



The Baker Bulletin

A
Baker County
Extension
Service Monthly
Newsletter

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Dear Extension Friends,

It looks like Spring has finally arrived in Northeast Florida. Although we have had some rain in the past couple of weeks, we are still very much under drought conditions. This always brings the threat of fire, so please be on the lookout. We have information this month on lawns, eating healthy and pasture management. 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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Lawns & Gardens

Lawns:

- ◆ While the weather has been warmer than usual, it's best to wait until April to fertilize the lawn, even if it begins to come out of winter dormancy. Pushing out lots of new growth with fertilizer will only cause more damage if we happen to get a late freeze.
- ◆ For now, a soil test will suffice, determining soil pH and telling us which nutrients your lawn needs and in what amounts. If you choose not to soil test, plan on fertilizing next month with a 10-0-10, 15-0-15, or similar fertilizer, since phosphorous (the middle number) should only be applied if soil test results indicate this nutrient is deficient. Also consider using a controlled or slow-release fertilizer which releases some nitrogen right away and some slowly over time. This will give longer lasting results & help reduce nutrient pollution in our aquifer and waterways.
- ◆ Chronic weed problems are an indication of an unhealthy turf and while there are ways to manage weeds, spraying herbicides isn't always the answer. You should ultimately be considering how to better manage your turf. Overwatering, improper fertilizer use (amount and timing), and improper mowing all contribute to an unhealthy lawn. Instead of just spraying weeds this year, consider using plugs of turf to replace bare areas where weeds are filling in, and possibly altering your lawn management strategies. If you have questions or need advice in this area, we'll be happy to help!
- ◆ Have your mower blades sharpened this month in preparation of spring mowing. Dull blades make jagged, uneven cuts, creating a larger surface area for water to be lost and thus making your lawn less drought tolerant.
- ◆ Calibrate and check irrigation systems to make sure they are ready for the spring drought. Check for leaks and make sure the heads are not spraying the driveway or street. To calibrate, place containers such as tuna cans, coffee cans, or rain gauges around the yard. Run the system for 15 minutes, calculate the average amount of water collected in each can, then determine how long it would take to apply 1/2 to 3/4 inch of water to the landscape.

Gardens:

- ◆ Vegetable gardens can be planted this month, along with annual and perennial seeds, or purchase transplants to get a jump on the season. Just be sure you have a way to protect them from late frosts and freezes. If you need advice on vegetable gardening, check out the *Florida Vegetable Gardening Guide* at <http://edis.ifas.ufl.edu/vh021> or stop by the office to pick up a free copy and receive one-on-one advice.
- ◆ Plants that suffered a lot of winter damage will also need pruning to reshape the canopy. This is best done after new growth has begun. This will ensure that you are only trimming off dead tissue. Prune your azaleas, camellias, hydrangeas, and spirea after they finish blooming.
- ◆ If you are planting containerized trees and shrubs, be sure to purchase healthy plants that are appropriate for the designated site. Consider planting low maintenance, drought tolerant species that will not require excessive watering during periods of drought. Not sure what to plant? Visit our website to view our Florida-Friendly Plant Lists for Baker County.
- ◆ Fertilize spring flowering trees and shrubs only as needed. Mature, established trees shouldn't need any fertilizer. Also remember that any fertilizer you apply to your lawn is also used by your landscape plants since roots can extend far beyond the edge of the canopy. Newly planted trees and shrubs should be fertilized 4-6 weeks after planting. Never put fertilizer in the planting hole.

Ten Ways to Use Salads to Help You Get Enough Fruits and Veggies

1. Eat and serve salads every day.
2. Have plenty of dark greens in your salads on a regular basis. There are so many different salad greens to try.
3. Be adventurous. Have lots of different vegetables in your salads. You can always try chilled cooked vegetables mixed in with the raw veggies.
4. Remember: Salads can have a mixture of green leafy vegetables and other vegetables. Ex: Romaine lettuce, spinach, tomatoes, carrots, cauliflower, and broccoli.
5. Be creative. Prepare salads that have vegetables and fruits. Ex: lettuce, tomatoes, pears and raisins.
6. Serve salads without any salad greens. Ex: beets, onions, sweet peppers, celery and yellow squash.
7. Serve salads made with fruits only. Ex: apples, strawberries, and oranges.
8. You can also have theme salads, such as a variety of citrus in a citrus salad or have a tropical fruit salad with pineapple, bananas and mangoes. Another favorite theme is a traditional garden salad with lettuce, radishes, tomatoes, cucumber and onions.
9. Think outside the box. Sometimes you can have a salad as a snack or as a side dish for breakfast, just as you do for lunch or dinner.
10. Serve traditional favorites, and at other times be creative and prepare your salad with different fruits and veggies that are new to you and your family. These are good examples of traditional favorites: lettuce and tomatoes or carrots and raisins or Waldorf salad made of apples, celery, raisins and nuts. You should make it a habit to choose from a colorful variety of fruits and veggies.

Remember:

Use only a small amount of salad dressing. Too much salad dressing can overload your salad with sodium, fat and calories.

You can also turn your salad into a quick and easy meal much like the restaurants do. For example, just add: 1-2 ounces of cooked chicken or salmon to each salad. And also provide some whole grain rolls or whole grain crackers. Sounds good, doesn't it?

It is a good health habit to eat a variety of fruits and vegetables every day. These foods are important sources of fiber and a variety of vitamins and minerals including vitamins A and C, Folate, and potassium. People who eat adequate amounts of fruits and veggies are likely to have less risk of chronic diseases. So, let your salad habit help you get enough fruits and veggies every day as part of your healthful eating plan.

Source: Glenda Warren—University of Florida , *Fruits and Veggies: More Matters*.



Upcoming Class:

FOOD PRESERVATION PROGRAM
Wednesday, March 14, 2012
9:30 a.m. to 2:00 p.m.





Program will emphasize the proper techniques in canning foods safely.

Cost: \$7.00 per person.

Deadline to register is Monday, March 12th.

Please call the Baker County Extension Office at 904-259-3520 to reserve your spot today.....space is limited.

March 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	30	31

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.

March 1



Tri-County Beef Update, 6:00pm—9:00pm, Lake Butler Community Center, Lake Butler, FL. This program is for beef cattle producers in the Baker, Bradford and Union Counties. Topics will include Nutrition, Agriculture Damage Assessment and Beef Cattle Genetics. Registration is \$5 per person. Contact your local Extension Office to register or for more details.

March 9



Plant Clinic, 1pm—3:30pm, Baker County Extension Service, 1025 W. Macclenny Ave., Macclenny, FL 32063. Bring your plant problems and questions to the Ag Center for personalized service from the Master Gardener volunteers. They will be set up in the parking lot, ready to show off some gardening demonstrations and chat with you about gardening.

March 14



Food Preservation Program, 9:30am—2pm, Baker County Extension Service, 1025 W. Macclenny Ave., Macclenny, FL 32063. \$7 per person. Deadline to register is March 12th. This program will emphasize the proper techniques in canning foods safely.

March 16



Plant Clinic, 1pm—3:30pm, Baker County Extension Service, 1025 W. Macclenny Ave., Macclenny, FL 32063. Bring your plant problems and questions to the Ag Center for personalized service from the Master Gardener volunteers. They will be set up in the parking lot, ready to show off some gardening demonstrations and chat with you about gardening.

April 3



Tri-County Pesticide School and Examinations, 8:30am—5:00pm, Baker County Extension Service, 1025 W. Macclenny Ave., Macclenny FL, 32063. This program is for persons holding Restricted Use Pesticide Licenses in the Private Applicator or Ag Row categories. A total of 7 CEUs have been applied for (3 CORE and 4 Pvt. Ap./Ag Row). Registration is \$5 per person for those needing CEUs only or \$45 per person for those who wish to take the exam (2 books included). Registration deadline is March 28, 2012. Contact the Baker, Bradford, or Union County Extension Offices to register.

April 12



NFBFG Forage School, 5:00pm—9:00pm, Baker County Extension Service, 1025 W. Macclenny Ave., Macclenny, FL 32063. This program is for producers in Northeast Florida that have pasture land or hay fields. Topics include: warm & cool season forages, improvements of existing pastures, soil fertility, soil amendments, weed control and equipment maintenance. Registration is \$10 per person and a meal is included. Contact your local Extension Office for additional details or to register.

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 March

March 6—Hoof-N-Around, 6:30pm, Classroom

March 8—Horsepower, 6:30pm, Classroom

March 13 & 27—Cloverleaf Cloggers, 7:00pm, Keller Intermediate

March 14—Early Out Day Activity, 2-4pm, Classroom

March 20—Jr. Master Gardeners, 6:00pm, Classroom

March 22—Livestock, 6:00pm, Classroom

Lucky Clover Chronicle

By: *Shaina Bennett,*
4-H Extension Agent



First Early Out Day Activity

February 8 we held our first early out day activity. It was a huge success! 4-H members and non 4-H'ers came to the

Ag Center auditorium. There they made Valentine snow globes, several different types of love bugs, and tissue paper roses. I had a blast and I hope that they did too! I would like to give a special thanks to the parents who came and participated!

I look forward to our next early out activity this month!

Ms. Shaina



This month's Early Out Day Activity is YUM! Youth Understanding MyPlate. The food guidelines have changed again! This activity will introduce the new MyPlate design in new, fun, and innovative ways. Participants will learn to make a chip dip, design their own balanced plate, and play fun games!

Ages 5-12. Cost \$2.

Bring a friend!

Need community service hours? High School aged participants can receive credits for helping!



Events:

March 14—Early Out Day Activity 2-4 pm, Classroom. **Cost \$2.** Register by **March 9.**

April 20-22—Leader Forum, Camp Ocala. **Cost \$75.**

Register as soon as possible! This is an excellent Opportunity to learn new things that are happening across the state as well as getting 4-H Chaperone/ Shooting Sports certified!

May 1—Ag Literacy Day. If you would like Ms. Shaina to come and read to your class on Ag Literacy Day let her know so she can request materials ahead of time.

Birthdays for March:

Wishing all of you a very **happy birthday** from the Baker County Extension Office!

13— Sarah Crews

16— Mrs. LeAnn Rigdon

23— Bradley Rigdon

26— Kelly Thompson



Did You Know:

Some of the first 4-H clubs in Florida were corn clubs in our very own Baker County???



Highlight in Baker County 4-H Past:

Andy and Marilyn Harrell

- **Years in 4-H:** 8-10
- **Club: Andy:** Baker County Community Club
Marilyn: 4-H in Kentucky
- **Activities/Projects: Andy:** Electricity, Land conservation, public speaking, and 4-H Camp Cherry Lake.
Marilyn: Sewing, cooking, and canning in addition to raising chickens.
- **Favorite Memory from 4-H: Andy:** Learning to swim at Camp Cherry Lake.
Marilyn: Joining in events with friends at 4-H meetings.
- **How did 4-H help you get to where you are today?** 4-H teaches you competition, public speaking skills, socialization skills, self-worth, and how to become understanding of others' differences. It helps develop a caring attitude and in helping people while working with others.

JOIN | THE REVOLUTION OF RESPONSIBILITY

Springtime Pasture Management

As we are approaching the true beginning of spring in Northeast Florida, many people will want or need to evaluate the potential of their hay fields and pastures. This will most likely begin with a soil test to determine the pH of the soil and nutrient levels that are already present in the soil. A soil test kit can be obtained from our office. These soil tests are useful for new pasture areas and for existing areas as well.



Soil Testing

One of the main tests that need to be done is determining the soil pH. If the pH is not in the correct range, any fertilizer or soil amendment that is applied will not be used to its full capability, and this wastes time and money. Most warm season grasses require a pH that is 5.5 or greater. If you are planning ahead for cool season forages such as legumes, the soil pH needs to be at least 6.0. Adjusting the pH of the soil upwards will usually require the use of lime. Lime will take some time to move the pH, so it is important to apply it early so that the pH will be in the correct range during optimum growth times. It is important to note that a pH that is too high can be just as detrimental to a pasture or hay field than one that is too low. That is why it is so important to get a soil test done.

Fertilizers

Over the past few years, fertilizer prices have increased dramatically, due to increases in oil prices and the lingering recession. There are other fertilizer alternatives available, but you need to make sure that what you are putting on you land suits its needs.

Biosolids from wastewater treatment facilities have become more common in the past few years. These biosolids can be an excellent alternative and they are becoming more available as an alternative fertilizer (see Table below for average component values for biosolids). One of the best things about biosolids is that they are stabilized with lime, so they can be used as a fertilizer and lime treatment in one.

Animal manures, such as poultry litter, are another common alternative fertilizer. The main issue with these types of fertilizers is that they typically contain large amounts of phosphorus, which is generally not needed in Northeast Florida. High phosphorus levels can interfere with uptake of other nutrients.

If you have additional questions about pasture or hay field management, please give us a call. We have programs throughout the year that deal with pasture and hay field management.

Average Amount of Nutrients in Stabilized Biosolids (Please Check with provider for exact specifications)	
Nitrogen	19 lb. per ton
Phosphorus	5 lb. per ton
Potassium	2 lb. per ton
Dolomite Lime	700 lb. per ton



Baker County Extension Service

1025 West Macclenny Avenue
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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).

FINAL 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.

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