



The **Extension Cord**

Plugging you into Macon-Bibb County Extension!



UGA EXTENSION, MACON-BIBB COUNTY - IT'S FALL Y'ALL!

FACS TIPS FOR A PRODUCTIVE SEASON

By Keishon Thomas



➤➤➤ MAKING THE MOST OF FALL

From nutritious seasonal foods to energy-saving strategies, Fall is a time to prepare and thrive. Here's how you can make the most of the fruitful season with practical tips from Bibb County Extension.

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FALL WEBWORMS <<<

One of our tale-tell signs of late summer and Fall has arrived - fall webworms! While regularly found in pecan trees, they make their home in more than 100 species of deciduous trees, including elm, sweetgum, willow, apple, ash, and oak, among others.

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ARE FALL WEBWORMS BOTHERING YOU?

By Karol Kelly



**JOIN US AT BIBB EXTENSION FOR AN INVASIVE "THE PLANTS THAT ATE MACON" CLASS
ON OCTOBER 15TH AT 6:00PM. QR CODE TO REGISTER IS ON PAGE 3!**

MAKING THE MOST OF FALL: FACTS TIPS FOR A PRODUCTIVE SEASON

By Keishon Thomas

➤➤➤ FALL IS IN THE AIR

As the crisp Fall air begins and the leaves turn to create a vibrant tapestry, fall presents an excellent opportunity for families to embrace the season's unique benefits. From nutritious seasonal foods to energy-saving strategies, Fall is a time to prepare and thrive. Here's how you can make the most of the fruitful season with practical tips from Bibb County Cooperative Extension:

➤➤➤ PREPARE YOUR HOME FOR COOLER WEATHER

Temperatures will drop (I promise it's coming), so it becomes crucial to ensure your home is energy efficient. Simple steps like sealing gaps in windows and doors, checking your heating system, and using programmable thermostats can help manage heating costs and keep your home comfortable. Don't forget to check and clean your gutters!

➤➤➤ EMBRACE FALL PRODUCE

Fall is a harvest season rich in flavors and nutrients. Add seasonal produce such as pumpkins, apples, and root vegetables to your family meals. These ingredients not only offer health benefits but are also affordable and flavorful. Pumpkin soup, anyone?

➤➤➤ PRESERVE AND STORE

Take advantage of the harvest by canning and freezing fruits and vegetables. This can help extend the benefits of seasonal produce throughout the winter. Visit this link to learn more: <https://nchfp.uga.edu/>

➤➤➤ PLAN FOR BALANCED MEALS

As the weather cools, heavier, more comforting meals become more appealing. To help maintain balance, include lean proteins, whole grains, and plenty of vegetables.

➤➤➤ TACKLE FALL CLEANING

Fall is the ideal seasonal clean-up and organization time. Focus on decluttering closets, organizing seasonal clothing, and preparing your home for the winter. Donate or recycle items you no longer use and take inventory of what you have. This not only makes space but also helps manage household items more efficiently.

TURKEY N' SQUASH INGREDIENTS

- 2 medium yellow squash, chopped
- 2 medium zucchini, chopped
- 14.5 oz. canned stewed tomatoes
- 1 green pepper, diced
- 1 onion, diced
- 1lb. ground turkey
- 1/2 tsp. ground pepper
- 1/2 tsp. salt

DIRECTIONS

- Wash hands thoroughly.
- Heat skillet to medium-high heat. Add ground turkey and brown meat 8 to 10 medium. Once browned (no pink left) remove from heat and set aside.
- Reduce heat to medium. Add squash, zucchini, onions, and peppers to pan. Cook until vegetables begin to soften about 5 to 7 minutes.
- Once vegetables are softened, add meat back to into pan. Pour whole can of tomatoes into pan and add salt and pepper. Stir Ingredients together.
- Reduce heat to medium-low and simmer for 15 minutes. Stirring occasionally.

adapted from UGA EFNEP - Contact us for classes!



ARE FALL WEBWORMS BUGGING YOU?

By Karol Kelly

➤➤➤ HAVE YOU SEEN THIS?

One of our tale-tell signs of late summer and fall has arrived. Fall webworms are being spotted around middle Georgia. Their large webs built on the ends of pecan limbs are a common sight. While regularly found in pecan trees, they make their home in more than 100 species of deciduous trees, including elm, sweetgum, willow, apple, ash, and oak, among others.

➤➤➤ WHAT ARE FALL WEBWORMS?

Fall webworms are caterpillars form that fine silken webs on the ends of the branches. They feed on the leaves encompassed in their webs for a couple of weeks before they leave the trees to become pupae. These pupae eventually turn into white moths with black spots. Another generation of fall webworms begins when the moth flies to another tree to lay eggs. There can be up to four generations of fall webworms each year. During the winter, the webworms survive in cocoons in protected places.

As the caterpillars feed on the tree leaves, the tree may sustain minor damage and be deemed unsightly by some. However, most trees will quickly recover. Healthy trees are able to withstand a great deal of insect damage to their leaves without lasting injury.

➤➤➤ PLEASE REACH OUT

For more information related to fall webworms and other gardening questions, don't hesitate to contact us.

TREATMENT?

Since trees generally do not die from fall webworm infestations, it is usually not necessary to treat them with chemicals. However, if the nests are of concern, consider a more natural approach. Disrupt webs with long sticks to allow beneficial insects and birds easy access to the caterpillars. Pruning and disposing of the infected branch could also be a solution for isolated outbreaks.

**REGISTER
HERE!**



**Invasive Plants Class
Oct 15th - 6:00PM**

Red-Tail Land Conservancy

University of Georgia is an Equal Opportunity, Affirmative Action, Veteran, Disability Institution.

If you need a reasonable accommodation or language access services, contact Bibb County Cooperative Extension at **478-751-6338** or **bibb.extensionuga.edu**, at least three weeks prior to the program date.

4-H UPDATES



4-H'ers visiting Tybee Island for the day

Good Luck <<<

- Our Forestry Team heads to competition on September 4th in Athens!
- Windsor's Livestock Team will be showing at the GA National Fair!



Scan me to learn more about 4-H!

>>> *Congratulations*

- **Shaelin Calder-Denny**, Bibb County's newest Master 4-H'er!
- **Naomi Jackson** on earning 1st Place at State Congress.
- **Naomi Jackson** and **Jayden Tolbert** being selected to serve at UGA'S Youth Lead project!



4-H'er Naomi Jackson at State Congress

OCTOBER:

- 11:** 4-H Day at the National Fair
- 19:** Teen Leader Certification

NOVEMBER:

- 9-10:** Junior Conference
- 9:** Macon Veteran's Day Parade

DECEMBER:

- 13:** State Cotton Boll and Consumer Judging
- 14-15:** Senior Fall Forum

Stay updated! Please text @BIBB4H to 81010

This will add you to our Bibb County 4-H Remind channel.

Volunteer Announcements

- We are always looking for community service and volunteer opportunities. If you happen to have a contact, we would love to connect and schedule an activity for our 4-H'ers!
- Please ensure we have an updated phone number and email address on file for you!

Please consider donating:

- Quarters
- Arts & Crafts Supplies
- Glass
- Adult and Children's Books
- Soda pop tabs
- Old/used Tri-board posters
- Toys in decent condition
- Plastic bags

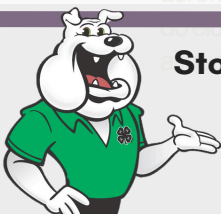


"I Pledge My Hands To Larger Service" 

Stop By The Office Or Call To Sign Up For All Events & Activities

Macon-Bibb County Cooperative Extension
715 Oglethorpe Street, Macon, GA 31201

Extension.UGA.Edu/Bibb | 478-751-6338 | Bibb.Extension@UGA.Edu



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