



Educating with Extension

Seafood Nutrition Facts

If you attended the 7th Annual Florida Keys Seafood Festival on January 14, and ate some of the delicious seafood that was caught and prepared by the local hard-working fishermen and fisherwomen, here are some facts from <http://www.nmfs.noaa.gov/fishwatch> about the seafood you consumed:

Pink Shrimp

(*Farfantepenaeus duorarum*)

Shrimp is low in saturated fat and is a very good source of protein, **selenium**, and vitamin B12.

Nutrition Facts: One serving (100 g) contains 106 calories

Total Fat: 1.73 g

Total Saturated Fatty Acids: 0.328 g

Carbohydrate: 0.91 g

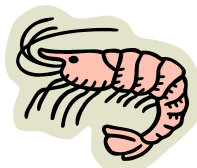
Cholesterol: 152 mg

Selenium: 38 mcg

Sodium: 148 mg

Protein: 20.31 g

No sugars or dietary fiber



Florida Spiny Lobster

(*Panulirus argus*)

Spiny lobster is low in saturated fat and is a very good source of protein and selenium.

Nutrition Facts: One serving (100 g)

Calories: 112

Total Fat: 1.51 g

Total Saturated Fatty Acids: 0.237 g

Carbohydrate: 2.43 g

Cholesterol: 70 mg

Selenium: 46.2 mcg

Sodium: 177 mg

Protein: 20.6 g

No sugars or dietary fiber



Stone Crab Claws

(*Menippe adina* and *Menippe mercenaria*)

Stone crabs are a good, low-fat source of protein, vitamin 6, and magnesium.

Nutrition Facts: One serving (114 g)

Calories: 71

Total Fat: 0 g

Total Saturated Fatty Acids: 0 g

Carbohydrate: 0 g

Cholesterol: 53 mg

Sodium: 353 mg

Protein: 17.6 g

No sugars or dietary fiber



Queen Conch (Chowder, Fritters, Salad)

(*Strombus gigas*)

Queen Conch is a good low-fat source of protein. It is high in vitamins E and B12, magnesium, selenium, and folate, but is also high in cholesterol.

Nutrition Facts: One serving (100 g) contains 130 calories

Total Fat: 1.2 g

Total Saturated Fatty Acids: 0.37 g

Carbohydrate: 1.7 g

Cholesterol: 65 mg

Selenium: 40.3 mcg

Sodium: 153 mg

Protein: 26.3 g

No sugars or dietary fiber



King Mackerel (Smoked Fish Dip)

(*Scomberomorus cavalla*)

King Mackerel is low in fat and is a very good source of protein, riboflavin, niacin, vitamin B12, and selenium.

Nutrition Facts: One serving (100 g) contains 105 calories

Total Fat: 2 g

Total Saturated Fatty Acids: 0.363 g

Carbohydrate: 0 g

Cholesterol: 53 mg

Selenium: 36.5 mcg

Sodium: 158 mg

Protein: 20.28 g

No sugars or dietary fiber



Smoked Fish Dip

Florida Keys Commercial Fishermen's "Ocean Flavors and More!" cookbook

3 or 4 pieces of smoked King Mackerel

4 oz. cream cheese

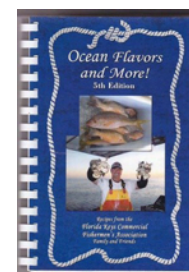
1/2 c. sour cream

1 to 2 tsp lemon juice

1 to 2 tsp soy sauce

Put everything in a food processor.

Press button. Viola! Serve with your favorite crackers.



Florida Fishermen Help Keep Seafood Sustainable

Seafood is sustainable when the population of that species of fish is managed in a way that provides for today's needs without damaging the ability of the species to reproduce and be available for future generations. If you buy fish managed under a U.S. fishery management plan, you can be assured it meets 10 national standards that ensure fish stocks are maintained, overfishing is eliminated, and the long-term socioeconomic benefits to the nation are achieved.

Regional Plant Clinics

It's the winter season and Kim Gabel and the Master Gardeners are ready, willing, and able to help you with your plant and/or insect problems.

Just bring a sample to one of the [Regional Plant Clinics](#) listed below and they will dazzle you with their expertise.

Key West: 1 to 4 p.m., Gato Building, 1100 Simonton Street, Suite 2-260

February 6
March 5 & 19
April 2 & 16

Big Pine Key: 9 a.m. to noon, Big Pine Academy, 30220 Overseas Highway (Look for blue tent)

February 18
March 17
April 21

Marathon: 9 a.m. to noon, Marathon Garden Club, 5270 Overseas Hwy.

February 18
March 17
April 21

Key Largo: 9 a.m. to noon, Murray E. Nelson Government & Cultural Center, 102050 Overseas Highway, Suite 244, MM 102, Bayside

February 1 & 15
March 7 & 21
April 4 & 18



February Events

Rugose Spiraling Whitefly Workshops

Kim Gabel will present two free workshops in February regarding the Rugose Spiraling Whitefly, a/k/a the Gumbo Limbo Spiraling Whitefly.

- **Marathon workshop:** Thursday, February 9, from 3:00 to 4:00 p.m., at the Marathon Government Center, BOCC meeting room, 2nd floor, 2798 Overseas Highway
- **Key West workshop:** Monday, February 13, from 2:00 to 3:00 p.m., at the Gato Building, 1st floor conference room, 1100 Simonton Street

For more information on everything you always wanted to know about whiteflies, but were afraid to ask, go to the main page of our website at <http://monroe.ifas.ufl.edu>.

Key West Garden Club General Meeting & Plant Clinic

Thursday, February 2, 1:30 p.m.
294-3210

www.keywestgardenclub.com

Layton Flea Market

Saturday, February 4, 8:00 a.m.
Layton Firehouse, 68260 O/S Hwy.

Big Pine Key Historic Bike Ride

Key Deer Refuge Visitors Center
Saturday, February 4, 9:00 a.m.
[Monica Woll](http://www.monica.woll.com), 305-853-3571

Go Green! Science Fair

Saturday, February 4, 12:30 p.m.
KW Botanical Garden, 296-1504
www.kwbgs.org

Plant Sale at Sugarloaf Key Volunteer Firehouse

Sunday, February 19, 11:30 a.m.
Sugarloaf Boulevard

For more details about these events, check out our online calendar at <http://monroe.ifas.ufl.edu/calendar.shtml>.

Media Recap, etc.

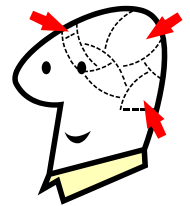
Doug Gregory spoke on US 1 Radio's "Morning Magazine" and KONK Community Radio about the success of the 7th Annual Florida Keys Seafood Festival, and fisheries public hearings.

Kim Gabel spoke on US 1 Radio's "Morning Magazine" about cold weather and plant protection, and croton scale on gumbo limbo trees. On WGMX's "Morning Mix" she talked about the Rugose Spiraling Whitefly.

Alicia Betancourt spoke on US 1 Radio's "Morning Magazine" and "WGMX's "Morning Mix" about how to make "going green" a new year's resolution.

Top Ten Brain Foods

Studies show that certain foods can help with memory, mood, focus, and your overall ability to think clearly. So, eat up and often!



- 1) **Blueberries** improve memory and help to reverse age-related declines in motor skills, balance, and coordination.
- 2) **Salmon** is high in Omega-3 fatty acids, which help develop new tissue for increasing brain power.
- 3) **Flax seeds** contain a fat that can help keep you sharp.
- 4) **Coffee** - in moderation - may help protect against Alzheimer's and dementia. Just don't overdo it.
- 5) **Nuts** can fight insomnia, keep memory strong, and promote clear thinking. **Almonds** help improve your mood. So many reasons to indulge!
- 6) **Avocados** assist in good circulation.
- 7) **Eggs** contain choline which contributes to better memory.
- 8) **Whole grains** in oatmeal and whole grain breads contain fiber, vitamins, and healthy fats. Also helps improve circulation.
- 9) **Chocolate** can help with focus, memory, and reaction time. Eat small amounts, not a whole Whitman's Sampler in one sitting.
- 10) **Broccoli** can keep your mind young and sharp.



**Family, Youth,
and Community
Development**
Alicia Betancourt

Alicia presented an overview of Florida Keys climate initiatives to the Natural Resource Leadership Institute (NRLI) class of 2011-2012. NRLI is an eight-month program that helps Florida industries and agencies collaborate in achieving goals toward protecting the environment and fostering economic development. NRLI helps rising leaders develop skills to build consensus around contentious environmental issues and find solutions.

She participated with the local youth program "Be the Change" in the annual "Challenge Day" for high school students. The Challenge Day mission is to provide youth and their communities with programs that demonstrate connection through the celebration of diversity, truth, and full expression; 186 students participated.

Alicia worked with staff to report on the EECBG grant activities including tracking overall grant funds.

She participated in the Florida Extension Association of Family and Consumer Science board as both the South District Representative and an Award Committee Member.

When Alicia spoke on the radio, she talked about how to have a "green" new year. Some recommendations include: buy less bottled water, always carry reusable grocery bags, make recycling a priority, do a home energy and water audit, and use less paper products. More information about how to live green can be found at <http://livinggreen.ifas.ufl.edu> or look at some ideas at www.theenvironmentalblog.org/2011/12/green-new-years-resolutions.



**Marine &
Green News**
Doug Gregory

Doug participated in the NOAA SE & Caribbean Climate Change Extension and Outreach Community of Practice conference call to organize the June 2012 workshop.

He organized and assisted with the Monroe County Climate Change Advisory Committee meeting. The SE Florida Climate Compact's Regional Climate Action Plan was discussed and prioritizing the recommended action items in the draft Monroe County Climate Action Plan was completed. A February 16 workshop is scheduled to identify elements of the draft plan that will be useful to Growth Management in amending Monroe County's Comprehensive Plan.

The UF/MC Extension Service assisted the Florida Keys Commercial Fishermen's Association with the 7th Annual Florida Keys Seafood Festival in Key West. An estimated 8,000 people attended the one-day event.

Doug attended a three-day Gulf of Mexico Fishery Council Scientific and Statistical Committee meeting in Tampa to review the recently completed population assessment for gray triggerfish, which is overfished, and updated analyses on the status of the Northern Gulf Red Snapper fishery. The SSC recommended a 400 thousand pound increase in the red snapper quota to about 8 million pounds.

He attended three spiny lobster public hearings conducted by the Gulf of Mexico and the South Atlantic Fishery Management Councils. Proposed regulations include 58 small areas to be closed to trap fishing to protect staghorn and elkhorn corals, under the Endangered Species Act. Testimony was provided to the Gulf Council encouraging them to have their scientific advisory committee review the information used to identify the closed areas and the economics with requiring specific trap line marking in the lobster fishery.



**Horticulture
News**
Kim Gabel

Kim spoke to the Key Largo Senior Group about the Rugose Spiraling Whitefly that is now starting to become a problem in Key Largo. Thirty people came to listen to what she had to say.

She held four regional plant clinics with 13 Master Gardeners assisting 20 clientele.

Kim participated in a conference call to assist the [Florida Forest Service](#) with logistics (locating meeting room, tree company to provide equipment and location for outdoor pruning demonstrations) for an upcoming Florida Keys Restoration Pruning workshop presented by Dr. Gilman.

She proctored three pesticide exams: one CORE, one Director's Public Health, and one Turf & Ornamental.

Kim spoke to the Florida Keys Council for People with Disabilities in Marathon about wheelchair accessible gardening for the elderly and disabled.

She held the first Master Gardener Training Class of 2012 on January 27. Twenty-three people will attend the class every Friday for the next nine weeks, ending on March 23.

The Marathon Garden Club held its annual "January Jamboree" on January 28. Kim set up a horticulture educational booth and nine Master Gardeners were there to help her out.

- She made seven site visits:
- Big Pine Key (2) - Royal Palm that had potassium deficiency and royal palm bug; Buccaneer Palm with unidentified disease and/or weevil infestation.
 - Key Largo (1) - Rugose Spiraling Whitefly at Buttonwood Bay Condos.
 - Islamorada (2) - Rugose Spiraling Whitefly and beneficial wasps found throughout Venetian Shores. Informed Islamorada Planning Dept. of findings.
 - Marathon (1) - Marathon Airport to discuss right plants for planting beds.
 - Key West (1) - Gumbo Limbo tree, where Rugose Spiraling Whitefly and beneficial wasps were present.

UF/IFAS/MONROE COUNTY EXTENSION

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This newsletter can be accessed online at the following link

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

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

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How does climate affect Floridians?

Weather forecasts are good for making plans one or two days from now, but what if you have to make important decisions based on what conditions will be like in three months, or six months?



The science of climate variability deals with studying the complex factors that cause changes in a region's general weather patterns, including rainfall and temperature, over a season or longer. Advances in atmospheric research have led to more accurate predictions of climate variability.

With the help of IFAS educational programs on climate, you can learn about the importance of climate change, cities and counties can draw up climate action plans, and communities can develop greenhouse gas inventories to reduce emissions.

By learning to adapt to climate change and variability, Floridians will be better able to make long-range decisions about water management and conservation and community planning. For more information, visit agroclimate.org and SolutionsForYourLife.com.



The Draft Southeast Florida Regional Climate Change Action Plan

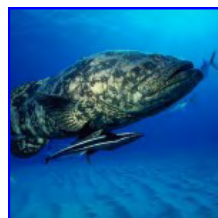
was unveiled at the 3rd Annual Southeast Florida Regional Climate Compact Leadership Summit that took place in Key Largo in December 2011.

To read the Plan, log onto www.southeastfloridaclimatecompact.org/index/files/Page648.htm. After perusing the document, click on the link to submit your comments, which will be accepted until Friday, March 16, 2012. After that date, all comments received will be compiled into a final plan for presentation to the County Commissioners of Broward, Miami-Dade, Monroe, and West Palm Beach counties.

edis Publications

Goliath Grouper: Giant of the Reef

Management of the goliath grouper, the largest member of the seabass family, has become an intensely debated issue in recent years. This 5-page fact sheet provides realistic info on the biology and ecology of goliath grouper relevant to these issues. <http://edis.ifas.ufl.edu/sg103>



Economic Value of Upland Invasive Plant Management in Florida State Parks

Invasive plants are a serious problem for Florida's natural areas, but what is the impact of their management on the economic value of our state parks? This 6-page fact sheet reports the results of a survey of Florida residents to determine how much they would pay for lower levels of invasive plant coverage in parks they visit, and estimate the value of invasive plant control. <http://edis.ifas.ufl.edu/fr352>

Online tool helps ID citrus diseases

A Chinese warrior once said that you must first know the enemy before you do battle. The same can be said about citrus diseases.

To help with identification, the University of Florida, in conjunction with the U.S. Dept of Agriculture's Plant Protection and Quarantine, has developed an online tool featuring 24 of the most common and commonly confused diseases and disorders.

The website features more than 300 color images as well as keys and descriptions of each disease or disorder.

The site also can be accessed using iPhones and iPads.

The online tool is the second in a trilogy and can be accessed at www.idtools.org/id/citrus/diseases.

The first tool released was the Citrus ID. The final tool, Citrus Pests, is expected to be released later this year.

UF/IFAS/MCES QUARTERLY CONTACTS

	Nov	Dec	Jan	Total
Phone calls	499	430	420	1349
Office visitors	43	49	39	131
Visits to clients	11	17	19	47
Group teachings	23	16	8	47
Participants	529	462	312	1303
Media submissions	8	7	10	25
Publications distributed	542	658	646	1846
TOTAL contacts	1655	1639	1454	4748