

March 2013



The Baker Bulletin

A
Baker County
Extension
Service Monthly
Newsletter

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Dear Extension Friends,

Spring is about to be underway in Northeast Florida and with the new season there are some things to remember: 1) Daylight Savings Time will officially begin at 2:00am on Sunday, March 10, 2013. Please remember to set your clocks forward 1 hour. 2) Even though we have had rain, we are still under moderate drought conditions. Please take care with fire. 3) We are also conducting our annual renewal campaign for the newsletter. If you wish to continue to receive our newsletter, please see the back page. As always, if we can be of assistance to you, please do not hesitate to contact us.

Sincerely,

Michael A. Davis
County Extension Director / Ag Agent
Baker County Extension Service

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FLORIDA
IFAS Extension
Baker County Extension

Contact Information—Baker County Extension Service

1025 W. Macclenny Ave., Macclenny, FL 32063

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Email: baker@ifas.ufl.edu Hours: M—F 8:30am to 5:00pm (Closed Noon to 1:00pm for Lunch)

Michael Davis, Ph.D.

Agriculture Agent



Alicia Lamborn

Horticulture Agent



Melanie Thomas

Family & Consumer Sciences Agent



Shaina Bennett

4-H Agent



Highlights in Horticulture

By:

*Alicia Lamborn,
Horticulture Agent*

Scarlet Runner Bean

Ornamental Climber and Edible Bean

The Scarlet Runner Bean (also called scarlet conqueror, fire bean, mammoth, red giant, scarlet emperor, and white Dutch runner) is planted mostly as an ornamental because of its rapid growth and abundance of large, brightly colored flowers. Plants quickly climb up fences, trellises, and arbors, reaching 12 to 15 feet.

The scarlet flowers are very large (1 inch wide) and numerous (about 20 flowers on each flower stalk), and are a hummingbird favorite. Even the heart-shaped leaves are an attractive dark green, with purple tinged veins on the underside.

Both the pods and the green shelled beans are edible in the fresh stage (picked young) and are sometimes substituted for lima beans. If you're not interested in eating the beans, keep the pods picked for a continuous bloom.

These plants are annuals and should be planted 6" — 8" apart in a full sun location where they have room to climb.

Where can you purchase Scarlet Runner Bean?

I've never seen this plant available for purchase in garden centers, but you can purchase seeds from online sources and seed catalogs. If you'd like to try this plant before investing money in seed, be sure to visit the Master Gardeners at the Spring Garden Festival on Saturday, April 6th from 9am to 2pm located at the Baker County Extension Office. They'll have some scarlet runner bean seedlings, ready for transplanting into your garden (while supplies last).



Make a Living Teepee for Kids (and Young-At-Heart Adults)

A living teepee creates a unique environment for kids to play or relax and enjoy nature. To get started, you'll need several long bamboo stakes or bean poles. Lay the poles side-by-side and tie them together several inches from one end. Then carefully stand the poles upright in the center of the prepared garden space and gently spread the untied ends outward to form a circle. Remember to leave an opening on the north side to create a doorway. If you want to be able to walk through the teepee, you can also create another doorway on the south side. For stability, push the poles approximately six inches into the ground. Plant two to three bean plants on the outside of each pole and watch as the plants grow to fill in the walls. When the plants have climbed a foot up the poles, add a thick layer of pine straw (3 inches thick after settling) to help keep the soil moist, fight off weeds, and create a comfortable floor to sit and play.



Living Well in Baker County

By:

Melanie Thomas,
FCS Agent

Sodium Levels How Much Is Too Much?

Many Americans are trying to cut down on sodium in their diets. This is because decreasing sodium intake can decrease high blood pressure in some people.

About one in four Americans has blood pressure that is too high. This increases their risk of having a heart attack or stroke. We don't know who will develop high blood pressure, but we do know that many Americans eat more sodium than they need.

In addition to high sodium intake, other factors increase your chances of having high blood pressure. You are more likely to have high blood pressure if other people in your family have high blood pressure or if you are overweight.

What is Sodium?

Sodium is a mineral that the body needs in small amounts. It is found in foods mostly as sodium chloride. Sodium chloride is another name for table salt. One teaspoon of salt contains about 2,000 milligrams (mg) of sodium.

How Much Sodium Do I Need?

Your body needs only a small amount of sodium. Most health experts agree that we should keep our sodium intake at about 2,400 mg or less. This is the amount of sodium in a little more than 1 teaspoon of salt. Most Americans consume much more sodium than this.

Where Is Sodium Found in My Diet?

Sodium occurs naturally in many foods and is also added in processing. Most sodium added to foods comes from salt. Other ingredients and food additives contain sodium as well.

Fact: About 1/3 of the sodium in our diets is from salt we use in cooking or add at the table.

Foods high in sodium include:

- Salty snacks and crackers
- Processed cheeses
- Salted, smoked, or cured meats
- Pickled or canned fish
- Canned soups and meats
- Pickles, sauerkraut, and relishes
- Condiments -- check nutrition labels



Use these foods less often to cut down on sodium in your diet.

Source: Bobroff, Linda, Nutrition for Health and Fitness: Sodium in Your Diet, FCS8129, University of Florida

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 	8 	9
10	11	12 	13	14	15	16 
17	18 	19 	20	21 	22	23
24	25	26 	27	28 	29	30
31					APR 9 	

Upcoming Programs are marked with a Program Area Symbol. Please match these symbols with the list on the following page for more information about the program.



Horticulture



Family &
Consumer Sciences



Agriculture

Upcoming Programs & Events

Programs will be held at the Baker County Extension Office (Agricultural Center) unless otherwise noted.

- Mar. 8** **Food Preservation Program, 9:30am to 2pm, Bradford County Extension Service, 2266 N. Temple Ave. Starke, FL 32091.** \$7 per person. Deadline to register is March 5th. This program will emphasize the proper techniques in canning foods safely.

- Mar. 12** **2nd Vegetable and Small Fruit Protected Ag Field Day, 8:00am to 4:00pm, Gulf Coast Research and Education Center, Balm, FL.** Topics include: 1) Using shade houses for small farm production in North Florida, 2) Indeterminate tomato production in greenhouses in Guatemala, and 3) Integrated arthropod management inside protected structures. There is also a field tour of the facility. For further information or to register, please contact Dr. Bielinski Santos at bmsantos@ufl.edu or (813) 634-0000.

- Mar. 18-19** **Starting a Successful Hydroponic Business, Day 1: 9:00am to 5:00pm, Day 2: 8:00am to 4:30pm, Suwannee Valley Agricultural Extension Center, 8202 CR 417, Live Oak, FL 32060.** This is a two day course covering varied topics such as: 1) Structures for protected culture, 2) Starting transplants, 3) Developing a marketing plan, 4)Soilless Media Systems and many more. For additional information or to register, please visit http://smallfarms.ifas.ufl.edu/calendar/2013_0318_Hydroponics.pdf or contact Sarah White at 386-362-1725, ext. 102 or sewhite@ufl.edu. There is also a duplicate of this course offered on March 22—23, 2013.

- Mar. 23** **Beginning Beekeeping Short Course, 8:30am to 3:15 pm, Clay County Extension Office, 2463 SR 16 West, Green Cove Springs, FL 32043.** This is an interactive short course, where participants will be involved with working with an active hive on Extension Center Property. The course will allow participants to receive a complete perspective on the process/expense involved with keeping honeybees. Because this activity involves direct contact with a stinging insect, youth under 18 years will not be permitted to interact with the 'open hive' portion of the course. There is a \$12.00 registration fee (\$20.00 per couple). To register, please visit http://clay.ifas.ufl.edu/Agriculture/2013_BeginningBeeSC_Registration.pdf. You may also contact the Clay County Extension Office at 904-284-6355 or 904-269-6355.

- Apr. 9** **Tri-County Private Pesticide Applicator School and Examinations, 8:30am to 5:00pm, Baker County Extension Office. 1025W. Macclenny Ave., Macclenny, FL 32063.** This course provides instruction in Private Pesticide Application for persons wishing to take the exam. Seven (7) CEUs have been applied for (3 CORE & 4 Private Ap./Ag Row) for current license holders. Registration is \$5 per person. Exam takers should contact their county agent for information related to the purchase of study materials. Please contact the Baker, Bradford or Union County Extension Offices to register.


4-H Events & Club Meetings for March:

Cloverleaf Cloggers—March 12 & 26, Keller Intermediate, 7:00 to 8:00pm

Cooking Club—March 21, Extension Office, 6:00 to 7:00pm

Livestock Club—March 28, 4-H Classroom, 6:00 to 7:00pm

Horse Club—March 7, 4-H Classroom, 6:00 to 7:00pm

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**COUNTY EVENTS
MARCH 16, 2013
Starts at 9:00am
Extension Auditorium**
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Lucky Clover Chronicle

By:

*Shaina Bennett,
4-H Extension Agent*



This month is going to be a busy month!

We have the STEM fair on March 1st, two Early Out Day Activities on March 6th and 20th, County Events on March 16th and 4-H Day at the Capitol on March 14th.

4-H Day at the Capitol is an amazing experience! This year Florida has reached a milestone, the 500th anniversary of Juan Ponce de León's arrival on Florida's east coast and the naming of La Florida.

Together, with your help, Florida 4-H will also reach a milestone, as we bring 500 youth from across the state to the capitol city of Tallahassee.

4-H Day at the Capitol is an educational event that provides hands-on "learn by doing" experiences for youth. 4-H youth will learn about the legislative and government processes and Florida's significant "firsts" in the foundation of the United States as they participate in workshops, tours and observation of our government at work. This will provide youth the opportunity to develop knowledge and skills to become more informed citizens. 4-H youth will also have the chance to come together and share the positive impacts of the Florida 4-H Program. Participants will have the opportunity to meet and hear from their elected officials.

Come celebrate 500 years with us and help educate 500 youth at 4-H Day at the Capitol. Listen to Florida Agriculture Commissioner Adam Putnam's interview with Southeast AgNet about how participation in 4-H helped him develop the citizenship, speaking, organizational and leadership skills that he draws on to this day.

I'm sure it will be a blast!

Adapted from: http://florida4h.org/programsandevents/_capitolday/



Florida 4-H celebrates Viva Florida 500

Events:

- March 01– STEM Fair, Hamilton County
- March 06– Early Out Activity, All About Horses, 4-H classroom, \$5, **Deadline to register March 1**
- March 14– 4-H Day At the Capitol, Tallahassee, fee varies, **Deadline to register March 1**
- March 16– County Events, Extension Office, 9am **Deadline to register March 8**
- March 20– Early Out Activity, The Goods on Gardening, 4-H classroom, \$5, **Deadline to register March 15**

Birthdays for March:

Wishing all of you a very **happy birthday** from the Baker County Extension Office!

- March 13– Sarah Crews
- March 20– Gracie Gray
- March 23– Brad Rigdon
- March 25– Angelina Troshyna
- March 30– Gracey Garrison



Us! www.facebook.com/bakerco4h



Happy St. Patrick's Day!



Did You Know:

The color originally associated with St. Patrick was blue; green became associated during the 19th century.



Looking for community service? Youth ages 13-18 that would like to earn service hours please contact Ms. Shaina, at 259-3520.

Ag & Natural Resources Notes

By:

*Michael Davis,
Agriculture Agent*

Spring 2013 Forage Seed Prices

Springtime brings planting of all sorts, but if you are planning to replant forages for livestock, now is the time to get prepared. One of the main considerations is the type of forage you want to plant and the cost of seed for that forage. Dr. Ann R. Blount, Forage Breeding and Genetics Professor at the University of Florida has provided some details on pricing and recommended seeding rates for typical forage plants. The prices below are averaged across a number of Florida companies that market seed across NE and NW Florida, so you may see some fluctuation. Please also note that most Spring seed supplies are not yet or are just beginning to be in stock. If you have further questions, please contact Michael Davis at the Baker County Extension Office or your local County Extension Office.



Bahiagrass—seeding rate of 15-25 lbs./acre

- Argentine: \$2.80—\$3.20 / lb.
- Pensacola: \$2.25—\$2.50 / lb.
- Tifton 9: \$5.00 / lb. (certified seed only)
- TifQuik: \$5.00 / lb.
- UF-Riata: \$5.00 / lb.

Claypea—seeding rate of 60-90 lbs./acre

- \$40—\$50 / 50 lb. bag

Aeshynomene—seeding rate of 6-8 lbs./acre (dehulled)

- \$3.00 / lb.

Pearl Millet—seeding rate of 24-30 lbs./acre broadcast or 8-10 lbs./acre drilled

- \$55 / 50 lb. bag

BRM Sorghum—seeding rate of 10-15 lbs./acre broadcast or 6-8 lbs./acre drilled

- \$50—\$60 / 50 lb. bag

Alyceclover—seeding rate of 12-15 lbs./acre

- \$1.00 / lb.

Average Nutrient Composition of Poultry Manure Types

Animal manures have long been used as crop fertilizer. The table below lists the average nutrient composition of common poultry manures and litters as they would be applied to forage or cropland. Please note that actual values may differ depending on the type of bird, amount of litter material and length of storage.

Manure Type	Total N	Ammonium (NH ₄)	Phosphorus (P ₂ O ₅)	Potassium (K ₂ O)	lb. / ton
Fresh (No Litter)	26	10	17	11	
Broiler House Litter ¹	72	11	78	46	
Roaster House Litter ¹	73	12	75	45	
Breeder House Litter ¹	31	7	54	31	
Stockpiled Litter ¹	36	8	80	34	

¹ Annual manure and litter accumulation; typical litter base is pine shavings (occasionally sawdust or peanut hulls).

Baker County Extension Service
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ADDRESS SERVICE REQUESTED

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 five (5) 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).

SECOND REQUEST

If you would like to remain on the **Baker Bulletin** mailing list in 2013, please complete the form below and mail it or bring it to our office. Individual program newsletters, such as Horticulture and FCS will continue to be produced individually on an electronic basis. You can renew any newsletter subscription by visiting our website at <http://baker.ifas.ufl.edu>.

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ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE: _____ RACE _____ GENDER _____

Please check this box if you prefer to receive the newsletter by email.

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Macclenny, FL 32063