

VOL. 14 ISSUE 2 · APR-MAY-JUN 2021

CENTER PIVOT NEWSLETTER

UF/IFAS EXTENSION SUWANNEE COUNTY
386-362-2771, suwannee@ifas.ufl.edu

Let's Get Growing! Gardening Class

This Spring Suwannee County Extension hosted a six week gardening class for youth. Some of the skills that the youth learned were how to propagate succulents, proper planting techniques, planting seeds, composting, planning a garden and how to build raised beds that will be used for a special Ag project in the future. Each of the youth described what they learned and how they applied what they learned during the class. Some of the youth taught their own gardening class to their cousins and other family members. After learning about composting two of the kiddos are planning to start a fundraiser for their 4-H club selling Alpaca and Llama compost. One of the young ladies started taking orders to make potted succulents as a way to earn money after learning how to propagate them. The Youth went on a field trip to Heritage Park and Gardens and worked in the Wildlife Garden that is maintained by the Master Gardeners. The oldest participant said she liked being a part of taking care of something the public would enjoy. The idea behind this class is to teach youth about gardening and where their foods comes from but, additional life skills were also learned.



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APRIL 2021

UF/IFAS EXTENSION SUWANNEE COUNTY

Call: 386-362-2771 or email: suwannee@ifas.ufl.edu



2: Good Friday, Extension office closed

Every Wednesday: Master Gardener Greenhouse
Workday Extension office, 8:30am-11:30am

Master Gardener Seed Library: Live Oak,
stop by and pickup seeds.

Master Gardener Seed Library: Dowling Park,
stop by and pick up seeds.

1: Homebuyers Education Class (virtual),
5:00pm-9:00pm, please register at
<https://aprilhomebuyer2021.eventbrite.com>

6: Keeping the Pressure Down 11:30am-1:00pm
(Virtual series on High Blood Pressure
Education)
register at https://kpd_2021.eventbrite.com

6: Well and Septic System Maintenance
(virtual), 9:00am
register at
<https://wellandsepticssystem.eventbrite.com>

8: Master Gardener Workday and Alumni
meeting at Heritage Park 8:30am-12:30pm

9: Master Gardener Workday, Heritage Park
8:30am-11:30am

10: Plant Adoption at Live Oak Garden Club
8:00am-12:00pm

10: State Livestock Judging, Gainesville, FL

12: ServSafe Food Mangers class, at Extension
office, 8:30am-5:00pm, Please call to register
1-888-232-8723

13: Keeping the Pressure Down 11:30am-1:00pm
(Virtual series on High Blood Pressure
Education)

17: State Meat Judging, Gainesville, FL

Every Thursday: Youth Disc Golf ages 8 to
17yearsold at Heritage Park Disc Golf Course,
3:30pm-5:30pm

20: Keeping the Pressure Down 11:30am-1:00pm
(Virtual series on High Blood Pressure
Education)

26: 4-H Club Competition at Heritage Park,
9:00am-11:00am

27: Keeping the Pressure Down 11:30am-1:00pm
(Virtual series on High Blood Pressure
Education)

29 & 30: Tractor Supply Clover Campaign

30: Katie Jones joining Suwannee County
Extension as the 4-H Youth Development Agent

30: 4-H Homeschool Speech Contest,
Extension office, 9:00am

MAY 2021

UF/IFAS EXTENSION SUWANNEE COUNTY

Call: 386-362-2771 or email: suwannee@ifas.ufl.edu



Every Wednesday: Master Gardener Greenhouse
Workday, Extension office, 8:30am-11:30am

Every Thursday: Youth Disc Golf at Heritage Park
at 3:30-5:30pm until May 20, 2021

Master Gardener Seed Library: Live Oak,
stop by and pickup seeds.

Master Gardener Seed Library: Dowling Park,
stop by and pick up seeds.

1-10: Tractor Supply Clover Campaign

7: County Speech Contest, Extension office, 9:00am

7 & 8: North Area Horse Show, Clay County
Fairgrounds

10: 4-H Leader Meeting, Extension Office, 6:00pm

10: 4-H County Council Meeting, Extension Office,
6:30pm

13: Master Gardener Workday and Alumni meeting
at Heritage Park 8:30am-12:30pm

13: Homebuyers Education Class (virtual), 8:30am-
5:00pm
register at
<https://mayhomebuyer2021.eventbrite.com>

24: ServSafe Food Manager Class, 8:30am-5:00pm
at Extension office, Please register by calling 1-
888-232-8723

26: Tomato Canning Class (virtual), 10:00am-
12:00pm



JUNE 2021

UF/IFAS EXTENSION SUWANNEE COUNTY

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Every Wednesday: Master Gardener Greenhouse
Workday, Extension office, 8:30am-11:30am

Master Gardener Seed Library: Live Oak,
stop by and pickup seeds.

Master Gardener Seed Library: Dowling Park,
stop by and pick up seeds.

10: Master Gardener Workday and Alumni meeting
at Heritage Park 8:30am-12:30pm

13: Homebuyers Education Class (virtual), 8:30am-
5:00pm register at
<https://mayhomebuyer2021.eventbrite.com>

21-25: 4-H Legislature (virtual)

28-July 2: Quilt Camp (Tentative) 8:30am-4:00pm
each day, at Extension office, Cost \$50.00 includes
all materials and lunch on the last day.



SMILAX (GREENBRIAR VINE) DOESN'T ALWAYS LEAVE YOU SMILING!

Carolyn Saft, County Extension Director (CED),
Environmental Horticulture Agent and
Master Gardener Coordinator
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UF/IFAS Extension Suwannee County, 386-362-2771
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Greenbriars (*Smilax* species) are vines that will weave their way through your landscape shrubs, groundcovers and trees. There are nine different species of *Smilax* vines native to Florida. Many common names appear for these prickly vines, such as catbriers, greenbriers, hog-brier, prickly-ivies, and smilaxes. They can be evergreen in warm winters or lose their leaves during cold winters. Beware of the stiff thorns that grow all along the vines. If you decide to try and remove them, invest in some good leather gloves because the thorns will go right through wimpy cloth gloves. Because they are perennial vines and are capable of growing under low light conditions, they can easily establish themselves under shrubs. In the course of a few weeks, your beloved azalea plant will become a mass of tough green, prickly vines.

Female plants produce small clusters of ¼- to ½-inch bluish-black, black, or red fruit. The fruit is a favorite for birds and small mammals during the winter months. So, if the vines are growing in areas you don't inhabit, then leave them as a food source and cover for wildlife.

The root systems of greenbriers are typically very extensive, knobby rhizomes that can grow to the size of a basketball or even larger. The rhizomes are capable of quickly regenerating new vines after being cut, damaged by fire, or treated with weed killers. Sometimes on older vines, the new growth shoots out like asparagus and if you are hungry, you can eat them. They taste very greenie, but I am not a fan of asparagus either. Just make sure if you are noshing on the vine that it hasn't previously been sprayed with an herbicide.

Chemical control of greenbriers is difficult because their extensive root system can regenerate new vines from further back along the knobby rhizomes, and the waxy foliage resists the uptake of sprays. If the greenbriers to be controlled are only a few small individual plants, it is possible to dig up the rhizomes. However, if it is a larger vine, then chemical treatments will be necessary.

Because most chemical sprays may not penetrate the waxy coating on mature foliage, cut the vines and spray after they resprout tender new growth. Wait until the regrowth is ½ to 1 foot tall and spray with a 10% solution of glyphosate.

Beneath desirable shrubbery, cut the vines near the soil line and pull out the vines. Immediately paint or spray the freshly cut vine stumps with a 10% glyphosate solution, but do not allow the herbicide to touch landscape plants. Glyphosate has very little soil activity and should not be absorbed by the roots of nearby landscape plants.

Triclopyr is a broadleaf herbicide that is absorbed by the mature foliage of greenbrier vines. Spray the foliage with a solution of triclopyr. Alternatively, spray or brush the triclopyr solution onto the freshly cut stumps of greenbrier vines for control. There is some soil activity with triclopyr, so do not use products containing triclopyr near desirable landscape plants, and do not allow the triclopyr solution to contact the trunks, stems, or foliage of desirable plants.

Follow label directions for use and safety.

NATIVE PLANT SPOTLIGHT:

Stokes Aster (*Stokesia laevis*)

UF/IFAS EXTENSION SUWANNEE COUNTY
by Carol Sullivan, Master Gardener Volunteer
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Spring brings many Florida native wildflowers into bloom in a huge display for all to enjoy. Their beautiful flowers appear in all colors, sizes, aromas and shapes. There are also a variety of birds, bees, flies, beetles and other pollinators busily enjoying the renewed source of the pollen and nectar among their favorites of all those flowers. Take a walk in a park or along a roadside, and you will surely see something different and interesting every time.

Stokes Aster is one of those wildflowers you might see in bloom in moist sunny areas. This evergreen perennial spends the winter in a dense basal rosette of slender dark green leaves to about 8 inches long. In spring to early summer the leaves start to expand to about 12 inches long and new flower stalks rise just above the foliage with buds singly or in small groups at their tips. Soon you will see the buds open into flowers up to 2-1/2" across that range from pale lavender to bright violet. Each flower consists of many notched ray petals around the outer edge and many smaller florets around the central disk giving it an unusual fluffy appearance. Each flower lasts for several days over a bloom season of several weeks. Removing the spent flowers before the new seeds begin to form can sometimes allow for re-blooming. Stokes Aster will slowly form clumps that can be divided every few years.

As with any plant, "Right Plant, Right Place" applies to our Florida native species too. Stokes Aster prefers a lot of sunshine and a rich moist, not wet, soil. If given those conditions, it will thrive with very little additional care in your landscape and reward you with a beautiful display every spring.

Common/Scientific name: Stokes aster, *Stokesia laevis*

Description: Evergreen, clumping, perennial wildflower to 2-1/2 feet in bloom.

Leaves: Alternate, elliptic to lanceolate, dark green, 6-12", mostly basal.

Flowers: Showy lavender/blue to whitish to 2-1/2" wide, borne singly or in groups at tops of stems in spring/early summer.

Growing conditions: Rich, moist, well drained, acid soil in full sun to light shade.

Drought tolerance: Low

Propagation: Division of clumps every few years, or by seeds.

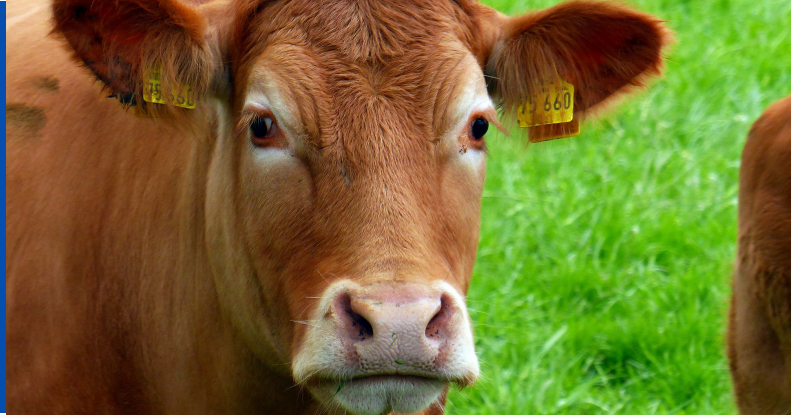
Wildlife attractor: Food and shelter source. Nectar and pollen for many pollinators, including butterflies; seeds for songbirds, shelter for other small wildlife.

Other features: Spreads slowly into clumps, can be divided every 2-3 years, transplants easily. Long bloom season, beautiful flowers, easy care. Good for borders or small groupings. Combines well with the yellow flowered Lanceleaf Coreopsis (*Coreopsis lanceolata*) which is also an evergreen native wildflower.

WELCOME KATIE JONES!

CONGRATULATIONS YOUTH!

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Suwannee County Extension would like to Welcome Katie Jones to our team! Katie comes to our County with 15 years of experience with youth as a Teacher, Coach and FFA Advisor. She is also a 4-H Alumni and has made regular use of Extension services being a 4-H leader. Katie has experience volunteering with local fair associations as well as 4-H advisory council, and teaching in 4-H day camps. Katie will be tentative starting at UF/IFAS Extension Suwannee County April 30, 2021. Please stop by our office to Welcome Katie to Suwannee County!



Suwannee County Extension office would like to Congratulate some of our youth on competing in area Livestock Show and Sale events.

Competing in the North Florida Livestock Show and Sale were Lara Croft, Delaney Fennell, Kenzie Kimball, Kendall Simpkins, Gabe Cumbess, Noah Rothenburger, Wyatt Watson, Levi Starling and Kenly Melland. Senior Team #1 won 1st place: Lara Croft, Delaney Fennell, and Kenzie Kimball.

Senior Team #2 won 3rd place: Kendall Simpkins, Gabe Cumbess and Noah Rothenburger.

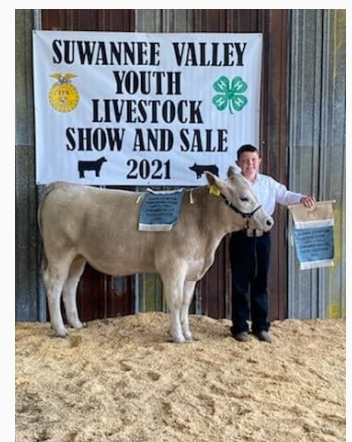
Junior Team won 3rd place: Wyatt Watson, Levi Starling and Kenly Melland.



Suwannee Valley Youth Livestock Show and Sale:

Kenly Melland- Grand Champion Steer

Levi Starling- Grand Champion for homegrown and Reserve Grand Champion for Feeder Steer. 3rd place for Showmanship and 3rd place in Record books.



FOOD FRAUD TRENDS

Katherine Allen, Family and Consumer Sciences
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Consumers are becoming increasingly aware of the ingredients in food products and are continuing to demand transparency from companies to disclose how their products are made. Teaching entrepreneurs about cottage food laws or food managers about the Food Code includes information about ensuring products are displayed naturally and are not adulterated to look better, fresher, more colorful, etc.

2020 FOOD FRAUD TRENDS

In 2020 there were class action lawsuits filed focusing on the authenticity of "all-natural" products or "origin" of a product. Interestingly, there has been discussion about what is a hamburger. With the increase in sales of plant-based products does a hamburger mean beef? Does an alternative meat product infringe on the rights of ranchers selling traditional beef products when it calls its product a burger?

Fraud in fresh produce can occur in several ways. Because most fresh produce is easy to identify, the fraud usually is related to labeling claims about production practices (like fake organic certifications), counterfeit branding, falsification of geographic origin, and the use of unapproved pesticides or ripening agents (used to speed or enhance ripening or to make fruits look more visually enticing).

In this fight to combat food fraud, there is a need to clarify definitions. For example, vanilla-is it pure? Is it natural? The same goes for citric acid, product that can be naturally occurring; (either from citrus fruit, tomatoes or other fruits with citric acid) is it natural? If all-natural citric acid is added into tomato paste to help with the taste, can the tomato paste still be classified as being all-natural, even though "natural" citric acid was added and is displayed on the label?

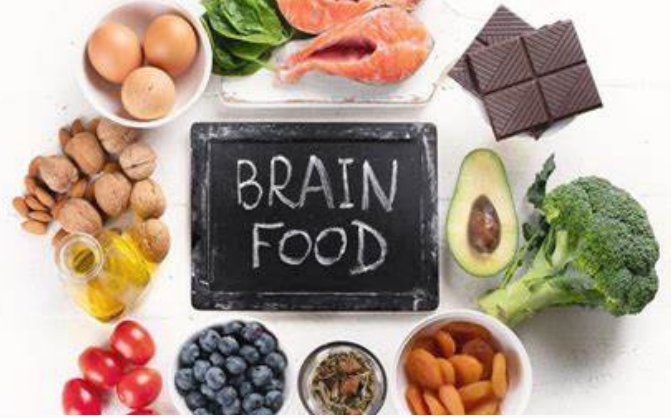
Another food fraud trend seen in was the replacement of spinach and green peas for pistachios in products like Turkish delight, baklava, halva, biscotti mortadella, and ice cream. Pistachios are costly and a popular target for food fraud. Honey is the third most adulterated food item. Adulteration can be done by mislabeling the geographical origin, by direct addition of sugar to honey, and feeding bee sugar syrup.

Olive Oil scam: Many times, olive oil "fraudsters" are not caught and punished as government agencies set priorities on what they consider more dangerous food fraud issues.

THE MIND DIET

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Maintaining good eating habits are extremely important as we age, especially when it comes to brain health. Dietary habits that support heart health are also known to be beneficial for the brain. The MIND (Mediterranean-Dash Intervention for Neurodegenerative Delay) diet is an eating pattern that combines principles from the Mediterranean dietary pattern and the DASH (Dietary Approaches to Stop Hypertension) dietary pattern. This diet has been shown to help low brain aging and improve brain health. What you eat matters, and it especially matters to your brain. The MIND diet was developed to emphasize specific foods that are important for a healthy brain.

Here is a list of foods that are included in the MIND diet.

Go green with veggies. The MIND diet is high in vegetables, particularly green leafy vegetables such as chard, kale, spinach, collards, and arugula. These vegetables contain nutrients that are associated with brain health such as fiber, folate, vitamins A, C, and K, calcium, potassium, iron, and magnesium. As little as one serving daily has been shown to positively impact brain health. Include these in your diet at least 6 times every week with one serving of other vegetables every day.

Make berries your fruit of choice. Berries like strawberries and blueberries are high in flavonoids. Flavonoid are plant compounds associated with reduced risk for chronic conditions such as cardiovascular disease (heart disease) and neurodegenerative disorders (Alzheimer's disease). Include berries in your diet at least 2 times every week.

Whole grains such as brown rice, wild rice oats, and whole grain bread are high in fiber, B vitamins, vitamin E, zinc, magnesium, and antioxidants. Including more whole grains in your diet can reduce your risk for chronic conditions and support brain health.

Go nuts for nuts! Choose the dry roasted or raw varieties. Skip the salt, sweeteners, and oils. Make a healthy trail mix using nuts and your choice of dried fruit without added sugar. Nuts are high in vitamin E which has been shown to protect the brain. Include nuts in your diet five times every week.

Choose olive oil. Use mainly extra virgin olive oil when cooking and avoid butter and margarine when possible. Easy on the meat. Limit red meat to less than four times a week. Include other sources of protein in your diet such as lentils, beans, poultry, and fish. Beans and lentils are full of fiber and a good sources of B vitamins which are good for brain health. Include fish in your diet once every week. The MIND diet limits servings of red meat, sweets, cheese, butter, margarine, fast food, and fried food. *Based on study results, the closer the MIND diet was followed the better it was for overall brain health.

References:

Improve Brain Health with the MIND Diet. (2019, July 31). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/improve-brain-health-with-the-mind-diet/art-20454746>
<https://edis.ifas.ufl.edu/fs304>

WHAT'S ON THE MENU FOR HORSES? FORGE VARIETIES IN FLORIDA

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Florida's unique climate allows for various types of forage production year-round. Whether it is in the form of hay or grazed pasture, forages should be the foundation of your horse's diet. Except for high performance horses, most of their nutritional needs can be met from forages. So, what is on the menu is fresh from Florida? This a mere sample of the many forage options available to horses and other livestock. For more information on these forages and others for your horses visit, <https://edis.ifas.ufl.edu/aa216>.

Bermudagrass hay is commonly produced throughout the southeast. There are many cultivars, including coastal which is the most popular. Bermudagrass can be grazed but is usually planted for hay. It is high yielding, low maintenance forage.

Crude Protein: 10-14%

Total Digestible Nutrients: 52-58%



Bermudagrass

Perennial Peanut hay is often confused with peanut vines that are baled after peanut harvest and fed to cattle. Perennial peanut is termed the "Alfalfa of the South" because it has similar nutritive value as alfalfa. Like alfalfa, perennial peanut is also a legume.

Crude Protein: 14-18%

Total Digestible Nutrients: 54-68%



Perennial Peanut

Oats are a cool-season forage option in Florida that can be grown for either hay production or grazing. Oat hay can be an acceptable forage for mature horses by offering a good source of digestible energy. However, when oats are harvested at alter maturity, horses tend to get picky. They will select for the seeds and leaves, leaving behind the courser stems.

Crude Protein:14-18%

Total Digestible Nutrients: 65%



Oats

COLLABORATION IS A KEY TO SUCCESS

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One great service that UF/IFAS Extension Suwannee County offers is partnerships with our producers. Suwannee County producers are a diverse group ranging from row crop and fruit tree farmers to ranchers and hay producers. The agricultural sector thrives throughout the county and for producers to continue to be successful, they require up-to-date information on efficient production practices that create high yield and increased profit. The University of Florida provides research-based information to assist with production and management needs seen in Florida. Once new research is developed, the information is shared to Extension agents, where they can in-turn, provide this new information to producers. One technique of sharing this information is through on-farm demonstrations, where producers partner with Extension to test these new practices small-scale on their operations.

One new technology of interest to producers in Suwannee County is the use of Controlled Released Fertilizer (CRF). CRF is typically applied once at the start of the growing season and releases fertilizer to the crop based on temperature. Granular CRF is polymer coated to protect the fertilizer as it releases over time. The type and thickness of the coating, which is based on the projected growing season temperatures and crop needs, also determines the release rate of the fertilizer. There are multiple benefits associated to CRF such as reduced environmental impact and reduced application costs. With the collaborative partnership from Black Gold, Harrell’s Fertilizer, and UF/IFAS Suwannee County Extension, CRF is being researched this spring on potatoes.

Potato producers in the Northeast Region are interested in utilizing CRF to produce potatoes more efficiently and reduce the number of applications of fertilizer required throughout the season. This small-scale research provides Black Gold an opportunity to understand the benefits and challenges associated to CRF on potato production without implementing this new practice large-scale on their farms. This research is still in its preliminary stages, but without collaboration from industry representatives, this research would not be possible. If you are interested in on-farm demonstrations or have questions about CRF please call Sylvia at 386-362-2771.

Sources:
<https://nwdistrict.ifas.ufl.edu/phag/2020/12/11/evaluation-of-controlled-release-fertilizers-for-crop-production-in-florida/>
<https://edis.ifas.ufl.edu/pdf/HS/HS18700.pdf>





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For persons with disabilities requiring special accommodations, please contact our office at least five working days prior to the program so that proper consideration may be given to the request. For the hearing impaired, please contact the Florida Relay Center Service at 1-800-955-8771.

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OUR MISSION OF EDUCATION

UF/IFAS Extension provides practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future. When you use UF/IFAS Extension, you can be confident that experts have reviewed and developed educational programs to ensure that you receive the best information for your needs. UF/IFAS Extension employees and volunteers work hard at improving the quality of life for our neighbors and communities. We provide solutions to everyday problems. We offer a variety of educational programs and information:

Agriculture and Natural Resources: Local farmers and ranchers are provided technical assistance and education to enhance their profitability and sustainability.

Horticulture: Programs are designed to meet the needs of residents by utilizing Florida-Friendly Landscaping principles.

Master Gardener Volunteer Program: Master Gardener volunteers receive training in exchange for service to the community. The Master Gardener volunteers staff the Seed Library and hold plant clinics every Wednesday from 1:00-3:00PM, and provide a gardening presentation on the second Wednesday of each month from 2:00-3:00pm, both at the Live Oak Library. Volunteers also staff a Seed Library and plant clinic at the Branford Library on Tuesdays from 2:00-5:00pm.

Family and Consumer Sciences: Family and Consumer Sciences programs offer you information about health and nutrition, food safety, food preservation, money management, home concerns, relationships, community development and many other topics.

4-H and Youth Development: The UF/IFAS Extension 4-H Youth Development program uses a learn-by-doing approach to help youth gain the knowledge and skills they need to be responsible, productive citizens. This mission is accomplished by creating safe and inclusive learning environments, involving caring adults, and utilizing the expertise and resources of the University of Florida and the nationwide land grant university system.

Home Monthly Maintenance Planner



April:

- Clean gutters; make sure they flowing properly
- Inspect roof for damaged shingles
- Check flashing, and re-seal
- Re-nail any loose siding or trim boards
- Check house and garage for any rotting wood, and repair as needed
- Oil garage door tracks

May:

- Check porch flooring, and repair as needed
- Check and replace any bad caulking around windows, doors, siding joints, or anywhere else needed
- Scrape loose window glazing, and replace as needed
- Wash & clean windows and their frames. Repair screens at this time

June:

- Check caulk or seal between house and drive, and repair as needed
- Trim trees, bushes, and shrubs
- Clean flower beds out around the house
- Drain off sediment from hot water tank and steam heating system
- Add copper sulfate to basement floor drain and add downspout to control tree roots in main sewer.

UF/IFAS Extension in Suwannee County publishes *The Center Pivot* each quarter. You can receive an email reminder for a paperless copy that will link you to our website. If you would like to receive *The Center Pivot* by email.

Name: _____
Email: _____
Phone: _____

Clip and return this slip to our office:
1302 11th Street SW, Live Oak, FL 32064
or email to amanda.law@ufl.edu or kglasscock@ufl.edu
requesting to be added to our email list.

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De Broughton, Sustainable Cropping
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RSA

