Smell the crispness in the air? It is coming along with thoughts of falling leaves, warm cider and holiday get togethers. It is also a time to reflect on the year we’ve experienced. This year, Extension celebrated its 100-year anniversary in Florida. We are thankful for those of you who helped us to celebrate our rich history, evaluate the current programming, and strategize for the future.

Our county was one of 5 selected in Florida (UF was one of 13 universities selected throughout the United States) to consider how we might be able to incorporate the humanities into our Extension programming. The project, called Extension Reconsidered, was one example of how we can more effectively deliver information to our communities.

One of the major efforts of our office has been a refocus on ensuring our website is up-to-date. If you haven’t visited recently, we encourage you to check out the various items, including downloadable 4-H forms and publications, the “Ask an Expert” feature, and the online courses! We have started some Facebook pages for various user groups (4-H, Master Gardeners, and more recently a general one for the Family and Consumer Sciences Agents specializing in food safety/preservation, financial management, nutrition/health and housing/energy). We would love to have your feedback on our efforts.

The end of the year also signifies the time when our office plans educational classes for 2015 and reports on the efforts of 2014. If you have suggestions of classes, demonstrations, or information you would like to see in Suwannee County, please call our office.

It has been a pleasure to serve the community, and the Extension faculty and staff wish you and your families a safe and happy holiday season.
### October 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>North Florida Fair 4-H Judging Registration Deadline</strong></td>
</tr>
<tr>
<td>1</td>
<td><strong>4-H Early Release Workshop</strong>, On My Own, Exhibition II, 2pm-5pm</td>
</tr>
<tr>
<td>1</td>
<td><strong>HCE Council meeting</strong>, Extension office 10am</td>
</tr>
<tr>
<td>2</td>
<td><strong>Master Gardener Field Trip to Anderson Tree Nursery</strong>, Chiefland, <em><strong>Leave Extension Office at 8:15am</strong></em></td>
</tr>
<tr>
<td>3</td>
<td><strong>Mayo 4-H Farm Judging Registration Deadline</strong></td>
</tr>
<tr>
<td>3</td>
<td><strong>4-H Hay Bale Decorating Contest Registration Deadline</strong></td>
</tr>
<tr>
<td>7</td>
<td><strong>4-H Farm Judging Practice</strong>, Exhibition II, 4pm</td>
</tr>
<tr>
<td>8</td>
<td><strong>Master Gardener Advanced Training</strong>, Extension Office, 8:30am-12pm</td>
</tr>
<tr>
<td>9</td>
<td><strong>Master Gardener Workday</strong>, Heritage Park, 8:30am-11:30am</td>
</tr>
<tr>
<td>9</td>
<td><strong>Happy Homemakers</strong>, Extension office 10am</td>
</tr>
<tr>
<td>9</td>
<td><strong>Master Gardener Thank You Luncheon</strong>, Heritage Park, 12pm-1pm, <em><strong>hosted by the Friends of Heritage Park Board</strong></em></td>
</tr>
<tr>
<td>9</td>
<td><strong>Master Gardener Alumni Meeting</strong>, Heritage Park, 1pm-3pm</td>
</tr>
<tr>
<td>9</td>
<td><strong>4-H Farm Judging Practice</strong>, Exhibition II, 4pm</td>
</tr>
<tr>
<td>10</td>
<td><strong>Mayo 4-H Farm Judging Contest</strong>, Mayo Livestock Pavilion, Reg. @ 9:30am, contest @ 10:30am</td>
</tr>
<tr>
<td>13</td>
<td><strong>4-H County Council</strong>, Extension Office, 6:30pm</td>
</tr>
<tr>
<td>14-16</td>
<td><strong>Sunbelt Ag Expo</strong>, Moultrie GA</td>
</tr>
<tr>
<td>14</td>
<td><strong>Florida Native Plant Society</strong>, Hatch Park, Branford, 6:30pm</td>
</tr>
<tr>
<td>15</td>
<td><em><strong>NO Master Gardener Advanced Training</strong></em></td>
</tr>
<tr>
<td>20</td>
<td><strong>Fall Harvest Experience Setup</strong></td>
</tr>
<tr>
<td>22</td>
<td><strong>Master Gardener Advanced Training</strong>, Extension Office, 8:30am-12:00pm</td>
</tr>
<tr>
<td>24</td>
<td><strong>Master Gardener Workday</strong>, Prep for Mushroom Workshops, Extension Office, 8:30am-12pm</td>
</tr>
<tr>
<td>24</td>
<td><strong>Take Charge of Your Diabetes</strong>, 1pm-3pm, Extension Office (5 week class, see below for details)</td>
</tr>
<tr>
<td>25</td>
<td><strong>Family Day at the UF Dairy</strong>, 10am - 2pm, everyone is welcome to enjoy a farm tour at the UF Dairy Science Dairy Unit in Hague. Contact Mary Sowerby, 362-2771, for more details.</td>
</tr>
<tr>
<td>29</td>
<td><strong>Master Gardener Advanced Training</strong>, Extension Office, 8:30am-12pm</td>
</tr>
<tr>
<td>30</td>
<td><strong>Dairy Calf Birth to Weaning Workshop</strong>, 10am - 2:30pm at the UF Dairy Unit, Hague. Contact Mary Sowerby at 362-2771, for more details.</td>
</tr>
<tr>
<td>30</td>
<td><strong>Master Gardener Field Trip to Morningside Nature Center</strong> (Plant ID tour), Gainesville, <em><strong>Leave Extension Office at 8:15am</strong></em></td>
</tr>
</tbody>
</table>

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### Take Charge of Your Diabetes

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

Spouses are encouraged to attend all sessions at no extra cost. *...because you can live a quality life with fewer complications when you know and live the facts.*

**Classes to begin Friday, October 24, 2014, from 1pm - 3pm**

Pre-registration required by October 17, 2014. Call Cathy Rogers at 386-362-2771
### Extension Calendar

#### November 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td><strong>4-H Club Enrollment Deadline</strong>, must be enrolled by this date to show a Hog or Steer at Suwannee Valley Youth Livestock Show and Sale</td>
</tr>
<tr>
<td>5</td>
<td><strong>NO Master Gardener Advanced Training</strong></td>
</tr>
<tr>
<td>5</td>
<td><strong>4-H Early Release Workshop</strong>, Pumpkin Patch/Corn Maze, Suwannee Valley Agricultural Extension Center (off CR 417), 2pm-5pm</td>
</tr>
<tr>
<td>5</td>
<td><strong>HCE Council meeting</strong>, Extension office 10am</td>
</tr>
<tr>
<td>6-16</td>
<td><strong>North Florida Fair</strong>, Tallahassee</td>
</tr>
<tr>
<td>10</td>
<td><strong>4-H County Council</strong>, Extension Office, 6:30pm</td>
</tr>
<tr>
<td>11</td>
<td><strong>Veteran’s Day</strong>, Office Closed</td>
</tr>
<tr>
<td>11</td>
<td><strong>Florida Native Plant Society</strong>, Hatch Park, Branford, 6:30pm</td>
</tr>
<tr>
<td>12</td>
<td><strong>Happy Homemakers meeting</strong>, Extension office 10 am</td>
</tr>
<tr>
<td>13</td>
<td><strong>Master Gardener Workday</strong>, Heritage Park, 8:30am-11:30am</td>
</tr>
<tr>
<td>13</td>
<td><strong>Master Gardener Brown Bag Lunch</strong>, Heritage Park, 12pm-1pm</td>
</tr>
<tr>
<td>13</td>
<td><strong>Master Gardener Alumni Meeting</strong>, Heritage Park, 1pm-3pm</td>
</tr>
<tr>
<td>15</td>
<td><strong>North Florida Fair Judging Contests</strong>, Tallahassee, 10am</td>
</tr>
<tr>
<td>18</td>
<td><strong>Drip Irrigation School</strong>, Suwannee Valley Agricultural Extension Center, 8:30am-5pm</td>
</tr>
<tr>
<td>19</td>
<td><strong>Drip Irrigation School</strong>, Suwannee Valley Agricultural Extension Center, 8:30am-1pm</td>
</tr>
<tr>
<td>19</td>
<td><strong>National Restaurant Association’s ServSafe</strong> course for national food manager certification. Certification is good for 5 yrs. Class, exam &amp; book $165. Must register 3 business days prior to class, no walk-ins. Bring lunch and photo ID. 8:30am Extension Office. Call toll-free 1-888-232-8723 or via web <a href="http://foodsafety.ifas.ufl.edu">http://foodsafety.ifas.ufl.edu</a>.</td>
</tr>
</tbody>
</table>

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**UF/IFAS Extension**

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

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

Name __________________________________________

E-Mail __________________________________________

Phone __________________________________________

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

### December 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location &amp; Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4-H Early Release Workshop</td>
<td>Extension Office, 2pm-5pm</td>
</tr>
<tr>
<td>3</td>
<td>HCE Council meeting</td>
<td>Extension office 10am</td>
</tr>
<tr>
<td>6</td>
<td>Christmas on the Square</td>
<td>Live Oak</td>
</tr>
<tr>
<td>8</td>
<td>4-H County Council</td>
<td>Extension Office, 6:30pm</td>
</tr>
<tr>
<td>9</td>
<td>Florida Native Plant Society</td>
<td>Hatch Park, Branford, 6:30pm</td>
</tr>
<tr>
<td>10</td>
<td>Master Gardener Training</td>
<td>Suwannee River State Park, 2pm-5pm</td>
</tr>
<tr>
<td>10</td>
<td>Happy Homemakers meeting</td>
<td>Extension office 10am</td>
</tr>
<tr>
<td>11</td>
<td>Master Gardener Alumni Meeting</td>
<td>Suwannee River State Park, 9am-3:30pm</td>
</tr>
<tr>
<td>12</td>
<td>Master Gardener Workday</td>
<td>Suwannee River State Park, 8:30am-10:30am</td>
</tr>
<tr>
<td>13</td>
<td>Suwannee Valley Youth Livestock Show and Sale</td>
<td>Suwannee County Fairgrounds, 8am - 10am, <em><strong>must be in line by 10am</strong></em></td>
</tr>
<tr>
<td>13</td>
<td>Mandatory Steer Weigh-In</td>
<td>**Suwannee County Fairgrounds, 9:30am - 11am, <em><strong>must be in line by 11:00am</strong></em></td>
</tr>
<tr>
<td>15</td>
<td>4-H Holiday Bakeoff</td>
<td>Extension Office</td>
</tr>
</tbody>
</table>

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**Question:** How much salt - teaspoon wise - is in a dash? How about a pinch, or a smidgeon?

**Answer:** In today’s world of mini-measuring spoons, a dash is 1/8 teaspoon; a pinch is 1/16 teaspoon; and a smidgeon is 1/32 teaspoon.

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**Farmers Market**

**“Locally grown food”**

**FRIDAYS 12pm - 6pm**

John H. Hale Park
215 NE Duval Street
Live Oak, FL

**MOVES TO HOWARD STREET OCTOBER 24TH**

For more information call (904) 424-8743 or (386) 418-8017
8 Tips for Holiday Turkeys

Katherine Allen
Family and Consumer Sciences Agent/CED

Oh Yummers! It is that time again! Time for turkey and turkey leftovers! I’m not sure why we wait for the holidays to serve this delicious bird, but I have included some questions that we have fielded in our office. If you have questions about your turkey, please call the UF/IFAS Suwannee County Extension office at 386-362-2771.

1. What are the nutritional differences between dark meat and light meat?
The leg, thigh and back are considered dark meat and have 2-10% more calories than does the breast or white meat. Dark meat has about 1/3 more fat. Both are low in cholesterol and have similar quantities of A, B and calcium. If you are watching calories also skip the skin, where much of the fat is located.

2. Why Are White & Dark Meat of Poultry Different Colors?
The pink, red or white coloration of meat is due primarily to oxygen-storing myoglobin which is located in the muscle cells that retains oxygen until the cells need it. Oxygen use can be generally related to the bird’s typical level of activity: muscles that are exercised frequently and strenuously — such as the legs — need more oxygen, and they have a greater storage capacity than muscles needing little oxygen. Turkeys do a lot of standing around, but little flying, so their wing and breast muscles are white; their legs, dark.

3. Does size affect flavor?
4-6 lb. turkeys are very tender. Typically, turkeys sold over the holidays are “Toms” or males from 16-40 lbs.

4. What kind of seasonings are best for turkey?
Add flavor to your turkey by using rosemary, thyme, sage, lime/lemon/orange juice, and poultry seasoning. Remember: Seasoning is an art and not a science. Experiment with the flavors to turn your ordinary turkey into a delicacy that your guests will be talking about for holidays to come! Note that most herbs are meant to be eaten fresh. Herbs added at the beginning of cooking impart their flavor to foods. (Dried herbs should be added in the beginning.) Adding herbs at the end ensures that their aroma is retained. So, if using herbs in a slow-cooked dish, add a few in at the end of cooking and your mouth will water with the delicious smell!

5. Should I buy a fresh or frozen turkey?
If you are standing in the grocery store looking at turkeys on Thanksgiving morning, you will need to buy a fresh turkey!! If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. Do not buy a pre-stuffed fresh turkey.

6. How do I thaw my Thanksgiving bird?
The best way to thaw food is in the refrigerator. Realize however, that if you have a 20-25 pound bird that it may take four to five days!! Place frozen bird in original wrapper in the refrigerator (40°F). Allow approximately 24 hours per 5 pounds of turkey. After thawing, keep turkey refrigerated for only 1-2 days.

7. How much turkey should I buy?
If you are roasting a whole bird, a rule of thumb is about one pound per person. When trying to portion from a breast of turkey, allocate 3/4 pound per person. If you are planning on serving boneless breast of turkey, then you will need to allow for ½ pound per person (or more for serious turkey lovers!)

8. Do I have to cook the turkey longer if it is stuffed?
UF recommends that you cook the stuffing outside the bird in a separate dish. The only way to know if your turkey is safe to eat is by using a thermometer to ensure the turkey reached at least 165°F. The stuffing should also reach 165°F.
Five Ways to Curb Your Holiday Spending

Cathy Rogers
Family and Consumer Sciences & 4-H and Youth Development Agent

Most of us love the holidays but hate the stress and the bills from them! This year, make an early resolution to reduce your stresses, expenses and regrets! Here are some tips to make that happen:

Plan ahead – Plan everything you possibly can!

- Create a holiday budget – Include gifts of course, but also the hidden costs of gifts such as wrapping and shipping. Factor in extra food costs, decorations, and travel, if it applies.
- Make gift lists - Attach a monetary value to each person’s gift. Then stick to the list. Trust me; this will help your budget the most!
- Plan meals and snacks – Traditional holiday foods tend to be high in fat and sugar. Look for ways to tweak them into healthier versions and healthier portions.
- Create “To-Do” lists – Include not only the task but also your estimate of the amount of time required to complete it. Add up the time. Then prioritize tasks so that the most important ones are completed first.

Set Expectations with Family and Friends – Especially if the budget is tight, have a conversation about ways to cut back. Chances are that they might be relieved to also cut back or eliminate gift-giving altogether. This may be replaced by group activities that create memories of time together; more valuable than tangible gifts. It is especially important to have these discussions with children, who often have unrealistic expectations and may not understand the costs. Some ways to cut back are to:

- Draw names and get that person one nice gift rather than spreading the same money over many gifts.
- Find a family gift that can be utilized by all members – ideas include board games, tickets to sports or theatrical events, family passes to a local museum, and food-item-of-the-month memberships.
- Homemade gifts show thought, effort and love. Consider baked goods, fancy pillowcases, photos, artwork and embroidered, personalized items.
- Baskets or other handsome containers filled with smaller, themed items such as “spa day”, “pet-lovers”, or “tea-time” make thoughtful gifts without necessarily costing a lot.
- Certificates for car washes, pet-sitting, house-cleaning, or sewing lessons are often appreciated.
- Initiate a cookie swap rather than a gift exchange.
- The “White Elephant” exchange is still a hoot for some groups!

Look for bargains –

- Shop year-round… and actually save gift items for Christmas!
- Online deals are often deep-discounted especially right before the holidays. Look for free shipping.
- Coupons are available for many online gift items.
- Shopping the “big box” stores can net bargains but shop at the least crowded hours.

Improve the coming year – Use credit cards wisely.

- Beginning the new year with holiday debts is not enjoyable. Do not charge more than you can pay off right away. Remember that a bargain isn’t a bargain when interest is added to that purchase!

(continued on page 11)
What vitamin is essential to prevent rickets (bone deformity in youth), osteoporosis (weak bones usually in older adults), and low blood calcium needed for muscle contraction, nerve transmission, and countless other bodily functions? Answer: Vitamin D.

All vitamins are chemical compounds essential in small quantities to sustain life. Vitamin D joins Vitamins A, E and K as a fat soluble (dissolving) vitamin which is stored in fat, primarily in the liver.

Vitamin D sources include fatty fish such herring, mackerel, sardines and tuna. In addition, many drinks, especially milk which is naturally high in calcium and phosphorus, are fortified with Vitamin D to aid calcium and phosphorous absorption in the intestines and their usage throughout the body.¹

Sun-cured hay is also an excellent source of Vitamin D for livestock. A sterol in green plants called ergosterol converts to Vitamin D₂ when the plant is cut and cured (dried) in sunlight.²

Most animals, including humans, have their own capacity to produce Vitamin D₃. Long wave-length ultraviolet B (UVB) light from sun rays causes a sterol, 7-dehydrocholesterol (called Provitamin D₃), found in the skin of many animals (including poultry) to convert to Vitamin D₃.³

Although the necessary sun exposure times for people varies with age, skin type, season, time of day, etc., sun exposure (without sunscreen) is the easiest way to insure adequate Vitamin D. The best rule of thumb is to get half the sun exposure it takes for your skin to turn pink to produce adequate Vitamin D. Be sure to expose as much skin as possible. (Yes, tanning beds also work with this same rule of thumb.) Fair-skinned people absorb UVB light faster than darker-skinned people (who never turn pink either). Fifteen minutes for very fair-skinned people to two hours for very dark-skinned people is the range of time needed in mid-day sun.⁴

During the winter, many parts of the world do not receive sunlight with the needed UVB rays to convert 7-dehydrocholesterol to Vitamin D₃ because of the sun’s angle to the earth. If the sun is shining on your skin through a window, unfortunately the necessary ultraviolet rays for the conversion of Vitamin D₃ will not be coming through the glass. Wearing a sunscreen also blocks the formation of Vitamin D₃ in direct sunlight. Given the indoor habitation of most people, Vitamin D supplementation is almost always essential for optimal health.⁴

The Food and Nutrition Board recommends the following average daily intakes for Vitamin D₃ for humans (measured in International Units (IU))⁵.

<table>
<thead>
<tr>
<th>LIFE STAGE</th>
<th>RECOMMENDED AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 12 months</td>
<td>400 IU</td>
</tr>
<tr>
<td>Children 1-13 years</td>
<td>600 IU</td>
</tr>
<tr>
<td>Teens 14-18 years</td>
<td>600 IU</td>
</tr>
<tr>
<td>Adults 19-70 years</td>
<td>600 IU</td>
</tr>
<tr>
<td>Adults 71 years and older</td>
<td>800 IU</td>
</tr>
<tr>
<td>Pregnant and breastfeeding women</td>
<td>600 IU</td>
</tr>
</tbody>
</table>

(continued on page 12)
The 4-H program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. In 4-H, young people have tracked their activities, events, profits and losses, skill development and learning experiences, and much more using the iconic 4-H Record Book. In addition to record keeping, the 4-H Record Book gives members an opportunity to reflect on their year, measure their achievements and growth, set goals, and develop plans to meet those goals.

4-H Record Books serve a variety of purposes in the Florida 4-H Youth Development Program:

- 4-H Record Books give members an opportunity to reflect on their yearly work. They document their skill development and their learning experiences in a written report. 4-H members measure their achievements and growth in their total years in 4-H.
- 4-H Record Books encourage members to set goals, pursue strategies to meet those goals, and to shift gears in the face of challenges and obstacles.
- Completing a 4-H Record Book is a process where 4-H members record project and club work. Records management is a competency skill to identify, create, classify, archive, and preserve records. The 4-H Record Book teaches 4-H members these skills through a standard format.

From 2008-2014, 335 youth submitted 671 record books for judging (59 youth turned in 115 record books in 2014, with 92% [n=106] receiving a blue ribbon). Eighty-four percent (n=562) of the submitted record books since 2008 earned a blue ribbon on their work, indicating they achieved discipline in completing a yearlong project, mastery of individual project areas, expanded knowledge of specific subject areas, and a satisfactory quality level. The following quotes were from record books submitted during the past five years:

- “As the VP (vice president) of my club, I had many opportunities to speak in front of a crowd. This has helped me in other aspects of my life such as school. I have become a better public speaker.”
- “I have taken bigger and better responsibilities. I learned to be responsible and to challenge myself to bigger expectations and to be kind, nice, and pleasant to others.”
- “4-H has given me the opportunity to do things that I normally would not get to do.”
- “4-H has meant a lot to me because it teaches me so much about my project and our world. (I learned) to follow safety practices, treating animals with respect, being careful when leading an animal and watching out for others and their animals.”

Suwannee County 4-H provides youth experiences that help youth demonstrate responsibility, critical thinking and problem solving skills, decision making, and goal setting. 4-H youth regardless of their background (socio-economic status, race and gender) according to longitudinal data from the National Study of Positive Youth Development are more likely to make good choices: resist social pressures, make good grades, and expect to attend college through the experiences they received through 4-H. Therefore, youth develop their ability to become leaders and engage in their communities.

As we start the 2014-2015 4-H year, think about your 4-H project area and how you can keep accurate and detailed records of what you do. In an effort to simplify the record book process, the Suwannee County Extension Office has started uploading 4-H record books online. These record books can be found at http://suwannee.ifas.ufl.edu/RecordBooks.htm or you can pick them up in the 4-H office.
We have been bombarded with samples of “little mimosa looking” weeds the past few weeks. The culprit is gripeweed or also called chamberbitter (Phyllanthus urinaria) which is a very common summer annual weed in North Florida. There is an erect main stem that can grow to about a foot which has side branches that can spread out to close to two feet in diameter. They are very easy to identify because of the light green, round ball looking seed capsules that hang down on the underside of the leaves. These are very prolific plants since one plant can have hundreds of seed capsules that hold six seeds each. As the seed capsules dry, ripe seeds are propelled four feet or more from the seedpod. Seeds are produced profusely throughout the entire growing season. Seeds usually germinate in May in North Florida when the soil temperatures warm up.

So how do you get rid of this uninvited intruder? Plan ahead and be persistent. First, keep a two- three inch layer of mulch over plant beds since the seeds need light to germinate, this reduces their ability to sprout. Next, hand pull when the weeds are young since they are easy to pull out of the ground at that stage. If bending over and plucking weeds out of the ground is not for you, then you can apply a pre-emergence herbicide in April as part of your battle plan. In flower beds, pre-emergence herbicides containing isoxaben (Ferti-lome Broadleaf Weed Control with Gallery), isoxaben + trifluralin (Snapshot), or prodiamine (Stagreen Crabgrass Preventer, Barricade) can be helpful. Once the weeds are up, it’s best to hand pull or use a non-selective herbicide containing the active ingredient, glyphosate.

For lawn areas, maintain a vigorous lawn grass that is dense and can outcompete the weeds. Pre-emergence herbicides containing isoxaben (Ferti-lome Broadleaf Weed Control with Gallery) may be helpful but may not fully control this troublesome weed. Once the weed emerges, act when the weeds are young by hand pulling or spot treating with products containing atrazine (if appropriate for your type of lawn grass—do NOT use on Bahia). It is important to note, however, that atrazine can be used only twice in a year. Also, it should never be applied in the root zone of any ornamental plant. Be sure to read and follow label directions so that weeds can be controlled without doing excess harm to the environment. If you have large infested areas of chamberbitter, consider using a bag on the mower so seeds are not distributed when mowing. Be sure and dispose of the weeds by putting them in the trash or burning them. It is NOT a good idea to try and compost weeds with seed heads on them unless you are sure you can get the compost hot enough to destroy the weed seeds.

The key to getting the upper hand on this weed is persistence and early detection. Whether you want to call it gripeweed, chamberbitter or little mimosa, it will probably take more than a year to reduce their populations. For more information on chemical control of chamberbitter, go to http://edis.ifas.ufl.edu/pdffiles/wg/wg058Table3.pdf.

The University of Florida is an equal opportunity institution.
Fall is the season when so many of our flowering native plants put on their best show. Wildflowers, in particular, create a breathtaking array of colors and textures as they show their annual blooms. *Dalea pinnata* is not as colorful as the many bright yellow Sunflowers (*Helianthus spp*), lavendar spiked Blazing stars (*Liatris spp.*) or the pink haze of Muhly Grass (*Muhlenbergia capalliris*), but the abundance of scented white to pale pink flowers are nonetheless striking.

This small plant sprouts up each spring from its root with a multitude of reddish stems, each covered densely with short, thin, bright green leaves. Its leaves become a darker green as the plant matures during the summer and it becomes a neat little mounded plant about 18 inches tall by 3 feet wide. Then, as fall approaches, the tips of each stem become filled with many short stalks of small, rounded, bright red buds. The flowers that follow are individually small and frilly, but the abundance of blossoms in each cluster, showcased against the bright red buds and the thick green foliage, more than makes up for their small size. The flowers are so softly scented that it will make you wonder where it’s coming from as you walk among them. As it retreats into the ground at the end of the season to rest until the next spring, it reminds us that it is aptly named, “Summer Farewell”.

**Common name:** Summer Farewell  
**Scientific name (Genus and species):** *Dalea pinnata*  
**Family:** Fabaceae  
**Description:** Herbaceous perennial wildflower, multi-stemmed, stems reddish, winter dormant  
**Height/Spread:** 18” tall by 3’ wide, forms a rounded mound.  
**Leaves:** Dense foliage, though leaves are small, segmented and softly needle-like; bright green maturing to a darker green.  
**Flowers:** Small, white and frilly; centers slightly pink to lavender, lightly scented; buds are bright red and rounded; late summer and fall.  
**Growing conditions:** Well-drained, dry, sandy soil in full sun.  
**Drought tolerance:** High  
**Propagation:** Grows best from seed.  
**Wildlife attractor:** Attracts butterflies and many other pollinators, Birds and small wildlife feed on the seeds. Larval host plant of the Southern Dogface butterfly (*Zerene cesonia*).  
**Other:** Very showy as buds appear, in full flower and with fuzzy seed pods. Found throughout Florida, except the extreme southern peninsula. Seeds are available to start your own and plants can be found at some native nurseries.
Vitamin D is unique of all the vitamins for both its ability to be produced with the aid of sunshine (it is the only vitamin the human body can make, the rest must be consumed in food or supplements) and for being a pro-hormone (pre-cursor for making a hormone) called activated vitamin D or calcitriol in the kidneys. This hormone regulates the absorption of calcium and phosphorous from the digestive tract, helps regulate calcium and phosphorous levels in the blood and aids in the formation of sound bones and teeth.\(^6\)

Without enough Vitamin D (called Vitamin D deficiency), children’s bones develop rickets – they are soft, porous, poorly developed and often the legs are characteristically bowed. Older adults’ bones may become brittle in a condition called osteomalacia or they may develop osteoporosis. Vitamin D helps maintain correct blood calcium levels which allows muscles to contract, nerves to carry messages from the brain throughout the body and the immune system to function to defend against invading bacteria and viruses.\(^4\)

Vitamin D is important to the proper functioning of many critical cells in our bodies (such as in our heart and brain). Either plan on adequate time in the sun to make your own “sunshine vitamin” or be mindful of eating foods or supplements to provide adequate amounts of this essential vitamin.

\(^2\) Vitamin D at [http://www.thecattlesite.com/articles/904/vitaminsfor-beef-cattle](http://www.thecattlesite.com/articles/904/vitaminsfor-beef-cattle)
\(^3\) Vitamin Needs of Dairy Cattle, Barney Harris, 1991, UF EDIS publication DS-27.
\(^5\) Vitamin D Fact Sheet for Consumers at [http://ods.od.nih.gov/factsheets/VitaminD-Consumer/](http://ods.od.nih.gov/factsheets/VitaminD-Consumer/)
\(^6\) What is Vitamin D? at [http://www.vitamindcouncil.org/about-vitamin-d/what-is-vitamin-d/](http://www.vitamindcouncil.org/about-vitamin-d/what-is-vitamin-d/)
October - Halloween

Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun activities:

* Focus on the costumes! Have a costume contest.
* Instead of candy, try small toys like: temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings or false teeth.
* Decorate pillowcases or bags for trick-or-treating.

Below are a few Healthy Party Snacks:

* Apple Cider
* Apples with caramel or yogurt dip
* Pumpkin dip and graham crackers (see recipe below)
* Roasted pumpkin seeds
* Snack cups of canned peaches or mandarin oranges
* Oranges, cantaloupe, tangerines, mangos or dried peaches
* Carrots with low-fat ranch dressing
* Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!

November - Thanksgiving

An activity for Thanksgiving - have your children or grandchildren write or draw a picture about what they are thankful for, display their creativity for your family gathering.

Below are a few Healthy Party Snacks:

* Turkey roll ups
* Spread apple butter on whole gran English muffins or graham crackers
* Serve warm apple cider
* Pumpkin dip (see recipe below)

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**Pumpkin Dip**
(from the Dannon Institute)

**Mix the following ingredients:**
- 3 T canned pumpkin
- 1 c low-fat vanilla yogurt
- 1 T orange juice concentrate (use 100% juice)
- 1/2 tsp. of cinnamon (optional)
- 1 T maple syrup (optional)

**Dip in with graham crackers**

**Tasty Trail Mix**

Mix the following ingredients:
- 1 c dried fruit
- 1/2 c raisins
- 1 c Wheat Chex cereal
- 1 c Cheerios
- 2 c of pretzel sticks

Serve in individual containers or scoop from a bowl.
Suwannee County HCE is hosting the HCE District II meeting in January 2015

By Pat Mathews, President - HCE Council

This is an exciting time for us to show off our county. For those who don't know what HCE is, here is a little rundown. HCE is celebrating 90 years of volunteering. Yes I said volunteering. Most of us have so much to be thankful for so why not share the many years of experience that we have with the younger generation. Teach them to respect what a wonderful country we live in. Show them some of the opportunities we have had. Teach them the life skills that got us through. Work with the young people in 4H and with the Extension office to help our community. It’s a very satisfying feeling to see a child when they learn a new skill. Even something as simple as answering the phone while others are at meetings and be able to direct a person to the right one to solve their problem. Giving back to the community is so satisfying and guess what, if everyone would do that we would have an awesome community. We have two clubs here in Suwannee County; one in McAlpin and one in Live Oak. Here is your chance to make a difference, so now GO AHEAD AND GO FOR IT!

FAHCE
(Florida Association of Home and Community Educators)

DISTRICT II ANNUAL MEETING
JANUARY 22, 2015

Location:
Suwannee County Extension Office
1302 11th Street SW
Live Oak, FL

9:30am Breakfast items - 10am FAHCE District II Annual Meeting -12pm Lunch

Reservations must be received by December 1, 2014 - cost is $15.00 per person

Questions call - Pat Mathews (386) 330-2276
Many folks passing by the UF/IFAS Extension Office on 11th Street stopped and took photos with the decorated hay bales that were part of the Suwannee County 4-H Hay Bale Decorating Contest during the Fall of the last three years. Hay bales were decorated by local 4-H clubs and Master Gardener volunteers. This year’s hay bales will be delivered in mid-October. Be on the lookout for the creativity displayed by our 4-H members and Extension volunteers.

Congratulations to two of our own!!

Brian Estevez, our 4-H Agent, won the following awards recently:
- FAE4-HA Achievement in Service
- Excellence in Animal Science Programming (state and regional winner)
- 4-H Meat Judging Intermediate State Champions

Carolyn Saft, our Horticulture Agent, won the following awards recently:
- NACAA National winner / FACAA State winner (Search for Excellence for small, beginning, young farmer program)
- NACAA National winner
- Best Poster (mushroom) out of 176

Congratulations Brian and Carolyn and thank you for all you do for the community!