

# Hopkins County Horticulture Winter Update



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for Horticulture



 Cooperative  
Extension Service

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All Horticulture classes, unless otherwise noted, will be held in the Extension Office Education Center, Room C. Please use entrance 7.

## Tree of the Month Zoom Series

Call to RSVP, access information will be emailed to you day of.

Tuesdays, noon – 1 p.m.

February 17th – Pine

April 21st – Oak

January 20th – Maple

March 17th – Ash

May 19th – Hickory

Recordings can be found on the Hopkins County Extension Horticulture YouTube!

## Lunch & Learn

Please call to RSVP by the Friday before class.

Tuesdays, noon – 1 p.m.

February 12th – Carrots & Turnips

April 23rd – Tomatoes

January 8th – Spinach & Kale

March 12th – Potatoes

May 14th – Peppers

## Evening Classes

Please call to RSVP.

5:30-7 p.m.

Tue, Feb 17th  
Native Orchids of KY

Mon, Apr 13th  
Plants for Rain Gardens

Tue, Jan 27th  
Jungle Cacti & Propagation

Mon, Mar 30th  
Growing Blueberries

Mon, May 18th  
Snakes of KY

**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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## Butternut and Acorn Squash Soup

|   |                                       |  |
|---|---------------------------------------|--|
| <b>1</b> butternut squash,<br>halved and seeded | <b>1/3 cup</b> chopped<br>sweet onion | <b>1/2 teaspoon</b><br>ground black pepper |
| <b>1</b> acorn squash,<br>halved and seeded     | <b>4 cups</b> chicken broth           | <b>3/4 teaspoon</b><br>ground cinnamon     |
| <b>1 tablespoon</b><br>olive oil                | <b>3 tablespoons</b><br>peanut butter | <b>1/4 teaspoon</b> nutmeg                 |
|   | <b>1/3 cup</b> packed brown sugar     | Fresh parsley for garnish                  |

Using a vegetable peeler, **remove** the skin from the butternut and acorn squashes and **cut** into 1-inch cubes. In a large soup pot, **heat** the oil on medium high. **Add** the onion, and **cook** 1 to 2 minutes until it starts to become translucent. **Add** cubed squash, and cook 4 to 5 minutes. **Add** chicken broth, and bring to a boil. **Lower** heat, and **simmer** 30 to 35 minutes, until the squash is fork tender. Allow to **cool** slightly, then **blend** until smooth in a food processor or

blender. **Return** mixture to the pot, and **heat** to medium low. **Add** peanut butter, brown sugar, pepper, cinnamon, and nutmeg. **Stir** until well blended. **Garnish** with fresh parsley. **Serve** warm.

**Yield:** 7, 1-cup servings

### Nutritional Analysis:

200 calories, 6 g fat, 1 g saturated fat, 5 mg cholesterol, 600 mg sodium, 36 g carbohydrate, 4 g fiber, 14 g sugar, 10 g added sugar, 4 g protein.

## Kentucky Winter Squash

**SEASON:** August through October.

**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

**STORAGE:** Store in a cool, dry place and use within one month.

### PREPARATION:

**To steam:** Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30 to 40 minutes or until tender.

**To microwave:** Wash squash and cut it lengthwise. Remove seeds. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:** 1/2 squash, 5 to 8 minutes; whole squash, 8 1/2 to 11 1/2 minutes.
- **Butternut squash:** 2 pieces, 3 to 4 1/2 minutes.
- **Pumpkin:** 1 pound piece, 7 to 8 minutes.

**To bake:** Wash squash, and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds, and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### WINTER SQUASH

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**November 2019**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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