



**Central District
2012 Extension Faculty Symposium**

PROGRAM AND ABSTRACTS

**26 April, 2012
Sumter County Extension, Bushnell, FL**

**Program and Abstracts
University of Florida, IFAS Extension
Central District Extension Faculty Symposium, 26 April 2012**



Central District Extension Symposium
April 26, 2012
West Central Florida Agricultural Education Center
Bushnell, Florida

9:30 AM	Registration
10:00 AM	Welcome - Bradley Arnold, Sumter County Administrator Dr. Tim Momol – Central District Update
10:20 AM	Dr. Tom Obreza –IFAS Update
10:30 AM	Dr. Ruth Borger – IFAS Communication and Marketing Plan and Training Opportunities
11:00 AM	Liz Felter – Understanding Brand Value: Lessons Learned from the Copernicus Study
11:30 AM	Dr. Mike Spranger, Science-Based Unbiased Education vs. Advocacy
Noon	Lunch, visit posters
1:30 PM	4-H Annual National Conference Update – Martha Maddox, Judy Butterfield
1:45 PM	John Linhoss – Blog and Online Module
2:05 PM	Judy Ludlow and Les Harrison – SMS
2:35 PM	David Holmes and Liz Felter – Faculty Senate Report Susan Kelly – IFAS Assembly
2:55 PM	Subject Area Breakout Sessions
3:45 PM	Poster Awards
4:00 PM	Adjourn – Have a Safe Trip Home!



APRIL 26, 2012
CENTRAL DISTRICT SYMPOSIUM
LUNCH MENU

FIRST COURSE

Mixed Green Salad with Local Tomatoes, Cucumber and Local Honey Vinaigrette

SECOND COURSE

Grilled BBQ Chicken with Local Honey Roasted Sweet Potatoes

DESSERT

Homemade Ice Cream and Local Berries

Big Wheel Provisions is a boutique catering and charcuterie company with a focus on locally sourced food. With food handmade in small batches, Big Wheel Provisions brings Central Florida custom, boutique catering, seasonal grocery provisions and the multi-award winning Big Wheel Food Truck. Local is lovely!



Tony Adams

tony@bigwheelprovisions.com

Owner and Head Chef

Shaina Anderson

shaina@bigwheelprovisions.com

Operations

Homemade Ice Cream

by Roger and Johanna Jones of Roanna Farm

Come outside at lunch time to see the ice cream being made in a churn powered by a John Deere Model E Hit and Miss Engine built 1918-1920. The engine has a water cooled gas motor with a low pulse magneto oil slinger. The ice cream is an Amish

recipe made of whole milk, cream, sugar, vanilla and dehydrated egg. The Jones' are retired farmers from a registered Holstein dairy in Ohio and dedicated Sumter County Master Gardeners.



THANK YOU!

IFAS Extension Bookstore – Jenny Mooney

Florida MarketMaker – Adrian Jahna

Putnam County Extension – Poster Display Storage

UF/IFAS Suwannee County Extension – Cut Flowers

Subject Area Breakout Sessions

2:55 – 3:45 PM

4-H – Dining Room

Judy Butterfield, Facilitator

Family and Consumer Sciences – Fair Meeting Room

Nancy Gal, Facilitator

Horticulture – Expo Hall 6

Norma Samuel, Facilitator

Agriculture – Expo Hall 5

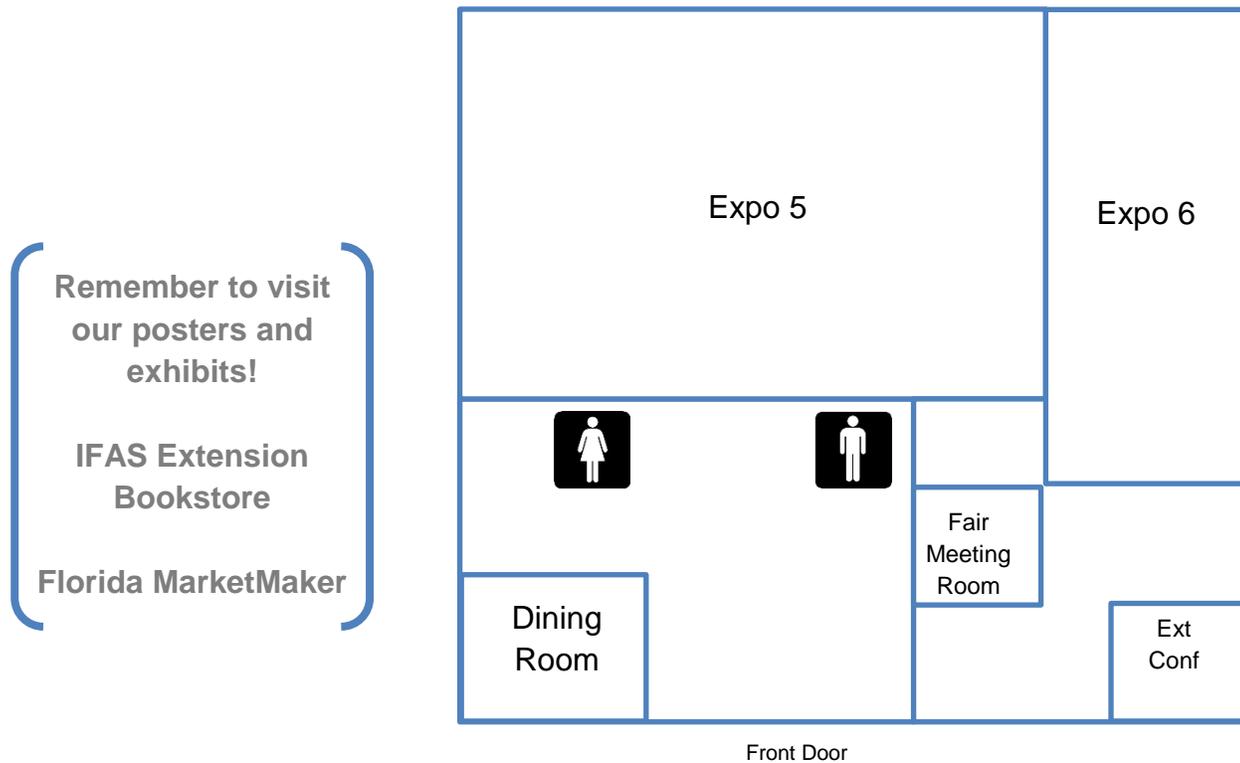
Stacy Strickland, Facilitator

Natural Resources – Expo Hall 5

Maia McGuire, Facilitator

Community Development – Extension Conference Room

Susan Kelly, Facilitator



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Thank You to UF/IFAS Sumter County Extension Faculty and Staff

Martha Maddox and Lloyd Singleton – Food Arrangements
Sarah Hensley and Susan Kelly – Registration
Brooke Moffis and Jim Davis – Poster Session
Cami Esmel – Decorations
Lloyd Singleton - Evaluation
DarLinda Duteau, Donna Lester, Kimber Sarver, Dale Wallace,
Ted Maurer and Susan League

Special Thanks to Dr. Tim Momol and Nikki Wilson!

EDUCATIONAL CAMPAIGN IMPLEMENTATION: IPM STRATEGIES FOR HYDRILLA MANAGEMENT.

J. Bradshaw, UF/IFAS Citrus County Extension; J. Cuda, UF/IFAS Entomology and Nematology Department; K. Gioeli, UF/IFAS St. Lucie County Extension; and J. Gillett-Kaufman, UF/IFAS Entomology and Nematology Department.

Situation: Hydrilla (*Hydrilla verticillata*) is an invasive aquatic weed that is costly to manage in Florida. Thanks to a 4-year grant from the USDA National Institute of Food and Agriculture, UF/IFAS research and extension faculty, FAMU faculty and an ARMY Corps researcher are studying new chemical and biological control methods that will all become part of an overall hydrilla integrated pest management (IPM) plan. This plan includes transferring the information to stakeholders. The goal of this project is to increase stakeholder awareness of research-based information regarding the potential of the beneficial hydrilla miner and other sustainable strategies for managing hydrilla. **Methods:** Materials have been developed to help resource managers understand how new strategies for managing hydrilla fit into a hydrilla IPM plan. The information distribution platform to date includes educational publications and exhibits, promotional items, a project website, and presentations at professional and stakeholder meetings. **Results:** An electronic survey was used to determine hydrilla stakeholder perceptions and preferred information delivery methods. 541 stakeholders completed the survey. Responses indicated that the internet, boat ramp signs, the Florida Fish and Wildlife Conservation Commission, and Extension Offices in Florida were the preferred outlets for stakeholders to receive information. Extension faculty developed several promotional items including: 10,000 1-yd Vinyl Fishing Rulers, 70,000 6-in Rulers/Bookmarks, and 17,000 web cards for distribution to Extension offices and collaborators. A web portal was developed and 6,694 hits were recorded in 2011. **Conclusions:** The project website and promotional items will reach a large number of clientele and allow us to quickly deliver the IPM plan. By 2014, new tactics such as the hydrilla miner will be incorporated into hydrilla IPM programs throughout Florida. These tactics will be showcased at field tours and demonstrations sites in partnership with County Extension and local water management agencies.

FARM ENERGY OPTIONS: NEW WAYS TO POWER YOUR FARM.

J. Linhoss, UF/IFAS Marion County Extension, Ocala, FL.

Situation: Average Florida retail residential electricity rates have increased from \$0.08/kWh in 2008 to over \$0.12/kWh in 2012 – an increase of 50%. Electricity rates have increased significantly in the commercial and industrial sectors, as well. As electricity prices continue to increase, there is an opportunity for Extension to provide energy programming to a variety of audiences. Traditional energy-related Extension programming in Marion County has focused primarily on homeowners. The “Farm Energy Options” program was developed with the local agricultural community in mind and, therefore, provided information on energy topics applicable to farm operations. Topics included energy conservation, energy efficiency, renewable energy, and grant opportunities. **Methods:** One, three-hour workshop was held at the UF/IFAS Marion County Extension office. Presentations were given by local energy experts, which included a local solar contractor, a USDA Rural Development Energy Coordinator, an LED lighting expert, and two Marion County Extension agents. Participants also had the opportunity to learn about more energy-related topics from the five vendors on hand. The cost of the program was \$10.00. **Results:** Sixty seven people attended the program. In a post workshop survey, no less than 65% of the participants indicated they learned “a lot” about LED lighting applications, solar PV and solar thermal, USDA energy grants, and energy efficiency upgrades. Participants also indicated a high likelihood of incorporating information learned at the program into their farming operations. **Conclusion:** As prices continue to rise, there is opportunity for collaboration among Extension agents and program areas to provide useful energy-related information to diverse audiences.

BIOENERGY, BIOFULES AND BIOMATERIALS FROM AGRICULTURAL WASTE.

Z. Tong, UF/IFAs, Dept. of Agricultural and Biological Engineering, and P. Pullammanappallil, UF/IFAS, Dept. of Agricultural and Biological Engineering, Gainesville, FL. 32601

Situation: Bioenergy, biofuels and bio-based products is a new extension program developed to meet the increasing demand for information on this state-of-the-art area. The US has mandated the production of 36 billion gallons of biofuels by 2022 and 60 billion gallons by 2030. As a sun paradise, Florida is an attractive state to new residents and tourists because of its environmental treasures such as attractive natural resources, conserved lands, natural water flow and wildlife. To continuously preserve unique environmental treasures, and meet the energy requirements of both current residences and coming generations in Florida, a long-term sustainable program, converting renewable waste to bioenergy, biofuels and bio-based products, has attracted a lot of interest from communities, universities and industries. However, most county faculties do not have adequate knowledge of the fundamental concepts and current developments of this state-of-the-art area. Therefore, this program aims to assist county faculty in learning about current processes and systems and the new technologies' developments in this area. **Methods:** One on-line in-service-training class has been held in the IFAS in-service-training program. The program includes a total of 7 sessions including bioenergy, biofuel and bio-based materials made from agricultural waste. Participants gained knowledge about fundamental processes, technologies and systems for the production of bioenergy, biofuels and biomaterials from agricultural wastes. **Current results:** The results of first two sessions showed a pre-test knowledge of 48 percent and a post test score of 80 percent, a 32 percent gain in knowledge. **Conclusion:** The information from this class is very important for county faculty or other interested state specialists to gain valuable knowledge about this state-of-art area. It is expected to be held in an annual basis.

FARM LABOR SUPERVISOR TRAINING PROGRAM.

Fritz M. Roka, Carlene Thissen, and Marcela Rice, UF/IFAS Southwest Florida Research & Education Center, and Cesar Asuaje, UF/IFAS Palm Beach County.

Situation: Farm Labor Contractors (FLCs) and supervisors (FLSs) are critical to Florida's specialty crops as they are responsible for hiring, recruiting, supervising, transporting, and/or housing migrant and seasonal farm workers. They are obliged to obey federal and state laws that protect farm workers, but, aside from an initial test to secure their FLC license, they have little formal training. The UF/IFAS FLS Training Program was designed to enhance knowledge and awareness among crew leaders, labor contractors, and farm supervisors of farm worker protection regulations. The program includes four core modules: Administration, Transporting and Housing Workers, Worker Safety, and Personnel Management. **Methods:** The program was offered three times over a two-day period during fall, 2010 in Immokalee, and five times in fall, 2011, in four locations: Balm, Belle Glade, Immokalee, and Arcadia. It was offered in both English and Spanish, with classes being held in separate rooms. In all sessions, IF/IFAS Extension Agents were involved in teaching parts of the course. **Results:** In 2010, 182 people attended at least one 4-hour unit, and 126 completed all four, earning a Certificate of Completion. In 2011, 178 people attended at least one unit and a total of 115 people completed the entire program. Preliminary discussions to increase participation among farm labor supervisors have focused on redesigning the program content into shorter, two-hour segments, thereby allowing increased flexibility to integrate the FLS Training program into ongoing county extension activities. Registration fees are being collected to compensate time and travel expenses of non-IFAS instructors. These funds would be directed to the programs of participating county faculty. **Conclusion:** Overall objectives for the FLS Core Training Program are being met with the training: to enhance professionalism of farm labor supervisors and achieve a higher rate of compliance with farm labor regulations so that the economic and physical well-being of farm workers is increased.

CISMA – A NETWORKING GROUP FORMED TO CONTROL INVASIVE PLANTS AND ANIMALS.

D. Mudge and M. Lollar, Orange/Seminole Counties, UF/IFAS Extension, Orlando and Sanford, Florida.

Situation/Objectives: Non-native invasive species cost land owners and tax payers millions of dollars annually in Florida. Pressure from numerous sources including agriculture caused legislation to form CISMA (Cooperative Invasive Species Management Areas) to address the problem. The Central Florida CISMA Steering Committee formed in 2008 bringing with it solutions as well as new problems. Extension Agent facilitation and participation began to address the objectives of invasive species management and public perceptions of the Agricultural Community. **Educational Method:** Two County Extension Agents were to join the Steering Committee and do “classic community resource development work” while networking with new audiences to address environmental issues. **Results:** Public environmental agency staff, private environmental concern groups, leaders from the farm industry, Disney, parks, private landowners, Deseret Ranch, and other interested parties, are now networking through cooperative educational programs, and addressing serious and potentially confrontational issues in a positive manner. The concerns of the committee have shifted from “blaming” agriculture and “criticizing” the County Extension Programs, to addressing the issues of invasive exotics on public lands. **Conclusion:** UF/IFAS Extension’s future depends, in part, on networking with environmentalist issue work groups which can become challenging. Extension Agents are still best at leading issue-based programming, especially when agriculture is threatened. One hundred and thirty three participants attended the 2011 Central Florida CISMA Aquatics Workshop with fifty one receiving Pesticide Applicator CEUs in six different categories. A \$1000 grant from U.S. Fish and Wildlife was awarded to the Central Florida CISMA in 2011.

LAKE COUNTY SMALL FARM SEMINAR SERIES.

M. Brew, UF/IFAS Lake County Extension, Tavares, FL.

Situation: The current economic climate has resulted in more Lake County land owners finding themselves unemployed, under employed or otherwise financially unstable. As a result more land owners are looking for opportunities to earn an income off their land. These potential farmers need training in proper production practices, marketing, and business management. **Methods:** The UF/IFAS Lake County Small Farm Seminar Series is a twelve part class that meets monthly at two local libraries. Each class is designed to introduce beginning farmers to a different aspect of small farm production while continually emphasizing marketing, risk management, and business planning. Topics include: pasture management, vegetable production, alternative agriculture, small flock management, and value added products. Extension agents from surrounding counties as well as state specialist were brought in to teach in their area of expertise. **Results:** After the first class (“Getting Started”), 87.5% of participants (n=29) indicated their intention to review financial risks prior to investing money in a farming or ranching business. In subsequent classes, an average 93% of participants reported learning something new and 91.5% indicated their intention to adopt a recommended management practice. Follow up interviews with individual participants revealed one woman who not only was able to develop a business plan based on the resources given her in a Small Farms Seminar, but also obtained financing (a 120k credit union loan) that had been denied to her prior to submitting a business plan. **Conclusion:** The UF/IFAS Small Farms Seminar Series serves as an excellent early intervention tool to help small farmers develop a positive relationship with their local Extension office, make sound financial decisions, and adopt recommended management practices.

AGRICULTURAL DIVERSITY KEY FOR LOCAL FARM SUSTAINABILITY.

S. Lands, UF/IFAS St. Johns County Extension, St. Augustine, FL and Dinkins, David UF/IFAS Tri-County Sustainable Agricultural Agent

Situation: A St. Johns County potato farming family was seeking alternatives to supplement their farm income. In the early 2000's due to cost of production and diminished returns on potatoes, the farm was converted to sod production. While this helped the farm to remain economically viable, the business experienced a significant decrease in income due to the depressed housing market and decline in the demand for sod after 2007. The farm was forced to diversify again, looking at alternative agriculture to keep the family farm sustainable. **Methods:** An Agri-tourism educational seminar was held at the Putnam County Agricultural Center. Participants were educated on marketing, event planning, event organization and county regulations. **Results:** The agents worked with a firm out of Utah, TheMAiZE, in developing the design on the farm. Sykes and Cooper Farm planted the maze, grew pumpkins and initiated the parks/picnic atmosphere for children and adults. The agents also secured an advertising package, in gratis, in a sponsorship from WQIK 99.9FM worth \$123,000.00. In a two year partnership with Sykes and Cooper Farms, over \$220,000 of total revenue was earned by the cooperating farm. Over 11,000 youth and 35,000 general public in the Tri-County area gained agricultural knowledge through workshops and events held at Sykes and Cooper farm. The educational events changed attitudes about agriculture in the SJC area and purchasing behavior in our local community and schools. Students received an education on what fruits and vegetables are available locally and how to look for them at the local supermarket. **Conclusion:** In a two-year partnership on the sorghum maze, the farm has seen over 35,000 general public and over 10,000 tri-county youth at the farm. Due to the partnership between IFAS and Sykes & Cooper Farms, the farm has been able to become sustainable once again.

GOOD NEIGHBOR PRACTICES (GNPS): INCREASING COMMUNICATION BETWEEN SCHOOL PERSONNEL AND NEIGHBORING LANDOWNERS.

S. Lands, UF/IFAS St. Johns County Extension, St. Augustine, FL; D. Dinkins UF/IFAS Tri-County Sustainable Agricultural Agent; J. Gillett-Kaufman, UF/IFAS, Entomology & Nematology Department, Gainesville, FL; and F. Oi, UF/IFAS, Entomology & Nematology Department, Gainesville, FL. .

Situation: The goal of the development of the Good Neighbor Practices (GNPs) Program is to reduce the risk of pesticide drift exposure for children at school and to increase communication between school personnel and neighboring agricultural landowners. Since urbanization has increased the number of schools in close proximity to agricultural lands, there have been several high profile reports concerning pesticide drift and school children. **Methods:** In this project we surveyed Florida schools and their neighboring agricultural landowners to determine and document if pesticide drift was perceived as a problem for the schools and how the distance between the schools and the agricultural operations affected this perception. We also documented what, if any GNPs were already being successfully employed. **Results:** Most of the responding schools were greater than 1 mile away from an agricultural operation and only 2 schools out of 727 schools that responded, reported pesticide drift as an issue with a neighbor. Both of the schools who had reported incidents suggested that they had a positive relationship with their neighboring farmers and were able to resolve the issues with little interference to school or agricultural activities. **Conclusion:** Our data are supported by the low number of complaints on a per capita basis received by Florida DACS pesticide surveillance. We developed a brochure based on the results to help schools develop a communication plan. It is designed for extension faculty to share with schools in their area to help schools prepare for the unlikely chance of a drift incidence; in 2011 every Florida Extension Office was given 100 brochures at EPAF. We believe that improving communication with neighbors can not only reduce the risk of drift related issues, but it can also improve the public perception of commercial agriculture.

MANURE MANAGEMENT SUMMIT,

J. Cohen, UF/IFAS Marion County Extension, Ocala, FL.

Situation: Marion County, “Horse Capital of the World”, is home to approximately 50,000 horses, residing on more than 1,000 farms; it is also home to the world’s largest first magnitude springs. The state of Florida has about 500,000 horses total and approximately 700 freshwater springs. To help protect the springs and aquifer from nitrate pollution, The Florida Department of Agriculture and Consumer Services (FDACS) produced the voluntary state equine Best Management Practices (BMP’s) Manual. Attendees to the Manure Management Summit were farm owners, managers, horse owners and local politicians. The objectives were to teach about the newly developed state equine BMP manual, create awareness and understanding of proper farm management practices, show where to get help and finally, to educate on the need for practice change implementation. **Methods:** The Manure Management Summit showed horse farm managers’ and owners the importance of proper management options and how legislation will potentially affect the farm. Local and state legislators, extension agents, a horse farm manager, a manure to energy owner and an FDACS employee all spoke at the Summit. **Results:** One hundred percent of the surveys returned (42) said that they learned much about the new FDACS equine manual. One hundred percent were also made more aware of BMP’s and stated that information learned would be shared with others. Surveys showed that one hundred percent received information concerning where to get help to benefit them with management practices and seventy–three percent said they would change to improved farm management techniques. **Conclusion:** The end results/impacts were for improved farm management practices coming from a greater BMP understanding, allowing for a decrease in nitrate levels which will help to protect the springs and aquifer in both the county and state.

THE PROCESS OF CURRICULUM DEVELOPMENT FOR WOMEN AND MONEY: UNIQUE ISSUES.

D. Douglas, UF/IFAS, Madison County Extension Services, Madison, FL, M. Gillen, UF/IFAS, Department of Family, Youth and Community Sciences, Gainesville, FL, and L. Spence, UF/IFAS, Marion County Extension Services, Ocala, FL.

Situation: The curriculum for Women and Money: Unique Issues encompasses financial management for women across the life-cycle and family transitions. At some point in their lives, women are likely to be solely responsible for financial decision making. This often results from circumstances unique to their respective situations, including divorce and widowhood. This curriculum educates participants to transition from the proverbial financial sidelines to primary decision makers. **Approach:** The state specialist and two county faculty collaborated to develop the curriculum. The collaboration between state and county faculty aids in the development of evidence based curriculum that is in line with the target audience's needs at the county level. The steps taken to develop the curriculum are outlined as follows: 1.) Complete research, review current literature and existing Extension publications and related curriculums from other states. 2. Identify and meet with potential partners. 3.) Work with IFAS communication to develop logo. 4.) Conduct focus group of county faculty to ascertain curriculum meets the need at county level and also hear feedback on logo. **Product:** The authors are developing fact sheets and modules (Power Points, speaker notes, worksheets, activities, and evaluations) covering life-cycle transitions such as children, divorce, remarriage, and widowhood. Each module will function as a standalone program enabling county faculty the option of condensing and adapting the modules to meet their county's programmatic needs. Examples of topics include money basics, breaks in work, planning for children's education, retirement, and investing. Women and Money: Unique Issues will be piloted to Annie's Project alumni. A second focus group of county faculty will follow the pilot. As a result of the suggestions, the curriculum will undergo final revisions. **Conclusion:** The authors' intent is to create a succinct, yet comprehensive curriculum for county faculty that informs and empowers women to make optimal financial decisions.

STRONGWOMEN HEALTHY HEARTS: REDUCING RISK OF HEART DISEASE THROUGH NUTRITION AND FITNESS EDUCATION.

W. Lynch, UF/IFAS Putnam County Extension, East Palatka, FL

Situation: In the United States, cardiovascular disease is the leading cause of death and disability for women which claims approximately 500,000 women's lives each year (American Heart Association Statistics Committee and Statistics Committee, 2007). Heart disease is the leading cause of death in Florida accounting for 20,013 female deaths in 2007 (American Heart Association). In Putnam County, heart disease is the second highest cause of death and accounted for 198 deaths (men and women) in 2010 (Florida Charts). **Methods:** The StrongWomen Healthy Hearts program is a cardiovascular disease prevention curriculum that aims to help women reduce the risk of heart disease through fitness and nutrition education. It is designed for women who currently get little to no exercise. Twenty-four classes, approximately one-hour each were held for twelve weeks. Each class consisted of two components: nutrition education and aerobic exercise. During the twelve weeks, participants learn about heart- healthy eating through direct instruction and hands-on cooking experiences, as well as participate in moderate to vigorous physical activity. Participants were evaluated by pre and post scores: body mass index (BMI), fruit and vegetable brief food frequency questionnaire, and an international physical activity questionnaire. The physical activity questionnaire will be calculated in metabolic equivalent (MET), a unit useful in describing energy expenditure of a specific activity. Research indicates that weekly activity in the range of 500 – 1,000 MET-minutes will produce substantial health benefits for adults. **Results:** Evaluation data is provided for 19 participants of the SWHH program. On average, participants reported consuming three extra servings of fruits and vegetables per day. They also increased activity level by 1,320 MET-minutes and reduced average daily sitting time by 47 minutes. Overall, class participants lost a total of 83.82 kg. **Conclusion:** The findings suggest that it is possible to facilitate meaningful behavior change in women during the 12-week program implementation. The program was effective in changing self-efficacy and several targeted behaviors.

TAKING CONTROL OF PERSONAL FINANCES THROUGH MASTER MONEY MENTORING.

L. Royer, UF/IFAS Osceola County Extension, Kissimmee, FL and D. Rodriguez, UF/IFAS Osceola County Extension, Kissimmee, FL

Situation and Objectives: Today's consumers are facing many financial challenges. In Osceola County over half of the households earn less than median income and the unemployment rate is 12.6%¹, with 70% exhausting their benefits.² Osceola has increased foreclosure rates (+18.55%) and credit delinquencies (+4.02%), ranking third in bankruptcies in Florida. The objective of this program is to help consumers manage their financial life by creating an action plan to track, plan and manage money, save and/or meet personal finance goals. **Education Methods:** The Master Money Mentoring program is a two-step delivery process. First, participants attend a class that relates to their financial concern (ie. Foreclosure prevention). The class reviews potential solutions that will improve their situation. If further guidance is needed, the participant can meet one-on-one with a financial mentor. The initial appointment includes an assessment of the client's financial situation. Afterward, the mentor helps the client develop financial goals and an action plan to achieve goals. The mentor follows up monthly in person or by phone until the client has successfully met their goals. **Program Results:** Since 2010, 288 classes were taught to 4,654 adults. Of those, 578 individuals participated in money mentoring sessions. Of the 578, 90% stick to planned spending, 83% track spending; 87% reduced debt; and 80% have increased personal savings. Additionally, 66% of foreclosure prevention clients have completed a work out plan best fitting their needs. **Conclusion:** The Master Money Mentoring program has helped families manage money effectively, allowing them to spend dollars responsibly and positively contribute to improving the local economy. The increase and preservation of homeownership improves the local tax base and employment opportunities.

¹ FDIC Unemployment Rates by County in Florida can be found at http://www2.fdic.gov/recon/ovrpt.asp?CPT_CODE=E40&ST_CODE=12&RPT_TYPE=Tables

² "Southeastern states face unemployment insurance fund shortfalls." Federal Reserve of Atlanta can be found at <http://southpoint.frbatlanta.org/>.

ORANGE COUNTY EFNEP IMPROVES HEALTH AND SAVES MONEY.

A. Petersen. 6021 South Conway Road, Orlando, FL 32812.

Situation: Obesity, poor health, and limited physical activity are major health concerns for many Americans. Unfortunately, poor health is found more often in limited-resource and minority audiences who have limited access to educational opportunities. More than 90% of EFNEP families in Orange County report living at or below 100% of poverty, and nearly 40% indicate being of minority status.

Objective: EFNEP assists limited-resource families to acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets and contributes to their personal development and the improvement of total family nutrition, health, and well-being.

Education Methods: A series of 6 sessions/11 in-depth nutrition education lessons were taught by the Program Assistant to limited-resource adult participants in small group settings at seven delivery sites in Orange County including adult rehabilitation centers, community centers, and libraries.

Results: 197 adults graduated from in-depth nutrition education. Ninety-seven percent reported more closely following MyPyramid recommendations, including an increase in intake of about one and a half servings of fruits and vegetables. Seventy-four percent improved nutrition practices, sixty-seven percent improved food resource management practices, seventy-eight percent improved food safety practices, and forty-three percent reported doing at least thirty minutes of moderate physical activity each day more often.

Conclusion: EFNEP improves the health and well-being of limited-resource families in Orange County and additionally leads to public savings. Research shows that better health is associated with reduced health care costs and less dependence on emergency food assistance. For every \$1.00 spent on EFNEP programming \$10.64 is saved on healthcare costs and \$2.48 is saved on food expenditures. In Orange County, EFNEP provided \$38,768 of direct support for nutrition programming during fiscal year 2011, which resulted in over \$508,000 of savings.

HANDS – ON HEALTHY CHOICES AND SMART FOOD SHOPPING.

N. Grisel Negron and Evelyn Muniz, 1921 Kissimmee Valley Lane, Kissimmee, FL 34744.

Situation and objectives: Osceola County low income families and adults need to learn how to make healthier food choices and stretch their food resources. Unhealthy food choices are one of the causes of obesity leading to chronic diseases such as cardiovascular disease and diabetes, among others. The obesity rate in Florida in 2009 was 25.2% while in Osceola County 38.1% of adults were overweight and 24.4% were considered obese based on the Community Health Assessment Resource Tool Set (CHARTS).

According to the Health Council of East Central Florida, 2008, the percent of Supplemental Nutrition Assistance Program (food stamp) recipients in Osceola who are 100% below Federal Poverty Level (FPL) was 11.1% while individuals with a 200% of FPL were 37.9 % as compared to Florida 32.5 %.

Objectives: (1) Increase awareness and knowledge on making healthy food choices (2) Practice smart food shopping through hands on tours at a neighborhood supermarket.

Methods: Participants learned about choosing whole grains, reading labels (fat, sodium, sugar), buying fresh, canned or frozen groceries, buying produce in bulk, when in season and on sale and freezing them. Adults practice spending a \$10.00 gift card buying food items from the five recommended food groups applying what they learned, comparing brand names with store brands and figuring unit price.

Results: Forty two adults ages 18 – 62 attended three neighborhood supermarket tours. Survey results showed that approximately fifty percent of the participants were already engaged in “preferred/healthier” behaviors while the other half intended to apply the learned skills and experience. **Conclusion:** Hands-on programs held in community settings partnering with community businesses and resources ensure comprehensive learning, knowledge of available resources and overall community development.

VOLUSIA AND LAKE COUNTIES PROVIDE SUCCESSFUL BRAIN HEALTH PROGRAMS.

J. Taufer, UF/IFAS Volusia County Extension, DeLand, FL and J. England, UF/IFAS Lake County Extension, Tavares, FL.

Situation: There is a growing aging population in both Volusia and Lake Counties. Residents over 55 have shown an interest in programming that provides education on lifestyle strategies to maintain brain health. Two FCS agents from Volusia and Lake Counties modified the *Nourish Your Brain with a Healthful Diet* program from North Dakota State University. Programs were adapted to meet the needs of individual counties. **Objectives:** Participants will learn specific foods that promote brain health and lifestyle strategies that exercise the brain and body.

Methods: A hands on interactive power point program promoted for residents age 55 and older. This program is presented as a stand-alone, length of program varied from 30 to 90 minutes dependant on venue and participant requests. **Combined results:** Nineteen programs were presented with a total of 722 participants. Ninety-two percent (490 of 533) of participants intend to use at least one technique learned to improve/maintain brain health. Ninety-five percent (499 of 526) of participants plan to increase consumption of antioxidant rich foods. **Conclusion:** As the elder population increases so does the need for science-based information on lifestyle strategies that help seniors with memory and cognitive skills. Extension brain health education programs empower individuals with practical tools to improve nutrition and maintain or improve memory.

MAKING A DIFFERENCE IN THE EATING HABITS OF OUR YOUTH.

J. Cooper, UF/IFAS St. Johns County Extension, St. Augustine

Situation: Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases, especially if learned as a youth.

Through school program classroom challenges as part of a nutrition education curriculum, extension initiated elementary school students to eat healthy (i.e. trying new foods, encouraging a healthy breakfast) through mypyramid guidelines. **Method:** Monthly classes (43 total) to four St. Johns County title-one schools were taught to grades kindergarten through 5th grade for a seven month period. Youth were informed about the healthy benefits of consuming a diet based on the U.S.D.A. Mypyramid guidelines. Agent and/or Family Nutrition Program assistant conducted monthly food challenges that corresponded with the lesson pertaining to various food groups. **Results:** Eight hundred and seventy seven (877) students from four participating St. Johns County title-one schools were classroom instructed about the Food Guide Pyramid and given a challenge to try a new food from each of the food groups. Average mean of behavior change was 38% in six food categories (protein, fruits, vegetables, dairy, whole grains and breakfast). **Conclusion:** Food demonstrations give youth the opportunity to modify their eating habits. Classroom challenges are important in incorporating eating new foods and broadening their exposure to healthier foods.

GETTOMG THINGS COOKING: FOOD CHECK-OUT DAY AT THE FARMERS MARKER.

Bryant, Kathleen M. and Taufer, Jill A., Extension Agents, University of Florida IFAS Volusia County Extension, 3100 E. New York Avenue, De Land, FL 32724

Situation: Since the mid-1990's, the American Farm Bureau has dedicated a week to celebrate production agriculture and healthy meals for consumers. The concern is that consumers experiencing an economic squeeze will turn to less-nutritious foods that lack essential vitamins, minerals, fiber and other nutrients. **Objective:** Farm Check-out Week focuses on stretching grocery dollars with healthy, nutritious meals and highlights the value of locally grown foods. **Methods:** For the 2nd straight year, Volusia County Farm Bureau partnered with the UF IFAS Extension Family and Consumer Sciences agents to provide demonstrations at the local Farmer's Market. Agents presented practical tips for better nutrition on a budget. Key messages from the 2010 Dietary Guidelines for American's were featured in this program which emphasized selecting, handling, and storing fresh produce. Market goers were treated to samples of freshly cooked kale provided by a local farmer. Participants were rewarded for correctly responding to questions with samples of a variety of fresh fruits and vegetables, which were donated by market vendors. **Results:** The take-home messages for market goers who stopped by the demonstration were that nutritious foods are available at an affordable price. Proper selection, storage and preparations tips were presented so that participants could enjoy the ripest and highest quality of certain vegetables and fruits.

Food Check-Out Day efforts in Volusia County reflect the on-going relationship between growers and product users. It is an example of how Family and Consumer Sciences agents work with growers to provide practical information to consumers.

Conclusion: Consumers increased awareness about the importance of agriculture and its impact on the quality of life. Consumers become savvy shoppers for quality, healthful foods that are affordable on a tight budget.

URBAN GARDENING PROGRAMS AS A MEANS OF EXTENDING 4-H YOUTH PROGRAMMING.

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Research by the After School Alliance highlights the need for expanded informal youth educational programs. In a study entitled *America After 3 PM* (2010) researchers found that 25% of Florida youth are unsupervised from 3-6 PM, the peak hours of delinquent activity (Snyder & Sickmund, 1999). The most frequently cited barriers to after-school involvement were prohibitive cost, a lack of appealing activities, and concerns over program quality. **Method:** Orange County 4-H partnered with Real Men Outdoors and the City of Orlando and on *The Garden*. *The Garden* is a crime prevention program designed to teach youth life skills through hands-on gardening educational programming. This ten week initiative, based in a predominantly African American section of Orlando, utilizes teambuilding exercises, guest speakers, and adult mentoring. Youth participants have the opportunity to grow their very own container garden, with the produced used to make pizza in a culminating Harvest Celebration. **Results:** To date, a total of 101 youth have completed *The Garden* over the course of three sessions. 100% of program participants demonstrated a gain in at least one life skill as a result of participating in the program. The most significant gains came in learning the value of eating fresh produce (92%), understanding the link between work ethic and outcomes (81%), and gaining awareness of agri-science career opportunities (66%). In addition, 76% of program participants developed a career goal for the first time as a result of their involvement in the program. **Conclusions:** *The Garden* has opened 4-H programming to urban audiences, resulting in an infusion of new volunteers and expanded media coverage. In Session Two the program expanded to include a hydroponic gardening station and a community garden plot. Plans are in place to launch a second site in a predominantly Hispanic neighborhood later this year.

TEACHING WORKFORCE DEVELOPMENT SKILLS THROUGH THE 4-H CAMP COUNSELOR TRAINING PROGRAM.

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Situation: States and counties are continuing to face declines in revenue and therefore tighter budget constraints. These constraints require the justification of public funds and strong evidence pertaining to a return on investment. 4-H has numerous programs that contribute to the economy, including Workforce Preparation and Volunteer Training. These programs also contribute to the skills of the future U.S. workforce, including teamwork, work ethic, communication and problem solving. The Lake County & Osceola County 4-H Camp Counselor Training Program is a 4-H youth activity with a realistic and purposeful outcome of adolescent workforce preparation. The objective of the program is to present teens with a real-life learning experience of acquiring and performing a job. Teens will learn skills pertaining to the world of work, including application and interview process, developing a work ethic, time management, communication and problem solving. **Methods:** Over the last three years, 49 youth have participated in a workforce development experience as a 4-H Counselor. A youth submits an application and a teen volunteer form, participates in an interview for the position of 4-H Camp Counselor, is offered a position, and then chooses to accept or deny the offer. Twelve hours of mandatory training is required. Throughout the work experience as a 4-H Camp Counselor youth receive feedback from Agents and a nightly meeting is held to answer questions and troubleshoot issues during the week of 4-H Camp. **Results:** A post-reflective Likert survey of 49 youth indicated that participants in the 4-H Camp Counselor Training Program increased their workforce preparation skills. Seventy-six percent (76%) of youth indicated increased skills in giving clear directions, 71% indicated increased skills in working with others & group dynamics and a 68% indicated increased skills in organizing groups and information. Eighty-nine percent (89%) of youth (n=44) indicated they learned time management and workforce skills.

Conclusion: The 4-H Camp Counselor Training Program is proven to present teens with a real-life learning experience of acquiring and performing a job. These skills will not only assist in justifying support for 4-H program resources, but also contribute to a more qualified workforce.

JUST ADD WATER: SIMPLY GROWING KIDS AND PLANTS.

C. McCazzio and J. Sowards. University of Florida/IFAS, Putnam County Extension.

Situation: 18% of U.S. high school seniors are proficient in science (NAEP 2005) and a mere 5% of U.S. college graduates earn science, engineering and technology degrees compared to 66% in Japan and 59% in China. In response multiple 4-H programs are striving to increase and design programs to be focused on science, engineering and technology. Hydroponic technology is one successful way to provide programs in the areas of science, engineering and technology. **Methods:** The 4-H club leader was initially trained in the basics of growing plants hydroponically through the established horticulture program. The project was divided into 3 major sections including planning and research, implementation, and evaluation and display. Youth were put into groups where they selected a hydroponic method and were given the task of researching that method of growing. The teams wrote out a detailed plan of what their project would include, what plants they were growing, how long those plants should take to mature, the nutrients requirements, and a supply list. The implementation stage began with the construction, planting, and growing of the selected hydroponic systems which had to be documented through pictures and written reflection. Finally the youth presented their final projects to the club with a poster showing the implementation process. The club selected the top projects that were then displayed at the Putnam County Fair. **Results:** This hydroponic program has been implemented in the 4-H club setting with 26 youth. Evaluation techniques used for this program include observation and post survey which will be administered at the conclusion of the 4-H year. Trained 4-H volunteers observed increases in all 26 youth's ability to apply research. **Conclusion:** Hydroponic projects are a successful method to teach science, engineering and technology skills to youth through an experiential process.

4-H GROWING GREEN SCHOOL GARDEN PROGRAM.

Bridgete McKenna, 4-H Youth Development Agent, 250 West County Home Road, Sanford, FL. 32773

Situation and Objective: The majority of Seminole County youth have no concept about where their food comes from and do not realize that food production starts with a farmer, who begins the food supply chain. The target population has been 3rd-5th graders in Title I Elementary Schools. These gardens have assisted educators in delivering the message about the role agriculture plays in our daily lives. Program objective, 75% of all program participants will demonstrate knowledge of where their food comes (agricultural awareness) as demonstrated by pre/post assessment. **Educational Methods:** The 4-H Growing Green School Garden program has been accomplished through the collaboration of 4-H, FCS, MG and FYN Extension Programs. Curriculum and gardening materials were developed and provided by 4-H Agent to assist in the implementation and maintenance of the school gardens. The program follows a 16 week time frame. Agents train teachers and volunteers in constructing the garden and aligning the program with their math and science lessons. **Results:** Program outcome, 80% of all program participants demonstrated knowledge of agricultural awareness as measured by pre and post assessments. Ozer (2007) states that school gardening programs can enhance learning in academic, social and health related domains while also strengthening the environment for positive youth development. As a result of the Program, Cafeteria Managers and P.E Teachers have utilized the gardens in teaching about healthy eating habits at school lunch. **Conclusion:** The program has reached 10 elementary schools, 2 middle schools and 2 community centers. Teachers report students are more engaged in math and science lessons by participating in the hands on experience the school garden provides for observation and measurement. Idyllwilde Elementary School has used the produce to supplement their food pantry with fresh produce for families in need. The program has also facilitated collaboration of the Senior Citizen Day Program at Westside Community Center with teaching the youth in the after school club about garden maintenance and food preparation. This has served as a model for intergenerational learning.

TRAINING LEADERS TO BE LEADERS- 4-H OFFICER TRAINING.

R. Fautsch, UF/IFAS Marion County Extension 4-H Agent I, Ocala, FL

Situation: Marion County 4-H has 46 active clubs. This presents a great need to train club members in leadership roles. These positions would be: President, Vice President, Secretary, Treasurer, Reporter, and Historian. Observational data indicated that club members didn't understand multiple aspects of being an officer in a club. There was a need to train the members holding the positions listed prior not only in the responsibility of their position, but the responsibility of the other positions so they can be a successful team. **Objective:** Youth participants attending the Officer Training session will show knowledge gain in the areas of Parliamentary Procedure, the roles of their officer position, and the ability to create an agenda; as measured by a pre- and posttest. **Educational Methods:** One, four hour educational session was held. This session was open to all members in Marion County 4-H in an Officer position. The training consisted of: Team Building, Officer Position activity, proper seating arrangements for different types of meetings, Parliamentary Procedure, a Mock Meeting, and a guest speaker. The training was set up so that youth participants did not have to sit in one stationary position for more than 15 minutes, to promote engagement in the class. **Results:** The pre and post test were identical to show knowledge gain. Questions either asked for a listing of officer role responsibilities or to rate current knowledge on a scale of 1-5; one being no knowledge and five being excellent. Participants showed a gain of 1.52 points in the 1-5 scale in understanding the roles of their position, a 272% gain in knowledge in knowing Parliamentary Procedure; 45% gain in the ability to list three position responsibilities, and a gain of 1.9 on a 1-5 scale on the participant's ability to create an agenda. (n=27). **Conclusion:** Given the knowledge gained as evidence through the testing, through pre and post testing it is apparent that the training was a success. The future impacts of continuing this training, and maintaining these results will offer more efficient club meetings, and better foreknowledge of roles and responsibilities of youth in leadership offices in their clubs. Furthermore misunderstandings will be prevented, in officer elections will be more productive leading to better prepared and confident leaders.

4-H RECOGNITION PROGRAM PROVIDES SUMMER CAMP SCHOLARSHIPS.

G. Sachs, UF/IFAS St. Johns County Extension, St. Augustine, FL.

Situation: The number of youth, ages 5-18, in St. Johns County has increased from 25,000 in 2000 to over 34,000 in 2010 according to the U.S. Census Bureau. This increased number of youth to the area also increases the need for quality youth programming of which the St. Johns County 4-H Program has aimed to achieve through the development and maintenance of 4-H Project/Community Clubs, 4-H in the Classroom Projects, Community Interest Projects and Summer Camps. During the summer months, when school is not in session and 4-H Clubs take a break, St. Johns County 4-H summer day and residential camps fill an important gap for constructive and educational youth activities. For some families, these beneficial summer opportunities may not be feasible because of camp costs. **Methods:** Since 2006, the St. Johns County 4-H Clover Awards have been implemented as part of the 4-H county recognition program. These Clover Awards require 4-H youth to complete and submit an awards application that documents their 4-H participation and project work each year. Awards tied to this recognition program, are rewarded with summer camp scholarship monies that allow youth the opportunity to attend 4-H summer camps of their choice using the monies they have been awarded. Each summer, 14 to 17 different 4-H summer camps have been planned and conducted by Extension faculty and volunteers. Finances to sustain this youth recognition program are acquired through annual fundraising efforts by 4-H faculty, staff, volunteers, and families. **Results:** Since 2006, an annual average of 68 youth have been awarded camp scholarships totaling an average of \$4,046.00 each year. **Conclusion:** The primary impact of this program has proven to be the financial benefit to parents of the 4-H youth who are willing to fulfill the recognition awards application requirements. In addition, this process is another way for youth to apply and master the life skills of record keeping, time management and organization that will continue to benefit them.

THE RECIPE FOR DIVERSITY.

L. Cash and J. Taufer, UF/IFAS Volusia County Extension, DeLand, FL.

Situation: National 4-H has identified Healthy Lifestyles as a primary initiative. According to the Florida Department of Health, 10.5% of teenagers in Volusia County are obese. The newly released *Facts and Impacts about Florida 4-H* states that 75.35% of youth in 4-H are white. The Volusia County Extension office is committed to reaching diverse audiences and addressing obesity. **Methods:** The 4-H Extension Agent and the Family and Consumer Science Extension Agent presented monthly cooking classes to middle and high school age African American females at the Alonzo “Babe” James Community Center in New Smyrna Beach. Teenagers followed recipes to cook and sample healthy snacks and meals. Ingredients that most of the participants had never tasted were part of each session. Lessons followed the key messages of the 2010 Dietary Guidelines for Americans and included the *Xtreme Cuisine*, National and Florida 4-H curriculum. The agents also provided programs to the Stewart-Marchman-Act Residential Adolescent Program for youth with drug problems. **Results:** The results are threefold: (1) non-traditional youth are exposed to 4-H; (2) the participants are developing life skills by learning to prepare their own food; and (3) the youth are more aware of portion sizes, food labels and the nutritional value of food groups. Seven programs were presented with 26 participants. Post-tests show 86% (19 of 22) of participants increased knowledge of the 2010 Dietary Guidelines for Americans. 100% of 26 participants demonstrated knowledge gained in following recipes, cooking skills and food safety. **Conclusion:** Food is a bridge between people – a way to teach and to model behavior. The youth showed a marked preference for the healthy foods they prepared themselves and are developing confidence in their choices. This program also gives a sense of empowerment to economically disadvantaged youth.

USING A CASH MOB AS AN INEXPENSIVE FARMERS MARKET MARKETING TECHNIQUE.

S. Kelly, UF/IFAS Sumter County Extension, Bushnell, FL.

Situation: In 2011 7,175 farmers markets were in the United States. This is an increase of 17% over the previous year according to the USDA Agricultural Marketing Service. One of the challenges of a typical farmers market is the lack of funding for marketing purposes. Marketing is essential to the success of a farmers market because the vendors are dependent on the market organizer to help bring customers to the market. One of the most recent techniques used to “create buzz” at local businesses including farmers markets, is holding a Cash Mob.

Methods: The UF/IFAS Sumter County Extension Office partnered with the Sumter County Chamber of Commerce to “mob” the Wildwood Growers’ Market. The Chamber was enlisted because of the large list of business people and companies involved and their interest in supporting local business. The date was selected for the event and the Chamber Director developed a promotional video, which was placed on the Chamber You Tube site. Both the Chamber and Extension Twitter and Facebook accounts were used for the promotion. The rules of a cash mob are 1) to invite as many people as possible through social media and other sources, 2) to meet at a local business at a specific time and 3) while there, each person spend at least \$20 with the vendors of the Growers’ Market. To further spread the economic impact local restaurants offered coupons for post-mob lunches. **Results:** The Wildwood Growers’ Market vendors had one of their best sales days, and many new customers were drawn to the market. Sales were also boosted in several of the local restaurants. **Conclusion:** A Cash Mob is an effective and inexpensive tool to increase awareness of a local business.

**DEMONSTRATION GARDEN DAYS – HANDS ON TRAINING FOR
DEMONSTRATION GARDEN VOLUNTEERS.**

B. Moffis, UF/IFAS Sumter County Extension, Bushnell, FL and L. Singleton, UF/IFAS Sumter County Extension, The Villages, FL

Situation: Previous to the implementation of this creative educational method, the UF/IFAS Sumter County Extension Florida-Friendly Garden averaged three Master Gardener volunteers per month for garden maintenance duties. These Master Gardeners were not always directed and improper maintenance practices were occasionally a problem. **Methods:** To address these problems, *Demonstration Garden Days* were developed to serve as hands on teaching events offered once a month for Master Gardener volunteers. The instructor typically gives an hour “in garden” lecture at the beginning of each class addressing the topics that need to be performed in the demonstration garden. The lecture is supplemented by two hours of hands on work performed by Master Gardener participants and observed by the instructor. Horticulture Extension Agents and Master Gardeners with special expertise serve as the instructors for this educational method. **Results:** *Demonstration Garden Days* increased volunteer participation in the Florida-Friendly Demonstration Garden by 57%. Proper maintenance practices have also been observed. An informal survey was conducted after four teaching events. Participants reported knowledge gain and adoption of principles such as pruning roses correctly, transplanting trees and shrubs, and pruning trees properly for strength and structure. **Conclusion:** *Demonstration Garden Days* is a successful educational method and will be continued in order to encourage volunteer participation and correct maintenance practices in the Florida-Friendly Demonstration Garden and in participant’s home landscapes.

A COMMUNITY GARDEN THAT'S BRINGING PEOPLE TOGETHER.

B. Jeansonne, Commercial Horticulture Agent I., Volusia County

Situation/Problem Statement: At University High School in Orange City, students lacked knowledge of vegetable production techniques and marketing. The school greenhouse program was inactive and the greenhouse was not in use. **Objective:** By increasing the student's knowledge of producing vegetables, the students will be able to adopt a greenhouse vegetable production and marketing program for an on-going class project. **Education**

Methods/Procedure/Approach: 142 high school students participated in this program.

Through approval and assistance of the Plant Biotechnology instructor, a series of three – 1 hour classroom lectures on vegetable production was instructed to five separate classes. Students were instructed on topics of vegetable and media selections, planting, fertilization, irrigation, disease control and marketing of vegetables. A series of three – 1 hour hands-on greenhouse vegetable production work-shops to five separate classes were also delivered. Through hands-on instruction and application, each of the students participated in planting, labeling, watering, fertilization, irrigation and disease control. **Results:** The program resulted in 1704 teaching contact hours (n=142). Over 4,000 vegetable plants were produced in the greenhouse. The students partnered with the Chisholm Center Community Garden in DeLand. This outreach project included donations of approximately 340 vegetable plants. **Conclusion:** Prior to this horticulture program, the University High School greenhouse program was inactive. The students have now enhanced the program by organizing two committees, a production and marketing committee. Through a plant sale, the students are currently selling the vegetable plants to support the greenhouse program. The program is now expanding to include seasonal color (i.e. annual) production for sell.

HYDROPOINCS AT HOME: GROWING FRUITS AND VEGETABLES WHEN AND WHERE YOU THOUGHT YOU COULDN'T!

J. Sowards, UF/IFAS Putnam County Extension, East Palatka, FL

Situation: Many homeowners want to grow vegetables at home but face a variety of challenges. Some deal with difficult-to-manage urban soils, lack space or face prohibitions, placed upon them by homeowner associations, that don't allow vegetable gardens. Water restrictions often preclude people from growing vegetables using traditional methods. Homeowners who want to grow at least some fresh fruits and vegetables are soon put off by the amount of time, effort and money it takes to be successful. Hydroponics is defined as "the cultivation of plants in a nutrient liquid with or without a supporting medium." Since hydroponic growing doesn't rely on soil conditions, uses a variety of shapes and sizes of containers and doesn't take a lot of space, the only limiting factors are sunlight water quality. Homeowners can successfully grow a variety of crops at home and become more sustainable in doing so. **Methods:** A variety of high and low tech demonstration systems have been incorporated into the "Edible Landscape" project at the UF, IFAS Partnership for Water, Agriculture and Community Sustainability at Hastings and at the Putnam County Extension Office. These effective displays show visitors of how easy, efficient, inexpensive and productive hydroponic growing systems can be. Additionally, Putnam County 4-H and county elementary schools have begun teaching children about growing vegetables, hydroponically, in coffee cans. **Results:** To date, two county elementary schools, 26, 4-H students (and their parents), 11 Master Gardeners and 14 attendees of two hydroponic workshops have created their own hydroponic growing systems. **Conclusion:** Interest in hydroponics is growing in Putnam County. People are learning that it doesn't have to be a complicated, expensive undertaking and that even the most challenged gardener can be successful.

DEVELOPING A MASTER GARDENER PROGRAM RISK MANAGEMENT PLAN.

N. Samuel, UF/IFAS Marion County Extension, Ocala, FL. S. Brown, G. Flecker, & M. Maskolunas, University of Florida

Situation: UF/IFAS Marion County Master Gardeners (MG) is a registered 501©3 organization with 130 members that participate in numerous activities on a daily basis with varying levels of associated risks. These activities include but are not limited to: volunteering in the plant clinic, propagation, demonstration gardens, plant sales, and operating small machinery or county vehicles. A review of local county MG programs, Florida and other State Master Gardener websites revealed the extent of a risk management plan was a policy on worker's compensation and MGs taking due diligence in the information provided to the public. The purpose for developing the Risk Management Plan was to examine the risks related to the activities conducted and how they can be mitigated to create a safe environment for MGs and the public.

Methods: A four hour focus group session was conducted with five MGs and facilitated by the MG Coordinator. The facilitator made a presentation to the group on the purpose of the session and outlined the procedure for developing the plan. Further input was received from Marion County and University of Florida Risk Management Departments. **Results:** All possible risks were identified under board governance, operations and administration. Each risk was examined based on scope, nature, stakeholders involved, and quantification. Risks were placed in a risk impact probability chart with risk treatment and control mechanisms, potential action for improvement, strategies and policies to mitigate risks were developed. The plan was presented to the MG Board and membership for approval and adoption. Measures taken to mitigate risks included: new money counting policy, refrigerator in propagation designated for food items only, and regular safety checks of all work areas. **Conclusion:** A MG Risk Management plan creates a safe working environment for volunteers and the public and reduces liability for the nonprofit and supporting organizations.

THE EDUCATIONAL AND ECONOMIC IMPACT OF THE ANNUAL FLORIDA WILDFLOWER AND GARDEN FESTIVAL.

D. Griffis, UF/IFAS Volusia County Extension, DeLand, FL.

Situation: The UF/IFAS Volusia County Extension office was looking for a way to promote eco-tourism and offer an alternative crop for area growers. After attending the National Extension Tourism Conference, this agent met with the West Volusia Tourism and Advertising Authority, the River of Lakes Heritage Corridor and the DeLand Mainstreet Association, to discuss the idea of a wildflower festival. Now six years later, thousands of people have been educated on the importance of growing wildflowers, and have purchased and planted wildflowers. **Methods:** The festival conducts five, forty-five minute educational programs, five one hour demonstrations and has in the past offered off site field trips. An average of 65 vendors participated in the annual festival. **Results:** Pre-post test survey results of program participants indicated 91% (N=291) increased their knowledge of landscape practices and 98% (N=291) would share this knowledge with others. The Mainstreet DeLand Association estimated total economic impact of the 2012 6th Annual Florida Wildflower and Garden Festival to the city of DeLand was \$142,000. Downtown businesses were surveyed and showed a minimum of 30% increase in business the day of the festival. Some restaurants even ran out of food. **Conclusions:** The Annual Florida Wildflower and Garden Festival has become a fixture in downtown DeLand. Festival attendees learned the benefits of planting wildflowers and Florida Friendly Landscapes, while growers and vendors were provided a venue to promote and sell their products and the shops and restaurants' of downtown DeLand also benefit from having over 10,000 people downtown. The festival was also recognized and received the Secretary of State's Award for Outstanding Special Event.

GARDEN EXPLORERS 4-H CAMP.

C. White, L. Duncan, L. Felter, D. Mudge, T. Pehlke, A. Peterson, J. Ramos, R. Tyson, UF/IFAS Orange County Extension, Orlando, FL.

Situation: Youth today spend lots of time indoors watching television, playing video games or on the computer. Opportunities to be outside in nature may be rare. The sedentary life style can cause children to become overweight and even obese. The Orange County Extension team decided to create a youth camp where participants were introduced to the world of gardening and healthy eating choices. **Methods:** This was the second year that the horticulture team offered the Garden Explorers 4-H Camp to 28 participants. The camp was a 5 day program held from 8:30 am to 12:30 pm and was a team effort involving the 4-H, Family and Consumer Sciences, Horticulture and Agriculture agents. Each agent was responsible for a 90 minute session. Youth received various lessons on horticulture, entomology and wildlife. Sessions included hands-on gardening experiences. To help facilitate the program, master gardener and youth volunteers served as group leaders. Each camper received a resource notebook as well as many plants and projects to take home. On the last day, there was a field trip to the Gaylord Palms Resort to study Florida habitats. **Results:** An email survey was sent to the parents of the Garden Explorers camp participants with a 52% (N=23) return. 83% of the parents said that their child increased their knowledge and was willing to try new foods. 91% said that their child spent more time gardening since camp. In addition, 91% said that their child shared what they learned at the camp with their family and 100% of the parents surveyed felt that their child had become more aware of the environment. **Conclusion:** Today's youth will become tomorrow's environmental stewards. By participating in gardening experiences and being exposed to nutritious snacks, youth may make lifelong choices to spend more time outdoors and eat healthier foods.

INTRODUCING POMEGRANATES TO THE DOORYARD.

K. Stauderman, UF/IFAS Volusia County Extension, DeLand, FL and W. Castle, UF/IFAS Citrus Research and Education Center, Lake Alfred, FL.

Situation: Recent record breaking freezes and citrus disease outbreaks have resulted in loss of dooryard fruit trees including citrus trees in Volusia County landscapes. This diversity of tree loss stemmed an increased interest from individuals looking for alternative Florida-friendly plants to meet the demand of edible fruit trees in their landscape. **Methods:** The University of Florida research and extension team responded by providing educational opportunities to Volusia county homeowners, master gardeners and residents in commercial-scale operations on the establishment of pomegranates as an ornamental tree and/or edible fruit in the dooryard.

Individuals were offered educational opportunities through news articles, newsletters, seminars, a public broadcasted television program, radio interviews and a fact sheet on basic establishment of pomegranates. In addition, the educational programs highlighted the aesthetic flower appeal, health benefits and the diversity in growth habit of pomegranates.

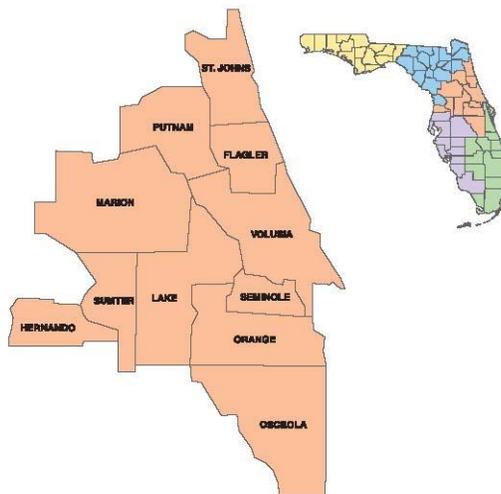
A total of 400 trees of 30 pomegranate varieties were made available for sale exclusively to Volusia County residents through a cooperative arrangement between the authors. The plants were produced at the UF-IFAS Citrus Research and Education Center in Lake Alfred, FL as part of an on-going project by W. Castle, professor emeritus, to evaluate pomegranate potential in Florida. **Results:** The planting locations in either the dooryard or a commercial site of the 400 pomegranate trees sold from the program were recorded on a Volusia County map. Advertising the Volusia County pomegranates program occurred quickly by word of mouth and the media resulting in all of the 400 trees having been sold with future orders exceeding 125 trees.

The proceeds of the tree sale provided funds to purchase horticultural supplies for the county 4-H Horticultural youth program. Evaluation data through show of hands showed that 98% (n=85) participants increased knowledge relating to the establishment of Pomegranate trees.

Conclusion: After three months a total of 399 trees planted reflect the growing popularity of pomegranates to Volusia County dooryards. This program sparked the need for further production by two nurseries in the central Florida area to meet the demand.



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Program and Abstracts
University of Florida, IFAS Extension
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