



Dennis Meyer



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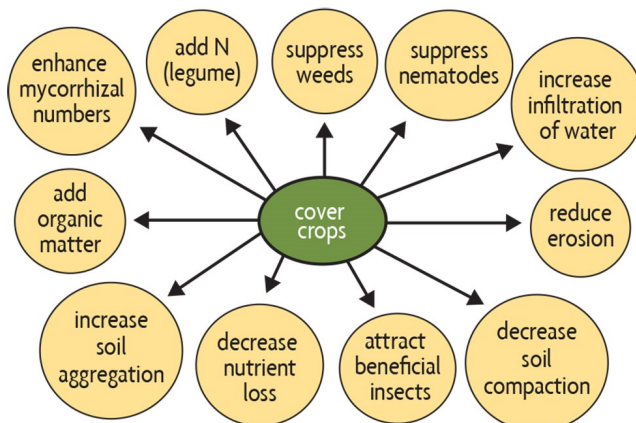
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Cover Crops Are Good For Vegetable Gardens Too

Traditional farmers routinely plant a cover crop at the end of a growing season. This is not something usually done by vegetable growers but is highly recommended.

A cover crop is intentionally seeding a crop if your garden is going to be sitting idle for a period of time, instead of letting the land sit fallow. It will put nutrients back into the soil to improve fertility and erosion control. The type of cover crop you choose to plant depends on your equipment and level of interest.



There are two types of cover crops, legumes and non-legumes. Legumes will add nitrogen to the soil and non-legumes, a type of grass, establishes better than legumes. In a vegetable garden a mixture of the two is common, but you can choose one or the other. Cover crops are typically planted in the fall after all crops have been harvested.

Examples of cover crops include:

- Cereal rye – non-legume – planted September to November
- Wheat – non-legume – planted September to November
- Hairy vetch – legume – adds nitrogen – planted August to September
- Crimson clover – legume – adds nitrogen – planted August to September

Grasses are easier to remove in the spring, before planting, because they have a shallow root system. Crimson clover is recommended as a legume with its shallow root system and is a good pollinator.

Source: Jessica Sayre, UK extension horticulture agent



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Plant Of The Month



'Chartreuse on the Loose'
Catmint

'Chartreuse on the Loose' Nepeta faassenii PPAF

Perennial

Hardy in USDA Zones 3A - 8B

- ↑ Height: 8-10 in
- ↔ Space: 20-24 in
- ☀ More than 6 Hours of Daily Sun
- 💧 Light to Medium Moisture
- 🕒 Blooms Early Summer to Early Fall
- 🐇 Deer and Rabbit Resistant

- Gold leaves and lavender flower
- Pollinator Favorite
- Use in tight spaces and containers
- Prefers average, well-drained soil
- Performs well with low to average moisture
- Plants respond to shearing to promote rebloom
- Pair with Salvia, Coreopsis, Shasta Daisy

Gardeners Wheelbarrow Series 2023

Fill This Registration Out and Keep One For Your Records

Circle if you will be attending the Morning or Evening Sessions If Applicable And Total At The Bottom

Attention!!! If An AM Or PM Session Doesn't Have At Least 5 To Register For That Session It May Be Canceled Via One Call

July 27th	AM	PM	Petseaping		Free
Aug. 24th	AM	NA	Horticulture How To: Lacto Fermenting		Free
Aug. 17th	AM	PM	Fall Home Insect Invaders		Free
Sept. 21st	AM	PM	True Lilies		\$20.00
Sept. 28th	AM	PM	Peonies The Queens Of Spring		\$40.00
Oct. 12th	AM	PM	Daffodils		\$20.00
Oct. 26th	AM	PM	Holiday Cactus		Free
			Basic Registration For Any and All Classes	\$5.00	x
			Total From Above		
			Register And Pay For ALL Classes By February 16th	-\$15.00	
			TOTAL		

September To-Do's

Keep watering and fertilizing annuals, they can give you terrific color until frost.

Don't trim trees and shrubs now, wait until the plants go completely dormant. You can trim evergreens in December if you want greenery for the holidays. It is best to trim trees and shrubs in February. Unless they bloom in the spring and then you wait and prune just after they finish blooming.

Remove and destroy all old vegetable plants. These plants harbor insect and disease that will be ready to infest your garden next year. If you compost this material make sure that your pile gets hot enough to destroy these organisms.

If you aren't sure your pile is hot enough make a separate pile for vegetable plants and don't put this compost back in the vegetable garden.

Plant newly purchased trees now but keep them well watered. September planted trees have a chance to root in well before cold temperatures.

Don't prune trees and shrubs now.

Check spruce and arborvitae for spider mites. Place a white sheet of paper under some of the branches and tap it. If you have an infestation you will be able to see the little creatures on the paper.

Spray spider mites with Avid, insecticidal soap, or horticultural oil. Don't apply the soaps or oils to blue spruce etc., it will take the blue off.

Remove and destroy all "mummies" from fruit crops. Mummies are dead dried fruit that doesn't fall from the tree. This material acts as a reservoir for next years pests.

Do soil tests on areas you plan to plant fruit crops such as blueberries and strawberries next year. It takes 3 to 6 months for lime or Sulphur to activate.

Control fruit flies that have been entering your house on the increased fruits and vegetable you have been bringing in lately by simply sucking them up with the vacuum.

Make a fruit fly trap by mixing a quarter cup of apple cider vinegar with a quarter cup water and one drop of dish liquid. The flies are drawn to the vinegar and will land on the surface of the water, without the soap they can stand on water but the soap breaks the tension and they drown! You can also cut and invert an old plastic bottle so even if they get in and don't land on the water they are trapped.

Take a soil test of your lawn before you spot seed or renovate.

Don't fertilize existing lawns now, wait until late October, November,



or December.

Keep newly seeded lawns or areas well watered until it is well established and has had a couple mowing's.

Don't apply weed killers to newly seeded or sodded areas.

September is a good time to divide and plant perennials. Its still warm enough for growth to occur without too much stress and it gives them time to root in before winter.

Go ahead and soil test your flower beds. Most flowers prefer a pH between 5.5 and 6.5. Now is a good time to correct any pH problems where the plants will be ready to grow come spring.

Don't apply Nitrogen to perennials in the fall this includes September.

Plant Garlic bulbs now for harvest next July. Be sure to plant the root or fat end down.

Garden Club Day Trip Change

There will be no September meeting.

October meeting is October 11th.

We will meet at the Extension Office at 8:30 AM to travel to

Huber's Orchard and Winery

Please RSVP to The Extension Office By

October 6th.

We are Planning To Rent A Van

No Need To Fear Autumnal Arachnids

After the coming and going of Labor Day, it starts to feel like autumn will be here before you know it, with all the fun and delicious things it brings. Autumn also brings us more obvious spiders. This isn't some sort of attempt at creating a spooky atmosphere; it's just part of the natural progression of the season. It's also not a good reason to start spraying everything with six or more legs on and near the home. Read on to learn more about which spiders you can find this autumn and a small primer on why there might be more of them after summer vacation ends.

Why do I see more spiders in autumn?



Figure 1: The black and yellow *Argiope* is one of the largest species of spider in Kentucky. Their bold yellow and black coloration, ornate web, and proclivity for building near gardens all lead to us noticing them in autumn (Photo: Ronald F. Billings, Texas A&M)

Most of the spiders that are associated with autumn belong to the Orb Weaver Family. Unlike other spiders that make messy cobwebs or very simple webs, orb weavers make large, geometrical webs. The reason that you notice so many orb weavers in autumn is simply because of their life cycle.

Many kinds of spiders live for multiple years, with overlapping generations. Most orb weavers, though, have a single generation each year. They hatch from eggs in spring, grow throughout the summer, and mate and lay eggs in autumn. So, these species are present all summer long, but females reach their largest size and make their largest, most conspicuous webs in late summer and early autumn, drawing our attention. They use these large webs to catch large prey: big grasshoppers, moths, wasps, and anything else that they can subdue. Females need a lot of calories and protein to make their egg sacs, which often contain hundreds of eggs.

Orb weavers can be very large and intimidating, but they are not of any medical significance for most people. They can bite, but bites would be similar to a bee sting. Also like a bee sting, there would be a chance for a more serious reaction, but this is very rare with spider bites. And, like all spiders, orb weavers have no interest in biting humans unless they are grabbed or otherwise threatened.

What are the types of autumn arachnids I am likely to see?

One of the most famous orb weavers in Kentucky is the **black-and-yellow Argiope**, *Argiope aurantia*. It's also known as the "black-and-yellow garden spider," the "writing spider," or simply the "garden spider," among other monikers. This might be the largest species of spider in both mass and leg span (3 inches or more) that occurs in

No Need To Fear Autumnal Arachnids

Kentucky (large fishing spiders, trapdoor spiders, and wolf spiders might have a word). The writing spider is common in crops, gardens, weedy meadows, and forest openings. It gets the name “writing spider” because of the bold zigzag in the web, which we call the stabilimentum. There is some debate as to the purpose of this zigzag: it may offer structural support or even camouflage for the spider, but it may also be used to alert birds to the presence of the web or even to attract certain prey.

A similar, related spider, the **banded Argiope**, *Argiope trifasciata*, also calls Kentucky home. It is a little smaller than *A. aurantia* but is otherwise very similar and found in the same habitats.



Figure 2: A banded *Argiope* spider, a close relation to the black and yellow *Argiope*. They are slightly smaller in size with banding on their abdomen (Photo: Dani Barchana, Bugwood.org).



Figure 3: The top and underside of a typical spotted orb weaver. The underside, with the distinct golden dots, is what gives the group their name (Photos: Jim Occi, BugPics, Bugwood.org).

Another group of orb weavers you might find building near you is the “**spotted orb weavers**” (genus *Neoscona*). In autumn, these spiders build very large webs between shade trees and other upright objects. One species is known as the barn spider for their penchant of building on or near barns. Spotted orb weavers are notable for the bold black-and-yellow mask-like pattern on the underside of the abdomen. With a body length of nearly 1 inch and an even longer leg span, these are large spiders. They are timid, though: they quickly run to their retreat if approached.

Hikers in Kentucky are aware of a handful of additional orb weavers that commonly build large webs across trails in au-

umn. **Spiders in the *Micrathena* genus** are particularly notorious for this behavior. These are medium-sized spiders with distinctively spikey bodies. The **arrowhead spider** belongs to a different genus (*Verrucosa*) but exhibits similar behavior. Like all orb weavers, these spiders are of no particular medical significance and are highly unlikely to bite, even if you run into them. Though you might be embarrassed by your reaction to trying to get the web off your face.



Figure 4: One of the *Micrathena* species is known as the white *Micrathena* (*Micrathena mitrata*). They may be found while out hiking



Figure 5: Two other commonly encountered *Micrathena* species are the arrowhead spider (*Verrucosa arenata*) and the arrowshaped *Micrathena* (*Micrathena sagittata*). The arrowhead spider has a triangular shape with a white triangle on its back while the arrowshaped *Micrathena* is reddish, with a yellow abdomen bearing black and red thorns (Photos: Sturgis McKeever, Georgia Southern University, Bugwood.org).

Is there a need for management?

All in all, it is best to let these spiders live when you find them. They offer free pest control of some plant feeding insects, as well as help to keep populations of mosquitoes under control. They are all quick to run away from you and are not likely to bite unless handled or agitated. There are times where they may build in inopportune places, but they can be discouraged by repeatedly destroying their web with a broom or other cleaning object. Typically, after having their web destroyed multiple times, they will get the point and move to build somewhere else. There are even specialized brooms that can extend to reach hard to get to spots in order to try and move spiders along.

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College of Agriculture,
Food and Environment
Cooperative Extension Service

Recipe Of The Month

Hot and Sweet Frittata

3 tablespoons olive oil, divided	1 pound ground turkey sausage
1 ½ cups peeled and cubed sweet potatoes	½ cup shredded mozzarella cheese
1 ½ cups diced sweet and hot peppers, or bell peppers	12 medium eggs, beaten
	¼ teaspoon salt
	½ teaspoon black pepper
	½ teaspoon crushed red pepper

Preheat oven to 375 degrees F. **Add** 2 tablespoons of olive oil to a large nonstick skillet, and **heat** to medium. **Add** sweet potatoes and diced peppers. **Cook** uncovered until fork tender, about 10 minutes. **Remove** from skillet. **Add** 1 tablespoon of olive oil to skillet. **Add** turkey sausage, and **cook** 5 to 7 minutes until cooked through. **Drain** off fat, if needed. Generously **grease** an 8-by-8-inch baking dish. **Add** the sausage, peppers, and potatoes. **Sprinkle** with

cheese. In a bowl, **crack** eggs and lightly **beat**. **Add** salt, black pepper, and crushed red pepper to egg mixture. **Pour** eggs over peppers and potatoes. **Bake** uncovered for 25 to 30 minutes or until the mixture is set.

Yield: 8 servings

Nutritional Analysis:

290 calories, 18 g fat, 5 g saturated fat, 295 mg cholesterol, 610 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 23 g protein.

