



# *Baker County Extension Service Monthly Newsletter*

November 2011

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Dear Extension Friends,

As 2011 is coming to a close, it is time for the Holiday Season. Plenty of folks will be preparing foods for Thanksgiving and Christmas and various parties and gatherings. We have included some updated food safety information in this issue. We also can't forget about Fall gardens and Alicia has some tips for Fall gardening and water restrictions. Finally, it's been just over a year since I became Extension Director in Baker County and I am extremely grateful for the welcome that I have received. As always, if we can be of assistance, please do not hesitate to contact us.

Sincerely,



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



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Interim 4-H Agent



# Highlights in Horticulture

By:

Alicia Lamborn,  
Horticulture Agent

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## November Gardening Tips



- The time changes early this month and that means our watering schedule changes also! See below for details.
- Recycle those falling leaves and pine needles in the garden by using them as mulch. Leaves and pine needles work great as mulch, helping to hold moisture and prevent weeds, plus they break down quickly, adding organic matter to the soil. Mulch should be maintained at 2-3 inches around all landscape plants and recycling these materials will allow you to top off any existing mulch that may have gotten depleted over the year.
- As the leaves begin to drop this time of year, many of us start to notice what may appear to be problems on our trees. Spanish moss, ball moss, and lichen are all commonly mistaken to be harmful in some way, although these organisms seldom need any attention at all. They do not kill or rob the trees of nutrients; they only need a place to live. For more information on lichen, visit [http://baker.ifas.ufl.edu/Horticulture/Controlling\\_Lichens.html](http://baker.ifas.ufl.edu/Horticulture/Controlling_Lichens.html)
- Keep an eye out for tree wraps this month, which are usually available during fall at gardening supply stores. Begin wrapping tree trunks at the first threat of cold weather to protect young trees and graft unions of young fruit trees and guard against winter cracking and damage. Foam pipe insulation can also be used as a substitute. Just remember to remove wraps in early spring before the buds begin to swell so that growth is not inhibited.
- Pomegranates are the only fruit trees that require fertilization this month. Fertilize using an 8-8-8 or similar: young trees need 2 to 2.5 pounds (4-5 cups) per tree and mature trees need 4.5 to 6.5 pounds (9-11 cups). *Note: Excessive or late applications of fertilizer tend to delay fruit maturity and reduce color and quality.*

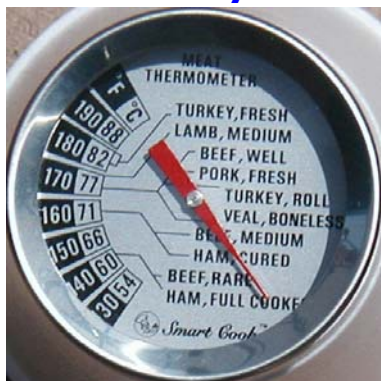


## New Watering Restriction Schedule Starts November 6<sup>th</sup>!

(Regulated by the St. Johns River Water Management District)

- ▶ **Odd** numbered addresses may water only on **Saturdays**.
- ▶ **Even** numbered addresses may water only on **Sundays**.
- ▶ Water only when needed and not between 10 a.m. and 4 p.m. (Early morning is best.)
- ▶ Water for no more than one hour per zone. (Lawns and landscape plants only need about 1/2" to 3/4" per application. Use a rain gauge or tuna can to determine the time it takes to apply that amount of water and adjust the run time as needed.)
- ▶ Restrictions apply to private wells & pumps, ground or surface water, and water from public/private utilities.
- ▶ Note: One thing to consider is that just because our watering restrictions say we can water once per week, doesn't necessarily mean we need to water once per week. It's best to keep an eye on your plants and let them tell you when it's time to water. For landscape plants, wait until they show the first signs of wilting, and for lawns, a blue-gray color, leaf blades folded in half (lengthwise), and footprints that remain in the grass are all signs of water stress. Of course, once your lawn goes dormant, it won't need much, if any, supplemental irrigation. Just let mother nature do the work.

## Food Safety: Cooking Temperatures



On May 24, 2011 USDA made some changes in their recommended cooking temperatures for meats. Here's what you need to know.

Your food thermometer deserves a starring role in your kitchen. The only sure way of knowing if meat, poultry, fish, egg dishes and other foods have reached a high enough temperature to kill bacteria in these foods is to use a food thermometer. Check the internal temperature of the food itself before you taste or serve it. The thermometer must be in the right place in the food, placed in the thickest part of the food away from the bone, fat or gristle.



**(Update: May 24, 2011)** Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

## Safe Cooking Temperatures

Raw Food	Internal Temperature
*NEW* Pork Chops, Ribs & Roasts	145°F and allow to rest at least 3 minutes
*NEW* Beef, Lamb & Veal Steaks & Roasts	145°F and allow to rest at least 3 minutes
Fish	145°F
Ground Beef, Pork, Veal & Lamb	160°F
Eggs & Egg Dishes	160°F
Ground Turkey & Chicken Stuffing & Casseroles Leftovers	165°F
Chicken & Turkey Breasts	165°F
Poultry Legs, Thighs & Wings	165°F
Chicken Whole	165°F
Turkey Whole	165°F



# November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3	4 	5
6	7	8 	9 	10 	11 Veteran's Day Extension Office Closed	12 
13	14	15 	16	17 	18	19
20	21	22 	23	24 Thanksgiving Holiday Extension Office Closed	25	26
27	28	29	30 	Dec 1 	Dec 14 	

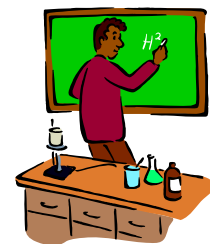
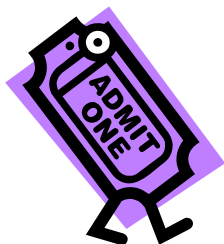
Upcoming Programs are marked with a Program Area Symbol. Please match these symbols with the list on the following page for more information about the program.



# Upcoming Programs & Events

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

- Nov. 4 Food Preservation Class, 9:30am—1:00pm, Clay County Extension Office, Green Cove Springs, FL.** This food preservation class will focus mainly on canning. Registration cost is \$20.00. Please contact the Clay County Extension Office at 904-284-6355 to register or for more details.
- Nov. 9 Grass Identification Workshop, 9am—3pm, Camp Milton, 1175 Halsema Road South, Jacksonville, FL 32221.** Provided free of charge by the First Coast Invasive Working Group. Details and registration information can be found at <http://grasses.eventbrite.com>.
- Nov. 12 Hilliard's Timberfest Celebration, 9:30am, Hilliard Airpark, 37776 Eastwood Rd., Hilliard, FL 32046.** Hilliard was founded on the Timber Industry and Timberfest will celebrate its importance to the community. For additional information please visit [www.townofhilliard.com](http://www.townofhilliard.com)
- Nov. 30 Forest Stewardship Workshop: Invasive Exotic Plant ID and Control, 9am—3pm, UF/IFAS Alachua County Extension Office, 2800 NE 39th Ave., Gainesville, FL 32609.** Registration fee is \$10 and covers lunch and materials. This workshop is **approved for FDACS pesticide applicator CEUs and SAF CFEs**. Additional details and registration at <http://fsp-workshop113011.eventbrite.com>.
- Dec. 1 Tri-County Beef Update, 6pm—8pm, Baker County Extension Service, 1025W. Macclenny Ave, Macclenny, FL 32063.** This workshop is designed for beef producers in Baker, Bradford and Union Counties. Topics will include marketing and reproduction. Registration is \$5 per person and will include dinner. Please RSVP to the Baker, Bradford or Union County Extension Office(s) by November 28.
- Dec. 14 Forest Stewardship PolyCom Workshop: Plan for the Future of Your Land, 1pm—4pm, broadcast via PolyCom to Extension Facilities across Florida.** This workshop will provide guidance on effective succession planting, an estate tax update and important estate planning tips and guidance on conservation planning options and associated tax benefits. **CFEs pending**. Additional details can be found online at <http://fsp-videoconference121411.eventbrite.com>. This event will be offered at the Baker County Extension Office. Please RSVP to 904-259-3520 by 5:00pm on Monday Dec. 12 to attend.



## 4-H Events & Club Meetings for November

- November 1—Hoof 'N Around—6:30pm, Classroom  
 November 8 & 22—Cloverleaf Cloggers—7:00pm, Keller Intermediate  
 November 10—HorsePower Club—6:30pm, Classroom  
 November 15—Jr. Master Gardeners—6:00pm, Classroom  
 November 17—Forestry Club—6:00pm, Classroom  
 November 17—Livestock Club—6:00pm, Auditorium

# The Clover Chronicle

By:  
*Michael Davis,*  
*Extension Director*

- November Club Meeting dates are listed on the calendar of events (pages 4 and 5 of the newsletter).
- Take a look below to see October's Forestry and Junior Master Gardeners having fun and learning many different things! If you are interested in joining any of the 4-H Clubs visit our web site at <http://baker.ifas.ufl.edu> or you may call the Baker County Extension Office @ 904-259-3520 and speak to Michael Davis or Carlena Tyson.



The 4-H Forestry Club and Junior Master Gardeners learned to identify trees in the Arboretum and even had a chance to taste the Native Persimmon fruit, which some found to be very tart!

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

Recently, 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 include such items as candies, jams, jellies and fruit pies. '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. Pertinent excerpts from an FDACS publication concerning '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

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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).

*Continued from Page 7*

<b>How do I sell my cottage food products?</b>	You may sell directly from your home or at Farmers Markets and Roadside Stands. You may NOT sell over the internet or by mail.
<b>Is there a limit to how much I can earn?</b>	Yes. Cottage food operators are limited to \$15,000 in GROSS sales per year. It is the operator's responsibility to comply with laws and regulations concerning sales tax.
<b>Can I make pet treats?</b>	No. The Cottage Food law applies to human-grade food only.
<b>Can the food be prepared in a kitchen other than a home kitchen?</b>	No. Foods sold under the Cottage Food Law must be prepared in a home kitchen with ordinary appliances. Foods cannot be prepared at a church, civic organization or Extension Office. No commercial appliances.
<b>Can I sell to restaurants and/or grocery stores?</b>	No. All products sold under the cottage food law must be sold directly to the consumer.
<b>Is there a label requirement?</b>	Yes. All foods sold must have a label affixed to them that includes ALL of the following information: Name & Address of the Operation, Name of the Product, Ingredients of the Product in descending order by Weight, Net Weight or Net Volume of the Product, Allergen Information, Nutritional Information (if a nutritional claim is made), and the following statement in 10-point type or larger: 'Made in a cottage food operation that is not subject to Florida's food safety regulations.' See FDACS publication for an example of a proper label.
<b>What's that web address again?</b>	<a href="http://www.freshfromflorida.com/fs/CottageFoodAdvisorySeptember2011.pdf">http://www.freshfromflorida.com/fs/CottageFoodAdvisorySeptember2011.pdf</a>