

HORT FROM THE HILLTOP

HARRISON COUNTY HORTICULTURE NEWSLETTER



Cooperative Extension Service
Harrison County Office
668 New Lair Road
Cynthiana, KY 41031
859-234-5510

January 2024

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2023 is coming to a close and the new year of 2024 is upon us! I hope that you will each have an opportunity to reflect on this past year and make plans for joy and happiness and contentment for the upcoming year. I also hope that as an extension office we can offer programs that will help you and inspire you. If you ever have programming suggestions, please don't hesitate to let us know! This newsletter contains lots of flyers with upcoming programs that I hope you will want to be a part of. We look forward to seeing you!

2024 KY FRUIT & VEGETABLE CONFERENCE

Register
Now

Book hotel for discount
before 12/15
Conference pre-registration
rate ends 12/22



- 3 Pre-Conference Events
 - 4 Meet & Greets
 - 17 Educational Tracks
 - 100+ Speakers
 - 60+ Trade Show Vendors
 - Door Prizes
- 2-4 January 2024
Bowling Green, KY



- 9:10 a.m. Stacey Stephens
with NEP:
1st Monday of the month
- Jessica Wells with
Horticulture:
1st Wednesday of the month
- Shannon Farrell and Holly
Laytart with 4-H:
2nd Wednesday of the
month
- Shelley Meyer with FCS:
4th Thursday of the month



Join the OAK Community in Frankfort January 25-27!
For more information about the annual OAK Conference
and to Register, go to
<https://www.oak-ky.org/registration>

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homesteading Series



**CAIP
ELIGIBLE
COURSE**

Join us on the 4th Tuesday of each month, starting in January and going through May to learn more about homesteading on your very own property! These courses are suited for those who are interested in home-grown products and self-sufficiency, whether you are just beginning or have an established operation and just need a few more resources.

5 Courses Available

Maple Syrup 101

Learn the basics of how to tap your own trees and make maple syrup from an expert right here in Harrison County. Class also includes a field trip on February 16.

(Class attendance is required to participate in field trip)

**January 23
6:00pm**

Fodder Systems

Discover how to create an inexpensive system to easily grow fodder for your small livestock.

**February 27
6:00pm**

Dehydrating

Dehydrating is one of the oldest methods of food preservation. Learn how to use a modern day dehydrator as a dehydrating food method.

**March 26
6:00pm**

Chopping Block: Chicken

Whether you are raising your own chickens or buying whole birds, knowing the skill to break down a whole chicken is a skill that can save you money.

**April 23
6:00pm**

Creating Natural Dyes

Discover the basics of using flowers and foliage to naturally dye materials and the sustainability potential involved with it. Participants will learn the supplies needed to get started, which plants create which colors, the steps involved in naturally dyeing fabrics and see a natural dyeing demonstration.

**May 28
6:00pm**

**To register for the courses or for more information, contact the
Harrison County Extension Office at 859-234-5510**





HARRISON COUNTY
EXTENSION OFFICE

FEEDING BIRDS IN
WINTER
WEDNESDAY, JANUARY 10
10:00 A.M. & 6:00 P.M.

Call 859-234-5510 to Register






The Three
Season Garden

This 3 part series of classes will help you plan and prepare for a spring garden with cool season crops, a summer garden with all the favorites, and a fall garden to extend the garden into the cooler months.

The Spring Garden
 Monday, February 12 at 10:00 a.m. & 6:00 p.m.

The Summer Garden
 Monday, April 8 at 10:00 a.m. & 6:00 p.m.

The Fall Garden
 Monday, June 10 at 10:00 a.m. & 6:00 p.m.

Call the Harrison County
 Extension Office to sign up!
 859-234-5510



Private Pesticide Applicator
Certification

If you need to update your Private Pesticide Applicator certification or become certified then join us on **January 22, 2024 at either 10am or 6pm** in the small meeting room at the Harrison County Extension Office.

The Private Pesticide Applicator certification allows you to purchase and apply restricted use pesticides for your personal use.

If you are “for hire” and spray for others then you would need to do the Commercial Pesticide certification. For more information on that, you can call the office and ask to speak to Jessica Barnes, the ANR Agent.


Please call 859-234-5510 if you plan to attend the training on January 22nd, so there will be enough materials available.



Harrison County
Cooperative
Extension—
Horticulture



Check out Hort Culture,
 the local, weekly,
 horticulture podcast!



The Harrison County Conservation District State Cost Share Applications are accepted year round. They have just submitted for their annual rankings and will receive approvals from the state in January 2024. If you are interested in applying for any conservation cost-share programs, please call their office at 859-234-5876 ext. 3. Or feel free to send an email to kayleigh.evans@ky.nacdnet.net or paul.wilson@ky.nacdnet.net .

Check out the website for occasional program updates at www.harrisoncountyconservationdistrict.com and like us on Facebook!

Happy Holidays

The Extension Office will be closed for the holidays, December 25—January 1st

Community Corner

Spanish Resources



MCTC



LIBRARY



CHAMBER OF COMMERCE



Check out what's happening in our community!
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

HC EXTENSION



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to: Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Hot and Sweet Frittata

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| 3 tablespoons olive oil, divided | 1 pound ground turkey sausage |
| 1 ½ cups peeled and cubed sweet potatoes | ½ cup shredded mozzarella cheese |
| 1 ½ cups diced sweet and hot peppers, or bell peppers | 12 medium eggs, beaten |
| | ¼ teaspoon salt |
| | ½ teaspoon black pepper |
| | ½ teaspoon crushed red pepper |

Preheat oven to 375 degrees F. **Add** 2 tablespoons of olive oil to a large nonstick skillet, and **heat** to medium. **Add** sweet potatoes and diced peppers. **Cook** uncovered until fork tender, about 10 minutes. **Remove** from skillet. **Add** 1 tablespoon of olive oil to skillet. **Add** turkey sausage, and **cook** 5 to 7 minutes until cooked through. **Drain** off fat, if needed. Generously **grease** an 8-by-8-inch baking dish. **Add** the sausage, peppers, and potatoes. **Sprinkle** with

cheese. In a bowl, **crack** eggs and lightly **beat**. **Add** salt, black pepper, and crushed red pepper to egg mixture. **Pour** eggs over peppers and potatoes. **Bake** uncovered for 25 to 30 minutes or until the mixture is set.

Yield: 8 servings

Nutritional Analysis:
290 calories, 18 g fat, 5 g saturated fat, 295 mg cholesterol, 610 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 23 g protein.

