Spring Planting
By Karol Kelly, ANR Agent

Spring is quickly approaching. For those who garden, that means the overwhelming, unstoppable urge to put plants in the ground is here. There are numerous guiding principles for the correct time to plant that spring garden. Some follow the Farmer’s Almanac, some go by the Good Friday rule of thumb, others follow the timing prescribed by their predecessors. All of these approaches work out some, if not most, of our growing seasons. However, there are some tactics to help take some of the guesswork out of spring gardening.

In Extension, we rely heavily on the University of Georgia Weather Network. Go to the site www.georgiaweather.net and enter your zip code for the closest weather station. For our office in downtown Macon, the closest station is in Byron. Warming soil temperatures are vital for seeding and using transplants in the garden. Even though the air temperatures have fluctuated from around 60F to around 80F during the past seven days, soil temperatures haven’t maintained a steady range of 60 to 65F.

Another interesting data point to check on the website is the weekly data on the last frost date. There has been a wide range over the past twelve years. In 2007, the last frost date was April 8, but in 2012, it was February 13. For those who follow the Good Friday planting rule, this year should be a successful growing season. The date falls later this year on April 19.

Whatever your guiding force, Happy Planting this spring! Enjoy the feel and smell of the soil as you prepare for your summer crop!
Springing Into Design!
By Keishon Thomas, FACS Agent

Spring is in the air! For me, that also means it is time to update my home! Research has shown that we spend 90% of our time in our homes. So let’s make them as comfortable and beautiful as possible.

Accent pieces are important. A few carefully placed pillows, wall art or an area rug can make a huge difference to a space. Ensure the accent pieces coordinate with other colors in the space. Most of all make sure you love the accent piece.

Don’t underestimate window treatments—they can serve a dual purpose. First, it can help keep the space cool. Window treatments such as blinds or curtains can block sunlight making our homes cooler. Second, it can be a component of your design. Rooms with window treatments tend to look more pulled together. If you are using curtains for instance, they can be solid, have designs or even pictures. There are tons of options for blinds as well. Be mindful that you may have to special order them if your windows are not standard measurements. You are the designer just make sure you love it.

I am sure most of you are like me and have tons of photographs. Use those photographs as a design element in your space. Several local stores make canvases and prints for you for a nominal fee. There are also websites where you can order your favorite prints on glass or plastic. Decorative picture frames can also help to make our beloved pictures a work of art.

Plants, flowers and design. I have grown to like plants and flowers but I love decorative planters and flower pots. Vary the size and color of your planters. Place them in inside and outside spaces. Try a new flower or plant that strikes your fancy. I must admit my family did a lot of trial and error. We lost a few in the process but it did teach me a few things: what I can grow successfully, the difference between annuals

Tips to keep your home a pollen-free zone:
- Clean the car off—if you don’t have a garage you can keep your car in, give it a quick rinse whenever you can.
- Wipe your feet on the mat and then remove your shoes and other outer wear as soon as you enter the house. Leave them there.
- Wear a mask if you must. Wear a not-so-chic but ever-so-useful filter mask which keeps the pollen out of your nose and mouth.
- Prevent your indoor-outdoor pets from bringing in the pollen. Give them a good brushing and wipe off their paws before they track it through the house.
- Decontaminate - if you’ve been enjoying outside activities get the pollen off of your body and your clothes.

---

**Upcoming Classes at Bibb Extension**

- **Cancer Cooking for a Lifetime:** Cancer Cooking School; 3/20/19; FREE
- **Child Care Provider Class—Help, I Look Like a Strawberry:** Allergies in the ECE Environment; 4/3/19; $10
- **Child Care Provider Class—Infectious Diseases:** 4/4/19; $10
- **Child Care Provider Class—Technology in the ECE Classroom:** 5/21/19; $10
- **Child Care Provider Class—1-2-3-4: Counting and so Much More:** 5/23/19; $10
Bibb 4-H Update
By Samaria Spencer, 4-H Program Assistant

Cloverleaf DPA wrap-up: Twenty-nine Bibb County 4-H’ers (some pictured to the left) attended Cloverleaf District Project Achievement competition at the Rock Eagle 4-H Center on February 16, 2019. 83% of the Bibb delegation ranked first-third, with 46% awarded first place honors.

Junior/Senior District Project Achievement is March 8-10 and we are taking fifty 4-H’ers for the fun-filled weekend-long competition at Rock Eagle 4-H Center. Though fifty may not seem like a large number, it is a sixteen person increase from our previous year.

Summer Camp: We still have available slots for Cloverleaf Summer Camp (4th-6th grades) on July 8th-12th, Junior Camp (7th-8th grades) on June 10th-14th, and Senior Camp (9th-12th grades) on May 27th-31st. Come to the Extension office to pay the $75 registration fee to secure your child’s place and receive an informational folder with fundraising opportunities, such as Krispy Kreme donut.

Macon-Bibb County 4-H
Vidalia Onion Sale

Macon-Bibb 4-H’ers are selling Vidalia onions to raise money to attend summer camp and other 4-H activities. Bags of onions are available in 3 sizes and will be delivered in mid-May at the peak of the season when the best of the crop is harvested.
EFNEP (Expanded Food and Nutrition Education Program) Program Assistants participated in the Buck Melton 2nd Annual Red Dress Luncheon. Charlene May and Alesia Mays were able to exhibit and inform women in the community about low fat, low sodium foods. UGA EFNEP collaborates with hundreds of agencies throughout the state of Georgia to deliver Food Talk in a community setting. Connect with us on social media and visit www.ugaefnep.org for information on how you can collaborate with UGA EFNEP to

We have a new calendar of events organized by Extension and others which may interest those who love gardening and natural resources. You must already have or activate a new Gmail account to be able to access the calendar. To set-up a free Gmail account, control/click https://www.google.com/gmail/; then follow the steps. You don’t have to use the Gmail account to get emails. To access the Gardening, Horticulture and Natural Resources Calendar, control/click here: https://calendar.google.com/calendar/b/1?cid=bWxyam9mcnVwajVybIlpcjZnMyYm9mdDhAZ3JvY2FsZS9kYXluZ29vZ2xlLmNv

UPCOMING DATES
March 8-10—4-H Junior/Senior District Project Achievement
March 11-April 18—4-H Vidalia Onion Sale
March 14—“How to Build a Raised Bed Garden” class at *Lanford Library
March 21-23—Master Gardener Spring Plant Sale
April 5-6—Master Gardeners of Central Georgia Spring Home and Garden Show
April 11—“Gardening for Pollinators” at *Lanford Library
April 17—“Using Native Plants in Your Yard” at **Washington Library
May 9—“Hydrangeas for Home and Garden” at *Lanford Library
May 15—“Hydrangeas for Home and Garden” at **Washington Library
May 27—Bibb County Extension office closed for observance of Memorial Day

*Second Thursday gardening program at 2:00 p.m. at Lanford Library, 6504 Houston Road, Macon. Call (478) 621-6970 for more information. Registration is recommended.

**Program at 2:00 at the Washington Library, 1180

Fruity Parfait
(Makes 2 servings, 1 cup each)

INGREDIENTS:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
<td>lightly sweetened cereal</td>
</tr>
<tr>
<td>1 cup</td>
<td>low-fat vanilla</td>
</tr>
<tr>
<td>½ cup</td>
<td>berries or cut-up fruit*</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>chopped pecans</td>
</tr>
</tbody>
</table>

* drained if using canned

DIRECTIONS:

1. Place cereal in small bowl or cereal dish. Crush slightly with spoon. Spread in even layer over bottom.
2. Add yogurt. Spread evenly over cereal.
3. Rinse fruit or drain if canned. Sprinkle fruit evenly over yogurt.

We are UGA EFNEP
#WeAreEFNEP