

### Spring Cleaning for the Garden

**A**re you feeling the urge to go outside and do some gardening? Get your hands dirty? This winter was long and snowy but provided time to rest and reflect on our 2024 garden experiences. While winter provides a nice break to rest and plan your upcoming garden, if



you are like me I am ready to do some digging! So no matter what the weather is like, March and April are prime times for a spring garden cleanup and starting as early as you can mean less work later on .

Start first by removing those dead branches, leaves or other debris that may have accumulated in your beds over the course of the winter. Next consider pruning any of those trees and shrubs that need some corrective pruning or removal of dead or diseased wood. Remember if it blooms in the spring hold off on that pruning until it has finished blooming.

If you left your perennials or ornamental grasses standing for winter interest, you could prune them back as soon as you can get to them. There is no need to wait for new growth. Cut these to within a few inches of the ground. Early is key before that new growth gets too tall because they can grow rapidly as the weather continues to warm up.

Spraying or pulling those winter annual weed (Chickweed & Henbit) is essential to keep those weeds from flowering and producing additional seeds this year. Also taking care of some of those perennial weeds (dandelions & ground ivy) can save the headache of fighting them when they are vigorously growing and more mature in early summer.

Getting a pre-emergent herbicide down in late March or early April (when the Forsythia shrubs are in bloom) is also great for preventing that pesky crabgrass that crowds out your lawn and landscape beds in mid-summer. Timely lawn tasks such as core aerating and dethatching can also be done in the spring as long as the ground is not too wet.

Preparing your vegetable garden and perhaps working in some additional compost can also be done as long as the soil is not too saturated. Remember working garden soil when it is too wet

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can destroy the soil structure creating a more densely compacted condition especially if you have a high clay content.

Planting cold tolerant crops such as lettuce, peas or any of the Cole crops like cabbage, kale, cauliflower can be done as soon as the ground is workable but hold off on those warm season crops like tomatoes, peppers and flowering annuals till after about the first week in May!



# THE 2025 PERENNIAL PLANT OF THE YEAR

Reprinted from: <https://perennialplant.org/page/2025PPOY>



Photography Credit: Chicago Botanic Garden

Clustered mountainmint (also known as blunt mountainmint or short-toothed mountainmint) is a tough and adaptable perennial native to meadows and open woodlands across much of the eastern United States west to Texas. It is not a true mint (*Mentha* spp.) but belongs to the same family and has similarly scented leaves. A must-have for pollinator gardens, heads of tiny white to light pink blooms attract butterflies, wasps, and bees from July to September. The inconspicuous flowers are upstaged by surrounding silver bracts, which give the illusion of frost in summer and persist for months. Clustered mountainmint has no serious disease issues, and its aromatic foliage is unpalatable to deer and rabbits.

Branched, vertical stems grow two to three feet tall and form a dense, weed-suppressing clump. Clustered mountainmint spreads by underground rhizomes and can be aggressive in moist conditions, though it is not invasive to the degree of true mints.

Site clustered mountainmint in an area where it can freely naturalize and mingle among other plants. Its silver sheen plays



## *Pycnanthemum muticum* Clustered mountainmint



Photography Credit: Chicago Botanic Garden

well with other flower colors and contrasts wonderfully with dark foliage. Companions include black-eyed Susans (*Rudbeckia* spp.), bee balms (*Monarda* spp.), blazing stars

(*Liatris* spp.), Joe Pye weeds (*Eutrochium* spp.), and native grasses such as little bluestem (*Schizachyrium scoparium*) and switchgrass (*Panicum virgatum*).

### Plant Data

#### Hardiness

USDA Zones 4 to 8  
Canadian Hardiness Zones 3 to 7  
AHS Heat Zones 4 to 10

#### Light

Full sun to part shade

#### Size

24-36 inches (60-100 cm) tall; spreads widely by rhizomes

#### Origin

Eastern United States, west to Texas

#### Soil

Prefers medium to high moisture, fertile, well-draining soils. Tolerates clay soils. Less tolerant of drought than most other mountainmints.

#### Maintenance

Clustered mountainmint can spread aggressively, especially in wet soils. Rhizomes are easy to control by cutting them to the desired size with a spade and pulling the shoots by hand in spring. Seed heads may be left until early spring for winter interest. Tolerates heat and drought once established. No serious pest or disease issues.

#### Grower Notes

*Pycnanthemum muticum* is as easy in production as it is in the landscape.

- Pot in fall to bulk/overwinter for early spring sales.
- Pot in early spring for late spring/early summer sales (does not require vernalization).
- Finishing schedule for 1 gal: 4 to 6 weeks from a 32 cell liner; 6 to 9 weeks from a 50 or a 72.
- Shear in spring (repeatedly, if necessary).





# Did You Have Crabgrass Last Year??



If you did chances are you may have it again this growing season! The most effective way to control crabgrass, is to apply a pre-emergent herbicide before the seed begins to germinate.. Usually, late March early April is the time to make these applications to your lawn.

The Forsythia shrub (early yellow blooms) is a fairly reliable indicator of when crabgrass will start germinating. Homeowners should apply pre-emergent herbicides products before the Forsythia finishes blooming and their blooms begin to drop.

Mid-late April has traditionally been the latest date to apply your pre-emergent herbicides in the Northern Kentucky area. In addition, a second application about a month later can be used especially if we experience a very wet spring with heavy rainfall.

Homeowners should look for pre-emergent herbicides containing the active ingredients dithiopyr, pendemethalin, prodiamine and bensulide. The common "weed and feed" products containing nitrogen are not recommended for lawns with cool-season grasses, such as tall fescue and Kentucky bluegrass.

Excessive nitrogen fertilization in the spring can encourage the growth of perennial and annual warm-season weeds that compete with our cool-season turf grasses. The University of Kentucky recommends all fertilizer applications on

cool-season lawns should be applied in the fall for the best results.

I hope this article helps you stop that crabgrass before it really gets ahold on your beautiful lawn during the upcoming summer months.

## Preemergence Herbicides for Kentucky Lawns

Kenneth Clayton, Plant and Soil Sciences, and Beth Wilson and Jason Vaughn, Cooperative Extension Service

### What Are They?

Herbicides are used to control unwanted plants in many different locations. Postemergence herbicides are sprayed on actively growing weeds. In turfgrass, several herbicides are used to control weeds before they germinate and begin to grow. These are called "preemergence herbicides" and are commonly sold as "weed preventers". They control germinating weed seeds and subsequent growth. Therefore, to be effective, preemergence herbicides must be present in the upper soil surface before weed seeds germinate. Some common preemergence herbicides are listed in Table 1.

### How Do They Work?

To use these preemergence herbicides effectively, the user needs to understand what weeds germinate from seed each year. For example, crabgrass is an annual weed germinating in early spring in Kentucky. The best control of crabgrass is achieved using preemergence herbicides to disrupt its germination. Preemergence herbicides are not effective on perennial weeds that emerge from vegetative structures instead of seed.

### Why Should I Use Them?

- When weeds are controlled as they germinate, it can reduce the need for further postemergence treatments.
- Preemergence herbicides may be safe to use around well-established plants in the landscape. Always read and follow the herbicide label.
- Preemergence herbicides are the best treatment for several problematic turfgrass weeds, such as crabgrass and goosegrass, which have limited options for postemergence treatments.
- Since summer temperatures do not favor cool-season lawn grasses in Kentucky, preemergence herbicides can help control weed seeds that germinate in late summer and early fall when desirable grasses are less competitive.



Figure 1. Preemergence herbicide in the spring is effective at controlling common summer weeds, such as goosegrass (a) and crabgrass (b).

### When to Apply

An application of a preemergence herbicide in the spring is an effective way to control many common summer annual weeds in Kentucky lawns, such as crabgrass, foxtail, and goosegrass (Figure 1). Germination of this warm-season weed seed is regulated by soil temperature. For example, research shows that crabgrass germination begins when soil temperatures reach 57°. For effective control of crabgrass and other warm season grassy weeds, preemergence herbicides should be applied in the spring when soil temperatures reach an average of 50°-55° for approximately five days.

Soil temperature data can be found online with some weather reporting services. One source with soil temperature recordings across the state is the Kentucky Mesonet website (kmesonet.org). Two-inch soil is the Kentucky Mesonet website (kmesonet.org). Two-inch soil temperatures are measured daily at approximately 40 locations across the state. As spring temperatures can fluctuate from day to day it is important to aim for 50°-55° daily average soil temperature for five days. Soil temperatures may also be tracked with a soil thermometer or an inexpensive meat thermometer. Measurements should be made to a depth of two inches.

Traditionally, turf managers have also relied on plants as indicators for soil temperatures. The yellow bloom of forsythia is a signal that soil temperatures are ideal for warm-season annual grasses, such as crabgrass, to begin germination. While forsythia bloom is a good managers can use bloom times can vary based on the plant's environment, therefore, monitoring soil temperature data is a more precise way to predict weed seed germination. To be effective, the application of preemergence herbicides must be timely.

Winter annual weeds, such as henbit, purple deadnettle, and common chickweed, can also be a problem for Kentucky lawns and can be controlled by preemergence herbicide applications (Figure 2). A late summer to early fall application is needed to prevent winter annual germination.



Figure 2. Winter annual weeds, such as common chickweed and purple deadnettle, can be controlled by preemergence herbicide applications in late summer or early fall.

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AGR-208

## Weed Control for Kentucky Home Lawns

© M. M. Barrett, M. Barrett, and L. D. Green, Plant and Soil Sciences



### Natural weed control practices—let your lawn control the weeds!

The best defense against weed problems in home lawns is a healthy and dense turf. In thick lawns, weed seeds may not reach the soil surface. A thick lawn is competitive with weeds, keeping them from germinating and reproducing. Developing a healthy lawn comes from using proper practices such as proper grass selection, proper fertilization, proper watering, and proper mowing. The use of herbicides to control weeds in lawns can be greatly reduced if the lawn is well maintained.

Some weeds adapt to lawn maintenance practices, and diseased lawns can result in weed openings for weed invasion. Control tactics can include applications or physical removal of the weeds. In small areas, hand weeding is not severe. In larger areas, the control method of choice is an herbicide application. The lawn a better chance of competing with weeds.

If you decide to use an herbicide, know your weeds. What are you trying to control, and what are the life cycles? For example, if you are trying to control smooth crabgrass, it typically germinates in April in Kentucky gives you a window to apply an herbicide before its seeds begin to germinate and the life cycle also

Recommended time of year for herbicide applications on target weeds

Season	Target weeds
Spring	Crabgrass and other annual grasses pre-emerge
March-May	Broadleaf post-emerge <sup>1</sup>
Summer	Grass and grasslike post-emerge <sup>1</sup>
July-August	Broadleaf spot treat <sup>1</sup>
Autumn	Broadleaf post-emerge <sup>1,2</sup>
Winter	Broadleaf spot treat <sup>1</sup>

<sup>1</sup> If problem weeds are present.

<sup>2</sup> Warm-season lawns (bermudagrass or zoysiagrass) may require a fall pre-emergent application to reduce winter annual weeds in the dormant lawn.

Trade names and active ingredients

Trade name	Common name	Active ingredients
Hi-Yield 2,4-D Selective Weed Killer	2,4-D	Dimethylamine salt of 2,4-dichlorophenoxy acetic acid
Roundup	glyphosate	N-(phosphonomethyl)glycine

<sup>1</sup> The chemical name describes the chemical structure. Selecting the right herbicide can be difficult for products that list only the chemical name on the label. To determine the contents of the product, consider cross-referencing with labels of familiar products or consult your cooperative extension agent for assistance. See appendix B for a partial list of common and chemical names of ingredients of homeowner herbicides.

allows for the best timing of herbicide applications on young weed seedlings. For all weeds, herbicide treatment when the weeds are young will result in the easiest and best opportunity for control using the least amount of herbicide.

Some herbicides are packaged with a fertilizer as a "weed and feed" product. These products should be avoided in the spring for cool-season lawns, which are composed of tall fescue, Kentucky bluegrass, and perennial ryegrass. In Kentucky it is recommended that fertilizer should not be applied to these lawns in the spring. Spring and summer fertilizer applications lead to increased lawn disease and weed infestations. The best time of year to fertilize cool-season lawns is in the fall.

### Publications detailing healthy lawns from the University of Kentucky

Lawn Fertilization in Kentucky (AGR-53) at <http://www.ca.uky.edu/agr/pubs/agr/53/53.htm>.  
Turf Care Calendar for Kentucky Bluegrass, Tall Fescue, and Perennial Ryegrass (AGR-55) at <http://www.ca.uky.edu/agr/pubs/agr/55/55.pdf>.

Home Lawn Irrigation (ID-79) at <http://www.ca.uky.edu/agr/pubs/id/79/79.htm>.  
Low-Maintenance Lawn Care: Stressing Pest Avoidance and Organic Inputs (ID-154) at <http://www.ca.uky.edu/agr/pubs/id/154/154.pdf>.

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## Kentucky

The following reference table will give an idea as to when the last freezing temperatures might occur, based on the last 30 years of climatological data (1991 to 2020) at each of the listed locations.

Location	Avg date last 32F in Spring	Last 32F in one year out of ten (10% probability)	Last 32F in nine years out of ten (90% probability)
Covington (KCVG)	Apr 18	Apr 3	May 7
Maysville	Apr 18	Apr 4	May 3
Warsaw	Apr 17	Apr 2	May 4
Williamston	Apr 11	Mar 28	Apr 30



# GARDEN CALENDAR: MARCH-APRIL

## General

- Clean, sharpen and disinfect your gardening tools. \*To learn more, visit: <https://plantpathology.ca.uky.edu/files/ppfs-gen-17.pdf>
- Disinfecting tools: <https://plantpathology.ca.uky.edu/files/ppfs-gen-17.pdf>
- Sharpening pruners: <https://plantpathology.ca.uky.edu/files/ppfs-gen-17.pdf>
- Campbell County residents can have their soil tested free of charge. Testing will determine soil pH and fertilizer recommendations. Learn how to collect a proper sample at [https://campbell.ca.uky.edu/files/instructions\\_for\\_soil\\_testing\\_samples.pdf](https://campbell.ca.uky.edu/files/instructions_for_soil_testing_samples.pdf)
- Set mole traps between 4 - 6 pm for best results, since this time coincides with active feeding times. Gummy worm-shaped baits that use bromethalin as the active ingredient have shown some promise in some situations. <https://publications.ca.uky.edu/files/for42.pdf>

## Houseplants

- Inspect your houseplants for insects and disease. To learn more, visit <https://entomology.ca.uky.edu/files/ef406.pdf>
- As houseplant come out of winter, it is a good time to propagate them. Visit <http://www2.ca.uky.edu/agcomm/pubs/ho/ho67/ho67.pdf> for helpful tips.
- Repot houseplants if needed. Use a pot 1-2" larger than the previous pot.

## Flowers

- Butterflybush and Bluebeard (Caryopteris) bloom on current year growth. Wait until you see green buds, then prune them back to a set of healthy leaf buds.



- Cut back ornamental grasses 4-6" from the ground.
- Let tulip and daffodil foliage yellow before cutting back. Do not fold up foliage or tie back with rubber bands.
- Cut back last year's foliage from Lenten Rose, Epimedium and hardy ferns.
- Plant cool season flowers such as pansies, snapdragons and dianthus now. Plant warm season flowers after May 15.

## Trees & Shrubs

- Prune tree/shrubs. [https://forestry.ca.uky.edu/files/pruning\\_landscape\\_trees.pdf](https://forestry.ca.uky.edu/files/pruning_landscape_trees.pdf) [https://fayette.ca.uky.edu/sites/fayette.ca.uky.edu/files/pruning\\_landscape\\_shrubs\\_0.pdf](https://fayette.ca.uky.edu/sites/fayette.ca.uky.edu/files/pruning_landscape_shrubs_0.pdf)
- When mulching trees, do not put mulch against trunks. Add 2-3" of mulch. Avoid "volcano" mulching.



## Fruits and Vegetables

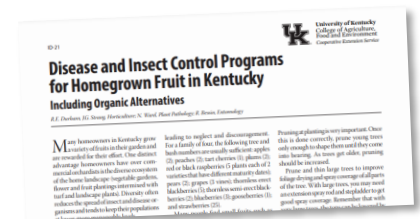
- Plant the spring vegetable garden.
- Direct seed radish, carrots, spinach, and snap peas.
- Start lettuce and kale seed indoors or direct seed in the garden.
- Plant transplants of broccoli, cauliflower and cabbage.

- Continue spraying fruits for insect and disease prevention. Consult Disease & Insect Control Programs for Homegrown Fruit in Kentucky (ID-21) to properly time sprays. <http://www2.ca.uky.edu/agcomm/pubs/id/id21/id21.pdf>
- Apply dormant sprays to fruit trees before they resume active growth in the spring. For example spray peaches and plums to prevent peach leaf curl and plum pockets while trees are dormant, using Bordeaux, Chlorothalonil or Fixed Copper. <https://publications.ca.uky.edu/files/ho104.pdf>

## Lawns



- Resume mowing your lawn in late March/early April depending on the weather. Mow grass at the ideal height (2 to 2½" for bluegrass, 2 to 3 inches for tall fescue), try not to remove not more than 1/3 to 1/2 the leaf blade length at anyone mowing. <https://publications.ca.uky.edu/files/AGR209.pdf>
- Overseed thin lawns in March. To learn more visit <http://www2.ca.uky.edu/agcomm/pubs/agr/agr51/agr51.pdf>
- Crabgrass germinates around the middle of April. Apply pre-emergent herbicide in March. Soil temperatures should be between 50-55 degrees for five days.




- Learn more about pre-emergent herbicides at <http://www2.ca.uky.edu/agcomm/pubs/AGR/AGR272/AGR272.pdf>





# StoryWalk®

 Cooperative  
Extension Service

Enjoy reading in nature  
with StoryWalks® in your  
community!

Visit the garden at the  
Campbell County  
Cooperative Extension  
Highland Heights Office.

3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

Bring your little ones, and  
read a picture book as you  
enjoy the outdoors.

## Please remember to:

- Travel to all the podiums
- Read the pages as you go
- Take the Survey
- Stay safe and have fun!

*The books will stay out  
for about a month,  
so come back often  
to see if there is  
something new!*



## Schedule:

- ♦ January: *I Will Not Eat You* by Adam Lehrhaupt
- ♦ March: *I'll Wait Mr. Panda* by Steve Antony
- ♦ April: *The Ant and the Grasshopper* by Miles Kelly
- ♦ May: *Splish, Splash, Ducky!* by Lucy Cousins
- ♦ June: *Some Pets* by Angela DiTerlizzi
- ♦ July: *Saturday* by Oge Mora
- ♦ August: *In the Small, Small Pond* by Denise Fleming
- ♦ September: *Pete the Cat: I Love My White Shoes* by Eric Litwin
- ♦ October: *Some Monsters Look Like This* by Silas Gibson
- ♦ November: *Snowmen All Year* by Caroline Beuhner
- ♦ December: *Bark, George* by Jules Fieffer

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accommodated  
with prior notification.





## Winter Injury On Your Trees and Shrubs



Occasionally in late winter & early spring here in Northern Kentucky we see winter damage to some trees and shrubs in the landscape. Many plants have protective mechanisms that can be confused with winter damage. Some will shed leaves (nandina, abelia); some will roll their leaves inward (rhododendron); while others will have wilted-looking leaves during the winter (viburnum). In addition, the red, purple, bronze, and browning winter colors of some evergreens (juniper, arborvitae, boxwood) should not be confused with winter injury.

After a severe winter, many plants may show some injury. Damage usually includes discolored, burned evergreen needles or leaves, dead branch tips, frost heaved root systems etc.. In early spring remove only those branches that are broken or so brown that they are definitely dead. Confirm this by scraping the outer bark. If it reveals a green layer underneath it is still alive.

Often with certain species (Crape Myrtle & Butterfly Bush) it is better to wait and damage can best be determined after new growth starts to grow. At that time, prune all dead branches back to within one quarter of an inch above a live bud, or to the branch collar of the nearest live branch.

If discoloration on needle-leaved evergreen needles is not too severe, they may often regain their green color, or new foliage may be produced on the undamaged stem. Broad-leaved evergreens (evergreen hollies & magnolias) are usually the most commonly winter damaged plants. Damaged leaves may drop or be removed. Prune to remove badly damaged or broken branches, to shape the plant, and to stimulate new growth. A very light application of fertilizer to the soil around winter-damaged plants, and watering, will usually stimulate new growth to compensate for the winter injury.



Also do not forget special care may be needed to winter injured plants in the upcoming hot and often dry months of June, July, and August. These plants are weakened and often unable to survive the stress of extended drought. So definitely make sure to water adequately, 1 inch of water per week is sufficient if natural precipitation does not occur.



# Drought Tolerant Landscaping

**Tuesday  
March 25, 2025  
10:00am**



Photo credit: www.hillcountry.com

**Come learn about planting a waterwise landscape including plant selection, design and the care involved in xeriscaping.**



Photo credit: wilmorenurseries.com

**Campbell County  
Cooperative Extension  
Service  
3500 Alexandria Pike  
Highland Heights, KY  
41076**

**Class Size is Limited! Registration Required!**

**To register call 859-572-2600**

**or register online at [www.ca.uky.edu/campbell](http://www.ca.uky.edu/campbell)**

**Registration opens 30 days in advance of the class**

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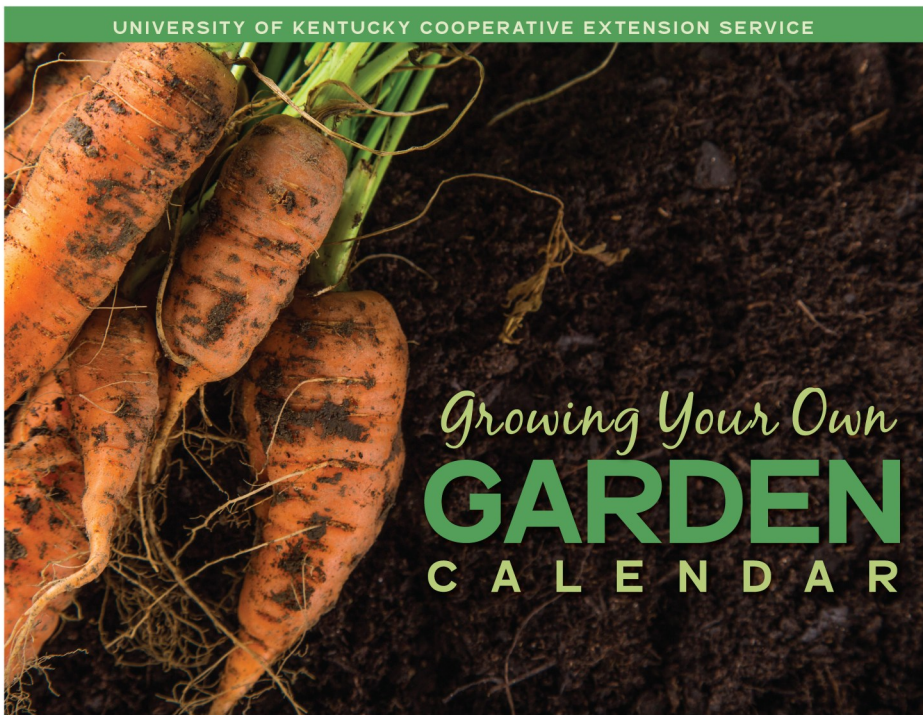


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# Home Gardening with Your Family

Source: Rick Durham, Department of Horticulture professor



Gardening is a rewarding experience that provides fresh produce and a deeper connection to nature. The Growing Your Own - GARDEN calendar from Plan Eat Move—a part of the University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service—is an excellent resource to guide both novice and seasoned gardeners through the planting and harvesting seasons. With monthly recommendations and engaging activities, the calendar helps individuals and families plan a productive and enjoyable gardening experience.

A well-planned garden starts with careful preparation. Before planting, sketching a layout can be a useful exercise. For families, involving children by having them cut out pictures of vegetables and placing them on the garden plan can be both educational and fun. This interactive approach encourages engagement while helping gardeners visualize plant placement and spacing for optimal growth.

The calendar provides a detailed month-by-month breakdown of what to plant and when to harvest. Beyond planting and harvesting, the calendar incorporates family-friendly activities to make gardening even more enjoyable. Keeping a garden journal allows individuals to track planting dates, growth progress and harvest yields.

Children can add their own observations through drawings or short descriptions. Taste tests with homegrown produce introduce youth to different flavors while emphasizing the benefits of fresh food. Creative activities, such as

making DIY garden markers with craft materials, add a personal touch and help with plant identification.

Success in gardening often comes down to simple, consistent practices. By following the guidance in the Growing Your Own - GARDEN calendar, gardeners can cultivate a thriving space that not only produces nutritious food but also fosters family bonding. Gardening is a journey filled with learning, patience and the satisfaction of harvesting what was planted. Whether tending to a small backyard plot or a larger garden, these seasonal tips and activities provide the foundation for success.

To access the guide, visit <https://www.planeatmove.com/get-moving/growing-your-own-garden>. We have a FEW of these guides at our office. To request one, please email Sarah Imbus at: [sarah.imbus@uky.edu](mailto:sarah.imbus@uky.edu)



Dayton High School students participate in a seed starting program as part of a horticulture education class.



*Do you enjoy gardening?*

# Become a Garden Volunteer

**Commitment:** Workdays and location can vary, however, they are usually from 9am to 12pm at the Lakeside Educational Garden.

**Skills:** No prior gardening or horticultural skills are required.

**Things to Bring:** We will provide all tools and materials required for these workdays.

**Opportunities & Benefits:** Hands-on training is provided during all workdays, connect with like-minded gardeners. Join us for educational tours.

**Common tasks include:**

- Planting
- Harvesting
- Assemble floral arrangements
- General garden maintenance

**Interested in learning more?** Reach out to the Campbell County Cooperative Extension Horticulture Agent for more information or send an email to: [sarah.imbus@uky.edu](mailto:sarah.imbus@uky.edu)



*The Horticulture Team works to maintain the Lakeside Educational Garden. This team is perfect for gardeners of all skill levels looking to enhance their gardening knowledge. Whether you're new to gardening, or have many years of experience, this team is for you!*

**Campbell County Cooperative Extension Service**

3500 Alexandria Pike | Highland Heights, KY 41076

**859-572-2600 | <https://campbell.ca.uky.edu>**

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CAMPBELL COUNTY  
**FARMERS  
MARKET**

**2025**

**Highland Heights\*— Tuesdays**

Senior Citizens Activity Center

3504 Alexandria Pike

**May 13 thru October 28**

3:00 p.m. to 6:00 p.m.

**Fort Thomas\*\*— Wednesdays**

Mess Hall in Tower Park

801 Cochran Avenue

**April 9 thru December 17**

3:00 p.m. to 6:00 p.m.

*Hours extend to 7:00 p.m. June-September  
(Senior shopping begins at 2:45 p.m.)*

**Alexandria\*— Fridays**

Southern Lanes Sports Center

7634 Alexandria Pike

**May 16 thru October 24**

3:00 p.m. to 6:00 p.m.

**Newport\*— Saturdays**

Next to Pepper Pod Restaurant

709 Monmouth Street

**May 18 thru October 26**

9:00 a.m. to 12 noon



\* Accepts WIC, SNAP and Senior Farmer's  
Market Nutrition Program

\*\* Accepts WIC, SNAP, Senior Farmer's  
Market Nutrition Program and Kentucky Double Dollars







## VOTED BEST OF CINCINNATI ! 2023 AND 2024

2025 Season opens on Wednesday, April 9.

3:00-7:00 pm

The market takes place at the Mess Hall in Tower Park 801  
Cochran Ave, Fort Thomas, KY 41075

Free Parking Available



**NKU** NORTHERN KENTUCKY UNIVERSITY

**UK** University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Northern Kentucky University's on-campus food pantry run by students, for students. We provide FREE fresh produce, refrigerated, frozen and non-perishable food items and toiletry items to ALL NKU students.



## Feeding the University and Enriching Lives Donations Needed

We are in need of:

Toothbrushes • Toothpaste • Paper Towels



**Thank You for  
your help!**

Donations can be  
dropped off at the  
Campbell County  
Cooperative Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076  
8:00 a.m. - 4:00 p.m.

**Thanks for your support!**

## Houseplant Propagation

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



**March 21, 2025  
10:00 a.m.**

**Learn how to increase your house plant collection  
by propagating plants.**

**Campbell County Cooperative Extension Office**  
3500 Alexandria Pike | Highland Heights, KY 41076

**Class size limited. Registration required, call 859-572-2600  
or online at <https://campbell.ca.uky.edu>  
Registration opens February 21, 2025**

**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





# FLOWERS FOR THE CUTTING GARDEN



**April 9, 2025**  
**10:00 a.m.**

Bring the beauty of the garden indoors with cut flowers. Learn the best flowers to use in arrangements and the best ways to harvest. Participants will receive seeds to start their own cut garden.

**Campbell County Cooperative Extension Office**  
3500 Alexandria Pike | Highland Heights, KY 41076

Class size limited. Registration required, call 859-572-2600  
or online at <https://campbell.ca.uky.edu>  
Registration opens March 9, 2025

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



# A Beginner's Guide to Garden Ponds

**April 29, 2025**  
**10:00 a.m.**



Building a garden pond can be intimidating. Come learn the basics of building your own backyard water garden.

**Campbell County Cooperative Extension Office**  
3500 Alexandria Pike | Highland Heights, KY 41076

Class size limited. Registration required, call 859-572-2600  
or online at <https://campbell.ca.uky.edu>  
Registration opens March 29, 2025

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



# Pawpaw Lunch and Learn

MARCH 25 | 11AM TO 1PM  
OSU EXTENSION, HAMILTON COUNTY  
2055 READING ROAD, SUITE 500  
CINCINNATI, OH 45202

Register Here:



Pawpaw are small trees that don't grow past 100 feet. Yet they have a big influence. It's the only local member of a large, mainly-tropical plant family (Annonaceae), and produces the largest edible fruit native to North America. In this class, we will be learning from Kentucky State University Horticulturalist, Sheri Crabtree, about this fabulous native fruit tree.

This class is provided at no cost, but space is limited.

Questions? Contact Claire Linepensel at [Linepensel.2@osu.edu](mailto:Linepensel.2@osu.edu)



Ohio State University Extension is part of The Ohio State University College of Food, Agricultural, and Environmental Sciences.

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Our Horticulture Agent, Sarah Imbus joined Ms. Kentucky, Chapel Tinius in the Mobile Science Activity Center bus at Woodfill Elementary School in Fort Thomas. The students learned how to make lip balm from soy oil, water, and beeswax.





# LEMON BROCCOLI PASTA

**Servings: Makes 8**

**Serving Size: 1-1/2 cups**

**Recipe Cost: \$8.56**

**Cost per Serving: \$1.07**



## Ingredients:

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.
3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

## Nutrition facts per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

**Source:** Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



**Save the date for a few upcoming classes at the Extension Office,  
registration opens 30 days prior to the class date:**

**Houseplant Propagation**

**3/21—10AM**

Learn how to increase your house plant collection by propagating plants.

**Flowers for the Cutting Garden**

**4/9—10AM**

Bring the beauty of the garden indoors, with cut flowers. Learn best flowers to use in arrangements.

**A Beginners Guide to Garden Ponds**

**4/29—10AM**

Learn the basics of building your own backyard water garden.

**For more information about these, and other classes, visit our website  
or contact the Extension Office at 859-572-2600**

*Sarah Imbus*

**Sarah Imbus**

Campbell County Extension Agent for  
Horticulture Education

**Terri Turner**

Campbell County Extension Technician  
for Horticulture Education

**Joseph Smith**

Campbell County Extension Technician  
for Horticulture Education

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## Outstanding Extension Volunteers for 2024



**At the Campbell County Extension Council meeting on 1-28-25, the outstanding volunteers for 2024 were announced. Those recognized were (left to right): Front row: Debbie Hyson- Family & Consumer Sciences, Inna Pylyaeva- 4-H, Standing: Ron Haigis- Horticulture, Charles Krift, Jr.- Agriculture, and John Hoffert- Natural Resources. A big thank you and congratulations to all of our volunteers!**

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Disabilities  
accommodated  
with prior notification.