



Up-Coming Events

August 10, Lafayette County School District classes begin.

August 31, Senior commodity distribution. 2:00-4:00 PM, Mayo Community Center

September 1, 4-H new year begins. Register at Florida 4-H online or at the Lafayette County Extension Office

August 23, Peanut Field Day, at NFREC Suwannee Co. CORE at training 5:00PM

Be aware of the Highly Pathogenic Avian Influenza (HPAI)

By Emily Beach

Highly Pathogenic Avian Influenza was confirmed in a backyard flock in Seminole county on July 22. This flock has been quarantined and will not become part of the food supply so there is no risk of spreading the disease from this flock. There is a need though, for avian owners from commercial producers to backyard growers to recognize the signs and follow the steps for reporting if health of birds seems to be affected. Early detection really does make a difference so look for these signs:

- Sudden increase in bird deaths in your flock.
- Sneezing, gasping for air, coughing, and nasal discharge.
- Watery and green diarrhea.
- Lack of energy and poor appetite.
- Drop in egg production.
- Swelling around the eyes, neck and head.
- Purple discoloration of the wattles, combs and legs.
- Tremors, drooping wings, circling, twisting of the head and neck, or lack of movement.



If you notice those signs, please report them to Florida Department of Agriculture and Consumer Services (FDACS) at (850) 410-0900 during office hours, 1-800-342-5869 after hours, or email RAD@FDACS.gov. A few tips for protecting your birds from disease include eliminating opportunities for interaction with wild birds, avoiding visits with other farms or homes that have birds, and detecting signs as early as possible.

July Agriculture and Weather Report

By Emily Beach

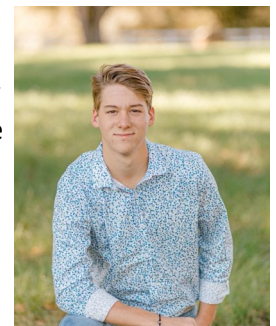
Our typical summer heat has put a stress on livestock and some crops but the rainfall we have received has seemed to alleviate some of that stress. Blackberry harvest was found to be very successful this season. Corn is being harvested for silage and grain currently. Peanuts and cotton are well underway in their growth and both crops are growing beautifully. Now is the time to get those fall gardens ready for planting in August to enjoy those vegetables in late fall. Ideal vegetables for planting include: beans, leafy greens, beets, broccoli, carrots, cauliflower, celery, eggplant, onions, squash, and turnips. Don't forget to pinch back poinsettias and mums now for those beautiful blooms when some cooler weather sets in!

July Rainfall Totals (in)			
	2022	2021	2020
Cooks Hammock	8.44	16	7.55
Mallory Swamp	6.85	10.66	6.21
Midway Tower	9.35	8.46	4.41

Lafayette 4-Her Participates in Legislature and 4-H University

By Shawn Jackson

Lafayette 4-H member Trey Galbraith recently attended two 4-H state events: 4-H Legislature in Tallahassee and 4-H University in Gainesville. Each summer, 4-H Legislature provides an opportunity for teen



Trey Galbreath

4-H members to have a "learn by doing" experience in state government. The week-long event at the state capitol prepares teens to become leaders in the American Democratic process. Trey served as a Senator at 4-H Legislature allowing him to assume the responsibilities of representing citizens and making public policy. **See State Events P. 2**

4-Hers Learn the Importance of A Healthy Mind and Body

By Shawn Jackson

Lafayette 4-H ended its summer of learning through day camps with a focus on having a healthy body and mind. Healthy Living Camp began with learning about clean eating from FNP instructor Eva Bolton, who demonstrated how to make a healthy yogurt parfait and discussed its health benefits. Everyone also was able



Ava Gaylord peddling hard to make a strawberry smoothie

to make a smoothie in a stationary bike propelled blender. During another activity, 4-Hers were able to use some creativity and make dream catchers (to help get a good night sleep and catch only



Tatum Hart ready for a good night sleep with his dream catcher.

peaceful dreams). Healthy living also means taking time to nurture

mental health. Students made bouncy balls and did some painting while learning relaxation strategies. While continuing to learn about relaxation, Becky Long assisted youth in making sugar scrubs and the ever-favorite slime. The week ended with a fieldtrip that allowed fun and exercise in an indoor and outdoor setting. 4-Hers spent a morning at Defy Trampoline Park in Gainesville. The trampolines, foam pits, dodge ball cage and obstacle courses allowed hours of aerobic activity. A picnic lunch was enjoyed at the Devils Mill-hopper Geological State Park. After lunch, 4-Hers made there way down into the bottom of the 120-foot cavity at the park.



Having fun making sugar scrub

Everyone enjoyed seeing the waterfalls and lush green foliage of native trees, plants, and ferns in the mini rainforest atmosphere before the long hike to the surface. Part of the 4-H Pledge is "health for better living". Healthy living camp reminded youth the importance of a healthy mind and body.

State Events Continued "It was so exciting to be part of sponsoring a bill and moving it through committees and eventually bringing it to the floor of the actual senate chambers where real laws are passed in this state!" said Galbraith. Only a few weeks later, Trey attended 4-H University on the campus of The University of Florida. This event allows teen 4-H members to participate in educational workshops lead by University of Florida Faculty, explore career opportunities, lead community service activities, interact with youth from all over the state, and have fun while developing critical life skills. Both 4-H Legislature and 4-H University are week-long events. Local teens interested in attending these events in 2023 should reach out to Lafayette Coun-

ty 4-H Agent Shawn Jackson. The new 4-H year begins September 1st, and preparation for attending state events begin many months prior.



Trey Galbreath stands to be sworn in at 4-H Legislature with other 4-H members from across the state.

Youth Learn Construction skills and More At Build it Camp

By Shawn Jackson

For the second year in a row, Lafayette County 4-H has offered a Build It Camp for intermediate and senior division 4-H members where the participants work together to build a small building that can be used for a storage shed or playhouse. The week-long camp begins with instruction on how to safely use power tools such as a circular saw and drill, as well as basic tools such as the tape measure, speed square, level, and hammer. Youth also learn about the different types of wood, and which is appropriate for different projects. Once the initial safety instruction portion of the camp is complete, their knowledge is put into practice. With guidance from the camp leaders, teens used building plans to construct a small building from the floor up. Except for one-on-one supervision using the circular saw, all tasks are completed independently by the youth. This year's project consisted of building a four foot by eight-foot building. This was somewhat smaller than last year's, but it was a necessary adjustment due to the skyrocketing cost of lumber. The playhouse was painted Curly Grass green and trimmed in

Destined for Greatness white, has two windows and a front door. The roof has a 12-12 pitch and is covered in galvanized metal.

The purpose of this camp is to help older youth learn the fundamentals of building and using tools needed in construction and consider building and construction as a career path. Each of the eight youth participating in the camp learned to use the circular saw, drill, tape measure, and speed square. Other benefits to youth participating in this Build It Camp include developing problem-solving skills, improving creative thinking, using of imagination, enhancing self-esteem, relieving stress, building a sense of independence, and increasing dexterity. Lafayette County Extension Agents Shawn Jackson and Emily Beach led the build it camp. The project was funded by First Federal Bank's 60 days of giving and Ag Metal of Mayo. The playhouse will be given away this fall as part of a 4-H fundraiser.



From Top Left: Jack Pearson demonstrates preparing sides for the playhouse. Cameron Gaylord, Justin Swinson Jr and Briar Anderson build the floor. Proud of their progress are the builders Holland Jackson, Justin Swinson Jr, Cameron Gaylord, Boone Riley, Briar Anderson, Jack Pearson, Scarlett Hamlin (sitting). From bottom Left: Cameron Gaylord, Scarlett Hamlin and Justin Swinson Jr. Painting. Playhouse before the metal roof is added. Builders not pictured in photos are Taylor Swinson and AJ Swinson.

Local 4-Hers Compete in Grilling Competition

By Shawn Jackson

Two Lafayette 4-H members recently competed in the district 4-H Tailgate and grilling competition held at the campus of the University of Florida on July 16. AJ Swinson and Justin Swinson Jr spent many hours preparing for the event that required them prepare a charcoal grill for grilling, choose, and prepare a meat for cooking and practice food safety. AJ grilled porkchops from a hog she grew herself. Justin grilled chicken breast. Both youths were commended for their work at the event and won a variety of gift cards. AJ has advanced to the state competition which will be held during the fall prior to a home UF Football game. This event is held to promote the use of animal protein in the diet by teaching the art and science of safely preparing beef, pork, poultry, and seafood in an outdoor setting. Participants learn life skills, including decision making, healthy lifestyle choices, and communication.



2022 Farm Judging Contest

The Annual Lafayette County Farm Judging contest will be held on September 30. Any Lafayette County 4-H members who are interested in participating should contact the extension office for more details about practice dates. Junior, Intermediate and Senior 4-H members are eligible to participate. Members must attend practices to participate. This contest is attended by seven counties. Volunteers are also needed to assist with this event. Those interested in helping should contact the extension office as well.

Fall Seeds Available at the Mayo Library

2022 Fall Seeds

Available Seeds

- Beet - Detroit Dark Red
- Broccoli - Waltham 29
- Brussels Sprouts - Red Bull
- Cabbage - Early Jersey Wakefield
- Cabbage - Golden Acre
- Cabbage - Red Acre
- Carrot - Kuroda
- Carrot - Red Cored Chantenay
- Cauliflower - Snowball Y
- Chard - Fordhook Giant
- Greens - Red Veined Sorrel
- Kale - Lacinato
- Lettuce - Cimarron
- Lettuce - Ruby Red Leaf
- Lettuce - Seafresh
- Mustard - Florida Broadleaf
- Mustard - Old Fashioned
- Mustard - Southern Giant Curled
- Pea - Green Arrow
- Pea - Sugar Ann
- Radish - Cherry Belle
- Radish - French Breakfast
- Rutabaga - American
- Purple Top
- Spinach - Bloomsdale
- Turnip - Purple Top

All seeds are free!

Peanut Field Day Planned

The North Florida Research and Education Center-Suwannee Valley will host the annual Peanut Field Day on August 23, 2022. A CORE training will begin at 5:00 pm and dinner will be served at 6 followed by the program and trolley tours of the peanut research plots. Anyone interested in going, please contact Emily Beach at 294-1279 or elbeach@ufl.edu to get registration information.

4-H Senior Commodity Give Away

Wednesday August 31, 2022

1:30 PM to 4:00 PM

Intermediate and Senior 4-H members may volunteer to help.

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.