



Educating with Extension

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UF/IFAS/Monroe County Extension Services

February 2011

Fun Facts: Flora, Fauna, and Food for Thought

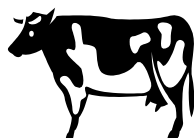
Fantastic Forests

- ◆ An acre of trees can remove about 13 tons of dust and gases every year from the surrounding environment.
- ◆ Almost a third of the world's total land area is covered by forests.
- ◆ About 1.5 million tons of ground cocoa beans are used each year to make chocolate and cocoa products.
- ◆ Thirty to forty gallons of sugar maple sap must be boiled down to make just one gallon of maple syrup.
- ◆ Many farmers grow more than just grains, vegetables, and livestock. Some grow trees. This is called a woodlot, which is not an original forest because the timber has been cut down before. Sometimes the trees in a woodlot have been cut down 4, 5, or even 6 times. After the trees have been cut down, the farmer lets them grow again, until they are big enough to be harvested once more.



Udderly Amazing

- ◆ In a year's time, a dairy cow produces 1,500 gallons or 6,000 quarts of milk.
- ◆ The temperature of a cow's milk is about 97° F.
- ◆ It takes about 1.4 gallons of milk to make one gallon of ice cream.
- ◆ A typical, full-grown Holstein cow weighs about 1,400 lbs.
- ◆ Cows are sedentary animals spending up to eight hours per day chewing the cud while standing still or lying down to rest after grazing. When going to be milked, a certain cow in an established herd always leads the others with the weaker and older cattle trailing behind the group.



Five Servings of Fruits & Vegetables a Day

- ◆ Grapes are one of the oldest cultivated fruits; they have been around for more than 8,000 years.
- ◆ Americans eat about 125 pounds of potatoes a year, half from fresh potatoes and half in processed foods.
- ◆ Bananas are a great source of potassium, which helps build muscle power and keeps your body fluids in balance. And they are about 99.5% fat free!
- ◆ The bright orange color of carrots indicate they are an excellent source of Vitamin A which is important for good eyesight, especially at night.
- ◆ There are approximately 600 kernels on every ear of corn.



New Ways to Help the Planet

- ◆ Farmers and ranchers provide food and habitat for 75% of the nation's wildlife. Deer, moose, fowl, and other species have shown significant population increases in the past several years.
- ◆ Plant and animal biotechnology have resulted in new antibodies for immunizations. Agriculture has also contributed to research that has helped develop surgical techniques and pharmaceuticals that help save lives.
- ◆ Ethanol and new bio-diesel fuels made from corn, soybeans, and other grains are beneficial to the environment and help contribute to energy independence for the U.S.
- ◆ Farmers use computers to track market information, maintain balance spreadsheets, and monitor weather satellites.
- ◆ The environment and everyone in it benefits from research on biodegradable plant products that break down easily in landfills.

Agriculture is Part of Your Life

- ◆ Products we use in our everyday lives, such as pharmaceuticals, surgical sutures, ointments, latex gloves, x-ray film, gelatin for capsules, and heart valves, come from plant and animal byproducts produced by America's farmers and ranchers.
- ◆ Also: lumber paints, brushes, tar paper, dry wall, and tool handles.
- ◆ Don't forget: fuel, lubricants, antifreeze, tires, and upholstery.
- ◆ And: adhesives, solvents, detergents, paper, ink, and film.
- ◆ How about: shampoo, cosmetics, lotions, fingernail polish, toothpaste, crayons, textbooks, chalk, desks, pencils, and paper.
- ◆ Last, but not least: sports uniforms, baseball bats, leather equipment, and shoes.

"National Agriculture Day" is March 15. It is a day to recognize and celebrate the abundance provided by agriculture.

Every year, producers, agricultural associations, corporations, universities, government agencies, and countless others across America join together to recognize the contributions of agriculture.



For more fun facts or to read about National Agriculture Day, log onto www.agday.org.

<h2 style="color: green;">Regional Plant Clinics</h2>	<h2 style="color: red;">March Events</h2>	<h2 style="color: black;">Media Recap</h2>
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Kim and the Monroe County Master Gardeners are available to help you with your plant and/or insect problems. Bring a sample to any of the following free Plant Clinics:

Key West: Extension Office, Suite 2-260, 2nd Floor, Gato Building, 1100 Simonton Street, 1:00 to 4:00 p.m.:

March 7 & 21
April 4 & 18

Big Pine Key: Big Pine Academy, 30220 Overseas Highway (turn at entrance to Flea Market), 9:00 a.m. to 12 noon:

March 19
April 16

Marathon: Marathon Garden Club, 5270 Overseas Highway, 9:00 a.m. to 12 noon:

March 19
April 16

Key Largo: Extension Office, Suite 244, 2nd Floor, Murray E. Nelson Government & Cultural Center, 102050 Overseas Highway, MM 102, Bayside, 9:00 a.m. to 12 noon:

March 2 & 16
April 6 & 20

NOTICE TO ALL MASTER GARDENERS AND INTERNS

To volunteer at Plant Clinics or other events, you can now sign up on the new Florida Volunteer Management System (VMS) at <https://florida.volunteersystem.org>. This link is also on our website's [Master Gardener page](#). It's fun, easy, and will also keep track of your volunteer hours.

To get started, call Kim at 292-4504 or e-mail her at kgabel@ufl.edu and she'll walk you through the steps so you can be on your way to a whole new avenue of recording your volunteer duties and time.

3/5: "Native Plant Day," Windley Key Fossil Reef Geological State Park

3/5: "35th Annual House & Garden Tour," Marathon Garden Club

3/5-6: "Private Key West Garden Tours," Key West Garden Club

3/9: "Roseate Spoonbills in Florida Bay: Pink Canary in a Coal Mine," John Pennekamp Coral Reef State Park, 7:30 p.m.

3/10: "Key West Bicycle Association Kick-off," Salute Restaurant, 5:30 p.m.

3/12: "Lei Making," Key West Garden Club, 9:00 a.m. to 12 noon

3/12-13: "Original Marathon Seafood Festival," Marathon Community Park

3/16: "Archaeology of South Florida," John Pennekamp Coral Reef State Park, 7:30 p.m.

3/17: Big Pine Key Botanical Society meeting at Lord of the Seas Lutheran Church, 7:30 p.m.

3/23: "Gulf of Mexico Fishery Council Charter Boat Scoping Meeting," Harvey Government Center, 1200 Truman Avenue, Key West, 6:30 p.m.

3/23: "The Miami Blue Butterfly," John Pennekamp Coral Reef State Park, 7:30 p.m.

3/26: "Florida Keys Ocean Festival," Eco-Discovery Center, Key West

3/30: "Reefs of Southeast Florida," John Pennekamp Coral Reef State Park, 7:30 p.m.






For more information on these and other events, check out our online calendar at <http://monroe.ifas.ufl.edu/calendar.shtml>.

Doug Gregory spoke on US 1 Radio's "Morning Magazine" about the difficulties regarding setting annual catch limits or quota for Keys fisheries. He also spoke on KONK 1500 AM about ongoing working waterfront challenges for the local commercial fishing industry.

Kim Gabel spoke on US 1 Radio's "Morning Magazine," WGMX's "Morning Mix," and KONK 1500 AM about cold weather damage to plants, and a new, very informative palm web site, <http://itp.lucidcentral.org/id/palms/symptoms>. She also talked about [Avocado Lace Bugs](#) and the Flower Bumble Beetle on US 1 Radio.

Alicia Betancourt spoke on US 1 Radio's "Morning Magazine" about changes to the Social Security withholding tax, and on WGMX's "Morning Mix" about the "Florida Saves Week" initiative.

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**COMPUTER WORD MEANINGS**

- ⇒ Memory was something you lost with age 
- ⇒ An application was for employment
- ⇒ A keyboard was a piano 
- ⇒ A cursor used profanity
- ⇒ A program was a TV show
- ⇒ A web was a spider's home 
- ⇒ A virus was the flu
- ⇒ A CD was a bank account
- ⇒ A hard drive was a long trip on the road 
- ⇒ A mouse pad was where a mouse lived 



**Family, Youth,  
and Community  
Sciences News**  
**Alicia Betancourt**

Alicia worked to coordinate activities for the EECBG-SEP grant including meeting with municipal partners and development of contract work plans.

She worked with High School Financial Literacy classes on completion of Unit 7 and to develop a timeline for completion of the program.

Alicia participated in a two-day Staff Steering Committee for the Southeast Florida Climate Compact meeting, where the work and results of the technical work groups were presented to the committee members to inform the initial steps of drafting the regional Climate Action Plan (CAP). During this meeting, development of the regional CAP was discussed, along with other anticipated activities for the coming year, which include:

- Form working groups and actively develop components of the CAP;
- Further refine initial regional greenhouse gas emissions baseline, which Alicia is the delegate for Monroe County;
- Identify key climate change indicators to track, and leverage federal resources to assist in plan development and implementation;
- Work with technical staff to identify parameters and additional data sets for future, more robust, vulnerability analyses;
- Plan and coordinate the 2011 Climate Leadership Summit to be held in Monroe County in October;
- Continue to collaborate on regional, state, and federal policy as deemed appropriate; and
- Complete a draft CAP by October 2011.

The Compact members and participants made a commitment to continue to look for opportunities to bring additional funding and resources to the region for climate change mitigation and adaptation activities.



**Marine &  
Green News**  
**Doug Gregory**

Doug participated in a four-day meeting of the Western Pacific Fishery Management Council Workshop in Hawaii on Setting Annual Catch Limits for Coral Reef Fishes as a representative of the Gulf of Mexico Fishery Council Scientific and Statistical Committee. Many of the fisheries in the Western Pacific are lacking even basic catch data as some fisheries provide mostly subsistence living for the islanders. Consequently, the Western Pacific Council which has jurisdiction over federal waters off Hawaii, Guam, American Samoa, and the Commonwealth of the Northern Mariannas Islands, will not be able to establish Annual Catch Limits (fishery quotas) for most fish species.

He chaired a four-day population assessment workshop in Tampa with international scientists to review the status of the Gulf of Mexico deep water yellowedge grouper and golden tilefish populations. The review concluded that both species were difficult to assess due to data limitations and no definitive statement of the health of the population could be determined. The Gulf Science Committee will have to make that determination at a future date after more analyses are completed.

In 2006, U.S. Congress required all fisheries to be managed by quotas or annual catch limits by 2011. Certain exemptions were allowed for internationally managed fisheries, like shrimp, that are short-lived. This requirement is having unexpected consequences throughout the U.S.'s fisheries management. This federal quota resulted in the Gulf Fishery Council turning management of the stone crab fishery completely over to the State of Florida. The same thing was desired for the lobster fishery but the presence of a federal import restriction has complicated de-federalizing the lobster fishery.



**Horticulture  
News**  
**Kim Gabel**

Kim set up a horticulture educational booth at the Marathon Garden Club's "January Jamboree" with eight Master Gardeners assisting 80 clientele.

Forty people were in the audience at the John Pennekamp State Park Delicate Balance Workshop series to hear Kim talk about rainbarrel construction and water conservation.

She set up a horticulture educational booth at the two-day Key West Tropical Forest & Botanical Garden's "Garden Fest" with 13 Master Gardeners and Interns educating 159 clientele about "Right Plant, Right Place" and Vermicomposting.

Kim attended a two-day Green Industries-Best Management Practices (GI-BMP) training update via videoconference.

She attended two Florida Volunteer Management System workshops: one with the State Master Gardener Coordinator to learn about the internal operation, and the second was with 12 Lower Keys and Key West Master Gardeners to demonstrate how the system works.

Kim held two Integrated Pest Management Update (IPMU) meetings; one to evaluate the IPMU workshop, and the second to review the follow-up three-month evaluation.

Kim and 21 Master Gardeners held six regional plant clinics, assisting 20 clientele.

She made 12 site visits: seven locations throughout Monroe County to release 2,000 Pink Hibiscus Mealybug parasitoid wasps; Two garden locations: Big Coppitt and Key West for newly grant-funded gardening with low-income residents; Turf weed identification (Cudjoe Key); Seagrape Borer (Cudjoe Key); and Bougainvillea hedge (Venture Out).

Kim updated her blog, [Florida Keys Landscape Advisor](#), with an article about Palm Resources.

## UF/IFAS/MONROE COUNTY EXTENSION

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<http://monroe.ifas.ufl.edu/newsletter.shtml>

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We're on the Web at <http://monroe.ifas.ufl.edu>

## SOLUTIONS for your LIFE

<http://SolutionsForYourLife.ufl.edu>

Extension programs and activities are open to all persons and do not discriminate with regard to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations.

## How can we live Healthier?

On any given day, you and your family might be bombarded by media reports promoting negative body images and encouraging unhealthy lifestyle behaviors. We see ultra-thin celebrities presented as our cultural ideal along with reports on the dangers of obesity.

Many consumers equate being healthy with being thin and will try anything to attain a lower body weight. Unfortunately, this can lead to unhealthy and self-destructive behaviors. Fortunately, living healthier is not rocket science! It includes being physically active, eating healthy foods in reasonable amounts, promoting a healthy body image, and communicating with each other.

Luckily, healthy lifestyle habits can help us connect with our loved ones. Cooking together allows your family to share culinary traditions as well as explore healthier choices - can Grandma's famous meatloaf taste just as good with extra-lean ground beef? When your family eats dinner together, add a half-hour after-dinner walk. By exercising together, you will have time to talk, enjoy the outdoors, and strengthen those family bonds.

For more information, visit the [Health and Nutrition section](#) of [SolutionsForYourLife.com](http://SolutionsForYourLife.com)



## edis Publications

### The Insect Community on the Soil Surface

It's easy to find and collect insects, related arthropods, and other invertebrates from the soil surface using simple materials that are readily available. This 7-page fact sheet describes several collection methods and introduces common invertebrates that are found on the soil surface in agricultural fields and gardens in Florida. <http://edis.ifas.ufl.edu/in876>

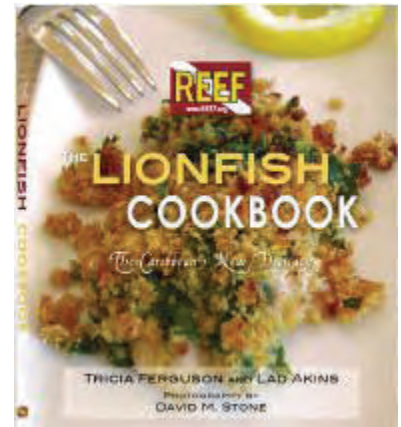


### Evolution of Water Quality Regulations

Water is essential to sustain life. Not only do we all need a certain quantity of water each day, but the quality of the available water is also critical. Water quality protection in the United States evolved from initially ensuring navigability of waterways to protecting our natural ecosystems. This 5-page fact sheet provides a background for understanding water quality and how it is evaluated and regulated in the U.S. with particular focus on the state of Florida. <http://edis.ifas.ufl.edu/ae431>



Got Lionfish? Then you need the new Lionfish Cookbook, a collection of 45 recipes that are sure to delight your taste buds. Reef Environmental Education Foundation (REEF) just released this cookbook for a mere \$16.95. Go online at [www.reef.org/catalog/cookbook](http://www.reef.org/catalog/cookbook) to order yours today and be the envy of your family, friends, and neighbors at the next neighborhood cookout!



## UF/IFAS/MCES QUARTERLY CONTACTS

|                          | Dec        | Jan        | Feb         | Total       |
|--------------------------|------------|------------|-------------|-------------|
| Phone calls              | 302        | 343        | 339         | 984         |
| Office visitors          | 23         | 40         | 38          | 101         |
| Visits to clients        | 17         | 18         | 16          | 51          |
| Group teachings          | 7          | 10         | 10          | 27          |
| Participants             | 181        | 231        | 539         | 951         |
| Media submissions        | 5          | 5          | 8           | 18          |
| Publications distributed | 364        | 288        | 298         | 950         |
| <b>TOTAL contacts</b>    | <b>899</b> | <b>935</b> | <b>1248</b> | <b>3082</b> |