 **May your blessings outnumber the shamrocks that grow,** and may trouble avoid you wherever you go. This month we celebrate the Feast of Saint Patrick and welcome the season of Spring. Saint Patrick was born in Britain in the late 4th century and the age of 16 he was captured by Irish pirates and taken to Ireland as a slave. During his captivity, he turned to Christianity and eventually escaped back to Britain. He later returned to Ireland as a missionary, spreading Christianity throughout the island. The feast day of Saint Patrick has been celebrated by the Irish since at least the 9th century. While it began as a religious holiday commemorating the anniversary of Saint Patrick's death, over time Saint Patrick's Day evolved into a more secular celebration of Irish culture and heritage.

Spring marks the awakening of nature from its winter slumber. Trees begin to bud, flowers bloom in a riot of colors, and the landscape transforms into a lush tapestry of green. After the dark and cold days of winter, spring symbolizes a fresh start and a sense of hope. It's a reminder that even after the harshest of seasons, new life and growth are always possible.

 **Welcome to the March edition of the Farm2Fork Connection & Happy Spring!**

FOOD IN HISTORY

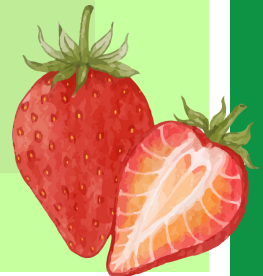
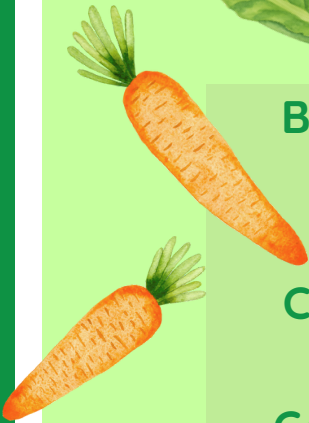
Potatoes, often referred to as the "humble tuber," have a rich and fascinating history intertwined with various cultures around the world. Originating in South America over 10,000 years ago, potatoes were first cultivated by the Incas in the Andes Mountains. These versatile tubers made their way to Europe in the 16th century, thanks to Spanish explorers, quickly gained popularity for their hearty nature and ability to thrive in diverse climates. However, it was in Ireland where potatoes truly left an indelible mark on history. In the 18th century, potatoes became a staple crop for the Irish population, providing a reliable and plentiful source of food. This reliance on potatoes reached its peak in the 19th century, with the population consuming them as a primary dietary staple. Tragically, the overreliance on a single crop proved disastrous when a devastating blight struck Ireland in the mid-19th century. The potato blight, caused by a fungal infestation, led to widespread crop failure, devastating the Irish potato harvest for several years. This event, known as the Irish Potato Famine, resulted in widespread starvation, disease, and mass emigration, profoundly impacting Irish history and culture. Despite the tragedy of the famine, potatoes remain a beloved and versatile ingredient worldwide, enjoyed in countless forms—from crispy fries to creamy mashed potatoes. Their journey from the Andes Mountains to dinner tables around the globe is a testament to the enduring legacy of this humble tuber.



WHAT'S IN SEASON



MARCH



BLUEBERRIES
 BROCCOLI
 CABBAGE
 CANTALOUPE
 CARROTS
 CAULIFLOWER
 CELERY
 CUCUMBER
 EGGPLANT
 ENDIVE
 ESCAROLE
 GRAPEFRUIT
 GUAVA
 HERBS
 MUSHROOMS
 ORANGES

PAPAYA
 PASSION FRUIT
 PEACH
 PEPPERS
 POTATOES
 PEPPERS
 RADISHES
 LEAFY GREENS
 PINEBERRY
 ROMAINE LETTUCE
 SNAP BEANS
 SQUASH
 STAR FRUIT
 STRAWBERRIES
 SWEET CORN
 TANGERINES
 TOMATOES



LETTUCE OF THE MONTH

Red Butterhead

Red Butterhead Lettuce, known for its vibrant red leaves and delicate, buttery texture, has a rich history dating back to ancient times. Believed to have originated in the Mediterranean region, this variety of lettuce has been cherished for its tender leaves and mild flavor. Packed with nutrients, Red Butterhead Lettuce is an excellent source of vitamins A and K, as well as folate and antioxidants. Its high water content also contributes to hydration and overall health. Fun fact: Red Butterhead Lettuce gets its name from the color and the shape of its leaves, which form a loose head resembling a buttery mound.

VEGETABLE OF THE MONTH

POTATOES

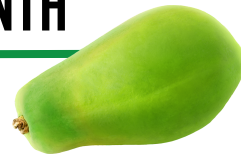
“Po-tay-toes! Boil ‘em, mash ‘em,
stick ‘em in a stew...”



Potatoes pack a nutritional punch, providing essential vitamins and minerals like vitamin C, potassium, and vitamin B6, especially when eaten with the skin on. They are also a good source of dietary fiber, aiding digestion and promoting a feeling of fullness. Fun fact: Potatoes are the fourth largest food crop in the world, following rice, wheat, and maize, and there are over 4,000 varieties of potatoes, each with its own unique flavor, texture, and culinary uses.

FRUIT OF THE MONTH

PAPAYA



Papaya is a tropical fruit known for its vibrant orange color and sweet taste. It's rich in vitamins, particularly vitamin C and A. Papayas also contain enzymes like papain, aiding digestion. The seeds are edible and have a peppery flavor. Additionally, papaya is low in calories and high in fiber, making it a healthy choice for a snack or addition to meals.

Fun Fact: Papaya is that it was once referred to as the "fruit of the angels" by Christopher Columbus due to its sweet and buttery texture.

TRADERS HILL

— farm —

RECIPES

SCALLOPED POTATOES

Ingredients:

- 1 pound Florida potatoes, unpeeled, sliced 1/4-inch thin
- 1 medium onion, diced fine
- 1/2-1 cup chicken broth
- 1 cup heavy cream
- 1 cup shredded cheese (such as cheddar, Swiss, Italian blend, or pepper jack)
- 1 tablespoon garlic, minced
- 2 sprigs fresh thyme, chopped fine
- 1 tablespoon fresh parsley, chopped fine
- 2 tablespoons butter
- 1 tablespoon olive oil
- Sea salt and fresh ground pepper to taste



Preheat oven to 375 degrees. Preheat a large cast-iron (or nonstick) skillet to medium-high. Add butter and olive oil to pan and allow to melt. Add onions, season with salt and pepper, and saute for about 6 minutes. Next add the fresh thyme and garlic and cook for additional 2 minutes. Pour in chicken stock and heavy cream and bring to a boil then reduce to simmer. Add in cheese 1/2 cup at a time, making sure cheese fully melts each time. Taste for salt and pepper. Remove from heat and set aside.

Slice potatoes and toss with the heavy cream mixture. This step helps the potatoes to cook evenly and ensures flavor on each potato slice. Arrange in a skillet in desired pattern, ensuring they are evenly distributed in skillet. Pour any remaining liquid over potatoes. Liquid should barely come to top layer of potatoes. If it doesn't, simply add more chicken stock or heavy cream. Place in oven and bake approximately 30 to 40 minutes, depending on how thick your potato slices are. When cooked thoroughly, the potatoes should be easily pierced with a fork. Remove from heat and add more cheese and parsley if desired. Serve while warm.

Fresh tip: For additional flavor, try infusing the cream mixture with poblano or chipotle peppers

<https://www.followfreshfromflorida.com/recipes/florida-scalloped-potatoes>

HASSELBACK POTATOES

Ingredients:

- 4 medium to large size Florida potatoes
- 3 tablespoons olive oil
- 1 tablespoon fresh garlic, chopped fine
- 2 tablespoons fresh herbs (rosemary, thyme)
- Sea salt and fresh ground pepper, to taste



Preheat the oven to 400 degrees. Lightly spray a baking sheet with nonstick cooking spray. Scrub and rinse the potatoes to remove any debris. Slice a thin strip of the potato off the bottom of each potato to create a flat surface for the potato to rest on (reserve cut piece for later step). Make cuts about 1/8 of an inch apart across the width of the entire potato making sure not to cut completely through. Repeat this process with each potato. Place each potato on the baking sheet sliced side up. Place the reserved slice of potato under the whole potato creating a slight arch; this will allow the potato to spread apart slightly allowing for maximum flavor. In a small mixing bowl combine olive oil, chopped herbs, and garlic; mix to combine and season lightly with salt and pepper. Use half of the herb-garlic mixture to season between the potato slices, making sure that each slice is coated. Lightly season the top of each potato with salt and pepper. Bake potatoes for 45 minutes to one hour or until crispy outside and completely cooked inside. Remove potatoes from oven and evenly top each potato with the reserved herb mixture. Serve warm.

<https://www.followfreshfromflorida.com/recipes/florida-hasselback-potatoes-with-garlic-and-herbs>



RECIPES



THAI PAPAYA SALAD

(SOM TAM ส้มตำ)



Ingredients:

- 2 cups of shredded green papaya
- 2 tbs of toasted peanuts
- 2 cloves of peeled garlic
- 1-2 fresh Bird's Eye Chill * or more to taste
- 1 tbs of dried shrimp
- ½ piece palm sugar
- 7 cherry tomatoes
- juice of ½ lime
- 1½ tbs of fish sauce
- 1-2 tbs Thai snake beans (or green beans) cut into 1 inch sticks



1. Roughly crush a small handful of unsalted peanuts with mortar and pestle. Set aside. Wipe the mortar and pestle clean.
2. Melt palm sugar in a small pan at low or medium heat, adding 2 tbs of water. The cooking process should form a shiny and thick syrup. This makes it easier to mix the sugar with the salad.
3. Peel the papaya and shred it with a shredder into thin strips and soak them in cold water while you prepare the rest of the salad. This makes the papaya crunchier and gets rid of any excess starch.
4. Cut the green beans into one-inch pieces. Throw away the endings.
5. Take the chilies and peeled garlic and give them a gentle bash with mortar and pestle. You still ought to see bits and pieces, not a puree. Add the shrimp and continue bashing. Add the crushed peanuts and mix well.
6. Add the shredded papaya and continue bashing, but not too hard. Just enough so the mixture soaks up the flavours. Use a bigger spoon as a support tool, that way you can shift the salad in the mortar and it doesn't fall out while bashing and mixing.
7. Add the liquid palm sugar, tomatoes, beans, lime juice and fish sauce. Continue to lightly bash, shift with the spoon, and mix a little more.
8. Serve on a big dish or bowl, sprinkle some crushed peanuts on top! Voila!

Recipe by: <https://www.maangchi.com/recipe/som-tam>





FRESH FROM THE FIELD



Green Life Farms

Lake Worth & Punta Gorda, Florida

“Happy Roots, Healthy Harvest”

“At Green Life Farms, we believe that great produce begins with healthy roots. That’s why our local farms use the most advanced hydroponic growing systems – keeping our lettuce clean, fresh, and flavorful.”

Our flagship location grows 700,000 pounds of premium greens each year.

At Green Life Farms, encourages people to choose food that’s good for their body, family, community & planet by making it easy to eat clean. Their local hydroponic farms sustainably grows premium leafy greens that are full of flavor and nutrients, and free from GMOs, harmful additives and contaminants, customers can enjoy clean greens year-round.



greenlife
FARMS



Clean Greens Grown Here





Tips for your SPRING CLEAN UP



Make a Plan:

Outline which areas of your home need the most attention and create a schedule to tackle them systematically.

Declutter:

Start by getting rid of items you no longer need or use. Donate, recycle, or throw away anything that's just taking up space.

Organize:

Invest in storage solutions such as bins, baskets, and shelving units to keep your belongings organized and easily accessible.

Deep Clean:

Take the time to thoroughly clean each room, including dusting, vacuuming, mopping floors, and wiping down surfaces.

Focus on Neglected Areas:

Don't forget about overlooked areas like baseboards, ceiling fans, light fixtures, and behind furniture.

Refresh Fabrics:

Launder curtains, wash bedding, and steam-clean upholstery to freshen up fabrics throughout your home.

Garden Care:

Prune bushes, trim trees, and tidy up flower beds to get your garden ready for spring growth.

Safety Check:

Test smoke detectors, carbon monoxide detectors, and fire extinguishers to ensure they are in working order.

Clean Outdoors:

Sweep patios, decks, and walkways, and clear away any debris that has accumulated over the winter months. Also, consider pressure washing exterior surfaces.

Inspect and Repair:

Check for any damage or maintenance issues, such as leaky faucets, cracked seals, or peeling paint, and address them promptly.

Remember to take breaks and enlist the help of family members or friends if needed.

Happy cleaning!



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5 to 9 locally grown seasonal fruits and vegetables.

localfarejax.com

**Your farm to table
home delivery service.**

Local Fare JAX

**Buy and Farm Bag and
get a extra Farm Bag for FREE**

USE COUPON CODE:

TRADERSHILL

Locally Grown



Peak Season Produce





SUNDAY MARCH 10th DAY LIGHT SAYINGS TIME Spring Forward



Strawberry Fest

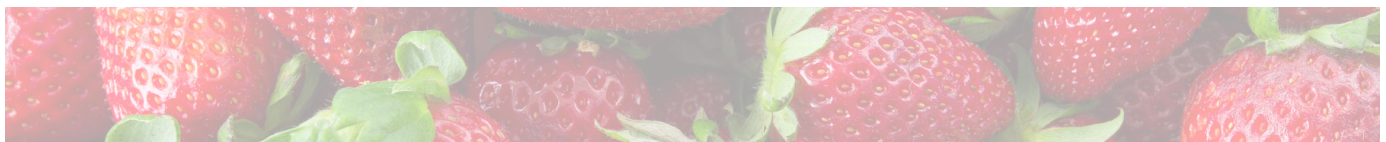
March 23rd | 9 AM - 6

March 24th | 10 AM - 5PM

Location: Bradford County Fair Association, Starke, USA

"Sweetest Strawberries This Side of Heaven"

Admission is free at the event where Sheriff Office Explorers help with parking and accept donations. There will be various vendors, food options, activities for kids, pony rides, strawberry shortcake, and more.





AROUND THE TOWN & IN THE COMMUNITY



Suwannee County Fair

Dates: March 15 - March 23 2024

Time: 09:00 AM-06:00 PM

Location: 1302 11th St SW Live Oak, FL 32064

The Suwannee County Fair and Youth Livestock Show and Sale, a cherished tradition in Suwannee County. For over a century, the Fair has embraced change and remains committed to showcasing the best of our community. We offer a platform for food, entertainment, business, music, agriculture, art, and education. The Fair is a representation of our community, open for everyone to experience. We extend our gratitude to the dedicated individuals who work tirelessly to make the Fair possible, as well as the local businesses and organizations that offer vital support.

Putnam County Fair 2024

Dates: Monday- Friday, March 22- 26 & 29-30, 2024: 5pm - 11pm

Saturday, March 27rd, 2024: 12pm (NOON) - 11pm

Sunday, March 28: 12pm (NOON) - 9pm

Location: Putnam County Fairgrounds, East Palatka, USA

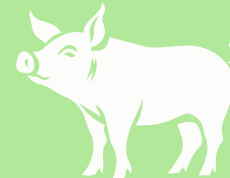
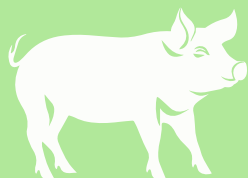
SPECIAL EVENTS:

ROSAIRE'S ROYAL RACERS

CIRCUS INCREDIBLE

EUDORA FARMS EXOTIC PETTING ZOO

PIRATE MAN DAN



Marion County Fair



Monday, February 26, 2024, 5:00pm-10:00pm
Tuesday, February 27, 2024, 5:00pm-10:00pm
Wednesday, February 28, 2024, 5:00pm-10:00pm
Thursday, February 29, 2024, 5:00pm-10:00pm



Location: 4121 NW 44th Ave. Ocala, FL

This Free family-friendly annual community event features thrilling midway rides and games for all ages, favorite fair food, live music, magic shows, a petting zoo, and alligator wrestling shows starring Jimmy Riffle from the Gator Boys. Free fair admission & parking. Unlimited ride wristbands (for riders 36" & taller) are \$35 on site while supplies last or online before 5 pm Thurs., Feb. 22 for \$29 each, 2/\$55 or 4/\$99. Ride tickets at the carnival are \$1.50 each, \$30/20 tickets, or \$60/50 tickets plus 1 free ride. (Rides take 2 or more tickets each.) Online pre-sale special: \$45/50 tickets + 1 free ride. Fair hours: 5-10 pm Monday - Thursday, 5-11 pm Friday, noon-11 pm Saturday, noon-10 pm Sunday (no unaccompanied guests under age 21). More information: 866-666-3247. The Marion County Fair is sponsored by Florida Kids Helping Kids (FKHK), a nonprofit organization run entirely by volunteers



AROUND THE TOWN & IN THE COMMUNITY



Thursday, March 21 | 5pm-10pm

Friday, March 22 | 5pm-11pm

Saturday, March 23 | 1pm-11pm

Sunday, March 24 | 1pm-10pm

Location: 132 Royal Pkwy, Kingsland, GA 31548

Get ready for fun and thrills: the Kingsland Spring Carnival is coming! From heart-pounding rides to delicious treats and captivating games, this event has something for everyone. The Kingsland Spring Carnival will take place at The Lawn on March 21st -24th. Bring your family, invite your friends, and join us for an unforgettable celebration of springtime joy and endless fun.

<https://downtownkingsland.com/event/spring-carnival/?fbclid=IwAR093AxQ-1aEzU6XMx9vIYnJPEvB5Tbhv4Dk3meRDGUt2PWHgi7-AgdTEqk>



AROUND THE TOWN & IN THE COMMUNITY



Community Health Day

Saturday, March 9

Location: Eartha's Farm & Market
4850 Moncrief Rd Jacksonville, FL 32209

Eartha's Farm & Market, an initiative of the Clara White Mission is hosting a Community Health Day for families living in NW Jacksonville. Starting January 6th and we are raising awareness about preventable diseases that could be remedied by a healthy diet. Several vendors will be partnering with us to provide health screenings for diabetes, heart disease and sharing resources about health care and health insurance options.

Free General Admission

<https://www.eventbrite.com/e/community-health-day-tickets-596174924247>



Jacksonville Womens Expo 2024



Date and Time: March 10th and 11th

10:00 AM - 05:00 PM (Public)

11:00 AM - 05:00 PM (General)

Location: The Prime F. Osborn III Convention Center, Jacksonville, USA

"Over 30 Years & 590 Expos, The Nation's Largest Women's Expo"

Jacksonville Women's Expo features exhibitors representing the very best products and services designed for Women, their families, household, and business, including Apparel, Accessories, Jewelry, Home Decor, Fragrances, Home & Garden, Financial Planning, Health and Wellness, Food and Beverage and more. Celebrity Keynote Speakers, Inspiring Seminars, DIY, massages, makeovers, tastings, and more.



AROUND THE TOWN & IN THE COMMUNITY



Combined Circles: Lifelong Learning | March 19 @ 10:00 am - 11:30 am

Garden Club of Jacksonville | Ballroom : 1005 Riverside Avenue Jacksonville, FL 32204

Osher Lifelong Learning Institute (OLLI) in UNF's Division of Continuing Education promotes life-enhancing approaches to positive aging. OLLI is a place where you can keep current, grow personally, and enjoy the simple pleasure of learning new things. Join UNF OLLI Director Jeanette Toohey as she discusses the classes UNF provides.

OLLI helps you make the most of this special time in your life by joining a vibrant community of those age 50 and older that enjoy year-round educational, cultural, and social opportunities.. Find purpose by pursuing interests that you didn't have time for until now. Discover exciting new possibilities to consider. Whether you seek intellectual, creative, skill-building, or social opportunities, you find those and more at OLLI. Plus, there are no tests and no grades!

OLLI at UNF is one of 125 OLLIs nationwide, all affiliated with colleges and universities.

Combined Circles is an occasional program that allows members of garden circles to meet at the Garden Club of Jacksonville for fellowship and camaraderie. The Garden Club appreciates all Circle members registering for this event, so we know how many chairs and refreshments to provide. If you need assistance registering, please call 904-355-4224.

Circle Presidents: Please reserve space for the number of people attending your Circle's meeting after the program by calling 904-355-4224. This program will be offered in-person at the Garden Club.

Free for Garden Club members | \$5 for nonmembers

<https://www.gardenclubjax.org/event/combined-circles-lifelong-learning/>

<https://www.gardenclubjax.org/events/>

Landscape Matters

Understanding Garden Fertilizer

When: March 13, 2024; 10am - 11am

Where: Online or In-Person, 15821 County Road 108, Hilliard, FL 32046

Registration Link: <https://blogs.ifas.ufl.edu/nassauco/2023/11/28/2024-landscape-matters/>

When we walk into garden centers, we can find ourselves surrounded by different types of garden fertilizers and our heads spinning. Join the Master Gardener Volunteers at the Hilliard Branch Library to learn about garden fertilizers, how to apply them, and how to protect Florida's water quality.

Join us online or in person (15821 County Road 108, Hilliard, FL 32046). There is no registration fee. During registration, let us know if you plan on attending in person or online. Everyone registering will automatically receive a sign-in link to view the program online. Limited to 500 participants.

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as alternate formats of written material, please contact Taylor Clem, taylorclem87@ufl.edu, (904)530-6353 at least 1 week in advance.

Landscape Matters Dates

March 13, 2024, 10am - 11am: Understanding Garden Fertilizer, Hilliard Branch Library

April 10, 2024, 10am - 11am: The Unseen Landscape, Fernandina Beach Branch Library

May 8, 2024, 10am - 11am: Spring Flowering Plants, Rebecca L. Jordi Cooperative Extension Office

June 12, 2024, 10am - 11am: Summer Vegetable Gardening, Hilliard Branch Library

July 10, 2024, 10am - 11am: What's a Pest? Fernandina Beach Branch Library

August 14, 2024, 10am - 11am: Attracting Beneficial Insects, Rebecca L. Jordi Cooperative Extension Office

Sept 11, 2024, 10am - 11am: Your Backyard Vegetable Garden, Hilliard Branch Library

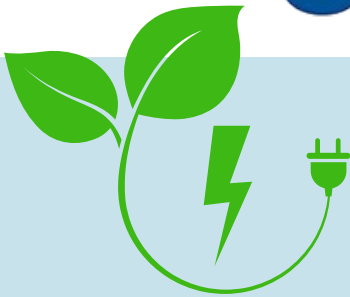
October 9, 2024, 10am - 11am: Squirmy Wormies (Vermicomposting), Fernandina Beach Library

Dec 11, 2024, 10am - 11am: Your Holiday Plants & the Cold, Rebecca L. Jordi Cooperative Extension Office



UF | IFAS Extension

UNIVERSITY of FLORIDA



Energy Upgrade Workshop (Webinar)

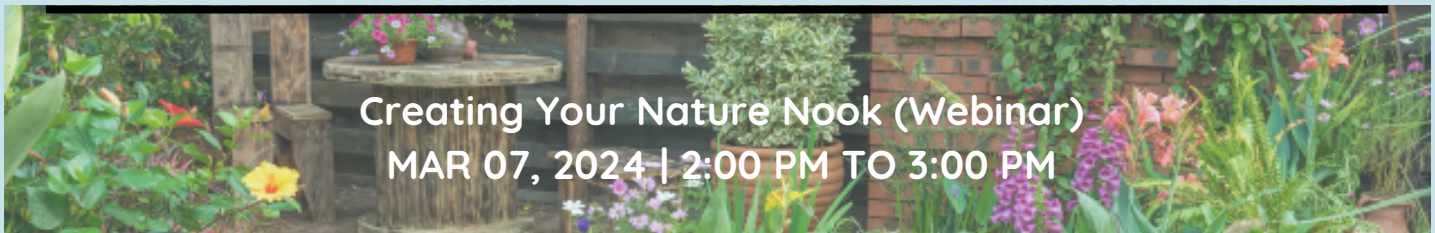
FREE | MAR 05, 2024 | 5:30 PM TO 6:30 PM



Learn energy-, water-, and cost-saving strategies at home. Receive a DIY kit to help you get started on your savings! Join us for this 1-hour workshop where you'll learn energy-, water-, and cost-saving strategies at home. Attendees will receive a free Do-It-Yourself Energy Saving Kit (one per household) that includes ENERGY STAR LED light bulbs, WaterSense faucet aerators, a smart power strip, weatherization materials and outlet insulating gaskets, and other items so you can start saving. Attendees will also learn our low and no-cost tips, which combined with kits can save up to \$560 per household per year on energy costs. Advance registration is required. Please register for this event ONLY at ufsarasotaext.eventbrite.com rather than any third party websites, as they are not affiliated with our classes and events. Once registered through Eventbrite, the system will send you a confirmation email with the webinar link. To receive a kit, attendees will pick up from our local Sarasota County office once the webinar is over. For questions or further information, please call 941-861-5000 or email sarasota@ifas.ufl.edu. Learn more at ada.ufl.edu and scgov.net/ada. NOTE:

Classes and events may be canceled at any time due to low registration or other circumstances, with full refunds issued for paid events UF/IFAS Extension Sarasota County Register:

<https://www.eventbrite.com/e/energy-upgrade-workshop-webinar-registration-750220609037>



Creating Your Nature Nook (Webinar)

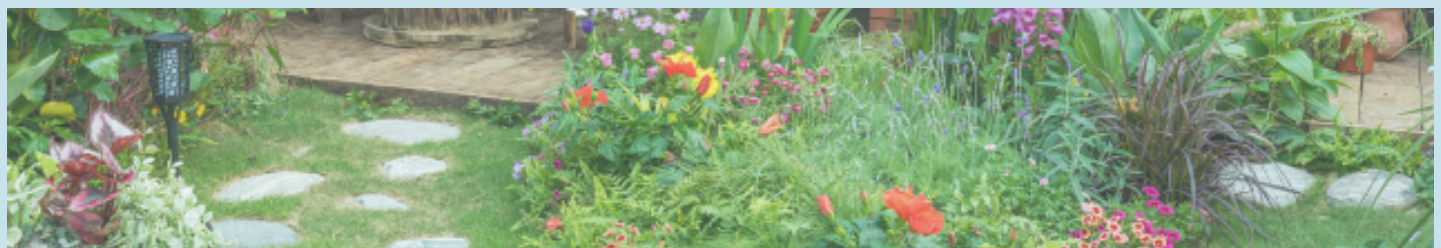
MAR 07, 2024 | 2:00 PM TO 3:00 PM

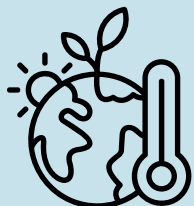
Hosted by the Weedon Island Preserve Cultural & Natural History Center:

Welcome, nature enthusiasts! Join us for a talk with Sensing Nature's Senior Wildlife Biologist Jeanne Murphy as she shares ways to create a backyard oasis or a go-to paradise that brings joy to your life. Together we'll explore how you can nurture and build your nature nook from your own backyard and create your favorite natural place to enjoy every day.

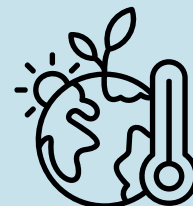
This live webinar will take place via Zoom so registration is required. Register now:

https://us06web.zoom.us/webinar/register/5717072402435/WN_jDMiBINiT2yjzdzS64VwYw#/registration





Climate Change: A Solutions Approach (Webinar)



FREE | MAR 20, 2024 | 12:00 NOON TO 1:00 PM

This class introduces climate change science and solutions, and what you can do locally to make a difference. This class introduces climate change science and solutions, and what you can do locally to make a difference. It is inspired by the work of Project Drawdown, a solutions-focused approach to climate change, sharing both global and local perspective on the issue and its many solutions. In joining us for this 1-hour presentation, you'll become more informed on small and large, successfully implemented solutions to slow and eventually stop the increase of greenhouse gas levels in the atmosphere. Participants will walk away with specific strategies they can implement in their own lives. Please register for this event **ONLY** at ufsarasotaext.eventbrite.com rather than any third party websites, as they are not affiliated with our classes and events. Once registered through Eventbrite, the system will send you a confirmation email. For questions or further information, please call 941-861-5000 or email sarasota@ifas.ufl.edu. An Equal Opportunity Institution.

Register: <https://www.eventbrite.com/e/climate-change-a-solutions-approach-webinar-registration-750719571447>

For **MORE EVENTS** with the UF IFAS Extension:

<https://sfyl.ifas.ufl.edu/events/?location=>

Environmental Horticulture Program - Dr. Cynthia Nazario-Leary, cnazarioleary@ufl.edu



Composting



- March 12, from 2:30 to 4 p.m., at the Alachua County Ag Auditorium (22716 W. Newberry Road, Newberry, FL 32669) [See flyer here.](#)

There is no registration fee, but participants must [register online](#). Limited to 100 participants.

Agriculture & Natural Resources Program - Dr. Kevin Korus, kkorus@ufl.edu

Private Applicator & Agricultural Row Crops

- A Review - March 21, from 8:30 a.m. to 1 p.m. (with Dr. Tatiana Sanchez, Commercial Horticulture Agent), at the Alachua County Ag Auditorium (22716 W. Newberry Road, Newberry, FL 32669)

The registration fee is \$25.00 (plus \$3.52 Eventbrite fee) and includes handout materials and light refreshments. Participants must [register online](#) by March 18. The registration fee after March 18 or if paying at the door will be \$35.00 (plus \$4.19 Eventbrite fee). This class is limited to 20 participants. There will be no refunds for the registration fee.

Commercial Horticulture Program - Dr. Tatiana Sanchez-Jones, tatiana.sanchez@ufl.edu

Limited Commercial Landscape Maintenance Workshop

- March 27, from 8:30 a.m. to 2:30 p.m. (license renewal 8:30 a.m. to 12 p.m.), at the UF/IFAS Extension Columbia County (437 NW Hall of Fame Dr., Lake City, FL 32055) The registration fee of \$30.00 (plus \$3.85 Eventbrite fee) will include lunch and materials. Participants must [register online](#) by March 21. The registration fee after March 21 or if paying at the door will be \$40.00 (plus \$4.52 Eventbrite fee). There will be no refund for the registration fee.



FOOD ASSISTANCE RESOURCES



www.nutrition.gov  www.nutritionfacts.org

Supplemental Nutrition Assistance Program

SNAP gives nutritional support for
low-income seniors,
people with disabilities living on fixed incomes
and families with low income.

Florida · www.myflfamilies.com (866)-767- 2237

Georgia · dfcs.georgia.gov (877)-423-4746

WIC

A nutrition program for low income women, infants and children provides healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services.

Contact Florida WIC

WIC Program 800 342-3556
Baker County 877-580, ext.5
Duval County 904-253-1500
Nassau County 904-875-6111



Contact Georgia WIC

WIC Program 1 800 228-9173
<https://dph.georgia.gov/WIC>
Charlton County 855 473-4374
Camden County 912 729-4554

Feeding North East Florida

Yulee Methodist Church
86003 Christian Way
Yulee, FL
(904) 225-5381
PANTRY: Wednesday
9am- 11pm

Barnabas Center
1303 Jasmine St, Ste 101
Fernandina Beach, FL
PANTRY: Tuesday- Friday
(904) 879-1833
10am- 12pm

CrossRoads Church Callahan
542284 US Hwy 1
Callahan, FL
PANTRY: Monday- Thursday
(904) 879-1833
9am-12pm 12pm-1pm

Hilliard Assembly of God
550920 US Hwy 1
Hilliard, FL 32046
(904) 845-3656
PANTRY: By Appointment
Only

BCMA
6444 US Hwy 90
Glen St. Mary, FL 32040
(904) 259-1199
PANTRY: Monday, Thursday,
and Saturday 10am-1pm

Northeast Florida
Community Action Agency
96 North Lowder St.
Macclenny, FL
(904) 259-4481
PANTRY: Third Thursday of
Every Month

The Journey Church
Authentic Impact Inc.
95707 Amelia Concourse
Fernandina Beach FL 32034
(904) 261-8310
PANTRY: Tuesday 9am- 1pm
& 5pm-7pm

Callahan First Baptist Church
45090 Green Ave.
Callahan, FL
(386) 328-1595
PANTRY: 1st Thursday Each
Month 10AM-Noon
3rd Thursday 4:30 -6:30 PM

DONATE OR VOLUNTEER
www.feedingnefl.org

America's Second Harvest of Coastal Georgia

HOPE ASSEMBLY OF GOD
34921 Okefenokee Drive, Folkston, GA
(912) 409-9219
PANTRY 4th Saturday 10 am - 12 pm

FOLKSTON COG
1004 3rd Street, Folkston, GA
(912) 390-2870
PANTRY 4th Thursday at 10 am

4 C MISSION
2475 Mariners Landing, Kingland, GA
(912) 409- 1923
PANTRY 3rd Friday 11am-1pm

EAGLES WING JUDAH WORSHIP
300 North Julia Street, St. Marys, GA
(912) 674-5627
PANTRY 4th Tuesday 11 am

KINGSLAND FIRST UMC
102 East William Street, Kingsland, GA
(912) 729-5445
PANTRY Tuesday and Thursday 9 am - 12 pm

DONATE OR VOLUNTEER
www.helpendhunger.org



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