



HOPKINS COUNTY

The Horticultural Herald

HOPKINS COUNTY COOPERATIVE
EXTENSION SERVICES
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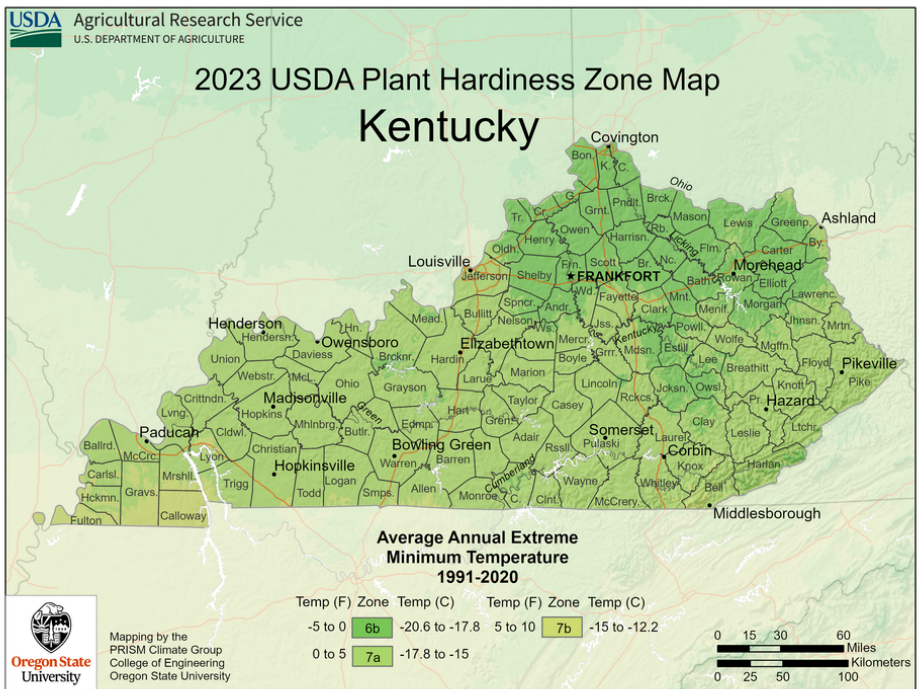
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2023 USDA Plant Hardiness Zone Map

The USDA just released a new plant hardiness zone map for 2023! The last time the map had been updated was back in 2012. The Plant Hardiness Zone Map (PHZM) is “based on the average annual extreme minimum winter temperature, displayed as 10-degree F zones ranging from zone 1 (coldest) to zone 13 (warmest). Each zone is divided into half zones designated as ‘a’ and ‘b’ (USDA).” Hopkins County, KY was designated as 6b but has now changed to zone 7. Although this is a minor change, some plants that we classify as “tender perennials” may be able to overwinter in our garden beds with a layer of mulch as opposed to having to dig up and store each winter indoors. For more information, check out <https://planthardiness.ars.usda.gov/>



Erika Wood

Erika Wood
Hopkins County Extension
Agent for Horticulture

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

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Disabilities
accommodated
with prior notification.

The 2023-2024 Winter Outlook for Kentucky

Derrick Snyder - National Weather Service Paducah, KY



As the leaves change colors and fall to the ground, crops are harvested, and tendrils of frost form on plants, conversation often turns to what the coming winter will bring. As we have seen, winter in Kentucky can bring a bit of everything, from ice and snow, to flooding, to bitter cold - even severe weather. Given how variable the weather during the winter can be, is it possible to predict what will happen? Many of us have heard homespun wisdom about ways to predict what an upcoming winter will bring. Some of the more popular ones include how dark the hair of a wooly worm is in the fall, the shape of the seed inside of a persimmon, and counting the number of morning fogs in August. Unfortunately, these tales are not necessarily based in truth. The National Weather Service has a division called the Climate Prediction Center (CPC). The climatologists use historical data and pattern recognition, along with latest trends and observations, to predict a seasonal outlook. This past month, CPC just issued the outlook for the upcoming 2023/2024 Winter Season. So how does it shake out?

The winter outlook compiled by CPC covers the months of December, January, and February. It is not possible to give a day by day forecast of what will happen, but it is possible to forecast whether a region will see a greater chance of above-, below-, or near-normal temperatures and precipitation (rain and melted snow and ice). If there is not a strong signal either way, the outlook will say that a region will have an equal chance of seeing above-, below-, or near-normal temperatures and precipitation. It is important to remember that these outlooks cover a three-month period. Periods of cold weather can occur when above-normal temperatures are favored, and the opposite can happen when below-normal temperatures are favored. The same rule also applies for precipitation.

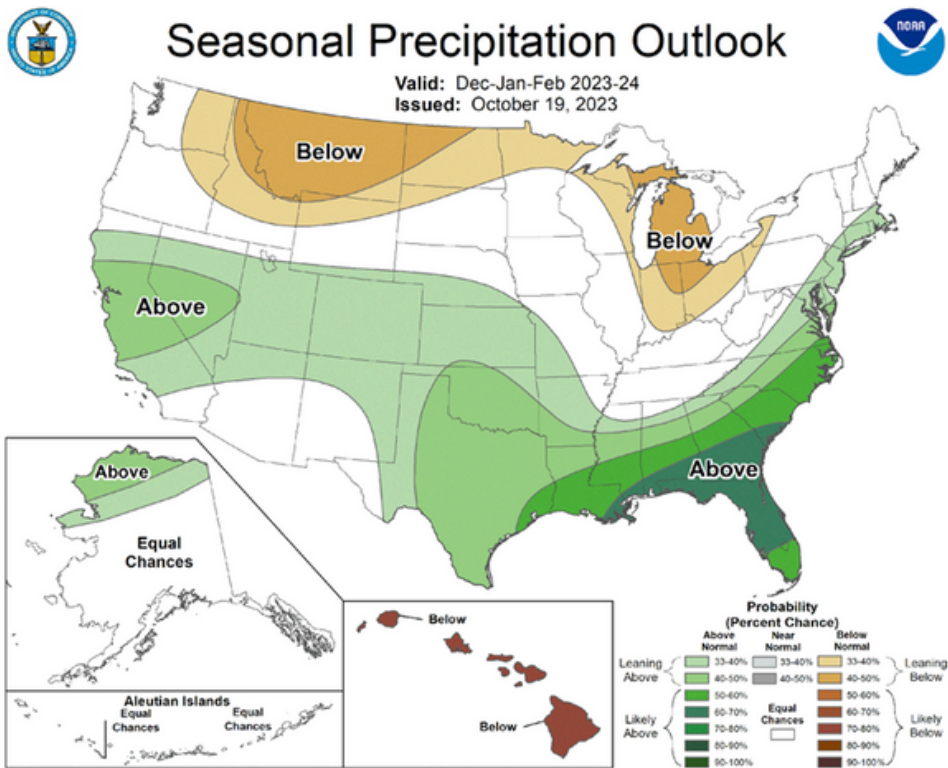
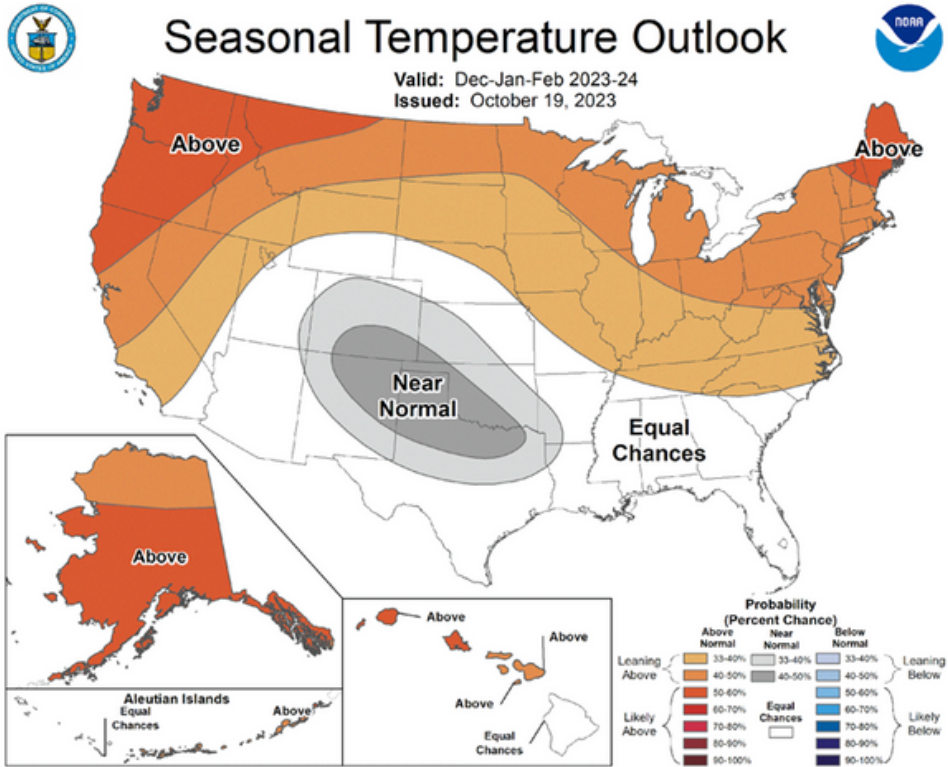
This year, the United States is entering into a strong El Niño pattern. During El Niño, trade winds weaken in the Pacific Ocean. Warm water is pushed back east, toward the west coast of the Americas.

El Niño means Little Boy in Spanish. South American fishermen first noticed periods of unusually warm water in the Pacific Ocean in the 1600s. The full name they used was El Niño de Navidad, because El Niño typically peaks around December.

El Niño can affect our weather significantly. The warmer waters cause the Pacific jet stream to move south of its neutral position. With this shift, areas in the northern U.S. and Canada are dryer and warmer than usual. But in the U.S. Gulf Coast and Southeast, these periods are wetter than usual and have increased flooding.

In Kentucky, the outlook for this winter slightly favors above-normal temperatures across the entire state. For precipitation, the great majority of the state has an equal chance of seeing above-, below-, or near-normal precipitation. However, across far northern Kentucky, the outlook does slightly favor below-normal precipitation amounts. How will this end up playing out over the winter? – We shall have to wait and see!

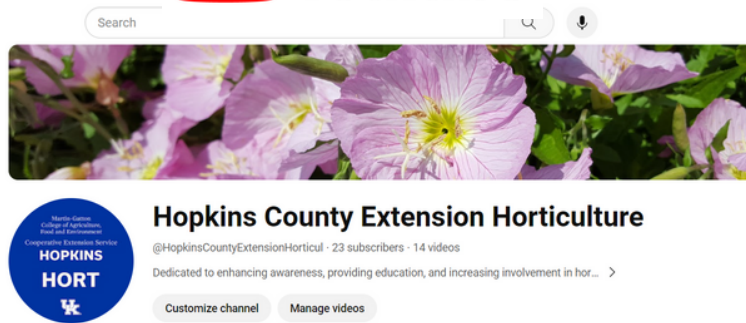
The 2023-2024 Winter Outlook for Kentucky



Subscribe to the Hopkins County Extension Horticulture

Youtube page to receive all the latest videos!

<https://www.youtube.com/channel/UC1bpH8is-c3py-PlwLiXhQ>



Check out the Hopkins County Farmers Market for Kentucky Proud fresh produce!



New Potato and Asparagus Soup

- | | | |
|---|-----------------------------------|---------------------------------------|
| 2 tablespoons olive oil | 1/2 teaspoon garlic powder | 1 pound fresh asparagus |
| 2 medium size , boneless, skinless chicken breasts | zest and juice of 1 lemon | 1/2 cup reduced fat sour cream |
| 1 medium diced onion | 2 cups new potatoes | Fresh ground black pepper |
| 1 teaspoon salt | 3 cups vegetable broth | |
| | 1 cup low fat milk | |

- Pour** oil into a large saucepan over medium heat.
- Remove** fat from chicken breasts and cut chicken into 1/2 inch pieces.
- Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- Stir** in salt, garlic powder, lemon zest, and 1/2 of the lemon juice.
- Cut** potatoes into 1/2 inch chunks, leaving the skin on.
- Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- Stir** in the milk.
- Trim** and cut asparagus into 1 inch pieces and add to mixture.
- Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- Stir** in 1/2 cup sour cream and season with salt and pepper to taste.

Yield: 8, 1 cup servings.
Nutrition Analysis: 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.



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



Kentucky Red Velvet Muffins

- | | | |
|--|--|--|
| 1 1/4 cups whole-wheat flour | Zest of one orange | 1 teaspoon vanilla extract |
| 1/3 cup cocoa powder | Juice of one orange | 1 cup finely chopped cooked beets (see back of card for cooking instructions) |
| 1 1/2 teaspoons baking powder | (about 4 tablespoons) | 1/2 cup semisweet chocolate chips |
| 1/2 teaspoon salt | 2 large eggs, at room temperature | |
| 1/2 cup sugar | 1/2 cup unsweetened applesauce | |
| 4 tablespoons unsalted butter, softened | | |

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins
Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.



For more Kentucky Plate It Up! Recipes go to <http://plateitup.ca.uky.edu>

Upcoming Classes & Events

JOIN US!

 Martin-Gatton
College of Agriculture,
Food and Environment

Seminars and Swaps

Saturday, February 3rd

9AM: Orchids

10:30AM: Bromeliads & Air
Plants

12:00PM: Aroids (*Monstera*,
Philodendron, and more!)

1:30PM: Houseplant Swap

RSVP at 270-821-3650

Hopkins County Extension Office
75 Cornwall Drive, Madisonville, KY

FOLLOW US ON FACEBOOK!

HOPKINS COUNTY EXTENSION HORTICULTURE
HOPKINS COUNTY FARMERS MARKET
MASTER GARDENERS, PENNYROYAL



GROWING HERBS LUNCH & LEARN

NOON - 1 P.M.

FEBRUARY 21ST - SAGE, MINT,
LAVENDER

MARCH 20TH - BASIL, OREGANO,
THYME

APRIL 17TH - CILANTRO, PARSLEY,
CHIVES

MAY 22ND - ROSEMARY, FENNEL, DILL

RSVP AT 270-821-3650

HOPKINS COUNTY EXTENSION OFFICE
75 CORNWALL DRIVE, MADISONVILLE, KY



Native Plants of Kentucky

Classes begin at 5:30 P.M.

February 12th - Groundcovers and Vines

March 18th - Shrubs

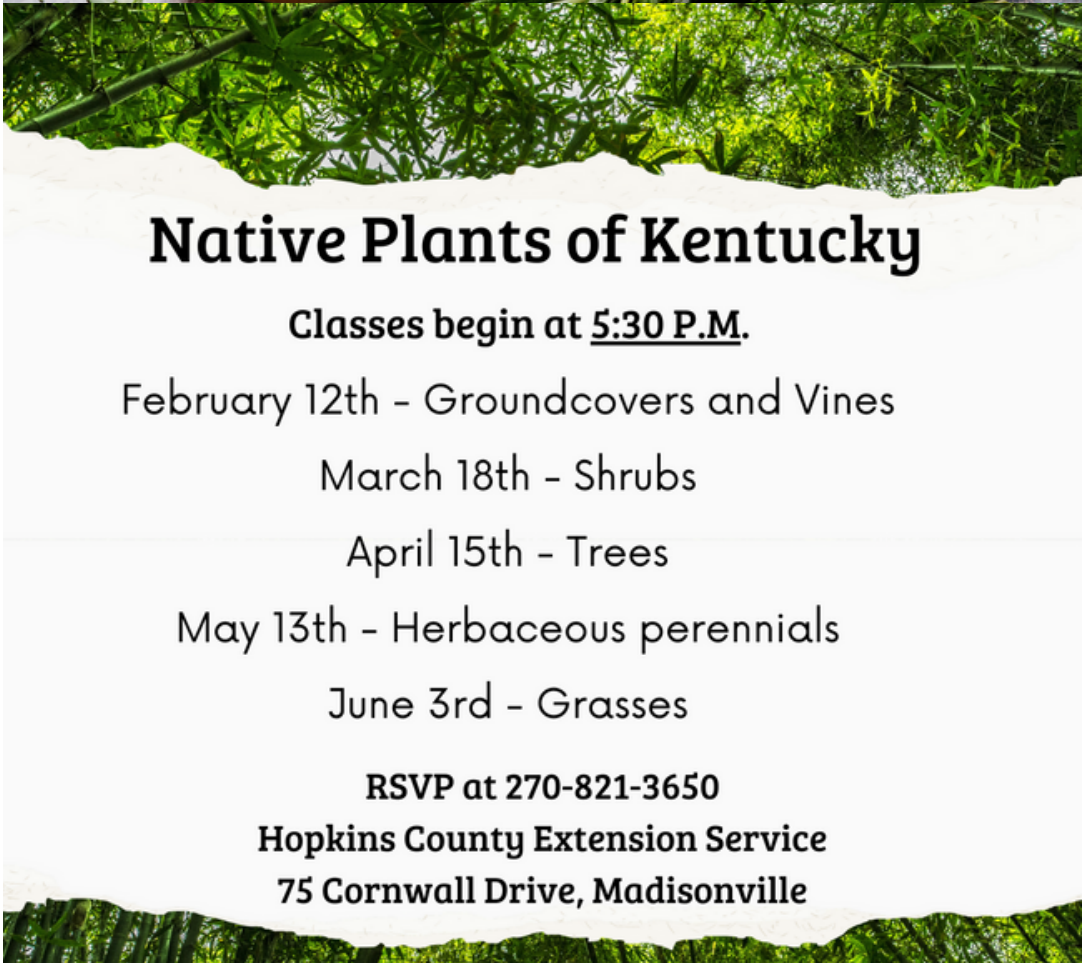
April 15th - Trees

May 13th - Herbaceous perennials

June 3rd - Grasses

RSVP at 270-821-3650

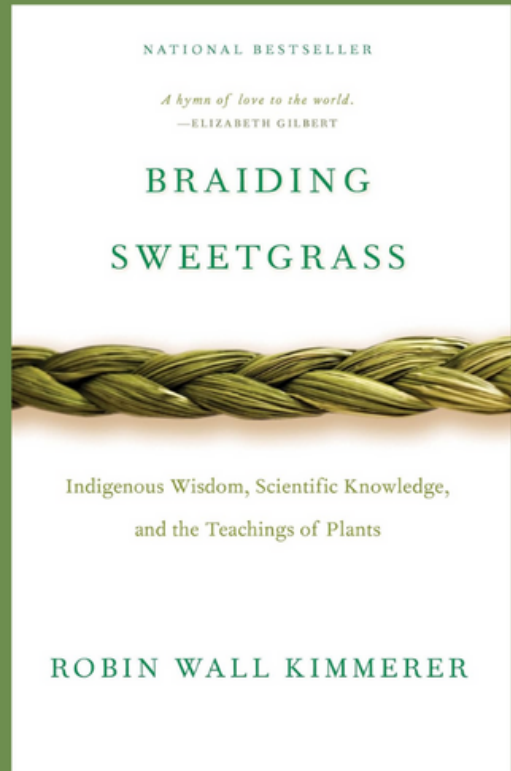
Hopkins County Extension Service
75 Cornwall Drive, Madisonville



HORTICULTURE BOOK CLUB

MONTHLY MEETINGS:

- FEBRUARY 9TH
- MARCH 8TH
- APRIL 12TH
- MAY 10TH
- JUNE 14TH



FRIDAYS AT NOON

HOPKINS COUNTY EXTENSION OFFICE
75 CORNWALL DRIVE, MADISONVILLE

CALL 270-821-3650 TO SIGN UP!



Martin-Gatton
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Lexington, KY 40506





4-H GARDENING

CLUB DATES

Ages 9-18

September 11th

October 9th

November 13th

December 11th

January 29th

February 5th

March 11th

April 29th

May 20th

5:30 - 6:30 P.M.

Hopkins County Extension Office

