



In this Issue:

Summer 2017

- 4-H Kicks Off 2018 Program
- Protect Yourself from Ticks
- Inmate Garden
- Planning Your Children's Health
- Events and Classes
- Volunteer Your Green Thumb
- The Green Table Conference
- Barn Cat Program

Welcome to the UGA Extension Gwinnett quarterly newsletter. We have combined our newsletters into one easily accessible format. Articles will come from our Extension agents and include 4-H, Family and Consumer Sciences, and Agriculture. We hope that you enjoy reading it and help spread the word about everything we have to offer here at Extension.



4-H Kicks Off 2018 Program

What is 4-H? It is a youth development program provided by UGA Extension Gwinnett for boys and girls, grades K-12. It is a program designed with kids in mind, focused on peer support rather than peer pressure. The program is open to anyone. No dues or uniforms are required. To view our kickoff flyer click [here](#).

Protect Yourself from Ticks

Tim Daly, Agriculture and Natural Resource Agent (678.377.4011)

During the summer, many people spend time outdoors. One pest of particular concern is ticks, which can carry disease-causing organisms. There are three types of ticks: the Lone Star tick, the American Dog tick, and the Deer tick. The Lone Star tick has a single white spot on its back and long mouthparts. The American Dog tick has diffused white markings on its back and shorter mouthparts. The Deer tick is smaller than the other two and has no markings. Some ticks carry diseases such as Rocky Mountain Spotted Fever and Lyme disease. These illnesses can sicken people and in rare cases cause death. However, most ticks do not carry these disease organisms.



When outdoors, the best way to avoid ticks is to stay in areas where the vegetation is open and below ankle height. Avoid allowing any vegetation to brush against you. Wear light-colored clothing so you can see any ticks that might get on you. When you are in tick-infested areas, wear a long-sleeved shirt, long pants, and a hat. For additional protection, apply an insect repellent containing the chemical DEET to clothing and exposed skin. In your yard, keep the grass cut

short, remove brush and leaf litter from near your house, and from areas that people and pets use the most. Move children's play areas away from trees and shrubs. You can also apply insecticides to your yard that are labeled to control ticks. Treat your pet with an approved insect repellent for ticks. Talk to your veterinarian about treating your pet.



Gwinnett County Jail Inmate Garden

Gardening can be a therapeutic way to escape the stress of daily life. At the Gwinnett County Jail, female inmates plant, nurture, and grow flowers and vegetables. As their hard work blossoms, so does their confidence and determination. With more than 600 plants in raised beds, the inmates have harvested several hundred pounds of produce. This produce has been utilized in the jail's kitchen to prepare meals. Timothy Daly of UGA Extension Gwinnett has overseen this project and has been a vital asset, guiding the inmates and staff

with his agricultural knowledge. The garden is not only restoring peace in the lives' of the inmates caring for the garden, but also demonstrating that nurturing something from the ground up is life-changing.

Planning your Children's Health

Ines Beltran, Family and Consumers Sciences Agent (678.377.4014)

The foundation for the growth of healthy, young children is proper nutrition. The establishment of healthy habits at an early age will carry throughout adulthood. Commuting, working long hours, and having irregular schedules can mean less time for preparing healthy meals at home. This can make it difficult to maintain healthy meal options for your family. All these factors prompt many parents to eat takeout meals, skip meals, and serve prepared entrees. Studies have shown that food prepared at home has more nutritional quality than food prepared outside the home. Takeout meals are higher in calories, fat, salt, and sugar, and lower in fruits and vegetables. Here are some ideas for parents to provide healthier meals at home:



- Coordinate meal preparation with other family members
- Share household food roles, such as shopping and cooking
- Let your kids help you find tasty recipes
- Engage children in meal preparation as part of family time
- Plan/cook meals in advance
- Prepare lunches at home to take to work and/or school

Upcoming Events and Classes



Farmers Market
August 11 • 4:00pm to 8:00pm

Stop by our "Ask a Master Gardener" booth located at 1400 Killian Hill Road, Lilburn.



Farmers Market
August 12 • 8:30am to 12:30pm

Stop by our "Ask a Master Gardener" booth located at 2342 Oak Road, Snellville.



Food Safety for Mature Adults
August 14 • 10:30am to 11:30am

At Risk for Foodborne Illness, as part of the Healthy Lifestyle Habits series, informs seniors about food safety. Enjoy a cooking demonstration and presentation by Ines Beltran, Gwinnett County Family and Consumer Sciences Agent. Be informed about ways to prevent food borne illness and benefit from updated information. Space is limited. \$3/

per person, must pre-register by August 11 online at www.gwinnettparks.com with code BEP32915 or call 678.277.0179.



Fall Vegetable Gardening
August 28 • noon to 1:00pm

Free! Although many people think the summer is the only time to grow vegetables, several can be planted in the fall. Timothy Daly, UGA Extension Gwinnett Agriculture and Natural Resources Agent, will show you how to start a fall garden with vegetables that thrive in the cooler season. To pre-register, call 678.377.4011 or email

timothy.daly@gwinnettcountry.com by August 24. by August 24.

Volunteer Your Green Thumb



The Gwinnett County office of UGA Extension is looking for new applicants for our next Master Gardener training program that begins in January 2018. The Georgia Master Gardener Extension Volunteer program is a volunteer training program that connects gardeners with their communities. Since 1979, Georgia Master Gardener volunteers have worked alongside University of Georgia Extension agents helping them teach Georgians how to become environmentally responsible. We are looking for enthusiastic Gwinnett County residents who want to learn and volunteer in their local community. Basic gardening knowledge

and experience preferred. If you would like to receive our 2018 MGEV application or have questions, please contact us at the Gwinnett County Extension office at 678.377.4010. Also, watch for the 2018 MGEV application coming soon at www.ugaextension.org/gwinnett



Save the date! Friday and Saturday, October 6 and 7. Gwinnett County Master Gardeners will host the 2017 GMGA Annual Conference. Click [here](#) for more information.

Barn Cat Program

Gwinnett County Animal Welfare and Enforcement are working with Planned PETHood of Georgia to place unadoptable feral cats from the shelter and pair them with people with barns that need organic pest control. Click [here](#) to visit the website for more information.



Gwinnett County Government Annex • 750 South Perry Street, Suite 400, Lawrenceville • Classes held on second floor
www.gwinnettextension.com • UGAExtension@gwinnettcountry.com • 678.377.4010

UGA Extension Gwinnett | 750 South Perry Street, Suite 400, Lawrenceville , GA 30046

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [About our service provider](#)

Sent by ugaextension@gwinnettcountry.com in collaboration with