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February 2023

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## 2023 Wheelbarrow Series

***Thursday February 16th 10:00 AM and 6:00 PM***

### Gardening By The Moon Signs

This class is purely anecdotal but I thought it might be fun to explore the thoughts and beliefs of those that garden based on moon signs. We will discuss all things gardening based off of the lunar phases.

There is really no scientific evidence that gardening this way is beneficial but we will explore some of the myths and ideas behind it. Free!



***Thursday February 23rd at 10:00 AM and 6:00 PM***

### African Plants In American Gardens



To celebrate Black History Month we are going to explore fruits, vegetables, and flowers we grow in our American gardens that originated in Africa. You will be surprised at the vastness of these plant varieties that have influenced our culture especially that of the American south. By continuing to use plants of their native lands when brought here African

Americans wove their native culture into that of America itself. Free Seeds! Register By February 15th.

***Thursday March 2nd at 10:00 AM and 6:00 PM***

### Easy Annuals From Seed For Cutting

Join us for a fun look into growing annual cut flowers from seed. These annuals are easy to grow and will make it easy for you to have bountiful blooms indoors



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LEXINGTON, KY 40546



Disabilities  
 accommodated  
 with prior notification.

# 2023 Wheelbarrow Series

throughout the growing season. Participants will receive packets of seeds to try at home, register by February 15th. \$5.00.

***Thursday March 23rd at 10:00 AM and 6:00 PM***

## **Pie Special! Growing Strawberries and Rhubarb**



One of my favorite pies is strawberry rhubarb. These two share the same harvest window and complete a great sweet/tart pie. In this class we will discuss cultural requirements, site location, maintenance, and pest control. Each participant will receive rhubarb and strawberry plants. Register by March 1st. \$15.00.

***Thursday March 30th at 10:00 AM and 6:00 PM***

## **Proven Winners Perennials**

Most of you have heard of the brand name “Proven Winners” and in this session we are going to explore the various perennials and new and upcoming varieties that are on the market now. Each participant will pick 10 of 15 perennials to try at home. Limit one per variety. Register by March 1st. \$50.00 (act fast this is a steal!) Limit 30. Choices include achillea, amsonia, astilbe, baptisia, echinacea, gypsophila, heliopsis, hemerocallis, heucherella, hosta, kniphofia, nepeta, phlox, polemonium, and panicum.



***Thursday April 6th at 10:00 AM and 6:00 PM***

## **Grateful For Grapes**



Grapes are one of the most popular fruits in the world. They are prized for wine, jelly, and fresh eating. Join us to learn how to grow a bountiful harvest of grapes year after year. We will cover planting, pruning, and most importantly a simplified spray program. Each participant will take home three grape vines. One each of Concord, Niagara, and Catawba. Register by February 15th. \$15.00

***Thursday April 20th at 10:00 AM Only***

## **Horticulture How To: Oyster Mushrooms**

Many of you may not be familiar with oyster mushrooms, however they are easy to grow and delicious. Join us for a complete how to on growing your own oyster mushrooms at home. Each person will inoculate and take home a bag of media to grow mushrooms at home. Supply fee \$5.00, register by March 15th.



# 2023 Wheelbarrow Series

***Thursday April 27th at 10:00 AM and 6:00 PM***

## **Sweet Potatoes**

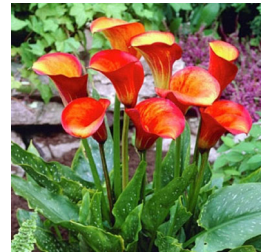


In this session you will learn how to grow great sweet potatoes! Sweet potatoes come in a variety of colors and some will SHOCK YOU! Each participant will get multiple varieties of sweet potato slips to try at home as well as recipes. Not only are you going to learn how to grow sweet potatoes, but how to cure and store them as well. Register by April 1st. \$5.00.

***Thursday May 11th at 10:00 AM and 6:00 PM***

## **Calla Lilies**

Many gardeners are afraid to try calla lilies because of the price and because they are actually tender bulbs. Grown with the right care they are easy as pie! In this session we will cover the basics of growing these beauties, winter storage, and proper placement. Each participant will receive 10 bulbs in five colors to try at home. Register by April 1st. \$20.00 per person. Limit 20



***Thursday May 25th at 10:00 AM Only***

## **Horticulture How To: Hypertufa**

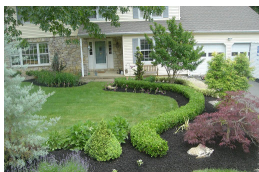


Hypertufa is a light weight faux rock made from various ingredients. We will discuss how to make the mix and will actually make planters. Limit 20 people. Supply charge \$10.00, register by May 1st. (you will get dirty)

***Thursday June 8th at 10:00 AM and 6:00 PM***

## **Hydrangeas**

Hydrangeas as a plant family have undergone a renaissance so to speak in the last several years with multiple breeding programs ongoing across the country. We will look into how to select and grow the right cultivars for your needs. Believe it or not as a group depending on variety and type selection you can have hydrangeas growing in full sun, part sun, and dappled shade with blooms from early spring to early fall! Register by April 15th. Participants will receive 5 hydrangeas to grow at home. Supply fee \$30.00.



***Thursday June 15th at 10:00 AM and 6:00 PM***

## **Introduction To Landscape Design**

Landscape design is something most homeowners have questions about from time to time. In this session we will discuss the very basics of landscape design



# 2023 Wheelbarrow Series

such as focal points, budgets, goals, plant selection, colors, textures, and what to think about for the future maintenance of the landscape. Register by June 1st. Free!!!

***Thursday June 22nd at 10:00 AM Only***

## **Horticulture How To- Kokodama**



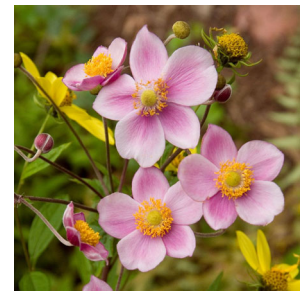
Kokedama (Japanese for "moss ball") is a style of potting up plants in a ball of moss and displaying them in a dish or suspended in the air. The style comes from a centuries-old tradition of exhibiting the exposed root ball of a bonsai specimen on a plate to highlight its elegant root system. As time passed, moss would accumulate on the roots, enhancing the display. In this session participants will make their own kokodama to grow at home. Register by June 1st, \$10.00.

[https://www.bbg.org/gardening/article/diy\\_kokedama](https://www.bbg.org/gardening/article/diy_kokedama)

***Thursday June 29th at 10:00 AM and 6:00 PM***

## **Perennials For Late Season Color**

Late summer and fall are the times of year that tend to lack color in the perennial beds. Join us for a look into varieties and species to increase that color along with cultural practices that can extend the season. Register by June 1st. FREE!



***Thursday July 27th at 10:00 AM and 6:00 PM***

## **Petscaping**

Petscaping is basically just landscaping with your pet in mind. It is creating a landscape that is safe for your pet and aesthetically pleasing for the gardener. In this session we will discuss breed needs (especially dogs), safe plants for pets, proper placement, and much more! Free! Register by July 1st.

***Thursday August 3rd at 10:00 AM Only***

## **Horticulture How To- Lacto Fermenting Foods**

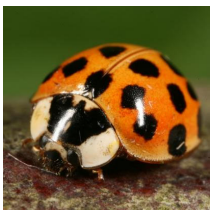
Humans have been using lacto fermentation methods to preserve food stuffs since ancient times, think sauerkraut. Join us for a look at the history of lacto fermentation, the health benefits of eating naturally fermented foods, a quick and easy how to at home, and maybe even a tasting as well. FREE!!!



***Thursday August 17th at 10:00 AM and 6:00 PM***

## **Fall Home Insect Invaders**

Join us to discuss the insects that like to overwinter indoors, how to keep them out, and how to control them if they get inside. Free!



# 2023 Wheelbarrow Series

*Thursday September 21st at 10 AM and 6 PM*

## True Lilies



It seems daylilies get all the glory but for a spectacular show don't leave out the "True Lilies". That's right daylilies aren't true lilies. Lilies come in many sizes, shapes, colors, and fragrances as well. Each participant will take home a sampling of lilies to plant at home. Register by September 1st. Supply fee \$20.00.

*Thursday September 28th 10:00 AM and 6:00 PM*

## Peonies The Queens Of Spring!

In this session we will discuss how to get peonies off to a good start, planting, maintenance, and care of old plants you may already have. We will discuss tree, herbaceous, and intersectional hybrids. Each participant will receive a Bartzella (pictured) and a Festiva Maxima to grow at home. These #1 grade plants retail for a total of \$75. Register by August 1st. \$40.00, limit 25 participants.



*Thursday October 12th at 10:00 AM and 6:00 PM*

## Daffodils

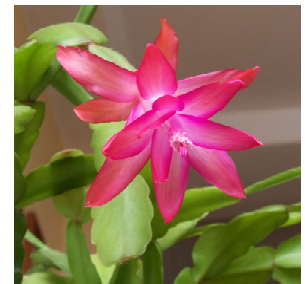


Join us for an exploration of all things daffodil. Each participant will receive a sampling of bulbs to try at home. Supply charge \$20.00, limit 30, Register By September 15.

*Thursday October 26th at 10:00 AM and 6:00 PM*

## Holiday Cactus

In this session we will cover the basics of growing and flowering holiday cactus. Participants will receive a plant to grow at home. Free! Register by September 1st.



## *NOTICE*

**PICK UP PLANTS PROMPTLY!!! WE DO NOT GUARANTEE PLANT VIABILITY OR AVAILABILITY MORE THAN 4 DAYS FROM THE CLASS DATE OR DATE WE CALL FOR PICKUP. WE WILL NOT GIVE REFUNDS IF THE PLANTS DIE BECAUSE OF NOT BEING PICKED UP PROMPTLY.**

**Fill Out This Registration (Front and Back)**

**And Return To The Extension Office**

Circle If You Will Be Attending The AM or PM Sessions If Applicable And Total At The Bottom.

***Attention!!! If An AM Or PM Session Doesn't Have At Least 5 To Register For That Session It May Be Canceled Via One Call***

Feb. 16th	AM	PM	Gardening By The Moon Signs		Free
Feb. 23rd	AM	PM	African Plants In American Gardens		Free
Mar. 2nd	AM	PM	Easy Annuals From Seed For Cutting		\$5.00
Mar. 16th	AM	PM	Terrific Tomatoes		Free
Mar. 23rd	AM	PM	Growing Strawberries And Rhubarb		\$15.00
Mar. 30th	AM	PM	Proven Winners Perennials		\$50.00
April 6th	AM	PM	Grateful For Grapes		\$15.00
April 20th	AM	NA	Horticulture How To: Oyster Mushrooms		\$10.00
April 27th	AM	PM	Sweet Potatoes		\$5.00
May 11th	AM	PM	Calla Lilies		\$20.00
May 25th	AM	NA	Horticulture How To: Hypertufa		\$5.00
June 8th	AM	PM	Hydrangeas		\$30.00
June 15th	AM	PM	Introduction To Landscape Design		Free
June 22nd	AM	NA	Horticulture How To: Kokodama		\$10.00
June 29th	AM	PM	Perennials For Late Season Color		Free
July 27th	AM	PM	Petscaping		Free
Aug. 3rd	AM	NA	Horticulture How To: Lacto Fermenting		Free
Aug. 17th	AM	PM	Fall Home Insect Invaders		Free
Sept. 21st	AM	PM	True Lilies		\$20.00
Sept. 28th	AM	PM	Peonies The Queens Of Spring		\$40.00
Oct. 12th	AM	PM	Daffodils		\$20.00
Oct. 26th	AM	PM	Holiday Cactus		Free
			Basic Registration For Any and All Classes	\$5.00	x
			Total From Above		
			Register And Pay For <b><u>ALL</u></b> Classes By February 16th 2023 And Save \$15.00	-\$15.00	
			<b>TOTAL</b>		

We Can Accept Credit And Debit Cards Now!



# *Winter Injury Visible on Landscape Plants*

With the arrival of spring's warmer weather, many landscape plants in Kentucky are showing the effects of a winter that broke records. The winter of 2022-23 approached all-time historical lows in many parts of the Commonwealth. Now landscapers and homeowners are wondering which plants might recover and which must be removed. Particularly hard-hit were evergreens and marginally hardy plant species.

## **“Evergreens” Not So Green This Spring**

Broadleaf and needled evergreen plants retain foliage during winter, thus they continue to lose water through their leaves—although at a reduced rate—throughout the winter months. During the growing season, plant roots take up water from the soil, where it is pulled upward through the xylem (water conducting tubes inside stems). Some of this water is used by the plant, but much of it exits the plant as water vapor through pores in the leaves. Deciduous plants drop foliage in the fall to reduce water loss during the winter when soils are frozen. During sunny winter days with wind and low humidity—which were prevalent during the past two winters—the rate of water loss from evergreen foliage increases, leading to brown, scorched leaves. The pull of transpiration may even result in air pockets developing in the xylem, similar to air pockets in a siphon. Plants are unable to move water through these xylem tubes. Further injury may occur when frozen stems are bent by snow or physically shaken to remove ice and snow, and xylem cell walls are fractured.

Certain landscape plants, both deciduous and evergreen, are considered to be marginally hardy in Kentucky. Plant hardiness is based on the lowest temperature that the plant can tolerate under optimal growing conditions. The USDA Plant Hardiness Zone Map places most of Kentucky in Zone 6 with the far western counties in Zone 7a. Temperatures associated with the hardiness map are based on the 30-year average of the single lowest winter temperatures recorded each year. This is not the absolute lowest temperature experienced over a 30-year period, just the average. The map also does not take into account the duration of cold, soil moisture, humidity, solar radiation, topography, or wind. While there are shortcomings to this map, it is still a valuable aid in deciding what to plant and where it should be located.

Problems arise for marginally hardy plants when winters are colder than average. Examples include boxwood, cherry laurel, southern magnolia, Leyland cypress, crape myrtle, and nandina. Some of these plants had survived previous milder winters but now show symptoms ranging from moderate leaf burn or twig dieback to death of the entire plant (Figures 1 & 2).

## **Managing Winter Injury on Landscape Plants**

Rule number one in addressing winter injury is to be patient. If the foliage or the tips have been damaged but the stems and buds are still green, wait until the plant puts out new growth before deciding if the plant should be pruned or removed. Sheering dead foliage will immediately improve the appearance of the plant, but pruning should not be done until after the chance of the last frost has passed.

Spring fertilization is not recommended, especially for plants suffering winter injury. The addition of nitrogen can



Figure 1. Leaf browning of southern magnolia exposed to drying winter winds. (Photo: Julie



Figure 2. Leaf burn and twig dieback of holly from winter injury. (Julie Beale, UK)

## *Winter Injury Visible on Landscape Plants*

encourage more growth than the damaged stems can supply with water during hot, dry summer months ahead. The addition of water during dry periods is more beneficial than the addition of fertilizer. When necessary, fertilization of woody landscape plants should occur in late fall.

Established broadleaf evergreens in exposed locations can be protected from the intensity of winter sun and wind. Cover these plants with light-colored cloth or burlap prior to the onset of winter. Spray moisture on the cloth prior to the onset of extremely windy sub-freezing temperatures. Water frozen on the cloth will further reduce the effect of the wind.

The best long-term approach, however, is to match the plant to the site. This can involve using hardy needled evergreens where evergreens are desired and deciduous species that originated in our climatic zone.

By William M. Fountain, Extension Horticulturist and Julie Beale, Plant Disease Diagnostician



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Tips Of The Week  
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## Plant of The Month—Aglaonema Red Valentine

A hardy tropical plant, this variety is known for its light pink foliage pattern that just gives a lovely touch to any space. A low-light tolerant plant, just like all its other green counterparts, the Aglaonema Red Valentine prefers a bright indirect light to maintain its fascinating foliage patterns. This houseplant is not a fan of overwatering, so make sure you check first if the base is dry before adding in moisture. For beginners, low-light conditions are better suited for the plant so it won't drop its leaves and lose its light pink patterns. Color and pattern on the leaves varies.



<https://plantly.io/plant-care/aglaonema-varieties/>



# Prune and Fertilize Fruit Trees

Now is the right time to prune most fruit trees. Apples, plums, pears, cherries and just about any other tree fruit you can think of need a little help now before they actively start pushing out new growth (wait and prune peaches after flowering) Pruning is a necessary process that will increase your yields, decrease insect and disease problems, and give you a healthy tree in the process.

When pruning fruit trees always make cuts flush to the branch collar, this is the raised area with a few wrinkles at the base of each branch or limb. It is important that you don't leave a stub or cut the limb flush with the trunk, meaning don't cut the branch collar off. If you leave a stub it will have to rot and fall off before the collar can grow over and seal off the wound. If you cut flush to the trunk it may never properly heal and you will invite insect and disease problems.

Pruning is necessarily to remove damaged branches. Thin out the tree especially in the middle

where most insects and disease problems arise. This is a moist stagnant area with little air flow. By thinning the middle of your tree you will increase the air flow thus decrease insect and disease problems.

Branches that are crossing or touching should also be removed. By crossing I mean they are close enough that in a few years they will be rubbing or touching. Many times branches will hang lower when the fruit load is high and will cause wounds or

bent areas on the stems. If you think a limb will be a problem with a large fruit load then remove it.

Any dried "mummy" fruit still hanging on the tree should be removed and composted or discarded. Mummies account for the largest insect and disease inoculums on most fruit trees.

If you see any canker spots from fire blight cut the limb back down into healthy wood, but do it soon because fire blight will be active starting in mid

March. If you are worried about spreading fire blight further then dip your pruning equipment in a 10% bleach solution each time you make a cut.

Look for insect eggs while pruning your trees. The most prevalent will be tent caterpillar. Their eggs look like raised tar spots on the stem. The egg mass is really hard and it's easier to prune it out than to

try and scrape them off. If you want you can spray your fruit trees with dormant oil labeled for fruit trees, this will smother many of the insect



Prune out fire blight cankers.

eggs. Be sure to read the label and cover the branches and limbs completely.

If your fruit trees haven't grown as you wish or don't seem like

they are healthy you should have a soil test done. As a general rule most fruit trees need ¼ pound 33-0-0 or ¾ pound 10-10-10 per tree per year of age broadcast under the tree. Be sure to take it out to at least the drip line where the feeder roots are. If



Remove fruit mummies!

you maintain a lawn fertilizer program your fruit trees probably don't need fertilizing. Over fertilizing can be worse than under fertilizing because it will cause a lot of soft succulent growth, fewer flowers, and increased instance for insect and disease problems.



Tent Caterpillar Eggs



A good cut healing nicely. Notice the branch collar growing over the wound.

# Time To Control Fruit Diseases

Winter believe it or not is a good time to prepare fruiting crops for the season ahead. It has been too cold for most of the winter for many of us to feel like braving the outdoors to any activities that aren't absolutely essential, but on the next warm day it is very important for us to get some work done to insure a nice fruity harvest this summer. Many fruit diseases can be partially controlled by being vigilant with cleanup and fungicidal sprays at proper times. Also, remember pruning should take place in late February on fruiting trees. Below is a list of fruit crops along with diseases of concern and some things to do to help you have a successful harvest.

**Apples**-The diseases of concern in early spring are scab, cedar rust, and fire blight.

- If you are ordering nursery stock, plan on growing disease-resistant apples. Nursery catalogs will indicate varieties that are scab-resistant.
- Prune out old fire blight cankers now, while it is still cold, so new infections won't occur.
- Prune also to thin the tree canopy to allow good air movement and sunlight penetration.
- Remove and destroy fruit mummies left on the tree from last season.
- Remove nearby cedar trees, source of rust diseases, if possible.



Fireblight on Apple

- Obtain fixed copper or Bordeaux mixture to apply to the apple twigs and branches just as the buds begin to swell next month.

- Obtain a scab fungicide with ingredients such as mancozeb, captan, myclobutanil, or thiophanate-methyl so that sprays can be applied as green foliage (green tips) is just emerging and repeated periodically throughout the spring months.

Carefully read fungicide labels before making spray applications.

**Stone fruits**-The diseases of concern in early spring are peach leaf curl, plum black knot, and eventually brown rot and scab.

- Apply fixed copper or Bordeaux sprays now to prevent peach leaf

curl. In some parts of the state, it may be already too late because of warm weather, buds may have begun to swell and leaf curl infections may have just begun.

- Prune to thin the tree canopy to allow good air movement and sunlight penetration.
- Prune out any diseased or cankered twigs and branches from the trees.
- Remove and destroy last year's mummified fruit still hanging in the tree or on the ground.
- Prune out black knot disease swellings from plum trees. Obtain brown rot and scab fungicides with ingredients such as sulfur, captan, or myclobutanil. Read

and understand the chemical labels.

**Grapes**- The diseases of concern in early spring are black rot, anthracnose, cane and leaf spot, and downy mildew.

- Prune the grape canopy to allow good sunlight penetration and air movement, as well as to maximize fruit production.

- Prune out any diseased, dead, or cankered vines.

- Remove and destroy all of last year's fruit mummies hanging on the vine and lying on the ground.

- Apply lime-sulfur sprays to the dormant vines just as buds begin to swell to prevent anthracnose.

- Obtain fungicides with ingredients such as captan, mancozeb, myclobutanil, or thiophanate-methyl to be used for black rot and cane and leaf spot management.

Be prepared to apply fungicides as the first green leaves are beginning to appear on the vines and to repeat the applications throughout the spring as called for on the pesticide label.

**Brambles**- The raspberry and blackberry disease of most concern in the spring are anthracnose and orange rust.

- Prune out dead and winter-injured canes.

- Apply lime-sulfur fungicide to the canes in early spring just as the buds begin to swell, but before green tissue emerges.

- Be prepared to remove and destroy orange-rust infected blackberries and black raspberries. These plants will appear abnormally whitish and spindly in early spring as they emerge from the ground.

- If orange rust is present in the neighborhood, remove and destroy wild blackberries growing in nearby

## *Time To Control Fruit Diseases*

fields and fencerows, if feasible.

If, because of rainy weather last year, plants died from root rot disease, improve drainage in the garden or grow brambles on raised beds.

**Strawberries-** The diseases of most concern in spring will be fruit rot diseases.

- Apply straw mulch to the beds between the rows and under the canopy so that fruits will not have to touch the ground.

- Provide adequate spacing of the



Brown Rot On Peach

strawberry plants to provide good sunlight penetration and air movement to help reduce gray mold fruit rot.

- Hand remove dead leaves and stems from the strawberry bed to reduce the presence of the gray mold fungus.

If sprays, such as captan, are to be used to prevent fruit rot, the sprays need to be applied to the strawberry flowers in early spring.

**Blueberries-** The diseases of most concern will be twig blights and

cankers.

- Prevent twig canker diseases by avoiding stressful growing conditions. Mulch blueberries with organic matter, such as wood chips, and adjust the soil pH if necessary to provide favorable growing conditions.

- Prune out dead and dying twigs and branches from the blueberry plants. If, because of wet weather, blueberries are declining and dying due to root rot disease, improve garden soil drainage or grow blueberries on raised beds.

## *To Do's For February*

### **Trees And Shrubs**

February is a good time to prune trees and shrubs. Of course depending on bloom time.

One note of caution on pruning, if the tree or shrub is an ornamental and blooms in the spring don't prune it until after it blooms. Fruit trees should be pruned now through the beginning of March.

If you aren't sure what your soil needs it is always a good idea to have a soil test done. It is FREE and it will save you time and money in the long run.

Now is also a good time to force branches of flowering trees and shrubs indoors. Several varieties such as flowering quince, dogwood, forsythia, star magnolia, crabapple, flowering cherry, and pussy willow are all good candidates for forcing.

### **Vegetables**

If you are growing your own

vegetable transplants in window seals or under lights remember as a general rule it takes about six weeks for a good sized transplant to grow.

This means you can start broccoli, cabbage, cauliflower, kohlrabi, Chinese cabbage, and other cool season garden plants in mid February. These will be planted in the garden in late March.

Again, take a soil sample now for your vegetable garden. This will keep your fertilizer bill down and your plants healthy.

If you haven't ordered your vegetable seeds yet go ahead and do it so you will get them in plenty of time for spring.

### **Lawn**

If your lawn needs lime it can be applied now or anytime. You don't need lime on a lawn unless the pH is below 6.0.

Don't apply nitrogen now. Wait

until October, November, or December. Nitrogen applications in the spring will force your grass to grow succulently and quickly causing more frequent mowing and weak shallow rooted turf which will be more susceptible to drought.

Apply phosphorus and potassium anytime of the year as your soil test indicates.

Mid February and March are the times to sow new lawns or over seed old ones. September is the best time but now is the second best.

Pre-emergent control herbicides can be applied in late February and March. This will help control annual weeds. A second application may be needed in late May or June for good crabgrass control. Don't apply pre-emergent herbicides if you sowed or plan to sow grass seed this spring.



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<https://www.facebook.com/pages/Washington-County-Horticulture/140659449317295>

## Recipe of The Month

### Chicken and Fried Cauliflower Rice

**4 tablespoons** olive oil, divided  
**1** diced red bell pepper  
**½** medium diced onion  
**2 cups** finely chopped carrots  
**3 cups** chopped cabbage

**1** small chopped zucchini  
**1** cubed skinless, boneless chicken breast  
**1** head of roughly chopped cauliflower  
**2 tablespoons** minced garlic

**2 tablespoons** lower-sodium soy sauce  
**½ teaspoon** ground ginger  
**¼ cup** chopped green onions  
Salt and pepper to taste  
**½ teaspoon** crushed red pepper

**Heat** 2 tablespoons of olive oil in a large, lidded skillet or wok over medium-high heat. **Add** bell pepper, onion, and carrots. **Cook**, stirring occasionally, until crisp-tender, about 5 minutes. **Add** cabbage and zucchini to pepper mix. **Cook**, stirring occasionally, about 5 minutes. **Heat** ½ tablespoon of olive oil in a second large skillet over medium-high heat. **Add** chicken and cook, turning occasionally, until no longer pink, about 5 minutes. **Transfer** chicken to skillet with vegetable mixture. **Place** cauliflower into a food processor. **Pulse** until the mixture resembles rice. **Heat** ½ tablespoon of olive oil in a skillet over

medium-high heat. **Add** garlic and cook about 15 seconds; add cauliflower. **Cook**, stirring occasionally, 2 minutes. **Transfer** to vegetable skillet, and **stir** to combine. In a small bowl, **combine** soy sauce, ginger, 1 tablespoon of olive oil, green onions, salt, pepper, and crushed red pepper. **Add** to cauliflower mixture. **Cook**, stirring until well mixed and heated through.

**Yield:** 6, 1-cup servings

**Nutritional Analysis:** 180 calories, 10 g fat, 1.5 g saturated fat, 15 mg cholesterol, 270 mg sodium, 16 g carbohydrate, 5 g fiber, 7 g sugars, 0 added sugars, 8 g protein

