



The Baker Bulletin

A
Baker County
Extension
Service Monthly
Newsletter

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Dear Extension Friends,

Another month has come and gone and we have been busy at the Extension office with programs on pesticides, gardening, weight loss and youth development. If you have children of 4-H age, please make sure to check out Shaina’s page for information on summer camps. Also, please remember to go by the Baker County Farmer’s Market and check out our local vendors (information on the back page). As always, if you need assistance, give us a call or stop by our office.

Sincerely,

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



Contact Information—Baker County Extension Service

1025 W. Macclenny Ave., Macclenny, FL 32063

Phone: (904) 259-3520, FAX: (904) 259-9034

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:

2

Alicia Lamborn,
Horticulture Agent

Gardening For Hummingbirds

To keep hummingbirds in your yard, you must garden for them.



◆ Provide red, orange, and pink flowers.

Hummingbirds are not born with an attraction to certain colors but because most nectar-bearing flowers available to hummingbirds are red, orange, or pink, they quickly come to favor those colors.

◆ Choose plants that produce tubular flowers.

Tubular flowers are generally the best since they hold large amounts of nectar at their base. Other flowers may attract hummingbirds, but will not provide nectar due to the flower shape.

◆ Provide blooming plants (nectar) throughout the season.

Nesting hummingbirds will need nectar from March to September. Therefore, your garden should have numerous nectar plants available throughout this time. It is best to plant a variety of species and to arrange these flowers in several groupings. Nesting hummingbirds are very aggressive and territorial around their food source. Having more than one flower garden will allow several hummers to feed at the same time without conflict.

◆ Supplement your plant nectar sources with artificial feeders.

Packages of instant nectar may be purchased, or you also can prepare your own solution with 1 part white, granulated, cane sugar to 4 parts water. Boil the sugar solution to help dissolve the sugar. Then allow it to cool before filling a feeder. This concentration is about the same as that in wildflower nectar. Using a sweeter solution, sugar substitutes or honey could be lethal to hummers. It also is not necessary to add red food coloring since the birds will be attracted to the red feeders. Different feeder styles are available. The ones with perches are fine but not necessary; the upside-down jar-and-tube feeders have a tendency to leak. If ants are attracted, moisten the hanging wire with cooking oil. Space feeders at least 10 feet apart in a place out of direct sunlight and where they will not get diluted by rain.

◆ Keep the hummingbirds healthy.

Sugar solutions must be kept fresh. Florida's hot weather can cause rapid bacterial growth in these feeders and birds that drink contaminated water could die. To avoid this, change the solution every 3-5 days. Clean the feeders with hot water and white vinegar. Do not use soap or chlorine bleach.

Note: Artificial feeders will attract hummingbirds, but should not be the sole source of food provided since they provide little nourishment. Nectar is much more than just water and sugar!

Source: Schaefer, J. and Huegel, C. *Hummingbirds of Florida* <http://edis.ifas.ufl.edu/uw059>

Suggested Hummingbird Plants

Red Buckeye (*Aesculus pavia*)

Tree: 15-20' tall Partial Sun—Shade
Red Flowers in Spring

Bottlebrush (*Callistemon spp.*)

Tree: 6-30' tall Full Sun—Partial Shade
Red Flowers in Spring—Fall

Coral Bean (*Erythrina herbacea*)

Shrub: 2-4' tall Full Sun—Partial Shade
Red Flowers in Spring

Red Star Hibiscus (*Hibiscus coccineus*)

Shrub: 5-6' tall Full Sun—Partial Shade
Red Flowers in Late Spring—Summer

Cross Vine (*Bignonia capreolata*)

Vine: Height Varies Full Sun—Shade
Orange Flowers in Spring

Firespike (*Odontonema stricta*)

Perennial: 2-6' tall Full Sun—Partial Sun
Red Flowers in Fall

Shrimp Plant (*Justicia brandegeana*)

Perennial: 2-6' tall Full Sun—Partial Sun
White Flowers in Spring—Summer

Cardinal Flower (*Lobelia cardinalis*)

Perennial: 3-6' tall
Wet Sites in Full Sun—Shade
Red Flowers in Summer—Fall

Butterfly Milkweed (*Asclepius tuberosa*)

Perennial: 2-5' tall
Full Sun—Shade (varies by species)
Red/Orange/Yellow Flowers in Spring—Fall

Food Safety: Summertime Grilling

Grilling is one of the healthiest forms of cooking and a summertime staple. Backyard burgers, tasty T-bones, and crispy corn on the cob are just a few of the delicious things that can be cooked on the grill. But research has shown that if done improperly, the food can become charred. That char can be chock full of cancer-causing compounds called carcinogens. But have no fear! Here are six strategies for grilling the healthier way:

Timely flipping. Too much flipping can tear the meat and make it dry. Don't force it! When the food gives with a gentle tug, it's ready to flip.

Proper portions. Cubing or slicing the meat into smaller portions can speed up cooking time. Try quick cooking options such as shrimp or fish.

Less is more. Foods that cook faster are less likely to char. Also, keep track of the internal temperature. Avoid cooking meats past their temperature goal: 165 degrees F for poultry, 160 degrees F for ground meats, and 145 degrees F for steaks and chops.

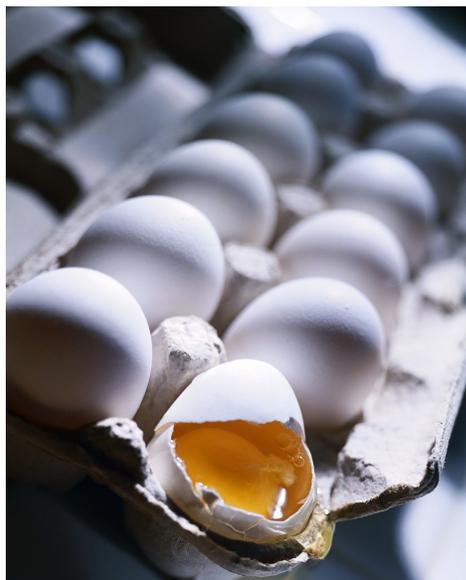
Avoid flare-ups. Never put water on a grease fire. If you have a flare-up, simply move the food to a cooler part of the grill, or set it aside while the fire dies down.

Try something different. Grilling isn't just for meat, you know. A variety of foods including fruits, vegetables, and breads can also be deliciously grilled.

Keep it clean. Cleaning the grill rack regularly can prevent burned bits of food from causing future flare.



National Egg Month! A Few Egg-citing Facts



May is National Egg Month and to celebrate, here are a few *egg-cellent* facts about one of America's favorite foods:

The shell is composed of fine layers of calcium carbonate, but also has two shell membranes attached to it. These membranes separate over time, creating an air cell at the large end of the egg. That's why older eggs float in water, while fresh eggs sink.

Another name for the egg white is **albumen**. Composed of water and protein, it also contains riboflavin, niacin, magnesium, and potassium. Fresh egg whites are cloudy.

The yolk contains all of an egg's fat as well as cholesterol, vitamins A, D, and E, and nearly half of an egg's protein. The color of the yolk is dependent on the bird's diet and has absolutely no effect on the egg's nutritional value.

A large egg contains 75 calories, 5 grams of fat, and 6.3 grams of protein. The color of an egg's shell depends on the breed of hen that lays it. The egg shell color does not affect the egg's nutritional profile and there are no flavor differences between white and brown eggs.

May 2012

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 	JUNE 27 	JUNE 28 

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.



Upcoming Programs & Events

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

- May 4-6** **Florida Blueberry Festival.** *Brooksville, FL.* For additional information please contact general.mail@floridablueberryfestival.org or see <http://www.floridabluberryfestival.org>
- May 7-10** **2012 Aquatic Weed Control Short Course,** *Coral Springs, FL.* Earn up to 20 CEUs and fully recertify in Florida for Aquatics, Natural Areas or Right-of-Way. For additional information and registration please go to: <http://www.conference.ifas.ufl.edu/aw/>.
- May 17** **FL-GA Eastern Wild Turkey Extravaganza: Field Day, Trade Show & Banquet,** *8:00am—7:00pm, Osceola Plantation, Thomas County, GA.* Registration is \$75 for all events or \$30 for the field day & trade show or \$55 for the trade show and banquet. Pre-registration is required. For additional information or to register, please go to <http://flgaextgamemgmt2012.eventbrite.com/>.
- May 31** **Managing Nuisance Wildlife in Your Yard,** *6:00pm—8:00pm, UF/IFAS North Florida Research and Education Center, Quincy, FL.* RSVP by May 29. For additional information, contact Alex Bolques (abol@ufl.edu, 850-875-7255) or Holly Ober (holly.aber@ufl.edu, 850-875-7150).
- May 31** **Tri-County Pond Workshop,** *5:00pm, Bradford County FFA Farm.* This program will offer pond owners advice on maintaining quality of your pond, herbicide use, fish distribution and general pond maintenance. Contact the Baker, Bradford or Union County Extension Offices to register.
- June 27** **NFBFG Weed Workshop,** *8:30am—11:00am, Sonny Register Farm, Sanderson, FL.* This program will offer weed solutions for pasture and forage land along with a demonstration of the effectiveness of different available herbicides on common pasture and forage weeds. For additional information contact you local County Extension Agent.
- June 28** **Forest Stewardship Workshop: Grow Timber Revenue,** *9:00am—3:00pm, UF/IFAS Nassau County Extension Office, 543350 US Hwy. 1, Callahan, FL 32011.* This program will provide guidance on timber management and market strategies. Details and registration can be found online at <http://fsp-workshop062812.eventbrite.com>

4-H Events & Club Meetings for May:

- May 1—Horsepower/Hoof-N-Around—6:30pm, classroom
 May 8 & 22—Cloverleaf Cloggers—7:00pm, Keller Intermediate
 May 24—Livestock Club—6:00pm, classroom



Lucky Clover Chronicle

By:
Shaina Bennett,
4-H Extension Agent



Summer is almost here!

I am so excited for this summer's line up of day camps and overnight camp!

Be sure to get registered as soon as possible! All day camps are limited on space, the sooner you sign up the better chance you will have at being apart of our day camps!

In addition to day camps, there is a sleep away camp that 4-H offers. Camp Cherry Lake is in Madison, Florida and is the oldest of all four 4-H camps in the state. When Baker County 4-H goes to Camp Cherry Lake, we not only camp with 4-Hers from Baker County, but also with 4-H members from Nassau and Madison Counties.



This year's theme is "Traits of a Champion" as shown. Some activities that you could participate in camp are:

- *Junk Drawer Robotics *Shooting Sports
- *Swimming *Dynamic Planet *Sports *Campfires
- *Curious Clovers (Entomology and outdoor cooking/survival)

It is going to be a jam-packed week of fun! I hope that you can register for Camp Cherry Lake and look forward to having a wonderful summer!

All of the information for Baker County's 4-H Summer Day Camps and Residential Camps are located at the extension office or at <http://baker.ifas.ufl.edu>.

If you would like to request more information, please call 904-259-3520 or email slbennett@ufl.edu.

JOIN THE REVOLUTION OF RESPONSIBILITY

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Events:

- May 1—Ag Literacy Day.
- May 5– District Events, Gainesville.
- May 21– Awards Banquet, Auditorium. 6 pm.
- June 1– **Deadline to register for Camp Cherry Lake**
- June 11-14– Wild Outdoors Day Camp, \$40
- June 18-22– Camp Cherry Lake, \$205
- June 25-29– 4-H Legislature, \$225
- July 6– District Retreat, Itchetuknee
- July 7– Weigh-in 8-10am, fairgrounds
- July 9-12– Country Critters Day Camp, \$40
- July 16-19– Colonial Campers, \$40
- July 23-26– Crafty Creations, \$40
- *The deadline to register for all day camps is two (2) weeks prior to the camp. Remember, space is limited so sign up as soon as possible.**



Us! www.facebook.com/bakerco4h

Birthdays for May:

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

- 04– Cody Bennett
- 12– Trenten Miller
- 18– Chelsea Scherf
- 21– Cody Milton
- 23– Destini Hires



Did You Know:

There was once a Florida 4-H Camp called Camp Doe Lake? Here is a group of 4-H campers from 1972.



Timber Mart-South Summary 1st Quarter, 2012

The information in the following table was extracted from the Timber Mart-South first quarter 2012 report, which was released in April 2012. This information is compiled from many different sources and can be useful in identifying trends over time. However, it may not necessarily reflect current conditions in your particular location. Prices for timber may vary due to general market conditions and other influences such as: tract size & access, quality, quantity & size of timber and distance to mills. In the table, Region 1 covers central and northeast Florida, while Region 2 includes the panhandle. Landowners who are considering a timber sale should consider using the services of a consulting forester to help them obtain the best current prices for their product.

Stumpage Prices, 1st Quarter, 2012				
Product	Region	Average (\$)	Range (\$)	\$ per Ton
Pine Pulpwood (\$/Std. Cord)	Northeast (1)	26	18—35	11
	Northwest (2)	30	27—34	
Chip-n-Saw (\$/Std. Cord)	Northeast (1)	39	32—47	16
	Northwest (2)	46	40—51	
Pine Sawtimber (\$/MBF Scrib.)	Northeast (1)	183	165—202	23
	Northwest (2)	169	143—195	
Oak Sawtimber (\$/MBF Doyle)	Northeast (1)	137	98—176	15
	Northwest (2)	133	98—169	
Mixed Harwood Sawtimber (\$/MBF Doyle)	Northeast (1)	114	92—136	12
	Northwest (2)	103	72—134	
Pine Plylogs (\$/MBF Scrib.)	Northeast (1)	229	189—269	28
	Northwest (2)	193	180—206	
Power Poles (\$/MBF Scrib.)	Northeast (1)	418	382—454	56
	Northwest (2)	426	385—466	
Harwood Pulp (\$/Std. Cord)	Northeast (1)	15	11—20	6
	Northwest (2)	19	15—24	

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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).



Baker County Farmers Market



The Baker County Farmers Market is open for the season! Please come out and support local growers, producers and craft-makers at the Baker County Farmers Market. The Market is at Memorial Park (next to the football stadium). There will be many attractions throughout the year including live entertainment and animal adoptions. If you are interested in booth space at the Farmers Market, please contact the Baker County Chamber of Commerce at (904) 259-6433 or visit the Chamber at their office at 20 E. Macclenny Ave.

