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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 Aldrari.

Please feel free to also forward any questions or comments about this periodical to Valkyrie Aldrari at [valkyriea@ufl.edu](mailto:valkyriea@ufl.edu).

# UF/IFAS Extension *Comings & Goings*

FROM THE OFFICE OF THE DEAN FOR EXTENSION



## A DEER PLOT FIELD DAY

*Jane Cant Griffin, Agriculture and Natural Resource Agent I, Suwannee County*

Suwannee County is home to the largest number of registered deer farms in the state, and most of these deer are raised for hunting purposes. Many events are targeted towards hunters needing assistance planting small food plots in areas to attract deer for hunting season, but the primary objective of the Deer Plot Field Day was to help growers identify forage varieties and management methods to provide a better forage source for their breeding animals located in pens and paddocks. Deer forage more than they graze, making forage selection a difficult challenge compared to the more traditional cattle forage options. Additionally, research in this area is limited and producers are in need of a sustainable method of providing forage while meeting the nutritional needs of the animals.

NFREC-Suwannee Valley hosted the April 20 event, and the Cervidae Health Research Initiative provided funding for the demonstration plot. The demonstration planting contained several cool season cultivar monocultures and blends targeted for deer foraging. Agents utilized three different sowing methods

to demonstrate the effect of planting on stand establishment. The planting and planning process provided an excellent opportunity for state and county faculty to work together to explore a new target audience for Extension.

The day started with a formal program consisting of stand management, cultivar selection and animal health, followed by a field visit to the demonstration plot with a question-and-answer session. Sixteen stakeholders and producers attended, resulting in four site-visit requests for the county Extension agent and one warm-season farm demonstration planting. A second field day will be coordinated for the warm-season farm demonstration, as well as a farm tour of the working facilities and management plan. This event successfully established a working relationship between county and state faculty and some of the largest farmed-deer producers in the state, and I am excited to continue working with this group of stakeholders and learning about an exciting new possibility for livestock agriculture.



*Attendees visit the field demonstrations and participate in question-and-answer session with state and county faculty.*



*Buck yearlings at Whitetail Plantation in Live Oak.*

## EFNEP AND FNP EDUCATING AND GROWING TOGETHER

Danielle De Vries Navarro, EFNEP EA I, Palm Beach County  
Cyndi Longley, FCS EA I, Palm Beach County



Harry Drier, president of Club 100 Charities, in front of the food and clothing pantry at the Bethlehem Baptist Church in Lake Park, Florida.

Under the leadership of Cyndi Longley (FCS agent) and Danielle De Vries-Navarro (EFNEP agent), the Family Nutrition Program (FNP) and Expanded Food and Nutrition Education Program (EFNEP) are paving the way for collaborative education in Palm Beach County. Our partnership with Club 100 Charities is a good example.

Club 100 Charities is a non-profit volunteer organization dedicated to improving the quality of life for limited-resource families living in Palm Beach County. Their mission is to provide supplemental food and clothing to the community, as well as fitness activities and educational programs for local youth. They operate a supplemental food and clothing pantry at the Bethlehem Baptist Church in Lake Park, Florida, which serves approximately 300 families (predominantly Haitian) per month. To date, Club 100 Charities has gifted over 400,000 items of food and 300,000 items of clothing to all ages. Club 100 Charities also delivers a successful afterschool and summer program that reaches more than 200 youth annually.

EFNEP partnered with Club 100 Charities in 2014 and has graduated more than 100 pantry clients. EFNEP teaches nutrition, food safety and preparation, simple recipes and smart shopping tips through an 8-lesson evidence-based series. In spring 2018, EFNEP graduated 15 Haitian pantry clients. Our data show that 93% of these graduates improved one or more diet quality indicators, 80% improved one or more physical activity behaviors, 93% improved one or more food safety practices and 93% improved one or more food resource management skills.

In 2017, EFNEP collaborated with FNP at Club 100 Charities to increase access to healthy foods and to enhance nutrition education. FNP uses a Policies, Systems, Environmental (PSE) approach to complement nutrition education provided by EFNEP. FNP installed a vegetable and fruit garden at the Club 100 Charities food pantry to increase easier access to fresh produce. This garden project is an example of an improved environmental change (a component of PSE) and activities



FNP vegetable and fruit garden at the Club 100 Charities food pantry.

related to gardening will benefit several 100 participants that access the Club 100 Charities food pantry.

Next fiscal year, EFNEP will continue to teach nutrition and fitness education to the adults who visit the food pantry, with FNP providing nutrition education to the youth attending the afterschool and summer programs.

Using the FNP-installed vegetable/fruit garden at Club 100 Charities, FNP will incorporate a garden-themed nutrition education kit (Grow It, Try It, Like It) to further strengthen the teaching and learning process. This curriculum teaches children how various fruits and vegetables grow using hands-on activities, planting experiences and education that introduces the core concepts of MyPlate. Furthermore, FNP will continue to introduce healthy ways of not only increasing fruit and vegetable consumption through a variety of new food tastings, but physical activity as well. Due to limited access to safe play areas, Club 100 Charities recently donated new basketball, volleyball and tennis courts to the town of Lake Park. FNP will encourage frequent use of these facilities to promote active play in order to achieve recommended physical activity benchmarks.

“Our partnership with UF/IFAS Extension has been one of our most welcomed and successful partnerships,” Club 100 Charities President Harry Drier recently said. “Without [EFNEP and FNP], the community would lack knowledge about the importance of nutrition and physical activity.” Drier also stated that he is pleased that UF/IFAS Extension is helping Haitian and Jamaican families in Palm Beach County access the locally-grown produce available at the food pantry. The volunteer staff have noticed an increase in fruit and vegetable distributions from the pantry as a result of EFNEP and FNP outreach. According to Drier, pantry clients indicate they have learned how to use the fruits/vegetables and their families are now enjoying the new recipes that were demonstrated by EFNEP. He expressed his excitement for the future of Club 100 Charities with EFNEP and FNP as supportive partners.



## MARK RITENOUR: EXPERTISE FROM PACKINGHOUSE TO PORT

Jack Payne, @JackPayneIFAS

Mark Ritenour discovered early in his career that what happens in the groves of the Indian River area needed to be linked to what happens in Japan, Canada, Korea, and Europe.

UF/IFAS has a multitude of scientists focused on growing fruit in Florida. Ritenour is the expert singularly focused on delivering top-quality fresh citrus to markets around the world after it's picked.

In the past 20 years, Ritenour has made it his job to figure out how well Florida citrus travels.

That's why Peter Chaires of the Florida Citrus Packers calls Ritenour the "go-to" guy on postharvest citrus science, the authority on the packinghouse and the port. It's why UF/IFAS citrus breeder Fred Gmitter says, "Mark's the man, no other options," for evaluating how well new varieties will withstand the journey from grove to grocery store.

Ritenour's boss at the Indian River Research and Education Center in Ft. Pierce nominated Ritenour for a UF/IFAS employee-of-the-year award — no small honor in an organization of thousands of people. IRREC Director Ron Cave wrote that Ritenour's work is so highly valued that industry leaders will not seriously consider a new

postharvest technology or fresh citrus variety without his endorsement.

UF/IFAS continues to find solutions by continually developing its knowledge of industry's challenges. With such a large team of experts, each scientist is free to specialize where he or she sees the greatest industry need.

Ritenour's evolution from teacher to statewide Extension postharvest citrus specialist is possible because UF/IFAS simultaneously carries out the land-grant missions of teaching, research and Extension. Ritenour petitioned for a change to his job description so he could do the job where he could do the greatest good for the industry.

Citrus, like almost every other industry, is a global business. Ritenour takes an orange and holds it up for scrutiny before the buyer does. He's your early detection system. Growers and packers can ask Ritenour first, or they can cross their fingers and hope to not get a call from Europe that a shipment of fruit is being turned away from port to rot at sea because it contained a certain chemical residue not allowed in that particular market.

Most nations establish their own standards for how much and what type of chemical residues are allowed on imported fruit. So Ritenour scours regulations worldwide and presents

them to the Florida citrus industry on a frequently updated website (<http://irrec.ifas.ufl.edu/postharvest/index/pesticides.shtml>).

Ritenour's work translates to big savings for producers. One packer estimated that Ritenour has saved the industry more than \$1 million with advice on how to improve fruit color before shipping. Other industry officials estimate that the value of the training Ritenour and his team of Extension colleagues provided for packinghouse workers in a recent fiscal year exceeds \$200,000.

It's impossible to put a price on Ritenour's discovery of what to do postharvest to prevent decay, peel breakdown, and even *E. coli* contamination.

As a scientist, Ritenour is driven by curiosity to know more and to share it with people who can make use of what he discovers. As a man, he is driven by sympathy for his friends who have lost jobs as packinghouses close.

The scientist sees opportunity for discovery in confronting the continuing challenges of the industry. The man sees his own future as tied to that of the packers and shippers he serves — and he believes it's a long future indeed.

## KELLY MORGAN: RIGHT AS RAIN

Jack Payne, @JackPayneIFAS

Kelly Morgan is a more reliable water source for farmers than rain is. You don't know when or if you'll get water from the sky, but what Kelly teaches makes every drop you do have go farther.

His focus on the customer — that is, the farmer — is what has made Kelly so successful as the state's best management practices (BMP) coordinator.

It's also a big reason I hired him as the new director of the Southwest Florida Research and Education Center (SWFREC) in Immokalee. His record of outreach is on the odometer of his car as he has crisscrossed the state to train Extension agents and growers in irrigation and fertilization.

Kelly's success in Immokalee will have repercussions far beyond Lee, Collier, and Hendry counties.

SWFREC is a central player in the battle against citrus greening. It's making breakthroughs in agricultural technology to shape farming's future. It's a leader in the science of wise water use that reduces farmers' costs and farming's impact on the environment.

With the stakes that high, the University of Florida's Institute of Food and Agricultural Sciences and Florida agriculture needs a well-prepared leader at SWFREC.

Kelly has that preparation. He has worked in the jobs held by the people he'll now supervise. He has 27 years of experience at UF/IFAS off-campus research centers. He's been groomed by his predecessor, Calvin Arnold, who gave Kelly increasing responsibility for managing Immokalee for the past two years.

Kelly has also worked hard to maintain strong relationships with growers in Southwest Florida and with Farm Bureau members all over the state.

That won't change a bit in his new role. County Farm Bureau presidents can expect to hear from Kelly in coming months about what more we can do for each other. He also aims to increase Immokalee's involvement in the Farm Bureau's CARES program to promote the wider use of BMPs.

The BMP program is in good hands while we search for a successor to Kelly. One of the state's leading agricultural water experts, UF/IFAS Regional Specialized Extension Agent Jim Fletcher, now serves as interim coordinator

Kelly has managed citrus groves, visited countless Florida farms, done decades of research, and developed a deep appreciation for the role UF/IFAS research and education centers play in the farming communities they serve.

In fact, UF/IFAS runs 12 off-campus research and education centers statewide with Norman Borlaug's dying words in mind: "Take it to the farmer." Science belongs in the hands of its beneficiaries.

A strong leader can be the difference between whether UF/IFAS does a good job at this or a great one. While Kelly won't be logging as many miles now that he's staked to Immokalee, he'll go just as far to serve growers as he always has.

## FOR THE LOVE OF HORSES

Dallas Daniels, 4-H EA I, Lake County | Megan Mann, Livestock/Natural Resources EA II, Lake County



(Left) Stephanie Walters rode her mare "Destiny" to win the Versatility Award at the State 4-H Horse Show in Tampa, FL; (Right top) Members of the 2018 Lake County Horse Judging and Hippology Teams pose with their coach, Livestock Agent Megan Mann, before State competition in Gainesville; (Right bottom) Megan Mann riding like the wind.

As Winston Churchill once said, "There is just something about the outside of a horse that is good for the inside of a man." Florida 4-H recognizes the pull that horses have on children, and has harnessed that natural attraction to develop life skills in young people. 4-H offers many projects, but in Lake County, the horse project is a favorite that teaches children responsibility, sportsmanship, patience and leadership. Lake County is home to one of the largest 4-H horse programs in the state of Florida, and this year 15 youth qualified to represent the county at the Florida 4-H State Horse Show in Tampa. That's the largest contingency from any one county in the state. Youth competed in ranch horse competitions, speed competitions, dressage and equitation. Four Lake County youth earned the right to represent Florida at the Regional competition in Georgia.

Several Lake County youth were recognized at the State Horse Show awards ceremony. Erin Tharp of Montverde was the Second High Individual in the Ranch Horse classes on her Quarter Horse gelding "Goose." Heather Owen of Eustis

was the fourth highest ranked junior in the entire show riding her mare "Rumor." Stephanie Walters, a graduating senior from Mount Dora, captured this year's Versatility Award by accumulating the most points across three or more divisions on her gaited horse, "Destiny." Stephanie was also honored as the Florida 4-H Horse Program's Horseman of the Year. This competitive and coveted scholarship is awarded by the University of Florida in recognition of outstanding achievement, both in and out of the saddle. Stephanie plans to use her scholarship to pursue a degree in equine science, and she eventually wants to work in the field of equine genetics.

The 4-H horse program is more than riding and showing; in Lake County youth also participate in unmounted competitive events. This year we were proud to have teams in hippology and horse judging. In hippology participants learn all aspects of equine biology, health, nutrition, genetics, reproduction and care. They then assess their knowledge in a series of tests, practical exams, and demonstrations with the most correct and knowledgeable team taking top honors. In horse judging, youth learn to evaluate horses for conformation and riding ability and then defend those evaluations orally to a judge. This year Lake County took top honors in both Horse Judging and Hippology at the State 4-H Contests. Dominique Palka of Clermont, Katie Straub of Howey-in-the-Hills, Iris Jackson of Astatula, Stephanie Walters of Mount Dora, and Payton Allen of Clermont will be representing Lake County and the state of Florida at Regional competition in August and at Nationals in Kentucky this November.

Needless to say, the horse program in Lake County is very successful. This success is because of dedicated leaders and parents who contribute their time and resources to the program. Megan Mann, the Lake County livestock agent, is also a major contributor to the program. Her dedication and support to the horse shows, horse judging and hippology team is unrivaled. Without positive adult and youth relationships, these youth would miss out on opportunities that have changed their lives and the horse program would not exist. For the love of horses and the dedication of adults in Lake County, the youth involved in the horse project are well on their way to being successful adults.



## BREVARD COUNTY 4-H TEACHES ABCs OF ADULTING

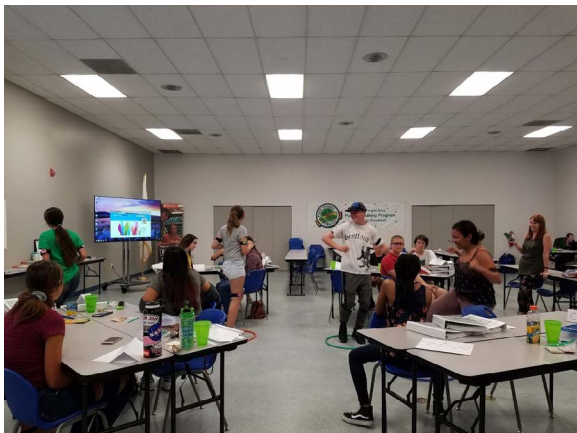
Gayle Whitworth, FCS EA III, Brevard County



We escaped! Fun day at the escape room learning communication and teambuilding skills.



Grilled cheese "made your way."



Campers learn about exercise and nutrition.

Do you really need to separate your lights and darks when doing laundry? What's a check register...and how would I use it? How do credit cards even work, anyways? These are just a few of the questions teens ask as they grow and begin their journey of leaving home. But who answers those questions, and how do they prepare for adulthood? That's what Brevard County 4-H and FCS agents set out to do in a week-long camp program, "Adulting: Are You Ready?" Fifteen youth ages 14-18 participated in the camp, exploring topics such as cooking and meal planning, budgeting and banking, healthy relationships, college and career preparation, and DIY skills.

The week began with youth learning about food preparation, food safety, and meal preparation using MyPlate. They then broke into groups, each tasked with planning one meal for the week on a \$30 budget for 18 people (they also cooked three days during the week). On day two, a field trip to the grocery store allowed them to shop for their items and learn what it's like to stay within a given budget. (Comments such as, "Wow, food is expensive!" were common.) After shopping, the group returned to camp and learned about budgeting, banking, credit, check-writing, balancing a check book, taxes and many more financial topics. Day three began with a ropes and zipline course where the skills of communication and team work were taught. Afterwards, the teens did personality inventories to learn more about themselves and to see how important it is to understand not only themselves, but others, and how that understanding is important in dealing with relationships. The fourth day began with a "Living on My Own" simulation where the teens were able to put some of what they had learned into practice. As with the grocery shopping trip, many comments were made about how expensive things were and how hard it was to live within a budget. The afternoon rotated through several do-it-yourself activities where the youth learned how to do laundry, car maintenance, folding a fitted sheet, how to use basic household tools and how to mend clothing. On the final day of camp, youth learned resumé writing and interview skills, and heard from a panel about what it was like to be in college and/or the military and the admission processes for both. They then participated in an escape room adventure, learning once again the skills of communication and teamwork. Upon returning, there was a parent's reception where the kids shared what they had learned during the week. In addition to the lessons that were taught each day, mindfulness and self-help activities were done to teach youth the importance of taking care of themselves mentally and physically.

With a grant from the Department of Family, Youth, and Community Sciences, youth were able to leave with several kits to take with them once they were ready to leave home, and they were able to open a savings account with a local credit union or add to an existing account.

Evaluations from the camp indicated that all of the youth participating felt somewhat to much more knowledgeable in the areas of nutrition, meal planning, food safety, budgeting, banking, credit, interpersonal communication, living on their own, self-care and mindfulness, and do-it-yourself skills, and felt somewhat to much more prepared for life after high school. When asked, "Did you enjoy Adulting Camp?" one student replied, "Yes, I enjoyed it very much. I'm very glad I joined. It will be so useful throughout life. I've learned so many new things this week that I'm already putting into action. Thank you guys a lot for putting this together."

## COMINGS & GOINGS

*We would like to welcome the following new 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 new faculty are truly the best of the best!*

### NEW HIRES

Vincent Encomio, Sea Grant EA II, Martin County

Izabella Michelin Toledo, Ag Dairy RSA II,  
Northeast District

Alisha Hutchinson, 4-H EA I, Flagler County

Norma Samuel, FFL EA IV, Sumter County

Whitney Thames, 4-H EA I, Miami-Dade County

Virgilia Zabala Sanabria, FCS EA II, Orange County

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

### DEPARTURES

Lloyd Singleton, Com Horticulture CED II, Lake County

Samara Deary, FCS EA I, Bradford County

Margaret Carden, 4-H EA I, Marion County

### TRANSFERS

Elizabeth Shephard, FCS CED IV, Brevard County from EA IV, Brevard County

Lisa Hickey, Sustainable Ag EA II, Manatee County from Program County EA II, Manatee County

Heather Janney, 4-H CED II, Columbia County from EA II, Columbia County

### RETIREMENTS

Cynthia Higgins, 4-H EA III, Columbia County

James DeValerio, Agriculture/Natural Resources EA II, Bradford County