



# The Mayo Clover Leaf



January 2025

Lafayette County Extension, Ag and 4-H News Vol 7 Num 2

## Up-Coming Events

**Tuesday February 4,** Home-school 4-H Club Meeting, 10:00 AM 4-H Classroom

**Tuesday February 4,** Clover Buds, Community Club Meeting, 3:00 PM 4-H Classroom

**Tuesday February 11,** Culinary Club. 3:00 PM 4-H Classroom

**Thursday February 13,** Career Exploration for teens age 1-18, 3:00 PM 4-H Classroom

**Tuesday February 18,** Anglers Club Meeting. UF Fish Hatcheries, 2:00-4:30 PM. Contact Extension office for details.

**Thursday February 13,** Career Exploration for teens age 16-18, 3:00 PM 4-H Classroom

**Tuesday February 25,** Archery 4-H Club Meeting, 3:00 PM 4-H Classroom

**Wednesday February 26,** 4-H Senior Commodity Pickup 1:30-4:30 PM.

**Thursday February 27** Career Exploration for teens age 16-18, 3:00 PM 4-H Classroom

**Saturday February 8,** Toxic Round-Up. 9:00 AM, Mayo Community Center.

## Lafayette Extension Wraps Up Botvin Life Skills Program at Lafayette Middle School

Shawn Jackson

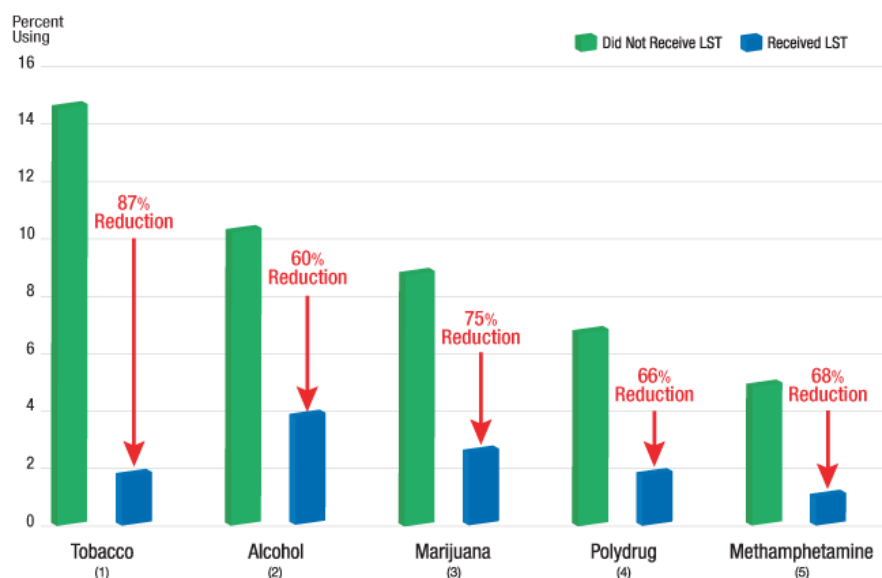
Lafayette County Extension has just finished the Botvin Life Skills Program with 6th-grade students at Lafayette Middle School. The program included 18 lessons, taught once a week during the fall semester, to help students build important skills to prevent substance abuse and violence.

This program was made possible through a partnership between Lafayette County Extension and three other counties in north Florida. Together, they worked with UF IFAS leaders to secure a PROSPER grant, which helped cover the costs of training, student workbooks, curriculum materials, and a part-time facilitator to support the County 4-H Agents in teaching the lessons.

The Botvin Life Skills Training Program has been used in schools for over 35 years and is one of the most effective programs for preventing drug, alcohol, and tobacco use, as well as violence and other risky behaviors. The program is based on scientific research and focuses on helping students make healthy choices, resist peer pressure, and avoid negative behaviors. It is designed to be engaging and age-appropriate, helping students build confidence and positive attitudes toward mental health and personal growth.

The Lafayette County Extension hopes to offer this valuable program again in the fall of 2025, providing more students with the chance to learn life-changing skills.

By giving students the tools to handle tough situations, Lafayette County Extension is helping to create a safer and healthier community for everyone.



# Weather and Agriculture Report

Emily Beach

January brought us a reprieve from the dry weather in December. This is encouraging for winter forages, cover crops, and plants and trees that are making it through the winter. The freezing temperatures that we experienced had the potential to cause some

January Rainfall Totals (in)			
	2025	2024	2023
Cooks Hammock	7.85	3.87	2.83
Mallory Swamp	8.25	4.39	2.85
Midway Tower	7.56	5.1	2.65

The only thing that should be pruned in February is roses. Be sure to hold off on everything else to encourage recovery from the cold damage. After pruning roses, be sure to fertilize and apply a fresh layer of mulch and this should encourage blooms in around 8-9 weeks. Also, fertilize citrus and pecan trees. February is the month for planting potatoes so be sure to get your area ready and get those seed in the ground.

## Assessing Cold-Damaged Plants

Emily Beach

If you have trees/plants in your home garden that are appropriate for our climate, the recent cold weather event shouldn't cause damage, the key to making that determination though is patience. The dormancy that deciduous varieties experience equips them for even extremely cold temperatures like we experienced in January. As we look to warmer temperatures, we need to give our home landscape time to recover which is where the patience comes in; but there are a few things that can be done during that period. Continue to irrigate but lessen the amount at each event as damaged plants do not need as much water and over watering can cause root damage. Resist the urge to fertilize too early as promoting growth before our area is frost free will only result in further damage to the new growth and set the plant back more. Although that damaged foliage looks unsightly, it will continue to act as an insulator for the plant until spring so we shouldn't prune until that new growth has had time to expand and mature. Scout for weeds, diseases, and pests that would cause competition for the recovering plant and take care of any issues that arise. These are a few important aspects for nearly anything you would have planted in the home landscape. The resiliency of your plants may surprise you at the end of that waiting period!

# Have 'Em Your Way Muffins at January Culinary Club

Emily Beach

One goal for this club is to provide recipes that can be replicated at home without anything more than parental supervision. We always have a topic to enhance culinary knowledge so this month we discussed the difference in all purpose and self-rising flour and when it is appropriate for using each type of flour. Members then followed a recipe to create a basic muffin mix and were able to individualize them to their liking. They mixed up the muffin base, poured them into their muffin tins, and then added in mix-ins of their choice. The options were chocolate chips, strawberries, and blueberries. Some members chose to have a sample platter, some added different combinations into the same muffin, while others just stuck to one add-in in all their muffins.



## North Florida Cattlemen's Association



### Profiting in the Cattle Business

We have an exciting meeting planned!

#### Featuring :

Dr. Todd Thrift, UF/IFAS Extension Beef Specialist

#### "Bulls & Genetics"

Hannah Baker, UF/IFAS Extension State Specialized Agent,  
Beef Cattle & Forage Economics

#### "Economic Outlook & Input Costs"

The final topics:

**Animal Identification Rule - Federal & State**  
**Expert Panel of Industry Representatives**

**Saturday - February 15, 2025 - 9:30 am**  
**UF/IFAS NFREC - Suwannee Valley**  
**CR 417 - Live Oak**

Register today - it's  
free but we need a  
head count!



<https://www.eventbrite.com/e/north-florida-cattlemans-association-general-membership-meeting-tickets-1144906539279?aff=odddtcreator>

North Florida Cattlemen's Association is a county affiliate of the  
Florida Cattlemen's Association  
Bring your family!

PLEASE Reserve your spot by registering through the link or call:  
UF/IFAS Extension Columbia County - Paulette - 386-752-5384



**First Annual Business Meeting**  
**Saturday, February 8, 10:00 - 3:00pm**  
**UF Austin Cary Forest, Gainesville, FL**

#### Featuring

#### Senator Jennifer Bradley

Florida Forestry Association  
Legislator of the Year, 2024



We are honored to have Senator Bradley come speak to our group regarding Florida  
Agriculture and Forestry issues.  
This is an opportunity you will not want to miss!

#### Additional presenters will share:

#### Presentations on Florida Wildlife Habitat and Landowner Programs

- Florida Panther - Kelsey Bernard, FWC Ecosystem Services Program Coordinator
- Gopher Tortoise - Mac Barrett FWC Gopher Tortoise Biologist
- Bobwhite Quail - Quail - Nicole Itzkowitz, Quail Forever

#### Become Part of Our Mission - Women Educating Women

- Election of FWLA officers/Committees to join
- Hands-on activities
- Become a member before March 30 and you will be a  
**Founding Member of the Florida Women Landowners Association.**  
\$35/year or \$90/3 years. (Cash or Check)

Raffle

Click to  
Register  
today.



# Start Planning Now to Attend the 2025 SVYLSS

The Suwannee Valley Youth Livestock Show and Sale is just around the corner, and we hope you're already planning to support our local youth. This year, there will be some changes due to the demolition of the existing livestock and hog barns, as well as the show arena. The SVYLSS committee has worked hard to plan an exciting event, with all animals housed at the fairgrounds rodeo arena, along with the show and sale taking place there as well. An itinerary for the week is listed below. If you're interested in supporting our local youth at this event and have any questions, please contact the extension office at 386-294-1279.

## **2025 SVYLSS COMPLETE SCHEDULE OF EVENTS**

**March 24-28, 2025**

<b>Record Book Due</b>	March 17, 2025 by 5:00 pm (at Extension Office)
***Record Books only apply to Market Animals***	
<b>Swine Weigh-In</b>	March 24, 2025 at 8:00-10:00 am
<b>Swine Showmanship</b>	March 24, 2025 at 6:30 pm
<b>Steer/Heifer Weigh-in</b>	March 25, 2025 at 9:00-11:00 am
<b>Swine Show</b>	March 25, 2025 at 6:30 pm
<b>Sheep Check-In</b>	March 26, 2025 at 9:00-10:00 am
<b>Steer/Heifer Show</b>	March 26, 2025 at 6:30 pm
<b>Sheep Show</b>	March 27, 2025 at 6:30 pm
<b>Sale</b>	March 28, 2025 at 9:00 am
***Buyer's Dinner will be held at the Sale***	

## **CAREER EXPLORATION CLINICS FOR YOUTH AGES 16-18**

**February 13, 20 & 27 at 3:00 PM**  
**Lafayette Extension 4-H Classroom**

- **Complete career interest assessments**
- **Explore career paths with virtual simulation**
- **Consultations with trained Career Source Reps**

***Seats are limited.***  
***Call now and reserve a spot!***





# January Lafayette 4-H Community Club Meeting Highlights

Shawn Jackson

The Lafayette 4-H Community Club started off the new year with a fun and busy meeting. On a cold January day, youth members came together for a day of hands-on activities and fun.

The meeting began with the Pledge of Allegiance to both the American flag and the 4-H flag, helping everyone feel proud and connected. After the pledges, members enjoyed snacks to give them some energy before getting started on their projects.

One of the day's main activities was making bird feeders. Using pinecones, peanut butter, and bird seed, the youth worked together to create simple bird feeders. This project taught them about helping wildlife during the winter months.

Another activity was planting seeds for spring. Members planted marigold, coleus, and petunia seeds into starter trays, which are being kept under grow lights to help the seeds grow. The youth learned about how plants grow and the care they need to thrive.

The group also painted gallon tin cans, which will later be used to plant the seedlings once they are ready to be moved outside. The youth got creative by painting the cans in bright colors and fun designs.

To finish the meeting, everyone went outside for some roasting marshmallows, making smores and playing exciting games. The fresh air and activity were a great way to end the meeting with laughter and teamwork.

The January meeting was a great start to the year for the Lafayette 4-H Community Club. The youth enjoyed learning, creating, and having fun together, and they are excited for more activities in the months ahead.



# FILE FOR FREE THIS YEAR

IN-PERSON AT YOUR LOCAL  
EXTENSION OFFICE

## 2 Appointments REQUIRED

- Tax information intake
- Completion of taxes

Available for Columbia,  
Hamilton, Suwannee,  
& Lafayette Counties.



CALL FOR APPOINTMENT

(386) 752-5384

## VITA

VOLUNTEER INCOME TAX ASSISTANCE

## THE BEST SERVICE

GET FREE FILING HELP AT YOUR  
LOCAL EXTENSION OFFICE.  
CONFIDENTIALLY E-FILE WITH  
TRAINED VOLUNTEERS AND  
HAVE YOUR REFUND DIRECT  
DEPOSITED TO GET YOUR  
MONEY FASTER.



**UF** IFAS Extension  
UNIVERSITY of FLORIDA

United Way of  
Suwannee Valley



AN EQUAL OPPORTUNITY INSTITUTION. THE UNIVERSITY OF FLORIDA IS COMMITTED TO PROVIDING UNIVERSAL ACCESS TO ALL OF OUR EVENTS. FOR DISABILITY ACCOMMODATIONS SUCH AS ALTERNATE FORMATS OF WRITTEN MATERIAL, PLEASE CONTACT [HCOBITT@UFL.EDU](mailto:HCOBITT@UFL.EDU) AT LEAST TWO WEEKS IN ADVANCE.

## January Angler Club Meeting Cancelled Due to Extreme Cold

Shawn Jackson

The Lafayette County 4-H Fishing Club's meeting scheduled for January was canceled due to extreme cold temperatures. While the cold weather kept families indoors this month, outdoor activities like fishing offer numerous benefits for youth when enjoyed with parents or mentors. These activities promote physical health, teach valuable life skills such as patience and problem-solving, and foster stronger relationships. Youth involved in outdoor pursuits also gain a deeper appreciation for nature, boost their self-confidence, and develop teamwork skills that last a lifetime. Lafayette 4-H Angler's Club will meet this month at its regularly scheduled date at time.



# Hamlin Auto Supply

***Proud Supporter of Lafayette 4-H  
Anglers Club!***

718 East Main Street, (386) 294-1114





# TOXIC ROUND-UP

**(9 AM – 3 PM)**  
**SAT. FEB 8, 2025**

**Mayo Community Center**  
**176 SW COMMUNITY CIR.**  
**MAYO, FL 32066**

## LAFAYETTE COUNTY EVENT NOTICE!

**DON'T SEND IT TO THE LANDFILL!  
 BRING IT TO US.**

**ALACHUACOUNTYHAZWASTE.US**



## Lafayette 4-H Senior Commodities



<u>Day</u>	Date	Time
<u>Wednesday</u>	February 26, 2025	1:00pm – 4:00pm
<u>Wednesday</u>	March 26, 2025	1:00pm – 4:00pm
<u>Wednesday</u>	April 30, 2025	1:00pm – 4:00pm
<u>Wednesday</u>	May 28, 2025	1:00pm – 4:00pm
<u>Wednesday</u>	June 25, 2025	1:00pm – 4:00pm

*Program for Lafayette County seniors 60+ Call 386-294-1279 for registration and details.*

IFAS Extension is an equal opportunity Institution. We encourage all races, religions and ethnicities to attend our summer programs. There are scholarships available for minority and underprivileged children. Please contact our office for more information.

## Like us on Facebook

For daily updates on local IFAS, 4-H News and events, visit and “like” our FB Page:  
**UF IFAS Extension Lafayette County 4-H.**