

Taylor County Horticulture Newsletter



Cooperative Extension Service
 Taylor County
 1143 South Columbia Avenue
 Campbellsville, KY 42718
 (270) 465-4511
 Fax: (270) 789-2455

August 2023

Upcoming Events

Eastern Standard Time

Tuesday, August 8	Beginner Bonsai Class (Limit 10 participants—Free class)	5:30 PM
Thursday, August 10	Hayfield & Lawn Walk—Weed ID Guest Speaker: UK Specialist JD Green A meal will be provided. Please bring your own chair. Location : 810 Cox Cemetery Rd. Elk Horn, KY 42733	6:00 PM
Saturday, August 12	National Farmers Market Week Celebration Kids Set-up: Produce, or Arts & Crafts (Fee \$5.00) Redwire Bluegrass Band 10:00 AM—12:00 PM	8:00 AM—2:00 PM
Thursday, August 17	Green River Beekeepers—Taylor County Extension Office	7:00 PM
Tuesday, August 22	Beginner Bonsai Class (Limit 10 participants—Free Class)	1:30 PM
Thursday, August 17— Sunday, August 27	Kentucky State Fair	

Taylor County Farmers' Market
Open Saturdays
8:00 AM—2:00 PM

To RSVP for the classes
 call the Taylor County
 Extension Office at
270-465-4511.

**Cooperative
 Extension Service**

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Kara Back

Kara Back
 Extension Agent
 For Horticulture

Brown Patch Disease in Kentucky Lawns

By: Paul Vincelli, Department of Plant Pathology and A. J. Powell, Department of Agronomy

Brown Patch, also called Rhizoctonia blight, is a common infectious disease of turfgrass. All turfgrasses grown in Kentucky lawns can be affected by Brown Patch. However, this disease is usually destructive only in tall fescue and perennial ryegrass during warm, humid weather. While Brown Patch can temporarily harm a lawn's appearance, it usually does not cause permanent loss of turf except in plantings less than one-year old.

Brown Patch disease is sometimes responsible for poor turf quality, but it is not the only cause of brown spots or bare patches in lawns. You may need to consider other possible causes of thinning or dead grass. These include:

- improper fertilization
- chemical injury
- mower problems
- dog or insect injury
- localized dry spots
- poor soil drainage
- excessive thatch
- competition from other plants
- buried objects

Symptoms

Areas affected by Brown Patch are initially roughly circular, varying in size from one to five feet or more. During early morning hours, fine strands of grayish, cobwebby fungal growth (mycelium) may be evident at the margin of actively developing patches. This "smoke ring" disappears quickly as the dew dries. As an outbreak progresses and diseased patches coalesce, affected areas may lose the circular appearance and become irregular or diffuse.



On blades of tall fescue, lesions resulting from very recent infections are olive-green; as they dry, lesions become tan and are surrounded by a thin, brown border. Brown patch in perennial ryegrass causes blades to wither and collapse. Lesions initially are dark green or grayish green but quickly become tan as decayed leaves dry. In Kentucky bluegrass, infected leaves exhibit elongated, irregular, tan lesions which are surrounded by a yellow or brown border.

Disease Cycle

Brown Patch is caused by infection of grass foliage and crowns by Rhizoctonia fungi. Rhizoctonia solani is a

very common soilborne fungus and is the cause of Brown Patch symptoms in most instances. Rhizoctonia zeae can also cause Brown Patch in tall fescue under very hot, humid conditions.

Rhizoctonia fungi survive the winter as tiny, brown, resting bodies (sclerotia) in the soil and thatch layer of the lawn. When environmental conditions are favorable for growth, the sclerotia germinate and produce cobwebby fungal mycelium, which is the active phase of the fungi. Rhizoctonia fungi often harmlessly colonize organic matter in the thatch. However, when stressful conditions weaken the grass, Rhizoctonia can infect the plants and cause disease.

Leaf infections are the most common phase of Brown Patch, but infections of crowns and roots sometimes occur, particularly in seedlings. Rhizoctonia colonizes infected tissues and then forms new sclerotia, thus completing its life cycle.

Factors Affecting Disease Development

Host

Tall fescue and perennial ryegrass are the lawn grasses most susceptible to Brown Patch under Kentucky conditions. Fine fescues (hard fescue, creeping red fescue, chewings fescue, and sheep fescue) and zoysia are all moderately susceptible to the disease. Occasionally, Kentucky bluegrass lawns can be affected by Brown Patch, although this grass is less susceptible than others. Seedlings of all grasses are more susceptible to infection than established plantings.

Weather

Brown Patch is most destructive when the weather is humid and temperatures are stressful to the grass. Thus, in cool-season grasses such as tall fescue and perennial ryegrass, the disease is most severe under high temperatures (highs above 85 F, lows above 60 F). Conversely, in warm-season grasses such as zoysia, Brown Patch is most severe in humid weather with moderate temperatures (45 - 70 F).

Cultural Conditions

Application of high levels of nitrogen fertilizer, particularly during spring and summer, favors development of Brown Patch by producing lush, succulent growth that is very susceptible to Rhizoctonia infection. Other factors increase disease severity by creating a humid environment favorable for growth of Rhizoctonia fungi. These factors include: overwatering, watering in late afternoon, poor soil drainage, lack of air movement, shade, a high mowing height, and overcrowding of seedlings. Excessive thatch, mowing when wet, and leaf fraying by dull mower.

Management

Fertilization

Apply the bulk of nitrogen fertilizer to cool-season turfgrasses in fall and early winter rather than spring or summer. Fall fertilization increases overall root growth of cool-season grasses and reduces their susceptibility to several diseases. A single fall application may be applied in November; if making two applications, October and December are good times to fertilize. Avoid overfertilizing, particularly with fertilizers high in nitrogen. Maintain adequate levels of phosphorous and potassium in the soil. Do not attempt to cure summertime outbreaks of Brown Patch with nitrogen fertilization, as this will simply aggravate the disease.

Mowing

Set a mower height of no greater than 2 1/2 inches. A mower height greater than this aggravates Brown Patch by reducing air circulation and allowing more leaf-to-leaf contact, conditions which permit greater fungal growth during humid weather. Mow regularly to promote air circulation and rapid drying of the turf, making the lawn environment less favorable for fungal growth. To avoid stressing the grass, mow often enough so that no more than one-third to one-half of the leaf length is removed at any one mowing. In tall fescue lawns, reducing the mower height to 2 inches or less can further reduce outbreaks of Brown Patch. However, keep in mind that lawns mowed this closely must be mowed frequently. In an actively growing tall fescue lawn mowed at 2 inches, it may be necessary to mow several times a week to prevent removal of more than one-half of the leaf length at one mowing. Never scalp the lawn from 4 inches down to 2 inches or less. During an active outbreak of Brown Patch in hot, humid weather, clipping removal can help eliminate a food base for the fungus. However, in the absence of an active disease outbreak, returning clippings to the lawn is a beneficial practice that returns nutrients to the soil.

Keep the mower blade sharp. A dull blade shreds the leaves, creating an ideal site for infection.

Irrigation

When irrigation is necessary, wet the soil to a depth of at least four inches to promote deep rooting. Check the watering depth by pushing a metal rod or screwdriver into the soil. It will sink easily until it reaches dry soil. Avoid frequent, light waterings. These encourage the grass to develop a shallow root system and frequently provide the surface moisture that Rhizoctonia fungi need to infect the leaves. If a disease outbreak is evident, water early in the day so that the leaves dry quickly. If the lawn is watered late in the day, the leaves may remain wet until morning, thus providing long periods of leaf wetness favorable for infectious fungi. Removing dew, by dragging a hose across the lawn or by very light irrigation during early morning hours, will reduce prolonged leaf wetness and remove leaf exudates that encourage disease development.

Other Cultural Practices

Avoid using excessive seeding rates when seeding or renovating a lawn, as overcrowding can aggravate an outbreak of Brown Patch. See the UK Extension Publication AGR-52, "Selecting the Right Grass for Your Kentucky Lawn," for information on seeding rates. Selectively prune nearby trees and shrubs to increase air movement and light penetration, thereby allowing leaf surfaces to dry more quickly. Avoid applying herbicides during an active outbreak, as these may aggravate the disease.

Fungicides

In an established lawn, fungicide sprays are not recommended to control Brown Patch. Cultural practices will usually do a great deal to reduce the disease. Even if an outbreak of Brown Patch occurs, crowns and roots of established plants often survive, and blighted turf begins to recover when cooler weather arrives. So an established, well-managed lawn often will recover from Brown Patch without fungicide applications.

Heartleaf Philodendron

The heartleaf philodendron is one of the most common and most loved house plants. It can survive in low light. It thrives in medium light. This can be achieved by placing it in an East or West window. If you forget to water the heartleaf philodendron it is forgiving. However, it prefers to be kept evenly moist. The soil does not need to be wet "mud".



The heartleaf philodendron is a trailing plant and can get quite long. To make it bushy, trim some of the stems back to the soil line. This will trigger new thicker growth. Propagate the plant by taking stem tip cuttings and pot them in moist potting medium/soil. The newer cultivars have kept the heartleaf philodendron popularity high:

- Lemon Lime - bright green leaves
- Brasil - Dark green leaves with bright green stripes
- Philodendron Brandtianum - Grey leaves with dark green veins

By: Kara Back

TAYLOR COUNTY'S *National* *Farmers Market* WEEK CELEBRATION

AUGUST 12, 2023

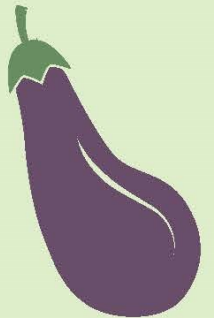
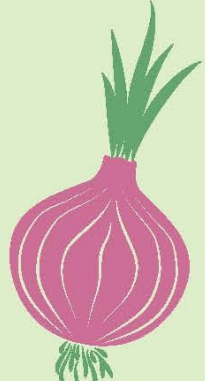
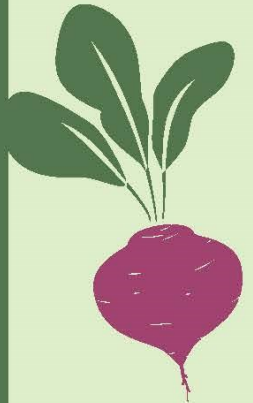
SATURDAY 8 AM - 2 PM

Kid's Booths: Produce, Arts & Crafts (setup fee \$5)

Redwire Bluegrass Band playing 10 AM - 12 PM

PAST WAL-MART, OFF HWY 210 ON
ANIMAL SHELTER ROAD

270-465-4511



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Still Time to Plant

By: Karen Redford, Master Gardener

It is harvesting time for lots of vegetables right now, which is leaving empty spaces in our gardens. You can still fill those empty spaces up with mid-season and fall crops. Most stores push seed sales in the springtime, but there is still time to get seeds in the ground.

Start by knowing your planting zones. There are zones 1-13, which 1 being the coldest, and 13 being the warmest. Now there are 1a, 1b, 2a, 2b, etc. So there are 26 zones instead of 13, these can vary 10 degrees or so in difference in the wintertime. You can find out your zone by USDA government maps that you can find online, and usually go by your postal codes. You will also need to know when your first frost date is supposed to occur. There are websites like Morning Chores, or Old Gardner's, or Farmer's Almanac, that have frost calculators on their sites, or you can contact your local extension office for that information as well.

Crops planted now can turn out to be better than planting them in the spring. But you will need to check out maturity dates on the plants you are wanting to set out. Look for maturity dates that range around 60 days, that will leave you some harvesting time before the first frost. Some cool season crops do better now than in the spring, and will be sweeter, as the cooler weather comes in. Cooler weather will be here, before you know it. Beets, and Turnips, have average 60-day maturity, Carrots like cooler weather also. Kale, Collards, and some summer crisp lettuces, will produce well. Peas can also be planted now for fall crops. Some frost hardy plants are cabbage, cauliflower, broccoli, brussels sprouts, mustards make great fall crops.

We can still get several crops in before the first frost. Zucchini, crookneck squash, bush variety beans, is about 55 to 65 maturity dates until first harvest. This still leaves several days for harvest. So there are still Happy Harvesting and Planting days ahead!! ENJOY

Japanese Beetles in the Urban Landscape

by D.A. Potter, M.F. Potter, and L.H. Townsend, Extension Entomologists University of Kentucky College of Agriculture

The Japanese beetle is probably the most devastating pest of urban landscape plants in the eastern United States. Japanese beetles were first found in this country in 1916, after being accidentally introduced into New Jersey. Until that time, this insect was known to occur only in Japan where it is not a major pest.

The eastern US provided a favorable climate, large areas of turf and pasture grass for developing grubs, hundreds of species of plants on which adults could feed, and no effective natural enemies. The beetle thrived under these conditions and has steadily expanded its geographic range north to Ontario and Minnesota, west to Iowa, Missouri and Arkansas, and south to Georgia and Alabama.

The first Japanese beetles discovered in Kentucky were found on the southern outskirts of Louisville in 1937. Isolated infestations were treated with insecticides to delay spread of the beetle. During the 1950s and 1960s, beetle populations increased dramatically and spread in Kentucky and surrounding states. Today, the Japanese beetle infests all of the counties in Kentucky.

Description and Habits

Adult Japanese beetles are 7/16-inch long metallic green beetles with copper-brown wing covers. A row of white tufts (spots) of hair project from under the wing covers on each side of the body. Adults emerge from the ground and begin feeding on plants in June. Activity is most intense over a 4 to 6 week period beginning in late June, after which the beetles gradually die off. Individual beetles live about 30 to 45 days.

Japanese beetles feed on about 300 species of plants, devouring leaves, flowers, and overripe or wounded fruit. They usually feed in groups, starting at the top of a plant and working downward. The beetles are most active on warm, sunny days, and prefer plants that are in direct sunlight. A single beetle does not eat much; it is group feeding by many beetles that results in severe damage.

Adults feed on the upper surface of foliage, chewing out tissue between the veins. This gives the leaf a lacelike or skeletonized appearance. Trees that have been severely injured appear to have been scorched by fire. Japanese beetles may completely consume rose petals and leaves with delicate veins. Odors emitted from beetle-damaged leaves seem to be an important factor in the aggregation of beetles on particular food plants.

Adult Japanese beetles are highly mobile and can infest new areas from several miles away. Usually, however, they make only short flights as they move about to feed or lay eggs.

Life Cycle

Egg laying begins soon after the adults emerge from the ground and mate. Females leave plants in the afternoon, burrow 2 to 3 inches into the soil in a suitable area, and lay their eggs--a total of 40 to 60 during their life. The developing beetles spend the next 10 months in the soil as white grubs. The grubs grow quickly and by late August are almost full-sized (about 1 inch long). Grubs feed on the roots of turfgrasses and vegetable seedlings, doing best in good quality turf in home lawns, golf courses, parks, and cemeteries. However, they can survive in almost any soil in which plants can live.



Mid-summer rainfall and adequate soil moisture are needed to keep eggs and newly-hatched grubs from drying out. Females are attracted to moist, grassy areas to lay their eggs; thus, irrigated lawns and golf courses often have high grub populations, especially during otherwise dry summers. Older grubs are relatively drought resistant and will move deeper into the soil if conditions become very dry. Japanese beetle grubs can withstand high soil moisture, so excessive rainfall or heavy watering of lawns does not bother them.

As Japanese beetle grubs chew off grass roots, they reduce the ability of grass to take up enough water to withstand the stresses of hot, dry weather. As a result, large dead patches develop in the grub-infested areas. The damaged sod is not well-anchored and can be rolled back like a carpet to expose the grubs. If the damage is allowed to develop to this stage, it may be too late to save the turf. Early recognition of the problem can prevent this destruction.

Japanese beetles overwinter in the grub stage. When the soil cools to about 60°F in the fall, the grubs begin to move deeper. Most pass the winter 2 to 6 inches below the surface, although some may go as deep as 8 to 10 inches. They become inactive when soil temperature falls to about 50°F. When soil temperature climbs above 50°F in the spring, the grubs begin to move up into the root zone. Following a feeding period of 4-6 weeks, the grubs pupate in an earthen cell and remain there until emerging as adults.

From a management standpoint, it is important to recognize that both the adults and grubs can cause damage. Moreover, since Japanese beetle adults are capable of flying in from other areas, controlling one life stage will not preclude potential problems with the other. Options for protecting trees, shrubs, and flowers from adult Japanese beetles are presented below. Control of the grub stage requires properly timed applications of a soil insecticide to infested turf. Diagnosis and control of white grubs in turf is discussed in a companion publication, Kentucky Cooperative Extension Service publications [ENT-10, "Controlling White Grubs"](#) and [Entfact 441, "Insecticides for Controlling of White Grub in Kentucky Turfgrass."](#)

Plant Selection

Careful selection of plant species when replacing or adding to your landscape is the key to avoiding annual battles with Japanese beetles. Some species and cultivars are highly preferred by the adults and should be avoided where the beetle is abundant. Plants that are especially prone to damage include roses, grapes, lindens, sassafras, Norway maple, Japanese maple, purple-leaf plum, and others. Many varieties of flowering crabapples are also severely attacked by the beetles, although some cultivars are resistant.

Japanese beetles are also fond of certain weeds and non-cultivated plants such as bracken, elder, multiflora rose, Indian mallow, poison ivy, smartweed, and wild grape. Elimination of these plants whenever practical destroys these continuous sources of infestation.

Although plant selection is important, other approaches must obviously be used to protect susceptible plants that are already established in landscapes.



Physical Removal and Exclusion

Removing beetles by hand may provide adequate protection for small plantings, especially when beetle numbers are low. The presence of beetles on a plant attracts more beetles. Thus, by not allowing beetles to accumulate, plants will be less attractive to other beetles.

One of the easiest ways to remove Japanese beetles from small plants is to shake them off early in the morning when the insects are sluggish. The beetles may be killed by shaking them into a bucket of soapy water. Highly valued plants such as roses can be protected by covering them with cheesecloth or other fine netting during the peak of beetle activity.

Chemical Control

Many insecticides are labeled for use against adult Japanese beetles. Examples include pyrethroid



products such as cyfluthrin (Tempo, Bayer Advanced Lawn & Garden Multi-Insect Killer), bifenthrin (TalstarOne, Onyx), deltamethrin (Deltagard), lambda cyhalothrin (Scimitar, Spectracide Triazicide), esfenvalerate (Ortho Bug-B-Gon Garden & Landscape Insect Killer) and permethrin (Spectracide Bug Stop Multi-Purpose Insect Control Concentrate and other brands). Carbaryl (Sevin and other brand names) too is effective. The pyrethroid products generally provide 2-3 weeks protection of plant foliage while carbaryl affords 1-2 weeks protection. For those seeking a botanical alternative, Neem products such as Azatrol or Neem-Away (Gardens Alive), or Pyola (pyrethrins in canola oil) provide about 3-4 days deterrence of Japanese beetle feeding. Insecticidal soap, extracts of garlic, hot pepper, or orange peels, and companion planting, however, are generally ineffective.

With all products, foliage and flowers should be thoroughly treated. The application may need to be repeated to prevent reinfestation during the adult flight period. Follow label directions and avoid spraying

under windy conditions or when bees are foraging. Be sure the insecticide is registered for use on the plant or crop you intend to spray. If it is a food crop, note the minimum number of days that must be observed between the date of the last application and the date of harvest.

Because Japanese beetles are attracted to favored host plants from a considerable distance, controlling white grubs in the lawn will not protect landscape plants from adult feeding.

Japanese Beetle Traps

Japanese beetle traps are sold in many garden centers. Commercially available traps attract the beetles with two types of baits. One mimics the scent of virgin female beetles and is highly attractive to males. The other bait is a sweet-smelling food-type lure that attracts both sexes. This combination of ingredients is such a powerful attractant that traps can draw in thousands of beetles in a day.

Unfortunately, research conducted at the University of Kentucky showed that the traps attract many more beetles than are actually caught. Consequently, susceptible plants along the flight path of the beetles and in the vicinity of traps are likely to suffer much more damage than if no traps are used at all. In most landscape situations, use of Japanese beetle traps probably will do more harm than good. If you experiment with traps, be sure to place them well away from gardens and landscape plants. Mention or display of a trademark, proprietary product, or firm in text or figures does not constitute an endorsement and does not imply approval to the exclusion of other suitable products or firms.

CAUTION! Pesticide recommendations in this publication are registered for use in Kentucky, USA ONLY! The use of some products may not be legal in your state or country. Please check with your local county agent or regulatory official before using any pesticide mentioned in this publication. Of course, **ALWAYS READ AND FOLLOW LABEL DIRECTIONS FOR SAFE USE OF ANY PESTICIDE!**

Source: <https://entomology.ca.uky.edu/ef451>





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College of Agriculture,
Food and Environment
University of Kentucky.

Beginner

BONSAI CLASS

**TUESDAY
AUGUST 8
5:30 PM**

&

**TUESDAY
AUGUST 22
1:30 PM**

*Space is limited
Call 270-465-4511
to Reserve your spot!*



**LIMIT
10 PER
CLASS**

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Lexington, KY 40506

The Art of Bonsai

By: Kara Back, Taylor County Horticulture Agent

What is bonsai?

Bonsai is the words potted plant in Japanese. Traditional plants commonly used for bonsai are outdoor plants like maple trees and evergreens. A modern way of creating bonsai is to use tropical or house plants. Using these types of plants allows ancient-looking growth to appear much faster, requiring no dormant/winter care. Bonsai does require quite a bit of time over many years. The small root system of bonsai will require frequent watering. In some instances every day.

The Ficus varieties are often used for bonsai. You can buy a bonsai pre-trained or create your own. Normally the older the bonsai the higher the price. Creating your own bonsai can actually be therapeutic. To shape the trees you will need a soft copper wire or a covered aluminum wire. Use smaller gauge wire to wrap around smaller branches. This wire will allow you to shape the tree just the way you want it. Take the wire off as soon as the branch holds the shape, and before the tree starts to grow around it. Trimming is important to keep the bonsai in shape and size.



Join us for Beginner Bonsai Class

August 8th at 5:30 pm

or August 22nd at 1:30 pm

Space is limited so call and reserve your spot today!

Call 270-465-4511

Gardening by Month—August

Vegetables

- Compost or till under residues from harvested crops.
- Sow seeds of beans, beets, spinach, and turnips now for the fall garden. Spinach may germinate better if seeds are refrigerated for one week before planting.
- Cure onions in a warm, dry place for two weeks before storing.
- Broccoli, cabbage, and cauliflower transplants should be set out now for the fall garden.
- Begin planting lettuce and radishes for fall now.
- Pinch the growing tips of gourds once adequate fruit is achieved. This directs energy into ripening fruits, rather than vine production.

Fruit

- Prop up branches of fruit trees that are threatening to break under the weight of a heavy crop.
- Protect ripening fruits from birds by covering plants with a netting.
- Continue to spray ripening fruits to prevent brown rot fungus.
- Thornless blackberries are ripening now.
- Watch for fall webworm activity now.
- Cultivate strawberries. Weed preventers can be applied immediately after fertilizing.
- Spray peach and other stone fruits now to protect against peach tree borers.
- Fall-bearing red raspberries are ripening now.
- Sprays will be necessary to protect late peaches from oriental fruit moth damage.

Ornamentals

- Continue spraying roses that are susceptible to black spot and other fungus diseases.
- Annuals may appear leggy and worn now. These can be cut back hard and fertilized to produce a new flush bloom.
- Deadhead annuals and perennial as needed.
- Divide oriental poppies now.
- Feed mums, asters and other fall-blooming perennials for the last time.
- Roses should receive no further nitrogen fertilizer after August 15th.
- Powdery mildew on lilacs is unsightly, but causes no harm and rarely warrants control, though common rose fungicides will prove effective.
- Madonna lilies, bleeding heart (Dicentra) and blood-root (Sanguinaria) can be divided and replanted.
- Divide bearded iris now. Discard old center sections and borer damaged parts. Replant so tops of rhizomes are just above ground level.
- Prune to shape hedges for the last time this season.
- Order bulbs now for fall planting.

Lawns

- Zoysia lawns can receive their final fertilizer application now.
- Apply insecticides now for grub control on lawns being damaged by their activity.
- Lawns scheduled for renovation this fall should be killed with Roundup now. Have soil tested to determine fertility needs.
- Dormant lawns should be soaked now to encourage strong fall growth.
- Verify control of lawn white grubs from earlier insecticide applications.



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Campbellsville, KY 42718

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Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves	12 large fresh basil leaves	2 ½ cups grape tomatoes, halved
½ cup lite balsamic vinaigrette dressing	2 ounces low-fat skim mozzarella cheese, cut into four slices	4 tablespoons shredded Parmesan cheese

Place chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture. **Yield:** 4 servings

Nutritional Analysis: 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 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>