



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

Woodford County
Cooperative Extension Service
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February 2023

Spring is only two months away! The Woodford County Master Gardeners will soon be busy sorting seeds for the Woodford County Library seed giveaway program which is coming up in late/February to early March. Stay tuned for the launch date by following the library and our office on social media. They will also be starting seeds for the annual Master Gardener plant sale which will be held on May 13th. Mark your calendars!

Check out our events and classes coming up including the Spring Gardening Workshop. Please don't hesitate to call or email me with any questions/requests you have!

Woodford County Extension Page:

<https://www.facebook.com/woodfordcountyCES>

Woodford County Horticulture Extension Page:

<https://www.facebook.com/woodfordCEShorticulture>

Woodford County Extension Master Gardener Page:

<https://www.facebook.com/WoodfordCountyMasterGardeners>

Faye T. Kuosman
County Extension Agent for Horticulture
faye.kuosman@uky.edu

Upcoming Events

March 11th 2023, Bluegrass Beekeeping School, 9:00 a.m. – 4:00 p.m. Kentucky State University

The annual Bluegrass Beekeeping School will be held on March 11th at Kentucky State University. There are classes for beginner, intermediate and advanced beekeepers. This workshop is hosted by Bluegrass Beekeepers Association, Capital City Beekeepers and Kentucky State University. Registrations and details

here: <https://beeschool.eventsmart.com/events/bluegrass-beekeeping-school-2023/>

March 18th, Spring Gardening Workshop, 9:00 a.m. – 1:00 p.m. Woodford Co. Extension Office

The Woodford County Master Gardeners annual Spring Gardening workshop will be held on March 18th! More details to come but we have a great lineup of speakers and topics so mark your calendars!

2023 Master Gardener Training

So you want to be a Master Gardener? Be part of our renowned program that helps change the world through gardening! Make a difference in your community working on horticulture education projects and events as part of our active and engaged volunteers at the Woodford County Extension Office. We will be offering the master gardener training starting in August of 2023. Please contact me to be put on our interest list – call 859-873-4601 or email faye.kuosman@uky.edu. Applications will be available starting in June 2023. Find out more about the program here: <https://woodford.ca.uky.edu/master-gardeners>

Mark your calendars for these upcoming events:

April 22nd, Berry Sale and Tree Seedling Giveaway at Falling Springs Park Huffman Pavilion

April (through the month), Monarch Waystation Grant Applications

May 13th, Annual Master Gardener Plant sale at Falling Springs Park

July 31st, Woodford County Farm Tour

Handling the Holiday Freeze in your Lawn and Landscape

Source: University of Tennessee Extension



The recent holidays blew in with a winter storm that will not soon be forgotten. Here in Kentucky, we missed much of the snowfall that wreaked havoc across the Midwest and Northeast. However, wind and cold temperatures packed a punch for our power grids and landscapes over the Christmas weekend. Now we find ourselves starting 2023 with many questions about the extent of damage and next steps for our lawns and landscapes.

April and May seem far away, and you are probably wondering what you can do now. First, be patient! The best action right now is actually to do nothing. For herbaceous (non-woody) plants as well as plants that are often evergreen (hardy ferns, Heuchera, Lenten rose and more) may have been killed to the ground. Leaving that now-dead aboveground tissue may provide a bit of insulation in the coming weeks for plants that survived. So, don't do extensive cleanup or mowing. You don't want to get carried away with pruning woody plants either. Waiting until plants leaf out (or don't) in the spring will give you the best indication of what to prune.

If you are concerned about whether a plant is still alive, you can always perform a "scratch test". This can be done by gently removing (scratching off) a small section of the bark on small stems/twigs to expose the cambium. Green tissue indicates a living stem. If the tissue is brown, then it is dead. Keep in mind that different plant tissues (leaves, buds, stems) on the same plant can vary in cold hardiness with roots being most sensitive to low temperatures. So, the impacts may differ due to plant tissue type, age, and health as well as location due to drainage, snow cover, air flow, and microclimates. Plants in containers on decks and patios will have more damage than those same plants in the ground because the roots are less insulated from the cold.

Another practice that isn't helpful right now is fertilization. Whether dead or dormant, plants are not taking up many nutrients right now.

In the short term, make sure to manage any drainage issues to prevent waterlogging on lawns and landscapes that are already stressed. Likewise, monitor moisture levels to ensure that landscape plants, especially evergreens, don't dry out. For long-lived plants, the effects of such stress events may be variable and take a while to become evident. As the effects become clear, we'll either be relieved to see the return of old plant favorites, or

we'll get to select some exciting new plants for our lawns and landscapes.

Seed Catalogs – how do you choose?



With so many catalogs to choose from, how do you decide which ones to use? First, when deciding whether or not to purchase from a particular seed company, you might check out the 'Garden Watchdog' page on Dave's Garden website:

<https://davesgarden.com/products/gwd/#b>. The Garden Watchdog is a free directory of 7,849 mail order gardening companies. Gardeners share their opinions on which companies deliver on quality, price, and service.

Another helpful resource is Garden Savvy located here: <https://gardensavvy.com/>. This site references most of the mail order gardening catalogs in the United States and Canada; listing more than 2,000 mailing and Web addresses, phone numbers, and specialties.

University of Kentucky Extension does not endorse any company.

Using Leftover Garden Seed



Most vegetable seeds will remain viable for several years when stored in a cool, dry location. Storage life of seeds varies widely. Here is a guide:

Short-lived Seeds (1–2 years): Corn, Onion, Parsley, Parsnip, Pepper

Intermediate Seeds (3–4 years): Bean, Broccoli, Carrot, Celery, Pea, Spinach

Long-lived Seeds (4–5 years): Beet, Chard, Cabbage family (Brussels sprouts,

Cauliflower), Turnip, Radish, Cucumber, Eggplant, Musk-melon, Lettuce, Pumpkin–Squash group, Tomato, Watermelon

Test Germination (To test seeds for germination before planting):

1. Moisten two or three layers of paper towels.
2. Place 10 – 15 seeds on the towels and roll the towels loosely. Place them in a plastic bag.
3. Keep the towels in a warm place such as on the top of your fridge or on top of a water heater.
4. Some seed, such as radish, germinates in 2 or 3 days. Peppers can take 10 to 14 days. Observe the seed at 2-day intervals to determine the degree of germination.

2023 AAS winners



All-American Selections® is an independent, non-profit organization that tests new varieties of annual flowers and vegetables in trials across North America and then introduces only the best garden performers as AAS Winners. All-American Selections® was founded in 1932 and continues as the oldest independent testing organization in North America. To learn more and see the 2023 winners, check out their website at:

<https://all-americanselections.org/winners/>

Seed Starting 101

Now is the time to get cool season vegetables like broccoli, cauliflower, and cabbage started from seed indoors so they are ready to transplant into the garden in March. Have you ever started seeds indoors? If not, you are in luck! Master Gardener, Sue Van Patten, has created an excellent guide to help you get started! Below are the dates to get started and in next months newsletter we will focus on warm season vegetables like tomatoes and peppers. [Click here for Sue's guide to get started.](#)

Table 6. Transplant production data.

Crop	Weeks from Seeding to Transplanting ⁴	Average Seedling Date	Seed Depth (in)
Cool Season¹			
Broccoli ²	5-7	Feb 5, July 1	¼
Brussels Sprouts	5-7	Feb. 5, July 1	¼
Cabbage	5-7	Jan. 20, July 1	¼
Cauliflower ²	5-7	Jan. 25, July 1	¼
Lettuce	5-7		¼
Onion	10-12		¼

Recipe

Cajun Seasoned Fish with Rice



Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR



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

Cajun Seasoned Fish with Rice

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.





USDA
Supplemental
Nutrition
Assistance
Program
*Helping Healthy People
With Reach*

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

Nutrition facts per serving:
260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:
Martha Yount,
Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

Makes 6 servings
Serving size: 1 fish fillet and 1/2 cup rice
Cost per recipe: \$11.44
Cost per serving: \$1.91



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click on recipe to go to larger version of recipe

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