



At this point in the season, your garden is still going strong or you are ready to throw in the towel. If the heat hasn't deterred you from gardening, it's time to start seeding some of our fall crops like lettuce, spinach, and cabbage. If you are tired of gardening there is still plenty of fresh local produce available at our farmers market. Don't forget, at the end of September the Mercer County Farmers Market Wednesday market closes for the season. Happy Gardening!

Jessica Bessin

Jessica Bessin,

Mercer County Extension Agent for Horticulture



Soil Testing

Did your garden seem like it wasn't as productive as last year? Soil testing is a soil-management tool we use to determine the fertility of soil as well as the optimum lime and fertilizer requirements for crops and lawns. Fall is the best time of year to test your soil. Most nutrients take some time to break down and become available to the plant. If you give them all winter to break down, by the time you are ready to plant in the spring, the plants can better take up the nutrients.

All Kentucky county extension offices offer help with soil testing. Just bring a soil sample to your county Extension Office and they will send it to UK's Division of Regulatory Services and within a week or two you will have the results. Testing is free here in Mercer County and you may test for everything you grow from trees and flowers to fruits and vegetables.

When taking a soil sample, remember plants have shallow roots that lie within the top 6 to 12 inches of soil. Use a trowel to dig down about 6 to 8 inches and collect approximately two cups of soil per sample. We also have soil probes at the Extension Office that are available to borrow. If using one of the probes you need to collect at least 5-10 soil cores per area needing to be tested. Soil testing bags can also be picked up in advance from the Extension Office, these bags are pre-marked where you need to fill them soil.

Place the sample in a plastic bucket since a metal bucket may skew the results. If the samples are a little too wet, allow them to air dry before placing them in bags. Spread soil out on newspapers for a day or two. When you bring the sample to your county Extension Office, they will put it into a soil test bag and ask for some information and soon you will receive test results. It will save you some money and is good for the environment. As a rule, you should test sandy-textured soils every 2-3 years and clay soils every 3-4 years. However, if problems occur during the growing season, send in a soil sample for analysis. Source: Alexis Sheffield, Boyle County Extension Agent for Horticulture



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Disabilities accommodated with prior notification

Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous
1 small tomato, diced
½ cup garbanzo beans
1 teaspoon dried Italian seasoning
¼ teaspoon ground black pepper
1 teaspoon salt
½ cup low fat shredded mozzarella cheese
4 large bell peppers
½ pound lean ground beef
1 tablespoon chopped green onion
1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.
Yield: 4 servings
Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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

Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple
1 cup chopped Red Delicious apple
1 cup diced celery
1 cup halved seedless green grapes
1 cup halved seedless red grapes
1½ cups dried cranberries
½ cup chopped walnuts
8 ounces non-fat vanilla yogurt
2 tablespoons honey
¼ teaspoon cinnamon

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.
Yield: 8, 1 cup servings.
Nutritional Analysis: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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



The Monarchs Are Coming!

It's that time of year again when the Monarch butterfly makes its incredible journey to Mexico to overwinter. The monarchs that emerge late in the summer are built differently than those who emerge in the early summer. These late summer ones are larger and actually gain weight as they fly along their journey.



As the days start to get shorter, this triggers the monarchs to start their almost 3000 mile journey (depending on where they start) to the Trans-volcanic Mts. in Mexico. Once they arrive, they will spend the winter hanging out on fir trees and taking the occasional flight on a warm day. In the spring, they will mate and start making the journey back home. After laying eggs, the monarchs that made the original 3000 mile journey will die. Their offspring will hatch and go through its lifecycle continuing to fly north and repopulate the parent's original homes.

What is amazing about this little creature is it somehow knows the way to the overwinter site without ever being there. Since it was their great grandparents who made the original journey. Be on the look out for Monarchs now. The peak time to see them in our area is mid-September through October. If you are interested in the Monarch and what you can do for this incredible animal, check out Monarchwatch.org.

Garden Clean Up!

As I write this article, I am now humming the clean up song my son likes to sing while he "helps" clean up his toys. Garden clean-up done well is an exercise in sanitation, and is an excellent and effective plant disease control practice. If not cleaned up, the infected or contaminated remains of the previous crop may provide an abundant source of disease-causing microbes the next year. Many disease-causing fungi and bacteria can live over the winter on diseased roots, stems, leaves, or fruits. Some diseases can also survive in the soil after the plant tissue has decayed. When cleaning up the garden, remove all the plants. Be sure to carefully dig up the roots and take them away as well. Roots left to decompose in the soil can release microbes that will survive there.



What is to be done with all this plant debris? While it might be tempting to put the plants in your compost pile, it may not be a good idea. Most of our compost piles are maintained in a bit of a passive fashion and probably do not heat up to a hot enough temperature to kill microorganisms. Also, make a note of where your plant families are located in the garden. Rotation is an important part of disease control. If you had disease problems this year, be sure to move your plants to a different location in the garden next year.

Source: Amanda Sears, Madison County Extension Agent for Horticulture

SAVE the DATE

Family Pumpkin Fun

October 20 at 6:00pm

Calling all ghosts, goblins, witches, and ghouls to this fun and FREE workshop all about pumpkins! Costumes are encouraged but not required. Families will hear the history of pumpkins, learn tips to grow pumpkins, taste delicious pumpkin snacks, and carve their own pumpkin.

Look for more information in the October newsletter.

Mark Those Calendars!!!

Mercer County Farmers Market

Wednesday market closes for the season on September 27th.

Fort Harrod Garden Club-September 5th, Boyle County Extension Office 10:00 AM

Join us as we discuss how to grow your own flowers to dye fabric.

County Extension Council Meeting- September 5th, Mercer County Extension Office 5:00 PM

Fall Gardening & Clean Up-September 14th, Mercer County Public Library 12:00 PM

See flyer above for more details.

Beginning Beekeeping (Starting Your Own Hive) -September 20th, Boyle County Extension Office 6:00 PM

Mercer County Farmers Market Farm to Table Dinner-September 21st, The Stable 6:30 PM

Tickets are only available until September 9th, see flyer for more details.

Fort Harrod Beekeeping Club – September 25th, Mercer County Extension Office 6:30 PM

Make sure to check out the Fort Harrod Beekeeping Facebook page for all the latest updates and announcements!

Fort Harrod Garden Club-October 3rd, Mercer County Extension Office 10:00 AM

Join us as we share information on growing spring flowering bulbs.

Spring Flowering Bulbs-October 5th, Mercer County Library 12:00 PM

Growing Garlic-October 16th, Mercer County Extension Office 10:00 AM

See insert for more details.

Family Fun Pumpkin Night-October 20th, Mercer County Extension Office

See insert above for more details.



Fort Harrod
Beekeeping Club

MERCER COUNTY FARMERS MARKET INVITES YOU TO
GET TO KNOW YOUR GROWERS

AT THE FIRST ANNUAL

FARM TO TABLE

Customer Appreciation Dinner



JOIN US FOR A CHEF
PREPARED 3 COURSE MEAL
& MEET THE MARKET
MEMBERS.

MEAT, PRODUCE, BREAD &
DESSERTS ALL PROVIDED BY
OUR LOCAL VENDORS.



FARM FRESH FOOD WITH FRIENDS

**THURSDAY
SEPTEMBER 21
AT 6:30PM**

TICKETS \$15/PERSON
AVAILABLE FOR PURCHASE
AT ANY UPCOMING
MARKET DAY OR AT THE
EXTENSION OFFICE

THE STABLE BUILDING • 560 LINDEN AVE

Mercer County Public Library
Lunch & Learn:

Fall Garden

**Thursday,
September 14**
at 12:00pm

September can be a challenging time for gardening. Some of the summer crops are still holding on and others need to go. Join us as we discuss what you can do in your garden at this time of the year.

Mercer County Public Library
109 W Lexington St
Harrodsburg, KY 40330



Mercer County Public Library
Lunch & Learn:

Bulbs for Spring

Thursday, October 5 at 12:00pm

Hard to believe it's the time of year to start thinking about spring flowering bulbs like daffodils, tulips and more! Join us as we share planting information and which bulbs are best suited for our area.



Mercer County Public Library
109 W Lexington St—Harrodsburg, KY 40330



Fort Harrod
Beekeeping Club

September 25

Meeting begins at 6:30

Honey Tasting Event



Bring your own honey for sampling!

Open to the public.

Mercer County Extension Office
1007 Lexington Road—Harrodsburg, KY 40330
859-734-4378



Growing Garlic

October 16

10:00am

October is the perfect time to plant garlic! Join us as we discuss how to add garlic into your garden rotation. **First 20 people to register will receive free garlic to plant.** Limited to one per household.

RSVP by October 6

859-734-4378



Mercer County Extension Office
1007 Lexington Road
Harrodsburg, KY 40330