


2025 HOPKINS COUNTY HORTICULTURE SPRING UPDATE

 Cooperative
Extension Service

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UPCOMING PROGRAMS

APRIL

- 
- 15th** Lunch & Learn: Vegetable Pests
NOON - 1 P.M.
 - 21st** 4-H Garden Club
4-5 P.M.
 - 22nd** Moss Wall Workshop (*Full-waitlist*)
5:30 P.M.
 - 25th** HORT Book Club:
The Nature of Oaks
NOON
 - 29th** Tender Summer Bulbs
5.30 P.M.

**CHECK OUT THE SPRING
PLATE IT UP RECIPE ON
THE BACK!**

STAY UP TO DATE

Follow and subscribe to
"Hopkins County Extension
Horticulture" on Facebook
and YouTube.

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**FOR MORE INFORMATION
AND TO RSVP, PLEASE CALL
THE EXTENSION OFFICE AT
(270) 821-3650**



Erika Wood

**Erika Wood
County Extension
Agent for Horticulture**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Spring Harvest Salad

5 cups torn spring leaf lettuce

2½ cups spinach leaves

1½ cups sliced strawberries

1 cup fresh blueberries

½ cup thinly sliced green onions

Dressing:

4 teaspoons lemon juice

2½ tablespoons olive oil

1 tablespoon balsamic vinegar

1½ teaspoons Dijon mustard

2 teaspoons Kentucky honey

½ teaspoon salt

¼ cup feta cheese crumbles

½ cup unsalted sliced almonds

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

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

