Ahhhh...warmer weather always brings hope after short, cold days. I see more people out and about, flowers are blooming and there is a renewed sense of energy and feeling of possibility! We have added a new member to our team, so please help us to welcome Kasey Bass who will be working with 4-H and Horticulture.

The Extension office is gearing up for the warmer weather too, so check out our dates of workshops and classes. Sometimes, warmer weather brings critters (see pg. 11) and unwanted plants. Our office is available to help to ID friend or foe and to guide you in selecting plants suitable for our climate and soils. Stop by the office to pick up a gardening guide or a soil sample kit. Speaking of soil, have you ever seen a blue dye test? This is a demonstration to show how water moves in the soil. Check out pg. 9 for more information and to get the website to watch the video. You’ll be amazed!

When things get growing you will see more farmers on the road, so please help to prevent unnecessary accidents by reading the article on page 14. Did you know that Live Oak is considering a Farmers’ Market? If you are interested or have comments, please let Sean McCoy know (page 10).

We are also working on daycamps for kids (see page 15). They don’t have to be a 4-H member to participate. Our goal is teaching life skills and career exploration in a learn-by-doing, safe atmosphere guided by caring adult role models. New offerings include a doggy day camp and a “Be Your Own Boss” day camp.

We have ramped up our efforts to update and clean up our website so it becomes the current source of upcoming classes, podcasts and webinars. We welcome your suggestions of topics or other items you would like to make sure are included. Please call our office and speak to Pam. We would love to hear your comments as we continue to improve its functionality.

Keep on Growing...in knowledge!
April 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td><strong>HCE Council Meeting</strong>, 10am at Extension Office.</td>
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<tr>
<td>2</td>
<td><strong>4-H Booth Set-up</strong>, 8am-6pm, Exhibition II</td>
</tr>
<tr>
<td>2</td>
<td><strong>4-H Fair Entries</strong>, 8am-5pm, Exhibition II</td>
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<tr>
<td>7</td>
<td><strong>Hog Showmanship</strong>, Suwannee Valley Youth Livestock Show and Sale, 6pm</td>
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<tr>
<td>8</td>
<td><strong>Hog Show</strong>, Suwannee Valley Youth Livestock Show and Sale, 6pm</td>
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<tr>
<td>8</td>
<td><strong>Florida Native Plant Society, Sparkleberry Chapter</strong>, 6:30pm at Hatch Park, Branford.</td>
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<tr>
<td>9</td>
<td><strong>Steer Show</strong>, Suwannee Valley Youth Livestock Show and Sale, 6pm</td>
</tr>
<tr>
<td>10</td>
<td><strong>Propagating Camellias, Azaleas and Hydrangeas Workshop</strong>, 9am-12pm at Heritage Park ($15.00)</td>
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<tr>
<td>10</td>
<td><strong>Master Gardener Workday</strong>, 9am-11:45am at Heritage Park</td>
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<td>10</td>
<td><strong>Master Gardener Brown Bag Lunch</strong>, 12pm-1pm at Heritage Park</td>
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<tr>
<td>10</td>
<td><strong>Master Gardener Alumni</strong>, 1pm-3pm at Heritage Park</td>
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<tr>
<td>10</td>
<td><strong>Sale</strong>, Suwannee Valley Youth Livestock Show and Sale, 9am</td>
</tr>
<tr>
<td>12</td>
<td><strong>Alligator Lake Festival</strong>, Columbia County, all day</td>
</tr>
<tr>
<td>13</td>
<td><strong>Removal of fair booths</strong> from Exhibition II, 9am</td>
</tr>
<tr>
<td>14</td>
<td><strong>Pleasant Hill HCE Club Meeting</strong>, 10am at McAlpin Community Center</td>
</tr>
<tr>
<td>14</td>
<td><strong>4-H County Council</strong>, 6:30pm, location TBD</td>
</tr>
<tr>
<td>14</td>
<td><strong>Master Gardeners</strong>, 9am-??, take down fair displays at Extension Office</td>
</tr>
<tr>
<td>28</td>
<td><strong>Registration deadline for 4-H Legislature</strong>, Tallahassee, due to Extension Office</td>
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**Take Charge of Your Diabetes**

Take Charge of Your Diabetes (TCYD) is an educational program for persons with type 2 diabetes. There is a $75.00 fee per person with diabetes, which includes, five 2-hour educational sessions, and an individual nutrition consultation with a registered dietitian.

Spouses are encouraged to attend all sessions at no extra cost.

...because you can live a quality life with fewer complications when you know and live the facts.

**Classes to begin Thursday, June 5, 2014, from 6pm-8pm**

**Pre-registration required by May 29, 2014. Call Cathy Rogers at 386-362-2771**
May 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>3</td>
<td><strong>4-H District Events</strong>, 9am, Trenton</td>
</tr>
<tr>
<td>3</td>
<td>Native Plant Sale by Florida Native Plant Society, Sparkleberry Chapter in Branford. Time and exact location TBD, contact Carolyn Saft 386-362-2771, for details.</td>
</tr>
<tr>
<td>7</td>
<td><strong>HCE Council Meeting</strong>, 10am at Extension Office</td>
</tr>
<tr>
<td>7</td>
<td><strong>4-H Early Release Workshop</strong>, 2pm, Extension Office</td>
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<tr>
<td>8</td>
<td><strong>Extension’s 100 Year Anniversary in Florida</strong></td>
</tr>
<tr>
<td>8</td>
<td>Integrated Pest Management Tour for Live Oak Garden Club, 9am, at Suwannee Valley Agricultural Extension Center (formerly the Research Center)</td>
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<tr>
<td>8</td>
<td><strong>Master Gardener Workday</strong>, 9-11:45am at Heritage Park</td>
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<td>8</td>
<td><strong>Master Gardener Brown Bag Lunch</strong>, 12-1pm at Heritage Park</td>
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<tr>
<td>8</td>
<td><strong>Master Gardener Alumni</strong>, 1-3pm at Norm and Maggie McDonald’s home</td>
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<tr>
<td>12</td>
<td><strong>Pleasant Hill HCE Club Meeting</strong>, 10am at McAlpin Community Center.</td>
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<tr>
<td>12</td>
<td><strong>4-H County Council</strong>, Extension Office, 6:30pm</td>
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<tr>
<td>13</td>
<td><strong>Extension Overall Advisory Committee Meeting</strong>, 12-2pm, Back classroom at Extension office.</td>
</tr>
<tr>
<td>13</td>
<td><strong>Extension’s 100 year Birthday Celebration Open House</strong>, cake and punch provided, 4-6pm, Extension Office back classroom.</td>
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<tr>
<td>14</td>
<td><strong>Happy Homemakers’ HCE Club meeting</strong>, 10am at Extension Office.</td>
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<tr>
<td>15</td>
<td><strong>Wildflower Workshop</strong>, 9-11:30am at Heritage Park</td>
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<tr>
<td>16</td>
<td><strong>4-H Tropicana Speech County Contest</strong>, 9am, School Board Office</td>
</tr>
<tr>
<td>29</td>
<td><strong>National Restaurant Association’s ServSafe</strong> course for national food manager certification. Certification is good for 5 yrs. Class, exam &amp; book $165. Must register 3 business days prior to class, no walk-ins. Bring lunch and photo ID. 8:30am Extension Office. Call toll-free 1-888-232-8723 or via web <a href="http://foodsafety.ifas.ufl.edu">http://foodsafety.ifas.ufl.edu</a>.</td>
</tr>
<tr>
<td>29</td>
<td><strong>Attracting Pollinators with Sustainable Gardening</strong> at Suwannee Valley Agricultural Extension Center. Time: TBD</td>
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<tr>
<td>Date</td>
<td>Event</td>
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<tr>
<td>2</td>
<td>4-H Record Books Due, by 5pm, Extension Office</td>
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<tr>
<td>5</td>
<td>Take Charge of Your Diabetes 6pm-8pm, Extension Office (see page 2 for details)</td>
</tr>
<tr>
<td>6</td>
<td>Registration for Camp Cherry Lake due to Extension Office</td>
</tr>
<tr>
<td>9-13</td>
<td>4-H Camp Cherry Lake, Madison, cost is $182, registration due to Extension Office by June 6th</td>
</tr>
<tr>
<td>10</td>
<td>Florida Native Plant Society, Sparkleberry Chapter, 6:30pm at Hatch Park, Branford</td>
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<tr>
<td>12</td>
<td>Master Gardener Workday, 9-11:45am at Heritage Park</td>
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<tr>
<td>12</td>
<td>Master Gardener Brown Bag Lunch, 12-1pm at Heritage Park</td>
</tr>
<tr>
<td>12</td>
<td>Master Gardener Alumni, 1-3pm, location TBD</td>
</tr>
<tr>
<td>16</td>
<td>4-H County Council, Extension Office, 6:30pm***new date</td>
</tr>
<tr>
<td>17-19</td>
<td>4-H Doggy Day Camp, time and cost TBD, Extension Office</td>
</tr>
<tr>
<td>23-27</td>
<td>4-H Legislature, Tallahassee, <em><strong>registration due to Extension Office by April 28</strong></em></td>
</tr>
<tr>
<td>26</td>
<td>CARES Dinner</td>
</tr>
</tbody>
</table>
Clearing Clutter—Preventing the Five Excuses

Katherine Allen
Family and Consumer Sciences Agent/CED

Are you a hard core hoarder? A clutter victim? Spring is notorious for the annual clean out of our homes, closets and garages. Although over the last 35 years, our homes have doubled in size while the family size decreased, people still complain of feeling buried, overwhelmed and suffocated by their stuff. Here are the five excuses that people give:

1. **I don’t have enough room.** Did you know that the first storage facility was available in the 1960s and temporary storage has grown to a $22 BILLION industry? The problem is that it is temporary storage. If your stuff has been housed there for over a year, it is no longer temporary. The problem is storage facility fees increase the cost of your housing without raising your standard of living. So, you either need to buy a bigger house now, or realize that there is a limit to the amount of “stuff” you have by the size of your space. If you can’t change the size of your house, you need to change the size of your stuff!

2. **I might need it.** This is a classic and especially applies to clothes: “I might fit into it one day or I could use it as a Halloween costume or I will fix it when I learn how to sew”. It also applies to scrapbookers who save every ticket stub and memento for the memory book that they will make someday. The problem with this excuse is that the stuff saved for tomorrow prevents us from living the life we have today.

3. **It is sentimental/heirloom.** This is one excuse that catches a lot of people because everything we own has a memory and an emotion attached to it. You might feel like an heirloom has been entrusted to you and that you are responsible for it. Where are your precious heirlooms in your home? Is it displayed proudly or are they in the box in the attic? Are they really that valuable to you and how you live your life? Sometimes we hold on to things to hold on to the memories of times that have already passed, baby clothes, trophies, schoolwork, love letters, gifts. Sometimes we hang on to them because we loved the previous owner, even if the item isn’t our style or doesn’t work anymore. Letting go of the object doesn’t mean letting go of the memory. Consider taking a photo of grandpa’s old (ugly) chair that is out in the garage, taking up space. You can still refer to it, show people and reminisce about shared memories.

4. **It is worth a lot of money.** Anyone have a bread machine they haven’t pulled out in a few years? How about the golf clubs that you keep meaning to use once you learn how to play? Or old games or toys that you were going to put on e-bay? Is the value...perceived value? If you have a spare bedroom that is unusable due to clutter and things that are “worth a lot of money”, think about how much you pay in rent or for a mortgage. Is that room worth the “storage fees” you are using? Clutter creates mental stress. It can also cause stress in relationships. It could cost you embarrassment by not being able to have friends or family over. Costs come in many forms...time, relationships, health, etc. Ask yourself if the cost is worth it.

5. **I don’t have the time.** The question is how much time does clutter steal when you misplace a bill or your phone? Do you have to sort through a stack in order to find an item? Clutter takes time to deal with the chaos and disorder rather than the things that really matter. Try turning off the television for a week and spend the time taking control and getting rid of the clutter and building the life you want.

Change your relationship to your stuff. Remember you own your possessions, they do not own you. Ask yourself, “What is the purpose of this room?” Are those items contributing to your dream? If the stuff isn’t contributing then why is it in your home? Why is it in your life? What is the emotional tie to this item that prevents you from letting go?

*Imagine the life you want to live.*
The average Easter celebrant is expected to spend approximately $145.13 on items ranging from candy to clothes for this year’s Easter holiday. Candy will be the most popular purchase, by 90.5% of celebrants.*

It is fun to buy holiday treats for family, friends and ourselves but if we want to achieve or maintain a healthy lifestyle, having a plan in place before the holiday arrives is critical. Otherwise most of us will eat more than we intend and regret it later when we step on the scales. Don’t get me wrong – holiday traditions and treats are one of the joys of life! They are not to be missed! What I am suggesting is a plan for handling the extra calories that invariably accompany these blessed events. Here are a few suggestions:

Make a Plan!

- **Knowledge** – If you do a little homework, you can find out how many extra calories you may be encountering. You might begin with the chart below, but whatever treats you intend to consume, check the Nutrition Label for serving size and calories.

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Total Fat (grams)</th>
<th>Saturated Fat (grams)</th>
<th>Carbs (grams)</th>
<th>Sugar (grams)</th>
<th>Sodium (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>14- Brach’s Jelly Beans® (1.4 oz.)</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>37</td>
<td>32</td>
<td>10</td>
</tr>
<tr>
<td>5- Peeps® (1.5 oz.)</td>
<td>140</td>
<td>0</td>
<td>0</td>
<td>36</td>
<td>34</td>
<td>15</td>
</tr>
<tr>
<td>¼ C M&amp;Ms® (1.5 oz.)</td>
<td>210</td>
<td>9</td>
<td>6</td>
<td>30</td>
<td>27</td>
<td>25</td>
</tr>
<tr>
<td>12- Cadbury’s Mini-Eggs® (1.4 oz.)</td>
<td>190</td>
<td>8</td>
<td>5</td>
<td>28</td>
<td>27</td>
<td>30</td>
</tr>
<tr>
<td>1 Cadbury’s Crème Egg® (1.4 oz.)</td>
<td>150</td>
<td>6</td>
<td>4</td>
<td>24</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>8 Hershey’s Robin Eggs® (1.4 oz.)</td>
<td>170</td>
<td>5</td>
<td>4.5</td>
<td>31</td>
<td>28</td>
<td>95</td>
</tr>
<tr>
<td>1 Russell Stover® Chocolate Marshmallow Bunny (1.5 oz.)</td>
<td>167</td>
<td>5</td>
<td>3</td>
<td>30</td>
<td>21</td>
<td>46</td>
</tr>
<tr>
<td>1 Russell Stover® Chocolate Marshmallow Bunny (7.5” tall.)</td>
<td>1,119</td>
<td>61</td>
<td>41</td>
<td>117</td>
<td>107</td>
<td>127</td>
</tr>
</tbody>
</table>

- **Portion Control** – Armed with knowledge from the Nutrition Label, *plan* your serving size. Count out the jelly beans, break off the bunny ear and put the rest away (far away) if possible. Send the remainder of the treats home with visiting family, give to neighbors, or think of some other useful way to get them out of your house! Pre-portion robin eggs in zipper bags or plastic eggs. Teach children the importance of paying attention to portion size too!


Continued on page 13
Understanding the energy supplied by feed ingredients is essential for feeding healthy livestock to meet their needs to maintain, grow, reproduce and produce milk. Energy is needed for all biological processes and therefore essential for life, but too often it is the limiting factor in livestock rations. Protein, carbohydrates and fats are the three primary nutrients found in feedstuffs which contribute to its energy.

Starting with any given livestock ration – be it composed totally of forages (from live pasture to green chop, to hay, or ensiled grasses, legumes, small grains or corn), or totally of grain concentrates, or more usually a combination of both, the overall energy found in the feedstuff fed an animal is called Gross Energy (GE). It is determined by a bomb calorimeter which burns the feed and measures the amount of energy released in calories. Remember that a calorie is defined as the amount of energy (heat) needed to raise the temperature of one gram of liquid water 1 degree C. (Kcal = 1000 calories and Mcal = 1,000,000 calories (or 1000 Kcal)).

Digestible Energy (DE) is calculated by subtracting the energy found in the animal’s feces (excreted or unused calories) from the Gross Energy fed the animal. It is the amount of energy the animal has available at digestion.

Total Digestible Nutrients (TDN) is another energy value of nutrients which is comparable in value to Digestible Energy. However, it overestimates the energy value of roughages as compared with grain. It is the sum of the digestible protein, digestible non-structural carbohydrates (like starch), digestible neutral detergent fiber (a measure of hemicellulose, cellulose and lignin which represent the fibrous bulk of forage) and 2.25 x the digestible fat.

Metabolizable Energy (ME) is the amount of energy actually available to the animal from a feedstuff, after subtracting all the energy lost to waste products (feces, urine and belched gases). ME = Digestible Energy – Urine Energy – Gas Energy (mostly methane).

Now, considering the energy needs of livestock, metabolizable energy is partitioned into Net Energy (NE) for maintenance, growth, and lactation plus reproduction.

Net Energy for Maintenance (NEm) accounts for energy needed to stay alive: breathe, contract muscles including the heart, digest feed, etc. It is an estimate of the energy value of a feed used to keep an animal in energy equilibrium (neither gaining nor losing weight).

Net Energy for Gain (NEg) is an estimate of the energy value of a feed used for body weight gain above the required maintenance.

For lactating (milking) cattle, Net Energy for Lactation (NEl) estimates the energy value of a feed used for maintenance plus milk production during lactation and for maintenance plus the last two months of pregnancy for dry, pregnant cows.

To compare one forage to another on an energy basis, Relative Feed Value (RFV) is calculated by taking into account the digestibility (calculated from Acid Detergent Fiber) and the potential intake (calculated from Neutral Detergent Fiber) of a given forage.
With the recent cold weather, are you dreaming of summertime already? School will be out here before we know it! No more homework or studying for tests, but that doesn’t mean your child’s learning has to stop for the next two and a half months. Canoeing, swimming, archery, meeting new friends, marine and environmental science can all be found in one place for one week this summer. 4-H Camp Cherry Lake, located just north of Madison, is just waiting to be explored by your child.

Suwannee County youth, age 8-12, are eligible to attend 4-H Camp Cherry Lake as campers. Youth ages 13 and up are eligible to apply to attend camp as a Camp Counselor or Counselor-in-Training. Youth do not have to be a current 4-H member to attend camp. Youth from Suwannee County will camp June 9-13, 2014. The total cost for camp is $182.00 which includes all meals, transportation to and from camp, daily canteen, overnight accommodations for four nights, and a camp t-shirt.

4-H Camp Cherry Lake offers traditional camping activities with the addition of some new and exciting activities. Because of its location on the lake, aquatic studies and games are emphasized. Recreation activities include swimming, volleyball, archery and games. Campers have free time to choose their activities and set up games of volleyball, softball or basketball. At night, campers participate in the tradition of campfire, when campers sing favorite camp songs, participate in skits, and games.

While your child is at camp, they will experience group living in a cabin setting where important life skills are learned. Skills that all kids and adults need, such as getting along with others, consideration for those around you and doing your part, will be experienced at camp. Campers assume full responsibility for their cabin and compete for the daily clean cabin award as well as help with dining room chores and general camp chores in a team atmosphere.

4-H Camp Cherry Lake features cabins with bunks for 8-10 campers and detached bath facilities between bunk houses. The staff is well trained in dealing with children and camping programs and nutritious, well-balanced meals are prepared three times a day for campers in the air-conditioned cafeteria.

It is the goal of Suwannee County 4-H for your child to enjoy a week at 4-H Camp Cherry Lake in a relaxed and fun learning environment. A limited number of camp spots remain for youth to attend 4-H Camp Cherry Lake this year! Be sure to reserve your child’s spot as soon as possible as the remaining spots will go fast. If you would like more information, please call the Suwannee County Extension Office, at 386-362-2771 or email bestevez@ufl.edu.

Check us out for other weekly day-camp offerings! See page 15
Irrigation management is directly linked not only to yield and quality of vegetable crops, but also to the long-term sustainability and environmental impact of vegetable production in the Suwannee Valley. Precise knowledge of where irrigation water goes has direct implications on irrigation management and potential fertilizer leaching. The recommendations of UF/IFAS Extension for irrigation management for vegetable crops include using a combination of target irrigation volume, a measure of soil moisture to adjust this volume based on crop age and weather conditions, knowledge of how much water the root zone can hold, and an assessment of how rainfall contributes to replenishing soil moisture. Improving irrigation management in vegetable crops has been limited by the fact that water movement in soil is a process that cannot be easily seen because it occurs underground.

A direct knowledge of how much water can be stored in the root zone can be gained by visualizing water movement in the soil using soluble blue dye. A blue dye and controlled irrigation conditions were used to visualize the wetting pattern of drip irrigation using different drip tapes on sandy soils representative of vegetable producing areas of Florida. As an educational tool, these dye tests have been used to show growers how deeply water penetrates into several soils and how drip tape flow rate and emitter spacing affects wetted zones.

Past educational efforts and fertilization recommendations have generally attempted to reduce environmental impact by reducing fertilizer application rates. As water is the vehicle for soluble nutrient movement in the soil, it may be possible to improve nutrient management by improving irrigation management. If irrigation water stays in the root zone, smaller amounts of fertilizer are likely to be leached. If growers are shown how their current irrigation schedules affect water movement in their fields, they are more likely to understand how water and nutrients are linked. With this integrated approach, sustainability becomes compatible with economical profitability.

From a producer's standpoint, this information has been used to increase sustainability by reducing water used and environmental impact of vegetable production. From a regulatory standpoint, this information will contribute to demonstrate the efficacy of possible nutrient/water Best Management Practices and set practical management expectations. This project has demonstrated again the importance of soil texture in water movement. Over 30 farms in the Suwannee Valley have participated in this on-farm blue dye demonstration method over the past 8 years. Water moved vertically faster on sandy soils than on the loamy soil. Lateral water movement was also less on the sandy soil than on the loamy soil. Participating farmers have been able to refine their irrigation management to reduce water use and make more efficient use of fertilizer by reducing leaching. This project is a good illustration of the fact that the demonstration and implementation of BMPs are possible when vegetable growers are actively involved.

This article was adapted from the following document “On-Farm Demonstration of Soil Water Movement in Vegetables Grown with Plasticulture”, (http://edis.ifas.ufl.edu/hs251). Videos showing the process and results of the blue dye demonstrations can be found at: (http://vfd.ifas.ufl.edu/gainesville/blue_dye/index.shtml).
Growing a Farmers’ Market

Sean McCoy
Regional Specialized Agent - Rural and Agribusiness Development

It may take a village to raise a child, but farmers’ markets aren’t much different. A successful farmers’ market is built on the involvement of an entire community. While it may seem a select few are responsible for breathing life into a farmers’ market (i.e. market managers and vendors), the livelihood of the market lies in the hands of the community it supports….or rather the community supporting it.

Recently the City of Live Oak has commissioned, through the Community Redevelopment Agency (CRA), an assessment of the feasibility of having a farmers’ market. The purpose of such a farmers’ market would be to contribute to a revitalization of the downtown area, but has the potential for so much more. Farmers’ markets give local farmers and small farmers the opportunity to market their products directly to the consumer. This is beneficial for both the farmer and consumer since it allows for open communication about how the product was raised or grown. In addition to being able to answer questions about their products, this direct-to-consumer interaction gives farmers the chance to select their products at peak condition. An additional benefit to consumers is that it allows farmers to try products that might not otherwise be grown for reasons relating to profit risk or ship-ability, such as organic pork or fresh figs. For this reason farmers’ markets can be a great place to find unique products you’d be hard pressed to find at a large retail chain.

Farmers’ markets can be so much more than just farm fresh products. Successful farmers’ markets become weekly community events. This means experiencing and contributing to local culture or organizations and gathering with friends and family. Some examples of how southern farmers’ markets can provide weekly entertainment and fun for their communities are cook-offs, local music and folk arts shows. What events will take place at the Live Oak Farmers’ Market (if one is started) will largely be up to the customers and audience that participate. Why is the community so vital to a farmers’ market? Just like a large store that relies on customers to buy its products, the vendors at a farmers’ market rely on customers. If the sense of community at the market declines and less customers take part in the experience, vendors leave and the market suffers. In this case the vendors leaving and losing profit are not some distant corporate superchain but your neighbors who farm and fellow Suwannee Countians.

How can you help contribute to a Live Oak Farmers’ Market? First participate regularly and supplement your grocery list with the local products offered at the market. Secondly, encourage others to participate and possibly even sell at the market. By encouraging your friends and family to enjoy the market, you benefit from the sense of community, and the group become stakeholders in the culture of the market. In Live Oak, nearly everyone knows a farmer. If there is one you know who would enjoy marketing directly to their customers, encourage them to participate! This can add variety and options to the vendors available and diversifies their business.

Farmers’ Markets can take many sizes and shapes. How or if Live Oak decides to start theirs is largely up to community and vendor input. What is your vision for a Live Oak Farmers’ Market? Send your ideas and input to Sean McCoy at srmccoy@ufl.edu.
Snakes in Florida

Carolyn Saft
Horticulture & Environmental Agent

The warmer weather has many of us spending more time outdoors before the heat of summer takes its toll on us. The other critters are coming out of their hiding places and moving about more too. Many people are not as excited to find a snake in their yard as they are a butterfly, but maybe they could be if they knew the important role snakes play in our environment. Imagine how many more rodents, insects, toads and frogs there would be if it weren’t for snakes.

Florida has 37 different species of non-venomous snakes, more than any other state east of Texas. Three species are found in Florida and nowhere else in the world, they are the Short-tailed Snake, Florida Crowned Snake and Rim Rocked Crowned Snake. Florida’s snakes come in a great variety of sizes and colors. Florida snakes can be found in all Florida habitats from swamps to the driest scrub areas, including limestone spring runs to the salt marshes, the Everglades and even in urban backyards. Some Florida snakes, like the Indigo Snake, are so rare they are protected by law.

There are six species of venomous snakes in Florida, the Cottonmouth, Coral Snake, Eastern Diamondback Rattlesnake, Timber Rattlesnake and Dusky Pygmy Rattlesnake and Copperhead. Watch your step when you are out in the woods or the yard and always look before sticking your hand under piles of leaves, branches or rocks. If you do get bit, try to get a good description of the snake or a picture and call ahead to the nearest hospital to get treatment. Statistically speaking you have more of a chance of getting struck by lightning than bit by a venomous snake.

Test Your Knowledge about Snakes

1. When a snake flicks its tongue, it is:
   A. Tasting what is for dinner
   B. About to sting it’s prey
   C. Smelling it’s environment

2. A snake has cloudy eyes when:
   A. It has a full belly
   B. It is about to shed its skin
   C. It is tired and ready for a nap

3. Pygmy rattlesnakes live in sandy areas and around saw palmetto:
   True or False?

4. When you see a snake in the water it is probably a poisonous water moccasin:
   True or False?

5. The fastest snakes can go faster than a human:
   True or False?

6. Florida’s poisonous snakes are:
   A. Black snakes, Corn snakes & Brown Water snakes
   B. Rattlesnakes, Cottonmouth, Copperhead, Coral Snake
   C. Black Swamp snake, Ringneck snake, Mangrove Water snake

7. Snakes skins are
   A. Slimy
   B. So dry they can pick up human finger prints
   C. Thin and easily cut with a shovel

8. Rattlesnakes can still strike after they are dead.
   True or False?

9. Black snakes are good guys because they eat rodents and other snakes that may be hanging out in our landscapes.
   True or False?

10. The fear of snakes is
    A. Herpiphobia
    B. Ophidiophobia
    C. Snakeickyobia

0-2 correct: You are most likely a home body and could be related to a couch potato.

3-5 correct: You better get yourself some snake boots if you go outside.

6-8 correct: You are likely to roll snake eyes if you are in Las Vegas.

9-10 correct: You may be a snake charmer and even provide a place for them in your yard.

Answers:
Some of you have already run off screaming at the very mention of “vines”. If you are picturing the exotic (non-native) invasive Chinese Wisteria, Wisteria sinensis, and Japanese Honeysuckle (Lonicera japonica) vines that blanket much of our North Florida woodlands and roadsides during the growing season, I’m running away screaming right behind you!

Well, don’t despair if you are one of those folks that find vines a welcome addition to your garden. There are many native vines to fill that special space on your arbor, fence, in a hanging basket or out in your more natural areas. Read on to learn the pros and cons of just a few of the more common of Florida’s natives vines.

American Wisteria, Wisteria frutescense: There’s very little comparison of this charming vine to the rampant oriental varieties invading our woodlands. American Wisteria is a small vine that grows equally well twining around a pine tree, on a trellis or as a free standing shrub. Panicles of delicate lavender flowers drape the stems in spring after the first leaves appear, with a lighter bloom again in fall. The slow growth habit makes it easy to train into any space without much pruning or maintenance, including wrapping it into a free-standing small tree effect. Grow in full to part sun, rich moist soil, moderately drought tolerant, winter dormant.

Purple Passionflower, Passiflora incarnata: This is a very large vine with tendrils for climbing and root suckers for spreading. The payoff is that very large and intricately unique flowers with frilly purple/lavender petals are abundant from spring through summer. Though dormant in winter, it is vigorously fast growing and can overwhelm a small space. However, this is the “host” plant of the Gulf Fritillary butterfly. Since North Florida has many Gulf Fritillary’s to lays eggs that hatch into caterpillars and eat the leaves, the vine can be quickly stripped bare. To avoid having bare stems on your fence, interplant it with one of the evergreen native vines. Grow in full sun, well-drained sandy soil; needs lots of space and a good support structure.

Carolina Jessamine, Gelsemium sempervirens: Long thin stems with small alternate leaves are characteristic of this twining vine. In late winter it’s abundant bright yellow flowers can be seen atop shrubs and trees along the roadsides. Often found climbing tree trunks or creeping and rooting along the ground. It does especially well growing on a chain link fence where it quickly grows to the top and begins to thicken and cascade down. The sweetly scented yellow flowers and evergreen leaves are a welcome site all year. Although most parts of the plant are toxic to livestock and humans if injested, it is also used in herbal medicines. Grow in sunny, well-drained moist soil, drought tolerant; prefers shade on the roots and sun on the top.

Coral honeysuckle, Lonicera sempervirens: A good choice for a vine that is well-behaved. New leaves clasp the reddish stems just below the clusters of tubular red/orange flowers in spring and summer. The leaves mature to dark green on upper surfaces and silvery green undersides. Bright red berries feed the songbirds from fall to winter. It may lose most of it’s leaves in winter, though it is evergreen further south. The long stems prefer a support to twine around which makes it easy to maintain. This is a pretty ornamental, non-aggressive vine that is also a magnet for hummingbirds. Grow in full sun to light shade, rich, moist, well-drained soil; drought tolerant.
**Easter Treats!**
(continued from page 6)

_Cathy Rogers_

*Family and Consumer Sciences & 4-H and Youth Development Agent*

- **Extra Activity** – When taking in extra calories, it helps to burn up some extra calories too. Think of some fun family activities to do, work extra hard on house-cleaning, or plan some other way to use extra calories to counteract those coming from the holiday treats.

- **Cutting Calories on the Side** – It may be challenging to indulge in that holiday meal while thinking about cutting calories but one way to approach it is to direct your thoughts to the most healthy choices on the table. Most likely that will include whole grains, fruits, and vegetables – excluding the starchy ones – peas, corn, and potatoes. If you concentrate on those foods first, you might find yourself satisfied enough to cut back the portion sizes of the foods that are not as healthy. Again, checking portion sizes and possibly measuring them, will help to offset some of the extra calories of the day. You can also cut calories on the days before and after the holiday keeping in mind that skipping meals is highly anti-productive.

Whatever your plan is, don’t let it zap your holiday joy. Use these tools as a smart way to be healthy. Choose the methods that work for you, confidently knowing that you could have made other choices that were not as healthy. What other people do is their choice. You have chosen to improve your health! **Good for you!**

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**Measurements of Livestock Feed Energy**
(continued from page 7)

_Dr. Mary Sowerby_

*Regional Specialized Dairy Agent*

Full bloom alfalfa is used for reference and was set at 100 RFV. If another feed had an RFV value of 128, it would contain 28% more energy than mature alfalfa. Although crude protein is not included in the calculation of RFV, forages high in RFV are almost always also high in protein.

Bottom line of ration formulation is to create a diet with enough energy, protein, minerals and vitamins for livestock to grow, reproduce and produce (milk and meat). By knowing the energy supplied by feed ingredients, a balanced ration can be formulated.

“Interpreting Forage Quality Reports,” by JC Henning, GD Lacefield and D. Amaral-Phillips, [www2.ca.uky.edu/agc/pubs/id/id101](http://www2.ca.uky.edu/agc/pubs/id/id101)

“Understanding and Significance of Forage Analysis Results,” Dairy One, Ithaca, NY
Elena Toro  
Agriculture/Natural Resources Agent

Spring is always a busy time for farmers in North Florida. Crops are being planted, farmers are constantly moving equipment to different fields, corn and watermelons are already planted while peanuts, soybeans, sesame and other crops will soon be planted. Farming is in full swing. You will notice there are more tractors with an implement in tow, combines and trucks out in our roads and highways these days. With our hectic lifestyles it always seems we are in a hurry. For farmers, planting crops on time is critical to take advantage of mild spring conditions.

Farming activities involve slow moving vehicles on county roads and highways. Just as motorists are entitled to drive their vehicles on public roadways, farmers are legally allowed to operate farm equipment on these same roads. Caution, courtesy and special attention to the following tips will help ensure the safety of motorists, passengers, and operators of slow-moving equipment.

- Farm equipment is designed to travel at speeds of only 15-25 mph. **If you are driving 55 mph and come upon a tractor that’s moving 15 mph, it only takes five seconds to close a gap the length of a football field between you and the tractor.**

- Slow Moving Vehicle (SMV) emblems must be visible from at least 500 feet away, but because it may be difficult to judge the speed at which you are closing in on a vehicle, you should slow down immediately. Think of the slow-moving vehicle emblem as a warning to slow down.

- A farmer understands that your trip is being delayed, so he or she will pull off of the road at the first available safe location to allow you to pass. Don’t assume that the farmer can immediately move aside to let you pass. Road shoulders may be soft, wet or steep, and this can cause a farm vehicle to tip.

- Some farm equipment may be wider than the lane of travel. If you approach a piece of wide farm equipment traveling in the opposite direction and you cannot pass safely, **stop.** Then pull off the road to a location that will allow the equipment to pass you. Most operators of farm equipment will regularly check to see if there’s traffic behind them. However, the driver must spend most of the time looking ahead to keep the equipment safely on the road and watch for oncoming traffic. Also, most farm equipment is very loud. Do not assume that the driver knows where your vehicle is. Before you attempt to pass, sound your car’s horn to warn the equipment operator that you are there. **Even if you have to slow down to 20 mph and follow a tractor for two miles, it takes only six minutes of your time, which is approximately the same as waiting for two stoplights.**

In 2005, a nationwide study showed that Florida is the top ten states with the most casualties in rural roads.

- If a farmer has pulled off the road to allow you to pass, or if he or she cannot pull off the road and you feel you must pass, do so with caution. Be watchful of vehicles behind you that may also try to pass. If you must enter the oncoming lane of traffic, do not pass unless you can see clearly ahead of both you and the vehicle you will pass. If there are any curves or hills ahead that may block your view or the view of oncoming vehicles, do not pass.

Continued on page 16
4-H summer day camps are right around the corner. Below is a tentative list for 2014. Prices and times are still to be determined. Please call 362-2771 for more information. We hope to see you there!

**CAMP CHERRY LAKE**  JUNE 9 -13

**DOGGIE DAY CARE**  JUNE 16 -20

**CLOVERBUDS**  JULY 1 - 2

**FARM TO FAMILY**  JULY 7 - 11

**BE YOUR OWN BOSS**  (ENTREPRENEUR)  JULY 14 -18

**BOVINE—DAIRY**  JULY 21 - 25

**QUILT IN A WEEK**  JULY 28 - AUGUST 1
Do not pass if you are in a designated “No Passing Zone” or within 100 feet of any intersection, railroad grade crossing, bridge or elevation structure.

Do not assume that a farm vehicle that pulls to the right side of the road is going to turn right or is letting you pass. Due to the size of some farm implements, the farmer must execute wide left-hand turns. If you are unsure, check the operator’s hand signals and check the left side of the road for gates, driveways or any place a farm vehicle might turn.

By being aware of farm equipment during your travels on rural roads, you can help make the trip safe for both you and our farmers.

Source: Rural Road Safety: Use the Road Safely from Oregon Farm Bureau

Answers for back page:

1. The tomato. The high court reasoned that while tomatoes are botanically classified as fruit, they are “generally served at dinner in, with, or after soup, fish, or meats which constitute the principal part of the repast, and not, like fruits generally, as dessert.”

2. Liberia’s. Molded after Old Glory and adopted in 1847, it features 11 alternating red and white stripes, with a single five-pointed white star on a field of blue in the upper left corner.

3. I Am Sam, starring Sean Penn, Dakota Fanning, and Michelle Pfeiffer.

4. A gutter ball.

5. It swims backward, unable to see where it is going. When threatened, a lobster faces its enemy (or the perceived danger) and then propels itself blindly backward through the water by snapping its abdomen and powerful tail.

6. Nine. In alphabetical order, they are: Baton Rouge, Louisiana; Carson City, Nevada; Des Moines, Iowa; Jefferson City, Missouri; Little Rock, Arkansas; Oklahoma City, Oklahoma; St. Paul, Minnesota; Salt Lake City, Utah; and Santa Fe, New Mexico.

UF/IFAS Extension in Suwannee County publishes The Center Pivot for free each quarter. You can receive an email reminder for a paperless copy that will link you directly to the website. The electronic format reduces our costs (i.e. Your tax dollars.)

I would like to receive The Center Pivot by e-mail. My e-mail address is:

Name __________________________________________

E-Mail __________________________________________

Phone _________________________________________

Clip and return this slip to our office at 1302 11th St SW, Live Oak, FL 32064. Send an email to pburke@ufl.edu requesting to be added or call 386-362-2771.
WELCOME!

Please help us welcome our newest Staff Assistant, Kasey Stewart-Bass.

Questions:

1. What popular fruit was declared a vegetable in a unanimous 1893 US Supreme Court decision?

2. What nation’s flag most closely resembles the US Stars and Stripes?

3. The title of what 2001 film was taken from the Dr. Seuss book Green Eggs and Ham?

4. When it comes to bowling slang, what is a puddle or a poodle?

5. What’s unusual about the way a lobster flees its enemies?

6. How many US state capitals have two or more words in their names?

*you can find the answers on page 16