

January / February 2023

Volume 1, Issue 1

What's Wrong with My Taxus?

By Cheryl A. Kaiser and Nicole A. Ward Gauthier, Plant Pathology, Lee H. Townsend, Entomology, and Richard E. Durham, Horticulture

Taxus (yew) is an evergreen shrub commonly found in Kentucky landscapes. Numerous conditions can cause these shrubs to exhibit yellowing and browning symptoms. While diseases (Figure 1) and insect pests (Figures 2, 3, and 4) can result in damage, Taxus troubles are often the result of adverse growing conditions. Pinpointing the specific cause requires a thorough examination of the affected shrub, an investigation of the surrounding area, and knowledge of possible stress factors.

The following questions and supplementary information are meant to assist homeowners and consultants in determining the cause of Taxus decline. Answering "yes" to one or more of these questions should suggest a possible cause to the shrub's troubles.

Click [HERE](#) to read complete article from UK Publication ID-52.



Figure 1. Needle dieback resulting from root loss. Phytophthora root rot (shown here) and "wet feet" can both cause similar symptoms as a result of root damage.

Inside this issue...

- What's Wrong with My Taxus?..... 1
- Master Gardner News 2
- Meet the Campbell County Horticulture Team 3
- Garden Calendar 4
- Book Review 4
- Programs offered 5
- Overseeding Thin Laws 6
- From the Garden 7
- Featured in the Garden 7
- CC Farmers Market Info 8
- Free leaf compost 8
- Mason Bee Program 9
- Plant Spotlight: Winter Red Winterberry Holly 10
- Grow Fruit Trees 11
- Upcoming Events 12
- Kentucky Winter Squash recipe 12

Welcome 2023! Thank you for your interest in receiving the Campbell County Extension Horticulture Newsletter. Our horticulture staff; David Koester, Terri Turner, and Sarah Imbus, along with our plant-minded Master Gardener Volunteers, plan to provide you with gardening information in hopes to inspire you to grow your knowledge! We look forward to having you join us bi-monthly.

If you, or know of someone who would like to be included on the newsletter distribution list, please call our office, or scan the QR Code to register.



Save the Date!
Saturday,
September 9th
Campbell Extension
OPEN HOUSE





Master Gardener News...

Should I sign up for the Master Gardener Program?

By Marty Jennings

I am a Master Gardener. Well Almost. At least officially. Part of the certification process includes volunteer time, which one selects from a long list of opportunities. I have not finished yet. Forty hours doesn't sound like much. But everyone has a busy schedule, whether its work or family, or yes... other volunteer work. But hey, you get to work in a garden. And that's one of the reasons for participating in the Master Gardener program.

I found out that the class was being offered by the County Extension office on a once-a-year schedule. Frances called and told me I was about to miss out on the enrollment. This was the perfect time to take it because the live classes were at the Campbell County office this year. I had some time in my schedule, so I got in at the last minute.

The program is offered by the County

Extension office with oversight by the University of Kentucky. I knew about it, heard about it, had a sister-in-law who was in the program and had my own perception about it. Just had no idea about the large scope of the program. You have 15 weeks of instruction with an incredible amount of printed and online information on flora and anything related. I enjoyed it, of course, who doesn't like color pictures of flowers. The county extension office provided more information than I got in my first year of law school. But that's not a bad thing. Did I mention you get to work in the garden.

One of the many positives of the program is provided by the staff and the guest speakers. The staff is incredibly helpful and knowledgeable. You have an issue with a plant. Just ask, they know where to look for the answers if they do not already know. The speakers at the classes are experts in their specialties. And I do not toss around praise lightly. Yes, there is a test, but you have a week to complete it using the materials they have provided. Good luck getting 100%.

For those of us who have not interacted with the county extension office before, it can be a huge surprise. Talk about low key. I found out that the extension office provides volunteer work on many levels. You see a planter on Route 18 in Boone County? The extension office and the many volunteers who have graduated from this program probably planted it and are keeping it looking good. Who knew? They have an education center that provides classes for young and old on the joys of plants and the environment as well.

So... am I glad I signed up and took the time to participate in the Master Gardener class. Absolutely. I don't have a bucket list, but I am pretty sure that participating in this class would have been on it. The information, the staff and the speakers, the convenience, meeting and making friends with all of the volunteers who are an obsessed lot (that's a good thing), and just the general feel-good you get when you volunteer and pay it forward. And did I mention... you get to work in the garden.

A personal reflection from Master Gardener Intern.

By Frances Gonzalez

It was a Friday morning in December of 2021 and the classroom was filled with eager apprentices! The dreary pandemic days had postponed this opportunity long enough. The sense of excitement was distinct even with mandated facial masks. Despite the coverings, everyone projected a sunny disposition, I surmised, from a common affinity for the outdoors and green living!

Introductions were made. "Hi, I'm Frances, from Fort Thomas. I am an early retiree from the airline industry and I couldn't be happier to be here!" Our instructors, Sarah and Terri were both warm and witty and made learning easy and fun! We were each gifted a gargantuan



Master Gardener (MG) binder which housed

all the earthly topics we were to conquer in the 16 weeks we committed to the program.

Intently, we listened as the educational and volunteer parameters were cast. Questions were asked and answered. Stories were shared. "It was my grandfather who introduced me to gardening," said Chrissy wistfully. Guest speakers wowed. Thank you, Dr. Larson for your spectacular insight and dynamite presentation about phylum Arthropoda! Live demonstrations captivated. We snacked. Snow days, yielded Zoom classes. We propagated plant cuttings. We grasped proper composting etiquette. Flower pods were dissected. Laughter erupted often.

We tested soil pH levels. We talked trees. Plant diseases were diagnosed. Notes were

(continued on page 3)

taken. We snacked again. We gained so much valuable knowledge. Budding friendships formed.

While the winter months slipped quietly away, springtime arrived faithfully and March delivered the promise of a final exam! You must pass a 3-hour- written test if you want to become an official Intern Master Gardener (MG)...so we ALL DID! :)

"Fridays in the Garden" rolled out next! It was an open invitation to earn volunteer hours to maintain and beautify the public garden for the community's pleasure. MG "hopefuls" worked cheerfully alongside seasoned MGs from April to November. We tirelessly pulled weeds. We



*I'm only a few
"weeding-hours"
away from becoming
an official
Master Gardener!*

tended the rose garden. Hundreds of plants placed thoughtfully in their beds. We shared favorite garden tools and tips. We marveled at monarchs. We deadheaded daisies and picked persimmons. We logged volunteer hours and planted bulbs. Flowers were cut and arranged in vases and delivered weekly to the nearby senior center. We pruned profusely. We dug deeply and lovingly into the dirt. Garden statues were relocated, great job moving that substantial concrete cat, Marty! A

grand carving of Mother Nature materialized. There were road trips! We hosted a bustling open house with goat yoga! We winterized the grounds. Friendships blossomed. We gathered for a holiday luncheon. We praised and celebrated us.



It is now December 2022 and I proudly declare, I'm only a few "weeding-hours" away from becoming an official Master Gardener! I pen my sincerest appreciation to everyone at the Campbell County Extension Office who made this special journey possible and wonderful. Thank you! - F.G. Gonzalez

Campbell County Horticulture Team



Sarah Imbus

Sarah started her extension career in 2009 in Jefferson County. Working in urban communities primarily with community gardens, she fell in love with the community aspect and

connectivity that gardening brings. In 2015, she joined the Campbell County team bringing her desire to connect community and gardening. Sarah and her husband have two children, Ella who is 8 years old and son Wesley, who is 9 months old and two furbabies Otto and Peaches. In her spare time, Sarah enjoys hiking with her family.



David Koester

About 6 years ago David retired from Campbell County but decided that he missed Extension and teaching so much, he accepted a job as the horticulture agent in Boone County once Mike

Klahr retired. He excelled there in Boone and accomplished so much, but yet again wasn't ready to leave Extension quite yet. He will be reuniting with the Campbell County horticulture team once again starting January 3, 2023 as the horticulture technician alongside Terri Turner. Like Terri, David is passionate about plants and teaching, and also has a soft heart for animals. We are excited to have him back in Campbell County to help implement new community programs on vegetable gardening and fruit production. He has a lot of gardening experience and knowledge to share.



Terri Turner

Terri is a native to northern Campbell County where she has experience with small space gardening on a postage stamp size lot. She enjoys growing cut flower gardens, planting

for pollinators, and she "may" have a thing for air plants and tropical plants too. She loves animals in particular her rescue dog Emma. Aside from gardening, she spends her free time volunteering at a local cat rescue where she has been known to foster a few cats before. Her extension career started in Boone County a few years ago (1997 to be exact) as horticulture technician. Her passion for flowers and connecting with people shines as shares her knowledge about horticulture with others. Enjoy a walk in our gardens and bring your furry friend(s) too or sign up for one of Terri's classes. She is a wealth of knowledge and is happy to share growing tips with others!

GARDEN CALENDAR: JANUARY-FEBRUARY

- **Research catalogs to select the best seed varieties.** *To see the University of Kentucky's top vegetable varieties, visit <http://www2.ca.uky.edu/agcomm/pubs/id/id133/id133.pdf>
- **Clean, sharpen and disinfect your gardening tools.** *To learn more, visit
 - Disinfecting tools: <https://plantpathology.ca.uky.edu/files/ppfs-gen-17.pdf>
 - Sharpening pruners: <https://plantpathology.ca.uky.edu/files/ppfs-gen-17.pdf>
- **“Small Tool Cleaning & Sharpening Class” February 13, 6:30-8:30pm**
- **Inspect your houseplants for insects and disease.** *To learn more, visit <https://entomology.ca.uky.edu/files/ef406.pdf>
- **Overseed thin lawns in mid-February-March** *See article on page 6 in this newsletter



Book Review

By David Koester

During the Holidays I spent way too much time sitting and watching sports on TV. Everything from Soccer to Horse Racing kept me occupied. Thankfully I did unplug and spent

quality time with a book I'd recommend to every gardener. "Grow Your Soil" by Diane Miessler is a simple, easy to read manual on methods to feed your soil. You may think I made a mistake by my wording "feed your soil". For decades we have recommended fertilizing our plants. Adding synthetic fertilizers to the root zone of our plants will produce results but oftentimes we fertilize to the detriment of the living food web in the soil.

All gardeners can benefit from reading and putting into practice the methods Miessler recommends. She details the amazing array of organisms present in each teaspoon of soil and how we can feed them so they can in turn nourish our plants. Readers can easily grasp and understand this mutually beneficial phenomenon. I have always believed we need to leave our soils in better condition than when we started planting in them. Miessler tells us how to achieve living soils by using cover crops, adding compost, and organic matter as well as ways to reduce tillage.

The result of putting these recommendations into practice will be a vibrant, living soil which will provide everything needed for healthy plants. Plants grown in these soils are disease and insect resistant as well as being more tolerant of drought.

Grow Your Soil is available from Storey Publishing Company for \$16.95





Campbell County Cooperative Extension Horticulture Programs

Funday Monday

A garden craft series

January 23, 30; February 6, 13
10:00am

Mason Bee Masonry

Learn about Mason Bees and build a Mason Bee house

February 14, 10:00 am
March 9, 1:00pm

Small Tool Cleaning & Sharpening

Learn how to sharpen and sanitize small garden tools

February 13, 6:30-8:30pm

Organic Vegetable Gardening

Learn how to organically garden vegetables at home

February 28, 10:00am-12:00pm -OR- 6:30-8:30pm

Small Home Fruit Series

Learn how to select and grow small fruit in your home garden

March 3, 10, 17
10:00am-12:00pm

Fruit Pruning (at Boone County Cooperative Extension)

Learn why proper pruning is essential for higher yields

March 11, 10:00am

Bonsai 101

Learn history of bonsaiing, plant selection, & beginning care of bonasi plants

March 14, 10:00am-12:00pm

**Scan the code
to register:**



Overseeding Thin Lawns

By Greg Munshaw,
Plant and Soil Sciences

Little success can be expected if you just broadcast seed on the soil surface. In order for seed to germinate and survive, it must have good soil contact. Sometimes a heavy raking will loosen the soil surface sufficiently, but most often the surface is hard, and weeds or dead grass make raking difficult. A vertical mower or dethatching machine can often be rented from a local lawn supplier or equipment-rental agency. Not only will vertical mowing or dethatching loosen the dead grass and weeds, it will leave shallow grooves or slits in the soil surface. Seeds falling into these slits are much more likely to germinate and live. For best results, it may be necessary to traverse the area several times in different directions in order to disturb the soil sufficiently. Most commercial lawn companies and some rental agencies have power seeders. These machines vertical mow/dethatch and distribute the seed in a single pass, however, it is still desirable to seed in multiple directions to avoid missing any areas.

Selecting the Right Grass Assuming that the lawn is established to an adapted grass, it is usually more desirable to seed the same species as the existing grass in order to maintain uniform appearance. Do not seed coarsely textured grasses like KY 31 tall fescue into a Kentucky bluegrass lawn. Turf-type tall fescue is the preferred renovation grass as it has a similar texture to Kentucky bluegrass. Kentucky bluegrass is very difficult to establish within an existing lawn—the seed are very small and seedling vigor is low. Success is best achieved when:

- Existing grass and/or weeds are almost entirely killed by insects, disease, drought, or non-selective herbicides.
- The majority of existing grass/



Overseeding lawns can be done late Feb-March. Best results are in August-September.

weeds can be completely removed with a dethatching machine. • Renovation can be accomplished in early fall or early spring. • The surface can be kept moist for about two weeks with irrigation. Sowing the Seed The

Check out these UK Publications for Improving Your Lawn

- [Weed Control for Kentucky Home Lawns \(AGR-208\)](#)
- [Mowing Your Kentucky Lawn \(AGR-209\)](#)
- [Fertilizing Your Lawn \(AGR-212\)](#)
- [Liming Kentucky Lawns \(AGR-214\)](#)
- [Irrigation Tips to Conserve Water and Grow a Healthy Lawn \(AGR-115\)](#)
- [Aerating and Dethatching Lawns \(AGR-54\)](#)

seed should be evenly spread over the area at the rate of 2 lb/1,000 sq ft for Kentucky bluegrass, 6 lb/1,000 sq ft for tall fescue, or 2-4 lb/1,000 sq ft for perennial ryegrass or red fescue. Rake the seed lightly into the seedbed or traverse the area again with the dethatching machine for good seed-soil contact. If using a power seeder, seed only about 1 lb/1,000 sq ft per pass and make multiple passes if possible. If only making one or two passes, you can broadcast 3-4 lbs/1,000 sq ft before making the last pass.

Remember, chances of success are good if you seed during late August and September, fair during late February or early March, and very poor from mid-spring to August. Proper Care Newly-seeded areas should be watered immediately after seeding. Watering should continue as long as necessary to obtain satisfactory germination and growth. The surface should be kept consistently moist without forming puddles. Begin mowing as soon as some of the grass grows higher than the desired mowing height. Keep the mower blade sharp as a dull blade can rip young plants out of the soil. If the area is seeded in spring and crabgrass is a potential problem, apply a pre-emergent crabgrass herbicide immediately after seeding. Siduron (Tupersan) or mesotrione (Tenacity) are the only preemergent herbicides that can be used. A second application should be applied in late spring or early summer. Follow the specific label directions. Caution: Germination of desirable grasses may be decreased if broadleaf weed killers such as 2,4-D have been applied one to two weeks before seeding. These herbicides should not be applied to young seedlings. Before applying these herbicides, wait until the new grass has grown enough to be mowed at least twice.



From the Garden...



As you drive down the busy Alexandria Pike (US 27), you may not notice you are steps away from a hidden gem in the heart of Highland Heights.



The Lakeside Commons Educational Gardens was developed as an educational garden for hands-on, interactive learning for the citizens of Campbell County and neighboring Greater Cincinnati. Many plants are labelled so visitors can learn about them. Extension staff put on several classes a year using the garden.

Since its inception in 1995 and first plantings of perennials and flower beds in 1999, the gardens continue to expand. In the years following, water gardens, a rose garden, pollinator, butterfly and native plant gardens have been added. A major renovation of the vegetable garden is in the works.

Enjoy a stroll through meandering paths next to the lake at Lakeside Commons. Pause on a

Visit Lakeside Commons Educational Gardens



bench and reflect on nature's bounty and beauty. The lake is stocked twice a year and fishing is free with a fishing license.

The gardens are also the location of our annual Community Celebration Event every September.

A big thank you to our Master Gardener Volunteers who make the garden such a wonderful place to visit.



Featured in the garden...



Check out the time lapse video of the creation of our Mother Nature statue, made by local chainsaw artist Chris Rust! Next time you're driving by, stop and take a walk through our garden and check it out!



[#chainsawart](#) [#campbellcountycooperativeextension](#)



If you are interested in becoming a market vendor in Campbell County for the 2023 market season please contact the respective market:

Campbell County Farmers Market Association (Highland Heights, Alexandria, and Newport)

Kevin Neltner 859.486.7535

Fort Thomas Farmers Market

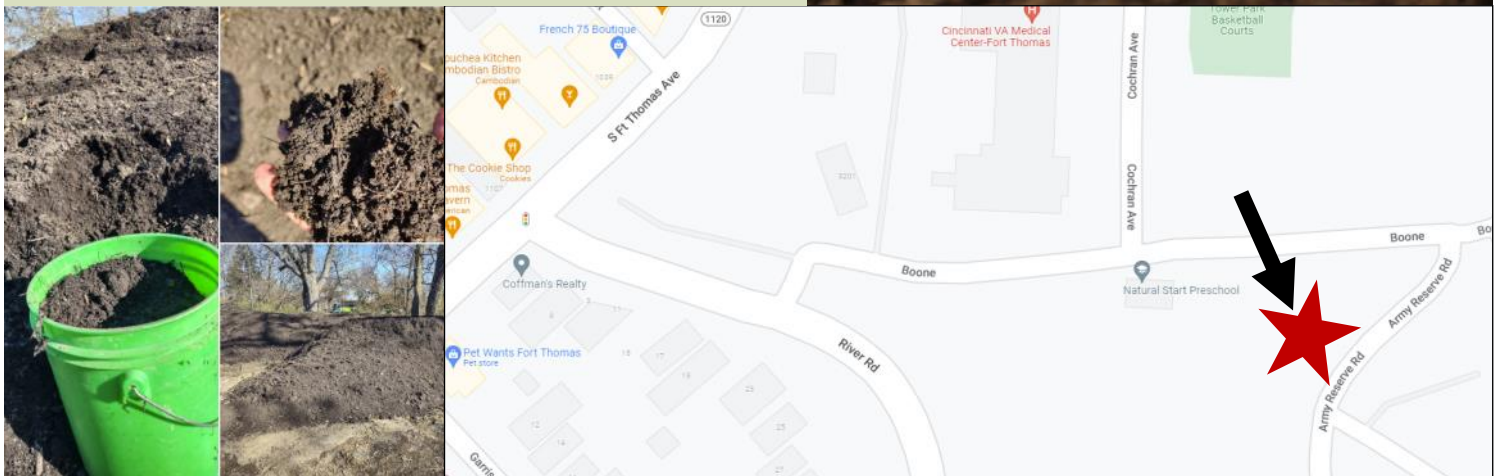
Tiffany Tomeo 513.284.0272

There is free leaf compost at Tower Park in Fort Thomas! If you would like some, bring your own shovel and buckets or truck to take as much as you need!

Soil test results:

pH 7.8, P: 226 ppm, K: 435 ppm

This soil is slightly Alkaline, would be a great soil amendment for vegetable garden and ornamental plants.





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

Mason Bee Masonry

Learn about mason bees and
build a mason bee house
with Master Gardener, Michelle Ryder!!

February 14 at 10:00am –OR– March 9 at 1:00pm

Only register for ONE event

Campbell County Extension Office: 3500 Alexandria Pike
Highland Heights, KY 41076

Registration Required: visit <https://campbell.ca.uky.edu> or
call 859-572-2600

Only ONE bee house per family

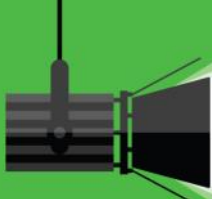


Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Plant Spotlight:

Winter Red Winterberry Holly (Ilex verticillata 'Winter Red')



Winterberry Holly, also known as deciduous holly, are native to swampy areas of eastern North America.

Unlike the typical holly, winterberry holly are deciduous. They develop a great yellow fall color and drop their leaves in late fall. This leaves the berries on full display all winter long.

The cultivar 'Winter Red' has a rounded upright form and can reach 6-8' tall and wide. It prefers slightly acid, moist to wet soils. It's best in full sun or light shade. Denser shade may inhibit bloom, berry production and may affect the fall color. They bloom in June or July but the flowers are not very noticeable. Prune in early spring just before new growth begins.

Holly are dioecious, meaning plants are either male or female. 'Winter Red', and other berry producing hollies, are female. They will need



a male holly to pollinate them. 'Winter Red' is typically pollinated by the male cultivar 'Southern Gentleman.' It is said one male holly can pollinate up to 10 female hollies. For best pollination, place males close to the female plants. It is recommended males be no further than 50' away from females.

If you prefer orange berries, 'Winter Gold' is a great choice.

Winterberry hollies make a nice hedge plant. They are great for attracting birds. Their tolerance for moist soils make them a good choice for rain gardens.

You can also clip the berries to add to winter floral displays.





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



Growing Fruit Trees

Now is the time to plan for healthy fruit trees and a good harvest. Learn about choosing varieties for our area, site selection, and disease and pest prevention with David Koester and Mary Ann Schultz.



Monday, February 6, 2023
 10:00 a.m. - 10990 Marshall Rd.
 Covington, KY
 6:00 p.m. - 450 Kenton Lands
 Erlanger, KY



*Please note the Marshall Rd class was changed from February 2 at 2 pm to February 6 at 10 am

Call (859)356-3155 or visit
www.kentoncountyextension.org
 to register

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Upcoming Events:

January 23, 30; February 6, 13
Funday Monday - 10:00 a.m.

A garden craft series

Campbell County Extension Office

January 24-26

Kentucky Nursery & Landscape Association

<https://www.knla.org/page-18093>

February 2

Tri-State Green Industry Conference

<https://hamilton.osu.edu/program-areas/agriculture-and-natural-resources/horticulture/2021-tri-state-green-industry>

February 13 - 6:30 p.m.

Small Tool Cleaning & Shapening

Learn how to sharpen and sanitize small garden hand tools

Campbell County Extension Office

February 14 - 10:00 a.m.

Mason Bee Program

Campbell County Extension Office

February 21-23

KY Turf & Landscape Management Short Course

<https://kyhortcouncil.org/2023-ky-turf-short-course/>

February 28 - 10 a.m. or 6:30 p.m.

Organic Vegetable Gardening

Learn how to organically grow vegetables at home

Campbell County Extension Office

March 9 - 1:00 p.m.

Mason Bee Program

Campbell County Extension Office

Watch for more Campbell County Classes and Programs. Check our website or Facebook page and the March/April Newsletter.

campbell.ca.uky.edu

Kentucky Winter Squash

SEASON: August through October

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is 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 within one month.

PREPARATION:

To steam: Wash, peel, and remove seeds. Cut squash into cubes. Bring 1 inch of water to a boil in a saucepan and place squash on a steaming basket in the pan. Do not immerse it in water. Cover the pan, and steam for 30 to 40 minutes or until tender.

To microwave: Wash squash, cut it lengthwise, and remove seeds. Place on a baking dish. Microwave until tender, using these guidelines:

- **Acorn squash:**
1 squash, 8 1/2 to 11 1/2 minutes

- **Butternut squash:**
2 pieces, 3 to 4 1/2 minutes

- **Hubbard squash (1/2-pound pieces):**
2 pieces, 4 to 6 1/2 minutes.

To bake: Wash squash, cut it lengthwise and remove seeds. Smaller squash can be cut in half; larger squash should be cut into portions. Bake in a baking dish at 400 degrees F for 1 hour or until tender.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

July 2021

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



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ky.ca/ce



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

Butternut Squash and Turkey Chili

2 tablespoons olive oil
1 medium onion, chopped

4 cloves garlic, minced
1 pound ground turkey

1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes

1 cup low-sodium chicken broth
1 (4.5-ounce) can chopped green chilies

2 (14.5-ounce) cans petite diced tomatoes
1 (15-ounce) can no-salt-added kidney beans, drained and rinsed

1 (15.5-ounce) can white hominy, drained

1 (8-ounce) can tomato sauce
1 tablespoon chili powder
1 tablespoon ground cumin
1/2 teaspoon salt

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: Press sauté function. **Add** olive oil and onion; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** garlic and **cook** for 30 more seconds. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:

190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



Sarah Imbus

Sarah Imbus

Campbell County Extension Agent for Horticulture Education

David Koester

Terri Turner

Campbell County Extension Technicians for Horticulture Education

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Martha Alexander, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410, 202-720-5964.