

# Kentucky Fruit Facts

February/March 2005 (2&3/05)

Fruit Facts can be found on the web at: <http://www.ca.uky.edu/fruitfacts/>

John Strang, Extension Fruit Specialist, Editor  
Karen Shahan, Administrative Assistant

## Fruit Crop News

*John Strang, Extension Horticulturist*

It has been a rainy winter and a fairly miserable one for pruning. Consequently, most growers are behind in pruning. Low January temperatures have caused injury to peach and grape buds, but most other crops seem to be ok. However, buds are beginning to swell. On a recent, February 15<sup>th</sup> visit to James Bennett's Orchard in Buffalo, KY, James astutely pointed out that his apple buds had swollen quite a bit. When he and his son Mike had started pruning they could easily see houses through the trees on the other side of the orchard and now they couldn't.

In Memoriam. Bob Engelbrecht of Engelbrecht Orchards, Newburgh, IN, an outstanding apple, peach and nectarine grower, died February 8<sup>th</sup>. He will be missed.



## Upcoming Meetings

**Mar. 1-2 Illinois Small Fruit and Strawberry Schools**, Holiday Inn, Mt. Vernon, IL. Contact Elizabeth Wahle 616-692-9434, E-mail: [wahle@uiuc.edu](mailto:wahle@uiuc.edu), web: <http://web.extension.uiuc.edu/regions/hort/>

**Mar. 3 Ginseng Production**, Warren County Extension Office, Bowling Green. Contact Joanna Coles 270-842-1681.

**Mar. 5 Kentucky Vineyard Society Grape Pruning Demonstration**, U.K. Research and Education Center, Princeton. Contact Joe Masabni 270-365-7541 ext. 247.

**Mar. 7 & 14. (2-part course) First Year Wine Grape Growers Short Course**. Campbell County Environmental Education Center. 5:30 p.m. Specifically for first-year wine grape growers that will plant vines this spring. Registration required. Contact David Koester, 859-572-2600.

**Mar. 8. Fruit Pruning Demonstration**, Irvine; 4 to 6 p.m. Contact: Eric Baker, 606-723-4557.

**Mar. 10 Boone County Grafting and Budding Workshop**, Boone County Extension Office, Burlington. Contact: Mike Klahr 859-586-6101

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**Mar. 11. Fruit Tree Grafting Workshop,** Nicholasville, 6:30 p.m. Contact: Robert Amburgey, 859-885-4811.

**Mar. 12 Kentucky Vineyard Society Grape Pruning Demonstration,** U.K. Horticultural Research Farm, Lexington. Contact John Strang 859-257-5685.

**March 7 & 14. (2-part course) First Year Wine Grape Growers Short Course.** Campbell County Environmental Education Center. 5:30 p.m. Specifically for first-year wine grape growers that will plant vines this spring. Registration required. Contact David Koester, 859-572-2600.

**Mar. 15. Small Fruit Production with Emphasis on Blueberries.** Harlan, 6:00 p.m. Contact: Jeremy Williams, 606-573-4464

**Mar. 16. Growing Blueberries and Answers to Small Fruit Questions.** Contact: Stacy White, 606-337-2376.

**Mar. 17 Blackberry Production Basics for New and Experienced Growers,** Nicholas County Extension Office, 368 East Main St., Carlisle, KY 40311. 6:30 p.m. Contact Mike Phillips 859-289-2312.

**Mar. 19 Kentucky State Beekeepers Assoc. Spring Conference,** KSU Farm, Mills Lane, Frankfort. Guest Speaker Maryann Frazier, Senior Extension Associate, Dept of Entomology, Penn State University. Contact Gerald Burhett, 270-928-4003.

**Mar. 21. Fruit Tree Grafting Workshop and Small Fruit Opportunities.** Jamestown, 1:00 p.m. CST. Contact: Raymond Thompson, 270-866-4477.

**Mar. 24 Grape Pruning Lecture and Demonstration,** Owen County Extension Office and Eden Shale Farm. Participants should meet at 11:00 a.m. at the Owen County Extension Office. Lunch will be provided. Contact Kim Strohmeier at 502-484-5703

**Apr. 18 Hands on Fruit Tree Pruning,** Sun Ray Orchard at 505 Alpar Lane, Shepherdsville, KY. 6:00 p.m. Contact Darold Akridge 502-543-2257.

**Apr. 23 Kentucky Nut Growers' Association Spring Meeting,** Elizabethtown Extension office, Elizabethtown. Contact: Kirk Pomper 502-597-5942, e-mail: [kpomper@dcr.net](mailto:kpomper@dcr.net)

**Apr. 25 Fruit Tree Grafting and Budding,** Sun Ray Orchard at 505 Alpar Lane, Shepherdsville, KY. 6:00 p.m. Contact Darold Akridge 502-543-2257.

**Jun. 15 Woody Cut Stem Field Day,** U.K. Horticultural Research Farm, Lexington. Contact: Amy Fulcher 859-257-1273, e-mail: [afulcher@uky.edu](mailto:afulcher@uky.edu)

**Jun. 18 Kentucky Vineyard Society Summer Meeting,** Talon Winery, Lexington. Contact John Pitcock, Talon Winery Winemaker 502-229-0334.

**Jul. 13-15 American Society for Enology & Viticulture Eastern Section 30<sup>th</sup> Annual Technical Meeting and Symposium, Cutting-edge Cultivars: Highlighting Pinot gris, Traminette, Norton, and New Cold Hardy Cultivars,** St. Louis, MO. For information see web site at [www.nysaes.cornell.edu/fst/asev/](http://www.nysaes.cornell.edu/fst/asev/)

**Jul. 28 U.K. Research and Education Center All Commodity Field Day,** Princeton

**Sept. 19 Harvesting the Fruits of Your Labor,** (A walk through the orchard to observe different varieties and different rootstocks). Sun Ray Orchard, Shepherdsville, KY. 6:00 p.m. Contact Darold Ackridge 502-543-2257.

**Oct. 17 Tasting the Fruits of Your Labor -** (taste about 20 different apple varieties) Bullett County Extension Office, Shepherdsville, KY. 7:00 p.m. Contact Darold Ackridge 502-543-2257.

**Jan. 10-11 2006 Kentucky Fruit and Vegetable Grower Conference and Trade Show,** Holiday Inn North, Lexington, KY. Contact: John Strang 859-257-5685, e-mail: [jstrang@uky.edu](mailto:jstrang@uky.edu)

## **Midwest Small Fruit & Grape Spray Guide Corrections**

Please note that on page 18 under Downy Mildew - Use of Ridomil Gold MZ and Ridomil Gold Copper, the Pre harvest interval for Ridomil Gold MZ is 66 days not 42 days. The Pre harvest interval for Ridomil Gold Copper is 42 days not 66 days.

On page 50, Table 8 Fungicide Harvest Restrictions and Restricted Entry Intervals (REI), the Pre harvest interval (PHI) for mancozeb on grapes is 66 days not 42 days.

We regret these mistakes. Growers should keep in mind that the label is the law and our spray guide is a guide.

## Midwest Small Fruit Pest Management Handbook Available

It has been seven years since the Midwest Small Fruit Pest Management Handbook has been updated. This has been very capably edited by primarily Extension Specialists at Ohio State University and Dr. Bruce Bordelon at Purdue University. This publication contains information that does not readily go out of date and is intended to be used in conjunction with the Midwest Commercial Small Fruit and Grape Spray Guide, which is updated yearly. The handbook contains nine chapters and is 234 pages. It contains many color pictures of small fruit insect and disease pests, where the last version had black and white ink drawings. There is a chapter on each small fruit crop covering integrated management recommendations, identifying and understanding diseases, insect pests and their management and weed management. There are additional chapters on reducing bird and other wildlife damage, using pesticides, plant tissue analysis and fertilizer recommendations. The book cost is \$7.80, plus 6% Kentucky sales tax, plus shipping for a total cost of \$15. This publication was produced by Ohio State University using grant funds, so the price is well below what the publication actually cost to

produce. UK has purchased these for Kentucky growers. County Extension offices should have a copy for you to examine.

To order: include your return address and send a check for \$15 made out to the

**University of Kentucky to:**

University of Kentucky  
Agricultural Distribution Center  
229 Stadium View Drive  
Lexington, KY 40546-0229

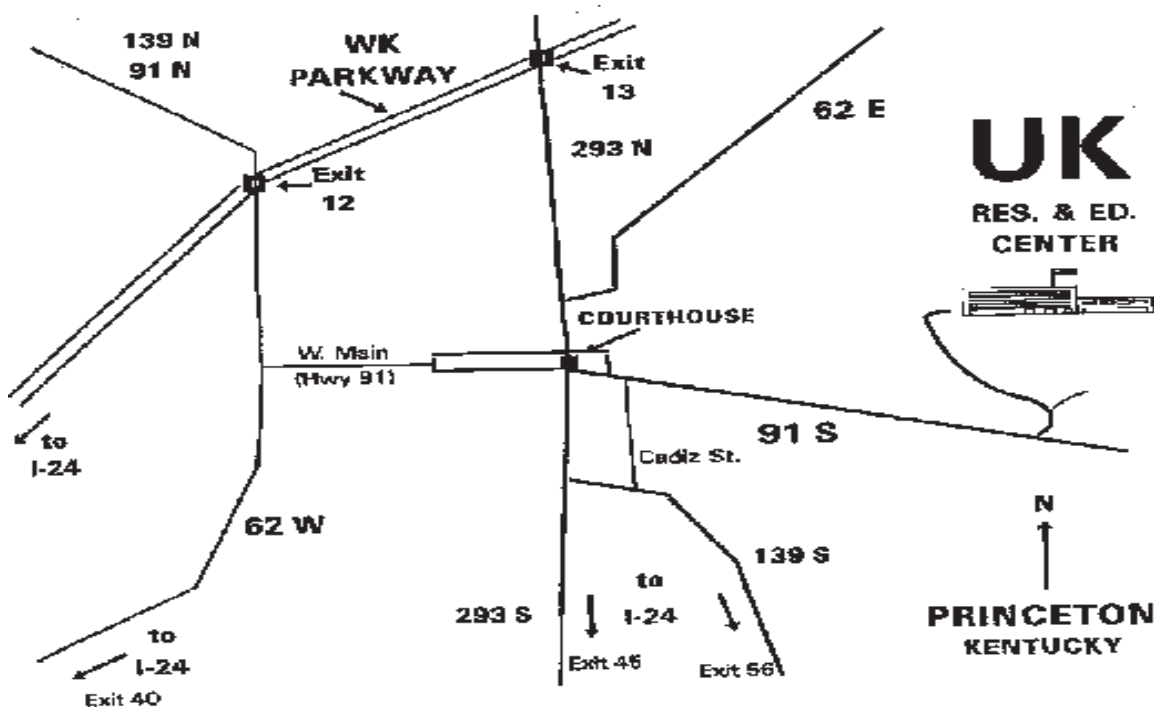
## Kentucky Vineyard Society Grapevine Pruning Demonstration March 5

U.K. Research and Education Center  
1205 Hopkinsville St., Princeton, KY 42445  
1:00 p.m. CST

Conducted by Kaan Kurtural, Extension Viticulturist and Joe Masabni, Extension Fruit and Vegetable Specialist

We will meet at the Research and Education Center then proceed to the vineyard as a group. There is no need to preregister for this program.

Contact Joe Masabni at 270-365-7541 Ext. 247 if you have questions.



## **Kentucky Vineyard Society Grapevine Pruning Demonstration March 12**

U.K. Horticultural Research Farm  
4321 Emerette Farm Road 40514  
Lexington, KY

1:00 p.m. EST

Conducted by Kaan Kurtural, Extension Viticulturist and John Strang, Extension Fruit and Vegetable Specialist

This demonstration will cover the pruning of American, American French hybrid and European grapes. Wear warm clothes. There is no need to preregister for this program.

Contact John Strang 859-257-5685 if you have questions.

### Directions:

The U.K. Horticultural Research Farm is located on the South side of Lexington approximately one block west of the intersection of Man O'War Boulevard and Nicholasville Road (U.S. 27). The entrance to the farm (Emmert Farm Lane) is off of Man O'War Boulevard at the Traffic light opposite the entrance to the Lowe's and Walmart.

## **Vegetable Pathologist: New to Town, Not to Kentucky**

*by David Smith, Chair Department of Plant Pathology*

Dr. Kenneth W. Seebold, Jr. is anticipated to join the Plant Pathology Department at the University of Kentucky in March 2005, replacing Dr. William Nesmith, who retired last December. Dr. Seebold is a native Kentuckian, born in Louisville. Growing up in and around Louisville and spending a few semesters at the University of Louisville, Dr. Seebold felt the urge to move and explore new territories. He first ventured to Alabama where he was awarded a B.S. in Integrated Pest Management (1990) and a M.S. in Plant Pathology (1994), both from Auburn University. For his Master's research, Dr. Seebold studied the management of soil-

borne peanut diseases and the influence on biological control agents of improved fungicide applications.

From Auburn, he headed further south, to Gainesville, gaining his Ph.D. in Plant Pathology from the University of Florida in 1998. His doctoral dissertation considered the influence of silicon fertilization on the development and control of blast disease in upland rice. Upon graduation, Dr. Seebold took a position in industry as Fungicide Project Leader for Uniroyal, in Bethany, Connecticut. There, he managed the testing of potential chemical and biological fungicides in the field.

After two years with Uniroyal, Dr. Seebold accepted the position of Assistant Professor at the University of Georgia's Coastal Plain Experiment Station in Tifton. His research programs concerned the ecology, epidemiology, and control of soilborne and foliar fungal diseases of cotton and vegetables, in the latter case particularly diseases of cucurbits and onion. Although primarily an applied researcher, Dr. Seebold interacted with various growers finding, through these interactions, that his calling lay in Extension.

Dr. Seebold was anxious to return to his Kentucky roots, and brings both breadth and depth of expertise to his new position at the University of Kentucky. Dr. Seebold is an outgoing individual, well suited by professional background and personality to assume his Extension and applied research duties on behalf of the Commonwealth's vegetable and tobacco growers.

## **Ice Cream and Slushy Update**

*by John Strang, Extension Horticulturist*

I recently attended the North American Bramble Growers Association conference in Nashville and had a chance to sample several outstanding products at a tasting session. Most of you are familiar with the apple cider slushy, which helps to make the consumers trip to the market a memorable one, especially on a hot day. At the conference I tasted both a blackberry and strawberry slushy, which I feel have considerable potential for our Kentucky markets. Both were made from fresh fruit and were marketed to the consumer for \$2.00 a serving.

Several growers have found that ice cream has increased their farm market sales. Carlos Pyles, Bray Orchards in Bedford, KY has been the pioneer in this area. Several years ago he took the Pennsylvania State University ice cream making course and has been making premium ice cream ever since. Some of you may remember his talk at our Fruit and Vegetable Conference seven years ago and sampling his product.

Recently, several other Kentucky farm market operators, Dana Reed, Bourbon county and Kevan Evans, Scott county have found ice cream increases their bottom line. Both Dana and Kevan have worked with Valentine's Gourmet Ice Cream to provide the product. Valentine's provides two options for farm markets. A grower can provide his own fruit for the ice cream, which would carry the name of the farm on the label or it can be marketed with the made in Kentucky, Kentucky Proud Logo. In both cases, there may be some promotional dollars available from the Kentucky Department of Agriculture. Ice cream has been marketed either in tubs for dipping or in pints for retail sales.

If you are interested in exploring this opportunity contact Doug Jones at 859-576-5898 or take a look at the Valentine's web site [www.valentinesicecream.com](http://www.valentinesicecream.com) Doug indicates that ice cream can be made from just about any fruit. They have even made molasses ice cream and wine sorbets.

## **Fruit Crop Fungicide Spray Schedule Revisions for 2005**

*by John Hartman, Extension Plant Pathologist*

Kentucky fruit growers have information available on the latest materials and methods for fruit disease management. Each year, committees of fruit pathologists, entomologists, and horticulturists from many states in the Midwest undertake revisions of the commercial fruit spray guides so that growers can be informed of the most effec-

tive disease management tools. Fruit growers are urged to obtain the 2005 guides from their local County Extension Office and to discard their old spray guides. In this article, disease management changes and additions to the 2005 fruit spray guides are discussed.

In the 2005 Commercial Tree Fruit Spray Guide (U.K. Cooperative Extension publication ID-92), the following revisions for disease management should be noted by pome fruit and stone fruit growers.

### Tree Fruits:

- The fungicide Benlate has been removed from the spray guide.
- The spray guide indicates that there are new formulations of Topsin-M 70WSB such as Topsin 4.5 FL and new products with the same kind of activity such as T-methyl.
- For tree fruit collar rot management, various forms of phosphorus acid such as Agri-Fos, Prophyte, and Phostrol were cleared for use last year. Some are sold as nutritional supplements or plant conditioners, but some are registered as fungicides. They will be used in a similar way to Aliette.

### Pome Fruits:

- The guide notes that Streptomycin should be applied no more than 4 times in a season.
- At apple green tip, a protectant fungicide program is suggested using captan, mancozeb, polyram or ziram. Later, at the ½ inch green tip stage, combine an eradicant fungicide with the protectant.
- For apple scab management, the Sterol Biosynthesis Inhibitor (SBI) fungicides such as Nova, Procure, and Rubigan are not as effective for fruit scab control as they are for foliar scab control. Mix these SBI fungicides with another fungicide having a different mode of action such as captan or mancozeb.

### Stone Fruits:

- For cherry leaf spot, Bravo (protectant) and Flint (strobilurin) fungicides are added to the list of fungicides that can be applied from petal-fall through cover sprays.
- Managing peach scab is sometimes difficult, especially in rainy seasons. Pristine 38WG fungicide, new for 2004, may be very useful, but sprays must begin right after petal-fall. Pristine is a combination of pyraclostrobin and boscalid. Pyraclostrobin, the active ingredient of another fungicide called Cabrio, is a strobilurin fungicide. Boscalid is a powdery mildew fungicide.

Grape and small fruit growers using the Midwest Commercial Small Fruit and Grape Spray Guide 2005 (U.K. Cooperative Extension Publication ID-94) should note the following revisions for disease management options:

### Small Fruits:

- The fungicide Benlate has been removed from the spray guide.

### Grapes:

- During the bud break to bloom period, spray intervals have been shortened from 7-14 to 7-10 days.
- A note is made that captan is weak for black rot control.
- Concord and other American-type grapes can be injured by Pristine fungicide.
- Endura, Quintec, sulfur, and potassium salts (Nutrol, Kaligreen, and Armicarb 100) are added as powdery mildew fungicides.
- The development of resistance by the powdery mildew fungus to sterol-biosynthesis and strobilurin fungicides is noted.
- A special note is made on the importance of disease management during the weeks before, during, and after bloom to control primary infections.

- A note is made that sprays for black rot fruit infections should not be needed during the period of veraison to harvest.

### Raspberries and Blackberries:

- Raspberry leaf spot and Septoria leaf spot are added to the list of diseases to be controlled season-long and a special note is made describing the impact of these diseases.
- Abound fungicide is cleared for bramble crops and lists anthracnose, cane blight, orange rust and leaf spot diseases.
- Also, Abound fungicide is now labeled for blackberry rosette, or double-blossom disease and the spray guide notes that Pristine and Cabrio would also be effective.
- Strobilurin fungicides such as Abound Cabrio, and Pristine cannot be used more than three times in a growing season, so they need to be used judiciously.

### Strawberries:

- A new fungicide, CaptEvate (captan plus Elevate) is added for Botrytis gray mold control.
- Abound fungicide replaces Quadris for control of leaf spot and anthracnose diseases.

## **Aim Herbicide Cleared on Small and Tree Fruit**

*By Joe Masabni, Extension Fruit and Vegetable Specialist*

The FMC Corporation has updated the Aim herbicide label to include both small and tree fruit. Aim is used for selective postemergence control of broadleaf weeds at rates of 0.5 – 1.6 fl. oz./acre. Weed control is best when the product is applied to actively growing weeds up to 4" in height. Aim is a contact herbicide. To avoid significant crop response, applications should not be made within 6-8 hours of either rain or irrigation or when heavy dew is present on the crop. Within a few hours following application, the foliage of susceptible weeds show signs of desiccation, and in subsequent days necrosis and death of the plant occurs.

Under warm moist conditions, symptoms may be accelerated. While under very dry conditions, the expression of herbicide symptoms is delayed, and weeds hardened off by drought are less susceptible to Aim.

Use a non-ionic surfactant (NIS) having at least 80% active ingredient at 0.25% v/v (2 pts per 100 gals) or a 28% nitrogen (UAN) at 2-4 qt per 100 gals. The maximum allowable rate per acre per season is 6.6 fl. oz. for berries (blueberries, currants, elderberries, gooseberries, and huckleberries), 7.92 fl. oz. for pome fruits, stone fruits, nut trees, and grapes. While the maximum allowable rate for caneberries (blackberries, boysenberries, black and red raspberries) is 25.6 fl.oz. / acre / season. The PHI for pome fruits, stone fruits, nut trees, and grapes is 3 days, while the PHI for caneberries is 15 days.

## **Timing and method of application:**

### Dormant Applications (Berries)

Aim may be applied as a broadcast treatment at the tree trunk base to control emerged and actively growing weeds during the dormant period.

### Hooded Sprayer Applications (Berries, Caneberries, Tree Fruits, Nut trees)

Aim may be applied with hooded sprayers to control labeled weeds between the rows of the crop during the vegetative growth stage of the crop.

### Postemergence (Berries)

Apply Aim at 1.1 to 2.2 fl. oz. per acre. Use the low rate for control of small seedling weeds at the 2-3 leaf stage. Use higher rates for control of larger weeds up to 6-leaf stage. Coverage is essential for good control.

### Postemergence (Tree Fruits, Nut trees, Grape)

Apply Aim up to 1.98 fl. oz./acre. Aim alone or tank mixtures may be used for general weed control, in middles (between rows of trees), and in strips (in tree row). Aim may be applied at any time during the season.

For sucker management, apply Aim at 1.98 fl. oz./acre. Suckers and other undesirable growth must be treated when the tissue is young and not mature and hardened off. Care must be taken not to allow spray mist to contact desirable fruit or foliage or green bark.

### Post-directed application for Primocane and Weed Control (Caneberries)

Apply when primocanes are approximately 6 inches in height as a directed application of 6.4 fl. oz. per acre in a minimum of 20 gal/acre spray solution at intervals of 14 to 21 days.

Direct the spray to the bottom 18" of the canes and also contact the soil out to 24" from each side of the plant row for the control of primocanes and broadleaf weeds.

## Illegal Pesticide Products

by US EPA

You may have seen people selling them on the street or in small neighborhood stores. They go by names like *Tres Pasitos* or *Chalk*, and they come with a guarantee to kill roaches, mice and other household pests like nothing else on the market. But most such products are illegal. And illegal pesticides can hurt much more than roaches. They can harm you and your family.

Illegal pesticides are often much more toxic than [registered pesticides](#) that have been approved by the EPA. The EPA has identified illegal flea and tick repellents for pets, antibacterial cleansers, mothballs, and other products that claim to get rid of household pests. Across the country, EPA has initiated an effort to protect consumers from these products. In areas where illegal products are an acute problem, EPA has increased enforcement actions against companies selling or distributing illegal household pesticides. EPA has also increased efforts to raise public awareness of these product dangers. <http://www.epa.gov/pesticides/health/illegalproducts/index.htm> - [top#top](#)

Many illegal pesticides are very toxic. Others contain unknown ingredients, or the ingredients may vary from time to time. Some of the illegal products are also available to the public in legal, EPA registered versions. However, consumers may unknowingly purchase or obtain the illegal versions. Though the illegal products may look similar to and make the same claims as their legal counterparts, these products have not been thoroughly tested. And since the products are unregistered, their labels have not been reviewed for clear directions and safety warnings.

Illegal naphthalene moth repellent products — mothballs — pose a hazard to young children. Mothballs can be easily

mistaken for candy, or simply tempt young children to touch and play with them. Recent studies have linked naphthalene to illnesses, including nasopharyngeal cancer. Widespread sale and distribution of these products make illegal mothballs a particular concern.

Illegal Insecticide Chalk is also known as “Miraculous Chalk” or “Chinese Chalk.” You may have seen the chalk in a neighborhood store or sold on the street for about \$1 a box. It is mostly imported illegally from China and often bears a label in both English and Chinese. Sometimes the manufacturer claims that the chalk is “harmless to human beings and animals” and “safe to use.” These claims are untrue and dangerous.

Illegal Pet Products, including foreign-labeled, unregistered versions of the common pet products Advantage and Frontline, have been illegally imported and sold throughout the U.S. Though registered for use in other countries, some foreign-labeled versions have omitted important warnings, especially those pertaining to children, that are required in the U.S. Versions imported from such countries as England and Australia often give doses in metric units, which can cause Americans to accidentally over-dose or under-dose pets. <http://www.epa.gov/pesticides/health/illegalproducts/index.htm> - [top#top](#)

“Tres Pasitos” is imported illegally from Mexico and other Latin American countries. Its name means “three little steps”, because after eating it, this is all mice can muster before dying. The active ingredient is a chemical called [aldicarb](#), a very toxic chemical that should never be used in a home. Children are especially vulnerable to poisoning by aldicarb when it is sprinkled around the home to control roaches, mice and rats. Exposure to high amounts of aldicarb can cause weakness, blurred vision, headache, nausea, tearing, sweating, and tremors in people. Very high



doses can kill people, because it can paralyze the respiratory system. What “Tres Pasitos” does to pests, it can also do to you.

Here are some simple rules to follow when looking for a pesticide to use in your home:

Look for an EPA registration number on the pesticide container. This number tells you that EPA has reviewed health and environmental information about the pesticide, and if the label says so, that the product is okay to use in your home.

% Look for a list of the active ingredients on the label. Any product registered with EPA must state the active ingredients on the label.

The EPA registers some pesticides that are not meant to be used in the home. Look for information on the label that states that the product can be used by the general public, indoors, in the home.

When you do find a pesticide that is registered with EPA for use in your home, always remember to [read the label first](#). EPA reviews all pesticide labels before products can be sold. If you follow all the label directions, you will reduce your risk of harming yourself and the environment. The label provides important information you need to protect yourself and the children in your care.

**NOTE:** Trade names are used to simplify the information presented in this newsletter. No endorsement by the Cooperative Extension Service is intended, nor is criticism implied of similar products that are not named.

## COMMERCIAL PESTICIDE TRAINING MEETINGS

The most complete and up-to-date listing of meetings approved for continuing education for certified commercial pesticide applicators (CEUs) is posted at:  
[www.kyagr.com/enviro\\_out/pesticide/programs/testing/CEUlistAG.htm](http://www.kyagr.com/enviro_out/pesticide/programs/testing/CEUlistAG.htm)

Meetings for Pest Control Operators are listed at  
[www.kyagr.com/enviro\\_out/pesticide/programs/testing/CEUlistPCO.htm](http://www.kyagr.com/enviro_out/pesticide/programs/testing/CEUlistPCO.htm)

Testing dates and locations are available at:  
[www.kyagr.com/enviro\\_out/pesticide/programs/testing/2004TestingDates.htm](http://www.kyagr.com/enviro_out/pesticide/programs/testing/2004TestingDates.htm)

## Receiving The Fruit Facts Newsletter Electronically on the Internet

Fruit Facts is available electronically on the web in the pdf format. To get notification of the monthly Fruit Facts posting automatically and approximately two weeks earlier than it would normally be received via mail, you can subscribe to the University of Kentucky Listserve.

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Subject: Fruit Facts

Message: subscribe ky-fruitfacts,  
followed by a blank line

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