$250 - \$500. Preference will be given to new projects, and to those counties who have a CAEMG participating Member.

Project ideas include (but are not limited to!):

- School or community garden with cool weather, spring crops
- Composting food scraps and yard waste
- Tree planting
- Planting pollinator gardens
- Houseplant propagation and public sale
- Starting seedlings and selling or donating for summer vegetable gardens
- Educational trip to a botanical garden
- Student-led effort to partner with the appropriate county entity to identify and label plants at a local park to help educate the public
- Invasive plant species identification and removal project

At the conclusion of the project, students shall submit a Project Summary in the form of a trifold project board. The Project Summary should include between 10-20 pictures of the students at work, and brief captions of what is being done. Failure to submit the required Project Summary shall disqualify the awardee from future awards.

Projects that propagate plants and have available inventory at the end of April will be invited to setup a table at the annual CAEMG Plant Sale and earn money to seed future gardening projects. All sale tables shall have the trifold display with pictures of engaged students and captions about the project.

Interested parties should complete the CAEMG Growing Gardener Grant Application and submit to the CAEMG email by September 30.

Awards will be made in the second week of November.

Thank you for taking the time to apply for this grant. We are excited about funding as many proposals as possible, and hope you will contact us with any questions, concerns, etc. that you may have. We know you are caring, giving educators, and we want to be part of your success!

Submit questions and/or completed application to:

capitalareamastergardeners@gmail.com

CAEMG Growing Gardeners Grant

Application Information

Cooperative Extension Service

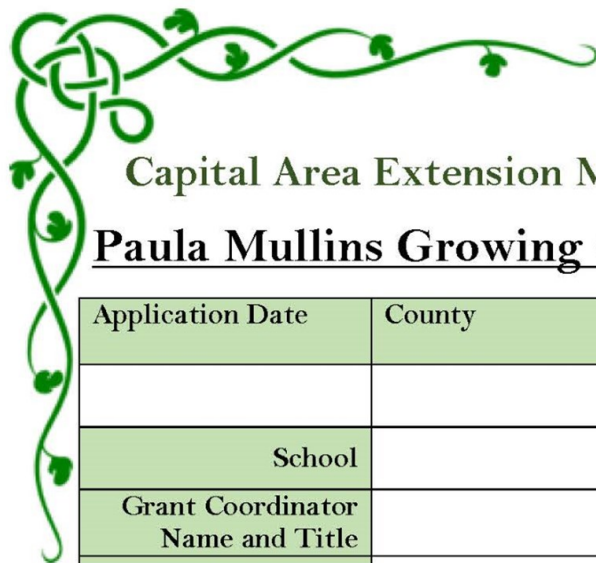
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



Kentucky Extension
Master Gardener

Capital Area Extension Master Gardeners

Paula Mullins Growing Gardeners Grant Application

Application Date	County	Grade Level(s)	Requested Grant Amount (Not to exceed \$500)
School			
Grant Coordinator Name and Title			
Contact Email			
Contact Phone			
Names of any project collaborators (optional)			
Project Title			
Target Audience			
Project Overview			
Provide a brief statement about the proposed project.			
Project Objectives			
Provide a bulleted list of objectives about the desired outcome of the proposed project.			
Desired Outcome			
Provide a statement about the desired outcome of the proposed project.			



Project Implementation (Step-by-step), including Milestone Timeline:	
Outline the steps of the project, from the time an award is received through the submission of the required PowerPoint project summary.	
Project Budget	
Describe all items for purchase and estimated costs. Mention any co-funding from the school or other sources.	
Project Evaluation	
Provide information on how you will determine the effectiveness of the project or program. Include the method that will be used to verify the completion of the project or program.	
Project Summary Submission	
Trifold project board including pictures of students at work and captions about the project. Details should include the school name, project title, objectives, timeline, budget, and evaluation. If students will sell at the CAEMG Annual Plant Sale, you may leave space to include picture(s) from the sale.	<u>Due by April 20</u>
Photo Releases Obtained?	
It is the teacher/school's responsibility to ensure a photo release is on file for each pictured participant. CAEMG may utilize these images for promotional purposes in association with future grant awards.	Y/N
Do wish to reserve a table to sell available inventory at the CAEMG plant sale at the end of April?	
Table reservations require display of a tri-fold display about the project, including the CAEMG logo and the grant name "Paula Mullins Growing Gardeners Grant".	Y/N

Signature	Date

Updated 5/7/24.





Grilled Pepper and Portabella Mushroom Sandwich

1 large red bell pepper	½ cup extra virgin olive oil	4 whole wheat buns
1 large tomato	Salt and pepper to taste	4 1-ounce slices fresh mozzarella cheese
1 small sweet onion	4 portabella mushroom caps, ¾ inch thick	4 tablespoons garlic hummus
16 fresh basil leaves		

Preheat outdoor grill to medium heat; **spray** grill grid and grill skillet with non-stick cooking spray. **Cut** pepper in half; **remove** core and seeds. **Cut** lengthwise, in ½ to 1 inch strips. **Cut** tomatoes and onion into ½ inch slices. **Wash** basil and remove stems. **Whisk** salt and pepper with olive oil. **Brush** both sides of mushroom caps with seasoned oil. **Place** on grill grate and cook until tender. **Remove** and keep warm. **Brush** pepper strips and onion slices with seasoned oil; **put** in grill skillet and **place** on grill. **Cook** until tender. **Separate** the buns and lightly **brush** halves with seasoned oil; **place** halves, oil

side down, on grill grate; **grill** until warm with grill marks. On the bottom bun, **add** 1 slice mozzarella cheese. **Heat** until slightly melted. **Remove** from grill. On top of the cheese, **add** one grilled mushroom cap, one tomato slice, one slice grilled onion, four grilled pepper strips and four basil leaves. **Spread** top half of bun with one tablespoon hummus and **add** to sandwich.

Yield: 4 sandwiches

Nutritional Analysis: 470 calories, 29 g fat, 7 g saturated fat, 20 mg cholesterol, 549 mg sodium, 36 g carbohydrate, 3 g fiber, 10 g sugars, 16 g protein.

COMPLAINT PROCEDURE

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.


Adam Leonberger

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities accommodated with prior notification.