

Growing Gardeners



Cooperative Extension Service
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OUT WITH THE OLD

We soon will be ringing in 2024, and hopefully we will be getting rid of old habits, old actions, and old thoughts that no longer serve us or our community well. Keeping “out with old” in mind, lets take an edited excerpt of our monthly Georgetown News-Graphic gardening column, **THE GARDEN SPOT**, written by Master Gardener Volunteer Molly Fulton, to find out what actions to take with our dried up, cut evergreen trees that will help the birds, fish and our environment in the long run.

What to do with cut evergreens after the Holidays:

- Use expired cut trees to create ‘bird or wildlife sanctuaries’ in...backyards by placing used trees in the corner of the backyard and hanging homemade bird feeders in the boughs for winter cover and bird feeding
- Other garden uses include mulch from evergreen trees make great garden paths, and good garden stakes can be made from the limbs. There are also a plethora of crafty things one could make from the twigs and branches (how about creating a garden gnome family?).
- Another idea ... what about a New Year’s Eve farm bonfire or cozy backyard fire pit surrounded by friends and hot cocoa? There are so many ways to repurpose a tree!
- **One of the easiest options, if you live in Georgetown City Limits, is to put the tree out on the curb and have the City of Georgetown Public Works pick it up, at no charge (between January 2nd to January 19th). Public Works will then donate the tree to Kentucky Department of Fish and Wildlife (KDFW) to help improve fish habitats in local waterways.**
- **You can also ‘donate’ your tree to the KDFW program, by taking your evergreen to the old County Road Department building by the Scott Co. Cooperative Extension Office in Georgetown - drop it off in the area next to the old Road Department building (1080 Cincinnati Road) in Brooking Park. There should be a KDFW sign stating “Christmas tree drop off area.”**

Thanks Molly for the great ideas!



Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

CLASSES

Three Rose Bud Vase

Come learn how to make a three rose bud vase for your special someone or for yourself. It is simple to construct when you know the tips, but looks so elegant!

Tuesday, January 30 @ 1:00 p.m.
or 6:00 p.m.

[register here](#)

or



MICRO

GREENS

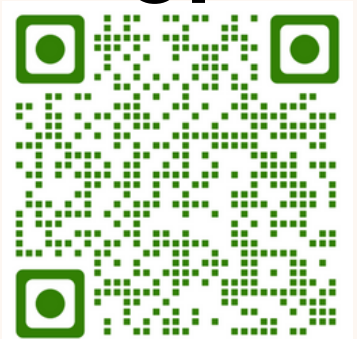
Nutritionally, microgreens are loaded with nutrients, such vitamins, C, E, and K, lutein, and beta-carotene. Learn how to grow and prepare your own.



Thursday,
February 15 at
5:30 pm

[Register Here](#)

or



COMING IN THE NEW YEAR



**IT'S ALL ABOUT
THE BACON**

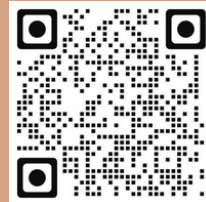
FEBRUARY 22, 2024 @5:30 P.M.

Who doesn't love bacon? This hands-on workshop will teach you how to make and preserve your own bacon. You'll learn about safe food handling practices, the curing process and different ways to flavor bacon. Join us for a fun class where you'll make your own bacon to take home. You will leave with recipes and all the information you need to complete the curing process at home.

You will be required to purchase your own 2 lb. pork belly, and bring to class.

[REGISTER HERE](#)

OR



If Scott County Public Schools are closed due to weather or disaster, classes will be cancelled.

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Broccoli Chowder

2 tablespoons canola oil	3 cups broccoli florets	all-purpose flour
½ cup chopped onion	½ teaspoon dried Italian seasoning	3½ cups low sodium chicken broth
3 cloves garlic, finely minced	½ teaspoon salt	½ cup half-and-half
½ cup chopped carrots	¼ teaspoon pepper	½ cup low-fat, shredded cheese
2 cups diced, unpeeled red potatoes	3 tablespoons	

In a large heavy pot, **heat** the oil over medium heat. **Add** the onion and garlic and **sauté** 2-3 minutes. **Add** the carrots, red potatoes and broccoli one at a time; **sauté** each about 2 minutes. **Add** the Italian seasoning, salt, pepper and flour and **toss** until vegetables are coated. **Cook** 1-2 minutes. **Add** the chicken broth and bring to a boil. **Reduce** heat to low, **cover** pot and **simmer** for 15

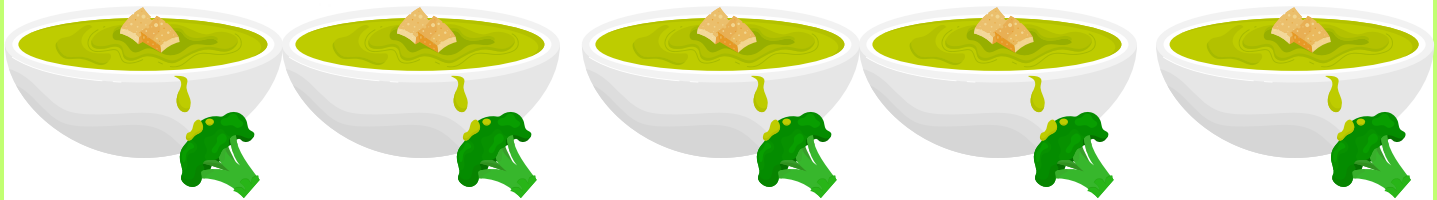
minutes. **Remove** lid and **stir** in the half-and-half. Bring back to a **simmer** and **remove** from heat. **Ladle** into bowls and top with cheese to serve.

Yield: 8,1cup servings

Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.



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



Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

SELECTION: Choose tender young, dark green stalks with tightly closed buds. One and one-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, no more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To Steam: Place on a rack above boiling water and steam 6-8 minutes. Rinse with cold water. Drain.

Source: www.fruitsandveggiesmatter.gov

To Boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 minutes.

To Microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3-4 minutes or until crisp-tender.

KENTUCKY BROCCOLI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

October 2014

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Food and Environment

January Gardening Notes:

- Make your list and order seeds, as ordering early ensures that you will get the seeds you want and have them on hand when it's time to start planting. Remember to purchase seed from reliable companies and choose seeds that are adapted our zone 6 temperatures and climate .
- Avoid using rock salt on driveways or walkways that border gardens or landscape plantings. Salt can build-up in the soil near where it is applied, affecting soil structure and making it difficult for plants to absorb water. Plants that are sensitive to salt may show signs of leaf scorch in the spring and summer. In general, healthy mature plants will tolerate salt exposure better than newly established or drought-stressed plants. Sand, fireplace ash, or wood shavings will provide traction on ice and only require a little bit of clean-up in the spring. Alternatives are ice melt products composed of magnesium chloride or calcium magnesium acetate (CMA), which have a lower impact on plants and are advertised as being safer for pets and the environment.
- Many houseplants require a fair amount of humidity in order to thrive, something that most homes lack in the winter months. A humid environment can be created with a humidifier, by spraying plants periodically with a misting bottle, or by filling a pan with pebbles and a skim of water and placing the plant on top, making sure that the bottom of the pot is not submerged in water. Signs that your plants need higher humidity are brown leaf edges and abnormal leaf drop. Ferns, tropical foliage plants and flowering plants usually benefit from increased humidity. Cacti and succulents will tolerate dry air in the home and require no special treatment.

Kentucky Fruit and Vegetable Conference

January 3-4, 2024

This premier, state-wide event annually brings together more than 500 growers, researchers, and technical support providers. The conference kicks-off with pre-conference events including fruit and vegetable grower roundtable discussions with university specialists where the group debriefs on the production year, challenges are discussed and questions are answered. The main conference program has more than 20 different educational tracts with more than 70 speakers. The trade show offers more than 60 vendors featuring horticulture products and services. Located at the Sloan Center in Bowling Green.

Register here: tinyurl.com/kyfruitandveg

Kentucky State Horticultural Society
168th Annual Meeting

Kentucky Vegetable Growers Association
53rd Annual Meeting

Organic Association of Kentucky and
Kentucky Horticulture Council

In cooperation with
University of Kentucky Martin-Gatton College of
Agriculture, Food and Environment
Kentucky State University College of Agriculture,
Communities and the Environment and

Kentucky Department of Agriculture

