

# Estill County Farm Scoop

Agriculture & Natural Resources



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



## Cooperative Extension Service

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Hello everyone! As summer is in full swing, be sure you are scouting for pests in your garden at least once per week. The recent rain patterns can cause disease to show up very quickly, as well as new pests. Feel free to call or email me and we can discuss an plan for pest management.

One common pest that I have already seen multiple times this summer on vegetables is the Fall Armyworm. This pest is at it's peak population in July and August so it is very likely you will see one yourself. Larvae vary from light tan to nearly black with three thin light yellow lines down the back. There is a wider dark stripe and a wavy yellow red splotched stripe on each side. They resemble both armyworms and corn earworms but fall armyworms have a prominent white inverted Y mark on the front of the head. Survey 20 plants from each location, initiating your count randomly.

Small larvae will cause "window pane" damage. Record damage, number and size of larvae. Collect specimens for verification. Feeding by small armyworms resembles European corn borer damage. More information can be found at <https://ipm.ca.uky.edu/content/fall-armyworm>.

These next few months, I will have multiple classes available to earn your CAIP education credit. Keep an eye out for those dates and put them on your calendar if you are needing to attend!

As always, feel free to call or email me with any questions you may have. I am here to help!

Emma Lee, County  
Extension Agent  
for Agriculture & Natural  
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Emma.lee@uky.edu

## July/August 2023 Inside this issue:

- Support your local Farmers Market
- Harvesting blueberries and blackberries for full flavor
- Vegetable Insect-Pest calendar for Kentucky
- Southern blight of vegetables
- International Monarch Monitoring Blitz
- Upcoming CAIP Educational Classes Flyer

## MARK YOUR CALENDARS

Thursday, July 13th  
at 6:30 p.m. meeting  
for Agriculture  
Producers,  
Processors, and  
Cattlemen with guest  
speaker Niki  
Whitaker, project  
manager for the  
Kentucky  
Cattlemen's new  
venture with the  
University of  
Kentucky to build a  
Kentucky Livestock  
Innovation Center

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4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



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# Integrated Pest Management in Raised Beds

**Thursday, August 3rd at 1:00 p.m.**

**Estill County Extension Office, 76 Golden Court, Irvine**



Are you dealing with stubborn garden pests? In this class, we will discuss how to identify, prevent, and control insects that are seen in raised beds/container gardens. If you have any questions, or plan to attend this class, please contact the Estill County Extension Office at 606-723-4557

**To attend this class, please call  
606-723-4557 to register.**

*Emma Lee*

**Emma Lee, County Extension Agent  
for Agriculture & Natural Resources**

**Cooperative Extension Service**  
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4-H Youth Development  
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# Southern blight of vegetables

Southern blight, also known as basal stem rot, is a common disease of vegetables, as well as other agronomic and specialty crops. While this fungal disease is capable of infecting a wide range of hosts, the most common vegetables affected include beans, cabbages, cucumbers, peppers, and tomatoes. Plants infected with the southern blight pathogen ultimately die, resulting in yield losses. Use of cultural practices and fungicides can limit damage.

## Southern Blight Facts

- Symptoms are often first observed as the wilting of foliage. Over time, leaves yellow and stems and branches turn brown (Figure 1). Decay of stems and crowns ultimately results in rapid plant death. Infected stems and crowns may exhibit a fuzzy, white growth (mycelia), which is the fungal body of the casual organism. Small, fungal reproductive structures (sclerotia) develop in mycelia. Sclerotia are initially white, but later become tan to brown in color (Figure 2).
- Pathogen structures overwinter in plant debris and infested soil as sclerotia. These structures may survive for up to 5 years.
- Disease development is favored by high temperatures and periods of high humidity. Southern blight is caused by the fungal pathogen, *Athelia rolfsii* (formerly *Sclerotium rolfsii*).

## Management

- Avoid planting in fields with a history of southern blight.
- Deep till fields and high tunnels with a history of disease.
- Solarize soil in fields and high tunnels.
- Rotate away from susceptible crops.
- Remove and destroy infected plants or plant parts.
- Clean and sanitize tools, pots, and equipment.
- Avoid moving infested soil to clean beds or gardens.
- Remove and destroy plant debris at the end of the season.

Commercial growers can find information on fungicides in the [Vegetable Production Guide for Commercial Growers \(ID-36\)](#) and the [Southeast U.S. Vegetable Crop Handbook](#). Homeowners should consult [Home Vegetable Gardening \(ID-128\)](#) for fungicide information or contact a county Extension

agent for additional information and recommendations regarding fungicides.

## Additional Resources

- Southern Blight ([PPFS-VG-16](#))
- IPM Scouting Guide for Common Problems of Cucurbit Crops in Kentucky ([ID-91](#))
- IPM Scouting Guide for Common Problems of Solanaceous Crops in Kentucky ([ID-172](#))
- Sustainable Disease Management of Cucurbit Crops in the Home Garden ([PPFS-VG-19](#))
- Sustainable Disease Management of Solanaceous Crops in the Home Garden ([PPFS-VG-21](#))
- Home Vegetable Gardening ([ID-128](#))
- Vegetable Production Guide for Commercial Growers ([ID-36](#))

By: Kim Leonberger, Plant Pathology Extension Associate and Nicole Gauthier, Extension Plant



**Figure 1:** Plants affected by southern blight exhibit leaf yellowing and rapid blighting of stems and branches (Photo: Kenny Seebold, UK).



**Figure 2:** White mycelia may develop on infected plant parts. Within the mycelium, small round sclerotia develop. (Photo: Kenny Seebold, UK).

# Vegetable Insect-Pest Calendar for Kentucky

**This table shows:**

- when to expect insects of concern to appear,
- when population numbers can be expected to peak, and
- the usual length of time these insects are present during the season.

**Please note:**

- These dates are approximations only. Local weather and soil conditions in a given year will determine exact dates of first and peak appearance.
- This calendar was constructed using data from Kentucky, USA. If you are located in Kentucky or in nearby states with similar conditions, you will probably find it useful.
- These dates may not apply in your area, especially the farther you are located from Kentucky. In that case, you may wish to contact your county extension agent or agricultural consultant for information about your locality.

**Key:**

- - or \* indicates insect populations likely to be present
- \* indicates peak population levels likely
- Multiple peaks indicate the particular insect species produces more than one generation per year.

Pest Activity	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
<b>Cole Crops</b>								
Diamondback moth	.	.	----	****	****	****	****	.
Cabbage looper	.	.	.	--	****	****	****	.
X-striped cabbageworm	.	--	--**	****	****	****	****	.
Imported cabbageworm	.	--	---*	****	****	****	****	.
Cabbage maggot	.	--**	****	.	.	.	.	.
<b>Cucurbits</b>								
Squash vine borer	.	--*	****	--	----	***-	-	.
Squash bug	.	.	--	--**	****	****	****	.
Striped cucumber beetle	.	--*	****	-*	****	****	****	*
Spotted cucumber beetle	.	---	****	-*	****	****	****	*
Seedcorn maggot	-	---	***	.	.	.	.	.
<b>Sweet Corn</b>								
Cutworm	.	--*	****	****	*-	.	.	.
Flea beetle	.	-	****	****	---	.	.	.
Corn earworm	.	.	.	--	---	****	---	.
Fall armyworm	.	.	.	--	****	****	*--	.
Rootworm larvae	.	.	-	****	**--	.	.	.
Japanese beetle	.	.	.	--	****	**	.	.
European corn borer	.	.	--*	****	----	***	---	.
<b>Tomato</b>								
Tomato fruitworm	.	.	.	--	---	****	---	.
Flea beetle	.	-*	****	*--	.	.	.	.
Spider mites	.	.	.	.	--**	****	.	.
<b>Potato</b>								
Colorado potato beetle	.	--*	****	--**	****	****	*-	.
Potato leafhopper	.	.	--*	****	**--	-	.	.
<b>Pepper</b>								
European corn borer	.	.	.	-	----	****	-	.
Aphids	.	.	----	----	----	----	--	.

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# Harvesting blueberries and blackberries for full flavor

Source: John Strang, UK extension fruit and vegetable specialist

It's almost summer, and that is prime harvest season for blueberries and blackberries, both of which have the potential to grow very well in Kentucky. Blueberries, which are native to North America, are ready to harvest from early June through early August. Blackberries are ready to harvest from mid-June to early October. These delicious fruits offer health benefits, but best of all, they capture the essence of summer in their sweetness.

Blueberries can be excellent choices for both home and commercial growing. They have the advantage of being as long-lived as fruit trees, with few pests or diseases. They also have a late blossom time, so frost rarely causes damage on well-chosen sites. Blackberries also have a long fruit-bearing life and will produce for a decade or longer in Kentucky.

Blueberries require an acidic soil, which means that most soils in Kentucky will need to be amended to properly suit their needs. They also require a high organic material content, so peat moss should be mixed with the soil at the time of planting. Do not substitute with other materials. Irrigation is necessary during the summer because blueberries have a shallow, limited root system. Insufficient irrigation can compromise both this year's and next year's crops.

Blackberries need to be pruned, fertilized and irrigated. Pruning varies, depending on the type of bramble; for specific information on the proper pruning for your blackberry canes, see the University of

Kentucky's publication, "Growing Blackberries and Raspberries in Kentucky." It's available online at <http://www.ca.uky.edu/agc/pubs/ho/ho15/ho15.pdf> or by contacting your local office of the UK Cooperative Extension Service.

Blueberries in a cluster do not ripen at the same time, and only fully ripe berries should be picked. Fruit need at least one to two days after turning blue to develop full flavor and can be left on the bush for up to 10 days without a loss in size. Flavor does not improve once the fruit is picked; consequently, blueberries should be left on the bush for as long as possible to develop sweetness and flavor.

For best results at harvest, pick carefully, rolling blueberries from the cluster with the thumb into the palm of the hand. Handle as little as possible to avoid rubbing off the bloom (the light waxy finish on the skin) and reduce bruising. Harvest

only when berries are dry. Refrigerate promptly to slow ripening and decay.

Blackberries picked for commercial sale are picked "firm ripe," but home growers have the luxury of picking soft, fully ripe and juicy fruit. Pick fruit twice a week, and during hot, rainy weeks, every other day. Harvest after the morning dew has dried. Pick carefully to avoid bruising the fruit, and, as with blueberries, refrigerate quickly to limit fruit rot. The sweetest, best tasting fruit is produced during dry, sunny weather when nights are cooler.

For more information, see UK's publications on growing blueberries and blackberries available online at <http://www.ca.uky.edu/agc/pubs/ho/ho60/HO60.PDF> and <http://www.ca.uky.edu/agc/pubs/ho/ho15/ho15.pdf>, or contact the Estill County Cooperative Extension Service.



#### Season:

Mid-June through July

#### Nutrition Facts:

One-half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

#### Selection:

Blueberries should be plump and firm and have deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

#### Storage:

Cover and refrigerate blueberries for up to 14 days. Wash them just before using them.

#### Preserving:

To freeze: Place unwashed and completely dry blueberries in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

#### Preparation:

Blueberries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.



## Blueberries



**UK** Cooperative Extension Service

# Support your local farmers market

Source: Mark Williams, Horticulture professor and department chair

Growing season is in full swing, and your local farmers market has the freshest produce, meats and value-added products around.

When you purchase from a farmers market vendor, most of which are small, family operations, it reduces the time it takes for food to travel from a large, commercial farm to a grocery store and onto your dinner plate. This means that local growers can wait to pick the produce and deliver it to you when it is at the peak of freshness. At the same time, you are reducing fuel emissions and transportation costs the growers would have to pay to sell their products outside the county. Many times, farmers markets are closer to your home than a grocery store, so shopping at the markets could cut down on your

fuel costs too.

Buying from farmers markets is good for the local economy and one way to preserve agriculture in rural communities. Farmers market purchases keep your money in your community. It allows growers with small-to-medium-sized operations to receive a fair price for their products without having to compete against large commercial growers. With an established, local market to sell their products, new growers have a viable entry into agriculture and an improved chance at success.

With much of the farmers markets products being fresh fruits and vegetables, you also have the opportunity to add more nutrition, vitamins and minerals to your family's plates. This can lead to healthier diets.

Buying from a local vendor can

help you connect to the person who is growing your food. It can be a great lesson for your children on where food comes from. Over the course of the season, many repeat farmers market customers develop personal connections and friendships with vendors.

The Estill County Farmers' Market is held Tuesday evenings from 6:00-8:00 p.m. at 184 Broadway Street, Irvine (Library parking lot) and Saturdays from 9:00 a.m.-1:00 p.m. at 1505 Richmond Road (beside Mill Creek Market). For more information about your local farmers market find them on Facebook at <https://www.facebook.com/estillcountyfarmersmarket>, or contact the Estill County office of the University of Kentucky Cooperative Extension Service.

## Agriculture Producers, Processors and Cattlemen:

There will be a meeting on Thursday, July 13th at 6:30 p.m. at the Estill County Extension Office. The guest speaker will be Niki Whitaker. She is the project manager for the Kentucky Cattlemen's new venture with the University of Kentucky to build a Kentucky Livestock Innovation Center. Niki will explain how the Center plans to provide education, innovation, marketing, and research opportunities related to food and agriculture. She will answer the questions: How will this help the livestock market? How will you as a cattle producer benefit? Please make a special effort to attend and ask questions. Hope to see everyone there.

## International Monarch Monitoring Blitz

The International Monarch Monitoring Blitz invites community scientists from across North America to come together with the shared goal of helping to protect and conserve the beloved and emblematic monarch butterfly. Data collected by volunteers each year support trilateral efforts to better understand the monarch butterfly's breeding productivity, range, and timing in North America.

Save the date for this year's Monarch Monitoring Blitz from 28 July to 6 August 2023!



The poster features a yellow background with a monarch butterfly on a purple flower and a caterpillar on a green leaf. The text reads: "Save the date! International Monarch Monitoring Blitz 28 July - 6 August 2023". Below the text are logos for various partners including the Canadian government, CONANP, Gorgo Rob, XERCES SOCIETY, and Journey North.



# UPCOMING CAIP EDUCATION OPPORTUNITIES

**Monday, July 17 at 6:00 p.m.**

*Freezer Beef Bootcamp: Freezer beef as a business; Is it profitable?*

**Thursday, August 3 at 1:00 p.m.**

*Integrated Pest Management in Raised Beds*

**Monday, August 7 at 6:00 p.m.**

*To be determined*

**Monday, August 21 at 6:00 p.m.**

*To be determined*

These CAIP educational opportunities will be held at the Estill County Extension Office, 76 Golden Court, Irvine. To attend any of these classes, please call 606-723-4557 to sign up.



*Emma Lee*

Emma Lee, County Extension Agent  
for Agriculture & Natural Resources





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RETURN SERVICE REQUESTED

# Easy Cheesy Eggplant

- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 8 ounces shredded mozzarella cheese
- 1/2 cup whole wheat bread crumbs
- 2 tablespoons grated Parmesan cheese
- 3 cups cubed eggplant
- 2 medium tomatoes, sliced
- 1 large onion, sliced
- 1/4 cup melted butter
- 1/4 cup applesauce
- 1/4 teaspoon salt

Peel eggplant and slice into 1/2 inch cubes. Layer eggplant, tomatoes, and onions in a casserole dish. Mix butter and applesauce and pour 1/2 over the vegetable mixture. Sprinkle with the salt, basil, and garlic powder. Cover and bake for 20 minutes in a 450° F oven. Remove from oven and top with mozzarella cheese, whole wheat bread crumbs, and Parmesan cheese. Pour the remaining butter and applesauce mixture over the cheese. Bake an additional 10 minutes, uncovered. Yield: 12, 1/2 cup servings. **Nutritional Analysis:** 120 calories, 7 g fat, 170 mg sodium, 6 g carbohydrate, 2 g fiber, 6 g protein.



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



<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>

For more Plate it up recipes visit