

# 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!

My name is Emma Lee and I am the new Agriculture and Natural Resources Extension Agent for Estill County. I grew up in Somerset and was a member/officer in FFA throughout high school, which started my love for agriculture. I went to Eastern Kentucky University and graduated with a Bachelor's Degree in Fruit, Vegetable, Nursery and Greenhouse Production and an Associate's Degree in Technical Agriculture concentrating on Landscape.

It has been a dream of mine to be an Extension agent and I am looking forward to serving this community! If you have any questions, you can contact me by calling the Estill County Extension office at 606-723-4557, or by emailing me at [emma.lee@uky.edu](mailto:emma.lee@uky.edu).



*Emma Lee*

Emma Lee, County Extension Agent  
for Agriculture & Natural Resources  
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## June 2022 Inside this issue:

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Visit us online at  
[estill.ca.uky.edu](http://estill.ca.uky.edu)

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Watch for fall armyworms in June

A truly historic outbreak of fall armyworm took place in 2021. According to collaborators at Auburn University, it was the worst year for this pest since the late 1970s. While entomologists don't expect another outbreak this year, it is good to keep your eyes peeled for signs of the fall armyworm.

Fall armyworms typically cause issues in corn and alfalfa, so be on the lookout for damage to these plants. They feed on grasses, so lawn browning is another common sign. Fall armyworms are a migratory species arrive in Kentucky in June, so be on the lookout for them.

The caterpillar stage is considered the damaging stage of development for this pest. If you find a caterpillar and suspect it may be a fall armyworm, look for a yellow "Y" on the head and four dots in a square on the rear to be certain.

You have several ways to manage fall armyworm. Pyrethroids are an effective type of pesticide against foliage-feeding pests. Some examples of these pesticides include Bifenthrin (Talstar), Lambda-cyhalothrin (Scimitar), Permethrin (Astro) and Cyfluthrin (Tempo).

It is best to use the spray formulation and make sure you don't mow or irrigate the sprayed area for 24 hours.

Non-pyrethroid products can also be effective against turf caterpillars. These are low hazards to humans and the environment. Some common examples of these are Acelepryn, Provaunt and Conserve SC.

For more information on managing insect pests and correct pesticide use, contact the Estill County office of the University of Kentucky Cooperative Extension Service.



*Photo of an armyworm. Article source: Jonathan Larson, UK assistant entomology professor of extension*



## Estill County Farmers' Market



### NEW DAYS & LOCATIONS

**SATURDAYS FROM 9AM-1PM**  
1505 Richmond Road, Irvine  
between 2 Farms Meet and the Estill County Conservation Office

**TUESDAYS FROM 6PM-8PM**  
Estill County Public Library, 184 Broadway

The Estill County Farmers' Market is pleased to announce our community partnership with the Estill County Public Library. During the Tuesday markets there will be concerts, classes, and more!



# Installing A Butterfly Garden

Source: Faye Kuosman, UK extension horticulture agent

Honeybees, which are native to Europe and introduced to the United States, are important pollinators for home gardens. But numerous pollinator species including native bees, butterflies and moths, beetles, birds and bats benefit our gardens. Sadly, many of the pollinators have suffered from habitat loss, chemical misuse, diseases and parasites.

Gardeners play a critical role in the nurturing and conservation of both native and introduced pollinators. Gardens and landscapes provide pollinators with food, water, shelter and habitat to complete their life cycles. Urban areas typically feature large areas of pavement and buildings and offer little in the way of food and shelter for pollinators. Garden plantings can help bridge that gap.



Just like with any new flower bed, you want to pick a site for your butterfly garden with good drainage, full sun, and an area with good weed control. If you are starting a new butterfly garden, get a soil test, eliminate the weeds and add organic matter.

Honeybees and other pollinators need protein from flower pollen and carbohydrates from flower nectar. Plan to provide a variety of different types of flowers, and aim to have three different flower species in bloom throughout the growing season. Showy, colorful flowers and massed groups of flowers, particularly in small gardens provide efficient feeding stations for the pollinators. Flowering trees and shrubs also provide excellent food sources. Native plants share a long history with their pollinators, including a wide variety of natives will make your garden a favorite destination for pollinators.

You want to have a variety of plants, preferably native ones and non-native that will bloom throughout the growing season. Some of these are purple cone flower, black-eyed susan, asters, golden rod, yarrow, tall blazing star, milkweed, coreopsis and many more. The Kentucky Native Plant Society has an updated listing of nurseries in Kentucky that sell native plants.

Be sure to have puddling spots for butterflies to get a drink of water. Pollinators also need shelter from the wind, scorching sun and heavy rain. Fences can serve as a windbreak, which may make the garden more attractive to pollinators.

Contact Estill County office of the University of Kentucky Cooperative Extension Service for information on starting a butterfly garden.

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MAY / JUNE 2022

# HEALTHY CHOICES FOR HEALTHY FAMILIES



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College of Agriculture,  
Food and Environment  
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This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



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## Health benefits of gardening

**G**rowing your own food can be fun, rewarding, and healthful. In addition to delicious food, gardening has many health benefits. Fresh fruits and vegetables are full of fiber, vitamins, and minerals. Research shows that eating fruits and vegetables as part of an overall healthy diet can reduce the risk of long-term diseases, such as heart disease, stroke, and some types of cancer.

Gardening has also been shown to improve mental health and lower stress. Some studies have shown that being physically active in nature, or even simple exposure to nature, can improve mood, reduce anxiety, and enhance self-esteem. Children can also benefit from growing and caring for edible plants. Some studies have found that kids involved with gardening tend to make healthier food choices, eat more fruits and vegetables, and have improved social skills. Gardening is also a way for families to spend quality time together, manage and share garden tasks, and reap the benefits of the harvest.



If you do not think you have room for a backyard garden, think again. Some vegetables like carrots, lettuce, kale, and peppers do not require much space. They can be planted in containers, pots, or small spaces. Contact your local

Extension office for more information on growing your own food.

Source: Adapted from <https://newsinhealth.nih.gov/2016/04/Plants:PartnersinHealth?>

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## Cucumber Beetles

Ric Bessin, Extension Specialist

Entfact-311

Striped and spotted cucumber beetles can cause serious losses in cucumbers, muskmelons, and watermelons in Kentucky. Cucumber beetles are a major concern to muskmelon and cucumber growers because they vector the bacteria that causes a disease, bacterial wilt of cucurbits.

While the adults feed mainly on foliage, pollen and flowers, their feeding on melon rinds late in the season may reduce market quality. Larvae of these insects feed on roots and stems, but this damage is minimal compared to the potential losses due to bacterial wilt.



Figure 1. Striped cucumber beetles are yellow-green with three black stripes down the back and are 1/4 inch long.

Although similar in appearance, the striped cucumber beetle and the western corn rootworm are not the same. The stripes on the striped cucumber beetle are straighter than those on the western corn rootworm. Additionally, the middle segment (tibia) of the hind leg on the striped cucumber beetle is yellow, while that on the western corn rootworm is black.

The spotted cucumber beetle (also known as the southern corn rootworm), also 1/4 inch long, is yellow-green with 12 black spots on its back.



Figure 2. Spotted cucumber beetle (left) is larger on average than striped cucumber beetle (right).

### Biology

Cucumber beetles overwinter as adults in protected areas near buildings, in fence rows, or in wood lots. They become active in mid-spring, when temperatures begin to increase. Currently, there is no good method for predicting when activity will begin. Beetles quickly locate host plants in the spring. The adults feed and females deposit eggs in cracks in the soil at the base of cucurbits. The eggs hatch and the larvae feed on the roots. These larvae will pupate in the soil, later in the summer the next generation of beetles will emerge. These beetles will also feed on the cucumber and melon plants, including the fruit and overwinter until the next spring.

### Bacterial Wilt

The bacterium that causes bacterial wilt overwinters in the gut of some of the striped cucumber beetles. When beetles become active in the spring and begin feeding, they spread the bacterium either through their feces or from contaminated mouthparts. Chewing damage on young leaves or cotyledons open entry points for the pathogen. Once inside the plant, the bacterium multiplies quickly in the vascular system, producing blockages that cause the leaves to wilt.

*Continued... Cucumber Beetles*

Beetles are attracted to infected plants and can pick up the bacterium and move it to healthy plants.

The first symptom of bacterial wilt on cucumber and muskmelon is a distinct flagging of lateral and individual leaves. Beetle feeding is not always obvious on wilted leaves. Soon, adjacent leaves and finally the entire vine will wilt. The wilting spreads as the multiplying bacteria move within the vascular system of the plant. Eventually, the entire plant wilts and dies.

There is nothing you can do to save an infected plant. The only way to avoid bacterial wilt is to prevent the beetles from feeding on the plant. Fruit produced on a wilting plant usually will not be marketable.

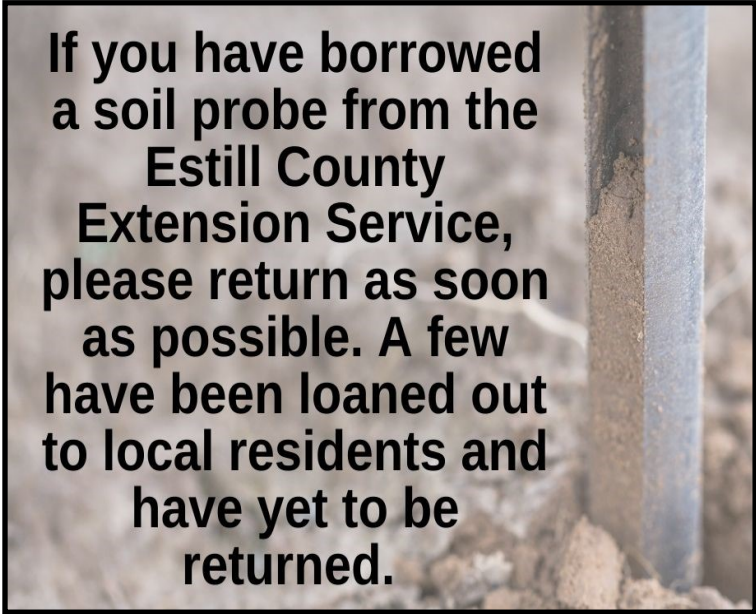
One way to determine if bacterial wilt has infected a plant is to cut the stem and squeeze both cut ends. A sticky sap will ooze from the water conducting tissues of the stem. If you push the cut ends of the stem together and slowly pull them apart, you will be able to see a roping effect if bacteria are present. This sap contains millions of bacteria.

*Management*

Begin cucumber beetle control as soon as seedlings emerge. Early treatment is essential for beetle management in large commercial muskmelon or cucumber operations. A single post-transplant soil drench with Admire or Platinum can provide near season-long control. Repeated applications of contact insecticides are necessary to protect muskmelon plants from beetle feeding and transmission of bacterial wilt. There is usually a peak in beetle activity each spring that lasts two to four weeks. This is the most important time to control the beetles. Applications of foliar insecticides may be required twice per week during peak beetle activity. Because watermelon is not susceptible to the wilt disease, protection is necessary only when plants are small and beetle populations are high.

For the home gardener, plants can be protected when they are small by mechanical means. Row covers, screens or cones over small plants are effective means of excluding cucumber beetles in home plantings.

Revised: 11/19



If you have borrowed a soil probe from the Estill County Extension Service, please return as soon as possible. A few have been loaned out to local residents and have yet to be returned.



**SAVE THE DATE**  
**2022**

**KENTUCKY JR. LIVESTOCK EXPO**

**WESTERN RIVERS  
RETRO  
EXPO**

**THROWING IT BACK**

**JUNE 17TH & 18TH**

**YOUTH FITTING CONTEST**  
**AWARDS COOKOUT WITH MUSIC, GAMES, ETC.**  
**DEMOS BY MSU AG:**  
**Drones w/Livestock, Grazing, Meat Science**

**NUMEROUS DOOR PRIZES AND GIVEAWAYS!**

# **Four Seasons Garden Club**



Join the Four Seasons Garden Club for a

## **Garden Tour**

**Saturday, June 25, 2022**

**10:00 am until 4:00pm**

Pre-sale: \$10.00 Day of Event: \$12.00 Cash only

Contact any garden club member for tickets or  
call Francine at (606)723-5694.

Join us for our first annual garden tour. We are showcasing a few of the beautiful gardens in our community.

### **Gardens include:**

1. Ravenna Florist & Greenhouse, 408 Main Street, Ravenna/ Owner: Francie Snowden
2. Shear Creations Beauty Salon, 518 Broadway, Irvine/ Owner: Debbie Sparks
3. Monarch Way Station at West Irvine Intermediate School, 155 Riverview Road, Irvine / Owner: Four Seasons Garden Club & Estill County Schools
4. Wisemantown UMC Pavilion, 1548 Wisemantown Road, Irvine/ Owner: Wisemantown UMC
5. Bonny Homestead, 1548 Wisemantown Road, Irvine/ Owners: Tom and Francine Bonny
6. Ashton Leigh, 229 Main Street, Irvine/ Owner: Francie Snowden

Rest and relax break at the Wisemantown United Methodist Church pavilion. Sandy Savage will do profile pictures and Clayton Hedge and Bobby Crowe will play dulcimers from noon to 1 p.m.



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RETURN SERVICE REQUESTED

**13 cups water**

**13 green tea bags, regular size**

**1 pound fresh strawberries**

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**1 cup honey**

**1 lemon, optional**

---

strainer or cheesecloth lined  
 colander into a 1 gallon pitcher.

**7. Add honey and stir until dissolved.**


**8. Chill and serve.**

**9. Garnish** with a lemon slice or a  
 fresh strawberry if desired.

**Yield:** 16, 8 ounce servings.

**Nutrition Analysis:** 70 calories, 0 g fat,  
 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate,  
 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value  
 for vitamin C.

**Plate it up!**



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

- 1. Wash** strawberries and remove  
 the tops.
- 2. Chop** the berries with a hand  
 chopper in a large pot.
- 3. Add** water to the chopped  
 berries and bring to a boil,  
 stirring occasionally.
- 4. Remove** from heat and let  
 mixture cool for 5 minutes.
- 5. Add** tea bags and submerge.  
 Steep tea for 2 to 3 minutes.
- 6. Strain** the tea through a mesh



Stop by and pick up your **FREE**  
 2022 Food & Nutrition Calendar today!

# Strawberry Green Tea