

UF/IFAS Extension Citrus County

Extension Connection

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"UF IFAS Extension Citrus County"



Extension Notes

BJ Jarvis, Extension Director

Welcome Spring!

Goodbye winter blues and hello spring euphoria! The arrival of spring gives many more energy and a boost to our mood.

This quarter's newsletter focuses on renewal too. Whether it is living well (page 8), reflecting on learning from the past to live in the present (page 10) or it's renewing our outdoor environment, this edition offers tips to improve our life and surroundings.

Also check out our new section called *Nature Naturally*, starting on page 13. While geared mainly to excite youth about the outside world, I hope adults will find the information interesting too. The recipe on page 14 is fun and easy for the kid in all of us. Let us know what you think!

As you enjoy this spring quarter, continue to tap into Extension resources for Solutions For Your Life.

Sincerely, BJ





What Caused That?

BJ Jarvis, Director and Horticulture Agent



Extension's plant clinic is open daily for plant identification, soil pH testing and recommendations for fixing problems.

Most conversations start with "Is this a disease" or "Should I fertilize this?" Let's take a look at some problems that can't be controlled with a chemical.

These plant challenges are called abiotic. In other words, the problem causing symptoms is not a living organism (i.e., an insect or a disease). The three most common problems in the landscape include: moisture extremes, nutritional imbalance and tree girdling.

Moisture Extremes

Too much or too little water in the landscape or houseplants is very common. Many irrigation systems are set for an establishment period, running very frequently, then diseases occur because of too much water. No matter how many fungicides are applied, disease will continue to flourish if watered too frequently. In warm, dry spring, watering once per week, delivering 1/2" to 3/4" of water will encourage deep roots that are resistant to droughts and other problems. Don't know how to reset your irrigation timer? Check out videos on YouTube or the manufacturer's website. They aren't as scary as you might think.





(Continued on page 3)

UF/IFAS Extension Solutions for Your Life URBAN HORTICULTURE

(continued from page 2) WHAT CAUSED THAT?

Nutritional Imbalance

Most common landscape trees and shrubs do not need regular supplemental irrigation or nutrition. Notable exceptions include: turf, palms, roses, and the like. Turf-grasses and roses will consume fertilizers. But do they need it? One application in spring followed by watching for signs of deficiencies is a best practice. And don't fertilize after the end of September. Palms do not like turf fertilizer. So when fertilizing grass within a 25' radius of a palm trunk, substitute a palm special (8-2-12+4MG, preferably in a prilled kieserite form – check out the specialty fertilizers sellers if you don't see it in the mass retailers). Use of turf fertilizer will cause nutritional deficiencies in palms. A shortage of Boron, one of the many essential micronutrients, can kill valuable landscape palms.



Girdling

I am sure it is unintentional but we really mistreat trees! They are one of the best, long-term additions to the landscape, but we don't keep a close enough eye on tree supports and bracing.

Don't do this to your tree!



Constrictions called girdling kills trees by choking off the growing layer (called the cambium) located immediately below the bark. This damage restricts movement of water and nutrients up and down the plant, stopping growth. If caught soon enough, trees will try to heal over the wound. In slower-growing areas of the country (think "up-north"), a tree support would be fine for a full growing season. However, here in Florida, supports should be removed or loosed within three months to avoid damage.

Here in Citrus County, try not to inadvertently harm plants in your landscape with any of these common abiotic challenges.

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Garden Clubs Sprout Creative Ideas

Steven Davis, FFL Program Coordinator

Women's roles in making America beautiful began in part at the turn of the 19th century. In 1891, interest in gardening, garden design and plants inspired a group of women in Athens, Georgia to form the first Garden Club in America. Later in 1913, a federation of groups of like interest established the Garden Club of America and by 1930 garden clubs were springing up in communities throughout the country. In 1932 men joined the fun with the establishment of the Men's Garden Club of America. Today, many community garden clubs are affiliated within one of three national federations including: The Garden Club of America, National Garden Clubs Inc., and The Gardeners of America.







Initially, the study of botany, plant propagation and plant identification blossomed with much of the knowledge gained applied to individual residential landscapes. New plant varieties, color and fragrance of flowers, and placement of shade trees propagated interest in garden design. Creating gardens around the home for aesthetics and comfort was one early desire. Growing vegetables and herbs was a priority in colonial America and kitchen gardens were an important part of conversations as the clubs met to share new discoveries. Floral design was also a keen interest of early garden club members allowing them to bring nature indoors, which continues in most garden clubs today.

As garden clubs grew, a larger purpose was sought by early club leaders. Unsightly roadside billboards were a first target. As automobile traffic grew, advertisers began littering the developing highways with signs. Highway beautification became a theme for many club members. Prior to the second world war many highway projects occurred. In Georgia, 3 ½ miles of planting, a 1mile boulevard of 1900 Crape Myrtles and removal of 5000 roadside signs was spearheaded by garden club members making advertisers quite unhappy. Elizabeth Lawton, an early club leader remarked that "beauty and the billboard cannot exist on the same landscape".

During World War 2, creation of Victory Gardens was encouraged at home to keep groups active. Club sponsored memorial gardens honoring veterans were sprouting in many areas beautifying the landscape as the interstate highway system developed across America.

Florida-Friendly Landscaping™ Florida-Friendly Roadmap

(continued from page 4) GARDEN CLUBS

Conservation became a consistent theme in club projects. Influencing the selection of state birds, state flowers and state trees was also in the basket of club leaders along with other conservation groups. As the environmental movement gained momentum in the early part of the twentieth century, club members were quite active.

In 1965 the Highway Beautification Act became law and with the support of Lady Bird Johnson and enthusiastic garden supporters, wildflower meadows began to sprout on highways across the nation.

Many garden club members are also trained Master Gardeners, in Florida and other states nationwide. Members of this garden group utilize researched information from the University of Florida, among other land grant universities, to educate others interested in gardening. The University of Florida, the Master Gardener Program and the Florida-Friendly Landscaping™ Program all promote appropriate gardening practices ensuring a beautiful landscape, while reducing negative impacts on Florida's environment and protecting valuable water resources in our state.



From left: George Carlson, Mary Belle King Sherman, Ed Taylor, F. O. Stanley, Enos Mills, and Robert Sterling Yard at Rocky Mountain National Park Dedication Ceremony on September 4, 1915.

Photo Credit: National Park Service



President Lyndon B. Johnson signing the Highway Beautification Bill with Jennings Randolph, Lady Bird Johnson, and Pat McNamara on October 22, 1965. Photo Credit: *LBJ Library photo by Yoichi Okamoto*



Controlling Thistle

Clay Cooper, Agriculture Agent



In Florida, there are at least nine different species of thistles and if left untreated, they can quickly become problematic. A single thistle plant can produce at least 4,000 seeds, greatly increasing the chance of higher thistle populations the following year if left uncontrolled. Thick stands can reduce grazing, result in less forage, and ultimately reduce livestock production. In Florida, it is essential to scout fields early as the rosette (**Figure 1**) growth stage occurs primarily in the winter months. Bolting (**Figure 2**) occurs from late January to July, and flowering (**Figure 3**) occurs from April through August.

Identification:

During the first year, the plant will grow as a rosette (a taproot with a cluster of leaves on or near the soil surface). During the second year, a stalk elongates (in a process often referred to as bolting) from the rosette. The plant then flowers, produces seed, and dies. The variation of growth among individual thistle plants as mentioned earlier can make control a daunting task.

Figure 1 Rosette



Figure 2 Bolting



Figure 3
Flower



(Continued on page 7)



(continued from page 6) THISTLE

Control:

Mechanical Control:

Though mechanical control can be utilized for thistles, timing is critical. Ideally, mowing should occur between April to June when the plant is bolting, prior to flowering. Mowing the plant in the rosette stage is ineffective as it will regrow.

Chemical Control:

The use of herbicides is often the most cost-effective form of management in pastures. Again, timing is key, as thistles are highly sensitive to many commonly used herbicides in the rosette stage. The table below shows control rates of thistle at three different growth stages with common pasture herbicides.

Herbicide	Rate	\$/A ^a	Thistle Growth Stage		
			Rosette ^b	Bolting ^c	Flowering
			% control		
2,4-D	2 qt/A	6	90	85	40
Metsulfuron ^d	0.3 oz/A	4	90	40	40
Weedmaster	2 pt/A	5	95	90	55
Remedy Ultra	2 pt/A	15	95	90	75
Pasturegard HL	1.5 pt/A	18	95	90	70
GrazonNext HL	1.0 pt/A	8	99	95	90

^a Approximate herbicide costs.

For more information on control of thistle and other pasture weeds, contact our office (352-527-5700).

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^b The rosette stage is when the thistle forms a low-growing ring of leaves.

^c The bolting stage is when the thistle forms a stalk and prepares to flower.

^d For use in bermudagrass only.



Living Well

Sarah Ellis, Family and Consumer Sciences Extension Agent





March was national Living Well month, but as an FCS agent every month is living well month! Living well should be a priority, but many of us have busy lives and struggle with eating right and being smart with our money.

Here are some tips to live well everyday:

- Engage in physical activity every day.
 Adults need at least 30 minutes of physical activity each day while children need 60 minutes. You don't have to participate in a sport to be physically active. Gardening, dancing, walking or biking are great ways to be active too.
- Stay hydrated. Water is needed by the body to help with chemical reactions and transport oxygen and nutrients. Drink plenty of water while limiting the amount of soda and fruit drinks.
- Eat the rainbow. The daily recommendation for fruit and vegetables is 4 ½ cups for most people. Eating a variety of colorful fruits and vegetables ensures you are getting the nutrients you need. Be creative and add fruits and vegetables to your cereal, yogurt, or with dinner. Visit www.choosemyplate.gov for more ideas.

- Maintain a healthy home. Test your smoke detectors and carbon monoxide alarms annually. Clean and vacuum regularly to help reduce and manage allergies and/or asthma triggers in the home. Keep medications, cleaning products, and other poisons out of reach of children in the home.
- Keep finances in check. Track your expenses and update your budget often. Instead of ordering food or eating out, make meals at home. Plan your meals and use weekly store sale flyers to help you. Eat leftovers for another meal.
- Stress less. Everyone experiences stress sometimes. But stress can affect our health. Take steps to manage and reduce your stress. Consider learning some breathing and relaxation techniques to promote relaxation. Take some time for you and pursue an activity you enjoy!
- Volunteer. There are many benefits to volunteering even with a busy life. Benefits include providing help to those in need, and can reduce stress, anxiety, depression, and keep you active. Look for a position you enjoy with a favorite organization.

Living well means making healthy choices every day. UF/IFAS Extension Citrus County offers many types of information that will help you and your family achieve a positive healthy lifestyle.

Expecting a baby?

Having a baby can be expensive!





Are you prepared for the costs?

Attend the 2021 Drive-through Baby Shower for free information, a goodie bag, and a chance to win a prize!







Learn from the Past, Live in the Present

Dr. Marnie Ward, 4-H Agent



The past year has taught us so much. Have you heard the expression "Experience is the best teacher"? If that is true (and I believe it is), then we have learned a lot. When I was growing up my parents, grandparents, aunts, and uncles were the adults I turned to with questions about the "what was it like back then". You know, when the Berlin Wall came down, the day the Challenger fell out of the sky or the first Earth Day. These were all momentous occasions in the history of the United States of America. The lessons they taught have been passed down to us. Thinking back over the last year, what has been learned:

New technology is not just for young people – All generations, youth, parents, and grandparents found themselves relying on computers and cell phones to stay connected with their friends and families. Young people have shared their technology skills with adults, in a positive way for both generations. As consumers transitioned to contactless activities, there was a rapid expansion of on-line shopping. Retail stores and supermarkets were now accessible at the click of the mouse for ordering groceries, personal items, and home goods. Telemedicine was not a new idea, but it became essential with stay-at-home orders and social distancing recommendations.

Wash your hands – There were improvements in hand hygiene (washing) in 2020, with nearly 90% of people reporting handwashing after using the bathroom (CDC, 2020). In contrast, less than 75% of respondents reporting washing their hands after sneezing, coughing, or blowing their nose. This was up from 2019 when only 53% of respondents reported washing their hands after sneezing, coughing, or blowing their nose. Young adults (18-25) were the least likely to wash. Need to keep working on this!!

Mental health concerns everyone – Feelings of isolation and loneliness have been widespread following the recommendations for stay-at-home orders, face coverings, and social distancing. Self-care needs to be a priority for youth and adults. One strategy is practicing mindfulness. This refers to the ability to be present and attentive to what you are doing at any given moment. To get started, sit in a comfortable chair, relax, and choose one word to set the focus. It might be "sky", "water", or something else special to you. Concentrate on breathing deeply and slowly, while focusing on your word. What does the word mean to you? Make time for yourself every day.

One day children, grandchildren and great-grandchildren will ask you "what was it like during the Pandemic of 2020"?

Keep It Green,

Marnie

2021 SUMMER YOUTH DAY CAMPS

Looking for something fun (and interesting!) to do when school gets out? Join Citrus County Extension for summer day camps. Come to one or come to all! Pre-registration and pre-payment required. Space is limited, first come, first served. For more information, call 352-527-5700

**CDC and UF guidelines for face coverings and social distancing will be followed.

Beginner Sewing Camp

Monday, June 7

9:00 am - 3:00 pm

New sewers are invited to learn the "how-to" skills of sewing and practice service learning for their community.

Cost: \$25 This camp is for youth ages 8 - 12.

Camp will be held at the Citrus County Canning Center (3405 W Southern Street, Lecanto)

Advanced Sewing Camp

Wednesday, June 9

9:00 am - 3:00 pm

Experienced sewers are invited to sharpen their sewing skills by designing and constructing an individualized project as well as practice a little service learning for their community.

Cost: \$25 (This camp is for youth ages 11-18 who have attended previous Sewing Camps or are a member of the 4-H Sewing Club.) **This year's beginner camp does not count. Camp will be held at the Citrus County Canning Center (3405 W Southern Street, Lecanto)

Growing for Florida Forks

Monday, June 14

9:00 am - 3:00 pm

Discover more about Florida agriculture and growing your own food. Hands-on activities will include growing peanuts, herbs and sweet potatoes.

Cost: \$25 This camp is for youth ages 8-12.

Camp will be held at the Citrus County Extension Office (3650 W Sovereign Path, Lecanto)

Youth Livestock Camp (Market Beef)

Thursday, June 24 Friday, June 25

8:30 am - 4:00 pm 8:30 am - 1:00 pm

This camp will focus on the selection, care and marketing of a youth market steer project.

Cost: \$30 This camp is for youth ages 11 - 18.

Camp will be held at the Citrus County Fairgrounds in Inverness.







Camp Fit and Fun





Join the University of Florida/IFAS
Citrus County Extension Service for
our day camp.

Youth learn the FUNdamentals of sports, explore healthy snacking, and learn the importance of exercise and staying hydrated.

Cost includes all materials, afternoon snack daily but, bring a lunch each day.

July 6-8, 2021 8:30 AM - 4:30 PM

Ages 8-12

Location:

UF/IFAS Extension Citrus County

3650 W Sovereign Path, Lecanto

Cost: \$40.00

Pre register by: June 25th

For more information, contact:

Stephanie Clamer or Crysta Reaves 352-527-5700



www.campfitandfun2021.eventbrite.com

An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Nick T. Place, dean for UF/IFAS Extension. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.

Queen bees are the only egg layers in the hive and can lay more than 1,000 eggs per day. One worker bee makes about 1/10 of a teaspoon of honey in its 6-week life. eyes, making it easier to spot flowers. Honey bees have 5

Nature Naturally

The Buzz about Honey Bees

Honey bees are social animals. They are insects that live in large groups called colonies. Today, we encourage their honey production and build hives for them to live in.

There are many types of wild bees, such as bumblebees and mason bees that help pollinate crops and natural landscapes. Honeybees are not originally from the United States. Instead they were carried around the world in man-made hives on ships of explorers. Today they can be found on nearly every continent.

Did you know that honeybees dance? In fact, they communicate with their sisters (all worker bees are girls) by sharing information about the best food sources. In the colony, bees perform a waggle dance, moving in a figure-eight pattern and wiggling their backside giving directions. Other worker bees stand close by to get accurate directions.

Bees make sweet and tasty honey. Bees pollinate flowers, but are super important to pollinate our food. About 1/3 of all fruits and vegetables are pollinated by bees.

Beekeepers are people that manage bees. Florida has nearly 5,000 beekeepers managing over 630,000 hives. Some bee hives are loaded onto trucks and shipped to other parts of the United States to help pollinate other fruits and vegetables.

Occasionally a bee will sting. OUCH! Stingers are on the bottom of their belly. Each stinger has several barbs like a fishing hook so it doesn't come out easily. Stinging kills the bee. Why do bees sting? Since bees only get to sting once, they do it to protect their home or themselves.



Sources:

UF/IFAS Honeybee podcast "Two Bees in a Pod", National Geographic Kids, Callaway Gardens education department, and BBC.com

Nature Naturally

Florida No-Bake Energy Bites

INGREDIENTS

⅓ cup Florida honey

1 ¼ cup old fashioned oats

½ cup nut butter (sunflower, peanut, cashew, or almond)



1 teaspoon vanilla extract

1/4 teaspoon sea salt

³⁄₄ -1 cup add-ins (such as chocolate chips, dried fruits,* seeds or unsalted nuts)

*If using any large dried fruit (such as dates), chop into small pieces by hand or food processor and set aside.

PREPARATION https://youtu.be/McpWujIbhPM

- 1. Place Florida honey, oats, nut butter, vanilla, and salt in a large bowl (or stand mixer) and mix until thoroughly combined.
- 2. Add in your choice of additional ingredients (nuts, dried fruits, or chocolate chips) and mix once more.
- 3. If the mixture is too loose, add in additional oats as needed, 1 tablespoon at a time. If the mixture seems too dry, add 1 tablespoon of water at a time.
- 4. Scoop desired amount using a tablespoon or small ice-cream scoop and begin rolling the energy bites with your hands. If mixture becomes too sticky you can dip your fingertips into water.
- 5. Can be stored in an airtight container in refrigerator for up to 7 days.

 Sunflower butter is a safe alternative butter for people with nut allergies.

UF/IFAS Extension SolutionsForYourLife.com

CLASSES/SEMINARS/EVENTS





Until further notice, these will be virtual seminars.



Gardening Seminars

Contact Steven Davis at 527-5708 to pre-register for these free classes or go to: https://ccufflprogram.eventbrite.com

"Managing Pests Wisely"

> Tuesday Apr 6 2:00 - 4:00 pm

"Right Plant. Right Place"

Tuesday Apr 20 2:00 - 3:30 pm

"Create a Florida-Friendly Landscape"

> **Tuesday May 11** 2:00 - 4:00 pm

"9 Florida-Friendly Principles"

Tuesday May 25 2:00 - 4:00 pm

"Lawns in Central Florida"

> **Tuesday Jun 8** 2:00 - 3:30 pm

"Florida-Friendly Fertilizing"

Tuesday Jun 22 2:00 - 3:30 pm

SAVE THE DATE





5th ANNUAL PLANT SALE Saturday October 16, 2021 8:30am - 12:30pm

> **Citrus County Extension** 3650 W Sovereign Path, Lecanto 352-527-5700



Service animals only please! (No "comfort" animals)





APRIL, MAY, JUNE









Extension Master Gardener virtual library programs



Monthly seminars explore timely garden topics.

They last approximately 1 hour, are free and pre-registration is required.

Check back here https://sfyl.ifas.ufl.edu/citrus/who-we-are/ or our Facebook page for registration links.



April: Youthful Gardens

May: Summer Annuals that can Take the Heat

June: Good Bug, Bad Bug in the Lawn

Bring plant problems and questions for expert advice to the Extension office.

Trained Master Gardeners are available most days between 8am - 5pm.

Schedules can vary, so please call ahead (352-527-5700).



Thinking about purchasing a home? In this free, online class you'll learn about

- · How to get your finances in order
- · How much home you can afford
- · How to repair your credit
- How to work with housing professionals
- How to shop for a loan and a home
- How to make an offer
- Why you should get a home inspection
- Closing

This homebuyer workshop meets the education requirements for down payment assistance programs. UF/IFAS Extension Citrus County is a HUD approved housing counseling agency.

Thursdays starting April 15 until May 6, 2021 Time: 6 pm to 8 pm

Pre-Registration is required by April 8, 2021.

For more information:

ellissm@ufl.edu and/or 352-527-5700



To register: www.cchomebuyers2.eventbrite.com

An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Nick T. Pace, dean for UF/IFAS Extension. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices. sfyl.ifas.ufl.edu



Spring Gardening Calendar

Garden Color: There are choices of plants that perform well in sun or shade, but they tend to be higher maintenance and higher water-demanding plants. Locations near the front door or patio are good locations that warrant these inputs. Summer's heat toward the end of the quarter requires plants that tolerate the heat including salvia, angelonia, and ornamental pepper. Annuals that can take full sun during hot summer months include celosia, portulaca, vinca, and some coleus. Perennials can also add bright color to the landscape. Divide clumps of bulbs, ornamental grasses, or herbaceous perennials to expand or rejuvenate garden beds or to pass along to friends. Planting early-, mid-, and late-blooming varieties of daylily ensures months of color from these low-maintenance plants.



Vegetables & Herbs: Time to plant all those delicious warm season vegetables. Plant okra, southern pea, and sweet potato. Tomatoes are the number 1 vegetable grown in the US. Watch for pests, disease, and nutritional disorders on tomato plants. They grow best in containers using potting soil rather than soil from the landscape. Continue planting warm-season crops. Mulch well to prevent weeds and provide irrigation if rainfall is lacking. Plant heat-loving herbs, including basil, Mexican tarragon, and rosemary. Pinch back regularly to prevent flowering and enhance branching. Vegetable Gardening in Florida: http://edis.ifas.ufl.edu/topic_vegetable_gardening Herbs: http://edis.ifas.ufl.edu/topic_herbs

Pests: Insects become more active in warm weather, so monitor the landscape weekly for harmful insects. Watch for aphids that feed on tender new growth, and thrips, scales, and mites on ornamental plants. Knowing which insects commonly attack a plant can aid in identification and treatment. Identify and conserve beneficial insects. These insects should be encouraged in your yard! *Beneficial Insects*: http://edis.ifas.ufl.edu/topic_beneficial_insects



Lawn insects: Rule out cultural problems, such as lack of water, or other stressors that resemble insect damage before applying a pesticide.] Watch for damage from chinch bugs in St. Augustinegrass and begin scouting for newly hatched mole crickets in bahiagrass lawns.

(Continued on page 19)



(continued from page 18) SPRING GARDENING

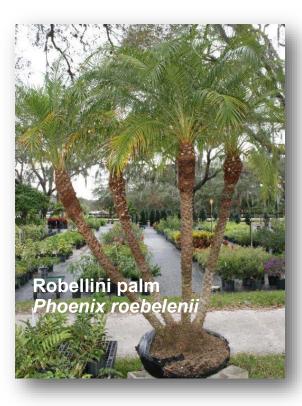
Lawns: Apply fertilizer after new growth has started—usually early April in north-central Florida. Encourage healthy growth and discourage insects, weeds, and diseases by mowing correctly. Yellow and brown patches in St. Augustine grass can be caused by chinch bugs, disease, or lack of water. Take time to determine the cause so your remedy is effective. Rejuvenate areas where grass does not grow well by replacing it with a more adapted turf or groundcover.

Shrubs: Choose from a wide variety of shrubs to add to the landscape now. For lots of information, go to *The Florida-Friendly Landscaping™ Guide to Plant Selection & Landscape Design*: https://ffl.ifas.ufl.edu/plants

Trees: Consider planting a spring-blooming tree, such as fringetree (*Chionanthus virginicus*) or redbud (*Cercis canadensis*). Prepare for hurricane season by checking trees for damaged or weak branches and pruning if needed. Hire an ISA-certified arborist. *International Society of Arboriculture*: https://www.treesaregood.org/findanarborist

Palms: Summer's warm, rainy weather is the perfect time to plant palms. Make sure not to cover the trunk or root ball with soil. Watch for nutrient deficiencies or environmental problems with palms and cycads and correct using an appropriate treatment.





For specific gardening information, be sure to contact us - 352-527-5700

