

Weed It and Reap

FRANKLIN COUNTY COOPERATIVE EXTENSION OCTOBER 2025 NEWSLETTER



Praying Mantids

By Gary Watkins, Student, and Ric Bessin, Extension Specialist -University of Kentucky College of Agriculture

Although many refer to a member of this group as a 'praying mantis,' mantis refers to the genus *Mantis*. Only some praying mantids belong to the genus *Mantis*. Mantid refers to the entire group.

Mantids are very efficient and deadly predators that capture and eat a wide variety of insects and other small prey. They have a "neck" that allows the head to rotate 180 degrees while waiting for a meal to wander by. Camouflage coloration allows mantids to blend in with the background as they sit on twigs and stems waiting to ambush prey.

The two front legs of the mantids are highly specialized. When hunting mantids assume a "praying" position, folding the legs under their head. They use the front legs to strike out and capture their prey. Long sharp spines on the upper insides of these legs allow them to hold to on their prey. The impaled prey is held firmly in place while being eaten. The spines fit into a groove on the lower parts of the leg when not in use.

(Continued on pg. 2)

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(Continued from pg. 1, Praying Mantids)

There are three species of mantids in Kentucky, the European mantid (*Mantis religiosa*), Carolina mantid (*Stagmomantis carolina*), and Chinese Mantid (*Tenodera aridifolia sinensis*).



Figure 1. European preying mantis female.



Figure 2. male Carolina preying mantis.



Figure 3. Chinese mantis is the largest species in Kentucky.

The smaller, dusty brown Carolina mantid is only about 2 inches long when full grown, that is,

when it has wings. The pale green European mantid is intermediate in size, about 3 inches in length. The large (3 to 5 inches long) Chinese mantid is green and light brown. The Carolina mantid is a native insect. The European and Chinese species were introduced in the northeast about 75 years ago as garden predators in hopes of controlling the native insect pest populations.

During mating the smaller male often jumps on the back of the larger female. Miscalculating the jump may mean the male becomes a meal.

If the jump was successful, the pair mate and during copulation the female may turn and devour the male's head. The body of the male is capable of completing the mating, when complete the female will finish eating the male.

After mating, the female will lay groups of 12-400 eggs in a frothy liquid that turns to a hard protective shell. This is how these insects survive the winter. Small mantids emerge from this case in the spring. Often, the first meal is a sibling. It takes an entire summer or growing season for mantids to mature to adulthood. The Kentucky mantids have only one generation per year.

Praying mantids have an association with many diverse pharmacological and religious beliefs. The Greeks called them "Mantes", which means prophets. The Chinese write of the mantis as curing anything from impotence to goiter. They believed that roasting the egg cases and feeding them to your children will stop bed wetting, but suggested not eating the egg cases on an empty stomach for it will surely make a person sick. These myths are interesting but there have been no findings to support the ancient claims.

Raising Mantids

Mantids are relatively easy to raise in captivity from an egg case (*ootheca*) collected in the fall. This makes an excellent classroom activity.

Keep in mind that mantid egg cases collected in the fall and kept indoors will hatch during the

winter months whether you are prepared for them or not. From a single ootheca, several dozen to hundreds of nymphs can emerge. Mantids need a warm, (70 to 90 degrees F) spacious container with the humidity between 40 and 95%. A ten-gallon terrarium works nicely.

The young mantids will eat many different types of insects that are about their own size or smaller. They can eat their siblings when food is scarce as they are cannibalistic. Fruit flies, pinhead crickets, and other small insects are excellent food for young nymphs. As the nymphs increase in size, larger prey can be provided.

Mantids are good examples of insects that have gradual metamorphosis. As they grow, the wings develop on their backs.

With each molt the wing buds increase in size. When the wings are fully developed, the mantid has become an adult.



Figure 5. A Carolina mantis nymph.

While mantids are clearly beneficial, their overall value is relatively small compared with lady beetles and green lacewings. This is due to their cannibalistic nature which limits the number of mantids in an area. Placing large numbers of egg cases may not increase the population due to the fact that mantids tend to move away to find suitable coverage and food sources.

Some insecticides can drastically reduce the numbers of mantids in the garden. Selective insecticides, such as those containing *Bacillus thuringiensis* (for caterpillar control) and insecticidal soap (to control soft-bodied insect pests) have little impact on mantids as compared to broad-spectrum insecticides. If you want to encourage mantids, you should limit pesticide use and allow some vegetation to grow to provide cover for the mantids.

CAUTION! Pesticide recommendations in this publication are registered for use in Kentucky, USA ONLY! The use of some products may not be legal in your state or country. Please check with your local county agent or regulatory official before using any pesticide mentioned in this publication.

Of course, **ALWAYS READ AND FOLLOW LABEL DIRECTIONS FOR SAFE USE OF ANY PESTICIDE!**

Images: Ric Bessin, University of Kentucky Entomology.



Figure 4. An egg mass (ootheca) of the Chinese mantis.

Using Mantids for Pest Control

Often when home gardeners think of natural pest control, mantids come to mind. They are common in Kentucky and each mantid can consume many insects. Mantids are available commercially and egg cases can be purchased during the winter months. The egg cases are placed in the garden and the nymphs hatch in the spring when insect prey is available.



FIRE SEASON



Kentucky's fire seasons are Oct. 1 to Dec. 15 and Feb. 15 to April 30.

During the fire hazard seasons it shall be unlawful for any person to set fire to, or to procure another to set fire to, any flammable material capable of spreading fire, located in or within 150 feet of any woodland or brushland, except between the hours of 6:00 p.m. and 6:00 a.m., or when the ground is covered with snow. KRS 149.400.



This statute is intended to prevent forest fires by allowing outdoor burning only after 6 p.m. when conditions are less likely to cause a wildfire to spread.



Before you burn, find out if any burning restrictions or bans are in effect. Contact your local fire department or:

www.forestry.ky.gov (502) 564-4496

www.air.ky.gov (502) 782-6592



Don't let your burn pile start a wildfire!



Clear vegetation for 10 feet around your burn pile. Keep your fire small and controllable.



Be prepared just in case. Have a source of water (hose or bucket) and a shovel nearby.



Stay with your fire until it is dead out, even at night. Never leave your fire unattended.

If your burn pile starts a wildfire, you may have to pay for the cost of putting it out.

Fall is the time to plant garlic

Source: Rick Durham, Extension Professor, Department of Horticulture

Don't turn your back on your garden just yet. Fall is the perfect time of year to plant garlic. Garlic takes fall and winter to develop its roots. They will start to produce foliage in early spring, and you'll harvest in summer.

Garlic is part of the *Allium* genus (amaryllis family), which includes onions. Garlic cultivars are categorized as either hardneck or softneck. Hardneck varieties tend to be more "garlicky" in flavor, with a hotter or spicier profile. They produce a flower stalk, called a scape, in the late spring. Cut off the scapes to encourage the plants to grow bigger bulbs, but don't throw them away. Scapes are delicious and add a delicate garlic taste to salads, side dishes or pesto.

Softneck varieties lack a center stalk and are usually milder in flavor. The garlic you'll find in grocery stores are generally softneck varieties. They often have more and larger cloves than the hardneck varieties. Other traits that can differ between cultivars include clove arrangement, color and skin tightness.

Hardneck varieties require a long, cold winter for their dormancy period, so it's a good idea to plant both hardneck and softneck varieties. This will not only give you a range of flavor profiles, but you'll be sure to have at least one variety succeed, if the winter isn't cold enough.

The largest cloves produce the best plants. Get your seed bulbs from a seed company or local nursery. Planting cloves from bulbs you've bought at the grocery may produce garlic plants but usually won't produce as well

as nursery stock. They may not be a good variety for this area, plus they are often harder to grow, because they are often treated to produce a longer shelf life.

While garlic is relatively easy to grow, the goal is to plant it before the soil freezes, but not so far out that it has time to put out top growth before the ground freezes. In this area, that usually means October and early November planting. Soil preparation is crucial for success. Garlic needs well-drained, slightly acidic soil that's rich in organic matter. Heavily compacted soils make bulb production difficult. Planting in raised beds promotes good soil drainage, reduces soil compaction and increases the ease of harvest. Mix compost and aged or composted (never raw) manure into the soil to provide the nutrients the plants need. A soil pH of 6.5-7 is best.

Plant cloves 2 to 4 inches apart and 2 inches deep, with the pointed end facing up. Rows should be 10 to 14 inches apart. Mulch immediately after planting.

Next July and August, dig plants and hang in a dry area for several weeks, then store them as you would potatoes or onions—cool but not refrigerated, dark and dry. Your bountiful harvest of cloves will be available through the rest of the year.



URBAN FOREST INITIATIVE PRESENTS

TREE WEEK **OCTOBER 2024**
CELEBRATING ALL THINGS TREES
ACROSS KENTUCKY

TREE WEEK!

OCTOBER 10 - 19

October 11

9:00 am - 12:00 pm

Invasives Removal sponsored by RIP.
 Meet at Main Cove Spring Parking Lot.

October 12
 1:00 pm

Downtown Arboretum Walk
 kicks off at the Tourism
 Office.

October 17
 5:00 pm

Woods, Water & Land
 Sponsored Tree Hike @
 West 6th Farm!

October 16
 5:00 pm

Yoga in the Trees!
 Meet @ main Cove Spring
 Park

October 19
 1:30 pm

Scott Hankla takes us on a
 tour of Heritage Trees at
 Frankfort Cemetary

Got questions? Contact the Park's office (502)875-8575

The City of Frankfort Urban Forestry program strives to provide the community with guidance and development for our urban trees. An urban tree canopy is part of our community's infrastructure and creates valuable environmental, economic and social benefits. As society becomes more urbanized, wooded edges are increasingly important. The City of Frankfort is bringing these urban benefits to our community.

SPONSORED BY FRANKFORT PARKS, RECREATION & HISTORIC SITES and your local TREE BOARD!



Cooperative
 Extension Service



Woodford County Extension Master Gardeners

Tree Seedling Sale

**SATURDAY,
 OCTOBER 11**

10:00 am-Noon

WOODFORD COUNTY
 EXTENSION OFFICE

184 Beasley Drive,
 Versailles
 859.873.4601



Kentucky Extension
 Master Gardener

- 1 to 2-year-old tree seedlings from the KY Division of Forestry will be for sale
- Woodford County Master Gardeners have grown these seedlings in containers for 6 months

- \$5 per tree

- Varieties available:

- Wild Plum, *Prunus americana*
- Flowering Dogwood, *Cornus florida*
- Pawpaw, *Asimina triloba*
- Eastern Redbud, *Cercis canadensis*
- Blackgum, *Nyssa sylvatica*
- Kentucky Coffee Tree, *Gymnocladus dioica*
- Shellbark Hickory, *Carya laciniosa*
- Bald Cypress, *Taxodium distichum*
- White Oak, *Quercus alba*
- Bur Oak, *Quercus macrocarpa*
- Pecan, *Carya illinoensis*
- Cherrybark Oak, *Quercus pagoda*

- Fall is a great time to plant trees!
 You can also hold over in the container until spring.

OCT CLASSES

Wednesdays

12:30 p.m. ET/ 11:30 a.m. CT

Oct 1 - Backyard Grapes

Oct 8 - Cover Crops in the
 Home Garden

Oct 15 - Protecting Fruit
 Trees from Varmits

Oct 22 - Self-Watering
 Wicking Beds

Oct 29 - Hardy Palms

Register at:

<https://www.tinyurl.com/octHWW25>

You must register
 before the class to
 receive the link.

<https://www.tinyurl.com/octHWW25>

Click on the classes
 you want to
 attend.

You will get an
 email with the
 class link.



CAEMG Lunch & Learn

DISCOVER KENTUCKY'S UNUSUAL PLANTS WITH DEB WHITE

OCTOBER 22, 2025

11:30AM-1:00PM

JOIN THE CAPITAL AREA EXTENSION MASTER GARDENERS FOR
AN ENGAGING LUNCHTIME PRESENTATION WITH RETIRED
KENTUCKY STATE NATURE PRESERVE BOTANIST, DEB WHITE.

GUIDING US THROUGH THE FASCINATING WORLD OF
KENTUCKY'S MOST UNUSUAL NATIVE PLANTS. FEEL FREE TO
BRING YOUR LUNCH AND ENJOY IT BEFOREHAND—JUST BE
SURE TO HAVE IT FINISHED BY THE START OF THE
PRESENTATION AT 12:00 PM.

Franklin County Cooperative Extension Office
101 Lakeview Court
502-695-9035

KENTUCKY MAPLE SYRUP 101

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



*Perfect for
beginners!*

STATEWIDE EDUCATIONAL CLASSES OCTOBER 2025

October 1st	-Kenton County Extension Office 6pm EST
October 7th	-Calloway County Extension Office 6pm CST
	-Shelby County Extension Office 6pm EST
October 8th	-Metcalfe County Extension Office 6pm CST
October 15th	-Breathitt County Extension Office 5pm EST
October 21st	-Harlan County Extension Office 6pm EST
	-Madison County Extension Office 6:30pm EST
	-Pulaski County Extension Office 6pm EST
October 23rd	-Henderson County Extension Office 6pm CST
October 27th	-Clay County Extension Office 5pm EST
October 28th	-Bath County Extension Office 6pm EST
October 29th	-Letcher County Extension Office 5:30pm EST
	-Nelson County Extension Office 9-11am EST

CONTACT EACH HOSTING EXTENSION OFFICE TO REGISTER!



Franklin County Conservation District
FALL SCRAP
METAL COLLECTION
Lakeview Park
Thursday, Friday and Saturday
October 23 – October 25, 2025

8:00 AM – 4:30 PM on
Thursday and Friday

8:00 AM – 12:00 PM on Saturday
Lakeview Park

Items accepted: metal, appliances,
appliances w/freon,
fencing, sheet metal, farm equipment,
etc.

- No tires or oils –No gas cylinders –
- No LP or welding tanks
- No electronics/televisions –
- Contact: 502/352-2701

DUMPSTERS WILL NOT BE AVAILABLE
DURING THE FALL COLLECTION

WOODLAND WEDNESDAYS
ON THOROGBRED TRAIL

Join KSU Forestry and Natural Resources each month for a special woodland topic and to work on trail restoration efforts.

...
FALL 2025 DATES
9AM - 12PM

September 10: Fall Bird Walk - Frankfort Audubon
October 15: Invasive Plants 101
November 19: Fall Tree Walk
December 10: Woodpecker Box Build

...
Meet at the Thoroughbred Trail trailhead.
Wear closed-toe shoes and weather appropriate clothing. Weather cancellations will not be rescheduled.
...
SIGN UP HERE!
by scanning the QR code or
contact Anna Claire Rogers at
anna.rogers@kysu.edu to sign up
or for more details.

KENTUCKY STATE UNIVERSITY
Cooperative Extension Program

Be sure to follow our Facebook page



for all the up-to-date
information and articles.

@FranklinCountyKyCooperativeExtension

www.tristatehomesteadersconference.com

**HOMESTEADING
CONFERENCE**
**Saturday,
November 8, 2025**
**at Boone County Enrichment Center
8:00am - 4:00pm**
Rooted in Knowledge:
Our Speakers Growing Your Homestead Skills

**Featuring
Keynote Speaker:**
**Steve Higgins
Planning the Homestead**

**Self-Wicking
Raised Beds**

 Steve Higgins
UKY Extension

**Vegetable
Gardening for
Success**

TBD


**Untapped
Potential:
Maple Syrup**

 Lacey Kessell
UKY Extension

**Meadow Making
for Pollinators:
Successes &
Failures**

 Brandon George
UKY Extension

**Social Media
Marketing**

 Rick Sellnow
UKY Extension

**Beekeepers
First Hive**

 Veronica Bullock
Purdue Extension

**Hoppy Harvest:
Raising Meat
Rabbits**

 Lilyana Miller
UKY Extension

Butcherin' Basics

 Dr. Gregg Rentfrow
UKY Extension

**New!
Super Seminar**
**Preserve it Now,
Enjoy it Later -
Food Preservation**

 Chris Fogle
Purdue Extension

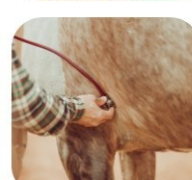
**Choosing the Right
Equipment for the
Homestead.**

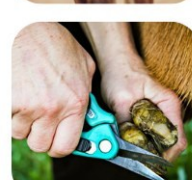
 JT Benitez
OSU Extension

**Dollars & Dirt:
Making CENTS
of the Homestead**

 Lindie Huffman
UKY Extension

**Choosing the Right
Livestock Facilities
for the Homestead**

 Paul Helmers
Green Acres

Vet 911

 Dr. Ken Krom, DVM
Krom Veterinary Clinic

**From Hooves to
Health: Goat Care
Made Easy**

 Regina Utz
UKY Extension


2025 HABITAT MANAGEMENT SYMPOSIUM

This two-day event will bring together professionals, researchers and land managers to share projects and expert talks on habitat restoration and natural areas management.

KEYNOTE SPEAKER:
SOUTHEASTERN GRASSLANDS INSTITUTE

REGISTER:



Date:
December 2nd & 3rd



Time:
9AM - 4PM



Location:
Harold R. Benson Research
and Demonstration Farm

CEU's Available!



HABITAT
MANAGEMENT
SYMPOSIUM



kaee
Kentucky Association for
Environmental Education



KENTUCKY STATE
UNIVERSITY
Land Grant Program

Franklin County Conservation District

BACKYARD CONSERVATION PROGRAM
Urban Cost Share Program

July 1, 2025 to June 1, 2026

Raised Garden Beds, Rain Barrels, Compost Bins,
Pollinator Gardens, Beehives and Bat Houses

- First come, first serve.
- Franklin County Residents only
- One application per household
- 50% cost share up to \$500 maximum

**Must have approval before you
begin project**



Franklin County Conservation District
103 Lakeview Court
Frankfort, KY 40601
502-352-2701

fccd103@gmail.com

URGENT

CONSTRUCTION BEGINS 10/20

Please reach out to the front office staff if you have any questions or would like to cancel your meetings.

The lower level restrooms will be closed until completion and then they will close the main floor restrooms.

Sorry for the inconvenience caused.

ON THE RESTROOMS



Household Hazardous Waste Fall Collection 2025

**Saturday, October 25th
8:00 AM- 12:00 PM**

**City of Frankfort Recycling Center
309 Rouse Ave**

Open for Frankfort and Franklin County residents. Must show valid identification.

First 500 vehicles. Please stay inside your vehicle.

Please, no early drop-offs.

Items to be collected include:

Poison (liquid and solid) ✦ Herbicide (liquid and solid) ✦ Batteries (all types) ✦
Aerosol cans ✦ Propane cylinders ✦ Oil based paint ✦ Solvents, gasoline,
thinners ✦ Antifreeze ✦ Fluorescent tubes ✦ Fire extinguishers ✦ Adhesives,
tars ✦ Asbestos ✦ Corrosive acids, bases, cleaners ✦ Dioxins ✦ Fertilizers ✦
Organic peroxides ✦ Reactive solids ✦ Oxidizers ✦ Flammable solids ✦
Mercury ✦ Freon, acetylene, etc ✦ Electronics (including box-style TVs) ✦

Items not accepted:

Water based paints (latex or acrylic): These paints may be hardened with sand, kitty litter or a paint hardener and disposed of in the trash.

Motor oil and hydraulic oil: These materials are accepted at local retailers

Medications: may be disposed of at the Frankfort Police Department or the Health Department during a Drug Takeback Event

More info:

<https://franklincounty.ky.gov/solid-waste-management/>

**Scrap Metal
Collection** hosted by
the Franklin County
Conservation District:
**10/23-10/24
8am-4:30pm
10/25 8am-12pm
Lakeview Park**

It's that time of year again!

The 2025 Conservation Writing and Jim Claypool Art Contest is officially underway!

This year's theme is "Kentucky Wetlands Up Close".

You can view the official contest tabloid at <https://eec.ky.gov/.../Kentucky%20Wetlands%20Up%20Close.pdf>

Contact your local Conservation District for more information.



Kentucky WETLANDS Up Close

2025 CONSERVATION WRITING AND JIM CLAYPOOL ART CONTEST

Sponsors: Kentucky Farm Bureau Federation • Kentucky Association
of Conservation Districts • Kentucky Division of Conservation

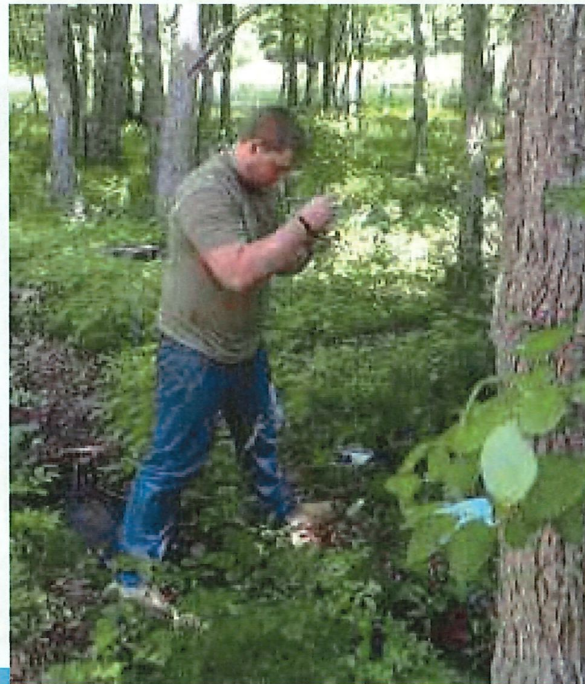
Start an Envirothon Team

ARE YOU A HIGH-SCHOOL STUDENT WHO IS INTERESTED IN ENVIRONMENTAL ISSUES?

If so, then you and your friends should form an Envirothon team. The statewide competition allows high school students to team up on a series of hands-on outdoor contests to solve environmental problems and test their knowledge of natural resources.

The event is made up of teams of five high school students competing in five different areas: aquatics, forestry, soils, wildlife, and a current issue. The 2026 current issue is "Non-Point Source Pollution: It begins at home!" At each site, students will use their knowledge to participate in hands-on activities to complete a test.

The Kentucky Envirothon consists of two regional competitions. Top scoring teams from each regional competition will move on to the state competition. Regional competitions are held each year in April, and the state competition is held in May. Registration for next year's competition will begin in December.



Contact Information:

YOUR LOCAL CONSERVATION DISTRICT:

eec.ky.gov/Natural-Resources/Conservation/Pages/Conservation-Districts.aspx

DIVISION OF CONSERVATION ENVIROTHON:

eec.ky.gov/Natural-Resources/Conservation/Pages/Envirothon.aspx

Johnna McHugh: 502-782-6703 or johnna.mchugh@ky.gov

Selling Black Walnuts in Kentucky - 2025



Renee' Williams,
Forestry and Natural Resources - Extension, University of Kentucky

FORFS25-07

Black walnuts can be sold to commercial hullers in Kentucky (see Table 1). Bring the whole seed to the huller locations and they will run them through a machine to remove the hulls. They will weigh the walnuts after the hulls have been removed and pay you a specific amount per 100 lbs. Normally, they accept walnuts throughout the fall. However, it is recommended that you contact your local huller prior to gathering nuts.

Table 1. Commercial Huller Operations in Kentucky – 2025

Huller Operator	City (County)	Phone #	Address
Hertzler, Henry	Owingsville (Bath)	859-404-4243	1972 Mt. Pleasant Rd., Owingsville, KY 40360
Benneman, Alvin	Campbellsville (Taylor)	270-937-4377	3050 Barney School Rd., Campbellsville, KY 42718
Graber, David	Carlisle (Nicholas)	859-405-5615	4600 Burris Rd., Carlisle, KY 40311
Martin, Laverne	Cerulean (Trigg)	N/A	1015 Buffalo Cerulean Rd., Cerulean, KY 42215
Ottenheim Country Store	Crab Orchard (Lincoln)	606-355-7464	5920 Kentucky 643, Crab Orchard, KY 40489
Yoder, Samuel	Cynthiana (Harrison)	859-588-1211	1013 Salem Pike, Cynthiana, KY 41031
Coblentz, Tim	Flemingsburg (Fleming)	606-748-2219	1591 Maddox Pike, Flemingsburg, KY 41041
Yoder, Paul	Hardyville (Hart)	270-303-0351	2440 Whickerville Road, Hardyville, KY 42746
Miller, Cristie	Harrodsburg (Mercer)	859-407-9787	855 Mt. Pleasant Rd., Harrodsburg, KY 40330
Grayson County Implement	Leitchfield (Grayson)	270-259-0075	3363 Owensboro Rd., Leitchfield, KY 42754
Burkholder, Paul	Liberty (Casey)	270-787-7996	9431 KY 501 S, Liberty, KY 42539
Martin, Daniel	London (Laurel)	606-312-8641	11200 East Laurel Rd., London, KY 40741
Byler, Roy	Marion (Crittenden)	870-692-6962	2865 Mt. Zion Church Rd., Marion, KY 42064
Farmwald, Delbert	Monticello (Wayne)	606-348-6281	3521 St. Hwy 1009, Monticello, KY 42633
Fisher, Daniel	Mount Sterling (Montgomery)	859-274-8888	908 Gibson Ln., Mt. Sterling, KY 40353
Raber, Roman	Pleasureville (Henry)	502-878-4211	10712 Castle Hwy., Pleasureville, KY 40057
Derstine, Justin	West Liberty (Morgan)	606-495-8280	207 Crockett Loop, West Liberty, KY 41472

If you need directions, please go to Hammons Products Company's website (<http://www.black-walnuts.com/>) and click on the *Locate a Buying Station* where you will find the hulling locations.

**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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Franklin County Homemakers



CHILDREN'S HOLIDAY STORE

NOVEMBER 22, 2025 | AT 9AM-12PM

CHILDREN AGES 4-12 WILL SHOP PRIVATELY
WITH AN ELF TO PURCHASE HANDCRAFTED
ITEMS WITHIN THEIR BUDGET.

- ITEMS COST BETWEEN .25 CENTS AND \$5.00
- CASH ONLY - SMALL BILLS (\$1, \$5, \$10)

*Franklin County Cooperative Extension
101 Lakeview Court, Frankfort KY
502-695-9035*

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Nutty Sweet Potato Biscuits

1 cup all-purpose flour	¼ teaspoon ground cinnamon	potatoes
⅓ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	⅓ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt	1 cup mashed sweet	½ teaspoon vanilla
		1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.

2. Combine sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

3. Turn out onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.

4. Bake at 450°F for 12 minutes or until

golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



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

Adam Leonberger

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