



Dean's Notes and Quotes

This month's Extension Connections on May 19th was another success. Professor and Chair of UF/IFAS Horticultural Sciences, Dr. Kevin Folta joined us to discuss genetically-modified foods and the science behind GMOs. Dr. Folta helped us understand what transgenic foods are, what the process consists of, and how this technology can help us address issues such as food security in the USA and abroad. In addition, he provided helpful information and talking points that IFAS faculty can utilize as we speak with people about this technology and how it relates to our food systems.

For those who missed this webinar (or want to review what was said), here is a link with the recorded session as well as future session dates:
<http://extadmin.ifas.ufl.edu/connect.shtml>

In light of our Extension Centennial, I would like to share with you the following documents recently circulated by Dr. Linda Bobroff. She has shared with us a couple of key documents referencing core principles of effective extension education. You'll see that several points mentioned in these early documents do not fit today's workplace; however the majority of the principles mentioned are still applicable today for effective programming, valued partnerships, customer service, and professionalism.

[Extension Worker's Creed](#)

[Extension Worker's Code](#)

In order to keep you in the loop on major issues happening at the national level, I would also like to share the following national topics that might be of particular interest.

Extension Centennial Convocation Video and Photos – The ECOP Extension Centennial Force, Doug Steele, Texas A&M AgriLife Extension, and Frankie Gould, Louisiana State University AgCenter, encourage you to continue the celebration by:

May 2014

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- Viewing key segments of the May 8th convocation in Washington, DC at <http://www.windrosemedia.com/windstream/ext100years/> and photos at <https://flic.kr/s/aHsjY2FQZW>
- Watching the 4-H Clovers & Company from Georgia perform at the reception May 7th in Washington, DC at <https://www.youtube.com/watch?v=gVPKAIhslY&list=UUjNa4QiDEehsw74V0pMfQMQ> and viewing the reception photos at www.Facebook.com/aplunews.
- Checking the video prepared by the University of Missouri at <http://youtu.be/MDwv5JOVQYU>.

USDA-ERS Focuses on Extension Centennial – Choices, an on-line magazine produced by USDA Economic Research Service (ERS), posted an article to mark the centennial of the Smith-Lever Act. See <http://www.choicesmagazine.org/choices-magazine/submitted-articles/cooperative-extension-system-trends-and-economic-impacts-on-us-agriculture>. Additional articles are planned in the next couple of weeks related to land-grant universities and rural issues. To subscribe to the free publication, use the tab at the top of the web site.

Extension Volunteerism Conference – Doug Swanson, USDA-NIFA National Program Leader for Professional Development for Staff and Volunteers, asks you to save the date for the 2015 National Extension Conference on Volunteerism May 4-7, 2015 in Portland, ME. This conference is for any Extension professional that works with volunteers or manages volunteer programs. A call for proposals will come out later this year.

Natural Resources Roadmap – See www.aplu.org/NaturalResourcesRoadmap for the new release of six grand challenges facing the USA: sustainability, water, climate change, agriculture, energy, and education. A team of 35 scientists authored the roadmap after receiving significant feedback from researchers at public and land-grant institutions across the country. The U.S. Department of Agriculture sponsored the

report through a grant to Oregon State University, working in partnership with APLU.

Regards,
Dr. Nick Place

Deadlines & Events

Urban Extension Conference – Presentation proposals due October 1st, 2014. This event will be held in Atlanta, GA May 4-7, 2015. Please visit this website for more information: <http://urbanextension2015.com/>

EPAF - Extension Professional Associations of Florida Annual Meeting. At Bay Point Wyndham resort in Panama City Beach, Florida. Dates are from August 25th to the 29th. Register here: <http://epaf.ifas.ufl.edu/epaf-conference.shtml>
EPAF Exhibits - Due June 30, contact [Courtney Davis](#)

Meet Your Specialist



Dr. Joy Rumble, Assistant Professor in Agricultural Education and Communication

Ph.D. in Agricultural Education and Communication

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I came to the University of Florida from Ohio where I grew up on small farm and raised hogs and cattle. I attended The Ohio State University where I obtained an Associate's degree in Live-

stock Science, Bachelor's degree in Animal Science, and Master's degree in Agricultural Communication. In 2013 I received my Ph. D. from UF in Agricultural Education and Communication. During my undergraduate studies I worked on two 2400 sow units and for the Farm Service Agency.

My specialties are effective communication of food production issues. Through my appointment with the Department of Agricultural Education and Communication and the Center for Public Issues Education (PIE Center), I work on many projects related to local food, consumers perceptions of food and food issues, strategic communication including message strategies, and barriers to effective communication. I also co-lead priority 3, of initiative 1 in the Extension Roadmap: "Citizen awareness of food systems and the environment".

I also take a special interest in the ability of consumers to make informed decisions about agricultural issues. A lot of my work ties to agricultural literacy and consumers' attitudes and trust toward agriculture. I like to test different communication strategies to see how they impact attitudes and trust and ultimately the ability of consumers to make more informed decisions about agricultural issues. My current communication strategy of interest is transparent communication.

from South Florida, where I lived for 14 years. My most recent role was Environmental Horticulture Extension agent for the University of Florida in Palm Beach County. As an agent, I worked with the professional horticulture industry and homeowners' associations and also led the Florida-Friendly Landscaping™ program for my county.

I am part of the interdisciplinary Center for Landscape Conservation and Ecology (CLCE). Our mission is to protect and conserve Florida's natural resources through research-based sustainable urban landscape practices. My specialties include program evaluation and social marketing as an approach to behavior change. Social marketing (different from social media) is a research-based approach to creating behavior change that benefits individuals and their communities. In my role I provide support and leadership to Extension and educational outreach professionals who teach sustainable practices in the landscape or otherwise encourage responsible use of natural resources. I develop strategies for creating and measuring behavior change at all stages from program planning and needs assessment through evaluation.

The human behavioral side of sustainability fascinates me. There are many unseen factors that come to play when our Extension clients make decisions about the practices they adopt as a result of our programs. These factors include clients' perceived barriers or competing behaviors, and that is where social marketing and other approaches come in. I am especially interested in using research to better understand our Extension audiences so we can deliver programs that target their needs. This research includes identifying their stage of awareness/adoption and developing appropriately tailored programs based on it. To support Extension program evaluation, I strategize ways to efficiently measure the outcomes of programs.

I earned my Ed.D. in Agricultural Leadership, Education, and Communications from Texas A&M University. I hold B.S. and M.S. degrees in Environmental Horticulture from the University of Florida.

Meet Your Specialist



Laura (Sanagorski) Warner

Asst Prof of Social Marketing and Program Evaluation, Agricultural Education and Communication

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I came to the main campus of University of Florida

Having lived in South Florida for many years, my husband Brent and I are enjoying living in Gainesville. I love being outdoors, and enjoy camping, kayaking, hiking, running, and farmer's markets. I am an avid cook and I am very interested in traditional food preparation methods. I'm thrilled to support Extension through social marketing and program evaluation, and I look forward to continuing to work with my colleagues around the state.

A Collaborative Approach to Evaluating Bay Scallop Restoration

A total of 20 scientists from nine local, state and federal organizations helped the Charlotte County Sea Grant agent evaluate bay scallop restoration sites in a 1-day survey covering 21 sites. Bay scallops in Southwest Florida collapsed decades ago due to overharvesting and declines in water quality and seagrass health. Harvesting was closed in 1993; since then conditions in many Southwest Florida estuaries have improved. In recent years bay scallops have returned to Southwest Florida estuaries in limited numbers leading to hopes that they will someday reach sustainable populations. To assess their recovery in Charlotte County, the agent has implemented a number of monitoring programs including: monthly recruitment monitoring to gauge the number of animals settling out of the water column onto seagrass blades; an annual citizen science adult survey "The Great Bay Scallop Count;" and a volunteer cage fostering program to evaluate survival and growth rates, and to enhance spawning potential. Based on the results of these monitoring programs, during late 2013 the agent released more than 11 million bay scallop larvae and juveniles into area estuary waters deemed suitable for restoration. A 6-month follow-up survey of the restoration sites was conducted by the agent and 20 scientists. Six teams of scientists surveyed 21 sites using standardized transect and quadrat survey methods. Bay scallops were found at 19% of the restoration sites.

Although low, The results suggest some recovery of this species. Continued monitoring and more bay scallop restoration activities are planned for 2014.

Elizabeth Staugler, Sea Grant EA II, Charlotte Cty

Developing Leaders through the Suwannee County 4-H Council

Unique leadership and citizenship opportunities are vital to the development of youth in a 4-H Youth Development program. The Suwannee County 4-H Council provides many leadership and citizenship opportunities for youth, especially in the areas of program planning, public speaking, teambuilding, and community service. In the past, the Council was used to only disseminate information to local 4-H clubs. Today, each officer is challenged to plan, lead, and speak at all county-wide 4-H events. Council officers partner with local organizations to perform community service and also visit county 4-H clubs to encourage and keep members informed about programs. Recently, the Council has begun working on developing career-readiness skills, including resumes and scholarship applications.



Suwannee County 4-H Council Officers on a marketing poster developed to make Council more visible within the county 4-H program, inspire younger 4-Hers to want to participate in 4-H and the Council, and reward Council officers for their hard work.

Council parents value the program. One parent said "4-H Council has enhanced my daughter's self-esteem, encouraged her to do

things independently, and helped bring her out of her shell. Her leadership skills have strengthened greatly." Council officers can also see their own improvement. One officer said "Public speaking

was scary to me and something I never thought I could do. But as an officer, I feel confident and know I can do it.” The skills learned in the Council are usable long after 4-H according to a former officer: “Council helped me develop organizational skills, taught me how to command a room, and how to interact and network with higher-ups in order to succeed. I’ve gotten every job I have ever applied for because of the speaking skills I learned through Council.”

Each year, 10 youth (66 since 2008) use leadership and citizenship opportunities designed to prepare them for future careers. The skills they learn while an officer on the Suwannee County 4-H Council are the kind they can use during their entire lifetime.

Brian Estevez, 4-H YD EA I, Suwannee Cty

- Analyze the political, social, environmental and economic forces that influence U.S. agricultural trade policies;
- Discuss how federal, regional and local programs for agricultural research, inspection, trade promotion, and resource conservation help ensure U.S. agricultural competitiveness in the global marketplace;
- Explore how U.S. farmers and ranchers meet the complex economic and environmental challenges of providing a low cost, high quality and safe food products for both domestic consumption and international export.



Indian visitors with Panhandle Growers pose with owner Glen Strange with seedling magnolias in the nursery grow house. Photo credit: Carrie Stevenson

Internationalizing Extension Without Leaving the States

On April 4th county faculty and volunteers from Escambia, Santa Rosa, and Seminole Counties hosted five delegates from India to learn more about extension and agriculture in the USA. These visitors were invited to the USA under the auspices of the Department of State's International Visitor Leadership Program (IVLP). Their national program was arranged by the Institute of International Education, and a local schedule was arranged by the Gulf Coast Citizen Diplomacy Council (<http://www.gulfcoastdiplomacy.org/>). The UF/IFAS Extension Escambia County office has developed an excellent partnership with the Gulf Coast Citizen Diplomacy Council, allowing agents to share the extension mission with visitors from countries all over the world, including Russia, Kazakhstan, Kyrgyzstan, Afghanistan, India, Bhutan, Bangladesh, Nepal, Saudi Arabia, Switzerland, Laos, Thailand, Vietnam, Angola, Guinea-Bissau, Mozambique, Lesotho, Botswana, Malawi, Sudan, and Swaziland. The Indian delegation had three major objectives for their visit:



Horticulture agent Beth Bolles and volunteer Dave Mills show off the therapeutic demonstration garden to Indian visitors. Photo credit: Carrie Stevenson



Escambia Agents and Indian visitors pose with the certificates of honorary citizenship granted by the City of Pensacola. Photo credit: Carrie Stevenson

The delegates began their day with Extension by visiting the local county office to meet with CED Pam Allen, horticultural agent Beth Bolles, EFNEP agent Angela Hinkle, Sea Grant agent Rick O'Connor, and coastal sustainability agent Carrie Stevenson. Agents discussed traditional Extension programs and introduced programs addressing current community needs such as sustainability, youth nutrition, and marine science. Specific discussions focused on invasive pest issues, outreach successes addressing healthy lifestyles, and international extension. The groups viewed sustainability and therapeutic demonstration gardens before leaving to visit the I-10 Agricultural Inspection Station with Carrie Stevenson. While at the Agricultural Inspection Station, the group learned how Florida Department of Agriculture and Consumer Services inspectors help keep the Florida agricultural industry and consumers safe from potential pests that could be carried on imported products.



Indian visitors view and photograph an 18-wheeler being inspected at the I-10 Ag Inspection station. Photo credit: Carrie Stevenson

The group then headed east to Santa Rosa County to meet weed scientist Dr. Barry Brecke at West Florida Research and Education Center (WFREC), commercial horticulture agents Blake Thaxton and Matthew Lollar, and agriculture agent Libbie Johnson. Dr. Brecke provided a brief overview of the WFREC and then took the group on a tour of the station, showcasing research on tomatoes, turfgrass, and row crops. Of particular interest was herbicide resistant weeds, and Dr. Brecke was able to provide some excellent information concerning this major issue for farmers. From the WFREC, the delegation and agents went to Panhandle Growers, a local ornamental tree nursery, where owner Glen Strange showed the group his propagation greenhouses and led a tour through the groves. The day's final stop was to visit a traditional row crop producer, Marty Griswold. Marty discussed his views concerning the use of genetically modified crops, his annual production calendar, and he led a tour of his barn and various farm equipment.

There are five organizations in Florida that participate in the IVLP. To find one near you, visit the Global Ties webpage at <http://www.globaltiesus.org/CIVs/community-organizations.html#Florida> and let them know what services Extension can offer foreign visitors to our state.

Libbie Johnson, Ag/Agron/Aqua EA II, Escambia Cty

Carrie Stevenson, Sustainability EA II, Escambia Cty

Beth Bolles, Env Hort EA III, Escambia Cty

4-H Community Service with a Smile

Lake County Sophisticated Southside 4-H club has adopted the Osprey Lodge Nursing Home for several of their community service activities. In March they performed a 4-H Fashion Revue at the Lodge to entertain the residents and show off the

Visitors at the West Florida REC with Dr. Barry Brecke and Commercial Horticulture Agent Matt Lollar. Photo credit: Carrie Stevenson



skills they had learned. The 4-Hers enjoyed themselves and the residents loved seeing the great outfits and smiling faces. In May they worked with the Osprey Lodge to provide photographs for their walls. They asked 4-Hers to take photos with a farm theme – animals, equipment, gardens, etc. – to be made into collages and enlarged for the walls. They requested that people not be in the photographs because the Memory Care residents are frustrated to see people and not be able to identify them. 4-Hers have supplied photographs submitted in the Lake County Fair and others they have taken to help brighten the halls of the nursing home. These 4-Hers are learning how rewarding it is to do community service, and the residents of the nursing home are enjoying interaction with our youth.

Dr. Juanita Popenoe, Com Hort CED III, Lake Cty

Broward Extension Helps Local Seniors Serve Nutritious Meals and Save Money at the Grocery Store

The Broward Extension UF/IFAS Family Nutrition Program (FNP) teaches monthly nutrition classes at five senior sites in Broward County. FNP has been teaching at these sites since 2008. The nutrition lessons mainly focus on basic nutrition, food safety, shopping tips and managing food dollars.

A participant from the Hepburn Senior Center in Hallandale happily stated that after attending FNP nutrition lessons his grocery bill has decreased and he is now serving more nutritious foods to he and his disabled wife. The couple lives on a fixed income and struggles to stay within a set weekly food budget. He stated he has depended upon his wife to shop and cook meals; due to her disability, he now has had to turn into a chef and do the cooking. He reported his “go-to” meals consisted

of cold cereal for breakfast, a sandwich for lunch and frozen dinners for the evening meal, not realizing that he could serve balanced and nutritious meals, including fruits and vegetables, on his tight food budget.

After attending the FNP series of senior nutrition lessons, he stated that he has learned several things that have helped him serve more nutritious food and stay within his food budget. He followed up and accessed the USDA

www.choosemyplate.gov website where he was able to find several new alternative recipes to add to his growing recipe collection. He has enlisted the help of his wife with clipping money saving coupons from daily newspapers and checking the local grocery store flyers for weekly specials and ads. Together they read the weekly sale flyers thoroughly and select healthy recipes that he can make with the foods purchased. The couple has also learned that they can plan ahead, make nutritious meals and freeze them so they have their own selection of “frozen” dinners.

Donna Clerkin, FNP Program Assistant, stated that she is so pleased to hear of the impact the FNP program is having on our seniors. Other participants are always anxious to hear success stories and how they too might change their shopping behavior to save money.

After his first shopping trip using coupons, this participant was pleased to announce that he saved \$5 on groceries and added a breakfast parfait as a quick and easy recipe of his own. He finds making nutritious meals a wonderful way to relax and stay healthy. He stated he really enjoyed the Choose MyPlate and Cheap, Fast and Easy Recipe lessons and he hopes to continue to save more money when shopping for food.

The Broward FNP is making an impact in the lives of seniors. According to Brenda Marty Jimenez, Broward FNP Coordinator, seniors are reporting that they are enjoying the FNP nutrition lessons that are being taught. They are self-reporting that more fruits and vegetables are being eaten; they are engaging in more daily activity, outdated and expired food is being discarded, new recipes are

being tried and resource management tips taught at FNP nutrition lessons are being used to save money when shopping.

Brenda Marty Jimenez, Health, Nutrition & Food Safety EA III, Broward Cty

Education and Outreach Develops Long-Term Relationship Building Between Agent and Clients, Enabling Ground and Surface Water Protection

Without proper management of horse manure, excess nutrients (particularly nitrogen) can negatively affect ground and surface waters. Often times people need years of education and trust-building to develop the impetus to change practices.

This program has been in development for more than 7 years; it has taken that time to provide enough education and properly build trust with farm owners and managers. Cost-share funds have also made construction of impermeable compost bins possible. Education on both the FDACS Equine BMP Manual and available cost-sharing has been delivered to farms since the early stages of this program, coming through individual consultations, programming, and articles written for trade journals.

Through education, proper understanding of potential adverse impacts to ground and surface water has been made possible. Education and trust, as well as being a consistent member of the community, has enabled program adoption by prominent farms that would have previously never considered such concepts. Industry practice change has enabled removal of the manure from the ground, which has ultimately allowed for improved water quality through reduction of excess nutrients reaching ground and surface waters.

Since the start of 2014, five farms have agreed to sign a notice of intent to follow the FDACS Equine BMP Manual (more than 5000 acres in equine operations). Several other facilities are taking it into serious consideration and will most likely sign up before the end of 2014.

Jamie Cohen, Farm Mngmnt Prog EA I, Marion Cty

Broward County Extension Education Helps Seniors Minimize the Risks of Foodborne Illness

UF/IFAS Broward County FNP Program Assistants recently completed a course that included 14 lessons of Nutrition Basics Training created by Utah State Univ. that included information and testing on food safety. All four FNP staff members in Broward Co. also attended ServSafe training in Martin Co. Each member successfully passed the national examination and they are certified until June 15, 2017. A foodborne illness is a disease transmitted to people by food. According to public health experts, each year millions of illnesses can be traced to food. For this reason, it is important to learn and understand what we can do as individuals to prevent foodborne illness in our own environment.

UF/IFAS FNP in Broward Co. educates monthly on nutrition and food safety topics at several senior sites around the county. A Hispanic female attending a monthly FNP nutrition lesson at Southeast Focal Point located in Hollywood stated that as a result of attending the nutrition lesson on Choose MyPlate, Healthy Eating and Foodborne Illness, she learned the four steps to proper food safety which are *clean, separate, cook, and chill*. She learned that ready-to-eat foods like ham and cheese sandwiches should not be stored in the refrigerator for a longer than 3 days, as bacteria can grow and contaminate other foods causing listeriosis. Listeria is unlike many other germs be-

cause it can grow even in the cold temperature of the refrigerator. Listeria is killed by cooking and pasteurization. In the past she would store these ready to eat foods longer and still eat them. Now she has changed her behavior and will discard them after the recommended storage time for ready-to-eat foods. Consistent FNP program participation has made her more aware of food safety and the risk of listeria. For more information on listeria, see <http://www.foodsafety.gov/poisoning/causes/bacteriaviruses/listeria/>

Another female participant attending the FNP educational nutrition series at Pat Larkins Community Center in Pompano Beach, FL stated that she had her refrigerator temperature set above 45 deg F. She learned that this practice was putting her and her family at risk of foodborne illness. As a result, she is now using a thermometer to monitor refrigerator temperature; her refrigerator is set at the recommended safe temperature of 40 deg F or below, as recommended by the USDA. She stated she is very grateful for the knowledge she has learned about foodborne illness and proper food handling after attending the FNP program in Broward. For more information on refrigerator thermometers and facts about food safety, see: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm253954.htm>

A third FNP participant from the North East Focal Point program in Deerfield Beach, FL stated that after attending the July 2013 nutrition lesson on Choose MyPlate and Safe Handling of Fresh Produce, she learned that eating un-washed and contaminated produce can lead to foodborne illness, which can cause serious and sometimes fatal infections. She was not aware that it is recommended to wash the outside of a cantaloupe, honey dew melon and/or watermelon prior to cutting them. According to the USDA, all produce should be washed prior to preparing, cutting or carving, in order to avoid bacterial contamination. This senior participant reported that from now on she will definitely follow the food safety basics and rinse the outside surface of fresh cantaloupes and

watermelons before she cuts and eats them. For more information on fresh produce safety, see: www.cdc.gov/nutrition/everyone/fruitsvegetables/foodsafety.html

According to Brenda Marty Jimenez, FNP Coordinator in Broward, decreasing the risk of foodborne illness is always one of our goals, especially for high risk groups such as our senior population. Keeping our citizens healthy and out of medical centers with foodborne illness is a main priority, which will also help control health care costs. Simple and frequent hand washing is one of the best ways to help stop the spread of infection. The FNP program conducted by Broward Co. Extension is helping minimize the risk of foodborne illness.

Ultimately, FNP encourages everyone to embrace a healthier lifestyle as well as have fun by eating nutritious foods daily and incorporating physical activity into their daily routines. It's especially important that kids understand how healthy and nutritious foods contribute to improving their lives. By providing practical programs on general nutrition and promoting meal planning and preparation skills, FNP builds supportive and collaborative relationships with public agencies and constituent organizations such as senior centers, schools, parks and recreation agencies, and other groups that serve low-income citizens.

Brenda Marty Jimenez, Health, Nutrition & Food Safety EA III, Broward Cty

First Impressions - Containers in Public Places

At many larger public facilities, people are greeted at the front entrance with a variety of landscaping. Some of this landscaping is in large planters, but if these are not inviting they may detract from first impressions. The Charlotte County Extension Service Master Gardeners developed a program

called “Containers in Public Places.” The purpose is to beautify public spaces with plants while increasing awareness to the services offered by UF/IFAS Extension Charlotte County Master Gardeners.

Locations were identified with efforts concentrating on Government Buildings with high foot traffic. After permission was obtained as well as cooperation from Facilities Management, the first planting was made at the Murdock Administration Building where two existing large cement containers were located. Master Gardeners developed planting selections with a “Pizza Garden” theme that included oregano, ornamental peppers, rosemary, sweet basil, and parsley. In an effort to provide information, signage was developed and placed in the containers. A QR Code was part of this sign and allowed those with smartphones access to additional information from EDIS publications. An estimated traffic flow of 1,000 to 1,500 persons per day showed a great “at-a-glance” educational and marketing opportunity. This effort was followed with containers at the Charlotte County Historical Courthouse where crotons and ornamental sweet potatoes filled these planters complete with automatic watering. We intend to expand this program to other government buildings and perhaps businesses in the future.

Ralph Mitchell, Hort CED III, Charlotte Cty

On-farm Cotton Variety Trial, in the Northwest Extension District

Cotton variety selection is the most important decision a cotton grower can make. Since cotton is grown extensively in the Panhandle with around 120,000 acres planted each year, variety yield information specific to this area is greatly needed.

Regional IPM agent Josh Thompson and Washington County agent Mark Mauldin worked with farmer Jeff Pittman to conduct an on-farm cotton



Mark Maulding, Washington County Agent, marking the plots for each variety.



bale cotton picker simplifying the data collection process and easing the labor requirements from the farm crew.

The data obtained will not only be valuable to growers in the Panhandle but also to the cotton industry as a whole as the trial includes the same 12 varieties that are being used on 16 or so other on-farm trials across Florida and Georgia. This large network of trials provides data on overall cotton variety performance for the Southeast region.

In addition to planting and harvesting for yield data, the agents plan to have a mid-season field tour for local farmers to view the plots prior to harvesting helping them visualize and discuss key varietal differences. Following data collection, growers will be presented with information through newsletters and winter production meetings.

Josh Thompson, Ag/PM EA I, Washington Cty

variety trial in Jackson County this year. The trial was planted on April 28th on 50 acres of plot area and it compares 12 top cotton varieties in the South. This trial will allow the agents along with extension specialist David Wright to determine cotton yield performance under real-world conditions over large acreage. Since each plot is about 2 acres, the plots can be harvested with a round

Protecting Ground and Surface Waters Made Possible Through Early Education of Farm Owners

Education and outreach provided to new farms allows a farm management program to be initiated from the beginning, which will protect ground and surface waters. A new client contacted me looking to get proper information on setting up a system to compost horse manure, leaves, and grass clippings. The benefits and reasons for composting manure were also discussed at this program. Through education, proper understanding of beneficial farm management practices was understood and appreciated by the clientele, enabling proper manure/compost bin construction right at the purchase of the farm. The farm now has a cost-effective and efficient manure handling system for the farm. Client education has enabled removal or elimination of any of the manure from potentially creating a problem for ground and surface waters. This result ultimately allows for improved water quality through reduction of excess nutrients reaching ground and surface waters.

Jamie Cohen, Farm Mngmnt Prog EA I, Marion Cty



Forced-air compost bins for manure

Back of forced-air compost bins (notice close distance to house)



Broward Extension Education Helps Citizens Prevent Diabetes

More than 79 million Americans have pre-diabetes, and many do not know it. That number is not known for Broward County, although in 2010 it was estimated that 6.8% of the county's adult population had been diagnosed with diabetes (the state averages 10.4%).

To address pre-diabetes – a problem on the increase everywhere – UF/IFAS Extension's Family and Consumer Sciences program in Broward County joined forces with Molina Health Care and the National Diabetes Prevention Program (NDPP). The extension program includes 16 core classes that met weekly, followed by six monthly classes that begin this month and run through May. Participants are at least 18 years of age and must have a body mass index (BMI) equal to or greater than 24 to be eligible for the program. At least 50% of program participants must have had a diagnosis of pre-diabetes or previous gestational diabetes.

The program focuses on lifestyle change, not diet, to achieve maximum success. The goals are to lose 5 to 7% of body weight and engage in at least 150 min of physical activity per week. Extension recruited 25 participants to start the program. By the time the core portion of the class was completed in November, 16 participants remained. Eight of those have already lost between 5 and 17% of their body weight. Eighty-one percent of the participants have been able to achieve the activity goal.

"I really enjoyed educating participants as a facilitator and lifestyle coach for the Broward Diabetes Prevention Program," said instructor Kara Burnstine. "The long-term commitment component, the behavior modification exercises, and the strong sense of support that was formed during the 16-week core course were a wonderful recipe

for success and motivation for the participants.”

All participants reported enjoying the program and changing some key behaviors, such as counting calories and fat grams, keeping food and physical activity diaries, planning meals, finding restaurants with healthy menu options, and identifying the triggers or stressors that cause suboptimal food choices. Many participants were shocked to learn the calorie content of common foods and felt that keeping track of calories and portion sizes was an eye opener. Several participants learned that serving sizes are different from portion sizes, and many stated that they plan to continue their efforts to prevent diabetes once the program was over.

“Community outreach programs such as this one are vital to helping individuals predisposed to developing diabetes,” says UF/IFAS Extension at Broward County Director Brenda Marty-Jimenez. “Preventing the onset of this disease ultimately helps control health care costs and saves lives.”

Kara Burnstine, Diabetes Prevention EA I, Broward Cty

Brenda Marty Jimenez, Health, Nutrition & Food Safety EA III, Broward Cty

Extension’s Training Improves the Quality of Pruning and Safety of Broward’s Tree Canopy

In October 2000, the Broward Board of County Commissioners passed an ordinance that requires professional tree trimmers to obtain a license. This action was taken to protect the health, safety and welfare of the public that results from maintaining a healthy tree canopy. The Commissioners voted to require proof of training in the form of certifications earned and directed staff at UF/IFAS

Extension-Broward Co. to develop a tree trimming curriculum and administer exams to all who participate. Extension responded to this need by working with an advisory committee to develop a series of classes for commercial tree trimmers. Attendees learn how to make proper cuts and avoid practices that damage tree and can make them hazardous such as hat-racking (topping), over lifting, making flush cuts, etc. Classes include a combination of indoor lecture and group discussion plus outdoor pruning demonstrations where attendees learn safe practices to operate equipment, remove deadwood and other hazards, drop limbs for needed clearance and improve tree safety and wind tolerance through the UF/IFAS recommended practice of structural pruning.

Classes are offered in English and Spanish and have drawn 8000+ attendees including professional tree trimmers, property managers, county and municipal parks managers, urban foresters, landscape inspectors and groundskeepers, and some homeowners. Commercial tree trimmers who successfully pass the class receive a laminated certification card to carry on their person while they are working. This certification card is also required in order for them to obtain their required Broward Co. tree trimmer license.

Consumers who hire tree workers are encouraged to ask for proof of county licensing before signing a contract. Hiring a licensed company means you are hiring a contractor who has provided proof that they carry the required liability insurance and that their workers have been trained to use ANSI-approved best practices for clearance pruning, canopy thinning and structural remediation for improved wind tolerance. Those who do not carry such credentials could be illegal and uninsured operators.

Results of surveys done recently indicate that the tree trimmer training program is making a difference in the health and safety of Broward’s tree canopy. Of a random sample of 200 trained tree

trimmers who completed one more of these classes and were surveyed between 2010 and 2013, 93% (186) described the classes as providing a significant benefit to their business operation. Better knowledge and understanding of how to prune trees correctly and enhanced skills for improving storm tolerance and safety were cited as key benefits. Nearly the same percentage reported changing their pruning practices as a result of having taken these classes: they are refraining from common improper practices of the past, such as hat-racking, flush cutting and over-lifting hardwood trees and over-pruning palms.

In a 2003 survey, seventy percent of survey respondents reported that the knowledge gained from the advanced pruning classes held during 2012 and 2013 has helped them increase the frequency with which they offer and practice structural pruning services. Correcting structural weaknesses such as co-dominant leaders with bark inclusions (the number one cause of tree failure in Florida) is important for the safety and welfare of Florida communities. UF research has shown that structurally sound trees hold up better in storms and are less likely to fail and cause serious property damage.

Of those tree trimmers who have taken Extension's safety course and completed a follow-up practice change survey, 96% report back that they are now having more frequent employee safety meetings and doing daily equipment checks. Nearly 100% report that they intend to make wearing personal protective equipment on the job site a priority and that as many as 50 to 75% of their employees already are doing so as a result of having attended the class.

The tree trimmer program has also benefitted the general public by increasing consumer awareness about the need for proper tree pruning and structural remediation as well as the importance of hiring trained and licensed tree professionals who carry liability insurance and can provide proof of

certification.

*Dr. Mike Orfanedes, Commercial Hort EA IV,
Broward Cty*

Urban Farming Initiative Shrinks Lee County Food Desert Areas

Lee County has a population of 19,026 residents living in Food Desert Areas (FDAs). FDA residents are particularly disadvantaged because the distance of 1 mile or more from their community to the nearest food outlet prevents easy access to healthful foods (mainly fruits and vegetables). This limited access contributes to nutrition-related health problems, a challenge that is disproportionately higher among these low income residents. The Lee County Extension Urban Farming Program has focused on educational and agricultural enterprise issues within these FDAs since 2010 by conducting urban farming workshops, assisting entrepreneurs with establishing urban farms and farmers markets, and enabling local organizations to build community gardens. By 2013, each FDA in Lee County is host to at least one community garden, and in the case of the Dunbar community, two urban farms and a communal garden. Having observed the impact of the communal garden on Dunbar residents since 2011, the city of Fort Myers awarded a \$50,000 block grant to the project to expand to adjacent property. The Urban Farming Program has collaborated with the Department of Human Services, the Department of Health, and the Pine Manor Community to establish the Pine Manor Community Garden. The project received a \$5,000 grant in March 2014 from [Fiskars](#) Brand Tools as a start-up incentive. The success of the program in focusing on FDAs is that the size of these areas are declining in Lee County, and the lives of 19,026 residents are increasingly positively impacted by improved access to fresh fruits and vegetables.

Roy Beckford, Nat Res CED III, Lee Cty

Technology Students Gain Valuable Food Safety Certification

Students in the Commercial Foods and Culinary Arts program at Fort Myers Institute of Technology (FMIT) recently achieved ServSafe Food Protection Manager Certification. The ServSafe Food Protection Manager Certification ensures that Food Service Managers have learned to implement essential food safety practices and create a culture of food safety. The program blends the latest FDA Food Code, food safety research, and years of food sanitation training experience into a unique curriculum for students. While enrolled in FMIT's 1,200-hour Commercial Foods and Culinary Arts program, students prepare daily lunches for more than 600 students and faculty. Students explore all aspects of the culinary world as part of their studies – from sanitation and inventory calculation to ordering, menu planning and food preparation - all in a state-of-the-art kitchen. The FMIT students attended 8 hours of training offered by the Lee County Extension Family and Consumer Sciences Program Agent. Upon completion of their training, the students were required to pass a 2-hour exam to receive the nationally-recognized and accredited certification. Restaurants in Florida are required to have at least one Certified Manager per facility. Ms. Karen Stilin, the snack bar operator at FMIT, also attended the training and received her certification. In 2014, FMIT students achieved an 80% passing rate, the highest rate ever achieved in the history of the Culinary Arts program. Graduates of the program are employed in restaurants throughout Southwest Florida and beyond, with some students continuing on to open their own restaurants.

Celia B. Hill, FCS EA IV, Lee Cty

Cold Hardy Citrus for South Georgia and North Florida

Farmers and small landowners are always looking



Satsuma meeting at the Lowndes County Extension office.

idea conceived by Extension agents from UGA and UF. The first meeting was held in Lowndes County, GA, with a goal of generating interest towards Satsumas as a commercial crop. Satsumas are citrus fruits that are similar in size to tangerines. The fruit are sweet, easy to peel, and seedless, which makes them a great fit for school lunches. They have been growing in this area for decades with no attempt to make them a commercial crop because of potential cold damage. With new freeze protection methods such as windbreaks, irrigation techniques, and improved rootstocks, satsumas



Participants at the optional field tour discussing cold protection with the wind break in the back ground

presented information on growing and marketing citrus. Cold protection strategies were discussed by the local nurseryman who also guided a field tour at his 25 tree citrus trial orchard.

The director of the Lowndes County School Food and Nutrition program explained to the audience how satsumas could become part of the school lunch menu. The potential school system market in the area represents a tremendous opportunity to market these high quality citrus fruits. Lowndes

for alternative crops that can be profitable. Introducing and educating these producers about the possibilities of starting a cold hardy citrus orchard was an

can become a commercial crop. Extension teamed with a local nurseryman to plan a meeting to address the possibilities of commercially growing and marketing satsumas in the area. Experts from the Universities of Florida and Georgia

County Schools feed more than 8,000 children per day. Combined with Valdosta City schools and numerous private schools, there is potential to sell more than 18,000 satsumas for one lunch day. A total of 85 people from numerous counties in Georgia as well as Florida and Alabama were in attendance. 89% of attendees considered themselves farmers or small landowners. On average, the audience said their knowledge of Satsuma production increased by 60%. When asked if any particular part of the meeting was especially helpful to them there were numerous responses, from freeze protection to marketing to different rootstocks. 100% said the information gained at this meeting was helpful in their decision on whether or not to grow satsumas. Since the August meeting, two citrus nurseries in Alabama and Louisiana have sold all of their available satsuma trees (2,000) on trifoliate rootstock to customers in Georgia. This represents approximately 15 acres of trees, which could eventually produce 800,000 pounds of fruit annually. Trifoliate is currently the preferred rootstock because of its cold tolerance.

Currently a rootstock evaluation trial has been implemented in Lowndes County with USDA geneticist and researcher Dr. Kim Bowman of Ft. Pierce, FL. The trial consists of 12 different rootstocks using 'Owari' as the variety. This replicated trial is unique to Georgia and should provide long term data on the best citrus rootstocks to use in our area.

*Dan Fenneman, Ag/Nat Res EA I, Madison Cty
Jake Price, UGA, Lowndes County Extension*

Northwest Extension District Horticulture Program Implementation Team (PIT) Springs into Vegetable

The **Northwest Extension District Horticulture Program Implementation Team (PIT)** came back from the holiday break swinging into 2014 with a

hit program "Spring into Vegetable Gardening" <http://nwdistrict.ifas.ufl.edu/hort/2013/12/17/spring-into-vegetable-gardening/>.

This 3-week interactive video series was offered in 13 counties across the Florida Panhandle and was attended by 306 participants. The series targeted novice gardeners starting a spring vegetable garden with an emphasis on tomato, pepper, cucumber, and squash. Presentations were broadcast to remote sites throughout the Northwest Extension District using BlueJeans Videoconferencing service and were recorded for future use.



The program was originally scheduled to take place four consecutive Tuesday evenings, but was condensed to three evenings due to severe winter weather during week 3. Topics covered included garden planning and expectations, seeding or transplanting, recommended cultivars, common pests, Best Management Practices, nutritional deficiencies, and harvesting. All county extension faculty shared their expertise as the team members divided the speaking and presenting duties, managing questions, and program evaluation. Speakers were transmitted through BlueJeans (<http://bluejeans.com>), a new cloud-based video service that allows video recordings of the speaker and content to be posted to the web for use at a later date. Presenters pushed content to receiving sites, eliminating the need for host sites to change slides.

IFAS Communications was consulted to create a multi-media template and a promotional flyer that could be used district-wide. The colorful flyer set the theme and color scheme for the template that delivered consistency and a strong visual ap-

peal.

Participants were surveyed at the end of the program in which they indicated gaining knowledge in the following topic areas: 83% (161) garden expectations, 85% (164) site selection, 84% (163) recommended varieties, 85% (164) seeding methods, 89% (173) maintenance, 90% (175) Integrated Pest Management, and 84% (163) harvesting. Eighty-six percent of the participants indicated a plan to change behavior related to vegetable gardening and 83% plan to share information learned with others. The Northwest Extension Horticulture team plans to conduct a six-month follow-up evaluation.

The “Spring into Vegetable Gardening” program was a success. Plans are underway to offer a “Fall into Vegetable Gardening” series later this year.

Julie McConnell, Com Hort/Res Hort EA I, Bay Cty

To BMP or not to BMP

As the waters of the state are listed as impaired, specific plans for how to improve water quality are required for all potential parties involved. The nursery/greenhouse growers are asked to sign a notice of intent to follow Best Management Practices (BMPs) to receive a presumption of compliance with state water quality standards. If they are not signed up for BMPs in the future they may be required to monitor their water quality at their own expense. A program held to teach the most important aspects of the BMPs was very successful in moving growers in the right direction. Although of the 17 growers attending, 69% had already enrolled in the BMP program, only 8% were practicing an important irrigation check and 42% were monitoring fertilizer applications. Participants reported a 20% increase in knowledge of the fertilizer and irrigation monitoring practices and 92% plan to monitor irrigation uniformity and efficiency in the future, while 58% plan to monitor fertilizer in the future vs. the 42% that already do.

A follow-up survey in 6 months will determine if they have implemented these practices. The program and survey instrument are similar to a one offered in Hillsborough County last year and to one that will be offered in St. Lucie County later this month. By pooling the survey data we hope to provide a statewide impact statement.

Dr. Juanita Popenoe, Com Hort CED III, Lake Cty

Lake County 4-H Members Excel at Competitive Horse Judging

In April of 2014, two teams from Lake County participated at the state level horse judging contest in Gainesville, earning a number of honors including: first place team in halter judging, first place team in performance judging, second place team in oral reasons, and second high team overall. Five of the top ten individuals at the state contest hailed from Lake County. Horse judging is a mentally taxing sport where youth must make quick and decisive decisions under pressure and then concisely and eloquently explain their decisions. It



takes a good deal of preparation, hard work, and talent to do well in this contest. According to a 2005 study by

Nash and

Sant, youth judging programs can positively affect the development of animal industry knowledge and are influential on the development of communication, decision making, problem solving, self-discipline, self-motivation, teamwork, and organization. All of these skills are associated with workforce preparedness.

Dr. Juanita Popenoe, Com Hort CED III, Lake Cty

Southern Rural Development Center (SRDC)

We would like to take a moment to familiarize you with SRDC and a wonderful newsletter they write. The SRDC's mission is to *"strengthen the capacity of the region's 29 land-grant institutions to address critical contemporary rural development issues impacting the well-being of people and communities in the rural South."*

You can find a wealth of information both about SRDC but also topics relevant to Extension here: <http://srdc.msstate.edu>

You can directly access Newsletter option on the left navigational column. Here is their latest: http://srdc.msstate.edu/newsletters/ats/10_03_april14.html

Extension Administration

Local Horse Farm Makes Positive Strides in Manure Management

A large purebred horse operation recently relocated to the south part of Lake County. Situated along the shores of a lake and bordered on two sides by wetlands, this farm was at risk of contaminating local waterways and incurring stiff financial penalties as a result of their manure management techniques. In April of 2014 the UF/IFAS Lake County Livestock Agent met with the farm manager to develop a pasture management plan. While on site she noticed several large manure stock piles located within 100 feet of a lake. Using IFAS and EPA literature, the agent discussed the importance of proper manure management from both an environmental and a legal standpoint with the farm manager. As a result of the research based advice provided through this visit, the farm manager has since had the manure stockpiles removed from the property and is now in the process of building a large scale manure composting facility in compliance with equine best manage-

ment practices for manure management. Once completed, this farm will serve as a positive example of how manure and stall waste can be appropriately managed in environmentally sensitive areas. The farm has agreed to serve as a site for future Extension programs so that others may learn by their example.

Dr. Juanita Popenoe, Com Hort CED III, Lake Cty

Easy As PIE Webinar

Date: June 18th

Time: 2:00 to 3:00 PM

Topic: Transparency in Agriculture



Joy Rumble, Assistant Professor AEC, University of Florida

With the increased consumer interest in learning where their food comes from, "transparency" has become a buzz word in agriculture. Some industry segments welcome

this public interest and others clearly do not. What does transparency mean? Is it hosting weekly farm tours? Is it farmers participating in Twitter chats with consumers? Is it putting video of practices on YouTube? Join us to learn more about how the agricultural industry can improve communications to be more transparent and how this can impact consumer attitudes and trust towards agriculture. Dr. Joy Rumble's research focuses on effective communication in agriculture including consumer perceptions of agriculture.

Registration is required for each session. Visit our website to register and to learn more about the Easy as PIE Webinar Series: <http://www.centerpie.com/easy-as-pie/>.

Contact Nicole Dodds for more information: ndodds@ufl.edu or 352-273-3139

New Hires

We would like to welcome the following new faculty:

Andrea Taufer, FCS EA I, Seminole Cty
Erik Lovestrand, Sea Grant CED & RSA II, Franklin Cty

Resignations

We would like to wish the following faculty the best of luck in their future endeavors:

Ruth Santos, 4-H EA II, Miami-Dade Cty

New Positions

We would like to congratulate the following faculty members on their new position:

Les Baucum, Ag CED III from Hendry Cty to Highlands Cty
Jennifer Pelham, Res Hort EA III, from Osceola Cty to Orange Cty

Retirement

We would like to give our best wishes for an enjoyable retirement after many years of service and dedication:

Elaine Courtney, FCS EA IB, Okaloosa Cty
John Stevely, Marine Science EA IV, Manatee Cty

Extension Comings and Goings is a monthly newsletter distributed by the Office of the Dean for Extension via e-mail and on the 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 Shah. Please feel free to also forward any questions or comments about this periodical to Valkyrie Shah at valkyrieshah@ufl.edu.
