



HOPKINS COUNTY

The Horticultural Herald

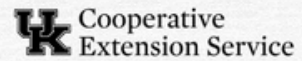
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JUNE IS POLLINATOR MONTH! CHECK OUT THESE WAYS THAT YOU CAN GET INVOLVED!



June is National Pollinator Month!



1 Create a pollinator garden! Choose native flowers that will provide a food source for pollinators.



2 Educate yourself about pollinators by taking a class from your local county extension office.



3 Create a bee hotel as a safe spot for bees or make seed bombs with wildflower seeds!



4 Participate in citizen science by tracking pollinator populations in your area!

#ukyextension

An Equal Opportunity Organization.

Erika Wood
Hopkins County Extension
Agent for Horticulture



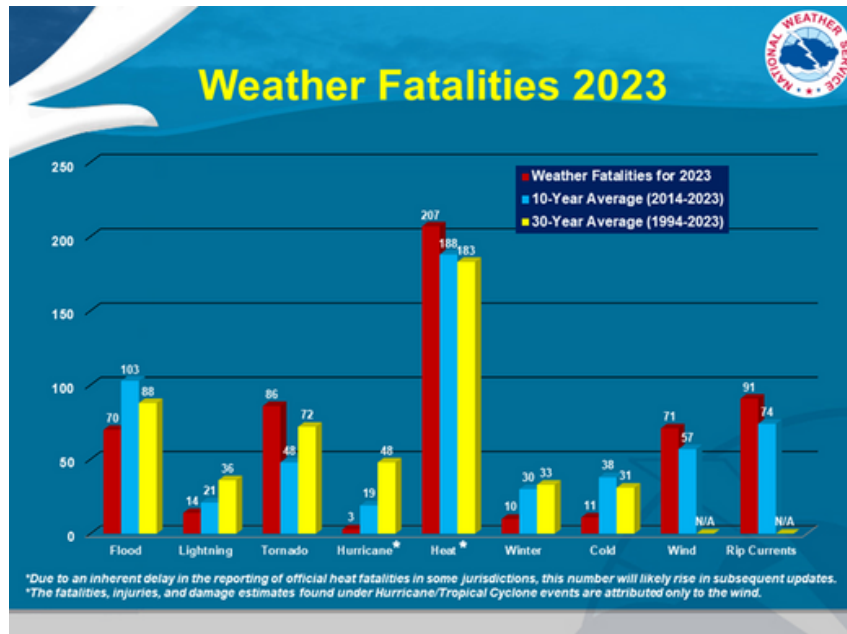
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SUMMER HEAT SAFETY
 JANE MARIE WIX - NATIONAL WEATHER SERVICE
 JACKSON, KY



SUMMER HEAT ARRIVED WITH A BANG IN MID-JUNE ACROSS KENTUCKY! UNFORTUNATELY, WE ARE ONLY GETTING STARTED WITH THE SUMMER SEASON - THERE WILL MOST CERTAINLY BE SEVERAL MONTHS OF HOT WEATHER AHEAD. SUMMER IS ALSO THE SEASON WHEN EVERYONE WANTS TO BE OUTSIDE, EITHER WORKING OR HAVING FUN. AS MUCH AS WE LOVE THIS TIME OF YEAR, IT IS ALSO A VERY DANGEROUS SEASON. HEAT CONTINUES TO BE THE DEADLIEST FORM OF WEATHER ACROSS THE COUNTRY. HIGHER THAN FLOODING, TORNADOES, AND HURRICANES. SADLY, STATISTICS FOR LAST YEAR SHOWED A HIGHER-THAN-AVERAGE FATALITY RATE. HEAT RELATED DEATHS HAVE BEEN CREEPING UP EVERY YEAR FOR THE LAST FEW YEARS.



DURING EXCESSIVE HEAT, AVOID HEAVY ACTIVITY AND DIRECT SUNLIGHT. STAY HYDRATED, FIND A COOL INDOOR PLACE, AND CHECK ON CHILDREN, THE ELDERLY, AND PETS. PROTECT YOURSELF OUTSIDE BY WEARING LIGHT, LOOSE-FITTING CLOTHES, STAY HYDRATED, AND SPEND TIME IN THE SHADE. ALSO, NEVER LEAVE ANYONE (OR PETS) ALONE IN A LOCKED CAR, EVEN IN THE WINTER, AS DEATH CAN OCCUR IN AS LITTLE AS 10 MINUTES.

KNOW THE SIGNS:

● HEAT EXHAUSTION: BECOMING FAINT OR DIZZY, EXCESSIVE SWEATING, COOL/CLAMMY SKIN, NAUSEA, RAPID/WEAK PULSE, MUSCLE CRAMPS.

● HEAT STROKE: THROBBING HEADACHE, NO SWEATING, RED/HOT/DRY SKIN, NAUSEA, RAPID/STRONG PULSE, POSSIBLE LOSS OF CONSCIOUSNESS.

IF SOMEONE EXPERIENCES THESE SYMPTOMS, GET THEM TO A COOLER PLACE AND TRY TO COOL THE BODY (LOOSEN CLOTHING, DRINK COOL WATER, ETC.). IF IT'S A HEAT STROKE, **CALL 911 IMMEDIATELY.**

NAVIGATE STORMWATER CHALLENGES THIS SUMMER

SOURCE: BRAD LEE, DEPARTMENT OF PLANT AND SOIL SCIENCES PROFESSOR

STORMWATER MANAGEMENT IS A SIGNIFICANT ENVIRONMENTAL CHALLENGE, ESPECIALLY IN REGIONS WITH EXTENSIVE URBAN DEVELOPMENT LIKE KENTUCKY. IN RESPONSE, MUNICIPAL SEWER SYSTEMS (MS4S) HAVE BEEN IMPLEMENTED IN OVER 100 COMMUNITIES IN 34 COUNTIES TO MANAGE AND TREAT STORMWATER RUNOFF BEFORE IT REACHES NATURAL WATER BODIES.

THE UNIVERSITY OF KENTUCKY MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT OFFERS COMPREHENSIVE EDUCATIONAL MATERIALS TO IMPROVE STORMWATER MANAGEMENT WITHIN MS4-REGULATED COMMUNITIES. THESE RESOURCES ARE ORGANIZED BY BOTH TOPIC AND SEASON, ENSURING THEY ARE RELEVANT AND EASILY ACCESSIBLE YEAR-ROUND. JUST SOME OF THE MANY TOPICS COVERED INCLUDE:

- **LAWN CARE AND POLLUTION PREVENTION:** INSTRUCTIONS ON PROPER LAWN CARE TO PREVENT NUTRIENT RUNOFF AND ADVICE ON MANAGING LAWN DEBRIS AND LITTER.
- **WATER CONSERVATION TECHNIQUES:** STRATEGIES FOR CONSERVING WATER AT HOME, INCLUDING USING RAIN BARRELS AND RAIN GARDENS, WHICH ALSO HELP REDUCE STORMWATER RUNOFF.
- **NATIVE PLANTS AND BIODIVERSITY:** GUIDANCE ON USING NATIVE PLANTS TO ENHANCE BIODIVERSITY AND IMPROVE THE ABSORPTION OF RAINWATER.
- **DIY RAIN BARREL PROJECTS:** INSTRUCTIONAL VIDEOS AND FACTSHEETS, SUCH AS "BUILDING A RAIN BARREL FROM A PICKLE BARREL," TEACH RESIDENTS HOW TO CONSTRUCT THEIR OWN RAIN BARRELS, REDUCING RUNOFF AND PROMOTING WATER REUSE.
- **RAIN GARDEN DESIGN AND MAINTENANCE:** PUBLICATIONS LIKE "RESIDENTIAL RAIN GARDEN: DESIGN, CONSTRUCTION, AND MAINTENANCE" PROVIDE STEP-BY-STEP GUIDES ON CREATING EFFECTIVE RAIN GARDENS, WHICH ARE ESSENTIAL FOR ABSORBING RAINWATER AND REDUCING RUNOFF.

FOR THOSE SEEKING MORE HANDS-ON INVOLVEMENT, THE UNIVERSITY FACILITATES WORKSHOPS OFFERING ADDITIONAL INFORMATION AND ASSISTANCE ON SETTING UP RAIN BARRELS AND GARDENS. THESE WORKSHOPS PROVIDE PRACTICAL SKILLS AND EMPOWER PARTICIPANTS TO TAKE ACTIVE ROLES IN THEIR COMMUNITY'S STORMWATER MANAGEMENT EFFORTS.

BEYOND EDUCATIONAL OUTREACH, UK IS RESEARCHING AND DEVELOPING ADVANCED STORMWATER MANAGEMENT TECHNOLOGIES. FOR INSTANCE, STUDIES ON PERMEABLE PAVEMENTS AND LOW-IMPACT DEVELOPMENT TECHNIQUES ARE PART OF THE UNIVERSITY'S EFFORTS TO DISCOVER MORE EFFICIENT WAYS TO MANAGE STORMWATER IN URBAN SETTINGS.

TO ACCESS THESE MATERIALS, **VISIT [HTTPS://WATER.CA.UKY.EDU/MS4](https://water.ca.uky.edu/ms4)**



SOIL TESTING

Did you know soil testing is available to every Kentucky citizen through UK Cooperative Extension?

What is Soil Testing?

- Soil testing is a chemical analysis that provides valuable insights into what your soil needs to be more productive.

How does it work?

- Soil samples are collected at all of our 120 cooperative extension offices and sent to a laboratory for testing.

Why Soil Test?

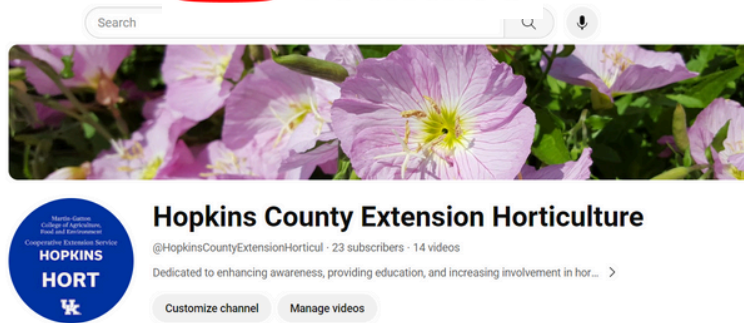
- Identify previous cropping history
- Show losses of surface soil through erosion
- Provide a guideline for lime and fertilizer needs of the soil
- Analyze pH, phosphorus, potassium, calcium, magnesium, zinc, and CEC of soil.

Learn more by contacting your local county cooperative extension office or check out UK Extension publications AGR-1, AGR-16, and AGR-57.

Subscribe to the Hopkins County Extension Horticulture

Youtube page to receive all the latest videos!

<https://www.youtube.com/channel/UC1bpH8is-c3py-PlwLiXhQ>



Check out the Hopkins County Farmers Market for Kentucky Proud fresh produce!



Summertime Sensation Casserole

- | | | |
|---|-------------------------------------|--|
| 4 strips turkey bacon | ½ teaspoon salt | 2 cups tomatoes, chopped |
| ½ cup minced onion | ½ teaspoon black pepper | ½ cup reduced fat shredded cheddar cheese |
| 3 tablespoons diced green pepper | 1 teaspoon dried sweet basil | |
| 4 ears fresh sweet corn | | |
- In a large skillet, **cook** turkey bacon until crisp.
 - Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.
 - Cut** corn from cob and add to onion and green pepper mixture in skillet.
 - Add** salt, black pepper, basil and tomatoes. **Cook** 5-10 minutes. **Add** chopped turkey bacon and cook an additional minute.
 - Pour** skillet contents into a greased 1-1/2 quart casserole dish.
 - Top** with shredded cheddar cheese.
 - Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.
- Yield:** 5, ½ cup servings.
Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.



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



Tomato Corn Pesto Pizza

- | | | |
|---|---|---|
| 3 plum or Roma tomatoes | wheat or regular packaged pre-baked pizza crust, thin crust | 1 teaspoon honey |
| ¼ teaspoon onion powder | ½ cup fresh corn kernels | 4 ounces shredded mozzarella cheese |
| ½ teaspoon freshly ground or seasoned pepper | ½ cup grated Parmesan cheese | 3 tablespoons fresh whole or torn basil leaves, (optional) |
| ½ cup basil pesto | | |
| 1 (14-16 ounce) whole | | |

Preheat oven to 450 degrees F. **Slice** tomatoes into ¼ inch slices; **place** tomato slices on paper towels; **sprinkle** with onion powder and pepper; let stand 20 minutes. **Spread** pizza crust with pesto. **Stir** together corn kernels, Parmesan cheese and honey. **Top** pizza with corn mixture, tomato slices and mozzarella cheese. **Place** pizza directly on middle oven rack; **bake** approximately 12-14 minutes or until cheese is melted and golden. **Remove** from oven and **top** with fresh basil leaves, if desired. Cut into 8 slices.

Yield: 8 servings, 1 slice each
Nutritional Analysis: 290 calories, 13 g fat, 4.5 g saturated fat, 15 mg cholesterol, 590 mg sodium, 29 g carbohydrate, 2 g fiber, 3 g sugar, 14 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>



Hopkins County Farmers Market is Open!

HOPKINS COUNTY

FARMERS
MARKET



HOURS OF OPERATION:
SATURDAYS 8 AM-1PM
TUESDAYS 10AM-3PM

THURSDAYS 7AM-12PM
LOCATED AT BAPTIST
HEALTH MAIN ENTRANCE

FRESH, LOCAL PRODUCE
55 MAHR PARK
MADISONVILLE KY 42431

FOLLOW US ON FACEBOOK!

HOPKINS COUNTY EXTENSION HORTICULTURE
HOPKINS COUNTY FARMERS MARKET
MASTER GARDENERS, PENNYROYAL



Upcoming Events and Programs

Tea Time

TUESDAY, JULY 2ND

NOON - 1 P.M.

Hopkins County Extension Office
75 Cornwall Drive, Madisonville

Come join us for tea time at the extension office where we will learn about the tea plant, how to harvest tea, different types of tea, and much more! Hot tea and tasty treats will be served.

Space is limited.

RSVP at

270-821-3650

 **Martin-Gatton**
College of Agriculture,
Food and Environment

Monarch Butterflies

Monday, July 15th

5:30 P.M.

Hopkins County Extension Service
75 Cornwall Drive, Madisonville

RSVP at 270-821-3650

 **Martin-Gatton**
College of Agriculture,
Food and Environment

