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

Woodford County
Cooperative Extension Service
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January 2023

Happy New Year! I hope you had a restful holiday season and are welcoming in the New Year with lots of hope, optimism, and excitement about the upcoming growing season.

Be sure to check out the upcoming events. There are some exciting opportunities coming up and we will be offering the Master Gardener Training this year beginning in August. Please call our office to be put on the interest list.

Please don't hesitate to reach out with any questions! As always, your horticulture tips, comments, requests, and questions are always appreciated!

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>

A handwritten signature in black ink that reads 'Faye T. Kuosman'.

Faye T. Kuosman
County Extension Agent for Horticulture
faye.kuosman@uky.edu

Upcoming Events

January 7th 2023, Franklin County Beginner Beekeeper School

All are invited to the Beginner Beekeeper's School hosted at the Franklin County

Cooperative Extension by the Capital City Beekeepers Association. Eventbrite registration/RSVP: <https://ccbba-beginner-bee-school-2023.eventbrite.com>

January 19th – 6:00 PM – 7:00 PM, Growing your Own Vegetable Plants from Seed, Midway library

Learn how to grow your own vegetable transplants from seed. We will cover everything from lighting and set-up, to planting care and maintenance, dates, and best vegetables to start from seed. Participants will receive free seeds, but RSVP to the Midway Library at (859) 846-4014.

January 25-26, 2023, Kentucky Nursery and Landscape Conference, Holiday Inn Louisville East

The Ky Nursery and Landscape Association 2023 Kentucky Green Industry Conference is on January 25-26 at the Holiday Inn Louisville East. For more information or to register online visit www.KNLA.org

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

Join in the learning and networking at Organic Association of Kentucky 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/annualconference>

March 29th, 9:00 AM to 6:30 PM, 2020 Kentucky Local Food Systems Summit

The Food Connection at the University of Kentucky, in partnership with the Kentucky Center for Agriculture and Rural Development and the Kentucky Department of Agriculture, invite you to join in a full day of workshops, networking, and conversations designed to bring together local food professionals and advocates who work on the front lines of growing our local food and farm economy.

For a complete agenda, visit the main summit site at <https://foodconnection.ca.uky.edu/kentucky-local-food-systems-summit>. To register, visit https://whova.com/portal/registration/klfss_202303/.

2023 Master Gardener Training

Interested in becoming a master gardener? You do NOT need to know a lot about gardening to become an Extension Master Gardener (EMG). Extension Master Gardeners are trained volunteers who share research-based horticulture information with their communities and work on volunteer projects like pollinator habitat and native gardens, tree seedling giveaways, plant sales, gardening workshops, youth plant camps, seed giveaways and so much more. EMG's receive 40+ hours of training on horticulture topics like vegetable gardening, entomology, plant diseases, soils, indoor plants and much more.

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.

Mark your calendars for these upcoming events:

April 22nd, Berry Sale and Tree Seedling Giveaway at Falling Springs Park Huffman Pavilion

The Big Chill



When winter temperatures dip below zero and winds howl, gardeners may worry that their trees and shrubs are taking a beating. No need for doom and gloom yet – most hardy landscape and orchard plants are reasonably able to cope with most of our winters, including our recent polar vortex.

Many factors influence plant injury, including plant species and cultivars, degree of plant dormancy, and overall plant health. Other factors include how low the temperature goes, how long it stays there, and how well-acclimated plants are at the time of the cold snap.

Much of Kentucky endured numerous days of near- or below-zero temperatures and high winds. While it is too soon to know how much damage to expect, the good news is that plants should have been fully dormant prior to the worst of the weather. Snow cover helps by providing considerable insulation.

Severe lows coupled with high winds may cause some dieback of twigs and winter burn on ornamentals, especially evergreens. Broad-leaved evergreens are the most susceptible. Winter desiccation injury occurs when the roots can't absorb water fast enough to keep up with moisture lost by the foliage (through transpiration). This occurs mainly on sunny days, especially if it is windy and the soil water is frozen – the plant can't absorb it – or if water is in short supply. Injury appears as brown leaf margins or needle tips at the onset of warm weather.

Generally, flower buds are more sensitive to cold than leaf buds, so flower buds on some fruit species such as peaches, nectarines, and blackberries have likely been damaged. However, it is likely that some flower buds will survive, enough for at least a partial crop. Grapes may also have significant bud loss, particularly on more tender cultivars. Species or cultivars that are marginally hardy will likely suffer dieback, or possibly death, but this may not be obvious until spring thaw or later. You will want to delay major pruning until after you can assess winter damage.

There is still plenty more winter to endure before we will know the status of our plants. There isn't anything you can do to control the weather, so stay safe and warm and dream of warmer days to come!

When to Prune?

TYPE OF PLANT	TIMING
Roses	March
Crape Myrtles	April
Blue/Pink Hydrangeas	As blooms fade
All other hydrangeas	March
Boxwood, Holly, Taxus, Laurel, & all other evergreens	March-July
Spring flowering shrubs	After they bloom
Summer/Fall flowering shrubs	March
Burning Bush/Privet/Hedges	March-July
Fruit trees	February-March
Shade Trees	January-February

For more information on pruning trees and shrubs check out these publications:

pb1619: "[Best Management Practices for Pruning Landscape Trees, Shrubs and Ground Covers](#)"

HO-4-W: "[Pruning Ornamental Trees and Shrubs](#)"

Spring Planting Calendar

Below are planting dates for some early spring crops. For more information on varieties and dates to start your own seeds, check out the "Home Vegetable Gardening in Kentucky" guide here: <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>

Vegetable Crop	Earliest Date
Peas, Spinach	March 1
Collards, Onions (sets), Radishes, Turnips, Rhubarb (crowns), Parsnips	March 10
Asparagus, Beets, Potatoes	March 15
Carrots, Chard, Kale, Parsley, Kohlrabi	March 20
Cabbage, Lettuce	March 25
Broccoli (plants), B. Sprouts	

(plants), Cauliflower (plants),
Celery

April 5

Horticulture Tool Kit

Walk-behind BCS Tractor - Attachments include: 3ft. Plastic Layer with Drip Tape Applicator, Single Rotary Plow and 30-inch Tiller



Raised Bed Plastic Mulch Layer - Model 2400 lays 4ft. wide plastic and adjustable 3-inch to 5-inch bed height (requires 30-hp and 4-wheel drive)



Motorized Honey Extractor



Rental Includes:

- Motorized Extractor and Stand—Extracts (6) 6 ¼ inch Frames
- Bottling bucket kit
- Electric knife
- Plastic uncapping tub
- Capping Scratcher

A \$50 deposit will be collected at time of pick up and will be returned at time of return. Extractor equipment cannot be kept for longer than 48 hours and must be thoroughly cleaned prior to returning. If equipment is not properly cleaned when returned, you will forfeit your deposit.

Recipe

Sweet & Spicy Butternut Squash



Sweet & Spicy Butternut Squash

2 medium butternut squash
1 tablespoon olive oil
¼ teaspoon kosher salt
¼ teaspoon cayenne pepper
1 teaspoon ground cinnamon
¼ cup honey

Preheat oven to 450 degrees F. **Wash** squash and **Pierce** the skin of each with a fork in several places. **Place** both squash in a microwave oven. **Cook** on high setting for 4-5 minutes. **Place** squash on a cutting board and **cut** ½ inch off both ends. **Cut** squash in half lengthwise and remove seeds and pulp. **Peel** off the skin using a sharp vegetable peeler. **Cut** the squash into ½ inch cubes. **Place** the squash cubes in a large mixing bowl. **Add** olive oil, kosher salt, cayenne pepper and cinnamon. **Toss** to coat.

Spread the seasoned squash cubes on a greased baking sheet. **Roast** for 40 minutes or until fork tender, **turning** after 20 minutes. **Remove** from oven and let sit for 5 minutes. **Warm** honey in a microwaveable dish and **drizzle** over the squash.

Yield: 12, ½ cup servings
Nutritional Analysis:
60 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 50 mg sodium, 14 g carbohydrate, 2 g fiber, 7 g sugar, 1 g protein.

Kentucky Winter Squash

SEASON: August through October, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.
SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.
STORAGE: Store it in a cool, dry place and use it within 1 month.
PREPARATION:
To steam: Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarters, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and

steam the squash 30-40 minutes or until tender.
To microwave: Wash squash and cut it lengthwise. Place in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:
- Acorn squash: ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Hubbard squash: ½ pound, 2 pieces, 4½ minutes.
To bake: Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400°F for 1 hour or until tender. Seeds can be toasted at 350°F for 20 minutes.

KENTUCKY WINTER SQUASH
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Genetics and Human Nutrition students
November 2017
Source: www.futsumatter.com
Buying Kentucky Proud is easy! Look for the label at your grocery store, farmers market, or roadside stand. 
<http://bit.ly/2t8pcaak8>
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click on recipe to go to larger version of recipe

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