



## The Baker Bulletin

A  
Baker County  
Extension  
Service Monthly  
Newsletter

### Baker County Extension Service

1025 W. Macclenny Ave.  
Macclenny, FL 32063

Phone: (904) 259-3520

Email: baker@ifas.ufl.edu

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

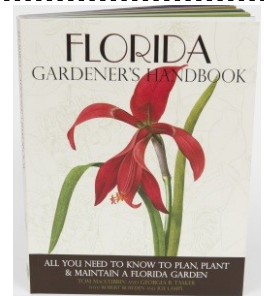
**Alicia Halbritter**  
Agriculture & Natural Resources Agent

Dear Extension Friends,

We are excited to announce the hiring of Alicia Halbritter, our new Agriculture & Natural Resources Extension Agent! Stop by to meet her or give her call for help related to livestock, pasture and forages, pond management, pesticide licensing and more. See page 4 for her introduction.

Sincerely,

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



#### Last Chance:

Take Our Survey & Enter To Win: The Florida Gardener's Handbook!

<https://goo.gl/forms/alEdisSaOVJd7Sqy1>

<http://baker.ifas.ufl.edu>

<http://blogs.ifas.ufl.edu/bakerco>

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

Search "Baker County 4-H" in your app store

### Upcoming Classes & Events

- Nov 1 & 2** **4-H Escape Room** - \$5 per person. (8-10 people per group) Sign up for a 30 minute slot between 4pm and 8pm. Call 259-3520 to register and pay at the Baker County Extension Office for your group within 3 days of registration. Payment secures your spot.
- Nov 2-16** **Accessing Land for Farming: New Farmer Short Course**— For beginning farmers who have some farming experience and are looking for land. Course includes: 8 hours of online learning activities (11/2-11/15) and a one-day workshop and local farm visit (11/16). Registration fee is \$30; Deadline to register is Nov 1. Register online at <http://www.LandforFarming.eventbrite.com>
- Nov 15** **Microgreens 101: A hands-on workshop for the prospective commercial grower**—8:30am-2:30pm, UF/IFAS NFREC-Suwannee Valley (8202 CR 417, Live Oak, FL 32060) Registration fee is \$100 and includes materials, lunch and refreshments. Register at <http://www.microgreens101.eventbrite.com>. For more information, contact Dilcia Toro (386) 362-1725 ext 102 or Karen Hancock at ext. 101.

# Highlights in Horticulture

By:  
*Alicia Lamborn,*  
*Horticulture Agent*



## It's Time To Change Your Clocks

**As you change the time on your house clocks, don't forget your irrigation system timer!**

With the change in weather, irrigation systems should be turned OFF completely and used only if needed since plants need less water during the cooler months.

While irrigation controllers may look complex, most aren't complicated to operate. If you don't know the first thing about operating your irrigation clock, look for instructions on the timer itself or pull out the instruction booklet. You can also find your manufacturer's instructions online along with simple how-to videos.



We all know water is a limited resource and should be used wisely, but we often overwater our landscapes unintentionally. Overwatering does more than deplete the water supply; it also makes plants more prone to disease and pests. By choosing and operating a watering system correctly, you can reduce water bills, decrease plant problems, and lower maintenance requirements.

Watering restrictions in our area allow watering only one day per week from November to March. Homes with addresses that end in an odd number may water on Saturdays, and even number addresses may water on Sundays. Non-residential properties may water only on Tuesdays.

HOWEVER, just because it's your assigned day to irrigate, doesn't mean you *should* irrigate. Many plants can survive on rainfall alone and scheduled watering only wastes money and water. Don't let the calendar tell you when to water—look to your plants for telltale signs of thirst and turn on your irrigation system manually instead of allowing the automatic controller to run on a set schedule.

### DID YOU KNOW?

Reducing irrigation frequency by skipping a week during the winter months saves approximately **8,260 gallons of water per 1000 ft<sup>2</sup>**. For a 5000 square foot lawn, this equates to over **41,000 gallons of water in one season!**

## WHAT TO PLANT IN NORTH FLORIDA



### NOVEMBER

#### FLOWERS

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

#### VEGETABLES

- 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>

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



## **2018 Holiday Bake-Off**

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.



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.

### Categories include:

- Cakes
- Decorated cakes
- Cupcakes
- Pies
- Candies
- Cookies
- Gingerbread Cookies
- Brownies/Bar Cookies
- Breads
- Appetizers
- Lite Recipes
- Specialty Items (Gingerbread Houses or decorated cakes not to be sampled)
- Gift Baskets- ANY type of holiday basket. It could be a cornucopia with gourds, a candy basket, a dessert basket, or more! Use your imagination!

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



**4-H Holiday Bake-Off Entry Form**  
**Entry Form Must Accompany Each Item**  
**Due December 3rd, between 9:00-10:00am**

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

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

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

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

Ingredients: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **4-H Holiday Bake-Off & Party Details**

**Monday, December 3rd**

**Item Drop-Off: 9:00am-10:00am**

**Bake-Off Awards: 6:00pm**

**Polar Express Holiday Party:  
Immediately following awards**



***Bring a friend, finger food, & wear your pajamas!***

### **4-H Club Meetings & Events**

- **New Time & Location!** Cloverleaf Cloggers—Sanderson Community Center, Every Thursday from 6-8pm
- Livestock Club— No meeting in November.
- **New Club!** Hearts for Horses Club—3rd Tuesday, 11/13 @ 6pm, 4-H Classroom
- **How to Write a Thank You Letter Workshop-** November 22, 6pm—Ag Center Auditorium

BAKER COUNTY 4-H



# ESCAPE ROOM

*Family Friendly!*

*Dia De Los Muertos*

November 1 & 2, 2018

Baker County Extension Office  
1025 W Macclenny Ave. 32063

**\$5  
PER PERSON**

**PLEASE ARRIVE  
15 MINUTES  
PRIOR TO YOUR SPOT!**

**EVERY 30 MINUTES FROM 4PM-8:30PM.  
LAST GROUP AT 8PM. 8-10 PEOPLE PER GROUP.  
PAYMENT SECURES YOUR SPOT!  
PAY AT THE BAKER COUNTY EXTENSION OFFICE**



**FOR MORE INFORMATION CONTACT THE BAKER COUNTY EXTENSION OFFICE AT 904-259-3520 OR 1025 W MACCLENNY AVE. 32063**



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# Hello my name is



## Alicia Halbritter

I am the new Agriculture & Natural Resources agent in Baker County. I graduated from the University of Florida in the spring of 2016 with a degree in Animal Sciences and a specialization in Equine Sciences. I am currently working on obtaining my Masters in Agronomy. During my time at UF I worked with all forms of livestock: cattle, horses, swine, sheep, goats, poultry, if you name it I've probably had my hands on it!

Have any topics you're dying to hear about? Questions about your farm/ranch/enterprise? Contact me and I will be happy to address any needs or concerns! I am incredibly excited to begin evolving Baker agriculture and working with all parties involved! Feel free to email me at [aliciah1221@ufl.edu](mailto:aliciah1221@ufl.edu) or call the office at 259-3520 with your questions.



# Barnyard Bulletin

By:  
Alicia Halbritter,  
Agriculture Agent



## Pasture Weed Control: Getting Ahead of the Battle

Noticing some new plants popping up in the pasture? Or plants that reappear year after year but just don't belong? The first step to eradicating weeds is scouting. Finding weeds in the early stages of growth helps prevent seeding/spreading and can reduce the inputs needed to control the weed. Mechanical, like mowing or pulling, or chemical herbicide control are used to eradicate weeds that are already present. Check out this publication on how to eradicate weeds using chemical control: <http://edis.ifas.ufl.edu/pdf/WG/WG00600.pdf> As we approach the cool season a lot of weeds will go into dormancy which is a good time to remove the above ground structures which may reduce their growth next season.



Cypress Vine spreading in pasture.



Showy Crotalaria in pasture.

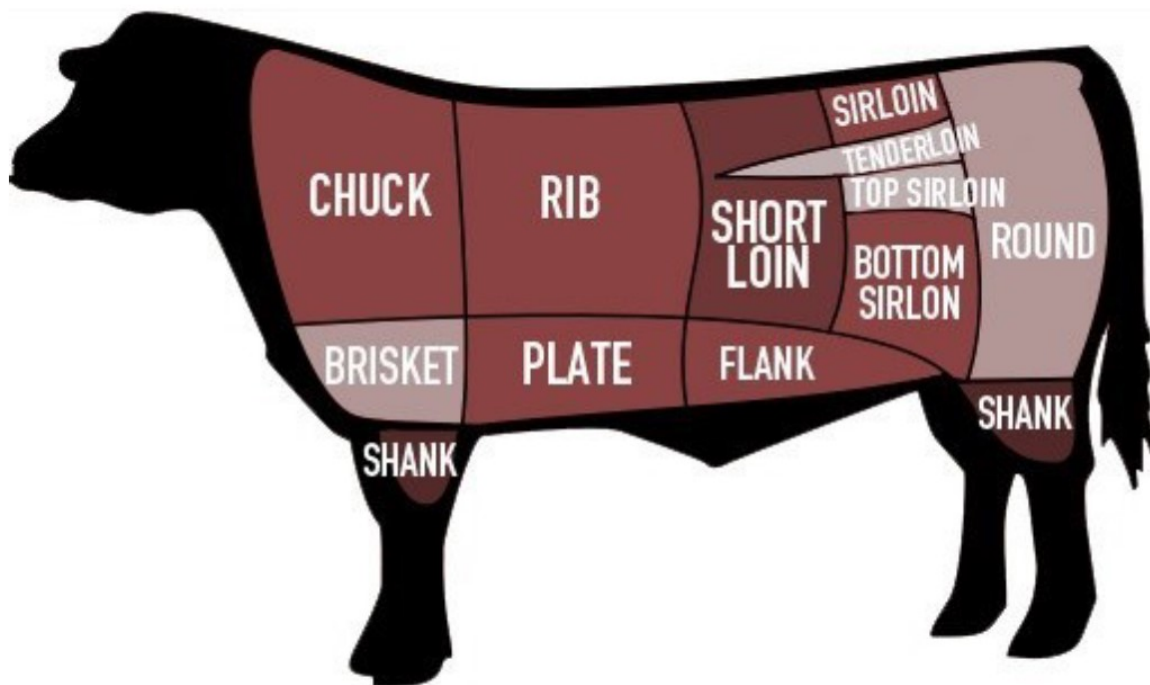
Prevention is the key to reducing weeds overall. Prevent spread of weeds by promoting forage (grass) growth. Performing soil samples every year will help ensure your soil pH and fertility are optimum for the grasses present which allows it to dominate over weeds and snuff them out. If reseeding pastures, try purchasing seed with a low count of weed seeds so you are not introducing more weeds to the pasture. When feeding hay try to verify the hay is free of weeds and buy from verifiable sources when possible. Make sure to rotate where hay bales are placed, because hay bales placed in the same spot time after time will often kill off the grass and allow the weed seeds to germinate.

Eradicating weeds is an important part of any pasture program. Weeds can spread quickly, are hard to remove once they mature, and will take over a pasture which reduces grass that can be grazed. Most livestock will not purposefully eat weeds so it is our job to control them. Some weeds also have toxic compounds that can negatively impact livestock or cause fatalities.

# BEEF: It's What's for Dinner!

## Choosing the Right Cut

Understanding where certain meat cuts come from on an animal and how the USDA grades meat can make choosing dinner a whole lot simpler. Cuts with less connective tissue (ones not connected to limbs) can be cooked via dry heat. Dry heat includes grilling, roasting, broiling, and frying. Cuts with more connective tissue should be braised, cooked in liquid, or smoked in order to soften the connective tissue. All meat should be cooked to at least 160 F, the exception being steak, chops, and roasts which only need to be cooked to 145 F internal temperature.



Cuts from the Rib, Loin and Sirloins generally have less connective tissue and are great for grilling, they generally do not need added moisture to improve tenderness or palatability.

Cuts from the chuck, brisket, round, plate, flank, and shanks have more connective tissue and need to be cooked with moist heat or by smoking low and slow.

Every part of a beef carcass can be utilized to create delicious and healthy meals as long as the cook takes into account the muscle structure. Marinades and seasoning can enhance the taste of beef and allow cuts to be used in many different dishes. Learn more about beef, pork and lamb here: <http://bit.ly/RetailCuts>