LU Horticulture Notes July 2018

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Exciting time at LU Horticulture Program!
By Touria Eaton

LU Horticulture Program started LU Student Farming Enterprise. Five students, Laurel Forbes, Melissa Tyme, Ouekie Wright, Coy Spence and Bradly Fisher were recruited to learn about research and to farm one 10,000 ft² plot.

The students are learning by doing all aspects of crop production, protection, harvest and post-harvest handling, and marketing.

Tomatoes, cucumber, bush beans, cantaloupe, leaks and onions are some of the crops the students are growing now to give for donations, to support the enterprise, this year. Next year, the enterprise plans to grow for sale to learn about input, output, and marketing. The students plan on direct marketing through farmers’ markets, farm stands, and private customers.

One loyal customer and supporter of the enterprise, Ms. Lana Wegener, a resident of Jefferson City, asked that the enterprise grow tomatoes and cucumbers for her for generous donations.

The students also are exposed to all aspects of research, data collection, and data interpretation. Interested students plan to present at the next Missouri Academy of Science annual meeting.

Crops to Plant now for Fall Harvest
By Joyce Rainwater

The summer months are a time of amble harvest for most of Missouri but also a time to begin planning and planting for fall abundance as well. Some vegetables that could work for fall harvest include:

- Beans (some varieties)
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Sweet corn
- Turnips, and
- Potatoes

To find more information on the best varieties to plant follow this link: https://extension2.missouri.edu/g6201 to the Missouri Planting Calendar or call your nearest area educator.

Crops to Harvest in July/August or Find at your Local Farmers’ Market
By Joyce Rainwater

Many crops are ripening in July and August including:

- Tomatoes
- Peaches
- Peppers
- Cantaloupe
- Onions
- Cucumbers
- Green Beans
- Eggplant
- Blackberries
- Herbs
- Raspberries
- Squash
- Blueberries
- Potatoes
- Cherries

*Harvest times are dependent on planting dates, maturity times, and weather conditions.* Happy harvesting and eating!
Pests to Monitor
By Touria Eaton

**Tomato Leaf Blights** caused by Septoria and Alternaria are predominant in tomato fields at this time of the year and can cause economic crop losses. *Alternaria solani*, the pathogen responsible for early blight can cause darkly colored lesions or yellowing of the leafy tissue. Septoria and Alternaria both survive on infected plant debris and on solanaceous weed hosts, and can be carried on tomato seed. Rotate out of solanaceous crops for at least two years, control susceptible weeds, and incorporate debris after harvest. Clean stakes before re-use. Plant varieties that are resistant to Septoria, These varieties include Iron Lady, Advance, and Jasper cherry. Varieties that are resistant to Alternaria include Gardener’s Choice, Mountain Supreme, Sorreto, and Sure Cross. Reduce the length of time that tomato foliage is wet by using trickle irrigation, wider plant spacing, and staking. Keep workers and equipment out of wet fields where possible.

**Cabbage Maggot** emergence can be determined by indicator weeds (bloom of golden rod). So keep your eye out for flies in the field and for larvae feeding on the roots of your fall planted brassicas.

**Cabbage Aphids.** Scout now and use insecticidal soaps (M-Pede or another insecticide) to keep your Brussels sprouts from becoming infected. Treat Brussels sprouts, broccoli, cabbage and cauliflower if greater than 10% of the plants are infested with aphids any time after heads or sprouts begin to form.


Eat your vegetables!
By Touria Eaton

Greens (Brassica salad mix): Brassica greens for salads can include mizuna and tender mustard, turnip, or collard greens. These greens are also in wilted salads or lightly steamed, just until tender but still bright in color. Greens are rich in beta carotene, vitamin C, folate, fiber, and calcium. They also contain sulfur-containing chemicals, called glucosinolates, which give brassica the distinguished bitter and pungent taste. Indole-3-carbinol and sulforaphane are the most widely known glucosinolates, and have been shown in animal studies to inhibit the growth of cancer in different organs (breast, bladder, colon, lung, liver & stomach).

References:
What Is FSMA? (Food Safety Modernization Act, 2011)
By Lindsey Pender and Touria Eaton

The Food Safety Modernization Act (FSMA) aims to ensure the U.S. food supply is safe by shifting the focus from responding to contamination to preventing it. Included in this Act is the Produce Safety Rule (2015). This rule establishes standards for the safe growing, harvesting and handling, packaging and storing of fruits and vegetables grown for human consumption. All covered growers will need to comply with this federal law.

The rule applies to (covers) growers with at least $25,000 in average annual gross income from produce sales and contains some exemptions. Lincoln University can help you determine if your farm qualifies for an exemption.

Measures contained in the rule include attending a Produce Safety Alliance Grower Training and applying the information learned at the training at the farm.

The date of compliance depends on the average yearly gross income from produce sales. The compliance dates are as follows:

- January 26, 2018 for farmers with more than $500,000 in average yearly gross farm produce income.
- January 28, 2019 for farmers with a farm gross produce income between $250,000 and $500,000.
- January 27, 2020 for farmers with a farm gross produce income between $25,000 and $250,000.

Upcoming Events and Deadlines

- August 10 Lincoln University Field Day
  Jefferson City, MO
- August 17 Deadline for CRP Enrollment at
  local USDA Service Center
- August 23 PSA Grower Training
  Doniphan, MO

We thank our sponsors
The events and activities of Lincoln University Horticulture Program are possible because of the collaboration of our colleagues and partners, and because of the generosity of USDA/NRCS; USDA/OAO; USDA/FSA; USDA/ Evans-Allen Research Program; USDA/OREI; MDA; and NC-SARE.

Thank you.