

# Horticulture

## Newsletter

**Campbell County**

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November / December 2023

Volume 1, Issue 6

### Campbell County Horticulture Department Welcomes Technician to our staff



Joe Morgan

Joe began working for extension in 2021 at the Boone County office. In Boone County, he helped to establish a fig trial garden, teach about small fruits and natives, and cultivate the nature center gardens from which they donated nearly five tons of produce. Joe is particularly interested in small fruits, vegetable production and cacti, although he is confined to container gardening on a small balcony apartment. Outside of horticulture, he is interested in software development. He is happy to talk about all things food production or software. He will be participating in programming when Horticulture classes begin and is happy to share his knowledge.

### In this issue...

Welcome Joe Morgan .....	1
Keeping Houseplants Happy during Wintertime .....	1
Upcoming Classes .....	1
Ft. Thomas Farmers Market .....	2
Fall is for Planting .....	3
Holiday Houseplants .....	4-5
Spotted Lanternfly found in KY .....	6-7
Extension Garden Renovation .....	8
Backyard Local Cost share .....	9-10
Garden Calendar .....	11
Recipe .....	12

### Keeping your Houseplants Happy during Wintertime

Source: Rachel Rudolph, horticulture assistant professor

Even though your houseplants do not have to deal with the cold like your garden does, you should still change how you care for them this season, ensuring they stay healthy and continue to grow well. Following these tips, your leafy friends will bring lushness and natural beauty into your home, even in winter.



#### Decrease watering

In general, less light means less water. Plants need less water in the winter because they don't get as much sunlight, compared to spring and summer. To test soil moisture, push your finger into the potting soil at least one inch deep. If the soil is dry, water

thoroughly. It is better to water plants well less often than water just a little bit every day. In the winter, it is possible that you will only need to water once every two to three weeks.

*(continued on page 2)*

### Save the date for a few upcoming classes at the Extension Office:

- **Hydroponics at Home:** 1/25/24 - 12:00pm
- **Mason Bee Program:** 2/9/24 - 10:00am
- **Native Grasses and No Mow Lawns:** 2/22/24 - 12:00pm
- **Cacti and Yucca of North America:** 3/28/24 - 1:00pm
- **Composting 101:** 4/25/24 - 1:00pm

**For more information about these, and other classes, visit our website or contact the Extension Office at 859-572-2600**



Disabilities accommodated with prior notification.



## FORT THOMAS FARMERS MARKET



We're inside the Mess hall in November and December. November 1, 8, and 15 the hours are 3-6. We are doing a special Taste of the Market on November 15. Here is the link to that event. <https://fb.me/e/415URCQ9M>  
The holiday markets are November 29, December 6, and 13, from 3-7pm.



## Keeping your Houseplants Happy during Wintertime



*(continued from page 1)*

### **Pay attention to the Sun**

If possible, move your plants closer to the windows. If they're on the ground, put them on a plant stand. Every week or two, rotate the pots to ensure all sides of the plants get some sunlight.

### **It's okay if a few leaves fall off**

Plants outside over the summer will probably lose some leaves when they come back inside. This is normal because they are getting used to the lower light levels inside. It's normal for plants that stay inside all year to lose a few leaves as winter approaches. This is just their way of getting ready for less light.

### **Avoid temperature extremes**

Keep plants away from cold drafts, radiators and hot air vents. Sudden hot or cold drafts can kill plants, stress them out, or dry them out.

### **Put the fertilizer on hold**

Winter is a time for most houseplants to rest. They don't need fertilizer because they usually aren't actively growing. In the fall, stop fertilizing and start back up again in the spring when plants get more sunlight and start growing again.

### **Scan for pests**

If you are bringing plants inside for the winter, be sure to check the leaves, stems and soil surface for pests. Wipe leaves down with a wet cloth or remove pests by hand before bringing the plants inside. Small bugs that feed on sap, like aphids and scales, tend to show up more in the winter. Another common



winter pest is the spider mite which likes warm, dry places to live. When watering, flip the leaves over and look at the undersides and along the stems. If you find bugs, use your fingers or damp cloth to remove them. Neem oil and insecticidal soap may be options for managing houseplant pests. With any product, be sure to read the entire label for application instructions and precautions.

### **Increase the humidity**

In the winter, the air inside our heated homes is often drier. Most houseplants, especially those from tropical areas, do best when the humidity is between 40 and 50%. However,

in the winter, most homes have humidity levels between 10 and 20%. Putting plants close together is an easy way to make the air around them more humid. Plants can also be put on trays with pebbles and water to make the air more humid. To keep the roots from rotting, pot bottoms should be above the water. As the water evaporates, it makes the air around your houseplants more humid. Keep plants away from vents with blowing air.

More information on caring for houseplants is available at the Campbell County Extension office.

## Fall is for Planting

For many gardeners, fall is the best time to plant trees and shrubs. Cooler temperatures and fall rains make for less maintenance by the gardener and a larger window of time for the tree to establish itself before the stresses of summer. Many deciduous plants will enter dormancy before or shortly after planting in October-November and will be less stressed for water as transpiration stops. While vegetative growth slows or stops, trees may still develop root growth if soil temperatures are above 50 degrees Fahrenheit. There is typically some lag of soil temperatures in relation to fluctuating air temperatures and roots may grow for some time in winter and early spring before the tree ever breaks dormancy. These few months of establishment are not a substitute for supplemental watering during the first few growing seasons but greatly reduce the water stress experienced in the initial year after planting.

When planting trees or shrubs there are some imperative -often overlooked- steps that gardeners should take to ensure the long-term health of the plant including: removing any trunk and branch packaging, excess soil, container material, and girdling roots. Removing any twine, labels, or rubber before they girdle branches or trunk is by far the easiest first step you can take to protect your tree. Whether in a plastic nursery container or a ball and burlap, all material should be removed even if it must be cut away from the root mass. Ball and burlap trees should be placed into the hole and then have all material cut away to prevent the ball from breaking up. Excess soil is a big concern around the root collar of many trees. Trees in containers, especially ball and burlap are often planted deep in containers. All soil above the root flare should be removed and the root flare should be level with the ground at planting. In



addition to removing excess soil, any circling roots or any large, intertwined roots should also be corrected or selectively removed. More information regarding root flares problem roots and planting depth can be found here.



Digging holes for trees and shrubs correctly is key in aiding the plant in living a long and healthy life. Holes should be dug to the same depth as the height of the root mass and twice as wide. The root flare should be flush with

the ground level. When backfilling the hole, it is key to use a majority native material. Using excessive amendments may create a “bowl effect”, water sitting in light airy material and not penetrating the topsoil. Keeping amendment below 30% of the total backfill can help to prevent this water buildup. Soil should be compacted enough to stabilize the ball and no more. After planting, the tree can be staked if necessary.

Finally, the tree should be mulched and watered in. When mulching the tree, a layer no more than four inches in depth should be applied out to the drip line of the tree, tapering down near the trunk and not touching any of the woody growth. This mulch ring should be extended to match the drip line as the tree grows. After planting, watering in with at least five gallons of water should be sufficient for a week. After the initial watering, monitor precipitation and ensure that the tree is receiving the equivalent of 1-2-inches of rainfall weekly.

## Holiday Houseplants Brighten beyond the Season

*Source: Rick Durham, extension professor, Department of Horticulture*



**T**he colorful plants you enjoy during the holidays can linger beyond the season. If you take care of them, they may become a welcome addition to your houseplant collection.

Traditional Christmas plants, such as poinsettia, holiday cactus, Christmas pepper, kalanchoe, Jerusalem cherry or cyclamen, require a bright, sunny location in the home. Regular thorough watering whenever the soil is dry is also very important. A sunny location and regular watering are enough for these plants throughout December, but they will need more specialized care if you plan for them flower again next year.

In January, decide if you want to keep your holiday plants or discard them. That decision is easy for Christmas

pepper, Jerusalem cherry and chrysanthemum because they will not flower again in the home environment. Holiday cactus, kalanchoe, or cyclamen can remain colorful through February with proper care. You may even keep them as houseplants after February if you provide the correct conditions. Holiday cacti are relatively easy to grow while kalanchoes and cyclamen are more difficult. While poinsettias may continue to grow, they are very difficult to bring into flower for the next holiday season and are best discarded.

The major result of yearlong care of a holiday plant is its increase in size. It is not an easy task to produce a poinsettia with blooms for the holidays next year, but if you are successful, you may have very

large plants with 40 to 50 flowers from the same plant that had only six to eight flowers the previous year. Holiday cacti will be two to five times as large next year with many flowers. Kalanchoe will also increase in size while cyclamen tend to stay compact.

For this season's poinsettias, choose plants with small, tightly clustered yellow buds in the center of the colorful leaf-like bracts that are commonly referred to as the flowers. Look for crisp, undamaged foliage. Water the plant when it feels dry and discard excess water in the saucer under the plant. Place the plant in a bright, naturally lit location with some direct sunlight. Keep the plant out of drafty areas and away from appliances that produce heat. After a few weeks,

apply houseplant fertilizer according to the label directions. The colorful bracts may stay nice into January and February. Some people may want to try to rebloom poinsettias for the following holiday season. While this is difficult, here are some step-by-step instructions for those who are brave enough to try. Around St. Patrick's Day, remove faded flowers, bracts and dried leaves from the plant; add more soil if the level in the pot seems low, and fertilize again. Move the plant to the brightest window in your house, full sun is fine if you gradually allow the plant to adjust to higher light.

Around Mother's Day, your plant could be approaching 3 feet in height. Trim two to six inches off the branches to promote side branching. Repot in a larger container and move the plant outside to a location that receives full sun for at least six hours each day. Again, gradually introduce the plant to full sun, start off in a shady area. Over a few weeks' time, gradually move the plant to higher light conditions.

Fertilize the plant again in June. Trim your poinsettia again around July 4 and slightly increase the amount of fertilizer. Fertilize weekly August through September.

By Labor Day, the plant could be 3-5 feet tall. Prune it to a height of 18-24 inches. This will be your last chance to reduce the height. Around the first day of fall, Sept. 22, selectively remove the smallest new branches so that only 10-25 stems remain



to produce flowers. This is also the time to move the plant indoors. The plant will need about 14 hours of uninterrupted darkness and 10 hours of bright sunlight each day. For example, place the plant in a light-free closet or under a box at 6 p.m. each evening and return it to the sunny window at 8 a.m. the next morning. Or simply place the plant in a little used south facing room, and do not turn the lights on in the room from 6 p.m. to 8 a.m. each day. Any day you forget and accidentally turn the lights on will cause a delay in flowering.

Continue to water and apply fertilizer about every two weeks. Rotate the plant each day to give all sides even light. If the window does not get direct sun, you can supplement the daytime light with fluorescent or LED lights but be sure to turn them off by 6 p.m. Around Halloween, stop the day/night, light/dark treatment and keep the plant in a sunny area. Reduce fertilizer applications. The plant can remain in its usual full sun location as the upper leaves (bracts) turn red, pink or white. During November and December, fertilize every three weeks and water regularly. Next Christmas enjoy your beautiful "new" poinsettia.

For information about extending other holiday plants, visit <https://www.uky.edu/hort/sites/www.uky.edu/hort/files/documents/christmasflowers.pdf> For more information on horticulture topics, contact your Campbell County Extension office.



# Spotted Lanternfly found in Kentucky



Adult spotted lanternflies are distinct looking insects; their fore wings are half spotted and half reticulated, while the back wings are a mixture of black, white, and red. On the left, the wings are open and showing all of the color; on the right is how the insect is most likely to be encountered—with the wings closed over its back (Photos: Pennsylvania Department of Agriculture, Bugwood.org).

Early October, KY State Entomologist confirmed the first sighting of Spotted Lanternfly (SLF) in Gallatin County. To date, no other KY counties has had any confirmed identifications, though all neighboring KY states has found this invasive pest. Be on the lookout and if you suspect this pest, collect a sample and or take of photo of the pest and reach out to your local Extension office.

### What is the Spotted Lanternfly?

SLF is very distinctive in appearance.; the adult is about an inch long, with strikingly patterned forewings that mixes spots with stripes. The back wings are contrasting red, black, and white. The immature stages are black with white spots and develop red patches as they age. They are a type of planthopper; they are capable of jumping and can be quite fast.

### How did it get to Kentucky?

The spotted lanternfly is a non-native insect that is from East Asia. The first confirmed infestations were found in Pennsylvania in 2014. Following that discovery, the pest has steadily made progress in infesting other states, such as New Jersey, Ohio, Delaware, New York, Connecticut, Maryland, and West Virginia. In 2021, an infestation was confirmed in Switzerland County, Indiana (directly across the Ohio River from Gallatin County, Kentucky). Further movement in Indiana has been confirmed in 2022 and 2023. In 2022, there was also confirmation of SLF in Cincinnati, OH, with the problem growing in 2023.

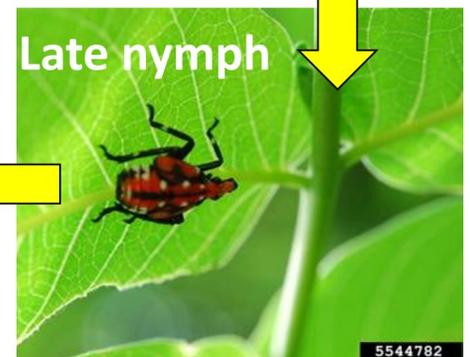
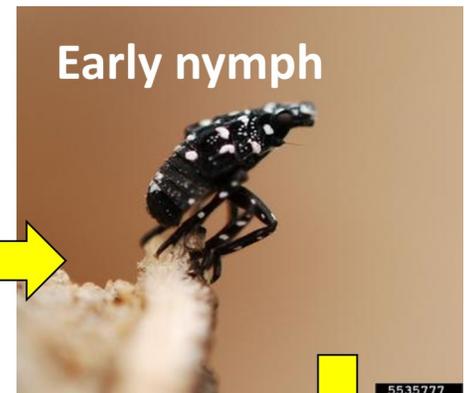
In late summer of this year, sites of SLF were confirmed in Illinois and Tennessee, as well. Just when it seemed that the insect might be in every state that touches Kentucky (but not actually in Kentucky), the local infestation was also discovered. Thus far, the number of insects discovered in Kentucky doesn't rival the infestations you might see images of online

or in news reports from states in New England. It is possible that the Gallatin County population arrived via natural movement from Indiana. SLF can jump and fly, and their natural spread can take them 3 to 4 miles from an infested site in a given year. It is also possible that they were accidentally brought into the state on infested goods or on a car, truck, or other means of transport.

### What does it do?

This pest is known to feed on more than 70

plant species, including specialty crops like grapes, apples, peaches, and hops, as well as trees such as maple and black walnut amongst other hardwoods, and fruit crops. Their preferred host for a portion of their life cycle is the tree of heaven (another non-native/invasive species). SLF is classified as a true bug, part of the order Hemiptera. They feed using piercing sucking mouthparts. As they feed, they excrete honeydew, a sugary fecal material that accumulates on nearby



Spotted lanternflies start as eggs, which look like they are covered with brown-grey spackle, and then they develop through spotted nymphal stages before maturing into the adult form (Photos by Lawrence Barringer, Pennsylvania Department of Agriculture, Bugwood.org).



**Spotted lanternflies feed on tender growth as nymphs before moving on to feed on the trunk and branches of trees as these bugs get larger and stronger (Photo by Emelie Swackhamer, Penn State University, Bugwood.org).**

plants and surfaces and can attract black sooty mold fungi. Honeydew can also be slippery for people and unfortunately can attract stinging insects looking to feed on it. Another unique problem is that beekeepers near SLF infestations report that their bees will forage so heavily on the honeydew that they end up with honey made from SLF fecal material rather than nectar.

Finally, females lay their eggs on natural and unnatural surfaces alike. Eggs are being laid right now as autumn settles in, and they will overwinter in that stage. While they use trees, the cryptic and hard-to-see egg cases have also been found on automobiles, trains, lawn furniture, firewood, stones, and many other substrates. It's possible that Kentuckians who travel to Gallatin County or to Cincinnati, OH could pick up hitchhiking female lanternflies that will come back to un-infested parts of Kentucky and lay eggs there.



**A mass of spotted lanternfly eggs has been laid on this vehicle. The eggs will hatch the following spring if not removed (Photo courtesy of WPMT Fox 43).**

**What can people do to help?**

Kentuckians should be on the lookout for this pest. Report suspicious looking bugs and egg cases to the Office of the State Entomologist at [reportapest@uky.edu](mailto:reportapest@uky.edu). When making a report, please include an image or a sample of the suspect, otherwise it will be difficult to

confirm the problem. It is also important to include geographic information. It is true that this is a difficult pest to eliminate, but with the help of citizens monitoring for populations, there is hope that their spread can be slowed to allow communities more time to prepare.

# Spotted lanternfly lookalikes

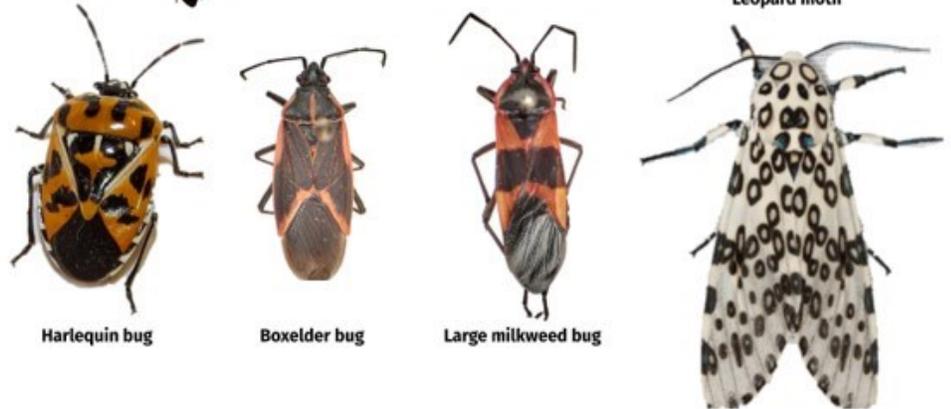
**While SLF is unique looking, there are some insects that resemble it!**



Some moth species have similar looking under-wings. They will be fuzzy and lack the other designs SLF has.



Other insects may have spots or stripes but not quite the same mixture as the SLF.



**While the SLF is a unique looking insect, there are some other species that can be mistaken for it at a quick glance. These are just a few that have been submitted to the University of Kentucky over the last year (Photo: University of Kentucky Department of Entomology).**

# FOUR-PHASE GARDEN & POND RENOVATION PROJECT

Partnership with the University of Kentucky  
*College of Agriculture, Food and Environment*

## OBJECTIVES

Williams Creek Management will work alongside design partner Cardinal Engineering to enhance accessibility around the campus gardens while incorporating sustainability and best management practices into the design. A primary focus will involve the meticulous design and build of ADA-compliant access to the garden, alongside the development of an ADA-compliant trail for seamless connectivity to various areas of the campus.

Through thoughtful design and implementation, the project will create a safe and welcoming environment and will provide individuals with an opportunity to explore, enjoy, and experience the beauty of the garden for many generations to come.

## SITE PLAN



## AT A GLANCE

### DIVERSE PLANT SPECIES

- Create wildlife habitat
- Reduce soil erosion
- Improve poor soil drainage around the pond

### BUFFER PLANTING ZONE

- Decrease soil erosion
- Deter Canadian Geese population
- Create a safe space for fishermen
- Reduce mow zones



## CHRIS KAEFF

**Team Leader** | Greater Cincinnati

"This partnership is built on common values and visions for the future, and we are very excited to collaborate with the UK Extension Offices of Northern Kentucky on the improvement of the critical assets that they provide to the community."

# BACKYARD CONSERVATION LOCAL COST SHARE

*For more information, or to  
submit a reimbursement request:*

## Backyard Conservation Local Cost Share

The Campbell County Conservation District's Backyard Conservation Local Cost-Share Program is an incentive program intended to assist with landowner's costs while implementing conservation practices that benefit soil and water quality and wildlife habitat. This program is open to all landowners to apply, but preference will be for those landowners who are not eligible for other state and federal cost share programs. The goal of this program is to help landowners be good stewards of the land by providing financial assistance for the implementation of conservation practices in their own backyards.

The expectation of the Conservation District is that participants in the Backyard Conservation Cost-Share Program are responsible for proper installation, long-term operation, and maintenance of conservation practices. Conservation practices installed with cost-share funds must be in place for a minimum of three years.

This is a cost share program (75% of project cost reimbursed up to \$500). Participant contributions can be in the form of purchased materials and services, equipment rental, and labor. Receipts dated **before** approval letter will not be considered for reimbursement.

One application per household per fiscal year (July 1 thru June 30).

### Possible projects for funding, but not limited to:

- Rain barrels
- Monarch waystation
- Pollinator garden

**Need help  
with plant selection?  
Call the Extension Office  
859-572-2600**

- Raised garden beds
- Certified backyard wildlife habitat  
-National Wildlife Federation, [www.nwf.org](http://www.nwf.org)
- Invasive removal
- Rain gardens
- Composting
- Native grass and tree planting

**All projects must abide county or city zoning ordinances and permitting requirements.**

**Campbell County Conservation District**  
8350 East Main Street, Alexandria, KY 41001-1214  
(859) 635-9587

[cccd@campbellkyconservation.org](mailto:cccd@campbellkyconservation.org)  
[www.campbellkyconservation.org](http://www.campbellkyconservation.org)



**Campbell County Conservation District**  
8350 East Main Street, Alexandria, KY 41001-1214  
(859) 635-9587

All programs and services of the Natural Resources Conservation Service and conservation districts are offered on a nondiscriminatory basis without regard to race, color, national origin, sex, sexual orientation, religion, age, disability, political beliefs, and marital or familial status. June 2023

## Backyard Conservation Local Cost Share

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (Home/Cell) \_\_\_\_\_

E-mail \_\_\_\_\_

1. Do you own the land on which the project will be implemented?

YES \_\_\_\_\_ NO \_\_\_\_\_

If no, please explain: \_\_\_\_\_

2. Location of property (if different than mailing address listed above)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: KY Zip Code: \_\_\_\_\_

3. Detailed description of project

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Purpose of the project

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Estimated cost of project \_\_\_\_\_

6. Call 811 before digging .

7. **Please contact our office for technical assistance with your project.**

Applications will be accepted and evaluated as they are received. To process your application, representatives of the Campbell County Conservation District may visit your property. Projects will not be retroactive of the approval letter date. Receipts dated prior to the approval letter date will not be considered for reimbursement. Funds for this cost share grant program are made available through the Campbell County Conservation District.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Property Owner Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if different)

**\*\*Applications must include the property owner. Applicable zoning and building permits are the responsibility of the property owner**

Please contact our office for technical assistance with your project.

# GARDEN CALENDAR: NOVEMBER – DECEMBER

## General:



**Sharpening Tools** – The off season is a great time to sharpen your gardening

tools for ease of use in the spring. It is important to keep pruners sharp, clean cuts on trees and shrubs allow the plant to more easily heal over. [Find more info here.](#)

**Insulating Compost Piles** – As temperatures fall in November and December, compost piles will cool below ideal temperatures. Decomposition will slow as temperatures plummet but [insulating the pile with leaves](#), mulch or straw can prevent the pile from freezing or stopping completely.

## Lawns:



**Mowing** – Before cold temperatures stop lawn growth for the season, it is a great time to

progressively lower the deck height of mowers for the last few cuts. Incrementally lowering the mowing height down to two inches will help in preventing snow mold and cold shock when winter comes. [View a full turf care calendar here.](#)

**Fertilizing** - The best time to fertilize cool season lawns (Kentucky bluegrass, tall fescue, perennial ryegrass, fine fescue) in Kentucky is during the autumn. These grasses all grow optimally during cooler weather and can best utilize nutrients at this time of year.

## Flowers:

**Plant spring blooming bulbs this fall** – Select bulbs that bloom early, mid and late spring to extend your blooms. Most spring blooming bulbs, especially tulips, can be planted as long as the soil is workable. To learn more, [read this publication.](#)



**Remove Diseased Plant Material** – Fungal pathogens such as

powdery mildew and black spot may appear on flowers in late fall. It is important to remove this material before it is allowed to fall. Many fungi will overwinter in fallen debris and appear on new growth next year.

## Trees:

**Fertilize** – Fall is the best time to fertilize trees and shrubs. [Click here for info.](#)

**Planting** – Early fall is a great time to plant trees. To learn proper planting techniques, [click here.](#)

## Vegetables:

**Harvesting Root Crops** - Root crops planted in August such as carrots, parsnips, turnips, and radishes should be ready for harvest after the first few frosts. If several more weeks are needed for maturation, using frost blankets to protect foliage from hard frosts will aid in buying some extra time.

## Fruits:



**Pruning** - Pruning currants and gooseberries after they have entered dormancy, these cuttings can easily be propagated if desired. For more information on pruning, [view this publication.](#)



**Cleaning up Strawberry Beds** - Strawberry beds may have become densely filled

throughout the growing season, cutting back old foliage and congested runners will help keep plants spaced. Removing any winter weeds before they go to seed will help to reduce weed pressure in spring.





**NKU FUEL food pantry is Collecting toiletries (toothpaste, toothbrushes, toilet paper, paper towels, female sanitary napkins, shampoo/conditioner, ect.). Drop off at the Extension Office by December 11th.**

*Sarah Imbus*

**Sarah Imbus**

Campbell County Extension Agent for Horticulture Education

**Terri Turner**

Campbell County Extension Technician for Horticulture Education

**Joe Morgan**

Campbell County Extension Technician for Horticulture Education

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## Butternut and Acorn Squash Soup

<b>1</b> butternut squash, halved and seeded	<b>1/3 cup</b> chopped sweet onion	<b>1/2 teaspoon</b> ground black pepper
<b>1</b> acorn squash, halved and seeded	<b>4 cups</b> chicken broth	<b>3/4 teaspoon</b> ground cinnamon
<b>1 tablespoon</b> olive oil	<b>3 tablespoons</b> peanut butter	<b>1/4 teaspoon</b> nutmeg
	<b>1/3 cup</b> packed brown sugar	Fresh parsley for garnish

Using a vegetable peeler, **remove** the skin from the butternut and acorn squashes and **cut** into 1-inch cubes. In a large soup pot, **heat** the oil on medium high. **Add** the onion, and **cook** 1 to 2 minutes until it starts to become translucent. **Add** cubed squash, and cook 4 to 5 minutes. **Add** chicken broth, and bring to a boil. **Lower** heat, and **simmer** 30 to 35 minutes, until the squash is fork tender. Allow to **cool** slightly, then **blend** until smooth in a food processor or

blender. **Return** mixture to the pot, and **heat** to medium low. **Add** peanut butter, brown sugar, pepper, cinnamon, and nutmeg. **Stir** until well blended. **Garnish** with fresh parsley. **Serve** warm.

**Yield:** 7, 1-cup servings

**Nutritional Analysis:**

200 calories, 6 g fat, 1 g saturated fat, 5 mg cholesterol, 600 mg sodium, 36 g carbohydrate, 4 g fiber, 14 g sugar, 10 g added sugar, 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 one 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 to 40 minutes or until tender.

**To microwave:** Wash squash and cut it lengthwise. Remove seeds. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:** 1/2 squash, 5 to 8 minutes; whole squash, 8 1/2 to 11 1/2 minutes.
- **Butternut squash:** 2 pieces, 3 to 4 1/2 minutes.
- **Pumpkin:** 1 pound piece, 7 to 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.

**WINTER SQUASH**

**Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**November 2019**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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