



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

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January

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**Follow us for program updates
and daily horticulture tips!**



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Science
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546

Upcoming Classes

Pre-registration is required to ensure adequate supplies. Call 502-543-2257 to register.

January 2024

- **Wednesday, 1/17: Winter Sowing, 6pm**

Winter sowing is an inexpensive and effective way of getting a head start on your spring garden. Join-us in person to learn the basics of sowing a variety of seeds that over-winter well in containers.

February 2024

- **Thursday, 2/22: Permaculture Concepts, 6pm**

Join us in-person to learn about the basic principles of permaculture and various techniques you can integrate into your garden.

Meetings

All meetings open to the public. Join us to learn more about our programs!

Master Gardeners' Assn. & Horticulture Council, 6pm
(1st Tuesday of each month)

- January - No Meeting
- February 6th

Bullitt Co. Beekeepers' Association & Class, 7pm
(2nd Wednesday of each month)

- January 10th
- February 14th



Our 2024 photo contest calendars are now available. Call 502-543-2257 to reserve yours for pickup.



Disabilities
accommodated
with prior notification.

Seasonally available produce in Kentucky: Winter



When we think of fresh, local produce, we usually think about the summer months when farmers harvest new items each day. Rarely we think of the coldest months of the year providing us with fresh produce. In Kentucky, it is possible to find onions, potatoes, sweet potatoes, and a variety of winter squashes during the months of January, February, and March. Each of these items are full of flavor and nutrition, and you can use them to build a hearty, winter meal. They are all stored best in a cool, dark location in your home.

- **Onions:** Onions are a great way to add texture and flavor to any dish. They are also a good source of fiber and high in vitamin C.
- **Potatoes:** There are several varieties that may be available, including russet, white, fingerling, red, or yellow. They can serve as the center of a meal, are an excellent source of vitamin C, and are a good source of potassium and vitamin B6.
- **Sweet potatoes:** Sweet potatoes are versatile and can be found in Asian, Latino, Mediterranean, and even Southern dishes. They are a good source of fiber and potassium and are high in vitamin A and vitamin C.
- **Winter squash:** Common types of winter squash include butternut, acorn, spaghetti, and delicata. Several of these are a good source of vitamins A and C.



Check out this butternut squash and turkey chili recipe and other seasonal recipes featuring Kentucky winter produce at: planeatmove.com/recipes

Although farmers' markets may be closed in most counties, there are still ways to buy and eat local produce during the winter months. Check with your local grocer or food retailer to see if they are carrying items from local producers, or look for roadside stands selling directly to consumers. Another great option is to check with your county Extension agents about growers and producers in the community.

Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!

Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

Best Practice:

Use berries on the countertop within 1–2 days. If longer, store in the fridge.

Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

Chef Tips:

01 Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.

02 Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!

03 Blanche and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

Mar–May

SPRING

Asparagus (Apr–Jun)
 Greens (Apr–Nov)
 Kohlrabi (May–Jun)
 Lettuce (May–Jun)
 Maple Syrup (Feb–Mar)
 Green Onions (May–Jun)
 White Onions (Jan–Mar)
 Peas (May–Jun)
 Potatoes (Jul–Oct)
 Radishes (Apr–Jun)
 Strawberries (May–Jun)
 Sweet Potatoes (Oct–Mar)
 Turnips (May–Jun)
 Winter Squash (Jan–Mar)

Jun–Aug

SUMMER

Apples (Jul–Dec)
 Beans (Jun–Sep)
 Beets (Jun–Nov)
 Blackberries (Jun–Oct)
 Blueberries (Jun–Jul)
 Broccoli (Jun–Jul)
 Brussels Sprouts (Jul–Nov)
 Cabbage (Jun–Jul)
 Cantaloupe (Jul–Sep)
 Carrots (Jun–Aug)
 Cauliflower (Jun–Jul)
 Sweet Corn (Jul–Sep)
 Cucumbers (Jun–Sep)
 Eggplant (Jun–Sep)
 Garlic (Jun–Aug)
 Grapes (Aug–Sep)
 Greens (Apr–Nov)
 Kohlrabi (May–Jun)
 Okra (Jun–Sep)
 White Onions (Jan–Mar)
 Peaches (Jun–Aug)
 Peppers (Jul–Sep)
 Plums (Jul–Sep)
 Potatoes (Jul–Oct)
 Raspberries (Jun–Sep)
 Rhubarb (Jun–Sep)
 Summer Squash (Jun–Oct)
 Tomatoes (Jul–Oct)
 Watermelons (Jul–Oct)
 Zucchini (Jun–Oct)



Sep–Nov

FALL

Apples (Jul–Dec)
 Beans (Jun–Sep)
 Beets (Jun–Nov)
 Blackberries (Jun–Oct)
 Blueberries (Oct–Nov)
 Bok Choy (Aug–Nov)
 Brussels Sprouts (Jul–Nov)
 Cabbage (Oct–Nov)
 Carrots (Oct–Nov)
 Cauliflower (Oct–Nov)
 Greens (Apr–Nov)
 Kohlrabi (Sep–Oct)
 Lettuce (Sep–Oct)
 Nut Crops (Sep–Nov)
 Okra (Jun–Sep)
 Green Onions (Oct–Nov)
 White Onions (Jul–Sep)
 Pawpaws (Aug–Oct)
 Pears (Aug–Nov)
 Peppers (Jul–Sep)
 Plums (Jul–Sep)
 Potatoes (Jan–Mar)
 Pumpkins (Sep–Nov)
 Radishes (Sep–Nov)
 Raspberries (Jun–Sep)
 Rhubarb (Jun–Sep)
 Sorghum (Sep–Nov)
 Summer Squash (Jun–Oct)
 Sweet Potatoes (Oct–Mar)
 Tomatoes (Jul–Oct)
 Watermelons (Jul–Oct)
 Winter Squash (Aug–Nov)
 Zucchini (Jun–Oct)



Dec–Feb

WINTER

Apples (Jul–Dec)
 Maple Syrup (Feb–Mar)
 White Onions (Jan–Mar)
 Potatoes (Jan–Mar)
 Sweet Potatoes (Oct–Mar)
 Winter Squash (Jan–Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.

PLAN YOUR SPRING GARDEN NOW

Ray Tackett, Agent for Horticulture, Bourbon Co. Cooperative Extension

Each year new people get into vegetable gardening. Success or failure of home vegetable production can depend on many things, but some major reasons for failure are negligence, not following the proper instructions and not keeping up with current vegetable developments.

When planning a garden, it's important to ask:

- **Who will be doing the work?**

Will the garden be a group project with family and friends, or will you be going at it alone. Remember that a small weed-free garden will produce more than a large, weedy mess.

- **What do you and your family like to eat?**

Although the pictures in the garden catalog look delicious, there is no value in taking up gardening space with vegetables that no one eats. Make a list of your family's favorite vegetables, ranked in order of preference. This will be a useful guide in deciding how much of each vegetable to plant. Successive plantings of certain crops, such as beans, can be harvested over a longer period of time and increase your yield. As you plan, list recommended varieties and planting dates.

- **How do you plan to use the produce from your garden?**

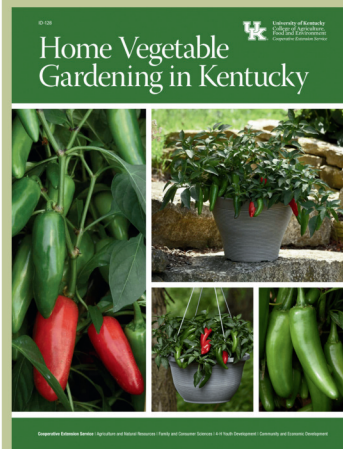
If you plan to can, freeze, dry or store part of the produce, this will be a factor not only in planning the size of the garden, but also in selecting varieties. Some varieties have much better keeping quality than others. Care should be used in choosing the seeds, making sure the varieties you select are adapted to your area and intended use.

- Finally, **how much space is available?**

How much area can be converted into usable garden space, and how much garden do you need? Do not plant more garden than you need.



For more gardening resources, tips, and information check out ID:128, *Home Vegetable Gardening in Kentucky* here:



Additional Planning Hints

- Plan the garden on paper first. Draw a map showing arrangement and spacing of crops. If you wish to keep the garden growing all season, you may need a spring, summer and fall garden plan.
- Plan the garden and order seeds by January or February. Some plants may be started indoors as early as January.
- In your plan, place tall and trellised crops on the north side of the garden so they will not shade the shorter vegetables.
- Group plants by length of growing period. Plant spring crops together so that later crops can be planted in these areas after the early crops mature. Consider length of harvest as well as time to maturity. Place perennial crops to the side of the garden where they will not be disturbed by annual tillage. Finally, practice crop rotation. Try not to plant the same vegetable or a related vegetable in the same location year after year.

*Fold me!

Our Councils

All meetings open to the public

**MASTER GARDENERS'
ASSOCIATION MEETING &
HORTICULTURE COUNCIL**

Meets the first Tuesday of each month at 6pm.



**BEEKEEPERS ASSOCIATION &
EDUCATIONAL CLASSES**

Meets the second Wednesday of each month at 7pm.



**QUESTIONS?
CONTACT US**

Lorilee Kunze

lorilee.kunze@uky.edu

Bullitt Co. Extension Horticulture Agent
502-543-2257



Bullittcountyextensionhorticulture

Interested in becoming a Master Gardener?

Our program is designed to expand horticultural knowledge in the community by training volunteers through a hybrid of classroom lectures, labs, and demonstrations. Volunteers assist the extension service to reach more residents with horticultural information through local events and classes.

Course Topics May Include:

- Botany
- Entomology
- Plant Pathology
- Soils & Fertilizers
- Pesticides
- Lawn Care
- Tree & Shrub Care
- Fruit & Vegetable Gardening
- Organic Gardening



For more in-depth information about the program and requirements, contact our horticulture agent or visit the Bullitt Co. Extension website at: <https://bullitt.ca.uky.edu>



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-2024- Gardener's Toolbox

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2024 CLASS SCHEDULE

To supply adequate materials, we ask you **RSVP prior to all classes** by calling 502-543-2257. Classes may be cancelled if there are not enough participants registered.

**In case of inclement weather, when Bullitt County Schools are cancelled, our classes are cancelled.*

January

- 1/17, 6pm – Winter Sowing

Winter sowing is an inexpensive and effective way of getting a head start on your spring garden. Join-us in person to learn the basics of sowing a variety of seeds that over winter well in containers.

February

- 2/22, 6pm – Permaculture Concepts

Learn about the basic principles of permaculture and various techniques you can integrate into your garden.

March

- 3/18, 6pm – Seed Starting

Learn the basics of starting seeds at home to get you prepared for the gardening season.

April

- Monday 4/15, 6pm – Grafting Apple Trees
Learn the best techniques to graft apple trees and practice with a hands-on demonstration.

- ✿ Saturday 4/27, 8am – 2pm

Master Gardeners Plant & Art Sale

May

- Friday 5/17, 6pm – Herbal Tea Gardening
Learn about diverse plants that make great tea and how to create a bountiful tea garden.

Bullitt Co. Master Gardeners' Plant & Garden Art Sale



Saturday, April 27, 2023

8a - 2p

384 Halls Ln.

Shepherdsville, KY

Rain or Shine!



Hosting numerous vendors selling a wide variety of items including vegetables, herbs, flowers, bird houses, local honey, garden art, and much more!

All proceeds are used by Master Gardeners for projects in the local community.

For more information on vendor booths, call 502-543-2257

2024 CLASS SCHEDULE

June

- Thursday 6/27, 6pm – Carnivorous Plants
Learn about the life cycle and care of carnivorous plants.

July

- Monday 7/22, 6pm – Preserving the Harvest
Learn about different techniques to preserve food from your garden.

August

- Friday 8/23, 6pm – Salsa Gardening
Learn what to plant in a salsa themed garden and how to make your own salsa fresca.

September

- Friday 9/27, 6pm – Apple Tasting
Sample and evaluate many different varieties of apples and learn about what types are ideal for certain recipes.

October

- Saturday 10/19, 10am – 2pm
✿ **Community Seed Exchange**

November

- Friday 11/1, 6pm – Hydroponics
Learn about small hydroponic systems ideal for homeowners and hobby gardeners.

December

- Hibernation –
New classes returning in 2025!



PROTECT YOURSELF FROM WINTER WEATHER

[ready.gov/winterweather](https://www.ready.gov/winterweather)

Know your winter weather terms:

- **Winter Storm Warning**

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

- **Winter Storm Watch**

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

- **Winter Weather Advisory**

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

WHEN THE SNOW FALLS...

- Wear loose-fitting, lightweight, warm layers, rather than one heavy layer of clothing.
- Take breaks while shoveling snow – overexertion can bring on a heart attack.
- Help firefighters by keeping fire hydrants clear of snow.

Ready. FEMA

BUILD AN EMERGENCY CAR KIT

For more tips visit www.ready.gov/car

Ready ✓

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps



Baked Apples and Sweet Potatoes

5 medium sweet potatoes
4 medium apples

½ cup margarine
½ cup brown sugar
½ teaspoon salt

1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

1. Boil potatoes in 2 inches of water until almost tender.

2. Cool potatoes, peel and slice. **Peel**, core and slice apples.

3. Preheat the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.

4. Layer potatoes on the bottom of the dish.

5. Add a layer of apple slices.

6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.

7. Repeat layers of potatoes, apples, sugar, salt and margarine.

8. Sprinkle top with nutmeg.

9. Mix the hot water and

honey together.

10. Pour over top of casserole.

11. Bake for 30 minutes.

Yield: 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.



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



Go paperless!
e-newsletter sign-up:



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HORTICULTURE NEWSLETTER

JANUARY 2024