

DECEMBER 2023

# MCCREARY COUNTY EXTENSION

AGRICULTURE & NATURAL RESOURCES NEWSLETTER

## Avoid Winter Tree Damage

Winter is fast approaching, and in Kentucky that means your trees and shrubs may be coated at some point with a thick layer of wet, heavy snow or ice. This may cause branches to bend or even break, which could result in property damage, disrupt electrical service or harm people.

Refrain from hitting ice and snow-covered shrubs with a broom or shaking them to release the weight of the snow or ice. The liquids within the stems are probably frozen. Moving the stems can cause ice crystals to break and damage the plant's conductive tissues, so the plant will not be able to move water from the roots to the foliage when spring comes. Letting the snow and ice melt gradually is usually best. Trees and shrubs that do not immediately spring back to their original upright habit will often do so with time. Freezing rain is an occasional problem that is best dealt with before winter. Fast-growing trees have softer wood that is more prone to breakage. Multi-trunked trees have more branches toward the outside that result in uneven loading. When this is coupled with more surface area for ice to adhere, you have a prescription for failure. Needled evergreens and broadleaf evergreen trees and shrubs collect more ice and wet snow and break under heavy loading. Examples of broadleaf evergreens include southern magnolia, evergreen hollies and rhododendron. Prune

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Consider joining our local chapter!

Benefits include:

- Monthly educational sessions by UK Extension and industry professionals
- Mentorship & knowledge-sharing among local producers
- Preferred pricing with select dealers
- Access to KCA resources (Cow Country magazine, Kentucky Cattlemen's Association events, etc.)

Membership applications located at:  
McCreary County Extension Office  
or  
[www.kycattle.org/membership](http://www.kycattle.org/membership)

Follow McCreary Cattlemen's!





English ivy from deciduous trees. It can grow into the tree canopy, collect ice and snow and cause the tree to fail.

When pruning plants, do not remove too much interior growth. Removing too many of the interior branches can result in more damage from wind-loading. Rounding-over shrubs like crape myrtle, forsythia and spirea results in an abundance of shoots at the end of the pruned stem. These shoots collect more ice and wet snow resulting in more damage than if the shrub had been left unpruned. Remove only a third of the old stems each year to maintain the desirable form of the plant. This allows the plant to produce vigorous, new shoots and keeps it from looking leggy.

Get advice on trees from an International Society of Arboriculture-Certified Arborist. Log onto <https://www.treesaregood.org/>. Enter your location, and you will immediately receive a list of ISA Certified Arborists in your area. You can also select arborists who have the ISA Tree Risk Assessment Qualification (TRAQ) credential. Individuals trained in tree risk assessment can provide you with a risk rating and help you understand your tolerance for risk. Good tree care isn't expensive, poor tree care is.

For more information, contact the McCreary County Extension Office.



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## Upcoming Events McCreary County Extension

Dec 12th, 12pm  
Library Lunch Program:  
Winter Care of Woody  
Ornamentals

Dec 12th, 6:30pm  
McCreary Cattlemen's Association  
& Jr. Cattlemen's Association  
Christmas Dinner

Dec 19th, 2pm  
Master Gardeners Meeting

For more information, contact us at  
606-376-2524!

*Our office is closed in observance  
of the holiday season from  
12/25/23 to 1/2/24*



Follow us!







# Sweet Potato Crisp

**3 large** fresh sweet potatoes, cooked until tender.  
**8 ounces** reduced fat cream cheese, softened  
**1 cup** brown sugar, divided

**1 teaspoon** vanilla  
**1 tablespoon** ground cinnamon  
**2 medium** apples, chopped

**½ cup** all-purpose flour  
**⅔ cup** quick cooking oats  
**3 tablespoons** butter  
**¼ cup** chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, combine flour, oats, and ⅓ cup brown sugar. Cut in butter until mixture resembles coarse crumbs. Stir in pecans.
  - 6. Sprinkle** mixture over apples.
  - 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

**Yield:** 16, ¾ cup servings.

**Nutritional Analysis:**  
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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

## Volunteer Spotlight



If you haven't hiked the SCC-McCreary Campus Trail yet, give it a go! This ~2 mile loop takes you around a ridgetop, past a winding creek, then back up to the picnic shelter on campus. The trail is entirely maintained by volunteers, and its reconstruction was funded by our local VFW Post 5127.

Access to the trail starts at the bottom left corner of the SCC-McCreary Campus parking lot.

Special thanks to the Mills family for their hard work clearing a downed tree this fall and keeping it hiking ready!

# McCreary County

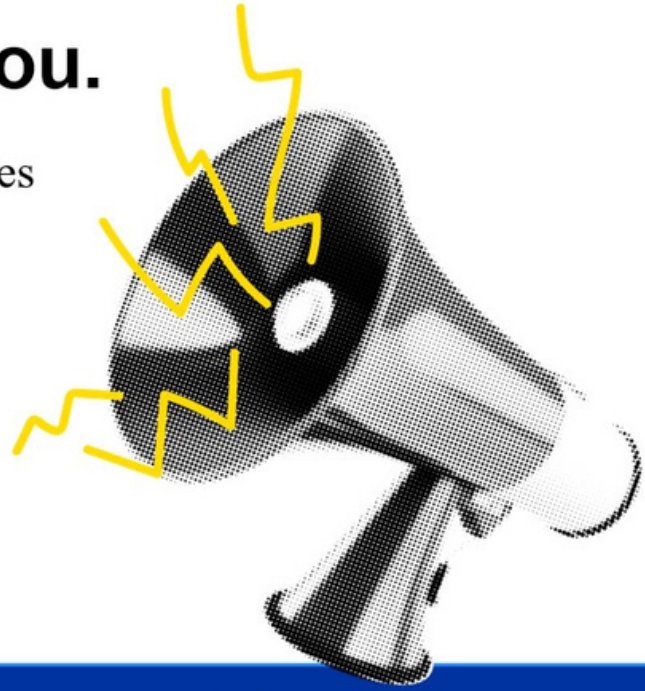
## We want to hear from you.

- Thousands are helping us improve services and programs in our community.

*Can you help too?*

- KY Resident?
- 18-Years Old?

10-minute survey at:  
[go.uky.edu/serveKY](http://go.uky.edu/serveKY)



 Cooperative  
Extension Service

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