



## The Baker Bulletin

A  
Baker County  
Extension  
Service Monthly  
Newsletter

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Dear Extension Friends,

As 2016 is drawing to a close, I would like to thank all of the clientele of the Baker County Extension Service for their continued support. As we do every year, we have a survey for our newsletter that will help us to improve our outreach. Please visit <https://goo.gl/forms/d2uAb4SiXmSvC00v2> to access the survey. You can also access the survey via the QR Code below. Thank you again for your continued support and we look forward to serving you in 2017. As always, if we can help you in any way, please do not hesitate to contact us.

Sincerely,

Michael A. Davis  
Director / Agriculture Agent  
UF/IFAS Extension Baker County



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# Highlights in Horticulture

By:  
*Alicia Lamborn,*  
*Horticulture Agent*

## WHAT TO PLANT IN NORTH FLORIDA



### NOVEMBER

#### FLOWERS

#### VEGETABLES

- Alyssum
- Baby's Breath
- Calendula
- Carnation
- Delphinium
- Dianthus
- Dusty Miller
- Foxglove
- Hollyhock
- Ornamental Cabbage/Kale
- Pansy
- Petunia
- Snapdragon
- Verbena
- Viola

- Arugula
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Chinese Cabbage
- Collards
- Kale
- Kohlrabi
- Mustard
- Onions, bunching & bulbing
- Radish
- Spinach
- Strawberries
- Swiss Chard
- Turnips

### PEST MANAGEMENT & FERTILIZING TIPS

Most Florida soils benefit greatly from the addition of organic matter such as compost.

Control weeds in the garden because they can be a source of insects and diseases. Mulching, hand-pulling and hoeing work best. Recommended mulches are straw, fallen leaves and unfinished compost (avoid wood mulches and sawdust). Several layers of newspaper covered with leaves work great between rows.

#### RESOURCES :

Gardening with Annuals in Florida  
<http://edis.ifas.ufl.edu/pdf/files/MG/MG31900.pdf>

Slow-release fertilizers provide a continuous nutrient supply over an extended period of time. For best results, apply at the labeled rate or based on your soil test results.

Florida Vegetable Gardening Guide  
<http://edis.ifas.ufl.edu/pdf/files/VH/VH02100.pdf>

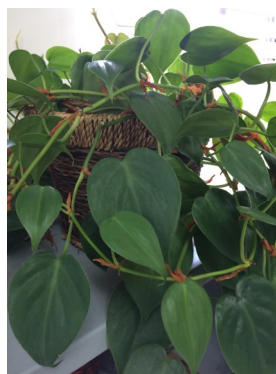
## Houseplants for the Forgetful Gardener

Would you like some indoor greenery, but worried you'll forget to water a houseplant? There are several plants that are extremely easy to care for, for both low light and brightly lit areas of your home. Pothos, cast iron plants, and spider plants are excellent low-maintenance choices for low-light areas. Or try an aloe, ponytail palm, or Christmas cactus for sunnier spaces. None of these plants require much in the way of water or attention.



Pothos 'Pearls and Jade', a new cultivar developed at the University of Florida

Another fool-proof house plant that doesn't require much care is the heart-leaf philodendron. These easy-growing foliage plants are often grown in hanging baskets or in places that allow the thin stems and heart-shaped leaves to beautifully spill out of their container.



The heart-leaf philodendron will tolerate a range of lighting conditions from diffused light to shade; just avoid direct sunlight as this can burn the leaves. While philodendrons prefer high humidity, they are capable of tolerating the low humidity levels of a typical household. Fertilize your philodendron every 3-4 months to keep your plant looking great. While philodendrons are easy to maintain, too much water or too little light can cause yellowing leaves, and too much fertilizer can cause the leaf tips of your plant to brown and curl.

If you have pets in the house, make sure it's in a place where curious paws cannot get to it. Philodendrons are toxic to pets.

## Florida "Cranberries"

Wouldn't it be great if your Thanksgiving cranberry sauce could come from ingredients grown in your own back yard? Ever heard of Florida cranberries? Well if you haven't, the first thing you should know is they aren't really cranberries at all. But don't let that turn you off roselle, the plant that could provide you with the main ingredient to make your own tangy red, locally sourced holiday dressing.

Roselle (*Hibiscus sabdariffa*) is also called Florida cranberry, red sorrel, or Jamaica sorrel, although it is actually native to Central and West Africa and is grown around the world. A relative of hibiscus and okra, this plant was once a very popular edible. The part of the plant that is edible are the calyces of the roselle flower which can be used to make a variety of jams, sauces, and teas.



Roselle calyces. Photo by Roy Cui

### Characteristics

Roselle produces attractive foliage and flowers and will reach a height of about 7 feet. Many parts of the plant, including the seeds, leaves, fruits, and roots, are used medicinally or in foods. The leaves are lobed and reddish-green and can be used as a cooked green or added raw for a nice "zing" to a salad. Appearing in October, the flowers are typically yellow with a dark center and about 3 inches wide. The part of the plant most popular however, is found at the bottom of each flower. This fleshy, bright red cup-like structure contains the plant's seeds and is called a *calyx*. The color and tart taste of the calyces makes them a good replacement for cranberries.

In the Caribbean, roselle is used to make a festive Christmas drink. Bakers can substitute roselle for rhubarb when making a fruit crisp or pie. The seeds, which are high in protein, can be roasted and brewed like coffee, or ground and added to soups and salads. The nutrient-rich calyces can either be stored frozen or dried for making cordials, punches, and jams. The calyces can also be used to add color and flavor to herb teas. Be sure to harvest calyces before they turn brown on the plant and separate them from the seeds before using them in recipes.

### Florida "Cranberry" Sauce

Roselle can be used to make a cranberry sauce alternative. Try using chopped roselle calyces in place of cranberries. Sauces should be kept refrigerated and consumed within a few days.















### Planting and Care

Roselle is started from seed or cuttings and typically planted outdoors in April or May. The variety 'Victor' has proven to be a good choice for gardeners in South Florida. Early pruning will increase branching and the development of more flowering shoots.

Plants begin to bloom as the days shorten (in 4-5 months) and the calyces are ready for harvest in October or November. Calyces should be harvested when they are tender and plump; they will stay fresh for about a week after picking. Harvesting encourages more flower buds to develop. You won't have to plant a lot of roselle to get a good harvest; one plant will give you many fruits—as much as 12 pounds with the right care.

Roselle does best in well-drained soil and appreciates watering when rainfall is inadequate. Be aware that this plant does not do well in the shade and needs plenty of sunlight to thrive. Roselle can also be planted in Florida in August. It is only hardy in zones 9-10, and is damaged by frosts or freezes; plan your harvest before temperatures drop below 40° F. Root-knot nematodes are the major pest you will have to deal with when growing roselle, so be sure to practice crop rotation to reduce nematode problems. Since roselle grows as an annual, be sure to save seeds from one season to the next. It is an heirloom plant that is passed from gardener to gardener, but may also be found in spring and summer at your local farmers market.

# November 2016

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			DEC 3 

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.



4-H



Horticulture



Agriculture

# Upcoming Programs & Events

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

- Nov. 4**      **Canning Under the Cottage Law**, 9:00am to 1:00pm, UF/IFAS Extension Polk County, 1702 Hwy 17 S., Bartow, FL 33831. This class is designed to teach the following: 1) how to can jams and jellies, 2) how to use a boiling water bath container, 3) what can/cannot be altered in a recipe, 4) what is allowed under the Cottage Food Law, and 5) what is important for safety. Registration is \$10 per person. Registration can be done on the calendar page of <http://polksmallfarms.com>. Additional questions can be directed to Rita West (863-519-1043, ritawest@ufl.edu) or Mary Beth Henry (863-519-1049, mbhenry@ufl.edu).
- Nov. 16**      **Microgreens 101**, 8:30am to 2:30pm, Suwannee Valley Agricultural Extension Center, 8202 CR 417, Live Oak, FL 32060. This is a hands-on workshop for the prospective commercial grower. Activities will include: 1) crop selection, scheduling, and seeding, 2) maintenance and care, 3) harvesting techniques, 4) post-harvest handling safety, and 5) marketing and sales of the final product. Registration cost is \$100 per person. The registration deadline is Friday, November 11 as the class is limited to 20 participants. For additional information and to register online please visit, <https://www.eventbrite.com/e/microgreens-101-registration-28231452033> or call Dilcia Toro at (386) 362-1725, ext. 102.
- Dec. 3**      **Tri-County Restricted Pesticide Applicator Workshop**, 8:00am to 3:00pm, New River Volunteer Fire Department, 20173 NW CR 235, Lake Butler, FL 32054. This course will provide CEUs to current Restricted Pesticide License holders. It has been approved for 4 CORE CEUs and 2 PRIVATE APPLICATOR CEUs. Registration is \$10 per person. You must register by November 28, 2016. To register, contact David Nistler (Union County, 386-496-2321), Jim DeValerio (Bradford County, 904-966-6224), or Michael Davis (Baker County, 904-259-3520).



## 4-H Club Meetings

**New SPIN Club—ARCHERY— For six weeks only:**  
Oct 27 & Nov 3, 10, 17, 21 @ 6pm and Nov 5 @ 9am.  
Ag Center.

**Cloverleaf Cloggers** — Every Monday at 7pm in the auditorium. Contact your club leader to confirm.

**Livestock Club** — Fourth Tuesday of each month at 6pm In the auditorium.



**4-H PARENT MEETING!**  
**November 15th @ 6:30pm**  
**Auditorium**

**Important information will be discussed.**

**It is suggested that everyone attend.**



# Lucky Clover Chronicle

By:  
*Shaina Spann,*  
*4-H Agent*

## Upcoming Events

### November

- 02– 4-H Day Fall Harvest Experience, Suwannee Valley Research Farm, 2-5pm (See Mrs. Shaina)
- 15– Parent Meeting @ 6:30pm, Ag Center Auditorium
- 18– Deadline to register for Leadership Adventure Weekend (LAW)

### December

- 02-03– LAW, Camp Cloverleaf, Sebring, FL
- 09– 4-H Holiday Bake-Off drop off time: Friday-7:30am-10am (if you need an earlier time get with Mrs. Shaina) Awards: 6:30pm
- 09– 4-H Holiday Party– 7:00pm bring appetizer & item for Blessing Box!

### January

- 13-14-Livestock Evaluation/Meats Judging Clinic, Gainesville, ages 11+

## Holiday Bake-Off Details

The purpose of the Holiday Bake-Off is to encourage adults and youth to work together on a project. This is not a traditional 4-H contest where a 4-H member must do all the work themselves. Mixes, precooked, and non-cooked items may be used in the finished product. Work should be done by the youth with supervision, directions and help of an adult. Entries must have a festive holiday appearance.

Categories include:

- Cakes
- Decorated cakes
- Cupcakes
- Pies
- Candies
- Cookies
- Gingerbread Cookies
- Brownies/Bar Cookies
- Breads
- Specialty Items (Gingerbread Houses or decorated cakes not to be sampled)
- Appetizers
- Lite Recipes

Only one entry per child per category. Cloverbuds will not be judged, but will receive a participation ribbon. Products will be judged on appearance, taste and display. Overall winner of each category receives the coveted Golden Spoon! Overall winner of the Bake-off receives the honor of Giant Golden Spoon and prize! All entries (after awards) will be sampled at the Holiday Party.



*Overall winner of the Bake-off receives the honor of Giant Golden Spoon and prize!*



## What is a Blessing Box?

A blessing box, better known as, The Little Free Pantry, is a community service project where we can share a little bit of what we may have with those that may not. The boxes will be constructed and placed in different places around the county. We need help collecting materials to build the boxes, help building the boxes, and supplies for the boxes. We are looking for shelf stable items like canned goods, baby wipes, dog food, tooth paste, etc. Things that the less fortunate can use. If you would like to volunteer (youth and adults) with this project please get with Mrs. Shaina.



## Safe Cooking During the Holidays

With thanksgiving, Christmas, and other holidays just around the corner, many families will be cooking large feasts for celebration. It is important to remember that all meats, including poultry, have a certain temperature that must be reached during the cooking process to destroy potential pathogens that may reside on or in the meat.

Many families enjoy turkey during this time of year and there are quite a few ways to cook your holiday bird, including roasting, grilling, smoking, and frying. However it is important to remember a few guidelines when choosing, thawing, and cooking your turkey.

### Choosing Your Holiday Turkey

Even though turkey meat has become a popular year-round product for luncheon meats and other times, many families prefer to have a whole turkey during the holidays. When choosing your turkey from the market, please keep the following in mind:

Category	Temperature (°F)
Ground Meat & Meat Mixtures	165 (Poultry) 160 (Others)
Fresh Beef, Veal, Lamb	145
Poultry	165
Pork & Ham	145 (Fresh) 140 (Precooked)
Eggs & Egg Dishes	Firm yolk & white 160
Leftovers & Casseroles	165

#### Fresh Turkeys

- Allow 1 lb. of meat per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep the fresh turkey in a refrigerated area until ready to cook
- Do not buy fresh, pre-stuffed turkeys

#### Frozen Turkeys

- Allow 1 lb. of meat per person.
- Keep frozen until ready to thaw.
- Turkeys can be kept frozen indefinitely, but for best quality, cook within one year.
- Only purchase frozen, pre-stuffed turkeys that display the USDA or State mark of inspection.
- Do not thaw frozen, pre-stuffed turkeys before cooking. Cook from a frozen state.



### Thawing Your Turkey

There are only three ways to thaw your turkey (or any other frozen meat) safely: 1) in the refrigerator, 2) in **COLD** water, or 3) in the microwave. The size of your turkey will determine the amount of time that it will take to thaw, with larger birds taking the longest time, no matter the thawing method.

#### IN THE REFRIGERATOR

In general, allow 24 hours of thawing time for each 4 to 5 lbs. of turkey. This means that a 16 lb. bird will take 4 days to thaw in the refrigerator. Turkeys that have been thawed in this manner can be refrozen.

#### IN COLD WATER

For cold water thawing, you should estimate that it will take around 30 minutes for each pound of turkey. Additionally, you should change the water every thirty minutes. Do not refreeze turkeys that have been thawed in this manner.

#### IN THE MICROWAVE

If your turkey is small enough to be thawed in the microwave, you should check your owner's manual for specifications. Do not refrigerate or refreeze a turkey that has been thawed in this manner. It should be cooked immediately.

4 to 12 lbs.	1 to 3 days
12 to 16 lbs.	3 to 4 days
16 to 20 lbs.	4 to 5 days
20 to 24 lbs.	5 to 6 days

*Time recommendations for thawing turkey in the refrigerator*



**Baker County Extension Service**

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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).

**4-H Holiday Bake-Off Entry Form**  
**Entry Form Must Accompany Each Item**  
**Due December 9th, between 7:30-9:00am**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Age: \_\_\_\_\_

Item Category: \_\_\_\_\_

Item: \_\_\_\_\_

Ingredients:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Pajamas & Penguins!!**



**Wear your jammies and bring  
an appetizer for the  
4-H Holiday Party!**

**The Holiday Bake-Off Awards will begin at 6:30pm  
and the party at 7pm!**

**When: Friday, December 9, 2016**

**Time: 6:30 pm**

**Where: Ag Center Auditorium**

**What to bring: Appetizer & household**

**items to donate to Blessing Boxes (laundry  
soap, small bags of dog food, hand/face wipes, etc.)**

**We will enjoy the Holiday  
Bake-Off desserts and  
play games!!**

