

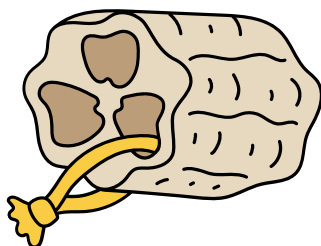
The Hoe Truth Newsletter

Helping You Grow!

Inside this Issue March 2025

- Plant of The Month Page 2
- March To Do's Page 3
- Consider Disease-resistant Cultivars for Vegetable Gardens Page 4
- Recipe of The Month Page 6

Thursday, March 6th at 10:00 AM
Growing Luffas in Kentucky



Luffas are the original sponges used for bathing, they are in the genus of tropical and subtropical vines in the Cucurbitaceae family. Believe it or not, we can successfully grow these long-season plants in Kentucky. In this session, we will discuss luffa history, and how to grow and harvest the fruits to use later. Register by March 1st. The cost is \$5.00 if you want seeds.

Thursday, March 13th at 10:00 AM

Horticulture How To: Spice Apple Grafting Workshop

The spice apple is a variety of apples that are a very old unknown variety that is early maturing and needs little care once established. In this workshop, we are going to learn about apple grafting and graft branches of Spice Apples. The branches are being donated by a Wheelbarrow Series participant whom we will thank in person at the workshop. Register by March 6th. We are limited to 25 participants. You will take your grafted tree home with instructions. Supply charge \$5.00.



March Wheelbarrow Series

Thursday, March 20th at 10:00 AM
Growing Potatoes in Kentucky

Come learn how to grow great potatoes in Kentucky. Basic white potatoes aren't our only option anymore! Register by March 1. Each participant will get fingerling potatoes to try at home. The supply charge is \$10.00. There is a maximum of 30 participants.

Thursday, March 27th at 10:00 AM
Oddball Edibles

They say we eat with our eyes first...so why not grow some eye-appealing vegetables that may make you do a double take? If you have looked at heirloom seed catalogs lately you know that the variety of edible plants abounds! In this class, we will discuss alternative varieties to the same old blah veggies you are used to! You will also receive seed packets to try some oddballs for yourself and you just might get hooked! If not, you can still have fun shocking your family and friends. Supply fee \$10.00. Register by March 1st.



**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

Educational programs of Kentucky 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

March To Do's



- Now is a good time to plan your flower and vegetable garden layout. Look through garden catalogs and landscaping books. Plan on using plants that you have experience with and new varieties, and always try to buy plants that are disease resistant. Check local nurseries for cultivar availability. Generally locally grown plants are better and you get to look at the plants before you buy them.
- March and April are good months for planting fruit crops. When planting apples choose more than one variety for pollination and fruit set. There are several apples that are good and disease resistant in Kentucky, such as Liberty, Redfree, Enterprise, and my personal favorites Pristine and Williams Pride. For a more complete list call me at the office.
- It is also a good time to plant thornless blackberries (Apache, Arapaho, Prime Ark 45, Triple Crown), raspberries (Bristol, Jewel, Mac Black, Brandywine, Royalty, Prelude)
- March and April are also good months for planting trees and shrubs.
- Early March is a good time to prune summer-flowering trees and shrubs such as clematis, beautyberry, butterfly bush, golden rain tree, mimosa, and only the following hydrangeas (Annabelle, Hills of Snow, Peegee). Do not prune mop head types of hydrangeas or they will not bloom this year.
- It's a good idea to start spraying fruit trees for diseases as well. Apply liquid lime-sulfur spray on peach and plum trees anytime before the buds start to swell. This single spray will almost completely control peach leaf curl and plum pocket. Two diseases that cause premature defoliation each year and can weaken trees over time.
- You can also spray raspberry and blackberry with a liquid lime sulphur spray to help control anthracnose. This will not control it completely, however it will help and additional sprays during the growing season will be needed.



Plant of The Month



Chinese Wild Ginger

Asarum splendens

Perennial

Hardy in USDA Zones 5A - 9B

- ↑ Height: 5-8 in
- ↔ Space: 10-16 in
- ☀ Less than 4 Hours of Daily Sun
- 💧 Medium to Heavy Moisture
- 🕒 Blooms Early Spring
- 🐇 Deer and Rabbit Resistant

- Heart-shaped leaves
- Dark green leaves mottled with silver
- Low maintenance groundcover
- Rich, slightly acidic soil
- Requires moist but well-drained soil
- Pair with Bleeding Heart, Ferns, Hosta

Consider Disease-Resistant Cultivars for Vegetable Gardens

Spring may feel far away, but planning begins during the cold months of winter. Seed catalogs, store displays, and online retailers present a number of different options. However, successful production begins with the selection of the right seeds for each location or site. Gardeners often have preferences toward certain cultivars or varieties, but if plant diseases have plagued plants in the past, then it may be time to consider a change.

Selection of a disease tolerant or resistant cultivar is one way to prevent or limit the impact of plant diseases in the vegetable garden. A number of cultivars are labeled as tolerant, which means that while plants may become diseased, they still yield sufficient amounts of produce. Resistant cultivars do not become diseased, and therefore produce higher yields than those that are susceptible to disease.

While no single cultivar is resistant or tolerant to all plant diseases, use of resistant cultivars can often reduce the need for additional plant disease management practices, such as fungicide sprays. Gardeners should choose cultivars that are tolerant/resistant to the diseases of greatest concern in their garden. It is advisable to keep a garden journal of cultivars that have been grown in the past, as well as a record of previous disease issues. Proper diagnosis of plant diseases is important for future disease management. If issues arise in the vegetable garden, contact a local county Extension agent for assistance.



Select a tolerant or resistant cultivar by reviewing information on websites, seed packets, or seed catalogs. Note that disease names may be abbreviated, or a coding system may be used to indicate resistance or tolerance to specific diseases. Cultivars with resistance/tolerance to common vegetable diseases are detailed below. Additional information about resistant/tolerant varieties can be found in Vegetable Cultivars for Kentucky Gardens (ID-133) or by contacting a local county Extension agent.

Spring may feel far away, but planning begins during the cold months of winter. Seed catalogs, store displays, and online retailers present a number of different options (Figure 1). However, successful production begins with the selection of the right seeds for each location or site. Gardeners often have preferences toward certain cultivars or varieties, but if plant diseases have plagued plants in the past, then it may be time to consider a change.

Selection of a disease tolerant or resistant cultivar is one way to prevent or limit the impact of plant diseases in the vegetable garden. A number of cultivars are labeled as tolerant, which means that while plants may become diseased, they still yield sufficient amounts of produce. Resistant cultivars do not become diseased, and therefore produce higher yields than those that are susceptible to disease.

While no single cultivar is resistant or tolerant to all plant diseases, use of resistant cultivars can often reduce the need for additional plant disease management practices, such as fungicide sprays. Gardeners should choose cultivars that are tolerant/resistant to the diseases of greatest concern in their garden. It is advisable to keep a garden journal of cultivars that have been grown in the past, as well as a record of previous disease issues. Proper diagnosis of plant diseases is important for future disease management. If issues arise in the vegetable garden, contact a local county Extension agent for assistance.

Select a tolerant or resistant cultivar by reviewing information on websites, seed packets, or seed catalogs. Note that disease names may be abbreviated, or a coding system may be used to indicate resistance or tolerance to specific diseases. Cultivars with resistance/tolerance to common vegetable diseases are detailed below. Additional information about resistant/tolerant varieties can be found in Vegetable Cultivars for Kentucky Gardens (ID-133) or by contacting a local county Extension agent.

Tomato

- Early blight is the most common disease of tomatoes in Kentucky, and often co-occurs with Septoria leaf spot. Tomatoes with some resistance to early blight are 'Jasper,' 'Matt's Wild Cherry,' 'Mountain Magic,' and 'Sun Gold' (small cherry tomatoes), 'Indigo Rose,' 'Plum Regal,' and 'Verona' (Roma size), and 'Defiant,' 'Iron Lady,' 'Mountain Fresh Plus,' 'Mountain Merit,' and 'Stellar' (slicer).

Pepper

- The bacterial spot pathogen causes the most common disease of peppers. There are at least ten races of the pathogen, and pepper resistance is race-specific. Commonly occurring races can vary by location, so it is recommended to choose cultivars with resistance to as many races as possible. Some suggested cultivars include: 'Boca,' 'Ninja,' 'Outsider,' 'Playmaker,' 'Samurai,' and 'Tracer.'

Cucurbits (Cucumber, Squashes, Muskmelon, Watermelon, Pumpkin & Zucchini)

- Many powdery mildew resistant cultivars of picklers, slicers, pumpkins, and squash are available.
- Cultivars that are less susceptible to bacterial wilt include the pickle cukes 'Cross Country' and 'County Fair,' 'Howden' pumpkins, and 'Waltham Butternut' squash. Manage cucumber beetles for best management of bacterial wilt. All watermelons have natural resistance to bacterial wilt.

Leafy Greens

- Many lettuces have been bred for resistance to downy mildew. Consider head lettuces 'Kweik,' and 'Pirat,' green leafed lettuces 'Black Seeded Simpson,' and 'Nevada,' and red leafed lettuces 'Galactic,' 'Red Zin,' and 'Rustica' for their additional resistance to bacterial disease and/or white mold (drop).
- Powdery mildew-resistant lettuces include 'Jericho' and 'Super Jericho' (romaines), 'Sandy' (oakleaf), 'Loma,' 'Red Salad Bowl,' and 'Skyphos' and 'Red Cross' (red butterheads).
- 'Regal' and 'Samish' spinaches are resistant to downy mildew and white rust. Kale, collards, turnip greens, and mustards are naturally resistant/tolerant to many diseases.

Legume Vegetables (Beans & Peas)

- Many French and green beans have been bred for resistance to anthracnose, but resistance in other types of beans is unavailable.
- 'Caprice,' 'Espada,' 'Kentucky Blue,' 'Romano II,' 'Volunteer,' and 'Goldkist' are fungal leaf spot and/or rust resistant bean varieties, with additional resistance to various viral diseases (viruses are not common in KY).
- Green Arrow,' 'Cascadia,' 'Sugar Daddy,' and 'Oregon Sugar Pod II' are pea cultivars suggested for their resistance to powdery mildew, Fusarium wilt, and Verticillium wilt.

Cole Crops (Cabbage, Broccoli, Cauliflower, Kohlrabi & Brussels Sprouts)

- Black rot is the most common disease of cole crops in KY. Cabbage cultivars 'Bilko,' 'Blues,' 'China Pride,' 'Blue Vantage,' and 'Bronco' carry resistance to a broad range of diseases, such as downy mildew, Fusarium yellows, and/or black rot.
- Broccoli cultivars 'Emperor,' 'Pinnacle,' and 'Green Magic,' as well as cauliflower cultivar 'Majestic' are resistant to downy mildew and/or black rot. 'Grand Duke' kohlrabi is resistant to black rot.



Figure 1: Seeds can be purchased from a variety of sources. Note that inclusion in this image does not indicate endorsement of any brand.

(Photo: Kim Leonberger, UK)



Washington County Cooperative Extension Service

245 Corporate Drive
Springfield KY, 40069
Office 859-336-7741
Fax 859-336-7445

 **Cooperative
Extension Service**

Email dennis.morgeson@uky.edu
Dennis Morgeson, Horticulture Agent



We Are On The Web!!!
washington.ca.uky.edu



<https://www.facebook.com/WashingtonCountyKentucky4H/>

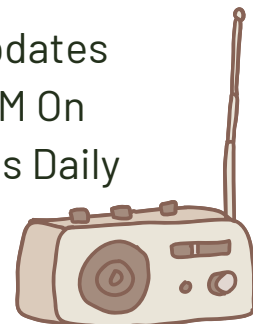
Martin-Gatton
College of Agriculture,
Food and Environment

WASHINGTON

COOPERATIVE
EXTENSION
SERVICE



Washington County Extension Updates
each Tuesday Morning at 8:30 AM On
WLSK 100.9 FM And Extension Tips Daily
After The Farm Report



Recipe of The Month

Fresh Fish Tacos

Ingredients:

- 2 tablespoons vegetable oil
- 1 pound mild fish filets (such as fresh water bass, catfish or tilapia)
- 1 teaspoon taco seasoning
- 3 tablespoons fresh or bottled lime juice, divided
- 3 tablespoons honey
- 2 cups coleslaw mix
- 8 4.5-inch soft corn tortillas
- ½ cup low fat mayonnaise
- ½ medium onion, finely chopped

Directions:

In a large skillet over medium heat, warm the vegetable oil. Add fish fillets and sprinkle with 1 tablespoon lime juice and taco seasoning.

Cook the fish until it begins to turn white around the edges.

Flip and cook until the fish flakes easily with a fork.

Remove to a platter and cover with aluminum foil to keep warm.

While the fish cooks, stir together remaining lime juice, honey and mayonnaise in a large bowl. Add the coleslaw mix and onion to the dressing and mix to coat. If desired, add about ½ cup chopped cilantro to the cabbage mixture. Wrap tortillas in a damp paper towel and place on a microwave safe plate. Microwave for one minute, until warm and pliable. Place 2 ounces fish and cup coleslaw mixture in each tortilla. Add toppings of choice if desired.

Optional toppings:

Fresh chopped cilantro, sliced avocado, shredded cheddar cheese and sliced bell pepper

You can use fresh or frozen fish for this recipe. Either catch your own or catch a bargain at the grocery store when fish is on sale.

Source: Jackie Walters, Extension Specialist for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

