

# Horticulture Newsletter

## January 2025

"From the Ground Up"

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### A Word from the Agent . . .



January of 2025 is upon us! I'm in disbelief to be honest. I know they say time moves faster the older you get, but no one prepared me for just how fast it can go sometimes! Either way, we're here in January already.

I got a lot of event information in this newsletter for you, and that's because there are some great opportunities coming up. Winter School this year has been expanded to 4 nights! We've added an "All Property Owners" night and it is literally for anyone. There will be things you can learn that night regardless of how much land you own or live on. So be sure to check out that flyer (it's a 2 pager!) for descriptions on all of the great topics we are bringing to you. There's also a flyer about a Beginner Beekeeper School. If you are just beginning or thinking about becoming a beekeeper, this series is for you!

As always, reach out with any questions or concerns...and call and register for Winter School today! See you around!

**Carrie Spry**   
Clark County Extension Agent for Horticulture  
[carrie.spry@uky.edu](mailto:carrie.spry@uky.edu)



- 2025 Winter School
- Beginner Beekeeper School

(See flyers in this newsletter for details on both schools)




### Clark / Powell Beekeepers Association Meeting

**Monday, January 13**  
**6:30 pm**

**Clark County Extension Service**  
1400 Fortune Drive; Winchester, Kentucky

~ **POT-LUCK MEAL** ~

Zoom option available for those who cannot attend in person. Call 859-744-4682 to be added to the email list to receive the link.



**MARTIN LUTHER KING JR. DAY**

**Extension Office will be CLOSED**  
**Monday, January 20th!**

### KEEPING YOU Informed

Find us on **Facebook**  
<https://www.facebook.com/ClarkCountyExtension>

Follow us on **Instagram**



  
Disabilities accommodated with prior notification.



UK Cooperative  
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# BEGINNER BEEKEEPER SCHOOL

**Every Thursday beginning January 30 thru February 27**

**6:30 pm to 8:30 pm**

**Montgomery County Extension Office**  
*(106 E Locust Street; Mount Sterling)*

**~Classes taught by Larry Young~**

*Larry Young is president of the Clark/Powell Beekeepers Association. In 2021, he was named Beekeeper of the Year by the Kentucky State Beekeepers Association.*

To register:



Call Powell County Extension Service  
606-663-6405

Beginner Beekeeper School is brought to you by:  
Montgomery County Extension; Powell County Extension; and Clark County Extension

# 2025 WINTER SCHOOL

 Cooperative  
Extension Service

# FREE!

## February 4, 6, 11 and 13

**6:00 pm** (A meal will be served each night)

**Clark County Extension Service**

### Topics for each night:

(For details about each night, please see the back of this flyer)

**4th Beef Night**

**6th Farm Night**

**11th Hort Night**

**13th All Property Owners**



**To register:**

 **859-744-4682**

 **cynthia.carr@uky.edu**

**\*\*These classes will qualify for CAIP educational hours!\*\***

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities  
accommodated  
with prior notification.

# Topics for 2025 Winter School:

## **February 4:** **Beef Night** *Meal provided by Clark County Cattlemen's Association*

- **Different Nutritional Needs for Different Ages of Cattle**  
**Dr. Jeff Lehmkuhler, UK Extension Beef Specialist**  
*Not all cattle have the same nutritional needs depending on their age and use. Learn the nutritional differences needed between calves, cows, replacement heifers, bulls, and feeder cattle.*
- **Clark County Hay Contest Results and Understanding Forage Testing**  
**Levi Berg, Clark County Extension Agent for Agriculture and Natural Resources**  
*Not all hay is created equal. Learn about the best hays in Clark County and understand how to utilize a forage sample in making hay feeding decisions.*
- **Clark County Cattlemen's Association Update**

## **February 6:** **Farm Night** *Meal provided by Clark County Farm Bureau*

- **Understanding the Carbon Credit Market**  
**Dr. Jordan Shockley, UK Extension Professor for Ag Economics**  
*More than ever, agricultural producers and landowners are hearing about carbon credits with little information about what carbon credits actually are. Learn the ins and outs of this growing industry.*
- **Animal Liability Laws in Kentucky**  
**Attorney John Hendricks, Rowady Hendricks Law**  
*Laws about animal liabilities can be confusing whether the animals are yours or your neighbors'. Come learn from a local attorney on how to minimize potential animal liabilities with regards to accidents.*
- **Different Pesticide Certifications**  
**Levi Berg, Clark County Extension Agent for Agriculture and Natural Resources**  
*There are many different certifications for those looking to apply pesticides. Learn about the different certifications within the state of Kentucky.*

## **February 11:** **Hort Night** *Meal provided by Clark County FFA Chapter*

- **Growing Oyster Mushrooms**  
**Adam Leonberger, Franklin County Extension Agent for Horticulture**  
*Are you a mushroom connoisseur? Have you ever considered growing your own? Oyster mushrooms are one of the easiest to grow and we will cover the basics of the different ways to grown them.*
- **Seed Starting**  
**Carrie Spry, Clark County Extension Agent for Horticulture**  
*Starting seeds and growing your own transplants can be very rewarding, and sometimes disheartening. Come learn the basics of seed starting and what factors go into the process of growing your own transplants.*
- **Clark County FFA Update**

## **February 13:** **All Property Owners** *Meal provided by Clark County Extension*

- **Pollinator Support**  
**Dr. Ric Bessin, UK Extension Entomologist**  
*Learn about some of the top things you can do to support the important pollinators and their habits. Whether you are a livestock farm, homeowner, small landowner, or apartment dweller, everyone can do something.*
- **Tree Assessment**  
**Carrie Spry, Clark County Extension Agent for Horticulture**  
*Putting up a new fence beside existing trees? Have a large tree beside a building, home, or barn? Learn the basics of properly assessing a trees health so that you can decide if the tree should stay or go before it potentially causes damage.*

# Top Three New Year's Resolutions for Gardeners

Submitted by: Andrew Rideout, Agent for Horticulture, Henderson County Cooperative Extension Service

Many people enjoy making New Year's Resolutions, so I would like to encourage you to make some gardening resolutions. Even those of you who do not typically grow anything can reap benefits from planting something, nurturing it, and watching it grow. It doesn't have to be a large vegetable garden. A small container garden or raised bed garden will be just fine.



According to many sources, regular gardening activities increases a sense of wellness and was found to decrease a person's health complaints, equivalent to someone five years younger. Recent research has shown that gardens and green spaces in general, provide "accelerated recovery" for hospital patients. (Ulrich, Roger; Simons, Robert; Losito, Barbara; Fiorito, Evelyn; Miles, Mark; Zelson, Michael. Stress Recovery During Exposure to Natural and Urban Environments. Volume 11, Issue 3, September 1991, pg. 201-230) The Centers for Disease Control and Prevention agrees, stating that gardening

is great exercise and motivates people to stay active longer than other activities. (CDC (April 22nd, 2014). Gardening Health and Safety Tips.

So, with all the research showing physical as well as mental health benefits of gardening, I would like to encourage you to adopt one of my suggested gardening resolutions.

## Resolution #1:



Try something new. Maybe you don't have a green thumb and really don't know how to grow plants. No problem. Start with a couple of containers on your back patio and plant a tomato plant, some cilantro, and a couple of peppers. Very little maintenance is required, and you will have all the ingredients for fresh salsa. If you are a regular gardener, try a new plant in your landscape or a new variety of tomato in the garden. Diversity in any garden adds interest and helps with disease problems.

## Resolution #2:



Make a garden plan and stick to it. The more seasoned gardeners can relate to this resolution. Proper planning will help reduce weed, insect, and disease pressures. Rotating crops, mulching, or even row covers will reduce dependence on pesticides and most likely will increase yields. Start now selecting good varieties that are resistant to disease and insect pressures. Keep notes on how well the plants performed for reference next season. Plan now and stick to it.

## Resolution #3:



Get children involved with gardening. According to the Journal of Public Health, just being outside in the fresh air will help prevent Attention Deficit Hyperactivity Disorder (ADHD) and result in higher test scores with students. (Kuo FE, Faber Taylor A. A Potential Natural Treatment for Attention-Deficit/Hyperactivity Disorder: Evidence From a National Study. American Journal of Public Health. 2004;94 (9):1580-1586). Several studies show that children will eat more vegetables and try new foods more readily if they grow the food themselves.

Losing weight, increasing exercise, and eating better are all common New Year's resolutions. Gardening can provide a path to all three and who doesn't enjoy fresh vegetables and showy flowers on a regular basis? Consider making some resolutions to get out, plant, and grow something and talk with your local Cooperative Extension Service if you need some advice on getting started.

Historically, I am not a fan of resolutions... and, if truth be told, I have not followed through with the few New Year's resolutions that I have made in the past. I prefer a different label — intentions. I intend to get out, plant, and grow more this year!



# Gus' QUICK TIPS for January

- ① If you need to melt ice on sidewalks or steps be very careful as most products are harmful to plants. Consider using sand instead, your plants will thank you for it.
- ② Evergreen plants can be seriously damaged by snow accumulation. After heavy snowfall use a broom to sweep snow from branches. Sweep in an upward direction as cold will cause plants to be more brittle than typical.
- ③ Winter is an excellent time to prepare pots and planters for next spring. Soak pots in a solution of vinegar and bleach, one cup of each per gallon of water. Heavily soiled pots may require scrubbing. Come spring you will be ready to go.
- ④ If you have time this winter paint the handles of garden tools a bright color. This will save lots of time next year when you can't remember where you laid them down in the garden.
- ⑤ Place orders now for asparagus, rhubarb, strawberries, raspberries, and blackberries. Plants can be shipped at the proper planting time, usually mid-March for us.
- ⑥ Continue to monitor house plants for pest problems.
- ⑦ Have your soil tested now for spring gardens ([AGR-16: Taking Soil Test Samples](#))

## Time is now



Prepare for spring planting by getting your soil tested. Nutrient and acidity levels in soil are analyzed so adequate fertilizer and lime recommendations can be made. Your report for a routine soil test will show the amount of Phosphorus, Potassium, Calcium, Magnesium, Zinc, pH and buffer PH.

You may stop by the Extension Office between the hours of 8:00 am to 4:30 pm, Monday thru Friday, to pick up a soil probe and soil bags. There is NO CHARGE for soil testing!

## RECIPE

### What's Cooking?



### Country Ham and Broccoli Grits

- |   |  |   |
|---|--|---|
| <b>1 tablespoon</b> olive oil               | <b>2 cloves</b> minced garlic            | <b>6 ounces</b> country ham, cut into ½ inch pieces |
| <b>1 pound</b> fresh broccoli florets       | <b>4 cups</b> 1% milk                    | <b>1 large</b> egg, beaten                          |
| <b>½ cup</b> minced onion                   | <b>1 cup</b> uncooked quick grits        | Salt and pepper to taste                            |
| <b>¾ teaspoon</b> crushed red pepper flakes | <b>1 cup</b> 2%, shredded cheddar cheese |   |

- 1. Preheat oven** to 375°F. Coat 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
  - 2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.
  - 3. Remove** from heat, stir in ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.
  - 4. Sprinkle** with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.
- Yield:** 16, ½ cup servings.  
**Nutritional Analysis:** 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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

