# Bourbon County Horticulture News

### **Agent Notes**

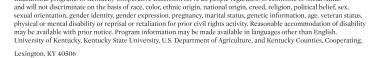


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### March Garden Calendar

In March, central Kentucky gardeners can prepare for the upcoming growing season by focusing on cool-season crops and essential garden maintenance. Here's a comprehensive to-do list:



#### 1. Soil Preparation:

<u>Test Soil:</u> Conduct a soil test to determine pH and nutrient levels. Contact your local county Extension office for testing services.

<u>Amend Soil:</u> Incorporate compost or well-rotted manure to enhance soil fertility and structure.

# 2. Planting Cool-Season Vegetables: Early March:

Direct Sow Seeds: Plant seeds for beets, carrots, lettuce, peas, radishes, and spinach directly into the garden.

#### Mid to Late March:

Transplant Seedlings: Set out transplants of broccoli, cabbage, cauliflower, and kale. According to the University of Kentucky's guidelines, well-grown transplants can be

planted by March 15 in most areas, allowing for harvest in mid-June.

#### 3. Succession Planting:

Stagger Plantings: To ensure a continuous harvest, plant small amounts of crops like lettuce and radishes every two weeks.

#### 4. Garden Maintenance:

Weed Control: Regularly remove weeds to reduce competition for nutrients and water. Mulching: Apply organic mulch to conserve soil moisture and regulate temperature.

#### 5. Tool and Equipment Check:

Inspect Tools: Clean and sharpen gardening tools to ensure they are ready for use.

<u>Prepare Irrigation Systems:</u> Check hoses and irrigation setups for leaks or damage.

#### 6. Planning Ahead:

<u>Warm-Season Crops:</u> Start seeds indoors for tomatoes, peppers, and other warm-season vegetables to transplant after the last frost.

<u>Garden Layout:</u> Design your garden plan, considering crop rotation and companion planting strategies.

For detailed guidance, refer to the University of Kentucky's "Home Vegetable Gardening in Kentucky" publication (ID-128). This resource offers comprehensive information tailored to Kentucky gardeners.

# **Asparagus: A Early Spring Favorite**



# Asparagus Ham Quiche

1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces

1 cup, finely chopped ham 1 small finely chopped onion 2 (8 inch) unbaked pie shells

1 egg white, slightly beaten 2 cups shredded reduced fat cheddar cheese

4 large eggs

1 container (5.3 ounces) plain Greek yogurt

**⅓ cup** 1% milk 1/4 teaspoon ground nutmeg 1/4 teaspoon salt 1/4 teaspoon pepper

Preheat oven to 400 F. Place asparagus in a steamer over 1 inch of boiling water and cover. Cook until tender but still firm, about 4-6 minutes. Drain and cool. Place ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. Brush pie shells with beaten egg white. Spoon the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. Sprinkle 1 cup shredded cheese over the mixture in each shell. In a separate bowl, beat together

eggs, yogurt, milk, nutmeg, salt and pepper. Pour egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.



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# Kentucky Asparagus

SEASON: April through May.

**NUTRITION FACTS:** Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

**SELECTION:** Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

#### KENTUCKY ASPARAGUS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences COOPERATIVE

University of Kentucky, Dietetics and Human Nutrition students

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EXTENSION



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