

FEATURE Story

Hornsby Spring at Camp Kulaqua

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If you find yourself standing on the dock above Hornsby Spring located at Camp Kulaqua at some point during our district faculty meeting, you may begin to wonder where this water is coming from. Yes, it comes from the Floridan aquifer but where did it really come from, what is it like down there, and how far has the water traveled before emerging here at this very location? These questions are not easy to answer, but here is some information that may feed your curiosity.

Like Florida itself, Hornsby Spring has a long history. We know the spring was used by prehistoric animals and early Native Americans because of fossils and artifacts found in and around the spring. In addition, there have been studies focused on the water itself – water flow rates, water quality, and even the source of the water. Hornsby is classified as a first magnitude spring, discharging as much as 250 cubic feet per second. The spring is fed by a network of cave passages that have been explored and surveyed by divers since the 1970's.



In 2005, dye trace studies connected Mill Creek Sink (the sink that swallows Mill Creek) and Lee Sink (the sink that swallows Cellon Creek) with springs on the Santa Fe River. Both sinks are located near Alachua, Florida and lie along a prominent hydrologic feature known as the Cross-County Fracture Zone which extends from Orange Lake to the Santa Fe River. Other significant features associated with this fracture zone are Hornsby Spring, Devil's Millhopper, and Alachua Sink in Paynes Prairie. Many sampling stations installed in wells, springs, and river locations picked up traces of dye that were originally deposited in these two sinks for the study. At Hornsby Spring

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(approximately 10 miles away from the sinks) the first traces of dye appeared at about day 12 with the highest concentration being detected around day 24, indicating a direct connection between these systems.

If you think of Florida's limestone bed as a block of Swiss cheese, having a network of holes and fissures that range from small cracks to large caves, it's easy to imagine how water might flow from one area to another traveling great distances. Likewise, pollutants that enter the groundwater in one area can quickly be transported to other areas that are miles away. Swimming in the springs, canoeing down our rivers, and later becoming a trained cave diver,

I have had a close personal relationship with our Florida springs my entire life. It is for this reason that I am proud to work for Florida Extension because I know my work encourages others to use water and chemicals responsibly, which have an effect on Florida's springs and the quality of our water used for drinking and recreation.

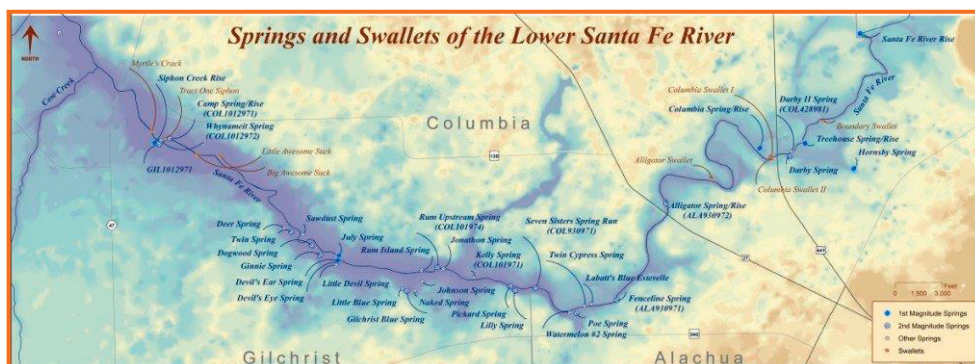
If you would like to experience more of our Florida springs, they aren't far away. Check out the springs locator map at <http://www.floridasprings.org>, then visit a park and plan a paddling trip down one of our rivers. My favorite paddle is from the Hwy 27 Bridge downstream to the Hwy 47 Bridge on the Santa Fe River. When the conditions are

right, there are many beautiful springs and interesting syphons to see, making it well worth the trek. Plus, you will have traveled about the same distance as the dye traveled from Mill Creek Sink to Hornsby Spring to put things in perspective. And while only a select handful of people will ever have the opportunity to see inside the aquifer firsthand, there is now a 360-degree online experience (<https://walkingonwaterfl.org/virtual-tour/>) helping people see a place that is usually off limits, yet so important to our everyday lives.

Resources:

Butt, P. L., Boyles, S., and Morris, T. L. (2006). Mill Creek and Lee Sinks Dye Trace, Alachua County, Florida, July-December, 2005. Karst Environmental Services, Inc.

Scott, T. M., Means, G. H., Meegan, R. P., Means, R. C., Upchurch, S. B., Copeland, R. E., Jones, J., Roberts, T., and Willet, A. (2004). Springs of Florida. Florida Geological Survey, Bulletin No. 66. State of Florida Department of Environmental Protection.



Springs and Swallets of the Lower Santa Fe River, credit: <https://oursantaferiver.org/maps/>

From the DISTRICT DIRECTOR



Eric Simonne

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Squirrels, Accordions, and Open Hunting Season

Nothing wrong with those cute rodents with furry tails. They run around gracefully, climb trees at amazing speeds, and stand up on their back legs while munching in the open. Depending on

the season, they eat plant materials, acorns, fruits and nuts. I love to watch them. In order to extend availability and beat the competition (hey: that's one type of food system!), squirrels also pile up their food supply in hidden secret locations for later consumption. This is where my discomfort starts.

The habit of storing away goodies for future use has been adopted by humans — not just for food, but also for money. This is a worldwide phenomenon. For decades, a French popular credit union (La Caisse d'Epargne Ecureuil) has adopted the squirrel as its symbol. They even give out piggy

banks for kids... in the shape of squirrels! Americans made a special verb for it: "to squirrel away" (def.: to save up as for future use; syn.: to cache, hive up, hoard, lay away, stash).



We are all tempted to manage our professional finances the same way we manage our personal finances: identify

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Squirrels, Accordions and Open Hunting Season...continued from previous page

needs, plan income, and save. As we all in Florida Extension get into revenue enhancement, maybe we need to focus on the difference between “financial planning” and “squirrelling money away”. The goal of program enhancement (through grants, contracts, program fees and donations) is to allow us to accomplish short-term, professional-development-oriented goals (such as attending a professional conference; taking a professional course for credit or certification; participating in a study tour; or purchasing leadership-development materials). The goal of program enhancement is not to watch the 182 and 171 account balances get larger than a squirrel’s cache. The model here is the accordion — expand, shrink; expand, shrink; expand and shrink again... for the benefit of the program and for the benefit of the agent. This is music to my ears.

As you make plans for the future, embrace revenue enhancement, go hunt’em squirrels, and start playing the accordion!



Did you know that the State of Florida has its own Embassy in Washington DC?

Located just one block from the US Capitol and across the street from the Supreme Court, the Florida House (also known as the State Embassy of Florida in Washington, DC) is the only state embassy in our nation’s capital. In a traditional Florida way, visitors of the beautifully restored Victorian house will enjoy a glass of cold orange juice and sunshine-warm hospitality. Next time you are in DC - alone, with your family or with a UF group of adults or youth, stop by and take time to tour the art collection, antiques and treasures

donated by Floridians. With a little planning, you may also organize an event there. There is no charge to visit the Florida House which is open Monday through Friday from 9 am - 5 pm (closed on federal holidays). For more information, visit <http://floridahousedc.org/>

Florida House on Capitol Hill
Number One Second St Northeast
Washington, DC 20002
(202) 546-1555
<http://floridahousedc.org/>



Judy Corbus, Eric Simonne and Alex Bolques (left to right) stopped at the Florida House on Wednesday April 5 after visiting members of the Florida congressional delegation on Capitol Hill during the Public Issues Leadership Development Conference (credit: LuAnn Duncan).

DISTRICT Life

Take It Up a Notch: SMART Couples Strengthens Relationships (picture with article of Stephanie teaching)

Stephanie Toelle

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FCS Agent IV
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There were more than 3,700 divorces in Duval County in 2015. Divorce and family fragmentation not only hurts families, but it puts a strain on a number of health and social services, which in total cost Florida taxpayers more than \$2 billion annually. To address these concerns, UF/IFAS Extension Duval County offers SMART Couples Florida. SMART Couples is a program designed

to strengthen the relationships of couples in order to improve their health and economic well-being. Launched in fall 2016, SMART Couples courses include Before You Tie the Knot, for pre-marital couples; ELEVATE: Take Your Relationship to the Next Level, for married couples; Smart Steps, for remarried couples with children; and Relationship Smarts Plus 3.0, for youth. Participants receive a light meal and incentives in the form of gift cards for 100% attendance. Through 2016, 262 Duval County residents have participated in 32 workshops. Pre- and post-surveys found a 26% increase in participants working together to find a resolution for their disagreements; They also reported a 23% decrease in arguments that became very heated, a 26% increase in trust between partners, and a

26% increase in participating together in an activity they both enjoy. After expressing serious frustrations and uncertainty about the future of their relationship, one couple came back and shared: “You know, Ms. Stephanie, we went home after class and talked for more than three hours, and we committed to work this thing out. I didn’t think we were going to make it.”



TECHNOLOGY

Not your mother's Extension anymore!

Brent Broadus

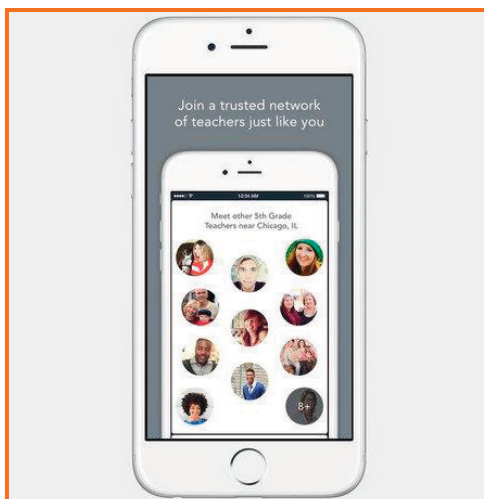
UF/IFAS Extension South Central District
4-H Youth Development RSA

We have all heard the catchy slogan of Apple's "There's an app for that". We also probably noticed more and more the people around us are always looking down at a device - that is when we ourselves aren't also looking at our devices. I know I am guilty of this! However, as faculty members that educate our communities on such a diverse amount of researched based information, we should be embracing the shift in technology that allows us to communicate our educational information and our content in a way that most of the general population now prefers to digest information, while at the same time making our daily routines a little easier. That's where these free "Apps" come in. From creating lesson plans and keeping attendance, to behavior records and communicating with our clients, volunteers and youth, these apps can help us harness the technology in everyone's hands instead of fighting it. Knowing, it turns out, really is half the battle.

Teach Learn Lead by Mighty Networks

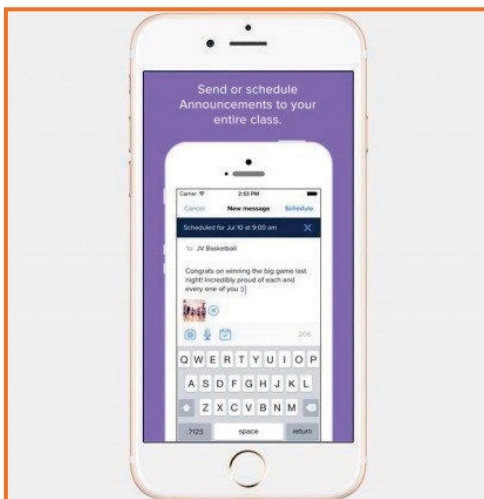
When attending state or national conferences and you meet awesome colleagues with great ideas and experiences, don't you wish you could tap into what they are doing a little more frequently? Teach Learn Lead is like Facebook for educators, where you can meet like-minded colleagues who may be anywhere in the country, but have relevant experiences to share. You can start discussions and polls to share lesson plan ideas or career advice, or just gab about your clients or

those illustrious 4-H Horse Volunteers. Available for both android and iOS.



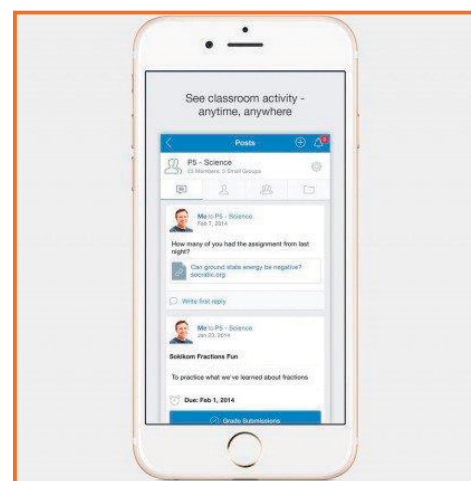
Remind by Remind 101

Makes it easy for educators to communicate with participants, volunteers and parents beyond the class or meeting. You can make class or meeting announcements, group chats, or contact individuals privately through the app. Your messages can even be translated into over 70 languages, making it possible to communicate with clients who are non-native English speakers. This has great application for Advisory committees, Master Gardener classes, producer groups and of course everything 4-H. Available for both android and iOS.



Edmodo by Edmodo, Inc.

Allows the discussion to continue even after the last participant walks out the door. Educators and participants can share content and use the app as a conduit for new information or notifications, submitting follow up assessments (think post 6, 12, 18-month behavior change surveys) and receiving scores on knowledge based content in the process if you want. The ability for educators to post assignments, assessments, messages and polls, while providing access to relevant resources and calendars, is simply invaluable. This has great application for Master Gardener classes, producer groups, class participants and of course everything 4-H. Available for both android and iOS.



Educreations by Educreations, Inc.

Simply put, Educreations is an interactive whiteboard app that allows you to create easy to follow tutorials for your clients. You can record audio to narrate your actions as well, allowing you to create diagrams, commentary, simple animations, or instructions with coupled audio covering any topic. Plus, you can share video via email, Facebook, or Twitter in addition to the classroom. This can be applied to almost all areas and functions we do in Extension

from internal and external audiences. However, this is iOS only currently.



Animoto by Animoto, Inc.

Our clients can easily create and share their own beautiful videos with Animoto. This is an awesome tool that

is a simple but powerful way to engage clients into the world of digital storytelling. The app allows selection of themes, music, images or videos. You can add captions, and within minutes a pretty awesome video is created. The finished product can be shared via social media, uploaded to YouTube, or embedded in a user's e-portfolio. Think about the endless possibilities of using a new and creative way to follow up and engage our program participants by allowing them to create digital stories on how they put into practice what they were taught. Stories of the creation of recycled yard art, the before and after results of adopting FFL principles in their yard, 4-H projects over the course of the

program year, application of BMP's and the outcome. Available for both android and iOS.

I hope these few examples have sparked each of us to think about what we are currently doing (or wish we could be doing) to embrace the technology and software so readily available, and find new ways to enhance and deepen our educational connections with the clients in our communities.

DID YOU KNOW?

County faculty and CEDs should not report "grant-let" (as we call them) money on their packets. These are the funds that come from county government to UF (in the form of a grant) for salaries, benefits, and sometimes travel and/or operating expenses.

FLORIDA CHAMBER FACTS

Thefloridascorecard.org

Check this out. You can enter any county.

TEACHING Tips



Ricky Telg, Ph.D.

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Public Issues Education
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Shooting Video for Instructional Purposes

With the ease people have to create and share video online, a video's importance as an instructional medium has only increased. Just because an instructional video is posted online doesn't make it a good video. Here are some tips to improve your instructional videos:

- Video's purpose:** Video allows you to create virtual field trips or show interviews with experts who you would not normally have access to. Use video to achieve your purpose to inform or instruct your audience.
- Composition:** Look at everything in the camera's viewfinder. Pay attention to the background; you don't want a pole coming out of someone's head.

- Audio:** When possible, use an external microphone if you want to record someone's voice. Microphones help minimize wind noise. Many microphones are inexpensive, such as the Azden WLX-PRO wireless microphone at less than \$150.
- Stability:** If at all possible, use a tripod or a monopod to give your shot stability. If you're using a smartphone, using a tripod may not be feasible. Instead, keep your hands as still as possible and move in closer to the object, rather than zooming in, which can make the video look shaky.
- Shoot a lot:** If you plan to edit the video, shoot many shots at different angles, and shoot close-ups.
- Horizontal orientation:** Because video screens are horizontal (sideways), hold your smartphone horizontally, not vertically (up and down), to record good video.
- Editing:** Editing video allows you to use the best shots and interview clips. Video editing programs are available for computer, phone, and tablet. Many are free or inexpensive.



This screen capture is an example of both good and bad composition. The woman is well-framed, with good spacing around her. However, the camera operator did not check the background. The woman has a pole coming directly out of the top of her head and a row of distracting Porta-Potties are on the left side.

For more information, visit the EDIS series on Video Production: http://edis.ifas.ufl.edu/topic_video_production, or you have questions, contact Ricky Telg, rwtelg@ufl.edu. There will also be a "Basics for Creating Videos" class for agents and volunteers at the UF/IFAS Extension Alachua County Office (2800 NW 39 Ave, Gainesville) on Aug 7 from 9am-noon. Register by calling 352-955-2402.

WHAT'S Working?

Success for Teens through Youth Leadership Nassau program

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The Youth Leadership Nassau program (YLN) gives high school students the opportunity to meet fellow students, gain increased awareness of community needs, and develop leadership skills through an annual program that runs throughout the school year. Each month, youth participate in one-day sessions on topics

such as Environmental Awareness, Government, and Entrepreneurship. Each session includes experiential learning (via field trips) and interactions with guest speakers. These speakers are typically community leaders including elected officials, local business owners, and many others. During the program, youth work on group projects focused on solving a present-day issue affecting the community.

The program is open to all sophomores and juniors, including home-educated youth. This combination of youth from across the county allows for new friendships and interactions with students from other areas. The group



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Success for Teens through Youth Leadership Nassau program...continued from previous page

reflects the diversity of Nassau County including our rural and suburban populations.

Since 2007, over 200 youth have graduated from this program. Based on short-term evaluations, YLN develops leadership and other life skills (including communication and cooperation); promotes knowledge gain concerning

local government, businesses, and community organizations; and provides networking opportunities for students.

Another important aspect of this program is the collaboration between 4-H and several county entities including the school board, local businesses, and community organizations. These partnerships provide the funding for the

program, as well as promote 4-H among community leaders who may not have been exposed to it otherwise. The YLN program represents a unique learning experience for youth, while increasing 4-H visibility in the community!

From the CED'S

Advisory Council Members: Why they Volunteer and Quit

Brad Burbaugh, Ph.D.

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Since its inception, Extension has relied upon advisory councils in the planning and implementation of our programs. After all, these committees are truly what make us a grassroots organization. Having a local advisory body "is as important today as it was in the early development of Cooperative Extension" (SeEVERS, Graham, & Conklin, 2007, p. 116).

Constructing a functional advisory committee requires intentional effort, and, if done correctly, can strengthen the inputs, outputs, and impacts of local extension programs. As my team worked to develop our own advisory councils this year, I found research that explains why people volunteer to serve on advisory councils, the reasons why they quit these councils, and the best practices for retaining advisory leaders. This research has been helpful to us so I wanted to share with our district.

Reasons for Volunteering: In 2011, Spearman conducted a study with advisory leaders and county extension directors in North Carolina; she found that individuals volunteered to serve

on an advisory because: 1) they had a desire to serve others and improve the community, 2) they wanted give back to society through extension volunteerism, 3) they had positive attitudes and interests about extension, 4) they desired meaningful service, and 5) they had prior positive experience(s) with extension.

Reasons for Quitting: Our very own Dr. Brenda Williams (1991) conducted a study of advisory committee members in Florida; she found that volunteers quit because: 1) they did not feel needed, 2) they did not feel the committee was accomplishing anything, 3) they had inadequate opportunities to influence what goes on in extension, 4) they did not feel the committee provided a means for improving the county, and 5) there were inadequate opportunities to be involved in making decisions about extension programs.

Best Ways to Retain Volunteers: In the aforementioned study by Spearman (2011) she found the best ways to retain advisory volunteers were to: 1) provide meaningful engagement opportunities, 2) provide training opportunities, 3) appreciate and recognize their service, 4) respect their time and inputs, and 5) provide challenging opportunities for leadership improvement.

For many, advisory councils are an afterthought, but if we want to continue to be one of the most successful

grassroots organizations in the world, we need strengthen our engagement with advisory volunteers. We can do this by providing them with meaningful opportunities to serve, value their input, develop their leadership skills, and recognize them for their contributions. An easy first step to improving engagement is to stop making your advisory meetings information giving sessions. I encourage you to make at least 50% of the agenda items at your meeting advisory in nature (e.g., you're soliciting input on decisions). This small body of research can go a long way in helping you develop a strong, engaged advisory council.

Let's Meet THE RSA'S

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Bob Hochmuth's current position is divided into two areas, 50% of the responsibility is to serve as the Center Director at the University of Florida, Suwannee Valley Agricultural Extension Center

(SVAEC). This Center is a 330 acre facility near Live Oak, FL with a research and Extension program focus on water and nutrient management in agronomic and vegetable crops, alternative enterprises, small farms, specialty crops, greenhouse hydroponic culture, integrated pest management systems, farm food safety, and organic/sustainable cropping systems. The other 50% of Bob's job responsibility is serving as an RSA supporting commercial vegetable Extension programs in Northeast Extension District. Bob's programs of emphasis include: vegetable crop culture, water and nutrient BMPs, plastic mulch and drip irrigation, whole farm IPM, greenhouse vegetables, hydroponic systems, food safety training for fresh fruit and vegetable operations, and specialty crops. Bob also enjoys teaching Master Gardener classes, getting trouble shooting images from Extension agents, hosting tour groups of all kinds at the SVAEC, and getting out onto farms and working directly with the farmers.

Charles Barrett, Ph.D.
Regional Specialized Agent Water
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UF/IFAS Suwannee Valley Agricultural
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I focus on agricultural irrigation and nutrient management best practices education and water issues education for elected officials and stakeholders. My objectives are to create educational pro-

grams for agents in form of in-service trainings and provide support for their programs when a water resources or irrigation specialist is necessary. I work closely with the water management districts, the Florida Department of Agriculture and Consumer Services, the Florida Department of Environmental Protection, the Suwannee River Partnership, and the soil/water conservation districts. Reach out to me for help with:

- Irrigation scheduling
- Soil moisture sensors
- Water schools
- Community water issues
- Water related legislation and regulations:
 - Total Maximum Daily Loads, Basin Management Action Plans, Minimum Flows and Minimum Water Levels

If I can help you on a topic not mentioned above, please contact me.

Kevin Athearn, Ph.D.
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My programs focus on farm economics, agricultural marketing, and local food systems. My objectives are to provide research-based information, analysis, and Extension education to inform

farmer decision making, improve farm financial management, improve market planning and sales, and otherwise support agricultural businesses in northeast Florida. Specific programs and activities include the following:

- Enterprise budgets & economic analysis for fruit-nut-berry crops, greenhouse hydroponic vegetable production, and field vegetable crops.
- Economic analysis of BMPs, including cover cropping, rotational production systems, and nutrient & irrigation management (fertilization rates, petiole sap testing, using soil moisture probes), especially for agronomic and vegetable crops.
- Developing curriculum and educational materials for small & beginning farmers, focused primarily on small farm marketing, financial management, enterprise choices/crop mix, land access, and business start-up.
- Public awareness about agriculture and local food systems, including development of county and regional fact sheets.
- Other educational materials & Extension activities on topics such as specialty mushroom economics,

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Let's Meet THE RSA'S...continued from previous page

home canning budgets, hay markets, and agritourism.

I try to collaborate as much as possible with county agents, other RSAs, and state specialists on these projects.

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ptroy@ufl.edu



I provide extension, research and education on the agronomic crops of peanut, corn, soybean and small grains. In collaboration with the State Department of Agriculture and Consumer

Services and the Suwannee River Water Management District, my programs look to test the most common best management practices (BMPs) to keep farming productive while protecting water quality.

Ongoing programs include:

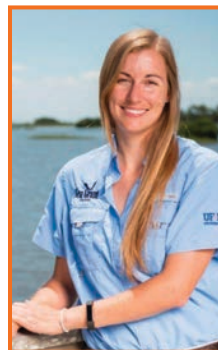
- Hybrid corn varietal trials using BMPs such as optimal water and fertilizer application through the 4Rs, poultry litter, plant tissue sampling, covercropping, strip tillage and NDVI sensing.
- Irrigation scheduling in all crops using Sentek soil moisture sensors and real-time Irrimax.live online telemetry.
- Peanut disease management with wet chambers and photography to document problems and ID species for appropriate spray control.
- Alternative crop studies to determine appropriate plant spacing,

populations, nutrient management and varieties (sesame and carinata).

- Soil health improvement through the use of winter forage and year-round cover crops. Benefits include nutrient scavenging, weed control, disease reduction and improved water holding capacity.

Using on-farm demonstrations, I would like to assist all county agents in setting up studies with growers that reflect their interest in disease/insect control, varieties, and new product testing from local suppliers.

Savanna Barry, Ph.D.
Coastal Ecosystems RSA
UF IFAS Nature Coast Biological Station
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Cell: (804) 305-6014
savanna.barry@ufl.edu
Facebook: <https://www.facebook.com/ncbs.ifas.ufl.edu>
Twitter: @NCBS_UF_IFAS



My programs focus on sustainable recreation, coastal environmental literacy and stewardship, and marine ecosystem restoration/enhancement. I focus on achieving my extension goals

through developing a corps of trained citizen scientists and volunteers, providing research-based information to guide informed community decision-making, and organizing events that focus on marine sustainability. I am working to develop training opportunities for tourism operators on sustainable guiding practices and ISTs for county agents on citizen science and other topics.

Reach out to me for help with:

- Marine plants (seagrasses, mangroves, macroalgae)
- Coastal ecosystem restoration/preventing shoreline erosion (e.g., marsh and oyster restoration, living shorelines)
- Sustainable coastal tourism (e.g., best practices for fishing and fish handling, seabird-angler interactions, seagrass safe boating, sustainable scalloping)
- Florida Master Naturalist Program
- 4-H Marine Ecology Event
- Coastal ecosystems (salt marsh, mangrove, seagrass, estuaries, reefs/hardbottom)
- Coastal water quality
- Citizen Science

Please feel free to contact me about issues not listed above.

FEATURED COUNTY: Gilchrist County

Larry Figart

UF/IFAS Extension Duval County
Urban Forestry Agent
figart@coj.net

Gilchrist County is located in Northeast Florida along the Eastern bank of the Suwannee River and the Southern bank of the Santa Fe River. Gilchrist County was created in 1925 when citizens of a part of western Alachua County called "The West End" threatened to secede from Alachua County unless a road was constructed from Fanning Springs on the Suwannee River to Gainesville. When the road was not built, the citizens filed a petition creating Gilchrist County that was approved by the legislature and signed by Governor John W. Martin. It became the sixty seventh county in Florida. Gilchrist County is named after Albert W. Gilchrist, Governor of Florida from 1909 to 1913.

Gilchrist County has a population of nearly 17,000 residents. The towns in Gilchrist County include Trenton (the county seat), Fanning Springs, and Bell.

Agriculture is the predominant land use in the county. According to the Gilchrist County Farm Bureau, there are over 580 farms in Gilchrist County with the average acreage of 144 acres. Gilchrist County farms produce forage, peanuts, corn, sorghum, and vegetables.

Having both the Suwannee River and the Santa Fe Rivers as borders, Gilchrist County is the perfect location for folks interested in canoeing, kayaking, fishing and diving. The cool clear water of Blue Springs, Ginnie Springs, Hart Springs and Otter Springs are all located in Gilchrist County. The 55 miles of the Suwannee and Santa Fe Rivers that

flow along Gilchrist County are called the "Gilchrist Blueway". Paddlers can travel down all 55 miles of this scenic corridor at once or in several smaller segments.

UF/IFAS Extension Gilchrist County currently has two Extension agents. Marvin Weaver is the County Extension Director, and Jessica Cooper is the 4-H agent. UF/IFAS Extension Gilchrist County Agents serve their clientele by creating over 2000 contacts through field, phone, email, and office consultations and hosting over 1100 participants in group learning events every year. They are reaching new clients with over 1200 social media contacts. For more information about UF/IFAS Extension Gilchrist County go to <http://gilchrist.ifas.ufl.edu/>.

UF/IFAS EXTENSION Northeast District Offices – Find your local office at <http://solutionsforyourlife.ufl.edu/map/>

Alachua

2800 NE 39th Avenue
Gainesville, FL 32609
Phone: 352.955.2402

Baker

1025 W Macclenny Avenue
Macclenny, FL 32063
Phone: 904.259.3520

Bradford

2266 N Temple Avenue
Starke, FL 32091
Phone: 904.966.6224

Citrus

3650 W. Sovereign Path, Suite 1
Lecanto, FL 34461
Phone: 352.527.5700

Clay

2463 SR 16 West
Green Cove Springs, FL 32043
Phone: 904.284.6355

Columbia

971 West Duval Street, Suite 170
Lake City, FL 32055
Phone: 386.752.5384

Dixie

99 NE 121st Street
Cross City, FL 32628
Phone: 352.498.1237

Duval

1010 N McDuff Avenue
Jacksonville, FL 32254
Phone: 904.255.7450

Gilchrist

125 E Wade Street
Trenton, FL 32693
Phone: 352.463.3174

Hamilton

1143 NW US HWY 41
Jasper, FL 32052
Phone: 386.792.1276

Lafayette

176 SW Community Circle, Suite D
Mayo, FL 32066
Phone: 386.294.1279

Levy

625 N Hathaway Avenue, Alt. 27
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Madison

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Nassau

543350 US Hwy 1
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Suwannee

1302 11th Street SW
Live Oak, FL 32064
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