



NEWSLETTER

Reliable, Free Information
Classes, Workshops and Club Meetings

For over 100 years, University of Georgia Cooperative Extension has provided free, reliable, research-based information based on the latest scientific research in language that anyone can understand.

Our experts deliver information via:

- programs and workshops,
- field days,
- blogs, newsletters and mass media,
- phone call and in-person consultations, and
- print and online publications.



MEET CJ

CJ Holliday is the new Education Program Specialist in the office. She has a bachelors degree in Agriculture Education and taught high school agriculture classes for 18 years. CJ has teaching experience in plant science, animal science, forestry, natural resources, and leadership. If you have ideas for upcoming programs, feel free to reach out to her!

August 22, 2022



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MEET MICAL

I represent UGA College of Agriculture and Environmental Sciences Cooperative Extension 4-H Youth Development Program of Dekalb County. Our programs in science, healthy living, and civic engagement are backed by a network of public universities and a robust community of 4-H volunteers and professionals. Through hands-on learning, youth build not only confidence, creativity, and curiosity, but also life skills such as leadership and resiliency to help them thrive today and tomorrow. Our program benefits from being entirely customizable based on the needs and interests of your students. The slogan of the 4-H program is "Learn by Doing." I would love the opportunity to discuss how the Dekalb County 4-H program can add to the amazing things that are already happening at your school.

WHAT IS 4-H?

4-H empowers young people to lead for a lifetime. Our programs in science, healthy living and citizenship are backed by a network of 100 public universities and a robust community of 4 H volunteers and professionals. Through hands-on learning, kids build not only confidence, creativity and curiosity, but also life skills such as leadership and resiliency to help them thrive today and tomorrow.

4-H also provides youth ages 9-19 with the opportunity to participate in a wide range of activities such as summer camps, judging events, community service and project achievement competitions. We are the youth component of the UGA Extension. 4-H clubs are part of the DeKalb County school system. Schools have clubs which meet biweekly either before or after school. Other clubs meet in communities or apartment complexes.

Aren't part of a 4-H club? Come out to our DeKalb County Extension Office every second Monday of the month for our 4-H Community Club. Our club begins at 6:30 PM and ends at 8:00 PM. All families are welcome.

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MEET JAMILLE

(right) Jamille Hawkins is the Family and Consumer Sciences agent and Fresh on DeK Assistant Manager. She is also a DeKalb County native. Jamille has her bachelor's degree in Child Development and Family Studies from North Carolina A&T State University. This is her 3rd year with University of Georgia Extension. Jamille is ready to continue educating DeKalb County residents about health, wellness, food safety, and healthy homes.

MEET JAMILLAH

(left) Jamillah Gilmore is the Fresh on DeK Mobile Farmer's Market Manager. She has a bachelor's degree in Human Development and Family Science, and a master's Degree in Educational Leadership. This is her third season as the Fresh on DeK Manager, but she previously worked as a 4-H Agent in our office. She is excited for the future of Fresh on DeK, and the new ideas that may come along with it!



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FALL PLANTING

Are you planning on starting a fall garden? Now is the time to start preparing for it! Getting your soil tested is a great way to make sure your garden is successful. Soil tests provide you with information on the nutrients already in your soil and provide suggestions on how to improve it based on what you are wanting to grow. If you are going to have crop specific beds, you can test each bed individually for the best results. Basic soil tests are \$10 per sample. Results can take up to three weeks, so the earlier you turn in your samples, the better. Call or email to set up an appointment.



JORO SPIDERS IN GA

Joro spiders arrived stateside in 2013, but have been spreading since. While they may be considered an invasive species, they do not seem to be causing any issues within native species' food webs. Joros are not a threat so there is no need to try and actively get rid of them. Enjoy their color and an extra hand at reducing the mosquito population!

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FRESH ON DEK

Fresh on DeK, DeKalb County's Mobile Farmer's Market, distributes free, pre-bagged produce in food deserts in DeKalb County. The Fresh on DeK season began on May 23, 2022, and will run until September 16, 2022. Each site is limited to 100 bags. The first 100 customers at each location are served on a first-come, first-served basis. Early arrival is recommended.



Fresh on DeK also offers weekly virtual educational classes during the season. Topics vary weekly. To find out more and register, visit www.freshondek.com

Fresh on DeK is made possible with funding from the Centers for Disease Control and Prevention, DeKalb County Government, DeKalb County Board of Health and UGA Cooperative Extension.

Fresh on DeK Healthy Living Schedule 2022



Session B

Every Thursday

Free, Registration is required

<https://bit.ly/FOD2022SessionB>

12 :00 PM- 1:00 PM

Available on Zoom and Facebook Live

7/28 You Can Succeed at Weight Management

8/4 What is Healthy Eating?

8/11 Taking Control of What's Around You

8/18 Jump Start Physical Activity

8/25 Nutrition Labels and Healthy Swaps

9/1 Meal Planning & Cooking Hacks

9/8 Eating on the Go

9/15 Mindfulness & Keeping the Weight Off

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FRESH ON DEK SCHEDULE

Eating Healthy Just Got Easier

WITH THE

FRESH ON DEK

DEKALB
MOBILE FARMERS MARKET

WWW.FRESHONDEK.COM

Rolling to a neighborhood near you!

Healthy recipes

Nutrition education

Free pre-bagged fruits and vegetables*

For more information, visit www.freshondek.com
or call (404) 298-4080.

DeKalb County Board of Health | UNIVERSITY OF GEORGIA EXTENSION

Fresh on DeK:
DeKalb Mobile Farmers Market
2022 Schedule

**JULY 25-
SEPTEMBER 16**

Tuesday

9:00 a.m. to 11:00 a.m. Grove Gardens at East Lake
1879 Glenwood Ave., SE
Atlanta, Ga. 30316

12:00 p.m. to 2:00 p.m. Lou Walker Senior Center
2538 Panola Rd.
Lithonia, Ga. 30058

5:00 p.m. to 7:00 p.m. Terraces at Parkview
6800 Parkview Trl.
Lithonia, Ga. 30058

Wednesday

9:00 a.m. to 11:00 a.m. South DeKalb Senior Center
1931 Candler Rd.
Decatur, Ga. 30032

12:00 p.m. to 2:00 p.m. CREST (Candler Road
Economic and Social
Transformation) Center
2321 Candler Rd.
Decatur, Ga. 30032

5:00 p.m. to 7:00 p.m. Redan High School
5247 Redan Rd.
Stone Mountain, Ga. 30088

Friday

9:00 a.m. to 11:00 a.m. DeKalb County Cooperative
Extension
4380 Memorial Dr.
Decatur, Ga. 30032

12:00 p.m. to 2:00 p.m. Ousley United Methodist
Church
3261 Panola Rd.
Lithonia, Ga. 30038

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Upcoming Events

[Click listing to register](#)

August 25
12pm - 1pm

Fall Food Gardening – Fall presents another growing season for home gardens in Georgia. Join UGA Extension professionals for this one-hour Lunch & Learn webinar and learn what vegetables you can grow in our cooler seasons and how to get your fall garden started.

September 1
12pm - 1pm

Edible Landscaping with Perennials – Wouldn't it be great if your landscape could put food on your table? It can – and with the right plant selections, it can still look beautiful. Join UGA Extension professionals for this one-hour Lunch & Learn webinar and learn how to incorporate fruit-bearing trees and shrubs and other edible plants as landscape features in your yard.

September 10
6pm - 7:30pm

Hold Your Horses with 4H – You're a champ, so we know you're taking it all in stride. We don't mean to put the cart before the horse, but we're willing to bet that you're ready for some adventure already. I've got word straight from the horse's mouth, that 4-H is partnering with Atlanta Riding Club.

Introduction to Mounted Games: Be prepared to groom and tack horses, and play games on horseback such as relay races and pole weaving. The cost is \$50 per person.

Introduction to Horses: Participants hit the trails, talking about grooming and tacking. Each person will ride around the arena. The cost is \$10 per person.

To register, contact Mical.StClair@uga.edu

404-298-4080

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