



Woodford County
Cooperative Extension Service
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December 2022

We are excited to celebrate the Woodford/Franklin County Master Gardener class of 2021 this month for completing their volunteer service hours to become certified Kentucky Extension Master Gardeners! This amazing group of volunteers completed the Master Gardener training in December of 2021 and volunteered over 600 hours of service to the community in 2022. Congratulations to the following graduates: Lynn Ann Bishop, Sharon Coffield, Joyce Fry, Greg Hager, Elaine Jacobsen, Delwin Jacoby, Bill Klier, Sue Lasky, Janie Lindle, Roberta Parker, Brittany Rhea, Frances Shaver, and Tom Westerfield. Are you interested in becoming a Master Gardener and joining this great group of volunteers? We will be offering the Master Gardener training in the fall of 2023. Sign up for our interest list by emailing me or calling the office.

Support Local Farms this Holiday Season! Check out our list of local meats, vegetables, baked goods, and value-added products grown and produced by farmers in Woodford County. This is a great opportunity to support local farmers and find some great gifts and great food for the holidays! Visit our Woodford Foodnet page here:

<https://www.woodfordfoodnet.org/>



The Woodford County Extension Office will be closed on the following dates in observance of the Christmas/New Year's Holidays: December 26th, 2022 – January 2nd, 2023. We wish you and your family a wonderful and safe holiday season!

Woodford County Extension Page:

<https://www.facebook.com/woodfordcountyCES>

Woodford County Horticulture Extension Page:

<https://www.facebook.com/woodfordCEShorticulture>

Woodford County Extension Master Gardener Page:

<https://www.facebook.com/WoodfordCountyMasterGardeners>



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Upcoming Events

2023 Pollinator Calendar now available!

We are excited to announce that the Woodford County Extension Master Gardeners' 2023 Pollinator Photo Calendar is now available to purchase! Pick up your copy at our office during normal business hours of M-F from 8:00-4:30 p.m. These will make great holiday gifts! Get your copy while supplies last!



December 15th, 3:00-5:00 p.m., Area Extension Director Retirement Reception

Please join us in celebrating the retirement of our Area Extension Director, Jenny Cocanougher. Jenny has been actively involved in the Woodford County community since 2001 serving as the 4-H/Youth Development Agent until 2014, where she was promoted to District and later Area Extension Director, supervising the efforts of the Woodford County Extension Service among others. We would like to welcome you to join us in her

retirement celebration on December 15 from 3 to 5pm at the Woodford County Extension Office.

2023 Master Gardener Training

Interested in becoming a master gardener? We will be offering the master gardener training starting in August of 2023. Please contact me to be put on our interest list – call 859-873-4601 or email faye.kuosman@uky.edu. Applications will be available starting in June 2023.

From the Woods Today Series

From the Woods Today is a weekly internet show co-hosted by Renee Williams and Billy Thomas with UK Forestry and Natural Resources Extension. The show airs live on Wednesdays at 11 AM Eastern. Links to live shows are posted on www.fromthewoodstoday.com just prior to the show. Join live or watch recorded shows below. [Click here to join LIVE on Wednesdays at 11 AM Eastern.](#)

2023 OAK Conference, January 26-28, 2023, Kentucky State University

Join in the learning and networking at OAK Conference 2023: *Rooted in Resilience: Growing Healthy Soils and Opportunities for Kentucky Organics!*

Registration is now open, and scholarships are available: <https://www.oak-ky.org/annual-conference>

2023 Kentucky Fruit and Vegetable Conference, 2-4, 2023

The 2023 Kentucky Fruit and Vegetable Conference will be held in-person at the Holiday Inn Sloan Convention Center, in Bowling Green, KY, on Tuesday and Wednesday, January 3 and 4, 2023. You may pre-register by mail or online (<https://2023KYFruitVegConference.eventbrite.com>).

Poinsettia Care



Modern poinsettia varieties stay attractive for a long time if given proper care. Place your poinsettia in a sunny window or the brightest area of the room, but don't let it touch cold windowpanes. The day temperature should be 65 to 75 degrees F. with 60 to 65 degrees at night. Temperatures above 75 degrees will shorten bloom life, and below 60 degrees may cause root rot. Move plants away from drafty windows at night or draw drapes between them to avoid damage from the cold.

Poinsettias are somewhat finicky in regard to soil moisture. Avoid overwatering because poinsettias do not like "wet feet." On the other hand, if the plant is allowed to wilt, it will drop

some leaves. So how do you maintain proper moisture? Examine the potting soil daily by sticking your finger about one-half inch deep into the soil. If it is dry to this depth, the plant needs water. When it becomes dry to the touch, water the plant with lukewarm water until some water runs out of the drainage hole, then discard the drainage water. (Ward Upham)

Are Poinsettias Poisonous?



At times, an old-time rumor is resurrected that poinsettias are poisonous. This is NOT true. Though there may be an allergic reaction to the milky sap, there has never been a recorded case of poisoning. This rumor has been so persistent that members of the Society of American Florists have sought to dispel it by eating poinsettia leaves for the press.

The AMA Handbook of Poisonous and Injurious Plants states that the poinsettia "has been found to produce either no effect (orally or topically) or occasional cases of vomiting. This plant does not contain the irritant diterpenes" which is the toxin in other members of the genus Euphorbia to which poinsettia belongs.

Source: Kansas State Extension

Christmas Tree Farms

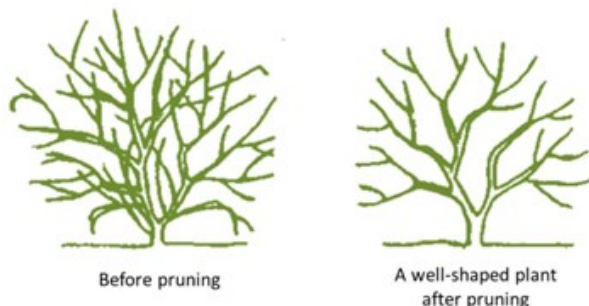


Now is the time when KY Christmas Tree farmers open their gates, barns, and fields to folks who appreciate the experience of cutting a fresh, homegrown Christmas tree. A tree grown and nurtured in Kentucky soil, with Kentucky hands! To find a Christmas tree farm near you, visit <https://kychristmastreefarms.com>

Click on the Find a Farm tab for a map of farms in your area:

<https://kychristmastreefarms.com/find-a-farmgoogle-map/>

Pruning Flowering Shrubs- A Quick Guide



One of the most frequent queries I receive in the office is when and how to prune deciduous shrubs. There are four basic pruning methods that home gardeners should be familiar with: heading back, rejuvenation, renewal (thinning) and shearing. Each of these techniques should be used to accomplish a different goal and each should be used at a specific time of year for the best results. No matter which pruning method you are using, dead, diseased, or damaged wood should be removed annually. A general pruning rule is: If the plant flowers before June 1st, prune it during or shortly after flowering. If it blooms after June 1st prune it in the late winter or early spring before flower buds are visible.

The following pruning technique definitions were adapted from the Morton Arboretum website.

Heading back

Heading back is used to control the size of the shrub or to remove a branch that is out of balance with the rest of the plant. It requires that a branch be removed to a good bud or lateral branch instead of being cut to the ground. Heading back is best done when new growth is complete. If you head back while the plant is still actively growing it can stimulate excess growth and branching.

Rejuvenation

Some old, neglected or overgrown shrubs can be restored to a manageable size and vigorous growth by pruning all the stems or canes to ground level. Rejuvenation pruning is best done in late winter or early spring. Rejuvenation pruning is best done every 3-5 years though some extremely vigorous shrubs respond well to annual rejuvenation. See the Morton Arboretum Pruning Deciduous Shrubs guide (included, pages 8-10) for more information on which species respond well to rejuvenation pruning.

Renewal

Renewal, sometimes also called thinning focuses on the removal of old, overgrown stems or canes. Removing the oldest stems and canes invigorates the shrub and can result in better flowering. This is a multi-year pruning strategy where approximately 1/3 of the plant is removed each year, focusing on the oldest stems. While pruning, step back and observe the form of your shrub. Branches that are rubbing or crossing should also be removed. Renewal pruning is best done during the dormant season.

Shearing

Shrubs should only be sheared when a formal hedge is desired. Shearing stimulates shrubs to produce dense shrubby growth at the tips of their branches. Although this can look lush at first, over time shrubs will develop bare and dead spots in center and lower areas of growth. Generally, unless you are really set on a formal look, you will have better long-term success with annual renewal pruning or heading back of deciduous shrubs to control size and manage form. When shearing, it is important to keep the top of the hedge narrower than the base to allow sunlight to reach the lower branches. The best time to shear is when new growth is complete.

References

<https://mortonarb.org/plant-and-protect/tree-plant-care/plant-care-resources/pruning-deciduous-shrubs/#overview>

<https://mortonarb.org/app/uploads/2021/08/Pruning-deciduous-shrubs-by-species-1.pdf>

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/430/430-462/SPES-323.pdf

Recipe

Chicken and Brussels Sprouts-One Pan Meal



Chicken and Brussels Sprouts One Pan Meal

2 skinless, boneless chicken breasts (about 1 pound)	12-14 Brussels sprouts, trimmed and quartered	1 medium yellow onion, diced, about 1 cup
1 tablespoon olive oil	1 cup sliced fresh mushrooms	2 cloves garlic, minced
Salt and pepper to taste	1 red bell pepper, diced, about 1 cup	½ cup half-and-half
		¼ teaspoon nutmeg
		¼ cup Parmesan cheese

Preheat oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and sauté 3-4 minutes. Lightly **season** with salt and pepper. **Add** vegetables and stir gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

Yield: 6, 1 cup servings

Nutritional Analysis:
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

Kentucky Brussels Sprouts

SEASON: June to November

NUTRITION FACTS: Brussels sprouts provide a good amount of vitamin C, folate, potassium and Vitamin K.

SELECTION: Choose sprouts that are similar in size, firm and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or have yellowed or wilted leaves.

STORAGE: Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.


PREPARATION: Soak Brussels sprouts in water for about 10 minutes, then rinse with fresh water to thoroughly clean the sprouts.

To boil: Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.


To microwave: For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

To steam: Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

KENTUCKY BRUSSELS SPROUTS
Kentucky Proud Project
County Extension Agents for Family and Consumer Science
University of Kentucky, Dietetics and Human Nutrition students
October 2018
Source: www.futandvweggmatter.gov

Buying Kentucky Proud is easy! Look for the label at your grocery store, farmers market, or roadside stand. 

Educational programs of Kentucky Cooperative Extension serve all people regardless of race or ethnicity or social status and will provide information to all people in a timely, unbiased, and equitable manner. Our goal is to help all people improve their quality of life. For more information, contact your county Extension agent for Family and Consumer Science or visit www.uk.edu

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

click on recipe to go to larger version of recipe



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