

HORT FROM THE HILLTOP

HARRISON COUNTY HORTICULTURE NEWSLETTER



Cooperative Extension Service
Harrison County Office
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November 2023

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November is here and the extension office is full of holiday fun! Check out each page of the newsletter for flyers of upcoming events! Also, if you are not on the Ag or Family and Consumer Science newsletters, they are free offer lots of great programs! If you would like to be added to the mailing list, stop by or give the office a call at 859-234-5510.

Community Corner

Spanish Resources



MCTC



LIBRARY



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.

HC EXTENSION



Check out Hort Culture, the local, weekly, horticulture podcast!

How can we serve you, Kentucky?

Take a ten-minute survey to help us develop programs addressing needs in your community.

go.uky.edu/serveKY



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Disabilities accommodated with prior notification.



Christmas CRAFT DAY

WEDNESDAY,
NOVEMBER 29

9-11AM
OR
5-7PM

Food|Crafts|Fun
Cost: \$10
Harrison County Extension Office
RSVP to 859-234-5510

Cooperatives Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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HARRISON COUNTY EXTENSION

Holiday

FRESH WREATH WORKSHOP

Tuesday, December 5th
Harrison County Extension Office

\$10 class fee

Offered:

- 10:00 a.m.
- 11:00 a.m.
- 5:00 p.m.
- 6:00 p.m.

REGISTRATION REQUIRED

Call 859-234-5510
to sign up for a time slot

Limited spots available



**Start your day with
Extension!**

**9:10 a.m. Stacey Stephens
with NEP:**

1st Monday of the month

**Jessica Wells 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



Flat Run Veterans Park
364 Oddville Ave., Cynthiana

Harrison County Farmers Market

The Harrison County Farmers Market has wrapped up for the 2023 season. Follow this newsletter, the Harrison County Farmers Market Facebook page, and the Harrison County Farmers Market website (scan the QR code below) to keep up with the market over the winter, and to be the first to know when the meetings for the new season start back up!

Thank you to all the market members who work hard each week to bring fresh produce and hand made items to sell and a big thank you to all those who come out and shop at the market! Also, thank you this year's sponsors for the coffee bar!

Now is the time to take a moment and rest, then start planning for the 2024 season!



How to Make a Cut Flower—Pumpkin Centerpiece

Supplies needed: a pumpkin, a container to hold the cut flowers (such as a plastic or glass cup), a spoon/scooper, fresh cut flowers.

1. Clean the pumpkin and dry thoroughly.
2. Determine the size of the container you will be using for the cut flowers. The container should not be taller than the pumpkin, it should fit comfortably inside.
3. Cut a hole in the pumpkin, just as you would if you were going to carve the pumpkin. Scoop out the insides. The hole and area cleaned out needs to be large enough to accommodate the container you are using for the flowers.
4. Place your container inside the hollow pumpkin and fill with water.
5. Insert cut flowers of your choice.
6. Be sure to check daily to see if you need to add more water to your container. The pumpkin will last about 7 days before getting soft and/or moldy, so plan accordingly if you are planning to use it for an event.
7. Enjoy!





Brussels Sprouts Gratin

2 pounds (4 cups) Brussels sprouts
6 slices turkey bacon
2 medium onions, diced
3 tablespoons butter
3 tablespoons flour

½ cup low sodium chicken broth
1 ½ cups skim milk
1 cup shredded Parmesan cheese (packed)
1 teaspoon salt
1 teaspoon black pepper

Preheat oven to 400 degrees F. **Wash** Brussels sprouts and **remove** the outer leaves. Using a paring knife, **score** the core end of each sprout. In a large saucepan over medium-high heat, **boil** sprouts 3-5 minutes or until just tender. In a skillet over medium heat, **cook** turkey bacon until crisp. **Remove** from pan. **Add** the onions to the pan and **cook** until tender, about 5 minutes. **Remove** from pan. **Melt** butter in skillet. **Add** flour and stir until smooth. Using a whisk, slowly **add** chicken broth and milk. **Stir** until thick and smooth. **Add** cheese and **stir**

until smooth. **Add** bacon and onions. **Season** with salt and pepper. **Coat** a 9-by-13 inch pan with non-stick spray. **Place** Brussels sprouts in pan and pour the gratin sauce over the top. **Bake** 25 minutes or until the top is lightly brown.

Yield: 8, ½ cup servings

Nutritional Analysis: 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g sugars, 11 g protein.

Kentucky Brussels Sprouts

SEASON: June to November

NUTRITION FACTS: Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.

SELECTION: Choose sprouts that are similar in size, firm and compact with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or that have yellowed or wilted leaves.

STORAGE: Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

PREPARATION: Soak Brussels sprouts in water for about 10 minutes. Rinse with fresh water to thoroughly clean the sprouts.

To boil: Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.

To microwave: For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

To steam: Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

KENTUCKY BRUSSELS SPROUTS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

October 2018

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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