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

The Baker Bulletin
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

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.

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.

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.

Vegetables & Herbs
- Harvest leafy greens all summer long by planting tropical spinach, Okinawa spinach, longevity spinach, and more: https://gardeningssolutions.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.
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. Maceelly Ave., Maceelly, 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
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!
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.

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

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.

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.

**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).

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What can you do?

- Learn which plants on your property are invasive:  [https://assessment.ifas.ufl.edu/](https://assessment.ifas.ufl.edu/)
- Learn effective techniques for removing invasive plants:  [https://edis.ifas.ufl.edu/publication/ag259](https://edis.ifas.ufl.edu/publication/ag259)
- Fill your yard with Florida-friendly plants that won’t spread beyond their boundary:  [https://ffl.ifas.ufl.edu/plants/](https://ffl.ifas.ufl.edu/plants/)

For additional assistance or help identifying invasive plants, email: Alicia Lamborn at alamborn@ufl.edu.
Whether you’re entertaining at home or just need a quick meal, we’ve got some no-cook recipes for healthy eating this summer!

**NO-COOK RECIPES**

**PUMPKIN BREAKFAST PUDDING**
- Combine all ingredients, & stir well. Refrigerate over night.

**SOUTHWESTERN BEAN SALAD**
- Drain beans and combine with corn & diced tomato. Spoon onto lettuce & top with sour cream & cheese.

**BEAN & VEGGIE SANDWICH**
- Mash beans. Mix with yogurt, herbs, & diced onion & tomato. Spread on bread with lettuce & cucumber.

**FRESH FRUIT SALAD**
- Cut up a variety of fruit, & mix with yogurt. Top with nuts & serve with favorite breakfast bread.

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

**SPICY CHICKEN SANDWICH**
- Shred chicken & combine with chopped pepper, celery, mayo, & curry. Spread on bread with lettuce & tomato.

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

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**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.

**Plan**
- Prior to your trip, check out the menus of hotels or restaurants you plan to visit.

**Food Safety**
- Bring a cooler with sealed ice to keep perishable foods cool. Use each food only once to avoid cross-contamination.

**Realism**
- When eating out, moderate portion sizes help control your weight. However, being a healthy weight can’t be determined by a single meal, but rather over time.

**Balance**
- Don’t be too severe or too permissive. Eat a balanced diet of whole grains, lean proteins, fruits, and vegetables.

And for tips on healthy eating while traveling, [click here](http://solutionsfortourlife.ufl.edu/hot_topics/families_and_consumers/no_cook_recipes.shtml).
# 2021 Virtual Grape Field Day

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

**UF/IFAS Extension Presents**

**TO REGISTER PLEASE CLICK**
https://bit.ly/2PSWZWs
**OR VISIT**
https://hos.ifas.ufl.edu/grape

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**Online Via Zoom**
No Registration Fee

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

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

**Organizers:** Drs. Ali Sarkhosh and Tatiana Sanchez