

Hopkins County Horticulture Fall Update

OCTOBER
2025

 Cooperative
Extension Service

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County Extension Agent for Horticulture



October

- Oct. 10: Hort Book Club 12-1 Project Room

Join us as we read and discuss Jane Goodall's book, *Seeds of Hope!*

- Oct. 18: Fall Plant, Bulb, and Seed Swap 10-12
- Oct. 20: Fall Color 5:30-6:30

Learn about how and why leaves change color every fall and what trees produce which color leaves.

- Oct 21: Spiders of KY 12-1 Zoom

Discover the types of spiders found in Kentucky, both indoors and outdoors.

November

- Nov. 14: Hort Book Club 12-1 Project Room

Join us as we read and discuss Jane Goodall's book, *Seeds of Hope!*

- Nov. 17: Berries for Wildlife 5:30-6:30 Discover various trees and shrubs that offer nourishing berries for birds.

- Nov. 18 Moths of KY 12-1 Zoom
- Learn about moths native to Kentucky - their

lifecycle, caterpillar stage, and host plants.

Stay up to date!

We're doing a late spring cleaning! If you want to continue receiving this newsletter, please [click here](#) and choose whether you would like an e-newsletter or a paper copy. Alternatively, you can call our office to discuss your preferences with us!

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.



Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	½ teaspoon ground ginger	½ cup sorghum syrup
½ teaspoon baking powder	¼ teaspoon salt	½ cup unsweetened applesauce
½ teaspoon baking soda	1 egg	1 pear , peeled, cored, and diced
½ teaspoon ground cinnamon	½ cup buttermilk	

Preheat oven to 375 degrees F. **Grease** 12 muffin cups or line with paper liners. In a mixing bowl, **combine** the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, **mix** together the egg, buttermilk, sorghum syrup and applesauce until smooth. **Add** the egg mixture to the flour mixture and **combine** until the batter is just moistened. Gently **fold** in the diced pears. **Fill** the muffin cups with the

mixture. They will be full. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein

Kentucky Sweet Sorghum

SEASON: September to mid-November

NUTRITION FACTS: One tablespoon of sorghum syrup has 60 calories, no fat, 15 grams of added sugar. It also has minerals such as potassium and iron.

SELECTION: The juice of sweet sorghum (*Sorghum bicolor*) is extracted from the plant's stalks. Stalks are crushed, and the extracted juice is cooked down to a thick, sticky syrup.

STORAGE: Store at room temperature in an airtight container.

PREPARATION: Sorghum syrup can be used in the same way honey is used. It adds sweetness to items such as oatmeal, biscuits, tea, or baked beans. It can also be used in baked goods.

SWEET SORGHUM

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
May 2020

Source: <https://www.uky.edu/ccd/sites/www.uky.edu/ccd/files/swsorghum.pdf>

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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