



UNIVERSITY OF GEORGIA
EXTENSION

March 2024

<https://extension.uga.edu>

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

University of Georgia Cooperative
Extension DeKalb County Office

Farm Stress Summit to address mental health challenges among Georgia farming communities

On March 20, University of Georgia faculty, farmers, farm family members, agricultural community members and agricultural mental health stakeholders will convene at the 2024 Farm Stress Summit to look for opportunities to support Georgia's farm families in ways that promote improved well-being. The event will be held at the Appalachian Campus of Chattahoochee Technical College in Jasper, Georgia.

A keynote from Georgia Department of Behavioral Health and Developmental Disabilities Commissioner Kevin Tanner and remarks by Assistant Deputy Commissioner Jennifer Dunn will be followed by a discussion summarizing recent research presented by Christina Proctor, a clinical assistant professor with UGA's College of Public Health.

The event will also feature a panel of producers, providers and farm health advocates discussing the on-the-ground view of farm stress. Breakout sessions will include suicide prevention training, identification of community strengths and a listening session on faith.

Key priority audiences for the FREE event include medical providers, counselors, faith leaders, Extension agents/specialists, Georgia Farm Bureau members and staff, policymakers, lenders, local elected officials, county/city municipal staff, pharmacists, agricultural producers, and agribusiness owners/operators. In addition, 2.5 CEU general contact hours are available for social workers and other professionals, including family counselors and marriage/and family therapists.



Farm of the Brave

For many veterans, returning to civilian life is a stark shift from their fast-paced and service-based military life. When you combine this with the more than 4.7 million veterans who have service-based disabilities, the challenges of re-entry compound. The University of Georgia is working to assist Georgia's veterans with this transition through its dynamic farming program, Farm Again.

“The program does more than you expect it to because it provides more than just equipment,” said Iteago Felton, owner of 3T Farms and Farm Again participant whose military career spans 32 years of Army service. “It gives us the knowledge, a new community of farmers and veterans, and a sense of pride because you know you are of service to your community again.”

Farm Again offers classes covering a wide range of topics including business planning and farming 101, which breaks down the basics for those who are new to the world of agriculture. Kyle Haney, AgrAbility and Farm Again rural health manager with UGA's Institute on Human Development and Disability, said the program highlights the importance of keeping farmers with challenges in farming and helping bring new people into agriculture.





Upcoming GNPS Events

Spring Native Plant Swap

The Intown Atlanta Chapter of the Georgia Native Plant Society is hosting its native plant swap on Sunday, April 21st, from 1:00 to 3:00 pm at Walker Park, 200 Memorial Terrace SE, Atlanta, GA 30316. Please bring 5–10 native plants to swap. Or if you have more to share, bring them for people just starting out with native gardening!

Pollinator Garden Planting at Lullwater Conservation Garden

On April 27th, the Intown Atlanta Chapter of the Georgian Native Plant Society will partner with the Historic Druid Hills Home & Garden Tour for La Habitat Helpers activity. Children will help create new butterfly habitat in the Lullwater Conservation Garden, by planting species that support Georgia butterflies like the Zebra Swallowtail and the endangered Monarch. Participating children will also take home seed packets to start their own butterfly gardens!

City Nature Challenge

On Saturday, April 27th, the Intown Atlanta Chapter of the Georgia Native Plant Society will be partnering with our friends at the Fernbank Museum for some on-site citizen science at the Lullwater Conservation Garden. Each year, as part of the national City Nature Challenge (April 26th to May 5th this year), Fernbank helps nature lovers all over Atlanta contribute observations via iNaturalist to help us better understand and document the health of our local ecosystems. No experience required, just have your cell phone handy. Trained volunteers will help you observe, snap, and upload snapshots of Lullwater's lush surroundings via the iNaturalist app. A win-win for nature lovers!



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

Nature Play for Kids (2-12) – Thursdays at 11am – We'll walk through the Youth Farm Forest, climb on rocks, look for critters under logs, and explore the forest surroundings. We'll be walking at least 1 mile, so be prepared to help your child if they need it. Expect to get dirty and wet, so wear clothes and shoes appropriate for the activity and weather. Bring water bottles, snacks, a change of clothes, and anything you need.

Feel free to bring your lunch and eat on our deck or on one of our picnic blankets.

Garden Volunteer Days – Saturdays at 10am – Get ready to roll up your sleeves and volunteer in the garden! We will work in the pollinator garden, start the cut flower garden bed layout, and more.

Wear close-toed shoes and comfortable/appropriate clothing! You will be playing in the dirt. Remember to bring a water bottle and work gloves.

Make Your Own Hiking Stick – March 16 at 1pm – Craft your own personalized hiking stick in this hands-on workshop with Ranger Rick from Arabia Mountain. Choose your wood, learn carving techniques, and add unique touches. No experience needed; our guides will assist. Leave with a new hiking stick to take on your outdoor adventures!

Youth ages 12-17 may participate, but must be accompanied by an adult.

Growing Oyster Mushrooms – April 13 at 1pm – Learn how to grow oyster mushrooms at home. This easy hands-on workshop will teach you the basic steps while providing the needed supplies to create your own oyster mushroom kit. Led by Sam Landes, of the Mushroom Club of Georgia.

This workshop is a partnership between the EMBARC Youth Farm and The Mushroom Club of Georgia.

Children over 10 are welcome to participate but must be accompanied by a parent or guardian. Each individual will make one oyster kit.

Participants are required to pay \$10.00 – please bring cash.



Gardening Calendar

March

- Make second plantings of such quickly maturing crops as turnips, mustard, radishes, and "spring onions."
- Thin plants when they are 2 to 3 in. tall to give the plants room to grow.
- Carry out any February jobs not completed.
- Treat seed before planting or buy treated seed for protection against seed-borne diseases, seed decay, seedling "damping off," and soil insects such as seed-corn maggots. (See Home Gardening, Bulletin 577, and Disease Management in the Home Vegetable Garden, Circular 862).
- Early-planted crops may need a nitrogen side-dressing, particularly if the soil is cool. Place the fertilizer several inches to the side of the plants and water it in. A little fertilizer throughout the growing period is better than too much at one time.
- Before settling them in the garden, harden-off transplants—place them in their containers outdoors in a sheltered place a few days ahead of planting them.
- Get rows ready for warm-season vegetables to be planted during the last week of March or first week or two of April as weather permits.
- You might want to risk planting out a few of the more tender crops and keeping them covered during bad weather.
- Watch out for insects, especially cutworms, plant lice (aphids), and red spider mites.
- Put down mulch between rows to control weeds.



march

FAMILY AND CONSUMER SCIENCES CLASSES



13TH **Spring Forward:**
March **Adequate Sleep and the**
Sleepy Girl Mocktail **11:30 AM**

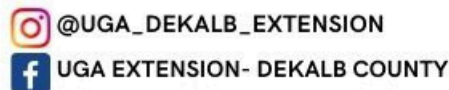
<https://bit.ly/4bRxYjz>

This class will teach participants to reduce health risks associated with inadequate sleep, and the new trend of Sleep Girl Mocktails

21ST **Take it to the Trails:**
March **Let's Get Physical** **11:30 AM**

<https://bit.ly/3V2Qr6y>

This class will educate participants on simple, cost-effective ways to become more physically active. This includes what to do before taking a hike and getting out on the trails.



Class Registration:
Spring Forward: Adequate Sleep and the Sleepy Girl Mocktail
<https://bit.ly/4bRxYjz>

Take it to the Trails: Let's Get Physical
<https://bit.ly/3V2Qr6y>



UNIVERSITY OF GEORGIA
EXTENSION

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

National Poison Prevention Week | March 17-23, 2024



#NPPW24

When the unexpected happens, Poison Help is here for you 24/7 with fast, free treatment advice by calling Poison Help (1-800-222-1222) or visiting PoisonHelp.org. Whether it's a question or an emergency, Poison Help can provide life-saving information when people need it most. Calling a Poison Center is faster and more accurate than an internet search. On average, 90 percent of poisonings happen in homes in America each year, and more than 70 percent of people who call Poison Help get the help they need right where they are—saving the cost of a trip to a healthcare professional or hospital.

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution



Elevate Couples Georgia

10h · 🌐



Congratulations to all the couples 'graduating' from the Elevate workshop with [RefreshHer Community](#)!! Do you know a couple in the Henry, Clayton, or Dekalb counties? [RefreshHer Community](#) has another great in person workshop coming up in May! Sign up: <http://www.elevatecouplesgeorgia.com/refreshherapply>

Learn more about other in person and virtual options: bit.ly/elevatewelcome



It's not counseling or therapy, it is an investment in your relationship. We enjoyed it, and in turn, we received several hundred dollars in gift cards!

[@ElevateCouplesGeorgia](#)



RefreshHer Community

13h · 🌐

[RefreshHer Community Elevate Couples Georgia](#) workshops completed for another group of Amazing Couples!

👍❤️ 5

3 shares

SIGN UP FOR IN-PERSON WORKSHOP

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution



UNIVERSITY OF GEORGIA
EXTENSION

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

MARCH IS
National Nutrition
MONTH!
#NationalNutritionMonth

**BEYOND
THE
TABLE**

2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS

March is National Nutrition Month
Throughout March, celebrate
#NationalNutritionMonth by going Beyond the Table!



UNIVERSITY OF GEORGIA
EXTENSION

March 2024

<https://extension.uga.edu>

Upcoming Learning Opportunities

"Spring Vegetables & Herbs" - March 21st at 6pm The basics of planting and maintaining a vegetable and herb garden to thrive throughout the season. Click to register.



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

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution



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

OR

[Fill out the help request form](#)

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