

Weed It and Reap

**FRANKLIN COUNTY
COOPERATIVE EXTENSION
NOVEMBER 2023 NEWSLETTER**

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From Underfoot to on Your Table: Some Thoughts on #Plantsgiving

By: Susan Sprout, NPC member

I love the thought and act of giving thanks anytime. We don't do it nearly enough. What a great idea to count the blessings of plants as part of Thanksgiving preparations! Plants provide so much to the human population of this planet and yet, we probably overlook their presence in many of the items we eat. So now is the time to take some time and to be mindful of the many unique and tasty ways in which we enjoy or eat or imbibe plants.

By counting the number of different plant species used in our Thanksgiving feast and sharing the information, we are providing recognition due to all plants for their continuing support all these years. We should also look at this as a way to educate others – friends, family, students, all plant primary and secondary consumers – about their many and varied uses. This being said, you have probably guessed by now that I really love plants and enjoy telling their stories and sharing them with you. The plants that I report on most are natives or plants living here so long, everybody thinks they are natives.

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I would like to take this opportunity, since it's Thanksgiving and #PlantsGiving, to tell you about some non-native plants you will probably use this week. They are spices used in pumpkin pies and muffins and breads. They are cinnamon and allspice.

My Ceylon cinnamon tree (*Cinnamomum zeylandicum*) and my allspice tree (*Pimenta dioica*) are tropical trees that live in my backyard during the warm months and inside the house the rest of the year. Cinnamon is a member of the Lauraceae Family like sassafras and bay leaves. Allspice is a member of the Myrtaceae Family like eucalyptus. Cinnamon can grow from 20 to 60 feet. I will definitely be keeping mine trimmed down to a manageable size. Some people are so surprised to find out the cinnamon powder is made from the inner bark of this tree, after it is striped off, bundled and allowed to ferment. The outer layer of bark is then scraped off and the inner bark is rolled into quills and allowed to dry. It is the second most popular spice in the USA, after black pepper.



Photo: Cinnamon tree trunk with bark cut.

My allspice tree is native to the West Indies. Our ground allspice is made from the small green fruits that are picked in mid-summer and dried

by the sun or in ovens. Its name reflects the fact that it has the aroma and flavor of nutmeg, cinnamon, and cloves combined.



Photo: Allspice fruit

Have a splendid #PlantsGiving. Some clues for your search:

- Read labels, look for different types of gums in milk products and gluten-free baking mixes.
- My favorite bread from Wegman's has 17 different flours, seeds, and nuts. So, be vigilant!
- Don't forget herbs and spices.
- There is corn starch in baking powder.
- Check beverages for sugar and Stevia.
- Don't forget the wine!

Enjoy!!!



Photo: Dried allspice fruit and powder

Welcome

Nutrition Education
Program Assistant

Pamela Holbrook



Pam has joined us as the Nutrition Education Program Assistant. She earned a B.A. in English and has nearly completed a B.S. in Sustainable Agriculture, both at the University of Kentucky. She is married to a computer guy and the mother of four grown children and three dogs. She is also incredibly excited to be a part of the Franklin County community!

4-H Program Assistant

Sam Moore



Sam is very excited to be joining our team as our new 4-H Program Assistant. She is currently the Franklin County 4-H Dog Club Leader and an avid dog lover. She is married and has three children who attend Collins Lane Elementary. She is excited to get to know our county's community.

 Cooperative Extension Service



Franklin County Nutrition Education (NEP)

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Tasty and nutritious recipes, food safety, meal planning on a budget, fun and educational events for kids and adults.



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3 LOCAL CHEFS + FALL ROOTS = FREE SAMPLES

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GREAT TIME TO SHOP FOR THE HOLIDAYS



SATURDAY, NOV. 18 | 8:30-NOON

Spotted Lanternfly Has Arrived in Kentucky

By: Jonathan L. Larson, Entomology Extension Specialist, UKY

The spotted lanternfly (aka SLF) is the newest invasive species that has found its way to the Bluegrass State. In early October, a homeowner in Gallatin County noticed the adult form of this insect on their property and worked with their local county Extension agent to submit photos to reportapest@uky.edu. Thanks to this, the Kentucky Office of the State Entomologist was able to visit the site and collect specimens to submit for federal confirmation, officially certifying an infestation. Thus far, no other county has reported lanternflies. As with all invasive species, the spotted lanternfly causes trouble in the areas that they move in to, and Kentuckians should expect to see this pest more frequently in the coming years.



Figure 1: 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

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.

Spotted lanternflies develop through a process called incomplete metamorphosis. This means that the female lays eggs, which will hatch to reveal “nymphs,” immature insects that vaguely resemble the adult. They gradually get larger during the growing season, eventually developing their wings and becoming adults. SLF starts off black with white dots, and then before becoming adults, develop red markings.

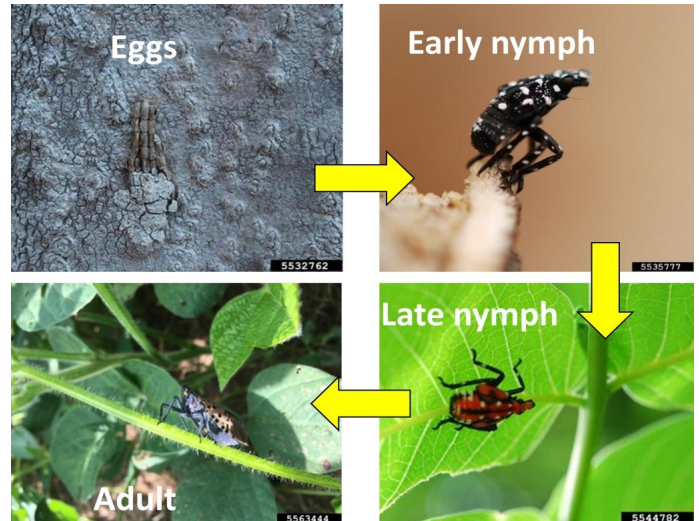


Figure 2: Spotted lanternflies start as eggs, which look like they are covered with brown-grey spackle, and then they develop through spotted nymphal stages before maturing into the adult form (Photos by Lawrence Barringer,

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 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.



Figure 3: 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).



Figure 4: 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 **(Continued on pg. 2)**

(Continued from pg. 5, Spotted Lanternfly has Arrived in Kentucky)

looking bugs and egg cases to the Office of the State Entomologist at 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.



Figure 5: Be on the lookout for the weird looking adults and for the egg masses spackled onto surfaces, as seen here. Don't bring home any unwanted hitchhikers and help us by reporting odd sightings! (Photo by Richard Gardner, Bugwood.org)

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.



Figure 6: 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).



WINTER HOURS AT THE FARMERS MARKET



Holiday Markets

- Thurs., Dec. 7, Online Order/Curbside Pickup Market
- Sat, Dec. 9, 10 am - 1 pm: Holiday Market/Kids Day*

*Visit Sheep, Campfire, fun activities, and Kids get \$2 to Shop!



Winter Market | Every other Sat. | 10-11:30 am

online ordering available | Weekly Sat. Markets start back April 20

- January 6 • February 3 • March 2 • March 30
- January 20 • February 17 • March 16 • April 13

Shop with SNAP/PEBT? Expecting a baby & have Medicaid? We have extra money for fresh, local food for you!



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WWW.FCMARKET.ORG



Selling Black Walnuts in Kentucky - 2023



Renee' Williams,
Forestry and Natural Resources - Extension, University of Kentucky

FORFS 23-02

Black walnuts can be sold to commercial hullers in Kentucky (see Table 1). Bring the whole seed to the huller locations and they will run them through a machine to remove the hulls. They will weigh the walnuts after the hulls have been removed and pay you a specific amount per 100 lbs. Normally, they accept walnuts throughout the fall. However, it is recommended that you contact your local huller prior to gathering nuts.

Table 1. Commercial Huller Operations in Kentucky – 2023

Huller Operator	City (County)	Phone #	Address
Graber, David	Carlisle (Nicholas)	859-473-5625	4600 Burriss Rd., Carlisle, KY 40311
Yoder, Samuel	Cynthiana (Harrison)	859-588-1211	1013 Salem Pike, Cynthiana, KY 41031
Leid, Henry	Elkton (Todd)	270-265-3970	1201 Miller Valley Rd., Elkton, KY 42220
Coblentz, Tim	Flemingsburg (Fleming)	606-748-2219	1591 Maddox Pike, Flemingsburg, KY 41041
Troyer, Ammon	Glasgow (Barren)	270-590-1943	7675 Oil Well Rd., Glasgow, KY 42141
Yoder, Paul	Hardyville (Hart)	270-303-0650	2440 Whickerville Rd., Hardyville, KY 42746
Grayson County Implement-Paul Young	Leitchfield (Grayson)	270-259-0075	3363 Owensboro Rd., Leitchfield, KY 42754
Yoder, Andrew	Lewisburg (Logan)	270-755-5591	797 Coon Range Lake Rd., Lewisburg, KY 42256
Burkholder, Paul	Liberty (Casey)	606-787-7996	9431 KY 502 South, Liberty, KY 42539
Sumrell, Eric	Manchester (Clay)	606-847-2980	7856 Beech Creek Rd., Manchester, KY 40962
Byler, Roy	Marion (Crittenden)	270-969-8266	2865 Mt Zion Rd., Marion, KY 42064
Farmwald, Delbert	Monticello (Wayne)	606-348-6281	State Hwy 1009, Monticello, KY 42633
Hertzler, Henry	Bethel (Bath)	606-336-8810	1972 Mt Pleasant Rd., Owingsville, KY 40360
Ottenheim Country Store	Crab Orchard (Lincoln)	606-355-7464	5920 Kentucky 643, Crab Orchard, KY 40489
Raber, Roman	Pleasureville (Henry)	502-878-4211	10712 Castle Hwy., Pleasureville, KY 40057
Fisher, Daniel	Mount Sterling (Montgomery)	859-404-1864	901 Gibson Ln., Mt. Sterling, KY40353
Brenneman, Alvin	Campbellsville (Taylor)	270-937-4377	3050 Barney School Rd., Campbellsville, KY 42718
Derstines, Aquila & Jeremy	West Liberty (Morgan)	606-552-4254	207 Crockett Loop, West Liberty, KY 41472

If you need directions, please go to Hammons Products Company's website (<http://www.black-walnuts.com/>) and click on the *Locate a Buying Station* where you will find the hulling locations.

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Disabilities accommodated with prior notification.

Organic Association of Kentucky

ANNUAL FARMING CONFERENCE



Advancing Organics In Kentucky:
Adopting Practices, Increasing Resilience and Strengthening Systems

JANUARY 25-27, 2024 | Frankfort, KY



Register Here



[www.oak-ky.org/
annual-conference](http://www.oak-ky.org/annual-conference)

OAK Conference 2024 - Advancing Organics In Kentucky: Adopting Practices, Increasing Resilience and Strengthening Systems				
January 25				
8:30am - 9:00am Registration				
9:00am - 12:30pm		No-Till Cover Cropping Strategies on a Small to Medium Scale <i>Joel Dufour, Jesse Frost, Susana Lein, Shawn Lucas</i>	Five Steps to Your Regenerative Resilience Plan: A Workshop for Farmers <i>Laura Lengnick</i>	Intro to Seed Growing in the Southeast <i>Chris Smith</i>
12:30pm - 1:30pm LUNCH				
1:30pm - 5:00pm	High Tunnel Production: The Science and Practice of Off-Season Organic Production (Off-Site) <i>Joel Dufour, Krista Jacobsen, Nathan Lind, Shawn Lucas, Tony Silvernail, Joseph Ulrich</i>	Foundations of Regenerative Grazing: Ecosystem Function and the Tool of Livestock <i>J. Dylan Kennedy, Mike Wilson, Annie Woods, NRCS TBD</i>	Want to Grow Fruit? Small Fruits for Kentucky <i>Blake Cothron</i>	Raising Goats in Kentucky <i>Von Barnes, Emily Clement, Fatima Jackson, Holly Robinson, McKinley Stonewall</i>
All Times Eastern #OAK2024 - OAK's 13th Annual Farming Conference				

OAK Conference 2024 - Advancing Organics In Kentucky: Adopting Practices, Increasing Resilience and Strengthening Systems				
January 26				
8:30am - 9:00am Registration				
9:00am - 10:30am	Are Tomatoes Worth It?!? Evaluating Profitability in High Tunnels, Crop by Crop <i>Liz Graznak</i>	Exploring Organic Small Grains Production in Kentucky <i>John Bell, Lauren Brzozowski, TBD</i>	Growing Community Through Seeds: Stories of Grassroots Organizing & Growing Shared Resources <i>Florentina Rodriguez</i>	
10:45am - 11:45am KEYNOTE: Cultivating Community, Wellness, and Purpose Through Food and Farming Ardis and Henry Crews				
11:45am - 1:15pm LUNCH				
1:15pm - 2:45pm	Saving and Savoring Traditional Southern Crops <i>Chris Smith</i>	Food Insecurity and Food Access in Kentucky: Panel Discussion <i>LaToya Drake, Jann Knappage, Taylor Ryan, TBD</i>	Using Ecological Practices and Appalachian Ingenuity to Grow Year-Round in a Challenging Environment <i>Sara Martin</i>	
3:00pm - 4:00pm	Introduction to Working with Livestock Guardian Dogs <i>Bree Pearsall</i>	Digging into Sustainability Data with Farmers: Lessons from the Field for Incentivizing Climate-Smart Practices <i>Annie Woods, TBD</i>	Practical Climate-Risk Management <i>Laura Lengnick</i>	
4:15pm - 5:15pm	Resource Share	Funding Forum	Farmer Skillshare	
5:30pm - 7:30pm Evening Social				
All Times Eastern #OAK2024 - OAK's 13th Annual Farming Conference				

OAK Conference 2024 - Advancing Organics In Kentucky: Adopting Practices, Increasing Resilience and Strengthening Systems				
January 27				
8:30am - 9:00am Registration				
9:00am - 10:30am KEYNOTE: Organic Farmer Panel: Adopting Practices, Increasing Resilience and Strengthening Systems In Our Organic Farming Community WB and Lynn Brown, Liz Graznak, Anna Raines, Mac Stone Moderator: Bree Pearsall				
10:45am - 11:45am	Silvopasture Opportunities and Challenges for Kentucky Farmers <i>Sid Brantly, Douglas Hines</i>	Organic Transition: Resources for Success <i>Kenya Abraham, NRCS, TBD</i>	Organic Strawberries: Propagation to Market <i>Bryce Baumann</i>	
11:45am - 1:15pm LUNCH				
1:15pm - 2:45pm	Adaptation Options for Diversified Organic Farmers <i>Laura Lengnick</i>	Addressing the Use of Plastics in Organic Agriculture <i>David Gonthier, TBD, Amber Sciligo, Alejandra Warren</i>	The Black Farmer Blight and Planting Seeds of Solutions <i>Michael Carter Jr</i>	
3:00pm - 4:00pm	Alley Cropping for Climate Resiliency, Farm Diversification, and Cropping System Services <i>David Butler, Jody Thompson</i>	From Soil to Fork: The Importance of Microbes in Agriculture <i>Kendall Corbin, Carlos Rodriguez López, Shawn Lucas, Mark Williams</i>	Navigating Labor Challenges and Opportunities on a Small-Scale, Diversified Vegetable Farm <i>Liz Graznak</i>	
4:15pm - 5:15pm	Agrivoltaic: Solar Grazing with a Regenerative Approach <i>J. Michael Moore</i>	Alley Cropping for Climate Resiliency, Farm Diversification, and Cropping System Services: The 'Why' and The 'How' <i>David Butler, Taylor Malone, Oakes Roult, Brian Shobe, Jody Thompson</i>	Forest Farming	
All Times Eastern #OAK2024 - OAK's 13th Annual Farming Conference				

A Messy Winter Garden Makes Good Wildlife Habitat

Susan Harkins, Capital Area Master Gardener

You worked hard turning some of your property into wildlife habitat. You planted nectar and host plants for butterflies and pollinators. Trees and bushes offer shelter and habitat for birds, squirrels, and other small creatures. Perhaps this summer, a box turtle took up residence in your back yard or you heard tree frogs singing in your own trees! Now, after all your hard work, why would you destroy that wonderful ecosystem by cleaning it up for winter?

This time of year, experts encourage us to clean up and cut down. That *is* the right way to manage a manicured golf-course landscape; but it's the wrong way to treat the property you've cultivated as wildlife habitat. Think about it; does Mother Nature rake leaves and cut down dried seed heads? No. Decaying plant matter provides food and shelter for insects and animals throughout the winter, and to complete the lifecycle, decaying matter amends the soil—free fertilizer!

First, let's talk about *not* raking leaves. Leaf litter is a microecosystem all its own. It's full of eggs, larvae, pupae, and thriving insects. Bag up the leaves and they're gone—an entire little ecosystem is gone. You invited all those beneficial insects into your yard. If you want to keep them there, don't destroy their home and kill their offspring! Instead, allow leaves to lay where they fall. Only remove leaves from areas you must. A foot of leaves is as detrimental to that thriving community as no leaves at all. In addition, wet slippery leaves are hazardous. Find balance between being a responsible homeowner and supporting the living community underneath those leaves.

Next up is your wildflowers. They're looking shabby this time of year, but fight the urge to cut

them back. Birds and other creatures depend on seeds and dried leaves for food. Many insects overwinter in dried stems. And honestly, what looks a tad shabby right now will look spectacular surrounded by a blanket of snow. I plant river oats because those glistening seeds bowing over a blanket of bright snow are beautiful.

Experts tell us that a messy winter garden encourages disease, and they're right. Please don't apply this messy strategy to your vegetable garden plots or your precious cultivars such as roses. Some of your landscape will require special care. However, in those areas that you purposely turned over to nature, continue to let nature take the lead.

Butterflies, native bees and pollinators, and other beneficial insects need a safe place to hibernate over winter. Birds and other small creatures need shelter and food. Truly wild places are in decline, so your yard matters. Every yard matters. Leave your wildlife habitat messy, and let nature do what it does best in a healthy balanced system. To learn more, pledge to be a lazy gardener at the [Habitat Network](#) and continue learning how messy winter gardens make better wildlife habitat.



Photo: Coneflowers during a heavy frost provide a lot of winter aesthetics, while also feeding song birds.

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe." – John Muir

Fall Gardens Pop With Mums

By: Rick Durham, Extension Horticulture Specialist, UKY

Mums bring new life to the fall garden and spruce up a front porch. All around Kentucky, garden centers offer many varieties of colorful blooms.

Fewer daylight hours and longer nights trigger flowering, which make mums a popular fall choice. Nurseries often artificially do this by pulling dark cloths over the plants in late summer and early fall, which stimulates blooming. If you have mums growing in the landscape, the natural decrease in day length will do the trick as well.



You have dozens of varieties from which to choose, but mums generally fall into one of two groups: garden or hardy mums and cutting mums or florist mums. Florist mums usually are tender and will not survive winter.

When buying a mum for fall color, look for the plant with tight buds that haven't flowered yet to make the plant last longer. Choose the variety you want based on the ones close to it that have already bloomed.

Water is another key to making your mum last longer. Place the mum in a larger pot when you bring it home to help it retain more water. If you leave it in its original container, check the soil at least every other day by simply putting a finger

into the soil, at least to the first knuckle. If the soil is dry, your mum needs water.

Make sure water gets good contact with plant roots and the soil. Either water from the bottom up in a pan or pail of water, or from the sides of the pot with a watering can or garden hose. Watering overhead on the leaves or buds may cause them to quickly deteriorate. To avoid root rot, don't allow mums to stand in water long.

Once flowers begin to fade, "deadhead" or pick off the fading blooms, which will promote new growth and make the plant look healthier. If you want to enjoy garden mums inside, find a good location near a south-facing window, out of direct sunlight. Keep it away from heating or air conditioning vents that tend to dry the flowers. Keep the soil moist, but not soggy.

Mums prefer moderate night temperatures, about 60 degrees Fahrenheit. If you expect frost, protect outdoor mums by moving them under cover overnight.

Once the plants have finished blooming, they will stop growing. You can either add them to your compost pile or plant them in your garden. Be aware, however, even the best gardeners find that mums planted in the fall often fail to establish in our climate.



KEEPING IT

Wild!




SUSTAINING KENTUCKY'S NATIVE WILDLIFE.

2023 Conservation Writing and Jim Claypool Art Contest

Sponsors: Kentucky Farm Bureau Federation // Kentucky Association of Conservation Districts // Kentucky Division of Conservation





Cushaw Pie


<p>2 cups cooked and mashed cushaw squash</p> <p>¼ cup butter</p> <p>¼ cup sugar</p>	<p>½ cup brown sugar</p> <p>2 eggs</p> <p>1 teaspoon lemon extract</p> <p>1 teaspoon vanilla extract</p>	<p>½ teaspoon nutmeg</p> <p>¼ teaspoon ground cinnamon</p> <p>1 9-inch graham cracker pie shell</p>
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- 1. To prepare squash:** Wash and remove rind from the squash. Cut flesh into 1 inch squares. **Steam** squash cubes until tender. Drain and mash.
- 2. Preheat** oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.
- 3. Pour** mixture into pie shell.
- 4. Bake** 15 minutes at 400° F.
- 5. Reduce** oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

Yield: 8 slices

Nutritional Analysis: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.

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




Adam Leonberger

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