



# UF/IFAS Extension

# Comings & Goings

FROM THE OFFICE OF THE DEAN FOR EXTENSION

## TABLE OF CONTENTS

Tampa Bay Cottage Foods Industry Expo – A Tri-County Success.....	2
Collaboration Key to Success in Miami-Dade County .....	2
Using Extension Enhancement Awards in Horticulture Programs.....	3
Water Conservation Adds Up .....	3
Northwest District Debuts the 4-H Chick Chain Project.....	4
Extension Education Emphasized Reconnecting with Physical Activity ....	4
School and Community Gardens Regional Roundtable.....	5
Organizational Strategies and Volunteer Development.....	5
Florida-Friendly Landscaping™ 101: Landscape Selections that Save Time, Money and Water!.....	6
Focus on Driving Profits Through Education.....	6
Bromeliads and Mosquitoes .....	6
Extension Education Helps Youth Rethink Their Drink .....	7
Financial Mentoring for Families Transitioning out of Homelessness .....	7
4-H Tailgating Contest Promotes Cross Collaboration.....	8
The ‘Let Every Drop Count’ Landscape Water Conservation Campaign .....	8
Where Can I Find Out About the Latest UF/IFAS Research?.....	9
Arrivals .....	10
New Positions .....	10
Departures.....	10

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 Shah.

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

### Tampa Bay Cottage Foods Industry Expo – A Tri-County Success (Pg 2)

Pasco, Hillsborough and Pinellas Counties joined together to create the first Tampa Bay Cottage Foods Industry Expo.

### Collaboration Key to Success in Miami-Dade County (Pg 2)

The Tropical Fruit Growers of South Florida's collaborated with UF/IFAS Extension Miami-Dade County to revitalize and expand participation in their monthly growers' forums.

### Using Extension Enhancement Awards in Horticulture Programs (Pg 3)

Putnam County agent applies enhancement award toward becoming a certified arborist and passing her knowledge onto clients.

### Water Conservation Adds Up (Pg 3)

In 2015, UF/IFAS Extension Polk County's Natural Resources program reached out to area Chambers of Commerce for a lunch and learn program focused on energy and water conservation.

### Northwest District Debuts the 4-H Chick Chain Project (Pg 4)

More than 80 youth in the NW Extension District are taking part in the 4-H Chick Chain where they're learning poultry nutrition and care, as well as business and communication skills.

### Extension Education Emphasized Reconnecting with Physical Activity (Pg 4)

Teaching students how to dance “the popcorn pop,” “the whole-wheat noodle wiggle,” and “the oatmeal roll” is all part of UF/IFAS Extension Broward County's FNP school program emphasizing the importance of diet and physical activity.

### School and Community Gardens Regional Roundtable (Pg 5)

This April, the UF/IFAS Extension and Bok Tower Gardens Partnership School and Community Garden Programs brought Extension faculty and staff together to participate in a School and Community Garden Regional Roundtable.

### Organizational Strategies and Volunteer Development (Pg 5)

UF/IFAS Extension Volusia County 4-H agent helps a club leader manage the difficult balance of work, life and volunteering.

### Florida-Friendly Landscaping™ 101: Landscape Selections that Save Time, Money and Water! (Pg 6)

With help from the City of Tampa Water Department, FFL annual event shows

households ahow to save money and reduce water usage in the bay area.

### Focus on Driving Profits Through Education (Pg 6)

Annual Extension workshop teaches charter boat captains and fishing guides how to use marketing, social media and business planning to increase their profits and strengthen the economy of Citrus County.

### Bromeliads and Mosquitoes (Pg 6)

To help the public better understand the link between popular bromeliad plants and potentially disease-vectoring mosquitoes, a free workshop was developed by UF/IFAS Extension Charlotte County called *Bromeliads and Mosquitoes*.

### Extension Education Helps Youth Rethink Their Drink (Pg 7)

What you drink can be just as important as what you eat. UF/IFAS Extension Broward County's Family Nutrition Program is collaborating with the Parks and Recreation Division to work with area schools in promoting healthy hydration.

### Financial Mentoring for Families Transitioning out of Homelessness (Pg 7)

UF/IFAS Extension Hillsborough County provides one-on-one financial mentoring to clients in the Metropolitan Ministries' transitional housing program. The agent teaches clients how to pull their credit reports, prioritize debt, rebuild credit, and avoid scams.

### 4-H Tailgating Contest Promotes Cross Collaboration (Pg 8)

Look out football fans, because some of the most knowledgeable and experienced grill masters on the field are Florida 4-H members, thanks to the first annual 4-H Tailgating Contest!

### ‘Let Every Drop Count’ Landscape Water Conservation Campaign (Pg 8)

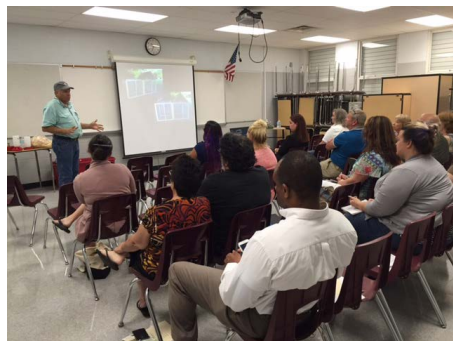
UF/IFAS Extension Palm Beach County has launched a ‘Let Every Drop Count’ campaign employing community-based social marketing (CBSM) to promote landscape water conservation among county residents.

### Where Can I Find Out About the Latest UF/IFAS Research? (Pg 9)

The UF/IFAS Dean for Research Office has added a new website feature to provide annual research report information to Extension faculty and others.

## TAMPA BAY COTTAGE FOODS INDUSTRY EXPO — A TRI-COUNTY SUCCESS

Mary Campbell, Urban Environmental Sustainability CED IV, Pinellas County



Joey Holloway, Holloway Farm Supply, discusses poultry production.

Pasco, Hillsborough and Pinellas counties joined together to create the first annual Tampa Bay Cottage Foods Industry Expo, held July 30 in Pasco County. The goal of the expo was to connect industry experts with citizens to assist startups and existing

businesses with best management practices, understanding current regulations and improved business operations.

More than 100 people came from fourteen counties across Florida to hear about cottage food laws, food safety, production methods and marketing tools. UF/IFAS experts and business leaders gave presentations on topics ranging from poultry to hydroponics. In addition to a keynote speaker, 12 other speakers in four concurrent sessions provided information on a variety of topics including marketing, production and food safety for hydroponics, fruits/vegetables and poultry. Seventy percent (n=33) reported learning practices that could improve their current business. As a result of the information received from the Tampa Bay Cottage Industry Expo, 39% (n=33) reported being highly or extremely confident in their ability to make an informed business related decision; 46% reported being somewhat confident. Future plans for the annual expo include rotating the event around the tri-county area and providing two tracks, one for the novice and one for more experienced clientele.

## COLLABORATION KEY TO SUCCESS IN MIAMI-DADE COUNTY

Jeff Wasielewski, Commercial Tropical Fruit EA I, Miami-Dade County



Another example of collaboration as Tropical Fruit Growers of South Florida board member, Don Chafin, gives information on growing lychees to commercial growers during a Miami-Dade Extension field day for lychee. Photo by Jeff Wasielewski

The governing board of the Tropical Fruit Growers of South Florida is very active and vocal in the region's tropical fruit industry. Monthly board meetings cover topics such as new pests, a growers' forum, an update on the UF/IFAS Extension Miami-Dade County tropical fruit program, as well as other happenings in the industry. In early 2015, one of the main issues of discussion was membership in their group; it had been flagging and the age of members was skewing older.

A suggestion was made to take the growers' forum portion of these meetings and market it on a broader

the growers' forum a reality.

A year later, the growers' forum has proved to be a resounding success. The forum just celebrated its one-year anniversary and its twelfth meeting covering general topics such as lychee, longans, jackfruit, and sapodillas. The forum has also responded to the needs of the industry by taking on current issues such as water woes and the quarantine put in place to eradicate the Oriental fruit fly. New tropical fruit growers and young horticulturists that have contacted UF/IFAS Extension Miami-Dade County for help have been

scale. The new growers' forum would cover current topics in the industry and potentially pull in a younger and larger audience. The board's president and secretary collaborated with the Miami-Dade Commercial Tropical Fruit Extension Agent to move forward on making



Mangos were a popular topic for a growers' forum earlier this year. Photo by Jeff Wasielewski

taking advantage of the forums to learn about the industry and current trends.

The Tropical Fruit Growers of South Florida are happy, as their membership has increased to add 10 to 15 younger members. The group's board meetings are open to the public and growers that attend the forum will often stay for the board meetings as well.

This partnership is one example of how UF/IFAS Extension in Miami-Dade County works with the community to provide solutions to issues that are affecting South Florida. UF/IFAS Extension is a powerful force for change, but we know that we can't do everything alone and relish the chance to collaborate with partners in our area and across the state.

## USING EXTENSION ENHANCEMENT AWARDS IN HORTICULTURE PROGRAMS

Evelyn “Prissy” Fletcher, Residential Horticulture EA I, Putnam County



Many of us write articles to share how we have improved the lives of our clients. This time, I am writing about how my Extension enhancement award added to my expertise as an extension agent. Hopefully, you'll be inspired to expand your horizons, too!

In 2015, I applied for and received the Alto and Patrecia Straughn Extension Educational Improvement Award. This award was granted at EPAF and included a one-time \$1,000 salary supplement and \$1,000 in program support. As an added benefit, you're also entitled to a short and sweet routine by Sr. Assoc. Dean Obreza!

In my application, I discussed the need for a certified arborist, since there were none in Putnam County at the time. We receive many questions regarding tree risk assessment, diseases and installation. However, my lack of experience in arboriculture led me to refer my clients to private arborists

in the surrounding counties. My plan was to use the award to pay for the study guides and certification, membership in the International Society of Arboriculture (ISA) and potential trainings for Florida Master Gardeners and the public. I would also eventually offer ISTs once I gained more experience in the field. On April 7, I passed the ISA exam and am now recognized as a certified arborist! You could probably hear my exclamation from the Pearson Learning Center all across the state. Although passing an exam does not immediately make me an expert, I was surprised to learn through the training process that many of the problems can be solved through applications of soil science – conveniently my own educational background.

Since being granted certification, this agent has worked collaboratively with local arborists in neighboring counties. Together, we have diagnosed large palms with weevils, prevented trees from being planted on septic drain fields and explained how a dry spring leads to excessive leaf drop in certain tree species. A client may pay on average \$125-\$175 per site visit for a certified arborist. In just the past four months, I have saved Putnam County residents \$2,250 by assisting them with their tree questions and concerns. I owe a big thanks to Larry Figart in Duval County (who is also a certified arborist) for his help along the way. Larry and I are in the process of planning arborist training workshops this fall, and we plan to continue these workshops on an annual basis in both extension districts.

I am now a member of the Florida ISA chapter, and have offered workshops such as “Tree Installation and Maintenance.” This workshop included a free native tree for participants who pre-registered and pledged to show proper tree stewardship by not planting invasive trees. We have more exciting programs planned in the future, but I would not have been able to add this trade to my list of skills without this award.

## WATER CONSERVATION ADDS UP

Shannon Carnevale, Natural Resources and Conservation EA I, Polk County

Water conservation outreach often targets individual residents or homeowner associations, but often the business community is left out due to the difficult nature of reaching them as a target audience. In 2015, UF/IFAS Extension Polk County's Natural Resources program reached out to area Chambers of Commerce for a lunch-and-learn program focused on energy and water conservation. The program was offered at two chambers in 2015 and shared energy water conservation

messaging with approximately 25 chamber members. After the event, the agent was able to work with one chamber president to exchange every faucet aerator in the building (10 total) to reduce the chamber's faucet water consumption by an impressive 66%. As a result of that presentation, the natural resources extension program was contacted to give a similar presentation to a local non-profit organization and its stakeholders. The lunch-and-learn session taught

six attendees about which water conservation techniques they should look for in grant applications to have a larger community impact. Following the session, the building manager requested assistance switching out four faucet aerators in the building's bathrooms. Over the next year, this water conservation retrofit could save 2,000 - 4,000 gallons of water and cut their faucet water consumption per minute in half.



## NORTHWEST DISTRICT DEBUTS THE 4-H CHICK CHAIN PROJECT

Julie Pigott Dillard, 4-H CED EA II, Washington County



Careful handling of chicks early will help create a bond with the owners.



Getting the first egg is an exciting day.

Across the panhandle, more than 80 youth are taking part in the 4-H Chick Chain, where they're learning poultry nutrition and care and most importantly, learning life skills such as written and oral communication and business skills.

Last year, six counties in Northwest Extension District partnered with Alabama 4-H and their Chick Chain program. Its success led a team of 4-H agents to create a ready-to-implement program focusing on poultry science and promoting a traditional agricultural project for the counties in their district. While many school districts participate in the 4-H in the Classroom embryology project, there was no project that focused on converting that program into a longer-term 4-H experience.

The team created a set of resources to support the project well before it was announced to the district. Materials included:

- production manual
- agent/volunteer guide to implementation
- project orientation webinar
- project books
- biosecurity poster
- Poultry Perfection Workshop
- Getting Ready for Show Day webinar and
- Show/Auction brochure and flyer

Their marketing plan included a 4-H in the Panhandle blog post that could also be used with traditional print media, Facebook posts, a graphic element designed with ICS and a t-shirt design contest.

Youth participating in the 4-H Chick Chain chose two breeds of chicken from six choices and took home 12 chicks to raise from day-old to laying age. During the project, 4-H agents made home visits looking for proper biosecurity techniques as well as safety and health of birds. Counties built cooperative coops at their offices to allow youth participation where zoning or homeowner associations restricted livestock.

The culminating project event will be the 4-H Chick Chain Show and Auction on Saturday, October 29th. Youth will exhibit their best of three birds from one breed, participate in a skill-a-thon to test the knowledge they've acquired and a showmanship contest. Birds will also be judged for best of breed awards. An optional auction will allow youth to sell their chickens to help fund their projects.

For more information, all resources are posted on the Northwest 4-H website:

<http://nwdistrict.ifas.ufl.edu/district-4h/4-h-chick-chain/>

## EXTENSION EDUCATION EMPHASIZED RECONNECTING WITH PHYSICAL ACTIVITY

Brenda Marty Jimenez, Health, Nutrition, & Food Safety CED EA II, Broward County

Physical activity is an important component of maintaining a healthy body. That's the simple but powerful message the Family Nutrition Program (FNP) takes into area schools on a regular basis. The program, a collaboration between the Broward County Parks and Recreation Division and UF/IFAS Extension, aims to reconnect children with physical activity by providing educational lessons that not only focus on making healthy food choices, but also emphasize the importance of physical activity.

During a recent visit to Colbert Elementary in Hollywood, FNP incorporated physical activity into a routine lesson on grains to drive home the message that both diet and exercise are important. The second graders participated in a dance activity in which they imitated the movements of certain whole-grain foods – “making the popcorn pop,” “the whole-wheat noodle

wiggle,” and “the oatmeal roll.” One teacher reported to FNP staff that the activities helped her students realize that “playing video games is not good exercise. They learned that running around and playing outside are better for their bodies than watching television inside.” She happily noted that one of her students embraced the message and is now spending his weekends with his family riding his bike, playing catch, and running at the local park.

FNP encourages everyone to embrace a healthier lifestyle by eating nutritious foods and incorporating physical activity into their daily lives. By providing practical programs on general nutrition, meal planning and preparation and physical wellness, FNP staff are able to inspire real-life changes as program participants find ways to take control of their health and well-being.

## SCHOOL AND COMMUNITY GARDENS REGIONAL ROUNDTABLE

Susan Tyler Webb, Community Gardens SSA I, Polk County

School and community gardens often rely on Extension for support in planning, establishing and maintaining a garden project. Many extension faculty and staff across the state provide education and technical expertise to diverse school and community gardens. This April, the UF/IFAS Extension and Bok Tower Gardens Partnership School and Community Garden Programs brought 24 extension faculty and staff together from 13 counties to participate in a School and Community Garden Regional Roundtable. Attendees participated in an experiential activity, “Beauty of the Garden,” from Farming Concrete’s Data Collection Toolkit. The activity encourages participants to tag something in a school or community garden that they find beautiful or inspirational. This activity is a great tool for gardeners to collect information on how the larger community sees and is impacted by their garden. Attendees of the roundtable tagged items in the new edible garden at Bok Tower Gardens. After the activity, 88% (n= 21) of participants rated their confidence in using “Beauty of the Garden” with school and/or community gardens as mostly to completely confident. The roundtable event culminated with faculty and staff sharing tips and strategies for working with volunteers and garden sustainability. Attendees had the opportunity to discuss what was working well and what needed more attention in their counties. One participant shared, “I see great things coming from this.” Another said, “I think there is a great opportunity for cross programmatic collaboration.”



Lisa Meredith, Compost, Vermicompost, School & Community Garden Program Coordinator, UF/IFAS Hillsborough County Extension, tags a tomato plant. Photo by Susan Tyler Webb.



A Beauty of the Garden participant tags nasturtiums as memories of childhood. Photo by Susan Tyler Webb.

## ORGANIZATIONAL STRATEGIES AND VOLUNTEER DEVELOPMENT

Laura Cash, 4-H EA I, Volusia County



Jennifer and 4-Hers at the Volusia County Fair awards ceremony.



Jennifer with overall award recipients.

Volunteers are important resources to UF/IFAS Extension in Volusia County, donating over 12,000 hours annually, which is valued at over \$260,000. One volunteer, Jennifer Knight, a single mother and full-time employee at a local plant nursery, has been serving her 4-H community since 2006 as a club leader and committee chairperson. She provides leadership and project management for her 20 County Critter 4-H Club

members, and chairs the committee tasked with planning and implementing the annual County Events program for 50 4-H members. In 2011 she was asked to be the poultry superintendent for the Volusia County Fair; however, Jennifer’s personal life and 4-H commitments made it a challenging obligation to commit to. When she contacted her 4-H agent at the UF/IFAS Extension Volusia County Office, the agent responded by helping Jennifer create a middle management volunteer plan for her club in order to continue to provide the best leadership and support for her 4-H club members. They added volunteers to the County Events Committee to alleviate some of her responsibilities as Chairperson, and added two more club leaders to share the responsibilities of managing the County Critter Club. A County Events

committee was created to handle the program, and the team added four more contests: Horticulture, Sewing, Canning, and Baking. The number of youth participating in County Events doubled. Managing and retaining 4-H volunteers are critical components of enhancing a youth development program like 4-H.



## FLORIDA-FRIENDLY LANDSCAPING™ 101: LANDSCAPE SELECTIONS THAT SAVE TIME, MONEY AND WATER!

Lynn Barber, Urban Horticulture  
EA II, Hillsborough County  
Nicole Pinson, Urban Horticulture  
EA I, Hillsborough County

The City of Tampa Water Department provides funding for our annual event, FFL 101, which promotes water conservation. This year the theme was Landscape Selections that Save Time, Money and Water! The target audience is City of Tampa Water Department customers. Fifty-three households (61 people) attended and received attendee bags, which included the FFL Guide to Plant Selection and Landscape Design, a rain gauge, the book "Sustainable Gardening in Florida" by Ginny Stibolt, a pen, a survey and much more. Presentations included FFL Yard Recognition based on the 9 FFL Principles, Landscaping Tips and Groundcovers and Ornamental Grasses. A diagnostic table answered questions regarding pests, diseases and plants. Ninety-eight percent of the attendees rated their overall satisfaction as excellent and very good. The average knowledge gain achieved was 121%. Surveys contained key post-learning commitment options. The top three chosen were:

- Select high color, low maintenance and drought tolerant plants (96%);
- Select the right plant for the right place considering site conditions, etc. (93%); and
- Mulch landscape beds so the depth is 2-3" after settling and pull mulch away from plant stems (89%).

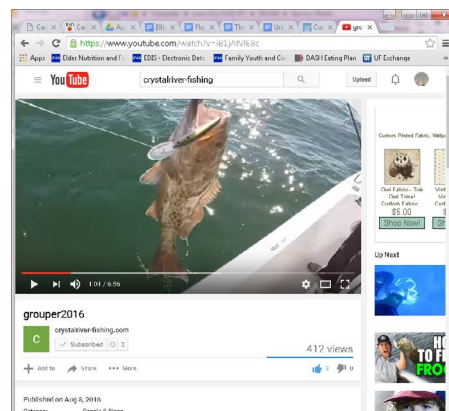
A six-month follow-up survey will be conducted to determine if these actions were taken. Ninety-six percent indicated they would contact UF/IFAS in the future.

## FOCUS ON DRIVING PROFITS THROUGH EDUCATION

Sarah Ellis, FCS EA I, Citrus County



Captain Dan Clymer with the catch of the day!



Captain Dan's first YouTube video.

Citrus County Florida was hard hit by the recession. The county currently has the third highest unemployment rate in the state of Florida at 6.5% (Federal Reserve Bank of St. Louis, 2016). Charter captains and fishing guides are a huge economic driver here, attracting people from all over the world to come fish, scallop, and swim with the manatees. Assisting the recreational fishing industry can play a key role in helping this clientele as well as the local economy.

An annual "For-Hire" Fishing workshop was created in Citrus County to assist this industry. Both new and seasoned captains and guides are encouraged to attend the workshop; designed to increase their client exposure and business income, driving increased profits. This educational effort provides a number of business strategies to increase profits including marketing and branding, using social media, and business planning.

One well established captain, Dan Clymer, attended the workshop even though his company already had a strong presence on the internet and Facebook. He took away strategies to engage potential clients through new outreach platforms. During the 2016 workshop, participants were educated on the various social media platforms and how social media can be used to grow their business by targeting new audiences. Hands-on training on how to employ these various platforms was also provided. Captain Dan was one of several participants who promptly opened new or additional social media accounts. Several months have passed since the workshop, and a rainy month kept participants captains off of the water. Captain Dan decided to use his time off wisely. He edited many hours of GoPro video footage he had accumulated, creating a 6-minute video which he uploaded to YouTube. In 4 days, his video had been viewed 394 times. Captain Dan personally contacted this agent to thank her for her assistance with finding new and creative ways to tell his story.

## BROMELIADS AND MOSQUITOES

Ralph Mitchell, Horticulture CED III, Charlotte County



Local bromeliad specialist, Mr. Gil Macadam, discusses his passion with this plant family.

With the heavy summer rains and an outbreak of Zika virus, concerns about mosquitoes and their potential associated diseases are in the public conversation. One place that certain mosquitoes may use as a breeding area are the water cups located in the rosette of leaves formed by bromeliad plants. Beautiful ornamental bromeliads are common landscape plants here in Charlotte County, and there are ways to manage this problem with fairly easy, least-toxic techniques. To help the public better understand the link



Beth Carey-Kovach, Biological Specialist with Charlotte County Mosquito Control introduces the scope of local mosquito control issues.

between these plants and mosquitoes, a free workshop was developed by UF/IFAS Extension Charlotte County called “Bromeliads and Mosquitoes.” Combining the forces of local bromeliad specialist Gil Macadam and Charlotte County Mosquito Control Department professionals Scott Schermerhorn (mosquito and aquatic weed control manager) and Beth Carey-Kovach (biological specialist), the three-hour program was conducted on August 16. After Mr. Macadam covered the basics of growing bromeliads, Charlotte County Mosquito Control highlighted local Florida container mosquitoes and how to best

deal with them in bromeliads and other small bodies of water found in the landscape. A sold-out crowd of 45 participants increased their understanding of how to keep their bromeliads healthy and free of mosquitoes. An evaluation tool documented an increase in knowledge from 71% on the pre-test to a post-test average score of 86%. An end-of-program evaluation recorded that 72% strongly agreed that they had increased their understanding of the relationship between Florida container mosquitoes and bromeliads. Additionally, 74 % strongly agreed that they felt more confident about properly growing bromeliads as well as suppressing mosquitoes breeding in them. As a result of this workshop, 74% strongly agreed that they plan to adopt at least one new tip or suggestion. One participant wrote “...I am taking away a lot of good information. I especially learned a lot about mosquitoes that I feel the general public needed to be educated about!” Door prizes of a granular *Bacillus thuringiensis israelensis* (Bti) product were generously donated by Summit Chemical, Inc. for this program.

## FINANCIAL MENTORING FOR FAMILIES TRANSITIONING OUT OF HOMELESSNESS

Lisa Leslie, Financial Management EA IV, Hillsborough County

Individuals working their way out of homelessness face special challenges, because many landlords will not rent to those with blemished credit histories. A first step for these individuals is to analyze their credit reports. UF/IFAS Extension Hillsborough County provides one-on-one financial mentoring to clients in the Metropolitan Ministries’ transitional housing program. The financial management agent teaches clients how to pull their credit reports, prioritize debt, rebuild credit, and avoid scams. Sessions for employed clients also include education about budgeting and saving. This effort started in November of 2013 and is ongoing. To date, 354 people have participated in a financial mentoring session and 213 were able to acquire and analyze their credit reports. One recent client had been paying \$40 a month for 1½ years to a company she thought was erasing her student loan debt. After pulling her report she realized her student loan was in default. During the mentoring session, she cancelled the service and vowed to contact her loan service provider to rehabilitate the loan. Financial mentoring as part of Metropolitan Ministries’ transitional housing program helps individuals and families to be more self-sufficient and self-reliant and will reduce dependence on county social services. Eighty-six percent of those in the program successfully transition out of homelessness.

## EXTENSION EDUCATION HELPS YOUTH RETHINK THEIR DRINK

Brenda Marty Jimenez, Health, Nutrition, & Food Safety CED EA II, Broward County



We all know that what we eat is important, but UF/IFAS Extension Broward County wants to be sure we also know that what we drink can be just as important. Extension’s Family Nutrition Program (FNP), in collaboration with the Broward County

Parks and Recreation Division, is working with area schools to promote healthy hydration.

Mrs. W, a teacher at Colbert Elementary School in Hollywood, reports that many of her students are “rethinking their drink” after taking part in nutrition classes conducted by FNP. “Students are drinking more water!” she exclaimed, “And they are showing more interest in eating healthier things.” As anecdotal evidence, Mrs. W. mentions that, on a recent field trip, more of her second graders than usual opted for water over sugary sodas.

FNP staff and Mrs. W. know that small changes to habits – like drinking more water, or choosing low-fat white milk at lunch or dinner instead of soda or other high-sugar drinks – can have positive effects on a child’s health well into adulthood. The Youth Understanding MyPlate (YUM) curriculum used by FNP teaches children and youth the importance of eating whole foods and avoiding food and beverages with high sugar content.



## 4-H TAILGATING CONTEST PROMOTES CROSS COLLABORATION

Heather Kent, 4-H RSA III, Northwest District · Julie Dillard, 4-H CED II, Washington County · Mark Mauldin, Agriculture and Natural Resources EA I, Washington County · Chad Carr, Associate Professor, Animal Sciences



Youth were judged not only on the taste of their dishes, but also on food safety and preparation techniques. They also prepared displays about their dish that included nutritional information.

One of the things many people enjoy most about football season is tailgating with family and friends. Not only do we get to show our team spirit and spend time with people we love, but we also get the benefit of adding protein to our diets using low calorie preparation methods and cuts of meat or seafood.

That's why Florida 4-H is excited to introduce the First Annual 4-H Tailgating Contest!

The statewide contest was developed by a team of 4-H faculty led by Dr. Chad Carr, Associate Professor and Meat Science Specialist at the University of Florida. "Tailgating is popular--when the weather is good people enjoy cooking outside," Carr explained. "It's also a great way to promote animal protein in the diet to combat childhood obesity by improving youth's nutritional knowledge and food preparation skills. Last but not least, this program will impart knowledge about safe handling

and proper degree of doneness to ensure safe and palatable meat dishes."

To get youth ready for the contest, 4-H agents in the northwest district collaborated with UF/IFAS agriculture and family and consumer sciences faculty to develop and implement curriculum through a series of summer day camps. These programs incorporated meat science, food safety and preparation and fire safety. Youth learned step by step how to choose the equipment needed to grill, how to build the fire and how to stay safe while grilling. They also learned how to select the right cuts of meats for grilling (beef, pork, chicken and seafood). A big part of the art of grilling is enhancing the flavor of meats, so they also learned how to make rubs, sauces and marinades.

After county day camps, a district-level was held July 23, coordinated by Washington County Agriculture Agent Mark Mauldin. Nearly 30 youth participated in this first annual event. "This program has helped counties in the northwest district reach new audiences," said 4-H Regional Specialist Heather Kent "and it has provided a new opportunity for high quality cross-collaboration programming with 4-H, agriculture and family and consumer sciences. We are really excited to see this program grow even more next year."

Grilling out while you tailgate is a tradition before football games, so the state contest will take place on September 10th before the Gators take on the University of Kentucky in The Swamp. An awards reception sponsored by Sonny's and Winn Dixie and an interview during the Gator Pre-Game Show will be the highlight of the contest. To learn more about this program, visit <http://nwdistrict.ifas.ufl.edu/district-4h/4-h-tailgating-district-contest/>.

## THE 'LET EVERY DROP COUNT' LANDSCAPE WATER CONSERVATION CAMPAIGN

Laurie Albrecht, Environmental Horticulture EA I, Palm Beach County

Unless we take action to conserve water, Florida faces a one-billion-gallon-a-day water shortage by 2030. That's the conclusion of Florida's Commissioner of Agriculture Adam Putnam. To address this pressing concern, UF/IFAS Extension Palm Beach County Horticulture Agent Laurie Albrecht has launched a "Let Every Drop Count" campaign designed to promote landscape water conservation among county residents. She employed community-based social marketing (CBSM) techniques to help foster behavior change, including the creation of a logo, pledge certificates, pledge cards, and ancillary materials to reinforce water saving activities.

In addition, Albrecht encouraged workshop participants to serve as 'water conservation ambassadors' within their communities.

Seventeen out of nineteen participants in the pilot workshop signed a pledge to reduce landscape irrigation. According to a 60-day follow-up survey, the pledge takers had adopted new irrigation practices that would save approximately 1,499,000 gallons of water per year. Behavior changes included reducing irrigation frequency from three times to two times per week, converting turfgrass beds to landscape beds with micro irrigation, calibrating sprinklers to deliver

1/2 - 3/4 inch of irrigation per cycle and having a soil moisture sensor installed.

The survey results showed that community-based social marketing works. Virtually all the participants talked to others about water conservation issues. Six spoke to their community association representatives. Christine and Brianna succeeded in getting common-area sprinklers repaired. Analin convinced her association to turn off the sprinklers on her property. Regina was asked to speak about water conservation at the next homeowner meeting. Tom, a community association board member, is documenting the impacts of water conservation



efforts in his yard. He plans to use the data to help implement similar conservation techniques throughout the 220+-household community.

Participants also encouraged employers, fellow workers and clients to conserve water. Kailley, for instance, reduced irrigation frequency and calibrated irrigation systems on client properties; Jeannine is having irrigation leaks repaired and functioning automatic rain shutoff devices installed on school grounds.

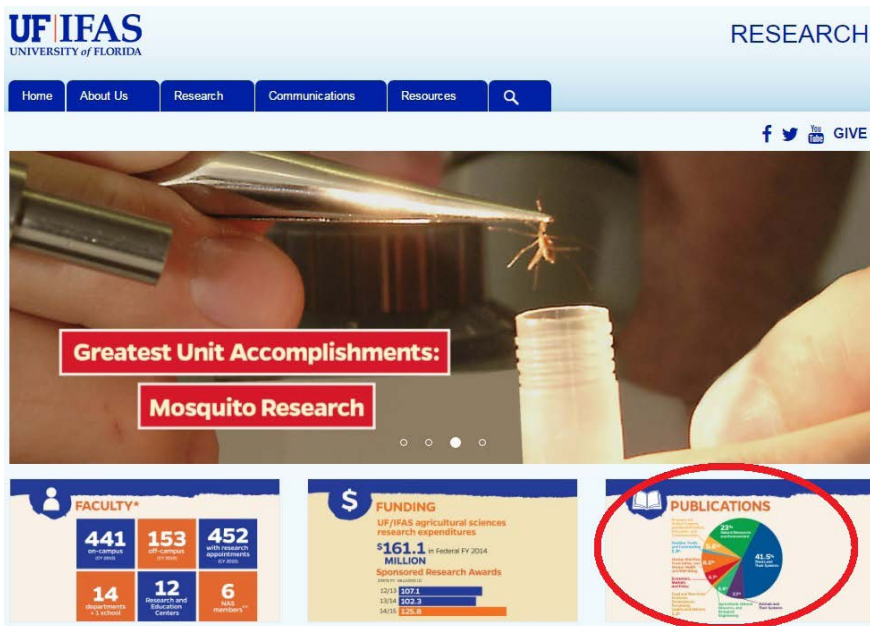
To date, more than 50 additional participants in Albrecht’s landscape water conservation classes have signed pledges to conserve irrigation. Eleven attended special trainings in how to engage others and provide leadership using community-based social marketing techniques. The agent has begun a regular series of brown bag lunches where conservation-minded individuals can meet and share ideas and successes. Followup surveys will be conducted.

By raising awareness of Florida’s impending water crisis, all of these “water ambassadors” have extended the impact Albrecht’s “Let Every Drop Count” campaign throughout Palm Beach and Martin counties.

*Full names withheld to protect privacy. Calculations for water savings were based on the lowest reported savings by Boyer and Dukes, Estimated Water Savings Potential of Florida-Friendly Landscape Activities, EDIS Publication AE515 (<https://edis.ifas.ufl.edu/ae515>).*

## WHERE CAN I FIND OUT ABOUT THE LATEST UF/IFAS RESEARCH?

Paul Fisher, Floriculture Extension Specialist, Environmental Horticulture Dept.



In such a large institution as UF/IFAS, it can be a major challenge to find out what research is being produced by colleagues. In response to this challenge, the UF/IFAS Dean for Research Office has added a new feature to provide annual research report information to extension faculty and others.

Having access to current research information improves your ability to support stakeholders. You may also find opportunities for workshop speakers, newsletter contributors, or other research/Extension collaborations.

If you go to the UF/IFAS Research home page (<http://research.ifas.ufl.edu>), look at the “Publications” infographic on the bottom right. This graphic links to a page with summaries of peer-reviewed publications by unit and topic for each year.

The publications page includes links that allow you to download reports by year, topic and administrative unit.

These reports are in MS Word format. After downloading a file, you can further search for key words related to your extension program using the MS Word “Find” feature (Ctrl-F). For example, if you search for “citrus” there are 64 articles from 2015 alone. In many cases, you can access the article directly through the UF libraries (for example, with a browser search using a UF computer or through VPN). Alternatively, follow up with an email to the faculty member to receive a copy of a manuscript. So far, 2014 and 2015 reports are available; each year new files will be added to the site. If you have any comments or questions, please contact Sherry Larkin, Associate Dean for Research, at [slarkin@ufl.edu](mailto:slarkin@ufl.edu).

To browse the full lists of refereed publications, select the applicable year and list type below.

Once the Microsoft Word file is downloaded, select Ctrl+F on your keyboard to search the document.

2015 - master list of unique publications by topic

2015 - list of publications by unit

2014 - master list of unique publications

2014 - list of publications by unit

## ARRIVALS

We would like to welcome the following new faculty:

Mark Bailey, Sustainable Ag/Food Systems EA I, Marion County

Lauren Butler, Ag/Livestock CED II, Okeechobee County

Chelsea Woodard, 4-H EA I, Seminole County

Colleen Larson, Agriculture RSA II, Okeechobee County

Andrea Albertin, Water Resources RSA II, District I

Carol Wyatt-Evens, Environmental Science (Chemicals) Prg EA I, Sarasota County

Garima Kakkar, Fruit Crops EA II, St. Lucie County

Annie Sheldon, FCS EA II, Clay County

Kaydie McCormick, Residential Horticulture EA I, Seminole County

Armando Ubeda, Sea Grant Prg EA II, Sarasota County

Francisco Rivera Melendez, Small Farms EA I, Hillsborough County

Twyla Leigh, Community Resource Development CED & EA III, Collier County

# SAVE THE DATE!

UF/IFAS Extension presents

## THE 2017 EXTENSION SYMPOSIUM PROFESSIONAL DEVELOPMENT WORKSHOPS

**"A Time to Learn, Collaborate, and Discover New Opportunities"**

**University of Florida  
Hilton Hotel and Conference Center  
April 17-19, 2017**

**UF** | IFAS Extension  
UNIVERSITY OF FLORIDA

## DEPARTURES

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

Julie Wilson, Administrative Support, District II

Shirley Bouie, FCS EA II, Jefferson County

Keith Fuller, Residential/Community Horticulture Prg EA I, District III

Margaret Johnson, 4-H Prg Cty EA II, Nassau County

Jenny Savely, 4-H EA II, Escambia County

Rebecca McCafferty, 4-H EA I, Sarasota County

## NEW POSITIONS

Ed Skvarch, Commercial Horticulture EA III to CED in St. Lucie County

Luke Harlow, Ag/Natural Resources EA I, Nassau County to Clay County

Kelsey Haupt, OPS to 4-H EA I in Duval County

Andres Varela, Accountant I in Extension Administration to Administrative Secretary to the CED in Miami-Dade County