

CENTER PIVOT NEWSLETTER

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



Kenly Melland Smells Success with Swine Projects!

Summer Vacation for many people is a time to relax and slow down, but for 9-year-old Kenly Melland of the Small Town Clovers 4-H Club and her family, this summer was jam packed with travel and competition.

After entering pigs as a 4-H member in both the Madison and Suwannee Valley Livestock Shows this spring, Kenly started showing her animals as a novice showman on the Florida Junior Swine Circuit back in January of 2021. She quickly determined that she liked the jackpot competitions and added more animals to her show string.

The Florida Junior Swine Circuit was founded in 2017 to allow youth to exhibit hogs statewide at an organized series of shows. Exhibitors accumulate points in both Showmanship and for the quality of the breeding and market animals they are showing. In addition to expanding the opportunities for members to gain show experience, the circuit has had a positive impact on expanding the swine industry in Florida. They host a winter series (November-January) and a spring series (April-May) of shows for pigs of all sizes.

For Kenly, preparing for these shows includes working with each of her animals daily. She begins with bonding with her animals and then trains them to walk using the show whip. In addition to exercising them up to 30 minutes a day, she also works on keeping their hair and hide in good condition. According to Kenly, the hardest part is training her animals to walk with their heads up and follow her whip commands. Her favorite part of her swine project is the Showmanship competitions because it allows her to show off the skills that she has been working on developing.

In July, Kenly and Willadean (along with the rest of the Melland Family) took their show on the road to the National Junior Swine Association's National Junior Summer Spectacular Show in Louisville, Kentucky. There they competed against over 1800 total exhibitors in their largest show to date. After fierce competition, Kenly was selected 7th out of 100 novice showmen.

In addition to showing, Kenly also competed in the Livestock Judging and Skill-a-thon as well as the Photography and Art contests offered to the show participants. Kenly loved the National Show experience so much that she has made it her goal to attend all the National Swine Shows before she graduates- beginning with the NJSA Eastern Regional in Hamburg, New York this fall.

This issue:

Kenly Melland Success

PAGE 01

Important Dates

PAGE 02-04

Fall "Gardening Fever"

PAGE 05

Native Plant Spotlight

PAGE 06

What is 4-H County
Council?

PAGE 07

FCS

PAGE 08

Intermittent Fasting

PAGE 09

Bermuda and Colic

PAGE 10

Suwannee County Extension
Highlights

PAGE 11

Information

PAGE 12

OCTOBER 2021

UF/IFAS EXTENSION SUWANNEE COUNTY

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

An Equal Opportunity Institution



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.

1-31: Club Peanut Butter Challenge

1: North Florida Fair Entry DEADLINE

2: Suwannee County 4-H Field Day
9:00am-12:00, Suwannee County Extension office

3-8: National 4-H Week

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

5: Farm Judging Qualifying Test
3:30pm-5:00pm, Extension office

6: Well and Septic Maintenance Workshop,
9:00am-11:00am, \$35 Bacteria testing and
Additional \$30 for lead and nitrate testing.

7: Hamilton County Swine Show

8: Lafayette County Farm Judging Contest,
at Lafayette County Extension office

8-9: Suwannee Cattlemen's Fall Classic

9: Young Farmers and Ranchers District 2 meeting,
11:00am at Madison Blue Springs State Park

11: Suwannee County 4-H County Council meeting,
6:30pm at Suwannee County Extension Office.

11: FNPS: Sparkleberry Chapter
6:00pm at Hatch Park Branford, FL

12: FNPS Sparkleberry Chapter, Hatch Park,
Branford FL, 6:00pm

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

14: Master Gardener Volunteer Workday and Alumni
meeting at Heritage Park and Gardens 8:30am.

14: Youth Disc Golf, Heritage Park, every Thursday from
3:30pm-5:30 pm

16: SYR & NFET Monster Mash at Bob Holmes Arena,
Suwannee County Fair grounds

19-Nov 4: Fall Harvest Experience at NFREC-SV
Tentative based on Pandemic Conditions

19-21 Master Gardener Volunteer State Conference-
virtual

19-21: Sunbelt Expo, Moultrie GA

19 & 26: Healthy Table Food Prep class, 7:00pm online

20: Well and Septic Maintenance Workshop,
9:00am-11:00am

21 & 28: Homebuyers Education Class, via zoom
<https://oct2021homebuyer.eventbrite.com>, cost \$10.00

23: Small Ruminant Workshop, \$20.00 early admission,
\$5.00 kids under 18, \$late admission for adults \$50.00.

23: North Florida Fair Livestock Show & Sale tag-in
8:00am-11:00am

30: Suwannee County Candy Carnival at Bob Holmes
Arena, Suwannee County Fair grounds

NOVEMBER 2021

UF/IFAS EXTENSION SUWANNEE COUNTY

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

An Equal Opportunity Institution



11: Veteran's Day, Suwannee County Extension closed, Thank you for service!

25-26: Thanksgiving Holiday, Suwannee County Extension closed

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

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

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

1-4: Fall Harvest Experience at NFREC-SV

4-14: North Florida Fair, Tallahassee FL

8: 4-H County Council meeting, Branford FL 6:30pm

9: FNPS, Sparkleberry chapter, Hatch Park, Branford FL, 6:00pm

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

12-14: First Executive Board at Camp Cloverleaf, Lake Placid FL

13-Dec 4: 4-H Judging Day at North Florida Fair, Tallahassee FL

18: Pressure Cooking 101 5:30pm-8:30pm, Suwannee County Extension Office

20: Children's Cancer Rodeo, Bob Holmes Arena at Suwannee County Fair grounds

20: Suwannee Valley Youth Livestock Show & Sale tag-in, Suwannee County Fair Grounds, 8:00am

22: Hay bale clean-up

22: Who Gets Grandma's Yellow Pie Plate: How to transfer non-titled property. Call 386-362-2771 for details.



DECEMBER 2021

UF/IFAS EXTENSION SUWANNEE COUNTY

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



23-24: Christmas Holiday, Suwannee County 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.

3-4: Christmas On the Square, Downtown Live Oak

3-4: LAW (Leadership Through the Arts Weekend)
Camp Timpoochee

8: Water bath Jelly Canning Class, \$15.00
8:30am-3:00pm. Call to register 386.362.2771

9: Master Gardener Volunteer Alumni Holiday
gathering, Extension Office

10: Preparation of Apple Butter, 8:30am-5:00pm,
Extension Office, call 386-362-2771 to register.

13: 4-H Holiday Bake Off- Entry Drop off
8:30am-11:00am

13: 4-H County Council Holiday Party,
6:00pm-8:00pm



UF | **IFAS Extension**
UNIVERSITY of FLORIDA

Consider Fall "Gardening Fever" for Planting Trees instead of "Spring Gardening Fever"

Carolyn Saft, County Extension Director (CED),
Environmental Horticulture Agent and
Master Gardener Coordinator
csaft318@ufl.edu

UF/IFAS Extension Suwannee County, 386-362-2771
An Equal Opportunity Institution



Planting in the fall gives trees an extra growing season before the stress of summer heat. The combination of cooler temperatures and fall rain allows trees to establish their roots, making it easier on them to adjust to dry spring and hot summer days. Many people fear that young trees can't withstand winter temperatures however the soil remains warm allowing for good root growth.

Plant the right tree in the right place by researching tree selection using these publications, https://edis.ifas.edu/entity/topic/tree_selection. Consider how much space you have, how much sun is in the area, is the soil moist or dry? Make sure the sight selected is not close to structures or under powerlines. Call 811, a free service before you dig to avoid planting on underground utility lines. Avoid planting trees too deep. The rootball should be about 1/2" higher than the existing soil after planting since it will eventually settle lower. Mulch around the outside of the rootball (not over the rootball) to the dripline of the tree.

Trees provided with regular irrigation through the first growing season after transplanting require approximately six months per inch inch of trunk diameter to fully establish roots in the landscape soil. Regular irrigation after planting encourages rapid root growth that is essential for tree establishment. Irrigation helps maintain and encourage the desirable dominant leader in the tree canopy on large-maturing trees. Instead of a dominant leader, trees that are underirrigated during the establishment period often develop undesirable, low, codominant stem and double leaders that can split from the tree later. Splits (so-called frost cracks or sunscald) along the lower trunk have also been associated with under-irrigation after planting (Ropolo and Miller, 2001). Since most root growth occurs in the summer months, irrigation after planting during this time is crucial. You could lose almost an entire year's root growth if you under-irrigate the first summer. At each irrigation, apply 2 to 3 gallons of water per inch trunk diameter (ex: 4 to 6 gallons for a 2-inch tree) over the root ball only.

SIZE OF NURSERY STOCK	IRRIGATION SCHEDULE FOR VIGOR 1, 3	IRRIGATION SCHEDULE FOR SURVIVAL 2, 3, 4
< 2 inch caliper	Daily for 2 weeks; every other day for 2 months; weekly until established	Twice weekly for 2-3 months
2-4 inch caliper	Daily for 1 month; every other day for 3 months; weekly until established.	Twice weekly for 3-4 months
> 4 in caliper	Daily for 6 weeks; every other day for 5 months; weekly until established.	Tice weekly for 4-5 months
<div>Notes on Irrigation: (discuss further on irrigation requirements)</div> <div>Notes on Irrigation:</div> <ul style="list-style-type: none">• Delete daily irrigation when planting in winter or when planting in cool climates. Irrigation frequency can be reduced slightly (ex:2-3 times each week instead of every other day) when planting hardened-off, field-grown trees that were root-pruned during production. Establishment take 4-8 months per inch trunk caliper. Never apply irrigation if the soil is saturated.• Irrigation frequency can be reduced slightly (ex. to once or twice each week) when planting hardened-off, field grown trees that were root-pruned during production.• At each irrigation, apply 1-2 gallons (cool climates) or 2-3 gallons (warmest climates per inch trunk caliper to the root ball. Apply it in a manner so all water soaks into the root ball. Do not water if the root ball is wet/saturated on the irrigation day.• Trees take much longer to establish than regularly irrigated trees. Irrigate in drought the following summer.		

NATIVE PLANT SPOTLIGHT:

Scarlet Salvia, *Salvia coccinea*

UF/IFAS EXTENSION SUWANNEE COUNTY

by Amanda Law, Program Assistant, Suwannee County Extension
An Equal Opportunity Institution



The native salvia is an herbaceous perennial that is native to the southeastern United States including Florida. It can grow up to 3- 4 feet in height with a vase shaped upright habit which makes this plant very attractive in plantings. In winter there is not much interest because blooming stops in the fall growing season.

This charming plant can be planted in masses as a ground cover for a nice display in a perennial border in full sun. When planted in masses the beautiful flowers attract butterflies, hummingbirds and bees. If planted with other herbaceous perennials for a nice soft display of red flowers on erect stems. "Lady in Red" is a popular cultivar with deep red flowers. The rain can snap off the flowers spikes, but new ones appear quickly. The flowers can be used as cut flowers, borders of flower beds.

As with any plant, "Right Plant, Right Place" applies to our Florida native species too. Salvia will perform well in full sun, partial shade or full shade; however, flowering can be reduced in partial shade. It prefers a moist, well-drained soil. Native salvia is at its best in summer months. To maintain salvia in your landscape, cut it back at the end of the flowering season and foliage begins to die.

Common/Scientific name: Scarlet Slavia, *Salvia coccinea*

Description: Upright, moderate growth rate, 2 to 4 feet in height and 1 to 2 feet in width.

Leaves: opposite/subopposite, simple, serrate, ovate, semi-evergreen

Flowers: red, white, pink, spring and summer flowering and fall flowering; longer flower season in zones 9-11

Growing conditions: moderate to moist soil, in part shade/part sun, plant spacing 24 to 36 inches.

Drought tolerance: moderate

Propagation: by seeds.

Wildlife attractor: butterflies and hummingbirds and other pollinators.

Other features: This plant is an outstanding ornamental, this native plant often spreads into nearby landscapes.

If you are interested in having this plant in your landscape please contact UF/IFAS Extension office in Suwannee County about how to adopt this plant for your native, pollinator or home landscape gardens.

Source: FP51900.pdf (ufl.edu)

What is County Council?

Katie Jones, 4-H agent, kmjones@ufl.edu

UF/IFAS Extension Suwannee County, 386-362-2771
An Equal Opportunity Institution



Maybe you've heard of the Suwannee County 4-H Council but aren't sure what it is. Every year, we elect a group of County Council Officers to provide leadership and direction for our county events like 4-H Field Day, Holiday Bakeoff, County Events and the Annual 4-H Banquet. In addition to planning these events, the council also offers leadership and citizenship development activities for teen members.

There are 10 elected officers on the Council. These members are typically Senior and Intermediate age students who have experience with different 4-H projects and programs. Many have served as officers in their community club and want to get to know members in other clubs as well. All of them have committed to serving their fellow members for the year. This year, our council elected Kendall Simpkins as President and Cheyenne Morgan as Vice President. Dana Fount is serving as Secretary and Lara Croft as Treasurer. Madison Young and Bethany Rountree are serving as District Council Delegates. As Reporter and Historian, Lacey Hermanson and Ryleigh Hermanson will be working to promote and chronicle our 4-H year. Olivia Hermanson will serve as Parliamentarian and Daniel Greeley as Chaplain.

But the County Council isn't just made up of the 10 elected officers. Each club in the county has two delegate seats on the Council. Their job is to be a bridge between their club and the other clubs in the county. They share club news and activities, gather information to take back to their clubs, and make sure their club's voice is heard about 4-H decisions.

It's important for clubs to take advantage of their delegates because it makes our whole county program stronger when all our clubs are represented!

Maybe you're not active in one of our community 4-H clubs, but you're interested in the leadership development opportunities that the council provides. No problem! Just like other 4-H activities, the council is open to all 4-H youth in Suwannee County. You might even learn about a club that you would like to join!

Want more information or think it sounds like fun, come visit a meeting! The council meets the 2nd Monday night of each month at 6:30pm at the Extension Office. It is advised by our 4-H agent, Ms. Katie Jones and our 4-H Assistant, Ms. Kimberly Glasscock. Come Join the fun and help us make Suwannee County 4-H even better!

Just when you thought the changes were slowing down, we want to share some news about our 4-H program staff.

Ms. Kimberly Glasscock has been given the awesome opportunity to work at the North Florida Research & Education Center-Suwannee Valley, as the Special Events Coordinator. We know Ms. Kimberly is going to be exceptional at this and while we will miss her positive attitude and energizer bunny work ethic, we wish her all the best in her new endeavor. Her last day in the office will be October 15, 2021. We are also excited to announce that Mrs. Amanda Law will be stepping into the roll Ms. Kimberly is leaving behind. We are excited to have Mrs. Amanda, a former elementary school teacher, join our 4-H family and look forward to her contributions to our 4-H programs and activities moving forward.

Practical and Helpful Gifts

Katherine Allen, Family and Consumer Sciences
nrgkate@ufl.edu

UF/IFAS Extension Suwannee County, 386-362-2771
An Equal Opportunity Institution



As the holidays near, I start worrying about purchasing gifts that won't be put into a top drawer, quickly forgotten. I want the gift to show that I think of the receiver. As I get older, I also appreciate those gifts that are useful as well. Bearing that in mind, consider the following list of potential "good" gifts. Each of them incorporates universal design features.

Universal design refers to products and features that make a product (or home) more usable for people of all ages and abilities.

Wireless doorbell:

This is an easy to install, mid-priced item. There are two pieces, a push button for the door and the sound box. The sound box can be mounted or taken with you outside so you won't miss a visitor. In addition to the various rings and volume, the box includes a flashing light if you have noisy activities or are hard of hearing.

Reacher/grabber:

This can be used for a variety of tasks. Can be used for picking up trash or to reach items from a top shelf or that rolled under the couch!

Bench:

Having a bench near the entrance door or in the garage helps with taking off/putting on shoes, setting down packages and resting.

Keypad entry:

To ensure that you never get locked out of your house. It has a deadbolt that can be locked at night. You can also program a separate entry code for visitors or for repair people.

Nightlight:

There are inexpensive, easy-to-install outlet switch plate with a light. The photosensor feature means it comes on in the dark. Bright enough to light your way to the bathroom, but not enough to blind you!

A shampoo, body wash, conditioner dispenser:

Have you ever been on a cruise? You can get a similar dispenser that saves space and reduces clutter. The added benefit is no caps to deal with when you have wet hands!

Umbrella:

Check out the umbrellas that opens out so you don't get all wet when you get into a vehicle.

A built-in ironing board: Fits into a small space on the wall and folds up easily to store. You might start enjoying ironing!

Wouldn't it be great if all our the gifts we received made life easier!



What is Intermittent Fasting?

Kim Griffin, Family and Consumer Sciences agent
griffink@ufl.edu

UF/IFAS Extension Suwannee County, 386-362-2771
An Equal Opportunity Institution



Read any weight loss articles and you are sure to come across the term “intermittent fasting.” Intermittent fasting is the practice of withholding food (partially or entirely) for a specified period of time before resuming your normal eating habits. This type of eating pattern is a hot topic and is sometimes suggested for those struggling to lose weight and keep it off.

What are the types of intermittent fasting?

There are several ways to fast intermittently. Let’s look at three basic types - alternate day fasting, modified fasting and time-restricted fasting.

- Alternate day fasting is the practice of alternating the days that you eat and fast. When fasting you are consuming no foods or drinks that have calories. When not fasting, you eat normally.
- Modified fasting is the practice of eating a limited number of calories on fasting days such as 25% of your regular calorie intake and resuming your normal eating habits on non-fasting days.
- Time-restricted fasting is the practice of limiting the number of calories during the hours that you are awake. This may include fasting for ten to twelve hours in a 24-hour period with the majority of the fast happening while you are sleeping. During the fasting hours you consume no food or drinks with calories and during the non-fasting hours you eat normally. The ultimate goal for each type of fast is to reduce the total number of calories consumed in a week or given period of time.

Does intermittent fasting help with weight loss?

Perhaps. Those that have tried intermittent fasting suggest that this eating practice is easier to maintain and follow therefore yielding results. In addition, there are a few studies that show the value of intermittent fasting, but most of the research done in this area has been performed on small groups of people and for short periods of time. With that being said, the verdict is still out.

What is the secret to healthy weight loss?

The secret to achieving healthy weight loss is actually no secret at all. The key to successful weight loss is getting back to the basics. Eat a variety of different foods from all food groups and stay within your calorie limit. Don’t know your calorie limit? Check out the MyPlate Plan at <https://www.myplate.gov/myplate-plan> for information on what and how much to eat to stay within your calorie allowance. This personalized plan is based on your age, weight, height, sex, and physical activity level. The MyPlate Plan is a great place to start your weight loss and maintenance journey.

Reference:

What is Intermittent Fasting? (2021, April). Retrieved from <https://www.eatright.org/health/wellness/fad-diets/what-is-intermittent-fasting>

Is Bermudagrass Hay to Blame for Impaction Colic in Horses?

Courtney Darling, Livestock, Natural Resources and Forages agent
darlingc@ufl.edu

UF/IFAS EXTENSION SUWANNEE COUNTY, 386-362-2771
An Equal Opportunity Institution



The myth that fine stemmed bermudagrass hay causes impaction colic in horses has been around for quite a while now. So, despite the lack of scientific evidence, why has bermudagrass earned such a bad reputation? It is bermudagrass' fine stems that have been to blame. The theory is that fine stemmed forages tangle, forming a knot-like blockage in the horse's digestive tract. In the case of impaction colic this concept is not entirely wrong. However, this entanglement and blockage can be caused by several materials including hay (fine or thick stemmed), feed, dirt, or sand. Studies have indicated that cases of impaction colic caused by forage has more to do with factors such as forage quality, water intake, or improper chewing than the stem size itself.

What contributes to impaction colic?

While horses require substantial amounts of grass and hay in their diets, they do not have large rumens like their cattle counterparts. Instead, horses are non-ruminant herbivores, and it is their complex digestive tracts that allow them to consume and digest high fiber forages. Although this complex digestive tract is what allows them to be efficient forage digesters and 'easy keepers' it can come with some drawbacks. Their digestive tract has many turns and varies in diameter. All those turns and diameter changes presents locations where feed and foreign materials can get caught. If the impaction is not removed, the production of gas occurs and causes the tract to distend. In severe cases the tract may become twisted cutting off blood flow requiring surgery. This can also lead to rupturing of the tract, requiring euthanasia of the horse.

How to reduce the risk of colic

Research has found correlation between high neutral detergent fiber (NDF) and impaction colic. NDF is the indigestible portion of forage. The higher the NDF, the less digestible the forage. There is a direct correlation will forage maturity and quality. As maturity increases, nutritive value in the form of crude protein and digestibility decreases. Feeding higher quality forage not only helps reduce colic but also provides more nutrients for your horses.

Another major factor that contributes to impaction colic is the consumption of water. A mature horse should drink 10-15 gallons of water a day, and even more in hot weather. Impactions are more likely to occur if a horse is dehydrated. Water aids in keeping feed moist and flowing through the digestive tract.

Take home message

Forage quality, specifically high NDF is more likely the factor for a digestive upset than the species itself. There are many cultivars of bermudagrass including coastal, Tifton 85, Alicia, Jiggs, and many more. Some of these cultivars produce thinner stems than others. Fine stems can become an issue when the hay is also very mature and low in digestibility.

Suwannee County Extension Highlights

UF/IFAS Extension Suwannee County, 386-362-2771
An Equal Opportunity Institution



2021 PEANUT BUTTER CHALLENGE

SPREAD THE WORD...
PEANUT BUTTER
FIGHTS
HUNGER!



Donate unopened jars
of peanut butter at the
UF/IFAS Extension
office in your county.

All peanut butter donations
go to local food pantries to
help feed families in need.

We thank the Florida Peanut
Producers Association and
Florida Peanut Federation
for their continued support
and contributions.

Support Florida's peanut
producers and people in need in
your community by generously
donating to the Peanut Butter
Challenge.

**FIND THE PEANUT BUTTER
CHALLENGE DROP-OFF LOCATION
CLOSEST TO YOU:**

flpeanuts.com/industry/at-a-glance | solutionsforyourlife.ufl.edu

"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.

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

October

- Add new sweeps to the bottoms of exterior doors.
- Reverse ceiling fans to blow up.
- Clean gutters. Use hose for downspouts.
- Wrap water heater with insulating blanket.
- Check depth of attic insulation & make sure loose isn't blocking soffit vents.

November

- Check roof for curled or missing shingles.
- Be sure well cover is tightly seated to prevent pipes from freezing.
- Drain & winterize irrigation system.
- Seal holes in foundation, especially spots around pipes & wires where rodents might enter.
- Considering a home generator?

December

- Create a fire escape plan for the family & practice it. Be sure fire extinguishers are properly filled. Make sure household chemicals are out of reach of children. Post poison hotline (1-800-222-1222)
- Make sure everyone knows the location of the main water shutoff.
- Check holiday drop cords for wear & tear.

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.

Carolyn Saft, County Extension Director,
Environmental Horticulture Agent and
Master Gardener Volunteer Coordinator

Amanda Law, Staff Assistant,
Horticulture, FCS, FNP & Admin.

Linda Thomason, Staff Assistant,
Bookkeeper

Kim Griffin, Family & Consumer
Sciences (FCS) Agent

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

Katherine Allen, Family & Consumer
Sciences Agent (FCS)

Sylvia Willis, Commercial
Horticulture/Row Crops Agent

Courtney Darling, Livestock, Forages
& Natural Resources Agent

Katie Jones, 4-H Youth Development
Agent

Kimberly Glasscock, Staff Assistant,
4-H & Agriculture

**N. Florida Research & Education Center-
Suwannee Valley (NFREC-SV)**

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

De Broughton, Sustainable Cropping
Systems, RSA

Dr. Kevin Athearn, Agribusiness RSA

Dr. Charles Barrett, Water Resources,
RSA

