



**Central District
2011 Extension Faculty Symposium
PROGRAM AND ABSTRACTS**

**April 28, 2011
Osceola County Extension, Kissimmee, FL**

**Program and Abstracts
University of Florida, IFAS Extension
Central District Extension Faculty Symposium, 28 April 2011**

UF/IFAS EXTENSION

2011 CENTRAL DISTRICT EXTENSION FACULTY SYMPOSIUM

APRIL 28, 2011

Osceola County Extension, Kissimmee, FL 34744

PROGRAM

9:30 A.M. Registration and Coffee

10:00 A. M. Welcome, Mary Beth Salisbury, Tim Momol, Joan Dusky

10:30 A.M. Welcome and IFAS Update, Jack Payne (by Polycom)

10:40 A.M. Market Maker, Rohil Shah and Al Wysocki

11:00 A.M. Shared Governance, Richard Tyson

11:30 A.M. Extension LRP Update, Millie Ferrer-Chancy (by Polycom)

11:45 A.M. Lunch

Moderator of the Poster Session, Karen Miliffe

12:15 P.M. Poster Session, Senior Author(s) will be present at their posters

1:00 P.M. IST Discussion, Tim Momol and 2 volunteered faculty to moderate and take notes.

1:30 P.M. Balancing Work and Family, Susanna Smith and Heidi Radunovich

3:00 P.M. Wrap up, Mary Beth Salisbury and Tim Momol

Organizing Committee

The Osceola County Extension Faculty and Support Team

Technical Support

Derek Kaiser – County Sr. Maintenance Worker

Poster #1

OUTDOOR ADVENTURE CAMP. H. Abeels, V. Spero-Swingle, E. Shephard, and G. Koerner. UF/IFAS Brevard County Extension, 3695 Lake Drive, Cocoa, FL 32926.

4-H day camps help develop life skills in youth through experiential learning and various educational activities. The Outdoor Adventure Camp (OA) was created in order to reach older youth that have outgrown other 4-H camps offered in Brevard County. The OA camp uses hands-on, experiential learning with lectures, field trips, indoor, and outdoor activities, as well as food preparation to teach about the environment and nature. Adventures such as seining, archery, fishing, canoeing, and outdoor cooking help address “Nature Deficit Disorder” in youth. Three program areas (4-H youth development, marine, and family and consumer sciences) were utilized during camp as well as partnerships with Brevard County Environmentally Endangered Lands (EELS) Program, Florida Institute of Technology (FIT) InSTEP program, and The Nature Conservancy (TNC) in order to enhance youth learning and promote knowledge gain with various activities. Activities included daily preparation of healthy food, gopher tortoise program offered by EELS, GPS and archery, papermaking, canoeing, seining and fishing, fish prints and dissection, bottle-rocket launching, oyster-mat making program offered by TNC, owl pellet dissection, and weather program offered by FIT InSTEP Mobile SEAS Laboratory. Youth participated in and learned about various outdoor activities as well as worked on teambuilding skills while promoting and becoming stewards of the environment. The long range impact of the program includes creating a population of environmental stewards that can help in reducing the problem of nature deficit disorder and promote the outdoors.

BUDDING GARDENER NUTRITIONAL CAMP. V. Spero-Swingle, L. Seals, E. Shephard, M. Shoff, UF/IFAS/Brevard County Extension, 3695 Lake Drive, Cocoa, FL 32926

Extension's mission is to provide research-based education to the public. By utilizing four program areas (4-H youth development, horticulture, family and consumer sciences, and food and nutrition), youth learning can be enhanced by promoting further knowledge gain and behavior change while hitting key target teaching areas. The Budding Gardener Nutritional Camp (BGN) does just that through hands-on, experiential learning experience that fuses lectures, experiments, art projects, recreation, and audio-visuals to teach plant biology, entomology, soil science, gardening, agriculture, nutrition, and eating healthy in order to address "Nature Deficit Disorder" and childhood obesity in youth. BGN lessons build upon each other and create a connection between everyday living for youth (e.g., what they eat, cooking) and environmentally responsible behaviors (e.g., gardening for themselves, becoming environmental stewards). Successes of the camp have been documented using pre and post tests, which allow us to determine both perceived and actual knowledge gains in the aforementioned subjects. Follow-up surveys show that youth share what they learn with their families, are more active in environmental and community clubs, are more conscientious of what they eat, try new foods, explore insects more, and garden at home more frequently. The long range impacts of the program include creating a healthier population of environmental stewards that have the ability to make wise decisions on food choices as well as environmental issues.

Poster #3

GROWING HEALTHY KIDS IN SEMINOLE COUNTY. Milch, G., McKenna, B., Michael, S., Powell, K., Griffin, L., Griffin, M., Seminole County Extension Services, 250 W County Home Road, Sanford, FL 32773.

Many of the youth living in the urban inner-city are surprised when they hear where their food comes from and how it is grown. For many, they believe that the supermarket is an endless supply of food. Many have no notion that the supermarket must purchase the food and that those foods are grown by farmers. Furthermore, many of these youth have little to no exposure to healthy eating habits and healthy lifestyles. The objectives of the 4-H Jr. Master Gardener's: Pizza Garden program was to; 1) Increase the knowledge of the youth about where their food comes from; 2) Increase the knowledge and skills needed for youth to grow and maintain a vegetable garden; 3) Expose the youth to healthy lifestyles through the My Pyramid and tastings. Planning for this program began with a meeting of Seminole County's Master Gardener volunteers, 4-H Agents, Florida Yards and Neighborhoods Program Agent, and the Food Nutrition Program Agent and Program Assistants. Each of these program areas would coordinate one aspect of the program including; FNP: the health education portion, FYN and Master Gardeners: the creation, planting, irrigation and maintenance of the gardens, and 4-H: curriculum and finances. Through a Cumberland Farms grant of \$1,400, it was decided that two Title 1 Schools could be supported. Each school was given an 8x4 raised bed garden including a micro-irrigation system, constructed by the Master Gardeners. During the program, the gardens produced; green peppers, strawberries, tomatoes, radishes, chives, oregano and basil. During the course of the 16 week program, each school (3rd grade) met with the FYN Agent and Master Gardeners 10 times and the FNP Program Assistants 5 times. The final program was a pizza party where the students were able to make pizzas, as well as taste the vegetables from their gardens. A pre/post test evaluation tool was utilized in both schools. In comparing the results of the pre test to the post test, 100% (n=120) of the youth increased their knowledge and skills of garden maintenance as well as questions relating to the food pyramid. Interestingly, during one of the taste test the students were asked if they have ever eaten a tomato, 35% (n=6) said they had. One student said they had never seen a whole tomato. Follow up with the teachers have shown that many of the students are making healthier choices during lunch, as well a great interest in their school gardens. With the success of the first garden, both school have taken on the maintenance of the gardens and are planning their spring gardens.

Program and Abstracts

University of Florida IFAS Extension Central District Extension Faculty Symposium

April 28, 2011

VOLUNTEER TRAINING AS A MEANS OF INCREASING 4-H CLUB EFFICACY

T. Pehlke & R. Harris, UF/Orange County IFAS Extension, 6021 S. Conway Rd., Orlando, FL 32812

Research by Fogarty et al. (2009) found that nearly 50% of the life skill development within 4-H clubs is tied to the contributions of an adult volunteer. Given the critical role that volunteers play, it is vital that opportunities are provided for their continued skill development. Research indicates that organizations that offer volunteer training opportunities have more committed volunteers and higher rates of retention (Van Winkle et al., 2002 & Anderson, 2005). **Objective:** To increase Orange County 4-H club efficacy, as measured through compliance with 4-H reporting criteria (chartering, affirmative action, and taxes), through mandatory volunteer training. **Method:** A total of 50 4-H club organization leaders completed a two hour training on youth development principles, 4-H policies and procedures, organizational leadership, and goal setting over a two year period (2009-2010). Training modules were adapted from the *4-H 101* curriculum developed through 4-H Military Partnerships. **Results:** Orange County 4-H clubs have made considerable progress in coming into compliance with federal chartering, affirmative action and tax reporting guidelines. 100% of Orange County 4-H clubs (n=23) were chartered in 2010-2011. This is a 67% increase from 2008-09 (n=7). Similar gains were identified in the area of affirmative action, with 100% of 4-H clubs (n=23) completing all necessary paperwork, as opposed to 28% in 2008-09 (n=6). Additionally, 78% of (n=18) 4-H clubs have received an EIN number from the IRS, up from 24% (n=5) in 2008-09. **Conclusions:** Volunteer training plays an important role in increasing the competence of 4-H club leaders. Through attending training programs 4-H volunteers learn new skills, network with other 4-H volunteers, and develop a closer relationship with Extension faculty.

4-H SENIOR PORTFOLIO TRAINING 101. J. Hodges, K. Miliffe. 1951 Woodlea Rd
Tavares, FL 32778.

Numerous opportunities exist for Senior 4-H youth to earn national award trips and 4-H scholarships. However, without proper training youth are unlikely to complete a portfolio let alone receive a request for an interview. The primary objective of this program is to increase participation and awareness by educating and training at least 20 Senior 4-H members and volunteers about national 4-H trip awards and scholarships who attend a 4-H Senior portfolio training course. Furthermore, 50% of the Senior 4-H members who attend the training will submit a completed portfolio for state awards and recognition. In order to achieve the above mentioned objectives, the 4-H agents have developed and implemented a 3 hour hands on tutorial. As a result of participating in the tutorial, youth and volunteers will have gained a better understanding of the portfolio process and be more apt to continue participation. In addition, 4-H youth will gain pertinent life skills in resume writing, effective interview skills and improved written and oral communication skills. This life skill development will be evident based on the state scoring of the portfolio, resume and interview portions of the contest. Youth who have participated in the entire portfolio process, including the hands on tutorial, will gain vital work force skills which can lead to higher earning potential later in life (Lerner, 2008).

OSCEOLA COUNTY 4-H SPREADS IT'S WINGS: RECRUITING AND TRAINING DIVERSE VOLUNTEERS. J. Sullivan and K. Miliffe. 1921 Kissimmee Valley Lane, Kissimmee, FL 34744.

Historically the Osceola County 4-H program has been focused on agriculture and large animal projects. As the county demographics shift and agricultural land becomes developed land, a program need exists to maintain current 4-H programming, as well as expand into more urban and suburban areas of the county. Extension Agents in Osceola County wrote a Florida 4-H Foundation grant to design a pilot program to recruit new 4-H project leaders and volunteers, utilizing Project Butterfly WINGS curriculum. **Objectives:** (1) Increase the number of trained volunteers in the Butterfly WINGS curriculum; (2) Promote 4-H opportunities for youth to become involved in nature-based learning; (3) Increase 4-H participation among diverse urban/suburban youth. **Methods:** Instructors conducted three six-hour trainings and one outdoor field day for volunteers. Training was conducted via experiential learning and included information about Extension, 4-H, working with youth, Project Butterfly WINGS and butterfly gardening. **Results:** Twenty-four volunteers were trained. Nine are currently implementing Project Butterfly WINGS in a 4-H club setting and one new 4-H club started focusing on butterflies. Prior to the Project Butterfly WINGS volunteer trainings, two youth were enrolled in the project, currently, thirty-six youth are enrolled. Twenty-eight percent of youth participating in Project Butterfly WINGS are minorities, compared to twelve percent minority participation in overall 4-H youth enrollment. Four youth have planted butterfly gardens at their homes, one 4-H club planted a butterfly garden as a community service project at a local church, and multiple clubs reported that youth increased time outdoors through butterfly observation exercises. **Conclusion:** Project Butterfly WINGS can serve as a widely appealing, adaptable project for diverse urban or rural youth. As a result of the program, new volunteers were recruited and trained, and increased numbers of minority and urban youth are now participating in 4-H youth development opportunities.

SEASON EARLINESS MAXIMIZES SOUTHERN Highbush BLUEBERRY NET RETURNS IN NORTHEAST FLORIDA. *J. Breman, D. Dinkins, and J. Sowards. *3125 Ag. Center Dr., St. Augustine, FL 32092-0572.

Farmers need to diversify their cash crop mix in the Tri-county Agricultural Area (Flagler, Putnam, St. Johns). An introductory commercial blueberry workshop was presented at UF-IFAS Partnership at Hastings. A blueberry establishment budget was presented (1). Farmers at the workshop requested yield data from cultivars growing locally. Two commercial blueberry cultivars, 'Emerald' and 'Jewel', in their third year in the field, were selected. Harvests were scheduled at UF-IFAS Partnership at Hastings demonstration block May 13, 21, and 26 of 2010. Atlanta terminal market price/flat for Florida blueberries were used to calculate gross returns per acre by harvest date (2). Season total yields were higher for 'Emerald' than 'Jewel', 5,606 and 4,396 pounds per acre, respectively. Net returns per acre for each cultivar were calculated. Higher net returns per acre resulted from early 'Jewel' yields, of 2,178 compared to 'Emerald' yields of 1,452 pounds per acre on the May 13 harvest. The advantage of marketing early blueberries was shown by the rapid drop, in the 2010 season, from \$24.50 per flat on May 13 to \$15 per flat on May 21. There was a \$1,632 per acre greater net return from 'Jewel' blueberries in the 2010 growing season. This information was distributed to 760 farmers through the Tri-county Commercial Agriculture Newsletter. As a result of Extension education workshops and applied demonstration, UF-IFAS was able to answer farmer questions about local blueberry production yields during the growing season and potential returns per acre.

References:

- 1) R. P. Muraro and J.G. Williamson. 2009. Blueberry establishment costs. 2009 Florida Ag Expo, UF/IFAS GCREC, Balm, Florida.
- 2) USDA Agricultural Marketing Service. 2009. Fruit and vegetable market news. [Online: verified 6 June 2010]. <http://www.marketnews.usda.gov/portal/fv>

MARION COUNTY'S HORSE FARM MANURE MANAGEMENT TOUR. J. Cohen, J. Linhoss, J. M. Shuffitt. 2232 N.E. Jacksonville Rd., Ocala, FL 34470

1. **[Situation/problem statement and Objectives]** Marion County, "Horse Capital of the World", is home to approximately 50,000 horses, residing on more than 1,000 farms, ranging in size from three to 4,000 acres. Marion County is also home to the world's largest first magnitude spring, Silver Springs, as well as Rainbow, Juniper and Silver Glen Springs. To help protect these springs and the aquifer from nitrate pollution, best Management Practices (BMP's) are essential to for all horse farms, regardless of size. Attendees of the tour included farm owners and managers and local politicians. The objective was to create awareness of viable manure management strategies, which enabled practice change on the farms, protecting the springs and aquifer from nitrate pollution.
2. **[Education Methods/procedure/approach]** A manure management tour was designed for horse farm managers' and owners to show some of the management options currently used at a small, medium and large farm. The tour included: 1) a small manure composting system, 2) a larger, environmentally friendly three-sided manure containment system and 3) a large scale manure to energy gasification system.
3. **[Results/findings/product]** One hundred percent of the attendees on the tour increased their knowledge of manure management strategies. Fifty-two percent were very confident that at least one new BMP could be implemented and the remaining forty-eight percent were somewhat confident of adoption.
4. **[Conclusion]** The success and end results/impacts for this tour environmentally are for cleaner water for humans and animals in the county and state. Practice change was brought about, helping to decrease nitrate levels in the springs and aquifer. Socially in Marion County, both the large local equine industry and county politicians now have a greater understanding and appreciation of one another.

MARKETING ST. JOHNS COUNTY HERITAGE FOOD. J. Cooper, S. Lands, J. Breman,
3125 Agricultural Center Drive, St. Augustine, FL 32092

Datil pepper (*Capsicum sinense*) is a unique specialty crop for agricultural producers in St. Johns County. Traditional lore provides a history of Minorcan influence and introduction of this unique crop. Producers need product promotion and identity with St. Augustine in order to increase production and sales of Datil pepper as an alternative source of income to low-value crops such as cabbage and potatoes. The St. Johns County Extension Office responded to this need by creating a Datil Pepper Festival that increased consumer awareness of the importance of this historically unique crop. Fourteen local restaurants were recruited to provide a dish that included Datil pepper at the Festival for attendees to sample. Slow Foods of the First Coast was recruited to assist with the Festival as a partner. Community businesses, agricultural associations, and businesses were recruited to fund and sponsor the St. Augustine Datil Pepper Festival, which was held at the county Fairgrounds. Fifteen hundred people attended this event, an increase of 500 participants from 2009. The event was featured in the St. Augustine newspaper, *The Record*, with a quarter-page article. As a result of Extension leadership consumer awareness of Datil pepper as a specialty sauce and seasoning spices increased to the benefit of farmers looking for alternative sources of income. UF-IFAS St. Johns Extension Office in collaboration with UF-IFAS Partnership at Hastings helped a farmer establish a commercial hydroponic greenhouse which is in Datil pepper production. Commercial demand for processed Datil pepper for sauces is outstripping what farmers can produce. Datil pepper production has become established as a high-value crop and source of income for some farmers. Partnership with Slow Foods First Coast has established the St. Augustine Datil Pepper Festival as an annual tourist and consumer event on their website. UF-IFAS St. Johns County Extension Office is identified as an educational partner in the annual event.

COMMERCIAL PEACH THINNING DEMONSTRATION. G. England and R. Atwood.
Sumter County Extension, 7620 SR 471, Suite 2, Bushnell, FL 33513

Objectives: Growers have expressed an increased interest in growing low-chill peach cultivars in central Florida as an alternative to citrus or to supplement crops. To produce market standard peaches, several labor intensive operations must be completed properly and in a timely manner. Timely thinning of fruit to a desired spacing is critical in achieving the highest grade with a minimum diameter of 2.5 inches (large fruit) and marketable fruit with a diameter of 2.25 inches.

Methods: Four thinning treatments, none, 4 inch, 6 inch and 9 inch spacings were established on one tree plots of three low-chill cultivars of peach (Flordaprince, Tropicbeauty and UFBeauty). Thinning of each cultivar began before fruit was larger than a dime in diameter, with at least one follow-up thinning. Harvest evaluations recording the percentage of fruit in the highest grade (2.5 inch diameter and greater), marketable fruit (2.25 to 2.5 inch diameter) and small fruit (less than 2.25 inch diameter) were initiated when each cultivar had fruit that had begun to mature and continued for one to three weeks. Field day attendees were able to observe the trial plots in progress and the final results were presented at the 2010 Florida State Horticultural Society Meeting. **Results:** Results of the trial indicated the highest percentage of large and marketable fruit of Flordaprince were obtained in the 6 inch spacing, followed closely by 9 inch. Results were the same for Tropicbeauty. For UFBeauty, the highest percentage of large fruit was in the 9 inch spacing. **Conclusions:** The results of this trial proved that thinning of peaches is necessary to achieve optimum marketable yields. The information will be utilized to teach new peach growers and to demonstrate that commercial size fruit can be produced in Florida.

Poster #11

ALTERNATIVE / NONCHEMICAL CONTROL OF SMUTGRASS Walter, J.H., Bateman, C.R., Deal, P., Gamble, S.F., Jennings, E.W., Mudge, D. M., Newman, Y.C., Shuffitt, J.M., Warren, M.W.. Brevard County Extension, 3695 Lake Dr., Cocoa, FL 32926

Situation: Smutgrass (*Sporobolus indicus*), a significant weed in bahiagrass (*Paspalum notatum*) pastures, reduces forage and per acre beef yields. Effective chemical control treatments exist but these require significant capital, labor, and equipment in addition to grazing restrictions rendering their incorporation impractical into pasture management rotation. Chemical treatments require the use of herbicides and equipment that emit greenhouse gases or may negatively affect water quality. **Procedure:** A cooperative, multi-agency field study was implemented on 56 acres of a commercial ranch in Central Florida. The objective evaluates combinations of grazing management (mob grazing) and cultural practices for effective control measures. Four replicates of three treatments (burn and graze, mow and graze, and graze only) in a randomized block were imposed in November 2009. Eighteen sampling points per treatment plot (4.5 acres) were established via GIS mapping. The number of plants and basal circumference were recorded at the start of the project and one year later. Head fires were utilized on burn treatments. Rotary mower (8" stubble height) were utilized on mowed blocks. Cattle grazed the entire 56 acres monthly during 3-4 days at 5.5 au/acre, for a total of 8 grazing events. **Results:** Plants size and numbers were significantly reduced on burn treatments. Previously covered smutgrass areas began infilling with desirable grasses one year post treatment. **Conclusion:** Control burning and mob grazing of smutgrass infested bahiagrass/limpograss pasture in Florida provides effective control. Additional evaluation is needed to capture long term effects on control of smutgrass and increase of desirable species.

DOT SURVEY – A SIMPLE TOOL FOR FARMERS MARKET RESEARCH

S. Kelly, UF/IFAS Sumter County Extension, 7620 SR 471 Ste 2, Bushnell, Florida 33513.

Situation and Objectives: The number of farmers markets has grown from 1,755 in the United States in 1994 to approximately 6,200 in 2010. The United States Department of Agriculture estimates that these markets generate an estimated \$1.3 billion in consumer spending each year. Extension agents who work with these markets would like to estimate how much of that spending is happening at their local market. Dot surveys can be used to determine how much consumers are spending, in addition to answering other questions such as how often they visit the market, how far they travel, what marketing methods have they noticed and much more. The objective of a recent survey was to determine how much consumers are spending on a given day, what changes they would make in the market and what marketing methods are working.

Educational Methods: The Wildwood Growers' Market is governed by a Market Board and daily operation is conducted by the City of Wildwood through the market manager. The questions for the dot survey were developed with the market manager, and one in particular was asked to help the Market Board with a dilemma of physically expanding the market. The questions used recently at market were 1). How much do you plan to spend at the market today? 2). What one thing would you do to improve the market? 3). How did you find out about the market? **Results:** Response to the dot survey was very favorable, with 165 consumers stopping to answer the questions using dot-shaped labels. The responses indicated an amount of money being spent which will help the manager recruit vendors, what marketing methods work best and also answered the question about expanding the market physically. **Conclusion:** With a small amount of preparation, a dot survey can be a useful tool in determining consumer habits and preferences at a farmers market. (Reference: Tools for Rapid Market Assessments, Oregon Small Farms Technical Report No. 6, May 2008, Oregon State Extension)

EDUCATING VILLAGE RESIDENTS ON INTEGRATED PEST MANAGEMENT.

J. Davis and B. Moffis. Sumter County Extension, 7620 SR 471, Ste. 2 Bushnell, FL 33513-8716

Situation: Florida has one of the fastest growing retirement communities in the United States, The Villages. The Villages is an expanding retirement community of over 85,000 people located in Sumter County. In 2008, the U.S. Census bureau listed The Villages as the fastest growing micropolitan area in the United States. Due to this rapid influx of people, it is critical to educate new residents on integrated pest management methods to reduce the use of harmful pesticides. Pesticides can potentially harm our unique flora and fauna, if not used intelligently. **Methods:** The objective of this project was to educate Village residents on proper pest management utilized in the landscape. Based on advisory committee recommendations, integrated pest management methods were incorporated into existing workshops. Workshops were held to educate Village residents in integrated pest management methods such as identifying pest insects from beneficial insects, using the least toxic control method(s) and Florida-Friendly Landscaping™. Visual media aids and actual insect specimens were incorporated into this project. Behavior change was determined by follow-up surveys. **Results:** 58% (n=25) of residents attending the New Resident's Workshop now use an environmentally friendly pesticide in their landscape, when needed. 32.1% (n=59) of residents that responded now use the least toxic pesticide. 21.1% (n=39) of residents that responded have decreased their pesticide use in the landscape. 42.9% (n=79) of residents that responded now follow UF guidelines by spot treating for pests. **Conclusion:** Workshops delivered have shown to be popular, effective and productive with Village residents. Based on the results from this project, more hands-on workshops will be developed and delivered to educate Village residents on the best use of integrated pest management methods.

WHAT'S IN A NAME? USING FOCUS GROUPS TO BRAND AN EDUCATIONAL GARDEN. L. Felter, C. White and R. Tyson, UF/IFAS Orange County Extension, Orlando, FL.

Situation: To remain viable, Extension must find new ways to reach its consumers, as well as potential new clientele. The demonstration garden will be used to teach clientele Florida Friendly Landscape principles along with other sustainable practices. The garden needs a name that appeals to all types of visitors and can be used to fund it. **Methods:** Using focus group methodology, this study asked participants with years of horticultural experience and with minimal horticultural experience to name the garden. Their input would take the guess work out of naming the garden and save precious dollars. Members from the Residential Horticulture and Demonstration Garden Advisory committee were recruited to participate. This purposive sample was used because the Extension Service has advisory committees to guide Extension programs. These members interact with the general public and bring their prospective to the process. This interaction insures that educational programs meet the customer's needs. Each session lasted two hours, each had 10 participants. Participant demographics were fairly representative with four males and 6 females, ages ranging from 30 to 75. The group contained novice gardeners 40 percent and career horticulturalists 60 percent. **Results:** The participants agreed that visitors would see many gardens and innovative ideas in action. The gardens would be ever changing. The words learning, discovery, educational or demonstration has been over used throughout the state so it was important not to use those words. **Conclusion:** The garden was named Exploration Gardens. The tagline was determined to be Cultivate. Experience. Grow. The future will continue to bring shrinking budgets and the information provided by the focus group allows for targeted marketing efforts and fiscal responsibility of those budget dollars.

THE DIFFICULTIES OF WATERING YOUR LAWN WHILE CONSERVING WATER.

L. Felter, UF/IFAS Orange County Extension, Orlando, FL and P. Monaghan, UF/IFAS, Dept. of Agricultural Education & Communications, Gainesville, FL.

Situation: Orange County, Florida is facing a looming water crisis. The St. Johns River Water Management District has determined that the county, which includes metropolitan Orlando, will reach the limit of its consumptive use permit in 2013 and no additional groundwater withdrawals will be allowed. While the immediate response has been to seek withdrawals from surface water in the St. Johns River watershed, there is also a renewed effort to conserve existing water resources. The largest waste of water is in the landscape, specifically on the lawn. Homeowners can't keep up with home owner association demands and do not understand the maintenance needs of their yards or the technology of their irrigation system. The most common response for homeowners is to set their irrigation timer and forget it, not making adjustments based on rainfall or the needs of the lawn. Traditional public education programs used by County Extension offices face a daunting task when confronted with these complicated behaviors and attitudes.

Methods: Seven classes were held throughout the county. Participants were informed about how much water, when to water and efficient irrigation heads. Each class had 15 irrigation clocks all functioning. Participants worked in small groups based on the type of clock they had at home.

All participants touched the clock and made adjustments. **Results:** Pre-test of knowledge was 50 percent and the post test score showed 85 percent, a 30 percent gain in knowledge. **Conclusion:** The information from this class is important but not exciting enough to stand on its own; therefore it has been incorporated into the landscape design class.

FLORIDA-FRIENDLY LANDSCAPE DESIGN SERIES. K.Fuller, St. Johns County Extension, 3125 Agriculture Center Dr., St. Augustine, FL, 32092.

Situation and Objectives: With the enactment of Florida Senate Bill 2080, Florida residents are encouraged to create Florida-Friendly landscapes (FFL). Information on the nine principles of a FFL is available but many homeowners with limited landscape design skills have difficulty in creating an attractive FFL. The objective of the Florida-Friendly landscape design series is to provide class participants with the necessary knowledge and design skills to draw and create a FFL. **Education Methods:** The FFL design series is a three session course that is conducted over a three week period. In the first class basic landscape design principles are covered and a practice project is assigned. The following class the practice project is critiqued and the nine FFL principles are discussed. Students then begin drawing a design for their specific situation/project. In the final class landscape styles, forms and types are discussed and individual landscape projects are critiqued. At the end of the course class participants are entitled to a site visit by the instructor to help them with any questions they have on their home landscape. **Results:** 100% of class participants completing a post class survey indicate they will do a FFL practice. The same percentage agrees or strongly agrees that they have learned practices that will save them money and that they have learned new information about FFL. **Conclusion:** The FFL design series does provide a homeowner with the skills and resources to create a FFL. According to a study done by the Florida Nursery Growers and Landscape Association, up to 14% of the assessed value of a home can be attributed to the landscape. The median house value in St. Johns County is about \$200,000. If the 48 class participants in 2010 increase their home values by just 1% because of FFL, that is a value enhancement of \$96,000.

CURRENT INTEGRATED PEST MANAGEMENT RECOMMENDATIONS FOR RESIDENTIAL CHINCH BUG CONTROL. B. Moffis. 7620 SR 471, Ste. 2 Bushnell, FL 33513-8716

Situation: 45 billion dollars is spent annually on turfgrass management in the United States with an estimated 56 million Americans performing their own lawn care. Many homeowners and landscape professionals are not fully aware of proper insect management techniques for specific turfgrasses. St. Augustinegrass, one of the most widely planted warm season grasses in the Southeast, suffers greatly from the damaging southern chinch bug, *Blissus insularis* Barber. This insect pest overcomes resistance quickly to insecticides and to formerly resistant St. Augustinegrass cultivars. Currently, most homeowners and landscape professionals rely on chemical control to keep southern chinch bug populations low. With implementation of an integrated pest management program, homeowners and landscape professionals can reverse this trend of pesticide resistance. Methods: A twelve page literature review was developed that sourced nineteen scientific journals and EDIS documents. The goal of this literature review was to find the most up-to-date integrated pest management methods for residential control of the southern chinch bug. Results: Integrated pest management methods that prove to be the most effective and should be practiced include: planting host resistance species, insecticide rotation, monitoring pest populations, conservation biological control, and cultural controls. Conclusion: This educational poster will inform horticulture extension agents on the most current, research based chinch bug recommendations available to the homeowner and landscape professional as determined by the literature review. Each integrated pest management method's practical application will be described in detail.

COUNTERTOP PRODUCTION OF PREDATORY MITES FOR PUBLIC

DISTRIBUTION. J. Popenoe, W. L. Schall, L. S. Osborne. UF/IFAS Lake County Extension, 1951 Woodlea Rd., Tavares, FL 32778

Predatory mites can be an effective and sustainable way to control many small garden insect and mite pests. However, likely a majority of the public do not know about them, how to use them, or how to obtain them. Additionally, if a supplier is located, costs of shipping and handling are greater than the cost of the mites due to their perishability. In the past, rearing predatory mites involved raising pest arthropods for them to eat as well as the predatory mites themselves. Keeping both populations separate and healthy can be difficult. This project is part of a statewide research grant to determine how Extension Agents and Master Gardener volunteers can best rear predatory mites on countertops for use in distribution and education of the public via extension office plant clinics. Several different rearing procedures were assessed to determine the easiest and most effective method for rearing and distribution. The best method was rearing the predatory mites in dishes with water “moats” to contain them, feeding them bee or peach pollen, and providing cotton balls for egg laying, collection and subsequent distribution. Extension agents participating in the trials are poised to promote this program statewide to other Master Gardener Coordinators and interested extension agents in a series of educational classes. Clients coming into Master Gardener Plant Clinics or Extension Offices with whitefly, spider mite or thrips damage can be given a cotton ball in a plastic baggie to take home for placement in their garden to provide biological pest control, along with being educated about biological control. UF/IFAS Extension will be able to lead the way in promoting biological control with the public, reducing chemicals in the environment, and providing clients with immediate pest control solutions.

INCREASING THE VISIBILITY AND ACCEPTANCE OF EDIBLE LANDSCAPES WITH VARIOUS STAKEHOLDER GROUPS IN NORTHEAST FLORIDA. Joe Sowards – UF, IFAS Multi-county Horticulture Agent – Putnam and St. Johns Counties. 111 Yelvington Rd. East Palatka, Florida 32131

Situation and Objective: Growing fruits and vegetables on one's own property is becoming more popular. Issues regarding sustainability and energy conservation are increasing along with fuel prices. A disconnect between this idea and the current landscape paradigm exists among most stakeholder groups. Most homeowner associations do not allow residents to have vegetable gardens and homeowners have objections to vegetable gardens (aesthetics, work involved, HOA restrictions, etc.) The inspiration to combine landscape design principles, appearance with functionality resulted in the "Edible Landscape" at the UF, IFAS Florida Partnership for Water, Agriculture and Community Sustainability (FPWACS); the objective being to create a demonstration that would appeal to homeowners, homeowner associations, landscape architects, installation companies, retailers and others.

Education Methods: The Florida Friendly Landscaping™ statewide office and, UF Landscape Architecture student, Jackie Rhea, created a plan that is aesthetically pleasing and is comprised entirely of edible plants. Examples of alternative growing systems include: vertical growing, floating hydroponics, espaliers, container gardens, and handicapped-accessible plantings, among others. This is an effective demonstration about how to incorporate the various growing methods within home landscapes. Something as simple as fruit trees in lieu of an ornamental trees or as esoteric as floating hydroponics are not only on display; the tour includes diagrams about how each system is constructed.

Results: Putnam County Master Gardeners created the displays and help to spread the word about the landscape and its various components. To date, several area landscape architects and HOA representatives have toured the edible landscape. The Florida Nursery, Grower and Landscape Association (FNGLA) as well as "Slow Foods First Coast" also have tours upcoming.

Conclusion: The application of edible landscapes has long been overlooked by most stakeholder groups. The Edible Landscape at FPWACS will serve as an effective example of how aesthetics can be combined with functionality to create landscapes that can be part of the sustainability puzzle.

PREPARING AN INFORMATION DISTRIBUTION PLATFORM TO INCLUDE AN EVOLVING KNOWLEDGE BASE FOR HYDRILLA MANAGEMENT

S. Hetrick¹, J. Bradshaw, J. Cuda, K. Gioeli, R. Hix, J. Shearer, W. Overholt, and J. Gillett-Kaufman. ¹University of Florida/IFAS Osceola County Extension, 1921 Kissimmee Valley Lane, Kissimmee, FL 34744

Situation: The invasive submersed aquatic weed, hydrilla (*Hydrilla verticillata*), causes serious environmental and economic impacts in Florida. Although the State spends over \$10 million each year managing hydrilla, many people are unaware of the cost to manage hydrilla and other aquatic weeds. The UF/IFAS Entomology and Nematology Department is spearheading the Hydrilla Integrated Pest Management (IPM) Project (2010-2014) to study new chemical and biological control methods as part of an overall hydrilla IPM plan. The objective is to create a more educated public that will help to prevent the spread of aquatic weeds to new areas and to influence resource managers to adopt new IPM strategies for managing hydrilla. **Education**

Methods: The main Extension component involves developing material that will help resource managers understand how new strategies can fit into a hydrilla IPM plan and implement a public information campaign. This aspect will be executed by county and state faculty. With input from an advisory committee and a stakeholder needs assessment, outreach strategies will be implemented. The information distribution platform will include field tours and demonstrations, educational publications and exhibits, promotional items, project website, and presentations at stakeholder and professional meetings. **Results:** This interdisciplinary program will provide Extension faculty with the tools to influence more diverse audiences focusing on new control measures to enhance IPM. By 2014 a finalized package will be available for delivery by county faculty in Florida and other states with hydrilla. **Conclusions:** Natural resource managers are seeking more cost effective and sustainable measures to prevent the spread of aquatic weeds to new areas and to utilize IPM strategies for managing hydrilla. Researchers are hopeful that new management tactics will and be incorporated into IPM programs, reducing costs and ultimately create more favorable recreational areas on lakes that have become almost unusable because of dense hydrilla infestations.

PIRATES AND WATER TREASURE – OPENING NIGHT AT THE SUMTER COUNTY FAIR. L. Singleton. 7620 SR 471, Ste. 2 Bushnell, FL 33513-8716

Situation: The county fair is an annual event in Sumter County attended by over twenty three thousand residents. The entrance hall showcases hundreds of 4-H Youth Exhibit entries, and provides a captive audience to engage young visitors with an interactive educational activity. A commitment to water conservation and an understanding of watersheds among our youth constituency is an ongoing objective; a draw to the Horticulture show is another desired outcome. The Master Gardener Horticulture exhibit hall is not well attended, and deserves a bigger audience. **Education Methods:** The 2011 fair theme was interpreted with a sea of blue, a pirate ship and tropical island exhibits. A “Treasure Hunt” activity was developed in partnership with Southwest Florida Water Management District targeting 4th to 7th graders. An extension agent dressed as a pirate engaged children in completing the treasure hunt by answering questions about water, showing a watershed model, and soliciting a commitment to water conservation. The completed treasure hunt could be exchanged for a 4” Rosemary plant in the Horticulture exhibit hall. **Results:** Twenty seven students were engaged in the Treasure Hunt activity; fourteen redeemed the treasure hunt record for the complementary Rosemary plant. All of the participants pledged to conserve water in some way and viewed a watershed model. Each learned eight water-related facts as well. **Conclusion:** The costumed agent was a simple and effective way to get students to stop and engage. “Where is the Pirate?” was heard on subsequent nights. The pirate was effective in getting 100% of the contacts to commit to a water conservation method in writing. The free rosemary plant was only a moderate draw to the Horticulture exhibit. Next year’s fair theme is a Jungle Safari: this agent will certainly be there to educate youth dressed in khaki shorts, boots and Safari hat.

Poster #22

LOCAL SEAFOOD CLASS. H. Abeels, E. Shephard, C. Sandoval, and J. Allen. UF/IFAS Brevard County Extension, 3695 Lake Drive, Cocoa, FL 32926 and Wild Ocean Seafood Market, 688 South Park Avenue, Titusville, FL 32796.

It is well known that the benefits of eating seafood outweigh the potential risks. These benefits include high levels omega-3 fatty acids and low levels of cholesterol and saturated fat found in many fish species. Many community members still don't know where to buy fresh local seafood or the types of local seafood that are available to them. They are also not knowledgeable about the fisheries themselves and the level of sustainability in fisheries overall. The goal of this program is to increase participants' knowledge of local seafood products and the benefits of buying and consuming local seafood. Participants' will increase their knowledge of fisheries and sustainability within fisheries. Two 2-hour classes were held on August 14th and December 8th and included content on sustainability of fisheries, what seafood is found locally and the benefits of buying local seafood, health benefits of eating seafood, recipes, cooking demonstrations, and tasting of local seafood. A partnership was created with Wild Ocean Seafood Market, a local market that has provided local, wild-caught seafood on the Florida coast for over four generations, in order to provide information on seafood found locally and tasting of local seafood. As a result of this class, participants feel more confident about purchasing and cooking seafood and they increased their consumption of seafood per week. Participants also increased their knowledge after the class by 56% (pre/post test, Turningpoint Technology). The long-range impact of this program is to increase knowledge of local seafood products and the benefits of buying local, which will support the local economy and increase local revenue. Another impact is to increase knowledge of benefits of eating seafood, which will result in increased health overall.

INCREASING AWARENESS OF EXTENSION PROGRAMS THROUGH FLORIDA-FRIENDLY LIVING GREEN EXPO. J. Bradshaw, M. Bonsett, A. Duncan and M. Lenhardt. Citrus County Extension, 3650 W Sovereign Path, Lecanto, FL 34465.

1) Situation: Research indicates that 66.6% of the sunshine state's residents were born outside of Florida. Newcomers to Florida are often unfamiliar with Florida's uniquely sensitive ecosystems, which can lead to waste or misuse of natural resources as a result of implementing unsuitable living practices. In an effort to effect practice change, a Florida-Friendly Living Green Expo was launched. Objectives were to: showcase Florida-Friendly maintenance strategies to save money while protecting the environment, and increase awareness of UF/IFAS Citrus County Extension as a reliable information source. **2) Education Methods:** Citrus County Extension hosted a Florida-Friendly Living Green Expo in 2009 and 2010 consisting of 35 exhibitors each year with informational displays on cost effective conservation measures for inside and outside the home. Specifically, exhibits focused on methods of conserving and protecting water quality, pollution prevention, energy conservation, Florida-friendly landscaping practices, home composting, and recycling. All Extension program areas (FCS, Horticulture, FFL, Natural Resources and 4-H) were represented, as well as five Citrus County Departments (Libraries, Water Resources, Tourism, Transportation, Solid Waste Management) and 16 local green businesses. Special events at the expo included a commemorative tree planting, butterfly and lady bug releases, pervious concrete demonstrations, tours of the Florida Friendly Landscape demonstration garden and a hybrid automobile show. **3) Results:** A total of 968 people attended the events and 248 program evaluations were completed. Data indicated that 32.6% were first time attendees of UF/IFAS Citrus County Extension programs, while 67.3% had previously participated in Extension programs. Seventy-eight percent of the program participants rated the Green Expo as excellent and planned to contact Extension in the future for additional Florida-Friendly living information. **4) Conclusion:** Increased public awareness of Extension as a valuable source of University of Florida research-based information, as well as strengthened partnerships with County departments and local green businesses, giving rise to additional collaborative educational programs and grant-funded joint ventures.

SUSTAINABLE FLORIDIANS MASTER VOLUNTEER PILOT PROGRAM J. Linhoss, K. Ziewitz, W. MacLeod, H. Knowles, J. Kipp, and V. Linkous. UF IFAS Marion County Extension, 2232 NE Jacksonville Rd, Ocala, FL 34470

Situation: Marion County's population is expected to increase from 340,000 to anywhere from 500,000 to 650,000 people over the next 25 years. With this projected population increase comes increasing demands for water, electricity, and other natural resources. In light of the growing demand for resources in Marion County and the state of Florida, the Sustainable Floridians Master Volunteer Program was created by UF IFAS Extension specialists and county Extension agents to motivate participants to implement conservation and efficiency actions that save resources and money. The program uses a peer-reviewed, Florida oriented curriculum to educate and motivate participants as Sustainable Floridian volunteers. The program was piloted in Marion County in October and November 2010. The program objectives were: 1) to graduate 10 volunteers from the program, 2) to increase knowledge regarding various water and energy saving behaviors, 3) to promote adoption of water and energy-saving behaviors, and 4) to facilitate participants' efforts in a group service project.

Educational Methods: A one hour informational session and six two hour classes were held at the On Top of the World Community. Classes employed a mixture of PowerPoint presentations, discussions, on-line activities, group exercises, and out-of-class readings and homework.

Results/Findings: Eleven participants completed the course work and were certified as Sustainable Floridian Master Volunteers. A pre and post-test survey indicated that 60% of participants showed an increase in knowledge in energy and water topics, while 100% reported engaging in a new energy or water conservation behavior during the course. Participants also completed a group project, which included starting an environmental group called "The Green Team of Ocala."

Conclusions: Results from the pilot project indicate that it was very successful in Marion County. Knowledge increased and behaviors changed, but, most importantly, the program created a core group of highly motivated volunteers that are invested in Extension and the future success of the Sustainable Floridians Master Volunteer program.

HEALTHY, LOCAL AND COMPOSTABLE – SUMTER COUNTY LISTENING SESSION; WE PRACTICE WHAT WE PREACH. J. Davis, G. England, S. Hensley, S. Kelly, M. Maddox, B. Moffis, L. Singleton, 7620 SR 471., Ste. 2, Bushnell, FL 33513-8716

Situation/Objective: Extension programs often conflict with our mission to promote healthy and sustainable living. Frequently we serve a warehouse store's cellophane packaged and preservative-filled pastry with a plastic plate and utensils. Conversely, sending the right message about sustainability can be done simply and cost effectively. As educators, we can model for our constituents by providing healthy refreshments produced locally, and served without the use of petrochemical throwaways, and encourage new habits of composting. Sumter County Extension Office faculty aspired for advisory committee members to gain knowledge in simple sustainability practices by witnessing the modeling of sustainability practices at our long range planning. Furthermore, at least 50% of attendees were expected to utilize our composting area and gain knowledge in the ease of and feasibility of utilizing compostable materials.

Educational Methods: The listening session on March 3, 2011 was attended by 39 advisory committee members, guests, and nine faculty. Refreshments were produced locally. Compostable service ware included cups, plates, napkins and cutlery. Menu cards were displayed by each food item with an enticing description and noting the local producer. Guests were encouraged to enjoy the food and discard the compostable waste in a large dedicated bucket. A small container labeled "Landfill Waste" was also provided for the non-compostable coffee creamer containers and sweetener packets. **Results/Conclusion:** As a result of modeling sustainable practices positive comments were made by attendees concerning appropriateness and importance of the healthy local food, and compostable service ware. Ninety percent of waste was disposed of properly. Only 8% of plates used were found in the trash, and five articles were errantly placed in the compost bucket. The awareness of sustainability and knowledge gained was evident as verified by observation. Compostable service ware cost \$0.58 per person. Total cost of \$3.50 was spent for food and service ware per person. Donated food items included the goat cheese and wild game sausage. With thought, planning and a small additional expense, extension programs can be consistent with our mission and offer local, healthy refreshments served sustainably. As a result of our success we desire that other agents will strive to "practice what we preach" when providing programming.

AN INTERDISCIPLINARY APPROACH TO IMPLEMENTING 'GREEN LIVING'

EXTENSION PROGRAMS. S. Taylor, M. Lenhardt, J. Bradshaw. Hernando County Extension, 1653 Blaise Dr. Brooksville, FL 34601.

1) Situation: Despite the growing recognition of the importance of sustainable practices, there is a reluctance to implement change. The false perception of cost remains prevalent among builders and residents of communities. Affordability has wrongly become a limiting factor to mainstreaming many green building practices, as such, the benefits of more efficient utilization of natural resources is overlooked. The Resource Conservation = \$\$ Conservation is designed to showcase the economic value of incorporating simple, sustainable design, behaviors, and strategies inside and outside the home. The objective of this program is to incorporate the expertise from multiple Extension disciplines to: (1) increase awareness of the cost effective value of green living practices and to (2) increase the number of residents and builders implementing these practices. **2) Educational Methods:** The Resource Conservation = \$\$ Conservation educational program is being developed through the Family and Consumer Science Program of Hernando County and the Horticulture Program of Citrus County Extension Services, blending cost effective Florida-friendly maintenance design and strategies inside and outside the home. This multi-county interdisciplinary program is based on the premise that minimal increases in upfront costs of approximately 2% to support green design will, on average, result in average savings of 20% of total construction costs over the lifetime of the home. This savings is more than ten times the initial investment. **3) Results:** This interdisciplinary program will grant Extension the opportunity to influence more diverse audiences and impart a more holistic approach to cost effective green living practices. Because of the broad appeal and implication of this program, a variety of materials will be developed for a number of target audiences including local builder associations, landscape professionals, home owner associations, utility providers, financial managers and the general public. **4) Conclusions.** With the downturn of the economy, consumers are paying more attention to how they spend their household funds. Awareness of the low initial cost of initiating green practices coupled with the long-term financial benefits (including reduced energy and water use and reduced operating costs) will ensure that green practices are implemented and natural resources are conserved.

ESTABLISHING A NEW RELATIONSHIP TO PROVIDE EDUCATION TO LOCAL WORK SEEKERS S. Taylor, University of Florida IFAS, Hernando County Extension, 1653 Blaise Dr, Brooksville, Fl 34601

One of the primary goals of Family and Consumer Sciences (FCS) in Hernando County is providing financial education to increase the basic money management skills of residents in Hernando County. FCS is able to achieve this through offering various money management programs at the local libraries, as on-site “lunch and learn” programs, and as Extension Office classes offered throughout the year.

However, it has been a struggle to reach many of the hardest hit residents; those who have lost their jobs and are actively seeking employment opportunities through Career Central and other job assistance organizations. To reach this audience, FCS has developed and presents a comprehensive program on goal setting, budgeting, and credit and debt management each week to the Welfare Transition Program participants. By collaborating with Career Central, FCS accesses the audience that can most benefit from the information being presented, while Career Central gets research-based educational materials presented by a knowledgeable professional educator. Career Central reproduces all of the materials needed each week, while FCS provides the educational content. Thus it is beneficial to both organizations, as both are striving to provide beneficial, possibly life-altering, materials to residents within the scope of ever-challenging budgetary constraints.

This type of collaboration allows organizations like Career Central and FCS the opportunity to reach and influence a greater number of residents while working to further the professional field of Family and Consumer Sciences.

EXTENSION LIFESTYLE INTERVENTION PROJECT (E-FLIP): A RESEARCH PARTNERSHIP PROVIDING WEIGHT MANAGEMENT RESOURCES FOR RURAL COMMUNITIES. M. Bonsett. 3650 W Sovereign Path, Suite 1, Lecanto, FL 34461

Situation: Nationally, nearly 32% of children between 2 and 19 years old are above the 85th percentile of Body Mass Index (BMI) for their age. Almost 17% of children in this same age range are at or above the 95th percentile and considered obese. Children who are obese are at a greater risk for the following: Type 2 Diabetes, impaired glucose functioning, metabolic syndrome, high blood pressure, impaired quality of life, and lower self-esteem. Studies indicate that children from rural areas have higher rates of obesity than children from non-rural areas. This being the case, E-FLIP is designed to help children 8-12 years of age and their parents in rural communities like Citrus County, to improve their diet, physical activity, as well as promote better self-image and better weight management. **Objectives:** Families participating in the E-FLIP program will set goals to (1) increase their steps to 3,000 steps per day by the end of the program (2) decrease the number of red foods (foods high in fat or sugar) that they consume to no more than 2-3/day. **Educational Methods:** This agent served as a co-leader for the parent behavioral group, which is a joint effort between the researchers at the Health Science Center and UF/IFAS Extension. The no-cost program helps families work together to learn how to manage real-life problems and make gradual lifestyle changes. The parent behavioral group uses guided discussion to teach nutrition concepts. **Results:** Participants received a comprehensive assessment before beginning treatment and then received a post-assessment after the year-long treatment ended (21 sessions). Thirty-two of the thirty-five families who started the program completed the post-assessments. Complete evaluation of the results is expected in August 2012. Another wave of this study began in March 2011. **Conclusions:** The UF/IFAS Extension and UF Shands partnership supports research into the best treatment for childhood overweight and obesity while providing resources within Citrus County for rural families dealing with weight management issues. With the downturn in the economy and severe budget cuts in many local services, E-FLIP enhanced as well as increased public awareness of valuable programs offered by Extension.

CENTRAL FLORIDA FOOD PRESERVATION- A RENEWED DEMAND FOR PROGRAMMING. L. Duncan, and R. Law. 6021 South Conway Road, Orlando, FL 32812

1) Situation: Food Preservation was named the #1 Food Trend for 2011 by Food Network, and the demand for programming has increased. Many people have fears and misinformation regarding safe preservation methods. Participants say they want to preserve their own food “to save money, save food from their garden, be prepared for emergencies or control what they are eating.” Economic issues, food safety issues and health concerns have all contributed to the renewed demand.

Objectives

1. Participants will know the pros and cons of food preservation methods and use the information to make personal choices.
2. Participants who preserve food at home will know and follow USDA recommended practices.

2) Education Methods: Participating in “hands-on” experience helps participants gain confidence in food preservation procedures and can reduce the fear of the pressure canner and food borne illnesses. Methods include “hands-on” experiences, demonstrations, tv, newsletters and Facebook. Classes have been taught on Pressure Canning, Water Bath Canning, Freezing, and Drying. Classes promoting consumer choices have addressed canning and the use of dehydrated foods. TV segments have included making homemade strawberry freezer jam and one on overall food preservation methods. Updates and answers to consumer questions were posted to Facebook.

3) Results: Over 400 participants in Seminole, Orange and Osceola Counties have increased knowledge and aspire to use the information at home. Agents observe hands-on methods during class and take corrective action as needed..

4) Conclusion: By preserving local produce, participants may eat healthier foods by increasing the consumption of fruits and vegetables. With continued use, the cost of the equipment will cause the overall average cost of quality food to decrease. Having food available for emergencies provides food security during power outages.

SCHOOL GARDEN-BASED YOUTH NUTRITION EDUCATION. A. Petersen. University of Florida IFAS Orange County Extension, 6021 South Conway Road, Orlando, Florida 32812.

Situation: With nearly 40 percent of youth in the United States being overweight or obese their health and nutritional intake continues to be a national priority. Given the current situation nutrition professionals continue to seek innovative and effective approaches that make a direct positive impact on the health and dietary intake of children.

Objective: Coupling gardening and nutrition in a “garden-based nutrition education” approach students are given an ideal experiential learning environment to encourage positive change in dietary and physical activity behaviors.

Target Audience: 3rd, 4th, and 5th grade students participating in the Family Nutrition Program (SNAP-Ed).

Methods: As part of a 12 lesson series, school gardening and nutrition education lessons are integrated to provide students with increased knowledge of growing vegetables in Florida, harvesting produce, the nutritional value of fresh vegetables and fruits, preparing healthy meals and snacks, food safety and hand washing, and MyPyramid food groups and physical activity guidelines.

Evaluation: Evaluation of knowledge and behavior change will be conducted by administering a retrospective (post-then-pre) evaluation at the end of the 12 lesson garden-based nutrition education series (May 2011).

Conclusion: Garden-based nutrition education gives youth the opportunity to experience growing and learning about healthy foods and to transfer that knowledge into changes in behavior that positively affect their overall health. In addition research suggests that garden-based nutrition education improves overall academic achievement and improves social skills, self confidence, and leadership of participating youth.

NUTRITION AND COOKING SUMMER DAY CAMPS FOR ORANGE COUNTY YOUTH. L. Duncan, M. Kennington, and A. Petersen. University of Florida IFAS Orange County Extension, 6021 South Conway Road, Orlando, Florida 32812.

Situation: Youth need a safe and productive environment to help them develop practical life skills. Family stress, varied schedules, and mass use of technology have all reduced youth exposure to practical skills in communication, nutrition, and daily living.

Objective: Youth will develop and practice basic life skills from all disciplines of Family and Consumer Sciences, including food and nutrition, human development, and resource management.

Educational Method: Summer day camps utilized team teaching and the expertise of all 3 Orange County Family and Consumer Sciences Agents. Five summer camps were conducted at the Orange County Extension Education Center and the Union Park Neighborhood Center for Families. FCS Agents taught a total of 30 nutrition and cooking lessons to 86 youth. Lessons integrated food safety, food preparation, healthy recipes, and etiquette.

Results: 20 youth tried new foods and scored them according to like or dislike. Of those, 100% reported trying a new food. Three parents reported that after attending the camp their child made at least one of the snacks at home within the first week. Two youth participants volunteered to teach information from the lessons to a group of their peers. They planned a menu, lead an instructional activity using place setting posters, conducted a role play on “what not to do at the table” and explained proper etiquette. Two participants accepted positions on the FCS Advisory Committee as youth representatives.

Conclusion: Youth can use practical communication skills and etiquette to increase their leadership abilities. Peer to peer education among youth can build confidence in communication and educational impact. Food preparation and nutrition knowledge can be used to benefit the health and well being of youth and their families.

WATER AND AIR SAFETY IN YOUR HOME, Kennington, M.S., Mudge, D.M.
Orange County/University of Florida Extension, 6021 South Conway Road, Orlando, FL 32812

Situation: Indoor air quality and drinking water safety are of huge importance to families. What a person does in and around the home can affect drinking water and the quality of indoor air. Every home has potential sources of toxins that can have a negative impact on health and the environment. Yet the average person does not know basic health precautions related to water pollution and airborne illness. To address this situation, Orange County Extension Agents Dennis Mudge and Mary Sue Kennington teamed together to teach a 2-hour workshop, *Water and Air Safety In Your Home*, utilizing research materials from Florida Home-A-Syst and National Healthy Homes Partnership. The goal was to help individuals identify environmental or behavioral risks that could contaminate drinking well or surface waters and indoor air. **Objectives:** Increase participants' knowledge, participants' confidence in taking preventive health actions, and participants' awareness of specific contaminants in or around the home. **Educational Method:** Taught five classes at several geographic locations. This included a partnership with the Orange County Public Library, who helped market the program and provided community based facilities. Instruction was team teaching with one home economist teaching indoor air quality and a natural resources agent teaching water quality. Participants took pre and post exams and participated in a drinking water experiential learning activity. **Results:** Participants exhibited a 15% increase in knowledge concerning water contaminants, a 90% knowledge increase about indoor air contaminants, and an 85% increase in confidence for handling their own water/air issues. Participants showed a 20% increase in knowledge of specific water contaminants. All participants indicated they regularly purchased bottled waters or water purifiers. 90% of these people learned they had made these purchases needlessly. **Conclusion:** By increasing their knowledge of indoor air quality and safe drinking water, participants received tremendous peace of mind knowing their family members are more safe.

MY PIZZA COSTS WHAT? J. England, UF/IFAS Lake County Extension, 1951 Woodlea Road, Tavares, Florida, 32778.

According to Capital One's 2009 survey of high school seniors, over one-third of the students (33.8%) said that they were either unsure or unprepared to manage their own banking and personal finances. This lack of competence and/or confidence can lead to financial difficulties in college and adulthood. The "My Pizza Cost What?" financial education program was developed for high school mathematics classes in Lake County at the request of the high school mathematics curriculum specialist. The specialist sought additional content and outside speakers for a newly created financial mathematics curriculum. The "My Pizza Cost What?" program is highly interactive and requires students to calculate the cost of a pizza using four methods (cash, credit, ATM withdrawal, payday loan). Scenarios were presented that required additional charges and fees for their purchase. Five "My Pizza Cost What?" programs were conducted in 2010 for 101 students in five Lake County financial mathematics classes at two high schools. End of program results (n = 59) showed 73% of students were surprised by how much a pizza would cost if they didn't have the cash on hand to pay for it. Pre/post test evaluation demonstrated that 73% of participants learned how much it costs to get money through a payday loan; 53% learned how to read a bank fee disclosure sheet; 69% learned what a default rate is on a credit card and 20% learned how to determine fees charged on a credit card statement. The presentation provided a real world example using a common purchase. This important concept reinforced information learned in the classroom on spending decisions made daily.

KEEPING THE PRESSURE DOWN – PUTNAM COUNTY. W. Lynch. 111 Yelvington Road, East Palatka, FL 32131.

Putnam County has the second highest percentage (15%) of adults in Florida having had a heart attack, angina, or coronary heart disease (FloridaCHARTS, 2007). Additionally, 30.2% of Putnam adults are current smokers, 33.3% are overweight, 31.5% are obese and almost 80% of adults do not meet vigorous physical activity recommendations. Over one third of adults have been diagnosed with hypertension (FloridaCHARTS, 2009). The Keeping the Pressure Down program targets individuals with hypertension or those considered high risk for hypertension.

Results were measured using a post program evaluation designed to measure perceived knowledge gained and self-reported behavior changes. Program objectives include increased knowledge of heart healthy behaviors, intention to implement heart healthy behavior changes and those indicating hypertension pre-program will report a decrease in blood pressure at the end of the eight lesson program.

Each lesson was presented to St. Johns River Water Management District (SJRWMD) employees through direct education: lecture with visuals, multi-media presentation, and hands-on activities. Each class was presented “live” in Putnam County and streamed online to five cities in Florida including Altamonte Springs, Apopka, Jacksonville, Palm Bay, and Sunnyhill. Lessons were also recorded and made available on the SJRWMD human resources website.

Post program evaluations returned (30), 90% of participants increased their knowledge of risk factors for high blood pressure, choosing healthful menu items when eating out, using food labels to make healthful choices, and heart healthy recipes. 93% reported making behavior changes including decreased fat and sodium intake, increasing fruit and vegetable consumption, as well as, physical activity, and implementing heart healthy recipe modifications. Seven of the nine participants (78%) with pre-program high blood pressure reported a decrease in their blood pressure.

Based on the post-program evaluation, Keeping the Pressure Down is an effective program that leads to positive lifestyle behavior changes related to hypertension. Cardiovascular health Education needs to be a consistent focus for future programs in Putnam County to help reduce the number of individuals experiencing cardiovascular related health concerns.

REINFORCING ENGLISH LANGUAGE SKILLS THROUGH NUTRITION EDUCATION AMONG ESOL (English Speakers of Other languages) ADULTS. N. Grisel Negron 1921 Kissimmee Valley Lane, Kissimmee, FL 34744.

Osceola County has become very diverse in terms of language and cultures. There were 16.7% foreign born adults in 2000 in Florida, in Osceola the percentage of Foreign born is 19.5%. In 2000 in Florida 23.1% spoke a language other than English at home and in Osceola, 45.4% speak a language other than English. At the Adult Learning Center of Osceola (ALCO) where the educational program has been taking place, the student population is 73% Spanish speakers, 14% Haitian Creole speakers and 13% speak other languages from Middle eastern countries, Europe and Asia. Students attending ALCO are there to learn English and to get their GED in order to have the skills to be more competitive in the job market. **Objectives:** (1) To educate adults on basic food and nutrition concepts and skills and (2) To increase health literacy and basic listening, reading, writing, and speaking skills. **Methods:** Five- one hour classes were conducted about basic nutrition concepts (food groups, nutrients in food, reading labels, food safety practices and making healthy choices). Classes were conducted via experiential learning and hand on activities. **Results:** In total 90 adults participated. 50% of participants increased their knowledge by 80%. 67% of participants indicated that they will adopt five to eight of the recommended behavior changes (i.e. eating breakfast, vegetables, fruits and dairies, engaging in physical activity, planning meals, reading food labels and following food safety practices) while 33% indicated that they will adopt one to four of the recommended behavior changes. **Conclusion:** Nutrition education with ESOL students has a dual benefit. In addition to learning skills and concepts for better health for themselves and their families, they are also learning functional skills in English that could make them even more marketable in the food industry for example.

TEAM BUILDING AND DIVERSITY AWARENESS THROUGH FOOD AWARENESS.

N. G. Negron, E. Foerste, S. Hetrick, J. Sullivan, K. Miliffe, J. Borgman, M. B. Salisbury, L. Royer, R. Bateman and J. Pelham. 1921 Kissimmee Valley Lane, Kissimmee, FL 34744.

Behind every successful organization, you will find good, hardworking and dedicated team members. Conducting educational programs within a team approach helps develop communication, individual and leadership skills. Working in teams improves the understanding of others work, ensures increased productivity, efficiency and competence. In addition, when an organization value cultural and social differences it promotes the ability to tackle barriers, clearly defined goals and objectives, and better understanding of processes and procedures for the “team culture” and clientele. **Objectives:** (1) To provide opportunities for diverse educational programs where a number of Extension staff work as a team. (2) To increase the awareness of cultural and social differences among staff and Extension clientele through food awareness educational programs. **Methods:** Four educational program series were conducted by Extension staff working as a team; 1) Hispanic/Caribbean food awareness 2) Breakfast around the World 3) Summer Sizzling Program and 4) Nutrition and Gardening. Educational programs were conducted in a series format through experiential learning, food handling and food sampling. Two educational programs included outdoor activities. **Results:** All Extension staff, para-professional, Master Gardener volunteers and other volunteers participated in one or more programs. A total of 868 youth participated. Staff learned about food differences among one of the growing minorities in the County, Hispanics/Caribbean. Youth learned about different kind of breakfast foods in different countries, spending money wisely on food, portion control and the impact of fat in the body, kitchen basics, preparing healthy snacks, farming and processing food and growing vegetables among other topics. **Conclusion:** Educational programs that have staff working as a team is a win-win situation for everyone; staff and participants. As a result of the program, staff has better understanding of each other’s work style and expertise, and participants have a more inclusive understanding of Extension capacity of services.

UF's PHARM D CANDIDATES SPREAD THE EXTENSION MESSAGE IN OSCEOLA COUNTY. M. B. Salisbury 1921 Kissimmee Valley Lane, Kissimmee, FL 34744

1) Situation/problem and Objectives: There are not enough preceptors in the area of community health to meet the demands of the College of Pharmacy at UF. Cooperative Extension Service offices are in need of additional faculty. Teaming the two needs together has identified the following objectives. College of Pharmacy Pharm D Candidates: 1. will assist in marketing local Extension Service offices. 2) will learn to communicate with clients. 3) will experience community health education through the assistance of Extension Services faculty, thus enriching the rotational experience.

2) Education Methods/procedure/approach: Pharm D. Candidates are provided an orientation regarding Extension and its mission, and the Osceola County experience is discussed. Interns must select three topics that will be developed into one hour presentations including handouts, and evaluations. Options are provided to educate interns regarding health care and medical issues in Osceola County. These include working for one day at the Health Department (to learn about indigent care), Council on Aging (to learn about those without health care coverage suffering from chronic diseases), a formulary drug store (to make compound medications), the jail (to learn how health care is managed for inmates), to a mental health facility (to experience the effects of costs and the economy on mental health), television segment, Celebration Health pharmacy experience (fully automated pharmacy), Cardiac Care Unit (the newest research in cardiac care) and to experience county government first hand.

3) Results/findings/product: Since 2004 this faculty has served as a preceptor for twenty-two Pharm D Candidates and has had 66 presentations created or revised. 100% indicated they had learned about the Extension Service and would refer future clients. 100% produced one hour presentations that were rated as Excellent or Very Good by all attendees. 94% learned about dealing with clients that had limited or no health care. 98% indicated they had a higher regard for county government and its employees. 94% indicated it was the best rotation they experienced and that it taught skills that you do not learn in a classroom.

4) Conclusion: Taking the time to supervise can be rewarding for both the preceptor and the Pharm D Candidates. Interns will assist us in getting the message out regarding the mission of Extension. It is an experience that should be offered at more Extension offices.

EXPANDING EXTENSION'S OUTREACH: MONEY MANAGEMENT TRAINING FOR REENTRY AND TRANSITION PROGRAMS IN CORRECTIONAL INSTITUTIONS. L. Spence. Marion County Extension Service. 2232 Jacksonville Road, Ocala, FL 34470

1) Situation: Decision making is a skill we develop and fine tune over a period of time. We make numerous financial decisions on a daily, weekly, monthly, and yearly basis. As earners, we decide what, when, and how bills get paid. As consumers, we use our resources to purchase the goods and services we select. As donors, we choose which organizations we wish to contribute to. In essence, we have the freedom to use our money how we choose. While incarcerated, offenders rarely make decisions. As their date for release approaches, they are eager to make their own decisions. With few skills and little support on the outside, apprehension mounts. Through education, reintegrating offenders learn the value of planning and financial decision making. Money management knowledge informs and potentially instills positive financial behaviors and contributes to the success of the transitioning offender. **2) Educational methods/Approach:** Offenders participate in a four week Financial Management Short Course. Topics include financial decision making, developing a budget, understanding credit reports and credit scores, and saving strategies. A pre test and post test measure knowledge gain and intent to carry out positive financial practices. A follow up evaluation indicates the degree to which the program content is adopted. **3) Findings:** Findings indicate participation in the four week financial management short course increases financial confidence and contributes to a successful reintegration into society. **4) Implications:** Financial management education was well received by the target and the administrators. This partnership presents an optimal opportunity to offer multiple disciplinary Extension programming to this target audience with unique needs. A community partnership between Extension and Transition and Reentry programs strengthens communities and expands the outreach of the Extension Services.

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Resources for CEDs and Faculty