



UNIVERSITY OF GEORGIA
EXTENSION

July 2024

<https://extension.uga.edu>

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

University of Georgia Cooperative
Extension DeKalb County Office

Farm Boot Camp trains military veterans to start farms

Farm Boot Camp, a specialized training program for military veterans and their spouses, offers free monthly trainings and specialized workshops to provide essential skills and knowledge needed to start or return to farming operations. The program has received a \$750,000 grant from the U.S. Department of Agriculture National Institute of Food and Agriculture (NIFA) to continue operations through the College of Agricultural and Environmental Sciences (CAES) and College of Family and Consumer Sciences (FACS).

With the average age of American farmers hovering around 65 and many family farms being sold, programs like Farm Boot Camp are crucial. By providing veterans with the training and support to start or take over farm businesses, the program helps preserve the legacy of many farms throughout the state.





Georgia Green Landscape Stewards promote sustainable landscape practices at home

Three years after its debut, the Georgia Green Landscape Stewards program is expanding throughout the state with the assistance of University of Georgia Cooperative Extension Master Gardener volunteers.

Because the full curriculum is available on the [program website](#) — complete with educational videos and other self-guided resources to educate property owners on implementing sustainable green practices in their landscapes — Master Gardener volunteers have been invaluable in sharing the program more broadly in their respective areas.

“We know that homeowners control a lot of acreage, so their decisions about what they do in their landscapes can have a tremendous impact for good,” Kolich added. “Hopefully one of the outcomes is that the people who go through this program will talk with their neighbors about it and get more people adopting more environmentally friendly practices. It lowers the impact on the environment and lessens the burden of landscape care on them.”





Upcoming E.M.B.A.R.C. Events

SUMMER CRAFTS IN THE GARDEN

WEDNESDAYS IN JULY
9:00-10:00 AM

STAY AFTER FOR READING RANGER PROGRAM

ACTIVITIES:
NATURE GLOBES,
FAIRY HOUSES,
BIRD FEEDERS,
& MORE

Reading Ranger July

EVERY WEDNESDAY
10:00-10:30 AM

Parents, bring your children to enjoy a special garden-themed reading time with Ranger Rachel

LET'S GO HIKE!

Join us as we explore the forest in new and unique ways. Each week will be a different theme, and each pathway will take us somewhere new.

Come ready for adventure!

EVERY FRIDAY
JUNE & JULY
9-10:30 AM



Camping in DeKalb

Registration Opens February 1

2024 DeKalb County 4-H Summer Camps



Senior EXTREME Camp

**June
03-07**

Senior EXTREME Camp is a more primitive camping experience, providing for tent camping, preparation of campers' own meals, and a focus on outdoor recreational activities, among its activities. **Grades 9-12**

Wilderness Challenge Camp

Join us for a thrilling week of camp focused on outdoor survival and adventure for the middle school child. WCC is a week during the summer created for campers committed to enjoying some real adventure. **Grades 6-8**

**June
17-21**

Junior Camp

**July
15-19**

Junior Camp is a week-long experience that includes visits to the beach plus many other exciting activities. This fun and rewarding experience is filled with opportunities for character building, great fun, and true adventure. **Grades 7-8**

Senior Camp

Senior Camp's activities provide learning experiences in healthy living, agriculture, STEM, and civic engagement to promote the development of leadership skills, and encourage community service, all in a fun and active camping environment. **Grades 9-12**

**July
01-05**

Cloverleaf Camp

**June
17-21**

Georgia 4-H Summer Camp at Rock Eagle provides an outdoor summer program unparalleled in the nation. Our array of workshops offers a hands-on experience that makes learning fun. **Grades 4-6**

All camps are \$400. A \$75 deposit is due at the time of registration. Final payments must be made by **Monday, April 22, 2024** for all camps. A **MANDATORY Parent Meeting** will be held on **Wednesday, May 16, 2024** at 6:00 p.m. for all camps.



For detailed information:

Call: (678)708-7357 or (678)698-8510

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Nightshades: Naughty or Nice? Lunch & Learn, July 23rd at 12pm.

"Nightshade vegetables are some of the most popular vegetables to grow in southern gardens. However, over the years there are claims that they might not be the most nutritious for you and can cause health issues. Sarah Brodd, DeKalb County ANR agent and Jamille Hawkins, DeKalb County FACS agent, are here to give you the info you need on planting and caring for these veggies during their growing season and any health concerns they might raise."

[Click here to register](#)



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**COMMUNITY
CAMP AT**

Adventure Outdoors Fun!

FORTSON
July 14-18, 2024

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If you are an individual with a disability who may require assistance or accommodation in order to participate in or receive the benefit of a service, program, or activity of UGA, or if you desire more information, please contact us.

SAVE THE DATE!

4-H DAY AT THE ATLANTA HISTORY CENTER

July 18th, 2024

HISTORY LIVES HERE

Learn about Atlanta and Georgia history, visit cyclorama, see the historic Swan House and tour our historic farm and gardens!

Registration is \$7 per person.

We will also be offering the opportunity to share your 4-H project and show animals.

SCHEDULE

9:00 -9:45 am-
registration
10:00-10:30 am-
orientation
10:00- 3 pm-
tours and activities

**UNIVERSITY OF GEORGIA
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**ATLANTA
HISTORY
CENTER**

4-H Day at the Braves

Truist Park
755 Battery Avenue
Atlanta, GA 30339
Saturday,
July 20, 2024
7:20 pm

Ticket orders due by June 29, 2024

Cost: \$38 per ticket
(children 2 and under
FREE)

<https://fevo-enterprise.com/event/Georgia4H>

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**UNIVERSITY OF GEORGIA
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DEKALB COUNTY



Gardening Calendar July.

- Start planning the fall garden.
- Keep grass from going to seed. Fallow soil to conserve moisture for germination of fall crops and to help reduce the nematode population in the soil.
- Clean off harvested rows immediately to prevent insect and disease buildup.
- Plant the following vegetables no later than July 20 to allow time to mature before frost: tomatoes, okra, corn, pole beans, and lima beans. Also plant cucumbers, squash, and snap beans.
- Water deeply and less often—just as needed to prevent drought stress.
- Plant that big pumpkin for Halloween.
- Be sure to make arrangements for neighbors to harvest and water your garden while you are on vacation.
- Make sure the garden is well mulched to prevent weeds and conserve moisture.



HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour



HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
 - Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash





UGA EXTENSION PRESENTS
Canning Classes

STRAWBERRY JAM

June 27th
5:30-8:00pm
(water bath canning)



TOMATO SALSA

July 11th
5:30-8:00pm
(water bath canning)



PEACH JAM

August 9th
10:30am-1:00pm
(water bath canning)



VEGGIE SOUP & FREEZER JAM

September 6th
10:30am-1:30pm
(pressure canning)



PICKLED GREEN BEANS

July 25th
5:30-8:00pm
(water bath canning)



\$25
per class

APPLE RELISH

September 13th
10:30am-1:00pm
(water bath canning)



Register at
bit.ly/rockdaleext4h
or scan the QR code!



1127 West Ave SW Conyers, GA

Class size limited to 15

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It's not too late to join us for our summer canning series! Our first class is on Thursday, June 27 featuring strawberry jam! Register now at bit.ly/rockdaleext4h and scan the QR code! This class is designed for adults or youth above the age of 13 and includes refreshments, hands-on preparation of the selected food, a resource folder, and a jar of food to take home!

Image text:

UGA Extension presents canning classes!

Class size is limited to 15.

Registration fee: \$25 per person per class

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DATE IDEA JAR

- 1 Get an empty jar/box.
- 2 Write down date ideas on pieces of paper or popsicle sticks and add to the jar/box.
- 3 Use the date jar every week to decide what your activity will be, or save it for those days where you don't know what to do.

@ElevateCouplesGeorgia

It is easy to waste time on date night trying to come up with creative and fun date ideas. Creating a DIY date idea jar is a fun activity to complete with your partner and can help save time in the future. This can be something you do once a week or on a rainy day. Always try to follow through with the idea picked! Don't forget to keep adding new ideas too.



What's in Season? in GEORGIA



July 2024

EXTENDED SEASON	PEAK SEASON	J	F	M	A	M	J	J	A	S	O	N	D
Apples													
Arugula													
Asparagus													
Basil													
Beans													
Beets													
Blueberries													
BokChoy													
Broccoli													
Brussels Sprouts													
Cabbage													
Cantaloupe													
Carrots													
Collards													
Corn - sweet													
Cucumber													
Eggplant													
Figs													
Garlic - cured													
Garlic - green													
Kale or Greens													
Lettuce													
Muscadines													
Mushrooms													
Okra													
Peaches													
Peanuts													
Peas - English													
Peas - field													
Pecans													
Peppers													
Persimmons													
Plums													
Potatoes - Irish													
Potatoes - sweet													
Radish													
Seedlings													
Soybeans													
Spinach													
Squash - Summer													
Squash - Winter													
Strawberries													
Tomatoes													
Turnips													
Vidalia Onions													
Watermelon													

myPlate recommends buying fresh vegetables in season.

In-season vegetables often cost less and are likely to be at their peak flavor and nutrient content.

For meal ideas and more tips like this, visit us online at www.foodtalk.org.

Data adapted from Georgia Organics



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This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP. This institution is an equal opportunity provider.



Ready to up your water game? Here are 10 tips to help you drink more water:

1. Start your day off right– Put a glass of water by your bed and when your alarm goes off in the morning, start your day by drinking water.
2. Set healthy habits– Tie water drinking to an already set habit. For example, drink a glass every time you brush your teeth, take your pills, eat a meal, sit down to watch a program, or use the restroom.
3. Make it exciting– Try infusing your water to add some flavor and color without adding calories.
4. Take it with you– Carry around a reusable bottle to work or on errands to remind yourself to stay hydrated. This can also help you track how much water you have had that day.
5. Get competitive– Start a friendly competition within your family, co-workers, or friends to challenge each other to meet their personal daily goal each week.
6. Eat your water– As you read above, some of your water intake comes through the food you eat. Choose water-rich foods for your meals such as zucchini, tomatoes, watermelon, cucumbers, oranges, and celery.
7. Swap it out– Trade out one sugary beverage per week for water. Can you trade out more next week?
8. Pair it– If you like drinking tea or coffee throughout the day, try taking one sip of water between each sip of your beverage to up your water intake. You can also drink a glass of water while the coffee brews or tea steeps.
9. Fuel your exercise– Bring a water bottle with you when you work out. Be sure to drink water before and after you exercise to account for water loss.
10. Chill it– Add ice to your smoothies and beverages to sneak in more water.

<https://water.foodtalk.org/en/posts/10-tricks-to-stay-hydrated>



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, with a paper towel, 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

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If you are an individual with a disability who July require assistance or accommodation in order to participate in or receive the benefit of a service, program, or activity of UGA, or if you desire more information, please contact us.