



UNIVERSITY OF GEORGIA EXTENSION



NEWS & EVENTS

Up Coming Classes & Events

The History of Herbs: Culinary and Medicinal

Step into the world of herbs with this engaging session as it explores the fascinating journey of herbs through time, from ancient remedies and sacred rituals to modern kitchens and medicine cabinets. Discover how herbs have been used across cultures for flavor, healing, and even magic. We'll delve into notable herbs, their historical significance, and their enduring roles in both culinary and medicinal practices. Join Lisa Klein as she uncovers the rich tapestry of herbal history and its impact on today's world. This webinar counts towards the Continuing Education requirements for the Master Gardener Extension Volunteers. Use the Zoom link provided or contact us @ 678-377-4010

Date and time: May 22, 2025; 6:00 PM - 7:00 PM

Online Location:

<https://uga.zoom.us/j/97119375340?pwd=pyorUfKtEw4Y3pDPSoZVcRd4qRrz79.1#success>

Krispy Kreme Donuts

Elbert County 4-H is selling delicious Krispy Kreme Donuts! Consumers can choose between a box of a dozen original glazed or a certificate which is redeemable for a dozen of original glazed in the Krispy Kreme store later. Either option is **\$10/each**. Orders must be turned in **Monday, May 12th**, before 5:00pm to the office at Blackwell Learning Center. The donuts and the certificates will be available for pick-up at the Auditorium of ECMS on Wednesday, May 21st, from 11am-5pm. Help support a 4-H'er with your order!



Small Space and Straw Bale Gardening

Gardening in a small space is an art, but don't let that stop you from maximizing your gardening potential! Tune in to learn about various small-space gardening techniques like container gardening, vertical gardening, and hydroponics, while shining a spotlight on straw bale gardening—an eco-friendly method perfect for compact areas. Filled with practical tips, visuals, and ideas, this presentation is designed to inspire gardeners to thrive no matter the space constraints. Join Lisa Klein with UGA Extension Gwinnett as she walks you through how to turn vacant spaces into vibrant, productive gardens that nurture both plants and people. This program qualifies for master gardener continuing education credit. Use the Zoom link provided or contact us @ 678-377-4010. For more information, please contact us at uge1135@uga.edu

Date and time: Jun 5, 2025; 6:00 PM - 7:00 PM

Online Location:

<https://uga.zoom.us/j/95229108619?pwd=xoSaYrq8QaaSLeEnDGnd7hK6aHENwh.1#success>

Rabies Clinic

THANK YOU to everyone who came out to support the Annual Rabies Clinic. Over 500 pets were vaccinated to prevent contracting the Rabies Virus. We appreciate the following students for helping work the event: Gracey Baxter, Chloe Bradford, Bethany Burden, Prom'ouz Goodman, Timothy Lazlo, Claire Moon, Lydia Moon, Allie Stephens and Samantha Walsky.



AG & NATURAL RESOURCES

Know Your Forage, Grow Your Farm: The Value of Hay Testing in Elbert County

Brian Bradford, Elbert County ANR Agent

Why smart producers are turning to forage analysis — and how your local Extension Office can help.

As the hay season rolls on and barns fill with bales, it's easy to assume that what you've harvested is ready to go. After all, it looks good, smells good, and the livestock seem to eat it. But when it comes to feed value, appearances can be deceiving — and relying on visual cues alone can cost you money, time, and herd performance. That's where forage testing comes in. Forage testing is a simple, science-based way to know exactly what's in your hay or pasture grasses. By analyzing a sample in the lab, you get a detailed breakdown of nutrients like **crude protein, fiber, moisture, and energy content**. These numbers help you fine-tune feed rations, reduce unnecessary supplements, and ensure your animals are getting what they need to thrive — no more, no less. Even better, it can help you market your product more confidently. In an increasingly quality-driven hay market, lab results give you a competitive edge when selling to buyers who care about feed value, not just color and texture.

Local Support You Can Count On

Here in Elbert County, you don't have to navigate forage testing on your own. The **Elbert County Extension Office** is offering hands-on support for local producers who want to get their forage tested and make the most of the results.

Whether you've never tested before or you're looking for a refresher, our office can help you take samples the right way — because accuracy starts with proper collection. We'll also handle sending the samples to the University of Georgia's Forage Testing Lab, and we'll walk you through the results once they come in. You'll know exactly what those numbers mean and how to use them to improve your operation.

Affordable and Worth Every Penny

Testing costs just **\$25 per sample**, which covers both the lab fee and the Extension Office's assistance. For a small investment, you gain valuable insight that can lead to more efficient feeding, healthier animals, and better returns — whether you're a cow-calf producer, hay grower, or both.

When to Test

If you've recently baled hay — or are feeding last year's — now's the time to pull samples. Fall is also a great season to assess standing forage in pastures to determine grazing value. The sooner you know what's in your feed, the better you can plan your nutritional strategy through winter and into spring.

Let's Make It Easy

Call or stop by the Elbert County Extension Office to get started. We're here to support your operation with real, useful tools, and forage testing is one of the best around.

Elbert County Extension Office

373 Campbell St, Elberton, GA 30635

706 283 2037

brian.bradford@uga.edu

You've worked hard for every bale — now let's make sure it works just as hard for you.



FAMILY & CONSUMER SCIENCES

Water: How much should you drink every day?

Christa Campbell, Elbert County FACS Agent

How much water should you drink each day? It's a simple question with no easy answer. Studies have produced varying recommendations over the years. But your individual water needs depend on many factors, including your health, how active you are and where you live. No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

What are the health benefits of water?

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive.

Every cell, tissue and organ in your body needs water to work properly. For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

What about the advice to drink 8 glasses a day?

You've probably heard the advice to drink eight glasses of water a day. That's easy to remember, and it's a reasonable goal. Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses a day might be enough. But other people might need more. You might need to modify your total fluid intake based on several factors: exercise, environment (weather), a person's health, or pregnancy and breastfeeding.

How do I know if I'm drinking enough?

Your fluid intake is probably adequate if:

- You rarely feel thirsty
- Your urine is colorless or light yellow
- Your doctor or dietitian can help you determine the amount of water that's right for you every day.

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's a good idea to drink a glass of water:

- With each meal and between meals
- Before, during and after exercise
- If you feel thirsty

Mayo Clinic. (2025). Water. Retrieved from www.mayoclinic.org

Elbert County Extension Newsletter

May 2025

4-H & YOUTH DEVELOPMENT

Modified Trap Shotgun Team

The Elbert County 4-H Shotgun Team hosted a District Qualification Match at the Elbert County Gun Club in April. Junior Team members (middle school students) are: Chloe Bradford, Kamdyn Dawson, Remington Haynie, Bentley House, Waylon Kidd, Aiken Marlow, Ben Martin, Landyn McIntosh, Natalin McNair and Brentley Woodall. Senior Team members (high school students) are: Hunter Barger, Colton Bradford, Michael Hendrix, Brantley Smith and Hunter Woodall. Good luck to Remington, Bentley, Ben, Landyn, Brentley and the Senior Team as they all advance to the State Match.



Leadership in Action

Leadership in Action is a competitive event where Georgia 4-H'ers see a need and take the initiative to address that need in their local communities. Grace Kidd submitted an application for Leadership in Action based off her "Cancer Care Packages" service project. We thank all students who helped with this project in some capacity and wish Gracie well in the competition.



Georgia 4-H State Horse Show

This summer Elbert County 4-H'ers will have the opportunity to compete at the Georgia 4-H State Horse Show in Perry. Students who are eligible to compete include: Chloe Bradford, Isabella Burton, Madelyn Dixon, Ayden Evans, Natalie Evans, Bailey Hughes, Bella Hughes, Timothy Lazlo, Aiken Marlow, Aiden McCarty, Lydia Moon, Madison Moore, Kennedy Ray, Madison Scoggins, Bailee Seymour and Jalyn White. Good luck to everyone who registers!



CONTACT US

Christa Campbell

County Extension Coordinator and County Extension Agent, FACS
christaa@uga.edu | 706-283-2037

Brian Bradford

County Extension Agent, ANR | brian.bradford@uga.edu | 706-283-2037

Lauren Dye

County Extension Agent, 4-H | lmdye@uga.edu | 706-283-2037

Alex Jones

County Extension 4-H Program Assistant | alexandria.jones1@uga.edu | 706-283-2037

Trisha Willis

County Extension Administrative Assistant | trisha.willis@uga.edu | 706-283-2037

Elbert County Extension

373 Campbell Street
Elberton, GA 30635

Phone: 706-283-2037

Fax: 706-283-2038

Office Hours:

Monday - Friday

8:00am - 5:00pm

Closed 12:00pm-1:00pm

Visit our website at:

www.ugaextension.org/elbert

Follow us on Facebook!

UGA Extension - Elbert County
Elbert County 4-H

If you need a reasonable accommodation or language access services, contact the Elbert County Extension office at 706-283-2037 or uge1105@uga.edu at least three weeks prior to the program date.