

Forsyth County Extension News February 2014

Hello, neighbors. I'm working (and watching the snow/sleet fall) from home today, and I hope you and your loved ones are all home, safe, and warm. I think I saw most of you at the grocery store Monday afternoon, so I expect you're well stocked with food and water. With reports of power outages around our area, I wanted to reiterate some points about safely cooking and keeping warm.

IF YOUR POWER GOES OUT – Use foods from the refrigerator first, then frozen foods, then canned foods. If your oven doesn't work without electricity, use coals in your fireplace to heat food. Use cast iron cookware if you have it, or place food in pockets of aluminum foil. Remember Hobo Packs from summer camp? Alternatively, you can cook outside on your grill. Don't bring your grill inside; this can cause deadly carbon monoxide to build up in your home. If you must venture outside, bundle up, including gloves and a warm hat that covers your ears.

Go ahead and fill up some containers with water. If there's space in your freezer, make ice. It will help keep frozen foods frozen longer if the power goes out. Fill your bathtub with water for washing and toilet flushing.

To stay warm, centralize the family in one room, preferably one with a fireplace or woodstove, and close the doors to the other rooms. Bring blankets, books, and games to help the time pass and fend off cabin fever.

HOBO PACKS – Add a little more fun to snow days with some fireplace cooking. Pull out whatever meat you have in the refrigerator and dice it into small pieces. Do the same with fresh veggies like potatoes, celery, carrots, onions, mushrooms, and peppers. Small pieces cook more evenly and quickly over the coals. Put each ingredient in separate bowls and offer salt and pepper at the end of the line.

Next, make an aluminum foil pocket for each member of the family: Roll out two 12-inch sheets of aluminum foil (heavy duty is best) and sandwich a moist paper towel between the sheets. The moisture also helps food cook evenly. Let everyone add their choices from the diced food selection to the center of the aluminum foil sandwich. Put the short edges together and roll the foil down several times until you can't roll anymore. Repeat for each side of the pocket, completely sealing the food into the foil. Have everyone write their initials or name on the foil.

Place the packs on warm coals in the fireplace. Don't put them into flames. Let them cook for about 20 minutes. Heavily-filled packs may need more cooking time. Use tongs to pull the packs off the coals. You can eat right out of the foil to make clean up easier.

POSTPONE PRUNING – I've received several questions about pruning. While late February to early March is usually when we prune woody summer blooming and fruit plants, hold off for now. The appropriate timing is more about the plant than the calendar, and pruning is best done just before spring green-up. With the long freezes we've had, soil temperatures are cooler than they've been at this time in previous years, so green-up may come later this year. Look for more information on pruning in my column in the Sunday, February 16 issue of Forsyth County News.

POOR QUALITY FORAGE HAS LONG TERM EFFECTS – Unusually wet weather throughout 2013 caused problems with many crops, including hay. According to UGA forage crop specialist Dennis Hancock, much of the hay available this year is very poor in nutrient quality, ranging from 11-16 percent below

the seven year average for relative forage quality. Consequently, cattle may need supplemental feed sources that contain quality protein and metabolizable energy (see table) to avoid stress, weight loss, condition loss, or death. Read the report [here](#) . You can find more information at www.georgiaforages.com .

For more information visit www.secattleadvisor.com, www.georgiaforages.com, or www.ugabeef.com

Table1. Supplemental Rations for Cows Consuming Bermudagrass Hay During Various Stages of Production at 32° F			
	Forage Quality of Free Choice Hay		
	Poor Forage, 7% CP, 48% TDN	Average Forage, 10% CP, 50% TDN	Excellent Forage, 13% CP, 56% TDN
Cow Stage of Production: Nutrient Requirement	-----Pounds of Supplement Required / head / day ³ -----		
50:50 CGF and SH¹			
Dry Pregnant: 7% CP, 48% TDN	0	0	0
Peak Lactation: 12% CP, 60% TDN	15	12	6
Late Lactation: 9% CP, 55% TDN	8	6	0
50:50 CGF and DDGS²			
Dry Pregnant: 7% CP, 48% TDN	0	0	0
Peak Lactation: 12% CP, 60 TDN	13	11	5
Late Lactation: 9% CP, 55% TDN	7	5	0
60:20:20 SH: CGF: Corn			
Dry Pregnant: 7% CP, 48% TDN	0	0	0
Peak Lactation: 12% CP, 60 TDN	N/A - Deficient in CP	11	5
Late Lactation: 9% CP, 55% TDN	7	5	0
Whole Cottonseed			
Dry Pregnant: 7% CP, 48% TDN	0	0	0
Peak Lactation: 12% CP, 60 TDN	9	8	4

Late Lactation: 9% CP, 55% TDN	5	4	0
¹ CGF = Corn Gluten Feed; SH = soybean hulls			
² DDGS = Distillers Dried Grains plus Solubles			

UPCOMING FORSYTH COUNTY EXTENSION CLASSES

Lotus Propagation Workshop

Learn how to propagate this astonishing water flower from seed and tubers. Each participant will take home a healthy tuber and some seeds.

When: Saturday, February 22, 2014 from 9:30-11:00 a.m.

Where: Forsyth County Extension Learning for Life Garden
875 Lanier 400 Parkway, Cumming, GA 30040

Cost: \$15 (cash or check)

Register: 770-887-2418 or uge1117@uga.edu

Canning for Beginners – Free Class

FC Extension Family and Consumer Sciences Agent Michele Melton is offering two free canning classes, one daytime option, and one evening option.

When: Thursday, February 27, 2014

Daytime option: 10:00-11:30 a.m.

Evening option: 6:30-8:00 p.m.

Where: Forsyth County Board of Education, room #350, 1120 Dahlonega Highway, Cumming, GA 30040

Register: 770-887-2418 or email Michele at msmelton@uga.edu . Don't delay – register now!

Master Naturalist Training

Forsyth County Extension is accepting applications now for the Master Naturalist Extension Volunteer training, an 8-week adult environmental education course beginning April 4, 2014. Application materials and program information are available on our website: www.ugaextension.com/forsyth . **Application deadline is March 1, 2014.**

Make your snow days a safe adventure. Take care and stay off the roads!

Heather