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Spring is here and we welcome you to the UGA Extension Gwinnett quarterly newsletter.

Articles come from our Extension agents to heighten awareness of spring activities in Georgia.

We hope that you enjoy reading this e-publication. Please help spread the word about everything we have to offer here at UGA Extension Gwinnett.



## Blooming Your Health

Springtime can be the most popular time for cleaning and organizing your home. Although important, let's not forget about our health and well-being. With flowers blooming and soil being tilled for gardens, it's a perfect time to center our focus on becoming healthier as the world around us prepares to blossom. UGA Extension Gwinnett is offering programs and events this

season to help you on your journey towards better health. To kick start this spring season, click [here](#) to view a delicious and healthy Spinach and Quinoa recipe.



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## National Nutrition Month



Ines Beltran, Family and Consumer Sciences agent for UGA Extension Gwinnett, participated in the Board of Commissioners Proclamation in March for National Nutrition Month. Other participants included Live Healthy Gwinnett, Gwinnett Parks and Recreation, Children's Healthcare of Atlanta Strong For Life, Gwinnett Health and Human Services, and Gwinnett United in Drug Education. The Gwinnett Daily Post received a "National Nutrition Month" proclamation from Board of Commissioners Chairwoman Charlotte Nash delivered the proclamation. Charlotte Nash delivered the proclamation.

## Awards and Class Offerings

Ines Beltran, Family and Consumer Sciences agent, UGA Extension Gwinnett, won a first place award in the Georgia Extension Association of Family and Consumer Sciences newsletter category for Enlace Latino. The articles are written in Spanish by Ines and several Spanish-speaking extension agents in Texas, Oklahoma, Arizona, and Kansas. She also won first place in the Texas Extension Association for the Multi-State Collaboration category for the same newsletter. Ines and Kishon Thomas, the FACS extension agent in Bibb County, collaborated in developing the Breathing Easy curriculum in both English and Spanish and won third place in the GEAFCS Child Care Provider's Curriculum category.

Click [here](#) to read Enlace Latino, a Spanish newsletter with information about your health, your family, and your home. Ines routinely offers Family and Consumer Sciences educational programs and writes a blog with nutrition tips and recipes in both English and Spanish.



# GWINNETT MASTER GARDENERS ASSOCIATION PLANT SALE



Saturday  
**April 28, 2018**  
9:00am – 2:00pm  
Rain or shine  
Checks or cash only

Lilburn Library/  
City Hall Parking Lot  
4817 Church Road NW  
Lilburn 30047

Featuring trees, shrubs, perennials, annuals, vegetables and herbs, natives, and pollinator plants for sustainable gardens.

For additional information,  
please visit [www.gwinnettmastergardeners.com](http://www.gwinnettmastergardeners.com)



If you are a current or rising fourth- or fifth-grader, it's not too late to sign up for Rock Eagle Summer Camp through our 4-H youth program! This week-long event provides a real camp experience for your kids. Days will consist of fun outdoor activities such as swimming, canoeing, and rock climbing. Make new friends and memories that last a lifetime. Adventure is just around the corner! Click [here](#) for the camp application. For more information about our 4-H program contact Pam Bloch at 678.377.4010.





## 4-H'ers Are Off to State Congress

Gwinnett 4-H'ers are going to State Congress! We have first place District program Achievement (DPA) winners in International, Festive Foods for Health, and Dairy. Our second place winners in the sweepstakes category are in Sports, Public Speaking, and Performing Arts Vocal. Here are the names and categories that we are honored to share:

- Parvathi Kumar – International
- Aromal Saji – Sports
- Christiana Fecteau – Performing Arts Vocal
- Harrison Martin – Public Speaking
- Malachi Young – Festive Foods for Health
- Justin Hennebaul – Dairy Foods (pictured left with Dr. Lori Bledsoe, 4-H Program Development Coordinator)

**Congratulations!**

## Having Trouble Growing Turfgrass? Consider Alternatives

Homeowners love their lawns because they are attractive, increase property value, and provide a soothing environment. Sometimes in parts of the home landscape, grass grows poorly due to shade, poor soil, or other factors.

Shade is a limiting factor in many home landscapes. Tall fescue, zoysia, and St. Augustine grasses can tolerate filtered shade, such as under trees. Bermuda grass, however, does not tolerate shade at all and will thin out if it does not receive at least eight hours of sun a day.

Many homeowners have areas in their yards where turfgrass is unable to grow due to poor drainage and being continuously wet. Lawn grasses perish if the soil stays saturated. Turfgrasses are unable to tolerate soil that has poor drainage because it deprives the roots of oxygen.

If you experience soil or shade problems in your landscape, there are some alternatives to growing grass, such as shade-loving ground covers. They are attractive and thrive in areas where turfgrasses have difficulty growing. Liriope, mondo grass, pachysandra, Asiatic and Confederate jasmines thrive in the shade. These plants will cover the ground where turfgrass may be difficult to grow. Timothy Daly is the agricultural and natural resource agent with UGA Extension Gwinnett and can be reached at [timothy.daly@gwinnettcountry.com](mailto:timothy.daly@gwinnettcountry.com) or 678.377.4010.





## Arbor Day

Join UGA Extension Gwinnett and Parks and Recreation on April 28 to celebrate Arbor Day and the Gwinnett County Bicentennial while learning all about trees. This is a free event for the entire family. Click [here](#) for event details.

## Events and Classes



### Vegetable Gardening April 10 6:30pm to 7:30pm

**Free!** UGA Extension Agent, Timothy Daly will discuss the many vegetables that can be grown in our area and how to care for them to produce a bountiful harvest.

The class will be held at the Hamilton Mill Library located at 3690 , Dacula. Pre-registration is required by April 9. To register, contact the Gwinnett Public Libraries at [events@gwinnettpl.org](mailto:events@gwinnettpl.org).



### Walk-A-Weigh Mondays April 16 - May 21 9:30am to 11:00am

Long-term weight control requires regular physical activity of at least 30 to 60 minutes per day. Each Walk-a-Weigh Monday session will include a lesson on controlling your weight, a taste-test of a low-calorie recipe, and a group walk. This class meets Bethesda Park Senior Center, 225 Bethesda Church Road, Lawrenceville. Cost-\$10 per session. Pre-register by April 13 at [www.gwinnettparks.com](http://www.gwinnettparks.com) with code BEP12600.



**Aging With A Healthy  
Brain  
April 24  
6:30pm to 8:00pm**

**Free!** According to the Alzheimer's Association, the majority of people with the disease are 65 and older, but approximately 200,000 Americans under the age of 65 are at risk of early-onset Alzheimer's. Learn about the risk factors, and take an assessment to determine your risk for the disease. The class meets at the Five Forks branch Gwinnett County Public Library, 2780 Five Forks Road, Lawrenceville. No registration required.



**Growing Herbs  
May 8  
6:30pm to 7:30pm**

**Free!** Herbs are excellent garden plants that require minimal maintenance and come in a variety of scents, flavors, and colors. Timothy Daly, UGA extension agent, will cover the basics of growing herbs and some of the best ones for local gardens. The class meets at the Suwanee branch Gwinnett County Public Library, 361 Main Street, Suwanee. Pre-registration is required by May 4 at [events@gwinnettpl.org](mailto:events@gwinnettpl.org).



**Sustainable Gardening for  
Homeowners  
May 9  
6:30pm to 7:30pm**

**Free!** Join Gwinnett County Master Gardener and author Susan Varlamoff to learn about creating a beautiful, environmentally friendly landscape that will save you time and money and bring wildlife to your doorstep. With simple, scientifically based principles and practices featured in her book, *Sustainable Gardening for the Southeast*, you can do your part to protect the earth. The class will be held in the second floor conference room of the Gwinnett County Government Annex Building, 750 South Perry Street., Lawrenceville. To register, contact Timothy Daly, UGA extension agent, at [timothy.daly@gwinnettcountry.com](mailto:timothy.daly@gwinnettcountry.com) or 678.377.4010.



**Turfgrass Selection and  
Maintenance  
June 6  
Noon to 1:00pm**

**Free!** Several types of turfgrasses are used for lawns in our area. Each have their positives and negatives. The class will help you determine which turf is the best for your situation and to maintain the lawn you already have. The class will be held in the second floor conference room of the Gwinnett County Government Annex Building, 750 South Perry Street., Lawrenceville. Pre-register by June 4 by contacting Timothy Daly, UGA extension agent, at [timothy.daly@gwinnettcountry.com](mailto:timothy.daly@gwinnettcountry.com) or 678.377.4010.

**Controlling Pests  
on Vegetables  
June 27  
Noon to 1:00pm**



**Free!** Home vegetable gardens can provide fresh vegetables throughout these seasons. However, numerous pests also enjoy feasting on the plants. UGA Extension Gwinnett agent, Timothy Daly, will cover how to identify and control common vegetable garden pests. The class will be held in the second floor conference room of the Gwinnett County Government Annex Building, 750 South Perry Street., Lawrenceville. Pre-register by June 25 at [timothy.daly@gwinnettcounty.com](mailto:timothy.daly@gwinnettcounty.com) or 678.377.4010.

Gwinnett  
**Multicultural**  
FESTIVAL + COUNTY GOVERNMENT  
OPEN HOUSE



**APRIL 14  
2018**  
10:00AM-2:00PM

*Free for all ages!*

**SHORTY HOWELL PARK**  
2750 Pleasant Hill Road, Duluth 30096

Police Specialized Units Displays //  
Community and County Government  
Department Displays // Cultural  
Performances // Kids' Activities //  
Dunk Tank // Inflatables // Food  
Trucks and Concessions

**NEED MORE INFORMATION?** Call the  
Gwinnett County Crime Prevention Unit at  
770.513.5119. Se habla español, 770.513.5116.

This project was supported by Grant No. 2015-DJ-BX-0675 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



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## Farmer's Markets

**Coming Soon!**

Look for our "Ask a Master Gardener Extension Volunteer Booth" at your local farmer's market this summer at Suwanee, Snellville, Grayson, Norcross, and Lilburn.

UGA Extension Gwinnett offers educational programs, assistance and materials to all people without regard to race, color, national origin, sex or disability. An equal opportunity/affirmative action organization committed to a diverse workforce.

[Visit our website](#)

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