

Gardening & Landscaping Tips

By: Max Phelps

Eat Your Landscape

(Common Edibles)

Trends come and they go, but picking something to eat from a plant that is visually interesting could hardly go out of style.

As I see it landscaping costs money. A good investment to be sure, but it still means reaching into the pocket and spending some hard-earned dollars.

Selecting some edible things to landscape which not only gives increased property values usually equal to the expenditure, nor does it just give a more pleasant yard to look at, it gives a yearly bonus in food. Over a period of years a berry bush, a fruit tree or a nut tree can repay the investment many times by cutting the supermarket produce bill. Not to mention the inherent satisfaction of serving something up fresh from the

yard or garden!

Trees are a good thing to begin with in a landscape or in reinvigorating an old one. Think long and hard about where to put trees, and what kind you want. They are pretty permanent once established.

Well known trees to consider for your yard would include fruit trees such as apples, pears, plums, peaches and nut trees.

Peaches have nice pink blooms, with some varieties being prettier than others. Peach trees bear fruit about three years after planting, and are a fairly short lived tree. They should be pruned and sprayed for best results. (The dwarf "patio peach" is cute, to be sure, but the fruit is not that great.)

Pears make large trees with white flowers. They are slow to bear but may live for a hundred years. The

variety Kieffer is probably the most trouble free, but fruit quality is not that great. Consider Maxine, Barlett or Bosc. (Maxine is the same as Starkling Delicious-but when the big corporations bought out Stark, Bosc and Gurney's and a lot of other family owned companies and then went bankrupt some parent varieties are not currently available unless you are prepared to learn to graft your own.)

Plums are not really reliable fruiting, but they always have a wonderful showing of blooms in March. Most are white in flower, but a few are pink.

Apples come in hundreds of varieties. I have found a variety named Liberty to be the most trouble free when grown organically. Jonathan and McIntosh are very versatile apples. Look for good early cooking and pies in July.

Nut trees to consider planting are pecans, walnuts, hickories. But each can be messy, and black walnuts can kill nearby plants with a chemical they produce. Hardy grafted-pecan varieties can now be grown in Zones 5 and 6 with some success, definitely in Zones 5 and 6.

With fruiting trees, the most common complaint is the mess they make in the yard. Regular pruning and spraying with a general purpose fruit tree spray can help. But picking the right location and the right size tree are critically important. If you can't possibly use a 3 to 10 bushel harvest of apples, plant a dwarf or semi-dwarf tree instead of a standard sized one. (Yes, I have twice picked over 35 bushels from a single full sized apple tree before!)

Be aware that most fruit trees except peaches and sour cherries require another tree nearby for cross pollination by bees in order to set fruit on.

Most any yard has room for a naturally dwarfed North Star pie cherry. But picking it can be picked without a ladder.

There are many other fruiting trees, but these are the most common. A later story will cover exotic fruits. Shrubs and smaller trees can bear a lot of fruit in a small area. Begin with the above pie cherry. Then consider gooseberries, currants, blueberries, and erect thornless blackberries such as Arapaho.

Blueberries need a sunny spot with acid soil that is amended with organic matter and then well mulched and left alone except for once a week watering of new plants in dry spells. Once established they bear for years. The fall color is great too, especially the Bluegray and Nelson varieties. Bluegray has redder twigs for greater winter interest.

The amelanchiers (service berries or caryns) are a wonderful spiny small fruiting tree no landscape should be without. It is a slow growing tree small tree exhibiting very early white flowers. Fall color is very good. And if you can beat the birds, the small blueberry-like fruits are simply delicious. (A favorite of the Cherokee Indians.)

If you have a fence or arbor, consider a grapevine. There are even some that have reddish leaves, though the grape quality may not be as good. Besides grape juice and jelly you might even want to try winemaking. (Or plant a hops vine and grow flavoring for homebrew beer.)

Landscaping with edibles includes a herb garden, or perhaps just a couple sage and rosemary and lavender plants placed around a perennial flower bed. You're missing the point of this article if you go to Kroger or Winn Dixie for a \$5 bottle of rugged sage when a small-pack of seed will supply you and the whole neighborhood. Not to mention that the plants bloom the second year, and that the fresh picked and dried leaves make that turkey dressing at Thanksgiving taste better.

So many of the herbs can be grown in a landscape even if you don't do a vegetable garden.

Now that we are mentioning vegetables, here are some you can perhaps work into your landscape. Red cabbage and flowering kale are no-brainers. How about onions, a cherry tomato vine, a pole bean teepee, a small raised bed of strawberry plants?

Jerusalem artichokes flower like sunflowers and have edible tubers around like potatoes (a real treat for diabetics who cannot eat potatoes). Red lettuce, Osaka red-mustard, radishes and peppers are also attractive as well as delectable when picked fresh.

You really can pick and eat in a landscape paradise.

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"Research indicated that many customers get a busy signal or their calls do not go through when calling a local post office, because of the volume of calls received," said Postmaster Owens. Since 80 percent of all calls to a local post office are seeking information on such topics as Zip Codes, post office hours and locations and mailing rates, these calls can more efficiently be handled by a Call Center agent. Those calls requiring local assistance will be handled by our post office."

To enhance customer service, the 1-800-ASK-USPS call center network, has specially trained agents to provide information about:

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Ball Hollow Tournament Fishing Lake

(exception only with special permission: such as family and friends, but NOT during tournament)

Owned By: Curtis W. Durham
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Orlando, FL 32806
(606) 256-3290

Open First Saturday, April 2002
Must give: Name, Address, and Phone Number
Tickets: \$20.00 for 24-hour fishing. Plus fee.

RULES FOR THE LAKE:

- 24 Hour Tournament only first two weekends in each month.
Begin: Saturday 7:00 a.m. - 7:00 p.m.
Sunday 7:00 a.m. - 7:00 p.m.
- No fishing off of dam during tournament.
- No fish to be taken unless bought for \$1.75 per pound plus tax.
- NO BASS TO BE TAKEN!
- \$150.00 Jackpot will be paid for heaviest fish after 6:00 p.m. on Sunday after each 24-hour tournament. (No have to be present to win.)
- No pole per person.
- Single bait hook only with normal fishing bait only.
- All fish must be weighed to win jackpot or to purchase.
- No coolers around lake.
- No alcoholic beverages or drugs allowed.
- No refunds, no exceptions.
- No swimming.
- No pets.
- Traffic must be kept to proper containers.
- Tickets will be limited due to parking space.

Any violations of these rules will void jackpot and be asked to leave.

Not responsible for accidents.

Owner has the right to cancel ANY tournament.

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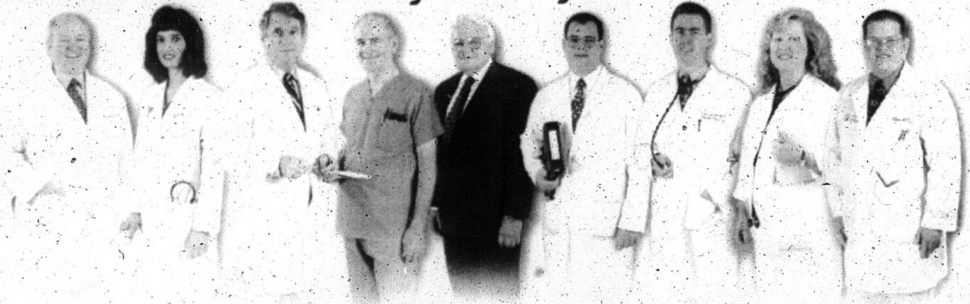
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The Top Reasons to Stay in Rockcastle County for your health care.



George W. Griffiths, M.D., F.A.A.F.P.

Dr. Griffiths earned his M.D. from the University of Louisville. Dr. Griffiths chose to return to his hometown to practice family medicine. "Rockcastle County is a great place to live because you can receive the benefits of a small town and yet you're close to a big city."

Kimberly Cornelius, M.D.

A Rockcastle County native, Dr. Cornelius is the Medical Director of the hospital. She received her degree from the University of Louisville. Her specialty is pediatrics. "I love the personal touch and dedication the staff give to the patients. We treat them like family."

William P. McElwain, M.D.

Dr. McElwain lives in Mt. Vernon and received his degree from the University of Louisville to practice preventive and family medicine. "Rockcastle Hospital provides quality medical care with a small town community atmosphere."

James M. Sloan, M.D.

Dr. Sloan, originally from London, graduated from Jefferson Medical College. His practice is general surgery. "I enjoy the cooperative spirit here among very capable personnel."

William Don Dotsey, M.D.

Dr. Dotsey was born in Middletown, Ohio and received his degree from the University of Cincinnati to practice radiology. "I practically grew up in Rockcastle County. My grandfather owned a store in Clinch."

Michael David Hamilton, M.D.

A Mt. Vernon native, Dr. Hamilton practices family medicine. He received his degree from the University of Kentucky. "I chose Rockcastle Hospital because I saw a need I could fill for the community, and also because this is home for my wife and me."

Tony Arvin, M.D.

With a degree from the University of Kentucky, Dr. Arvin returned to his hometown to continue his father's practice of family medicine. "To looking forward to continuing the tradition of high-quality care to the community of Rockcastle County."

Karen B. Sayler, M.D.

Dr. Sayler, originally from Mt. Vernon, graduated from the University of Kentucky. She specializes in pediatrics and internal medicine. "I've always wanted to serve people in the area where I grew up."

Dr. Kevin Rowe, M.D.

Dr. Rowe graduated from the University of Louisville Medical School and returned to his hometown to provide medical treatment to his friends and neighbors. He practices family medicine. "I'm proud to be part of such a dedicated group of doctors who care so much about our community."

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