

# September



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

## Bullitt County Extension Office

384 Halls Lane  
Shepherdsville, KY 40165  
(502) 543-2257

<https://bullitt.ca.uky.edu/horticulture>

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## Upcoming Meetings

### Beekeepers' Association

(Second Wednesday of each month)

- ⇒ September 14th, 7pm
- ⇒ October 12th, 7pm
- ⇒ November 9th, 7pm



### Master Gardener's & Horticulture Council

(First Tuesday of each month)

- ⇒ September 6th, 6pm
- ⇒ October 4th, 6pm
- ⇒ November 1st, 6pm



## Upcoming Classes

\*Pre-registration is required for all classes to ensure adequate supplies. To RSVP, call 502-543-2257\*

### September

- ◇ **Friday, 9/9:** Growing Mushrooms, 6pm
- ◇ **Monday, 9/26:** Early Apple Tasting, 6pm



### October

- ◇ **Tuesday, 10/25:** Late Apple Tasting, 6pm
- ◇ **Saturday, 10/22:** Community Seed Exchange, 10am

### November

- ◇ **Friday, 11/4:** Growing Microgreens, 6pm



Scan the image to head to our Facebook page where we share detailed event information, horticultural tips, resources and more.





# Horticultural Photography Contest

## Step One

### Enter your photo in the contest

Call 502-543-2257 to register and turn in a completed entry form

## Step Two

### Submit photo digitally to

[hortphotocontest@gmail.com](mailto:hortphotocontest@gmail.com)  
Be creative. Include variety.

## Step Three

### Turn in your photo by September 30th

Top three photos will receive prizes. Top 12 photos will be selected and featured in our 2023 calendar

1st, 2nd and 3rd place prizes!



**Win \$100 for first place, \$75 for second or \$50 for third. Photos that do not place may be selected for use in our 2023 calendar!**

## 2022 Rules in Brief

1. Topic of horticulture must be evident. 2. Must be submitted electronically in jpeg format, must have signed legal conditions and contest rules form. 3. If contest deadline is not met or paperwork is missing entries submitted will be void. 4. Once submitted, photos become the property of The University of Kentucky and/or Bullitt County Extension, both entities reserve the right to use them in any way. 5. No name brands, people or time and date signature can be present on or in any entries. 6. Photos judged on creativity, adherence to the rules, photographic value, and interest of subject. 7. Must be original work of submitting individual. Full rules available at the Bullitt County Extension Office.

Contact Lorilee Kunze at 502-543-2257 with questions and email [hortphotocontest@gmail.com](mailto:hortphotocontest@gmail.com) to enter your photo. Sponsored by the Bullitt county Master Gardeners.

**Dead-line for submitting entries is 4:30 pm Eastern Time on Sept 30, 2022!**

Scan the image to access the photo entry form and complete list of rules, terms and conditions. Please submit the completed forms and photo submissions to the Bullitt County Extension Office or via email at [hortphotocontest@gmail.com](mailto:hortphotocontest@gmail.com)



# Drying & Preserving Flowers

Source: Lori Bowling and Alexis Sheffield, Agents for Horticulture, Boyd & Boyle County Cooperative Extension Service

The gardening season is all but over for most of the landscape plants and flowers. Many avid gardeners who hate to see the growing season go may look for ways to keep it going by taking some of their favorite flowers indoors to keep through the winter until those warm, gardening days come around again. However, many will seek to keep their flowers around during winter months by picking those last vibrant blooms and preserving them by drying.

There are several methods to drying flowers including: air drying, pressing, using desiccants, microwave drying, freeze-drying, and preserving foliage with glycerin. For the purpose of this article, we will discuss using air drying, pressing and microwave drying. First you need to collect plant material you wish to preserve. Some things to consider are looking for materials year-round and not just at the end



Consider different shapes, colors, and textures when selecting your flowers.

of the season, look for different shapes, colors and textures, and collect flowers at different stages of growth or bloom.

## Air-Drying or Hang-Drying

After collecting your plant material, if air drying or hang drying simply make small bundles using rubber bands and hang them upside down in a warm, dry place – ex: attic, garage, closet. Most all flowers can be dried this way but the ones that are considered to be “everlastings” are best for this method. Some examples of “everlastings” are Globe Amaranth and Strawflowers.

You will want to cut good quality flowers at their peak or slightly immature stage, remove the foliage and in some cases you will want to remove the stems and replace with wire. Group the flowers into small bunches and tie with a rubber band instead of string so when the stems shrink from the drying process the rubber band will adjust to continue to hold the stems. Hang the bunches upside down in a warm, dry, dark area (closet, attic, garage, utility/furnace room). Make sure there is good air circulation and allow the flower bunches to hang till thoroughly dry, which usually takes about 2-3 weeks. When drying larger blooms such as hydrangeas or peonies; hang blooms individually instead of in bunches.



When drying, hang cut flowers upside down in warm, dry area for about 2-3 weeks.

## Pressing

You will want to avoid plants with fleshy stems and leaves, very thin flower petals or wilted material for this method. Wilted plant material will not press out and the flatter the flower, the better they will press (ex: pansy, violets). The faster the flower blooms dry using this method the better they will retain their color, however, if they dry too fast they can turn brown. Place your flower blooms between layer of absorbent, non-glossy paper material such as newspapers, old phone books or catalogs. Stack the books or the layers of paper and put heavy weighted items on top and place in a warm, dry place. At the end of the first week, place flowers in fresh, dry papers and stack

again with weight. Another drying option is to layer flowers between newspapers and place newspapers between pieces of cardboard. Layer until you have all flowers placed then tie or tape them together. Place weight on top and put the stack in a warm, well ventilated place.



Notebooks, books, and other non-glossy paper materials work best for pressing method.

### Desiccants

Desiccants allow flowers to dry quicker than air-drying and keep their natural shape better than air-drying. You can make a desiccant by mixing equal parts of Borax and cornmeal. Place enough of the mixture in the bottom of a cardboard, plastic or glass container to cover the bottom area, then place the bloom upright in the container and slowly pour mixture over

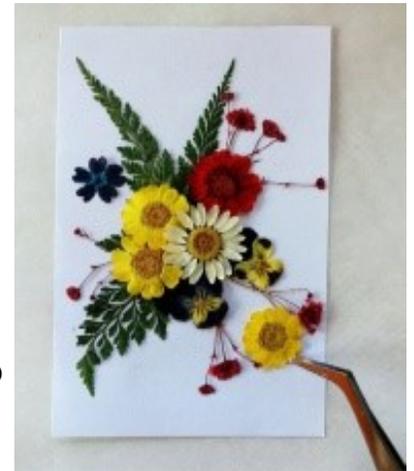


Silica gel can be found at most craft stores.

the bloom. The material is used to hold the petals in place while they dry. Some add about 3 tablespoons of non-iodized salt per quart of mix to help petals retain their color while drying. You can also purchase silica gel at many craft stores to use as a desiccant. The procedure is the same as with the Borax mixture but the container will need to have an airtight lid put on it, if not, the silica gel will absorb moisture from the air and prevent flowers from drying properly.

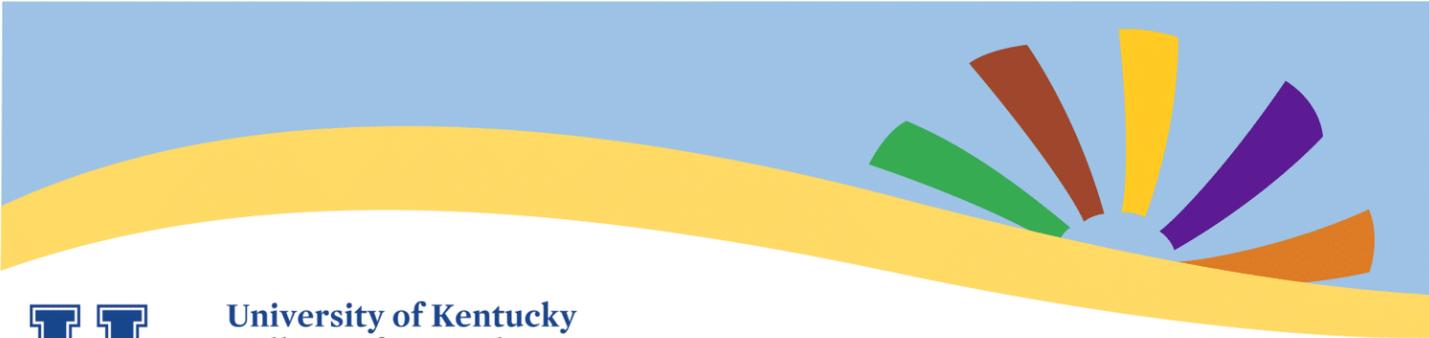
### Microwave Oven Drying

Make sure to use a microwave safe container, and do not use a dish you want to use for food again after this project. Cover the bottom of the container with an inch or two of silica gel. Place flowers blossom-up in the gel and then pour more gel over the petals. Make sure to pour gently so that petals don't flatten. Then, place the uncovered container in the microwave; time will vary according to the type of flower, so this step requires a bit of trial and error. Start the microwave on one or two heat levels



This method will not work well on flowers with thick petals.

above defrost for 2-5 minutes. Check your flower's progress periodically and increase heat and time as needed. Once flowers are dry, open microwave and immediately cover the container. Remove from the microwave, open lid 1/4 of a centimeter, and let sit for 24 hours. Clean the gel from the petals with a fine brush, then mist with an acrylic spray (also available at craft stores). Take note that dried flowers fade quickly when exposed to sunlight or heat, so be sure to keep them in cool areas away from windows when on display.



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# Community Seed Exchange

## Bullitt County Extension Horticulture

Mark your calendars and join us in the fall for a communal gathering and seed exchange! Bring your vegetable, annual, and perennial seeds to give away or trade with others. You never know what you may end up with! All garden enthusiasts welcome.



**Saturday, October 22nd, 2022**

**10 a.m. to 1 p.m.**

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

Call 502-543-2257 to preregister. For more information, visit our Facebook page at

[facebook.com/BullittCountyExtensionHorticulture](https://facebook.com/BullittCountyExtensionHorticulture)

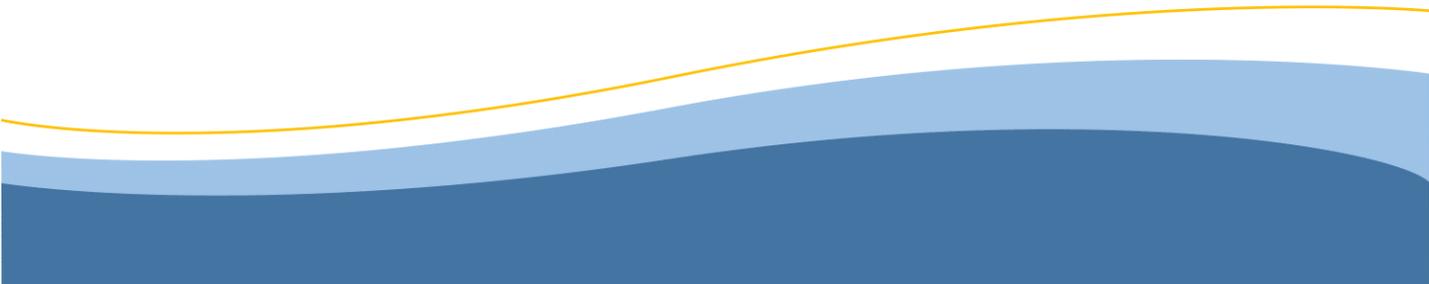
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Family and Consumer Science  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Fall Care: Woody Plants

Source: Kathy Wimberly, Agent for Horticulture, McCracken Co. Cooperative Extension

Fall is a time to give some quality care to woody plants. If your lawn is fertilized, it is likely that most shrubs and trees will not need to be fertilized. Also, if leaf litter (fallen leaves) are allowed to remain on the ground below the canopy, then there is a good chance that is a source of nutrients. However, if soil testing reveals a need for supplemental nutrients, then fall is good for fertilizer application. If a fertilizer is spread on the soil and if rainfall is not in the forecast, it is a good practice to water-in the fertilizer. This helps protect tender roots of the woody plant from the salt of fertilizer.



Leaf litter is a great source of nutrients for woody plants.

Fall is also an excellent time to plant or transplant shrubs and trees. Doing so in the fall allows for a better chance of establishment before the heat of upcoming

summer. Roots grow in the cool season and throughout the winter if planted in fertile, well-drained soil in the fall. The gardener should know to follow recommended practices for planting. Give attention to trunk flair so that flair of the trunk is just-above the grade when seated. Be persistent and consistent with watering practices. A good soaking is needed once a week to aid the transplant's establishment. Recommended total of irrigation is equivalent to an inch of rainfall per week.



Trees and shrubs grow most of their new roots in the fall of the year.

In times of drought, watering more frequently is required. It is up to the homeowner to observe the local rainfall for the transplant's first three to four years at the new site. Savvy gardeners know rainy days may not provide correct amounts of water for the newly planted tree or shrub. It may be necessary to irrigate, in addition to the amount of rain, for the years following transplant. Once the shrub or tree is established the gardener may have years of enjoyment of fall color.



It may be necessary to irrigate frequently after transplanting if natural rainfall is inadequate.

# Fall Lawn Renovation

Source: Andrew Rideout, Agent for Horticulture, Henderson Co. Cooperative Extension Service

September is the best time of year to establish a new lawn or renovate an existing lawn, and most lawns in Western Kentucky have fescue as their preferred grass. The heat and drought of Kentucky summers often take a toll on fescue lawns, so here are some important steps to take before you begin.

First, ensure that you have selected a grass that is hearty and properly adapted to your area and individual circumstances. A drought resistant cultivar of turf type tall fescue would seem appropriate for most areas in Kentucky. The National Turf grass Evaluation Program evaluates cultivars every year to

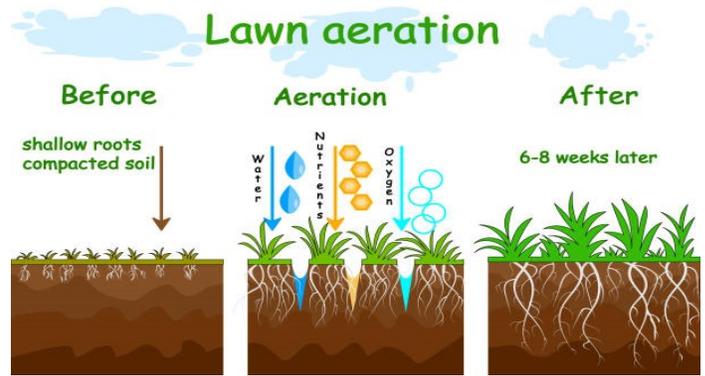


Tall fescue is an excellent choice for lawns in Kentucky.

determine which ones perform the best under dry conditions, as well as other characteristics such as color, density, and disease resistance. You can find these results at [www.ntep.org](http://www.ntep.org). Most likely, your local lawn and nursery suppliers will have good turf type tall fescue varieties on hand this fall.

After seed selection, a seeding method must be determined and consideration should be given to the best way to get “seed to soil” contact. There are several options to help get the seed through the existing vegetation and in contact with the soil. Many local rental yards offer a slit seeder for rental; this machine has discs that slice into the soil and drops seed into the furrow. I would recommend seeding in at least two directions however, to prevent your grass from coming up in rows.

Another method would include a heavy aerification before seeding. Aerification helps your lawn by breaking up the vegetation and exposing some soil, therefore offering a “hole” for the seed to fall into. In addition, aerification aids with water infiltration and thatch reduction.



Aeration improves water and nutrient uptake, creating stronger roots and improved stress tolerance.

Most rental yards offer an aerifier for rent. After aerification, you can apply your seed with a standard fertilizer spreader.

The last option would be a total kill and roto-till. This is very labor intensive and involves applying a non-selective herbicide to your lawn before tilling it. Be careful to lightly compact the soil back down after tilling, otherwise you will end up with a very bumpy lawn as it settles naturally. Do not forget to adjust your fertility as needed during renovation. Take this time to get a soil sample to ensure major nutrients are present in the soil at sufficient levels. This will also provide information on the pH or acidity of your soil. It is possible that an application of lime may be needed to raise the pH but, without a soil test, you have no idea how much is needed, if any. Once renovation and reseeding is complete, the work is not finished. Properly watering your new lawn will be imperative to your success. The general rule is to water deeply and infrequently but with newly seeded grass, less water, more often is needed in the first few weeks of establishment. With a little luck, some fall rains will reduce your water bill and save some labor!



Contact our office for more information on submitting a soil sample.

# Pawpaw Fruit in the Garden and Kitchen

Source: Penn State Extension

Pawpaw (*Asimina triloba*) trees are native to North America and are known for their fall fruit that has a creamy, custard-like texture and unique taste.



Pawpaw trees have long, pendulous leaves.

Pawpaws are found throughout Kentucky's forests as a native understory tree, often along streams and rivers. The trees produce root suckers, forming large patches of often over 500 stems. The flavor of the fruit is described as a combination of banana with a hint of mango and pineapple. Pawpaws are very nutritious, rich in Vitamins C, B-6, riboflavin, niacin, folate, and thiamine, and contain minerals such as iron, potassium, magnesium, and phosphorus.

Pawpaws grow well in full sun or light shade and well-drained or moist soils. Trees can reach up to 30 feet in height when grown in full sun with ample moisture. Trees have a pyramidal habit and are draped in light green, 8- to 12-inch-long pendulous leaves. In autumn, the leaves turn soft yellow. If you have one, provide the tree enough room to grow as young shoots sprout from the roots and colonize a large area. Remove the



Swallowtail lays its eggs on its host plant, the pawpaw tree. Photo credit: roadsendnaturalist.

sprouts regularly to keep the thicket from getting too dense and blocking out sunlight. The tree is unpalatable to deer,

although small wildlife will devour the ripe fruit. Pawpaws are also the host plant for the zebra swallowtail butterfly.

Inconspicuous maroon-brown flowers appear in April or early May before the leaves emerge. The wide bell-shaped flowers are approximately 1-inch in diameter and hang under the branches. While most flowers are bee-pollinated by flies and beetles, which are attracted to the mild scent of rotting meat, these plants are not self-fertile, so they also benefit from hand-pollination for an improved fruit set. When siting for pawpaws, be careful not to choose a low-lying area or frost pocket, which will damage the early spring flowers.

The fruits resemble an elongated mango and hang in clusters on one-year-old stems, so older trees benefit from pruning to encourage new growth. The 3 to 6-inch long fruit matures in September and may be tinged with black blotches when ripe. A ripe pawpaw will also

yield slightly, like a peach, when it is gently pressed. Harvest the softened ripe fruit immediately as wildlife will quickly devour



Fruits mature in September.

it. Ripe fruit is very perishable and lasts only a few days if not refrigerated. Fruit can also be picked before it ripens and laid in a single layer to ripen indoors. As the fruit ripens, it emits an intense fruit aroma—the flavor of the pawpaw. Unripe fruit can also be held in the refrigerator for up to two weeks and then ripened at room temperature.

To eat a pawpaw, gently rinse fruit, slice it and scoop out the pulp, which has a custard-like texture. The seeds and skin should not be consumed. The pulp can be used immediately or frozen for later use. To freeze, measure pulp and place in a freezer

quality bag, labeled with the amount of pulp and the date. Remove as much air as possible from the bag. Use frozen pawpaws within one year. When ready to use, remove the bag with the amount needed for the recipe and thaw in the refrigerator.

Pawpaws can be treated in the kitchen as you would bananas, pumpkins, or applesauce. Eat a pawpaw fresh and on its own. Bake it into quick breads and oatmeal bars by substituting pawpaws for bananas in your favorite recipe. Make ice cream, sorbet, or even a cocktail.



Pawpaw bloom.

There are no research-based recipes for canning pawpaws. You can, however, make freezer jam by following the instructions on the box of powdered pectin, substituting pawpaw for a mashed fruit, such as berries or mangos. Once the jam is set, store in the refrigerator for up to three weeks or in the freezer for up to twelve months. Once the jar is opened, store in the refrigerator and use this uncooked jam within a few days.

Pawpaws can also be dried by making fruit leather and are especially delicious when combined with strawberries. See directions for making fruit leather from The National Center for Home Food Preservation. Due to its reduced shelf-life, pawpaws are rarely available at grocery stores, but you may find them at farmers' markets. Make a point to try the fruit or purchase plants for your landscape. This native tree provides interest in the landscape, and its fruit provides delight in the kitchen.



Slice in half and scoop out the creamy pulp.

### Pawpaw Pudding

Source: Kentucky State University

- ◆ 2 c. sugar
- ◆ 1½ c. bread flour
- ◆ 1 tsp. baking powder
- ◆ ½ tsp. cinnamon
- ◆ 3 eggs
- ◆ 2 c. pawpaw pulp
- ◆ 1½ c. milk
- ◆ ½ c. melted butter

Preheat the oven to 350F, and grease a 13x9x2-inch glass baking dish. In the center of a large mixing bowl, whisk together the dry ingredients: sugar, flour, baking powder, and cinnamon. Into a well in the center of the dry ingredients, add and whisk the eggs. Whisk until fully mixed. Whisk and mix in the other wet ingredients: pulp, milk, and butter. Pour and scrape the batter into the baking dish and bake 50 minutes. To test for doneness, slide a toothpick into the center of the pudding, and it should come out clean. Like custard, if you jiggle the pan, the center should be set.

Serving: Cut into squares, and serve with vanilla ice cream, whipped cream, hard sauce, or crème anglaise.

# Winter Plants of Interest

Source: Julie Steber, Kentucky Extension Master Gardener

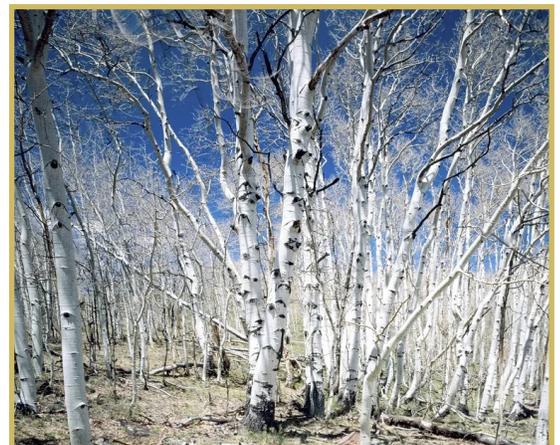
Winter will soon be knocking on the door across Kentucky. For many gardeners this is a welcome time to sit back and relax. As the brilliant colors of summer gardens and fall foliage fade don't despair; all is not lost in the winter landscape. With proper planning and planting you can enjoy points of color, texture and contrast in your winter garden. Think of vertical plantings with interesting bark, and branch structures as opposed to ground covers. It would be a shame to bury the landscape should we ever get another 23 inch snow fall. If you enjoy watching the birds, don't forget plants that provide a food source during the winter. Here are several plants to consider as you plan your winter landscape.

◇ **Bayberry**, *Myrica pensylvanica* is a deciduous shrub prized for its showy silvery-gray colored berries in winter. The waxy coating on the berries has been used in candle and soap making. It is a tough plant that tolerates poor soil as it is a good nitrogen fixer. It can be grown in dry sandy to wet marshy areas. It is a good choice for planting along drives as it is tolerant of salty conditions. The foliage is very fragrant through summer and fall. It is a natural deer repellent. Plant both male and females to assure pollination and fruit. The shrub is semi-evergreen in the south and spreads to cluster.



◇ **Beautyberry**, *Callicarpa americana* is a deciduous shrub that grows 3-6 feet in height and spread. It has green foliage during summer with lavender, pink blooms from June to August. It produces cascades of glossy, iridescent magenta, purple berries that wrap the stem which birds will love. This plant tolerates also clay soil and is pest free.

◇ **River or "black" Birch**, *Betula nigra* provides year round interest and grows well near water or low areas. It has bright yellow foliage in the fall. The dark colored bark stands out in winter and has a peeling texture. Mature heights can reach 40-70 feet and spread 35 feet attracting birds.



- ◇ **Hellebore**, *Heleborus orientalis* also called the Lenten rose is an herbaceous perennial that forms clumps. It typically blooms from January to April providing pops of purple, pink, red, yellow and green color. The foliage is evergreen and may be scorched by extreme harsh winters. Be sure to plant in an area that you can enjoy viewing every day. Prefers part to full shade and are rabbit and deer resistant. They grow 12-15 inches tall.



- ◇ **Hollies**: American Holly, *Ilex opaca*, is an evergreen that probably is one of the most common winter plants of interest used in Christmas decorating. Most holly has bright red berries, but some have fruit that is yellow, peach or orange colored. Use caution when selecting a species of holly as some may have a mature height of 70 feet tall.

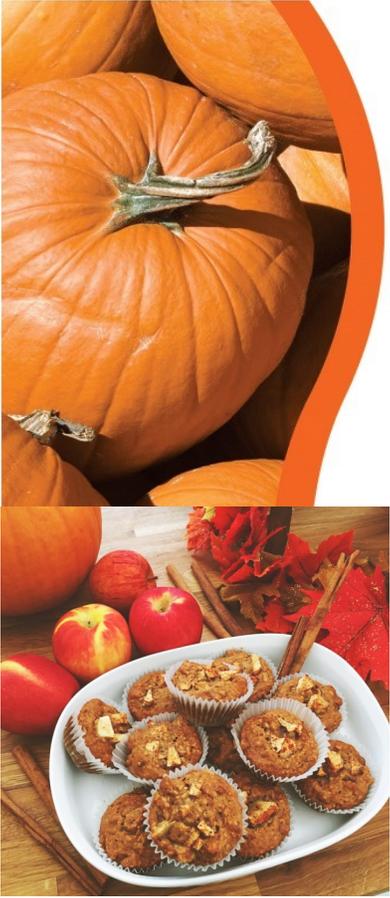
- ◇ **Ornamental Grasses**: Perennial grasses can add to the contrast and beauty of landscape year-round. Some maintenance is required to cut back the grass in spring. They provide movement in the yard and have interesting seed heads in the fall and winter. Plume grass or Ravennae Grass, *Erianthus ravennae*, Maiden Grass or Eulalia Grass, *Miscanthus sinensis* and Crimson Fountain Grass, *Pennisetum seaceum* are just a few that are well suited for Kentucky.



- ◇ **Red Twig (or Red Osier) Dogwood**, *Cornus sericea* is a deciduous shrub that provides year round interest displaying white spring flowers, variegated leaves during the summer, berries in the fall, and showy red to burgundy bark and twigs in winter. Mature height and width can be up to 8 to 10 feet. It attracts birds and butterflies. It grows in wet locations with full sun to part shade.

- ◇ **Witherod Viburnum**, *Viburnum cassinodes* is a shrub that provides year-round interest with pretty fragrant off-white flowers against dark green foliage in spring. The foliage turns to dark maroon in the fall and display clusters of berries that chameleon from pink to red and end as dark blue. Birds are attracted to it. Plant a group of several for naturalization and cross-pollination. This shrub tolerates moist boggy soil and grows in full sun to part shade to around 6 feet.





# Pumpkin Apple Muffins

- |  |                                   |   |
|--|-----------------------------------|---|
| <b>1 1/4 cups</b> all-purpose flour    | <b>1/2 teaspoon</b> ground ginger | <b>1 1/2 cups</b> fresh pureed pumpkin            |
| <b>1 1/4 cups</b> whole-wheat flour    | <b>1/2 teaspoon</b> ground nutmeg | <b>1/2 cup</b> canola oil                         |
| <b>1 1/4 teaspoons</b> baking soda     | <b>1 1/4 cups</b> honey           | <b>2 cups</b> Granny Smith apples, finely chopped |
| <b>1/2 teaspoon</b> salt               | <b>2</b> large eggs               |   |
| <b>1 1/2 teaspoons</b> ground cinnamon |                                   |   |

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

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