



The Extension Cord

Plugging You into Macon-Bibb County Extension



Friday Night Lights!

By Keishon Thomas, FACS Agent



It's time for Football! There will be bands, family, fun and my favorite, 'The Concession Stand'. The safety and well-being of everyone visiting the concession stand lies in the hands of volunteers.

If you will be volunteering at a concession stand, use these tips to ensure proper food safety and stay in the game. Remember your checklist of essential items:

- ◆ Dishwashing liquid can be used to clean all equipment and utensils.
- ◆ Paper towels can be used to wash and dry equipment and utensils, dry hands and clean countertops. Remember sponges, dishcloths and brushes can spread bacteria.
- ◆ Sanitizing solution to sanitize all workspaces, including countertops and equipment. This reduces the levels of bacteria left behind after cleaning.
- ◆ Use gloves, tongs, and tissue paper to avoid hand-to-hand contact with food items.

While working the concession stand it's essential to:

- ◆ Wash hands often, including when you begin your shift and after leaving and returning to the stand.
- ◆ Keep the germs on ice. Place the ice scooper outside of the ice machine to avoid germs from the handle contaminating the entire batch of ice.
- ◆ Keep it cold. Refrigerated items should be stored in a cooler with ice or in a refrigerator at 40 degrees or below. While this may be a no-brainer, it is often overlooked.
- ◆ Keep it hot. Some foods can be dangerous if they are not held at the appropriate temperature once they are cooked. If the food item is not kept warm, throw it out after two hours.

If you have symptoms of illness don't volunteer. Get someone to replace you.

Training is essential. Provide food safety training prior to the big event. If you are interested in more information about concession stand food safety or training your volunteers, please contact us at 478-751-6338.

Fall 2018 Edition



**UGA Extension
Macon-Bibb County**

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[http://extension.uga.edu/
county-offices/bibb.html](http://extension.uga.edu/county-offices/bibb.html)

*Find us on Facebook as
"Bibb County GA Cooperative
Extension"*



The Macon-Bibb County
Cooperative Extension
office extends lifelong
learning to Georgia citizens
through unbiased,
research-based education
in agriculture, the
environment, communi-
ties, youth, and families.



UNIVERSITY OF GEORGIA

EXTENSION

Bibb County



Bibb 4-H'ers Compete in Georgia State District Project Achievement

By Kari Mateling, 4-H Agent

In March of 2018, a total of forty-four Macon-Bibb 7th-12th graders competed in District Project Achievement (DPA) at Rock Eagle 4-H Center! Through DPA, students gain valuable written and oral communication skills. Participants indicated they felt more confident, focused, and prepared to speak in front of a group because of DPA. The requirements to attend DPA include: researching a topic, writing a speech, preparing visuals, keeping project records for a year in the form of a written portfolio, and giving an 8-12 minute oral presentation.

High school students who place 1st in the district competition go on to the state competition in Atlanta at the end of July. Three students represented Macon-Bibb County in July. Nicholus Jackson, a 12th grader at Central High School, placed 5th in the Performing Arts category with his solo on the marimba. Kai Thomas, a 10th grader at Howard High School, placed 3rd in the Housing, Equipment and Environment category with her speech about dangerous household look-a-likes. Zoe Economides, an 11th grader at the Academy for Classical Education, received a perfect interview score and outshined her competition in the Arts and Crafts category.

Left to Right: Kai Thomas (10th grade-Howard High School), Nicholus Jackson (12th grade-Central High School), Zoe Economides (11th grade- Academy for Classical Education)

Bibb County 4-H is very proud of these young people! For more information about Bibb County 4-H please contact Kari Mateling. karim@uga.edu



\$10



Macon-Bibb County Mobile Rabies Clinic & 4-H Fundraiser

SEPTEMBER 8, 2018 • SATURDAY

8:30 A.M. TO 9:15 A.M. RUTLAND ACE HARDWARE

9:45 A.M. TO 10:30 A.M. SONNY CARTER ELEMENTARY

11:00 A.M. TO 11:45 A.M. HUTCHINGS CAREER CENTER. 2011 RIVERSIDE DRIVE



\$10 per vaccination.
Bring your dogs & cats!

Contact the Macon-Bibb County Extension office for more information
478-751-6338





Bibb County 4-H will be selling locally grown Georgia pecans during the month of October! Like us on Facebook to learn more about this fundraiser!

<https://www.facebook.com/BibbCountyCooperativeExtension/>





Image by Joseph OBrien, USDA Forest Service, Bugwood.org

Fascinating Fungi

By Karol Kelly, ANR Agent

I was pleasantly surprised to find the dainty bird's nest fungus (*Cyathus* spp.) growing among the mulch as I pulled weeds recently. I'd read about this tiny decomposer for years and was amazed by its miniscule size. When comparing it to the white 'toad stools' popping up nearby, it was surprising to think that they are cousins, belonging to the same Class of organisms.

During the fall, when cooler temperatures and moisture prevails, it is usually easy to spot some member of the Kingdom Fungi. While some mushrooms are fairly non-descript, others vary widely in color, form, and texture. In most cases, the part we are able to see is part of the reproductive process with the thread-like

vegetative growth lying beneath the soil, mingled in with mulch, or perhaps beneath the bark of a decomposing tree.

We typically hear from homeowners who want to get rid of the 'weird' things growing in their yards. While the fruiting bodies will disappear after a couple of weeks as environmental conditions change and insects move in, a golf club will work to remove these even quicker. There is really no need to be overly concerned about removing mushrooms unless you have small children roaming the yard who might try to eat them. While the vast majority of mushrooms are not poisonous, it is still important to take mushroom poisoning seriously. **I'd strongly advise against eating mushrooms picked in the wild.**

Fungi are a fascinating group of organisms that should be studied and appreciated rather than feared in our home landscapes. For more information, visit http://botit.botany.wisc.edu/toms_fungi/ or www.gamushroomclub.org.

MASTER GARDENERS OF CENTRAL GEORGIA 2018 FALL PLANT SALE

SPONSORED BY

MASTER GARDENERS OF CENTRAL GEORGIA (A 501 C 3 NON PROFIT)

UGA COOPERATIVE EXTENSION BIBB AND HOUSTON COUNTY

SEPTEMBER 20 THROUGH 22, 2018

THURSDAY

FRIDAY

SATURDAY

NOON – 5PM

8 AM–5 PM

8AM –3PM

**STATE FARMERS MARKET, 2055 EISENHOWER PARKWAY,
MACON, GEORGIA 31206**

FREE ADMISSION AND PARKING

MASTER GARDENERS OF CENTRAL GEORGIA OFFER A VARIETY OF MASTER GARDENER GROWN PLANTS, TREES, AND SHRUBS TO CHOOSE FROM AT BARGAIN PRICES, ALONG WITH GARDENING ADVICE AND RESEARCH BASED INFORMATION. THE SALE IS A FUNDRAISING EVENT SUPPORTING JUNIOR MASTER GARDENER SCHOOL PROGRAMS, COMMUNITY PROJECTS, AND SCHOLARSHIPS.

WEB SITE: WWW.MGCG.ORG

MASTER GARDENER TRAINING



The Master Gardener Extension Volunteer Program in Georgia is to

increase Extension's ability to educate the public about consumer horticulture and gardening topics.

Bibb County Extension participates with other central Georgia counties to train new Master Gardeners February-April each year. The training consists of a combination of lectures, reading, hands-on activities, and off-site visits.

If you are interested in participating in the program, please call the Extension office at 478-751-6338 for information or to request an application, to be sent in late October.



UPCOMING DATES

September 3—Bibb Extension closed for Labor Day

September 8—Mobile Rabies Clinic

September 10—Registration deadline for ServSafe Training scheduled for September 17-18

September 10—4-H Back-to-School Bash for grades 4-8

September 17—4-H High School Back-to-School Bash

September 13-November 1—(Thursdays) Georgia Master Naturalist Program

September 20-22—Master Gardener Fall Plant Sale

October 1-31—4-H Pecan Sale

October 4-14—Georgia National Fair

November 1-30—Application period for Master Gardener training classes

November 22-23—Bibb Extension closed for Thanksgiving



The Expanded Food and Nutrition Education Program (EFNEP) teaches about healthier food choices, stretching a food budget, and reducing the risk of foodborne illness. Our program is offered to low-income Georgians, free of charge. The recipe for Harvest Muffins is provided by EFNEP.

Harvest Muffins

- 14.5-oz. can sliced carrots, no salt added
- 1 teaspoon ground cinnamon
- 1 egg
- 1/3 cup sugar
- 1 3/4 cup all-purpose flour
- 1 1/4 teaspoon baking soda
- 1/2 teaspoon salt



Harvest Muffins

DIRECTIONS:

1. Preheat oven to 350°
2. Drain carrots and pour onto dinner-size plate.
3. Sprinkle cinnamon over carrots.
4. Mash with fork until all pieces of carrot are about the size of peas.
5. Break egg into medium bowl and mix well with fork.
6. Add oil to egg and mix well.
7. Add carrots and sugar to oil/egg mixture and stir well.
8. In separate bowl, stir together flour baking soda, and salt.
9. Add flour mixture to carrot mixture and stir until moist.
10. Pour batter into muffin tins (sprayed with nonstick spray or lined) — about 1/2 full.
11. Bake 25-30 minutes. Test center of one muffin with a toothpick. If it comes out clean, the muffin is done.
12. Cool 5 minutes. Best served warm. Makes 12 average-size muffins.



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