

# JANUARY

## Monthly Newsletter

Source: Rachel Rudolph, horticulture assistant professor

Even though your houseplants do not have to deal with the cold like your garden does, you should still change how you care for them this season, ensuring they stay healthy and continue to grow well. Following these tips, your leafy friends will bring lushness and natural beauty into your home, even in winter.

### Decrease watering

- In general, less light means less water. Plants need less water in the winter because they don't get as much sunlight, compared to spring and summer. To test soil moisture, push your finger into the potting soil at least one inch deep. If the soil is dry, water thoroughly. It is better to water plants well less often than water just a little bit every day. In the winter, it is possible that you will only need to water once every two to three weeks.

### Pay attention to the Sun

- If possible, move your plants closer to the windows. If they're on the ground, put them on a plant stand. Every week or two, rotate the pots to ensure all sides of the plants get some sunlight.

### It's okay if a few leaves fall off

- Plants outside over the summer will probably lose some leaves when they come back inside. This is normal because they are getting used to the lower light levels inside. It's normal for plants that stay inside all year to lose a few leaves as winter approaches. This is just their way of getting ready for less light.

### Avoid temperature extremes

Keep plants away from cold drafts, radiators and hot air vents. Sudden hot or cold drafts can kill plants, stress them out, or dry them out.

### Put the fertilizer on hold

- Winter is a time for most houseplants to rest. They don't need fertilizer because they usually aren't actively growing. In the fall, stop fertilizing and start back up again in the spring when plants get more sunlight and start growing again.

### Scan for pests

- If you are bringing plants inside for the winter, be sure to check the leaves, stems and soil surface for pests. Wipe leaves down with a wet cloth or remove pests by hand before bringing the plants inside. Small bugs that feed on sap, like aphids and scales, tend to show up more in the winter. Another common winter pest is the spider mite which likes warm, dry places to live. When watering, flip the leaves over and look at the undersides and along the stems. If you find bugs, use your fingers or damp cloth to remove them. Neem oil and insecticidal soap may be options for managing houseplant pests. With any product, be sure to read the entire label for application instructions and precautions.

### Increase the humidity

- In the winter, the air inside our heated homes is often drier. Most houseplants, especially those from tropical areas, do best when the humidity is between 40 and 50%. However, in the winter, most homes have humidity levels between 10 and 20%. Putting plants close together is an easy way to make the air around them more humid. Plants can also be put on trays with pebbles and water to make the air more humid. To keep the roots from rotting, pot bottoms should be above the water. As the water evaporates, it makes the air around your houseplants more humid. Keep plants away from vents with blowing air.

More information on caring for houseplants is available at the Breathitt County Extension office.



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



JANUARY

**31**

WEDNESDAY



# FARM RECORDKEEPING

**NOON @ BREATHITT CO. EXTENSION OFFICE**

LUNCH PROVIDED

OR

**5:30PM @ WOLFE CO. EXTENSION OFFICE**

DINNER PROVIDED

What we'll cover:

- LIVESTOCK RECORDS**
- GARDEN/CROP RECORDS**
- CHEMICAL RECORDS**
- FARM TAXES**
- RECORDKEEPING APPS/PROGRAMS**

**Speakers: Reed Graham, Breathitt ANR agent  
 Jessica Morris, Wolfe ANR**



2024



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# Breathitt County Extension Plant Sales

## PLANT and PRICE:

- \* AllStar Strawberry \$6.50 (bundle of 25)
- \* Earligrow Strawberry \$6.50 (bundle of 25)
- \* Natchez Blackberries \$4.00 each
- \* Duke Blueberries \$9.00 each (two varieties needed for pollination)
- \* Chandler Blueberries \$9.00 each (two varieties needed for pollination)
- \* Prelude Raspberries \$4.00 each (bare root)
- \* Jewel Black Raspberries \$4.00 each
- \* Asparagus (Millennium) \$1.00 each
- \* Onion Plants (Candy) \$5.00 (bundle of 60)

Plants are expected to ship from the nursery during the first week of April. We will contact you when the plants are available for pickup.

**Order due by  
March 10, 2024**

**Please call  
606-666-8812 to  
place your order**

**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**

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Disabilities  
accommodated  
with prior notification.

# Breathitt County Extension ROOTSTOCK AND GRAFTING CLASS

**March 19th, 2024**  
**10am to 5pm**  
**Come and Go classes**

Price is **\$10** which includes:

- 10 rootstock of your choice (depending on availability)
- Scion wood to graft your rootstock

## Apple Varieties include:

- **M.7** (3/16" or 1/4")- is a semi-dwarfing tree. It is resistant to fireblight, powdery mildew and root collar rot.
- **M.111** (3/16" or 1/4")- a vigorous, well anchored, drought tolerant rootstock. It creates a large semi dwarf tree 15-17 ft. if unpruned. Widely adapted to light or heavy soils. Resistant to collar rot.
- **G202** (1/4")- a semi-dwarfing rootstock. It is fire blight and phytophthora resistant, but also had good resistance to woolly apple aphid, a rootstock pest.
- **G41** (3/16" or 1/4")- A fully dwarf. It is highly resistant to fire blight and phytophthora and in initial tests it appears to be tolerant of replant disease. It produces trees similar in size to the M.9, but had higher yield efficiency and produces few root suckers.



All extra Rootstock is \$2.00/ plus tax each

**Please call**  
**606-666-8812**  
**to register**

**JANUARY 16TH**  
**6:00PM AT THE BREATHITT COUNTY**  
**EXTENSION OFFICE**

**DINNER PROVIDED**

## CARBON CREDITS FOR WOODLAND OWNERS



Please call your local extension office to register:  
**Breathitt**  
**Knott**  
**Lee**  
**Morgan**  
**Owsley**  
**Perry**  
**Wolfe**

**Jordan M. Shockley, Ph.D.**  
Associate Extension Professor –  
University of Kentucky

**Jacob J. Muller, Ph.D.**  
Assistant Professor of  
Hardwood Silviculture and  
Forest Operations Extension

**Topics to be covered:**

- \*What is driving carbon markets
- \*Structure of carbon markets
- \*Current carbon programs
- \*How much I will get paid
- \*Concerns from an economist

**Topics to be covered:**

- \*Why we are concerned about carbon
- \*How carbon is stored in our woodlands
- \*What wood landowners can do to increase their carbon-storing potential
- \*And working with a forester

# 4-H AFTER SCHOOL CLUB

JANUARY 22ND, 2024

3:30 P.M. - 4:30 P.M.

BREATHITT COUNTY  
EXTENSION OFFICE

AGES 9 - 18

YOUTH WILL FOCUS ON LEADERSHIP SKILLS,  
AND WILL LEARN FROM ALL SEVEN OF THE  
CORE CONTENT AREAS OF 4-H.

PLEASE CALL THE  
EXTENSION OFFICE AT  
606-666-8812 TO REGISTER

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#### Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Institutions, KY 40308.



## 4-H ROBOTICS CLUB

We will be working to participate in the FIRST® LEGO® League that will introduce young people, ages 9 to 14\* (grades 4-8), to the fun and excitement of science and technology, while building self-confidence, knowledge, and valuable career and life skills. The program challenges students to think like scientists and engineers.

February 19th, 2024

4:30 P.M. - 6:00 P.M.

Children Ages 9-14

Breathitt County Extension Office

Must call the Extension Office  
at 606-666-8812 to Register

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Institutions, KY 40308.



# BREATHITT COUNTY 4-H COUNTRY HAM PROJECT

Monday, January 15th 2024

2:00 P.M.

Breathitt County Extension Office

4-H'ers that registered for the country ham project will attend the first meeting for the project, and will begin the process of curing their country ham.

For more information call the  
Breathitt County Extension Office at

606-666-8812



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accommodated  
with prior notification.

# FOOD BOX DISTRIBUTION

**JANUARY 17TH, 2024  
PICK UP DAY**

**MUST SIGN UP ON TUESDAY JANUARY 16TH  
BY CALLING 666-8812 OR 666-8813**

**\*Limit 4 people per call**

**PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER**



**This program is sponsored by the Breathitt County  
Extension Office and God's Pantry.**



# Sit & Sew

January 30th, 2024  
5:00 PM  
Breathitt Co. Extension

Join us for a come-and-go class where you can gather with friends to sew, or just sit and visit. If you want to sew or work on any project you may have feel free to bring your stuff and we'll make sure you have space to work.

visit [facebook.com/BreathittCoFCS/](https://facebook.com/BreathittCoFCS/)  
for all FCS programming



## Cultural Exploration Jamaica

January 18th, 2024  
5pm

Breathitt Co. Extension  
Call to register 606-666-8812

NEW YORK TIMES BESTSELLER

# BLACK CAKE

a novel

CHARMAINE WILKERSON

# BOOK CLUB

January 25th, 2024

Pick up book on Jan. 2nd

Call to register @  
606-666-8812



# Journaling 101

Make & Take

January 4th, 2024

5pm

Breathitt Co. Extension

Call to register 606-666-8812



# Lunch & Learn

Join us and learn about Carbon Monoxide:  
Exposure and Prevention

**JAN 19TH**

**NOON**

**2024**

Breathitt County Extension Office

**Call to register @ 606-666-8812**



# RECIPES FOR LIFE

## COOKING EQUIVALENCIES

▶ ¼ cup	= 4 tablespoons
▶ ⅓ cup	= 5 tablespoons + 1 teaspoon
▶ 1 cup	= 16 tablespoons
▶ 1 tablespoon	= 3 teaspoons
▶ 8 fluid ounces	= 1 cup
▶ 1 fluid ounce	= 2 tablespoons
▶ 1 pound	= 16 ounces (weight)
▶ 1 pint	= 2 cups
▶ 1 quart	= 2 pints
▶ 4 quarts	= 1 gallon





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**Breathitt County Extension  
Service**

**1155 Main Street (PO Box 612)  
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**RETURN SERVICE REQUESTED**

*Happy New Year*

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