



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

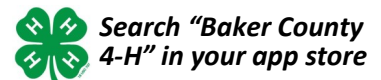
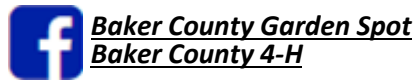
Alicia Halbritter
Agriculture & Natural Resources Agent

Dear Extension Friends,

January is the month when we make resolutions and think about changes for the New Year. Diet, exercise, and money management are popular resolutions (as they should be), but the landscape and farm are also great places to make changes for the better. Consider adopting a lower maintenance landscape or making changes on the farm that benefit the environment and your wallet. To learn how, attend an Extension class or give us a call.

Sincerely,

Alicia Lamborn
County Director / Horticulture Agent
UF/IFAS Extension Baker County



Upcoming Classes & Events

- Jan 8** **Beekeepers Meeting, 7:00 pm, Union Co. Extension Office (35 NE 1st St, Lake Butler).** For info, call (386) 496-2321.
- Jan 24** **Orchard Pruning Workshop, 8:30 am—12:30 pm, North Florida Research and Edu. Center—Suwannee Valley.** Learn how to properly prune your muscadines, stone fruit, blueberries and olives. Bring your hand pruners and gloves for hands-on practice. \$10 registration @ <http://2019Pruning.eventbrite.com> or call (386) 362-1725 for other options.
- Jan 25** **Winter Annual Forage Workshop, 9:00 am—2:00 pm, North Florida Research and Edu. Center—Suwannee Valley.** Learn all about successful winter grazing and cover crop establishment; tour demonstration plots and hear from multiple speakers. Lunch provided. \$10 registration; RSVP to Jane Cant at 386-362-2771 or email janeecant@ufl.edu.
- Jan 31** **Tri-County Restricted Pesticide Applicator CEU Workshops, 6:00 pm, Bradford Co. (Jan 31) and Baker Co. (Feb 11)**
& Approved for both workshops: 2 CORE & 2 Private Applicator Ag or Ag Row Crop CEU's
Feb 11 Registration cost: \$5.00 at the door. Seating may be limited; please RSVP at (904) 259-3520 or email Alicia Halbritter at aliciah1221@ufl.edu.



Pick up a FREE 2019 CALENDAR at the Baker County Extension Office!

Highlights in Horticulture

By:
Alicia Lamborn,
Horticulture Agent



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January Gardening Tips

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.

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 next article). For more info: <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 such as lettuce, kale, and collards 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.

Winter Garden Peas

English, Snow, or Snap Peas are tasty legumes planted January to March in North Florida. Some types need trellising, but all types require only 1/2 the rate of fertilizer used for other veggies to be productive.

English Peas: English peas must be shelled before eating. There are many varieties to choose from and gardeners can succession plant by planting 3-4 varieties that require different lengths of time to mature. Dwarf varieties do not require a trellis for support. Peas should be picked in prime condition and eaten or preserved as soon as possible after harvest. Higher temperatures will cause peas to pass the edible stage more rapidly. Peas, blanched and quickly frozen, may be held in good condition for a year or more. Recommended varieties include 'Wando' and 'Green Arrow.'

Snow Peas: Also called sugar peas, these varieties closely resemble the English pea except that the pods are flatter, broader, more tender, and less fibrous. Entire pods, including the immature seeds, are eaten whole. Snow peas perform better under higher temperatures and are harvested before the seeds start to accumulate starch. Not only are snow peas cooked or stir-fried, they are also delicious raw. The pods of Oregon types are edible. Recommended varieties include 'Oregon Sugar Pod' and 'Dwarf Sugar.'

Snap Peas: These edible-podded peas are soft and tender, but differ from snow peas in their round instead of flat pod shapes and thin pod walls. Snap peas also perform better under higher temperatures and are harvested while tender. Mature pods (2½ to 3 inches) require "stringing," while overgrown, fibrous pods should be shelled and combined with other more-tender edible pods. Recommended varieties include 'Sugar Rae,' 'Sugar Bon,' 'Sugar Ann,' and 'Sugar Snap.' 'Sugar Snap' requires a trellis, reaching 4 to 6 feet. It has been reported to recover from frost and from cold down to 20°F.



pexels.com



What Makes 4-H So Great?

Reaching over 6,000,000 youth every year in the United States, 4-H is an impactful organization. Those youth have a relationship with a caring adult volunteer, over 500,000 nationwide that help put them in a trajectory to succeed. The big question is, what makes 4-H so great? 4-H has four essential elements that make up its base to greatness. They are belonging, mastery, independence, and generosity.

The first element is **BELONGING**, belonging is when a youth (& their family too) feel like they are part of something bigger, contributing to a group, that they have a connection to others that care. 4-H helps to create a safe and inclusive environment that fosters a positive relationship between youth and adults. Once a youth feels like they belong, they can move to the next element, mastery.

MASTERY comes from success in the area of youths' interests; they come from completing a project book, exhibiting a project at the fair, delivering a speech, or any goal that a youth sets and achieves. Attending club meetings, participating fully in 4-H activities, and committing to a project are ways that mastery can build the self-esteem of youth and show them that they are capable of solving problems and meeting challenges. This helps them to become independent.

Knowing that they can influence people and events through the making of their own decisions gives youth **INDEPENDENCE**. 4-H's approach with experiential learning helps youth to develop and reflect into being independent thinkers. This teaches them how to think and understand themselves. Youth can confidently become change agents to help shape their future. This leads to being able to process learning and ultimately share what they've learned to give back to their club, community, country, and world.

GENEROSITY helps youth understand what they've learned applies to the world around them. Generosity can include teaching a younger youth about a subject area or it can be doing a community service project. Giving back to the community is more than giving tangible things. Engaging in generous actions help youth to feel valued, as well as giving their lives meaning and purpose.

The four essential elements of 4-H work together to give youth all over the world positive youth development experiences that can help shape our future.

References: <https://4-h.org/wp-content/uploads/2016/02/TheEssentialElementsof4HYouthDevelopment.pdf> <https://nifa.usda.gov/sites/default/files/resource/Essential%20Elements%20of%204-H%20v.2011.pdf>

Cloverleaf Cloggers Performance

The Cloverleaf Cloggers performed at the Sugar Camp Ranch Christmas Festival in Fort White, Florida on December 15th.

Pictured L to R:

Front row: Gabriella Wilburn, Jayden Wilburn, Jasmine Johnson, Anna Bell, Dakota Wilburn.

Middle Row: Michaela Lyons, Karen Bell, Jennifer Wilburn, Pearl Wilburn, Annabelle Schwien.

Back Row: Katie Small, Keelie Turk, Kenu Turk, Madeline Carroll, Janet Lawson.



4-H Clubs Need Help!



We need people to help teach subjects at club meetings. If you or someone you know is knowledgeable about chickens, rabbits, cows, or arts & crafts, please contact Shaina at the Extension Office at 259-3520.

4-H Club Meetings & Events

- **Cloverleaf Cloggers**— Sanderson Community Center, Every Thursday 6-8pm
- **Livestock Club**— Sanderson Community Center, every 4th Tuesday at 6pm
- **Hearts for Horses**— Every third Tuesday at 6pm, 4-H classroom, Baker County Extension Office
- **County Council**— January 19th, 5-6pm, Baker County Extension Office
- **District Council Retreat**— February 1st, 5-11pm, Starke, Ages 11+, Cost \$10

Barnyard Bulletin

By:
Alicia Halbritter,
Agriculture Agent



Supplements for Horses: What to Know Before You Buy

Browse the shelves of any feed store, tack shop, or trade show, and you will see an incredible amount of supplements available for our equine friends. Here are some important tips to know before you purchase any additional supplements.

Unregulated

The equine supplement industry is largely unregulated, meaning that sellers can put a wide variety of vague claims on the packaging without providing any regulatory agency any type of scientific evidence to back up their claims. That means you can be paying a chunk of change for a product that has zero scientific support! Anecdotal evidence and testimonials can carry some weight, but be sure to read ingredient lists, product reviews, and any supporting evidence before making the purchase.



Photo Credit: The Horse



Unnecessary

The most common culprit for lack of performance in horses is nutrition. Many issues we face (barring diagnosed medical conditions) can be fixed with subtle adjustments in the diet, with no need for added supplements. Have a talk with your vet, local extension agent, or equine nutritionist to discuss your current equine diet and what your horse may be lacking. A deficient amount of calories can cause a wide range of issues, not just weight loss.

Unhealthy

Since the supplement industry isn't as widely regulated as we'd like, it is important to know that additional supplements, or inaccurate feeding amounts can cause health issues in horses. Feeding too much of certain supplements can cause digestive issues or nutritional imbalances in horses. Know what nutrition your horse needs (remember, every single horse is different) and what your horse is getting from the forage and concentrate grain you're feeding. If your horse's nutritional needs aren't being met, trying researching a different concentrate or giving them a higher quality forage instead of adding supplements.



Each horse is unique in their nutritional needs, but almost all horses can utilize forage and concentrate to get all of their nutrients, no supplements needed. Take caution when purchasing supplements, companies can print a lot on a label that aims to catch your eye but could be deceiving. Always do your research and consult a professional if you have questions! Email me at aliciah1221@ufl.edu with questions, comments, or concerns.