Hello Friends!

It is time for our second annual 4-H haybale decorating contest. We hope you will stop by and check out the creative ideas to celebrate the season. It is also the time to encourage 4-Hers you know to start a recordbook. There are a lot of positive outcomes of completing one...even though they may not realize it!!

If you have the opportunity to travel to Moultrie, GA for the Sunbelt Ag Expo, October 16-18th, the University of Florida will be showcasing our small farms and you might see some of our local folks exhibiting there! Just because it has gotten cooler, it doesn’t mean you can’t still garden. Check out the fall gardening tips on page 11.

We are so fortunate to live in the United States. During Thanksgiving, it is an especially good time to reflect on all of the blessings which we sometimes take for granted. Like safe food for example. We expect when we purchase meat or vegetables that it will be safe if we refrigerate and cook the items properly. Farmers go to a lot of effort to ensure the food you eat is safe. Check out the proper procedures that farmers take to ensure we are happy and healthy.

We are also privileged to have such a wonderful community with activities like the Scarecrow Festival and Christmas on the Square. Do you realize that these would not be possible without the dedication and commitment of volunteers? Please be sure to put the dates on your calendar to visit with neighbors, shop both the vendors and our local shops downtown, and enjoy the freedom of being able to walk down the street without fear.

Happy Holidays!!
### October 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3</td>
<td><strong>Master Gardener State Conference</strong>, Clearwater, contact Carolyn Saft</td>
<td>386-362-2771 for more information</td>
<td></td>
</tr>
<tr>
<td>1-4</td>
<td><strong>HCE State Conference</strong>, Altamonte Springs, “Angels of HCE”, $98 registration, $79 room rate</td>
<td></td>
<td></td>
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<tr>
<td>4</td>
<td><strong>4-H Early Release Workshop</strong>, “Florida Bats-Why should we like them?” Extension Office, 2-5pm, FREE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td><strong>4-H County Council</strong>, Extension Office, 6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td><strong>Pleasant Hill HCE Club</strong> meeting, contact Betty Bracewell</td>
<td></td>
<td></td>
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<tr>
<td>9</td>
<td><strong>Florida Native Plant Society</strong>, Sparkleberry Chapter, 6:30pm, Hatch Park Community Center, Branford</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td><strong>Intro to Dairy Risk Management</strong> class starts, Lafayette County Extension, 7pm, for more information, contact Mary Sowerby at 386-362-2771 or e-mail <a href="mailto:meso@ufl.edu">meso@ufl.edu</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td><strong>Happy Homemakers HCE Club meeting</strong>, Extension Office, call Irene Sapp at 386-658-1021 for further information</td>
<td></td>
<td></td>
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<tr>
<td>10</td>
<td><strong>4-H Haybales Judged</strong></td>
<td></td>
<td></td>
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<tr>
<td>11</td>
<td><strong>Master Gardener Alumni Meeting</strong>, 1pm, Extension Office</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td><strong>Florida-Friendly Landscaping Series</strong>, “Cold-Hardy Citrus,” Extension Office, 6:00pm-7:30pm, contact Carolyn Saft at 386-362-2771</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td><strong>Dairy and Feed Outlook</strong>, presented by John VanSickle, Suwannee Valley Feed Office, Trenton, 7pm, for more information, contact Mary Sowerby at 386-362-2771 or e-mail <a href="mailto:meso@ufl.edu">meso@ufl.edu</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td><strong>Lowe’s Plant Clinic</strong>, Live Oak Store, 9am-1pm</td>
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<td></td>
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<tr>
<td>16-18</td>
<td><strong>Shitake and Oyster Mushroom Display</strong>, Sunbelt Ag Expo, Moultrie, GA</td>
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<tr>
<td>21-26</td>
<td><strong>National Association Extension 4-H Agents meeting</strong>, Hilton at Walt Disney World</td>
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<tr>
<td>21-26</td>
<td><strong>Farm Bureau State Meeting</strong>, Ponte Vedra</td>
<td></td>
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<tr>
<td>27</td>
<td><strong>Scarecrow Festival</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### University of Florida Facts

- UF is consistently ranked among the nation’s top universities: No. 17 in U.S. News & World Report “Top Public Universities” (August 2012); No. 2 in Kiplinger’s “Best Values in Public Colleges” (2012) and No. 7 in the Princeton Review Best Value Public Colleges (2012).
- The fall 2011 incoming freshman class had an average 4.23 GPA and 1920 SAT score.
- UF’s annual statewide economic impact exceeds $8.76 billion.
## Extension Calendar

### November 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-12</td>
<td><strong>North Florida Fair</strong>, Tallahassee, <em><strong>Make sure to visit the Suwannee County Extension Booth</strong></em></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td><strong>4-H Early Release Workshop</strong>, “Fall Harvest Experience,” Suwannee Valley Agricultural Extension Center (old research center), 2-5m, FREE, Come visit the sorghum maze and pumpkin patch</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td><strong>Dairy Grazing Conference</strong>, starting at Musgrove Dairy, Mayo, Fl, 9:30am for registration,</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td><strong>Master Gardener Alumni Meeting</strong>, 1pm, Extension Office</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td><strong>Extension Office Closed</strong></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td><strong>4-H County Council</strong>, Extension Office, 6:30pm</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td><strong>Florida Native Plant Society</strong>, Sparkleberry Chapter, 6:30pm, Hatch Park Community Center, Branford</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td><strong>Dairy and Feed Outlook</strong>, online via Adobe Connect, 7pm, for more information, contact Mary Sowerby at 386-362-2771 or e-mail <a href="mailto:meso@ufl.edu">meso@ufl.edu</a></td>
<td></td>
</tr>
<tr>
<td>14-16</td>
<td><strong>4-H Haybale Removal</strong>, haybales not removed by this date will be discarded</td>
<td></td>
</tr>
<tr>
<td>19</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 years.</td>
<td></td>
</tr>
<tr>
<td>22-23</td>
<td><strong>Extension Office Closed</strong></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td><strong>Dairy Open House</strong> (UF Dairy faculty come to visit and present), Hatch Park Community Center, Branford, Fl, 10am-3pm, for more information, contact Mary Sowerby at 386-362-2771 or e-mail <a href="mailto:meso@ufl.edu">meso@ufl.edu</a></td>
<td></td>
</tr>
</tbody>
</table>

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### Take Charge of Your Diabetes

We will be offering “Take Charge of Your Diabetes” as well as a diabetes prevention program in January. Call Cathy Rogers or Cindy Barber for more information at 386-362-2771.

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### Extension Office Wish List

Do you have any of the following items that you would like to donate to the Extension Office?

- Fabric, especially red, green, white, and Christmas patterns

We need these items for some upcoming programs. If you do, please call 386-362-2771 and let us know. Thank you!
## December 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Christmas on the Square</td>
<td>downtown Live Oak</td>
<td>8am-4pm</td>
</tr>
<tr>
<td>4</td>
<td>NFL/SGA Dairy Update, “Practical Ways to Reduce Feed Costs”</td>
<td>Brooks County, Georgia Ag Center, Quitman, GA</td>
<td>11am-1pm</td>
</tr>
<tr>
<td>5</td>
<td>4-H Early Release Workshop, “Holiday Crafts”</td>
<td>Extension Office</td>
<td>2-5pm</td>
</tr>
<tr>
<td>8</td>
<td>Suwannee Valley Youth Livestock Show and Sale Mandatory Steer Weigh-In</td>
<td>Suwannee County Fairgrounds</td>
<td>8am, <em><strong>Must be in line by 10am</strong></em></td>
</tr>
<tr>
<td>9</td>
<td>Florida Native Plant Society</td>
<td>Sparkleberry Chapter</td>
<td>6:30pm, Hatch Park Community Center, Branford</td>
</tr>
<tr>
<td>10</td>
<td>4-H Holiday Bakeoff</td>
<td>Extension Office</td>
<td>Drop-off 8-11am, Awards 6pm</td>
</tr>
<tr>
<td>11</td>
<td>Dairy and Feed Outlook</td>
<td>location TBA</td>
<td>7pm, for more information, contact Mary Sowerby at 386-362-2771 or e-mail <a href="mailto:meso@ufl.edu">meso@ufl.edu</a></td>
</tr>
<tr>
<td>13</td>
<td>Master Gardener Alumni Meeting</td>
<td>Extension Office</td>
<td>1pm</td>
</tr>
<tr>
<td>24-25</td>
<td>Extension Office Closed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## January 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Suwannee Valley Youth Livestock Show and Sale Mandatory Hog Weigh-In</td>
<td>Suwannee County Fairgrounds</td>
<td>8am, <em><strong>Must be in line by 10am</strong></em></td>
</tr>
</tbody>
</table>

## 4-H Haybale Decorating Contest

Make sure to stop by and see the 4-H Haybale Decorating Contest, located in front of the Extension Office. It will up from October to the middle of August. Let us know which haybale you like the best!

### 2011 Winner
North Florida Equestrian Team 4-H Club
Don’t Let the Bedbugs Bite!

Katherine Allen-Family and Consumer Sciences Agent/CED

What you thought of as a loving good night mantra is seeing a resurgence in the United States. Unlike issues with rodents or cockroaches, however, a bedbug infestation is not because a place is dirty. It has nothing to do with sanitation. These insects don't feed on food crumbs, only blood, human blood, and/or the blood of other animals such as birds, bats and rats. Five-star hotels that are absolutely immaculate can have a bedbug problem because the bed bugs are coming from travelers from outside the U.S. The Florida Department of Business and Professional Regulations, which inspects hotels, reported 41 statewide incidents of bedbug infestation in 2009. The number was up in 2010, with 52 infestations just through August.

Bedbugs are famous for being the best hitchhikers in the world, attached to clothing, luggage (not on a person, like lice), but rather in overhead bins on airplanes. Bed bug infestations were common in the USA before World War II. The pests remain fairly prevalent, however, in other regions of the world including Asia, Africa, and Eastern Europe. The rise in incidents may be due in part to increased travel, but also to the banning in 1972 by the EPA of the insecticide DDT, which was very effective against bedbugs.

Bed bugs are small, brownish, flattened and about 3/16-inch long. The common bed bug, Cimex lectularius, is the species most adapted to living with humans. Bed bugs are mentioned in medieval European texts and in classical Greek writings back to the time of Aristotle. They are sometimes mistaken for ticks or cockroaches. Bed bugs do not fly or jump, but can move rapidly over floors, walls, and ceilings.

Female lay their eggs in secluded areas, depositing 1-2 or more eggs per day and hundreds during a lifetime. The eggs are tiny, whitish, and hard to see on most surfaces without magnification (individual eggs are about the size of a dust speck). The eggs are sticky, causing them to adhere to surfaces. As they grow, they molt (shed their skin) five times before reaching maturity. A blood meal is needed between each successive molt. Under favorable conditions (70-80°F), the bugs can complete development in as little as a month, producing three or more generations per year. Bed bugs are resilient. Nymphs can survive months without feeding and the adults for more than a year. Infestations are unlikely to lessen by leaving premises unoccupied.

Night time is the active time for bed bugs. Their flattened bodies enable them to fit into tiny areas — especially mattresses, box springs, bed frames and headboards. Bed bugs don’t have nests, but tend to gather together. Spotting (no pun intended) is a way to identify their presence. Check areas marked by dark spotting and staining, which is the dried excrement of the bugs. Dark spots of dried bed bug excrement are often present along mattress seams or wherever the bugs have resided. In addition, there will be eggs and eggshells, the brownish molted skins of maturing nymphs and the bugs themselves. A less frequent sign is rusty or reddish blood smears on bed sheets or mattresses from a person rolling over and crushing a full bed bug. They feed on any skin exposed, usually while sleeping. Therefore, bites can occur on the face, neck, shoulders, back, arms, or legs. The welts and itching are often wrongly attributed to other causes, such as mosquitoes or fleas. This may be one of the reasons why infestations may be unnoticed for a while and can become quite large before being detected. The likelihood of bed bugs increases if the affected individual has been traveling, or had acquired used beds or furnishings before symptoms started to appear. Bed bugs also are suspect if you wake up with itchy bites you did not have when you went to sleep. The good news is that bedbugs don't carry diseases, but they do cause itching. The bad news is that the itching can develop into impetigo, skin infections and dermatitis.

Treatment Procedures. Bedding and garments will need to be bagged and laundered (120°F minimum) since these items cannot be treated with insecticides. Another effective and efficient option is to place clothing, toys, shoes, backpacks, etc., in a clothes dryer set at medium to high heat for 20 minutes. This will kill all bed bug life stages and can be done alone or in conjunction with laundering. According to textile experts at the Drycleaning & Laundry Institute (Laurel, MD), most garments designated as 'dry-clean only' (e.g., cotton, wool, silk, linen, rayon, nylon, poly blends) will not be harmed provided they are dry before being placed in a clothes dryer at moderate (less than 160°F) settings. While dry cleaning procedures also kill bed bugs, there is risk of infesting the establishment when buggy items are de-bagged, tagged and sorted.

Items which cannot be put in a washer or dryer can sometimes be de-infested by wrapping in plastic and placing them outdoors in a hot, sunny location, closed vehicle, etc. for at least a day. If this method is attempted, packing fewer items per bag makes it harder for the bugs to find cooler places to hide. Monitoring with a thermometer is prudent, with a target internal temperature of at least 120°F. Bed bugs also will succumb to cold temperatures below 32°F, but the freezing temperatures must be maintained for several days. Consequently, throughout much of the country, heating tends to be a faster, more reliable option than chilling. Attempts to rid an entire dwelling of bed bugs by raising or lowering the thermostat will be unsuccessful, although some companies are having success using supplemental heaters.
Go Easy on the SoFAS!

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

Go easy on the SoFAS. What does that mean? “SoFAS” stands for solid fats and added sugars. Now you get it, right? Most foods are healthiest when they are as close to their natural form as possible. Fruits are naturally sweet and rich in vitamins, minerals, and antioxidants. When we add sugar to them we dilute their nutrients and add only “empty calories”. Read the ingredients list on the food label to see if the processed food you are eating has added sugar. Look for key words like: corn sweetener, dextrose, fructose, high fructose corn syrup, lactose, maltose, honey, molasses, sucrose, raw sugar, fruit juice concentrate, maple syrup and malt syrup.

When we add ingredients to foods or process them we usually end up making them less healthy.

Examples:

Raw apples are healthier than apple pie
A baked potato (depending on the topping) is healthier than French fries
Homemade soup is healthier than canned soup

Solid fats are saturated fats. These are usually from animal sources. Regular cheese, pizza, and grain-based and dairy desserts are common sources of saturated fat in the daily diets of many people. Cutting visible fat from meat, removing the skin from poultry, and choosing low-fat or no-fat dairy products are ways to cut back on solid fats. Substituting liquid fats like olive, canola or peanut oils for solid fats also helps. Avoiding the daily consumption of foods such as pizza, ice cream, and pastries, which have a lot of SoFAS is recommended. Also use the Nutrition Label on the packaging as a guide for healthy portions.

Research suggests that eating a lot of foods high in solid or saturated fat is associated with higher levels of cholesterol in the blood which may increase the risk for heart disease. Try to limit cholesterol to 300 mg per day.

People of all ages should strive to eat mostly nutrient-rich foods with few SoFAS. As we age this is critically important to staying healthy and reducing the chance of illness.

So, does this mean that you can NEVER have another glazed donut or bowl of ice cream? No. Just make sure that the portion size is reasonable and consider them to be special treats that are not to be consumed every day.

Thinking about which foods in your diet have SoFAS and cutting back on them is a great way to begin improving your health.

And remember, it’s NEVER too late to start improving your health!
Over the last two years, I have been part of the Tri-State (Florida, Georgia and Alabama) Row Crop Climate working group. This group meets twice a year to discuss weather related information and forecasts in order to share that information with farmers. The objective is to use the forecasts to provide recommendations that will address weather related risks in peanuts, corn and cotton production in the Southeast. The expertise in weather and climate information is provided by the Southeast Climate Consortium. The intent of this article is to share basic information on climate related effects and encourage you to visit www.agroclimate.org.

**What is AgroClimate?**

AgroClimate is an interactive website with climate, agriculture, and forestry information that allows users to assess resource management options with respect to their probable outcomes under forecast climate conditions. AgroClimate uses crop simulation models along with historic and forecast climate data to allow decision makers to compare changes in probable outcomes under different climate conditions. AgroClimate is still under development. At present it includes: 1) background climate information and a climate tool that allows decision makers to compare climate variability under different ENSO conditions; 2) crop information and tools for peanut, tomato, and potato; 3) forest management and wildfire risk assessment; and 4) links to other sources of related information of value to decision makers.

**Current Forecasts**

According to the International Research Institute for Climate and Society, more than 80% of the ENSO prediction models predict El Niño SST conditions during the September-November season, continuing into northern winter 2012-13. Among those predicting El Niño, very few predict more than a weak event. El Niño is a warming of the ocean surface along the equator in the Pacific. During a strong El Niño, surface temperatures can rise as much as 15°F above normal from the coast of Peru across the central Pacific. The heat and humidity from El Niño changes global atmospheric circulation and disrupts weather and climate patterns in many regions around the world.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Region</th>
<th>Oct-Dec</th>
<th>Jan- Mar</th>
<th>Apr-Jun</th>
<th>Jul-Sep</th>
</tr>
</thead>
<tbody>
<tr>
<td>El Niño</td>
<td>Peninsular Florida</td>
<td>Wet &amp; cool</td>
<td>Very Wet &amp; cool</td>
<td>Slightly dry</td>
<td>Slightly dry to no impact</td>
</tr>
<tr>
<td></td>
<td>Tri-State Region</td>
<td>Wet</td>
<td>Wet</td>
<td>Slightly wet</td>
<td>No impact</td>
</tr>
<tr>
<td></td>
<td>Western Panhandle</td>
<td>No impact</td>
<td>Wet</td>
<td>Slightly Dry</td>
<td>No impact</td>
</tr>
<tr>
<td></td>
<td>Central and North Ala. &amp; Ga.</td>
<td>No impact</td>
<td>No impact</td>
<td>No impact</td>
<td>Slightly Dry</td>
</tr>
<tr>
<td>La Niña</td>
<td>Peninsular Florida</td>
<td>Dry &amp; slightly warm</td>
<td>Very dry &amp; warm</td>
<td>Slightly wet</td>
<td>Slightly cool</td>
</tr>
<tr>
<td></td>
<td>Tri-State Region</td>
<td>Slightly dry</td>
<td>Dry</td>
<td>Dry</td>
<td>No impact</td>
</tr>
<tr>
<td></td>
<td>Western Panhandle</td>
<td>Slightly dry</td>
<td>Dry</td>
<td>Dry</td>
<td>No impact</td>
</tr>
<tr>
<td></td>
<td>Central and North Ala. &amp; Ga.</td>
<td>Dry</td>
<td>Dry in the south, wet in NW Ala.</td>
<td>No impact</td>
<td>Wet in NW Ala.</td>
</tr>
<tr>
<td>Neutral</td>
<td>All Regions</td>
<td>No impact</td>
<td>No impact</td>
<td>No impact</td>
<td>No impact</td>
</tr>
</tbody>
</table>

An important addition not highlighted in the table, however, is the probability of a debilitating freeze across the region during each of these three phases. During a neutral phase, the likelihood of a severe freeze is much greater than during either an El Niño or a La Niña event. Appropriate precautions should be taken to minimize potential losses in the event of a severe freeze during one of these years. For more information on freezes see the AgroClimate Freeze Forecast.

If El Niño is to persist as forecasted, this means we will experience a wet and cool Fall and Winter. As a result, farmers need to make good use of days with no rain during harvest season. Do not delay harvest if possible. In addition, cool weather and rains in the winter set the stage for a good season for cool season forages. This is a year when yields can be significantly higher. Please do not hesitate to contact me if you have questions as to how this information can be used in your operation.
With the 11\textsuperscript{th} anniversary of the 9-11 attack on the New York World Trade towers and the Washington Pentagon, it is a good time to re-evaluate farm security measures.

Many dairy and beef producers in Suwannee County purchase cattle. Whether those animals are coming from next door or from California, Mexico, or Canada, thought should be given to health biosecurity both before and after those cattle arrive on the farm. Also, strive to keep pathogens (disease causing organisms) from driving or walking onto your farm on feed or other delivery trucks, visitors, and wild animals.

To prevent disease transmission to your farm, the following steps should be addressed:

1) Know the health history of the herds from which cattle are being purchased.

2) Know the health status of animals brought into the operation (via pre-purchase testing or veterinarian certification).

3) Have your herd veterinarian talk to seller’s herd veterinarian prior to buying animals.

4) Never bring in animals without knowing their vaccination history.

5) Never buy animals from a herd that has mixed origins.

6) Transport animals in clean vehicles.

7) Have a control program for outside animals which can spread disease (rodents, deer, etc.).

8) Locate loading area at perimeter of the operation and if possible, isolate newly purchased cattle at least a week before co-mingling with the rest of the herd.

9) Limit people’s access to cattle pens, feed mixing and storage areas, and treatment areas.

10) Keep a record of farm visitors and promote use of sanitized boots or plastic disposable boots.

Be vigilant about guarding your farm from diseases spread by purchased animals, human visitors or wild animals. Besides potential devastating herd effects, human health and safety depends on safe milk and meat.

\textit{Adapted from: Biosecurity Basics for Cattle Operations and Good Management Practices for Controlling Infectious Diseases, Nebraska Cooperative Extension G00-1411-A, 2000.)}
Through a variety of subject matter-related 4-H projects, the 4-H youth development program aims to teach important life skills to youth, helping them become productive, contributing members of society. One way we can teach these skills is through record books. Record books serve a variety of purposes in Suwannee County 4-H. While society has changed, the goals of teaching record-keeping to youth remain the same.

The primary purposes of completing a record book are for a young person to develop the skills necessary to set goals, work toward achieving those goals, reflect on his/her experiences, and set new and higher goals for themselves. A secondary benefit is to prepare young people for the process of completing quality academic scholarship applications (Texas 4-H).

Completing a 4-H record book is a process where 4-H members record project and club work. Records management is an industry-standard practice of identifying, creating, classifying, archiving and preserving records. The 4-H Record Book teaches 4-H members these skills through a standard format. The format of 4-H record books will depend on the 4-H member’s age, experiences, and whether he or she is entering the book for competition. While following formatting guidelines is important, the benefits of completing a 4-H Record Book are a positive and important experience (Rhode Island 4-H).

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 and develop plans to meet those goals. Completing, turning in, and receiving a blue ribbon for the report rewards 4-H members at the annual awards banquet, which provides an incentive for participation, learning, and achievement.

Writing things down helps us remember what’s happening and what we need to do. How many of you have a calendar at home where your family writes down appointments? How many of you write down things in a journal or diary? Have you seen a job application form where you write down your education and previous work or volunteer experiences? We’re talking about different ways of communicating what has happened. 4-H records are an important way to keep track of our 4-H experiences (Wisconsin 4-H, Record Keeping is Fun).

Record-keeping can help 4-H’ers, as well as their parents and adult leaders, realize more of the value of their involvement in clubs, camps, projects and other educational activities.” (Diem and Devitt, 2003). A record book doesn’t have to be merely a requirement for competitive events. A wealth of information about what youth are learning can easily be seen by reviewing their record books. So the next time you think that record books are boring, outdated, or not fun, remember that they are developing youth for a lifetime of record keeping, goal setting, planning and organizing, responsibility, and critical thinking. Make sure that you turn in a record book this year!
I am proud to be the newest member of the team of Extension Agents serving Suwannee County. A little bit about myself, I am a recent graduate of the University of Florida, with a B.S. in Animal Sciences and a Master’s degree in Food and Resource Economics. My role will be similar to that of Bob Hochmuth in that I will serve several counties from the office at the Suwannee Valley Agricultural Extension Center.

The focus of my programming will be marketing and agribusiness development. This means working with Extension Agents, producers and retailers to help local farms be successful in our area. I’m excited about that!

The importance of marketing to the small farms mission cannot be understated. Marketing is the process of creating value in a product for the consumer. This can mean many things from a defined market focus such as; something like niche markets for beef products, to improved branding of a farm. Many things go into adding value to products and improving market channels for producers. I hope to help small and start-up farmers realize and reach their marketing potential.

Agribusiness development takes the focus away from the product to improving the value of a farm either through better business practices or finding innovative farming systems. Small farms have unique issues when it comes to business management and cash flow, along with the challenges that come with organizing a small business. In addition, I plan to provide economic analysis and business information for alternative agricultural enterprises.

I am looking forward to working and living in the Suwannee Valley and being a part of the agricultural industry. I will be contributing to the small farms and alternative enterprises website so keep an eye out for agribusiness related articles and materials at http://smallfarms.ifas.ufl.edu/
Did you know that Suwannee County is only about 1.5 hours from one of the largest and informative agricultural trade shows in North America? The Sunbelt Ag Expo is an agricultural-based trade show held at Spence Field in Moultrie, Georgia. Known as “North America’s Premier Farm Show”, the annual event has more than 1200 exhibitors showcasing the latest in farming technology. Whether you are large or small acreage farmer or a weekend lifestyle farmer, the Expo is an event you don’t want to miss. The Expo’s unique site has a 100-acre exhibit area adjoining a 600-acre working research farm. In the exhibit area, which includes both outdoor and indoor exhibits, visitors will find every imaginable product or service a farm could ever need. In addition to the static exhibits, visitors can attend educational, entertaining seminars and demonstrations offered in a variety of specialized areas. Visitors can ride a tram from the exhibit area to the fields where cotton, peanuts, corn, soybeans, and hay are being harvested. These harvesting demonstrations, as well as tillage demonstrations, equipment driving ranges, irrigation technology and precision ag demonstrations, all provide opportunities to see and compare a wide range of equipment in an actual working setting. Company representatives and specialists are in the fields to answer visitor questions.

So, for about $10, you too can take in the sights and sounds of “North America’s Premier Farm Show.” This year’s events will be held in Moultrie October 16-18th. You can find their specific schedule of events at the following website: http://sunbeltexpo.com/special-events/sunbelt-expo-schedule-of-events/

The University of Florida, Institute of Food and Agricultural Sciences, maintains a beautiful exhibit building at the Sunbelt Ag Expo (http://sunbelt.ifas.ufl.edu). The UF/IFAS Educational Exhibits theme for the Sunbelt Ag Expo in 2012 is "Small Farms, Big Opportunities". There will be a dozen educational exhibits in the building and the list of those exhibits is summarized below.

**Display Title**: UF/IFAS College of Agriculture and Life Sciences (CALS)
**Brief Description**: There will be a booth for CALS promotion of their programs for students.

**Display Title**: "Extension Programs Reaching Florida Small Farms"
**Brief Description**: Educational programming in Florida is diverse and the key strategies will be featured, including Florida Small Farms Web Site, Small Farms and Alternative Enterprises Conference, Small Farms Academy, regional programming and more.

**Display Title**: "Hydroponic Systems and Crops"
**Brief Description**: This display will include several types of systems (floating, vertical towers, containers, NFT, etc.) with opportunities to interact, touch and see how they work.

**Display Title**: "Bees, More than Just Honey"
**Brief Description**: This display will include the bee hive encased in glass for kids’ and adults’ viewing pleasure, highly interactive for kids and adults.

**Display Title**: "Organic and Sustainable Farming"
**Brief Description**: This display is all about how important healthy soil is. It will feature photos showing diversity of soil organisms and what they do, organic-compliant fertilizers and more.

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Hurray, another hot, humid summer will soon be just a memory. As the weather turns cooler, many of us are more motivated to do some work in our yards. With the help of Sydney Park Brown, a horticulture specialist at the University of Florida, we have developed a winter gardening plan for you. So drag out those gardening gloves and get those chores done before the football games start. One note of caution is to be aware that many snakes have been displaced from all the standing water and have moved to higher ground. Look closely before you grab that branch or pick up that pile of leaves. A snake bite could mean you miss out on the football game as you wait in the emergency room.

What to **Plant:**

**Bedding Plants:** Even though temperatures are still warm, begin planting for the cooler months ahead. Digitalis (foxglove), petunia, pansy, viola, chrysanthemum, snapdragon, lobelia, alyssum and shasta daisy are good plants for the fall garden. See: *Gardening with Annuals in Florida*

**Bulbs:** In September, plant daffodils that are suitable for Florida. Fragrant varieties include ‘Carlton’, ‘Fortune’, ‘Silver Chimes’, ‘Thallia’, and ‘Sweetness’. Bulbs to plant in November include amaryllis, crinum, and daylily. Plant *Lycoris* (spider lily) in partial shade. Plants will produce foliage in winter and beautiful red flowers emerge in late summer. See: *Bulbs for Florida*

**Herbs:** A wide range of herbs can be planted from seeds or plants this month. Some to try are dill, fennel, oregano, and sage. In November, plant herbs like cilantro, dill, fennel, parsley, sage, garlic, comfrey, cilantro and thyme since they thrive in cooler, dryer weather. See: *Herbs in the Florida Garden*

**Vegetables:** Plant crops now that will grow and produce through the winter months. This includes beet, Brussels sprout, carrot, and onion. In November, continue planting beet, broccoli, cabbage, carrot, kale, English pea, radish and lettuce in your cool season garden. See: *Florida Vegetable Gardening Guide*

**What to Do:**

**October:**

**Lawn weeds:** The time to control winter weeds in lawns is before they appear. Pre-emergent herbicides must be applied at the right time to be effective. Apply when nighttime temps are 55-60°F for 4-5 days. Avoid weed and feed products. See: *Weed Management in Home Lawns*

**Pine needles:** Gather pine needles that are dropping and use them for a natural mulch. See: *Landscape Mulches: What are the choices in Florida?*

**Strawberries:** Prepare beds and set strawberry plants this month. If there isn’t room for a bed, try planting them in large containers. Either way provide daily watering until plants are established. See: *Growing Strawberries in the Florida Home Garden*

**Lawns:** Lawns will start to lose color as the weather cools. For a green lawn all winter, overseed with annual ryegrass when daytime temps are in the low 70’s. See: *Overseeding Florida Lawns for Winter Color*

**November:**

**Citrus:** If freezing temperatures are predicted, protect small citrus trees by watering well at least a day before the freeze. You may also use covers that extend to the ground for protection. See: *Cold Protection of Ornamental Plants*

**Scale on ornamental plants:** Now that temperatures are lower, use dormant oil sprays to control scale insects on trees and shrubs. See: *Scale Insects and Mealybugs on Ornamental Plants*

**Irrigation:** Plants need less supplemental watering in cooler weather. Turn off systems and water only if needed. See: *Fertilization and Irrigation Needs for Florida Lawns and Landscapes*

**Camellias:** Add some of the new cultivars for bright spots of color in winter. Disbudding, or removing some buds now, will insure larger blooms later. See: *Camellias at a Glance*

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Display Title: "Small Livestock for Small Farms"
Brief Description: Livestock display will feature poultry and poultry products and perhaps goat and sheep. One aspect of the display will be the Virtual Field Day modules on pastured poultry.

Display Title: "Integrated Pest Management"
Brief Description: Integrated pest management techniques, tools, pest specimens and beneficial specimens will be demonstrated. Microscope demonstrations to ID insects and farmscaping strategies will also be displayed.

Display Title: "Building a Farm Food Safety Program"
Brief Description: The display will show the online and printed resources and materials available to help farmers build their plans and other family and consumer sciences demonstrations will include home food safety, hand washing, etc.

Display Title: "Growing Gourmet Mushroom in Small Spaces"
Brief Description: Both log and bag culture techniques and tools will be demonstrated. The area will include a small mini shade tent structure like those used in production facilities.

Display Title: "Alternative and Emerging Fruit Crops in Florida"
Brief Description: This display will feature specialty fruit crops that are emerging as viable alternative on small farms. Fruit crops will include: blueberry, cold hardy citrus, grapes, persimmon, pomegranate, peach, plum, and more.

Display Title: "Creating a Buzz About Your Business: Florida MarketMaker and Other On-line Tools for Success"
Brief Description: This display will include an interactive presentation using several types of marketing techniques, branding, using social media, blogs, and Twitter to increase sales of a business as well as Florida MarketMaker program.

Display Title: The "150th Anniversary of the Morrill Act" will be celebrated throughout the building. The Morrill Act of 1862 was also known as the Land Grant College Act. It was a major boost to higher education in America. The grant was originally set up to establish institutions in each state that would educate people in agriculture, home economics, mechanical arts, and other professions that were practical at the time. The land-grant act was introduced by a congressman from Vermont named Justin Smith Morrill. He envisioned the financing of agricultural and mechanical education. He wanted to assure that education would be available to those in all social classes.

Cool Season Gardening....(Continued from page 12)

December:
Poinsettias: One of the most popular indoor holiday plants is poinsettia. With proper care, this colorful plant will give weeks of color. See: Poinsettias at a Glance
Cold protection: Don’t prune cold-damaged plants yet. Wait until warm weather returns to cut back plants. See: Cold Protection of Ornamental Plants
Compost/Mulch: Fallen leaves provide the carbon ingredient needed for successful composting and also make a good mulch. See: Compost Tips for the Home Gardener
Pests: While cooler weather generally means fewer pests, some populations actually increase at this time of year. Continue monitoring and treat as needed. See: Landscape Integrated Pest Management
Welcome!

Please help us welcome our newest secretary, Ms. Cindy Barber!