



# The Baker Bulletin

A  
Baker County  
Extension  
Service Monthly  
Newsletter

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Dear Extension Friends,

I hope that the new year has started off well for you. We have been busy at the Extension office planning programs for the upcoming year. Since we are in our normal dry season, I would like to remind everyone to watch for wildfires and potential sources of fire. In this month's newsletter we have included pruning tips, information on a new healthy weight program, and 4-H club and program information. Also, please remember to use the enclosed form to stay on our mailing list. As always, if you need assistance, give us a call or stop by our office.

Sincerely,

Michael A. Davis  
County Extension Director / Ag Agent  
Baker County Extension Service



## Contact Information—Baker County Extension Service

1025 W. Macclenny Ave., Macclenny, FL 32063

Phone: (904) 259-3520, FAX: (904) 259-9034

Email: baker@ifas.ufl.edu Hours: M—F 8:30am to 5:00pm (Closed Noon to 1:00pm for Lunch)

**Michael Davis, Ph.D.**

Agriculture Agent



**Alicia Lamborn**

Horticulture Agent



**Melanie Thomas**

Family & Consumer Sciences Agent



**Shaina Bennett**

4-H Agent



# Highlights in Horticulture

By:

Alicia Lamborn,  
Horticulture Agent

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## What's Old is New Again

Occasionally our large, mature shrubs become too large or the bottoms/interior of the plant become thin with little foliage. But instead of ripping those shrubs out and planting new ones, consider another option called rejuvenation. Rejuvenation involves cutting back a shrub or hedge to approximately half its size, leaving the plant with little or no foliage. While this may sound drastic, it is actually very effective in making what's old, new again.

While this technique should not be used on conifers (junipers, yews, cedars, etc.), it can be used on other common landscape shrubs. If you are considering rejuvenation for your shrubs, timing is everything. In general, rejuvenation should be performed in late winter or early spring (late February to March), just before growth begins but while the plants are still dormant. There are also two ways to perform rejuvenation of shrubs:

The first involves complete foliage removal (similar to the illustration below), leaving the main framework to re-grow new branches and shoots:

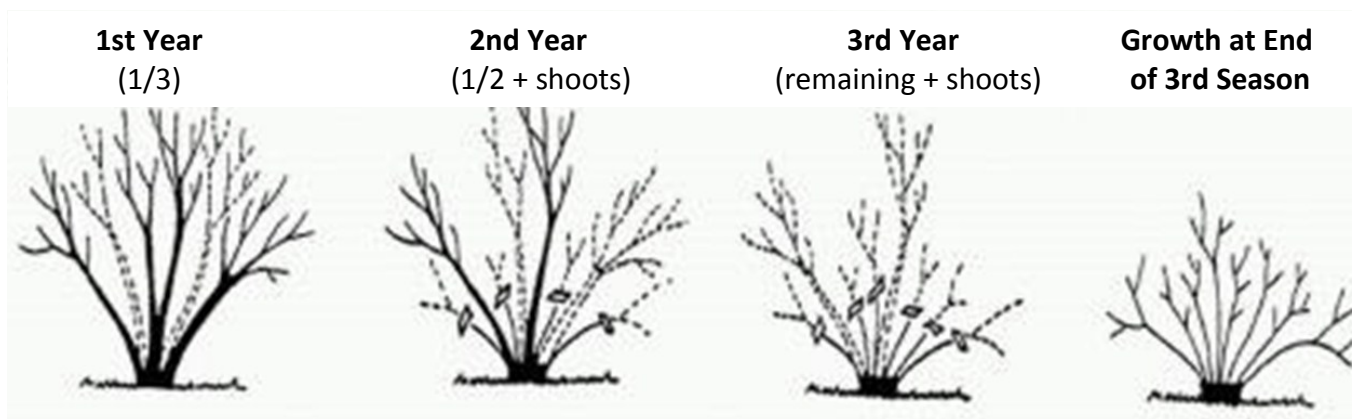


The second option avoids causing stress to already stressed shrubbery since it involves hard pruning over a 3-year period by cutting back all stems at ground level, using the following directions:

1<sup>st</sup> year = remove 1/3 of the old, mature stems.

2<sup>nd</sup> year = remove 1/2 of the remaining old stems and head back long shoots growing from the previous year's pruning cuts.

3<sup>rd</sup> year = remove remaining old wood and head back the long new shoots.



**Rejuvenating a Hedge:** For formal hedges, prune them into the same shape, allow new shoots to develop several inches long, then resume regular shearing to develop the hedge. For informal hedges, cut stems back to different lengths to preserve the open, natural appearance.

For more information on pruning, visit Dr. Edward Gilman's website: <http://hort.ifas.ufl.edu/woody> or contact our office with questions.

# Living Well in Baker County

By:

Melanie Thomas,  
FCS Agent

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## The Family Lifestyle Intervention Project (FLIP for KIDS)



Promoting Weight Management Through Healthy Lifestyle Changes For Children and Parents

Do you have a child who...

- Is between 8 and 12 years of age?
- Is overweight or obese?
- Is interested in moving toward a healthier lifestyle?
- Wants to eat healthier and exercise more?

Do you...

- Live in Baker County?
- Want to eat healthier and exercise more?
- Want to motivate your family to live a healthier lifestyle?



**To Learn More About FLIP for KIDS Call us Toll Free at: 1-866-673-9623**













The Extension Family Lifestyle Intervention Project for Kids, or E-FLIP for Kids, is designed to help children and parents improve their diet and physical activity to promote positive self-image and better weight management. The **no-cost** program helps families work together to learn how to manage real-life problems and make gradual changes in their lifestyles.

The E-FLIP for Kids program will compare family-based group treatment programs versus a treatment program in which only parent(s) attend group treatment meetings. The programs are designed to help children establish healthier weight status, as well as healthier eating and exercise habits. The treatment programs last one-year. Group treatment sessions will occur once per week during the first few months of the program, but will decline in frequency to once a month at the end of the program. Families will also be followed for 12 months after treatment ends to assess the long-term impact of the treatments.

E-FLIP for Kids is available to children between the ages of 8 and 12, and their parents, who live in Baker County and surrounding rural areas. To participate, children must have a parent or legal guardian who is willing to attend group treatment sessions. All treatment visits will be held at the Baker County Cooperative Extension office. Families will be given \$10 per treatment session to compensate them for travel costs. Screening visits for the study are currently underway, with the treatment programs beginning in late February 2012. Families interested in signing up for the program or who have questions should call the E-FLIP for Kids office toll free at 1-866-673-9623. Our team will help you determine your eligibility for the study. The E-FLIP for Kids team is taking calls now.

The study is a joint effort between researchers at the UF Health Science Center, IFAS Extension at UF, and the Baker County Extension Service.

# February 2012

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	25 
26	27	28 	29		March 1 	

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.



# Upcoming Programs & Events

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

**Feb. 2** **Baker County 4-H Club Leader and Volunteer Training**, 6pm—8pm, Baker County Extension Service, 1025 W. Macclenny Ave., Macclenny, FL 32063. This is a mandatory meeting for 4-H Club Leaders and Volunteers. Please contact Ms. Shaina Bennett at 904-259-3520 to confirm your attendance.



**Feb. 9** **Backyard Composting 101**, 10 am, Presented by Master Gardener Cindy Jenkins for the Garden Club of Baker County at the Glen St. Mary Nursery Mathis House. This meeting & workshop is free and open to the public; please bring a covered dish to share if you plan to stay for lunch. Call (904) 259-3520 for directions.



**Feb. 16** **Tri-County Pesticide Update**, 5:00pm—9pm, Union County—Lake Butler Community Center, Lake Butler, FL. This program will be held for Restricted Pesticide Applicators in the Baker, Bradford and Union County area. A total of 4 CEUs for this training have been applied for and approved (2 CORE + 2 Private/Ag Row). Program ID 13387. Registration is \$10 per person by February 13. Registrations after February 13 will be \$15 per person. To register, contact the Union County Extension Office at (386) 496-2321 or the Baker County Extension Office at (904) 259-3520.



**Feb. 25** **Longleaf Pine Workshop**, 9:30am—3:30pm, Union County Public Library, 250 SE 5th Ave. Lake Butler, FL. This program is free, but space is limited, so register now. To register, contact one of these Florida Forest Service contacts: Union County Forester—Jay.Tucker@freshfromflorida.com (386-496-2190); Bradford County Forester—Nichole.Howard@freshfromflorida.com (904-964-2461); Baker County Forester — Andy.Lamborn@freshfromflorida.com (904-259-5128).



**Mar. 1** **Tri-County Beef Update**, 5:45pm—9pm, Union County. This program will be held for cattle producers in the Baker, Bradford and Union County area. Registration is \$5 per person. Topics include: Beef Cattle Reproduction Management, Expected Progeny Difference and Agriculture Damage Assessment. Additional details will be posted via flyer at the Baker County Extension Office and on our website at <http://baker.ifas.ufl.edu>. To register, please contact the Union County Extension Office at (386) 496.2321 or the Baker County Extension Office at (904) 259-3520.



## Baker County Farmers' Market

The Baker County Farmers' Market will open for the season on March 3rd, 2012. For information about the location of the Market or if you are interested in becoming a vendor at the Market, please contact the Baker County Chamber of Commerce at (904) 259-6433.

### 4-H Events & Club Meetings for February



February 2—Club Leader/Volunteer Mandatory Meeting—6:00pm, Classroom

February 7—Hoof-N-Around—6:30pm, Classroom

February 8—Early Release Activity—3:00-5:00pm, Auditorium

February 9—Horsepower—6:30pm, Classroom

February 14 & 28—Cloverleaf Cloggers—7:00-8:00pm, Keller Intermediate

February 21—Jr. Master Gardeners—6:00pm, Classroom

February 23—Livestock—6:00pm, Classroom

# Lucky Clover Chronicle

By:

*Shaina Bennett,  
4-H Extension Agent*



## H

appy February!

I am very excited for the early release day activity this month! I look forward to seeing many of you and hope that we can have a good time. If you look at the bottom of the page you will see 4-H's newest marketing campaign, The Revolution of Responsibility.

What is the 4-H Revolution of Responsibility? It's a movement for positive change in every community in America. 4-H youth are a living, breathing, culture-changing revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live. I encourage all of you to be Baker County's own 'Revolution of Responsibility'.

For more information please go to: <http://www.4-h.org/about/revolution/>

Shaina Bennett  
Baker County 4-H / Youth Development Agent  
UFIFAS Baker County Extension  
1025 W Macclenny Ave.  
Macclenny, Fl. 32063  
904.259.3520  
[slbennett@ufl.edu](mailto:slbennett@ufl.edu)

## JOIN THE REVOLUTION OF RESPONSIBILITY

### Got a Story to Tell?

The Revolution of Responsibility comes to life everyday through real 4-H'ers who are making a real impact in their communities.

Whether you're a 4-H educator, volunteer or member, we want to hear from you. Not sure how to start? Learn the ABCD's of storytelling. Or use the 4-H Story Rubric. Go to:

<http://www.4-h.org/about/revolution/share-story/>



### Events:

- February 2—**Important** Leader/Volunteer Meeting 6pm Classroom  
February 8—Early Release Activity 3-5 pm Auditorium  
February 16—District Council meeting 6 pm Columbia County Office  
February 28—4-H Day at the Captiol, **Cost \$15-20.** Register by **February 14**  
March 14—Early Release Activity 3-5 pm, Classroom. **Cost \$2.** Register by **March 9**

### Birthdays for February:

Wishing all of you a very **happy birthday** from all of us at the Ag. Center!

- 5— Kelsey Butler  
9— Molly Walters  
14— Brittany Namwises



### Did You Know:

- State 4-H Leaders adopted the National 4-H Pledge and 4-H Motto at the first National 4-H Club Camp in 1927.

### Highlight in Baker County 4-H Past:

Joey B. Dobson, Sheriff of Baker County

- **Years in 4-H:** around 5.
- **Club:** County Community Club
- **Activities/Projects:** Public Speaking, Citizenship
- **Favorite Memory from 4-H:** Overall, Camp Cherry Lake. It was good, clean, fun. We went swimming, made crafts, went to campfires, and socialized with other 4-H'ers. It gave me an opportunity to spend a week away from home, all of us hated to leave!
- **How did 4-H help you get to where you are today?** Because I was raised in the government, I was going to eventually be involved, I always knew I wanted to be sheriff. 4-H helped to get it started. It helped me learn public speaking skills, how to socialize with other people, and how to better serve my community.



## ***New Cottage Food Legislation Signed Into Law***

The 2011 Florida Legislature enacted House Bill 7209 allowing individuals to manufacture, sell and store certain types of 'cottage food' products in an unlicensed **home kitchen**. These food products can be sold at Farmers' Markets and roadside stands. 'Cottage food' operations are not required to obtain a license or permit from the Florida Department of Agriculture and Consumer Services (FDACS) and are not inspected by a state government entity. This law will help some small producers in the selling of their goods to consumers but there are certain rules and regulations that bind the 'cottage food' producer. Items that can and cannot be sold as 'cottage foods' are listed below. For the full release from FDACS along with other information, please visit <http://www.freshfromflorida.com/fs/CottageFoodAdvisorySeptember2011.pdf>.



### **Products That CAN Be Sold As Cottage Foods**

Loaf Breads, Rolls and Biscuits

Cakes, Pastries and Cookies

Candies and Confections

Honey

Jams, Jellies and Preserves

Fruit Pies and Dried Fruits

Dry Herbs, Seasonings and Mixtures

Homemade Pasta

Cereals, Trail Mixes and Granola

Coated or Uncoated Nuts

Vinegar and Flavored Vinegars

Popcorn and Popcorn Balls

### **Products That CANNOT Be Sold As Cottage Foods**

Fresh or Dried Meat (Including Jerky)

Canned Fruits, Vegetables, Vegetable Butters, Flavored Oils, Hummus, Garlic Dip, Salsas, etc.

Fish or Shellfish Products

Canned, Pickled Products such as Corn Relish, Pickles or Sauerkraut

Raw Seed Sprouts

Bakery Goods which require any type of refrigeration such as Cream, Custard or Meringue Pies and Cakes or Pastries with Cream Cheese Icings or Fillings

Milk and Dairy Products including Hard, Soft and Cottage Cheeses and Yogurt

Cut Fresh Fruits and/or Vegetables; Juices made from Fresh Fruits or Vegetables

Ice and/or Ice Products

Barbeque Sauces, Ketchups and/or Mustards

Focaccia-style Breads with Vegetables and/or Cheeses

**Baker County Extension Service**  
1025 West Macclenny Avenue  
Macclenny, FL 32063

Phone: (904) 259-3520  
FAX: (904) 259-9034  
Email: michael.davis@ufl.edu  
Website: <http://baker.ifas.ufl.edu>

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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).

## SECOND REQUEST

If you would like to remain on the **Baker Bulletin** mailing list in 2012, please complete the form below and mail it, or bring it to our office. Individual program newsletters, such as Horticulture and FCS will continue to be produced individually on an electronic basis. You can renew any newsletter subscription by visiting our website at <http://baker.ifas.ufl.edu>.

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

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

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

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

Please check this box if you prefer to receive the newsletter 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