

## Agent Notes

Fall is here, but that doesn't mean you have to stop gardening. There are still plenty of lawn and garden chores you can do in October and November to prepare your plants for winter and spring. Here are some tips for USDA hardiness zone 6:

- Keep watering your trees and shrubs until the ground freezes. This will help them avoid winter damage from drought stress.
- Rake up fallen leaves and compost them or use them as mulch. Leaves can smother your lawn or harbor diseases and pests if left on the ground.
- Plant spring-flowering bulbs such as tulips, daffodils, and crocuses. Make sure to plant them at the right depth and spacing for best results.
- Cut back perennials that have finished blooming or look ragged. Leave some seed heads for birds and wildlife to enjoy.
- Harvest any remaining vegetables and herbs before the first frost. You can extend the season by covering tender crops with row covers or cloches.
- Clean and store your garden tools, hoses, and pots. Sharpen your pruners, mower blades, and other cutting tools. Drain and winterize your irrigation system if you have one.

If you want to learn more about gardening, don't miss our upcoming Extension Horticulture educational programs. We have a variety of topics and formats to suit your interests and needs. Watch our newsletter for details and registration information.

We also want to hear from you. Please take a few minutes to complete our Extension Community Assessment survey on page 3. This survey will help us understand your needs, preferences, and challenges related to home gardening, commercial horticulture and other topics. Your feedback will guide our future program efforts and activities. Thank you for your participation and support!



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## ***Weekly Local Podcast Now Available!***

If you are passionate about plants, gardening, and production horticulture, you will love our new Hort Culture podcast. This podcast features interviews with experts, tips and tricks, and stories from people who share your love of all things green. Whether you are a home gardener or a commercial producer, you will find something to inspire you and help you grow your skills and knowledge. Tune in every week to learn more about the fascinating culture of horticulture!

Follow Link or scan QR code on right:  
[bit.ly/3Onxs2J](https://bit.ly/3Onxs2J)




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**Check out our Horticulture YouTube channel for lots of great video content!**

Link: <https://bit.ly/3Q6YVHu> or QR code below



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### *Market Price Reports*

Real-time produce prices from across the region are available at the following link:

[www.uky.edu/ccd/pricereports](http://www.uky.edu/ccd/pricereports)

This is an incredible resource for all of you who grow and sell fruits and vegetables!

Price reports include information from local farmers markets, produce auctions, and more. Check it out!



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Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.

## ***Kentucky Gardens Pop with Mums!***

Mums bring new life to the fall garden and spruce up a front porch. All around Kentucky, garden centers offer many varieties of colorful blooms.

Fewer daylight hours and longer nights trigger flowering, which make mums a popular fall choice. Nurseries often artificially do this by pulling dark cloths over the plants in late summer and early fall, which stimulates blooming. If you have mums growing in the landscape, the natural decrease in day length will do the trick as well.

You have dozens of varieties from which to choose, but mums generally fall into one of two groups: garden or hardy mums and cutting mums or florist mums. Florist mums usually are tender and will not survive winter.

When buying a mum for fall color, look for the plant with tight buds that haven't flowered yet to make the plant last longer. Choose the variety you want based on the ones close to it that have already bloomed.

Water is another key to making your mum last longer. Place the mum in a larger pot when you bring it home to help it retain more water. If you leave it in its original container, check the soil at least every other day by simply putting a finger into the soil, at least to the first knuckle. If the soil is dry, your mum needs water.

Make sure water gets good contact with plant roots and the soil. Either water from the bottom up in a pan or pail of water, or from the sides of the pot with a watering can or garden hose. Watering overhead on the leaves or buds may cause them to quickly deteriorate. To avoid root rot, don't allow mums to stand in water long.

Once flowers begin to fade, "deadhead" or pick off the fading blooms, which will promote new growth and make the plant look healthier. If you want to enjoy garden mums inside, find a good location near a south-facing window, out of direct sunlight. Keep it away from heating or air conditioning vents that tend to dry the flowers. Keep the soil moist, but not soggy.

Mums prefer moderate night temperatures, about 60 degrees Fahrenheit. If you expect frost, protect outdoor mums by moving them under cover overnight.

Once the plants have finished blooming, they will stop growing. You can either add them to your compost pile or plant them in your garden. Be aware, however, even the best gardeners find that mums planted in the fall often fail to establish in our climate.

Source: Rick Durham, extension horticulture professor

# Pumpkins Are For More Than Just Carving!



## Fall Spiced Pumpkin Bread

<p><b>½ cup</b> all-purpose flour</p> <p><b>1¼ cup</b> whole-wheat flour</p> <p><b>1½ teaspoons</b> baking powder</p> <p><b>1 teaspoon</b> baking soda</p>	<p><b>2 teaspoons</b> pumpkin pie spice</p> <p><b>½ teaspoon</b> salt</p> <p><b>½ cup</b> melted margarine</p> <p><b>½ cup</b> sugar</p>	<p><b>½ cup</b> honey</p> <p><b>2 cups</b> pumpkin puree</p> <p><b>⅓ cup</b> olive oil</p> <p><b>2</b> eggs</p> <p><b>⅓ cup</b> chopped walnuts</p>
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**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)

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## ***Kentucky Forests Signal Seasonal Change!***

If you've been waiting all year to see beautiful fall colors in Kentucky, it is almost time. Mid-October is usually the beginning of the state's brilliant fall tree color show. Actually, these brilliant colors have been there all along; they've been masked by a cloak of chlorophylls, green pigments vital to a tree's food-making process.

Trees use and replenish chlorophylls during the growing season. High replacement maintains green leaf color. As fall approaches, the green pigments are replaced at a slower rate due to complex environmental factors and the trees' genetic makeup. The dwindling supply of green pigments unmasks other pigments that were present all along, revealing the spectacular show of fall color.

We can enjoy a variety of fall colors because Kentucky's diverse climate and soil composition enable many diverse trees to grow here.

Black gum, pear, sumac, dogwood, maple, oak and sassafras trees produce various shades of red. Other trees give us a range of orange and yellow hues such as yellow-poplar, birch, hickory and beech.

Since black gum and sumac trees shut down chlorophyll production early, they are the first to reveal fall color. Both change from green to red, leaf by leaf. No leaf seems to be all green or red at the same time, giving a spotty appearance throughout the trees.

You might be surprised to know that what makes leaves change color has less to do with "Jack Frost" and more to do with shorter days activating a "chemical clock" that tells the trees to shut down chlorophyll production and prepare for winter.

When the tree completely shuts down chlorophyll production, a layer at the base of the leaf forms. This abscission layer causes the leaf to fall off the branch, leaving only the bud with next year's leaves and flowers to wait for the signal in the spring to bloom and grow.

Source: Billy Thomas, UK Extension Forester



*You are invited to:*

# GROWING GARLIC AT HOME

**November 2nd, 6:00-7:30 p.m.**  
**Bourbon County Extension Office**  
**603 Millersburg Road, Paris**



Register by October 30 at: <http://bit.ly/47gHLgF> or scan the QR code to the left using your smartphone camera



- We will be discussing the basics of getting started with growing garlic at home.
- ***The first 20 to register will get garlic to take home to plant!***

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