



# Rabun County *Extension Newsletter*

## UGA Extension Rabun County

UGA Extension offers educational programs in the areas of horticulture, agriculture, food safety and nutrition, leadership and citizenship for youth. UGA Extension operates through a unique partnership with Rabun County Board of Commissioners and Board of Education, the University of Georgia, the State of Georgia and the U.S. Department of Agriculture. Backed by specialists and a network of resources, Extension Agents have been on the job in Georgia since 1914.

### Rabun County 4-H Update

4-H Club meetings are the core of 4-H programming and provide five through six (Cloverleaf), seven through eight, (Junior) and nine through twelve (Senior) grade students leadership experiences, hands-on learning, and chances to explore areas of interest. Young people engage in group activities that promote personal development, healthy lifestyles, a sense of citizenship, and character education. Mrs. Donna Young partners with educators through in-school club delivery and encourage and promote the Georgia Standards of Excellence.

In the 2018-2019 school year Mrs. Young meets with 9 fifth grade classes- 7 sixth grade classes (averaging 20 students per class)- 1 Junior (seventh and eighth grade) class with 27 students and 1 senior club (ninth -twelvth grade) with 18 students all during school time once per month. She also conducts several after school classes and workshops including Junior & Senior 4-H County Council Board meetings.

National 4H Week was held on October 7th thru the 13th. To honor this week, Rabun County 7th thru

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12th grade 4H'ers made appreciation gifts for the teachers that host 4H meetings in their classrooms as well as school administration and the resource officer for Rabun County Elementary, Middle and High Schools.

We kicked off a 4H fundraiser to help with general 4H Activities and events. We sold Elliot Pecans from Merritt Georgia. The October 4H school classes consisted of lessons on the Georgia Pecan crops- locations, types, finance and struggles.

With school being out October 9th, 14 fifth and sixth grade (Cloverleaf) 4H'ers attended an all-day 4-H workshop to prepare for District Project Achievement. Along with 4H staff, Junior and senior 4-H'ers helped them prepare and practice their public speaking skills as they put their projects together. The same students also attended a County Project Achievement held on October 30<sup>th</sup>. This was an assessment to see how prepared they were for District competition and also served as a celebration for all of the work that they had completed.

Donna took senior 4H'ers on a 3 day weekend trip to South Georgia to pick up the pecans for the fundraiser. They saw firsthand the devastation to the Georgia pecan and cotton industry from Hurricane Michael. They went on a tour of a pecan farm and packing facility. They also got to tour and stayed at the Fish hatchery and hunting resort where the famous Hogzilla -794 pound hog was killed. This was especially interesting to Carson Carpenter who is in the Pork Production category.

The Junior and Senior 4H'ers planned and

implemented a Jingle Bell Rock Party for the Cloverleaf to wrap up a very successful year of 4H. Everyone enjoyed games, competition, food and fun times together. Several 4H Alumni came by to meet the cloverleaf and share their experiences.

## Cloverleaf Summer Camp

Cloverleaf camp is for 4-H members in the 5th & 6th grade. Cloverleaf camp offers great adventure, friendship and fun, and all seek to develop the



camper's Head, Heart, Hands and Health to make him or her a better person. Enthusiastic and well-trained camp counselors, Extension employees and certified teen leaders work together to provide campers with unforgettable memories to last a lifetime!

This year Cloverleaf 4-H'ers will attend camp at the Rock Eagle 4-H Center near Eatonton, Ga., the week of June 10-14. Camp applications and sign up information will be distributed to 4-H'ers in the January 4-H club meetings. Camp sign up will begin February 1st.

## Cloverleaf District Project Achievement

On Saturday, November 17, 2018, 17 Rabun County Cloverleaf (fifth and sixth grade) 4-H'ers traveled to Union County to participate in Northeast District Project Achievement.

These students competed against hundreds of other Northeast District 4-Hers in project areas of their choice. Rabun County received plaques for the Highest Percent of Winners and largest increase in numbers from Northeast District. Rabun County had one student place 3<sup>rd</sup>, 7 place 2<sup>nd</sup> and the rest placing first.

Senior 4-H'ers Sam Adams and Guy Gober also attend as teen leaders for the trip. Sam, who is President of

Senior 4-H County Council, also served as a judge for several categories at the event. The ultimate goal in 4H is to become a Master 4H'er. Senior 4H'ers who win in their District Category travel to Atlanta in July to compete on the State level. Those winners then earn the title- Master 4H'ers.

Huck Smith and Guy Gober both competed at 4H State Congress this past July and both earned the Master status. Huck became Rabun Counties first Double Master. He is one of only two in state history to have mastered in two separate categories.

Rabun County received a plaque for the highest number of first place winners at State Congress. These two went on to attend National Congress on November 23<sup>rd</sup> thru the 27<sup>th</sup>. On the national level it is not a competition but a celebration of all of the winners from the United States and Puerto Rico. They enjoyed several speakers including Miss America, went on tours and did community service projects around Atlanta. We are extremely proud of these two.

## Rabun County Ag Update

### Winter Gardening Calendar

You can plant or harvest something from your garden almost all year. The two major planting periods, however, are spring (March to May) and fall (mid-July to September). The spring plantings are harvested in June and July, while the fall plantings are harvested from October to December. January and February are prime times for looking at seed catalogs, dreaming of warm spring days, preparing garden plots, and getting ready for a productive season.

#### January

- Make a garden plan. Plan the garden to include various vitamin groups.
- Consider planting a few new varieties along with the old favorites.
- Plant the amount of each vegetable to be planted, including enough to can and freeze. Allow about 1/10 acre of garden space for each member of the family.
- Buy enough quality seed for two or three plantings to lengthen the season of production.
- Take soil samples if you have not already done so, and take them to the Extension office for analysis.
- Apply manure or compost and plow it under if you did not do so in the fall.
- Apply lime, sulfur and fertilizer according to the soil-test results and vegetable requirements. Buy 100 pounds of fertilizer for each 1/10 acre to be planted (if

manure is not available, buy at least half again more). Use 5-10-10 or 6-12-12 analysis, depending on soil test and vegetable requirements.

- Get plant beds or seed boxes ready for growing plants such as tomato, pepper and eggplant. Have beds ready for planting in early February.
- Check on your compost pile and make sure it is ready for use in the spring.
- Visit the county Extension office and get copies of Georgia Extension gardening publications.



### February

- Plant seed boxes. Peppers and eggplants will take eight weeks to grow from seed to transplant size, while tomatoes will take six weeks. When the seedlings form their third set of true leaves, transplant them to individual containers.
- Prepare land for planting — winter and early spring plantings belong on a ridge (raised bed) for better drainage and earlier soil warm-up.
- Make early plantings of your choice from the following: carrots, collards, lettuce, mustard, English peas, Irish potatoes, radishes, spinach and turnips.
- Use "starter" fertilizer solution around transplanted crops such as cabbage.
- Replenish the mulch on strawberries.
- Seed herbs for April planting. Make a list of the ones that are best to buy rather than seed, such as French tarragon and rosemary.

### March

- Make second plantings of such quickly maturing crops as turnips, mustard, radishes & "spring onions."
- Thin plants when they are 2 to 3 inches tall to give the plants room to grow.
- Carry out any February jobs not completed.
- Treat seed before planting or buy treated seed for protection against seed-borne diseases, seed decay, seedling "damping off" and soil insects.
- Early-planted crops may need a nitrogen side-dressing, particularly if the soil is cool. Place the fertilizer several inches to the side of the plants and water it in. A little fertilizer throughout the growing period is better than too much at one time.
- Before settling them in the garden, harden-off transplants - place them in their containers outdoors in a sheltered place a few days ahead of planting them.
- Get rows ready for "warm-season" vegetables to be planted during the last week of March or first week or two of April as weather permits.
- You might want to risk planting out a few of the

more tender crops and keeping them covered during bad weather.

- Watch out for insects, especially cutworms, plant lice (aphids) and red spider mites.
- Put down mulch between rows to control weeds.

## Master Gardener Update

### UGA Extension Offers Master Gardener Course in March

Beginning on Tuesdays in March the Habersham Extension Office in Clarkesville will be hosting a Master Gardener Certification Course to recruit volunteers for our Headwaters Master Gardener group. The Headwaters group features volunteers from Habersham, White, Rabun, and Stephens counties. The program is a 12 week program hosted at the Habersham Extension Office from 8:30-12:00. Each week you'll receive instruction from Extension Specialists, County Agents, and Master Gardeners on a variety of topics. The intent of the course is to make you aware of the resources available through Extension to answer gardening questions and to make you a better gardener.

The focus of the Master Gardener program is to provide volunteer support for projects in our local community. Master Gardeners are very active in projects at our local libraries, the farmers market, Habitat for Humanity landscapes, Lunch & Learn programs, plant sales, and scholarships. Their time and effort makes a difference for others. If you are interested in taking the course, please be aware of the required volunteer component.

All interns accepted to the program must complete a background screening to become a volunteer with UGA. From there, new interns are required to submit 50 hours of community service work before the year ends. Each year after that, the requirement drops to 25 hours. For most, who are actively involved, getting the required hours isn't difficult. All it takes is caring about others and a willingness to give back.

Participants of the program will receive a Georgia Master Gardener Handbook, a Georgia Pest Management Handbook, and name badge. They will be given their first year membership to our local Headwaters Master Gardeners chapter and the Georgia Master Gardener Association. Cost of the program is \$125.00 per person. If you would like to sign up, please email [stevep@uga.edu](mailto:stevep@uga.edu). The course runs from 3/5 to 5/28 on Tuesdays from 8:30 – Noon.

# All citizens of Georgia are asked to participate on August 23-24, 2019

by counting pollinators on their favorite pollinator plant for fifteen minutes.  
Training is available. All counts will be submitted through the website.

**GGaPC.org**

## Food safety when the power goes out

By Barbara Worley for CAES News

With snow and ice in the winter, the likelihood of a power outage always lingers. University of Georgia Cooperative Extension encourages Georgians to be prepared before an emergency strikes.

People are hesitant to throw away food after a power outage. However, eating food that has not been kept at the proper temperatures comes with a grave risk of foodborne illness.

Time and temperature are important factors in food safety. When the power is on, refrigerators should be set at or below 40 degrees Fahrenheit and freezers should be set at or below 0 F.

If the power goes out, keep the doors to the refrigerator and freezer closed as much as possible. If the door is left unopened, the refrigerator will keep food safely cold for about four hours. A full freezer will hold the temperature for 48 hours (or 24 hours if it's half full). Dry (carbonic gas) or block ice can be used to keep your refrigerator or freezer cold.

Keep coolers and frozen gel packs on hand for times when the power may be out for more than 4 hours. If your freezer is not full, keep items close together to help the food stay cold longer. Keep like items together – meats with meats, vegetables with vegetables, and so on.

Never store your food outdoors during a power outage. Frozen food can thaw in the sun's rays even when the outdoor temperature is below freezing. Food can become too warm and bacteria can grow from the variation in outside temperature from hour to hour. Rather than putting food outside, take advantage of the freezing weather to make ice to use in your refrigerator, freezer or coolers.

Once power is restored, evaluate each item to ensure its safety. Never rely on appearance or odor. Having appliance thermometers in both your refrigerator and freezer, and a meat thermometer for taking the temperature of food items individually, is necessary for evaluation. Have these in place before an emergency. If the appliance thermometer stored in the freezer reads 0 F or below, the food is safe and may be refrozen.

Always discard any items in the freezer or refrigerator that have encountered raw meat juices. Discard any perishable food (such as meat, poultry, fish, eggs, and leftovers) that have been above 40 F for two hours. Partial thawing and refreezing may reduce the quality and integrity of some food, but it won't endanger the safety of the food if the temperature is low enough.

## Upcoming Events in 2019

- Project SAFE (Shooting Awareness, Fun and Education) Shotgun Practice
- Northeast District Junior/Senior District Project Achievement, March 1-3, 2019
- Master Gardener Class begins March 5, 2019
- Northeast Georgia Vegetable Growers Seminar, March 19, 2019.
- Great Georgia Pollinator Census, August 23-24, 2019

### Contact Us

Send an e-mail or give us a call for more information about our services.

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