



FRESH PICKS

Lincoln and Bienville Parish Horticulture Newsletter

Spring | Issue # 3 | 2026

SPRING PICKINGS

As the weather warms up, so does your soil, and so does weeds and moisture loss. A fresh 2–3 inch layer of mulch helps keep roots cool, locks in moisture, and gives spring plants the steady start they need. It also cuts down on watering and keeps those weeds from stealing the show. Mulch also helps your soil stay more consistent as the weather flip-flops between warm afternoons and chilly nights. That steady environment means happier roots and less stress on new growth. Just be sure to keep mulch a few inches away from plant stems and trunks to allow for the air to circulate. A little attention now sets your garden up for stronger growth, fewer weeds, and less watering as the season heats up. It's one of those small spring chores that pays off all summer long.

Kyleigh Bass
LSU AgCenter ANR Agent
Lincoln and Bienville Parish



PICKIN' FRESH

Strawberry Workshop for Home Gardeners

When: March 27

Where: LATECH Lomax Hall

Time: 8:30AM-11:30AM

Cost: \$15

Spots Limited- Call for more info!

North Central Louisiana Master Gardeners Educational Seminar

Topic: Cut Flowers

When: March 28 @ 10AM

Where: Lincoln Parish Library (Jack Beard Room)

North Central Louisiana Master Gardeners Plant Sale

When: April 25

Where: The Bridge Church (Ruston)



FRESH RECIPE

Shrimp Stuffed Bell Peppers

Yield:8 Prep:10 Min Cook: 30 min

Ingredients:

- 5 medium to large green bell peppers
- 1 onion, chopped
- 1/3 cup celery, chopped
- 1 tablespoon garlic, minced
- 1 tablespoon canola or olive oil
- 1/2-pound Louisiana shrimp, peeled, deveined, cut in half
- 1 1/2 cups brown rice, cooked
- 2 teaspoons Creole seasoning
- 1/4 teaspoon salt
- 1/4 cup seasoned breadcrumbs
- 2/3 cup cheddar cheese, shredded
- 1 tablespoon fresh parsley

Instructions:

1. Bring a large pot of water to a boil.
2. Chop 1 bell pepper and set aside for later. Cut the tops off the 4 bell peppers, remove seeds and cut each pepper in half lengthwise. Cook pepper halves in boiling water for 3-5 minutes. Remove from the water and drain.
3. Preheat the oven to 350 F. Spray a 9 X 13-inch baking dish with nonstick cooking spray.
4. Using a 10-in skillet, sauté the chopped bell pepper, onion, celery and garlic in oil until they are soft. Add shrimp and cook until the shrimp turn pink.
5. In a large bowl, mix the sauteed shrimp and vegetables, rice, Creole seasoning and salt.
6. Place the pepper halves in the baking dish. Spoon the shrimp and rice mixture evenly into each half. Sprinkle with seasoned breadcrumbs.
7. Bake the stuffed peppers for 20 minutes.
8. Top with cheese and parsley. Bake until cheese is melted.

For the latest research-based information on just about anything, visit our website:

LSUAgCenter.com

The LSU AgCenter and LSU provide equal opportunities in programs and employment.