



UNIVERSITY OF GEORGIA EXTENSION



NEWS & EVENTS

2024 Farm Stress Summit

From healthcare providers and nonprofits to county officials and faith leaders, the 2024 Farm Stress Summit welcomes all who want to further their efforts in combatting farm stress within our communities. Our goal is to learn from each other, connect communities with existing resources and establish partnerships across organizations. Speakers will focus on farm family health and wellness, including strategies for enhancing collaborations at the local, state, and national levels to cohesively support farm families as well as proven and emerging practices for combatting farmer mental health challenges. This is a **FREE** event and includes a coffee/breakfast break and lunch.

Afternoon workshop sessions participants may choose from one 90-minute option to attend including:

1. Question, Persuade, & Refer Suicide Prevention Training
2. Community Capitals / Strength finding & exploration; and
3. Faith & farm listening session.

Attendance of this event offers up to 2.5 CEU contact hours for social workers.

For more information, see the event website:

<https://extension.uga.edu/topic-areas/timely-topics/Rural/farm-stress-conference.html>

March 20, 2024; 9:30 AM - 3:30 PM at Chattahoochee Technical College - Appalachian Campus (100 Campus Dr., Jasper, GA 30143, Building C).

Contact Information:

Maria Bowie | 706-542-8782 | mbowie@uga.edu



Banks County Apple Grafting Workshop

In this workshop, attendees will learn the process and techniques to successfully graft apple trees. We will walk you through the process of marrying scion and rootstock. Participants will be provided with 5 semi-dwarf rootstock (G210) which will mature to a perfect-sized tree (10-15') for most people to manage. Numerous scion varieties will be available to select from. Many heirloom, disease-resistant, and even Georgia varieties on hand, which will range in ripening windows from June to November. Available varieties will range in use from drying, sauce, cooking, cider, fresh eating, or a combination.

There will be 2 separate sessions for this program. 2:00-4:30 and 5:00-7:30, please only register for 1 session.

Grafting knives, parafilm, and labels will be available for use.

By attending you will join the University of Georgia's efforts to preserve and restore these historic apple cultivars.

Registration: <http://tinyurl.com/ycxadrpu>

Cost: \$40

Date & Time: March 25 | 2-4:30 or 5-7:30pm

Location:

1486 Historic Homer Highway

Homer, GA 30547

Banks Highschool Agriculture Barn



Contact Information:

Zachary Mccann
706-677-6230

AG & NATURAL RESOURCES

Soil Sampling the Who, Why, and What to Do Brian Bradford , Elbert County ANR Agent

In Extension, we often get questions regarding soil sampling and how to do soil sampling and interpret the results. Whether you are sampling a large pasture, field, or yard, the number of core samples you take is critical to the process. A composite soil sample is made up of several individual cores taken at random over a given area. The purpose of this is to minimize the variability that exists. Previous lime and fertilizer applications or slight soil variations may have caused this variation. If insufficient cores are pulled for a composite sample, the results can be biased either too high or too low. It is recommended that a minimum of 10 to 20 cores be taken for a composite sample. Previous sampling studies have shown that the number of cores required per composite sample varies with the size of the area being sampled. For example, 20 cores were needed for a 20-acre field, 15 for a 10-acre field, and 10 for a 5-acre field. The cores should be taken randomly over a section of the field or plot and represent the entire area. When all the cores have been collected, they should be thoroughly mixed. After mixing, a sufficient amount of sample is placed in the soil sample bag to fill the bag up to the "fill line." You may also bring soil samples to our office in a Ziplock bag. At least one pint of soil is needed.

Just as important as how many cores you take is when you take your samples. Soil test levels will change during the year, depending on the temperature and moisture of the soil. Therefore, samples must be taken at the same time each year so results from year to year can be compared. Generally, nutrient levels will be lower during summer and fall compared to winter and spring. The best time to sample is one to six months before planting. The earlier, the better if lime is needed because lime requires several months to fully react and neutralize soil acidity. Fertilizer should be applied closer to the time the crop needs it, as recommended in the soil test report. Soils need to be tested every 2 to 3 years for most situations. However, test the soil when there is a suspected nutrient deficiency, once per crop rotation, or once every other year if the Soil Sampling Procedures for Pastures and Farms soil is fertilized and cropped intensively. Annual sampling is recommended; in areas where high-value cash crops such as tobacco and vegetables are grown, in areas testing high in P and K where no phosphate or potash is recommended and none is applied, and in areas where the annual nitrogen application rate exceeds 150 pounds of N per acre. Soil samples should also be taken following crops where large amounts of nutrients are removed in the harvested portion of the plant, particularly silage crops, hybrid Bermuda hay, and when peanut vines are used for hay. Keep previous soil test results from individual fields (or advise growers to keep records) and refer to them when adjusting lime and fertilizer recommendations. Significant changes in pH or nutrient levels may signal that a sampling or analytical error has been made and, if not considered, could lead to an improper recommendation.

Pastures and no-till fields should be sampled to a depth of 4 inches. This represents the depth of active nutrient uptake and the zone where residual fertilizer nutrients accumulate. In orchards, numerous sampling studies have shown that with most orchard crops, the most significant root activity occurs at a depth of 8 to 12 inches. When sampling orchards, this depth should be included in the sample. A sampling depth of 12 to 14 inches is recommended for peach and apple orchards. For pecans, a depth of 6 to 8 inches is recommended. In lawns and turf, take soil samples to a depth of 4 inches. This is the actual soil depth and should not include roots or other accumulated organic material on the surface. If you have any questions, contact your UGA extension office at 706 283 2037

FAMILY & CONSUMER SCIENCES

March is National Nutrition Month®
Christa Campbell, Elbert County FACS Agent

National Nutrition Month® is an [annual campaign](#) established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Join the fun and celebrate by making nutrition fun for you and your family.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.



Here are nine things that can be done at home to celebrate National Nutrition Month:

1. As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
2. Give family members a role in meal planning and let them pick out different recipes to try.
3. Plan to eat more meals together as a family during National Nutrition Month®.
4. Explore food recovery options in your community.
5. If you watch TV, take breaks during commercials to be physically active.
6. Practice mindful eating by limiting screentime at mealtime — including phones, computers, TV and other devices.
7. Try more meatless meals — choices like beans and lentils are versatile plant-based protein sources that work in a variety of dishes. Ex. Cheesy Chickpea & Broccoli Bake (link to recipe below)
8. Let everyone help with food preparation — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.

Bring out the flavors of food by trying new herbs, spices or citrus fruit such as lemon or lime.

Source:



<https://www.eatright.org/national-nutrition-month> <https://www.eatright.org/health/wellness/awareness-campaigns/50-ideas-to-get-involved-in-national-nutrition-month>

<https://www.eatright.org/recipes/entrees/cheesy-chickpea-and-broccoli-bake-recipe>

4-H & YOUTH DEVELOPMENT

“Earthies” Science Club

6TH GRADE ONLY. If you love earth science, then this activity is for you! Join us after school in the Clover Room as we expand on our knowledge of earth science in fun, engaging activities. We will meet again on **Thursday, March 14th**. A ride must pick you up at 5:00pm at the ECMS auditorium and you must be a 6th grade student to attend.

ELEVATE Afterschool Club

Spend your afternoon with us learning a variety of topics, completing projects, and enjoying fun activities! You are sure to love this engaging and interactive time in the 4-H Clover Room (ECMS auditorium lobby) and BEYOND! Meetings are held monthly afterschool until 5:00pm. The next meeting is **Monday, March 25th**.

Young Riders Horse Club

If you like horses, make plans to join the Young Riders Horse Club! You do NOT have to own or ride a Horse to participate in this Club! Meet the Clover Room at the ECMS (auditorium lobby), **after school until 5:00pm on Wednesday, March 27th**.

State 4-H Horse Show Intent to Show Forms

The Georgia 4-H State Horse Show will be held at the Georgia National Fairgrounds in Perry, this summer June 4th —June 8th. In order to enter the show, **4-H'ers MUST submit an “Intent to Show Form” to the 4-H Office by Wednesday, March 13th**. You must own or lease the horse by March 1, 2024. If you own or lease a horse and would like to compete this summer, please let Ms. Lauren know so she can get you the Intent to Show Form.



Junior and Senior Project Achievement preparation was full of hard work and “coffee” breaks with a trip to Dunkin’

Thank you!!

Strawberry Sellers!

We appreciate the students who worked to sale during the Strawberry Fundraiser supporting 4-H Programs!



CONTACT US

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Monday - Friday
8:00am - 5:00pm

Closed 12:00pm-1:00pm

Visit our website at:

www.ugaextension.org/elbert

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