



Forsyth County Cooperative Extension News

June 21, 2017

Hello, Neighbors! We're on the cusp of summer, a time when properly placed trees can shade our homes and help reduce costs and energy use for home cooling. Some of my neighbors, however, are having trees cut down. Read on to learn why, plus get the Fresh and Local recipe for June (hint – it's national pollinator week!), and see the list of upcoming Extension classes and events.

Dangerous Trees

By Heather Kolich, Agriculture & Natural Resources Agent
UGA Extension Forsyth County

Through flowers, foliage, and fantastic fall color, mature trees lend beauty, value, and function to landscapes. They offer food and habitat to wildlife; create shady oases in the summer and windbreaks in the winter; filter pollution from the air; and help prevent soil erosion. But like all living organisms, trees have a natural lifespan. As much as we may resist it, landscape trees die.

Dead and declining trees pose dangers. They may drop limbs or topple over, causing property damage and personal injury. In Georgia, [tree owners have a responsibility](#) to remove dangerous trees, and they are liable for damage their failing tree causes.



Trees in declining health can fail suddenly, causing property damage or personal injury. Photo by Ben Johnson, University of Minnesota Extension.

Mature trees rarely die suddenly. Rather, like us, they age and decline over time. Human activities and environmental factors can cause physical damage and stress (see sidebar). These issues can shorten the expected lifespan of landscape trees, as well as make them more susceptible to pests and diseases.

[Evaluating the health of trees](#) should be part of our landscape maintenance routines. Signs of decline include dead and dropping branches, trunk cavities, mushrooms growing around or on the tree, and brown needles or leaves at the top of the tree during the growing season.

If your evaluation reveals issues of concern, you may want to contact an arborist. The [Georgia Arborist Association](#) maintains a listing of certified arborists that is searchable by city name. Before deciding to remove a tree yourself, do a thorough [site assessment](#) to identify all potential hazards, and review the [Five-Step Felling Plan](#).

Fresh and Local Food for June: Honey

Honey, Bee Sweet

By Barbara Worley, Family & Consumer Sciences Agent
UGA Cooperative Extension Forsyth County

In honor of [National Pollinator Week](#) (June 19 – 25, 2017), we're taking a look at the delicious and nutritious side of what our honeybee pollinator friends produce for our use and enjoyment. You can find local honey at the [Cumming Farmers Market](#), across from the fairgrounds on Castleberry Road, on Wednesday and Saturday mornings.

People often ask, "Is honey healthier than sugar?"

Both honey and sugar are calorie-dense, carbohydrate sweeteners. Both are composed of a combination of glucose and fructose. But they have some distinguishing characteristics.

Factors affecting tree lifespan

Environmental Events

Drought and flooding
Severe winters or summers
Wildfire and storms
Nutrient deficiencies

Human Activities

Improper planting
Parking on root system
Construction and digging
Bark and trunk damage
Herbicide damage



National Pollinator Week is June 19-25, 2017.

In sugar, which is derived from sugar beet and sugar cane plants, glucose and fructose bind together to form sucrose. In honey, fructose and glucose are primarily independent of each other. Honey does have more fructose than glucose. Additionally, researchers have identified some 25 different oligosaccharides in the composition of honey. Oligosaccharides are carbohydrates that have strings of 3-10 simple sugars linked together.

One tablespoon of white, granulated sugar contains 49 calories, while one tablespoon of honey has 68 calories. The additional calories are why honey has a higher density and weight than sugar. Honey can harbor botulism spores, so it should not be given to infants less than one year of age because their immune systems are immature.

A tablespoon of sugar contains almost 15 grams of sucrose. The same amount of honey contains roughly 8 grams of glucose, 9 grams of fructose, and 0.2 grams of sucrose, along with tiny amounts of minerals, vitamins, and amino acids. The additional nutrients are too minute to constitute an appreciable nutritional benefit.

The difference between how our bodies digest honey and sugar lies in the composition of enzymes in each of these products. Because sucrose (table sugar) is a disaccharide – a sugar composed of two monosaccharides – it passes through our stomachs without any digestion occurring. Enzymes in the stomach cannot break down the glucose-fructose structure of table sugar; that happens when it reaches the small intestine. Then the liver utilizes a few enzymes to convert the molecules into glucose, which is able to enter the bloodstream for further use.

Another question we hear is, “How do I substitute honey for sugar in a recipe?”

In cooking, one (1) cup of sugar can be exchanged for one (1) cup of honey, but you’ll need to reduce other liquids in the recipes by $\frac{1}{4}$ cup. In baked goods, add $\frac{1}{2}$ teaspoon of baking soda for each cup of honey substituted, and lower the baking temperature by 25 degrees. For cookie recipes using eggs and no additional liquid, increase the flour by about two (2) tablespoons per cup of honey. Chill before shaping and baking. When making cakes or cookies, first mix the honey with the fat or the liquid, and then mix with other ingredients. If you skip this step, the top may come out soggy.

Honey That’s Easy! Dressing – Barbara Worley (article adapted from <https://www.ag.ndsu.edu/ramseycountyExtension/news/extended-to-you/2012-extended-to-you/honey-or-sugar>)

$\frac{1}{2}$ cup local honey
 $\frac{1}{4}$ cup stone-ground mustard
 $\frac{1}{4}$ cup rice wine vinegar

Whisk all ingredients together or combine in a jar and shake well. Use as salad dressing or vegetable dip.

UPCOMING EXTENSION CLASSES AND OPPORTUNITIES

Georgia Master Naturalist Training Course

Environmental Education for Adults – Thursdays, August 3-September 21, 9 a.m.-4 p.m.

Are you a budding citizen scientist with an interest in natural resources and ecology? Apply for the Master Naturalist Extension Volunteer training program! Through this 8-week course, you'll learn about birds, bats, and mammals in Georgia, stream ecology, geology, invasive species, and more. Sessions include classroom learning and field experiences. Trained Forsyth County Master Naturalists may volunteer on several county projects that monitor environmental changes, restore habitats, and inform residents how natural resources function together in our local ecosystems.

We are accepting applications through June 30 for the 2017 training course. Classes will meet from 9 a.m.-4 p.m. on Thursdays beginning August 3 and finishing September 21. The schedule and application materials are available on the [Forsyth County Extension website](#). Class is limited to 25 participants.

For Landscape and Agricultural Professionals

Horticulture Update with CEUs for Pesticide Applicators – Wed., July 19, 8-10 a.m.

Through this 2-session interactive webinar program, participants earn 2 hours of pesticide applicator continuing education credits in one of the following license categories: 21, 24, 27, or Private. Sessions: *Troubleshooting Problems for the Horticultural Landscape* – Dr. Matthew Chappell, UGA Department of Horticulture

Troubleshooting Common and Not So Common Plant Diseases in the Georgia Landscape – Dr. Jean Williams-Woodward, UGA Department of Plant Pathology

Coal Mountain Park Community Building, 3560 Settingdown Road. Cost: \$10. [Registration information](#) or visit <http://ugaextension.org/county-offices/forsyth/agriculture-and-natural-resources.html>

Registration deadline: July 14, 2017

Summer 4-H Fun Camps

Forsyth County 4-H is offering 7 summer day camp opportunities for 4th-6th graders. Farms, animals, water, nature – this summer we have something for everyone! Spaces are limited and camp are filled on first-registered basis. Registration deadline is 14 days prior to camp date. Cost: Varies by camp theme. For more information, visit <http://ugaextension.org/county-offices/forsyth/4-h-youth-development/upcoming-events.html> or contact the 4-H Staff at 770-887-2418.

[Camp details and registration form](#)

Journeyman Farmer Certificate Program – Coming in January 2018

Forsyth County Extension will offer this [comprehensive training program](#) for new and beginning small-acreage farmers early next year. Here's the tentative schedule:

Part 1: Small Farm Business Planning – Saturday January 20 and Saturday January 27

Part 2: Vegetable and Small Fruit Production – 7 weekly sessions, probably 6:30-9 p.m. on Thursdays in February and March, with one Saturday morning scheduled for local farm tours.

Part 3: Hands-on training – very limited availability. People who complete and pass evaluations for sessions 1 and 2 may apply for an internship on a working small farm, for a mentor if they are already farming, or for an opportunity to work on an incubator farm.

The University of Georgia is committed to the principles of equal opportunity and affirmative action.

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