



# Educating with Extension

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UF/IFAS Extension Monroe County

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## Sustainable Floridians<sup>SM</sup> Program

By Dawn Thomas  
Extension Coordinator

### Overview

Are you interested in living a green and sustainable lifestyle and learning about your ecological footprint? The Sustainable Floridians<sup>SM</sup> Program teaches you how to reduce resource consumption, save money, and become part of a transition to a more environmentally, socially, and economically sustainable future.



### What You Will Learn

The seven-week course combines group discussions, weekly action exercises, and resource materials for an interactive and informative program. Participants will be provided with course materials, books, energy conservation devices for the home, and other products that relate to sustainable living. Each week participants will meet to learn about:

- ⇒ consumerism, 4R's, and green business
- ⇒ landscape and food systems
- ⇒ water conservation
- ⇒ energy conservation and transportation
- ⇒ climate and our changing environment

### Your role as a Sustainable Floridian

When you commit to participate in Sustainable Floridians<sup>SM</sup> you take on the role of educator and activist within your local community. You will work to advance the message of sustainability and encourage residents to answer the call to sustainability.

### Sustainable Floridians<sup>SM</sup> may:

- Provide educational programs to the public
- Support youth activities (K-12)
- Write newspaper articles or blogs
- Research new and emerging policies and technologies
- Conduct tours and assessments
- Participate in local outreach events

### Upcoming Training

Thursdays, noon to 4:00 p.m.

October 5, 12, 19, 26

November 16, 30

December 7

The first session (10/5) will be at Key West City Hall, 1300 White Street; all others will be held at the Gato Building, 1100 Simonton Street, first floor conference room, Key West.

\$75 course fee, check or money order, made payable to "UF/Monroe Extension Advisory Committee."

To pay with a major credit card, [click here to register via Eventbrite.](#)

To download an application, visit our [Sustainable Floridians<sup>SM</sup> webpage](#) or call 305-292-4501 and we'll send you one either by e-mail or U.S. mail.



### Questions?

Contact Alicia Betancourt  
305-453-8747

[betancourt-alicia@monroecounty-fl.gov](mailto:betancourt-alicia@monroecounty-fl.gov)

or

Alison Higgins  
305-809-3726

[ahiggins@cityofkeywest-fl.gov](mailto:ahiggins@cityofkeywest-fl.gov)

### Other Sustainable Resources

- ◆ [Sustainable Community Development: Subtopics](#)
- ◆ [Green Initiatives](#)
- ◆ [Florida Keys Water Watch](#)
- ◆ [Living Green](#)
- ◆ [Preserve Island Life](#) (on Facebook)

### Program topics will include:

- ✓ Introduction, A Call to Sustainability, Challenges for Us All
- ✓ Consumerism, 4 R's, Green Business
- ✓ Landscape and Food Systems
- ✓ Water Quality
- ✓ Energy Conservation and Transportation
- ✓ Climate and Our Changing Environment

### Presenters will be...

From UF/IFAS/Monroe County Extension:

Alicia Betancourt  
Executive Director

Harry Crissy, Economic Resource  
Development Agent

Kim Gabel  
Environmental Horticulture Agent

Shelly Krueger  
Florida Sea Grant Marine Agent

From the City of Key West:  
Alison Higgins  
Sustainability Coordinator

There will be invited guest speakers at certain sessions throughout the course.

[Click here to see the brochure.](#)



## Horticulture News

Kim Gabel



Kim recently accomplished the following activities:

- Coordinated two upcoming workshops:
  - ⇒ “Palm Nutrition, Fertilization, Pruning, and Palm Diseases” at the Marathon Government Center on September 26 with Monica Elliott, Ph.D. and Timothy Broschat, Ph.D.
  - ⇒ “Green Industries - Best Management Practices” (Spanish version) on October 4 at the Murray E. Nelson Government and Cultural Center in Key Largo with Miami-Dade Extension Agent Henry Mayer.
- Participated in a telephone conference call with Extension staff regarding the upcoming Sustainable Floridians<sup>SM</sup> training class.
- Attended a Grimal Grove board meeting to discuss upcoming planning for the Grove.
- Held four Summer Plant Clinics with seven Master Gardeners assisting 12 clients.
- Proctored two CORE, two Public Health, and one Private Applicator pesticide exams.
- Made two site visits in Key West:
  - Termites in Palm tree
  - Tropical Almond tree decline
- Spoke on US 1 Radio's Morning Magazine about pruning trees for hurricane season.

### Deadline to register: 9/15/17

35<sup>th</sup> Annual Florida Master Gardener Conference | October 15-18, 2017  
St. Johns County Convention Center  
Renaissance World Golf Village  
St. Augustine, FL

<http://conference.ifas.ufl.edu/gardener/index.html>



## Summer Plant Clinics

Kim Gabel and the Monroe County Master Gardeners will help you with plant problems or insect identification at the following locations throughout the summer:

### KEY WEST

**Gato Building / Extension Office**  
1100 Simonton Street, #2-260  
1:00 to 4:00 p.m.  
September 18

### MARATHON

**Marathon Home Depot**  
4555 Overseas Highway  
9:00 a.m. to 12 noon  
September 16

### KEY LARGO

**Murray E. Nelson Government & Cultural Center / Extension Office**  
102050 Overseas Hwy., #244  
9:00 a.m. to 12 noon  
September 6 & 20

### Can you identify this crab?



It is native to Bermuda, throughout the Caribbean Sea, Texas, and South Florida

- Hints:
- *Cardisoma guanhumi*
  - Rarely found more than five miles from the coast.
  - Can measure up to 6 inches (15 cm) across its carapace.
  - Reach sexual maturity in approximately four years.
  - Shy and pose no threat to humans unless caught and handled.
  - Can inflict a memorable pinch.
  - Primarily vegetarians, but occasionally eat beetles or other large insects.

Answer on page 4 or at

<http://edis.ifas.ufl.edu/uw013>



Marine  
News  
Shelly  
Krueger

Shelly recently accomplished the following activities:

- Was invited to present at the American Fisheries Society meeting about “Capitalizing on Local Capacity to Develop a Statewide Volunteer Water Monitoring Program.”



- As chair of the Gulf of Mexico Fishery Management Council Outreach and Education Advisory Panel, led the discussion at the annual meeting with representatives of Gulf States Sea Grant, state natural resource managers, and fishing representatives.
- Working with Hawaii Sea Grant to develop a citizen science water monitoring program modeled on Florida Keys Water Watch.
- Appointed to the South Atlantic Fishery Management Council Citizen Science Program and held the second call for citizen science data collection of recreational fisheries data; Shelly is on the Volunteer Action Team.
- Volunteered to assist the Florida Keys National Marine Sanctuary Advisory Council update the SAC charter for the Office of National Marine Sanctuaries.
- Continues to plan with the steering committee the Gulf of Mexico Regional Sea Grant meeting at Dauphin Island, Alabama and the annual National Sea Grant Fisheries Extension Network meeting in August.
- Spoke on US 1 Radio's “Morning Magazine” about hogfish rules and regulations.



**Family and  
Community  
Development  
News**  
**Alicia Betancourt**

# September Happenings

**Economic Resource  
Development News**  
**Harry Crissy**

Alicia recently accomplished the following activities:

- The development team of a new UF/IFAS initiative, CIVIC (Community Voices, Informed Choices) Program won a \$7,500 Extension Entrepreneurial Team Award for the UF/IFAS Dean's office. This will allow further development and training for agents and County Extension Directors in community development, facilitation, and the deliberative discussion framework.
- Collaborated with Extension staff and the City of Key West to coordinate Sustainable Floridians<sup>SM</sup>, a seven-week certification program which will be offered in the fall.
- Developed a recommendation for the Monroe County Climate Change Advisory Committee including a request to extend the committee for two more years, new member orientation, and introduction and recommendation on solar for County facilities. The committee has begun the five-year update of the Monroe Climate Action Plan and will coordinate those efforts with the existing Green Keys five-year plan.
- Discussed, shared and learned strategies for the adoption and implementation of green purchasing policies with city staff from Fort Lauderdale and Hallandale Beach. The Monroe Environmental Purchasing Policy is currently under staff review.
- Spoke on US 1 Radio's "Morning Magazine" about the Sustainable Floridians<sup>SM</sup> Program scheduled for October through December.



**Hurricane Season**

June 1 - November 30  
Don't be Scared, be Prepared!  
[http://monroe.ifas.ufl.edu/families/families\\_hurricanelinks.shtml](http://monroe.ifas.ufl.edu/families/families_hurricanelinks.shtml)

**Labor Day**

Monday, September 4  
Extension Office will be closed

**International Coastal Cleanup**

Saturday, September 16  
[oceanconservancy.org](http://oceanconservancy.org)

**World Water Monitoring Day**

Monday, September 18  
[worldwatermonitoringday.org](http://worldwatermonitoringday.org)

**Monroe County Climate Change Advisory Committee Meeting**

Monday, September 18  
12:30 - 4:00 p.m.  
Marathon Government Center  
2<sup>nd</sup> floor - BOCC meeting room  
2798 Overseas Highway, Marathon

**Palm School**

with Dr. Timothy Borschat and Dr. Monica Elliot  
Tuesday, September 26  
9:00 a.m. to 12 noon  
Marathon Government Center  
2798 Overseas Highway  
2<sup>nd</sup> floor, BOCC meeting room

**Reef Fest 2017**

September 28 to October 1  
Key Largo  
[reef.org/reeffest](http://reef.org/reeffest) or call 305-852-0030

**Green Industries-Best Management Practices (GI-BMP) Workshop en Espanol**

Wednesday, October 4  
8:30 a.m. to 4:00 p.m.  
Murray E. Nelson Government & Cultural Center  
102050 Overseas Highway  
1<sup>st</sup> floor auditorium, Key Largo

Please call 305-292-4501 to register for this workshop or for more information.

Harry recently accomplished the following activities:

- Worked with the Florida Keys Commercial Fishermen's Association on a funding proposal for the Monroe County Tourism Development Council for the Florida Keys Seafood Festival.
- Maintained and repaired a demonstration biodigester designed to introduce biogas energy production technology to interested parties in Monroe County.
- Participated in the monthly board meeting for the Key West Tropical Forest & Botanical Garden.
- Participated in a web design meeting for the Key West Tropical Forest & Botanical Garden.
- Met with a local seafood entrepreneur to discuss business expansion possibilities.
- Met with a local hotel owner to arrange for use of his facility for a public workshop.
- Met with a local marina operator to discuss possible collaborations with Extension and a local fishermen's cooperative.
- Conducted key informant interview for local small businesses.
- Conducted a number of retail analyses for the Lower Keys.
- Worked with a local marketing entrepreneur to refine a presentation for the local Rotary Club, as well as to improve operational strategies.
- Collaborated with a local Certified Public Accountant to offer a program on legal business structure and general financial statements.
- Collaborated with the City of Key West to obtain an intern to focus on sustainable development.
- Acquired international certification for sustainable project development.
- Spoke on US 1 Radio's "Morning Magazine" and WFFG 1300 AM about user generated content on social media regarding tourism.



**UF/IFAS/MONROE COUNTY EXTENSION**

1100 Simonton Street, Suite 2-260, Key West, FL 33040  
102050 Overseas Hwy., Suite 244, Key Largo, FL 33037

KW Phone: 305-292-4501      KL Phone: 305-453-8747  
KW Fax: 305-292-4415      KL Fax: 305-453-8749

General e-mail: [monroe@ifas.ufl.edu](mailto:monroe@ifas.ufl.edu)  
Newsletter Editor: Dawn Thomas, Extension Coordinator  
This newsletter can be accessed online at:  
<http://monroe.ifas.ufl.edu/newsletter.shtml>

County Extension Director: Alicia Betancourt



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



<http://SolutionsForYourLife.ufl.edu>

<http://ufl.edu>

<http://edis.ifas.ufl.edu>

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Brittany Scharf, Shelly Krueger, and Armando Ubeda at the recent American Fisheries Society meeting in Tampa.



**9th Annual Southeast Florida Regional Climate Leadership Summit**

**DATE:** Thursday, December 14 & Friday, December 15, 2017  
**LOCATION:** Broward County Convention Center  
1950 Eisenhower Boulevard, Ft. Lauderdale, FL 33316  
<http://www.southeastfloridacclimatecompact.org/the-summit/2017-9th-annual-summit/>

**EDIS Publications**

**Lionfish: Is it Safe to Eat?**

Lionfish is not a traditional or likely seafood selection, but growing interest in response to the invasive and increasing abundance has stirred recreational and commercial interest. This prolific, invasive fish is threatening reefs and coastal fisheries in ocean waters throughout the Caribbean Seas and neighboring regions, and eating lionfish is being encouraged as one of the best options to mitigate the its harmful impact. This 4-page fact sheet discusses the risks in handling and consuming lionfish, and offers recommendations for avoiding risk, for both recreational and commercial harvesters.

<http://edis.ifas.ufl.edu/sg135>

**South Florida Tropicals: Carambola**

The carambola or star fruit is native to Southeast Asia. It was introduced to Florida about 100 years ago. This 4-page fact sheet is a major revision that discusses availability, selection, uses, nutritive value, and food safety during preparation of carambola. This document also includes several recipes.

<http://edis.ifas.ufl.edu/he613>

**FLORIDA MASTER NATURALIST PROGRAM**

**Conservation Science**

**Instructor:** Shelly Krueger, Florida Sea Grant Marine Agent  
[shellykrueger@ufl.edu](mailto:shellykrueger@ufl.edu)      305-292-4502

**Date:** October 3 - 5, 2017

**Where:** Around Key West

**Website:** <http://conference.ifas.ufl.edu/fmnp/S17-07.html>

◆ **Registration deadline: September 26, 10:00 a.m.** ◆

**UF/IFAS/MCES QUARTERLY CONTACTS**

	Jun	Jul	Aug	Total
Phone calls	181	139	153	473
Office visitors	28	37	23	88
Visits to clients	20	17	16	53
Learning events	14	26	28	68
Participants	624	815	395	1834
Media submissions	6	4	5	15
Publications distributed	390	331	341	1062
<b>TOTAL contacts</b>	<b>1263</b>	<b>1369</b>	<b>961</b>	<b>3593</b>