

University of Kentucky College of Agriculture, Food and Environment

Cooperative Extension Service

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March

Horticulture Newsletter In this issue:

Bullitt Co. Master Gardeners'
Plant & Art Sale
Page 2

Gardening for PollinatorsPages 3-4

Seasonal RecipesPage 5-6

10 Common Plants to Avoid Pages 7-8

Scholarship Application Pages 9-11

Upcoming EventsPage 12

Connect with us for program updates and daily horticulture tips







Upcoming Classes

Pre-registration is required to ensure adequate supplies. Call 502-543-2257 or email tlme234@uky to register

March 2024

• Monday, 3/18: Seed Starting, 6pm Learn the basics of starting seeds at home to get you prepared for the gardening season.

April 2024

• Monday, 4/15: Grafting Apple Trees, 6pm Learn the best techniques to graft apple trees and practice with a hands-on demonstration.

Saturday, 4/27: Master Gardener Plant Sale
8a -2pm, Rain or Shine!

Shop for herbs, flowers, natives, vegetables, garden art, and much more! See pg. 2 for more details.

May 2024

- <u>Friday, 5/17: Herbal Tea Gardening, 6pm</u> Learn about diverse plants that make great tea and how to create a bountiful tea garden.
- Friday, 5/30: Vertical Gardening, 6pm Learn about different methods for using vertical space efficiently to grow a more diverse range of plants.

Meetings

Master Gardeners' Assn. & Horticulture Council, 6pm (1st Tuesday of each month)

• March 5th, April 2nd, May 7th

Bullitt Co. Beekeepers' Association & Class, 7pm (2nd Wednesday of each month)

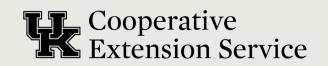
• March 13th, April 10th, May8th

Cooperative Extension Service

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

Educational programs of KY Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national 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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







BULLITT CO. MASTER GARDENERS'

PLANT & ART — SALE —

SATURDAY

APRIL 27, 2024

8A-2PM, RAIN OR SHINE!

384 Halls Lane, Shepherdsville, KY Bullitt Co. Extension Office

Hosting numerous vendors selling a wide variety of items including: vegetables, herbs, flowers, bird houses, garden art, local honey, & much more!

To become a vendor, call 502-543-2257

(f) bechorticulture

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Science
4-H Youth Development

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LEXINGTON, KY 40546









Gardening for pollinators: Smart plants to support pollinators

Rebecca Finneran, Michigan State University Extension

Pollinators are looking for nectar and pollen when foraging in your garden. This is their food, the carbohydrates and protein they need to thrive and produce offspring. Native bees will widely feed on many different types of flowering plants in your landscape and garden.



Native bee on coneflower.

Think about "serving" up a menu of blooms in early spring through fall. Choose a wide range of flowering plants including annuals, herbaceous perennials and native plants, bulbs, trees and shrubs that are known to support pollinator health. Early blooming plants such as spring bulbs or *Pachysandra*, or very late bloomers such as *Sedum* or *Anemone* are often the most needed food sources for pollinators since there are fewer floral resources available during those times.

Some annuals like *Tithonia* and perennials like *Helenium* (Sneezeweed) can be encouraged to re-bloom during summer with pruning and routine dead-heading. Other garden favorites have been bred to continue blooming throughout the season. Providing a wide range of bloom sizes and shapes will encourage these insects regardless

of the insect's size. Tubular-shaped flowers with an extended petal, like foxglove or Salvia, allow bees to perch and then enter the bloom. Open flowers with flat umbels like our native ironweed provide resources to many kinds of beneficial insects.

Bees will forage on hundreds of different flowering plants, but they especially love purple, blue, white, yellow, mauve or violet flowers. Using UV light, bees see things in flowers our eyes cannot, including patterns, colors and markings, which enables them to pilot directly to a "landing pad" leading to the pollen source.

Flowers bred to have dense petals such as roses or peonies may not accommodate pollinators since the nectar glands and pollen laden stamens are more difficult to locate. A plant that was bred to be sterile (lacking stamens) or does not contain nectar does not benefit pollinators.





Human vision of a flower (left) versus insect vision (right).

The importance of pollinators

Pollinators are essential to our environment and are uniquely linked to our food supply. They pollinate more than 85 percent of the world's flowering plants and are ultimately responsible for the seeds and fruits that humans, song birds and even black bears consume. Recent concerns about the decline of pollinating insects have caused gardeners to learn how to make positive contributions towards their conservation. Understanding habitat needs and food sources while adjusting our garden maintenance routine is a step forward in pollinator conservation.

One often thinks first of the honey bee as a pollinator, but over 400 species of native bees live in Michigan. Native bees come in many shapes and sizes, and are often uniquely linked with native trees, shrubs and herbaceous plants, but will also work a widely diverse garden plant palette.

Beneficial insects also make up the world's hardest-working workforce by keeping detrimental insects in check. A diverse selection of native and non-native plants, judicious reduction of pesticide use and observant gardeners come together to create a strategy for preserving bees and other "good bugs" in our landscapes and gardens.

Early show

Early spring-blooming plants such as *Pachysandra* and bugleweed buzz to life with insect activity when windy spring weather makes it difficult to navigate plants that are taller. Minor bulbs like Siberian squill, *Punchkinia* and *Chinodoxa* attract the tiniest of bee species. Perennial favorites such as bleeding heart, foxglove and *Allium* 'Purple Sensation' bring in the late-spring show audience and larger bees are often seen feeding on these beauties.

Prime time

By the time spring unfolds, garden favorites like single peonies reveal their pollen-laden anthers and start receiving attention from bees. New hybrids of coral bells re-bloom throughout the season and well into fall with fresh bloom spikes emerging every couple of weeks. Summer bulbs like *Allium christophii* and *Allium* 'Millenium' add to the palette and are bee magnets! With *Allium* cultivars that bloom throughout spring and summer, possibilities are endless.

Mid-season, traditional perennial border plants including sneezeweed, globe thistle and blazing star offer unlimited opportunities for many pollinators to forage. Native and non-native coneflowers are a favorite of bees. Sneezeweed is especially responsive to dead-heading and will continue producing new blooms until frost.

Colorful annuals and herbs can really pack a punch with attractive colors while providing a long bloom season. Herbs such as borage are irresistible for many species of bees and hover flies. By choosing sunflowers that are branched and range in days-to-harvest by a week or so, you can provide fresh blooms for a longer period. A tall, late summer annual known as *Tithonia* starts blooming early August and continues until frost. Butterflies, bees and hover flies covet these flaming-orange blooms. The tall purple orbs of Verbena bonariensis and fragrant annual Heliotrope are heavily used by bees of different sizes. Several zinnia cultivars are rarely visited by bees, however some of the more open types and Zinnia 'Benary Giant' are top contenders in annual gardens. Other annuals such as tall salvia (Victoria blue or white), lantana and *Pentas* add color and provide nectar and pollen for many bee species.

Late show

Sedum has to be one of the most diverse plant groups in gardens. From low-growing, colorful ground covers to the upright stately 'Autumn Joy' sedum, their blossoms are intoxicating for many bees and flies. These late-

season bloomers help extend available pollen and nectar along with garden favorites including Japanese anemone, sweet smelling snakeroot and Rudbeckia 'Autumn Sun.'

Native and non-native trees and flowering shrubs play a huge role in supporting pollinators. In early summer, lindens burst into bloom with sweetly scented panicles of yellow blooms tucked beneath their foliage. Button bush, a favorite for moist soil or a wetland edge, blooms in mid-summer, and panicle hydrangeas, with their stately towers of blooms, are visited later by bees and flies. Many types of bees visit the blooms and are supported by these plants.

Putting it all together – bee intentional!

Smart gardeners are aware of their gardening actions and activities. While dead-



Predatory wasp on swamp milkweed.

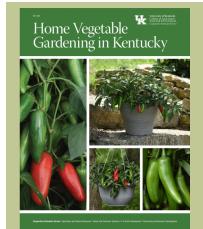


Native bee on geranium.



Honey bees on globe thistle.

heading plants like sneezeweed encourages additional blooms, early dead-heading of *Hosta* blooms may rob the pollinators of a great lunch. Blooming coleus may be thought of as unsightly, but not to a bee. A member of the mint family, these small blooms are very attractive to bees. Perhaps it is about the way we think of "tidiness" in the garden and we let some things go.



For vegetable gardening resources, tips, and information check out ID:128, Home Vegetable Gardening in Kentucky here:



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Asparagus Ham Quiche



Ingredients:

- 1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
- 1 cup finely chopped ham
- 1 small finely chopped onion
- 2 (8 inch) unbaked pie shells
- 1 egg white, slightly beaten
- 2 cups shredded reduced fat cheddar cheese
- 4 large eggs
- 1 container (5.3 ounces) plain Greek yogurt
- 1/3 cup 1% milk
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

- 1. Preheat oven to 400 F.
- 2. Place asparagus in a steamer over 1 inch of boiling water and cover. Cook until tender but still firm, about 4-6 minutes. Drain and cool.
- **3.** Place ham and onion in a nonstick skillet and cook over medium heat until lightly browned.
- 4. Brush pie shells with beaten egg white.
- **5.** Spoon the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells.
- **6.** Sprinkle 1 cup shredded cheese over the mixture in each shell.
- 7. In a separate bowl, beat together eggs, yogurt, milk, nutmeg, salt and pepper. Pour egg mixture over the top of the cheese, dividing evenly between the 2 shells.
- **8.** Bake uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

200 calories; 11g fat; 4.5g saturated fat; 65mg cholesterol; 370mg sodium; 14g carbohydrate; 1g fiber; 3g sugars; 10g protein.



Lean Green Lettuce Tacos

- 8 large lettuce leaves
- 11/2 cup cooked brown rice
- 3/4 cup fresh corn kernels
- **1 cup** canned black beans, drained and rinsed
- 1 tablespoon olive oil
- 34 **pound** extra lean ground beef
- 1 small zucchini, chopped
- **1 ounce** packet lowsodium taco seasoning
- **4 ounces** low sodium tomato sauce
- **1 tablespoon** finely chopped cilantro
- **1 teaspoon** lime juice
- 1 tomato, chopped
- 1 small red onion, chopped

Wash and dry lettuce leaves.

Prepare rice according package
directions. Cut corn off cob. Drain
and rinse black beans. In a skillet,
heat the oil to medium; add ground
beef and begin to cook. When beef
begins to brown, add zucchini, corn
and black beans to skillet. Continue to
cook until vegetables are tender and
beef is done. Do not overcook. Add in
taco seasoning and tomato sauce and
heat through. Add cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.



Find more seasonal recipes cards:



Kentucky Lettuce

SEASON: Early to late spring.

NUTRITION FACTS: Lettuces have 5 to 15 calories per cup depending on variety. Lettuce provides vitamins A and 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 three to five 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

April 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. http://plateitup.ca.uky.edu



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University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

10 COMMON PLANTS TO AVOID (PLUS ALTERNATIVES) IN KENTUCKY

Dan Stever, UK Urban Forest Initiative

Plant selection is never an easy choice. There's the old adage of "right plant, right place." But what criteria make a plant the right choice? Often plants are chosen based upon how pretty they are, which is why the same plants in flower sell faster than when they are not in flower. But the prettiness of a plant is not a good measure of its long term performance in the landscape. The plant should also be the proper size for the location, adapted to the amount of sun exposure, tolerant of the soil conditions, and adapted to the climate conditions. Additional criteria to ensure the right plant choice is to consider pest and disease resistance. Many of the most common landscape plants have serious problems, and they should be used with caution or avoided all together. Here is a list of 10 problematic trees and shrubs commonly found in Kentucky landscapes along with better alternatives.

Trees:

Ornamental/Callery Pear – These extremely invasive and problematic trees are still available at many retail centers. Aside from the invasive problem, the flowers smell bad, the branches easily break in wind and ice storms, and they get fire blight.

• **Alternative** – Serviceberry trees have attractive white blooms, edible fruit, and outstanding fall color.

Ash – Once a common street tree in Lexington and Louisville, the emerald ash borer (EAB) has devastated their populations both in cities and in forests. The presence of the EAB means ash trees are no longer viable plants for our landscapes. Be wary of anyone still selling ash trees in Kentucky.

• **Alternative** – Kentucky yellowwood grows to a similar size as an ash tree, but it has large panicles of fragrant white flowers in the spring (see above).

Leyland cypress – Fast growing and elegant, these evergreen trees simply are not hardy in Kentucky zone 6 winters. They may survive for a few years, but eventually they will get zapped by a true zone 6 winter and either die or look bad enough they'll need to be removed.

• **Alternative** – "Green Giant" arborvitae is a vigorous grower with a stronger upright habit and is perfectly winter hardy. Or use our beautiful native red cedars.

Trees to use with caution:

Purple-leafed redbuds – The flowers of redbuds are true harbingers of spring. There are many varieties of Redbuds, and the purple leafed varieties are very popular. Their purple leaves make a striking addition to any landscape, but these trees are highly susceptible to a type of fungal wilt that has no cure. It causes die-back in branches, attracts secondary infections, and will eventually kill the trees. Properly locating purple-leafed redbuds in well drained non-irrigated sites will help in managing the disease. Often, trees come infected directly from the nursery. Look for malformed leaves which can be an indicator of serious problems (see right).

• **Alternative** – The straight species green-leafed redbud is more resistant to the root rots than the purple leafed varieties. For a small tree with purple leaves, try the Purple Filbert which has the bonus of edible nuts.









Crabapples – In springtime, crabapples are glorious (see below). Come summertime, they look ragged. Most crabapples are attacked by a disease called apple scab which causes them to defoliate in the summer. Another disease, fire blight, also manifests during the heat of summer in the form of dead branches. Annual applications of fungicide can control apple scab, but fire blight has no cure.

 Alternative – Thankfully plant breeders have developed varieties of crabapples that are resistant (not immune) to both apple scab and fire blight. Resistant varieties include Prairie Fire, Jewelberry, and Dolgo among others. Do your research and make sure the crabapple you purchase has resistance to both diseases.

Pin oaks - These majestic trees struggle in the Bluegrass. They often suffer from bacterial leaf scorch, which slowly kills them over a matter of years. Pin oaks can survive if located in irrigated lawns or wet areas. Due to the prevalence of the bacterial leaf scorch which has no cure, pin oaks are best avoided.

• **Alternative** – Shumard oak is a strong performer with excellent fall color.

Shrubs:

Dwarf Alberta spruce – This cute evergreen is a mainstay of foundation plantings in many homes and businesses. Unfortunately, dwarf Alberta spruce is attacked by spider mites more so than any other plant. Spider mites are notoriously difficult to control and require multiple treatments annually. The shrubs never quite recover and can also act as an infection point for the rest of the landscape.

- **Alternative** The dwarf hinoki cypress is an elegant slow growing plant. **Inkberry hollies** This would be the perfect native shrub, except that it is highly prone to root rot. Most every inkberry holly in Kentucky shows signs of infection, and they die a quick death. Late stages of decline show as large dead areas in the shrub (see above). Fungicides do not always work as some of the root rots have no cure.
 - **Alternative** Use another native holly, winterberry holly. It may not be evergreen, but it provides an awesome show of color all winter long.

Shrubs to use with caution:

Knockout Roses – For decades, no flowering shrub has been more popular. But a recent virus, called Rose Rosette Disease, is spreading quickly. It deforms the plants and flowers eventually leading to death. If a plant is found with this virus, it is best to remove and destroy the plant before the infection spreads.

• **Alternative** – It is difficult to find a perfect replacement for Knockout Roses, but several hydrangeas come close. The oakleaf hydrangea "Ruby Slippers" or panicle hydrangea "Fire Light" are among several varieties with large blooms that fade to deep red.

Azaleas – A true classic landscape plant. Unfortunately, azaleas struggle in the Bluegrass. Our soils are not acidic enough for them to thrive and they suffer in our heavy clays with root rots, and the leaves are attacked by lacebugs. Azaleas can be grown successfully, but they require a lot of work, site prep, and diligence.

• **Alternative** – Another native spring bloomer, Fothergilla (see below) has fragrant white bottlebrush flowers and lovely fall color. Several varieties are available with blue foliage as well.











Bullitt County Master Gardener Scholarship

The Bullitt County Master Gardeners Association is taking applications for a \$2,000 scholarship to be awarded to a student majoring in horticulture, agriculture, plant pathology, landscape design, botany, forestry, entomology, environmental concerns, urban planning, land management, agronomy, soil science or allied subjects.

CONTACT BULLITT COUNTY MASTER GARDENERS AT 543-2257

Application deadline is April 1, 2024



Cooperative Extension Service

Bullitt County

384 Halls Lane

Louisville, KY 40165

(502) 543-2257

Fax: (502) 543-6940

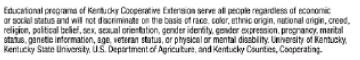
http://extension.ca.uky.edu

TO BE ELIGIBLE TO APPLY:

YOU MUST GRADUATE FROM A BULLITT COUNTY HIGH SCHOOL OR APPROVED HOME-SCHOOL PROGRAM.

You must be a U.S. citizen or permanent resident with permanent resident ID.

You must enroll as a full-time or part-time student in a Kentucky university or technical school with an accredited program.







BULLITT COUNTY MASTER GARDENERS ASSOCIATION SCHOLARSHIP APPLICATION

CRITERIA Award Cycle: The BCMGA will award a one time scholarship totaling \$2000.

Award Criteria:

Applicant must graduate or have graduated from a Bullitt County High School or approved Homeschool program and enroll as a full-time or part-time student in a Kentucky university or technical school with an accredited program;

Applicant must be a U.S. citizen or permanent resident with permanent resident ID;

Applicant must major in horticulture, agriculture, plant pathology, landscape design, botany, forestry, entomology, environmental concerns, urban planning, land management, agronomy, soil science, or allied subjects;

Submit completed application with supporting documentation by April 1, 2024 to:

Bullitt County Master Gardeners Scholarship Committee

Attn. Lorilee Kunze

Bullitt County Extension Service

384 Halls Lane

Shepherdsville, Kentucky 40165

Scholarship recipient will be announced in the regular June meeting of the BCMGA;

If selected, you will be asked to submit a photo for publication on the BCMGA website, Extension Horticulture Newsletter, Facebook page, and local media;

You will also be invited to the June meeting when scholarship recipient will be announced and honored.

Award Evaluation Scale of Points:

Academic record - 35 pts.

Applicant's letter – 20 pts.

Extracurricular, honors, work experiences - 35 pts.

Recommendation - 10 pts.

Required Information:

- Completed application Form;
- List of extracurricular activities including name or organizations, years of participation, and any leadership positions; any work experiences and responsibilities;
- List of awards, honors, scholarships and/or recognitions including the name of the awarding organization, year received, and name of award:
- At least one letter of recommendation from a high school teacher/homeschool teacher/counselor which addresses scholastic abilities;
- Signed personal letter discussing goals, background, financial need and commitment to chosen field of study. The letter may include other information you feel would assist the scholarship committee. Please limit to two pages;



BULLITT COUNTY MASTER GARDENERS SCHOLARSHIP APPLICATION FORM	
Applicant Name	
County of Residence University/School Attending	
Applicant Home Address	
Phone	E-mail Address
Signature of Applicant	
I verify the accuracy of the abov verification upon request.	e information to the best of my knowledge. I will also be able to provide
Information checklist:	
Completed Application Form	
List of extracurricular activ	ities
List of awards, honors, scho	plarships
Work experience	
Letter(s) of recommendation	
Personal letter.	
Submit completed application	and all required documentation by April 1, 2024 to:
Attn. Lorilee Kunze	
384 Halls Lane	
Shepherdsville KY 40165	

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6. Most current transcript.

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Upcoming Events at the Bullitt Co. Extension Office

*Pre-registration required for all classes. Call 502-543-2257 for more information.

Family & Consumer Sciences

- BingoCize every Monday & Wednesday through April 8th at 1:30 PM
- Sit-N-Sew second Thursday of each month from 6-9pm

<u>Agriculture</u>

- Bullitt Co. Cattlemen's Meeting (ft. Educational Speakers) 7-9pm
 - Tuesday's on 3/12, 5/14, 7/9, 9/10, 11/12
- Private Chemical Applicator Certification
 - Tuesday, April 9th 6pm (Evening Class)
 - Wednesday, April 10th 9am (Morning Class)

4-H (contact 4-H agents to register)

- Animal Explorer Club (Ages 4-8): 3/19, 4/16 from 6:30 7:30pm
- Cloverbuds (Ages 5-8) First Thursday of each month, 6:30-7:30pm
- Green Giants Club (Ages 9-12) 3/11, 4/18 from 6:30 7:30pm
- Teen Club (Ages 12-18) Third Thursday of each month, 6:30-7:30pm
- **4-H Camp Lake Cumberland:** July 29 August 2nd (\$225.00)







MARCH 2024 HORTICULTURE NEWSLETTER

Bullitt County Cooperative Extension 384 Halls Lane Shepherdsville, KY 40165 Return Service Requested

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

