



HOMESTEAD & FARM NOTES

January – March 2016

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HAPPY NEW YEAR



Did you know □□□□ 90% of kids consume too much sodium. Kids usually develop a taste for salty foods early in life. This is usually based on the amount of salt parents use. Foods that contribute the highest amounts of sodium in our kid’s diet are foods such as pizza, cold cuts, breads, savory snacks and cheese. The meals that contribute the highest amount of sodium are lunch and dinner. Usually these meals consist of fast foods or prepackaged high salt, high fat foods. Heart.org/sodium through the American Heart Association offers simple tips on ways to reduce the sodium in the food your family consumes.



Upcoming Programs & Events

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- For updates visit our website at <http://union.ifas.ufl.edu>

- January 1st:** Extension Office closed for New Year’s Day.
- January 18th:** Extension Office closed in observance of Dr. Martin Luther King, Jr.
- March 25th:** Extension Office closed for Easter Holiday.
- Union County Beekeepers Club Meeting:** January 12th, February 9th, and March 8th at 7:00PM at the Extension Office.
- Union County Soil & Water Conservation District Board Meeting:** January 19th, February 23rd, and March 22nd at 6:30PM at the Extension Office.
- January 8th & 9th:** UF Livestock Judging Clinic see Mr. Jason Stalnaker for more details.
- January 15th—16th:** Bradford Beef Bash registration is now open, if interested in participating please contact Kim at the Bradford Extension Office at 904-966-6224.
- January 30th:** Union County Goat Show at UCHS FFA Barn at 8:00AM.
- February 19th:** Kissimmee Livestock Judging Competition see Mr. Jason Stalnaker for more details.
- February 25th:** National Diabetes Prevention Program at the Union County Extension Office at 10:00AM and 5:00PM, if interested call 386-496-2321 or e-mail sdeary@ufl.edu



Livestock Calendar for January

- Now is the time to lime if your soil sample recommends liming for spring pastures and hayfields.
- Check and keep mineral feeders full always.
- Check for lice and treat if necessary.
- Control broad-leaved weeds in rye pastures.
- Buy only performance-tested bulls.
- Put bulls with cows now for October calving season.
- Make up breeding herd list if using single-sire herds.
- Watch calves for scours.
- Review herd health program with vet and outline your program.
- Record cow herd heats, breeding abnormalities, difficult calving's, etc...
- Examine bulls for breeding soundness and semen quality before your breeding season.
- Use high magnesium mineral supplement to prevent chance of grass tetany if you have heavily fertilized rye/ryegrass pastures.
- Vaccinate cows and heifers against Vibriosis and Leptospirosis before breeding season.



Livestock Calendar for February

- Put bulls out with breeding herd. Work calves (identify, implant with growth stimulant, vaccinate).
- Make sure lactating cows are receiving an adequate level of energy. Check for lice and treat.
- Watch calves for signs of respiratory diseases. Cull cows that failed to calve while prices are seasonally up.

Livestock Calendar for March

- Worm cows if needed.
- Make sure cows are healthy and making good weight gains.
- By April 1st begin a fly control/external parasite control program.
- Identify, vaccinate, implant and work late calves.
- Observe bulls for condition and success, rotate and rest bulls.
- Put bulls out on cows March 1st for your calving season to start on December 9th.

Cool season vegetables to plant

JANUARY: Beets, broccoli, cabbage, carrots, cauliflower, celery, Chinese cabbage, kale, leek, mustard, bunching onions, multiplier onions, parsley, English peas, Irish potatoes, radish, rutabaga, and turnips.

FEBRUARY: Beets, broccoli, cabbage, carrots, cauliflower, celery, Chinese cabbage, collards, endive or escarole, kale, lettuces, mustard, bunching onions, multiplier onions, parsley, English peas, Irish potatoes, radish, and turnip.

MARCH: Bush beans, pole beans, lima beans, corn, cucumbers, eggplant, okra, peas, peppers, potatoes, squash, tomatoes, watermelon and cantaloupe.

Horticulture Hints

JANUARY: Bulbs: African lily, amaryllis, Aztec lily, Voodoo lily, and watsonia.

Annuals: Carnation, pansy, petunia, and snapdragon. For early bloom we can also plant delphinium, digitalis (foxglove) and larkspur seed this month.

FEBRUARY: Baby's Breath, Calendula, Carnation, Dianthus, Dusty Miller, Marguerite Daisy, Pansy, Petunia, and Snapdragon.

MARCH: Bulbs: African lily, Amaryllis, Caladium, Dahlia, Spider lily, Voodoo lily, and Wastonia.

Wildlife Wonders

JANUARY: Nesting activity begins for Ospreys, Sand hill Cranes, Herons, Egrets, and Black Vultures.

Deer reach the peak of the rutting season in North Florida.

Gray foxes, Bobcats, and Raccoons begin courtship and breeding this month.

Male Cardinals begin territorial singing later in the month.

Cedar Waxwings and Robins are eating fruits such as holly berries.

Look for red-tailed Hawks perched in trees and on billboards along interstates.

Huge clouds of Tree Swallows should be visible around sunset roosting over large marsh areas.

FEBRUARY: Purple martins scouts look over North Florida nesting sites. Make sure houses are up.

Greater Sand hill cranes migrate from Florida northward to Michigan and Wisconsin.

Nesting season begins for ospreys in North Florida.

Watch for Manatees in spring runs.

MARCH: Frogs and toads move to ponds, streams and ditches to breed during rainy nights.

Largemouth bass spawn throughout Central Florida.

White Bass run up the Ochlocknee River above Lake Talquin.

Hummingbirds return.



4-H HAPPENINGS



4-H will hit the ground running in 2016! Literally! The annual 4-H 5K planning is under way for April 22nd. Mark your calendars now and start thinking about how you can get plugged in to help! This will be a collective effort from the entire Union County 4-H Family!!!

There are several dates on the horizon for our students so please make note of the following dates!

January:

~ **January 8-9: UF Livestock Judging Clinic** \$20 per participant. Hours will be 2-8 on Friday, dinner will be provided and 8-12 on Saturday. Please reserve their space with Mr. Jason.

~ **January 11: BUSA Meeting** 7:00 in Lake Butler. The location is TBD. Please bring a side dish or dessert for dinner.

~ **January 14: BUCA Meeting** 6:00 at the fairgrounds.

~ **January 15-16: Bradford Beef Bash** registration is now open. If you are interested, please contact Kim at the Bradford Extension Office.

~ **January 23: Goat Exhibitors Meeting** at the fairgrounds at 10:00 am. Remember, you must attend 2 out of 4 meetings.

~ **January 26: County Council** 6:30-7:30 at the Union County School Board meeting room. We will be discussing County Wide Events, Annual Awards and the 4-H 5K. This meeting is open to all 4-H members in UC. Only intermediate age and higher (11+) can be a voting delegate.

~ **January 30: Union County Goat Show** will be held at the UCHS FFA Ag barn. Check in and health certificates will begin at 8 and the show will begin at 9. The fee is \$15 per goat which includes the required health certificates for the Bradford Union Fair. Great practice show!!!

February:

~ **February 3: 4-H Day at the Capitol** \$40 includes transportation, breakfast, lunch, and tours. We will be meeting with our representatives! Please register with Mrs. Kristi by January 11.

~ **February 8: BUSA Meeting** 7:00 at Southside Elementary in Starke.

~ **February 11: BUCA Meeting** 6:00 at the fairgrounds.

~ **February 19: Livestock Judging Competition** in Kississimmee. See Mr. Jason for more info.

~ **February 23: County Council** 6:30-7:30 at the Union County School Board meeting room. We will be discussing County Wide Events, Annual Awards and the 4-H 5K. This meeting is open to all 4-H members in UC. Only intermediate age and higher (11+) can be a voting delegate.

~ **February 27: County Wide Events, Fair Forms and Record Books Deadline** CWE will be held from 9-12 in the UCHS Auditorium. Any exhibitors showing in the fair are required to participate in order to meet the requirements to show. Record Books must be turned in as well. You will receive an email as well as information at your January meeting on CWE guidelines. If you plan to exhibit an item in the fair such as a cake, wood working, sewing project, etc., you must turn in your form at or before County Wide Events.



4-H HAPPENINGS



March:

~ **March 1: Entries Due for 4-H Fair Exhibits** All exhibits must be delivered to the UC Extension Office by 4:30 or delivered to the fairgrounds by 5 pm on March 2nd. *** Exception– Cakes are due March 7th by 4 pm at the fairgrounds.

~ **March 4: Strawberry Pie Contest** All pies must be checked in between 4:30-5:00 in Building #1 at the fairgrounds. Cloverbuds can exhibit a pie; however, the contest is open to 4-H members between the ages of 8-18.

~ **March 4: Table Setting Competition** 4:00 in Building #1 at the fairgrounds. You must bring a card table to display your table setting. Entry forms and guidelines will be available mid-January.

~ **March 5: Rabbits & Poultry arrive & Goat Show** All rabbits and poultry for exhibit will be on a first come, first serve basis for available pens from 9-11. The goat show check in will be 10-12 and the show will begin at 2:00.

~ **March 7: Swine & Beef arrive at Fair**

~ **March 8: Swine Show**

~ **March 9: Steer Show**

~ **March 10: Beef Breed Show & Showmanship**

~ **March 10: Livestock Judging Contest, Exhibitor Lunch & Swine Sale**

~ **March 12: Steer Sale**

~ **March 21-25: SPRING BREAK!!!!!!!!!!!! :)**

~ **March 24: Putnam County Livestock Judging Competition** Let Mr. Jason know if you plan to participate.

April:

~ **April 9: Livestock Judging Competitions** Senior Livestock Judging team will be judging at UF in the state competition. Intermediate and Junior teams will be competing at the Clay County fair.

~ **April 22: 4-H 5K**

~ **April 26: County Council** 6:30-7:30 at the Union County School Board meeting room. We will be discussing Annual Awards and summer camps. This meeting is open to all 4-H members in UC. Only intermediate age and higher (11+) can be a voting delegate.

May:

~ **May 7: District Events** Location TBA. This competition is for all the winners at County Wide Events in February. Senior age 4-H members who win at this event can progress on to the state event.

~ **May 17: 4-H Annual Awards** 6:30 at the Community Center in Lake Butler. Dinner will be provided. Please come help us celebrate our 4-H year and the accomplishments of our 4-H members!

Union County Extension Office
25 NE 1st Street
Lake Butler, FL 32054

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Union County Extension Office

25 NE 1st Street, Lake Butler, FL 32054

Phone: (386) 496-2321 Fax: (386) 496-1111

Email: union@ifas.ufl.edu Hours: 8:00AM - 4:30PM Monday-Friday

<i>Andy Toelle</i>	<i>Kristi McCallister</i>	<i>Samara Deary</i>	<i>Terricena Kittles</i>	<i>Pamela Toney</i>
<i>Interim Agent</i>	<i>4-H Program Assistant</i>	<i>FCS Agent I</i>	<i>FNP Assistant</i>	<i>Secretary</i>

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