



Suwannee County Extension's

# Center Pivot

Helping Suwannee County Grow

January - March 2021

Volume 14 Issue 1

## A Successful Peanut Butter Challenge!

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With the 2020 Peanut Butter Challenge wrapped up, it is important to reflect on the success we had this year from the support and donations we received by the community. This challenge is an annual jar collection that started in the Florida Panhandle back in 2012 to stock local food pantries ahead of the holiday season. Counties throughout Florida joined in to help with the Challenge.

Peanut butter is a popular food item in food pantries because it is healthy, nutrient dense, and has great shelf stability. Also, peanuts are major crop grown in northern Florida contributing \$154 million to the state's economy in 2017 (Florida Agricultural Statistic Services). Not only is peanut butter versatile helping hungry families, but it can be bought Fresh from Florida helping support local agricultural businesses.

The Peanut Butter Challenge ran from October 1<sup>st</sup> to November 25<sup>th</sup> where local Extension Offices and businesses collected unopened peanut butter jars to be donated to a local food pantry. The UF/IFAS Extension Suwannee County Office collected 510 jars of peanut butter with the help from donations, support from local business, and community-based organizations. The peanut butter jars collected in Suwannee County were donated to Love Inc. of Suwannee County to assist those in need this holiday season.

Overall in Northeast Florida, 14 participating Extension offices collected over 3 tons of peanut butter this season and delivered jars to local food pantries. In addition to the community donating jars, the Florida Peanut Producers Association and Florida Peanut Federation contributed to the collection efforts by matching donations collected. The Florida Peanut Federation matched the overall donations and donated peanut butter jars to Florida Gateway Food Bank in Lake City.

Without community support, we would not have been able to complete such an amazing challenge. We at UF/IFAS Extension Suwannee County want to personally thank all those involved who helped make this project a success this year. When times are hard, communities come together to help each other, and we saw this clearly through the 2020 Peanut Butter Challenge. We are excited for next year's challenge and look forward to future collaborations.

### Suwannee County Extension Office

1302 11th St. SW  
Live Oak, FL 32064-3611  
(386) 362-2771

[SolutionsForYourLife.org](http://SolutionsForYourLife.org)

Visit our website: [suwannee.ifas.ufl.edu](http://suwannee.ifas.ufl.edu)

# Extension Calendar



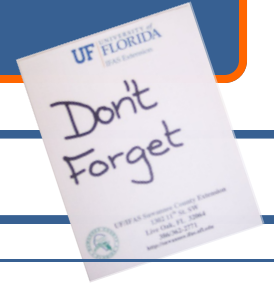
**January 2021 - Call 386-326-2771**

1	<b>New Year's Day Holiday-Office Closed.</b>
Every Wednesday	<b>Master Gardener Greenhouse Workday, 9:00-11:30am at Extension Office. Limited to 3 volunteers. Call Amanda for availability before planning to attend.</b>
	<b>Master Gardener Seed Library, Live Oak Library. Stop by and pick-up seeds.</b>
	<b>Master Gardener Seed Library, Dowling Park. Stop by and pick-up seeds. Advent Residents only.</b>
12	<b>Walk Off the Holidays, 5:00-6:00pm at First Federal Sportsplex.</b>
8	<b>Master Gardener Workday, Heritage Park</b>
8-10	<b>2nd Executive Board, Virtual</b>
8-9	<b>4-H/FFA Livestock Evaluation &amp; Meat Judging Clinic in Gainesville. Call the office for more information.</b>
11	<b>4-H County Council, 6:30pm at Extension Office.</b>
19	<b>Walk Off the Holidays, 5:00-6:00pm at First Federal Sportsplex.</b>
18	<b>Martin Luther King, Jr. Day Holiday-Office Closed.</b>
18	<b>4-H Hog and Ham Pre-requisite Workshop in Gainesville. Call the office for more info.</b>
23	<b>4-H 3-D Archery in Newberry. Call the office for more info.</b>
26	<b>Walk Off the Holidays, 5:00-6:00pm at First Federal Sportsplex.</b>
30	<b>4-H Insect-a-thon in Gainesville. Call the office for more info.</b>

*From the  
Suwannee County  
Extension Office*

**AN** HAPPY **NEW** Year

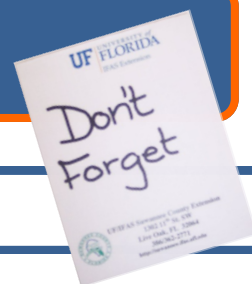
# Extension Calendar



**February 2021 - Call 386-362-2771**

Every Wednesday	<b>Master Gardener Greenhouse Workday</b> , 9:00-11:30am at Extension Office. Limited to 3 volunteers. Call Amanda for availability before planning to attend.
	<b>Master Gardener Seed Library</b> , Live Oak Library. Stop by and pick-up seeds.
	<b>Master Gardener Seed Library</b> , Dowling Park Library. Stop by and pick-up seeds. Advent Residents only.
8	<b>4-H Horse and Livestock Judging</b> at Florida State Fair in Tampa. <b>Postponed</b>
8	<b>4-H County Council</b> , 6:30pm at Extension Office.
11-22	<b>Florida State Fair</b> in Tampa. <b>Post postponed until April TBA</b>
13-14	<b>Strawberry Fest</b> – Suwannee County Fair grounds (LiveOakFestival.com)
15	<b>4-H Livestock Judging</b> at North Florida Livestock Show and Sale, 9am, Madison.
15	<b>National Restaurant Association’s ServSafe</b> course for national food manager certification, 8:30am at Extension Office. Certification is good for 5 yrs. Class, exam & book \$165. Must register 3 business days prior to class, no walk-ins. Bring lunch and photo ID. Call toll-free 1-888-232-8723 or via web <a href="http://bit.ly/2z0YJiO">http://bit.ly/2z0YJiO</a> .
19	<b>FCS Advisory Committee Meeting</b> , 12:00pm-2:00pm, Virtual.
19	<b>Master Gardener Workday &amp; Alumni Meeting</b> , 9:00-12:00pm at Heritage Park.
23	<b>“Let Get Growing” 4-H Gardening Class #1</b> , 1:30pm-3:00pm or 3:30-5:00pm at the Extension Office Greenhouse. (6 week series)
26	<b>Suwannee County Fair Registration</b> - Forms for animal entries due by 5pm. Forms located at <a href="http://www.suwanneecountyfair.org">www.suwanneecountyfair.org</a>
27	<b>4-H Traditional Archery Match</b> -Easton Newberry Sports Complex, Newberry. Call the office for more information.
27	<b>4-H County Events</b> at the Community Presbyterian Church.

# Extension Calendar



**March 2021 - Call 386-362-2771**

Every Wednesday	<b>Master Gardener Greenhouse Workday</b> , 9:00-11:30am at Extension Office. Limited to 3 volunteers. Call Amanda for availability before planning to attend.
	<b>Master Gardener Seed Library</b> , Live Oak Library. Stop by and pick-up seeds.
	<b>Master Gardener Seed Library</b> , Dowling Park. Stop by and pick-up seeds. Advent Residents only.
2	<b>“Let Get Growing” 4-H Gardening Class #2</b> , 1:30pm-3:00pm or 3:30-5:00pm at the Extension Office Greenhouse. (6 week series)
8	<b>4-H County Council</b> , 6:30pm at Extension Office.
4	<b>4-H Club Competition</b> , in Giant Jenga, Cornhole, and Disc Golf 3:30pm-5:30pm at the Extension Office. *Mask required*
4	<b>Virtual Homebuyers class</b> – 5:00pm-9:00pm, cost \$10.00, please call to register.
9	<b>“Let Get Growing” 4-H Gardening Class #3</b> , 1:30pm-3:00pm or 3:30-5:00pm at the Extension Office Greenhouse. (6 week series)
11	<b>Master Gardener Workday &amp; Alumni Meeting</b> , Heritage Park. TBA
11	<b>Virtual Homebuyers class</b> – 5:00pm-9:00pm, cost \$10.00, please call to register.
15	<b>Record Books (Hog and Steer) Due</b> for Suwannee Valley Youth Livestock Show and Sale. Submit online before 5:00pm.
19-27	<b>Suwannee County Fair</b> For more info visit <a href="http://www.suwanneecountyfair.org">www.suwanneecountyfair.org</a>
22	<b>Hog Weigh-In</b> , SVYLSS, 8:00-10:00am. Trailers must be in line no later than 10:00am.
22	<b>Hog Showmanship</b> competition, 6:30pm.
23	<b>Steer Weigh-in</b> , 8:00-10:00am. Trailers must be in line no later than 10:00am.
23	<b>Hog Show</b> at Suwannee County Fair, 6:30pm.
24	<b>Steer Show</b> at Suwannee County Fair, 6:30pm.
25	<b>SVYLSS (Suwannee Valley Youth Livestock Show and Sale) Awards</b> , 8:30am, with <b>Livestock Sale</b> following immediately afterwards.
25	<b>4-H Day at the Capitol</b> , Tallahassee
26-28	<b>4-H Third Executive Board</b> , at Camp Cherry Lake. (Open to all 4-H members age 13-18. Cost: member-\$110; non-member \$120. Register online at <a href="http://www.florida.4honline.com">www.florida.4honline.com</a> ., Event will be April 3-5.
27	<b>4-H Shotgun Match</b> —Polk Imperial Gun Club, for information, contact Jerry Culen at <a href="mailto:grculen@ufl.edu">grculen@ufl.edu</a> .
30	<b>“Let Get Growing” 4-H Gardening Class #4</b> , 1:30pm-3:00pm or 3:30-5:00pm at the Extension Office Greenhouse. (6 week series)

# Bleach is Not Invincible

**Katherine Allen**  
**Family & Consumer Sciences Agent**

Food items aren't the only things that have expiration dates. It turns out cleaning products like bleach have an expiration date too. Bleach has been around for centuries and is one of the cheapest and most common disinfectants.

**Types of bleach.** There are two different types: chlorine bleach and oxygen bleach. According to the American Chemistry Council, chlorine bleach, chemically speaking, "is a water solution of sodium hypochlorite. Common household laundry bleach used to whiten and disinfect laundry, is typically either 5.25% ("regular strength") or 6% sodium hypochlorite ("ultra strength")." Sodium hypochlorite is the active ingredient in bleach you would use in your home to disinfect and remove mold and mildew.

**Temperature, light, and contaminants can shorten the shelf life of bleach.** According to The Scripps Research Institute, bleach from the grocery store can last about six months. After that, "bleach starts to degrade in a relatively short period of time. Even in its original bottle, bleach becomes 20% less effective as each year goes by." It's important to know how to correctly store your bottle of bleach. Keep the cap on the container and store away from other products to eliminate contamination. Extreme temperature begins to break down the bleach (above 70° F.). As a result, the Clorox website recommends bleach "should be stored between 50°F. and 70°F." Light also assists with degradation, so keeping bleach in opaque storage containers and away from direct sunlight is important for maintaining bleach's efficacy. These recommendations pertain to bottles that are both sealed and opened. Clorox states that a bottle of bleach that has been correctly stored in a dark, room-temperature area has a shelf life for about one year and should be replaced after one year.

**Making your own solution.** Using a bleach solution that is too concentrated can result in toxicity, so it is important mix a ratio of nine parts water to one-part bleach. If you make your own bleach mixture for use around the house, the shelf life is reduced dramatically. An effective disinfectant solution of bleach and water will last between 24 hours and one week before the active ingredients begin to break down. If you can detect any bleach smell at all, then that means there's still some active bleach left in the bottle. However, you want to use a bit more than you normally would during laundry and cleaning because it would be weaker. If you find an undated bleach solution in a spray bottle, don't use it.

Make a new batch (and date it).

**Discarding bleach.** When disposing of your old bleach or bleach solutions, Clorox recommends simply flushing it down the toilet as any sodium hypochlorite that remains will finish breaking down and will turn into plain old saltwater as it travels through your home's pipes and out to the sewer or septic system. Just a reminder that bleach should never be mixed with an acid or ammonia as it can produce dangerous chlorine gas. You can also dispose of it properly by diluting the remaining bleach with a large amount of water before pouring into a sink drain.

So, just keep in mind, the longer bleach sits around, the less effective it is at cleaning and disinfecting. While the product can still be used as a cleaning agent past its expiration date, it is not recommended that expired bleach be used as a disinfectant because the exact percentage of sodium hypochlorite cannot be measured accurately. This weakened solution may or may not be effective at killing bacteria, viruses, or fungi. <https://www.calendar-365.com/day-numbers/2019.html>  
<https://www.cdc.gov/disasters/bleach.html>

For more information on cleaning and sanitizing, contact Katherine at the UF/IFAS Suwannee County Extension office, an Equal Opportunity Institution by calling 386-590-2962 or email [nrgkate@ufl.edu](mailto:nrgkate@ufl.edu)



# The Mediterranean Diet

**Kim Griffin**  
**Family and Consumer Sciences**

## What is the Mediterranean Diet?

The Mediterranean diet is more of an eating pattern than a diet that is based on the traditional eating habits of countries near the Mediterranean Sea. This eating pattern is generally high in fruits, vegetables, whole grains, beans, nuts, seeds, and olive oil and relatively low in red meat. More specifically the diet recommends eating fruits, vegetables, whole grains, and healthy fats such as olive oil daily; Fish, poultry, beans, and eggs weekly; Moderate amounts of dairy and little red meat. Other elements of the diet include some red wine, meals with friends and physical activity.

## What are the Health Benefits of the Mediterranean Diet?

Following the Mediterranean dietary pattern has been shown to improve heart health, reduce the risk for cardiovascular diseases, reduce the risk for type 2 diabetes, reduce the risk for some cancers and help maintain a healthy weight.

## How Can I Eat the Mediterranean Way?

- Increase your fruit and vegetable intake to 7-10 servings daily.
- Make your meals plant-based and add a variety of vegetables to stir-fry, soups, and stews.
- Choose more whole grains.
- Avoid saturated fat and trans fat.
- Choose healthy fats such as olive oil and make it your “go to” oil of choice.
- Limit red meat to small lean portions. Choose fish, poultry, and beans more often.
- Eat seafood, especially fish such as water-packed tuna, salmon, and trout twice a week.
- Include some dairy in your diet such as low-fat Greek or plain yogurt and small amounts of cheeses.
- Use herbs and spices to boost flavor and decrease salt.
- Make a colorful trail mix using a variety of dried fruits, nuts, seeds, and whole grain cereal.

### References:

Mediterranean diet: A heart-healthy eating plan. (2019, June 21). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>  
Mediterranean diet recipes. (2020, November 17). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/recipes/baked-apples-with-cherries-and-almonds/rcp-20049603>

## The Mediterranean Diet Recipe

Baked apples with cherries and almonds  
Serves 6

### Ingredients

- 1/3 cup dried cherries, coarsely chopped
- 3 tablespoons chopped almonds
- 1 tablespoon wheat germ
- 1 tablespoon firmly packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 6 small Golden Delicious apples, about 1 3/4 pounds total weight
- 1/2 cup apple juice
- 1/4 cup water
- 2 tablespoons dark honey
- 2 teaspoons walnut oil or canola oil

### Directions

Preheat the oven to 350 F.

In a small bowl, toss together the cherries, almonds, wheat germ, brown sugar, cinnamon, and nutmeg until all the ingredients are evenly distributed. Set aside.

The apples can be left unpeeled if you like. Working from the stem end, core each apple, stopping 3/4 inch from the bottom.

Divide the cherry mixture evenly among the apples, pressing the mixture gently into each cavity.

Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples and cover the pan snugly with aluminum foil.

Bake until the apples are tender when pierced with a knife, 50 to 60 minutes.

Transfer the apples to individual plates and drizzle with the pan juices. Serve warm or at room temperature.

Serving size: 1 apple

Calories: 200, Total fat: 4g, Saturated fat: 0g, Trans fat: 0g, Monounsaturated fat: 2g, Cholesterol: 0mg, Sodium: 7mg, Dietary fiber: 5g, Total sugars: 31g, Added sugars: 8g, Protein: 2g.

# Let's Get Growing!

*Amanda Law, Staff Assistant*

Back in the fall Suwannee County Extension held a six-week program to teach youth about gardening. Youth learned about plant anatomy, environment, planting. Pollination, food gardens, and even created their very own fairy gardens. One of the highlights from the series was that the group learned that we eat many parts of the plant. The kids were surprised to learn that broccoli is a flower and that onions are the leaves of the plant. In the second week youth learned how to create an environment by collecting different left-over items or scraps after eating or cooking. By collecting items such as eggshells, leaves, grass, fruit and vegetable peelings they were making their own environment that would create compost to use in the garden.

During the planting class, one of the skills youth learned was how to direct plant. In the direct planting activity, they learned how to upcycle a used vegetable can and a pallet board. The kids used their creativity to paint their cans and boards. When it was time to direct plant the youth were taught how to loosen the roots and how to add more soil to the new container.

The week we learned about pollination, the group drew a picture of their home landscape and made "Bee Bots" out of toothbrushes to simulate how insects pollinate plants to make food. This then led the youth to learn how to grow their own food. Youth planted small food gardens, that would have any taco lover ready to eat! In the food garden they planted tomatoes, lettuce, cilantro and a marigold. Marigold you ask. Marigolds repel many harmful insects that want to eat the food we have worked so hard to grow, which is called companion planting.

The group also created fairy gardens by collecting simple objects like shells, pinecones, and rocks, to create a small world using their imaginations. Then they were ready to tackle a bigger project. The group helped the office staff revitalize the flower beds in the front of Suwannee County Extension Office. As a team, we planted ferns, white ruellia, and fox tail ferns.

In the end we asked the group what skills they learned over the six-week period that would help them in the future. The answers ranged from growing a garden, teaching someone else how to grow food, upcycle materials, and germination. One child's response was that he learned how to communicate better, and how to communicate during a project to help the group and himself be more successful.

The next installment of Let's Get Growing! Spring

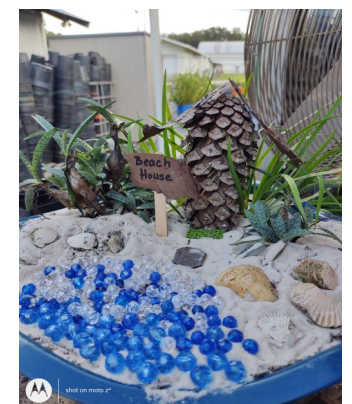
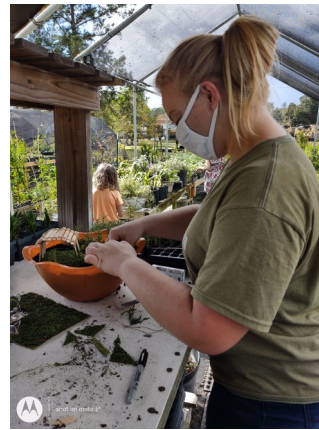
Edition will begin February 23– April 13,

where youth will learn about soil types, plant life cycle, grow boxes and more.

To register your child ages 8-18 click the link: <https://springedition2021.eventbrite.com>

**\*Mask Required at this event\***

*UF/IFAS is an Equal Opportunity Institution*



# The New Year Brings Renewed Hope



**Carolyn Saft**  
**Horticulture & Environmental Agent**



My native Oak leaf hydrangea waves its brown leaves at me as I drive down my driveway. It makes me a little sad even though I know it is a part of the natural process. For Gardeners, winter can be a tough time as once beautiful green plants have turned a sickly brown color. However, we keep our faith that when the temperatures rise, we will see new green sprouts.

Temperatures have already dropped into the 20's for a couple of days and the tops of plants have browned out, but don't fret as the plant probably still has life in it. It is tempting to remove frost-damaged plant growth immediately, but dead material should be left on the plant until the full extent of the damage is apparent in the spring. There are several reasons to wait. By allowing plenty of time for new growth to appear, the extent of any damage will be clearly apparent and it will be less likely that you will accidentally remove living tissue that survived a freeze. Additionally, dead material can provide an insulating effect and removing it too soon may expose additional tissues to future freezes. If you prune out dead material before another freeze hits, it is more likely that an even greater portion of the plant will be killed.

The frost injury to plants depends upon numerous factors, including species, age, health, soil moisture and location. Frost injures plants by causing ice crystals to form in plant cells, making water unavailable to plant tissues and disrupting the movement of fluids. Frost-damaged leaves appear water-soaked, wither, and turn dark brown or black. After a freeze, check the soil around your plants. Plants may not be getting the water they need if the soil has dried out or if the water in the soil is frozen. Watering the area can help warm the soil and provide your plants with an available source of moisture. Even injured plants need water.

While you may be tempted to add a little fertilizer to your plants to help speed their recovery hold off. If you fertilize too early you could encourage new growth before cold weather has gone. It's best to wait until spring to begin fertilizer application. Once the danger of frost has passed, an application of fertilizer can help speed recovery. Until we can dust off our pruners, relax and enjoy the seasonal weather. Its never too soon to start planning your next garden. Happy New Year!





# Winter/Spring Planting List



## NORTH FLORIDA PLANTINGS: JANUARY

**Easily Survives Transplanting:**  
Arugula, beets, broccoli, Brussel Sprouts, cabbage, cauliflower, Chinese cabbage, collards, endive, kale, kohlrabi, lettuce, swiss chard, sugar cane

**Transplant Carefully:**  
celery  
mustard  
potatoes  
spinach

**Use Seeds:**  
carrots  
onion (bunching)  
Peas (English)  
radish  
turnips

**Fruit:**  
Apple Trees (Tropic Sweet, Anna, and Dorsett varieties)  
Peach trees  
Nectarines  
blueberries

## NORTH FLORIDA PLANTINGS: FEBRUARY

**Easily Survives Transplanting:**  
arugula, beets, broccoli, brussels sprouts, cabbage, cauliflower, Chinese cabbage, collards, eggplant, endive, kale, kohlrabi, lettuce, peppers, swiss chard, tomatillo, tomatoes

**Transplant Carefully:**  
celery  
mustard  
potatoes  
spinach

**Use Seeds:**  
cantaloupe, carrots, corn, cucumbers, onions (bunching), Peas (English), radish, squash, turnips, watermelon


**Fruit:**  
Apple Trees (Tropic Sweet, Anna, and Dorsett varieties)  
Peach trees  
Nectarines  
blueberries

## NORTH FLORIDA PLANTINGS: MARCH

**Easily Survives Transplanting:**  
arugula, eggplant, kohlrabi, peppers, sweet potatoes, swiss chard, tomatoes

**Transplant Carefully:**  
carrots  
spinach

**Use Seeds:**  
Beans (bush, pole, lima), corn, cucumbers, okra, onion (bunching, shallot), Peas (English, southern), radish, squash (summer, winter), watermelon




# What is BQA and What Does it Mean to be BQA Certified?

**Courtney Darling**  
**Livestock, Forage, and Natural Resources Extension Agent**

BQA stands for Beef Quality Assurance. It is a national program that is implemented at the state level. The program has been around since 1987 and the focus is to foster trust with consumers, reassuring them that the beef they're purchasing was produced wholesomely. The BQA program couples traditional practices with science-based information to train farmers and ranchers on best cattle management practices.

The BQA advisory group consists of farmers, ranchers, veterinarians, cattle nutritionists, animal and meat scientists, animal welfare experts, and industry stakeholders. The program incorporates cattle care, herd health, transportation, record keeping, cattle nutrition, and environmental stewardship. Two popular topics within the certification are vaccination injection sites and proper cattle handling.

Becoming BQA certified is not just advantages for public image but is also financially beneficial for the producer. It is estimated that injection site lesions and abscesses cost the industry \$2.42 million. Additionally, carcass bruising, and the presence of dark cutters resulting from improper cattle handling cost the industry \$62.15 and \$132 million respectively (Pendell et al., 2018).

There are two options for certification. You can either attend an in-person training near you or take the course online. There are three main programs under BQA: transportation program, stockmanship and stewardship program, and the dairy farm program. With multiple classes under each program, you can choose which ones relate best to your operation.

Often the beef industry is under public scrutiny, especially as it pertains to animal welfare. The BQA program helps to showcase the cattle care and environmental stewardship that farmers and ranchers do in a positive light. The notion is that when higher quality cattle leave the farm and enter the marketplace, the producer, packer, and consumer all benefit.

For more information visit [www.bqa.org](http://www.bqa.org) or contact Courtney Darling, your UF/IFAS Suwannee County Livestock Extension Agent at (386) 362-2771.



# How to Soil Sample?

**Sylvia Willis**  
**Row Crops/Commercial Horticulture Extension Agent**

The first question you may be asking is, why should I? We recommend soil sampling your field before applying any fertilizer to pinpoint what nutrients you may be missing or have excess of. You can do this by dividing your farm into sections and taking soil samples from each section. You want to collect samples that are representative of the entire field to give you a better idea of what that area needs. Avoid sections that do not represent the entire area, like feeding areas, wet spots, or other problematic areas.

We recommend using a soil probe or auger to collect your soil samples by drilling the probe into the ground to the necessary depth (depends on the crop and plant stage). Once at the certain depth, pull out the probe and dump the contents into a clean bucket. If you are taking general samples of the area, you can collect multiple samples (at least 15), dump them into the same plastic bucket, mix the contents of the bucket, and place the sample into a bag to the fill line. You can pick up some free sampling bags at our office in Live Oak, FL.

Once you place the soil in the bag, make sure to label the bag. An example of labeling could be: Pivot 1, Pasture 1, Peanut Field 1, etc. It is important to keep a record of which sample goes to which field or area. This will not only help identify the location of where the sample was taken but help identify the field that corresponds to the soil results from the lab.

Next you will fill out the appropriate forms, available at the UF/IFAS Suwannee County Extension office or online at the Extension Soil Testing Laboratory website (<https://soilslab.ifas.ufl.edu/ESTL%20Home.asp>). On the form, you can indicate which analysis you need on your soil. You will include the form and method of payment in the box when mailing the samples.

Once you get your results back, it will include the analysis of the soil and recommendations on fertilizer applications. By following the recommendations, you are providing the necessary nutrients to the plants to help them grow. This will save you from playing the guessing game and not knowing how much to apply, especially after a heavy rainfall event. If you need help determining how to interpret your results call me at the UF/IFAS Suwannee County Extension office, an Equal Opportunity Institution, at (386) 362-2771. I will be happy to help!





**Carolyn Saft**, County Extension Director (CED) / Agent, Horticulture/Master Gardener Volunteer Coordinator

**Katherine Allen**, Agent, Family & Consumer Sciences (FCS)

**Kim Griffin**, Agent, FCS

**Bonnie Box**, Nutrition Educator, Family Nutrition Program (FNP)

**Amanda Law**, Staff Assistant, Horticulture & FCS  
**Sylvia Willis**, Agent, Row Crops, Commercial Horticulture

**Courtney Darling**, Agent, Livestock, Forages & Natural Resources

**Vacant**, 4-H/Youth Development

**Kimberly Glasscock**, Staff Assistant, 4-H & Ag

**Linda Thomason**, Bookkeeper

**N.F.I. Research & Education Ctr.-Suw. Valley**

**Bob Hochmuth**, Regional Specialized Agent, (RSA)/Asst. Center Director-NFREC-SV, Vegetables Crops

**De Broughton**, RSA, Sustainable Cropping Systems

**Dr. Kevin Athearn**, RSA, Agribusiness and Marketing

**Dr. Charles Barrett**, RSA, Water Resources

"An Equal Opportunity Institution"

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.

Use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee or warranty of product named and does not signify approval to the exclusion of others of suitable composition.

## FREE NEWSLETTER SIGN UP

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 directly to the website. The electronic format reduces our costs.

I would like to receive *The Center Pivot* by e-mail.

My email address is:

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

Clip and return this slip to our office at  
 1302 11th St SW, Live Oak, FL 32064.

OR send an email to [amanda.law@ufl.edu](mailto:amanda.law@ufl.edu) or [kglasscock@ufl.edu](mailto:kglasscock@ufl.edu) requesting to be added

### 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



### January

- Make a list of projects you plan to complete during the year for budgeting.
- Post important emergency info.
- If you are planning a bath or kitchen remodeling project, visit [www.nkba.org](http://www.nkba.org)
- Efficiency plan: [www.energystar.gov](http://www.energystar.gov)
- Hiring contractor: [www.nahb.org](http://www.nahb.org)
- Whole house surge protection: [www.askthebuilder.com](http://www.askthebuilder.com)

### February

- Organize garage or shed.
- Dispose of old paint.
- Clean lint from dryer exhaust ducts and vents.
- Early spring is a good time for interior painting.

### March

- Repair window screens and check screening on porches.
- Build or repair fences and arbors.
- Repair deck board, remove protruding nails and replace with galvanize screws. Check & tighten bolts in deck supports.
- Clean and seal wood deck.
- Check foundation. If large cracks develop, call engineer.