



## The Baker Bulletin

A  
Baker County  
Extension  
Service Monthly  
Newsletter

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Dear Extension Friends,

Thank you all for another wonderful year serving the great people of Baker County, FL. We at the Extension Office would like to wish everyone a Merry Christmas and a Happy New Year. We would like to thank all of you who joined us for programming or volunteered your personal time for helping to expand the Extension message. We look forward to serving Baker County in Agriculture, Horticulture and 4-H Youth Development in 2016. We are also beginning our annual newsletter renewal effort. Please see page 8 for additional information. As always, if we can help you in any way, please do not hesitate to contact us.

Sincerely,

Michael A. Davis  
Director / Agriculture Agent  
UF/IFAS Extension Baker County

**UF** UNIVERSITY of  
**FLORIDA**  
IFAS Extension  
*Baker County Extension*

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# Highlights in Horticulture

By:  
Alicia Lamborn,  
Horticulture Agent

## Plant of the Month:

### 'Carolina Sapphire' Arizona Cypress



If you research this plant, you will find that it goes by different common names (Arizona Cypress, Smooth Cypress, Smooth Barked Arizona Cypress), but also scientific names (*Cupressus glabra* or *Cupressus arizonica* var. *glabra*), and even cultivar names ('Carolina Sapphire' or 'Carolina Safire'). But whatever you choose to call it, the 'Carolina Sapphire' Arizona Cypress is an attractive tree with blue/gray

leaves that form a narrow pyramid. The foliage of 'Carolina Sapphire' is said to be one of the brightest blues you will ever see and the outer reddish-brown bark peels off each year to reveal the smooth inner bark which is bright red.

A native to the American southwest, this tree performs exceptionally well in hot, dry conditions but is also suitable for planting in north Florida for use as a screen, hedge, windbreak, or even a landscape specimen. This fast growing tree has a spread of only 10-15 feet, but can reach 50-70 feet tall, with young trees growing up to 6 feet each year.

If you decide to plant a 'Carolina Sapphire' in your landscape, be sure it gets full sun and is planted on well-drained soil. If grown with too much moisture or planted on poorly-drained clay, a shallow root system will develop making it susceptible to wind damage and other problems, thus shortening the life of the tree. No insect pests are of major concern, but watch for stem canker disease which has been a problem for these trees in various parts of the country.



Photos by Edward F. Gilman, Professor, Environmental Horticulture Department, IFAS, University of Florida.

## Caring for Houseplants

As the weather gets colder, many of us will need to start moving our potted plants to warmer locations, which typically include inside the house. But adverse conditions inside a home can make it challenging for plants to make it through winter, even without the freezing temperatures.

The most important factor for indoor plants is adequate light. Flowering plants, plants with highly colored leaves, and succulents will grow best in a window where they receive full sunlight. Foliage plants, such as ferns and philodendrons, will prefer a window receiving indirect light such as a north-facing window. Artificial lighting can also be used to supplement natural light as needed.



Most plants grow well indoors with temperatures between 65-75°F but sudden changes can injure plants. Avoid hot or cold spots, including on top of the TV, in the path of heater vents, and windows that are not energy efficient (letting a lot of cold air in at night). Humidity is another factor to consider. Most plants grow best at 40-60% humidity with the average home being well below 40% during winter. Low humidity levels will cause your plant to lose water from the leaves faster than the roots can absorb water, causing brown leaf tips and flower buds to drop. Installing an inexpensive humidifier can help, as well as placing plants close together or on a bed of wet gravel. The gravel should be 2-3" deep but never allow the plant to sit in water. As the water evaporates, the humidity level will increase around the plant.

Overwatering is the number one cause of indoor plant death. Be sure to water only when the soil feels dry, when the soil shrinks away from the sides of the pot, or if the pot feels light when you pick it up. When needed, apply enough water until it runs out the bottom of the pot. You can also water from the bottom of the container but will need to water from the top at least once per month to wash out the excess salts that build up. Either way is fine but do not allow water to stand in a saucer too long.

## Building A Cold Frame

If you're like me, then you have a lot of tropical plants that won't tolerate cold winter temperatures and you probably prefer not to break your back hauling them in and out of the garage every time a hard freeze comes. If this is the case and you don't own a greenhouse, build yourself a cold frame structure or temporary greenhouse to house your tender plants until spring. This structure will also work well for getting an early start on spring vegetable seedlings, although you may need to modify the size to fit your needs.



These instructions will help you build a basic structure that is a Quonset design, 3' high x 6' wide x 20' long (similar to the photo shown above). This structure will require venting which can be done by opening the ends or rolling up one side of the plastic cover and then closing again later in the day. Depending on the plant material, closing the structure may only be necessary when temperatures are predicted to fall below 32 degrees.

**Site Selection:** Choose a site that is fairly level with a water source nearby and orient the structure North-South (east-west orientation supplies more overall light, but north-south orientation supplies more uniform light).














### Materials Needed:

4	3/4" schedule 40 PVC pipe, 20' lengths	1	200 ft. roll gauge steel wire (or heavy cord)
1	12' x 30' white copolymer film, 6 mil	80	Wood screws
32	3/4" electrical conduit hangers	<b>Tools Required:</b>	
1	2" x 8" x 12' treated lumber	Carpenter saw	Electric drill
4	2" x 8" x 10' treated lumber	Builder's square	Pencil
4	Metal mending plates	Side cutting pliers	A friend
			Tape measure
			Garden rake

### Construction:

- 1 - Cut the 2" x 8" x 12' lumber in half, making two pieces 2" x 8" x 6' that will be used for the ends of the bed.
- 2 - Butt the ends of two of the 2" x 8" x 10's together and nail/screw securely using mending plates on each side, so that you have a 2" x 8" x 20' side board (kickboard). Repeat with the remaining two pieces of 2" x 8" x 10's.
- 3 - Lay kickboard sides on edge 6' apart on the leveled area and place a 2" x 8" x 6' section outside each end. Square the corners, then nail/screw together securely. (Screws will allow for easier breakdown, if required.)
- 4 - At each of the four corners (on the inside edges), attach a conduit hanger using screws so that the top of the hanger is flush with the top edge of the boards. Any nails/screws that come through should be bent over so that they will not tear the copolymer cover. Note: the photo demonstrates this step, only the conduit hangers are placed on the outside of the kickboards.
- 5 - Repeat step 4, attaching conduit hangers flush with the bottom of the boards in each of the four corners.
- 6 - Starting from the center of the top conduit hangers, mark off the kickboards along the length of the structure at 33 13/16 inch intervals.
- 7 - At each of the marked intervals, center and screw in two conduit hangers (at top and bottom) as in steps 4 & 5.
- 8 - Cut the four 20' lengths of PVC pipe in half so that you have eight 10' pieces.
- 9 - For each section of PVC pipe, slip one end down through a set of conduit hangers, bend the pipe in a bow across the width of the structure, and slip the other end of the pipe down through the opposite set of conduit hangers.
- 10 - Place containerized plants inside the structure and water thoroughly. Note: Plants that are more cold tolerant should be placed around the perimeter with the least cold tolerant plants placed in the middle.
- 11 - Using flexible wire or heavy cord, tie the bows of PVC pipe together so that they cannot flex to either side. An alternative is to use a single PVC 20' length centered at the top and attached to each bow to add greater rigidity to the frame.
- 12 - Center the 12' x 30' sheet of white copolymer film over the hoop frame.
- 13 - The cover can be secured by covering the 1' of surplus film along one of the long sides with soil. To allow easy access to the plants, the other three sides of the film can be held down with boards, rocks, or pieces of wood.

# December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3	4	5
6	7 	8 	9	10  	11 	12
13	14  	15  	16	17 	18	19
20	21	22 	23	24 <b>Extension Office Closed Christmas Holiday</b>	25	26
27	28	29 	30	31	<b>JAN 1</b> <b>Extension Office Closed New Year Holiday</b>	

Upcoming Programs are marked with a Program Area Symbol. Please match these symbols with the list on the following page for more information about the program.



4-H



Horticulture



Agriculture

# Upcoming Programs & Events

Programs will be held at the Baker County Extension Office (Agricultural Center) unless otherwise noted.

- Dec. 7** **Building Your Own Farm's Food Safety Manual**—8:15 am to 5:00 pm, UF/IFAS Suwannee Valley Agricultural Extension Center, Live Oak, FL. Details about the program and registration information can be found by visiting [http://smallfarms.ifas.ufl.edu/calendar/2015\\_1207\\_Food%20Safety%20Flyer.pdf](http://smallfarms.ifas.ufl.edu/calendar/2015_1207_Food%20Safety%20Flyer.pdf).
- Dec. 10** **Florida Olive Update & Grower Needs Assessment**—10:00 am to 2:00 pm, UF/IFAS Plant Science Research and Education Unit, 2556 West Highway 318, Citra, FL 32113. Additional information about the program, including registration details can be found by visiting [http://smallfarms.ifas.ufl.edu/calendar/2015\\_1210\\_Olive%20Meeting.pdf](http://smallfarms.ifas.ufl.edu/calendar/2015_1210_Olive%20Meeting.pdf).
- Dec. 14-15** **HACCP for Florida Fresh Fruit and Vegetable Packinghouses**—8:00 am to 5:00 pm (both days), Straughn IFAS Extension Professional Development Center, 2142 Shealy Drive, Gainesville, FL 32611. Additional information about the program, along with registration details can be found at [http://smallfarms.ifas.ufl.edu/calendar/2015\\_1214\\_PackinghouseHACCPBrochure.pdf](http://smallfarms.ifas.ufl.edu/calendar/2015_1214_PackinghouseHACCPBrochure.pdf).

*Congratulations to Mr. Larry Bishop. Mr. Bishop won our gift basket drawing for completing the newsletter survey.  
Congratulations, Mr. Bishop, and thank you for supporting the Baker County Extension Service.*



## 4-H Club Meetings & Events:

**All County 4-H Club** — 2nd & 4th Thursday of each month at 6pm in the 4-H classroom

**Livestock Club** — No December Meeting

**Cloverleaf Cloggers** — New Day! Every Tuesday at 8pm at Fabulous Footworks

**New Club! Baker Creation Explorers**—3rd Thursday of the month at 4:30pm in the 4-H Classroom.

**County Council**—Ages 10 & up. Meets 2nd Monday of the month at 6pm in the 4-H Classroom.

## December

10– 4-H Association Meeting 12:00pm

11–Holiday Bake –Off 7:30-9:00am  
Bake-Off Awards &  
Holiday Party– 6:00pm

## January

15– 2nd Exec. Board Reg. Closes

18– Hog & Ham Workshop, UF

29-31– 2nd Executive Board Camp  
Cherry Lake



# Lucky Clover Chronicle

By: *Shaina Spann,*  
*4-H Agent*

## Changes for the next 4-H Year 2015-2016

If you missed the Parent Meeting in November, you missed some information for this next year. Some of the changes are:

- All youth showing animals must meet clover point requirements as well as completing a 4-H animal specific project book. (See requirement form and Livestock Commitment Form)
- There is a mandatory orientation meeting April 7th for youth who will be showing animals in the 2016 fair. Youth who do not attend will not be eligible to show.
- Livestock Commitment Forms (formerly contracts) are for all youth who are showing animals at the fair and are due with the specific project registration in 4-H Online by May 31<sup>st</sup>. This helps the 4-H office know who is showing and how many animals our youth are showing.
- Clover points is where you keep track of all of the events that you attend/things you do in 4-H. There are point values assigned to things and the member with the most points in August wins a prize!
- We have a Baker County 4-H Family Manual! You can pick it up at the office or download it from the website (<http://baker.ifas.ufl.edu>).

Need more information? Email Mrs. Shaina at [slbennett@ufl.edu](mailto:slbennett@ufl.edu)

## Events

### December

- 10– 4-H Association Meeting  
12:00pm
- 11–Holiday Bake –Off 7:30-9:00am  
Bake-Off Awards &  
Holiday Party– 6:00pm

### January

- 15– 2nd Exec. Board Reg. Closes
- 18– Hog & Ham Workshop, UF
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Cherry Lake

## NEW SPIN CLUB!

We have a new special interest club (SPIN) that will begin January 4th!

Each Monday from 5:30pm to 6:30pm we will be giving families (that’s right, grown ups too!) the tools needed to keep healthy New Year’s Resolutions.

\$25 registration (family plans available) includes a food scale, pedometer, water bottle, and all materials.

The club will run for 6 weeks through February 8th and will involve fun physical activity and healthy lifestyle coaching.

Please register by December 22.

### 4-H Holiday Bake-Off Entry Form

Entry Form Must Accompany Each Item

Due December 11th, between 7:30-9:00am

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Age: \_\_\_\_\_

Item Category: \_\_\_\_\_

Item: \_\_\_\_\_

Ingredients:

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## Birthdays for December:

Wishing all of you a very **Happy Birthday!**

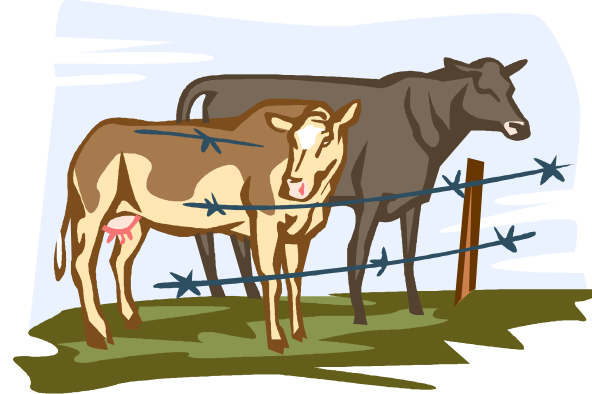
- 04– Lex Jones      07– Gracie Milton
- 09–Alex Stokes    10– Roslyn Panter
- 17– Kash Addy    19– Harper Johnson
- 31– Gwen McGroarty

*Happy Birthday*



## Cattle Nutrition Over the Winter Months

Winter feeding of cattle can account for up to 50% of the total variable cost of producing weaned calves. Cattle that are in different developmental stages have differing nutritional needs throughout the year. Splitting the herd into groups that have similar nutritional requirements will help the producer meet the requirements and help to keep costs down by utilizing the most efficient feeding regimen. A general discussion of feeding these groups over the winter is presented below. There may also be constraints to splitting a herd, such as limited facilities and not every group that is mentioned below may be represented in your particular herd.



### First and Second-Calf Heifers

Unlike mature cows, a heifer that is nursing her first or second calf is still growing herself. This additional growth along with the nutritional requirements for the calf require that these animals be placed on the highest quality feed that is available. Providing the adequate nutrition for these animals is essential for breeding later on and to encourage calf performance.

### Replacement Heifers

Replacement heifers, including those that are bred and those that are open, should be a separate group within the herd. Those heifers that are going into their first winter within the new herd are at the low end of the social order within the herd. This can cause these animals to be crowded out of the feed area. Additionally, these cows tend to have a higher nutritional need than mature cows. Replacement heifers that are bred are similar to first- and second-calf heifers in that the quality of the feed needs to be such that she can continue her own growth along with that of the calf.

### Mature/Dry/Pregnant Cows

If the body condition score of these animals indicate medium fleshing, then they will have the lowest nutritional requirements of the herd. Consequently, these cows can persist on lower quality feed such as: crop residue, mature standing grass or mature hay. For those mature cows that are pregnant, remember that the nutritional needs will increase during the last 1/3 of the pregnancy and will increase considerably after the calf is dropped. You should increase the quality of the feed when these times arrive.

### Bulls

Bulls tend to be last on the mind when it comes to winter feeding. If you have a mature bull with a good body condition score, then his nutritional needs are not high. Feed these good bulls such that you keep their body condition score but do not try to fatten him up, as this is a waste of time and money.

### Young Bulls

As with young heifers, the young bull must be fed well as he is still growing. Typically, a high quality forage along with some concentrate can be fed to these animals. If it is possible, separate the young bulls from the mature bulls to decrease potential feed loss and aggression.

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ADDRESS SERVICE REQUESTED

Extension programs are open to all people regardless of race, color, age, sex, handicap, or national origin. In accordance with the Americans with Disabilities Act, any person needing a special accommodation to participate in any activity, should contact the Baker County Cooperative Extension Service at 1025 West Macclenny Avenue, Macclenny, FL 32063 or telephone (904) 259-3520 no later than five (5) days prior to the event. Hearing impaired persons can access the foregoing telephone by contacting the Florida Relay Service at 1-800-955-8770 (voice) or 1-800-955-8771 (TDD).

### FIRST REQUEST

If you would like to remain on the **Baker Bulletin** mailing list in **2016**, please complete the form below and mail it or bring it to our office. **Highlights in Horticulture** and **Feathered Facts** will continue to be produced individually and distributed electronically through email. You may also renew any newsletter subscription by visiting our website at <http://baker.ifas.ufl.edu>.

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **RACE** \_\_\_\_\_ **GENDER** \_\_\_\_\_

- I would like to receive *The Baker Bulletin* by email.
- I would like to receive *Highlights in Horticulture* by email.
- I would like to receive *Feathered Facts* by email.

**EMAIL ADDRESS:** \_\_\_\_\_

Please return this form to our office or mail it to: Baker County Extension Service  
1025 W. Macclenny Ave.  
Macclenny, FL 32063