



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 8:30 am to 5:00 pm
(Closed Noon to 1:00 pm for Lunch)

County Agents

Alicia Lamborn
Horticulture Agent

Shaina Spann
4-H Youth Development Agent

Alicia Halbritter
Agriculture & Natural Resources Agent

Dear Extension Friends,

I hope your summer is off to a good start. We have been busy offering some great 4-H summer camps, getting ready to train a new group of Master Gardener volunteers, and developing new educational programs for the community. See below for upcoming opportunities, and don't forget to follow our website, blog, and Facebook pages for additional information, photos, and events.

Sincerely,

Alicia Lamborn, County Director
UF/IFAS Extension Baker County

[http://
baker.ifas.ufl.edu](http://baker.ifas.ufl.edu)

[http://
blogs.ifas.ufl.edu/bakerco](http://blogs.ifas.ufl.edu/bakerco)

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

Check out our Livestock
Google Site!

Upcoming Programs

- July 1** **Applications due for Master Gardener Volunteer Training** (Aug 3—Sept 9)
See page 3 for details. [Download the application here.](#)
- July 14** **Grape Field Day** (Virtual) See page 8 for details.
- Aug 10** **Backyard Poultry: To Vaccinate or Not** 3:00 pm
Register here: <https://connect.extension.org/event/backyard-poultry-to-vaccinate-or-not>
- Aug 12** **Deer Management for a Successful Hunt** (Virtual Lunch-n-Learn) 12:00 pm
This workshop will discuss food plots, harvesting deer, and present an annual management calendar.
Register here: <https://bit.ly/BakerCoDeerHunt>



Selling Backyard Poultry Products (Self-Paced, Online Course)

Learn how to start a business (or improve an existing business) selling eggs, meat, or live poultry in the state of Florida. Topics include licensing/registration, record keeping, filing taxes, marketing your product, and drawing an income. [Register here.](#)

Highlights in Horticulture

By:
Alicia Lamborn,
Horticulture Agent



July in the Garden

Flowers

- Although drought tolerant, our heat loving annuals and perennials may still benefit from irrigation during weeks with no rainfall.
- Look for plants like angelonia, coleus, pentas, salvias, torenia, and ornamental pepper if you have spots in the flower bed to fill. Even butterfly lily and gladiolus bulbs can be planted during summer.



Butterfly Lily,
Hedychium coronarium

Trees & Shrubs

- Prepare your trees for hurricane season by checking for damaged or weak branches. If pruning is needed, avoid over-pruning shade trees and palms, which makes them more susceptible to wind damage during a storm. For more info, see: http://edis.ifas.ufl.edu/topic_tree_pruning
- Keep an eye out for insect pests like aphids, scales, and mealybugs. When noticed early, infestations are easily managed using insecticidal soaps or horticultural oils, which are generally less toxic to beneficial insects that may be present.

Lawns

- Be on the look out for Doveweed, an aggressive summer lawn weed. It resembles St. Augustine grass, which sometimes allows it to go unnoticed and take over the yard. Because it prefers wet areas, it can be especially troublesome for poorly drained and overwatered lawns. Management involves pre- and post-emergent herbicides which vary based on the type of lawn. Please contact our office for treatment recommendations.



Doveweed has creeping stems that resemble a grass.
Credit: Annette Chandler, UF/IFAS

Vegetables & Herbs

- Harvest leafy greens all summer long by planting tropical spinaches including Malabar spinach, Okinawa spinach, longevity spinach, and more: <https://gardeningolutions.ifas.ufl.edu/plants/edibles/vegetables/tropical-spinaches.html>

Fruits & Nuts

- After harvesting blueberries, plants can be topped to control height and encourage branching. Depending on size, canopy height can be reduced by several inches up to a foot or more. This prevents plants from becoming too tall and will stimulate new growth that will become next year's fruiting wood.
- Fig trees can also be pruned after fruit harvest to eliminate dead, diseased, or rubbing branches, and to remove long, slender "water sprouts". Larger plants can be trimmed back to maintain a bushy shape which makes reaching fruit easier.

Tips for Florida-Friendly Yards

Florida-Friendly Landscaping™ (FFL) means using low-maintenance plants and environmentally sustainable practices to have a beautiful landscape or bountiful garden that saves you time, energy, and money.

Landscape Design: In a landscape, plants fulfill multiple roles. For example, landscape designers often recommend grouping plants into masses to unify the design of plant beds. Groups of plants are visually pleasing, but this design technique provides environmental benefits as well. Trees planted in groups provide more atmospheric cooling than the same number of evenly spaced, isolated trees and are much better protected in high winds. In addition, trees planted in combination with appropriate shrubs and groundcovers form effective windbreaks and wildlife habitat.



Attract Wildlife: Increase vertical layering by planting a variety of plants in different sizes and heights. This will provide more cover and feeding opportunities for diverse species of wildlife.

Water Efficiently: Rain is irrigation, too. Use it to your advantage! Don't water your landscape if it's rained in the past 24 hours or if rain is forecast in the next 24 hours. Purchase a rain gauge to track how much rain your plants are getting. Install a rain shut-off device or soil moisture sensor to override your irrigation system when it's raining.

Compacted Soil: Many new homes are built on a raised platform of compacted "fill dirt" imported during the construction process. Such compacted soils don't absorb water readily and restrict the healthy root growth of plants. If you have a landscape that has compacted soil, loosen and amend the soil with organic matter as you add planting beds.

Manage Yard Pests Responsibly: Avoid using broad-spectrum insecticides. They're not selective, meaning they also kill beneficial insects. Instead, choose targeted products, which are designed to harm only specific pests. For example, products that contain an extract of the bacterium *Bacillus thuringiensis* 'Kurstaki' are used to manage caterpillars without affecting other organisms.



Azalea caterpillars



MASTER GARDENER VOLUNTEER TRAINING

WHO ARE THE MASTER GARDENERS?

Master Gardeners are volunteer educators of the horticultural arts and sciences. With training from UF/IFAS Extension, Master Gardeners are active in their communities, offering leadership and guidance in gardening projects of all types and sizes.

The Florida Master Gardener Program has been around since 1979, and each year, approximately 4,700 Master Gardeners contribute a total of 365,000 hours of service, helping to make their communities better informed, more sustainable, and more beautiful.

WHAT DO MASTER GARDENERS LEARN?

If you're accepted into the Master Gardener training program, you'll receive 50 hours or more of practical horticultural training, on topics such as:

- Botany
- Plant pathology & integrated pest management
- Soil management & plant nutrition
- Growing garden vegetables, fruit crops, trees, & turf
- Florida-Friendly Landscaping™
- Working with the public

WHAT DO MASTER GARDENERS DO?

Once you've successfully completed the training, you're required to volunteer a minimum of 75 hours during the first year to achieve Master Gardener certification. Master Gardeners work with the public to answer questions, give talks, write newsletter columns, help maintain the demonstration gardens, and many other activities.

Master Gardeners that continue in the program beyond the first year are asked to volunteer 35 hours annually and attend advanced trainings to keep up to date on the latest horticultural information.

2021 BAKER COUNTY TRAINING DATES

NEW *Hybrid Class of Online & In-Person Learning*

DATES *August 3 - September 9*

SCHEDULE *Complete Weekly Training Modules Online & Attend In-Person Sessions 1 day per week*

In-person Sessions: Tuesdays & Thursdays, 9 am to 12 pm and/or 1 pm to 4 pm
Baker County Extension Office (Ag Center) 1025 W. Macclenny Ave., Macclenny, FL 32063

COST *\$120 Includes student manual, field guides, and all training supplies*

APPLICATIONS DUE JULY 1

<http://sfyl.ifas.ufl.edu/baker/plants-landscapes-edible-gardens/master-gardener-program/>

COORDINATOR

*Alicia
Lamborn*

Horticulture Agent & Master
Gardener Coordinator
(904) 259-3520
alamborn@ufl.edu

Lucky Clover Chronicle

By:
Shaina Spann,
4-H Agent



Recap of Summer Camps

We had an AMAZING 2 summer day camps this year! We made art, board games, books, candy dispensers, dug for fossils, learned about Florida's prehistoric inhabitants, and more!



Barnyard Bulletin

By:
Alicia Halbritter,
Agriculture Agent



Wildlife Plots for Hunters

Planting cool-season forage plots for deer can help attract deer to your stand, keep deer close during hunting season, and provides a nutritious source of food to help does repopulate and bucks grow larger.



Cool Season Legumes

Legumes are beneficial to plant as they fixate nitrogen into the soil which can reduce fertilizer costs. Legumes are also preferred by wildlife and provide a high protein food source.

Cool Season Grasses

Grasses can help create a more complete/longer grazing season and provide for deer early on in the season and into spring when energy needs are high.



Brassica & Forage Chicory

These crops are winter hardy and are often desired by wildlife. Planting things like radishes and turnips can help break up soil compaction.

Blends

Deer often prefer a blend of species for optimal grazing. Consider mixing grasses, legumes, and brassicas together in one plot to provide a longer grazing season and more options for wildlife.

	Type	Seeding Rate (lb/acre)	Seeding Depth (in)
White Clover	Legume	3-4	0-1/4
Red Clover	Legume	10-15	1/4-1/2
Crimson Clover	Legume	20-25	1/4-1/2
Tall Fescue	Grass	20-25	1/4-1/2
Oats	Grass	100-120	1-2
Winter Peas	Legume	40-60	1/2-1
Rye	Grass	90-120	1-2
Ryegrass	Grass	20-30	0-1/2
Turnips	Brassica	5-6	1/4-1/2
Wheat	Grass	90-120	1-2



Learn more about wildlife plots here: <https://edis.ifas.ufl.edu/ag139>

Three Invasive Plant Species You Should Remove From Your Yard

By: *Alicia Lamborn, Environmental Horticulture Agent*

According to The Nature Conservancy, the cost of managing Florida's invasive plants alone is estimated at \$100 million each year. But there is another cost associated with invasive plants – the loss of native species that are displaced or disappear completely from non-natives that invade their habitat. While there are hundreds of invasive plant species in Florida, here are a few common invasive plants that should be removed:



Mimosa, silk tree

Invasive (no uses) according to the UF/IFAS Assessment of Non-native Plants in Florida's Natural Areas.

Photo credits: UF/IFAS Assessment of Non-native Plants in Florida's Natural Areas, <https://assessment.ifas.ufl.edu/>



Chinese tallow tree, popcorn tree

Prohibited from use in Florida according to the Federal Noxious Weed List, the Florida Department of Agriculture and Consumer Services (FDACS).



Japanese Honeysuckle

Prohibited from use in Florida according to the Federal Noxious Weed List, the Florida Department of Agriculture and Consumer Services (FDACS).

What can you do?

- Learn which plants on your property are invasive: <https://assessment.ifas.ufl.edu/>
- Learn effective techniques for removing invasive plants: <https://edis.ifas.ufl.edu/publication/ag259>
- Fill your yard with Florida-friendly plants that won't spread beyond their boundary: <https://fpl.ifas.ufl.edu/plants/>

For additional assistance or help identifying invasive plants, email: Alicia Lamborn at alamborn@ufl.edu.

Extension Tidbits

Whether you're entertaining at home or just need a quick meal, we've got some no-cook recipes for healthy eating this summer!

PUMPKIN BREAKFAST PUDDING

PUMPKIN one cup
VANILLA PUDDING one box
MILK one cup
one tsp cinnamon
VANILLA one tsp
GRANOLA one cup

Combine all ingredients, & stir well. Refrigerate over night.

SOUTHWESTERN BEAN SALAD

BLACK BEANS one can
LOW-FAT CHEESE 1/2 cup shredded
SOUR CREAM 1 dollop
one cup (corn)
half cup (tomato)

Drain beans and combine with corn & diced tomato. Spoon onto lettuce & top with sour cream & cheese.

BEAN & VEGGIE SANDWICH

BLACK BEANS one can
YOGURT one cup
cucumber
tomato
onion
herbs

Mash beans. Mix with yogurt, herbs, & diced onion & tomato. Spread on bread with lettuce & cucumber.

NO-COOK RECIPES

UF|IFAS
UNIVERSITY of FLORIDA

YOGURT one cup
pecans or walnuts
English Muffin

Cut up a variety of fruit, & mix with yogurt. Top with nuts & serve with favorite breakfast bread.

FRESH FRUIT SALAD

deli meat
LOW-FAT CHEESE 1 oz sliced
tomato
lettuce
onion

On tortilla, layer slices of all ingredients. Fold in top & bottom, then roll up the sides.

TORTILLA WRAPS

CHICKEN one cup
MAYO one tbsp
tomato
CURRY one tsp
pepper
celery

Shred chicken & combine with chopped pepper, celery, mayo, & curry. Spread on bread with lettuce & tomato.

SPICY CHICKEN SANDWICH

For more information, please visit http://solutionsforyourlife.ufl.edu/hot_topics/families_and_consumers/no_cook_recipes.shtml

UP|IFAS Extension **Healthy Eating While Traveling**
 Travel can make selecting healthy meals and snacks a challenge. UF|IFAS Extension shares some tips that can help you stay on track.

<p>Plan</p> <p>Menu</p> <p>Prior to your trip, check out the menus of locations along the way to identify the</p>	<p>Food Safety</p> <ul style="list-style-type: none"> Bring a cooler with extra ice to keep perishable items below 41°F to prevent growth of bacteria and maintain freshness. Individually wrap food and prevent direct exposure to ice. Remember, perishable food is not considered safe to eat after it has been left out for two hours or more. ALWAYS wash hands or use 	<p>Realism</p> <p>Do the best you can! If a fast meal is all that you have</p>	<p>Balance</p> <p>If you are traveling for the first two meals of the day and must eat something unhealthy, perhaps have a lighter option for dinner once you reach your destination.</p>
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And for tips on healthy eating while traveling, [click here.](#)

UF/IFAS EXTENSION PRESENTS

2021 VIRTUAL GRAPE FIELD DAY

Wednesday
July 14, 2021
9 a.m.-12:30 p.m.

UF | IFAS Extension
UNIVERSITY of FLORIDA

TO REGISTER PLEASE CLICK

<https://bit.ly/2PSWZWs>

OR VISIT <https://hos.ifas.ufl.edu/grape>

**ONLINE
VIA ZOOM**

No Registration Fee



Questions?

Contact Tatiana Sanchez,
Commercial Horticulture
Agent, UF/IFAS Extension
Alachua County at
tatiana.sanchez@ufl.edu
or (352) 955-2402

TIME	AGENDA
9:00 a.m.	Introduction and Welcome J.R. Newbold, President of Florida Grape Growers Association (FGGA) Dr. Ali Sarkhosh, UF/IFAS Horticultural Sciences Department
9:15 a.m.	Cover Crops and Organic Certification as Alternative Strategies for Vineyard Management Dr. Danielle Treadwell, UF/IFAS Horticultural Sciences Department
9:45 a.m.	General Fertilizer and Nutrient Considerations for Muscadine Vineyards Dr. Mark Hoffmann, North Carolina State University, Department of Horticultural Science
10:15 a.m.	Weed Management in Vineyards Dr. Peter Ditmar, UF/IFAS Horticultural Sciences Department
10:45-11:00 a.m.	SHORT BREAK
11:00 a.m.	Grape Root Borer and its Management in Vineyards Dr. Amanda Hodges, UF/IFAS Entomology and Nematology Department
11:30 a.m.	Sensory Evaluation Practices for Wines Dr. Charlie Sims, UF/IFAS Food Science and Human Nutrition Department
12:00 p.m.	Evaluating Traits to Efficiently Select New High-Quality Muscadine Cultivars for Florida Industry Dr. Islam Elsharkawy, FAMU Center for Viticulture and Small Fruit Research
Organizers: Drs. Ali Sarkhosh and Tatiana Sanchez	