



UNIVERSITY OF GEORGIA
EXTENSION

June 2024

<https://extension.uga.edu>

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

University of Georgia Cooperative
Extension DeKalb County Office

Starting a Garden From Scratch

Whether you are a seasoned gardener or a novice, having a home garden can be an enriching experience. But starting from scratch may seem like a daunting endeavor.

Before digging in, Ney suggests taking stock of your available space and defining your gardening goals. Consider factors like sunlight exposure, available water sources and soil quality. Determine which vegetables, fruits and herbs you may want to grow. Understanding your space and goals will guide your garden planning.





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Master Gardener Open Garden Days

Looking for great garden inspiration that you can implement at home? Consider visiting a University of Georgia Cooperative Extension Master Gardener demonstration garden during Open Garden Days throughout the month of June.

Organized around horticultural themes, demonstration gardens are like outdoor classrooms meant to inspire home gardeners with plants and techniques they can recreate in their own gardens. Based on practices backed by research, popular garden themes include gardening for pollinators, how to be water-smart, and choosing native plants, offering a great way for people to learn about a variety of gardening topics and related plants.

“Demonstration gardens are incredibly valuable for showing Extension research in action. It is so handy to deliver programs to the community and to then be able to immediately have the participants put their hands in the soil to try what they learned before they leave the office,” said Christen Thomas, Master Gardener program coordinator for UGA Extension in Paulding County.



Colbi Turner, Lincoln County

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

Junior Beekeeping – June 8 – 10a-2p Take part in the first Junior Beekeeper program at DeKalb County Department of Recreation, Parks, and Cultural Affairs. Led by experienced Metro Atlanta Beekeepers Association members, we're looking forward to a fun day of learning about bees! Cost is \$45.00 per child
Ages 6 – 13 years old.

Crafts in the Garden – Wednesdays starting June 5 at 4:30pm From fairy houses to nature globes, the rangers at E.M.B.A.R.C. Youth Farm are excited to begin the new program of Crafts in the Garden! Come ready for creative expression during this summer series.

Reading Ranger – Thursdays starting June 6 at 5pm Enjoy a special reading time with a Ranger to spark your child's imagination!

Guided Hike with a Naturalist – Fridays starting June 7 at 9am Join EMBARC Naturalist on a guided hike as we explore the forest and surrounding natural spaces with a new theme every Friday. Learn about the ecology and human history as well as participate in fun activities. We'll share our favorite spots and how to hike safely and responsibly to reduce impact. Don't forget to bring water, close toed shoes and sun protection!

Garden Hike & Craft – June 11 & 13 at 10am Susan Meyers will lead us through a craft then a Naturalist leads a guided hike through the beautiful forest at E.M.B.A.R.C. Make sure to bring your lunch to enjoy in the meadow! Close-toed shoes and long pants are encouraged. Please bring water and sun protection.



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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4-H Day at Medieval Times[®]

DINNER & TOURNAMENT



Join DeKalb County 4-H



June 1, 2024
5:00 pm



Atlanta Castle
5900 Sugarloaf Parkway,
Lawrenceville, GA 30043



\$30.95

GRADES 4-12
AS OF END OF 2023-2024 SCHOOL YEAR

FEATURING

- A 90-minute show experience
- A four-course lunch. Vegetarian and allergen meals available
- A live tournament with six competing knights, jousting, sword fighting, and beautiful horses

REGISTER NOW

[HTTPS://TINYURL.COM/DEKALB4-HDAYATMEDIEVALTIMES](https://tinyurl.com/dekalb4-hdayatmedievaltimes)



Contact:
678.698.8510

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leslie.reese@uga.edu

"This institution is an equal opportunity provider."



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June 2024

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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

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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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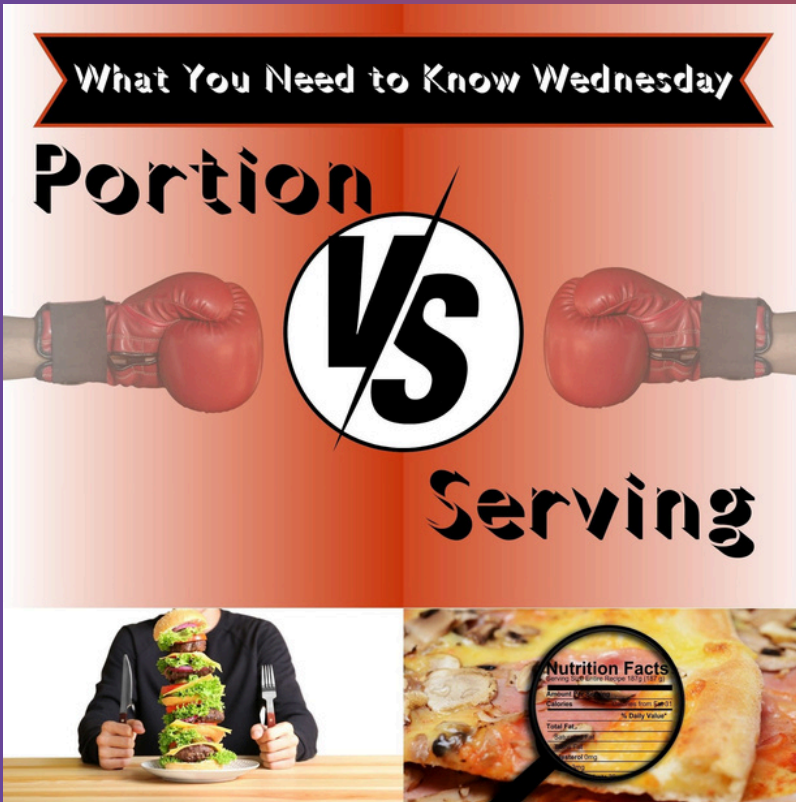
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DEKALB COUNTY



Gardening Calendar June

- Harvest vegetables such as beans, peas, squash, cucumbers, and okra regularly to prolong production and enjoy peak freshness.
- Eat "high on the hog" in June and July and preserve enough to last during the winter months ahead.
- For best results, harvest onions and Irish potatoes when two thirds of the tops have died down. Store potatoes in a cool, dark place and onions in a dry, airy place.
- Clean off rows of early crops as soon as they are through bearing and use rows for replanting or keep them fallow for fall crops.
- Water as needed.
- Plant sweet potatoes and a second planting of Southern peas.



Did You Know?

- **Serving Size-** Standardized amount of food listed on product's Nutrition facts label.
- **Portion-** The amount of food that you choose to eat at one time; which may be more or less than a serving. A portion is 100% under your control.
- **Many foods that come as a single portion contain multiple servings.**
- **Eating out?** Some meals have portions that are enough for two or more people.



UGA Extension - DeKalb County and UGA Extension Fulton County FACS agents have collaborated and co-taught Komucha Workshops at Red's Beer Garden and Georgia Tech community garden emphasizing health and safety for home-brewed kombucha. Participants walked away with their very own SCOBY, 4oz drinking glass, thermometer, recipe and so much knowledge to keep themselves safe.

If you're interested in learning more or want this taught for your group, please reach out and let us know



FOOD TALK

What the color of your urine says about your hydration

- TRANSPARENT**
 You're overhydrated. Hold off on drinking water for a while.
- LIGHT YELLOW**
 **This is ideal hydration.** Keep doing what you're doing.
- GOLDEN**
 You're still hydrated. Keep drinking water.
- AMBER**
 You may be mildly dehydrated. Time to drink some water.
- BURNT ORANGE**
 You're definitely dehydrated. Drink lots of water and electrolytes.

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You know that drinking enough water is important, but how much water is enough? How do you know the amount you are drinking is keeping you hydrated? Checking the color of your urine can be a quick, easy way to assess your hydration status. When you are drinking enough water, your urine should be a pale lemonade color. Test your hydration status:



Self Care Ideas

Drink More
Water

Take A
Relaxing
Bath

Set Goals
For The
Next Month

Read A
Book

Learn
A New
Hobby

Find A New
Podcast To
Listen to

Write Out A
Bucket List

Do 30
Minutes Of
Yoga

Disconnect
From Social
Media

Celebrate
A Small
Win From
The Day

Get 8
Hours Of
Sleep

Wear Your
Favorite
Comfy Outfit
All day

@ElevateCouplesGeorgia

Those of you who have flown have all heard the instructions that you should put on your own oxygen mask before helping others. Why is that?

When we tend to our own health first, it makes us better equipped to care for others, including our partner. Here are a few self-care tips.



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 June 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.