

The Home & Garden Information Center's information specialists are happy to assist you from 8 a.m. to 4:30 p.m. Monday through Friday (except holidays).

LANDSCAPE, GARDEN & INDOOR PLANTS

Landscape Plants & Lawns

Trees

HGIC 1000 Fertilizing Trees & Shrubs
HGIC 1000S Fertilización de árboles y arbustos
HGIC 1001 Planting Trees Correctly
HGIC 1001S La forma correcta de plantar árboles
HGIC 1002 Protecting Trees During Construction
HGIC 1002S ¿Cómo Proteger los Árboles Durante la Construcción?
HGIC 1003 Pruning Trees
HGIC 1003S La Poda de Árboles
HGIC 1004 Tree Selection
HGIC 1004S Selección de Árboles
HGIC 1005 River Birch
HGIC 1006 Bradford Pear
HGIC 1007 Crabapple
HGIC 1008 Crape Myrtle
HGIC 1009 Crape Myrtle Pruning
HGIC 1009S Poda de Astromelias
HGIC 1010 Dogwood
HGIC 1011 Elm
HGIC 1012 Japanese Cryptomeria
HGIC 1013 Leyland Cypress
HGIC 1014 Live Oak
HGIC 1015 Magnolia
HGIC 1016 Maple
HGIC 1017 Oak
HGIC 1018 Ornamental Cherry, Plum, Apricot & Almond
HGIC 1019 Palms & Cycads
HGIC 1020 Pine
HGIC 1021 Redbud
HGIC 1022 Sycamore
HGIC 1023 Crape Myrtle Cultivars
HGIC 1023S Variedades de Astromelias o "Crape Myrtle"

HGIC 1024 Topping Trees
HGIC 1024S El Desmochado o "Topping Trees"
HGIC 1025 Leyland Cypress Alternatives
HGIC 1026 Serviceberry
HGIC 1027 Fringetree
HGIC 1028 Silverbells
HGIC 1029 Color Changes in Autumn Leaves
HGIC 1030 Landscape Tree Decline
HGIC 1030S Decaída del Árbol en el Paisaje
HGIC 1031 Buckeyes and Horsechestnuts
HGIC 1032 Ginkgo or Maidenhair Tree
HGIC 1033 Bald-cypress
HGIC 1034 Chastetree
HGIC 1035 Persian Parrotia
HGIC 1036 Black Gum
HGIC 1037 Tree Maintenance
HGIC 1038 Florida Anise
HGIC 1050 Choosing a Planting Location
HGIC 1050S Elección del Lugar de Siembra Planificación Antes de Comenzar
HGIC 1052 Planting Shrubs Correctly
HGIC 1052S Como Plantar Arbustos Correctamente
HGIC 1053 Pruning Shrubs
HGIC 1053S La Poda de Arbustos
HGIC 1054 Hardwood Cuttings for Shrub & Tree Propagation
HGIC 1055 Transplanting Established Trees and Shrubs

Shrubs

HGIC 1055S Trasplante y Establecimiento de Árboles y Arbustos
HGIC 1056 Watering Shrubs and Trees
HGIC 1056S Sistema de Riego para Árboles y Arbustos
HGIC 1057 Aucuba
HGIC 1058 Azaleas
HGIC 1058S Azaleas
HGIC 1059 Azalea Care
HGIC 1059S El Cuidado de las Azaleas
HGIC 1060 Barberry

HGIC 1061 Boxwood
HGIC 1062 Camellia
HGIC 1063 Euonymus
HGIC 1064 Forsythia
HGIC 1065 Gardenia
HGIC 1066 Holly
HGIC 1067 Hydrangea
HGIC 1068 Juniper
HGIC 1069 Laurel
HGIC 1070 Ligustrum
HGIC 1071 Nandina
HGIC 1072 Pyracantha
HGIC 1073 Rhododendron
HGIC 1073S Rhododendron
HGIC 1074 Spirea
HGIC 1075 Viburnum
HGIC 1076 Waxmyrtle
HGIC 1077 Yucca
HGIC 1078 Indian Hawthorn
HGIC 1079 Oleander
HGIC 1080 Virginia Sweetspire
HGIC 1081 Photinia (Red Tip)
HGIC 1082 Pittosporum
HGIC 1083 Tea Olive
HGIC 1084 Butterfly Bush
HGIC 1085 Loropetalum
HGIC 1086 Beautyberry
HGIC 1087 Sweetshrub
HGIC 1088 Fatsia
HGIC 1090 Summersweet Clethra
HGIC 1091 Witch Hazel
HGIC 1092 Four Fragrant, Winter-blooming Woodland Shrubs
HGIC 1093 Fothergilla
HGIC 1094 Native Azaleas: Natural Color in the Shade Garden
HGIC 1095 Distyliums
HGIC 1096 Pruning Hydrangeas
HGIC 1097 Japanese Kerria
HGIC 1098 Common Buttonbush
HGIC 1099 Gerbera Daisy

Groundcovers & Vines

HGIC 1100 Groundcovers
HGIC 1101 Vines
HGIC 1102 Ajuga
HGIC 1103 Carolina Jessamine
HGIC 1104 Clematis

HGIC 1105 Ivy
HGIC 1106 Jasmine
HGIC 1107 Juniper Groundcovers
HGIC 1108 Liriope
HGIC 1109 Mandevilla
HGIC 1110 Mondo Grass
HGIC 1111 Pachysandra
HGIC 1112 Periwinkle
HGIC 1113 Wild Ginger
HGIC 1114 Climbing Fig
HGIC 1115 Japanese Ardisia
HGIC 1116 Clubmoss

Flowers

HGIC 1150 Dividing Perennials
HGIC 1151 Drying Flowers
HGIC 1152 Growing Annuals
HGIC 1153 Growing Perennials
HGIC 1154 Hanging Baskets and Window Boxes
HGIC 1155 Spring-Flowering Bulbs
HGIC 1156 Summer- and Fall-Flowering Bulbs
HGIC 1157 Wildflowers
HGIC 1158 Annual Vinca
HGIC 1159 Begonia
HGIC 1160 Caladium
HGIC 1161 Chrysanthemum
HGIC 1162 Coleus
HGIC 1163 Daylily
HGIC 1164 Geranium
HGIC 1165 Hosta
HGIC 1166 Impatiens
HGIC 1167 Iris
HGIC 1168 Marigold
HGIC 1169 Pansies and Johnny-Jump-Ups
HGIC 1170 Peonies
HGIC 1171 Petunia
HGIC 1172 Growing Roses
HGIC 1173 Pruning Roses
HGIC 1174 Salvia
HGIC 1175 Verbena
HGIC 1176 Hardy Ferns
HGIC 1177 Lantana
HGIC 1178 Ornamental Grasses and Grass-like Plants
HGIC 1179 Hibiscus
HGIC 1180 Perennial Leadwort

HGIC 1181 Phlox
HGIC 1182 Echinacea
HGIC 1183 Foamflower
HGIC 1184 Baptisia (False or Wild Indigo)
HGIC 1185 Lenten Rose
HGIC 1186 Green & Gold
HGIC 1187 Angelonias – Summer Snapdragons
HGIC 1188 Indian Pink
HGIC 1189 Money Plant
HGIC 1190 Bloodroot
HGIC 1191 Joe-Pye Weed
HGIC 1192 Rudbeckia
HGIC 1193 Iberis (Candytuft)
HGIC 1194 Leopard Plant
HGIC 1195 Melampodium or Butter Daisy
HGIC 1196 Cleome or Spider Flower
HGIC 1197 Scaevola or Fan Flower
HGIC 1198 Solomon’s-seals
HGIC 1199 Gerbera Daisy

Lawns

HGIC 1200 Aerating Lawns
HGIC 1201 Fertilizing Lawns
HGIC 1201S Fertilización de Céspedes
HGIC 1202 Growing Grass in Shade
HGIC 1203 Lawn Establishment
HGIC 1204 Lawn Renovation
HGIC 1205 Mowing Lawns
HGIC 1206 Overseeding With Ryegrass
HGIC 1207 Watering Lawns
HGIC 1208 Bermudagrass
HGIC 1209 Centipedegrass
HGIC 1210 Tall Fescue
HGIC 1211 St. Augustinegrass
HGIC 1212 Zoysiagrass
HGIC 1213 Carpetgrass
HGIC 1214 Selecting a Lawn Grass
HGIC 1215 Centipedegrass Yearly Maintenance Program
HGIC 1216 Bermudagrass Yearly Maintenance Program
HGIC 1217 Zoysiagrass Maintenance Calendar
HGIC 1218 St. Augustinegrass Yearly Maintenance Program
HGIC 1219 Tall Fescue Maintenance Calendar

HGIC 1220 Measuring the Area of a Home Lawn
HGIC 1221 Winterizing Lawns
HGIC 1222 Selecting a Lawn Care Service
HGIC 1223 Turfgrasses for the Carolinas
HGIC 1224 Saltwater Intrusion Remediation on Turfgrass
HGIC 1225 Conservative Turfgrass Irrigation
HGIC 1226 Turfgrass Cultivation
HGIC 1227 Topdressing A Home Lawn
HGIC 1228 Reading A Fertilizer Label

Vegetables, Fruits, & Nuts

Vegetable Gardening

HGIC 1251 Container Vegetable Gardening
HGIC 1251S Jardinería en Contenedores
HGIC 1252 Cover Crops
HGIC 1253 Controlling Weeds by Cultivating & Mulching
HGIC 1254 Fertilizing Vegetables
HGIC 1255 Heirloom Vegetables
HGIC 1256 Planning a Garden
HGIC 1256S Planificando un Jardín
HGIC 1257 Raised Beds
HGIC 1257S Camas de Siembra
HGIC 1258 Selecting Good Seeds or Plants
HGIC 1259 Starting Seeds Indoors
HGIC 1260 Watering the Vegetable Garden
HGIC 1260S RIEGO DEL JARDÍN VEGETAL
HGIC 1262 Harvesting Vegetables
HGIC 1263 Controlling Fire Ants in the Vegetable Garden
HGIC 1264 Straw Bale Gardening
HGIC 1266 How to Build a Grow LightSetup to Grow Plants from Seeds

Vegetable Crops

HGIC 1300 Asparagus
HGIC 1301 Broccoli
HGIC 1302 Bush & Pole-Type Snap Beans

HGIC 1303 Cabbage & Chinese Cabbage
HGIC 1304 Cantaloupe & Honeydew
 Melons
HGIC 1305 Carrot, Beet, Radish & Parsnip
HGIC 1306 Chinese Vegetables
HGIC 1307 Collards
HGIC 1308 Sweet Corn
HGIC 1309 Cucumber
HGIC 1310 Eggplant
HGIC 1311 Herbs
HGIC 1312 Lettuce
HGIC 1313 Okra
HGIC 1314 Onion, Leek, Shallot, & Garlic
HGIC 1315 Peanut
HGIC 1316 Pepper
HGIC 1317 Potato
HGIC 1318 Pumpkins & Winter Squash
HGIC 1319 Southern Peas
HGIC 1320 Spinach
HGIC 1321 Summer Squash
HGIC 1322 Sweet Potato
HGIC 1323 Tomato
HGIC 1324 Turnips & Rutabagas
HGIC 1325 Watermelons
HGIC 1325S SANDÍAS
HGIC 1326 Cauliflower
HGIC 1327 Basil
HGIC 1328 Garden Peas
HGIC 1329 Arugula, Kale, Mesclun,
.....Mustard, and Swiss Chard
HGIC 1330 Crop Rotation

Tree Fruits & Nuts

HGIC 1350 Apple
HGIC 1351 Pruning & Training Apple &
 Pear Trees
HGIC 1352 Asian Pear
HGIC 1353 Fig
HGIC 1354 Peaches & Nectarines
HGIC 1355 Pruning Peaches & Nectarines
HGIC 1356 Pecan Planting & Fertilization
HGIC 1357 Persimmon
HGIC 1358 Plum
HGIC 1359 Pomegranate
HGIC 1360 Pawpaw
HGIC 1361 Loquat
HGIC 1362 FAQ About Pecan Production
 in the Home Garden

HGIC 1363 Citrus

Small Fruits

HGIC 1400 Blackberry
HGIC 1401 Blueberry
HGIC 1402 Bunch Grapes
HGIC 1403 Muscadine Grape
HGIC 1404 Strawberry Types
HGIC 1405 Growing Strawberries

Indoor Plants

Planting & Care

HGIC 1450 Indoor Plants – Cleaning,
 Fertilizing, Containers & Light
 Requirements
HGIC 1454 Indoor Plants – Moving Plants
 Indoors & Outdoors
HGIC 1456 Indoor Plants – Soil Mixes
HGIC 1457 Indoor Plants – Terrariums

HGIC 1458 Indoor Plants – Transplanting
 & Repotting
HGIC 1459 Indoor Plants – Watering

Foliage Plants

HGIC 1500 Chinese Evergreen
HGIC 1501 Bromeliads
HGIC 1502 Indoor Cacti
HGIC 1503 Dieffenbachia
HGIC 1504 Dracaena
HGIC 1505 Indoor Ferns
HGIC 1506 Growing English Ivy Indoors
HGIC 1507 Jade Plant
HGIC 1508 Indoor Palms
HGIC 1509 Philodendron
HGIC 1510 Rubber Plant
HGIC 1511 Schefflera
HGIC 1512 Peace Lily
HGIC 1513 Spider Plant
HGIC 1514 Weeping Ficus
HGIC 1515 Air Plants

Flowering Plants

HGIC 1550 African Violet
HGIC 1551 Amaryllis

HGIC 1552 Growing Begonias Indoors
HGIC 1553 Bougainvillea
HGIC 1554 Thanksgiving & Christmas
 Cacti
HGIC 1555 Easter Lily
HGIC 1556 Forcing Bulbs Indoors
HGIC 1557 Fuchsia
HGIC 1558 Growing Geraniums Indoors
HGIC 1559 Gloxinias
HGIC 1560 Orchids
HGIC 1561 Poinsettia
HGIC 1562 Bird of Paradise
HGIC 1563 Kalanchoe
HGIC 1564 Cyclamen

Other Landscape & Garden Topics **Composting & Mulching**

HGIC 1600 Composting
HGIC 1604 Mulch
HGIC 1607 Worm Composting

Soils

HGIC 1650 Changing the pH of Your Soil
HGIC 1650S Cambiando el pH del Suelo
HGIC 1652 Soil Testing
HGIC 1652S Pruebas de Suelo
HGIC 1654 Fertilizers
HGIC 1655 Soil Conditioning –
 Establishing a Successful
 Gardening Foundation
HGIC 1656 Soil Texture Analysis
 “The Jar Test”
HGIC 1657 Calibrating Spreaders
HGIC 1658 How to Complete a Soil Form
 for Sample Submission to the
 Agricultural Service
 Laboratory

Landscaping

HGIC 1700 Attracting & Feeding
 Songbirds
HGIC 1701 Butterflies in the Garden
HGIC 1702 Foundation Plantings
HGIC 1702S Plantaciones en los
 Cimientos

HGIC 1703 Low-Maintenance Landscape Ideas
HGIC 1704 Hobby Greenhouses
HGIC 1706 Water Gardening in Containers
HGIC 1707 Aquatic Garden Pond & Pool Construction
HGIC 1708 Algae Problems in Water Gardens
HGIC 1709 Aquatic & Shoreline Plant Selection
HGIC 1710 Fertilizing Recreational Fish Ponds
HGIC 1711 Liming Recreational Ponds
HGIC 1712 Stocking & Harvesting Recreational Fish Ponds
HGIC 1713 Use of Rotenone for Management of Fish Populations
HGIC 1714 Aquatic Weed Control Overview
HGIC 1715 Biological Control of Aquatic Weeds
HGIC 1716 Plants for Shade
HGIC 1717 Plants that Tolerate Drought
HGIC 1718 Plants for Damp or Wet Areas
HGIC 1718S Plantas para Represas o Áreas Húmedas
HGIC 1719 Supplemental Feeding for Recreational Pond
HGIC 1720 Chemical Control of Aquatic Weeds
HGIC 1721 Incorporating Beneficial Into the Garden Toolkit
HGIC 1722 Balancing Nature Within Your Landscape
HGIC 1723 Creating an Environmentally Responsible Landscape
HGIC 1724 Conserving Water in Your Landscape
HGIC 1725 Landscape Renovation
HGIC 1726 Landscaping Over Septic Drain Fields
HGIC 1727 Pollinator Gardening
HGIC 1728 Best Practices for Application of Harvested Rainwater on Edibles

HGIC 1729 Rainwater Harvesting Systems Guidance for Schoolyard Applications
HGIC 1730 Salt Tolerant Plants for the South Carolina Coast
HGIC 1731 Mixed Screens
HGIC 1732 Treated Wood in the Landscape
HGIC 1733 Native Pollinators
HGIC 1734 Urban Wildlife Butterflies
HGIC 1735 Butterflies of South Carolina
HGIC 1736 Frequently Asked Questions About Honey Bee Swarms
HGIC 1737 Miniature Gardens: A Story to Tell
HGIC 1738 Aquaponics – The Culture ofFish and Plants Together inOne System
HGIC 1739 Aquaponics Vs. Hydroponics:Which is best?
HGIC 1740 Honey Bee Pollen TimingChart
HGIC 1741 Pond Turnover and DissolvedOxygen

Holiday & Seasonal

HGIC 1750 Selecting a Christmas Tree
HGIC 1751 Living Christmas Trees
HGIC 1752 Safety Tips for Enjoying Your Christmas Tree
HGIC 1753 Holiday Decorating With Fresh Greenery
HGIC 1754 Repurposing Your Old “Live”Christmas Tree to BenefitWildlife
HGIC 1755 Improving Fish Populations inRecreational Ponds

Irrigation

HGIC 1800 Landscape Irrigation Management Part 1: Water in the Landscape
HGIC 1801 Landscape Irrigation Management Part 2: Determining When to Irrigate
HGIC 1802 Landscape Irrigation Management Part 3: How Much Water?

HGIC 1803 Landscape Irrigation Management Part 4: Winter Irrigation & Winterizing
HGIC 1804 Landscape Irrigation Management Part 5: Irrigation Time of Day
HGIC 1805 Landscape Irrigation Management Part 6: Soil Type & Irrigation Frequency
HGIC 1806 Landscape Irrigation Management Part 7: Water Saving Materials in the Landscape
HGIC 1810 Landscape Irrigation Equipment Part 1: Sprinklers & Spray Heads
HGIC 1811 Landscape Irrigation Equipment Part 2: Drip Irrigation
HGIC 1812 Landscape Irrigation Equipment Part 3: Microsprayers & Microsprinklers
HGIC 1813 Landscape Irrigation Equipment Part 4: Drip Tape
HGIC 1814 Landscape Irrigation Equipment Part 5: Filters & Pressure Regulators
HGIC 1815 Landscape Irrigation Equipment Part 6: Timers & Controllers
HGIC 1816 Landscape Irrigation Equipment Part 7: Valves
HGIC 1817 Landscape Irrigation Equipment Part 8: Piping
HGIC 1818 Landscape Irrigation Equipment Part 9: Water Sources

Water

HGIC 1850 Illicit Discharges and Water Pollution
HGIC 1851 Carolina Yards: An Overview of Sustainable Landscaping Practices
HGIC 1852 An Introduction to Native Plants for SC Landscapes
HGIC 1853 Resident Canada Geese: Along the Waterfront

- HGIC 1854 Resident Canada Geese: Management Options
- HGIC 1855 Shorescaping Freshwater Shorelines
- HGIC 1856 Life Along the Salt Marsh: Protecting Tidal Creeks with Vegetative Buffers
- HGIC 1857 Floating Wetlands: Container Gardens for your Pond
- HGIC 1858 Cyanobacteria: Understanding Blue-Green Algae's Impact on Our Shared Waterways
- HGIC 1859 Soil Building for Watershed Health
- HGIC 1860 Stabilized Construction Site Entrances
- HGIC 1861 An Introduction to Porous Pavement
- HGIC 1862 Bioretention Cells: A Guide for Your Residents
- HGIC 1863 An Introduction to Bioswales
- HGIC 1864 Rain Garden Plants: Introduction
- HGIC 1865 Rain Garden Plants: Muhlenbergia capillaris – Muhly Grass
- HGIC 1866 Rain Garden Plants: Aquilegia canadensis – Eastern Red Columbine
- HGIC 1867 Rain Garden Plants: Achillea millefolium – Yarrow
- HGIC 1868 Rain Garden Plants: Callicarpa americana
- HGIC 1869 Rain Garden Plants: Iris sibirica
- HGIC 1870 Rain Garden Plants: Iris versicolor and Iris virginica
- HGIC 1871 Rain Garden Plants: Winterberry (Ilex verticillata)
- HGIC 1872 Rain Garden Plants: Butterfly Milkweed (Asclepias tuberosa)
- HGIC 1873 Rain Garden Plants: (Physocarpus opulifolius) – Ninebark
- HGIC 1874 Rain Garden Plants: Eutrochium spp.) – Joe-Pye Weed
- HGIC 1875 Citizen Science Monitoring with SC Adopt-a-Stream
- HGIC 1876 Maintaing Your Freshwater Shorline
- HGIC 1877 E. coli & Water Health
- HGIC 1878 F.O.G (Fats, Oils, and Grease) Pollution
- HGIC 1879 Protecting Headwater Streams
- HGIC 1880 Recreational Pond Chemistry
- HGIC 1881 Stormwater Ponds: Inspection and Maintenance Considerations
- HGIC 1882 Stormwater Ponds: A Guide for Pond Owners
- HGIC 1883 Rain Chain
- HGIC 1884 Water Management In The Home Landscape
- HGIC 1885 Freshwater Bryozoa
- HGIC 1886 Waterwise – Cleaning Painting Equipment After Household Use
- HGIC 1887 South Carolina's Water Planning
- HGIC 1888 South Carolina's Water Resources
- HGIC 1889 Submitting an Algae Sample for Identification
- HGIC 1890 Trees for Stormwater Management
- HGIC 1891 Life Along the Salt Marsh: Troubleshooting Salt Marsh Decline
- HGIC 1892 Duckweed and Watermeal
- HGIC 1893 Herbicide Application: TheLabel Is the Law
- HGIC 1894 Blue Carbon
- HGIC 1895 Be Septic Safe:Considerations for New SepticSystem Users, Locating theSystem, & Basic Maintenance
- HGIC 1896 Be Septic Safe: Best Practicesfor Septic SystemMaintenance
- HGIC 1897 Be Septic Safe: SepticFailures
- HGIC 1898 Be Septic Safe: UniqueSituations
- HGIC 1899 Do It Yourself: VisualIndicators, Stick Test, and JarTest for Cyanobacteria
- HGIC 1900 Designing for Rain BarrelSuccess
- INSECTS, DISEASES & OTHER PROBLEMS***
- Insects & Diseases of Plants***
- Insects & Diseases of Trees**
- HGIC 2000 Apple & Crabapple Diseases
- HGIC 2001 Apple & Crabapple Insects
- HGIC 2002 Crape Myrtle Diseases & Insect Pests
- HGIC 2003 Dogwood Diseases & Insect Pests
- HGIC 2004 Leyland Cypress Diseases, Insects & Related Pests
- HGIC 2005 Maple Diseases & Insect Pests
- HGIC 2006 Oak Diseases & Insect Pests
- HGIC 2007 Palm Diseases & Nutritional Problems
- HGIC 2008 Pine Diseases
- HGIC 2009 Integrated Pest Management (I.P.M.) for Aphids
- HGIC 2010 Integrated Pest Management (I.P.M.) for Spider Mites
- HGIC 2011 Sycamore Diseases & Insect Pests
- HGIC 2012 Armored Scale Insects & Control
- HGIC 2013 Black Twig Borer
- HGIC 2014 Cranberry Rootworm Beetle
- HGIC 2015 Crapemyrtle Bark Scale
- HGIC 2016 Integrated Pest Management (I.P.M.) for Cabbage Looper
- HGIC 2017 Integrated Pest Management (I.P.M.) forEvergreen Bagworms
- HGIC 2018 Ambrosia Beetles
- HGIC 2019 Cedar-Apple Rust
- HGIC 2020 Common Pine Bark Beetles in Urban Settings: Identification and Treatment of These Species
- HGIC 2021 Asian Longhorned Beetle

HGIC 2022 Rosy Maple Moth (*Dryocampa*
.....*rubicunda*)
HGIC 2023 Emerald Ash Borer
HGIC 2024 Fall Webworm

HGIC 2049 Powdery Mildew

Index of Plant Diseases in South Carolina (PDF 5.5MB)

Insects & Diseases of Shrubs

HGIC 2050 Azalea & Rhododendron
Diseases
HGIC 2050S Enfermedades de Azalea &
Rhododendron
HGIC 2051 Azalea & Rhododendron
Insect Pests
HGIC 2051S Plagas en las "Azalea" y
"Rhododendron"
HGIC 2052 Boxwood Diseases & Insect
Pests
HGIC 2053 Camellia Diseases & Insect
Pests
HGIC 2054 Euonymus Diseases & Insect
Pests
HGIC 2055 Holly Diseases & Insect Pests
HGIC 2056 Juniper Diseases & Insect
Pests
HGIC 2057 Viburnum Diseases & Insect
Pests
HGIC 2058 Gardenia Diseases & Other
Problems
HGIC 2059 Gardenia Insects & Related
Pests
HGIC 2060 Algal Leaf Spot

Insects & Diseases of Flowers

HGIC 2100 Gray Mold (*Botrytis* Blight)

HGIC 2101 Chrysanthemum Diseases &
Insect Pests
HGIC 2102 Daylily Diseases & Insect
Pests
HGIC 2104 Flowering Bulb Insect Pests
HGIC 2105 Pansy Diseases & Insect Pests
HGIC 2106 Rose Diseases
HGIC 2107 Rose Insects & Related Pests
HGIC 2108 Vinca Diseases

HGIC 2109 Frequently Asked Question
About Rose Rosette Virus
HGIC 2110 Zinnia Insect Pests & Diseases

Insects & Diseases of Lawns

HGIC 2150 Brown Patch & Large Patch
Diseases of Lawns
HGIC 2151 Gray Leaf Spot on St.
Augustinegrass

HGIC 2152 Leaf Diseases of Lawns
HGIC 2153 Spring Dead Spot
HGIC 2154 Nematode Problems in Home
Lawns
HGIC 2155 Mole Cricket Management in
Turfgrass
HGIC 2156 White Grub Management in
Turfgrass
HGIC 2157 Bermudagrass Scale,
Rhodesgrass Mealybug, &
Ground Pearl
HGIC 2158 Bermudagrass Mite
HGIC 2159 Armyworms
HGIC 2199 Insect and Disease
Management for Home-Grown
Fruit and Nuts

Insects & Diseases of Vegetables & Fruits

HGIC 2200 Bean & Southern Pea
Diseases
HGIC 2201 Bean & Southern Pea Insect
Pests
HGIC 2202 Cabbage, Broccoli & Other
Cole Crop Diseases
HGIC 2203 Cabbage, Broccoli & Other
Cole Crop Insect Pests
HGIC 2204 Sweet Corn Diseases
HGIC 2205 Insect Pests of Sweet Corn
HGIC 2206 Cucumber, Squash, Melon &
Other Cucurbit Diseases
HGIC 2207 Cucumber, Squash, Melon &
Other Cucurbit Insect Pests
HGIC 2208 Fire Blight of Fruit Trees
HGIC 2209 Peach Diseases
HGIC 2210 Peach Insect Pests
HGIC 2211 Pecan Diseases

HGIC 2212 Southern Pecan Leaf
Phylloxera
HGIC 2213 Reasons for Poor-Quality
Pecans
HGIC 2214 Irish & Sweet Potato Diseases
HGIC 2215 Sweet Potato & Irish Potato
Insects
HGIC 2216 Root-Knot Nematodes in the
Vegetable Garden
HGIC 2217 Tomato Diseases & Disorders
HGIC 2218 Tomato Insect Pests
HGIC 2219 Biological Control of Two-
Spotted Spider Mites on
Homegrown Strawberries
HGIC 2220 Glyphosate Damage on
Tomatoes
HGIC 2221 Citrus Insects & Related Pests
HGIC 2222 Tomato Leaves Rolling?
HGIC 2223 Insect and Disease
.....Management for Home-Grown
.....Fruits and Nuts
HGIC 2224 Eggplant Insect Pests &
Diseases

Insects & Diseases of Indoor Plants

HGIC 2250 African Violet Diseases &
Insect Pests
HGIC 2251 Houseplant Diseases &
Disorders
HGIC 2252 Common Houseplant Insects
& Related Pests

Weeds

HGIC 2300 Grassy Weeds
HGIC 2301 Broadleaf Weeds
HGIC 2307 Poison Ivy
HGIC 2309 Managing Weeds in Fescue
Lawns
HGIC 2310 Managing Weeds in Warm
Season Lawns
HGIC 2311 Wild Garlic & Wild Onion
HGIC 2312 Nutsedge
HGIC 2313 Florida Betony
HGIC 2314 Chamberbitter
HGIC 2315 Identifying & Managing Beach
Vitex
HGIC 2316 Bahiagrass

HGIC 2317 Dollarweed
 HGIC 2318 Cogongrass
 HGIC 2319 Annual Trampweed
 HGIC 2320 Bamboo Control
 HGIC 2321 Henbit
 HGIC 2322 Lespedeza
 HGIC 2323 Lawn Burweed
 HGIC 2324 White Clover
 HGIC 2325 Annual Bluegrass Control
 HGIC 2326 Goldenrod & Ragweed
 HGIC 2327 English Ivy Control
 HGIC 2328 Smilax (Greenbrier)
 HGIC 2329 Oxalis Control
 HGIC 2330 Carolina Geranium
 HGIC 2331 Dogfennel
 HGIC 2332 Doveweed
 HGIC 2333 Virginia Buttonweed
 HGIC 2334 Lawn Weed Control Timing Chart

Other Plant Problems

HGIC 2349 Herbicide Damage to Landscape Plants
 HGIC 2350 Cold Damage
 HGIC 2351 Drought
 HGIC 2352 Galls & Outgrowths
 HGIC 2353 Leaf & Needle Drop
 HGIC 2354 Spanish Moss, Lichens & Slime Molds
 HGIC 2355 Mushrooms in Lawns
 HGIC 2357 Snails & Slugs in the Home Garden
 HGIC 2359 Storm & Weather Damage
 HGIC 2360 Controlling Thatch in Lawns
 HGIC 2361 Why Plants Fail to Flower or Fruit
 HGIC 2363 Moss & Algae Control in Lawns
 HGIC 2364 Holes in the Lawn
 HGIC 2365 Barklice
 HGIC 2366 How to Tell the Difference Between moles & Voles
 HGIC 2367 Nostoc
 HGIC 2368 Tips for Taking Good Photosto Send to Your ExtensionAgent

Damage Identification

HGIC 2362 Wildlife Control
 HGIC 2363 Moss & Algae Control in Lawns
 HGIC 2364 Holes in the Lawn
 HGIC 2365 Barklice
 HGIC 2366 How to Tell the Difference Between Moles & Voles
 HGIC 2400 Acrobat Ants
 HGIC 2401 Argentine Ants
 HGIC 2402 Bed Bugs
 HGIC 2403 Booklice
 HGIC 2404 Brown Marmorated Stink Bug in Structures
 HGIC 2405 Camel Crickets
 HGIC 2406 Carpenter Ants
 HGIC 2407 Carpenter Bees
 HGIC 2408 Cellar spiders
 HGIC 2409 Boxelder Bugs
 HGIC 2410 Centipedes
 HGIC 2411 Checklists To Prevent Insects In Your Home
 HGIC 2412 Choosing A Professional Pest Control Company
 HGIC 2413 Cigarette Beetles
 HGIC 2414 Clover Mites
 HGIC 2415 Cluster Flies
 HGIC 2416 Fabric Pest Control
 HGIC 2417 Wood-Boring Beetles in Houses
 HGIC 2418 Daddy-longlegs
 HGIC 2419 Drugstore Beetles
 HGIC 2420 Drywood Termites
 HGIC 2421 Earwigs
 HGIC 2422 Field Ants
 HGIC 2423 Flea Control
 HGIC 2424 Formosan Subterranean Termites
 HGIC 2425 House and Field Crickets
 HGIC 2426 Humpedback Flies
 HGIC 2427 Indian Meal Moth
 HGIC 2428 Ant Control Indoors
 HGIC 2429 Jumping Spiders
 HGIC 2430 Kudzu Bugs Around the Home
 HGIC 2431 Land Planaria
 HGIC 2432 Lovebugs
 HGIC 2433 Midges
 HGIC 2434 Millipedes

HGIC 2435 Mosquito Control In And Around The Home
 HGIC 2436 Moth/Drain Flies
 HGIC 2437 Multicolored Asian Lady Beetles
 HGIC 2438 Nuisance Flies
 HGIC 2439 Pantry Pests
 HGIC 2440 Saw-Toothed Grain Beetle
 HGIC 2441 Scorpion Control
 HGIC 2442 Seasonal Invaders
 HGIC 2443 Silverfish & Firebrats
 HGIC 2444 Sowbugs & Pillbugs
 HGIC 2445 Springtails
 HGIC 2446 Submitting Insect Samples for Identification
 HGIC 2447 Subterranean Termite Control
 HGIC 2448 Termites of South Carolina
 HGIC 2449 Cockroach Control
 HGIC 2450 Wolf Spiders
 HGIC 2470 Asian Needle Ant
 HGIC 2471 Asian Tiger Mosquito
 HGIC 2472 Assassin Bugs
 HGIC 2473 Baldfaced Hornets
 HGIC 2474 Brown Widow Spiders
 HGIC 2475 Bumble Bees Around The Home
 HGIC 2476 Chiggers
 HGIC 2477 Crab Lice
 HGIC 2478 European Hornet
 HGIC 2479 Head Lice
 HGIC 2480 House Dust Mites
 HGIC 2481 Paper Wasps
 HGIC 2482 Stinging Caterpillars
 HGIC 2483 Tick-borne Diseases Affecting Humans in the Southeastern United States
 HGIC 2484 Ticks Around Your Home
 HGIC 2485 Velvet Ants
 HGIC 2486 Yellow Jackets
 HGIC 2487 Chinch Bugs
 HGIC 2488 Two-Lined Spittlebug
 HGIC 2489 Gnats
 HGIC 2490 Africanized Honey Bees andSouth Carolina Apiculture
 HGIC 2491 Cicadas
 HGIC 2501 Fire Ant Management In TheHome Lawn

HGIC 2502 Hints and Tips for an Effective Fire Ant Management Program in Home Landscapes Using Broadcast Baits
HGIC 2503 Big Yellow Spiders in South Carolina
HGIC 2512 Mud Daubers
HGIC 2513 Importance of Reducing Mosquito Breeding Sites
HGIC 2514 Insect Communities in the Garden and Landscape: The Power of Observation
HGIC 2515 Luna Moth

Pesticide Safety

HGIC 2750 Reading the Pesticide Label
HGIC 2751 Pesticide Safety
HGIC 2752 Pesticide Application Tips
HGIC 2753 How to Handle Pesticide Spills
HGIC 2754 Pesticide Container Disposal
HGIC 2755 Integrated Pest Management (IPM)
HGIC 2755S Manejo Integrado de Plagas (IPM)
HGIC 2756 Organic Pesticides and Biopesticides
HGIC 2756S Pesticidas Orgánicos y Biopesticidas
HGIC 2770 Less Toxic Insecticides
HGIC 2771 Insecticidal Soaps for Garden Pest Control

Natural Enemies

HGIC 2820 Natural Enemies: Predators and Parasitoids

Wildlife

HGIC 2900 Backyard Wildlife
HGIC 2901 Developing a Wildlife Management Plan
HGIC 2902 Deer Management for Home Gardens Using a Two-Tired Fence System
HGIC 2903 Birdhouse Basics

HGIC 2904 Feeding Birds During Summer: It's Not Just for Hummingbirds Anymore
HGIC 2905 A Bird in the hand is Worth Two in the Bush
HGIC 2906 Give the Birds a Splash ... Adding Water to Your Backyard
HGIC 2907 Identifying Copperhead Snakes

FOOD SAFETY, NUTRITION, PHYSICAL ACTIVITY & HEALTH Food Safety & Preservation

Preservation: Canning, Freezing & Drying

HGIC 3000 Preserving Foods
HGIC 3001 Finding Reliable Recipes for Safe Food Preservation
HGIC 3020 Home Canning Equipment
HGIC 3024 Home Freezing Equipment
HGIC 3025 Choose the Right Canner for Home Canning
HGIC 3030 Canning Foods—the pH Factor
HGIC 3040 Canning Foods at Home
HGIC 3050 Common Canning Problems
HGIC 3051 Most Frequently Asked Canning Questions
HGIC 3060 Freezing Basics
HGIC 3063 Freezing Fruits & Vegetables
HGIC 3064 Freezing Meats & Seafood
HGIC 3065 Freezing Prepared Foods
HGIC 3067 Freezing Fruits, Step By Step
HGIC 3080 Drying Foods
HGIC 3084 Drying Fruits
HGIC 3085 Drying Vegetables
HGIC 3086 Drying Herbs, Seeds & Nuts
HGIC 3100 Pickle Basics
HGIC 3101 Common Pickle Problems
HGIC 3120 Preserving Apples
HGIC 3140 Preserving Peaches
HGIC 3160 Pie Fillings
HGIC 3164 Syrups for Preserving Fruits
HGIC 3165 Fruit Syrups & Honeys
HGIC 3180 Basics of Jelly Making
HGIC 3200 Jelly & Jam Recipes
HGIC 3224 Strawberry Jam
HGIC 3240 Canning Beans, Corn & Peas

HGIC 3246 Canning Venison
HGIC 3260 Preserving Root Vegetables
HGIC 3270 Chestnuts
HGIC 3281 Preserving Pumpkin & Winter Squash
HGIC 3300 Preserving Vegetables
HGIC 3320 Preserving Tomatoes
HGIC 3340 Preserving Tomato Sauces & Ketchup
HGIC 3360 Preserving Tomato Products
HGIC 3380 Dill Pickles & Sauerkraut
HGIC 3400 Pickled Foods
HGIC 3420 Pickled Cucumbers
HGIC 3440 Pickled Peppers
HGIC 3460 Relishes
HGIC 3470 Flavored Vinegars
HGIC 3471 Herb Infused Oils
HGIC 3472 How to Use an Atmospheric Steam Canner for Acid & Acidified Foods

Safe Handling of Foods

HGIC 3480 Food Selection & Storage
HGIC 3482 Safe Handling of Seafood
HGIC 3483 Selecting & Storing Fruits & Vegetables
HGIC 3485 Selecting & Storing Cereals & Grains
HGIC 3490 Keeping Foods Safe at Home
HGIC 3495 Food Safety Mistakes You Do Not Want to Make
HGIC 3500 Basics of Safe Food Handling
HGIC 3500S Cuatro Pasos Simples Para la Seguridad en los Alimentos
HGIC 3502 Effects of Temperature on Food
HGIC 3503 The Clean Kitchen Test
HGIC 3504 Safe Handling of Beef
HGIC 3505 Safe Handling of Canned Goods
HGIC 3506 Handling of Cheese for Safety & Quality
HGIC 3507 Safe Handling of Eggs
HGIC 3508 Safe Handling of Fish
HGIC 3509 Safe Handling of Lamb
HGIC 3510 Safe Handling of Milk & Dairy Products
HGIC 3511 Safe Handling of Pork

HGIC 3512 Safe Handling of Poultry
HGIC 3513 Safe Handling of Sausages & Hot Dogs
HGIC 3514 Safe Handling of Veal
HGIC 3515 Safe Handling of Wild Game Birds
HGIC 3516 Safe Handling of Wild Game Meats
HGIC 3517 Safe Handling of Fresh Fruits & Vegetables
HGIC 3518 Safe Handling of Lettuce & Leafy Green Salads
HGIC 3520 Safety of Stored Foods
HGIC 3522 Food Storage: Refrigerator & Freezer
HGIC 3523 Storing Meats & Seafood
HGIC 3525 Food Storage: Pantry
HGIC 3528 Apple Basics
HGIC 3529 Blueberry Basics
HGIC 3530 Corn Basics
HGIC 3531 Cucumber Basics
HGIC 3532 Leafy Green Basics
HGIC 3533 Melon Basics
HGIC 3534 Peach Basics
HGIC 3535 Pepper Basics
HGIC 3536 Pumpkin Basics
HGIC 3537 Strawberry Basics
HGIC 3538 Sweet Potato Basics
HGIC 3539 Tomato Basics
HGIC 3540 Preparing Food for a Crowd
HGIC 3543 Food Safety for Outdoor Cookouts
HGIC 3544 Food Safety for Community Suppers
HGIC 3560 How to Cook Turkey
HGIC 3565 Holiday Meats—Not Just Turkey!
HGIC 3566 Food Safety Pitfalls at Thanksgiving & Beyond
HGIC 3580 Cooking Meat Safely
HGIC 3585 Slow Cooker Food Safety
HGIC 3586 Microwave Food Safety
HGIC 3587 Food Thermometers: A Key to Food Safety
HGIC 3600 Bag Lunch Safety
HGIC 3601 Traveling with Food
HGIC 3602 Safe Picnics
HGIC 3604 Fresh-Caught Fish
HGIC 3605 Mailing Perishable Foods

HGIC 3606 Leftovers
HGIC 3607 Teaching Children About Food Safety
HGIC 3608 Deli & Other Take-Out Foods
HGIC 3609 Food Safety for Travelers Going Abroad
HGIC 3610 Food Safety Tips for Kids
HGIC 3611 Food Safety Answers for College Students
HGIC 3612 Mailing Food Gifts to Military
HGIC 3613 A Clean, Safe, Healthy Kitchen& Home: The Importance ofKeeping Your Kitchen Cleanand Safe
HGIC 3614 A Clean, Safe, Healthy Kitchen& Home: CleaningRefrigerators, Ranges andOvens
HGIC 3615 A Clean, Safe, Healthy Kitchen& Home: Keeping the LeadOut
HGIC 3616 A Clean, Safe, Healthy Kitchen& Home: Cleaning Dishes,Pots & Pans
HGIC 3617 A Clean, Safe, Healthy Kitchen& Home: Controlling theCrittlers
HGIC 3618 HEALTHY LIVING: The Scoopon Reusable Water Bottles

Foodborne Illnesses

HGIC 3620 Foodborne Illness: Prevention Strategies
HGIC 3639 Listeriosis & Pregnancy: A Food Safety Concern
HGIC 3640 Food Safety for Pregnant Women & Their Babies
HGIC 3642 Food Safety for the Elderly
HGIC 3643 Food Safety for the Chronically Ill
HGIC 3644 Farm Food Safety: Choosing aSanitizer for Washing FreshProduce
HGIC 3660 Foodborne Illness Related to Seafood
HGIC 3661 Ciguatera
HGIC 3662 Scombroid Poisoning
HGIC 3663 Vibrio vulnificus

HGIC 3680 Botulism
HGIC 3690 BSE: "Mad Cow Disease"
HGIC 3700 E. coli O157:H7
HGIC 3720 Foodborne Illnesses: Viruses
HGIC 3740 Foodborne Illnesses: Bacteria
HGIC 3742 Campylobacter jejuni
HGIC 3743 Norovirus

Food Safety in an Emergency

HGIC 3760 Food Safety in Power Outages
HGIC 3780 Food Safety in Freezer Failure
HGIC 3800 Food Safety in Hurricanes & Floods
HGIC 3801 How to prepare your well forthe next flood: EvacuationPreparations and ReturnHome
HGIC 3820 Food Safety after a Tornado
HGIC 3840 Food Safety After a Fire
HGIC 3860 Chemicals & Foods

Starting a Food Business

HGIC 3861 Starting a Food Business
HGIC 3862 Food Service Operation Inspections
HGIC 3863 Inspection of Food: Who's Responsible?
HGIC 3864 Cookware Safety
HGIC 3865 Vacuum Packaging Foods at Home
HGIC 3866 Food Irradiation
HGIC 3867 Starting a Food Business: An Overview
HGIC 3868 Starting a Food Business: Developing a Market Strategy & a Business Plan
HGIC 3869 Starting a Food Business: Product, Process, & Packaging Analysis & Development

Other Food Topics

HGIC 3870 Testing Drinking Water
HGIC 3871 Nutrition Labeling
HGIC 3872 Raw Juice Preparation & Storage for Retail Food Service Establishments

HGIC 3875 Country of Origin Labeling (COOL)
HGIC 3877 Food Waste
HGIC 3878 South Carolina's Home-Based Food Production Law
HGIC 3880 Product Testing
HGIC 3881 Nutrition Labeling
HGIC 3882 Sushi Rice Testing
HGIC 3883 Inspection of Food: Who's Responsible?
HGIC 3884 The Food Safety of Sprouts
HGIC 3885 Cleaning and Sanitation forthe Homebrewer
HGIC 3886 Bacterial Attachment to Foodand Food Processing SurfacesCan Lead to BiofilmFormation
HGIC 3887 Food Safety for Camping
HGIC 3888 Plant-Based Meat Alternativesand Meat Substitutes
HGIC 3889 Smartphone Apps for DiabetesSelf-Management Support
HGIC 3890 Basics of Home Winemaking

Nutrition, Diet & Health

Nutrition & Dietary Guidelines

Dietary Guidelines

HGIC 4000 2005 Dietary Guidelines for Americans
HGIC 4010 MyPlate
HGIC 4012 30 MyPlate Steps to aHealthier You
HGIC 4016 Focus on Fruits
HGIC 4017 Vary Your Veggies
HGIC 4018 Get Your Calcium-Rich Foods
HGIC 4019 Whole Grains
HGIC 4020 Go Lean With Protein
HGIC 4031 Physical Activity for Adults
HGIC 4032 Physical Activity for Children
HGIC 4033 Walking Off the Munchies
HGIC 4034 Let the Holiday Spirit Move You!
HGIC 4050 Fat in Your Diet
HGIC 4051 Cholesterol
HGIC 4052 Fiber
HGIC 4053 Limit Sugar

HGIC 4054 Halt Salt!
HGIC 4055 Moderate Alcohol
HGIC 4056 Reading the New Food Labels
HGIC 4057 Determining Nutritional Value of Foods
HGIC 4058 Food Labels: Fat & Cholesterol
HGIC 4059 Food Labels: Carbohydrates
HGIC 4060 Serving Sizes for Special Diets
HGIC 4061 Nutrient Claims on Food Labels
HGIC 4062 Nutrient Density
HGIC 4064 Antioxidants
HGIC 4065 Minerals
HGIC 4066 Iron
HGIC 4067 Calcium
HGIC 4068 Folate
HGIC 4069 Potassium
HGIC 4070 Sodium
HGIC 4071 Chromium
HGIC 4072 Fluoride
HGIC 4073 Zinc
HGIC 4074 Thiamin
HGIC 4075 Riboflavin
HGIC 4076 Niacin
HGIC 4077 Vitamin B6
HGIC 4078 Vitamin B12
HGIC 4079 Vitamin C
HGIC 4080 Vitamin A
HGIC 4081 Vitamin D
HGIC 4082 Vitamin E
HGIC 4083 Vitamin K
HGIC 4084 Gluten Free Labeling of Foods
HGIC 4085 Organic Labeling of Multi-Ingredient Food Products
HGIC 4090 When it Comes to Chocolate, Choose Dark
HGIC 4091 Healthy Holiday Gifts
HGIC 4092 Control Holiday Weight Gain
HGIC 4093 Comfort Foods: Healthier Options
HGIC 4094 Losing Weight is More Than Counting Calories
HGIC 4095 Measuring Portions – How much am I really eating?
HGIC 4096 Menu Labeling... will it changewhat you eat?
HGIC 4097 Goal Setting
HGIC 4098 How Can You Help Your ChildPractice Intuitive Eating?

HGIC 4099 Fiber & Food Labels

Nutrition for Life Stages

HGIC 4100 Feeding Your Infant
HGIC 4101 Breast Milk or Infant Formula?
HGIC 4102 Introducing Solid Foods to Infants
HGIC 4103 Feeding Your Preschooler
HGIC 4104 Picky Eaters
HGIC 4105 Making Mealtimes Pleasant
HGIC 4106 Brighten Up With Breakfast
HGIC 4107 Partners for Healthy Eating

HGIC 4109 Healthy Eating Habits for Children
HGIC 4110 Non-Food Rewards for Kids
HGIC 4111 Healthier Foods at School
HGIC 4112 Healthy Halloween Treats
HGIC 4113 Kids in the Kitchen
HGIC 4114 Packing Lunches for School-Age Kids
HGIC 4115 Smart Snacking
HGIC 4118 Pregnancy & Breastfeeding
HGIC 4123 Snacks With 100 Calories or Less
HGIC 4124 Trees for Stormwater Management
HGIC 4125 Physical Activity DuringPregnancy

Special Nutrition Needs

HGIC 4151 Fluid Needs
HGIC 4152 Caffeine
HGIC 4158 Food Allergies

Food Shopping & Preparation

Menu Planning

HGIC 4200 Planning Meals for a Family
HGIC 4203 Planning for Snacks
HGIC 4204 Planning to Eat Out

Food Shopping

HGIC 4220 Stretch Your Food Dollars Part 1: Before Going to the Store

HGIC 4221 Stretch Your Food Dollars Part
2: At the Grocery Store
HGIC 4222 Stretch Your Food Dollars Part
3: At Home
HGIC 4223 Fast Food & Take-Out Meals
HGIC 4224 Choosing Breakfast Cereals

HGIC 4225 Stocking the Home Pantry for
Quick Meals

Food Preparation

HGIC 4240 Quick Meals

HGIC 4241 Serve a Healthful, Low-Cost
Holiday Meal
HGIC 4246 Packing Lunches for Work or
School
HGIC 4247 Using & Storing Apples
HGIC 4248 Using & Storing Asparagus
HGIC 4249 Using & Storing Broccoli
HGIC 4250 More Broccoli, Please!
HGIC 4251 Using & Storing Carrots
HGIC 4252 Using & Storing Green Beans
HGIC 4253 Using & Storing Peaches
HGIC 4254 Using & Storing Potatoes
HGIC 4255 Using & Storing Strawberries
HGIC 4256 Using & Storing Summer
Squash
HGIC 4257 Using & Storing Tomatoes

HGIC 4258 Using & Storing Winter
Squash
HGIC 4259 Making Your Own Baby Food

Health

HGIC 4260 Measurement Conversions for
Recipes
HGIC 4350 Pandemic Influenza
HGIC 4351 Avian Influenza (Bird Flu)

HGIC 4360 Handwashing – It Makes a
Difference!
HGIC 4361 Treat Your Body Like a
Computer
HGIC 4362 Toxoplasmosis
HGIC 4363 Tetanus
HGIC 4364 Diabetes

HGIC 4365 Obesity
HGIC 4366 Stroke
HGIC 4367 Hypertension
HGIC 4368 Stress Management
HGIC 4369 Heart Disease
HGIC 4370 Sleep
HGIC 4371 E-Cigarettes
HGIC 4372 Non-Nutritive Sweeteners
HGIC 4373 Prediabetes
HGIC 4374 Mental Health and Diabetes
HGIC 4375 Activity and Exercise
HGIC 4376 Coping with Stress and Mental
Health
HGIC 4377 Chronic Obstructive
Pulmonary Disease
HGIC 4378 Hydrate in the Heat
HGIC 4379 Choose Diabetes-Friendly
Foods at Restaurants
HGIC 4380 Navigating Trending Diets
HGIC 4381 COVID-19: The Science
behind the Mask
HGIC 4382 Intuitive Eating for a Healthy
Relationship with Food
HGIC 4383 Questions about COVID19
vaccines? Get the facts
HGIC 4384 Meditation
HGIC 4385 Food Insecurity and Food
.....Deserts
HGIC 4386 Foot Care for People with
.....Diabetes
HGIC 4387 Heart Disease and Diabetes
HGIC 4388 How Can My Pet Better My
.....Health?
HGIC 4389 Safe Sleep for Babies
HGIC 4390 Can Cinnamon Cure Diabetes?
HGIC 4391 Shopping on a Budget
HGIC 4392 What Happens in the Body
.....During Stress?



South Carolina's trusted
source for home and garden
information since 1999.

March 2023

The Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, sex, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

Clemson University Cooperating with U.S. Department of Agriculture, South Carolina Counties, Extension Service, Clemson, South Carolina. Issued in Furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of May 8 and June 30, 1914

Public Service Activities

1-888-656-9988
hgic@clemson.edu
clemson.edu/hgic