

November 2011 Hort Hotline

HORTICULTURE

Cooperative Extension Service

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Pest Patrol

Firewood Pests

Many insects seek overwintering sites under loose bark or in hollow trees. Possibilities include many types of beetles, wood cockroaches, and even overwintering wasp or hornet queens.



Female Stag Beetle, *Lucanus cervus*

Spider egg sacks, praying mantis egg masses, and moth cocoons are part of the "fauna" that may be associated with trees or fallen logs. These creatures will become active after warming up indoors. These can be swatted and discarded as they appear. These insects are not able to survive for extended periods indoors. They will not multiply or become established in the home.

Insect invasion of homes from firewood can be reduced by following these rules:

Insect invasion of homes from firewood can be reduced by following these rules:

- Avoid stacking the wood directly on the ground. This will keep the wood from getting too wet and reduce the chances for infestation by termites and ants.
- Don't stack firewood in or against the house or other buildings for long periods of time. Termite or carpenter ant problems can develop and cause more serious problems.
- Use the oldest wood first, it is most likely to be infested. Avoid the tendency to stack new wood on top of old wood.
- Cover the wood during the summer and fall. This will keep it drier and exclude some creatures seeking overwintering sites.
- Shake, jar, or knock logs together sharply to dis-



(Continued on Page 2)

WINTERIZING ROSES

Winter is coming and it is time to put your rose garden to bed! Winterizing roses is an important maintenance practice to ensure healthy growth from year to year. There are several things you can do to make sure your roses survive before the cold winds blow.

First, choose the most winter hardy roses to plant. Next, make sure your roses are healthy and not under stress as they go into winter. Reduce stress on roses going into the dormant season by irrigating adequately in late autumn and discontinuing nitrogen application in late summer or early autumn. Don't cut spent flowers after October 1, this will discourage new growth and allow the plant to harden off before winter.

Hybrid Teas, grandifloras, and floribundas should be protected from winter ravages after two hard frosts or night temperatures reaching the lower 20s for several nights in a row. This is usually around late November and early December.

For Hybrid Teas, cut the canes back to 8 to 12 inches tall. Grandifloras and floribundas may be left 18 to 24

(Continued on Page 3)

WHAT'S INSIDE THIS MONTH...

Fall is Farmers' Market Time	2
Preparing Soil for Winter	3
Household Waste Management	4
Calendar of Things To Do!	5
New Web Page Links Kentuckians to Local Foods	6
November 15th America Recycles Day	7
FCCE Hosts Upcoming Webinars	7
Kidz Corner: Make a Thanksgiving Wreath	9
Glazed Butternut Squash with Carrots & Turnips ...	10

lodge insects and brush off any obvious structures such as webbing or cocoons before bringing it inside.

- Bring in small amounts of firewood that can be used up in a day or so and keep it stacked in a cool area (e.g., garage or porch) until it is burned. When wood warms up, the creatures in or on it will become active.



- **Do not treat firewood with insecticides.** It is unnecessary and potentially dangerous due to fumes that may be produced when the insecticides burn.

Source: Dr. Lee Townsend, University of Kentucky, Entomology Department ☀

Many varieties of sweet potatoes are available, and are an excellent source of vitamin C and fiber. Try some grilled sweet potatoes or make your own sweet potato fries.

Pumpkins are also still available. Did you know that pumpkins are great for cooking in many interesting ways, such as soups, pancakes, and pumpkin bread pudding? Pumpkins are not just for pies and jack-o-lanterns anymore!


There are different varieties of crisp, sweet apples available too for baking, frying, making pies and cakes, and just plain eating out of hand. And check out the wonderful apple cider, made as always, with fresh local ingredients.

The Market also has wonderful homemade breads and baked goods; honey, jams and spreads; natural beef, pork, poultry, sausages and farm fresh eggs. Look for taco seasoning, barbeque sauce, dried peppers, and other interesting products. There are soaps and lotions that are all home-produced and also Ky Proud.

There are gourds, decorative pumpkins, fall flowers and even evergreen wreaths for decorating your holiday tables.

Come on down to the Riverview Park on the corner of Wilkinson Boulevard, next to the railroad trestle and visit the Franklin County Farmers Market! The Market is open on Tuesdays, Thursdays, and Saturdays from 7:00 am until around noon.

If you would like to receive the Market e-news letter to stay in touch with the Market, send an email to franklincountyfarmersmarket@gmail.com.

 Also find the Franklin County Farmers Market on Facebook.

For more about Farmers Market or other information on Ky Proud recipes or products, check with the Franklin County Extension Office. ☀

Fall is Farmers Market Time! Get it before it's GONE!

Fall is an excellent time to visit the Franklin County Farmers Market, but you better get there fast! The last day of the 2011 Market season is Saturday, November 19th. We won't see our farm friends under the green pavilion again until mid-April 2012.



As the season winds down, you can choose from varieties of winter squash, such as acorn, spaghetti, and cushaw, which make excellent baked sides to any meal- they

can be made savory or sweet to suit any taste. My favorite, butternut squash, can be prepared in a variety of ways, and makes a delicious soup.



inches tall. Remove any dead, damaged and diseased canes. Remove dead and fallen leaves and other plant debris around the plants.

Next, mound good quality mulch, such as wood chips, sawdust, shredded hardwood, or pine bark, about 8 to 12 inches over the rose canes. You may also cover the mounds with straw, tree boughs, or some similar material to hold the mulch in place. Some gardeners prefer to construct wire mesh cylinders to surround each plant, which they fill with mulch. Still others use rose cones, or baskets with bottoms cut out, or burlap to wrap the plants.

When severe winter weather conditions have subsided, which is typically mid-March, remove most of the mulch from around the plants. You may

leave a 2-inch layer of mulch in the bed. Prune off any dead canes or tips. Inspect for insects and diseases and treat for these pests if needed. Then fertilize, and your roses should be off to a good start for the growing season!



Knockout Roses need no special winter care. You can trim back any damaged stems in mid-March.

For more information on roses and their care, click on <http://www.ca.uky.edu/agc/pubs/id/id118/id118.pdf> . ☀

Preparing Soil for Winter

Diane Relf, Extension Specialist, Environmental Horticulture, Virginia Cooperative Extension

Now you are ready to prepare the soil for winter. Pull up all dead and unproductive plants and place this residue on top of the soil to be tilled under, or in the compost heap. Remove any diseased or insect-infested plant material that may shelter overwintering stages of disease and insect pests. Leaving this plant material in the garden provides an inoculum of diseases and insects which will become active in the spring and add to garden pest problems.

The best practice is to remove infested plant material from the garden or burn it. Burning will kill any diseases or insects present in the plant wastes. Spread the ashes on the garden to gain the benefit of their mineral nutrients. Check burning laws in your area before you burn anything. You may need a permit. If you live near a wooded area, burning may be too risky. In this case, haul the diseased material to a landfill.

After clean-up add compost to the garden. Compost contains highly nutritious, decomposed plant material and beneficial organisms, and is an excellent soil-builder. By spreading compost and other wastes on the soil and plowing them in, you are adding nutrients to the soil for next year's crops. The beneficial insects and microorganisms in the compost will help integrate the compost into the soil, and the humus will improve soil structure.

Don't overlook other excellent sources of organic material available during the fall. Leaves are abundant, and neighbors will usually be glad to give their leaves to you. Put some on the garden now and store some for next year's mulch. Leaves will mat if applied too thickly and will not decompose quickly. You can help spread the breakdown of leaves by running a lawn mower back and forth over the pile. Put the shredded leaves directly onto the garden or compost them. Sawdust and wood chips are easy to obtain this season from sawmills. Many farms and stables want to get rid of manure piles before winter sets in.

(Continued on Page 4)

(Continued from Page 3)

By adding these materials in the fall, you give them plenty of time to decompose and blend into the soil before planting time. If you don't have enough organic material for the entire garden, try to cover those areas that you want especially rich for next summer's crop.



If the weather stays dry enough before the ground freezes, you can plow or rototill in the fall. Turning under vegetation in the fall allows early planting in the spring and is especially good for heavy soils, since they are exposed to the freezing and thawing that takes place during the winter which

helps improve the soil structure.

When time or weather conditions prohibit tilling, you may wish to let your garden lie under a mulch of compost, plant wastes, or leaves all winter to be plowed or tilled under in the spring. However, avoid this practice for early spring planting as a mulch of heavy materials such as leaves can keep the soil cold long enough to delay planting by several weeks. In this case, chop the mulch fine enough that it will break down over the winter. The addition of fertilizer high in nitrogen will also help break down organic matter quickly.

Clean-up of tools and equipment is another important practice related to the garden which should not be ignored in the fall. Proper clean-up of tools now will leave them in top shape and ready to use when spring arrives. Clean, oil, and mend all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust. Power tools should be cleaned of all plant material and dirt. Replace worn spark plugs, oil all necessary parts, and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Unless you live in a warm area where your cold frame will protect vegetables all winter, you will need to clean up the frame when all vegetables have been harvested. Remove any plant material and add it to the compost pile. Spade compost into the soil in the cold frame as thoroughly as possible. Do not leave the top on the cold frame over the winter, as the weight of snow or ice may crack the glass or plastic. Remove the top, wash it thoroughly, and store in a protected indoor area where it will not get broken.

Successful gardening needn't stop with the first frost. When following good garden care practices during the fall and early winter months, your garden will be ready for the growth of healthy vegetables next spring. ☀

Household Waste Management

Tyler Henningsen, Ashley Osborne and Brad Lee

Reduce

Reducing, at the top of the waste management hierarchy, has the greatest impact on the environment and starts with you reducing the number of products you purchase and use. In 2000, over 55 million tons of waste were eliminated by reducing packing materials, redesigning products, and not using landfills for wastes such as yard trimmings.

Do I Need This?

Reducing your waste starts with the question "Do I really need this?" Ask yourself if you need an item before you buy it. Buying items that you may not use, or buying too much of any one item, hurts our environment and your pocketbook. A good deal may tempt you to buy more than you really need; an important part of becoming a waste-conscious shopper is buying only what you can use. Unused or spoiled product wastes money and natural resources.

- Buy only what you can use, or find someone who can use what is left over.
- Eliminate junk mail. DMA choice at <http://www.dmachoice.org/> can help you stop receiving unwanted credit offers, catalogs, and magazine offers.
- Make your own cleaning supplies using a few basic ingredi-

(Continued on Page 8)

Calendar of Things To Do! In and Around Frankfort



Franklin County Cooperative Extension Service

Shiitake Mushroom Production Webinar; November 22, 6:00 p.m. Extension Office, 101 Lakeview Court. If you have lots of hardwood timber on your land and want to try something a little different to bring in some “extra” cash, you might want to consider growing shiitake mushrooms on your land. These are a gourmet mushroom that is well into mainstream markets these days, is relatively inexpensive to get into, and can make some of the smaller diameter hardwoods that you might want to remove in timber stand improvement economically profitable. This webinar will walk you through the process of “drilling and filling” hardwood logs to produce these mushrooms. Please call (502) 695-9035 with questions or to register for this WEBINAR. There is no fee.

Wildlife Damage: Control and Management Webinar; November 29, 6:00 p.m. Extension Office, 101 Lakeview Court. This training session will focus on what homeowners and landowners can do to alleviate wildlife damage issues around the home and farm. Topics discussed will include what constitutes legal use of wildlife control products and home remedies; management of typical problems including moles, voles, deer, birds on structures and in agricultural crops; and sources of assistance. Call our office at (502) 695-9035 with questions or to register for this WEBINAR. There is no fee.



Franklin County Farmers Market—LAST DAY IS NOVEMBER 19TH. Open T, Th, & S from 7:00 a.m.—close (around noon) located at the Kentucky River View Park across from the Capital Plaza Hotel. Come out and enjoy all the wonderful KY Proud products available this Fall. To receive the email newsletter, email Franklincountyfarmersmarket@yahoo.com.



Commonwealth Gardens—Frankfort

Check out the webpage year-round for upcoming events hosted by the Commonwealth Garden of Frankfort.
<http://commonwealthgardens.com/>



Frankfort Parks & Recreation – Cove Spring Park/Nature Preserve

Going Native! November is Native American Month in KY. Let’s drum something up at Cove Spring Park. November 19th 10:00 Frankfort Family Great Outdoors Club FREE and open to everyone. For more information contact Parks and Recreation 502-352-2028 or Debbie Bramlage 513-300-8500.

The Arboretum—Lexington

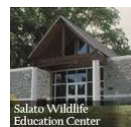
Lexington, Ky. Contact (859) 257-6955, <http://www.ca.uky.edu/arboretum/index.php> for more information.

Some of the exciting programs at the Arboretum include: **Nov. 12 @ 11a- Harvest Fun**-Children will have the opportunity to help prepare the Children’s Garden for winter through fun tasks. Afterwards they will make a gourd music maker they can take home. **(Ages 6 & up); Nov. 30 @ 10a- Hibernating Animals**-Did you know that some animals sleep all winter long? We will go on a “bear hunt,” do a fun craft, and hear a story. **(Ages 2-6); Dec. 3 at 11am-The Busy Tree, Saturday, (Ages 6 & up)** -We will be going on a hike around The Arboretum looking for bird’s nests and pine cones. Children will make a pine cone bird feeder they can take home to attract winter birds. **Dec. 7 @ 10a- Frozen Wonders (Ages 2-6)** - We will be learning all about cool weather as winter approaches. Children will make snowflakes and hear a story about a very snowy day. **Dec. 19 @ 11a-Winter Wonderland (Ages 6 & up)** - We will be working together to make an indoor igloo. Then children can make a holiday card using natural materials to take home with them. More for information contact The Arboretum.

Anderson Co Public Library Continuing Education Garden Series—Lawrenceburg

Lawrenceburg, Ky. Contact (502) 839-6420 , <http://www.andersonpubliclibrary.org/index.html> for more information.

Garden Tool Maintenance presented by David Brown. December 13, 7:00 p.m.



Salato Wildlife Education Center—Frankfort

For additional information on events at the Salato Center, contact Kristy Stroud at (502) 564-7863 or go online at fw.ky.gov and click on “Upcoming Events” to search for activities.

New Web Page Links

Kentuckians to Local Foods

By Katie Pratt

In an effort to provide more opportunities for consumers to access local foods, Kentucky first lady Jane Beshear and University of Kentucky College of Agriculture Dean Scott Smith unveiled the Kentucky and Local Food Resources Web page today at the American School Health Association meeting in Louisville.

“We were delighted to join first lady Jane Beshear, the Governor’s Office of Agricultural Policy and others in this effort,” Smith said. “We expect this will enhance community access to healthy, fresh food while also increasing economic opportunities for Kentucky farmers.”

Beshear has worked to increase awareness about the benefits of locally grown food to people across the state. She approached Smith about creating a one-stop, online location for Kentuckians to find local food producers in and near their communities. “The average meal in the United States travels 1,200 miles from the farm to the dinner table,” Beshear said. “By purchasing locally grown food products, we can fuel our regional economies and decrease our carbon footprint while also improving the nutritional value of our diets. This website will be an exceptional resource to connect Kentuckians to easily accessible and locally grown food. Thank you to UK’s College of Agriculture and GOAP for their dedicated work and support of this effort.” Janet Mullins, UK associate extension professor in the Department of Nutrition and Food Science, works to increase Kentuckians’ access to local, healthy foods and was involved with the development of the page.

“I see it as benefiting consumers, as it will help people find Kentucky-grown foods in their county or surrounding area and give them more access to fresh fruits and vegetables,” she said.

The page provides links to all the UK College of

Agriculture’s programs and initiatives related to local foods, as well state and national resources. As part of the page, University of Kentucky Cooperative Extension Service agents will have the opportunity to develop county Web pages that list their local producers and products. Franklin and Woodford counties will have the first county-specific Web pages developed.

Mullins said the Web page will give producers a chance to develop partnerships with each other and could help boost the state’s Farm to School program. Farm to School strives to get fresh, locally grown fruits and vegetables on the menus in local school systems.

The Governor’s Office of Agricultural Policy also has been instrumental in assisting in the development of the website and gathering content for the project.

“An array of local food resources is available across the state, but this site gives us one centralized location to direct consumers,” said Roger Thomas, executive director of the Governor’s Office of Agricultural Policy. “We value the UK College of Agriculture’s leadership on the first lady’s initiative, and we look forward to continuing the coordinated effort to educate consumers on the availability of local food resources.”

<http://www2.ca.uky.edu/foods> ☀

NOTE FROM KIM

Happy Thanksgiving! The crisp days of fall are here and our thoughts turn to raking leaves and enjoying Thanksgiving. Remember to use leaves in your compost pile, chop them up and put them on your garden, use them as mulch around your trees, shrubs and flowerbeds. This saves space in our landfills and give you a free source of organic material to enrich your soil! As you plan your holiday meal, try to include at least one local food item in your Thanksgiving meal- how about roasted pumpkin or winter squash, a crisp apple salad or pie! Check out the Farmers Market before they are gone for the season- the last day is November 19th! Happy Gardening,



County Extension Agent for Horticulture

NOVEMBER 15TH

America Recycles Day



Since 1997, individuals across the United States have come together on November 15 to celebrate America Recycles Day.

However, America Recycles Day is more

than a celebration, it is a day to inform and educate. A day to get our families, friends, and neighbors excited about what we can accomplish in our communities, and across our great nation. On November 15, I encourage you to learn more about what you can recycle in your community. You can visit Earth911 and enter the item you would like to recycle and your zip code. A list of facilities that accept that item and the distance from your zip code area to that location will appear.

<http://www.cleansweepusa.org/default.aspx> ☀

weblinks

1. <http://www.plantea.com/milk-jug.htm> 35+ Uses for Plastic Milk Jugs You'll love these clever ideas for plastic containers.
2. <http://www.chicagobotanic.org/> Chicago Botanic Garden- check out the "interact" link!
3. <http://www.biology.eku.edu/kos/default.htm> Ready to feed the birds? Check out this site first for the Kentucky Ornithological Society.
4. <http://www.hort.purdue.edu/ext/HO-95.pdf> How to store apples.

FCCES Hosts Upcoming Webinars: Shitake Mushrooms and Wildlife Damage and Control

Franklin County Extension will host two webinar sessions in November. These sessions will take place in the evening from 6:15pm- until 8pm and are FREE! Call the office to register.

On Tuesday, November 22nd, we will learn about Shitake mushroom production using logs that might be available in a local woodland. This webinar will walk you through the process of "drilling and filling" hardwood logs to produce these mushrooms. Supplies to take home and grow your own mushrooms will be available for those attending the session. Be sure to call the Extension Office today and reserve your place for this webinar.

The next webinar will be about wildlife damage control and management, on Tuesday, November 29. This session will focus on what homeowners and landowners can do to alleviate wildlife damage issues around the home and farm. This will be a very informative session and give you sound, tried and true advice on how to control many of our wildlife species that cause damage to our home acres and woodlands.

Two other webinars specifically related to timber production and sales are available upon request. For those interested, contact the Extension office.

For more information on woodland trees and forests, log on to: <http://www.ca.uky.edu/forestryextension/>



(Continued from Page 4)

ents. For example, olive oil and beeswax can be used as furniture polish, and vinegar and water will clean glass surfaces. Baking soda is a good substitute for tooth polish, and peroxide removes organic stains from fabric and upholstery. For more ideas visit <http://www.ca.uky.edu/hes/fcs/factshts/HHF-LRA-173.pdf>.

- Use rechargeable batteries.
- Rent or borrow things that you need only a few times.

Know Your Product Origin: As a consumer, you can use your buying power to support products made from recycled materials. Everything from carpet to detergent bottles can be made from materials that have been recycled. On product packaging, look for the words *Made from Recycled Materials* or *Made from Post-Consumer Recycled Materials*.

Recycled Materials: materials were scraps or damaged in the manufacturing process and repurposed.

Post-Consumer: all or part of the product or packaging is made from materials that have been recycled by consumers.

Minimize Packaging Avoid purchasing items that have excess packaging. Excess packaging results in waste from the product, the production of packaging, and the transportation costs of the extra weight. Instead of buying a product with excess packaging, choose another brand. If the product is an item you use in large amounts, consider buying that product in bulk if available.

- Choose the product with the least amount of packaging.
- Buy post-consumer packaging.
- Use canvas bags to carry your groceries, or reuse bags from previous trips.
- Use reusable water bottles instead of purchasing bottled water.
- Pack a waste-free lunch. Use a reusable lunch box and resealable containers.
- Buy in bulk when feasible and repackage for individual use. For example, purchase lunch snacks in bulk and place in reusable containers instead of buying individually wrapped snacks.
- Store perishable goods and those that attract pests in airtight containers to prevent waste.

Conserve Energy

Waste management not only applies to the physical products that you purchase or use; it also encompasses energy use. The amount of energy it takes to develop a product and ship it to the consumer is often referred to as its “carbon footprint.” When you purchase a product, its carbon footprint is added to your carbon footprint. You can take steps to reduce your personal carbon footprint.

Purchase local products, which require less transport and packaging; support your local farmers and save money while reducing your carbon footprint. For more information on buying locally in Kentucky visit <http://www.kyagr.com/kyproud/index.htm>.

Transportation

Your transportation choices can have an impact on the waste you create too. Some ways you can reduce your fuel use and emissions are:

- Bike or walk to reduce the amount of fuel you use and the resulting car emissions.
- Make a list before you go to shopping, and make sure it is complete. You’ll save time and money and reduce emissions by decreasing the number of trips you make.
- Walk to the store if it’s close enough. You’ll get exercise while saving money and resources.
- Use public transportation. You can use the time to do other things on your way to and from work, and you’ll help reduce congestion, which shortens commute times.
- Carpool. Look for ride matching services in your area, such as <http://www.uky.edu/Parking/transportationridematch.html>.

Reducing the amount of waste you create is simple, lowers your carbon footprint, and saves you money. All it takes from you is a little thought about what you can change in your lifestyle.

Sources

United States Environmental Protection Agency. 2009. Reduce & Reuse. Available at <http://www.epa.gov/osw/conserve/rrr/reduce.htm> (accessed 9 Sep. 2009). U.S. EPA: Washington, D.C.

Berger, K. R. 2002. ABE328/AE226: Consumer Choices Can Reduce Packaging Waste. Available at <http://edis.ifas.ufl.edu/AE226> (accessed 11 Aug. 2009). University of Florida IFAS Extension, Gainesville, FL.

About the authors

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Make a Thanksgiving Wreath

YOU WILL NEED

- A grapevine wreath (available at craft stores)
- Real or artificial fall leaves
- Acorns
- Berries*
- Wide ribbon
- Craft glue
- Puffy paint



HERE'S HOW

Wrap the ribbon around the wreath as shown, and knot in place. Tuck the stems of the leaves, acorns, and berries into the wreath. When you are happy with the arrangement, glue everything in place. Write holiday messages on the ribbon with puffy paint.

SUGGESTION

Spread holiday cheer at a senior living facility. Donate homemade wreaths to a residence for seniors, then volunteer to help decorate for the holidays.

**do not eat any berries or other things found in nature unless you ask a grown up first.*

Text by *National Geographic Kids* staff
Photograph by Mark Thiessen/NGS staff

Source: <http://kids.nationalgeographic.com/kids/activities/crafts/thanksgiving-wreath/>

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Glazed Butternut Squash with Carrots and Turnips

- | | |
|---------------------------------------|----------------------------------|
| 1½ cups cubed butternut squash | ½ teaspoon salt |
| 1½ cups sliced carrots | ¼ teaspoon pepper |
| 1½ cups cubed peeled turnips | Cooking spray |
| 4 teaspoons oil | 2 tablespoons maple syrup |

- 1. Preheat** oven to 450 degrees.
- 2. Cut** vegetables into ½-inch pieces.
- 3. Coat** a 9 x 13-inch baking dish with cooking spray.
- 4. Combine** the first 6 ingredients.
- 5. Bake** for 10 minutes.
- 6. Stir** in syrup and bake an additional 20 minutes.

Yield: 8, ½ cup servings.
Nutritional Analysis: 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 g carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

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 that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place and use it 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 the dish 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.
- **Hubbard squash**—(½-pound pieces)—2 pieces, 4–6½ 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°F for 1 hour or until tender. Seeds can be toasted at 350°F for 20 minutes.

SQUASH 1

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/dfs.



Contact the Franklin County Extension Office at (502) 695-9035 if you would like to receive our newsletter via email or email requests to gil.thurman@uky.edu or kim.cowherd@uky.edu
If you **DO NOT** want to receive this newsletter or your address is incorrect, please notify us immediately.

