



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 Friendly Landscaping Handbook with Plant Guide, 3) Outdoor Water Saving Kit, 4) UF/IFAS Insect Field Guide, 5) A Vegetable Seed Variety Pack, 6) a 4-H Day Camp Voucher, and 7) two 4-H Cups. The survey can be found online at <http://goo.gl/forms/4Zcvxl9UV4> or by the QR Code below. Survey expires Friday, November 13th at 5pm. As always, if we can help you in any way, please do not hesitate to contact us.



Sincerely,

Michael A. Davis
Director / Agriculture Agent
UF/IFAS Extension Baker County

UF UNIVERSITY of
FLORIDA
IFAS Extension
Baker County Extension

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)

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Highlights in Horticulture

By:
Alicia Lamborn,
Horticulture Agent

Plant of the Month: Swamp Sunflower

This Florida native sunflower grows in low wet areas throughout the state, but also performs well in drier landscapes. It is sometimes called Narrow-leaf Sunflower, which describes its long, narrow leaves that are rough like sandpaper. However, the plant is better known for its tall stems that display profuse numbers of golden yellow flowers in late summer and fall. It is root hardy in areas across the southeastern United States, and spreads by underground rhizomes to form large clumps.



The Swamp Sunflower reaches up to 6 feet tall when blooming and flowers attract bees and butterflies to the garden. Since clumps may become quite wide over time, plants should be spaced 3-5 feet and given plenty of room to grow. When root masses become too large, they can be divided in spring or autumn and shared with friends.

Like other sunflowers, this plant performs best in full sun. Plants grown in partial shade will not produce as many flowers, will become leggy and may fall over without support. As its name implies, the Swamp Sunflower thrives in moist areas, but will also thrive in well-drained garden soils if watered during dry spells. You can cut the plant back in early June to make it bushier when it blooms later in the year. Then cut back the dead stems after flowering to maintain a neater appearance.



The Swamp Sunflower can be found blooming in the Extension Office Butterfly Demonstration Garden this month.

Photos by Alicia Lamborn

It's Time To Change Your Clocks

As you go around the house changing the time on your clocks, don't forget one very important clock—your irrigation system timer!

With the change in weather, irrigation systems should be turned OFF completely and used only if needed since plants need less water during the cooler months.



Photo credit: www3.epa.gov

While some irrigation controllers may look complex, most aren't complicated to operate. If you don't know the first thing about operating your irrigation clock, look for instructions on the timer itself or pull out the instruction booklet. You can also find your manufacturer's instructions online and may even find simple how-to videos.

We all know water is a limited resource and should be used wisely, but we often overwater our landscapes unintentionally. Overwatering does more than deplete the water supply; it also makes plants more prone to disease and pests. By choosing and operating a watering system correctly, you can reduce water bills, decrease plant problems, and lower maintenance requirements.

Watering restrictions restrict residents in our area to watering only one day per week from November to March. Homes with addresses that end in an odd number may water on Saturdays, and homes with addresses that end in an even number may water on Sundays. Non-residential properties may water only on Tuesdays.

HOWEVER, even if it is your assigned day to irrigate—that doesn't mean you should irrigate. Many established plants can survive on rainfall alone and scheduled watering only wastes money and water. Don't let the calendar tell you when to water—look to your plants for telltale signs of thirst and turn on your irrigation system manually instead of allowing the automatic controller to run on a set schedule.

**UF IFAS Extension Baker County
Master Gardener Program
2015 Daffodil Bulb Fundraiser**

<p>Autumn Colors (No photo)</p> <p>Autumn Colors is a group of daffodils; petal colors range from white to dark yellow; white, yellow or orange-red cups are often frilled; 8-15 flowers per stem, sometimes up 25-30; fragrant; height and bloom time varies. You will receive a mix of bulbs.</p>		<p>Paperwhites</p> <p>Several white flowers per stem. Strong fragrance. Plant in the garden or in a pot; easy to force indoors also. 12-16"</p>	
<p>Ceylon</p> <p>Strong yellow flower—has orange cup with a red rim. Good in partial shade. Tall, strong bloomer. Flower color does not fade. 14-16"</p>		<p>Erlicheer</p> <p>This double white has up to 15 flowers per stem. Exceptionally fragrant. A very reliable repeat bloomer. 10-12"</p>	
<p>Mid-February</p> <p>Carlton</p> <p>Large yellow flower with a sweet fragrance rather like vanilla. This flower should be the backbone of your daffodil bed. Multiples. Circa 1927. 16"</p>		<p>February</p> <p>Monal</p> <p>Strong overlapping petals with large, deep orange straight cup. Needs good drainage. Tolerates afternoon shade. 16-18"</p>	

DAFFODIL BULB ORDER FORM

Variety	No. of Bulbs	Daffodils \$3 per bag (3 bulbs)	Cost
Autumn Colors		TOTAL # _____ bags	\$
Paperwhites		Free bulbs with every purchase plus planting/growing instructions.	
Ceylon			
Erlicheer			
Carlton			
Monal			

Customer Name:

Phone:

Mail to:
Daffodils – Bulb Order
Baker County Extension
1025 W. Macclenny Ave.
Macclenny, FL 32063

Fax to:
904-259-9034
Attention: Daffodils

Order by Phone:
904-259-3520

 These daffodil varieties are recommended by the Florida Daffodil Society and should be planted in October for blooms January—March.

Funds will be used to support future Master Gardener projects including educational activities and youth gardening programs.

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 	4	5 	6 	7
8	9  	10 	11 Veteran's Day ----- Office Closed	12  	13	14
15	16  4-H Parent Meeting	17 	18	19  	20  	21
22	23	24 	25	26	27 Thanksgiving- Office Closed	28
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. 5** **Master Herdsman Series: Equine**, 6:00pm to 8:30pm, UF/IFAS Extension Clay County, 2463 SR 16 West, Green Cove Springs, FL 32043. For additional information, please contact your local County Extension Agent or visit <http://tinyurl.com/065z3fa> for details and registration.
- Nov. 6** **Mid-Florida Specialty Crops Conference**, 9:00am to 4:00pm, Mid-Florida Research and Education Center, 2725 S. Binion Rd., Apopka, FL 32703. For additional information and to register, please visit <http://www.eventbrite.com/e/mid-florida-specialty-crops-conference-tickets-18249825720>. You may also contact Jose Perez at 352-294-1692 or joseperezoro@ufl.edu for additional details.
- Nov. 9** **Best Practices at Farmers' Markets: Improving Food Safety and Market Growth**, 9:00am to 4:00pm, Straughn IFAS Extension Professional Development Center, Gainesville, FL. For additional information, including pricing and registration links, please visit http://smallfarms.ifas.ufl.edu/calendar/2015_1109_FarmersMarketWorkshopFlyer.pdf
- Nov. 12** **Master Herdsman Series: Goats**, 6:00pm to 8:30pm, UF/IFAS Extension Clay County, 2463 SR 16 West, Green Cove Springs, FL 32043. For additional information, please contact your local County Extension Agent or visit <http://tinyurl.com/065z3fa> for details and registration.
- Nov. 19-20** **Drip Irrigation School**, 8:30am to 5:00pm (Day 1), 8:00am to 1:00pm (Day 2), Suwannee Valley Agricultural Extension Center, 8202 CR 417, Live Oak, FL 32060. Registration deadline is November 12, 2015. For additional information, including pricing, please visit http://smallfarms.ifas.ufl.edu/calendar/2015_1119_DripIrrigation.pdf or contact Dilcia Toro (dtoro@ufl.edu, 386-362-1725, ext. 102) or Karen Hancock (khancock@ufl.edu, 386-362-1725, ext. 101).
- Nov. 20** **Small Ruminant Production Conference**, 9:00am to 5:00pm, UF/IFAS Marion County Extension Auditorium, 2232 NE Jacksonville Rd. Ocala, FL 34470. This program will focus on goat and sheep health, nutrition, production efficiency, and management of your herd or flock. Registration is \$30 per person. For additional information, including registration links, please visit http://smallfarms.ifas.ufl.edu/calendar/2015_1120_SmallRuminantConference.pdf



4-H Club Meetings & Events:

All County 4-H Club — 2nd & 4th Thursday of each month at 6pm in the 4-H classroom

Livestock Club — Livestock Club Awards, Nov 20th @ 7pm, Auditorium

Cloverleaf Cloggers — New Day! Every Tuesday at 8pm at Fabulous Footworks

New Club! Baker Creation Explorers—3rd Thursday of the month at 4:30pm in the 4-H Classroom.

County Council—Ages 10 & up. Meets 2nd Monday of the month at 6pm in the 4-H Classroom.

November

11– 4-H Office Closed– Veterans day

16– Parent Meeting. 6:30pm, Aud.

20– Livestock Club Awards, 7pm, Aud.

26-27 4-H Office Closed– Thanksgiving

30—Thank You Letters Due for Buyers!

December

11– Holiday Bake-Off, Drop off items:

7:30am-9:00am (or Dec 10th by 5pm)

11– Holiday Party/Bake-Off Awards,

6:00pm, Aud.



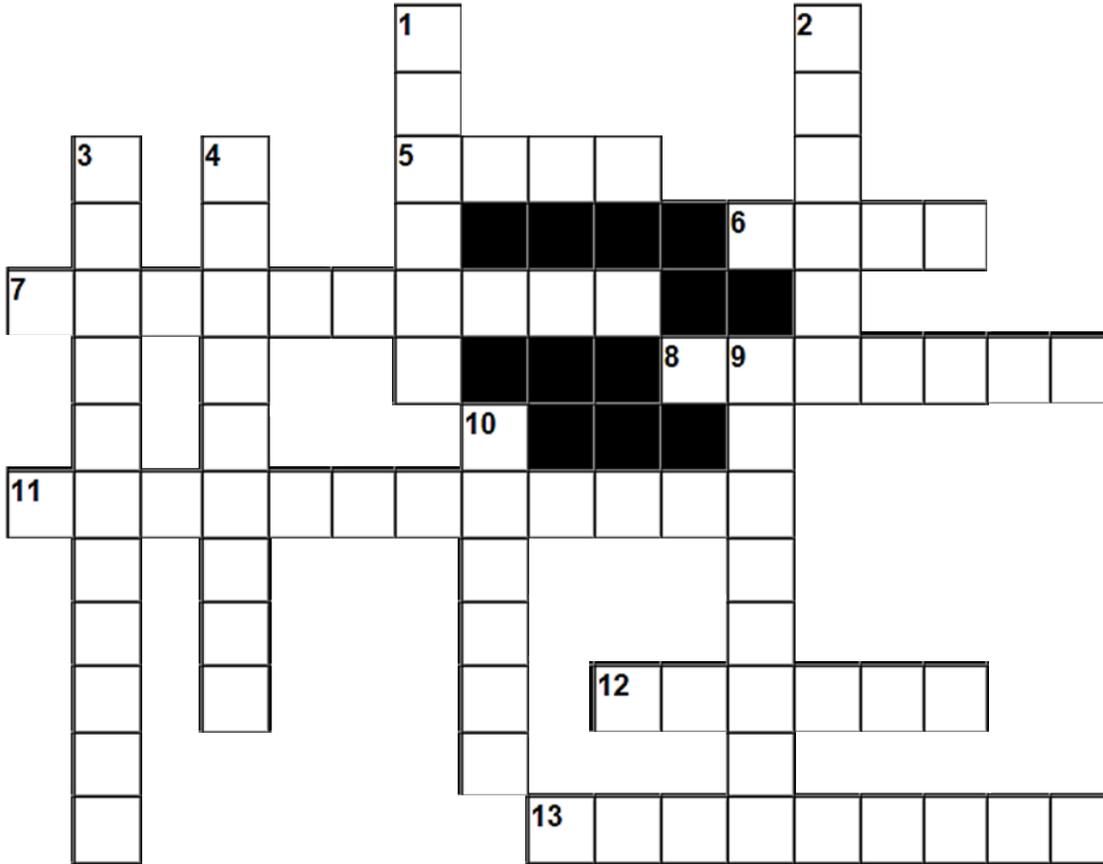
Lucky Clover Chronicle

By:

*Shaina Spann,
4-H Agent*

4-H History Crossword Puzzle

Go to: 4h.org and florida4h.org for help with answers



Across:

- 5 This state started 4-H in 1902.
 - 6 Funds 4-H across the US.
 - 7 Act that created National 4-H in 1914.
 - 8 The type of learning that 4-H focuses on.
 - 11 The first girls' clubs did projects on tomatoes and _____.
 - 12 This type of 4-H club was abandoned in 1963.
 - 13 After 1963, this type of club was adopted.
- ### Down:
- 1 In 1924, the _____ emblem was adopted.
 - 2 In 1907, Oscar _____ created the three-leaf clover pin.
 - 3 The first 4-H clubs were.
 - 4 The Cooperative _____ Service was created in 1914.
 - 9 The Father of 4-H.
 - 10 The last 'H' to be added to 4-H.

Events:

November

- 11- 4-H Office Closed- Veterans day
- 16- Parent Meeting. 6:30pm, Aud.
- 20- Livestock Club Awards, 7pm, Aud.
- 26-27 4-H Office Closed- Thanksgiving
- 30- Thank You Letters Due for Buyers!

December

- 11- Holiday Bake-Off, Drop off items: 7:30am-9:00am (or Dec 10th by 5pm)
- 11- Holiday Party/Bake-Off Awards, 6:00pm, Aud.

Birthdays for November:

- Wishing all of you a very **Happy Birthday!**
- 12- Chase Smith
- 15- Abigail North
- 17- Kenu Turk
- 28- Weston Sands



4-H PARENT MEETING!
November 16th @ 6:30pm
Auditorium
 Important information will be discussed.
 It is suggested that everyone attend.

Happy Thanksgiving!



Baker County Fair Winners

Congratulations to all of our winners!!!
There are too many to list, so we want to wish all of you congratulations on your successes at the 2015 Baker County Fair!

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

Safe Cooking During the Holidays

With thanksgiving, Christmas, and other holidays just around the corner, many families will be cooking large feasts for celebration. It is important to remember that all meats, including poultry, have a certain temperature that must be reached during the cooking process to destroy potential pathogens that may reside on or in the meat.

Many families enjoy turkey during this time of year and there are quite a few ways to cook your holiday bird, including roasting, grilling, smoking, and frying. However it is important to remember a few guidelines when choosing, thawing, and cooking your turkey.

Choosing Your Holiday Turkey

Even though turkey meat has become a popular year-round product for luncheon meats and other times, many families prefer to have a whole turkey during the holidays. When choosing your turkey from the market, please keep the following in mind:

Category	Temperature (°F)
Ground Meat & Meat Mixtures	165 (Poultry) 160 (Others)
Fresh Beef, Veal, Lamb	145
Poultry	165
Pork & Ham	145 (Fresh) 140 (Precooked)
Eggs & Egg Dishes	Firm yolk & white 160
Leftovers & Casseroles	165

Fresh Turkeys

- Allow 1 lb. of meat per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep the fresh turkey in a refrigerated area until ready to cook
- Do not buy fresh, pre-stuffed turkeys

Frozen Turkeys

- Allow 1 lb. of meat per person.
- Keep frozen until ready to thaw.
- Turkeys can be kept frozen indefinitely, but for best quality, cook within one year.
- Only purchase frozen, pre-stuffed turkeys that display the USDA or State mark of inspection.
- Do not thaw frozen, pre-stuffed turkeys before cooking. Cook from a frozen state.



Thawing Your Turkey

There are only three ways to thaw your turkey (or any other frozen meat) safely: 1) in the refrigerator, 2) in **COLD** water, or 3) in the microwave. The size of your turkey will determine the amount of time that it will take to thaw, with larger birds taking the longest time, no matter the thawing method.

IN THE REFRIGERATOR

In general, allow 24 hours of thawing time for each 4 to 5 lbs. of turkey. This means that a 16 lb. bird will take 4 days to thaw in the refrigerator. Turkeys that have been thawed in this manner can be refrozen.

IN COLD WATER

For cold water thawing, you should estimate that it will take around 30 minutes for each pound of turkey. Additionally, you should change the water every thirty minutes. Do not refreeze turkeys that have been thawed in this manner.

IN THE MICROWAVE

If your turkey is small enough to be thawed in the microwave, you should check your owner's manual for specifications. Do not refrigerate or refreeze a turkey that has been thawed in this manner. It should be cooked immediately.

4 to 12 lbs.	1 to 3 days
12 to 16 lbs.	3 to 4 days
16 to 20 lbs.	4 to 5 days
20 to 24 lbs.	5 to 6 days

Time recommendations for thawing turkey in the refrigerator



Baker County Extension Service

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Website: http://baker.ifas.ufl.edu

Non-Profit Org.

US Postage

PAID

Permit No. 17

Macclenny FL 32063

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).

4-H Holiday Bake-Off Entry Form

Entry Form Must Accompany Each Item

Due December 11th, between 7:30-9:00am

Name: _____

Phone #: _____ Age: _____

Item Category: _____

Item: _____

Ingredients:

**New Master Gardener Volunteer
In Baker County**

Congratulations to Ruth Keeney!

Ruth completed an intense 4-week Master Gardener training course and graduated from the program on September 14th.



Master Gardeners complete 50+ hours of college level horticultural training topics. They are then committed to 75 hours of volunteer service to the Extension office during their first year, helping to educate others in the community.

If you are interested in becoming a Master Gardener Volunteer, visit our website to learn more about the program and submit an interest form so that we may contact you regarding the next training.

http://baker.ifas.ufl.edu/Horticulture/master_gardener.html