

SOLUTIONS



IN THIS ISSUE:

4-H YOUTH NEWS 2-6

AGRICULTURE & HORTICULTURE NEWS 7

FAMILY & CONSUMER SCIENCES NEWS 8-9

RESUMEN DE ACTIVIDADES 10

FAMU EXTENSION NEWS 11

CALENDAR OF EVENTS 12

EXTENSION STAFF 13

**UF/IFAS EXTENSION
JEFFERSON COUNTY
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850-342-0187**

WEBSITE:

f [SFYL.IFAS.UFL.EDU/JEFFERSON/](https://sfyl.ifas.ufl.edu/jefferson/)

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Greetings Extension Family,

April is finally upon us and there is nothing like a warm spring day to make the soul appreciate creation. As mother nature provides the plants and animals the strength to grown, let us try to grow mentally and physically as individuals.

A good attitude is a start, but practive and dedication lead to success.

It is time to sign up for 4-H Summer Camps, and there are upcoming programs in agriculture and Family and Consumer Sciences as well, details inside.

Call of stop by the Jefferson County Extension Office if you have any questions. We are here to serve you!

Enjoy,

John Lilly

Jefferson County Extension Director/4-H Agent

4- H County Events

4-H County Events were held on Saturday, March 25 at the Jefferson County Extension Office. Participants chose individual topics for demonstration/illustrated talks.

The event's overall purpose is to develop and promote life skills needed to research, organize, and present their speech. In addition, participants learn to be attentive to personal appearance and sharpen their skills in persuasive speech.

Most participants will compete at **4-H District III Showcase on Saturday, April 22**, at the Wakulla County Extension Office.

Our **fabulous judges** were **Abigail Boyd, Jada Mosley, Michelle Milligan, & Ruth Ann Scurry; thank you very much. A special thanks to Gladys Neely, retired 4-H Program Assistant, for all your help.**

For more information about Jefferson County 4-H, please contact John Lilly via email jgl@ufl.edu or phone 850-342-0187.



General Public Speaking

Junior Division, 8-10 years old
Petra Brookins - "My Time at Camp Timpoochee"- 1st place - White Ribbon

Intermediate Division, 11-13 years Old
Tessia Brookins - "Exchanging Pleasantries"- 2nd -place, Blue Ribbon

Intermediate Division, 11-13 years Old
Nicholas Brookins - "Internet Safety"- 1st-place, Blue Ribbon



Demonstration/Illustrated Talks

Clover Bud 5-7-Year-old

- Trevor Scott – “How to Make Slime” received a participation ribbon

Junior Division- ages 8-10

- Isabella Scott- "How to Make Fudge Brownies" 1st place blue ribbon
- Zamiya Kennedy & Jasmine Miller, Food Preparation – “How to Make a Delicious Oreo Milkshake”- 1st place Team- Blue Ribbon.
- Tristyn Oliver- Rihanna: A Journey Through the Life and Music of a Global Icon"- 1st place, red ribbon
- Ja'Varion Ulee, “The Terrifying Tasmanian Tiger”, 1st place- Blue Ribbon.
- Neilan Sneed – “Lionel Messi”, 1st place- Blue Ribbon.

Intermediate Division- ages 11-13

- Sulyria Bellamy – “Gymnastics Floor Routines” 1st place- Red Ribbon.

Senior Division – ages 14-18

- Jonathan Youngblood, Food Preparation- “Mama’s Finger Lickin Sour Cream Pound Cake” - 1st place- Blue Ribbon.
- Samantha Hall – “How Social Media Affects Friendship”, 1st place- Blue Ribbon
- Miranda Hall , Food Preparation - "Strawberry Limeade Slushie" 2nd Place - Blue Ribbon
- Naila Hill - “Arrive Alive- Don’t Drink and Drive”, 1st place- Blue Ribbon



The Jefferson County 4-H Teen Council

Meeting Dates: APRIL 10 MAY 8

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 dates mentioned at **4:00 PM** at the Jefferson County Extension Office.



March Outdoor Adventures

April 7: STEM Boats

April 29: Earth Day

Wildlife Happenings:

Birds

- Bobwhite quail nest now - September.
- Watch for hummingbirds feeding on blooms

Mammals

- Endangered Gray Bats return to Florida caves
- Manatees move up the Wakulla and St. Marks rivers

Reptiles

- Sea Turtle nesting season begins
- Alligators begin moving about

Fish

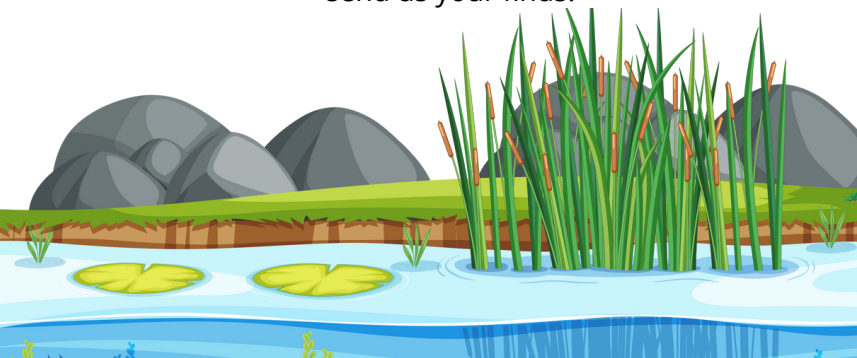
- Largemouth Bass move to the shallow waters of Lake Talquin.
- The cobia migration is in full swing in the Panhandle

Insects

- Plant extra parsley for black swallowtail butterfly larvae to eat.

Nature Challenge of the Month:

Identify all the plants in bloom, make a list, take pictures, and send us your finds!



4-H University

4-H University is all about having fun, making new friends, and learning! Florida 4-H University is a four-day and three-night event for young adults held at the University of Florida from July 31 to August 3, 2023.

This event is open to teenagers between 14-18 years of age. Attendees can participate in educational workshops led by University of Florida faculty, explore career opportunities, lead community service activities, and interact with youth from all over the state.

4-H University is **FREE** to teens that **participate in County Events** by completing a Demonstration/Illustrated Talk or General Public Speaking. **For non-county event teens**, the fee is **\$175**.

The **deadline** to register for 4-H University is **May 1 thru June 16, 2023**.

For more information, please go to <https://florida4h.ifas.ufl.edu/events/4-h-university/>.

Please contact Mr. John Lilly if you have any questions.



4-H Youth News



Hickory Hill Club

On Saturday, March 11th, the Hickory Hill 4-H Club met for their monthly meeting Mr. Bruce Denson was teaching the youth how to make French Bread Pizza.

We are looking for members to join our club; if interested, please call the Extension Office for Details.

April 15, 2023
Easter Bunny Hopping



Life, Liberty and Livestock 4-H Club is Keeping Busy!

Finn Feinberg won 1st place Project Book, Best of Breed - Speckled Sussex and 1st place Junior in Skillathon, as well as 3rd Individual High Score for Livestock Judging.

Henry Feinberg won 1st place Project Book, Best of Breed - Rhode Island Red and Reserve Champion Pullet, as well as 2nd Individual High Score for Livestock Judging.

On Friday, March 3, six of our members participated in the West Coast Florida Fair Livestock Judging Contest.

3rd Place Team

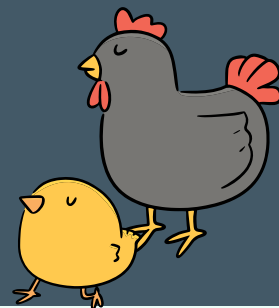
4th Place Team

Adolai Scott

Finn & Henry
Feingberg

Sophie
Ogden

Gabby &
Dominic Graff



4-H Youth News

4-H Summer Day Camps

Cloverbud Day Camp

Ages: 5-7 yrs old (10 spots available)

When: July 18th - 20th, 8am - 12 pm

Where: UF/IFAS Jefferson County Extension Office

Cost: \$20 (Deadline to register July 11th)

Activities Include:

- Crafts
- Outdoor Cooking
- Organized Recreation



Wildlife Day Camp

**** In collaboration with Leon County Extension****

Ages: 10-15yrs old (30 spots available)

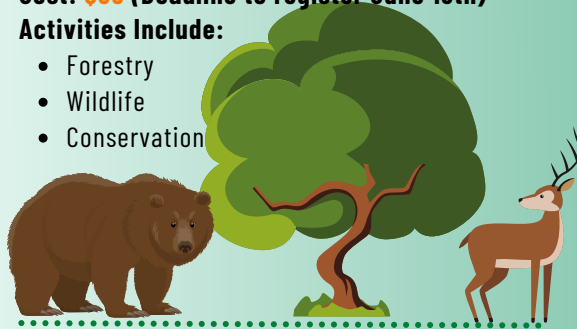
When: June 26th - June 30th, 8:30am- 4pm

Where: UF/IFAS Jefferson County Extension Office

Cost: \$35 (Deadline to register June 19th)

Activities Include:

- Forestry
- Wildlife
- Conservation



Field -to- Fork Day Camp

Ages: 11- 14 yrs old (15 spots available)

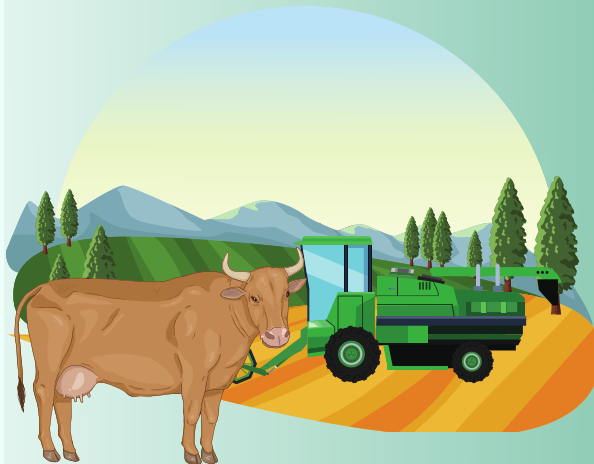
When: June 5th -8th, 8am - 4pm

Where: UF/IFAS Jefferson County Extension Office

Cost: \$30 (Deadline to register May 19th)

Activities Include:

- Farm Tour & Processing Facility Tour
- Hands-on Gardening, Cooking, Grilling
- Grilling Contest



To register for camp, please come by the :

Jefferson County Extension Office at: 2729 W. Washington

Hwy or

call us at 850-342-0187

Day Camp Fees will be paid at registration.

Fees and deposits are non-refundable.

Must be of age requirement on September 1, 2022 for all camps.



8-9 Year Old Day Camp

Ages: 8- 9 yrs old (15 spots available)

When: July 11-13, 8am - 4pm

Where: UF/IFAS Jefferson County Extension Office

Cost: \$20 (Deadline to register July 5)

Activities Include:

- Swimming
- Outdoor Activities
- STEM
- Ecology



Healthy Kids Camp

Ages: 10-15 yrs old (10 spots available)

When: May 30-June 2nd, 8:30am - 12pm

Where: UF/IFAS Jefferson County Extension Office

Cost: \$20 (Deadline to register May 22)

Activities Include:

- Hands-on food prep cooking
- Nutrition and health education
- Outdoor garden activities



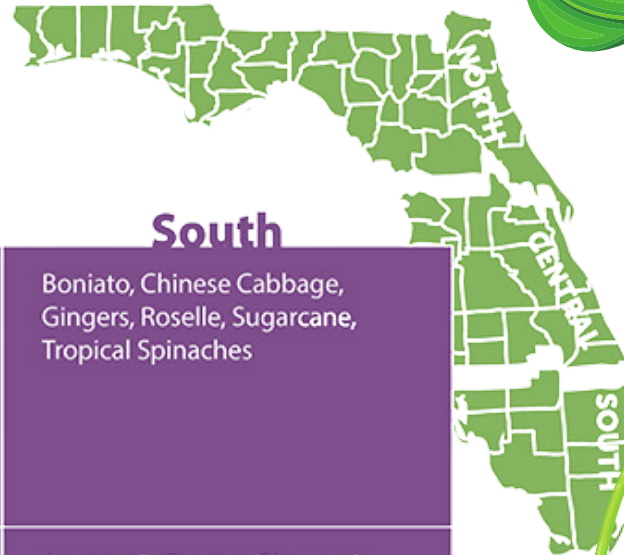
An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Nick T. Place, dean for UF/IFAS Extension. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county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

For more information about Jefferson County 4-H please call 850-342-0187 or email: John Lilly at jgl@ufl.edu.

Agriculture & Horticulture News

EDIBLES TO PLANT IN

April



North

Central

South



EASY TO
TRANSPLANT

Boniato, Gingers,
Roselle, Tomatillo, Tomatoes

Boniato, Chinese Cabbage,
Gingers, Roselle, Sugarcane,
Swiss Chard, Tropical Spinaches

Boniato, Chinese Cabbage,
Gingers, Roselle, Sugarcane,
Tropical Spinaches



TRANSPLANT
CAREFULLY

Amaranth, Calabaza, Long
Squash, Luffa, Papaya,
Seminole Pumpkin, Sweet
Potatoes

Amaranth, Calabaza, Long
Squash, Luffa, Papaya, Pigeon
Pea, Pineapple, Seminole
Pumpkin, Sweet Potatoes,
Yucca

Amaranth, Papaya, Pineapple,
Sweet Potatoes,
Yucca



USE
SEEDS

Beans (bush, lima, pole),
Cantaloupes, Chayote, Corn,
Cucumbers, Okra, Peanuts,
Peas (southern), Squashes,
Watermelon

Beans (bush, pole), Chayote,
Corn, Okra, Peanuts, Peas
(southern), Squash

Beans (bush, lima,
pole), Chayote,
Peas (southern)

UF IFAS Extension
UNIVERSITY of FLORIDA



Gardening
SOLUTIONS

For more information, please visit
GardeningSolutions.ifas.ufl.edu

Family & Consumer Sciences News



Did you know, a heart-healthy diet is a brain-healthy diet? A diet full of fruits, vegetables, whole grains, lean protein, low-fat dairy, and foods rich in omega-3 fatty acids and antioxidants is not only great for reducing the risk for heart disease and diabetes, but also for boosting brain function. According to the National Institutes of Health (NIH), research has shown that people who follow a Mediterranean diet have a lower risk of developing dementia. A Mediterranean diet focuses on all the good food mentioned above and limits foods with added sugars, fewer portions of meat, and carbohydrates compared to a standard American diet.

Foods high in sugar and unhealthy fats slow down our brain function often causing us to be tired or feel sluggish. Eating these types of foods long-term may lead to lower cognitive function as well as increases the risk for diabetes and heart disease.

Physical activity is very critical for positive brain health. Research has shown that regular physical activity is beneficial for the brain because it may increase glucose metabolism, using glucose for fuel quickly -- which could reduce the risk for cognitive disorders as you age. This is one reason it is important to strive for 150 minutes of moderate intensity exercise each week. Brisk walking is an example of moderate-intensity exercise! So, while you may be walking to get ready for a vacation or an event, you are not only getting into physical shape, but also boosting your cognitive function at the same time!



There are other ways besides diet and exercise that you can help boost your cognition. Great ways to challenge our brains while also having fun can be:

- **Playing Games**
- **Sewing**
- **Quilting**
- **Reading**
- **Socializing**

Try learning something new, if you enjoy dancing, try picking up a new style of dance! Or if you enjoy cooking, try different recipes or techniques in the kitchen. Trying something new can be fun and rewarding.

Managing stress is important when we think about our brain health. It is easy to get caught up in the stressors of daily life and if we do not have effective ways to manage this stress, it can take a toll on cognitive function. Taking a short walk, listening to music, reading a book, and talking with a friend can help manage stress. It's important to take deep breaths and relax throughout the day so you can regain focus and tackle the issue(s) at hand. Stress is inevitable, so finding ways to manage or reduce the effects of stress on you can be beneficial to overall cognitive health.



Keeping our brains healthy is a life-long task. It is never too late to start working on our cognitive health. It is important to find ways to manage the stress that work for you; this helps with decision-making, problem-solving, and overall cognitive function. Take brain breaks throughout your day to de-stress and recharge!

If you would like more information on diet and brain health, please visit the links below: <https://www.nia.nih.gov/health/cognitive-health-and-older-adults>
<https://www.myplate.gov/>

Family & Consumer Sciences News



Healthy Eating While Traveling

Travel can make selecting healthy meals and snacks a challenge.

UF/IFAS Extension shares some tips that can help you stay on track.

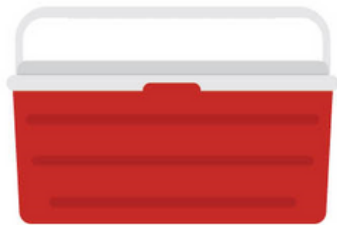
Plan



- Prior to your trip, **check out the menus** of locations along the way to identify the healthiest options available.
- **Meal plan and pack healthy**, non-perishable foods like trail mix, citrus fruit, beef jerky, tuna packets and fruit in a pouch are great options.
- Bring a **reusable water bottle** to stay hydrated.

Food Safety

- **Bring a cooler with extra ice** to keep perishable items below 41°F to prevent growth of bacteria and maintain freshness.
- **Individually wrap food** and prevent direct exposure to ice.
- Remember, **perishable food** is **not considered safe** to eat after it has been left out for two hours or more.
- **ALWAYS wash hands** or use hand sanitizer before handling food items.



Realism



- **Do the best you can!** If a fast meal is all that you have available to eat, be sensible and make the best choice possible.
- Many fast food menu items have higher calories or sugar, keep this in mind and understand it may be tricky to **find the healthiest options**.

Balance

- If you are traveling for the first two meals of the day and must eat something unhealthy, perhaps have a **lighter option for dinner** once you reach your destination.



Adapted from: Tary Moore, "Holiday travel nutrition tips from UF expert," news release, Nov. 25, 2019, <http://blogs.ifas.ufl.edu/news/2019/11/19/holiday-travel-nutrition-tips/>

An Equal Opportunity Institution. | December 2022



El Consejo de Adolescentes 4-H del Condado de Jefferson



El Consejo de Adolescentes del Condado de Jefferson 4-H es un club compuesto por adolescentes de entre 12 y 18 años.

Estos adolescentes trabajan en colaboración con el agente 4-H del condado de Jefferson en la planificación e implementación de eventos 4-H en el condado.

Además, la organización hace hincapié en los proyectos de capacitación, desarrollo y aprendizaje de servicios comunitarios para el liderazgo juvenil.

El Teens Council también planifica e implementa programas 4-H en todo el condado durante todo el año. Por lo tanto, los miembros del consejo deben estar dispuestos a dedicar tiempo y asumir la responsabilidad de formular, dirigir y facilitar los eventos.

El consejo se reunirá en las fechas mencionadas a las 4:00 p. m. en la Oficina de Extensión del Condado de Jefferson.



Universidad 4-H

¡La Universidad 4-H se trata de divertirse, hacer nuevos amigos y aprender! Florida 4-H University es un evento de cuatro días y tres noches para jóvenes que se lleva a cabo en la **Universidad de Florida del 31 de julio al 3 de agosto de 2023.**

Este evento está abierto a adolescentes entre 14-18 años de edad. Los asistentes pueden participar en talleres educativos dirigidos por profesores de la Universidad de Florida, explorar oportunidades profesionales, dirigir actividades de servicio comunitario e interactuar con jóvenes de todo el estado.

4-H University es GRATIS para los adolescentes que participaron en eventos del condado de demostración/charla ilustrada o hablar en público en general. Para los adolescentes que no participaron en el evento del condado, la tarifa es de **\$175.**

El plazo para registrarse en la Universidad 4-H es del 1 de mayo al 16 de junio de 2023.

Para obtener más información, visite <https://florida4h.ifas.ufl.edu/events/4-h-university/>.

Comuníquese con el Sr. John Lilly si tiene alguna pregunta.

Cloverbud Day Camp

Edades: 5-7 (10 puestos disponibles)
Cuando: Julio 18 - 20, 8am - 12 pm
Donde: UF/IFAS Jefferson County Extension Office

Costo: \$20 (Plazo de inscripción, Julio 11)

Actividades Incluyen:

- Artesanías
- Cocinar al aire libre
- Actividades recreativas organizadas



8-9 Year Old Day Camp

Edades: 8-9 (15 puestos disponibles)
Cuando: Julio 11-13, 8am - 4pm
Donde: UF/IFAS Jefferson County Extension Office

Costo: \$20 (Plazo de inscripción, Julio 5)

Actividades Incluyen:

- Natación
- Actividades al aire libre
- STEM
- Ecología



Healthy Kids Camp

Edades: 10-15 (10 puestos disponibles)
Cuando: Mayo 30-Junio 2, 8:30am - 12pm
Donde: UF/IFAS Jefferson County Extension Office

Costo: \$20 (Plazo de inscripción, Mayo 22)

Actividades Incluyen:

- Preparación práctica de alimentos
- Educación en nutrición y salud
- Actividades de jardín al aire libre



Wildlife Day Camp

**** En colaboración con la extensión del Condado de Leon****

Edades: 10-15 (30 puestos disponibles)
Cuando: Junio 26 - Junio 30, 8:30am - 4pm
Donde: UF/IFAS Jefferson County Extension Office

Costo: \$35 (Plazo de inscripción, Junio 19)

Actividades Incluyen:

- Forestal
- Fauna salvaje
- Conservación



Field-to-Fork Day Camp

Edad: 11-14 (15 puestos disponibles)
Cuando: Junio 5-8, 8am - 4pm
Donde: UF/IFAS Jefferson County Extension Office

Costo: \$30 (Plazo de inscripción, Mayo 19)

Actividades Incluyen:

- Visita a la granja y a las instalaciones de procesamiento
- Jardinería, cocina y asados prácticos
- Concurso de parrilla



Para inscribirse en el campamento, por favor acuda a:

Jefferson County Extension Office:
2729 W. Washington Hwy o
call us at 850-342-0187

Las cuotas del campamento de día se deberán pagar al inscribirse.

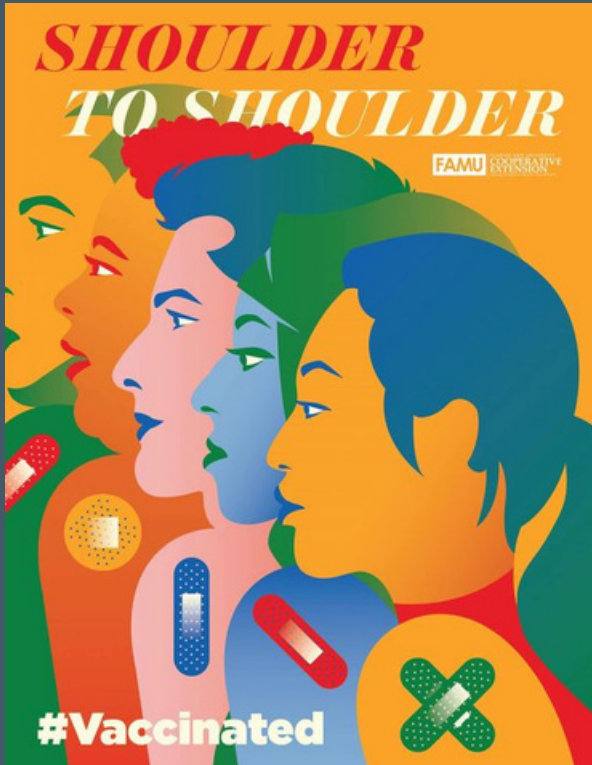
Las cuotas y los depósitos no son reembolsables.

Debe tener la edad requerida para el de septiembre de 2022 para todos los campamentos.

UF/IFAS Extension Legal Una institución con igualdad de oportunidades. Andra Johnson, decano y director de la UF/IFAS Extension, University of Florida, Institute of Food and Agriculture Sciences. Las copias individuales de las publicaciones de UF/IFAS Extension (excluyendo las publicaciones de 4-H y para los jóvenes) están disponibles gratis para los residentes de Florida en las oficinas UF/IFAS Extension del condado.



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 [here](#)!

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 ever-growing/changing workplace.

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

4-H TECH CHANGEMAKERS

Become a 4-H Tech Changemaker!!

Inequitable access to technology and digital skills is impacting opportunities for people nationwide. Would you like to make a difference as a 4-H Tech Changemakers?

You can become a digital skills trainer, build your resume, increase your leadership skills, and advocate for increasing digital inclusion in your community.

To learn more, check out <http://4-H.org/TechChangemakers>

4-H Tech Changemakers is a:

- unique opportunity to learn new skills for college or career.
- great way to build your network.
- great way to build your knowledge about teamwork, communication, public speaking, teaching, facilitating, and civic service.

Contact Sabrina Hayes, FAMU 4-H Agent, to learn more about local efforts to address digital inclusion.

Sabrina Hayes	OFFICE ADDRESS: 2010 Pinder Drive Tallahassee, FL 32307
PHONE: 850-412-5714	EMAIL: sabrina.hayes@famuu.edu
SOCIAL MEDIA: https://www.facebook.com/famuxext	

PROGRAM IS SUPPORTED BY

LAND O' LAKES, INC. Microsoft TRACTOR SUPPLY CO. verizon

April

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
					1 2
3 Teen Council Meeting	4	5	6 Live, Liberty, and Livestock 4-H Club Meeting	7 Good Friday - Office Closed Spring Outdoor Program: STEM Boats	8 9
10	11	12	13	14	15 Hickory Hill 4-H Club Meeting 16
17	18	19	20	21	22 District Showcase (County Events winners) 23
24	25	26	27	28	29 Spring Outdoor Program: Earth Day 30

Upcoming May Events

Life, Liberty, and Livestock 4-H Club Meeting- April 6th
 Good Friday- Office Closed
 Spring Outdoor Program - April 7th
 Teen Council Meeting- April 10th
 Hickory Hill 4-H Club- April 15th
 District Showcase on April 22th
 Spring Outdoor Program - April 29th

Life, Liberty, and Livestock 4-H Club Meeting- May 4th
 Teen Council Meeting- May 8th
 Hickory Hill 4-H Club- May 13th

Meet the Staff!



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