

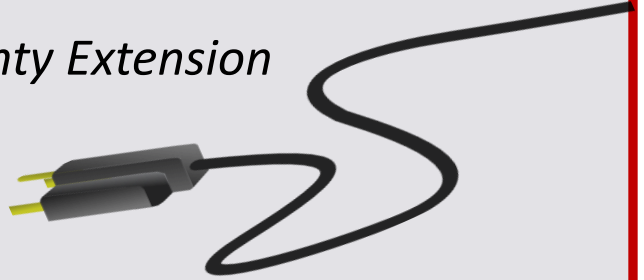
Spring 2022 Edition

The Extension Cord

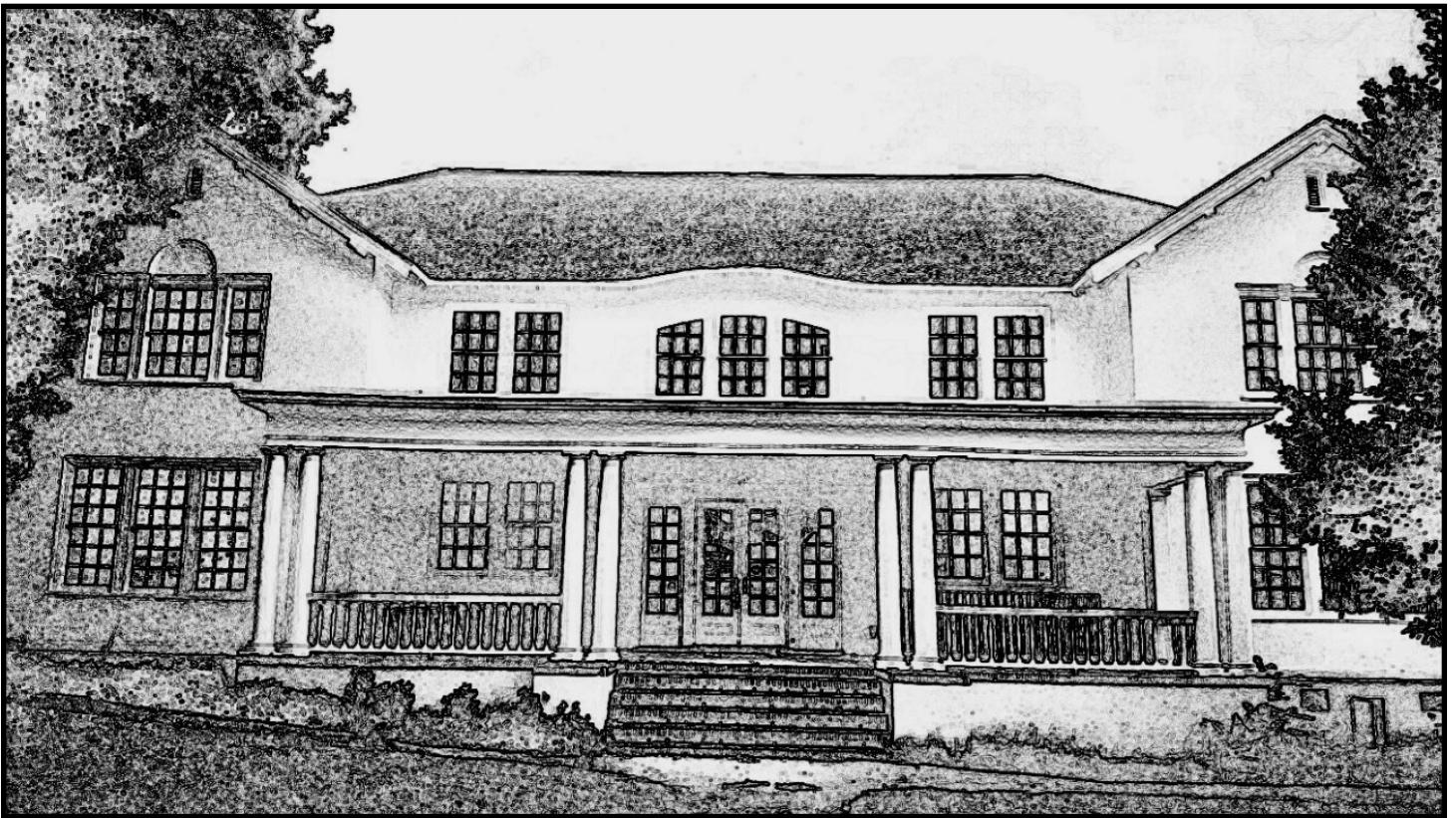
Plugging You into Macon-Bibb County Extension



UNIVERSITY OF GEORGIA
EXTENSION
Bibb County



Bibb Extension Has Moved!



Visit us in our new home at 715 Oglethorpe Street.

UGA Extension, Macon-Bibb County

715 Oglethorpe Street, Macon, GA 31201

(478) 751-6338 <http://extension.uga.edu/county-offices/bibb.html>

Macon-Bibb County Cooperative Extension extends lifelong learning to Georgia citizens through unbiased, research-based education in agriculture, the environment, communities, youth, and families. Part of the University of Georgia, we are an Equal opportunity/Affirmative Action Institution.



Leave a Stronger Legacy with Estate Planning

By Keishon Thomas, FACS Agent

Estate planning can be regarded as a difficult and unpleasant task. Let's face it, pondering our own demise is not usually something we like to think about. However, it is an important responsibility that we owe to our families and the others we care about.

Contrary to popular belief, estate planning isn't only for the rich and wealthy. Creating a formal estate plan and making sure it's

enforceable with legally valid documents means that you get to choose what happens to your assets and you. It can also greatly reduce the anguish your family might experience if they have to make these decisions without your input. Not convinced an estate plan is necessary? Bibb County Cooperative Extension would like you to consider these three reasons why you should have one and avoid potentially devastating consequences for your heirs.

An estate plan protects young children. Nobody plans to die young, but if you are the parent of small children you need to prepare for the unthinkable. To ensure that your children are cared for in a manner of which you approve, you will want to identify their guardian. Without an estate plan the courts will appoint who will raise your children.

An estate plan can save heirs a huge tax toll. Estate planning is about protecting your loved ones, which also means protection from the Internal Revenue Service (IRS). An estate plan can minimize the tax burden for your family.

An estate plan eliminates family squabbles. We've all heard the horror stories. Someone with a few assets passes and the war between the family members ensues. One sibling may feel he/she should be in charge of the finances, even with a less-than-stellar history of managing personal finances. These disagreements can get ugly and end up in court with family members pitted against one another.

Finally, it is never too early to start estate planning, but it can be too late. Do you have an estate plan that will provide for your loved ones in the event of death or upon incapacity? For more information on estate planning contact Keishon Thomas @ 478-751-6338 or via email at thomaskj@uga.edu.

 UNIVERSITY OF GEORGIA
EXTENSION

Tips for Surviving Seasonal Allergies

BIBB COOPERATIVE EXTENSION SUGGESTS THESE TIPS TO MINIMIZE SEASONAL ALLERGY SYMPTOMS:

- KEEP YOUR CAR AND HOUSE WINDOWS CLOSED; RUN THE AIR CONDITIONER INSTEAD.**
- DO YOUR WORKOUT INDOORS.**
- WEAR A MASK FOR OUTDOOR ACTIVITIES.**
- CHANGE OR CLEAN YOUR AIR FILTERS REGULARLY.**
- REMOVE YOUR SHOES AND CLOTHING UPON ENTERING YOUR HOME.**
- RINSE OFF INDOOR PETS' PAWS AND WIPE DOWN THEIR FUR WITH A DAMP CLOTH OR TOWEL IF THEY'VE BEEN OUTDOORS.**
- IF YOU HAVE OUTDOOR PLANS, TAKE YOUR ALLERGY MEDICATION BEFORE GOING OUT. DON'T WAIT UNTIL YOU EXPERIENCE SYMPTOMS.**
- FINALLY, TAKE TIME IF YOU FEEL LOUSY AND ARE EXPERIENCING ALLERGY SYMPTOMS. NASAL CONGESTION, RUNNY EYES AND HEADACHES MAY BE "JUST ALLERGIES", BUT THE TRUTH IS THAT ALLERGY SYMPTOMS CAN TAKE A BIG TOLL ON YOUR WELL-BEING. REST, GO TO BED EARLY, TAKE A SICK DAY. OVERDOING IT AND RUNNING WHILE FEELING AWFUL WILL ONLY MAKE IT WORSE.**



Spring Vegetable Garden Preparation

By Karol Kelly, ANR Agent

The warm temperatures and renewal of spring are coming, and with it comes the season for planting a summer vegetable garden. Planting a garden is not only great for our mental and physical health, it can provide fresh, nutritious offerings from our own back yard. There is nothing better than sharing the joy of eating fresh home-grown vegetables with your family.

Preparation for a vegetable garden begins with selecting a site that receives 6 to 8 hours of full sun that is close to a water source. Choosing the right location is essential for successful cultivation. It is also important to reflect on your crop selection and garden location as planting nears. Consider the height and width that your vegetable plants will reach at maturity. Good spacing and air circulation are key to combating diseases that will come during the warm, humid summer months.

A soil test is recommended prior to planting. This will determine lime and fertilizer needs. If the pH is too low, as is typical in Georgia, you will be able to till lime into your soil prior to planting. Optimal pH is key to allow plants to use fertilizers efficiently. For most summer vegetables, a pH range of 6.0 to 6.5 is recommended.

Consider the following crops for your backyard garden: peas and beans, corn, cucumbers, okra, peppers, sweet potatoes, and tomatoes. Planting dates for specific vegetables can be found at: <https://secure.caes.uga.edu/extension/publications/files/html/C963/C963VegeChart.pdf>.

Planning and preparation leads to a more prosperous garden. For more information on soil sampling, vegetable gardening, and other related topics, please give us a call. Happy Gardening!

Soil Testing

- Use a clean tool and bucket to collect soil for testing.
- Collect small slices of soil from the top of the soil to a 4" depth for lawns and a 6" depth for gardens, trees, and wildlife plots.
- Sample 8-10 spots in a zig-zag pattern across the area to be tested.
- Bring your sample to the Bibb Extension office at 715 Oglethorpe Street.

*The cost is **\$8** per sample. You will receive your soil test report by email in about a week.*



Bibb 4-H Update

By Erica Pullen, 4-H Agent

Now is the time to sign up for two popular 4-H opportunities. This summer, our week-long residential camp for students in grades 4 – 12 will be at Rock Eagle 4-H Center and at Camp Jekyll 4-H Center. Camp registration has begun and will continue until all spots are filled!

Bibb County 4-H is forming a new 4-H Archery Club as part of the Georgia 4-H Project S.A.F.E. (*Shooting Awareness, Fun and Education*). The program uses shooting sports to assist youth in acquiring knowledge relevant to teamwork,

leadership, safety and the responsible use of firearms and archery. Youth are supported and taught by certified, trained Georgia 4-H volunteers, who provide a safe environment and a sense of belonging to all 4-H youth who participate. Visit Georgia4H.org/SAFE for additional resources and contact our office to sign up!

BIBB COUNTY 4-H WELCOMES Erica Pullen

“I love when a classroom of thirty students yell, “The 4-H lady is here!” Their excitement and expectations are my catalyst and my reason.”



Erica is an experienced program manager and dedicated youth development professional with hopes to simply provide knowledge, access and opportunities for all youth to achieve their individual optimal potential.



Amazing Banana Pudding

INGREDIENTS:

- 2 cups 1% milk
- 3.4 oz box instant vanilla pudding mix
- 2 small bananas, sliced
- 4 large sheets graham crackers

DIRECTIONS:

- Pour milk and pudding mix into medium bowl. Stir 2 minutes; let stand for 5 minutes until thick.
- Stir sliced bananas into pudding.
- Place graham crackers in zip-top bag and crumble into small pieces.
- Put graham cracker crumbs in serving bowl. Top with banana pudding and serve.

4-H VIDALIA ONION SALE

PROCEEDS
BENEFIT
BIBB CO. 4-H



5 LB. - \$6

10 LB. - \$10



25 LB. - \$25

**ORDER BY APRIL 15TH
DELIVERY IN MID-MAY
CALL 751-6338**

