



The Extension Cord

Plugging You into Macon-Bibb County Extension



New Rose Disease Confirmed in Bibb County

A serious disease of roses has been identified in Bibb County and confirmed by a scientific laboratory test. Rose Rosette Disease (RRD) is an incurable viral disease. The primary means of infection is a microscopic eriophyid mite, which carries the virus from an infected plant to a healthy one when it



feeds on the sap in its tender stems. Unfortunately, the use of pesticides as a preventative is not a practical solution, and miticides that are available to homeowners are not effective against eriophyid mites.

All roses are susceptible to RRD. Infected plants exhibit a cluster of abnormally red stems that grow from the same point (called a rosette), often covered with soft thorns. New leaves may be stunted, distorted, or mottled. Flowers are also distorted and will no longer be produced by severely affected plants.

Though a rose bush may live with the virus for a couple of years, it is best to completely remove it (including the roots) to prevent its becoming a source of infection for healthy rose plants. If you suspect this disease on your roses, you may call the Bibb Extension office at (478) 751-6338 for a *Rose Rosette Disease Fact Sheet* or with questions you may have.

Summer 2019 Edition



**UGA Extension
Macon-Bibb County**

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<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, communities, youth, and families.



UNIVERSITY OF GEORGIA

EXTENSION

Bibb County

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Play it Safe this Grilling Season

By Keishon Thomas, FACS Agent

Grilling season is in full swing. Many in Middle Georgia will have backyard barbecues with all of the trimmings. Unfortunately, many gatherings will also include a special guest, bacteria. The risk of foodborne illness increases in warmer weather because disease causing bacteria grow faster on raw meat and poultry products in a warm environment. Spring and summer weather in Georgia, often hot, provides the perfect condition.

In the spirit of a food safe grilling season, Macon-Bibb Cooperative Extension is providing these important recommendations for grillers:

In the Beginning There Was Washing - I know hand sanitizer has become a staple in our society however; alcohol-based hand sanitizers should be used in addition to hand washing. They should not be used as a substitute for washing with soap and water. Hand-washing is one of the simplest yet effective ways to help reduce the threat of foodborne illness.



Safe at the Plate – Avoid cross-contaminating food items by transferring bacteria from raw meat and poultry to other foods. Serving cooked food on the same plate that was used to transport the raw meat or poultry from the kitchen to the grill is common. So is using the same spatula, fork or tongs to place raw food on the grill and later using the same utensil to remove the food after it has been fully cooked. Keep it safe by using separate plates and utensils. Your stomach will thank you.

Chill Out - A cooler is a valuable tool at outdoor gatherings. It can play a critical role in reducing the chances of foodborne illness. Popular picnic items like hot dogs, raw hamburgers and cut melons should be packed in a cooler with enough ice or freezer packs to keep the temperature inside at 40°F or below. It is equally important to play it safe by refrigerating or putting leftovers and perishables back on ice after eating. Cold foods need to be kept cold (40°F or lower). Use coolers, ice packs and ice to maintain these temperatures.

Some Like it Hot - Hot foods like BBQ ribs, sausage and baked beans (my personal favorites) should be eaten within two hours and within one hour if the temperature exceeds 90°F. My family can never get together for less than four hours so it's imperative that we keep uneaten cooked foods warm. Hot foods need to be kept hot (140°F or higher). Play it safe and keep bacteria away from your gatherings.

Macon-Bibb Cooperative Extension offers the following tips to have a safe, but fun, vacation.

- * **Make a list** and check it regularly. Add everything from medications to vehicle maintenance to ensure you have covered all of your bases. You may still forget something, but it's better to miss a few smaller things rather than critical items.
- * **Hold the mail.** A flooding mailbox with newspapers strewn about is advertising that no one is home.
- * **Tell someone.** Tell a trusted neighbor or friend that you are leaving, and ask if they would be willing to keep an eye on things while you are away. This can ease your mind and allow you to enjoy your vacation.
- * **Medication**— Order daily medication in advance. Also, pack antacids, children's Motrin, Benadryl, and pain medication.
- * **Snacks**— Provide healthy snacks. Nuts, fruit, and applesauce are all great mobile snacks. Taking snacks from home helps to minimize purchasing less healthy options on impulse. Bring along a cooler with plenty of water to stay hydrated.
- * **Research your destination online.** The hotel, attractions, and restaurants can all be investigated online prior to leaving. My family loves hot dogs (hangs head in shame), so every city we visit, we search for a place that specializes in hot dogs. We have found great spots in a variety of cities.
- * **Be "in the moment."** While it may be tempting to catch up on emails, post every fun activity on Facebook, or surf the internet; don't do it! Be in the moment! I love being in the moment enjoying our silly insider jokes and experiences that we may never have the opportunity to do again. My poor teenagers balk at the idea of going too long without technology; however they still follow the example set by their parents. So, unplug it is!

Fresh Peach Salsa

- 2 peaches, peeled and diced or canned
- 1 large tomato, diced
- 1 garlic clove, peeled and minced
- ¼ cup minced onion
- ½ cup peppers (red, yellow, or green)
- 1-2 tablespoons chopped fresh mint
- 1-2 tablespoons cilantro
- 1 tablespoon lemon juice
- 1 tablespoon oil
- Salt and sugar to taste (optional)



Mix peaches, tomato, garlic, onions, peppers, and mint together. In separate small bowl, mix lemon juice, oil, Salt and sugar together. Add to peach mixture. Serve with chips or crackers.

Macon-Bibb County Extension Program Assistant Serves on Food Access and Health Forum Panel

Alesia Mays, Macon-Bibb County Extension Program Assistant with the Expanded Food and Nutrition Education Program (EFNEP), was one of four panelists selected to participate in the Macon Food Story *Improving Food Access and Health Community Forum*. The event was sponsored by Macon Food Story, a collaborative project between Mercer University's Center for Collaborative Journalism, Georgia Public Broadcasting Macon, and 13WMAZ. A facilitator led a discussion with all the panelists about food deserts, sharing resources, and transportation to increase access to healthier food in Middle Georgia. Ms. Mays discussed EFNEP's educational series called *Food Talk*, provided by

University of Georgia Extension, in which participants sample new recipes and learn how to stretch their food dollars. (For upcoming classes, see page 4 of this newsletter.)

She also appeared on the local evening news broadcasted on channel 13 WMAZ in one of the Macon Food Story Projects, teaching "Save with Smart Shopping" to the *Power of the Knot* youth class at Southwest High School.

Alesia Mays discusses the Food Talk program, which teaches about healthy eating on a budget.





4-H Summer Activities

Please call (478) 751-6338 for registration details.

June 11—Healthy Living 101; 1:00-4:00; \$10

June 13—Recycling Craft Day ; 1:00-4:00; \$5

June 19—High Museum of Art and Atlanta Botanical Garden (High school students only); \$45

June 26—“Halfway to District Project Achievement” meeting; 9:00-4:00

June 27—Gardening Day; 9:00-1:00; \$5

July 1—College Tour and Team Building; 9:00-3:00 (tentative); \$20

Bibb 4-H’ers Participate in Earth Day Festival

In preparation for the April 24th Earth Day Festival, senior 4-Hers helped to prepare passports for a Kid’s Zone activity. The passports were in the shape of a beehive to represent this year’s theme, “Protect our Species.” The multifunctional passports doubled as fans for the warm evening. To earn stamps for their beehives, the kids worked their way through several stations, including a table set up by the Fortson 4-H Center, a seed-planting station courtesy of Georgia Farm Bureau, and a Wild Turkey Federation inflatable. After they earned five or more stamps, they could return to the table where they acquired their fans and receive an Earth Day T-shirt as a reward for completing the stations.



A representative from the Fortson 4-H Center teaches a student about snakes in a learning center about reptiles.

Summer FOODTALK classes will be held on Tuesdays, June 4-July 30 (except July 2) from 5:30-6:30 at the Ruth Hartley Mosley Women’s Center, 626 Spring Street. The free classes are offered by the Expanded Food and Nutrition Education (EFNEP) program. Call Alesia Mays at (478) 751-6338 for more information or to register.

Gardening Classes at the Library

Free, monthly garden classes are held on the 2nd Thursdays at the Lanford Library, 6504 Houston Road, at 5:30 p.m. and the 3rd Wednesdays at the Washington Library, 1180 Washington Avenue at 2:00 p.m. Summer topics: Water Smart Landscape and Irrigation (June 13, 18), Garden Resources (July 11, 17), and Fall Vegetable Gardening (August 8, 14). Please call the library to register: Lanford at (478) 621-6970 or Washington at (478) 744-0800.

EFNEP | **FOOD TALK**

FEATURING MEALS IN MINUTES

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|--|------------------------|--|-----------------------------|
| | TRY NEW RECIPES | | SAVE MONEY |
| | BE FOOD SAFE | | BECOME AN EFNEP GRAD |