



## The Baker Bulletin

A  
Baker County  
Extension  
Service Monthly  
Newsletter

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Dear Extension Friends,

Now that school is back in session, we are ready to kick-off the new 4-H year by hosting an open house for our community on Saturday, September 9th from 9am-11am. Come learn what Extension has to offer and bring the kids to get them involved in one of our 4-H clubs, including the newly formed Criminal Justice Academy and Horse Club. To learn more about these events, see pages 3 and 6 or contact us directly. We hope to see you there!

Sincerely,

*Alicia*

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

**UF** UNIVERSITY of  
**FLORIDA**  
IFAS Extension  
*Baker County Extension*

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# Highlights in Horticulture

By:  
*Alicia Lamborn,*  
*Horticulture Agent*

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## Microgreens: Tiny greens packed with nutrients!

*They may be tiny, but studies indicate that microgreens contain up to 40 times higher levels of vital nutrients than their mature counterparts!*

### What are microgreens?

Microgreens are simply immature versions of vegetables, herbs and other plants. Many crops have been selected for use as microgreens, including basil, beets, broccoli, cabbage, celery, cress, kale, mustard, radish, sunflower and many more. Many seed companies offer individual crops of organic seed as well as specialty mixes such as sweet, mild, colorful, or spicy. Use them to enhance the color, texture, or flavor of salads and main dishes or add an extra dose of nutrients to juicing recipes. When it comes to nutrients, research has shown that microgreens contain 4 to 40 times more nutrients than their mature counterparts!



### What's the difference between sprouts, microgreens and baby greens?

While all are harvested and consumed in an immature state, sprouts are the youngest and smallest with typically the entire plant (root, seed, and shoot) being consumed, depending on the species. [Sprouts also have additional regulations concerning their production due to their relatively high risk of microbial contamination compared to other greens.] Microgreens are slightly larger and older, usually 2 inches tall, and are harvested at the first true leaf stage anywhere from 1-3 weeks after germination. Only the seed leaves and first true leaves attached to the stem are consumed (no seeds or roots). Baby greens are the oldest and largest, usually 3-4 inches tall, and look more like miniature versions of mature plants.

### What materials do I need to get started?

In a commercial setting, microgreens are typically grown hydroponically using large trays (shown right) with a fiber-like grow mat as the substrate. However, growing small quantities in a well-lit kitchen window or covered patio can be achieved by using an aluminum pie or loaf pan, or any shallow container of your choice. If you choose to use the commercially available fiber-like mat system, the mat can be cut to fit any size container. Otherwise, you'll need to fill your container with 1-2 inches of quality potting soil or germinating mix. A spray bottle for misting is also needed.



### Tips for growing microgreens

When you're ready to start growing, mist the media with water, sprinkle the seeds on evenly, mist the seeds and media again, and place the tray in bright, indirect light where it won't receive rain or be bothered by animals. Mist the seeds twice a day during the germination stage. Blocking out light by covering the container can help with even germination. After germination, water lightly as needed but avoid wetting the leaves. Harvest time can vary from crop to crop, but generally plants are ready when the first true leaves emerge (after the seed leaves), usually at about 2 inches tall. Harvesting with scissors is typically the most practical, cutting the tops off with the stem. Microgreens should be washed immediately after harvesting and cooled for storage. Plastic clamshell packages tend to work well for storage.



# UF/IFAS Extension Open House

**Saturday, September 09, 2017**  
**9:00am - 11:00am**



BAKER COUNTY AGRICULTURAL CENTER

## Explore all that UF/IFAS Extension has to offer!

**Meet your county agents & learn about our programs**

**Meet 4-H clubs and sign up for the new year**

**Rock out with 4-H: find a rock, hide a rock, paint a rock**

**Receive gardening advice & giveaways courtesy of Master Gardeners**

**Plant Sale & Growing Microgreens Classes (every 30 min.)**

**Enjoy biscuits, coffee, juice + free raffle for gift basket!**

## Microgreens Classes

Saturday, September 14th







Baker County Extension Open House (9—11am)

Join us for a demonstration on growing microgreens!

\$5 starter kits include containers, grow mats, 3 packs of seed, and instructions.



# September 2017<sup>4</sup>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Labor Day</i> Extension Office Closed	5	6	7	8	9 Extension Open House & 4-H Open Kickoff! 9am-11am
10	11 	12	13	14 	15 	16
17	18	19	20	21	22	23
24	25  	26 	27	28	29	30

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.

**Sept 9 Baker County Extension Open House & 4-H Kickoff, 9am-11am, at the Baker County Agricultural Center.** Explore all that your Baker County Extension Office has to offer! Meet the local 4-H clubs and sign up for the new year. Receive gardening advice and giveaways courtesy of Baker County Master Gardeners.

**Growing Microgreens classes** will be held every 30 minutes free of charge at the Extension Open House. Microgreen kits will be available for purchase (\$5 each, pre-orders welcome) as well as a variety of landscape plants for your garden. Enter our free raffle for a gift basket while you're here! For more information, call (904) 259-3520.



**Sept 15 NFREC Beef & Forage Day, NFREC Beef Research Unit, Greenwood, FL.** A variety of topics including forages, weed identification, improving soils, balancing hay diets, bull selection, and educational tours. To register, call 850-526-1613 or visit <http://nfrec.ifas.ufl.edu>

**Sept 25 Building Your Own Farm's Food Safety Manual Workshop. Straughn Center, 2142 Shealy Dr., Gainesville, FL 32608.** This program is a one-day workshop to help growers develop their own food safety manuals. It is targeted to fresh fruit and/or vegetable farming operations, field or greenhouse. The workshop is limited to 20 farms on a first come, first serve basis. For more information contact: Tatiana Sanchez at (352)955-2402. More information at [http://smallfarms.ifas.ufl.edu/farm\\_fs\\_manual.html](http://smallfarms.ifas.ufl.edu/farm_fs_manual.html).

**Oct 14 "Try A Day of Camp" Northeast District 4-H Kick-Off, 10am-4pm, Camp Cherry Lake, Madison, FL.** Feel free to bring the family! There will tracks and activities for youth ages 5-12. Cost is \$10 and includes lunch. This experience will simulate a classic Camp Cherry Lake day and give youth a taste of 4-H residential camp. Senior youth, ages 13-18 can participate in a track for Teen Leadership.



**4-H Halloween Escape Room! October 19 & 20**  
4pm—7:30pm Cost: \$5 per person Runs every 30 minutes  
Baker County Agricultural Center



Have you escaped from a room before?! Your group of 5-10 people will have 30 minutes to get spooky with 4-H and escape from the 4-H classroom! This event is open for everyone! The room will run every 30 minutes, with the last group being (end time). Bring a friend!



## 4-H Club Meetings

**Cloverleaf Cloggers** — Every Monday at 7pm in the auditorium. Contact club leader or office to confirm. No meeting on Sept 4th due to Labor Day Holiday or Sept 18th.

**Livestock Club** — Fourth Tuesday of each month at 6pm In the auditorium. Go to Baker County 4-H Livestock Club Facebook Page. Next meeting: September 26, 6pm, Ag Center. No regular club meetings in October, November, or December due to Fair events. Livestock Club Banquet - November 14 at 6:30pm, Ag Center Auditorium.

**Outdoors/Shooting Sports Club**—For more information, go to Baker County 4-H Outdoors Club Facebook page.

# Lucky Clover Chronicle

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

## Upcoming 4-H Events

### September

- 01- NEW 4-H YEAR BEGINS!!!!
- 09- 4-H Kick-Off, Parking Lot, 9am-11am
- 11- Criminal Justice Academy Begins, Ag Center, 6:30pm
- 16- Alachua Co. 4-H Barn Dance, 5:30pm, LaCrosse, C Bar Ranch
- 29- Baker County Fair Begins

### October

- 06-08- First Executive Board, Camp Cherry Lake
- 14- Northeast District Kick-Off, Try a Day of Camp & Teen Track, Camp Cherry Lake, \$10, register @ Eventbrite

19 & 20- 4-H Halloween Escape Room! 4:00pm-7:30pm

Cost: \$5 per person. Runs every 30 minutes.

22- Victim's Advocate Drive, Tractor Supply, 2pm-5pm

Remember to enroll for the new 4-H year and pay the membership fee. It is REQUIRED for membership.

**\*\* New Horse Club\*\***  
**If you are interested in joining a horse club please let Mrs. Shaina know!**



## Baker County 4-H Criminal Justice Academy



**Cost: \$20; 30 spaces available. 4-H club for ages 12+.**

**Baker County 4-H and the Baker County Sheriff's Office are offering an 8 week interactive experience and will take youth through all aspects of a crime. Participants will encounter different departments such as investigations, forensics, communications, patrol, judicial law, and more!**

**Registration: [florida.4honline.com](http://florida.4honline.com)**

**Payment (required for membership): [Florida4h.org/membership](http://Florida4h.org/membership) fees**

### Dates/Locations/Times/Topics:

September 11 @ Ag Center 6:30pm-7:30pm History and Structure	September 18 @ BCSO 6:30pm-8:00pm SO Tour, Communications, & Dispatch	September 25 @ BCSO 6:30pm-7:30pm Patrol & School Resource Officers	October 9 @ BCSO 6:30pm-7:30pm Investigations & Forensics
October 16 @ Courthouse ??? Meet Judge, Lawyers, & Tour	October 23 @ BCSO 6:30pm-7:30pm Emergency Management & Victim's Advocacy	October 30 @ BCSO 6:30pm-7:30pm Apprehension Unit	November 6 @ Ag Center 6:30pm-7:30pm Family Night & Pinning Ceremony

For the month of October we will be collecting household items for the Victim's Advocacy program. Items include but are not limited to: diapers, wipes, towels, blankets, children's clothing, toothbrushes, shampoo, conditioner, etc.

**We will have a collection drive at Tractor Supply on October 22nd from 2-5pm**

## Factors that Affect Cattle Selling Price

Although the Southeast contains over 50% of the beef cattle operations in the U.S., the majority of those operations (82.6%) have fewer than 50 beef cows. There are many methods that can be used to add value to a cattle crop, but not all producers take advantage of these. Below are a few tips to increase the value of your cattle at sale:



1. **Timing is everything:** Typically, the highest prices are received in June and July with the lower prices in May, September and October.
2. **Take as many to the sale as you can:** Single calves usually bring lower than median pricing and groups that have over 6 calves have a higher than median price.
3. **Castrate:** While the producer cannot predetermine the sex of a calf, on average, bulls and heifers bring lower prices than steers.
4. **Average weight is where it's at:** Outward appearance has a large effect on sale price. Gaunt or shrunk calves tend to get a higher price per cwt., while fully conditioned calves garner a lower price per cwt.
5. **Buyers place value on what they see:** Polled cattle are the industry norm and there is usually a negative price influence if the cattle have horns. There are also negative price differentials for cattle that do not have a muscle score of 1 or if the frame score is not large or medium.
6. **Price for breeds vary:** Many cross breeds can be beneficial to the seller; however, this is greatly dependent on your market location.
7. **Health status is important:** The visual health status of the calf being sold is just as important as vaccination records. Any general perception by the buyer that the calf is unhealthy for any reason (stale, bad eyes, dead hair) typically results in a severe discount. On the other hand, those calves that were identified as receiving verified vaccinations usually garnered an increase in price.

Using some (or all) of these tips should help cattle producers receive the best price for their cattle at sale time.

Information in this article was adapted from EDIS Publication AN278, *Factors that Affect Calf Selling Price at Marketing*, by Hersom, M. and Thrift, T. ©2012. <http://edis.ifas.ufl.edu/an278>.

## UF | IFAS Beef Management Calendar—September

- Heavily graze pastures to be interplanted to cool season pastures.
- Check mineral feeder.
- Check dust bags.
- Wean calves and cull cow herd.
- Deworm the herd if internal parasites are a problem.
- Make sure any replacement purchases are healthy and have been calftood vaccinated for brucellosis.
- Determine bull replacement needs, develop selection criteria and start checking availability of quality animals.
- Review winter feed supply and feeding plans so that needed adjustments can be made before supplies tighten and prices rise.

<http://www.animal.ifas.ufl.edu/extension/beef/documents/BeefCal.pdf>

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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).



*Looking ahead to 2018....*

**Stay Connected with Baker County  
Extension and Get Your Information  
On The Go!**

- ◆ **New** Webpage beginning November 1st
- ◆ **New** Baker County Extension Blog
- ◆ **New** E-Newsletter beginning January 1st
- ◆ Baker County Garden Spot Facebook page
- ◆ Baker County 4-H Facebook page
- ◆ 4-H App - *Search 'Baker County 4-H' in your app store*