



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,

In this time of uncertainty and social distancing, we'd like you to know that the Extension Office is here for you. Although our lobby is currently closed to visitors, our office remains operational. County agents are still working to assist you by continuing to answer questions and provide information by phone, email and social media. Need printed information or a soil test kit? Let us know and we'll coordinate a pick up time. Some 4-H programs have also been moved to online platforms—these are open to all ages and 4-H membership is not required! So please, let us know how we can help you during this challenging time.

Sincerely,

Alicia

Alicia Lamborn, County Director
UF/IFAS Extension Baker County



**Extension Office
COVID-19 UPDATE**

 [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](#)



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

Baker County Farm Bureau — Food Giveaway on May 2nd

Unfortunately, the pandemic has farmers across the county struggling to move their products to market, with many crops being left in the field to rot. Although these farmers don't want their produce to go to waste, the high costs associated with harvesting and packaging force some of them to do so.

In an effort to support our farmers and assist our community, our local Baker County Farm Bureau has graciously purchased thousands of pounds of *Fresh from Florida* fruits and vegetables from local farmers to sponsor a food giveaway for residents of Baker County.

Approximately 300 food boxes will be distributed on a "first come, first served" basis in a drive-thru fashion (please stay in your vehicle). Food boxes may contain a mix of blueberries, cabbage, broccoli, collards, potatoes, sweet potatoes, squash, zucchini and/or lettuce.

The event will take place on Saturday, May 2nd from 8am to 11am at the Baker County Fairgrounds (located at 5567 Lauramore Rd, Macclenny, FL).

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information, and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age disability, sex, sexual orientation, marital status, national origin, political opinions, or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A&M University Cooperative Extension Program and Boards of County Commissioners Cooperating. 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 ten (10) 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).

Highlights in Horticulture

By:
Alicia Lamborn,
Horticulture Agent



May Gardening Tips

Flowers

- Plan for summer color with angelonia, coreopsis, pentas, salvias, torenia, and wax begonia (to name a few).
- Plant a mix of early-, mid-, and late-blooming daylilies for months of color in the garden. Other bulbs blooming this month include blackberry lily, crocosmia, and rain lily.



Pink rain lily

Trees & Shrubs

- Trees and shrubs that have finished flowering for spring can now be pruned lightly as needed to shape and remove dead, diseased or rubbing branches. Cutting limbs back to another branch rather than leaving a stub is recommended. Save heavy pruning for the dormant season (January-February).

Lawns

- Stay ahead of the weeds by hand pulling or spot treating as needed. For information on weed control, go to <http://edis.ifas.ufl.edu/EP141>.
- Plant turf plugs now to fill those bare spots in the lawn. If left bare, weeds will fill the void.
- Mow at the appropriate height to help control weeds and develop a deep root system. Bahia: 3-4" / Bermuda: 0.5-1.5" / Centipede: 1.5-2" / St. Augustine standards: 3.5-4" / St. Augustine dwarfs: 2-2.5" / Zoysia: 1-3"
- Keep mower blades sharp and consider keeping an extra, ready-to-use blade handy as a replacement.
- If the rain continues this month, turn irrigation systems off to conserve water and prevent harmful diseases.

Vegetables

- Continue planting heat-loving crops like lima beans, southern peas, eggplant, okra, sweet potato, and swiss chard. See our complete guide to vegetable gardening in Florida: http://edis.ifas.ufl.edu/topic_vegetable_gardening

Fruits & Nuts

- A few types typically require fertilizer this month:
 - Blackberries (newly planted): apply 1/2 cup of 10-10-10 with micronutrients per plant late this month.
 - Chestnuts (newly planted): apply 2 cups 10-10-10 per tree.
 - Peach/Nectarine/Plum: apply 1/2 cup (newly planted) or 2-3 cups (established) of 12-4-8 with micronutrients per tree.

Plant Problem-Solving

Squiggly lines on leaves?

Leaf miners are common on vegetables, citrus and some ornamental plantings. These insects create squiggly lines on the leaves which look bad but often cause minimal to no harm to the plant.

Often by the time they are noticed, the insect has already mined its way through the leaf and has left. These factors combined typically make spraying of chemicals unnecessary. For serious infestations, a horticultural oil may provide some relief, although timing of these sprays is important and the label must be carefully followed to prevent further plant damage.



Some crops like tomato, are less susceptible to leaf miners and are capable of withstanding up to three individual mines per leaf before yield is reduced.

Red blotches on bulbs?

A disease known as red blotch occasionally infects bulbs such as amaryllis and crinum and is more commonly seen on shaded plants that are frequently irrigated. Leaves and flower stalks that push up from infected bulbs may also become diseased, showing red spots that elongate and become sunken. Severely infected bulbs should be discarded. Management includes removing diseased foliage, eliminating overhead irrigation, and relocating to a sunnier area as appropriate. Additional options may include fungicide (thiophanate methyl) applications or hot water treatments in which infected bulb scales are removed and bulbs are soaked in water of 104-114°F for 30 minutes.



Red blotch disease on Amaryllis

Lucky Clover Chronicle

By:
*Shaina
Spann,
4-H Agent*



Tips for Schooling at Home During Crisis

1. Did you know that children’s attention span is roughly their age in minutes? If your 9 year old is struggling with a subject and it’s been longer than 15 minutes, switch it up and come back to it at a later time!
2. Recognize that the loss of in-person school can be a grieving process for your child. They are grieving routine, interaction with peers, and plans for the near future (as you are too).
3. Youth can have weird emotions during this time. They may not share how they are feeling and can act in various ways, acting out, crying, revert developmentally. We have to have patience in this situation and remember not to be too hard on them.
4. Kids have 4 basic needs. Food, shelter, love, and structure. When a need like structure is disrupted, there can be problems. Set a schedule for the typical work/school week days with your child (if they are included there is a higher chance they’ll buy-in) and stick to it.

Info from: <https://www.autismspeaks.org/news/tips-managing-children-home-during-covid-19> & <https://www.baylor.edu/mediacommunications/news.php?action=story&story=218735>

4-H Livestock Animal Project Participants

Commitment Forms are available from our website and should be uploaded to the Dropbox by May 15th.

Link to Dropbox: <https://www.dropbox.com/sh/7cmms86ngndjmzi/AAAmj-RihM4xwbVrVIR9Uelta?dl=0>

Members who are new to livestock projects need to watch the 4-H & Animal Orientation Video AND take the quiz located below the video by May 15th:

<http://sfyl.ifas.ufl.edu/baker/4-h-youth-development/4-h-youth/4-h-enrollment/4-h-current-members/>

Take this quiz: <https://forms.gle/JMEjNxSjPJGnkDms7> by May 15th

Youth showing MARKET animals should watch the Fair Board’s Orientation Video and quiz.

Quiz is due at the first weigh-in.

Video here: [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=4JsbVA85IEw&feature=share&fbclid=IwAR0wxvKu1WLjGw1EOar7CRw16KpVa6TOeleUzbvbrCufCqyNp7eOKTekfBU)

[v=4JsbVA85IEw&feature=share&fbclid=IwAR0wxvKu1WLjGw1EOar7CRw16KpVa6TOeleUzbvbrCufCqyNp7eOKTekfBU](https://www.youtube.com/watch?v=4JsbVA85IEw&feature=share&fbclid=IwAR0wxvKu1WLjGw1EOar7CRw16KpVa6TOeleUzbvbrCufCqyNp7eOKTekfBU)

Quiz: <https://www.facebook.com/photo?fbid=2618700505015002&set=a.1881749368710123>

4-H Summer Camp Goes Virtual

4-H is known for it’s awesome summer programs. We aren’t going to let COVID-19 prevent us from providing fun, educational, and interesting summer camps! 4-H Agents from across the state are working together to create virtual summer camps. Be on the lookout for more information on a variety of summer camps from Florida 4-H. This is a good opportunity to earn points and have fun this summer.

4-H Club Meetings & Events

Contact your club leader for details. No club meetings or in-person activities through July 31st.

4-H@4: May 1st– Fun with Crystals register here: https://www.eventbrite.com/e/4-h4-fun-with-crystals-tickets-103243592364?fbclid=IwAR3HXUZwP4aMF_xU29HZq7pjPoYvW9X5eBjqY12N3HnhQiAy31hrTJ1YgLw

May 8th– Junk Drawer Robotics

May 22nd– Hurricanes



Corn Plots for Wildlife Feed

Although shelled corn isn't very expensive per bag, over the entire hunting season it can add up to an expensive deer attractant. Do you plant wildlife plots in the fall to attract deer to your stands? Why not plant corn in the summer to harvest yourself in order to keep your feeders full all season?



Open feeders can be used to feed whole ears or shelled corn.

Growing corn on un-used food plot spaces can achieve a few goals: reduce year round weed issues in plots which helps reduce the need for control before planting cool season plots, provide food sources for deer year round which helps maintain herd in your area, and reduce need of shelled corn to fill feeders.

Generally, corn can be drilled using the same planter that cool season forage plots are planted with, eliminating the need for a separate piece of equipment. Fertilizer can be spread with a broadcast spreader as are cool season forages. The only additional equipment needed is some type of harvester, or with small enough plots corn could be hand harvested, harvesting could also be contracted out.

Corn could be shelled and stored, or stored on the ear and fed out whole. It is important that corn is stored in a dry spot, whether this be an enclosed storage barn, semi trailers, or another way. Every acre of corn can produce at least 500 lbs of shelled corn. Tighter row spacing and lower moisture levels will equate to more pounds of corn, well planned plots can produce 1500 or more pounds of shelled corn per acre.



Corn can be shelled with a hand sheller or electric shellers can be purchased.

Corn should be planted as soon as possible. If interested, give me a call and let's get started with a small plot!

Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who have symptoms (and to a lesser extent, infected but not showing symptoms.) Grocery stores should be following employee health policies and health department recommendations to keep these individuals home.

SHOPPING

WHAT STEPS CAN I TAKE TO MINIMIZE RISK WHEN SHOPPING AT THE GROCERY STORE?

- Use hand sanitizer when entering stores, and wash hands and/or use sanitizer after leaving.
- Wear a cloth face covering while shopping.
- Bring disinfecting wipes and use on cart and basket handles and card readers.
- Maintain social distancing as much as possible while shopping and give others at least 6ft of space.
- Avoid touching surfaces or items unnecessarily and avoid touching your mouth, nose or face.
- **Do not go shopping when showing symptoms or think you have been exposed to the virus.**

WHAT IS MY GROCERY STORE DOING TO MINIMIZE MY RISK?

- Many stores are following CDC guidelines on cleaning and disinfection. Some are limiting hours to allow for additional cleaning and disinfection.
- Stores may also be providing hand sanitizer and/or disinfecting wipes for carts or baskets, and may ask sick employees or customers to leave.
- Grocery employees are essential employees and encouraged to wear cloth face coverings.
- Stores may also limit the number of people allowed to shop at one time, and enforce physical distancing while in line inside and outside the store.

IS DELIVERY A SAFER OPTION THAN GOING TO A STORE?

- Delivery or pre-order is a great risk management decision, especially for vulnerable individuals.
- Delivery helps limit the number of people in the store and helps with social distancing, as well as the number of people touching surfaces.
- Pre-order or delivery also prevents the shopper from inadvertently exposing others if they are infected but not showing symptoms

HOW SHOULD PRODUCE BE HANDLED?

- Consider using hand sanitizer before and after selecting produce items.
- Avoid touching multiple produce items when making selections.

HANDLING GROCERIES

HOW SHOULD I HANDLE GROCERIES WHEN I GET HOME? CAN I BRING THEM INSIDE RIGHT AWAY?

- There is no indication that food or food packaging material has served in significant connection to virus transmission.
- Handling of food packaging should be followed with handwashing and/or using hand sanitizer.
- It is **NOT** recommended to store groceries outside of the home, in cars or garages.

HOW SHOULD I HANDLE GROCERIES FOR SOMEONE WHO IS IN VULNERABLE POPULATION?

- If shopping for someone else, best practice is to drop off groceries while maintaining social distance.
- If entering a home to care for someone, wash hands immediately upon arrival, while unpacking and before providing direct care.

SHOULD PRODUCE BE WASHED BEFORE EATING? SHOULD SOAP OR A DISINFECTANT BE USED?

- Washing produce before eating is always a good idea. Rinse with cool running water or soak in cool water right before eating.
- It is **NOT** recommended to wash produce with dish soap or any detergent.
- It is **NOT** recommended to treat produce with chemical disinfectants or wipes at home.

SHOULD I ONLY BUY FOOD THAT CAN BE HEATED?

- There is no evidence that food is a transmission route for the virus.
- There is not current data about the temperature to inactivate the virus, so heating recommendations are not science-based.

TIPS

1. Use hand sanitizer and cart wipes.
2. Shop alone and go with a plan.
3. Maintain social distance.
4. Only touch what you will buy.

For more info, visit: www.cdc.gov/coronavirus/2019-ncov

Contact: Michelle Danyluk

mddanyluk@ufl.edu 863.956.8654

Updated April 21, 2020





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UNIVERSITY of FLORIDA



Program Overview

Let's Walk Florida is a 10-week physical activity education program designed to promote physical wellness among Floridians. Participants may choose from two tracks, according to their goals and exercise background – health or fitness. Participants will receive weekly educational guides focused on wellness content and will be asked to track their physical activity minutes. Participants will also have access to a private Facebook group where they can share progress, be inspired by motivational messages and videos, and share progress.

PHYSICAL WELLNESS

Physical activity can improve your health. Each lesson will include cardio, strength and flexibility exercises with modifications. Specific physical activity topics include:

- Interval training
- Active Recovery
- Balance Training



Register today for the May 4th start date!

MENTAL WELLNESS

Mental wellness is an important aspect of overall well-being. Specific topics for this 10-week program include:

- Stress management
- Mindfulness breathing
- Cognitive and Emotional benefits of exercise



WEIGHT MANAGEMENT

Nutrition is an integral part of weight management. Featured nutrition topics include:

- Healthy snacking
- Portion control
- Pre & post workout nutrition



CHRONIC DISEASE PREVENTION AND MANAGEMENT

Increased physical activity and proper nutrition can help reduce the risk of chronic disease. Topics in this program include:

- Type 2 Diabetes
- Hypertension
- Heart Disease



Registration is Free

To pre-register for the program, visit <https://tinyurl.com/letswalkFlorida>