

Reminder: We have been updating the mailing list. We will go to the new mail lists this winter. Please call us at 270-388-2341 if you wish to stay on by mail or by email!

October, 2023

Inside this issue:

<i>Leaf it Be</i>	2
<i>Garlic Planting Time!</i>	2
<i>Winter Kitchen Gardens</i>	
<i>Alcohol Ink Painting Class</i>	4
<i>Wreath Event</i>	5
<i>Butterfly Host Plants Program</i>	6
<i>Review your Emergency Kits</i>	7-8

"Autumn leaves shower like gold, like rainbows, as the winds of change begin to blow."
~Dan Millman

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

The **Spanish and English Club** led by Lisa Stewart, meets the 2nd and 4th Sundays of the month 6:00 p.m. to 7:30 p.m. This is a fun, casual way to work on your Spanish or English. All are invited to participate!



Lyon County Extension Fall Garden News

Dear Gardener,
Kentucky Cooperative Extension invites you to participate in a community survey. This is to gather grassroots information on how Extension can serve our community needs. The survey takes about 10 minutes. We appreciate your time and input if you will do this survey for us!

There are three events in October and November that you are invited to participate in. The **Alcohol Ink Painting Class** is on Thurs-

day, October 19 from 1-3 p.m. The LCMGA is hosting the LBL Woodlands Nature Station presentation by Shannon Brockway, **'Butterfly Host Plants'**, Thursday, November 16 at 6:00 p.m. and the **LCMGA Wreath Event** will be held a bit early this year on Thursday, November 30, 10-12 p.m. See inside for more details!

We will also be doing **Christmas Crafts** at the Sr. Citizens Center on Friday, Dec. 1 at 12:00 p.m. with sign-up in December at the

Sr. Citizen Center.
The **Horticulture Webinar Wednesday Series** will be **Be My Bud Tree - ID in the Winter** on October 18 and **Holiday Cactus** on October 25. These are all held at 11:30 p.m. and are about 30 minutes long. To register or view past videos go to <https://tinyurl.com/23OctHWW>

Susan M. Fox

Susan Fox
Lyon County Extension Agent For ANR

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



KENTUCKY COOPERATIVE EXTENSION
An Equal Opportunity Organization.



Martin-Gatton
College of Agriculture, Food and Environment
KENTUCKY STATE UNIVERSITY
College of Agriculture, Food and Environment

Make Winter Green-Thumb Friendly with a Kitchen Garden

Dr. Rick Durham, UK Extension Horticulture Specialist

Gardening is often thought of as a spring and summer pastime, but you don't have to give up your gardening hobby just because winter is approaching. Continue working your green thumb this winter with an indoor container garden.

Container gardening refers to planting in containers rather than a traditionally tilled plot of land. Container gardening is a great way to bring your plants in from the cold and utilize small spaces such as windowsills and tabletops.

While the variety of crops you can plant in container gardens isn't as vast as traditional gardens, there are still a variety of planting options. Here are some easy plants to grow indoors this winter:



- **Scallions:** For scallions, also known as green onions, you can cut off the tip with the roots and place it in a glass with about an inch of water. When the roots are 2-3 inches long, plant them in potting soil in a shallow container. You can either harvest the green tops and let the plant continue to grow or use the entire green onion.
- **Garlic greens:** Plant a garlic clove in a few inches of potting soil mix for garlic greens. You won't be able to grow bulbs, but the green portion tastes garlicky and serves as a good substitute, either raw or sauteed.
- **Microgreens:** Microgreens refer to small edible greens grown from the seeds of vegetables and herbs such as broccoli and beets. Make sure the seeds you use are labeled for use as microgreens so there is no coating that may contaminate the plant. Sow the seeds thickly in new, clean potting soil in shallow containers like disposable aluminum pans with one to two inches of potting soil. Microgreens typically mature after 12-14 days or closer to 21 days for larger seeds and reach an average height of 4-5 inches tall. These can be used in salads, wraps or garnishes once fully grown.
- **Carrots:** Small carrots are easy to grow in potting soil. Sprinkle the seeds on top of the soil in a pot or long window box, lightly cover with damp peat moss and water well. And don't throw away those carrot tops. They're edible and nutritious and can be used in soups and sauces and even smoothies.
- **Herbs:** Basil, chives and parsley are extremely easy to grow indoors. Parsley demands more humidity, so misting the plants will help them flourish. Use organic fertilizer to help your herbs reach their full potential.

One of the biggest challenges with indoor gardening is the lighting limitations. While you should utilize as much natural light from windows as possible, some plants may need additional light from grow lights. Grow lights come in all price ranges and styles, from full-spectrum fluorescent lights to LED plant lights that are a bit more expensive but use less electricity than fluorescent lights. Incandescent bulbs do not emit the right spectrum of light for plant growth.

Another issue you may come across is ensuring your containers have proper drainage. You should use potting soil, which has better drainage, rather than garden soil. Be sure your containers have a hole for drainage and are placed atop a detachable saucer or in a tray to catch extra water. After the water has drained into this catching device, empty excess water to lower the risk of root rot.

Even though you are using clean, presumably "sterile" potting soil, you should wash any plant parts thoroughly before consuming, especially if you are using them raw.



Leaf it Be

Many important insects and even some bats overwinter in fallen leaves. In addition, many insects overwinter in plant stems. If you have areas where you can leave leaf litter and tolerate leaving dead annual and perennial stems until temperatures and consistently in the 50's in the spring you will be helping pollinators and other important insects. Insects that depend on fallen leaves include the lovely luna moth, the American bumble bee, woolly bear caterpillars, the great spangled fritillaries, red-banded hairstreaks. Ninety-four percent of moths rely on the leaf layer to complete their life cycle according to the National Wildlife Foundation. The eastern red bat overwinters in leaf litter where the insulating effect of the leaves helps them conserve energy.



Of course, leaves left on lawn areas will kill the grass and need to be removed. Leaf compost is very good for increasing soil organic matter. Adding a nitrogen source, green matter like grass clippings, cottonseed meal, kitchen vegetable scraps or fertilizer, can speed up the decomposition. Apply the nitrogen source to every 6-8 inches of leaves.

Diseased material should be removed and disposed of to reduce the disease levels next year. Remove fallen fruit and any fruit left on trees is also a part of good sanitation and disease prevention.



October is Garlic Planting Time

Adam Leonberger, UK Extension Horticulture Agent

With ghosts, goblins, and vampires on the prowl in October, it's the perfect time to plant your garlic for next spring. Garlic has long been viewed as a way to ward off vampires, according to European folklore. Whether that is fact or fiction, one thing is for sure, October is the time to plant garlic. Planting in the fall produces larger bulbs and more complex flavors. Garlic enhances food recipes and is seen as a traditional medicine in some cultures.



Garlic is best planted in the fall for harvesting next spring, usually in June. Nothing stores better after harvest than garlic because it is largely not affected by pests or diseases.

Place your garlic cloves in full sun and a well-drained, fertile site. Mix some organic matter like compost into the soil to provide more nutrients and to increase drainage. Plant cloves about 2 inches deep in the soil with the pointed end of the clove turned up. Prior to planting you should do a soil test to make sure your pH levels are between 6.0 and 6.5. Adding shredded leaves or straw on top will protect the cloves from cold winter and retain soil moisture. Be sure to put your garlic in a corner of your garden or a space where you won't be planting next spring. Each clove of garlic should be planted six inches apart and will produce a new head with six to eight cloves at harvest. You don't need to plant a lot of garlic, because a little will go a long way.

There are three types of garlic, the softneck, hardneck and elephant garlic. The softneck has two types, the artichoke and silver skin. Both are common garlic types sold in the supermarket and you have likely used them. The hardneck has large cloves, is easy to peel and has more intense flavor than softnecks. It also has a flower scape or flowering stem. Elephant garlic is a third type but is actually a member of the onion family and is considered a variant of the leek.



Painting with *Vibrant* *Alcohol Inks:* The Basics

*Class Taught by Don
Hershman*

Thursday, October 19, 1:00 – 3:00 p.m.

Lyon County Extension Office, 231 Main St., Eddyville, KY

Cost is \$10/person. Pay on October 19.

Class size is limited. Call 270-388-2341 to register.



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Kentucky Extension
Master Gardener

Join us for some
holiday season fun!

COOPERATIVE
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SERVICE

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College of Agriculture,
Food and Environment



2023
DESIGN YOUR OWN
CHRISTMAS WREATH
THURSDAY, NOVEMBER 30
LEE S. JONES PARK
LYON COUNTY CONVENTION CENTER
HWY 93 S. EDDYVILLE, KY
10 A.M.—12 P.M. CLASS SIZE LIMITED

COST \$25.00 PER WREATH ~ \$25.00 PER SWAG
EARLY BIRD REGISTRATION BY NOVEMBER 10TH ~ \$20
PREREGISTRATION REQUIRED, PAYMENT DUE AT REGISTRATION
PHONE 388-2341 OR VISIT LYON COUNTY COOPERATIVE EXTENSION
231 MAIN ST., EDDYVILLE, KY 42038

ALL SUPPLIES PROVIDED.
ENJOY GOOD COMPANY AND CHRISTMAS MUSIC!
ORGANIZED BY THE LYON COUNTY MASTER GARDENERS
[HTTP://LCMGA.YOLASITE.COM/](http://LCMGA.YOLASITE.COM/)

- ⌘ **BRING YOUR OWN GARDEN GLOVES, PRUNERS,**
- ⌘ **ANY PERSONALIZED ITEMS/DECORATIONS.**
- ⌘ **BRING A CANNED FOOD DONATION FOR THE FOOD BANK**

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, or physical or mental disability.



Disabilities accommodated
with prior notification.

Free Programs!

In partnership with the Tennessee Valley Authority, the Woodlands Nature Station is offering free outreach programs teaching local residents all about backyard pollinator habitat!



Backyard Habitat

LBL Woodlands Nature Station Outreach Program

Butterfly Host Plants- Take a closer look at butterfly gardening to discover the plants that provide food for caterpillars!

Thursday, November 16, 6:00 p.m.

Location: 231 Main St., Eddyville, KY 42038

Call 270-388-2341 to register and for additional information.

**Free of charge, Locally hosted by
Lyon County Master Gardener Association**



Kentucky Extension
Master Gardener

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with prior notification.



Building an Emergency Kit

By Jane Marie Wix - National Weather Service Jackson, KY

(Source: Ready.gov/kit)



After an emergency (whether it be natural or man-made), you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last during this amount of time. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit includes the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery



Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription Medications. An emergency can make it difficult for you to refill your prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

- Non-prescription medications such as pain relievers, allergy medication, antacids, etc.
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

Finally...Make a Plan!!!

- Learn what hazards affect your area. Contact your local National Weather Service office, your local emergency management office, or a local Red Cross chapter to learn which hazards can affect you.
- Make sure you know what to do when severe weather strikes.
- If you get separated from family, make sure you have a place to meet, and a point to contact to let someone know you are ok.
- Involve children in the plan making process.
- Practice your plan.