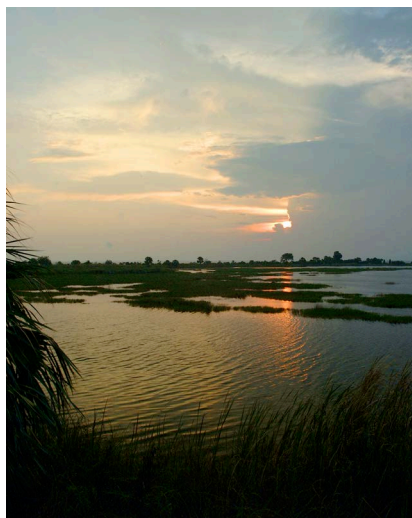


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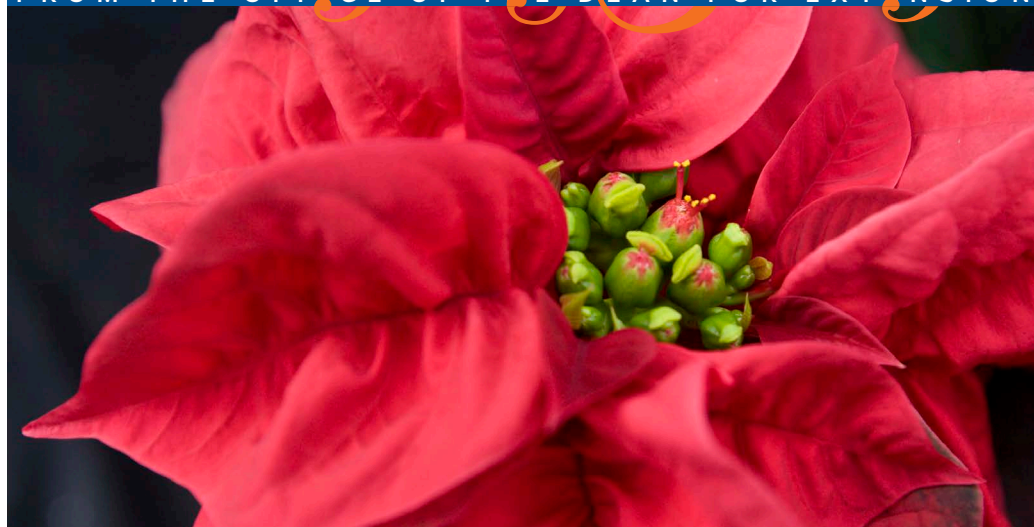
UF/IFAS Extension *Comings and Goings* is a monthly newsletter distributed by the Office of the Dean for Extension via e-mail and on the UF/IFAS Extension web site at <http://extadmin.ifas.ufl.edu>.

If you have any suggestions or would like to submit your own recognition or short article of interest, please send them to Valkyrie Aldrnari.

Please feel free to also forward any questions or comments about this periodical to Valkyrie Aldrnari at valkyriea@ufl.edu.

UF/IFAS Extension *Comings & Goings*

FROM THE OFFICE OF THE DEAN FOR EXTENSION



FLORIDA-FRIENDLY LANDSCAPING COLLABORATION

Tina McIntyre, Florida-Friendly Landscaping EA I, Seminole County

Kaydie McCormick, Residential Horticulture EA I, Seminole County

Sarafaith Pekor, Master Gardener Volunteer, Seminole County



Florida Master Gardener Volunteer Sarafaith Pekor (center) provides FFL education to students from Lighthouse Central Florida.

In the summer of 2019, the Seminole County Master Gardener Volunteer Program hosted a 60-hour summer work experience program for a group of young adults from Lighthouse Central Florida, who are blind and living with additional disabilities such as autism, Down Syndrome and learning impairments. The UF/IFAS Extension Master Gardener Volunteer Program in Seminole County is run under the direction of Kaydie McCormick, and the program was designed and administered by Master Gardener Volunteer Sarafaith Pekor. Sarafaith became a Master Gardener Volunteer in 2015 and has passionately and tirelessly worked on a variety of projects.

She is a retired rehabilitation therapist who leads a non-profit organization called Seeds of Inclusion (SOI). SOI designs and develops adaptive gardening and horticulture programs and projects for people with diverse abilities.

Under Kaydie and Sarafaith, approximately 22 Seminole County Master Gardener Volunteers received training and participated in activities for this project. In their involvement, they assisted the Lighthouse students with making plant cuttings, planting seeds and aiding them in the outdoor FFL Demonstration Landscape tour. The goal is to help UF/IFAS Extension Seminole County expand access to gardening information, education and activities for people with disabilities.

Florida Friendly Landscaping Agent Tina McIntyre was invited to teach a 90-minute module for the group that introduced them to FFL principles. Seeds of Inclusion requested that Tina take an explicitly non-visual sensory approach to describing and demonstrating the principles and in guiding the eight students through a tour of the Florida Friendly demonstration garden. The students were extremely attentive and inspired by the FFL information and presentation. Tina brought the demonstration garden to life by using non-visually dominant teaching techniques, an animated auditory/verbal approach to describing the garden and FFL principles in a hands-on approach. She led the exploration of the garden by emphasizing touch-feel connection and comprehension.

Tina also provided materials for the group to take back to the classroom to use for learning how to propagate from cuttings. By the end of the six-week (two times per week) training, students were able to develop their own cuttings and showed a significant improvement in their learning abilities.

At the end of the 60-hour work experience program, the students mentioned the FFL program as one of the most memorable and enjoyable of the summer. The coordinator at the Lighthouse for the Blind mentioned that she was showing significant increases in the scores for involved students and was grateful for the work Sarafaith, Kaydie and Tina did.

“IN THE FIELD”: UF/IFAS EXTENSION ESCAMBIA AGENTS DEVELOP EDUCATIONAL VIDEO SERIES

Nick Simmons, Agriculture CED II, Escambia County | Libbie Johnson, Agriculture EA II, Escambia County



Nick Simmons (left) filming segment on hay sampling.



Libbie Johnson (center) filming segment on grazing management.

UF/IFAS Extension agents Nick Simmons and Libbie Johnson have developed educational videos to reach more clientele with information on practical agriculture production methods. The video series, called “In the Field”, is a collaboration with Escambia County’s Community & Media Relations (CMR) department to film, edit and produce 4-6-minute videos on a variety of agriculture management topics.

Videos are filmed throughout Escambia County with producers and farmers showcasing implementation of agriculture BMPs and UF/IFAS Extension directives. The agents utilized various methods of information delivery including single agent videos, agent-producer interviews, and agent-to-agent dialogue. Locations for videos were pre-arranged with producers to work within their schedules and production timing. Content for the videos was planned and developed by the agents to ensure the information was timely, relevant, easy to understand, and could be implemented by other clientele across the area. Talking points were developed and an abbreviated script was written for the various video projects. Escambia County CMR edited and produced the raw video to package into a finished product complete with opening and closing wrappers, video transitions, still photos, and music and sound adjustments. Each video was edited for content and approved by the agents to be distributed.

The projects are housed on the Escambia County BoCC YouTube page for public viewing as well as the UF/IFAS Extension Escambia County website and Facebook page. Links to the first three videos are provided below.

Episode 1 – [Hay sampling for forage quality](#)

Episode 2 – [Forage management](#)

Episode 3 – [Understanding grazing management for summer forages](#)

More video projects are being developed to continue delivering content to clientele.

12TH ANNUAL DATIL PEPPER FALL FESTIVAL

Tim Wilson, Ag Production CED III, St. Johns County



Indoor vendors at the 2019 Datil Pepper Fall Festival.



Professional Food Contest Judges at the 2019 Datil Pepper Fall Festival.

The 12th Annual Datil Pepper Fall Festival was held at the St. Johns County Agricultural Center in St. Augustine, October 5-6. The festival was first developed in 2007 to raise public awareness about agriculture. St. Johns County has its roots in agriculture, beginning in the 1870s with the efforts of Thomas Hastings to develop a 1,500-acre farm to support the hotel industry in St. Augustine. However, many residents in St. Johns County—whose population grew by 33.8 percent between 2010 and 2018—do not have familiarity with or understanding of the importance of agriculture to the local economy. The majority of datil peppers in the US are grown in St. Johns County and it is a major component in the area's cuisine.

An estimated 1,500 participants took part in this year's event. More than 70 volunteers assisted in set-up, clean-up, parking, providing information, trash pick-up, datil-inspired food contests, professional and amateur hot sauce contests, datil jams and jelly contest, plant sales, educational exhibits, 4-H and Master Gardener fundraising booths and much more. Participants were able to visit 55 vendor booths located outside and 25 vendor booths inside the ag center to taste and purchase datil hot sauces, plants and food.

The festival included a datil-inspired food contest involving 12 local restaurants that provided appetizers

and entrées. People's Choice and Professional Awards were given to winners. The six-member panel of food judges included three celebrity judges, including news anchors from First Coast News in Jacksonville, which promoted on-air during their tv broadcasts and on their social media accounts. More than \$3,700 was generated from ticket sales from the food contest during this event. Sales from the food contest, vendor fees and sponsorships are used to conduct this event each year.

Eight Florida 4-H booths provided youth the opportunity to gain entrepreneur skills by purchasing supplies, selling a product and generating funding for their programs. The Florida Master Gardener Volunteer Plant Sale sold more than \$6,500 in plants, as well as \$400 in rain barrels and compost tumblers. Funds from the Master Gardener sales are used to purchase plants and supplies to maintain the 50-acre St. Johns County Ag Center.

In short, the 12th Annual Datil Pepper Fall Festival was successful in providing agriculture awareness to clientele using a variety of teaching methods.

WORK, LIFE, AND THE PURSUIT OF HAPPINESS

Stephanie Toelle, FCS EA IV, Duval County



FCS agents Stephanie Toelle, Duval County (left) and Nelly Nelson, Manatee County (right) at the International Conference on Work & Family in Barcelona.

In UF/IFAS Extension, there has been a growth of interest and development in workplace wellness, a continuum including stress management, mindfulness and personal resilience. Recent research has expanded wellness to include the element of happiness, an outgrowth of positive psychology.

As my UF/IFAS Extension programming focuses on personal and family well-being, I discovered new ways to expand my knowledge about happiness in the workplace, through two recent sabbatical activities: 1) the International Conference of Work and Family (ICWF) at the University of Navarra in Barcelona, Spain and 2) a professional certificate course, "The Science of Happiness at Work" through the Greater Good Science Center at the University of California Berkeley.

The theme of the ICWF conference was "Work Family in Pursuit of Happiness". Every participant at the conference had to submit a paper for presentation and be accepted. I presented The SMART [Strengthening Marriage and Relationship Training] Florida Project: Impacts and Outcomes. Conference participants were divided into tracks of about 10 faculty. Each presenter had approximately 15-20 minutes to present, then the other faculty gave a critique, recommendations, and comments. We rotated through

each, and on the final day, our track met to brainstorm future research collaborations and how to move the research forward. Each track presented its analysis at a final session of the conference. It was intriguing to learn of the perspective, particularly diversity, of workplace happiness among various nations in our group. Further, most faculty were researchers and were thrilled to learn how we “practitioners” could put their research into action. They were intrigued with the concept of Extension.

The certificate program consisted of three courses: The Foundations of Happiness at Work, Mindfulness and Resilience to Stress at Work, and Empathy and Emotional Intelligence at Work. This program focused on research-based strategies required to create a workplace culture of happiness and emotional well-being. Key concepts for happiness at work

include Purpose, Engagement, Resilience and Kindness (PERK). Courses in the program dug into strategies to foster mindfulness and handle stress, as well as strengthen empathy and trust, and improve collaboration, innovation and satisfying experiences at work.

Work-life happiness is linked to greater productivity and creativity, as well as fewer health problems, hence lower absenteeism. Work-life happiness increases employee commitment and leads to promotion. I look forward to offering workshops based on this training in Jacksonville, the Wellness Council and YMCA locations, but I also plan to share it with my UF/IFAS Extension colleagues. I will also implement the strategies to enhance happiness in my own day-to-day interactions, habits and practices.

A SUMMARY OF FFAR'S SMART URBAN FOOD SYSTEMS SUMMIT

Danielle Treadwell, Associate Professor, Horticultural Sciences

Jiagxiao Qiu, Assistant Professor, Ft. Lauderdale REC | Karla Shelnutt, Associate Professor, FYCS



Left to right: Jiagxiao Qiu (FFAR), Karla Shelnutt, John Reich (FFAR) and Danielle Treadwell in front of a modular growing unit from FarmsHelf in New Lab, Brooklyn, NY.

The Foundation for Food and Agricultural Research (FFAR) was established in the 2014 Farm Bill to promote investments in cutting edge research and development via public-private partnerships (<https://foundationfar.org/>). To keep abreast of new ideas and emerging needs to solve today's complex challenges in food and agriculture, FFAR hosts “convenings”. These convenings are meetings that double as listening and visioning sessions focused on a specific issue or idea. The outcomes of the convenings help inform FFAR's position, program development, and investment strategy for future projects. Urban food systems are one of six challenge areas designated by FFAR for 2019.

The Smart Urban Food Systems Summit was a convening held in Brooklyn, New York, November 5-6, and attended by UF/IFAS Extension State Specialists Karla Shelnutt (FYCS), Danielle Treadwell (HS) and Jiagxiao Qiu (FOR). The objective of the meeting was to define and prioritize barriers and opportunities for systematic changes in urban food systems and development of urban farming systems to better meet the nutrition needs of families throughout the US. Sally Rockey, FFAR Executive Director, and John Reich, FFAR Scientific Program Director, hosted the meeting in collaboration with New Lab. New Lab (<https://newlab.com/>) is an 84,000 ft² facility established on an abandoned industrial park. Comprised of over 130 technology and information systems members with a total valuation of \$2.8 billion, it was an inspiring example of a collaborative workspace. We thought it was the coolest workspace we have ever seen.

Participants were invited from a diversity of professional backgrounds from the public and private spheres, including but not limited to academia, non-governmental nonprofits, municipalities, entrepreneurs, investors, multinational corporations, NIFA, NSF and New

Lab representatives. The meeting was a combination of presentations, panels, breakout group discussions and presentations. Considering the recent UN report that 87% of the U.S. population will live in an urban area by 2040, the group's task was to gauge where we are, define challenges, and set our sights on what desirable changes are possible and urgent in urban food systems. From these discussions, some common themes emerged. On the second day, participants were asked to consider the themes summarized from day one. Using a systems approach, we defined and visualized short-, medium- and long-term actionable goals of a fully functioning urban food system inclusive of the numerous stakeholders. While the participants were not asked to rank priorities, recurring needs and goals emerged. In no particular order, the following is our assessment of the participants' needs and goals as they relate to Florida's urban food system.

Coordination and collaboration.

Obviously, no one wants to duplicate work that is already being done. However, in this new and emerging landscape of urban food systems, we don't all know each other. New initiatives and programs are in development all the time and it is

difficult to account for all the efforts. By supporting and promoting our partner’s programs, we can serve clientele more efficiently by synergizing relevant efforts under the umbrella of urban food systems. There was a perception from someone in the meeting (and perception is reality) that Extension is disengaged from the community sphere that serves the working poor. There was also a perception that researchers are only interested in obtaining funding, running a lab, and publishing papers without regard to getting results to the public for realizing full impacts. While we know this isn’t true at UF/IFAS, we must be more transparent, proactive, and more visible than we have ever been. This work must involve the target population, and who better to lead these efforts than UF/IFAS Extension faculty and staff who have ongoing relationships with the community.

Creative partnerships. Contributions of time and resources from national and global corporations can be incentivized to provide scalable solutions to urban food system problems. Some of the representatives from larger companies discussed how their bottom line has increased by using their assets more wisely by simply listening and responding to the needs of their clients. An evaluation of trends in urban planning, transportation logistics, climate change, and food production informed one company’s approach to improve their product delivery

system by creating micro-fulfillment centers (hyper-localized distribution points), rerouting waste to partners for generation of renewable energy, and mandating delivery times to reduce delays caused by traffic congestion. There were many more examples, and we were impressed by the creative solutions generated by unconventional partners in both the public and private sectors that transgress research and policy silos.

Normalizing terms among different stakeholders is important when stakeholders are working together to solve a common problem but view that problem with different lenses. For example, established urban community garden leaders who donate food to hundreds of families each year may call themselves farmers, while a large vegetable farmer from a rural area may take offense at a community gardener using that term. Referring to both groups as food providers (or other equivalent and inclusive terms as decided by the group) normalizes the intent and respects the values of both groups. How we talk about these issues matter, and words can build bridges or divide us.

Big data is big business, but it needn’t be limited to commercial interests. In fact, the participants believed it was a social (ethical) obligation to increase the transparency and sharing of food-related data to advance innovative technological solutions, particularly when it comes to the food

source, processing and distribution, management of organic waste, and distribution of food to families in need and education about nutrition and wellness. For example, if the data platforms that run ride-share companies like Uber and Lyft could be used for the public good to deliver food efficiently, then measurable savings in fuel, time and a reduction of food waste can be predicted by the group. There were also discussions on innovative collection of unconventional data that can better inform, design and shape urban food systems. We expect significant disruption from the tech industry in the years to come in many areas including renewable energy, traceability and distribution, consumer ordering and delivery logistics and waste use.

In summary, it was a timely and valuable meeting. The information gleaned will help us better serve our clientele in Florida, which is rapidly urbanizing. We were inspired by the creative, hard-working entrepreneurs who were re-creating urban food systems (Table 1). As urban food systems evolve, there will be new opportunities for leadership. As we approach the development of our new ten-year strategic plan, we hope that urban food systems will be an important component of our discussion.

Table 1. Examples of successful innovations that support sustainable urban food systems for all.

Issue	Solution	Example
Arable land in urban areas is limited.	Develop indoor, modular, and scalable growing systems.	Farmshelf https://www.farmshelf.com/
Pre-consumer food waste in restaurants is significant.	Collect fruit and vegetable peelings and culls, and process to pelleted hydroponic fertilizer.	Re-Nuble https://www.re-nuble.com/
Urban infrastructure not optimized for sea level rise, increasing population density, and food production and distribution.	Re-design existing cities and urban infrastructure, and create new development with economy, ecology and society welfare in mind.	Terreform http://www.terreform.org/index.html
Lots of data, but collected to fulfill specific objectives with limited benefits to society at large.	Develop innovative data collection platform and repurpose data sets contributed by strategic partners to inform solutions for hunger, etc.	DataKind https://www.datakind.org/

DID YOU KNOW?

Saqib Mukhtar, Associate Dean
for Extension

New ISTs are Now Posted in PDEC

From Soil Health and Sustainability to Beneath the Citrus Canopy – Weeds, Roots and Microbes to Developing a Honey Beekeeping Extension Program in Your County, you can find all upcoming ISTs listed here: https://pdec.ifas.ufl.edu/in-service_training/. Sign up now and get your In-service Training on!

Welcome New Associate Program Leaders!

Dr. Holly Ober, Associate Professor and Extension Specialist, Wildlife Ecologist is the Interim Associate Program Leader for Natural Resources. She assists Dr. Mukhtar with state-wide programs in natural resources, including wildlife management and forestry and urban water programs.

Dr. Maia McGuire, Interim CED and Sea Grant Extension Agent IV in Flagler county is the Interim Associate Program Leader for Sea Grant. She assists Dr. Mukhtar with the UF/IFAS Extension statewide Sea Grant program.

UF/IFAS Extension continues to grow!

UF/IFAS EXTENSION WAKULLA COUNTY RECEIVES SERVICE AWARD

Les Harrison, Agriculture Natural Resources CED III, Wakulla County



UF/IFAS Extension Wakulla County receives service award. Left to right: Rachel Pienta, 4-H and Youth Programs; Les Harrison, County Director Ag/Natural Resources; Samantha Kennedy, Family and Consumer Sciences.

The UF/IFAS Extension Wakulla County office has received the 2019 Service Award from the Wakulla County Chamber of Commerce (WCCC) at its annual Business Excellence Awards Banquet on November 14. The recognition is sponsored by Ameris Bank and the event was held at Wakulla Springs Lodge.

Frank Messersmith, a former legislator and member of the Florida Public Service Commission, presented the award. "In Wakulla County, our UF/IFAS Extension Office is well known, has long been the location of many community

events, and their personnel have responded to innumerable calls for assistance from our citizens. The staff of the UF/IFAS Extension Office are also familiar faces in many of our social, professional and service organizations...including our Chamber of Commerce," Messersmith said.

During his time in the Florida Legislature, Messersmith served on the UF/IFAS Oversight Committee which tracked operations and funding. Among his many other pursuits today, Messersmith is on the WCCC Board of Directors.

"The well-trained and educated staff of the UF/IFAS Extension Office provides, as expected, a wide spectrum of agriculture-related instruction and training, but their scope of involvement is much more encompassing than livestock and plants," Messersmith said.

"For instance," he noted, "children and youth activities are a major focus of UF/IFAS, as well as the effort to involve adults and youth together for the benefit of supervision and for youth to find role models to emulate as they mature. The youth 4-H programs initiated and over-seen by the UF/IFAS Extension Office are the saving grace for many children in our community....and, by the way, they could use many more adult volunteers in that regard."

Messersmith lauded UF/IFAS Extension Wakulla County's faculty by saying, "In times of emergency, such as hurricanes, the UF/IFAS Extension Office is one of the most active services and necessities focal points in the County. Food products and life-needed services are coordinated, dispensed and delivered from the UF/IFAS operation."

Messersmith concluded by saying, "As a major arm of the University of Florida, the UF/IFAS Extension Office is all about providing services and needs to prepare youth and adults with the tools, opportunities and education to take care of themselves, and to help others, as they make their own way."

COMINGS AND GOINGS

We would like to welcome the following newly hired and transferring faculty. These individuals were hired following a highly competitive search, screening and selection process. In some cases, candidates interviewed both on the UF campus in Gainesville and in a county Extension office. Selection was often difficult because we typically have two or three suitable candidates. These faculty are truly the best of the best!

HIRES

Wael Elwakil, Commercial & Environmental Horticulture EA II, Manatee County

Emily Marois, Urban Horticulture EA I, Palm Beach County

Michael Sipos, Sea Grant EA I, Collier County

Ted Karsch, 4-H Youth Development EA I, Nassau County

Caroline Chappell, 4-H Youth Development EA I, Jackson County

TRANSFERS

Evan Anderson, From Agriculture to Commercial & Environmental Horticulture EA I, Walton County

Andrew Toelle, From Duval County to 4-H Youth Development RSA IV, NE District

Lori Wiggins, From FCS to FCS CED III, Taylor County

Bradley Burbaugh, From Clay County to Ag/Community Resource Development CED II, Volusia County

We would like to wish the following agents the best of luck in their future endeavors.

DEPARTURES

Mia Wilchcombe, FCS EA I, Lake County

RETIREMENTS

Yolanda Goode, 4-H Youth Development EA III, Gadsden County