October 2023

University of Kentucky | Martin-Gatton College of Agriculture, Food and Environment

Pike County Agriculture and Natural Resources

A Message From Your ANR Agent:

It is late in the gardening season, but there is much still to be done. I cannot emphasize enough cleaning and sanitizing your home, garden, farm, equipment, etc. A little bit of work now saves a lot of problems next year. Some items to think about this time of year are:

1. If you are not doing a fall garden, now is the time to sow a cover crop to add nutrients and protect the land. What they add to the texture of the soil is a great benefit.
2. If you are going to plant a fall garden – it is getting a little late for warm season crops, but they can still be grown, if you select the correct varieties & methods.
3. Believe it or not, now is a super time to transplant many trees and shrubs. An added bonus is that they are about ½ price this time of year. Just make sure to get them in before the ground freezes deep (should not be a problem). They will grow roots all winter and be ready for a big start next spring.
4. It is the perfect time to add some fall color with mums or pansies.
5. Saving money by using pasture & sacrifice areas for horses.
6. Ways to keep cattle fed and make more money.
7. Now is an ideal time to plant garlic.
8. With all the disasters, we see on news - planning for pets and livestock is really important. How do you protect your animals?

Gardening is a super destressing activity and a great way to add fresh healthy food to the table!

Suzanne Stumbo
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Inside this issue:

Cover crops are good for vegetable gardens too

Jessica Sayre, UK extension horticulture agent
Published on Sep. 2, 2021

Traditional farmers routinely plant a cover crop at the end of a growing season. This is not something usually done by vegetable growers but is highly recommended.

A cover crop is intentionally seeding a crop if your garden is going to be sitting idle for a period of time, instead of letting the land sit fallow. It will put nutrients back into the soil to improve fertility and erosion control. The type of cover crop you choose to plant depends on your equipment and level of interest.

There are two types of cover crops, legumes and non-legumes. Legumes will add nitrogen to the soil and non-legumes, a type of grass, establishes better than legumes. In a vegetable garden a mixture of the two is common, but you can choose one or the other. Cover crops are typically planted in the fall after all crops have been harvested.

Examples of cover crops include:
•Cereal rye – non-legume – planted September to November
•Wheat – non-legume – planted September to November
•Hairy vetch – legume – adds nitrogen – planted August to September
•Crimson clover – legume – adds nitrogen – planted August to September
Grasses are easier to remove in the spring, before planting, because they have a shallow root system. Crimson clover is recommended as a legume with its shallow root system and is a good pollinator.

Time to plant your fall garden

Rick Durham, UK extension horticulture specialist
Published on August 10, 2023

As the summer warmth begins to wane, you don't have to bid farewell to the joys of cultivating your garden. This time between seasons offers a golden opportunity to plant a vibrant fall vegetable garden, promising an uninterrupted flow of produce throughout autumn. Alternating balmy days and brisk nights support a variety of cool-season vegetables for your family to enjoy.
Some of the best quality vegetables are produced during fall's warm days and cool nights. These environmental conditions add sugar to late-season sweet corn and cole crops, such as cauliflower and cabbage, and add crispness to carrots.

Fall vegetables harvested after early September consist of two types: the last succession plantings of warm-season crops, such as corn and bush beans, and cool-season crops that grow well during the cool fall days and withstand frost.

When planting a fall garden, group crops the same way you would in the spring; plant so taller plants don't shade out shorter ones. To encourage good germination, fill each seed furrow with water and let it soak in. Keep the soil moist until seeds have germinated. Be aware that cool nights slow growth, so plants take longer to mature in the fall than in the summer.

You may use polyethylene row covers to extend the growing season of frost-sensitive crops, such as tomatoes, peppers and cucumbers. This helps trap heat from the soil and protect the crop from chilly night temperatures.

Often Kentucky experiences a period of mild weather after the first killing frost. If you protect frost-sensitive vegetables at critical times in the fall, you could extend the harvest season by several weeks. Once these vegetables die due to lower temperatures, you may be able to plant cool-season crops in their place. Leafy greens like lettuce and spinach may grow into November or December under polyethylene row covers if outside temperatures do not drop below the teens. Be sure to allow for ventilation on sunny days to prevent overheating.

You may successfully seed or transplant the following vegetables now for fall harvest: beets, Bibb lettuce, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, collards, endive, leaf lettuce, kale, mustard greens, spinach, snow peas and turnips.

Fall Optimum Time to Plant Many Trees and Shrubs

Ellen Brightwell

Published on September 22, 2004

Selecting ornamental varieties suitable to planting sites and transplanting them in the fall gives trees and shrubs a head start on winter and helps them provide pleasure and beauty for years to come. For best results, choose ornamentals that are hardy to the area," said Rick Durham, Extension horticulturist with the University of Kentucky College of Agriculture. "Avoid trees and shrubs that are adapted to zone six or above because they are only marginally hardy in Kentucky.“ "It is important to select ornamentals that are adaptable to environmental and soil conditions of the site," Durham said. "Talk to a professional if you are not familiar with the growing requirements for a particular shrub or tree or have questions about how to choose vigorous, healthy plant materials. "Planting an assortment of shrubs and trees will slow down the spread of disease and insect problems. There are several reasons now through November is the best time to transplant trees and shrubs, Durham said. Ornamentals lose less moisture because fall days are shorter, outdoor temperatures are cooler and rainfall usually is adequate. These conditions also help retain soil moisture so plants can settle into the new location. Also, many of these plants are deciduous and lose their leaves in the fall so their demand for water is less.“ Whether you are adding new ornamentals, or simply moving existing specimens, planting them after the heat stress of summer will increase the likelihood of successful transplanting," he said. Trees and shrubs also undergo internal changes that promote root growth and increase tolerance to winter weather. Leaf growth during the summer produced sugars that were moved into the roots, so ample energy is available to reestablish strong root systems after transplanting.“ Since woody ornamental root systems continue to grow at soil temperatures above 40 degrees, planting in October and early November usually will give them six to seven weeks before soils reach this temperature," Durham said. "Evergreen species retain their leaves during the fall and winter, so it is best to plant them in early spring, or perhaps early fall so root systems will have adequate time to become re-established before plant water demand increases.

Several ornamentals successfully can be planted in early to late fall, he said. They include coffee tree, crabapple, elm (disease-resistant varieties only) ginkgo, honey locust, linden, sugar maple, pagoda tree and serviceberry. It is best to wait until after leaf drop later in the fall to plant birch, flowering dogwood, oak, red maple, sweetgum and tulip poplar.“ Inadequate moisture during dry periods is the primary threat to transplant survival," Durham said. "Be sure to thoroughly soak the ground after transplanting. Frequently check newly-planted specimens to be sure the soil has not dried out. It is better to thoroughly soak soil once or twice a week than to water it a little every day. Providing sufficient moisture helps transplants survive adverse environmental conditions during the winter. "Durham said two common mistakes are choosing ornamentals that grow too large for the location and improperly planting them. "A specimen planted with great expectations can grow into a headache when you have to severely prune to keep it away from the house, or the utility company must drastically cut it back to keep branches out of power lines," Durham said. "Be sure to dig a transplant hole that is wide enough. It should be at least two to three times the diameter of the root ball, even wider is better. A hole that is saucer-shaped is better than a bowl-shaped one. "Ornamentals should not be planted any deeper then they grew in a container or field. Use the soil line on the trunk to gauge how deeply to plant balled-and-burlapped ornamentals. A distinctive color difference on the trunk bark indicates how deeply a specimen was planted in the field. "If you are not sure how deeply to plant an ornamental, plant it on the shallow side," Durham said. "It is less damaging to plant a tree to shallow than to plant it too deeply.“ After transplanting, apply a two- to three-inch layer of mulch. Avoid piling mulch around the base of the trunk because this may encourage rotting. A layer of mulch will help conserve soil moisture and discourage weed growth. Mulching also helps moderate soil temperatures that may cause the root system to heave out of the ground during winter freezing and thawing cycles. He said not to fertilize newly planted trees and shrubs during the first year because it will cause excessive vegetative growth at the expense of root development. Also, amending the soil with sand, compost or peat moss is unnecessary and can keep an extensive root system from developing. Durham said gardeners can find more information on home horticulture by contacting the local Cooperative Extension Service office and visiting the Department of Horticulture Web site.

“It is important to select ornamentals adaptable to environmental and soil conditions of the site”

- Rick Durham, UK Extension Horticulturalist

Mums make the fall garden pop with color

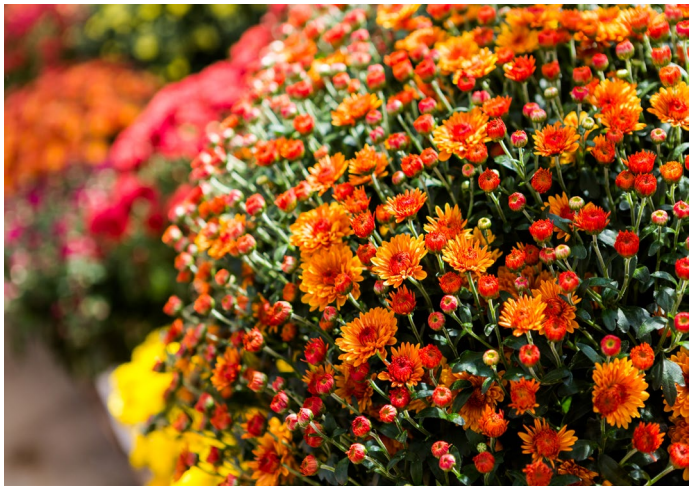
Rick Durham, extension professor, Department of Horticulture
Published on October 1, 2020

This is the time of year when garden centers tempt us with big and little pots of fall mums, drawing our eyes to their bright yellow, gold and burgundy flowers. Mums are an easy way to bring new life to the fall garden or spruce up your front porch.

Mums are a common fall decorative plant, because fewer daylight hours and longer nights triggers flowering. Nurseries often do this artificially by pulling dark cloth over the plants in late summer and early fall, which stimulates blooming. If you have mums growing in the landscape, the natural decrease in daylength as fall approaches will do the trick as well.

There are dozens of varieties, but generally mums can be identified in one of two groups, the garden or hardy mums, and the cutting variety. These latter are usually referred to as florist mums. Florist mums are generally tender and will not survive a winter in the garden.

If you want to enjoy blooms for the longest period of time, buy mums that are covered in buds, with only a few that have opened. It's always good to buy a plant that has one or two blooms open, so you're sure of the color you're purchasing. You should be able to enjoy flowers for two to three weeks or more. Water the base of the plant, not the foliage and flowers. Water on flowers may promote floral diseases that will shorten the flower display.



Adobe stock images

Mums perform well in containers and will flourish inside or out. Many hardy varieties can also be planted after they bloom, so you may be able to enjoy their color the following year.

If you're planning to enjoy your garden mum inside, find a good location near a south-facing window, out of direct sunlight and away from drafts caused by heating or air conditioning vents that tend to dry the flowers. A bright spot, with indirect light is the best. Keep the soil moist, but not soggy.

Mums prefer moderate temperatures at night, about 60 degrees Fahrenheit. If frost is expected, protect outdoor mums by moving them under cover overnight.

Once the plants have finished blooming, they will stop growing. You can either contribute them to your compost pile or plant them in your garden. Be aware, however, even the best gardeners often find that mums planted in the fall fail to establish in our Kentucky climate. Some may, but most do not. Mums as landscape plants tend to do much better when planted in the spring. However, you may need to visit your local garden center or shop from a mail-order source for early mum plants since they are not generally sold in the mass market in spring.

If you choose to plant them in the fall after they finish blooming, choose a spot that will get about six hours of direct sunlight a day during the growing season. Mums that don't receive enough sunlight will grow leggy and have more stems than blooms. Cut back all the stems to about 8 inches. Mix some compost into the soil, and dig a hole no deeper than the depth of the pot the mum is growing in. Keep the top level of the garden soil at the same point on the plant as the container soil was. Mums should be spaced 18 to 24 inches apart, since mature plants can become a good size in the garden. Water them in, then cover the ground around the plant with a thick layer of mulch, keeping the mulch from piling up against the stem.

Cost SAVING Moves for Winter Pasture

Krista Lea, MS, coordinator of the University of Kentucky's Horse Pasture Evaluation Program

If ever there was a time to be more conscientious of how we spend money, 2020 is probably it. Feeding horses is often one of our largest expenses, particularly in winter when pasture isn't available. This month, we'll look at a few cost saving moves you can make right now to extend your resources and reduce the cost of feeding horses.

Hay Feeders

Hay is expensive, and there really is no way around that. Horses are also wasteful. But we can reduce the expense of winter feeding by preventing waste with the use of hay feeders. Feeders prevent horses from stomping on hay, either out of carelessness or seeking to escape muddy conditions.

This seems like a small improvement, but the numbers can add up very quickly. One study in Minnesota suggested that more than 50% of hay was lost when fed without a feeder. Conversely, adding a feeder reduced hay losses to as low as 5% without affecting intake.

Feeders come in many different shapes, sizes and types, and what you select will depend on the number of horses you are feeding, type of hay, bale size and management. The same study also found that all feeders recouped their costs, some in as little as one month's time. While none will eliminate all hay losses, they will significantly reduce the cost of hay feeding by reducing waste, saving you money this winter.

Sacrifice Paddocks

Now is a great time to designate a sacrifice area for the winter. By selecting just one or a few paddocks and pastures to use all winter, other pastures are protected. Limiting the feeding area reduces the damage done by horses on wet, muddy ground.

If you don't have a dry lot with a gravel base, select a paddock that is already in poor condition and hasn't been improved recently. Don't overwinter on your higher quality pastures or those you have more recently invested in.

Ideally, this paddock(s) is one that is easily accessible when putting out hay, fairly flat and one you can tolerate being damaged. A heavy use area, such as one built with rock and geotextile fabric, will give horses a place to get out of the mud and further reduce hay feeding losses and erosion.

Using a sacrifice area will pay big dividends later in the winter and the following spring. Pastures that have rested all winter will be drier and have more growth on them in the early spring, allowing you to transition to grazing sooner.

Soil Sampling

Soil sampling is a simple and easy way to understand the state of your pasture land. Sampling itself can often be done through your county Cooperative Extension agent with little to no cost or through your local farm supply store. Soil test and fertilize anytime the pasture isn't covered by excessive moisture and can support equipment traffic. Similar to sacrifice paddocks, sampling and fertilizing have deferred benefits. Applying fertilizers according to a soil test will increase the odds that you have quality pasture available for grazing earlier in the spring, therefore reducing the number of days you have to feed costly hay.

Pasture investments like building sacrifice areas, soil testing and strategic fertilization are small steps with big benefits, starting with reducing the cost of feeding horses over the winter.

Winter cattle feeding that doesn't break the bank

Martin-Gatton College of Agriculture, Food and Environment
Published on Nov. 16, 2011

Feeding cattle in the winter can be the single, largest expense for producers. University of Kentucky College of Agriculture beef specialist Roy Burris said this year will not be an exception.

"Due to high input costs, mainly grain and concentrates, this year will present a challenge to producers," said Burris, stationed at UK's Research and Education Center in Princeton. "There are several management practices that producers can use to lower feed costs and make their herds more profitable."

Burris said one big way producers can decrease the amount of hay and feed they use is by extending the grazing season as long as possible.

"Last year at Princeton, we had to begin feeding hay in August," Burris recalled. "This year grazing might continue until Thanksgiving, due to improved moisture conditions. Pastures that have received nitrogen and been allowed to accumulate growth can be grazed even farther into the winter, thus markedly delaying the start of winter feeding. It's also a good idea to strip graze accumulated/stockpiled fescue pastures to avoid waste and increase grazing days on those pastures."

Producers should pregnancy check the spring-calving cow herd now and eliminate the wintering of open cows–or move them to the fall-calving group.

"Thin cows that are pregnant can be put on stockpiled pasture as soon as their calves are weaned to regain body condition prior to the winter feeding period," Burris explained. "Favorable prices make this a good time to cull unproductive cows."

Burris said producers should calculate the amount of hay they need to feed cows through the winter. A rough estimate would be about 2 percent of their bodyweight for about 120 days. That would be approximately 25 pounds per day for 120 days or about 3,000 pounds of hay per cow. Multiply 3,000 pounds by the number of cows in the winter herd to estimate the amount of hay needed.

"You might be able to feed less than 120 days, but don't count on it, and your round bales of hay probably weigh closer to 1,100 to 1,200 pounds rather than the expected 1,500 pounds," Burris added. "Make sure and get forage analyses on your hay supply, so you can estimate your supplemental feed needs. Supplemental feed purchases can be made ahead of time for best prices."

It's also a good idea to plan ways to minimize feed losses, he said. Producers could consider using a feeding pad (geotextile fabric and gravel) with hay feeders to minimize mud and waste. Cost share programs may be available in some areas for permanent feeding structures. Feed pads or structures will also minimize damage to pastures during the wet winter months.

Burris said producers also need to consider lower cost alternative feeds when purchasing supplements.

"Be aware of the nutrient value of purchased ingredients—things like rice hulls, peanut hulls, cottonseed hulls, etc. may have very little feed value," he said. "You should know (based on your forage analyses) if you need protein, energy or both and purchase your feed accordingly."

Group cattle according to their nutritional needs for winter feeding. There are several distinct management groups in most beef herds such as:

Cows nursing calves
•Weanling replacement heifers
•Bred yearling heifers
•Dry, pregnant cows
•Herd bulls

Most herds will have at least three of these groups which will benefit from being managed separately, Burris said. Producers need to give more feed to cows after calving to get calves off to a good start and to maintain cows' body condition.

"Don't let cows lose much condition (flesh) this winter, or next year's pregnancy rates will suffer," Burris warned. "Calf prices will likely remain high, so attempting to save money by underfeeding the cow herd this winter is bad business for the future."

Preparing for garlic planting season

Annette Meyer Heisdorffer, PhD
Sep 24, 2022 Updated Nov 3, 2022

A fun fall activity, which starts the vegetable gardening season for next year, is planting garlic. Garlic adds flavor to many entrees and main dishes. Garlic is relatively disease and insect free and easy to grow.

Garlic grows in many places in the United States, but the planting time and type of garlic varies with the location. In Kentucky, it is best to plant garlic in October and early November. It needs cool temperatures and short day length for leaf growth. When the weather is warmer and the day length increases, the leaves stop growing and the bulb begins to form. If garlic is planted in the spring in Kentucky, the amount of garlic produced will be less compared to fall-planted garlic.

At this time of year, garlic bulbs are generally purchased from catalogs. They should be disease free for the best production potential.

When selecting garlic, Allium sativum, it is usually divided into two subspecies, ophioscordon, hardneck or top set garlic, and sativum, softneck garlic.

Hardneck garlic produces flower stalks called scapes and bulbils at the top of the stalk. Due to the hard scapes, the hardneck garlic cannot be braided. Softneck garlic usually does not produce bulbils but develops larger bulbs with more cloves per bulb. Hardneck garlic cultivars usually do better in Kentucky and produce larger cloves that are easier to peel. Softneck garlic keeps longer in storage than hardneck garlic.

The cloves, which make up the mature garlic bulb, are used for propagation. Propagation from bulbils of the hardneck garlic is more difficult and requires two years to produce mature bulbs.

Elephant garlic (Allium ampeloprasum) is not a true garlic, but more of a pungent leek, which has a milder flavor compared to garlic. The bulb resembles garlic with very large cloves.

Planting and caring for garlic is similar to onions, but garlic is more exacting in its requirements. An open, sunny location with fertile, well-drained soil that is high in organic matter is desirable. Add good air circulation and garlic is relatively carefree in this type of site. Thrips and onion maggots are insects to watch for while the bulbs are growing. Bulb rot may be a problem if the soil is not well-drained.

Plant individual cloves from a bulb, root end down, and cover with 2 to 3 inches of well-drained soil. Allow 6 inches between sets. They can also be planted in a raised bed which promotes good soil drainage, reduces soil compaction, and increases the ease of harvest.

Apply a mulch, such as straw, over the bulbs or cloves to help provide winter protection and conserve moisture during the summer. Check the mulch to make sure it is not holding too much water during periods of wet, cool weather. If it is wet, then pull the mulch back to let the soil dry and warm if freezing temperatures are not predicted.

Fertilizer is usually applied beginning in the spring as sidedressing every two weeks until bulbs begin to form. Garlic is day length sensitive and begins to bulb around the summer solstice.

During the growing season, garlic needs 1 inch of water per week. Stop watering about two weeks before harvest. With hardneck garlic, remove any flowering stalk that forms to increase bulb size.

For using and harvesting, many gardeners enjoy eating the green shoots and leaves of garlic plants. However, cutting them continuously inhibits bulb formation. By early June, flower stalks may appear and should be cut back and discarded so the plant's energies can be directed toward root and bulb formation.

Bulbs begin to mature or ripen in mid-July and early August. When the leaves become yellow and the leaf tips turn brown and bend toward the ground, the garlic is ready to harvest. The presence of three to five wrapper leaves is the best indication of maturity. Lift the plants out of the soil and dry the bulbs in a partly shaded storage area for about two weeks. Rain during harvest causes serious problems because wet soil stains the bulbs and can increase the possibility of decay.

After drying, the tops may be removed, braided for the softneck garlic, or tied and then hung in a cool, well-ventilated spot. Dampness invites rotting. Properly dried garlic should last for 6-7 months at 32 degrees and 70% relative humidity.

Prepare Your Pets for Disasters

Your pets are important member of your family! This is why they should be included in your family's emergency plan.

To prepare for the unexpected, keep your pets in mind as you follow these tips:

1. Make a plan.
2. Build an emergency kit.
3. Stay informed.

Make a Plan

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency.

THINGS TO INCLUDE IN YOUR PLAN:

- **Know what to do with your pet during an evacuation .** Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- **Develop a buddy system.** Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- **Have copies of your pet's vaccination record, and make sure your pet is microchipped.** Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.
- **Keep contact information for your local emergency management office or animal control office and shelters** on hand in case you become separated from your pet.

Build a Kit for your Pet

Just as you do with your family's emergency supply kit, think first about the basics for survival.

Review your kit regularly to ensure that their contents are fresh.

HERE ARE SOME ITEMS TO INCLUDE IN AN EMERGENCY KIT FOR YOUR PET:

- **Food and Water.** Keep several days' supply of both.
- Keep food in an airtight, waterproof container, and have a water bowl to use.

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- **Medicine.** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Include items appropriate for your pet's emergency medical needs.
- **Backup collar with ID tag and a harness or leash.** Have copies of your pet's registration information in a waterproof container and available electronically.
- **Traveling bag, crate or sturdy carrier** for each pet.
- **Grooming items.** Pet shampoo and other items, in case your pet needs some cleaning up.
- **A picture of you and your pet together.** If you become separated from your pet, a picture will help you document ownership and allow others to assist you in identifying your pet.
- **Sanitation needs.** Include pet litter and litter box, trash bags and other items to provide for your pet's sanitation needs.
- **Familiar items.** Put favorite toys, treats or bedding in your kit to reduce stress for your pets.

Stay Informed

Stay informed of current conditions and know how you will receive emergency alerts and warnings.

Download the FEMA app to get weather alerts for up to five different locations anywhere in the United States.

Always bring your pets indoors at the first sign or waring of a storm. For more information about how to prepare your pets, visit Ready.gov/pets.

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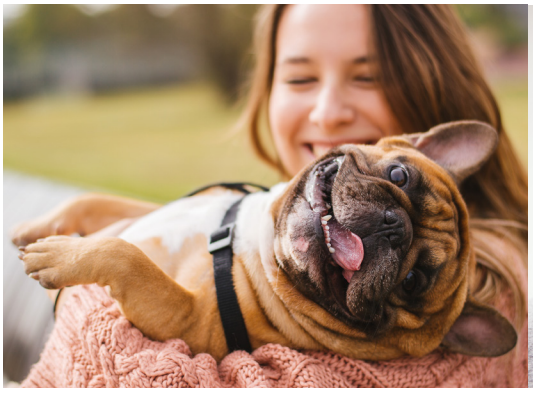

Cooperative Extension Service

Homemaking in the Mountains

sponsored by:

Pike County Kentucky Extension Homemakers Association
KEHA Homemakers

Rhododendron Conference Center
Breaks Interstate Park - Breaks, VA

Saturday, October 21

10:00 a.m. - 3:00 p.m.

Call 606-432-2534 for more info. See you there!

Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Lexington, KY 40506

PIKEVILLE FARMER'S MARKET

Cooperative Extension Service

PRESENTS

SENSORY-FRIENDLY FAMILY NIGHT

SENSORY-FRIENDLY ACTIVITIES IN AGRICULTURE, COMMUNITY ARTS, FAMILY & CONSUMER SCIENCES, AND 4-H

FREE!

TUESDAY, OCTOBER 10
4:30-6:00 PM

FARMERS MARKET
PAVILION, PIKEVILLE, KY

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Lexington, KY 40506

Disabilities accommodated with prior notification.

Open until the Saturday before Thanksgiving

130 Adams Lane
(Next to Pikeville High School
football field)

Fall Maintenance Checklist

Clean up equipment, litter, and waste	Pull out annuals as they die	Dig up and store tender Bulbs	Any other ideas for your home, garden, farm- list below
Control weeds	Cut back dead stems	Purchase and plant Spring Blooming bulbs	
Prune out diseased or dead areas and get them off your property	Remove spent flowers & foliage	Dethatch and aerify lawns, and bare patches	
Do a soil test	Keep seed heads for birds	Fertilize and water cool season grasses	
Plant trees and shrubs	Divide and transplant perennials	Take a good look at your garden overall	
Mulch beds	Bring tender plants indoors	Plan for overwintering berries and perennials	

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