

HORT FROM THE HILLTOP

HARRISON COUNTY HORTICULTURE NEWSLETTER



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Hello Horticulturalists!

Welcome to 2023! I hope that each of you had a very relaxing and enjoyable holiday season! The new year is now upon us and it is time to start thinking about horticulture and gardening once again! This month we have a class all about microgreens, where you can learn how to grow them and eat them and what this new(ish) trend is all about! In February we will have a class on home fruit production. This class will be the basic info you will need to get started or continue growing some fruit at home. In March, the Homesteading Series continues with the class on Gardening for the Homestead. I hope that these classes are of interest to you and I hope that you can attend other programs that the Extension Service has to offer as well! If you would like to receive the newsletters for our other program areas, just call or stop by the office and we will get you signed up! There are lots of fantastic programs going on that we would love for you to be a part of!

On a personal note, I recently got married!!

I haven't officially changed my name yet, but soon it will be and you will start seeing correspondence from Jessica H. Wells—but it's still me!

MICRO
GROW YOUR OWN
GREENS

Join us on Tuesday, January 17
at 10:00 a.m. or 5:30 p.m.
to learn how to grow your own microgreens!

Harrison County Extension Office
Call to Register - 859-234-5510

THURSDAY, FEBRUARY 23
10:30 & 5:30

**HOME FRUIT
PRODUCTION**

Harrison County Extension Office
Learn the basics about growing fruit at home for your family - strawberries, brambles, grapes and tree fruit
Call the office to Register 859-234-5510

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Homesteading Series



**CAIP
ELIGIBLE
COURSE**

Join us on the 1st Tuesday of each month now through March (excluding January) to learn more about homesteading on your very own property! These courses are suited for those who are interested in homegrown and self-sufficiency whether you are just beginning or have an established operation and just need a few more resources.

5 Courses Available

Small Scale Rabbit Farming

Fill your freezer with the other white meat! Learn how to raise rabbits for meat on your homestead, farm, or even in your backyard.

**October 4
6:00pm**

Meat Canning

Discover how to can and store the meat you produce to feed your family all year round.

**November 1
6:00pm**

Poultry Production for Meat

Purchasing, housing, feeding, maintenance, tips/tricks and more to fill your freezer with homegrown poultry.

**December 6
6:00pm**

Beekeeping

Find out what you need to start and care your own apiary for honey production and pollination.

**February 7
6:00pm**

Gardening for the Homestead

Fill your kitchen with a homegrown bounty of fruits and vegetables. Discover the how-to's of raising fresh produce at home.

**March 7
6:00pm**

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

Cooperative Extension Service
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Extension Service of the University of Kentucky
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Start your day with
Extension!

9:10 a.m.

Stacey Stephens with NEP:
1st Monday of the month

Jessica Sayre 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



Stay up to date!

Follow us on FACEBOOK!

Harrison County

Cooperative Extension—
Horticulture

Pesticide Certification Class

Monday, February 20th

10:00 a.m. & 6:00 p.m.

Registration is required!

Call 859-234-5510 to sign up



Licking Valley Honey Bee Society

Next Meeting: January 10th

Beginning Beekeepers Session
beginning at 5:30 p.m.

General Beekeeping Club Meeting
beginning at 6:30 p.m.

at the Harrison County Extension Office

How Bugs Get Ready for Winter

As the season continues to cool in the fall and into the winter, like outside prepares for the cold. This includes the insects and spiders who must be able to survive exposure to freezing and sub-freezing temperatures. Insect development and survivorship is a the whim of the climate around them, in particular, temperature drives their lives. Some folks may be hoping that Old Man Winter will provide some free pest control. Unfortunately, insects have adapted many ways of mitigating the effects of cold and will be able to survive thanks to these “overwintering strategies”. When it comes to dealing with cold, there are two main ways for insects to survive—either get away from the cold area completely or find local shelter that will provide some shielding.

Migration

Some insects may behave similarly to human “snowbirds” and simply leave when things start to get cold. Migration is a great way to not get cold, as a species you will simply go somewhere warmer! One of the most famous examples of this behavior is the monarch butterfly. In the autumn, these orange and black beauties will start to fly south from northern states, progressively moving towards Mexico. Once they arrive in Mexico, they fly towards the oyamel fir forests north of Mexico City where they will cluster together until spring. Another butterfly species, the painted lady, also migrates long distances and dragonflies are also noted for logging in a lot of frequent flier miles in response to cold.

Cold Tolerance

If they don't pack up and go, then insects are still going to need to survive the winter to get populations restarted the next spring. For many species, this will mean finding an area that can protect them from cold air temperatures. It is important to point out that all species of insects have a lower lethal temperature, meaning there is a cold temperature that will kill them. Insects can't warm their own bodies; their body temperature is dictated by their local climate. However, there is also a set amount of time that they must stay at that temperature for death to set in. If their temperature rises above that lower lethal temp, then the clock resets and they may survive. This gives scientists a freezing equation of temperature and time to know when bugs might die from cold.

Some insects may prepare for the cold and ultimately can survive being frozen. These species can produce natural anti-freezes that prevent them from freezing solid or lowering the normal lethal temperature. Other species may be able to control where ice crystals ultimately form in their body. They would let their fat bodies freeze for example rather than their digestive system.

If these freeze tolerance methods aren't in their toolbox, an insect species is going to have to find a way to keep warm in a chilling environment. One trick bugs use is to go into winter as either eggs or pupae, stages of life that require much less food and are already semi protected. Mother bugs may lay their eggs in leaf litter, down in the soil, or provide extra protection. Bagworms and spotted lanternflies are good examples of moms that go the extra mile. Female bagworms never leave their bag-like construction, they lay their eggs inside with them and then perish. The bag then keeps those eggs slightly warmer than they would be outside. Spotted lanternfly females will “spray” a substance on top of their eggs, which helps the eggs to survive the winter.

Pupating insects often burrow into soil or leaf litter to finish the job. Once covered, they have a natural blanket between them and the cold air temps. Wood boring pests can also be highlighted as they are inside of a tree, under the bark and are rarely exposed to the frigid cold that may be hovering just outside their tree.

Some species may go into winter as adults. Brown marmorated stink bugs, multicolored Asian lady beetles, and boxelder bugs are some famous examples. Part of their fame is due to their penchant for using human buildings for their overwintering habitat. Instead of their usual hiding under logs or stones, they have found our homes to be deluxe, heated hideaways! This intersection of insect winter ecology and humanity can be quite annoying.

Pest-Proofing Homes

If you have a history of dealing with winter infestations, your house most likely represents an ideal overwintering site to them. It may be down to the height of your home, its geographic situation, or even the color of the exterior. The best thing you can do for these issues is to pest proof the home as best as you can.

Inspect your home and check for cracks around windows, doors, pipes, and chimneys and seal openings with silicone or silicone-latex caulk.

- If you find insects congregating on the exterior of your home, you can spray them with soapy water to kill them before they get inside.
- When stinkbugs or lady beetles are discovered inside, simply vacuum up living specimens and dispose of them outside.
- Using bug bombs or other insecticides in the home will not help to deal with the lady beetles and will only serve to expose the people inside to residues. An exterior application of a perimeter insecticide may help to exclude some of these pests. This should be done with a pest control professional or by using a registered product (for example, Ortho Home Defense) and strictly following the label instructions.

Article by: Jonathan Larson, UK Entomology Specialist

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Twice-Baked Acorn Squash

- **2 medium** acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- **2 cups** fresh spinach, chopped
- **4 strips** turkey bacon, cooked and crumbled
- **1/2 cup** grated parmesan cheese
- **1** thinly sliced green onion
- **1 tablespoon** olive oil
- **2 teaspoons** garlic powder
- **1/2 teaspoon** salt
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** nutmeg

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a **large bowl, combine** the squash pulp with the remaining ingredients. **Spoon into shells. Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is **golden brown. Store** leftovers in the refrigerator within two hours.

Yield: 4 servings
Serving size: 1/2 of an acorn squash

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.

