

An Equal Opportunity Institution

## **SOLUTIONS**





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#### **UF/IFAS & FAMU EXTENSION JEFFERSON COUNTY**

## **EXTENSION NEWS!**

February 2023



#### **Greetings Extension Family,**

Welcome to the February edition of the Jefferson County Extension Newsletter. The holiday season is over, and Jefferson County Extension has some exciting programs to offer you.

To our 4-H families, 4-H County Events is Saturday, **March 25**. Let me encourage you to get started **NOW** on your demonstration or speech. I am looking forward to viewing the work. I want to stress involvement to everyone. Club meetings and outings are fun but let us not forget what 4-H all is about.

Jefferson County Extension is here to serve you! If you are looking for information to assist your family, whether lawn, garden, health, personal financial management, cooking, canning, nutrition, youth development, or anything in between.

You can find a wealth of information on our Facebook page or website or call the office at 850-342-0187.

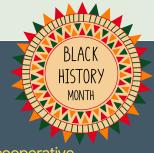
Enjoy,

#### John Lilly

Jefferson County Extension Director/4-H Agent



## **First County Agent**



The late Miles Edward Groover (May 19, 1887- December 25, 1966), a cooperative extension agent, farmer, teacher, and country store owner, lived in Jefferson County. He was the first black extension worker to be appointed in the state. He first became a county agent in 1917, an appointment he held until he retired in 1957. In 1998 Groover became the first and only black inducted into the Florida Agricultural Hall of Fame.

Born on May 19, 1887, on a Jefferson County, Florida plantation. He was the son of Plenty Groover and Ann Linton. He was raised by his paternal grandmother, Elizabeth Groover. A lifetime resident of the Linton Mill community of Jefferson County, now Dills, he was a member of Mount Pleasant African Methodist Episcopal Church from his youth. He married on March 7, 1918, to Daisy Black, born May 19, 1889, in Ashville, Florida, the daughter of Isaac Cuthbert and Sarah Black of Jefferson County. Miles and Daisy had one daughter, Doris Groover Herring.

Miles' uncle William Groover taught him to read and write, and he eventually attended Florida Memorial College, where he received his high school certificate. He later studied during several summer school sessions at various American Institutions of higher learning.

He became a teacher in 1902 and remained in the public school system until 1924, except for a few months in 1917 when he served as a wartime farm production agent. He taught school and served as principal of schools in Jefferson County. Groover is listed as the Principal of Elizabeth School in the 1915 Florida Education Directory. Groover's daughter, Doris Groover Herring, also taught at the school. He and his wife, Daisy Black Groover, donated 2 acres of land to Jefferson County as the site to build the Elizabeth School in the Dills Community.

He was the Jefferson County agent for 33 years until his retirement in 1957. He brought many exciting programs to Jefferson County for the farmers and ranchers. In addition, he organized community farm clubs and 4-H Clubs throughout the county. He also served as the Vice President of the National Negro County Agriculture Agent Association, the Florida Agriculture Stabilization Advisory and Conservation Committee, World War II Price Administration Rationing Board, deputy sheriff of Jefferson County, U.S. Marshal, and the advisor for the Selective Service System. He was awarded the Most Outstanding Negro Contributor in Agriculture in Florida Award by the Florida State Fair Association, the Achievement Award for Meritorious Service to Florida Agriculture from Florida A&M University, and the Founder and resident's Award for Outstanding Contributions from the Jefferson County Farmers Union. He organized the Farmers Union in 1929. Mr. Groover loved his work and loved working with the farmers. He also loved working with children.

Mr. Groover was involved in farming all of his life. He and his wife owned a ninety-acre farm in the Dills community. Mr. Groover ran his country store for 40 years. He carried an excellent stock of goods, was very popular in this locality, and had a large trade. He was also a notary public for many years. He died on December 25, 1956. His wife, Daisy Black Groover, died on May 13, 1984. In the days when even the extension agents in Florida were segregated, he did his job and did it well.

He gained high respect among both black and white citizens of Jefferson County.

## **County Events**

4-H County Events are annual competitions in the areas of public speaking, demonstrations/illustrated talks, and Share the Fun (talent). County Events will be Saturday, March 25, at the Jefferson County Extension Office. The program will begin promptly at 9:00 a.m.

#### Age Division:

- Cloverbuds (5-7 years of age)
- Juniors (8-10 years of age)
- Intermediates (11-13 years of age)
- Senior (14-18 years of age)

All County Events winners will receive a ribbon on the day of the events and a trophy at the Annual Awards Banquet.

County Events winners will also advance to compete at District Showcase on April 25.

All senior participants in the county events are eligible to attend 4-H University for FREE! 4-H University will be held on the campus of the University of Florida from July 30-Aug 3.

Time allowance for County Events categories are:

#### **Demonstrations:**

• Juniors: 3-12 minutes

• Intermediates: 3-12 minutes

• **Seniors:** 5-12 minutes

**Public Speaking:** 

• Juniors: 3-7 minutes

Intermediates: 3-7 minutes

• Seniors: 5-7 minutes

**Horse Public Speaking:** 

• Juniors: 3-7 minutes

• Intermediates: 3-7 minutes

• Seniors: 5-7 minutes

**Share-The-Fun:** 

• Juniors: 3-5 minutes

• Intermediates: 3-5 minutes

• Seniors: 3-5 minutes

Please complete the County Event Registration Form and return it to John Lilly.

The registration deadline is Monday, March 13.

#### Please Click Me

## Jefferson County 4-H 2023 County Events

Registration Form
Personal Information

Public Speaking — Horse Public Speaking Speaking File:

Workforce Preparation & Career Development

\*Note: instruments are not provided: Youth must provide needed equipment.

\*\*Registration Forms are due to the 4-H Office by Monday, March 13th @4:30pm. For more information contact Mr. John Lilly at (850) 342-0187 orjgl@ufl.edu

#### **4-H Club Leaders Attend Volunteer Retreat**

Jefferson County 4-H Club leaders attended the 4-H NW District Volunteer Retreat on Jan 20-21 at Hilton's Embassy Suites, Destin-Miramar Beach, Florida. The theme was "Navigating The World of 4-H ."

The agenda was packed with speakers from across Florida, Pennsylvania, Ohio, and North Carolina on topics like developmental relationships, experiential learning, and working with clover buds.

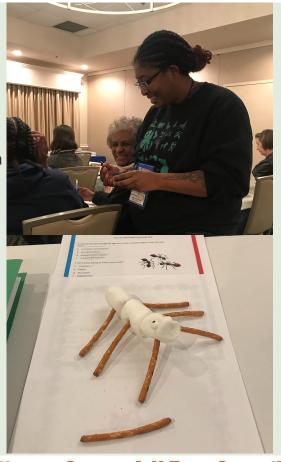
Friday night kicked off with a "make & take." Volunteers got their passport

stamped each time they visited a station to learn a new activity they can

use with their youth.

Club leaders explored new 4-H curricula activities and learned new ways to make their 4-H clubs add content while keeping it engaging. In addition, the workshop provided hands-on activities to help leaders re-energize their clubs.

The following club leaders who attended the retreat are Caroline Hoffner, Dawanda Skipworth, Ruth Ann Scurry, Kathy Campbell, Carolyn Andrews, Sherika Austin, & Bruce Denson.



#### **February Adventures**

When: Every other Saturday @ 10 am

- February 11: Wildlife
   Contest Critters: This
   adventure goes over the
   critters of the state
   competition and is an
   excellent way of learning
   what animals are
   commonly around us.
- February 25: Spring Camping: We will give you pointers and tips on how to enjoy this time of year while camping under the stars

#### **Science Facts**

Why do leaves change color during the winter? During Spring, Summer, and into Fall, you have a process known as *photosynthesis* going on in the leaves. This is where CO2 is used to make Oxygen for you and I to breathe! During this process light is absorbed and green is reflected. However, in autumn this process shuts down and we are left with whatever is left in the leaves; pigments! Pigments give plants their colors-- below is a list of a few common ones:

**Carotenoids** - is an orange/yellow pigment that is given off after the green fades away. Examples - carrots, aspen, and corn.

Flavenoids - is a red pigment that gives strawberries, raspberries, and maples there color.

Anthocyanins - blue, purple, magenta pigment that appears when sugars left behind in leaves react with cellsap. This pigment also depends on soil acidity.

Once all the energy is used up in leaves, the leaves turn brown and fall to the ground. So the next time you are outside, go enjoy the colors of the season!

### The Jefferson County 4-H Teen Council

The Jefferson 4-H County Teen Council is a club comprised of teens between the ages of 12-18. These teens work collaboratively with the Jefferson County 4-H Agent in planning and implementing 4-H Events in the county. In addition, the organization stresses youth leadership training, development, and community service-learning projects.

The Teens Council also plans and implements countywide 4-H programs year-round. Therefore, council members must be willing to commit time and assume responsibility for formulating, directing, and facilitating events.

The council will meet on the following dates below at **4:00 PM** at the Jefferson County Extension Office.

MEETING DATES 2023
FEB 13
MARCH 6
APRIL 10
MAY 8



## The Life, Liberty, and Livestock 4-H Club is gearing up for the 2022-23 4-H year!

Our monthly club meetings are every first Thursday of the month at the Jefferson County Extension office at 5 PM.

Each month we will focus on a new topic in Agriculture that our club members would like to learn about! It is a perfect time to come out and check out this fun club!



Jan. 12th	March 3rd - Monthly Meeting		
<del>Jan. 14th - Jefferson County</del> — <del>Chick Chain Workshop</del>	March 11th - Chick Chain Show		
Feb. 2nd	TBD- West Florida Livestock Show and Sale		
Feb. 4th - Chick Chain Poultry Perfection Workshop	April 6th		
Feb. 20th- 23rd - North Florida Livestock Show and Sale	May 4th		
March 3rd- Chick Chain Record Books Due	TBD- End of Year Celebration		

## Wildlife Ecology Club

The Wildlife Ecology Club's primary focus is to prepare youth for the 4-H Forest Ecology Contest in Gainesville, Florida on April 15th, as well as the mini-contest held at the North Florida Fair in November.

The contest is a way of learning all about forestry concepts, critters, and the tools of the trade. You must be 8 and up to compete per the State of Florida.

For more information, don't hesitate to contact us at the office at 850-342-0187 or email Carly Pearly at carlypeary@gmail.com.



## Hickory Hill 4-H Club

We will meet the second Saturday of each month at 11:00am:

- **February 11, 2023:** club members will be making Bat Man cake and a Love Bug craft.
- March 11, 2023: members will be grilling (Hamburgers and Hot Dogs).
- April 8, 2023: Dye Eggs and hide eggs.
- May 13, 2023: Celebration for club members, with awards and Pizza Party,

We are looking for members to join our club. If interested, please call the Extension Office for details.

## **Agriculture & Horticulture News**



TRANSPLANT WITH CARE

Sweet Potatoes

Passionfruit, Pineapple, Seminole Pumpkin, Spinach, Sweet Potatoes



Cantaloupe, Carrots, Corn, Cucumbers, Onions (bunching), Peas (English), Radish, Squashes, Turnips,

Beans (bush, pole, lima), Cantaloupe, Carrots, Corn, Cucumbers, Okra, Onion (bunching), Peas (English, Southern), Radish, Squashes, Turnips, Watermelon

Beans (bush, pole, lima), Cantaloupe, Carrots, Corn, Chayote, Cucumbers, Okra, Onions (bunching), Peas (English, Southern), Radish, Squashes, Watermelon







GardeningSolutions.ifas.ufl.edu Text only: go.ufl.edu/EdibleText



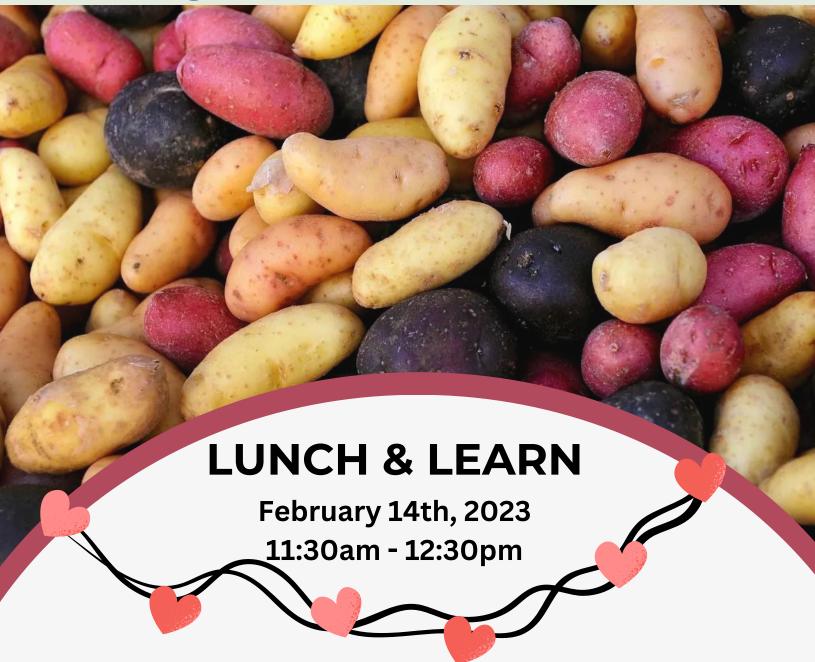








## **Agriculture & Horticulture News**



Come enjoy lunch and learn about planting potatoes at home! After that, our ANR Agent will be planting some in our office raised beds. Stay for hands-on experience!

Please RVSP by February 10th
Cost: \$15 (Check only)
Jefferson County Extension Office

## Family & Consumer Sciences News

## BUILDING A SPENDING PLAN: STEP 3&4



In order to manage your money, you must know where it is going. The simplest method of tracking your spending is by recording it on paper.

Label each with a

the last section

"Totals."

day of the week, &



Fold paper in half vertically, then horizontally 2x to create eight sections.



Carry it with you and note all spending & costs. Don't forget bills paid with your debit/credit cards.

## Tips for Tracking Accuracy

1. Record your spending each day for a whole month.

- 2. Add all the expenditures together by category at the end of the week.
- 3. Each week, add other expenditures made by automatic withdrawals from your checking account.

#### **GOOD MONEY MANAGEMENT:**

Paying your monthly bills on time, saving for the future, and buying the things you need and want without creating unmanageable debt.

Follow this 6-step exercise to decide what you want your money to help you achieve and how you will get there.

Now, let's compare the different types of expenses. Remember, some expenses may be quarterly, annually, or other.

#### **FIXED EXPENSES:**

Usually paid on a regular interval of time. They are often the same amount each time but may vary from month to month.



Support





Cell Phone

#### **FLEXIBLE EXPENSES:**

Vary in amount from month to month. You are not committed to previous agreements or contracts so you have more control over these expenses.







**FIXED EXPENSES** 

COST/MONTH

**FLEXIBLE EXPENSES** 

COST/MONTH





For more information and forms, visit http://edis.ifas.ufl.edu/he827







## Family & Consumer Sciences News



# HOW TO FREEZE



## FREEZE STRAWBERRIES

WITH A LITTLE PREPARATION, IT CAN ALWAYS BE STRAWBERRY SEASON!

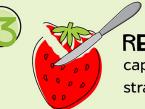


**SELECT** strawberries that are dark red, ripe and firm. Discard immature, unripe and spoiled fruit.



**WASH** thoroughly under cold running water.

Do not soak.



REMOVE stems and caps. (You can also slice strawberries or crush them.)

ce: National Center of Home Food Preservation http://nchfp.uga.edu/how/freeze/strawberry.html



#### **PACKAGE** berries for freezing:

#### WITHOUT SUGAR (Dry Pack)

- · Place a single layer of whole berries on a tray.
- · Place in freezer.
- When frozen, transfer berries to a container or freezer bag with ½ inch head space.



#### SUGAR PACK

- · Place berries in mixing bowl.
- Add ¾ cup of sugar per quart of strawberries.
- Stir until berries are coated with sugar. Let stand 15 min. or until most of the sugar crystals are dissolved.
- Pack into containers or freezer bags, leaving appropriate headspace for different container sizes.



#### SYRUP PACK

- Place berries in container or freezer bag.
- Prepare a 50% sugar/water syrup. Pour over strawberries, leaving appropriate headspace.
- · Place in freezer.



# PUT THE DATE on your storage containers or freezer bags and eat frozen berries within 12 months for best quality and nutritional content.



#### Resumen de Actividades

#### **Eventos del Condado**

Los Eventos del Condado 4-H son competencias anuales en las áreas de hablar en público, demostraciones/pláticas ilustradas, y Compartir la Diversión (talento). Los Eventos del Condado serán el sábado, 25 de marzo, en la Oficina de Extensión del Condado de Jefferson. El programa empezará puntualmente a las 9:00 a.m.

Todos los ganadores de los Eventos del Condado recibirán una cinta el día de los eventos y un trofeo en el Banquete Anual de Premios.

Los ganadores de los eventos del condado también pasarán a competir en la exhibición del distrito el 25 de abril.

Todos los participantes senior en los eventos del condado son elegibles para asistir ¡GRATIS a la Universidad 4-H! La Universidad 4-H se llevará a cabo en el campus de la Universidad de Florida desde el 30 de julio hasta el 3 de agosto.

#### El tiempo permitido para las categorías de Eventos del Condado son:

**Demostraciones:** 

**Horse Public Speaking:** 

• Juniors: 3-12 minutos

Intermediates: 3-12 minutos

• **Seniors:** 5-12 minutos

• Juniors: 3-7 minutos

• **Intermediates:** 3-7 minutos

• Seniors: 5-7 minutos

**Public Speaking:** 

Comparte la diversión:

#### División de edades:

- Cloverbuds (5-7 años)
- Juniors (8-10 años)
- Intermedios (11-13 años)
- Senior (14-18 años)

• **Juniors:** 3-7 minutos

Intermediates: 3-7 minutos

• **Seniors:** 5-7 minutos

• **Juniors:** 3-5 minutos

• Intermediates: 3-5 minutos

• Seniors: 3-5 minutos

Por favor, complete el formulario para inscribirse al Evento del Condado y entréguelo a John Lilly.

El plazo de registro finaliza el lunes 13 de marzo. ¡POR FAVOR COMIENCE SU PROYECTO AHORA!

#### **DEMOSTRACIÓN 4-H/TALLER ILUSTRADO**

Estar en frente de un público puede ser muy estresante. Así que, ¿por qué no aprender nuevas habilidades y técnicas para crear una demostración/charla ilustrada en el Taller de Demostración/charla ilustrada 4-H?

El taller se llevará a cabo el miércoles 8 de febrero en la Oficina de Extensión del Condado de Jefferson de 4:00 a 5:00 p.m. Recomiendo ampliamente su asistencia si planea hacer una demostración/plática ilustrada por primera vez. Los padres también son bienvenidos a asistir. Necesitamos que cinco jóvenes confirmen su asistencia antes del viernes 27, de enero o cancelaremos el taller.

## FAMU Tech Changemakers

¿Quieres participar?

Tech Changemakers de FAMU está diseñado para unir adolescentes (con conocimientos tecnológicos avanzados) con personas mayores dentro de nuestra comunidad con el objetivo de enseñarles habilidades tecnológicas que les permitan tener más confianza en sí mismos y ser más capaces de obtener un empleo en un mundo laboral en constante crecimiento y cambio.

FAMU Tech Changemakers está reclutando adolescentes interesados en ayudar a cerrar la brecha digital.

#### El Comité de Adolescentes 4-H del Condado de lefferson

El comité de adolescentes del condado de Jefferson 4-H es un club compuesto de adolescentes entre las edades de 12-18.
Estos adolescentes trabajan en colaboración con el agente de 4-H en la planificación e implementación de eventos de 4-H en el condado. A través la organización se enfatiza el entrenamiento de liderazgo juvenil, desarrollo y proyectos de aprendizaje de servicio a la comunidad.

El Comité de Adolescentes también planifica e implementa programas 4-H en todo el condado durante todo el año. Los miembros del consejo deben estar dispuestos a dedicar tiempo y asumir la responsabilidad de formular, dirigir y facilitar eventos.

El comité se reunirá en las fechas indicadas a las 4:00 PM en la Oficina de Extensión del Condado de Jefferson.

Reuniones 2023
FEB 13
MARCH 6
APRIL 10
MAY 8

## Life, Liberty, & Livestock ¡El club se prepara para el año 4-H 2022-23!

Nuestras reuniones mensuales son el primer jueves de cada mes en la oficina de Extensión del Condado de Jefferson a las 5 PM. ¡Cada mes nos enfocaremos en un nuevo tema de agricultura que nuestros miembros quieran aprender! ¡Es un tiempo ideal de visitar este club divertido!

#### **Reuniones 2023**

#### Febrero 2

Feb 4. - Taller de perfeccionamiento avícola Chick Chain

20-23 de febrero - Exposición y venta de ganado del norte de Florida

#### Las Aventuras de Febrero

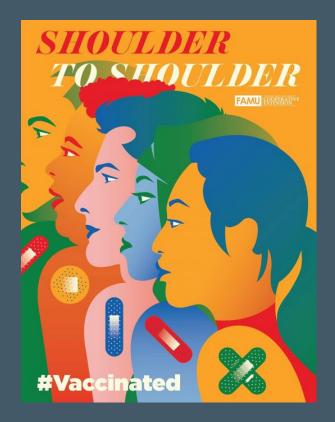
Invitamos a los amantes de la naturaleza.

¿Te gustaría aprender nuevas técnicas y participar más en actividades al aire libre? Aprende sobre distintos temas e interactúa con nuestras aventuras.

Cada dos semanas se organiza una aventura nueva en nuestro centro, en la que podrás poner a práctica tus habilidades y adquirir a otras nuevas.

Para más información, envíe un e-mail a Bryan Danford a bryan.danford@ufl.edu o visite nuestra oficina para recibir información.

## **FAMU Extension News**



Vaccine effectiveness is a measure of how well vaccination protects people against outcomes such as infection, symptomatic illness, hospitalization, and death.

Vaccine effectiveness is typically measured through observational studies specifically designed to estimate individual protection from vaccination under "real-world" conditions.

For more information click <u>here!</u>

## **FAMU Tech Changemakers**

We Want YOU!

Tech Changemakers is a program designed to pair teenagers (who are very tech literate) with older persons in the community to teach them valuable tech skills to make them more employable and confident in the evergrowing/changing workplace.

FAMU Tech Changemakers is recruiting motivated teenagers interested in helping close the digital divide gap.



# **February**

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
		1	Live, Liberty, and Livestock 4-H Club Meeting	3	4 Spring Outdoor Program  4-H District Poultry Perfection Workshop
6	7	8  4-H  Demonstration/Illustration  Workshop	9	10	Outdoor Program Hickory Hill
Teen Council Meeting	14 3rd Grade Club	4th Grade Club	16 5th Grade Club	NW District Teen Retreat	18NW District TeenRetreat
20	North Florida Livestock Show & ——— Sale	22	North Florida Livestock Show & Sale	24	Spring Outdoor Program
27	28				

Spring Outdoor Program- February 4th and 25th
Life, Liberty, and Livestock 4-H Club Meeting- February 2nd
4-H Demonstration/ Illustration Workshop- February 8th
Chick Chain Poultry Perfection Workshop - February 4th
3rd Grade School 4-H Club - February 14th
4th Grade School 4-H Club - February 15th
5th Grade School 4-H Club - February 16th
Teen Council Meeting- February 13th
NWD Teen Retreat- February 17th - 19th
North Florida Livestock Show and Sale - February 20th
-23rd

#### **Upcoming March Events**

Dirty Pecan - March 2nd-5th
Life, Liberty, and Livestock 4-H Club Meeting- March 3rd
4-H Chick Chain District Show (Washington County Ag
Center) - March 11th
Hickory Hill 4-H Club - March 11th
3rd Grade School 4-H Club - March 21st
4th Grade School 4-H Club - March 22nd
5th Grade School 4-H Club - March 23rd
Teen Council Meeting- March 6th

## Meet the Staff!



**UF** IFAS Extension UNIVERSITY of FLORIDA



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