



The Baker Bulletin

A
Baker County
Extension
Service Monthly
Newsletter

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Dear Extension Friends,

We have a request for our readers this month; we need your feedback via a survey. By including your contact information in your response you will be entered to win a gift basket that includes: 1) UF | IFAS Tote, 2) Florida Yards & Neighborhoods Handbook, 3) Simply Florida Cookbook, and other items. The survey can be found online at <http://goo.gl/forms/OwZnegExAX>. The link can also be found on our webpage or by the QR Code below. As always, if we can help you in any way, please do not hesitate to contact us.

Sincerely,

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



UF UNIVERSITY of FLORIDA
IFAS Extension
Baker County Extension

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Highlights in Horticulture

By:
Alicia Lamborn,
Horticulture Agent

Think Twice Before Over-seeding Lawns with Winter Rye

Some folks like the idea of planting a temporary grass, such as ryegrass, to provide a green lawn all winter long. While lush green grass during winter can be an advantage, it can also come with some disadvantages.

Take the following information into careful consideration before planting winter rye this season:

You'll need to water your overseeded lawn frequently until it has germinated. Your lawn's growth is slowing this time of year, getting ready to go dormant for the winter season. This means that the lawn requires even less water than it did during the active growing season, and overwatering now could result in many problems, including root rot.

Once the winter lawn is established, it will require watering, mowing, and fertilizing. Once the winter lawn is established and actively growing, your summer lawn should be "sleeping". Applying water and fertilizer to the winter lawn will only force your summer lawn out of dormancy, making it more susceptible to cold injury, decline, and possibly death. The added mowing will of course drive up your maintenance costs, and if not collected, clippings can contribute to excess thatch buildup.

Grasses used for over-seeding will die off as temperatures rise in the spring. Pythium Blight is a disease that affects cool-season turfgrasses overseeded as winter cover, but can also affect Bermuda lawns. The disease occurs during wet periods and high temperatures, sometimes typical of spring. The pathogen can kill seedlings as well as established turf. If you lawn is planted with a species other than Bermuda, you shouldn't have to worry about this disease, but should still consider the effects of the dying winter lawn on thatch buildup.

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Ultimately, the choice is yours and perhaps taking a low maintenance approach with your winter lawn will protect your summer lawn from some of these possible negative consequences.



FALL Color in Florida

Our Florida trees may not display the most brilliant fall color in the country, but there are many species that can be quite impressive under the right conditions.

The fall colors that we enjoy are the result of changing concentrations of pigments in leaves. For some plants, chlorophyll (green pigment) production decreases in the fall while the concentrations of carotenoids (pigments responsible for the orange and yellow hues) and anthocyanins (pigments responsible for red and purple colors) increase. So why do we get to enjoy fall color in Florida some years but not others? Well that has to do with the weather, since colors develop best in response to the shorter days/longer nights of autumn, and the steady, gradual change in weather to warm, sunny days and cool nights.

If you are interested in planting for fall color, consider finding a spot for some of the following plants in your landscape:



- Florida Maple — yellow, followed by orange & red
- Red Maple — red, purple
- White Ash — yellow, purple
- Sweetgum — yellow, orange, red, purple
- River Birch — yellow
- Flowering Dogwood — red to maroon
- Sourwood — red, orange
- Rusty Blackhaw — scarlet red to purple
- Black Gum — scarlet red to purple (shown above)
- American Elm — yellow (shown below)
- 'Bradford' Pear —yellow, orange, red, purple
- Oak-leaf Hydrangea — yellow, orange, red, burgundy



Keep in mind that the intensity of fall color for some species may depend on the planting site, including the amount of sun the plant receives.

Visit the Arboretum: Many of the species listed above are located in the arboretum at the Baker County Extension office which is open to visitors during business hours.



4-H AWARDS CEREMONY



November 14, 2014, 6:30pm, Ag Center Auditorium

4-H will provide meat. Please bring a side dish/finger food and non-perishable food item for families in need. Please come and support all of the good things 4-H members do throughout the year!

Clover Points winner will be announced!
Clover Points due November 3rd by 5pm



4-H STEM FAIR WORKSHOP



Are you interested in the areas of Science, Technology, Engineering, and Mathematics? A STEM Fair Workshop is being held on December 12th, 2014, 10:00am– 12:00pm, 4-H Classroom. Learn the Scientific Method, how to create a display board, see project examples, and more!

The County STEM Fair is
January 30th at 9:00am
4-H Classroom

Overall winner will receive
a microscope kit!

The District STEM Fair is
February 27th at 9:00am,
Suwannee Co. Extension Office



4-H Holiday Party



December 5, 2014, 6:00pm (After Holiday Bake-Off), Ag Center Auditorium

Please bring finger foods/appetizer. Dessert will be provided.

Bring items for soldier care packages (candy, toothpaste, deodorant, etc.)

Awards from the Holiday Bake-Off will be announced!

Minute to Win It Games! Make holiday cards for soldiers overseas! Meet members from other clubs!

Congratulations to Ms. Sherri Harris of Glen St. Mary. Ms. Harris won our gift basket drawing for signing up for our newsletter at the Baker County Fair. Please complete our Newsletter Survey (see page 1) for a chance at another Gift Basket.

Congratulations, Ms. Harris, and thank you for supporting the Baker County Extension Service.



Holiday Bake-Off 2014

December 5, 2014

Drop items off- 8:00am-9:00am

Judging- 9:30am

Ag Center Auditorium

Awards/Tasting at the Holiday Party

The purpose of this event is to encourage adults and youth to work together on a project, for the adult to teach the 4-H'er how to prepare a family favorite, and for the 4-H'er to learn and improve their cooking and food safety skills.

Cakes

Decorated cakes

Cupcakes

Pies

Candies

Cookies

Gingerbread Cookies

Brownies/Bars

Breads

Decorated Cakes

Specialty (not edible)-

Gingerbread houses, cakes that shouldn't be sampled

Lighter Recipes- healthy recipes that use less sugar, salt, and fat

ONLY ONE ENTRY PER CHILD PER CATEGORY



Overall Winner receives a Giant Golden Spoon Award and A Cooking Gift Set!



November 2014

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

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.



4-H



Horticulture



Agriculture

Upcoming Programs & Events

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

- Nov. 12** **2nd Annual Northeast Florida Livestock Agents' Group Goat Workshop**, 4:00pm to 7:30pm, Bradford County Fairgrounds, 2300 N. Temple Ave., Starke, FL 32091. Please join NFLAG for our annual Goat Workshop. There will be two sections offered for the workshop, a Beginner Track and an Advanced Track. Beginner Track topics include: 1) Hoof Trimming, 2) Goat Deworming 101, 3) Doe Selection, 4) Pasture Management and 5) Toxic Weed Control. Advance Track topics include: 1) Recordkeeping for Genetic Selection, 2) Advanced Parasite Management, 3) Goat Marketing and 4) Selecting Feed Rations. There will also be a panel discussion with the topic presenters. Dinner will be provided. Registration is \$10.00 per person and should be confirmed by November 7th to the Bradford County Extension Office (904-966-6224).
- Nov. 18-19** **Drip Irrigation School**, 8:30am (Nov. 18) to 1:00pm (Nov. 19), Suwannee Valley Agricultural Extension Center, 8202 CR 417, Live Oak, FL 32060. This two day program covers design, maintenance and operation of a drip irrigation system. It is designed for the small farmer who wants to learn how to set up and use a system, how to schedule irrigation events, information about fertigation, chemigation and troubleshooting. To register, please visit <http://www.eventbrite.com/e/12579941945>. For additional information or questions, contact Bob Hochmuth at 386-362-1725, ext. 103 / bobhoch@ufl.edu or Aparna Gazula at 352-955-2402 / agazula@ufl.edu.
- Nov. 21** **Building Your Own Farm's Food Safety Manual**, 8:15am to 5:00pm, Suwannee Valley Agricultural Extension Center, 8202 CR 417, Live Oak, FL 32060. This one day workshop is targeted to fruit and vegetable field or greenhouse operations and will help growers to develop their own food safety manuals. To register, please visit <http://www.eventbrite.com/e/13152442309>. For questions or additional information, please contact Dilicia Toro at 386-362-1725, ext. 116 or dtoro@ufl.edu.
- Mar. 2015** **Hydroponic Workshop: Starting a Successful Hydroponic Business**, Suwannee Valley Agricultural Extension Center, 8202 CR 417, Live Oak, FL 32060. This is a two day course and will be held on both March 16-17 and March 20-21, 2015. The workshop will feature hands-on activities inside 3 greenhouses, a shade house and 2 tunnel structures. Topics will include: 1) Structures for protected culture, 2) Starting transplants, 3) Soilless media systems, 4) IPM, 5) Water and nutrient management, and 6) Specialty crops. To register for the March 16-17 class, please visit <http://www.eventbrite.com/e/12569151671>. To register for the March 20-21 class, please visit <http://www.eventbrite.com/e/12569847753>. For questions, please contact Bob Hochmuth at 386-362-1725, ext. 103 / bobhoch@ufl.edu or Wanda Laughlin at 386-362-1725, ext. 104 / solus@ufl.edu.



4-H Club Meetings & Events:

All County 4-H Club — Thursday, Nov. 13—
6pm, classroom

Livestock Club — Meet at Awards Ceremony

Cloverleaf Cloggers — Tuesdays at 7pm—
Fabulous Footworks.

Important Dates:

November 14—Awards Ceremony, 6:30pm, Extension Auditorium. Please bring a side dish /finger food and non-perishable food items.

November 30—Thank you letters are due to the Extension office. There is a \$50 penalty if late. Contact Ms. Shaina with any questions.

Lucky Clover Chronicle

By:
Shaina Bennett,
4-H Agent



Fun Filled October!!

October was a very busy month! Many of our 4-H members participated in the Baker County Fair and some attended the Sunbelt Agricultural Exposition in Moultrie, GA. Both events were very successful for our members! Congratulations to our winners from the Fair!

Dog Show:

Small Breed Best in Show– Allison Bennett

Medium/large Breeds– Molly Walters

Horticulture:

Award of Merit– Gracie Gray

Beef Breeding:

Grand Champion Home Grown– Jacquez Ruise

Beef Showmanship:

1st– Chase Gaskins, 2nd– Jacquez Ruise, 3rd– Patrick Ruise

Goats:

Jr Showmanship– Penny Davis

Rabbits:

Best of Show 1st Runner-up– Katie Sluski

Rabbits (continued):

Best of Breeds: Gracie Milton, Joshua McElmurry

Poultry:

Reserve of Show: Cody Bennett

Grand Champion Pullets: Clairra Sluski

Reserve Champion Pullets: Nathaniel Matthews

Best Male Production: Clairra Sluski

Best Female Production: Cody Bennett

Best Male Bantam: Kaleb Lewis

Best Misc.– Lucas North

Sr. Showman– 2nd- Blaine Turner

Int. Showman– 1st– Alex Hill, 2nd– Clairra Sluski, 3rd– Kaleb Lewis

Jr. Showman– 1st- Nathaniel Matthews, 3rd– Kash Addy

Herdsman:

Corporate– Baker County 4-H

Individual– 1st– Jacquez Ruise, 2nd– Boomer Davis

Events:

Nov 03– Clover Points due by 5pm!

Nov 11– 4-H Office Closed– Veterans day

Nov 14– 4-H Awards Ceremony 6:30pm, Auditorium, please bring a side and non perishable item

Nov 22– Cloverleaf Cloggers Perform, Heritage Park, 2pm

Nov 30– Thank You Letters Due Today for Fair Buyers!

Dec 05– Holiday Bake-Off, Drop items off– 8:00am-9:00am

Dec 05– Holiday Party/Bake-Off Awards, 6:00pm , Aud.

Dec 12– STEM Fair Workshop, 10am-12pm, 4-H Classroom

Those that are in school and interested in participating please let Ms. Shaina know and she can set an additional workshop time.



Birthdays for November:

Wishing all of you a very **Happy Birthday!**

Nov 15– Abigail North

Nov 28– Weston Sands



Like Us! www.facebook.com/bakerco4h

Holiday Bake-Off Entry Form

Entry Form Must Accompany Each Item

Name: _____ Age: _____

Phone #: _____

Item Category: _____

Item: _____

Ingredients:

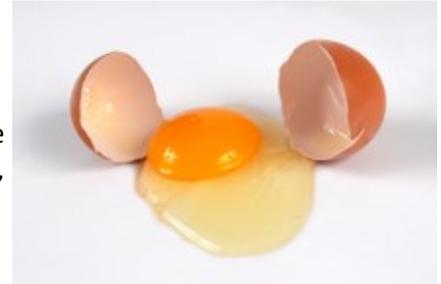
Oct 24-Nov 4– Ms. Shaina will be attending the National Meeting for 4-H Agents. She will be unavailable during this time.

Questions and Answers About Eggs

Many backyard poultry producers maintain their flock for egg production. Whether you are consuming the eggs yourself, giving them to your friends and neighbors or selling them, there are a few facts about eggs that you should be aware of:

Question: Why are yolks yellow? Why do egg yolks vary in color?

The color of an egg yolk is determined by the amount of pigment that is deposited into the yolk as it grows larger within the hen. The pigment is actually a group of pigments that are yellow to orange in color and are called xanthophylls. These xanthophylls are plant-based pigments that are ingested by the hen when she eats. Thus, the color of the yolk and its intensity is dependent on the diet of the hen. Hens that consume a diet that has a lot of yellow corn in it will produce the 'sunshine yellow' colored yolks that we typically see in the South. A hen's diet can be supplemented with substances that contain large amounts of xanthophylls, such as marigold petals, so that she will have yolks that have a deeper, almost orange color. Backyard birds that are allowed to range on grass and other foliage will typically have a deeper yellow to orange color. UF | IFAS Photo: Marisol Amador



Question: Do different yolk colors mean different nutritional qualities?

No. As stated above, the color and intensity of the yolk color is dependent on the diet of the hen. Differences in this color or intensity do not indicate a difference in the nutritional value of the eggs. All egg yolks, yellow or orange, are a very good source Vitamin A.

Question: Is there a difference in the nutritional quality of brown-shelled and white-shelled eggs?

No. The color of the eggshell is determined by the breed of hen that lays the egg. Hens that lay brown-shelled eggs will have red ear lobes and those that lay white-shelled eggs will have white ear lobes. There may even be a variance in the deepness of the brown color of eggs laid by the same hen. If given the same diet, a brown egg layer and a white egg layer will produce eggs that have the same nutritional value.

Question: Are fertile eggs more nutritious to eat than non-fertile eggs?

No. If an egg is fertilized, that means that it has a chance, if incubated properly, to form into a chick. However, if the egg is collected for human consumption and not incubated it cannot develop.

Question: Can you eat eggs from species other than chickens?

Yes. In many parts of the world eggs from other poultry species are consumed on a regular basis, such as duck, quail and even ostrich. However, these eggs often have a different flavor and slightly different texture than the chicken eggs that most Americans are used to.

Question: Why does the albumen (white) sometimes look cloudy when the egg is cracked open? What about a greenish or yellowish color in the albumen?

Cloudiness in the albumen of a freshly cracked egg is caused by carbon dioxide that is present in the egg, but has not had time to escape from the pores of the egg. This is usually an indication that the egg is very fresh. These eggs are completely safe to eat. If you notice a slight green or yellow color in the albumen of a fresh egg it is an indication of high levels of riboflavin, also known as Vitamin B₂. These eggs are safe to consume.

Question: Why are my hard-cooked (hard-boiled) eggs difficult to peel?

There are few things more frustrating than trying to peel a hard-cooked egg that doesn't want to peel easily. Hard-cooked eggs that are hard to peel are usually very fresh. As the egg ages, there will be changes in pH and carbon dioxide levels. These changes will actually make the eggs easier to peel. Eggs that are a few days old will peel easier than fresh eggs.

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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).



The UF Weight Management Program Is Now At Your Local Extension Office!



Looking for a way to lose weight and get healthier? You are not alone. More and more Americans are becoming overweight, increasing risk for certain health problems, such as high blood pressure, diabetes and heart disease.

The University of Florida is conducting a weight management program at the Baker County Extension Office in Macclenny. Eligible adults can participate in this no-cost healthy lifestyle program aiming to help participants lose weight, increase fitness, improve nutrition and manage stress. Sessions will be conducted by leaders with expertise in weight management, nutrition and physical fitness.

Compensation for travel to sessions will be provided.

Call toll-free now for more information: 1-877-273-5325