

# Weed It and Reap

**FRANKLIN COUNTY  
COOPERATIVE EXTENSION  
SEPTEMBER 2024 NEWSLETTER**

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
(502) 695-9035  
Fax: (502) 695-9309  
franklin.ca.uky.edu



## Majestic Monarchs on the Move

By Jonathan L. Larson, Entomology Extension Specialist

Monarch butterflies are some of the most beloved insects in the United States. As we head towards the end of September, sightings of monarchs have been increasing across the Bluegrass as we are now in the midst of the fall monarch migration, one of nature's most spectacular insect events. Earlier this summer, monarchs may have been seen in Kentucky as they headed north over successive generations. The question becomes, why do monarchs do all this migrating, and will the ones we see in Kentucky this fall make it all the way to Mexico?

### Monarch Basics

This species is a type of milkweed butterfly that is supposedly named for King William the Third of England (he was known as William of Orange and the butterfly is orange). As adults, monarchs are black and orange with a wingspan of about 3.5 inches, although some are slightly larger.

*(Continued on pg. 2)*

### IN THIS ISSUE

<b>MAJESTIC MONARCHS ON THE MOVE. . . . .</b>	<b>1-3</b>
<b>FALL ARMY WORM. . . . .</b>	<b>3</b>
<b>UK EXTENSION PUBLICATIONS DATABASE . . . . .</b>	<b>4</b>
<b>FREE SOIL SAMPLE COUPON . . . . .</b>	<b>5</b>
<b>UPCOMING EVENTS. . . . .</b>	<b>6-7</b>
<b>LUNCH &amp; LEARN: INATURALIST. . .</b>	<b>8</b>
<b>GROWING A BULB MEADOW . . . . .</b>	<b>9</b>
<b>TASTE-LEARN-GROW . . . . .</b>	<b>10</b>
<b>PAULA MULLINS GROWING GARDENS GRANT . . . . .</b>	<b>11-13</b>
<b>J. CLAYPOOL ART CONTEST. . .14-15</b>	
<b>BUTTERNUT SQUASH AND TURKEY CHILI . . . . .</b>	<b>16</b>

*HAPPY FALL!*

*(Continued from pg. 1, Majestic Monarchs on the Move)*



**Figure 1:** Adult monarchs are black and orange with white dots. The adults in Kentucky right now are likely going to be in Mexico by winter, spending the cold period away from our dipping temperatures (Photo: Jonathan L. Larson, UK).

Males can be differentiated from females by two large ovals on one of the wing veins of the back wings. Kentucky, has a unique connection to monarchs since the state insect, the viceroy butterfly, is a mimic of the monarch as an adult. Monarch butterflies can be found sipping nectar from milkweeds, as well as from coneflower, Joe-Pye weed, and goldenrod, amongst other blooming plants.

Monarch larvae, on the other hand, are found feeding on the leaves of host plants (predominantly milkweeds). As they develop through their five stages, the caterpillar will get larger, gain black, yellow, and white striping, and grow short “tentacles” at each end. It usually takes about 2 weeks to develop through the entire larval stage.

## Monarch Migration

Aside from their stark coloration and the fact that they are the state insect of seven different U.S. states, monarchs are most well-known for their fall migration. Every autumn,

much of the Eastern and Central U.S. will witness thousands of butterflies trying to move south all the way to Mexico, where they will spend the winter in the oyamel fir forests north of Mexico City. These individuals will then fly a little north next spring and create the first generation of monarchs of the new year. Over successive generations, the monarchs keep moving north, reaching up into Canada.

All of this travel is aimed at keeping warm. Much like the people called “snowbirds,” who leave cold states and go somewhere warm for the winter, the monarch butterfly just doesn’t want to be chilly. Some other insect species avoid cold temperatures by hiding in leaf litter or by invading structures. The monarch simply uses its beautiful wings to skedaddle somewhere more tropical. Right now, this process of moving south has led them into and through Kentucky according to the maps provided by [Journey North](#).

## Monarch Decline & Conservation

In recent years, monarch populations have suffered from multiple stressors, and their migratory population seems in peril. In fact, in 2022, the migratory population was listed as “endangered” by the International Union for the Conservation of Nature. The reasons for the decline are varied and complicated: logging that occurs near their overwinter sites, negative effects associated with climate change that may be harming these insects while they stay in Mexico, and the loss of a lot of the wild milkweed monarchs depend on in the U.S. None of these issues exist on their own and they must be confronted as a whole if monarchs are to be helped.

If you want to help monarchs, there are some small-scale things you can do to contribute to

conservation. Converting parts of landscapes near homes and businesses to monarch conservation habitats can aid numbers of monarchs, as can pesticide stewardship and avoiding treating plants monarchs might visit. Research done at the University of Kentucky came up with a nice guide on producing a “better monarch waystation” that can be found on their website. Beyond milkweed for larval development, adding more flowering plants to the landscape can also provide nectar for hungry adults. Reporting sightings of monarchs to groups like Journey North or participating in monarch tagging events also helps researchers better understand the intricacies of this insect.



**Figure 2:** Monarch larvae are black, white, and yellow-striped, with long tentacle-like projections on the head and rear. They can be found happily munching on milkweed (Photo: Jonathan L. Larson, UK).

## Fall Army Worm

We are getting increasing numbers of fall armyworm reports from a number of locations. Producers should scout their fields and pastures and treat if numbers exceed a threshold of 2 to 4 larvae (caterpillars) per square foot on average. While we don't anticipate the severe infestation we had a couple of years ago, some areas of KY may experience damaging levels of fall armyworm. We will report more in the Sept issue of Forage News, but wanted to make sure you had a heads up in case numbers are increasing on your farm. If you haven't registered already, considering attending one or more of the following events:

Sept 25-26 – KY Intermediate Grazing School

Oct. 15 – KY Pasture Ecology Workshop

Oct 15-16 – Heart of America Grazing workshop

Oct 17 – Pasture Walk at Greg Brann's

More information and a registration link can be found under events at the UK Forage Website: <https://forages.ca.uky.edu/>

From UK Forage Specialists



Be sure to follow our Facebook page  
for all the up-to-date  
information and articles.



@FranklinCountyKyCooperativeExtension

# The New Extensions Publications Database is Here!

Source: Tawana Brown, Associate Director for Education Publications at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment

The Extension Publications (pubs) website database has been a reliable resource for communities to strengthen, build and engage the Commonwealth—offering searchable pubs in five areas, which include:

[4-H Youth Development](#) (4-H)

[Agricultural and Natural Resources](#) (ANR)

[Community and Economic Development](#) (CED)

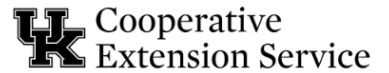
[Experiment Station](#) (ES)

[Family and Consumer Sciences](#) (FCS)

The new database at <https://publications.ca.uky.edu> offers a more visual, intuitive user experience with an updated search tool to filter results by author, area, series title, or language (English or Spanish). When reviewing publications, readers can more easily find author names, abstracts, core and categorical details, keywords and downloadable publication files. In addition, photo icons and updated links will give readers better visual and informational integrity.

Interested in reading some of the most recent Extension publications by area? Check these out:

- **4-H: Thriving in Food & Nutrition.** Positive youth development in 4-H doesn't just happen, the 4-H Thriving Model is used to predict the way that 4-H has its positive impact on youth development. This worksheet resource is intended for agents and volunteers to use when intentionally designing programs to promote high-quality, positive youth development experiences in Foods and Nutrition programming.
- **ANR: Planting Along Your Stream, Pond or Lake.** Kentucky has more than 90,000 miles of rivers and streams and thousands of ponds, lakes, reservoirs, and wetlands. You can improve your surroundings and the quality of your stream, pond, or lake by planting an area called a riparian buffer or buffer zone.
- **CED: Understanding Your Organization's Culture, ANR Facilitator's Guide.** Effective leaders profoundly affect the culture of their organizations. Leaders hire and fire, determine policies, and are organizational role models. All these factors impact an organization's culture. Therefore, it is important that leaders understand the basics behind culture and how to influence it toward desired results.
- **ES: Soybean Production Contest.** In Kentucky, farmers grow soybeans in two common soybean production systems: full season and double crop. Both systems are important to the overall production of soybeans in Kentucky. To document the agronomic practices utilized by producers, an annual soybean production contest was initiated in Kentucky in 1980.
- **FCS: Adding Up Vitamin A in the Diet.** What do sweet potatoes and beef liver have in common? They are both excellent sources of vitamin A. We need this vitamin for vision, immunity, growth, development, and helping our heart and lungs to work well.



# FREE SOIL SAMPLE COUPON



Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
502-695-9035  
franklin.ca.uky.edu

During the month of October, we are offering FREE soil testing. By testing in the Fall, you will be ready to plant in the Spring. Eliminate those long waits to get your results.

Test NOW!

Compliments of the Franklin County Cooperative Extension Service.

Bring this coupon in with your soil sample(s) and receive FREE BASIC SOIL TESTING.

Redeemable only at the FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE located at 101 Lakeview Court, Frankfort KY. (502) 695-9035 <https://franklin.ca.uky.edu>

For information on how to take a soil sample:  
[www.ca.uky.edu/agc/pubs/agr/agr16/agr16.pdf](http://www.ca.uky.edu/agc/pubs/agr/agr16/agr16.pdf)

**LIMIT 5 (FIVE) FREE SAMPLES PER ADDRESS  
NO COMMERCIAL SAMPLES WITH THIS OFFER**

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

Form A or H

Sample #1 \_\_\_\_\_

Sample #2 \_\_\_\_\_

Sample #3 \_\_\_\_\_

Sample #4 \_\_\_\_\_

Sample #5 \_\_\_\_\_

**Adam Leonberger  
County Extension Agent for  
Horticulture**

**Keenan Bishop  
County Extension Agent for  
Agriculture and Natural Resources**

Staff \_\_\_\_\_ Date: \_\_\_\_\_



## Fall Cleanup Events in Franklin County:



Household Hazardous Waste Collection  
10/19 8-12pm  
309 Rouse Ave

Metal Recycling  
10/17-10/18 8-4:30pm, 10/19 8-12pm  
Lakeview Park

Waste Tire Collection  
10/17-10/18 7-3pm, 10/19 8-12pm  
State Maintenance Garage

A green background with a white outline of a flower. The text "Fall Plant Sale" is written in a white cursive font. To the right is the Liberty Hall Historic Site logo, which features a stylized building with three stars above it and the text "LIBERTY HALL HISTORIC SITE". Below the logo, the text "NOW THROUGH SEPTEMBER 30TH" is written in white capital letters. At the bottom, it says "ONLINE PRE-ORDERS ONLY AT LIBERTYHALL.ORG". At the very bottom of the advertisement is a photograph of a garden with pink and yellow flowers.

Fall  
Plant  
Sale

LIBERTY HALL  
HISTORIC SITE

NOW THROUGH  
SEPTEMBER 30TH

ONLINE PRE-ORDERS ONLY AT  
LIBERTYHALL.ORG



# EXPECTING A BABY & HAVE MEDICAID?

# SIGN UP FOR FRESH RX AT THE FARMERS MARKET AND LOCALS FOOD HUB



GET \$26 EVERY WEEK TO SHOP FOR PRODUCE PLUS \$5 FOR ANY FOOD AT THE MARKET OR FOOD HUB



thank you

Anthem Medicaid & Community Farm Alliance for making this possible



LEARN MORE: [FCMARKET.ORG](http://FCMARKET.ORG)  
502-382-1254

**SAVE THE DATE**

**2025 KENTUCKY FRUIT & VEGETABLE CONFERENCE**

**JANUARY 5-7, 2025**

**MARRIOTT GRIFFIN GATE  
1800 NEWTOWN PIKE  
LEXINGTON, KY**

**DETAILS TO COME**

# Kentucky Composting Conference

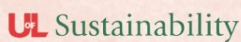
## Sustainability and the Art of Composting

Join us to learn best practices for composting, from small to large-scale operations. Learn through hands-on demonstrations, expert panels, and engaging speakers about compost quality, soil health and more!

**WHEN:** October 17th - 18th

**WHERE:** University of Louisville - Belknap Campus

**KEYNOTE:** Jean Bonhotal, Cornell University



KNOB HILL FARM  
ORGANIC PRODUCTS EST 2004



Registration  
\$35 Regular  
\$10 Student

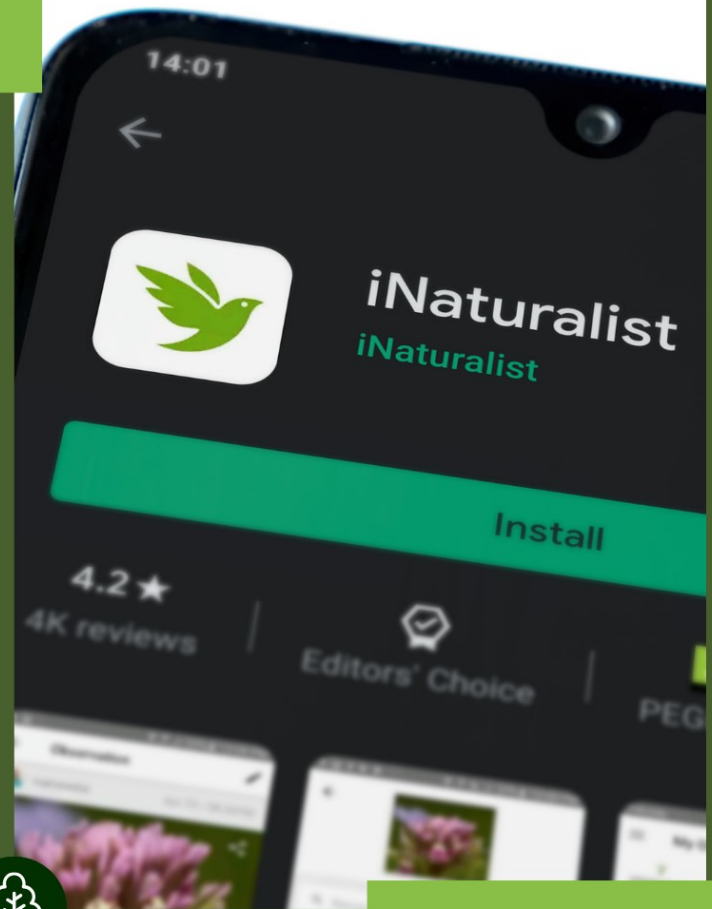
Scholarships Available

<https://tinyurl.com/compost-conference>

Lunch & Learn with  
Capital Area Extension  
Master Gardeners:

# How Your iNaturalist Data Makes a Difference for Biodiversity

Why do your iNaturalist observations matter, where do they go, and what impact do they have? We'll share tips for making quality observations, how you can help with identifications, and how you can maximize your impact through data sharing.



October 21, 2024  
12:00pm

**Free!**  
**Bring your own lunch.**  
**No registration required.**

Franklin County Extension Office  
101 Lakeview Court  
Frankfort, KY 40601  
502-695-9035

**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.



# GROWING A BULB MEADOW

**October 23 · 6 - 7pm**

**Cost \$15**

Experience the world of lesser-known spring bulbs that will add a touch of magic to your garden! Attendees will get several types of bulbs to try at home. Don't miss this opportunity to learn about lesser-known gems that will add color and charm to your outdoor space. See you there!

Register by phone, 502-695-9035  
or email, [franklin.ext@uky.edu](mailto:franklin.ext@uky.edu)

Franklin Franklin County Extension Office  
101 Lakeview Court, Frankfort KY 40601

**Cooperative  
Extension Service**

Humanities and Natural Resources  
Humanities and Consumer Sciences  
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 notific



### About the Challenge

Join us for year 4 of the Kentucky Farm to School Challenge.

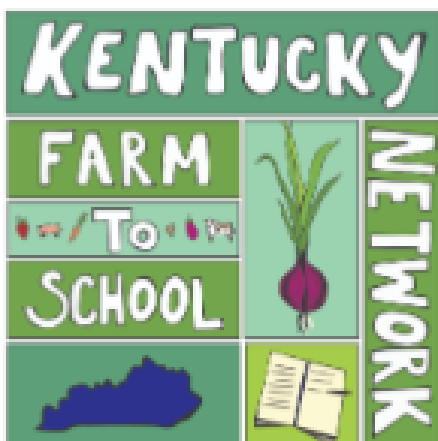
The Challenge encourages Kentucky schools and/or classrooms to participate in 3 activities to Taste, Learn and Grow during Farm to School month in October. Schools and/or classrooms that participate and complete the Challenge will be entered into a drawing for recognition and prizes.

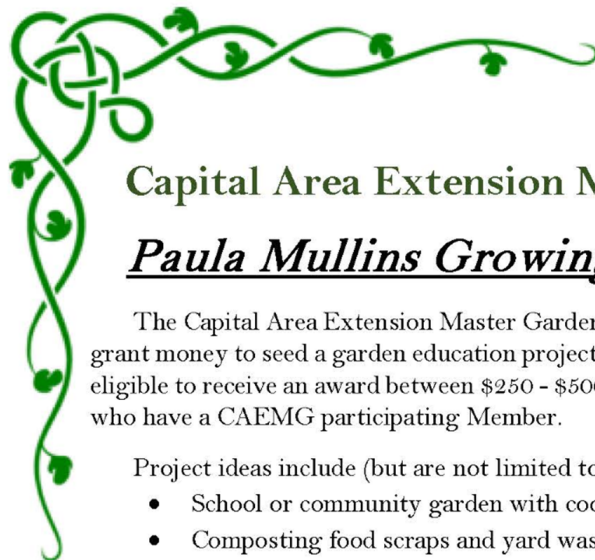
### Details

The KY Farm to School Challenge 2024 will take place October 1-31.

- A challenge kit with suggested activities, printable poster and resources will be emailed to all who register.
- Register a whole school or a classroom.
- All Kentucky public and private schools and homeschools are invited to participate.
- For all schools/classrooms that complete 3 activities in October and return the completion form, there will be a drawing for prizes.

If you have any questions, please feel free to email us at [KYF2SNetwork@gmail.com](mailto:KYF2SNetwork@gmail.com).





**KENTUCKY**    
**COOPERATIVE EXTENSION**



Kentucky Extension  
Master Gardener

## Capital Area Extension Master Gardeners

### *Paula Mullins Growing Gardeners Grant Application*

The Capital Area Extension Master Gardeners (CAEMG) invites schools in Kentucky Counties to apply for grant money to seed a garden education project in the classroom or community. Pre-K through 12th grades are eligible to receive an award between \$250 - \$500. Preference will be given to new projects, and to those counties who have a CAEMG participating Member.

Project ideas include (but are not limited to!):

- School or community garden with cool weather, spring crops
- Composting food scraps and yard waste
- Tree planting
- Planting pollinator gardens
- Houseplant propagation and public sale
- Starting seedlings and selling or donating for summer vegetable gardens
- Educational trip to a botanical garden
- Student-led effort to partner with the appropriate county entity to identify and label plants at a local park to help educate the public
- Invasive plant species identification and removal project

At the conclusion of the project, students shall submit a Project Summary in the form of a trifold project board. The Project Summary should include between 10-20 pictures of the students at work, and brief captions of what is being done. Failure to submit the required Project Summary shall disqualify the awardee from future awards.

Projects that propagate plants and have available inventory at the end of April will be invited to setup a table at the annual CAEMG Plant Sale and earn money to seed future gardening projects. All sale tables shall have the trifold display with pictures of engaged students and captions about the project.

**Interested parties should complete the CAEMG Growing Gardener Grant Application and submit to the CAEMG email by September 30.**

Awards will be made in the second week of November.

Thank you for taking the time to apply for this grant. We are excited about funding as many proposals as possible, and hope you will contact us with any questions, concerns, etc. that you may have. We know you are caring, giving educators, and we want to be part of your success!

**Submit questions and/or completed application to:**

[capitalareamastergardeners@gmail.com](mailto:capitalareamastergardeners@gmail.com)

CAEMG Growing Gardeners Grant

Application Information

#### Cooperative Extension Service

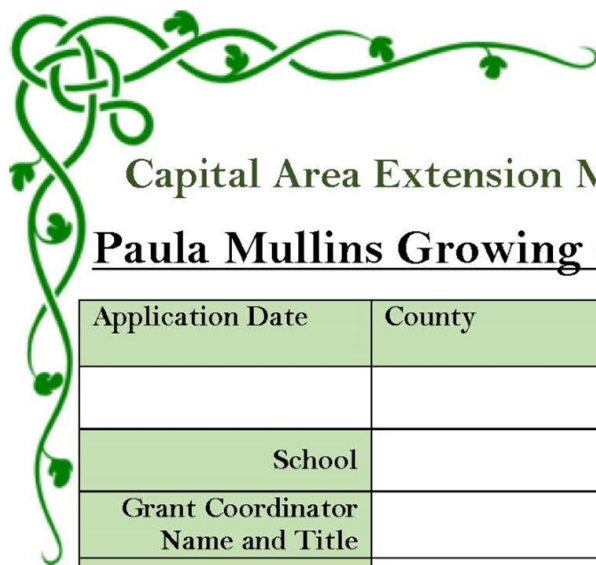
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

#### 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.



Kentucky Extension  
Master Gardener

Capital Area Extension Master Gardeners

**Paula Mullins Growing Gardeners Grant Application**

Application Date	County	Grade Level(s)	Requested Grant Amount (Not to exceed \$500)
School			
Grant Coordinator Name and Title			
Contact Email			
Contact Phone			
Names of any project collaborators (optional)			
Project Title			
Target Audience			
<b>Project Overview</b>			
Provide a brief statement about the proposed project.			
<b>Project Objectives</b>			
Provide a bulleted list of objectives about the desired outcome of the proposed project.			
<b>Desired Outcome</b>			
Provide a statement about the desired outcome of the proposed project.			



Project Implementation (Step-by-step), including Milestone Timeline:	
Outline the steps of the project, from the time an award is received through the submission of the required PowerPoint project summary.	
Project Budget	
Describe all items for purchase and estimated costs. Mention any co-funding from the school or other sources.	
Project Evaluation	
Provide information on how you will determine the effectiveness of the project or program. Include the method that will be used to verify the completion of the project or program.	
Project Summary Submission	
Trifold project board including pictures of students at work and captions about the project. Details should include the school name, project title, objectives, timeline, budget, and evaluation. If students will sell at the CAEMG Annual Plant Sale, you may leave space to include picture(s) from the sale.	<b>Due by April 20</b>
Photo Releases Obtained?	
It is the teacher/school's responsibility to ensure a photo release is on file for each pictured participant. CAEMG may utilize these images for promotional purposes in association with future grant awards.	Y/N
Do wish to reserve a table to sell available inventory at the CAEMG plant sale at the end of April?	
Table reservations require display of a tri-fold display about the project, including the CAEMG logo and the grant name "Paula Mullins Growing Gardeners Grant".	Y/N

<b>Signature</b>	<b>Date</b>

Updated 5/7/24.





**PROTECTING  
THE FOREST  
TOGETHER**  
FORESTRY AND FOREST HEALTH

**2024 Conservation Writing and Jim Claypool Art Contest**

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



**STATE WINNERS:**

First: \$250; Second: \$150; Third: \$50

**REGIONAL WINNERS:** \$50

**COUNTY LEVEL WINNERS:** \$25

*\* State/Regional winners will receive a personalized certificate. County winners that win regional or state awards will only receive one check for the top prize.*

**RULES**

1. Kentucky students grades 6-12 are eligible to compete in the writing contest. Students up to grade 5 may compete in the art contest.
2. A student may not enter both the art contest and the writing contest during the same year.
3. An entry must be created by one and only one student. Any entry submitted by more than one student will be disqualified.
4. All entries become the property of the contest sponsors. The decisions of the judges at all levels of competition are final.
5. Top three writing entries and/or artworks from your school must be submitted to your local county conservation district by Dec. 1, 2024.
6. **ARTWORK:** Student entries shall be 8 ½" X 11". Entries may be digital or submitted on any color or thickness of art board (poster board, mat board, etc.) or may be on art paper, which is firmly affixed to art board. All artwork must be two-dimensional (2-D). Three-dimensional (3-D) artwork will not be accepted. Artwork may be rendered in any medium: pencil, ink, charcoal, pastel, crayon, paint, photography, etc. Mixed media and collage work is acceptable as long as all pieces are securely glued to the surface of the work. All entries must convey at a glance an accurate understanding of the information provided in the tabloid, the theme of the competition, and persuade the viewers of the need for good forest conservation practices. All entries must be the original work of the student.
7. **WRITING:** Entry may not exceed 1,000 words and must be written in ink or typed on one side of paper only. No photographs or artwork may be included with the written work. The written entry should demonstrate an accurate understanding of the information provided in the tabloid and inform the reader about forest conservation. Students should write from the perspective of an informed writer to a less informed reader and may be in the form of a letter, article, editorial or speech. The work should be from the student author and avoid plagiarism from this source or other sources. ALL sources should be reputable and cited appropriately.
8. The entry form to the right must be completed and attached to your entry.

**HELPFUL HINTS**

- Keep entry simple and sincere.
- Be creative and original. Avoid plagiarism by using original words and ideas. Plagiarism is defined as the act of stealing and passing off the words of another as your own without crediting the source.
- Consider an area of forest conservation that is important to you, your family and your community.
- Draw from your personal interests or experiences.
- Writing entry should take the form of informational.
- Think about forestry issues in your community, farm, subdivision or city.
- DO NOT use this tabloid as your only source.
- Interview people in your community about changes in forestry issues.
- Find ways to improve forestry issues in your community. TAKE ACTION!

**POINT SYSTEM FOR ART**

- **50 points** - Purpose/Audience. (Appropriate communication style to reach audience, establishes and maintains a purpose; and holds to subject in community. Theme clearly conveyed at a glance.)
- **30 points** - Composition/creativity/craftsmanship. (Layout, originality, and quality of work, such as neatness.)
- **20 points** - Language/correctness. (Word choice, usage, spelling, punctuation, capitalization.)

**POINT SYSTEM FOR WRITING**

- **30 points:** Purpose/Audience (establishes and maintains a purpose, communicates with audience, employs a suitable tone)
- **20 points:** Organization (logical order, coherence, transition organizational signals)
- **20 points:** Idea Development/Support and Evidence of Research (student's original work shows sources of research, sources are cited)
- **30 points:** Correctness (spelling, punctuation, capitalization), Language (word choice, usage), Sentences (varied in structure and length, constructed effectively, complete and correct)

**ENTRY FORM**

Conservation Writing and Jim Claypool Art Contest

Name (Miss, Mr) \_\_\_\_\_

Parent's Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (    ) \_\_\_\_\_

Age \_\_\_\_ Grade \_\_\_\_ Teacher \_\_\_\_\_

County \_\_\_\_\_

School \_\_\_\_\_

School Phone (    ) \_\_\_\_\_

I hereby certify that I have read the rules and helpful hints and this entry is the original work of:

\_\_\_\_\_

Student Signature

\_\_\_\_\_

Parent/Guardian Signature (required)

\_\_\_\_\_

Teacher or Principal Signature (required)

**Pumpkin Painting Class**

**Call to register:**

**502-695-9035**

**101 Lakeview Court**

**Frankfort, KY 40601**



**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



Adam Leonberger

**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.