



## The Baker Bulletin

A  
Baker County  
Extension  
Service Monthly  
Newsletter

### Baker County Extension Service

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Hours: M—F 8:30am to 5:00pm  
(Closed Noon to 1:00pm for Lunch)

#### County Agents

**Alicia Lamborn**  
Horticulture Agent

**Shaina Spann**  
4-H Youth Development Agent

**Alicia Halbritter**  
Agriculture & Natural Resources Agent

Dear Extension Friends,

Like you, we welcome the new year and a fresh start! This newsletter may look a little different than in year's past, and that's because we wanted to make some improvements, offer additional information that may be of interest to you, and appeal to a wider audience. Check out our new sections on Florida's Native Flora and Fauna (page 3) and our new Community Page (page 6) which we hope to offer each month, along with the same timely topics and information you are used to seeing. Happy New Year!

Sincerely,

Alicia Lamborn, County Director  
UF/IFAS Extension Baker County

2021  
Calendars  
Now Available  
(Free)



[http://  
baker.ifas.ufl.edu](http://baker.ifas.ufl.edu)

[http://  
blogs.ifas.ufl.edu/bakerco](http://blogs.ifas.ufl.edu/bakerco)

[Baker County Garden Spot](#)  
[Baker County 4-H](#)

Check out our Livestock  
Google Site!



Join us for an online course:

## Growing Backyard Blueberries and Blackberries

Presented by Alicia Lamborn, Environmental Horticulture Agent for Baker County

This self-paced online course teaches you how to grow blueberry and blackberry plants in Florida home gardens. Topics include variety selection, preparing to plant, care and maintenance, pest management, and even a section on raspberries!

Registration allows access to our virtual classroom, which includes an instructional video, gardening resources, and recipes for your harvest.

Register online for access to this FREE class:  
<https://forms.gle/tRG4MphEbob6xQLW6>

# Highlights in Horticulture

By:  
Alicia Lamborn,  
Horticulture Agent



## January in the Garden

### Flowers

- Add color to your winter landscape with annuals like calendula, dianthus, and petunias. Plant alyssum to produce food for pollinators during winter months.
- Deadhead pansies and snapdragons to keep them blooming.
- Protect the roots and crowns of perennials by watering 24 to 48 hours before a freeze and covering with leaves or straw.



Petunias

### Trees & Shrubs

- Arbor Day is the third Friday in January – consider planting a tree for you and others to enjoy for years to come.
- Purchase camellias now so you can see the flower color and type. It's also a good time to purchase holly trees to make sure they are females if berries are desired.
- Deciduous plants can be pruned as needed while dormant. Trees like crape myrtles don't need much pruning except to remove dead, diseased and rubbing limbs. If severe pruning is needed, it should be carried out over several years.

### Lawns

- Don't irrigate lawns 24-48 hours before a freeze thinking you are preventing cold damage. According to UF/IFAS turf experts, lawns experience less damage in a freeze if they contain less water because freezing water ruptures plant cells.

### Vegetables

- There are still plenty of veggies that can be planted this month, including English, Snow and Snap Peas. See: <http://edis.ifas.ufl.edu/vh021>
- If you are currently growing a garden, 2 or 3 light applications of 10-10-10 fertilizer may be needed during the growing season. Apply the fertilizer just beyond the outside leaves.
- Leafy vegetables benefit from side dressings of nitrogen-containing fertilizer such as ammonium nitrate. Tuber and root crops, like carrots and potatoes, respond to potassium fertilizer such as muriate of potash.

### Fruits & Nuts

- Begin pruning grapes this month. Remove tendrils and branches not needed for spurs and fruiting arms, leaving 2 to 3 buds per spur. For more info on pruning and fertilizing in the orchard: <http://sfyl.ifas.ufl.edu/baker/>

### Wildlife

- Clean bird feeders every 2-3 weeks. For glass, ceramic and plastic (except hummingbird feeders), use a 10% bleach solution and dry completely before refilling. For wooden feeders, use hot soapy water.



## Tips for Florida-Friendly Yards

*Florida-Friendly Landscaping™ (FFL) means using low-maintenance plants and environmentally sustainable practices to have a beautiful landscape or bountiful garden that saves you time, energy, and money.*

**Right Plant, Right Place:** Florida winter winds tend to blow from the north or northwest. A solid fence or a row of evergreens situated on the north side of a house forms a barrier against cold winter winds, which can dry and damage plants. In the summer, winds typically originate in the south, so to allow breezes to cool outdoor living spaces in the warm months, keep tall barriers away from the southern edge of your landscape. Since Florida is frequently in the path of hurricanes, choose trees that are known for their sturdiness in high winds.

**Water Efficiently:** Reduce irrigation during the winter (November—March) by watering once every other week rather than every week. This will save about 8,259 gallons per 1,000 square feet over the course of the season. For a 5,000 square foot lawn, that equates to over 41,000 gallons of water saved! Not to mention a lower electric bill if using a well pump to supply all that water.

**Fertilize Appropriately:** Animal manure can come from chickens, cows, pigs, sheep, horses, or rabbits and should always be composted before use in vegetable gardens to reduce risk to food safety. (Keep in mind that these products often contain high levels of phosphorus, which has been shown to cause water pollution, and should be applied carefully.) Homemade compost (containing kitchen scraps and/or yard waste) is another excellent source of organic matter for garden soils. It usually contains small amounts of nitrogen and potassium, but very little phosphorus. Both kinds also contain micronutrients.

**Mulch:** Rake old mulch. Some mulches can become matted, preventing water and air from seeping through. Rake it to benefit plantings and refresh the mulch's appearance.

**Attract Wildlife:** Provide food. Select plants with seeds, fruit, foliage, or flowers that butterflies, birds, and other wildlife like to eat. Berries, fleshy fruits, nuts, and acorns are all treats for many animals.

**Recycle Yard Waste:** Use these simple steps as a guideline for every pruning job you tackle this season. Then, recycle that yard waste by turning into mulch, compost, or a brush pile for wildlife. 1) Remove all dead, diseased, or injured branches. 2) Dip pruning shears and saws in alcohol to prevent spreading diseases between plants. 3) Remove branches that cross or touch each other and any that look out of place. 4) If a shrub is too tall, heading and thinning may both be necessary. Don't use hedge shears, but cut each branch individually to different lengths with hand pruners. This maintains a neat informal shrub with a natural shape.



# Florida's Native Flora & Fauna

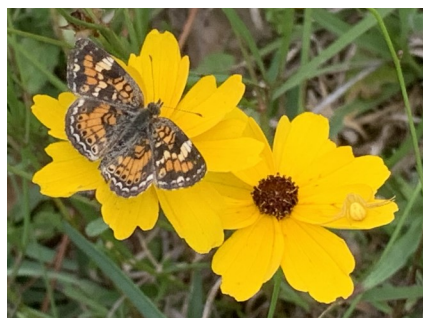
By: Alicia Lamborn, Environmental Horticulture Agent

Featuring some of Florida's native flora (plant life) and fauna (animal life) so you can learn to recognize, appreciate, and protect native species. We'll also aim to dispel myths and provide tips for managing conflicts with wildlife.

## Coreopsis

Coreopsis is Florida's state wildflower!

Commonly known as tickseed, coreopsis comes in many species and varieties. Most are annuals or short-lived perennials with daisy-like yellow flowers.



They typically bloom in spring and summer, although some species bloom sporadically throughout the year.

You can find them growing naturally on roadsides and in fields across the United States. But they are also worthy of being planted in the garden. Some species reseed readily.

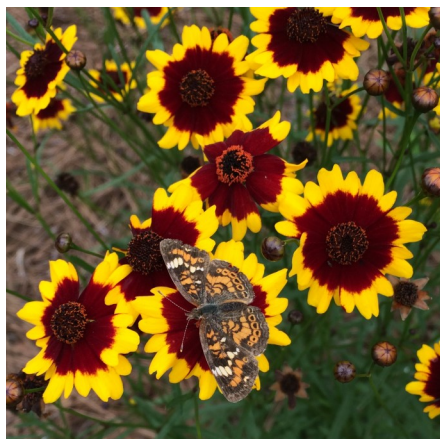


Winter-blooming Coreopsis

Seeds are sold from local garden centers and from the Florida Wildflower Growers Cooperative. Sow your seeds anytime from October through January. Find a sunny spot, and plant the seeds no more than one-eighth of an inch deep.

Once established, this plant is drought tolerant and doesn't require much care.

In addition to being low maintenance, you can enjoy the variety of pollinators it brings to the yard.



Photos by Alicia Lamborn

## Florida Panther

Florida panthers and bobcats are the only two wild cats found in Florida and panthers are by far the larger of the two.

Panthers are a subspecies of the North American puma, and the only puma population east of the Mississippi is the Florida panther.



At one time, panthers ranged throughout Florida, and beyond. But today, populations exist primarily in southwest Florida with some extending up to Orlando and occasionally further north. It is not uncommon to find males outside of this range as they search for their own territories. Most females, however, are found south of Lake Okechobee which is where most panthers reproduce.

While an estimated 120-230 adult panthers roam today, a population of only 20-30 existed in the early 1990s. These low numbers can be attributed to early settlers that saw them as a threat to livestock and as competitors for game. At one point in time, the state of Florida even had a bounty on panther scalps. Of course, the loss of habitat and genetic diversity within the population were also factors that pushed them to near extinction.

To save the panther, genetic restoration was implemented in 1995 by releasing eight female Texas pumas. This conservation initiative mimicked the genetic exchange between panthers and pumas from Texas that once



Photo: [Florida Fish and Wildlife Conservation Commission](#)

occurred naturally, before panthers became isolated in south Florida. This "new blood" has helped the Florida panther population become healthier and more abundant. But, conserving panther habitat continues to be critical to their survival.



## MEETING IN 2021

In 2021 clubs will begin meeting again in person! We must follow the University of Florida's Social Distancing Policies at all in-person gatherings. To attend meetings, everyone must pre-register. Members will be considered first, then others, up to 50 people or half room capacity (whichever is smaller). Face coverings are required at all in-person events, no exceptions. For those unable to meet in person, virtual alternatives will be provided. Remember, these are protocols that have been put into place to allow us to meet during a global pandemic.

**Foundations in Agriculture, Science, and Technology (F.A.S.T.) Club**– Ages 5-7. January 12, 2021 6pm. 4-H Classroom. "A Southern Winter" - At this meeting we will have a few team building activities and "meet and greet" with our fellow Cloverbuds and Co-Leaders. Creating our own little sand snowmen!

**Livestock Club**– Ages 5-18. TBA.

**Cloverleaf Cloggers**– TBA.

**Junior Beekeepers Club!** Coming Soon!



## Why Do We Eat Black-Eyed Peas on New Years Day?

<https://www.thespruceeats.com/new-years-black-eyed-peas-greens-101706>

Eating black-eyed peas on New Year's Day has been considered good luck for at least 1,500 years. According to a portion of the Talmud written around 500 A.D., it was Jewish custom at the time to eat black-eyed peas in celebration of Rosh Hashanah, the Jewish New Year (which occurs in the fall). It is possible that the tradition arrived in America with Sephardic Jews, who first arrived in Georgia in the 1730s.

According to common folklore, the tradition spread after the Civil War. During General Sherman's march, the Union Army pillaged the Confederates' food supplies but left the peas and pork, believing they were food for the animals and not for human consumption. The Southern soldiers thus felt lucky to have these supplies to get them through the cold winter. Another Southern tradition states that black-eyed peas are a symbol of emancipation for previously enslaved African-Americans, who were officially freed on New Year's Day after the Civil War.

## Holiday Recipes for the New Year!

### Grandma Porter's Vanilla Wafer Cake

Sent in by Hamp Reed, 4-H Member

#### Ingredients:

2 sticks butter

2 cups sugar

6 eggs

1 box vanilla wafer cookies crushed

8 oz shredded coconut

1 cup chopped pecans

1 teaspoon vanilla extract



Image From:  
<https://gottobenc.com/inspirations/vanilla-wafer-cake/>

**Directions:** Preheat oven to 325\* F. Cream together butter and sugar. Add eggs and vanilla. Add crushed vanilla wafer cookies. Add nuts, combine well. Put in greased and floured Bundt or tube pan for 1 hr and 20 minutes. Grandma Porter always adds a caramel drizzle to the top!



# Barnyard Bulletin

By:  
*Alicia Halbritter,*  
*Agriculture Agent*



## Benefits of Hay Rings



Are you supplementing your livestock with hay in the winter? Hay can be expensive, at approximately \$1.50 a day per animal (20lbs @ .06 cents/lb), therefore we need to utilize methods that reduce waste and increase cost efficiency.

Hay bales fed without a feeder can experience upwards of 42% waste of the product. Even unrolled bales can experience 24% or more waste. Implementing a hay ring can save producers 36% of hay, or approximately \$13 per bale. Hay rings only experience a loss of 6% on average, a significant difference from the 42% loss if fed with no ring.



The average hay ring costs \$200-\$350. Therefore a producer will make up for this cost with the \$13 hay savings from 27 bales being fed. With a larger herd this can easily be achieved in one winter season but for medium/small producers this will take a number of seasons.

Over the course of a winter season, a producer feeding 5 cattle or horses with 600 lb round bales can easily save \$150 with the use of a hay ring.

Questions about feeding hay? Contact me to discuss your options! [aliciah1221@ufl.edu](mailto:aliciah1221@ufl.edu)

# Extension Tidbits

## Volunteer Spotlight

Madeline Carroll and Janet Lawson have been leading the Cloverleaf Cloggers 4-H Club for 15 years! They enjoy sharing their passion of dancing to youth of all ages. For many years they have donated 4 nights a month in addition to coordinating dancing at the Christmas Parade, Baker County Fair, and nursing homes during the holidays. Their club has fund-raised to visit the Indian River Cloggers Pow Wow in South Florida. Madeline and Janet give their time, energy, and passion for our 4-H members and we are so thankful for them! Congratulations on 15 years of service and we hope you stay for more!



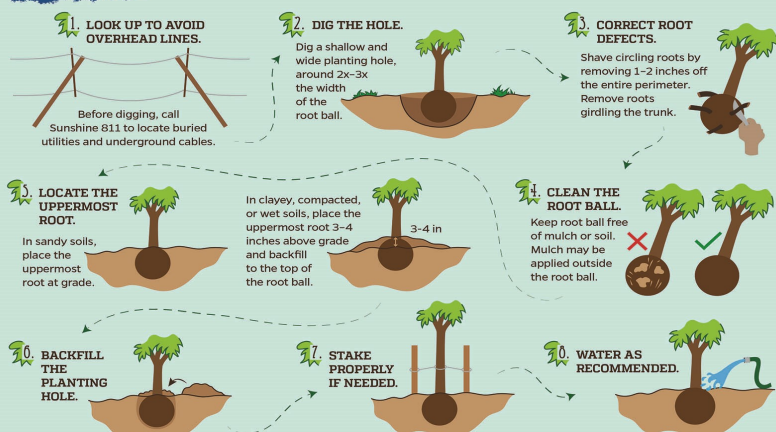
Janet Lawson (left) Madeline Carroll (right)

## Florida's Arbor Day is January 15th!

Using good planting practices will help get trees off to a good start so they may be enjoyed for years to come!

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## PLANTING AND ESTABLISHING TREES



For more information, visit <https://edis.ifas.ufl.edu/ep314>.

## How to Make a Protein-Packed Healthy Charcuterie Board

This Protein-Packed Healthy Charcuterie Board is a delicious party appetizer idea with nutritionally dense, low-calorie ingredients like hard-boiled eggs, lean deli turkey, a variety of cheeses, pickles, hummus and more!

### Ingredients

- 4 hard-boiled eggs
- 1 package deli-style smoked turkey
- 1 package deli-style salami
- 1 package smoked cheddar cheese
- 1 package brie
- 1 container mini bocconcini cheese balls
- 1 package fresh basil
- 1 container Cherry tomatoes
- 1 cup mixed olives
- 1 jar pickles (cornichons)
- 1 persimmon, sliced
- 1 bunch grapes
- 1 pomegranate, cut open
- 2 celery stalks, julienned
- 1/2 each red and yellow pepper, julienned
- 1 zucchini, sliced on a diagonal
- 2 packages hummus

Assemble all ingredients on a large wooden board with small bowls for the ingredients like olives, pickles and dips. Include cutlery for cheeses and arrange in a manner so that guests can pick and choose different snacks from the board. To make caprese bites, add cherry tomatoes, basil and bocconcini cheese on toothpicks and add to board. Serve and enjoy!



<https://thegirlonbloor.com/how-to-make-a-protein-packed-healthy-charcuterie-board/>



What do you call a pig that does karate?

A pork chop!