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“UF IFAS Extension Citrus County”



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Extension Notes

Fall into Florida’s Uniqueness

While the rest of the country celebrates the arrival of fall, we here in Florida are still watching the tropics and enduring hot and humid days. But soon, that lovely crispness will return to central Florida and we will be eyeing those pumpkin-spiced goodies and making holiday plans. This fall edition of Extension Connection contains timely reminders for this season of gatherings such as ideas for Healthy Holiday Choices (p. 8, McMinds) and planning ahead for Reducing Food Waste (p. 11, Ward). We also get great information about going back to basics for Weed Prevention vs. Eradication (p. 4, Davis), with tips on the best methods to stop weeds before they take hold. Continuing in the vein of problematic plants, we hear from Ag Agent Ky Sales about Plants that are Toxic to Livestock (p. 6), an important seasonal topic as many weeds peak in toxicity in the fall months. Finally, if the fall weather has you looking to get outside, check out a fun hike idea in the Nature Naturally section (p. 13), come out to the 6th Annual Plant Sale on October 15th to kick-start fall gardening (p. 18 & 21), and consider brushing up on your sustainable fishing skills through the free, online Florida Friendly Angler program (p. 2, Barry). Don’t forget to check out pages 16-22 for information on great upcoming programs such as webinars and cooking classes. There’s something for everyone at the UF/IFAS Citrus County Extension office this fall!





New Florida Friendly Angler course aims to improve fishing practices in Florida

Savanna Barry, Regional Specialized Extension Agent



In Citrus County, fishing, scalloping, and boating are major economic drivers. To keep our valuable fisheries healthy, it takes everyone doing their part to reduce strain on natural systems as our population grows. To encourage more sustainable fishing activities, we created the Florida Friendly Angler program. I hope you'll sign up if you fish here in Citrus County!

Florida Friendly Angler is a free, online course open to anyone. The course teaches skills and practices that help fish and the environment, a win-win for our fisheries. You will learn about topics essential for any angler who wants to protect fisheries and the environment. The course is self-paced and you can take as long as you need to complete it, but why wait? In just under 2 hours, you can be a fully certified Florida Friendly Angler!

There are three interactive modules in the course.

Best Practices for Fish Handling and Release - Did you know discard mortality (death of fish thrown back into the water) is a major drag on some fish populations? Learn how to reduce stress from handling and help prevent discard mortality in this module.

Environmental Ethics for Anglers - There's a lot more to fishing than just the fish! This module highlights ways you can protect the environment and wildlife while fishing.

Introduction to Fisheries Management and Giving Back - Fisheries managers and state scientists in Florida work hard to keep tabs on fish populations and make good management decisions. In this module, learn the processes that go into fisheries decision making and how you can contribute.



After you complete all three modules and an exit survey, you will receive a certificate and a weatherproof decal if you provide a mailing address.

(Continued on page 3)



(continued from page 2) FLORIDA FRIENDLY ANGLER

How do I sign up?

Visit the registration page at bit.ly/FLFriendlyAngler to sign up for free. Share this opportunity with friends and on social media using the tag **#FloridaFriendlyAngler**. Florida Friendly Angler was created through a partnership with the Florida Fish and Wildlife Conservation Commission, UF/IFAS Extension, and Florida Sea Grant.

Side note: Are you a for-hire fishing guide (or want to go fishing with one)? Check out the [Florida Friendly Fishing Guide](#) program as well. Visit flseagrant.org/florida-friendly-fishing-guide-certification to learn more! Citrus County happens to be a hotspot for Florida Friendly Fishing Guides, bravo!





Weed Prevention versus Eradication

Steven Davis, FFL Program Coordinator



Proper selection and appropriate placement of plants gives them the best chance of successful establishment. Competition from a properly managed lawn or garden is the best method of inhibiting weed populations from establishing. Weeds are abundant in our environment and when opportunity exists, weeds take advantage where little competition exists. Several ways to react to weed infestations exist, but prevention is often overlooked.

When correcting problems in the Florida landscape, identification of weeds, bugs and pathogens is the first important step. Weeds come in various “flavors”. Broadleaf, grassy and sedges are most often encountered. Identification of these groups is helpful when developing a plan to combat them. Broadleaf and grassy weeds are big seed producers and pre-emergent herbicides form the basis for proactive preventive control of these populations. A pre-emergent herbicide provides a barrier inhibiting seed germination from the bank of seeds contained in the soil. Application of pre-emergent requires some research. The use of the proper herbicide and more importantly the timing of the application is a priority. Proper application of preventive measures will overtime reduce the population of new weeds populating lawn and garden spaces. This practice is often overlooked, but essential in weed management.

Proper application timing is also essential. Weeds may be perennial or annual and may have a seasonal preference. Spring or Fall. Pre-emergent herbicides must be applied prior to seed germination to have any affect. When pre-emergent herbicide is applied a temporary barrier is created and must not be disturbed. This barrier must be present as the germination window opens for the targeted weed. As a general rule for Central Florida, pre-emergent application for control of spring weeds is Feb 15 or before day temperatures reach 65-70 degrees F for 5 consecutive days. Goose grass and crabgrass germinate as temperatures warm later in the season and the application should be delayed 30 days. Another season of winter weeds begins as temperatures drop to 55-65 degrees when an additional pre-emergent barrier is necessary, typically the beginning of November with the barrier lasting 90 days. Use caution. This barrier may impact newly installed sod establishment or germination of annual ryegrass often planted in the winter. Time your pre-emergent application after the germination of the desired winter rye.



(Continued on page 5)

Florida-Friendly Landscaping™

Florida-Friendly Roadmap



(continued from page 4) WEED PREVENTION

Post-emergent herbicides are applied to existing emerged weed populations. Again, identifying the type of weed is important. Broadleaf, grassy or sedge is the key to selecting the proper control. Herbicides can be selective or non selective, meaning they may be applied correctly to control weeds without killing your lawn or non selective where they kill what they touch, with glyphosate being an example. Choose carefully so the selected herbicide injures your weed, but does not injure your lawn. Hot temperatures and selective herbicides are not a good combination. Cool temperatures are best when applying selective herbicides to warm season grasses. When weeds are killed using herbicides, the herbicide may linger in the soil, often when over applied, slowing or inhibiting the recovery of the lawn or weakening the establishment of sod or seed in that area.

No selective post-emergent controls for grassy weeds are available in Florida. Using a non selective herbicide, like Round up is an option, but careful application is necessary. Grassy weeds are big seed producers with pre-emergent herbicides being the primary control method for grassy weeds. Nut sedge is another invader to lawns and gardens in Florida. This weed can be found anywhere in the landscape, but most often found in moist shady locations. Pre-emergents are not effective; it is not a broadleaf or grassy weed so many post-emergent herbicides have no effect. Searching for the proper sedge control is necessary. Sedge hammer™ and Image are products labeled for sedge control. Carefully read and understand the label and apply products as instructed.

Utilizing pre-emergent control for weeds should be the foundation of weed management program, but often overlooked. Seasonally, correctly applying this barrier reduces the need for further post-emergent controls. Maintaining a healthy competitive lawn or garden is the first step. Correctly applying herbicides when needed compliments the cultural and fertilization activities necessary for a healthy lawn in Florida. Take time to research options, select the products, read the label thoroughly and apply correctly so a successful result is achieved.



Plants that are Toxic to Livestock

Caetano (Ky) Sales, Agriculture/Natural Resources Agent



All grazing animals get most of their food from forage. Forage species give animals the nutrients and energy they need to grow. But in pastures, they face tough rivals. Whether we like them or not, weeds are a natural part of the landscape. While not all weedy plants are poisonous, some can be dangerous.

Toxin production is one of the defense mechanisms weeds use to keep predators away, whether it takes the form of an unpleasant odor, a terrible taste, or thorns on leaves.

Acute and chronic toxicity are two different forms. An animal that grazes a poisonous plant multiple times over a period can start showing symptoms of chronic toxicity. On the other hand, acute toxicity can kill the animal in a couple of minutes after consuming the plant. Plant toxicity is more common in the Fall, so learning, recognizing, scouting pastures, controlling weeds, and preventing poisoning are essential.

The prominent cases of poisoning in grazing animals are when feed is scarce or bad; young animals that are exploring, and in some cases, we have repeat offenders that just don't learn. But in general, animals know to stay away from poisonous plants.

All grazing animals are susceptible to poisonous plants. On a scale from most vulnerable to least, horses and sheep come first, followed by cattle and the "weed eaters" goats in last.

Recognizing poisoning symptoms can help to minimize animal mortality. The red flags are behavioral changes in the animal, such as acting disoriented or depressed, refusing to eat, consuming an excessive amount of water, standing alone, away from the herd, and having a shaggy coat. Call your local extension agent and veterinarian if you notice any of these signs.

Weed management is a never-ending task. Animal poisoning can be avoided by keeping a healthy pasture, using appropriate fencing, proper grazing management, and checking hay for poisonous weeds.

Common poisonous weeds:

Creeping Indigo (*Indigofera spicata*)

Creeping is one of the most toxic plants in pastures. It is a perennial prostrate plant. Flowers are a pink, whitish color. This plant spreads mainly by seed. Creeping indigo is commonly found in disturbed, overgrazed pastures. It is similar to hairy indigo. However, different from hairy indigo, creeping indigo does not contain hairs. Toxicity signs are weight loss, labored breathing, light sensitivity, foaming from the mouth, and watery eyes. Neurologic signs like depression.

Figure 1. Creeping Indigo. credit: B. Sellers, UF/IFAS



(continued from page 6) TOXIC PLANTS

Fireweed (*Urtica chamaedryoides*)



Fireweed can be annual or perennial. It prefers shaded, moist disturbed areas. Leaves are opposing and are shaped lanceolate to ovate leaf blades. Hairs contain irritants that cause symptoms of respiratory stress and local allergic reactions when ingested or inhaled.

Figure 2. Fireweed. Credit: B. Sellers, UF/IFAS

Black cherry (*Prunus serotina*)

The entire plant is toxic, from new shoots to fruit, but primarily in the leaves, especially in the Fall when leaves become bright red or yellow colored. Small white flowers are produced in the spring along with fruit that becomes glossy purple to black when ripe. Cyanide is the main toxin. It is commonly found along fence lines. Symptoms are convulsions within 15 to 30 minutes and death in an hour.

Figure 3. Black Cherry Photo credit: Larry Korhnak, UF



Showy crotalaria (*Crotalaria spectabilis*)

Crotalaria is an erect growing annual plant with rounded dark green leaves. It has yellow pea-shaped flowers and smooth green fruit that ripens into a black color. The seeds are black and glossy. As pods dry, you can typically hear the seeds rattle inside, making crotalaria, also known as rattlebox. Symptoms are depression, bloody feces, drooling, loss of appetite, and diarrhea. The animal typically dies within 2-3 months.

Figure 4. Showy Crotalaria. Photo credit: Allen Boatman

Coffee senna (*Senna obtusifolia*)

This summer annual plant has erected growth with lanceolate compound leaves and opposite leaflets. Flowers are yellow and clustered. Toxicity is mainly in seeds, especially in the Fall. Symptoms are dark urine, digestive tract irritation, and cardiac muscle irritation.

Figure 5. Coffee senna.
Photo credit: Missouri Extension





Healthy Holiday Choices

Stephanie McMinds, Family & Consumer Sciences Agent



Macaroni and cheese, apple pie, and other holiday favorites can be a joyous part of any celebration. Around the holidays, we often find ourselves with too many food options. It can be challenging to decide what to eat and when to say no. But to feel your best, you need to eat in moderations. How can you avoid temptation when delicious foods are around? Look for opportunities to make healthy food choices. Here are some tips to help you and your family eat healthy during this holiday season.

1. **Budget wisely.** Do not eat everything at feasts and parties. Be choosy and spend calories judiciously on the foods you love.
2. **Take 10 before taking seconds.** After finishing your first helping, take a 10-minute break. Then recheck your appetite. You might realize you are full or want only a small portion of seconds.
3. **Make room for veggies.** At meals and parties, do not ignore fruits and vegetables. They make great snacks and even better side or main dishes. Increase the number of vegetable dishes on the dinner table. Serve vegetables first by having a salad before dinner or a vegetable-based appetizer.
4. **Be buffet savvy.** At a buffet, wander 'round the food table before putting anything on your plate. By checking out all your options, you might be less inclined to pile on items.
5. **Cook from (and for) the heart.** To show family and friends that you really care about them, be creative with recipes that use less butter, cream, vegetable shortening, and other ingredients rich in saturated fats. Prepare turkey or fish instead of red meat. Use yogurt instead of mayonnaise in your devilled eggs.
6. **Make sure protein is lean:** Eating more lean protein has been linked to a lower risk of heart disease in adults so serve turkey, roast beef, fresh ham, beans, or fish.
7. **Cheers to good health:** Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.
8. **Tweak the sweet:** For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter.
9. **Make exercise a part of the fun:** Have fun walking with family and friends after a holiday meal. Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.
10. **Distance helps the heart stay healthy.** At a party, do not stand next to the food table. That makes it harder to mindlessly reach for food as you talk.

Eating well and staying healthy can be difficult over the holiday season but there are many ways to eat right. And lastly, do not forget to enjoy yourself! Happy Holidays!

(Continued on page 9)



(continued from page 8) *HEALTHY CHOICES*

Pear Salad with Creamy Pomegranate Dressing

Ingredients

Pomegranate, Pear & Pistachio Salad

- 1 large head romaine lettuce, chopped
- 1 pear, chopped
- 1 sweet apple, like Fuji, chopped
- 1 small cucumber peeled and chopped
- 1 small red bell pepper, chopped
- 1/4 red onion, chopped
- 1/3 cup roasted and salted pepitas (may sub. sunflower seeds)
- 1/3 cup roasted and salted pistachios
- 1/3 cup pomegranate arils
- 1/2 cup feta cheese



Creamy Pomegranate Dressing

- 1 5.3 oz. container Greek Yogurt with Cherry Pomegranate
- 3 tablespoons Sweet Asian Chili Sauce
- 2 tablespoons pomegranate juice
- 2 tablespoons mayonnaise
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon Worcestershire sauce
- Salt and pepper to taste



Instructions

1. Whisk together all the Creamy Pomegranate Dressing ingredients in a medium bowl and chill in the refrigerator while you prepare the salad.
2. Combine salad ingredients in a large bowl. If serving entire salad immediately, drizzle with desired amount of dressing and toss to coat. If there might be leftovers, drizzle dressing on individual salad servings. Top with freshly ground salt and pepper.



MyPlate Holiday makeover



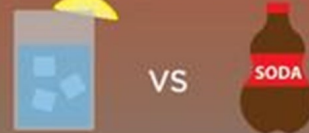
visit choosemyplate.gov for healthier options during the holidays

tweak the sweets



fruits make delicious desserts

cheers to good health



drink water to manage calories

bake healthier



use recipes with pureed fruits instead of butter or oil

spice it up



use spices and herbs instead of sugar and salt

brighten your meal



fill half your plate with fruits and vegetables

skim the fat



try skim evaporated milk instead of heavy cream

swap the grains



choose whole wheat flour instead of white flour

go easy on the gravy



a little bit of gravy goes a long way



Florida 4-H Youth Development

Head • Heart • Hands • Health

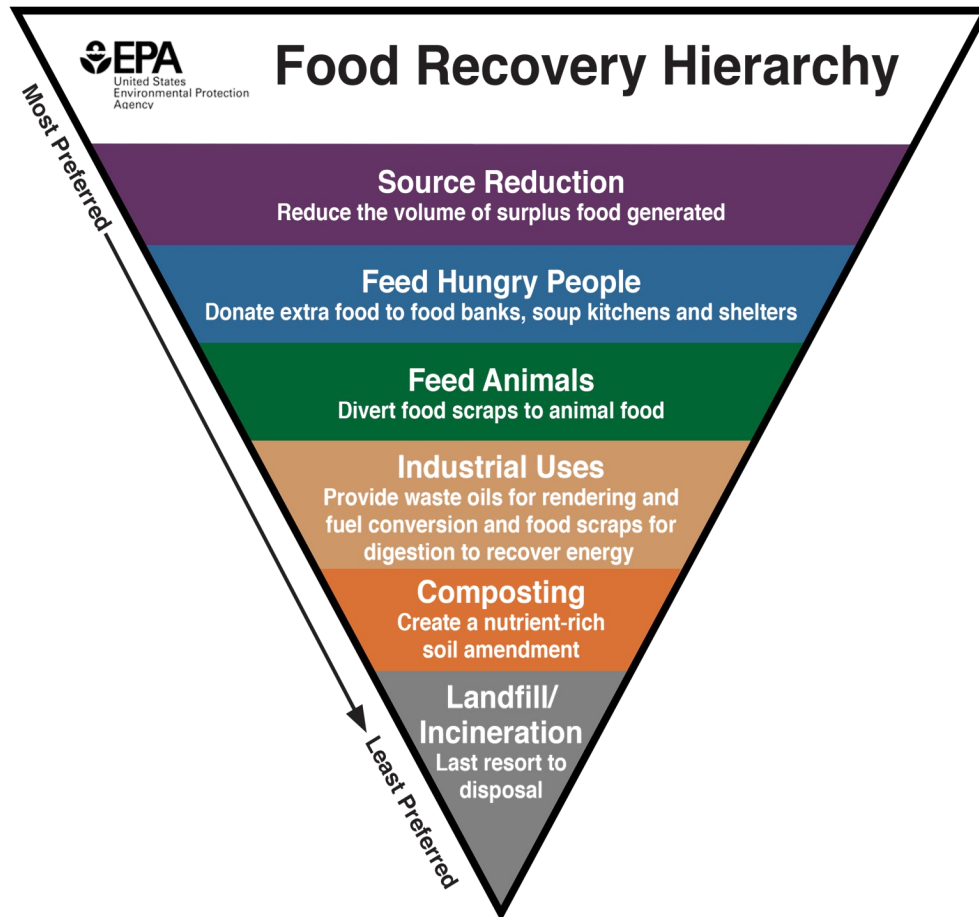


Reducing Food Waste: the 4-H Way

Dr. Marnie Ward, 4-H Agent



The United States Department of Agriculture (USDA) has set a goal to reduce food waste 50% by 2030. Currently, about 30% of the US food supply goes uneaten. This loss of food resources is costly, with the bulk of discarded food disposed in landfills.



Wasted food is the term used to describe food that is not used for intended purpose and it comes from kitchen trimmings, food/beverage processing, unsold food at retail/wholesale stores, uneaten prepared foods, etc. Producing food consumes natural resources; water, soil, nutrients, etc.; hence, wasting food wastes resources.

(Continued on page 12)



Florida 4-H Youth Development

Head • Heart • Hands • Health



(continued from page 11) *FOOD WASTE*

What you (and your family) can do:

Buy only what you need and make a list of needed items before shopping.

Check the weekly specials at the grocery store and then find recipes using those items. When buying “on sale” items to stock your pantry, be sure to label with date purchased. Then rotate for freshness. This is a task that can be shared with younger family members.

Wash, prepare, and store fresh fruit and vegetables to maintain freshness.

Practice “one and done”. When bringing items home from the store or farm stand, clean, chop, and put-away as soon as possible. A bowl of cut-up watermelon makes a quick, healthy snack. Especially appealing when there is no mess to clean up. Select safety knives and cutlery for younger helpers.

Eat locally and select items available in season.

Not sure what’s in season? UF/IFAS Extension can help with identifying edibles in season at: <https://gardeningolutions.ifas.ufl.edu/plants/edibles/> or call the Citrus County Master Gardeners at (352) 527-5700.

Too much to use right now?

Freezing, canning, or drying are storage options. Encourage family members to pitch in and work together on these activities. Food preservation is a time-honored tradition. It reduces food waste, ensures food availability, and supports local agriculture production. The Florida 4-H program has a variety of resources available for youth to practice these skills.

When youth learn about the importance of reducing wasted food, they can make a difference in their communities and keep food waste out of local landfills. By protecting and preserving food resources, youth in our community have been instrumental in the push for sustainable food resources.

To learn more about the UF/IFAS Extension Citrus County 4-H program, contact Marnie Ward, 4-H Agent. Opportunities are available for young people 5-18 years old to learn through hands-on, real-world experiences with caring adults. If you have a skill, hobby, or leadership experience to share with 4-H youth, call the 4-H Office (352-527-5700) to learn about volunteer roles.

4-H is...



Nature Naturally

Let's Get Outside and Explore

Hanging out in your backyard can be an adventure. You never know what you might find under a rock or behind a bush. But when you are ready for a hiking journey to somewhere new there are some things to consider.

Planning your hike begins with lots of questions. Where am I going? Who is going with me? What should we bring? So, let's go over some basics:

Research locations by talking with your friends, teachers, or other trusted adults. Some trails are 1-2 miles in length, while others are thirty or more miles. Short trails can be easily completed in a couple of hours, but longer trails might take a day or more.

Some local hiking trails:

- Churchhouse Hammock Trail
- Fort Cooper State Park
- Historic Railroad Trail in Dunnellon
- Johnson Pond Trail
- Withlacoochee State Forest Trail



Dunnellon Trail Bridge

Pack with a purpose, so that you have what you need. Hydration is a primary consideration. Avoid sweetened and carbonated drinks, in some cases they increase dehydration. Is your hike strenuous or is it during the hottest times of the day? Then include at least sixteen ounces of water for each hour you are hiking. Snacks are not just for snacking on the trail. They are also a necessary source of energy. Keep them healthy. Select fruits that are easy to transport, apples, bananas, etc. Energy dense snacks such as granola bars and trail mix are also good choices.



Be safe by letting someone know where you will be and what time to expect you back. Prepare for the unexpected. A small first aid kit with bandages, a bug bite stick, and disinfectant can come in handy when you are on the trail. As with any outside activity, be mindful of the impacts of heat and sun. Apply sunscreen regularly. Depending on the trail, biting insects can be more than a nuisance. Carry bug spray or a repellent and reapply as needed.

(Continued on page 14)

Nature Naturally

(continued from page 13) HIKING

Citrus County offers trails for the novice and experienced hiker. As the seasons change and fall approaches (hopefully), cooler temperatures and lower humidity will move into our area.
I, for one, will be hitting the trails !!

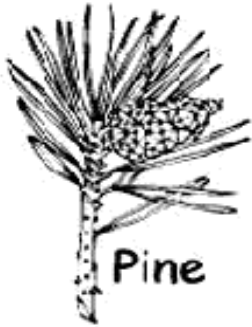


Nature Naturally

NATURE WALK

Take this sheet with you while you go on a nature walk with family and friends.

Find a fallen leaf on the ground. Match it to one of these leaves to discover what kind of tree it belonged to. If your leaf is not one of the ones below, then draw a picture of it and look it up when you get home.



Look for bugs on the ground, on trees, or under rocks. Draw a picture of them here.

What animals have you seen on your walk?
Draw a picture of them here:

There are many ways you can help the earth.
List some ideas here:

Virtual Gardening Seminars

Contact Steven Davis at 352-527-5708 to pre-register for these free classes
or go to: <https://ccufflprogram.eventbrite.com>



“Right Plant, Right Place”

Tuesday Oct 4
2:00 - 4:00 pm

“Create a Florida- Friendly Landscape”

Tuesday Oct 18
2:00 - 3:30 pm

“Palms in Central Florida”

Tuesday Nov 8
2:00 - 4:00 pm

“9 Florida-Friendly Principles”

Tuesday Nov 22
2:00 - 4:00 pm

“Managing Pests Wisely”

Tuesday Dec 6
2:00 - 3:30 pm

“Invasive Plants & Pests”

Tuesday Dec 20
2:00 - 3:30 pm

SAVE THE DATE

UF IFAS Extension
UNIVERSITY of FLORIDA



6th ANNUAL PLANT SALE Saturday October 15, 2022 8:30am - 12:30pm

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



Service animals only please!
(No “comfort” animals)



UF/IFAS Extension
SolutionsForYourLife.com



OCTOBER, NOVEMBER, DECEMBER



Monthly Extension Master Gardener Seminars

Programs offer an opportunity to explore timely garden topics at these seminars offered at each Citrus County Library. No registration required for in person seminars. All programs start at 1 pm, last approximately 1 hour, and are **free**.

Virtual seminar: pre-register on our Facebook page for the secure link.

October: Protecting the Landscape in Cold Weather

November: Variegated Plants

December: Holiday Break, No Program this Month!

2nd Tuesday	Lakes Region Library	Inverness
2nd Wednesday	Central Ridge Library	Beverly Hills
3rd Wednesday	Floral City Library	Floral City
4th Monday	Coastal Region Library	Crystal River
4th Monday	Virtual - pre-register on our Facebook page!	
4th Tuesday	Homosassa Library	Homosassa

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).

Additionally, challenges (pictures are helpful) can be emailed to:

IF-SVC-citrusmg@ad.ufl.edu



6th ANNUAL PLANT SALE

Saturday October 15, 2022
8:30 am - 12:30 pm

- Great Variety & Prices
- Pollinator Attractors
- Trees/Shrubs
- Perennials

“Ask A Master Gardener” Booth

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

Service animals only please!

Cash or Checks Only



Proceeds from the Plant Sale support Extension events and outreach programs.



2022

PEANUT BUTTER

Challenge

**SPREAD
THE WORD...
PEANUT BUTTER**

Fights Hunger!

**DURING THE
MONTH OF
OCTOBER**

Donate unopened jars of peanut butter at the UF/IFAS Extension office in your county.

All peanut butter donations go to local food pantries to help feed families in need.

We thank the Florida Peanut Producers Association and Florida Peanut Federation for their continued support and contributions.

During the month of October, support Florida's peanut producers and people in need in your community by generously donating to the Peanut Butter Challenge.

**FIND THE PEANUT
BUTTER CHALLENGE
DROP-OFF LOCATION
CLOSEST TO YOU:**



UF/IFAS Extension Citrus County
3650 W Sovereign Path, Ste 1
Lecanto, FL 34461

For additional information contact
Crysta Reaves at 352-527-5700 or
chenry006@ufl.edu

Citrus County Resource Center
2804 W Marc Knighton Ct #6,
Lecanto, FL 34461

flpeanuts.com/industry/at-a-glance | sfyl.ifas.ufl.edu/peanutbutter

An Equal Opportunity Institution.

Cooking Under Pressure



Do you have an electric pressure cooker or plan to get one and are not sure how to use it?

This HANDS-ON class will cover:

- Different pressure cooker models
- Appliance features
- Safety tips
- Additional equipment you can purchase
- Tricks to make cooking a breeze

Participants will complete a recipe in an electric pressure cooker and enjoy a meal together.

October 5, 2022

5:00 PM – 7:00 PM

Location:

UF/IFAS Extension Citrus County
3650 W Sovereign Path,
Lecanto

Cost:

\$15.00 per participant

Register by September 28th

For more information, or to register, contact:

Stephanie Clamer McMinds
352-527-5700
sclamer@ufl.edu



Register at: www.CitrusCookingOct2022.eventbrite.com

Pre-registration is required.



Cooking Under Pressure

A Holiday Meal

Do you have an electric pressure cooker or plan to get one and are not sure how to use it?

November 9, 2022

5:00 PM – 7:00 PM

Register by November 2nd

This HANDS-ON class will cover:

- Different pressure cooker models
- Appliance features
- Safety tips
- Additional equipment you can purchase
- Tricks to make cooking a breeze

Participants will complete a recipe in an electric pressure cooker and enjoy a meal together.



Register at: <https://CitrusCookingNov2022.eventbrite.com>

Pre-registration is required.

Air Fryer Cooking

Do you have an air fryer or plan to get one and are not sure how to use it?

December 12, 2022

5:00 PM – 7:00 PM

Register by December 5th

This HANDS-ON class will cover:

- Appliance features
- Safety tips
- Additional equipment you can purchase
- Tricks to make cooking a breeze

Participants will complete a recipe in an air fryer and enjoy a meal together.



Register at: <https://CitrusCookingDec2022.eventbrite.com>

Pre-registration is required.

For more information, or to register, contact:

Stephanie Clamer McMinds or Crysta Reaves
352-527-5700

sclamer@ufl.edu or chenry006@ufl.edu

Location:

UF/IFAS Extension Citrus County
3650 W Sovereign Path, Lecanto

Cost: \$15.00 per participant

Tai Chi

January 23 - March 15, 2023

11:00 AM - 12:00 PM

Classes are held twice a week for 8 weeks for 1 hours each.

Pre-registration Required.

Elder Options and
UF/IFAS Extension Citrus County
is offering a FREE Tai Chi for Arthritis workshop.



A Matter of Balance

January 25 - March 15, 2023

1:00 - 3:00 PM

Classes are held once a week for 8 weeks for 2 hours each.

Pre-registration Required.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

**For more information on either program contact the
UF/IFAS Extension Citrus County office at 352-527-5700.**

Fall Gardening Calendar

Fall is a great time for gardening, and if you are new or relatively new to Florida, then it is especially fun to be gardening when your northern friends are putting theirs to bed.

Lawns:

Fall fertilization should not occur after late-September. Otherwise, grass growth spurts of tender grass weaken the lawn when it should be going dormant. The first frost comes along and causes significant damage because of the tender nature of the new growth.

Whatever you do, don't use a weed-n-feed type of product. The fertilizer part and the weed component need to be utilized at different times of the year, making this product expensive with half the product going to waste (and potentially becoming environmental pollution) no matter when you apply it.

Continue to mow turf at 3-4". This reduces weed competition, reduces the need for supplemental watering in the dry months, and shades the soil. During the late fall and winter months, mowing every other week is usually all that is needed.

Trees:

Adding a tree this fall? Then make sure that time and money is invested wisely. When making your selection, pull the plant out of the pot to make sure that roots are not coming out the bottom holes or excessively wrapping around in the pot. These roots have a "memory" that is hard to break once planted in the ground, continually wrapping around and around, and occasionally actually strangling themselves. Research shows a smaller plant in a proper sized pot will outpace and more easily establish than one that has been in one size pot for too long.



Plant trees at the same depth or slightly higher in the ground than they grew in their container or field. Planting trees too low is a sure death sentence. Once in the ground be sure to give even drought-tolerant plants sufficient moisture to develop a robust root system.

(Continued on page 24)

(continued from page 23) FALL GARDENING

Fall color:

One of the benefits of Florida living is color in the garden during nearly every season. Annuals that may have been grown in the summer north of the Mason-Dixon line, appreciate Citrus County's cooler fall months. Marigold, pansy, torrenia, geranium and snapdragon, all perform admirably in the fall and winter. Camellia, beauty-berry, ornamental grasses and crinum lilies are additional plants that will provide reliable color.

Vegetable and herb gardens:

Fall is a fantastic time to grow edibles that tolerate cooler temperatures. Reliable vegetables to plant through the end of the year include: kale, english pea (i.e. sugar snap), radish, cabbage, beet, kohlrabi, broccoli and cabbage. Even several herbs prefer weather conditions in the fall such as dill, cilantro, and parsley. Summertime heat and humidity usually cause these to fade. So if you had trouble growing these in the summer sun, they may have simply burned out. Try again this fall with these culinary favorites.

Pests:

Florida boasts an amazing diversity of insect and other types of pests, with new ones sneaking in each day. Whether you find a pest in the house or in the garden, control measures are only as effective as determining the exact pest you are dealing with. For proper identification, bring in a sample of a damaged leaf, bug, or other evidence to the Extension Plant Clinic where a Master Gardener volunteer can help determine the best cause of action.



For those of you who are new to Florida: WELCOME. To those that have been here a while and are beating their gardening-heads against the wall, please join us at one of our many library gardening programs or bring your gardening problem to our weekday plant clinics at our office. We can also be reached for questions at 352-527-5709 or 352-527-5711.