

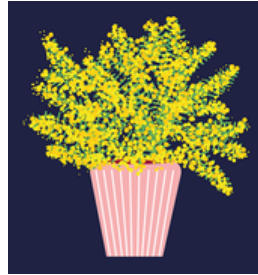
Hort From The Hilltop



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

Jessica Hopkins
Horticulture Extension Agent
jessica.hopkins2@uky.edu

April 2025 Horticulture Newsletter



Hello Horticulturalists!

The next few months are jam packed with programs at the Extension Office! Be sure to check out each page of the newsletter to see what all is going on! Also, if you plan to attend a program, please call the office at 859-234-5510 to sign up!



Follow us on
Facebook to keep
up with all the
happenings!
Harrison County
Cooperative Extension
- Horticulture



MARKET SCALE CERTIFICATION

Drop off market scales at the Harrison County Extension Office by 4:30 pm on Tuesday, April 15th

You will be notified to pick up your scale once it has been certified.

Open to everyone, not just Harrison County residents.

Call 859-234-5510 with any questions



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Disabilities
accommodated
with prior notification.



Growing TOMATOES



Monday, April 21st
10:00 a.m. & 6:00 p.m.



We will discuss:
Site Requirements
Varieties
Growing Needs
Pest Management

Please Register by
Calling 859-234-5510

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with prior notification



The Language of Flowers

Tuesday, April 29th
10:00 a.m. & 6:00 p.m.

Harrison County Extension Office
Please call 859-234-5510 to Register

Discover the meaning behind many popular flowers.
Many flowers and many colors indicate a sentiment.

Learning this symbolism can help you decide what to plant, what to own, and what to give.

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with prior notification





Kentucky Christmas Tree Association

PLANT AUCTION

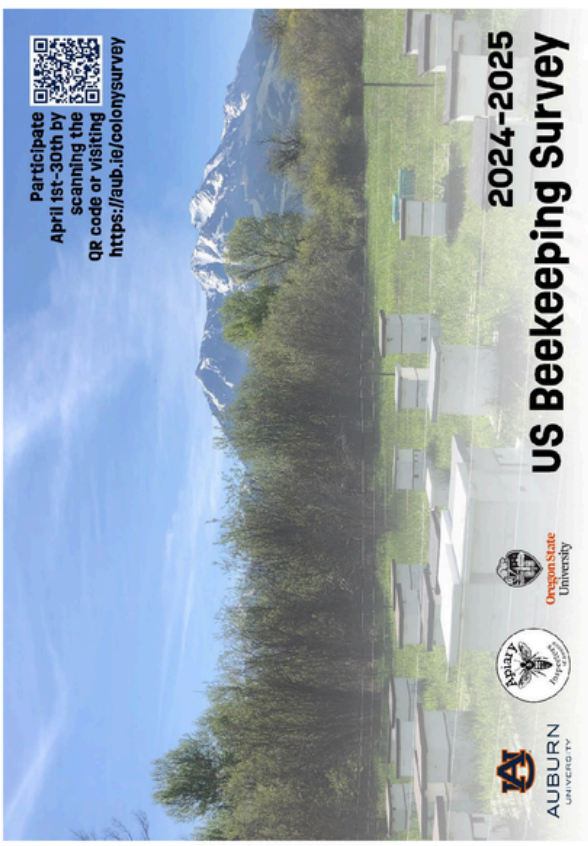
Trees, Shrubs, Perennials & Annuals

A Portion of the Proceeds Fund 2 Forestry Scholarships at UK.

Auction Open to the Public.


April 12, 2025 | Sale Starts at 10AM

Fayette County Extension Office
 1140 Harry Sykes Way
 Lexington, KY 40504



Participate
 April 1st-30th by
 scanning the
 QR code or visiting
<https://aub.ie/colonysurvey>

2024-2025 US Beekeeping Survey



The US Beekeeping Survey: a 'newish' effort to track colony health

Agostina Giacobino, Nathalie Steinhauer*, Selina Bruckner & Geoff Williams
 Department of Entomology and Plant Pathology, Auburn University, Auburn, AL
 *Department of Horticulture, Oregon State University, Corvallis, OR

If you are reading this during the month of April, then the US Beekeeping Survey is **Open**, and inviting beekeeper participation. This is only the second year of our Survey, so if you aren't familiar with us we won't be too disappointed. You can think of us a follow-up to the Bee Informed Partnership's annual Colony Loss and Management Survey – many of our questions are aligned to that survey so that we can integrate our results with theirs. When BIP shut down in early 2024, we joined forces with national stakeholders like AHPA, ABF, and AIA to ensure that independent, long-standing colony loss and management monitoring efforts could continue. Not only are these data important to inform the industry, the general public, and decision-makers on the state of the beekeeping industry, but it also helps us identify important factors that are connected to honey bee health. For example, data from previous surveys have shown varroa and comb management matters (Steinhauer et al. 2021. *Sci. Total Environ.* 753: 141629). Given the massive losses that we are facing at the time of writing, plus the high losses that we documented among commercial beekeepers during 2023/24, contributing to our monitoring efforts are as important as ever so that we can properly communicate beekeeper experiences to decision makers and try to do our part to limit future losses. In addition to thanking the great collaboration we have with AHPA, ABF, and AIA, we want to give a shout out to the One Hive Foundation, Project Apis m, and the National Honey Board, for supporting our efforts to reignite this Survey last year. To see last year's survey results, and to participate during the month of April, go to <https://aub.ie/colonysurvey>

Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

THURSDAY, MAY 29th 6:00 - 7:30 p.m.

Harrison County Extension Office
668 New Lair Road Cynthiana, KY

REGISTRATION REQUIRED!
Call 859-234-5510 to register



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

This topic has gotten a lot of attention lately, and is becoming more and more prevalent. To learn more, join us for a watch party at the Harrison County Extension Office on Thursday, May 29th at 6:00! Please call 859-234-5510 to sign up.
If you would prefer to watch on your own, scan the QR code to register, to get the link.





Harrison County
HEALTH FAIR

THURSDAY, MAY 29, 2025

7:00 AM TO 11:00 AM

HARRISON COUNTY MIDDLE SCHOOL (PARKING IN BACK ENTRANCE)

FREE TESTS & SCREENINGS INCLUDE:

- Balance Risk Assessment
- Blood Pressure
- Blood Tests for cholesterol, triglycerides, blood sugar, & thyroid-stimulating hormone
- Body Fat Analysis
- Colorectal Cancer Screening kits and education
- Diabetes Risk Screening
- Height & Weight
- Lung Cancer Screening questionnaire and education
- Pulse Oximetry
- Stroke Risk Assessment
- Vision Screening
- Cardiac Risk Assessment
- And, more

Healthcare professionals will be available to answer health-related questions. You'll find more than 20 exhibits and additional screenings available.

This event is open to everyone. It is NOT exclusive to Harrison County residents.

Lab results will be posted on the HMMHmyhealth! patient portal, or contact the Harrison Memorial Hospital Health Information Dept. to request a printed version.

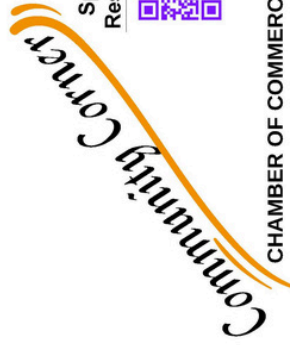
THANK YOU TO THE FOLLOWING SPONSORS:

Harrison Memorial Hospital
Harrison County School System
Harrison County Extension Office

UK Gill Heart & Vascular Institute Affiliate Network
UK Markey Cancer Center Affiliate Network
Wedco District Health Department

Sign up to receive the Horticulture Newsletter via Email

Currently, the only way to receive the Horticulture Newsletter is to have one mailed to your home. We are now going to offer the option to receive the newsletter via email instead of through the mail. If you would like to receive the Horticulture Newsletter via email, please go to <https://tinyurl.com/mttaj43u> or scan the QR code to the right, and fill out a quick survey.



Spanish Resources



MCTC



LIBRARY



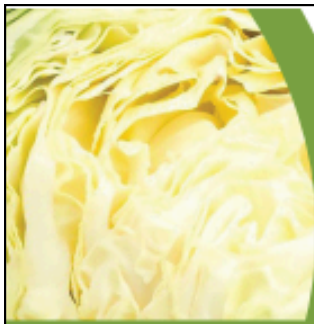
HC EXTENSION



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.



Super Crunchy Salad

¾ cup pepitas (raw pumpkin seed kernels)
Cooking spray
¼ teaspoon ground cayenne pepper
Salt and ground black pepper to taste

1 pound Brussels sprouts, trimmed and thinly sliced
½ pound curly kale, stems removed and thinly sliced
½ pound Napa cabbage, thinly sliced
1½ cups dried cranberries
1 (15-ounce) can Mandarin oranges, drained

4 green onions, thinly sliced
8 strawberries, trimmed and thinly sliced
1 (16-ounce) bottle creamy poppy seed dressing
1 tablespoon orange zest
Juice from 1 orange

Place pepitas in a bowl and **coat** lightly with cooking spray. **Sprinkle** with cayenne pepper, salt and pepper. **Toss** to coat. **Place** in a medium skillet over medium-high heat. **Cook** over medium heat, **stirring** often until lightly toasted, about 5 minutes. **Remove** from heat and allow to **cool**. **Combine** Brussels sprouts, kale, cabbage, dried cranberries, Mandarin oranges, green onions, strawberries and toasted pepitas in a large bowl. **Dressing:** **Whisk** together the bottled poppy seed dressing, orange zest, and orange juice in

a small bowl. **Pour** over salad about ½ cup at a time and **toss** until salad and dressing are combined.

Note: Sunflower seed kernels can be substituted for pepitas. Green or red cabbage can be substituted for Napa cabbage.

Yield: 10, 1½ cup servings

Nutritional Analysis: 300 calories, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 430 mg sodium, 43 g carbohydrate, 5 g fiber, 33 g sugar, 6 g protein.

Kentucky Cabbage

SEASON: June to July and September to November

NUTRITION FACTS: Cabbage is low in fat and calories and is rich in vitamin A.

SELECTION: Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

STORAGE: Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

PREPARATION: Discard outer leaves and core.

To boil: Do not use aluminum pan. Cut cabbage

into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

To steam: Place cabbage (shredded, wedges or whole leaves) into a steamer basket. Cook 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill or onions.

To stir-fry: Shred cabbage and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

KENTUCKY CABBAGE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

November 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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