



UNIVERSITY OF GEORGIA
EXTENSION

March 2023

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University of Georgia Cooperative
Extension DeKalb County Office

NEWSLETTER

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UGA announces 2023 pollinator plants of the year

The pollinator plant of the year program was designed to encourage the use of high-impact plants that support pollinators in private and commercial gardens.

The plants are nominated by gardeners, horticulturists, entomologists, ecologists and green industry professionals throughout Georgia and selected by a committee.

Spring bloomer – Blue wild indigo
Baptisia australis

About: Blue wild indigo is a 4-foot-tall perennial wildflower in the pea family. In spring, this plant has tall spikes of eye-catching cobalt blue flowers. Conservation value: Supports many native bees and other pollinators.





Summer bloomer – Wild bergamot
Monarda fistulosa

About: Wild bergamot is a perennial in the mint family that grows 4 to 5 feet tall, with long-lasting white, lavender or magenta summer blooms that attract many different pollinators.

Conservation value: Supports many native bees, hummingbirds and butterflies.



Fall bloomer – Aromatic aster
Symphyotrichum oblongifolium
About: Aromatic aster is a perennial wildflower in the sunflower family that grows 3 to 4 feet tall with purple flowers in the fall.
Conservation value: Supports many native bees, butterflies, hover flies and wasps.

Georgia native – Coastal plain Joe
Pye weed

Eutrochium dubium

About: Coastal plain Joe Pye weed is a perennial wildflower in the sunflower family that grows 3 to 5 feet tall with profuse but tiny mauve flowers that bloom from July through September.

Conservation value: Supports bumble bees, small bees, hummingbirds and butterflies.





Upcoming In Person Learning Opportunities

Planning a Spring Garden - Not sure where to start with your spring garden? Interested in updating your plan? Come join us in Planning a Spring Garden! We will discuss raised beds vs row planting, proper plant spacing, and the importance of bed location. Also learn when to plant what, how to start transplants, along with succession and companion planting. Additional topics we will touch on include soil testing, preparation, and amending, as well as common pest ID and control.

March 6 @5:30p

Sue Kellogg - Stone Mountain Library

Soil Testing - Come learn the basics of soil testing. You will learn how to take a sample and interpret the results. We will also discuss how to amend the soil and solve common soil problems such as drainage, compaction, and pests.

March 25 @10am

Registration links will be available soon

Follow us on Facebook for the most current information



Upcoming Virtual Learning Opportunities

"Spring Vegetables & Herbs"- March 16th at 6pm -Starting and caring for a thriving vegetable garden this spring and summer. Get started on the right foot for a bountiful harvest.

"Heirloom Plants"- April 13th at 6pm Fruits, vegetables and landscape plants to add to your garden that have stood the test of time.

"Enchanting Fairy Gardens & Whimsical Landscapes"- Lunch & Learn, May 10th at 12pm- Add some whimsy to your garden with a fairy village or garden accents to enhance your landscape.

"Attracting Pollinators"- May 23rd at 6pm Pollinators are an important part of any garden. Whether you need them to help pollinate your edibles or would like to create an environment that is friendly for them. We will go over some of their favorites.

"Shade Gardening"- Lunch & Learn, June 15th at 12pm Made for Shade. Whether you have a shady landscape or just a shady spot. We will talk about plants to help brighten up the shade in your garden

"Insects Pests & Beneficials"- July 13th at 6pm How to minimize the bad bugs and keep around the good bugs in your garden and landscape.



UGA students offer free tax prep services through VITA program

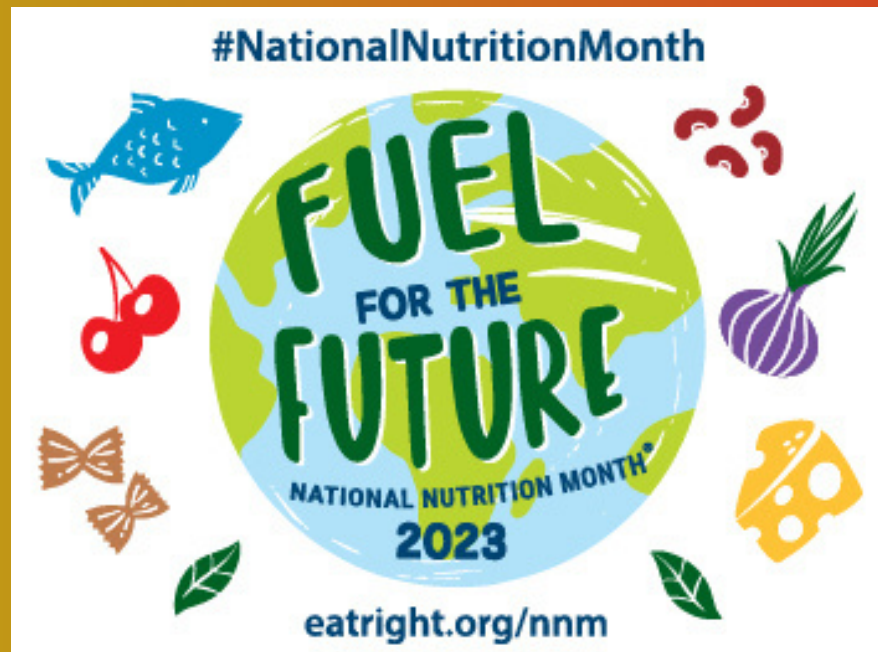
University of Georgia students will again provide free tax preparation services as part of the UGA Volunteer Income Tax Assistance Program. Through a partnership with UGA Cooperative Extension, the program also provides free tax filing services virtually to communities across the state.

The VITA program offers free tax help to low and moderate income households or those who would like assistance preparing their own returns.

Residents who live outside the Athens area can schedule virtual appointments through their county Extension offices.

Appointments can be scheduled on the VITA website here: <https://www.fcs.uga.edu/fhce/vita-schedule-an-appointment>

Last year, students in the program filed over 1,500 federal returns, secured \$2.3 million in refunds and contributed an estimated impact of \$4.4 million, saving Georgia residents over \$600,000 in fees.



HEY GEORGIA!

Receive weekly healthy tips about:

- **Added Sugars**
- **Recipes**
- **Sodium Intake**
- **Nutrition Facts**
- **Physical Activity**
- **And much more!**

Sign up for our weekly Food Talk text messages by texting **FOOD** to **(866) 376-2865**



PINEAPPLE & BEET SMOOTHIE

Jumpstart your day with this colorful smoothie

SERVINGS: 2

INGREDIENTS

- $\frac{1}{4}$ cup canned or frozen sliced beets (no salt added)
- $\frac{1}{2}$ cup canned or frozen carrots (no salt added)
- $1\frac{1}{4}$ cups canned or frozen pineapple (in 100% juice)
- $\frac{1}{4}$ teaspoon ground ginger
- 1 cup of water
- $\frac{1}{2}$ cup ice (optional)

DIRECTIONS

1. If using canned beets, carrots, and pineapples, wipe top of cans with a wet towel and use a can opener to open cans. Drain liquids.
2. Add all ingredients to a blender.
3. Put a lid on blender and blend until smooth texture. If thick, gradually add more water to desired consistency. Pour into 2 glasses and enjoy!

NOTES

- For a sweeter flavor, add $\frac{1}{4}$ cup more pineapples—no added sugar needed!
- Frozen fruits and veggies will result in a colder, thicker drink. If you are using canned and want a colder beverage, toss in a few ice cubes or refrigerate the ingredients beforehand.

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net



Use this activity to help
your child learn

FAMILY FUN

Food Chart

What You Need:

- Chart
- Stickers or markers

	1	2	3	4	5
Fruits					
Vegetables					
Grains					
Protein					

What To Do:

- Over the weekend, create a chart to keep track of the different kinds of foods your child eats
- For every serving of each food group your child eats, invite him or her to mark the chart
 - For example, if your child eats an apple, mark one serving of fruit
- At the end of the day, review the chart with your child and talk about the different food groups

EAT A VARIETY OF FOODS

Encourage your family to stay healthy by eating a variety of foods

Healthy Eating on a Budget

For many families, it can be difficult to provide healthy meals while staying on budget. Healthy foods can cost more, making it a challenge to purchase a variety of healthy choices. There are several ways to make healthy eating more economical for your family.

Buy in Bulk

For non-perishables or foods that you can freeze, buy large quantities and store the extras.

Use Your Leftovers

Serve your leftovers for other meals, or combine ingredients to make a new meal.

Plan Your Meals

Plan your meals for the week before going shopping. See what you already have, and make a list of what you need to buy.

Compare Prices and Search for Sales

Use sales or coupons when possible. Compare items to determine the best deal.

Choose Wisely

Some foods are always less expensive. Buy produce in season and look for the best deals.

**USDA. (2011). MyPlate: Eating Better on a Budget. Retrieved from <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>*