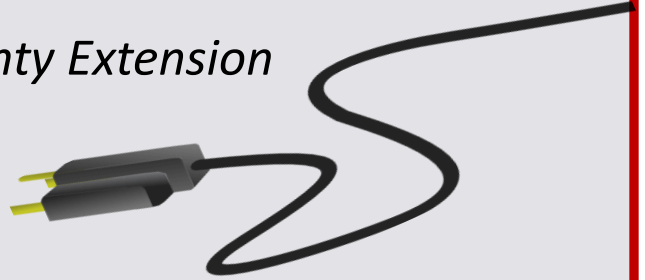


The Extension Cord

Plugging You into Macon-Bibb County Extension



UNIVERSITY OF GEORGIA
EXTENSION
Bibb County



Spring Spruce Up: Indoor Air Quality

By Keishon Thomas, Family and Consumer Sciences Agent

Spring is the season of renewal, rebirth and regrowth. The weather shifts and temperatures grow warmer, flowers and plants bloom, and humidity and precipitation levels increase. This switch from winter to spring is also marked by spring cleaning. I know it is not your favorite thing to do on a nice spring day however; spring cleaning can help to improve indoor air quality.

The spring season is a difficult period for indoor air quality because of environmental shifts as well as the changes we make in our own homes and living habits. Pollen is the number one spring season allergen and boy did we experience our fair share! It's important to maintain good indoor air quality or work to actively improve it during this transition period.

Bibb Cooperative Extension would like for you to consider these spring cleaning tips that keep indoor air quality in mind!

Ventilate

Spring cleaning can include cleaning out closets, washing stuffy clothes or linens and decluttering. It also likely includes a literal deep home clean. That means a multitude of cleaning products throughout the home. Common household cleaning products and materials are actually a common source of volatile organic compounds (VOCs). When possible, choose less toxic household products to reduce the amount of VOCs. Also, make sure to use products only as directed and be careful of chemical combinations.



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UGA Extension, Macon-Bibb County

715 Oglethorpe Street, Macon, GA 31201 ◦ (478) 751-6338 ◦ <http://extension.uga.edu/county-offices/bibb.html>

Find us on Facebook at "Bibb County GA Cooperative Extension"

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.

4-H Focus



715 Oglethorpe Street, Macon, GA 31201
Bibb.Extension@uga.edu | 478-751-6338

Making the Best Better

The Bibb County 4-H program has something for everyone! Through hands-on learning, youth have the opportunity to acquire knowledge, develop life skills, and form attitudes that will enable them to become self-directing, productive and contributing members of society. They receive guidance from adult mentors and are encouraged to take on proactive leadership roles.



4-H'ers are photographed:

- With District 141 Georgia House Representative Dale Washburn at 4-H Day at the Capitol.
- With State 4-H Leader Melanie Biersmith at Northwest District Senior Banquet.
- At Georgia 4-H State Indoor Archery Competition
- At Northwest District Project Achievement Competition

Camp



Sign Up

JOIN US AS WE SPLASH INTO SUMMER!

Cloverleaf Camp

4th - 6th Grade

June 19 - 23

Rock Eagle 4-H Center

\$400.00

Junior Camp

7th & 8th Grade

June 5 - June 9

Fortson 4-H Center

\$400.00

Senior Camp

9th - 12th Grade

July 3 - 7

Rock Eagle 4-H Center

\$400.00



New Garden Manager, Susan Fisher spoke at the dedication ceremony



Two Master Gardener volunteers plant vegetables in one of 48 raised garden beds built by students from Rutland High School. Photo by Felicia Haywood.

Brookdale Resource Center Opens THE GARDENS

By Karol Kelly, ANR Agent

A former elementary school that was converted into a cold weather warming center in January 2021 continues to grow, both figuratively and literally. Currently, the Brookdale Resource Center boasts its newest expansion, 'The Gardens at Brookdale', which officially opened on April 11, 2023.

This initiative was spearheaded by Macon-Bibb Mayor Lester Miller in ongoing efforts to assist the homeless population in Macon-Bibb. The United Way of Central Georgia operates the facility and provides volunteers and many other resources to the program. Bibb Extension serves as a collaborator on the project.

The Gardens, which have been created utilizing what was formerly a basketball court, now features 48 raised beds that will grow vegetables to feed the residents. The beds will supplement the meals for the population which fluctuates around 120 or so. The garden will also operate year-round and be succession planted to increase crop availability. The newly planted crops include corn, green beans, tomatoes, herbs, sweet potatoes, okra, and

cucumbers.

Susan Fisher was hired as a part-time garden manager. She will organize volunteers and manage day-to-day operation of the garden. One goal besides growing fresh, nutritious produce is to provide educational programs. Periodic programs will be held to teach the community to plant and care for gardens. The first program, to be held on April 27, will be about growing blueberries. If you want to attend this free program, register at bibb.extension@uga.edu.

For more information about the garden, contact Susan at 478-751-6338 or susan.fisher@uga.edu.



Let's Grow
BLUEBERRIES

Join us for an evening of Blueberry Bliss.

Blueberries are not hard to grow, but we have a few pointers to help make your patch successful! Learn about planting and care of blueberries.

We also invite you to stick around afterwards to help us plant the blueberry patch at Brookdale.




An Equal Opportunity, Affirmative Action, Veteran, Disability Organization

THE GARDENS AT BROOKDALE

3600 Brookdale Avenue, Macon, GA 31204

Thursday, April 27, 2023 - 6:00 pm

Registration required: bibb.extension@uga.edu or 478-751-6338

If you have questions please email Susan.Fisher@uga.edu

Spring Spruce Up, continued from page 1

When cleaning a specific area, it can be helpful to ventilate the space. When pollen levels are low, increase natural ventilation levels by opening windows and doors. Or, consider investing in a whole-home mechanical ventilation system that increases the amount of incoming fresh air and improves air circulation without risking air quality.

Clean

Don't overlook the condenser unit! It's helpful to clean the outdoor AC unit before once again relying on it on a daily basis. Especially because it has likely laid dormant for months. Clear the unit of any leftover leaves or debris. Also, consider seasonal or regular professional preventative HVAC maintenance, which helps prolong the home's system.

Change

Changing air filters is a huge spring indoor air quality tip! It's smart and useful to get into the habit of checking or changing air filters regularly. If you're not currently on a routine, the spring months are an ideal time to start. Healthy, clean, unclogged filters are an easy indoor air quality improvement.

Not only do new air filters improve air quality, but they also help the HVAC system work properly. After all, dirty and clogged air filters put a strain on the system. And because the HVAC system depends on air filters, using top filters and getting into a routine saves you money on utility bills. (It's both a springtime and energy-efficiency tip!)



Expanded
Food &
Nutrition
Education
Program



Festive Tuna Salad

[Makes 3 servings, ½ cup each.]

INGREDIENTS:

| | |
|---------------|--|
| 2 tablespoons | light mayonnaise |
| 2 tablespoons | nonfat plain yogurt |
| ½ teaspoon | dry tarragon leaves (optional) |
| 6 oz can | white tuna packed in water, drained |
| ¾ cup | red seedless grapes, halved (about 25 grapes)* |
| ½ cup | chopped celery (about 2 stalks) |
| ¼ cup | chopped pecans |
| 2 cups | chopped lettuce (or 2-3 large lettuce leaves) |

* ½ cup raisins (2-3 oz.) can be used instead of grapes

DIRECTIONS:

1. Combine mayonnaise and yogurt in medium bowl.
2. Add tarragon and tuna. Break up tuna into small pieces with a fork.
3. Add grapes, celery, and pecans to tuna.
4. Mix all ingredients well with a spoon.
5. Serve on bed of chopped lettuce.

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#WeAreEFNEP



Master Gardener Class of 2023

Twenty-five gardeners from Central Georgia counties, including Bibb, recently completed 12 weeks of classroom training as a requirement to become Master Gardener Extension Volunteers. The climax of the training classes was a 2-day trip to UGA in Athens, where a class photo was made at the UGA Trial Gardens. They will be involved in various projects of the county Extension offices to help others in the community to learn about gardening and landscape plants.