



UNIVERSITY OF GEORGIA
EXTENSION

January 2024
<https://extension.uga.edu>

*An Equal Opportunity, Affirmative
Action, Veteran, Disability Institution*

University of Georgia Cooperative
Extension DeKalb County Office

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DeKalb County Extension Office is Open

Starting on January 2, 2024, the DeKalb Extension Office will
be open full time for business
Monday - Friday from 8:30am - 5pm*.

We thank you for your patience and understanding over the
last few years and look forward to improving our support of
the citizens of DeKalb County.

As always, you can reach us by calling 404-298-4080 or
emailing DeKalb.Extension@uga.edu for questions, advice, or
concerns.

*Hours may change for UGA and DeKalb County Government holidays



Journeyman Farmer Certificate Program — Developing the Next Generation of Sustainable Farmers in Georgia

Across the United States and in Georgia, the number of small- and medium-sized farms is declining and the average age of farmers is on the rise. Although we need new farmers, the barriers would-be farmers face when trying to grow new agricultural businesses from the ground up can be formidable. UGA Extension and partners have developed a new Journeyman Farmer Certificate Program to provide a comprehensive training program for beginning farmers.

DeKalb County Extension will be offering this program starting February 5, 2024. It will include four weeks of Small Farm Business Planning and seven weeks of Small Fruit and Vegetable Production. Sessions will be held on Mondays at 6pm.

[Register for the program](#)



Bringing poultry science to public K-12 classrooms

Poultry has grown to become the top commodity in Georgia's No. 1 industry, agriculture. Acquainting school-aged students with potential career paths in avian science is critical to staffing the state's poultry sector.

Jessica Fife, outreach coordinator for the CAES Department of Poultry Science, worked with Christa Steinkamp, the curriculum and technology director for the Georgia Agricultural Education (GAE) program, and CAES faculty to design a poultry science pathway that includes a new poultry science course and avian science and biotechnology course for the state's public schools. GAE oversees classroom instruction, supervised agricultural experiences and student organization involvement for the Georgia Department of Education.

"There was not a lot of poultry content out there for educators and a lot that is out there is outdated or has a very clinical content design," Fife said. "All of our resources are also branded to the college and the department, so teachers can call us to set up school visits, farm tours and connections for industry partnerships," she said.

[To read further, click here](#)





Gardening Calendar

January

- Make a garden plan. Plan the garden to include various vitamin groups.
- Consider planting a few new varieties along with the old favorites (See Vegetable Gardening in Georgia, Circular 963).
- Plan the amount of each vegetable to be planted, including enough to can and freeze. Allow about 1/10 acre of garden space for each member of the family (Ask your county Extension agent about So Easy to Preserve).
- Buy enough quality seed for two or three plantings to lengthen the season of production.
- Take soil samples if you have not already done so, and take them to your county Extension office for analysis.
- Apply manure or compost and plow it under if you did not do so in the fall.
- Apply lime, sulfur, and fertilizer according to the soil test results and vegetable requirements. Buy 100 lb of fertilizer for each 1/10 acre to be planted (if manure is not available, buy at least half again more). Use 5-10-10 or 6-12-12 analysis, depending on soil test and vegetable requirements.
- Get plant beds or seed boxes ready for growing plants such as tomato, pepper, and eggplant. Have beds ready for planting in early February.
- Check on your compost pile and make sure it is ready for use in the spring.
- Go by your county Extension office and get copies of Georgia Extension gardening publications.



Yes, dancing is exercise! Even slow-dancing.

This Monday, listen to your favorite tunes and get in the groove.



#MoveItMonday

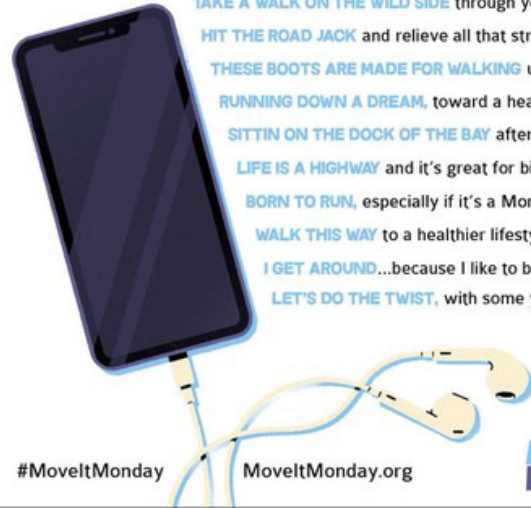
MoveItMonday.org



THE TOP 10 SONGS ABOUT AN ACTIVE LIFESTYLE.

(with a little creative license being exercised).

- TAKE A WALK ON THE WILD SIDE through your local park.
- HIT THE ROAD JACK and relieve all that stress you have.
- THESE BOOTS ARE MADE FOR WALKING up a mountain.
- RUNNING DOWN A DREAM, toward a healthier weight.
- SITTIN ON THE DOCK OF THE BAY after a good swim.
- LIFE IS A HIGHWAY and it's great for biking.
- BORN TO RUN, especially if it's a Monday.
- WALK THIS WAY to a healthier lifestyle.
- I GET AROUND...because I like to bike.
- LET'S DO THE TWIST, with some yoga.



#MoveItMonday

MoveItMonday.org



Dust off that crockpot for easy, hearty meals! Less time in the kitchen, more time making memories! Check out our slow-cooker lasagna or our sweet potatoes for a taste of convenience.

FOOD TALK

UNIVERSITY OF GEORGIA EXTENSION

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Slow cooker recipes for the whole family

Melanie Ng

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Dust off your slow-cooker and learn how to cook beans and potatoes for all occasions! With less time spent cooking, you will have more time to catch up with your family after a long day. Get creative and try turning your favorite casserole dishes into a slow-cooker meal like we did with our lasagna recipe below!

- How-to: Slow-Cooker Beans
- How-to: Slow-Cooker Potatoes (2 types!)
- Slow-Cooker Veggie Lasagna

How-to: Slow-Cooker Beans

A slow-cooker makes it easy to cook up this plant-based protein! Here's how we do it:

- (1) Pick through the beans, discarding any discolored or shriveled beans or any foreign material. (2) Soak the dried beans. We like the slow soak method. Place beans in a large container and add 10 cups of water for each pound (2 cups) of dry beans. Cover and refrigerate 8 hours or overnight. (3) Drain and rinse the soaked beans. (This reduces the potential gas-producing properties.)
- (4) Now they are ready for the slow cooker! Transfer the beans to the slow cooker and cover with fresh water by about 2 inches. (Optional: add minced onion, peeled garlic cloves, or dried herbs to the slow cooker.) Cover and cook on LOW for 6-8 hours or until desired tenderness.

The result should be tender beans perfect for tacos, salads, or over rice. Enjoy!

Slow Cooker Recipes on Foodtalk.org



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Applications for DeKalb Mobile Farmers Market Stops Now Open

DeKalb County Cooperative Extension is calling for applications for Fresh on DeK, the DeKalb Mobile Farmers Market, stops for 2024.

The applications will be open from Dec. 11, 2023, to Jan. 26, 2024.



**We are
looking for
2024 Fresh on
DeK sites!**

APPLICATION REQUIREMENTS:

- Located in DeKalb County
- Located in a food desert
- Has a large parking lot

APPLY AT:

<https://bit.ly/FODApp2024>



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Launched in May 2015, Fresh on DeK has raised awareness about the importance of fruit and vegetable consumption for healthy living by providing fresh, affordable produce and food demonstrations to county residents.

Communities, businesses, or organizations can apply to be a Fresh on DeK stop. The proposed location must be in a food desert and must be able to provide a liaison to organize the site. The site must also have a street-level parking area that is highly visible, large enough to safely park a 45-foot mobile unit and a pop-up market that's easy for customers to access and park without hazard.

The market visits areas around the county each week, beginning in the spring and running 16 weeks.

The DeKalb Mobile Farmers Market is a program of DeKalb County Extension with support from the DeKalb County Board of Health. The program is made possible with funding from the Centers for Disease Control and Prevention.

For information regarding the application process or other Extension programs, contact DeKalb County Extension at 404-298-4080, freshondek@dekalbcountyga.gov or visit www.freshondek.com



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Upcoming Learning Opportunities

January 23rd - "Introduction to Gardening" - Flat Shoals Library
at 11am. Free to the public.

January 27th - "Seed Starting & Raised Garden Bed Preparation"
- E.M.B.A.R.C. Community Youth Farm at 10am

Registration opens Jan 10th



Have an idea for a class or program?
[Click here to let us know!](#)

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WINTER CLASSES

FAMILY AND CONSUMER SCIENCES

14TH **Radon Webinar** **12:00 PM**
December <https://bit.ly/DeKalbRadon>

Radon occurs naturally when uranium breaks down to form radon. It can build up to dangerous levels inside homes, schools, and other buildings. Radon is the second leading cause of lung cancer in the United States, after tobacco smoke.

20TH **Jump Start Your Physical Activity for 2024** **12:00 PM**
December <https://bit.ly/dekalbfacswinter>

This class will teach participants how important being physically active is, how it effects our bodies, and ways to find movement that works best for YOU !

24TH **Radon Webinar** **6:00 PM**
January <https://bit.ly/DeKalbRadon>

Radon occurs naturally when uranium breaks down to form radon. It can build up to dangerous levels inside homes, schools, and other buildings. Radon is the second leading cause of lung cancer in the United States, after tobacco smoke.

29TH **Beating the Winter Blues** **6:00 PM**
January <https://bit.ly/dekalbfacswinter>

This class will identify the symptoms of the winter blues and define what Seasonal Affective Disorder is. Participants will learn tips and how to set SMART goals for beating the winter blues.



Tips on asking for advice from your Extension Service

Take pictures – clear pictures of the whole plant, the affected leaves (top and bottom), stems, fruit, and of any bugs or eggs you see

Have information ready – When was it planted? How long has the problem been present? Have you tried any kind of treatment already? Are other plants having the same issues?

Bring in a sample – We are happy to try and diagnose problems in our office (Free). However, for some problems, samples are sent to the UGA Plant Pathology Lab (\$14)

Samples should be in an enclosed bag or container and include leaves, stems, roots, flowers/fruit, and any insects that were found on it.

Email us at UGE1089@uga.edu

Call us at 404-298-4080

or

[Fill out the help request form](#)