



October 2022

Happy fall! I hope everyone is enjoying the cooler weather. Check out this list of seven fall foliage trails in Kentucky to explore during our state's best hiking season:

<https://www.onlyinyourstate.com/kentucky/fall-foliage-trails-ky/>.

If you're looking forward to the colorful fall leaves, check out this interactive fall color map which is meant to help travelers better time their trips to have the best opportunity of catching peak color each year. https://smokymountains.com/fall-foliage-map/?fbclid=IwAR2Pb3NC-8EO_WNoj6odkQWWmifEazwaQfKqOmy28xcdDSyN6VS69F6ijEM

In my last newsletter I forgot to announce the 2022 Pollinator Photo Contest winners! In the adult class, 1st place winner was Rick Metzger, 2nd place winner was Judy Rouch, and 3rd place winner was John Gourley. In the youth category, 1st place winner was Ryker Lanning (7 years old). You can view the winning photos here:

<https://photos.app.goo.gl/6jMDVg9dDBLKjbTF8>. Congratulations to our winners and thanks for all your entries! Continue to enjoy your time in nature. Hope to see your photos next year!

We have a lot of upcoming events and classes for October so be sure to check them out below!

Your gardening tips, comments and questions are always appreciated. Please email or call anytime. *Happy Gardening!*

Woodford County Extension Page:

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

Woodford County Horticulture Extension Page:

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

Woodford County Extension Master Gardener Page:

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



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

Upcoming Events

October 10th, Tree ID Class, 9:00 a.m. – 12:00 p.m., Buckley Wildlife Sanctuary



Learn and refresh your tree ID skills in this hands-on class. Retired professor and extension specialist, Doug McLaren, will lead us through a tree ID overview and we will go in the field for hands-on learning.

Program begins at 9:00 a.m. at the Buckley Wildlife Sanctuary. The Workshop is \$10 per person. Space is limited. Please register at: Canoe Kentucky

<https://www.adventurecentral.com/user/web/m/wfCalendar.aspx?>

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CopP3N8E](https://www.adventurecentral.com/user/web/m/wfCalendar.aspx?AID=25172&CLUID=b4b4fae4-0c9a-4501-9b72-d0ded467d8ff&fbclid=IwAR36fi1V3VfhhLj0OkynMY3MXIP9A7wLxpaQeW9mGMo2fJ59CtCopP3N8E)

October 15th, Fall Gardening Workshop

Join us for our annual Fall Gardening Workshop! We have a great lineup of speakers and topics plus lunch and door prizes. You don't want to miss it! Details and registration can be found here:

<https://www.eventbrite.com/e/fall-gardening-workshop-tickets-406288408567>

FALL GARDENING WORKSHOP

SATURDAY, OCTOBER 15, 2022

9:00 AM TO 1:30 PM

WOODFORD COUNTY EXTENSION OFFICE
184 BEASLEY, VERSAILLES, KY

- REGISTRATION FEE IS \$1.5
- REGISTER ONLINE:
[HTTPS://TINYURL.COM/7YFR74KP](https://tinyurl.com/7YFR74KP)
- OR
- REGISTER AT WOODFORD COUNTY EXTENSION OFFICE, 859.873.4601



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LEXINGTON, KY 40546



COOPERATIVE EXTENSION



Sessions to choose from include:

- Houseplants & Citrus
- Planting Spring-Flowering Bulbs
- Growing Microgreens
- Best Gardening Apps
- Good Tree Selections
- Boxed Lunch and Door Prizes

Presented by
Woodford County Extension Master Gardeners

Webinar Wednesdays September Classes

Join us on Wednesdays for short, 30-minute sessions on a variety of gardening topics. Check out the October Schedule below, [register here: https://tinyurl.com/22octHWW](https://tinyurl.com/22octHWW)

Visit our Facebook page here: <https://www.facebook.com/UKYHortWebWed>

Or visit the website: <https://kentuckyhortnews.com/horticulture-webinar-wednesdays/>

All classes from last year have been recorded and can be viewed here:

<https://kentuckyhortnews.com/horticulture-webinar-wednesdays/>



October Classes

12:30 p.m. ET/11:30 a.m. CT

October 5

Small Trees for Small Lots

October 12

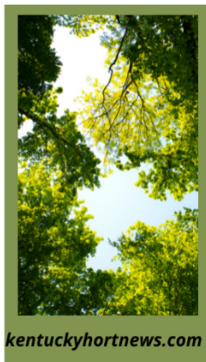
How to Help Your Trees Thrive

October 19

Tree Risk Assessment

October 26

Great Native Alternatives to Invasive Trees



kentuckyhortnews.com

Register here:

<https://tinyurl.com/22octHWW>

From the Woods Today

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 a.m. EDT. Links to live shows are posted on

www.fromthewoodstoday.com just prior to the show.



November 2nd, 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 or Adam Probst at adam.probst@uky.edu

November 3rd, 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>

Wood Chips as Mulch



With many municipalities and tree service companies having woodchippers now, gardeners often can get chips free. We are sometimes asked our opinion about whether these make a good mulch.

Some people have heard that these chips will tie up nitrogen so that the garden plants won't grow as well. If wood chips are used as a mulch, there is no cause for concern. However, if the chips are mixed with the soil, there can be a problem during the breakdown process. The microorganisms that break down the chips need a certain amount of nitrogen during the process. With most green material, there is enough nitrogen in the material itself to meet the needs of the microorganisms. However, nitrogen levels in wood chips are so low, the microorganisms must borrow it from the surrounding soil. This results in less nitrogen being available to the plants. However, when the raw organic material has been digested, the microorganisms die and release the nitrogen. Therefore, the nitrogen is not lost but is simply unavailable for plant use for a period of time. Again, this is only a concern if the wood chips are mixed into the soil. There is no problem with nitrogen tie-up if the chips are used as a mulch.

However, one point should be kept in mind. These chips can be used by foraging termites

as a bridge to homes and other structures. Termites are light and heat sensitive and will not bother the chips themselves if they are 3 inches deep or less. Therefore, watch the depth of these chips near the house or other buildings. Also leave a bare area several inches wide next to the house so that any termite activity is noticeable.

Source: Kansas State Extension

Bats Are More Than Just a Spooky Symbol



Set aside the spooky Halloween tales. In reality, bats serve as important pollinators of many food plants and provide useful aids for medical research, particularly for the blind, who like bats, can learn to navigate using echolocation.

Another great service we benefit from these misunderstood creatures is how effective hunters they are against pests, sometimes flying in from dozens of miles away and able to dive up to 60 mph to capture their prey. They are the only major predator of night-flying insects, acting as a valuable natural pest control resource, benefitting both homeowner gardens and commercial agriculture. It is estimated that the value of bats as pest control is worth over \$3.5 billion to US agriculture. Bat prey includes lacewings, cockroaches, gnats, beetles, moths, and mosquitos. A single Big Brown Bat can eat between 3,000 and 7,000 mosquitos in a night, with large populations of bats consuming thousands of tons of potentially harmful forest and agricultural pests annually.

Did you know that Oct. 24-31 is also National Bat Week? Many people are interested in attracting bats to their properties but get discouraged when they never see any bats using the bat house they installed.

Last year, Shannon Trimboli with Backyard Ecology, talked with Reed Crawford, a PhD student at the University of Illinois at Urbana Champaign, about his research into how to make our bat houses safer for and more attractive to bats. Check out it out here: [Bats and Bat Houses: https://www.backyardecology.net/bats-and-bat-houses/](https://www.backyardecology.net/bats-and-bat-houses/)

Source: North Carolina Extension & Shannon Trimboli, Backyard Ecology

Extend the season with fall flowers for your beds, borders, and containers

Fall blooming plants extend the season of our gardens after many plants have dried up or are done blooming for the year. They are also a much-needed food source for pollinators who are still foraging and getting ready for winter.

Prolong the floral show in your yard with annual or perennial plants that bloom late summer into fall.

When designing the garden, aim to have plants blooming continuously from spring to fall, using a variety of plant species. Perennials can be planted now, but make sure to allow at least four weeks for the roots to develop before a hard frost arrives.

If you don't get to it this year, make plans for next year. Perennial plants can also be planted in the spring or early summer.



Black-eyed Susan (Rudbeckia hirta) is a native perennial with late-season blooms to add to your garden.

Perennials with late-season blooms

- Helonium (*Helenium autumnale* L. var. *autumnale*)
- Joe Pye weed (*Eutrochium purpureum*)
- New England aster (*Symphotrichum novae-angliae*)
- Black-eyed Susan (*Rudbeckia hirta*),
- Sedums (*Sedum* sp.),
- Japanese anemone (*Eriocapitella hupehensis*).
- Shrubs: Rose of Sharon (*Hibiscus syriacus*), panicle hydrangea (*Hydrangea paniculata*), or Bluebeard (*Caryopteris x clandonensis*).

Source: *Illinois Extension*

Recipe

[Pumpkin Apple Muffins](#)



Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1½ teaspoons baking soda	1¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

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, free of blemishes or soft spots.

STORAGE: Store winter squash in a cool, dry place and use within one month.

PREPARATION:

To Steam: Wash and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on. The rind 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 with plastic wrap. Microwave until tender, using these guidelines:

Source: www.fruitsandveggiesmatter.gov

- 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 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 2013

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LEXINGTON, KY 40546



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with prior notification.



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