



The Mayo Clover Leaf



August 2023

Lafayette County Extension, Ag and 4-H News

Vol 5 No 8

Up-Coming

August 10: First day of school
Lafayette County School District

August 14: SFP 10-14 5:30,
Midway Baptist church

August 16: SFP 10-14
5:30 Midway Baptist Church

August 21: SFP 10-14
5:30 Midway Baptist Church

August 22: Peanut Field Day
(Optional Core Pesticide
Training) UF/IFAS NFREC–
Suwannee Valley

August 23: SFP 10-14
5:30 Midway Baptist Church

August 28 SFP 10-14
5:30 Midway Baptist Church

August 30: SFP 10-14

Lunch and Learn hosted for Extension Volunteers

Emily Beach

On July 25, our office hosted an appreciation lunch for our volunteers followed by a time of learning. Our group was able to hear from Beverly Fountain, Chronic Disease Prevention Health Educator from Florida Department of Health, on topics of living healthy lifestyles, hurricane and disaster preparedness, and the dangers of mosquitos with exposure prevention information. The group learned about opportunities for volunteering for programming throughout the upcoming year as well as topics that could be addressed through more lunch and learn activities. The agents asked the group to participate in a needs assessment and interest survey which brought even more ideas and opportunities to serve our community.



Volunteers enjoying lunch and interesting topics including one in the photo above presented by Beverly Fountain from the Health Department.

Strengthening Families Program Begins August 14

Shawn Jackson

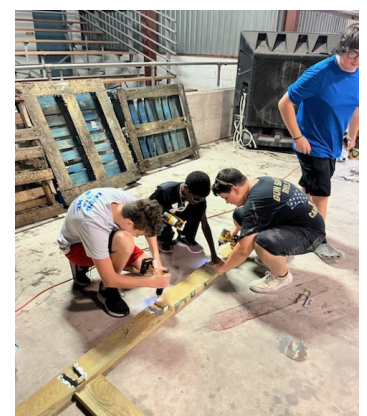
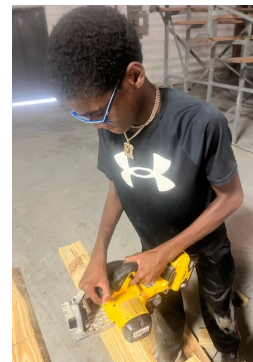
Lafayette County Extension will be offering the Strengthening Families Program 10-14 starting August 14. This is the second time this year that the program is being presented. To reach more families in Lafayette County, the classes will take place at Midway Baptist Church on Monday and Wednesday nights. Each family attending the first night will receive a gift card valued at \$50.00 and other door prizes will be given away at the meetings that follow. The program consists of seven two-hour sessions (separate sessions for youth and parents and then families together) that are led by a minimum of three trained facilitators. These sessions are packed with fun activities that include games and family projects which focus on building communication in the family. Each session begins with a sit-down meal. These sessions are delivered in small groups and are limited to twelve families per session. SFP 10-14 is an evidence-based parent, youth, and family skills-building curriculum that: prevents teen substance abuse and other behavior problems, strengthens parent/youth communication skills, increases academic success in youth, prevents violence and aggressive behavior at home and at school. Families with youth ages 10-14 interested in participating in the program should contact the Lafayette County Extension Office at 386-294-1279.

Building Skills, Knowledge, Confidence...and Buildings

Shawn Jackson

For the third consecutive year, Lafayette intermediate and senior 4-H members had the opportunity to participate in the 4-H Build-It Camp. Those attending the week-long camp learned to safely use wood working tools to build a tiny house. Some of the skills learned were how to use a circular saw, drill, a square, read a tape measure, attach hurricane clips to trusses, paint with brushes and rollers and to install windows and doors. The 6x8 building can serve as a utility shed, garden shed or playhouse. The 36-inch door will allow the

building to house a washer/dryer, freezer or even a small lawn mower. More important than the results of the youth's week of hard work is that the skills learned are some that can be used in everyday living or be the launching board of a future career. This tiny house will be given away to one of our lucky 4-H supporters. To get raffle tickets, see a 4-H member or stop by the Extension office. Donations made towards this project will be used to support the 2024 Build-It Camp and other 4-H programs. The tiny house drawing will be held at Mayo Downtown Christmas on November 24, and will be delivered locally free of charge.



Weather and Agriculture Report

Emily Beach

The rainfall that we have been experiencing this month has been very typical for this time of year. The heat has been pretty extreme some days and the humidity adds to it so if you are working outside be sure to stay hydrated, wear sunscreen and protective clothing. Pay attention for signs of heat exhaustion and be sure to move to a cool place and sip water if those signs are present.

July Rainfall Totals (in)			
	2023	2022	2021
Cooks Hammock	8.38	8.44	16
Mallory Swamp	5.16	6.85	10.66
Midway Tower	6.83	9.35	8.46

It's not hard to notice as you drive through the county that corn harvest is in its final days whether the corn is used for silage or grain, watermelon fields are cleaned out, peanuts and cotton are growing rapidly, and hay is being harvested. This season puts the agricultural commodities in our county on full display and we see many long hours of work dedicated to making it happen.

August is the month for pinching back poinsettias and mums to allow for buds to form for winter bloom. It's also time to start thinking about what you will plant in your fall garden. Beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, collards, cucumbers, eggplant, mustard, green onions, peppers, squash, tomatoes, and turnips are all great options for our area during the fall season.

Have you noticed leaf spots on your plants?

Emily Beach

There have been some days of looming clouds along with the showers which do produce favorable conditions for diseases to creep in to our lawns, gardens and ornamentals. There is no need to be alarmed unless you are seeing considerable defoliation in plants or decline in your turf.

For plants, if you are seeing leaf spot (like pictured) there are a few simple steps to follow:

- Prune, clean up, and destroy plant debris as symptoms develop. This keeps your growing area sanitary to prevent any further issues.
- Provide spacing for air circulation between and through plants.
- Maintain dry foliage by avoiding overhead watering. If an irrigation system is used, running it while the dew is already present between 2 and 8am.
- Apply fungicides to protect new growth. Common options are chlorothalonil, copper compounds, sulfur, citric acid, and neem oil.



A fig leaf from a Lafayette County resident's tree showing leaf spot.

Youth Learn to Stay Healthy.....Mind and Body

Shawn Jackson

Lafayette 4-H wraps up another summer fun and learning with a Healthy Living Camp. This camp gave youth an opportunity to learn many ways to stay physically active, how to make healthy dietary choices, and even ways to keep their minds healthy. One of the activities by campers was learning yoga. Summer 4-H Camp leader Becky Long taught the activity with youth enjoying the benefits of deep breathing, stretching and meditation. Several volunteers made the camp fun by sharing and teaching youth to prepare health recipes. Mrs. Kacia Colson demonstrated how to make delicious healthy fruit smoothies which were a hit with campers. Mrs. Penny Philmon shared her expertise of making homemade yeast dough that the 4-Hers used to make pizza dough and monkey bread. Craft activities for the camp also centered around the healthy mind and body theme. Sensory bottles were made by youth. These were bottles that mimicked lava lamps made of oil, glue, food coloring and glitter. Other craft activities included painting relaxation art on canvases and making slime. Finally, after a busy week of learning, the campers enjoyed a field trip to Gainesville Flip Factory, an indoor trampoline park with many fun activities to keep youth moving and active.



Top L-R: Kacia Colson showing how to make healthy snacks. Youth making sensory bottles. Having fun making slime. Jace Broughton and his sensory bottle. Mrs. Penny making yeast dough. Mrs. Penny with some of her favorite 4-Hers and their monkey bread. Youth at Flip Factory field trip.

Opportunity For 4-Hers to Capitalize Off Talents

Shawn Jackson

Is your child a craftsman? Are they often trying to find a way to market their creations? If so, this opportunity is for them! Lafayette 4-H will have a "4-H General Store" at the 2023 Pioneer Day. This is along with the smoked pork sandwiches we have sold in the past. Our local 4-H youth will have the opportunity to sell their homemade/handmade items in the general store. This will be an opportunity for our youth to earn money by selling their items and 4-H raise funds as well. When an item is sold at the Pioneer Day 4-H General Store, that individual will earn 80% of amount collected for the item, and 20% will go to Lafayette 4-H. Here are just some ideas for 4-Hers interested in putting items in the booth:

- Handmade crafts
- Baked goods (cookies, pies, cakes that do not need refrigerated)
- Canned Goods
- Jelly/Jams
- Homemade Christmas ornaments
- Handmade jewelry
- Framed artwork
- Sewn items (aprons, mittens ext.)
- Fall crafts
- Home grown plants.
- Wood working crafts

All items should be handmade, and the youth must have played a key role in its creation. Store bought items will not be placed in the 4-H General store.

4-H will be making items at meetings using 4-H supplies, under the guidance of 4-H leaders and volunteers. These items will be the property of Lafayette 4-H and funds raised from the sell of those items will go to Lafayette 4-H.

Please plan to let the extension office know the type and quantity of item your child plans to sell. They are welcome to sell different types of items. All items (excluding cooked items) should be at the extension office by Wednesday, October 5, 2023.



Sign Up For 2023-2024 4-H Year

September 1 will begin the new 4-H year, and enrollment for the new year is now open. Enrolling in 4-H online can be challenging but the Extension Office will be more than happy to assist in making the process as easy as possible. Simply come in and ask to enroll your child in 4-H for the new year. Youth must be enrolled in 4-H to participate in any clubs and compete in 4-H competitions including the SVYLSS. Annual membership is \$20.00, which is paid to the state 4-H Program, with \$10.00 returning to local 4-H offices.

Farm Judging Planned for Oct 27

The Lafayette County Farm Judging Contest is being planned for Friday, October 27, 2024. Youth who are interested in participating on a team or as an individual should start making plans now. The Lafayette County Extension Office can provide materials to study. More information will be available in next month's Clover Leaf. If you would like to be an adult volunteer at this event, you can also contact the extension office at 386-294-1279.

Strengthening Families Program

Begins August 14, 2023

Mondays and Wednesdays

5:30 PM

For families and youth

ages 10-14

Midway Baptist Church



Peanut Field Day 2023

lunch Included!

PESTICIDE CEU'S & CCA CREDITS OFFERED!

Field Tour Topics:

- Variety Trial
- Leaf Spot
- Fungicide
- Nematodes
- Iron's Impact
- CRF Potassium
- Potassium Rate & Timing

Tuesday, August 22nd

9 am - 1 pm | Free

Optional CORE Pesticide Training @ 1pm
at UF/IFAS NFREC- Suwannee Valley
8202 Co Rd 417, Live Oak, FL 32060

Register Online Today

For more information:
Shivendra Kumar,
RSA- Row Crops
386-219-4261

<https://bit.ly/UFpeanut>

UF IFAS Extension
UNIVERSITY OF FLORIDA

An Equal Opportunity Institution. The University of Florida is committed to providing services to all of our students. For disability accommodations such as sign language interpreters and hearing devices, please contact 386-392-1122 at least 1 week in advance. Advance notice is necessary to arrange for some accessibility needs.

If you have grazing cattle, Farm Service Agency is offering a Financial Assistance program from the 2022 production year. To determine if you qualify, call our lo-

IFAS Extension is an equal opportunity Institution. We encourage all races, religions and ethnicities to attend our summer programs. There are scholarships available for minority and underprivileged children. Please contact our office for more information.

Like us on Facebook

For daily updates on local IFAS, 4-H News and events, visit and "like" our FB Page UF IFAS Extension Lafayette County 4-H.