



Woodford County  
Cooperative Extension Service  
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## November 2022

October was a busy month! We had a successful Fall Gardening Workshop hosted by the Woodford County Extension Master Gardeners, a great bonsai class taught by local expert Joel Guerin, and a hands-on tree ID class at Buckley Wildlife Sanctuary. The Woodford County Extension Master Gardeners planted a pollinator garden at Huntertown Community Interpretive Park, and we are excited for the partnership with the park and for the opportunity to educate the community about native plants and pollinators. Thanks to Master Gardener Augusta Julian for leading this project and to the rest of her committee of Master Gardeners for all their hard work to make it happen.

We are also excited about our partnership with the local elementary schools to offer vegetable taste testing opportunities each month in the cafeterias using fresh produce from our local Woodford County farms. Our first taste testing event took place in October at Simmon's Elementary. Students tasted fresh cucumbers from Salad Days Farm and loved them!

I am very excited to announce that the Woodford County Extension Master Gardeners are making a 2023 calendar that will be available to purchase by December 1st! This calendar will have photos from the pollinator photo contest, and fruit and vegetable gardening tips, including planting dates and more! Stay tuned for more details soon on when you can purchase the calendar! Thanks to Master Gardener Rebecca Weatherford for leading this project and to the rest of her committee for hours of work putting this together for the community!

Woodford County Extension Page:

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

Woodford County Extension Master Gardener Page:

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



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## **Upcoming Events**

**November 2<sup>nd</sup>, Funding Resources for Farmers Workshop, 8:00 a.m. – 10:00 a.m.,  
Agriculture Resource Building**



Join us for this in-person workshop to learn more about grants, loans, and cost share opportunities for small- and large-scale farmers. Breakfast will be provided! Register here: <https://www.eventbrite.com/e/funding-resources-for-farmers-workshop-tickets-429870774057>

Topics will include Farm Service Agency loans and programs, County Agriculture Investment Program (CAIP and NextGen), Natural Resource Conservation Service EQIP cost share programs, local Conservation District programs, NRCS, and Kentucky Center for Agriculture and Rural Development programs.

Please call the Woodford County Extension Office for any questions, 859-873-4601 or email me, Faye at [faye.kuosman@uky.edu](mailto:faye.kuosman@uky.edu) or Adam Probst at [adam.probst@uky.edu](mailto:adam.probst@uky.edu)

**November 3<sup>rd</sup>, Farming in the City – Local Laws & Ordinances, 12:00 p.m. – 1:00 p.m., Zoom Presentation**



Are you or do you want to do some farming in the city? This class is for you! Join local code enforcement officer for the city of Versailles, Rock Vance, as he discusses local laws and ordinances for farming in the city. We will discuss Beekeeping, Backyard Chickens, Small Animals (goats, sheep, pigs) and Gardens. This class is a virtual program and will be held via zoom. Registration is free. Register here to receive the zoom link: <https://www.eventbrite.com/e/farming-in-the-city-of-versailles-local-laws-ordinances-tickets-429834284917>

### **December 6<sup>th</sup>, 10:00 a.m. & 5:00 p.m., Fresh Greenery Wreath Workshop**



Holiday Wreath Workshop! Join us at the Woodford County Extension Office as we create wreaths using fresh greenery. You will create your own wreath with various types of greens, natural embellishments and choice of ribbon or a bow. Each attendee will take home their handcrafted wreath just in time to decorate for the holidays. All materials and instruction will be provided. Registration is required. Register here: <https://www.eventbrite.com/e/wreath-workshop-tickets-454368988877>

### **2023 Fruit & Vegetable Gardening Calendar**

The Woodford County Extension Master Gardeners are making a 2023 calendar that will be available to purchase by December 1<sup>st</sup>! This calendar will have photos from the pollinator photo contest, and fruit and vegetable gardening tips, including planting dates and more! Stay tuned for more details soon on when you can purchase the calendar!

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### **Caring for Houseplants During the Winter Months**



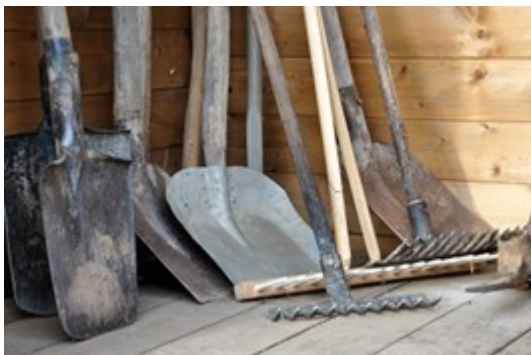
Houseplants need varying amounts of water and fertilizer at different times of the year. They need the most during summer when light levels are high, and days are long. They need the least during the short days of winter. The primary reason for this is light. Light produces the fuel for plant growth. More light allows more growth, which results in a greater demand for water and nutrients. When light is limiting, the need for water and nutrients decreases dramatically. Therefore, it becomes easy to overwater and overfertilize during the winter months. Excess water and fertilizer can harm a plant by damaging the root system. Overwatering can suffocate roots by eliminating oxygen and excess fertilizer can burn roots. Therefore, it is best not to fertilize at all during the middle of winter (December-January) and to fertilize sparingly during November and February (maybe 1/4 a normal rate).

It is never wise to water on a set schedule. Rather, allow the potting soil to tell you when watering is needed. Check to see if the soil is moist 1-inch deep by inserting your finger into the potting mix. Don't water unless the mix is dry.

*Source: Kansas State Extension*

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## **Preserving Garden Tools**



Hoes, shovels, and other common garden tools often have wooden handles that can deteriorate over time. Storing tools in a protected location can slow that process, but normal use will still expose the tools to the elements. The end of the season is a good time to clean up and protect the handles so they will last for many years. Weathering can raise the grain of wood, resulting in splinters. A light sanding can smooth the handle. Follow that with a light application of wood preservative, boiled linseed oil or polyurethane to protect



the wood. Wipe off any excess after a few minutes as oil-based products can attract dirt. Cleaning any dirt off metal parts and coating with a light application of oil can prevent rust. Good tools are expensive. A few minutes of care after the season is over can help preserve them for many years to come.

Read more here: <https://plantpathology.ca.uky.edu/files/ppfs-gen-17.pdf>

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### Fall Leaves: to leave or not to leave



Fall brings that time of year when leaf color can be its most vibrant! However, as time marches on towards the winter season, leaves quickly begin to fall to the ground and create a blanket of opportunity. Opportunity, you say. Yes, indeed.

Each autumn homeowners rake leaves into piles, bag them up, and haul them away. But wait a minute; leaves have a lot of potential. Leaves can provide a storehouse of protection, cover, and nutrient recycling. Leaves are just waiting to be put to good use! Below are a few simple, yet beneficial ways leaves may be used.

1. **Use them as a protective mulch.** Leaves have good insulating potential when used as an overwintering cover, whether chopped or whole, for fall-planted root crops and perennials. The insulation helps moderate the soil temperatures in more severe winter seasons.
2. **Use them in compost for use as a soil amendment.** Leaves are rich in carbon and combine nicely with nitrogen-rich grass clippings to create a balanced compost. Leaf compost adds organic matter as well as many essential nutrients.
3. **Use them as a barrier to stop emerging weeds in the spring.** Chopped or whole leaves provide a ground cover to smother out potential spring weeds around established shrubs in the landscape. Along with weed suppression, the layer of leaves provides retention of soil moisture. Leaves do not contain weed seeds, so they are safe to use in the struggle against spreading new weeds.
4. **Use them as leaves.** We often think it is necessary to remove leaves, but the easiest use of leaves is just to leave them in the landscape. In the lawn, you may want to chop them coarsely with a lawnmower to prevent them from smothering the turfgrass. In landscape beds, the leaves will decompose on their own when left to nature. This is nutrient cycling at its best. In the spring, when temperatures begin to

rise and the leaves have broken down, they will have turned into organic matter and released nutrients to enrich the soil.

5. **Use them as winter cover for pollinators and other invertebrates.** It is simple; leaves are not litter and can provide a protective habitat for valuable insects. Combining leaves with standing dead plant material provides terrific overwintering sites.
6. **Use them as a playground.** Go ahead- rake up a big pile of leaves and jump right in. For child or adult, a pile of leaves is fun. Even your furry dog friends will have a blast!
7. **Use them in crafts.** Limitless opportunities are available for uses of leaves in crafts- try a few. One simple idea is to use leaves to make leaf confetti. Simply collect sturdy dry leaves and using a hole punch, make confetti circles. The best part is, its biodegradable!

*Source: Clemson Cooperative Extension*

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# Recipe

## Fall Spiced Pumpkin Bread



### Fall Spiced Pumpkin Bread

<b>½ cup</b> all-purpose flour	<b>2 teaspoons</b> pumpkin pie spice	<b>½ cup</b> honey
<b>1½ cup</b> whole-wheat flour	<b>½ teaspoon</b> salt	<b>2 cups</b> pumpkin puree
<b>1½ teaspoons</b> baking powder	<b>½ cup</b> melted margarine	<b>½ cup</b> olive oil
<b>1 teaspoon</b> baking soda	<b>½ cup</b> sugar	<b>2 eggs</b>
		<b>½ cup</b> chopped walnuts

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven

and cover with foil. Return to oven and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.

**Yield:** 16 slices

**Nutritional Analysis:** 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

## Kentucky Winter Squash

**SEASON:** August through October.  
**NUTRITION FACTS:** Winter squash, 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 in a cool, dry place and use within 1 month.

**PREPARATION:**  
**To Steam:** Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, 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 it in a baking dish and cover 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.  
• Pumpkin: 1 pound piece, 7-8 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 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### KENTUCKY WINTER SQUASH

Kentucky Proud Project  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
September 2017

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy! Look for the label at your grocery store, farmers market, or roadside stand. <http://dietetics.ca.uky.edu>



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*click on recipe to go to larger version of recipe*

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