



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

Bullitt County Extension Office
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Shepherdsville, KY 40165
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September

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Connect with us for program updates and daily horticulture tips!



Upcoming Classes

Pre-registration is required to ensure adequate supplies. Call 502-543-2257 or email tlme234@uky.edu to register

September 2024

- **Friday, 9/27: Apple Tasting, 6pm**

Sample and evaluate many different varieties of apples and learn about what types are ideal for certain recipes.

October 2024

- **Saturday, 10/19: Community Seed Exchange, 10a -2pm**

Trade and giveaway your seeds with other members of the community. All garden enthusiasts welcome!

November 2024

- **Friday, 11/1: Home Hydroponics, 6pm**

Learn about small hydroponic systems ideal for homeowners and hobby gardeners.

*See what other classes and events we have planned for the year: bullitt.ca.uky.edu/horticulture

Meetings

Master Gardeners' Assn. & Horticulture Council, 6pm
(1st Tuesday of each month)

- September 3rd, October 1st, November 5th

Bullitt Co. Beekeepers' Association & Class, 7pm
(2nd Wednesday of each month)

- September 11th, October 9th, November 13th



September Garden Calendar

Rosie Lerner, Purdue University

Home

- Dig and repot herbs, or take cuttings, for growing indoors over winter.
- Store leftover garden seed in a cool, dry place. A sealable jar with a layer of silica gel in the bottom works well.
- Bring houseplants moved outside for summer indoors before night temperatures fall below 55°F. Gradually decrease light to acclimate the plants and help reduce leaf drop. Check and control insects and diseases before putting these plants near other houseplants.
- Poinsettias saved from last year can be re-flowered for this year's holiday by providing complete darkness for 15 hours daily from about Oct. 1 until about Dec. 10.

Garden

- Dig onions and garlic after tops fall over naturally and necks begin to dry.
- Plant radishes, green onion sets, lettuce and spinach for fall harvest.
- Thin fall crops, such as lettuce and carrots, that were planted earlier.
- Harvest crops such as tomatoes, peppers, eggplants, melons and sweet potatoes before frost, or cover plants with blankets, newspaper, etc., (but not plastic) to protect them from light frost.
- Mature green tomatoes can be ripened indoors. Individually wrap fruits in newspaper, or leave them on the vine, pulling the entire plant out of the garden. Store in a cool location – about 55–60°F.
- Harvest winter squash when mature (skin is tough) with deep, solid color, but before hard frost. Some cultivars will show an orange blush when mature.
- Plant, transplant or divide peonies, daylilies, iris and phlox only if you can apply irrigation during dry spells.
- Save plants such as coleus, wax begonias, impatiens or fuchsia for indoor growing over winter. Dig plants and cut them back about halfway, or take cuttings of shoot tips, and root them in moist vermiculite, soil mix or perlite.
- Plant spring-flowering bulbs beginning in late September. Planting too early can cause bulbs to sprout top growth before winter. However, allow at least four to six weeks before the ground freezes for good root formation.
- Dig tender bulbs, such as cannas, caladiums, tuberous begonias and gladiolus, before frost. Allow to air dry, and store in dry peat moss or vermiculite.

Need your soil tested? Drop off 8 dry oz. at our office to receive a free analysis report with recommendations. For more information, call 502-543-2257



Yard

- Fall is a good time to plant many container-grown or balled-and-burlapped nursery stock. Prepare a good-size planting hole wider than the ball, but plant at the same depth it grew in the nursery and water thoroughly. Mulching will help protect against large fluctuations in soil temperature and moisture.
- Do not be alarmed if your evergreens, particularly white pine and arborvitae, drop some older needles. All evergreens shed needles at some time, but not all at once as deciduous plants do.
- Harvest apples, pears, grapes, and everbearing strawberries and raspberries. For most fruits, flavor is the best indicator of ripeness, although color change also can be a good indicator. However, pears are best ripened off the tree, and grapes change color long before they are fully flavored, so sample the fruit to be sure.
- Remove raspberry canes after they bear fruit.
- Clean up fallen fruits, twigs and leaves around apple (including crabapple) and other fruit trees to reduce disease and insect carryover.
- September and October are appropriate months to apply broadleaf weed killers to the lawn. Be sure to follow all label directions, and choose a calm day to prevent spray drift.

For more gardening resources, tips, and information, check out ID:128, Home Vegetable Gardening in Kentucky here:





Cooperative
Extension Service

384 HALLS LN, SHEPHERDSVILLE, KY 40165

Fall
**ARTS
FESTIVAL**

**SEPTEMBER 21, 2024
10:00AM-2:00PM**

**VENDORS, FOOD AND FUN FOR THE
FAMILY!**

CONTACT BRANDON HATFIELD FOR MORE INFORMATION:

PHONE: 502-543-2257

EMAIL: BRANDON.HATFIELD@UKY.EDU

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Create New Garden Beds with Sheet Composting & Sheet Mulching

Debra C. Burrows, Ph.D., PennState Extension

Learn how to create new garden beds without removing current vegetation and digging up the soil.

The amount of work usually associated with creating a new garden bed can be challenging. Removing grass and weeds, digging up the area, and incorporating fertilizer or other amendments into the soil can be labor intensive. Fortunately, there is a way to make a new garden bed without all that effort—**sheet composting or sheet mulching**. Sheet composting is best suited to create beds used for growing vegetables and annuals or plants that prefer rich, fertile soil. To prepare an area for sun-loving native perennials that thrive on poor soils, we recommend sheet mulching which is even easier.

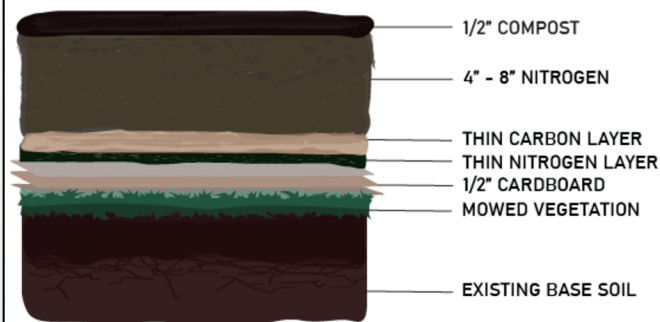
Sheet composting allows you to create a bed of fertile soil with minimal digging. Instead of removing the existing lawn or weeds, sheet composting builds the new bed on top of them. Sometimes referred to as lasagna gardening, sheet composting utilizes layers (just like a pan of lasagna) of organic materials. The organic materials, including the grass and weeds, gradually decompose and enrich the soil. Sheet composting significantly reduces digging and, once the layers are in place, all the gardener needs to do is wait. **The process can take as much as six months or more, so fall is an ideal time to begin the process.** Decomposition will occur over the winter and the new garden bed will be ready for planting the following spring.

An ample supply of cardboard or newspaper and plenty of organic materials are needed for sheet composting. These organic materials are divided into two types: Those which supply nitrogen and those which supply carbon. Nitrogen sources include composted horse or cow manure, fresh grass clippings, spent annuals, fruit/vegetable scraps, used coffee grounds, and green leaves as well as alfalfa pellets and cottonseed meal. Carbon sources include cardboard, newspaper, wood chips, sawdust, pine needles, and dry leaves (another reason to do sheet composting in the fall—you can put all those falling leaves to good use). Garden debris that contains weed seeds or diseased materials should not be used in sheet composting. Unlike traditional composting, during which weed seeds and disease organisms are killed as the pile heats up, sheet composting is a cold composting process and will not kill diseases or seeds.

Sheet Composting Steps:

1. Mow any grass or weeds in the space that will become the new bed. Use the lowest possible setting on the mower and leave the clippings in place to increase organic matter.
2. Cover the entire area of the new bed with cardboard, making sure that the pieces of cardboard overlap to prevent sunlight from reaching the grass or weeds underneath it. If cardboard isn't available, use sections of pre-moistened newspaper, at least five pages thick. If using cardboard, wet down the entire area once it is covered.
3. Add a nitrogen layer such as compost, well-rotted manure, or grass clippings. This layer should be approximately two inches thick.
4. Add a carbon layer (wood chips, dry leaves, sawdust), which should also be about two inches thick.
5. Repeat with alternating nitrogen and carbon layers until you have reached a height of 18"-36". This may sound a bit high, but remember the materials will shrink down as decomposition occurs.
6. Cover the entire bed with a carbon layer such as bark or mulch as a top dressing and wet it down lightly with a hose.

What is Sheet Mulching?



The bed is ready to plant vegetables or annuals when the materials have decomposed to the point where individual ingredients are no longer recognizable. Sun loving native perennials which evolved in natural meadows, usually do not prefer rich soil. To convert lawn or uncultivated soil for these meadow plants, follow the first two steps above, and add a 2-3" layer of mulching material such as leaves, grass clippings or hardwood mulch. The mulch provides some weed and moisture control for the first season.

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



Find more seasonal recipes cards:



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. PlateltUp.ca.uky.edu



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BULLITT COUNTY PUBLIC LIBRARY COMMUNITY CARE CABINET

DONATION DRIVE

THROUGH 10/31/24



The Bullitt County Extension is partnering with the Bullitt County Public Library to gather much needed supplies for the Community Care Cabinet. Community Care Cabinet initiative aims to address the basic hygiene needs of individuals in our community who may be experiencing financial hardship or other challenges. This project involves setting up accessible cabinets stocked with essential hygiene supplies in the restrooms at the Central branch of the Bullitt County Public Library. These cabinets will serve as a resource for anyone in need, offering items such as soap, shampoo, toothpaste, toothbrushes, hot/cold weather items, and other essential items free of charge.

Acceptable Donations:

Shower Wipes, Soap (bar or liquid), Shampoo, Conditioner, Dry Shampoo, Toothbrush, Non-Alcoholic Mouthwash, Sunglasses, Sun Hats, Wet Wipes, Diapers, Baby Wipes, Shaving Cream, Razors, Baby Powder, Cotton Swabs, Lotion, Deodorant, Hand Warmers, Gloves, Hats, Socks, Blankets, Combs/Brushes, Hair Ties, Menstrual Products, Any Other Hygiene or Weather Specific Item (unopened/unused/non-alcoholic)

Contact



502-543-2257



lorilee.kunze@uky.edu

Most Needed Items:

Toothpaste, Floss, Sunscreen, Aloe, Ponchos, Bug Spray, Drawstring Bags, Tissues, Chapstick, Band-Aids, Neosporin



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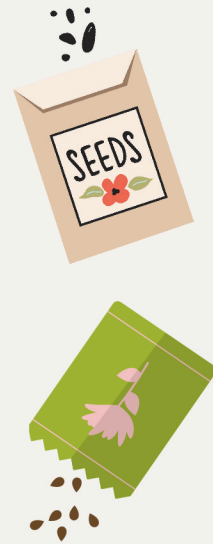
DROP LOCATION:

Bullitt County Extension Office
384 Halls Lane, Shepherdsville, KY 40165



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Bullitt County Extension Horticulture Community Seed Exchange



**Saturday,
 October 19th
 10a - 2p**

Contact Us:

lorilee.kunze@uky.edu

[facebook.com/BullittCounty
 ExtensionHorticulture](https://www.facebook.com/BullittCountyExtensionHorticulture)

Join us for a communal gathering and seed exchange! Bring your vegetable, native, annual, and perennial seeds to give away or trade with others. All garden enthusiasts are welcome.

Address: 384 Halls Lane, Shepherdsville,
 KY 40165

To reserve a table, call 502-543-2257.



Upcoming Events at the Bullitt Co. Extension Office

Call 502-543-2257 for more information.

Family & Consumer Sciences

- **Sit-N-Sew** second Thursday of each month from 6-9pm

Agriculture

- **Bullitt Co. Cattlemen's Meeting (ft. Educational Speakers) 7-9pm**
Tuesday's on 9/10 and 11/12

4-H (contact 4-H agents to register*)

- **Cloverbuds** (Ages 5-8) second Thursday of every month, 6:30-7:30p
- **Teen Club** (Ages 12-18) third Thursday of every month, 6:30-7:30p
- **Green Giants Club** - 11/26, 6:30-7:30p

Culture Arts

- **Fall Arts Festival - Vendors, Food, & Family Fun** Saturday, 9/21, 10a-2p



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SEPTEMBER 2024