Almost a year has gone by since Tropical Storm Debby’s wrath hit Suwannee County. Like many other rural communities, Suwannee County doesn’t really have access to design assistance or the expertise to tackle these challenges on our own. Although some may complain about things, OUR COMMUNITY MATTERS!! Our county is a special place that has a lot to offer to the citizens, our rural culture, our natural resources, our beautiful landscapes, our history and traditions, our values and our people. Our community is also about economy, education, politics, health care and happiness. If we want it to be different or better, we cannot rely solely on elected officials. There is simply more than what a few can accomplish.

Recently in cooperation with the City of Live Oak, the Live Oak Redevelopment Agency, the Suwannee Democrat, the Live Oak Partnership, the Economic Alliance and Heritage Park and Gardens, the UF/IFAS Suwannee County Extension office submitted a proposal to the Citizens’ Institute on Rural Design CIRD (formerly known as “Your Town”) to help Suwannee County look at building upon the existing assets and improving the way the downtown Live Oak community looks, its quality of life and economic viability. The Citizens’ Institute on Rural Design is a National Endowment for the Arts leadership initiative in partnership with the U. S. Department of Agriculture and Project for Public Spaces, Inc., along with the Orton Family Foundation and the CommunityMatters® Partnership. Chosen as one of four projects from a very competitive pool, the CIRD will provide Suwannee County and Live Oak specifically with access to the design resources we need to convert our own good ideas into a reality.

Our plan will help us to protect and enhance our historic buildings, streetscapes and landscapes while adapting to growth and change. It will also include everyone’s voices, youth, seniors, minorities, newcomers, rich, poor, tradesmen, professionals, influential, etc., but only if you get involved!

The decisions by Rural Design experts will help to look at our downtown Live Oak issues that were challenged even more by Tropical Storm Debby. This is a call to all people who care about their community. I have seen an amazing community spirit in the six years since I moved here. Every person has something to contribute AND an obligation to offer it. Start by sitting in on one of the free, hour-long Capacity Building workshops.

### Extension Calendar

**July 2013**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>National Restaurant Association’s ServSafe Food Manager Certification;</strong> class, exam &amp; book $165, must register 3 business days prior call toll-free 1-888-232-8723 or via web <a href="http://foodsafety.ifas.ufl.edu">http://foodsafety.ifas.ufl.edu</a> no walk-ins. Bring lunch and photo ID. Certification is good for 5 yrs.</td>
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<tr>
<td>1</td>
<td><strong>4-H Awards Applications and Club Scrapbooks due</strong> by 5pm</td>
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<tr>
<td>4</td>
<td><strong>Independence Day</strong>—Office Closed</td>
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<tr>
<td>8</td>
<td><strong>4-H County Council;</strong> Extension Office, 6:30pm</td>
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<tr>
<td>9-12</td>
<td><strong>WHAT’S COOKIN’ Day Camp for kids;</strong> Extension Office 9am—3pm, $30</td>
</tr>
<tr>
<td>17-19</td>
<td><strong>BACON Day Camp;</strong> Extension Office (17th 9am-3pm, 18th 9am-5pm, 19th 9am-1pm), $30</td>
</tr>
<tr>
<td>22-26</td>
<td><strong>Bovine Buzzer Battle Camp;</strong> Hatch Park-Branford 9am-4pm, $30</td>
</tr>
<tr>
<td>24</td>
<td><strong>New Master Gardener Volunteer Training Orientation;</strong> 10am-12pm, Extension Office, contact Carolyn Saft or Pam Burke</td>
</tr>
<tr>
<td>7/30-8/2</td>
<td><strong>TRASH TO TREASURE Day Camp;</strong> Extension Office 9am-3pm, $30</td>
</tr>
<tr>
<td>31</td>
<td><strong>New Master Gardener class #1;</strong> 8:30am-4pm, Extension Office</td>
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</tbody>
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**UF/IFAS** was created in April 1964 when Florida’s governing body for higher education approved a reorganization.

Read more at: [http://ifas.ufl.edu/IFAS_facts.html#history](http://ifas.ufl.edu/IFAS_facts.html#history)
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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>1-2</td>
<td>TRASH TO TREASURE Day Camp; Extension Office 9am-3pm (starts July 30)</td>
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<tr>
<td>2-4</td>
<td>Small Farms Conference, Kissimmee</td>
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<tr>
<td>3</td>
<td>State Dairy Quiz Bowl; Contest (Gainesville)</td>
</tr>
<tr>
<td>7</td>
<td>New Master Gardener Volunteer class #2; 8:30am-4pm, Extension Office</td>
</tr>
</tbody>
</table>
| 8    | Master Gardener Volunteer Workday; 9-11:30am, Extension Office  
 Master Gardener Brown Bag Lunch; 12-1pm, Extension Office |
| 8    | Alumni Master Gardener Volunteer Meeting; 1pm, Heritage Park |
| 8    | 4-H County Council, Extension Office, 4pm****new time**** |
| 9    | 4-H Banquet; 6pm, Suwannee County Exh II |
| 14   | New Master Gardener Volunteer class #3; 8:30am-4pm, Extension Office |
| 21   | New Master Gardener Volunteer class #4; 8:30am-4pm, Extension Office |

VITAMIN D AND FALL PREVENTION

The UF Institute on Aging is recruiting men and women age 70 and older for a study of whether a daily vitamin D supplement can help reduce the risk of falls and promote physical function among older adults who have low levels of the vitamin. The trial is funded by a National Institute on Aging Claude D. Pepper Older Americans Independence Center Award.

For more information or to enroll, call 352-273-5919 or 866-386-7730 and ask about “The D-SAFE study.”
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>2</td>
<td>Labor Day Holiday-Office Closed</td>
</tr>
<tr>
<td>4</td>
<td>New Master Gardener Volunteer class #5; 8:30am-4pm, Extension Office</td>
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<tr>
<td>5</td>
<td>Farm Bureau Speech Contest</td>
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<tr>
<td>9</td>
<td>4-H County Council; Extension Office, 6:30pm</td>
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<tr>
<td>10</td>
<td>Overall Extension Advisory Committee 12-2; Extension Back Classroom Florida Native Plant Society; 6:30pm, Hatch Park, 403 SE Craven Street, Branford—Guest Speaker on “Day Lilies”</td>
</tr>
<tr>
<td>11</td>
<td>New Master Gardener Volunteer class #6; 8:30am-4pm, Extension Office</td>
</tr>
<tr>
<td>12</td>
<td>Master Gardener Volunteer Workday; 9-11:30am, Extension Office Master Gardener Volunteer Brown Bag Lunch; 12-1pm, Extension Office Master Gardener Volunteer Alumni Meeting; 1pm, Extension office</td>
</tr>
<tr>
<td>18</td>
<td>New Master Gardener Volunteer class #7; 8:30am-4pm, Extension Office</td>
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<tr>
<td>20</td>
<td>Master Gardener Volunteer Field Trip</td>
</tr>
<tr>
<td>20</td>
<td>4-H Hay Bale Decorating Contest Forms Due; to Extension Office by 5pm</td>
</tr>
<tr>
<td>24</td>
<td>National Restaurant Association’s ServSafe Food Manager Certification; class, exam &amp; book $165, must register 3 business days prior call toll-free 1-888-232-8723 or via web <a href="http://foodsafety.ifas.ufl.edu">http://foodsafety.ifas.ufl.edu</a> no walk-ins. Bring lunch and photo ID. Certification is good for 5 yrs.</td>
</tr>
<tr>
<td>25</td>
<td>New Master Gardener Volunteer class #8; 8:30am-4pm, Extension Office</td>
</tr>
<tr>
<td>26</td>
<td>Family and Consumer Sciences Advisory Committee; 12-2</td>
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**Focus on your own oral health.**
Set an example by brushing and flossing daily, eating nutritiously, drinking lots of water and regularly seeing your dentist. Help your children with the basics on maintaining their bright smiles.
Have you ever heard of Versace? Dolce and Gabbana? Calvin Klein? Mossimo? One of the things they all have in common is that they are men...men in the clothing industry. It never ceases to amaze me when I hear young men looking over our day camp options and exclaiming, “That sewing camp is for GIRLS”. Little do they know about the men over in Jacksonville who started a company by sewing messenger bags. Mom was a home economics teacher and has mentioned several times that one of her best pupils was a male. He made a suit in high school like a professional tailor. My brother has three boys and has actually asked for a sewing machine so that he may make repairs on ripped knees or worn out elbows! He even has a darning egg to repair socks!

A skill is a learned ability. Sewing or cooking or shooting a bow and arrow is a skill. Life skills are those competencies that assist people in functioning well in the environments in which they live. While we teach skills, there are life skills like decision making, problem solving, goal setting, wise use of resources, teamwork that are also taught. For example, last year we taught a spa camp. Though it might have looked like one of the more frivolous camps in terms of subject matter, it looked at healthy lifestyle choices (delicious “spa water”), stress management techniques, disease reduction, self esteem and responsible contributions to a group. Many participants filled out a project book, which helped to teach about keeping records. One life skill taught during the sewing camp is empathy. The skills the youth learn in order to make colorful pillowcases is utilized to make an additional one for a child cancer patient. The patient receives the clean, pressed, colorful handmade pillowcase when they enter the hospital for their treatment. It also builds concern for others and sharing.

Extension really teaches skills to all age groups, whether a new home buyer, someone establishing a spending plan or planting a garden, but our youth programs focus more intensely on life skills. These high quality youth development experiences don’t just happen; these components are carefully planned and integrated into the subject matter content and are not “add-ons”. Our goal at the Suwannee County Extension office is to have our young people become capable, competent and caring citizens.

It wasn't until 1907 when Jessie Field Shambaugh and O.H. Benson started using a three leaf clover for the identity of boys and girls clubs.

The three H's were for:

**Head** (was trained to think, plan and reason)

**Heart** (to be kind, true and sympathetic) and

**Hands** (to be useful, helpful and skillful)

In 1911, when O.H. Benson worked in Washington D.C., the idea of the four-leaf clover came into play. He suggested the fourth "H" to stand for:

**Health** (to resist disease, enjoy life and make for efficiency)

Those are the four H's on the four-leaf clover.
Whether you are young, old, or in between, you know that if you are eating by yourself, it’s tough to eat healthy. Here are some tips and tricks to make that a little easier.

First, like many other things, planning is Key! Take a look at storage space, especially freezer space, before going any further. Certainly not everything hinges on freezer space, but it helps to have plenty. If freezer space is limited, consider asking a friend or relative if they have enough room to share. Then look at pantry space before planning your meals. When shopping for one or two, it is worth the extra cost to pay for smaller packages of perishables, but if the storage space is available, taking advantage of “Buy One, Get One Free” offers and “Family Size” products will still save you money.

Yes, even for one, it is essential to plan meals; otherwise you end up eating meals that are less healthful and satisfying. Many people who live alone are not motivated to cook or sometimes even to eat, so having a standard invitation to friends and family may be a good idea. Trying new foods and creating new menus – maybe with ethnic foods - sometimes helps with motivation as well. Consciously making meals a priority by planning, setting the table with your pretty placemats and good china (Come on, what are you saving it for!), eating by a window –NOT in front of the TV, turning on music, and using the patio when the weather is nice, can help revive your interest.

Remember to use MyPlate to ensure that you are getting foods from all of the food groups and maintain good health.

Eating healthy meals, even if you often eat alone, is important and may be easier than you think!

For more information contact Cathy Rogers, cjrogers@ufl.edu  386 362-2771.

See page 12 for an easy single serving dessert with little prep or clean-up and only about 100 calories per serving (with no toppings). Planning meals and dishes from recipes for 1 to 4 servings will help to keep you from eating the same leftovers again and again. If you have favorite recipes that serve too many, UF/IFAS Suwannee County Extension has easy-to-use information about how to reduce recipes.

Planning meals that use and reuse featured foods like ground beef “crumbles”, roasted chicken or chicken breasts, ham, and turkey in different ways can avoid boredom.

Fun Fact
Scientists estimate that laughing 100 times is equivalent to a 10-minute workout on a rowing machine.
Livestock Hurricane Preparedness

Dr. Mary Sowerby
Regional Specialized Dairy Agent

It's officially here: Hurricane season 2013 began on June 1. What quirks nature may bring us this year remain to be seen, but the Boy Scout motto of "Be Prepared" is always excellent advice.

Preparedness begins with a plan. If your plan is evacuation with livestock, decide ahead of time which animals to take or have shipped and which to leave behind along with where they will be left and who will care for them.

Be mindful that evacuation day is not a good day to also halter break animals or put them on a trailer for the first time. Mini-disasters can be avoided by halter-breaking and familiarizing animals to trailers ahead of time. Having vaccinations up to date, a stock of basic veterinarian supplies (bandages, topical antibiotics, tetanus toxoid) and restraint equipment (halters, ropes) handy, are helpful for medical emergencies. Turning off all electrical power and water in the barn (not fences) immediately prior to the storm's landfall is also a good safety precaution.

Dr. Joe Pascal from Texas A&M University recommends "evacuating livestock well in advance of a storm. Make sure your trailer is safe for hauling and equipped with good floor mats, safe tires, a spare tire, and working lights. Take along extra feed, hay, water and veterinarian supplies. Do not plan to return until the storm has passed and it is safe to do so."

If animals are to be left on the farm, it is generally recommended to keep small animals (sheep, goats swine and rabbits) indoors for protection if necessary. Wooden pallets can make great temporary pens in a garage. Beware of putting confined animals in low lying, open-sided barns where high water levels or flying debris may harm them.

Barns should be prepared for a hurricane by removing loose boards, wire, fence posts, etc., to reduce the chance of injury from flying objects. Loose boards or sheets of tin should be replaced or nailed down. Barns can be strapped to ground ties like trailers to reduce wind damage.

Large livestock (cattle and horses) should be turned loose in larger pastures or pens with some solid shelter or tall brush and large trees on high ground. All animals should be identifiable by brand, ear tag or infrared tags. They will instinctively seek the safest place to be with needs of high ground, clean feed and water. Avoid putting yourself at risk checking livestock left outside during the storm, but plan to check on them immediately after the storm. Electrolytes or vitamins may be beneficial to speed their storm recovery.

Pre-storm preparedness should include making sure feed and hay are protected from water and wind. Covers should be put on round bales of hay that are stacked on posts, tires or high ground to prevent water damage. If hay or feed does get wet, be mindful of mold micro-toxins which can cause serious animal health problems. If in doubt, have feed or hay tested for micro-toxin levels before feeding it after the storm.

Preparedness for weather unpredictability's should always be done before, not during a disaster, so please think out your plan so it is ready to execute in times of emergency.

Information in this article came primarily from: Hurricane Preparedness for Livestock by Joe Paschal, Texas A&M University, ASWeb-098.
4-H knows your family is important to you. We also know how difficult it is to fit work, family, and home life into a demanding schedule. Often, parents spend time driving their children from one activity to another and miss out on time spent together. 4-H works to solve this problem. We encourage family involvement in 4-H. It’s not just a youth organization, it’s a family organization. That’s one of the reasons we are one of the largest national youth organizations in the country for boys and girls ages 8 to 18.

4-H provides children and their parents with over 200 projects and activities that are designed to help you learn and grow together. Imagine the fun in developing interests and hobbies as a family.

A survey was distributed to all Suwannee County 4-H clubs (n=10) in 2012 to evaluate life skill development in 4-H youth. The survey was created and used to better understand the opportunities, experiences, and accomplishments of Suwannee County 4-H members. In all, 33% (n=88) of 4-H club members responded to the survey. A few of the highlights are below:

- When asked if the responder had been a club officer 63% (n=55) responded yes and 37% (n=33) responded no.
- The average age of the responder was 11.7 and the average amount of time the responder had been in 4-H was 3.4 years.
- Over 84% (n=74) responded frequently or a great deal that they felt like part of a group.
- Over 78% (n=69) of respondents indicated that they had sometimes, frequently, or a great deal been given the opportunity to speak before a group. Only 11.3% (n=10) responders indicated that they had never been given the opportunity to speak before a group.
- Over 71% (n=63) of participants indicated that they had sometimes, frequently, or a great deal been given the opportunity to be a leader. Twelve (13.6%) respondents noted that they had never been given the opportunity to be a leader.
- Thirty-two (36.3%) responders had never or rarely been a leader when thinking about their 4-H experience. This correlates to the previous question that asked if the responder had been a club officer. 63% (n=55) responded yes and 37% (n=33) responded no.
- Eighty-four percent (n=74) of responders indicated sometimes, frequently, or a great deal that they had been given the opportunity to learn good personal health habits.
- Over 81% (n=71) of participants indicated sometimes, frequently, or a great deal that they had been given the opportunity to do service projects for the community or for other people.
- Seventy-six percent (n=67) of respondents agreed or strongly agreed that their experience in 4-H helped them do things on their own.
- Just under 91% (n=80) of survey participants agreed or strongly agreed that their experience in 4-H helped them to expect good things from themselves.
- Over 98% of responders indicated sometimes, frequently, or a great deal to having felt successful while thinking about their 4-H experience.
- Over 74% (n=66) of participants agreed or strongly agreed that their experience in 4-H had helped them have a positive relationship with an adult. Over 78% (n=69) of responders indicated a great deal or frequently to how often they received positive feedback from their club leaders.
- Over 70% (n=62) of participants indicated a great deal or frequently that they had spent time with their parents because of 4-H.

You and your family can take part in 4-H by joining one of the clubs located throughout Suwannee County or forming a new club. 4-H clubs are full of young people having fun with friends and learning new skills. Most clubs meet at the Extension office once a month, but others meet at Branford Elementary School, the McAlpin Community Center, and local churches.

Going on tours, attending special programs and parties, raising and showing livestock, conducting community service activities, judging events, making things, and sharing what they have learned are some of the things your child can do in 4-H. As you can see, through their club experience, youth gain skills in decision making, public speaking, cooperation, and communication to name a few. Join Suwannee County 4-H today!
A wide variety of protected agriculture structures and soilless production system combinations have become very popular in Florida in the last few years. Protected structures include: greenhouses, unheated high tunnels, low tunnels, row covers, and shade cloth covered structures. The increased popularity in protected agriculture is largely due to market demand for high quality, fresh, locally grown specialty crops. Florida producers using protected agriculture are generally trying to meet market demands in the fall, winter, and spring. High temperatures and humidity make summer production in Florida very challenging and therefore, most greenhouse and high tunnel producers cease growing in the summer inside those structures. However, local consumer demand for product continues and many producers have been seeking a protected agriculture system that will allow them to extend the marketing season well into the summer. The system that has resulted in great initial success is the use of open shaded structures. The initial work at the UF/IFAS Suwannee Valley Agricultural Extension Center near Live Oak has been with bell peppers grown in soilless culture under shaded structures over the past ten years. Florida produces nearly 20,000 acres of green bell peppers in the field annually making it a very valuable commodity, second only to tomatoes. Bell peppers are also grown in Florida for their mature colored fruit in protected greenhouse culture. Colored bell pepper is one of the top greenhouse vegetable crops grown in Florida along with cucumber and tomato. Both field and greenhouse production systems implement many plasticulture techniques. Field production consists of a plastic mulch-covered raised bed, often with drip irrigation. Greenhouse production generally consists of polyethylene covered structures, plastic containers such as lay-flat bags or upright pots, and a variety of plastic irrigation system components. Field-grown Florida bell peppers are in the market nearly year round from October to July. Florida bell peppers are not available in large supply during the late summer and early fall (July-September) due to high temperature, high humidity and frequent rainfall during that time. The marketplace prefers that growers consistently supply high quality product for as long as possible. This entices large wholesale growers to produce in multiple field locations to extend their season. Small, direct market farmers also seek ways to extend the season; however, multiple locations are generally not practical. Therefore, small growers often find the adoption of season-extending cultural practices more viable. Small growers have traditionally utilized season extension practices such as transplants, multiple cultivars, row covers, plastic mulch, low tunnels, high walk-in tunnels and greenhouses. Most of these practices lengthen the season into the cooler part of the year. Yet, few practices are used to extend the season into the hottest part of the year.

Research trials have been conducted to improve production of bell peppers under shade and to evaluate several bell pepper cultivars for their performance in this system. Most cultivars trialed have produced similar yield and quality which makes cultivar selection more open to choosing a cultivar based on disease resistance, fruit size, plant height, etc. Most research trials have shown high yields are commonly found in the 4,000 boxes (28lbs) per acre or greater. This system can be used to extend the growing season through the summer and fall from a single spring transplanting timeframe. To learn more about this system, plan to attend the UF/IFAS Small Farms Academy field day to be held on July 23rd from 4 to 8 pm at the Suwannee Valley Agricultural Extension Center. For more information, contact Bob Hochmuth at 386-362-1725 ext 103.
Tired of insects getting to your vegetables before you do? If the answer is yes, then follow these tips to attract more songbirds to the area. Most songbirds feed insects to their young. The proteins and other chemicals in the insects are critical for the proper development of baby birds. Ideally you want to attract the birds into your yard by providing a desirable habitat. Stacy Boyle wrote an informative article in the National Wildlife Magazine that included the following excerpts on insect eating birds.

"During the late spring and summer months, insects make up the great majority of many avian species' diets," says NWF Chief Naturalist Craig Tufts. According to Tina Phillips, project leader of Cornell Lab of Ornithology's Bird House Network, "The most important thing to do to attract birds to your yard is to provide an enticing habitat, not just a nest box. Birds choose a nest site based on its surrounding habitat."

Along with native vegetation, offer birds a water source and a few different nesting sites: brush piles, ledges, nest boxes, shrubs and various types of trees. "As long as they don't create a safety hazard for people, dead trees (snags) provide nesting areas and are a great food source for insectivores," says Tufts. Now keep in mind, birds will not completely rid your garden of insects, and even if they could, you wouldn't want them to. Some insects are imperative for a healthy garden, especially for pollination.

Which bug-eating birds are the best ones to attract to your yard? There's no simple answer. Depending on where you live, the following bird species can be valuable allies in your efforts to reduce insect populations.

**Purple Martin**: Aerial feeders that forage over land and water, purple martins eat a variety of winged insects. These swallows range across the eastern half of the United States and parts of the Pacific Coast and Southwest. They typically nest with as many as 30 pairs in hotel-like boxes or hanging, hollow gourds. The migrants often use the same nesting site each year. In addition to providing nest boxes in the East, attract the birds with ponds and wetland areas.

**Red-Eyed Vireo**: Until recent population declines, red-eyed vireos were one of the most common woodland birds in North America. These migrants forage in trees, feeding mainly on crawling insects--especially caterpillars--but also on other invertebrates and berries. They range from the upper Northwest to the East Coast, nesting in deciduous shade trees. Plant Virginia creeper, spicebush, elderberry, blackberry and dogwood to supplement insect diet.

**Chipping Sparrow**: Well-adapted to various landscapes, chipping sparrows are common throughout backyards in most of North America, except for areas of Texas and Oklahoma. They eat insects and seeds from the ground, shrubs and trees. These common birds tend to nest in evergreens, making nests out of grasses, weeds, roots and hair. Attract them with pines, arborvitae and yew.

**Downy Woodpecker**: Smaller than all other North American woodpeckers, downy woodpeckers readily visit backyards throughout the USA, excluding some areas in the Southwest. Their diet consists mainly of insects, though they also feed on sap, berries and seeds. The birds excavate nesting sites in dead trees and stumps, which are later used by other birds. They prefer deciduous trees such as aspen and willow, and may eat the berries of dogwood, mountain ash, serviceberry and Virginia creeper.

**Eastern Bluebird**: With their numbers increasing due to nest-box projects along "bluebird trails," eastern bluebirds occupy semi-open areas east of the Rockies. They eat a variety of insects, other invertebrates and berries. Eastern bluebirds nest in tree cavities, old woodpecker holes and nest boxes. Plant elderberry, hackberry, dogwood, holly and red cedar to supplement their diet.

Continued on page 13
Standing Cypress—*Ipomopsis rubra*

**Carol Sullivan**

North Florida is home to many trees, shrubs and wildflowers that often don’t occur in other parts of the state, just as those other sections of our state are home to plants that we don’t normally see here. Standing Cypress is a wildflower native to the Southeastern states from Texas to the Carolinas, including Florida, but it only occurs naturally in our area and a few other counties in the central and panhandle regions of the state. Several common names are used to identify this plant. It’s scientific name is *Ipomopsis rubra* and it is in the Phlox Family, Polemoniaceae. During the summer it can be seen blooming all along the roadsides, open fields, parks and other public lands.

Standing Cypress also grows well in our landscapes providing it is planted in well drained soil and receives full sun for most of the day. Because it is a biennial, it only grows as a small basal rosette of fern-like leaves in it’s first year - something you would barely notice. Then, in the second year, it sends up an erect single stalk that is said to resemble a young cypress tree. Most often it seems to be mistaken for the common Dogfennel that is similar in appearance at this stage. Soon a profusion of brilliant red/orange flowers develop on the upper third of the three foot tall stems. The flowers open from tip down creating a display that lasts for several weeks. This can be a spectacular show when several plants are growing together in a cluster. In spite of its short life span, you will find it is worth the wait to see the plant in bloom with butterflies and hummingbirds feasting on the nectar.

After the summer bloom is over, the seeds will set and the plant will die as is characteristic of a biennial. The good news is that many seeds are produced that will reseed moderately in the garden. New plants grow easily from seed so you can collect some of the mature seeds to plant in the fall of successive years to insure blooms in your garden each year. Plants and seeds are commercially available from some native nurseries and growers. As with all native plants or seeds, the best results are obtained from locally grown stock.

**Common name:** Standing Cypress  
**Scientific name:** *Ipomopsis rubra*  
**Description:** Herbaceous biennial wildflower with a stiff erect column to 3-5’ tall x 6-10” wide in second year of growth. Stays in a small basal rosette in it’s first year.  
**Leaves:** Soft green, pinnately divided into thin narrow leaflets, appearing fern-like.  
**Flowers:** Brilliant red/orange t-2” long tubular flowers with flaring rims and yellowish spots inside at top third of the erect stalks. Summer.  
**Growing conditions:** Well drained, sandy soil, full sun. Caution: wet conditions and too much shade can cause it’s demise.  
**Drought tolerance:** Drought tolerant.  
**Propagation:** Grows from seed sown in fall, moderately reseeds, plant seeds in successive years for continuing bloom.  
**Wildlife:** One of the best wildflowers for attracting hummingbirds, cloudless sulphurs and other butterflies  
**Other features:** Weight of the flowers sometimes causes stems to bend over. It naturally occurs in dunes, sandhills and disturbed sites with other native wildflowers and grasses which provide some support for the flowering stalks.
This “One and Done” method of cooking can allow you to do the majority of the cooking and clean-up at one time allowing for much less work the rest of the week. Using “master mixes” can be quickly transformed into soups, stews, and sauces for smaller meals. Contact this office at 386-362-2771 for print information on master mixes.

Using smaller pots and pans can help with the preparation of smaller recipes. Another handy tool is a hand blender. It takes up much less room and is easier to clean than the traditional blender.

3-2-1 Cake

1 Angel Food cake mix
1 cake mix of any other flavor

In a gallon-size zipper bag, thoroughly blend together the two cake mixes.

To make a single serving:
In a microwaveable coffee mug or small bowl, thoroughly mix:
3 Tablespoons of the cake mixture
2 Tablespoons of water (or other appropriate liquid)

Microwave on High for 1 minute or less. Top with fat-free whipped topping, nuts, fruit, etc.

Enjoy!

Congratulations to Mary and Katherine

Hear Ye, Hear Ye…
Be it known that Dr. Mary Sowerby and Ms. Katherine Allen have both succeeded in achieving the highest rank, Agent IV, an Extension Agent can achieve through the Promotion and Permanent Status procedures as outlined by the University of Florida.
Common Nighthawk: Not a true hawk, but members of the nightjar family, they cover most of the continent, eating a variety of flying insects. Partial to open space, they nest on level surfaces, such as the ground or flat rooftops in suburban and city areas. Attract common nighthawks to industrial and corporate rooftops.

Eastern Phoebe: Easily recognizable by their fee-bee song, eastern phoebes—members of the flycatcher family—oftentimes take up residence on buildings and bridges. Found throughout the eastern half of the United States (frequently near water); they eat many insect species, as well as other invertebrates and berries. Provide a nesting platform and plant native hackberry, serviceberry and sparkleberry to attract them.

House Wren: Regular backyard visitors, house wrens have diets that consist almost exclusively of insects and spiders. Not very fussy about sites, these birds may nest in nest boxes, mailboxes, building crevices—even in pockets of hanging laundry. House wrens range throughout most of the lower 48 states during parts of the year. Include low-lying shrubs (such as American beautyberry) or brush piles in your yard—sources for cover, nesting materials and food. Carolina Wrens also consume large numbers of insects. These birds, of course, are not alone in consuming backyard pests. Many other species; such as the northern cardinal and black-capped chickadee, eat insects or feed them to their young during the summer. Yet as summer winds down, your efforts to attract birds shouldn't come to a halt. "The natural foods you provide in your yard throughout the year will encourage these songsters to visit again," says Tufts. As a result, the birds may return and combat a new generation of insects the next year.

One thing to keep in mind if you are trying to attract songbirds is that feral and domestic cats are the number one killer of songbirds. University of Wisconsin ornithologist, Dr. Santley Temple, estimates that 20-150 million songbirds are killed each year by cats in Wisconsin alone. Cats are a serious threat to fledglings, birds roosting at night and birds on a nest. Research shows that de-clawing cats and bell collars do not prevent them from killing birds. So if you let your cats roam free, then trying to attract songbirds is not a good idea. For more information go to http://library.fws.gov/bird_publications/songbrd.html#Cat
CONGRATULATIONS
Carolyn Sapp
2013 FANREP Innovative Program Award

Carolyn Saft, UF/IFAS Extension- Suwannee County, Horticulture Agent II was the winning selection by the FANREP Awards Committee for the **2013 Innovative Program Award**!

People are searching for healthy food options they can grow themselves or purchase locally. Nationwide there is a demand for locally grown food, and demand for gourmet mushrooms like shiitake and oyster species has been on the rise. Florida’s climate is conducive to growing shiitake and oyster mushrooms on renewable resources such as cereal straws, cotton seed hulls and hardwood logs. The forest resources of rural Florida provide growers an ample supply of hardwood logs for mushroom cultivation. While a lot of information is available about large-scale mushroom production, very little is known about growing mushrooms with both the synthetic and natural log culture for small-scale farm operations or gardening hobbyist.

Ms. Saft researched the different techniques that could be used for shiitake and oyster mushroom production in Florida. By participating in log production of shiitake mushroom workshops she became very familiar with that technique and realized there could be more time efficient methods to produce mushrooms. There is not a state Specialist who specializes in mushroom production for consumption so she and her teammate, Aparna Gazula, searched other land grant institutions for information. Their research findings included health information related to mushrooms. For example, oyster mushrooms provide high levels of proteins, vitamin C, free amino acids, potassium, and phosphorus. Oyster mushrooms contain vitamin B and niacin which help to provide energy. Mushrooms contain the anti-oxidants selenium and ergothioneine. All of this information led to Ms. Saft and Ms. Gazula designing, developing and delivering educational materials that were needed to teach others about mushroom production.

Below are a few of the results from this program:

- Similar 8-hour workshops offered by the private industry are valued at $400 per farmer. When this value is multiplied by 163 (the number of participants in workshops) the total value is $65,200.
- Agents have given out 350 inoculated oyster mushroom kits and 252 inoculated shiitake mushroom logs valued at $24 and $26, respectively. A total value of $14,952.
- The Growing Mushrooms for Fun and Profit exhibit at the multi-state 2012 Sunbelt Agricultural provided over 1,000 producers, gardeners, and students educational information and upcoming class information.
- Partnerships were formed: Agents partnered with the State Specialist in Mycology to produce spawn for future classes. The preparation of the toolkits and chopped straw were time consuming and labor intense so the Agents partnered with the Florida Department of Corrections to have inmate labor to chip wheat straw and develop a tripod cooking unit to pasteurize straw on a larger scale. Working with the State Forestry Service, they obtained permits to cut hardwood trees. Agents also partnered with a local hay producer who donated straw.
- Funds for equipment and supplies were generated through registration fees and mini grants from the Small Farms Academy.

Thank you so much for your hard work and dedication!

**Congratulations Carolyn** for receiving the 2013 Innovative Program award. 

- *Extension Staff*
Tentative 4-H Summer Camps

4-H summer day camps are HERE. Below is the list for July and August. There may still be room for attendance. Please call 362-2771 for more information. We hope to see you there!

What’s Cookin’ Day Camp (July 9-12)

Bacon Day Camp (July 17-19)

Bovine Buzzer Battle Camp (July 22—26)

Trash to Treasure Day Camp (July 30—August 2)
The Affordable Care Act: When Scams Follow the News
by
Tracey Thomas
Attorney, Division of Marketing Practices, FTC

The Affordable Care Act is in the news lately. And one thing we’ve learned at the Federal Trade Commission is that scams often follow the news. Natural disaster? Charity scams will follow. Implementation of a major new law affecting millions of people? Scammers will be there.

To cut through some of the clutter in the environment with all the articles and discussion of the Act, here’s one key fact to hold onto that can help spot and avoid scams:

You can’t sign up yet. Enrollment in the new Health Insurance Marketplace doesn’t start until October 1, 2013. Anyone who claims to be able to sign you up sooner is trying to scam you. Please report them.

We’ve heard from consumers and from other federal agencies that scammers are trying to convince people to act now. Scammers always want to get your money before you have time to stop and think. So remember that date: October 1, 2013. That’s the first time anyone, anywhere can sign up for health insurance through the Health Insurance Marketplace under the Affordable Care Act.

And please: if you see someone trying to enroll people for health insurance under the Act before October 1, 2013, say something. We can only investigate the scams we know about, so every report helps us find and stop the bad guys. Thanks in advance!

http://www.consumer.ftc.gov/blog/affordable-care-act-when-scams-follow-news#.UY0yYmpXDWg.email