Gearing Up for Spring:

It will not be long until the spring flowers will be blooming, it will be time to plant the garden, we will be back to the routine of mowing to maintain the lawn, and it will be time to take care of the landscape. I hope you have already pruned, or plan to prune many of your fruit trees soon. I know I have spent several weekends pruning fruit trees, grapevines, and cleaning out the blackberry patch. It is time to complete those spring activities in the home fruit orchards and vineyards. For our farmers’ market producers, remember the upcoming WIC, SFMP, and SNAP trainings.

David Davis
County Extension Agent
for Ag and Natural Resources
Maintaining the lawn should be an enjoyable experience. Lawn weed issues, poor lawn color, and disease pressure often make lawn care a struggle. How you manage your lawn can greatly increase problems arising from these issues. Here are a few lawn management tips that may improve the quality of our lawn throughout the spring and summer.

- **Maintain the Recommended Mowing Height.** Most of the lawns in our area are primarily made up of cool season grasses such as Tall Fescue, Kentucky Bluegrass, and Perennial Ryegrass. Mowing these grasses too closely can greatly restrict root development, and the grasses can become more susceptible to disease, heat and drought damage, traffic injury, and weed infestation. Tall Fescue and Kentucky Bluegrass should not be mowed lower than 2 inches in most years. However, it is a good idea to adjust the mowing height to 2.5 inches this spring if your lawn is struggling. Many common summer lawn weeds such as crab grass are opportunistic weeds that tend to come up and thrive when the lawn is mowed too closely.

- **Adjust Mowing Frequency According to Lawn Height.** Maintaining the proper mowing height helps to alleviate these issues. Tall Fescue and Kentucky Bluegrass lawns should also not be mowed too frequently. They should be allowed to grow to a height of at least 3.5 inches before mowing. If the lawn gets higher than this, as a general rule of thumb, you should not remove more than 1 inch of growth at a time. Due to the growing characteristics of the grasses, removing more than 1 inch of lawn height can stress and stunt your lawn. If your lawn gets away from you, you can mow more frequently to get back on schedule reaching the 2 inch recommended grass height. You can mow as frequently as every 2 to 3 days at the height of spring growth, if necessary.

- **Use best management practices for weed control.** Weeds can still be a problem even in the best managed lawns. In some cases herbicide application can't be avoided. If mowing alone will not control weeds, it is important to properly identify the problem weeds to determine the right herbicide treatment for the job. Many weeds can be controlled with products from your local garden supply store, but some may require the assistance of a commercial lawn care professional. Proper fertilization may also prevent many weed problems. Applying fertilizer to your cool season grass lawn in the spring is not typically recommended as this can promote the growth of many warm season annual weeds. It is best to apply fertilizer in the fall according to a soil test. The only exception to this is when your lawn does not have good color in the late spring months. If that is the case, applying a half rate nitrogen application can assist in “greening up” your lawn.
CAIP INFORMATIONAL MEETING — March 22

The County Agriculture Investment Program (CAIP) is a cost-share program designed to provide farmers with incentives toward improving and diversifying their current production practices. An informational meeting will be held to discuss the sign-up process, the program guidelines, and to answer any questions about the program. Please make every effort to attend if you think you will apply. The CAIP Informational Meeting will be held Tuesday, March 22, at the Clark County Extension Office starting at 7:30 pm.

CAIP SIGN-UPS SCHEDULED — March 23 - April 13

The sign-ups for the 2016 Clark County CAIP are scheduled March 23 through April 13 at the Clark County Soil Conservation District Office (667 Tech Drive). All applicants are scored based on the scoring criteria set by the Kentucky Agricultural Development Board.

If you have questions regarding how to apply for CAIP, the application approval process, or other questions about CAIP contact the Clark County Soil Conservation District Office by calling 744-2322.

Spring begins March 20th!

Asparagus Ham Quiche

| 1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces | 1 egg white, slightly beaten | 1/4 cup 1% milk | 1/4 teaspoon salt and pepper |
| 1 cup, finely chopped ham | 2 cups shredded reduced fat cheddar cheese | 1/4 teaspoon salt | 1/4 teaspoon pepper |
| 1 small finely chopped onion | 4 large eggs | ground nutmeg | 1/2 teaspoon pepper |
| 2 (8 inch) unbaked pie shells | 1 container (5.1 ounces) plain Greek yogurt | 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: 300 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.

Whether it’s spring, summer, fall or winter, you can Plate It Up with delicious recipes that put a new twist on your favorite Kentucky Proud foods.

Visit www.kyproud.com/recipes to find all the Plate It Up recipes using Kentucky Proud products.
**Winchester / Clark County**

**Upcoming Farmers' Market Meetings**

**Tuesday, March 15:**
**Farmers' Market New Member Meeting**
Senior Voucher and SNAP Training  
6:00 pm — Clark County Extension Office

Farmers' Market Applications will be available at this meeting!

**Tuesday, March 22:**
**Farmers' Market Member WIC Training**
6:00 pm — Clark County Extension Office

Bring your market scales to this meeting to leave them overnight or bring them in before 8:00 am on March 23 to have them certified by Kentucky Department of Agriculture.

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**Grafting Workshop**

**Thursday, April 7**
6:00 pm  
Clark County Extension Office

~ Learn the Basics of Grafting Fruit Trees ~
~ Hands on Grafting Workshop ~

Take Home a Grafted Tree!

Call the Clark County Extension Office at 744-4682 to register for this workshop