



COOPERATIVE EXTENSION

KSU EXTENSION CONNECTIONS

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Information about the Kentucky State University Cooperative Extension Program

Urban / Controlled Environment Agriculture: Factsheets

Everything you need, just a scan away!

Discover, learn, and grow with our fact sheets — scan below!

Discovering Amaranth:

A versatile, dual-purpose crop valued for its nutrition, resilience, and ease of growth.



Gardening in a Grow Bag:

A space-saving, soil-safe method for growing food at home using portable containers.



Facts About the Bell Pepper (*Capsicum annuum*):

A colorful, vitamin-rich vegetable that's easy to grow and adds crunch to every meal.



Starting a High Tunnel:

A guide to using hoop houses for season extension and weather protection in gardening.



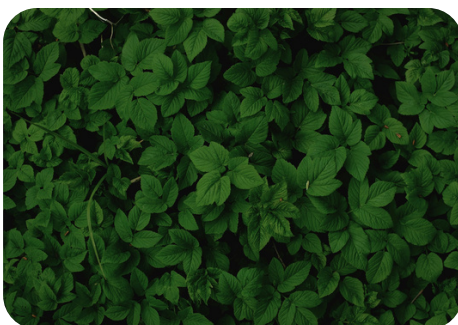
Facts About Bok Choy

A quick-growing leafy green packed with nutrients and perfect for cool-season planting.



Nutritional and Health Benefits of Leafy Greens:

An overview of how leafy greens support overall wellness and disease prevention.



Urban Agriculture in Kentucky:

A look at how Kentucky communities are turning unused spaces into thriving food hubs.



Watercress: A Small Leaf with Great Power (Nasturtium officinale):

Pound for pound, watercress is one of the most nutrient-dense greens, loaded with vitamins, minerals, and cancer-fighting compounds.



Upland Cress

A peppery, nutrient-packed green rich in vitamins A, C, and K —perfect for salads, garnishes, and boosting immunity.



Nutritional & Medicinal Properties of African Eggplants

Discover the antioxidant-rich, anti-inflammatory benefits of African eggplants—an underrated superfood in global nutrition.



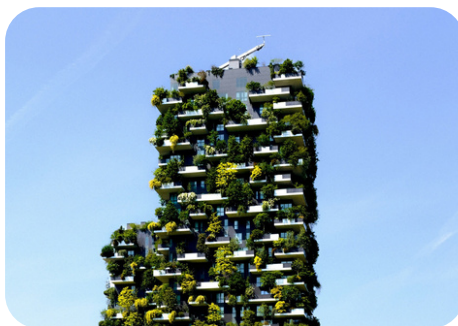
Favorita Cherry Tomatoes

A sweet, productive tomato variety ideal for both gardeners and small-scale growers.



Do Farmers Need to Adopt Controlled Environment Agriculture?

An exploration of how indoor farming technologies can future-proof food production.



Nutrient-Dense Crops: Current Trends in the U.S.

Insight into crops gaining popularity for their health benefits and market demand.



Thanks for exploring together with us! Whether you're growing on a balcony, in a backyard, or leading a larger community project, these fact sheets will give you some inspiration as well as practical guidance you need as you dive into urban agriculture!

Urban agriculture involves far more than just growing food; it is about growing healthier communities and more sustainable cities.

Scan any QR code above to continue learning, planting, and growing—one garden at a time.