



UNIVERSITY OF GEORGIA  
**EXTENSION**

October 2022

<https://extension.uga.edu>

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

University of Georgia Cooperative  
Extension DeKalb County Office

# NEWSLETTER

## FERTILIZING THE HOME GARDEN

For garden vegetables to achieve maximum growth potential, they require both macronutrients and micronutrients for normal growth and development. While Georgia soils are naturally rich in some nutrients, it usually takes additional fertilizer to supply all the essential nutrients that vegetables require. The timing of fertilizer is extremely important when it comes to growing successful vegetables.



## FALL COVER CROPS

Cover crops have been used in multiple ways to stabilize soil and prevent erosion. They are often used as fall planting in the home garden. In addition to protecting the area from erosion, cover crops can actually add beneficial nutrition back to the soil.





## **GARDENING PLANNING**

You can plant or harvest something from your garden almost all year. The two major planting periods, however, are spring (March to May) and fall (mid-July to September). The spring plantings are harvested in June and July, while the fall plantings are harvested from October to December. January and February are prime times for looking at seed catalogs, dreaming of warm spring days, preparing garden plots, and getting ready for a productive season.



## **NEW TO GARDENING?**

Don't know where to start? It may seem daunting at first, but gardening is a very rewarding hobby. Visit the Farmer's Almanac Vegetable Gardening for Beginners where they highlight the basics of vegetable gardening and planning: how to pick the right site for your garden, how to create the right-size garden, and how to select which vegetables to grow.





## **E.M.B.A.R.C. Community Youth Farm**

Join DeKalb County Park Naturalist Jennifer McLaurin for a community service project at the brand new E.M.B.A.R.C. Community Youth Farm at the former Bransby YMCA site. We will spend the morning removing invasive plants and preparing the area for the soon-to-come bee apiary.

Do you like being outside and don't mind getting a little dirty? This volunteer project will help make this new park more welcoming to all! Everyone is welcome, and there will be volunteer opportunities for all abilities and ages 12 and up (accompanied by an adult). Participants must bring work gloves, wear closed-toe shoes, and fill out a safety waiver upon arrival. Everyone is responsible for their safety while on the property. Dress for the weather and bring a reusable water bottle and a snack.

Upcoming dates – Oct 14,  
Nov 4, Nov 18



**Everyone is invited!**

**GoGreen**

**A community environmental event**

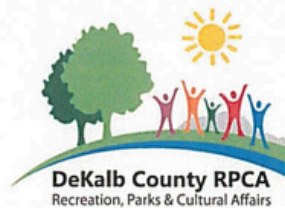
DeKalb County's Department of Planning & Sustainability, in collaboration with the Department of Recreation, Parks, & Cultural Affairs and with DHL Express, is excited to announce GoGreen. This participatory event is free and aspires to raise awareness and appreciation of sustainability with our communities. Various partners engaged in environmental / conservation work shall also be in attendance to share an overview of their organization and programs.

- ✓ Wade Walker Park 5585 Rockbridge Rd; Stone Mountain, GA 30088
- ✓ Saturday, October 15, 2022 (rain or shine)
- ✓ 9 AM – 12 PM
- ✓ Sustainability Awareness / Beautification

Tree Plantings • Invasive Species Workshop • Children's Green Arts & Crafts • Trail Maintenance • Litter Pickup • Solar-powered DHL pop-up • Outreach • Electric Bike / Electric Vehicle Displays • Succulent plant giveaways / DHL goodie bag (while supplies last)

Questions? (404) 371-2611  
[ateachout@dekalbcountyga.gov](mailto:ateachout@dekalbcountyga.gov)

Link to invasive species workshop signup:



GEORGIA FORESTRY  
COMMISSION





## WHAT IS ELEVATE?

ELEVATE is a free workshop for Georgia couples where you can learn more about how to communicate better and turn a conflict into an opportunity to grow your relationship. Visit our website for more information: <https://bit.ly/elevatewelcome>

### Who are we?

Our team at the University of Georgia has partnered with UGA Extension and other community agencies across Georgia to provide ELEVATE at no-cost to all Georgia couples in committed relationships. We're able to do this thanks to federal funding from the United States Department of Health and Human Services, Administration for Children and Families (ACF).

Whether you are married or unmarried, our mission is to provide all couples, like you, with support to enhance couple functioning and strengthen relationships.

We have in-person workshops available in select counties across Georgia. You can also participate from the comfort of your own home with our virtual workshops. Both formats include 12 hours of guided activities, lively discussions, and lots of time to connect with each other.

## FAMILY & CONSUMER SCIENCES

# Resolve to improve the air in your home

Pamela R. Turner, professor and Extension housing specialist, College of Family and Consumer Sciences

As people spend more time inside their homes, concerns about indoor air quality are magnified. The air inside homes is actually more polluted than the outside air and can negatively impact you, but a few simple safety checks and changes could make a big impact on your health.

Health impacts depend on the types of air pollutants, how often you breathe them and your current overall health. People at the greatest risk are the elderly, the very young and those with preexisting conditions such as asthma, allergies or cancer.

The good news is that you can control most of the contaminants inside your home. The first step is to be aware of what might be in your indoor air and how it could harm your health.

The air inside your home is filled with many particulates. Some are homegrown and others are brought inside. Contaminants that impact the air inside your home include mold, dust mites, pollen, pet dander, tobacco smoke, carbon monoxide, radon and volatile organic compounds (VOCs).

There are three primary ways you can improve the air in your home.

### Reduce what you bring indoors

Avoid using air fresheners, cleaning products and personal care items with a strong smell. The VOCs found in fragrances contain large numbers of chemicals that may be carcinogenic or result in migraines or respiratory problems for some people.

If you do purchase these items, store them in the garage and away from the door leading into your home. Alternatively, choose unscented products or make natural air fresheners.

### Ventilate your home

Improving the flow of air in your home helps reduce problems caused by contaminants like mold, tobacco smoke, carbon monoxide, radon and VOCs. Ventilation helps dilute the concentrations in the air, but it doesn't solve problems like radon or carbon monoxide. Both of these gases are invisible and odorless, so it's important to test or install a detector. You can purchase a radon test kit from UGA Extension at [radon.uga.edu](http://radon.uga.edu).

To protect your family from carbon monoxide poisoning, have a professional inspect your heating system and install an alarm or detector.

Select a high-efficiency particulate air (HEPA) filter for your furnace. To be classified as a HEPA filter, the U.S. Department of Energy specifies that it must filter at least 99.97% of particles sized 0.3 microns. Look for a pleated filter with a Minimum Efficiency Reporting Values (MERV) rating of at least 17. Be careful not to purchase a filter that is not compatible with your heating system.

### Clean the air

A portable air cleaner, also known as an air purifier, can remove some pollutants from the air. It is designed to filter the air in a single room or area.

The Association of Home Appliance Manufacturers (AHAM) developed the Clean Air Delivery Rate (CADR) rating system for air cleaners that rates them according to their effectiveness in removing three types of pollutants — tobacco smoke, pollen and dust. The higher the rating, the faster the system filters the air to remove the pollutants.

A general guideline is to follow the two-thirds rule: select an air cleaner with a CADR equal to at least two-thirds of the area in the room. For example, a 10- by 12-foot room with an area of 120 square feet should have a CADR tobacco smoke score of at least 80.

Since there are no federal standards for air cleaning devices, you need to do your research before making a purchase. It is not advisable to select an air cleaner that generates ozone. Although ozone can effectively remove viruses, bacteria and mold, it is a lung irritant.

Air cleaners alone will not protect you and your family from the virus that causes COVID-19. However, when used along with the Centers for Disease Control and Prevention's best practices, a portable air cleaner can be helpful in reducing the potential for airborne transmission of the virus.

For more information on air cleaners and air filters, visit [EPA.gov](http://EPA.gov) or see UGA Extension publication "Be Aware of Your Indoor Air."





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# Food Preservation Workshops **2022**

**October**  
**20**

## ***Apple Preserves (Water-bath Canning)***

Registration Deadline : Oct 13th, 2022

***\$20 per class***

**\*Non-refundable**

TIME: 10 AM to 1 PM  
**Space is limited**

Register by calling our office: 770-528-4070  
Pay by phone, cash or check.  
Make checks payable to Cobb County 4-H

Classes are held at our Cobb County Extension office.  
678 S Cobb Drive, Suite 200, Marietta GA 30060

Please note, minimum of 5 participants is needed per class.  
Otherwise class will be rescheduled or cancelled.

Questions? Call Zoe at 770-528-4070

