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### Can't Eat Out? Pick up Some Local Seafood

By Shelly Krueger,  
UF/IFAS Extension Sea Grant Agent

### Monthly Events



### Online Plant Clinics!!

EVERY TUESDAY  
via ZOOM 10AM-11AM  
Meeting ID: 154 161 568

May 5th:  
Cinco de Mayo



May 6th-12th:  
National Nurses Week



May 10th:  
Mother's Day



May 25th:  
Memorial Day



Seafood is very easy to prepare at home. In fact, you can make a delicious and healthy main course with just three ingredients – local seafood, garlic and butter. Pick up some local stone crab claws, spiny lobster, shrimp, or fish then sauté or grill with the garlic and butter, and dinner is served! US seafood from your local fish house or fish market is highly regulated for safety and sustainability. There are also numerous health benefits to eating seafood. It is a great source of omega-3 and omega-6 fatty acids, as well as zinc and selenium, which help support your immune system.

Did you know that seafood is considered an agricultural product? As such, commercial fishermen are part of our essential critical infrastructure workforce and, per the Governor's executive order, necessary to produce our food supply domestically. Also, commercial fishing is important to the Keys' cultural heritage and fishers



make up a large part of many of our communities. It is not uncommon for a Key West Conch to be a second or even third generation fisher. In Florida, Monroe County has the highest commercial landings of any county with dockside values of over \$56 million and more than 4,500 people employed. Economists at the University of Florida calculate the economic contribution of commercial fishing nets more than \$900 million to the local economy every year. These models consider the number of jobs created, dockside sales, and the income generated by seafood sales from wholesalers to retailers, which includes restaurants

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# Sea Grant News

Shelly Krueger  
UF/IFAS Florida Sea Grant Agent

Shelly recently accomplished the following activities:

- Shelly is on the planning team for the Florida Coral Reef Disease Outbreak Response Technical (Virtual) Workshop in May. Agenda setting, determine meeting priorities, strategic planning, and outcomes for the communication and outreach team presentations. Planning notetaking for all sessions.



- Shelly held a call with Net Your Problem, Florida Keys National Marine Sanctuary staff, and commercial fishing industry leaders to develop recycling fishing gear post-season opportunities.
- Shelly is vice-chair of the South Atlantic Fishery Management Council Information and Education Advisory Panel. This 2-day virtual meeting focuses on how we can educate stakeholders in the S. Atlantic. Specifically, addressing the new descending gear that will be required in federal waters soon, and

sargassum, which is managed by the SAFMC as essential fish habitat. Shelly was asked to send the new Florida Sea Grant barotrauma and descending gear videos and brochures to be uploaded to the Gulf of Mexico Fishery Management Council website Fishing for Your Future



<https://gulfcouncil.org/eastern-gulf-barotrauma/>



The Environmental Horticulture Program and Master Gardener Volunteers remain dedicated to helping you with your plant related questions.



**CALL OUR OFFICE:**  
(305)292-4501

**We have many different ways we can assist!**

**ZOOM PLANT CLINICS:**

Join us every TUESDAY!!  
10AM - 11AM. Via ZOOM!  
MEETING ID: 154 161 568

**EMAIL YOUR QUESTIONS TO:**  
mastergardener@monroecounty-fl.gov

Please include a detailed description of the problem and photos if available

**FACEBOOK PAGE:**

Visit our Facebook page for updates, requests, information and so much more!

<https://www.facebook.com/MonroeCountyExtension/>

# Horticulture News

Michelle Leonard-Mularz  
UF/IFAS Environmental Horticulture Agent

Michelle recently accomplished the following activities:

- Key West Botanical Society and the Environmental Horticulture Agent hosted an Earth Day event, Sustainable Landscaping for the Keys, via Zoom. If you were unable to attend the event live, you can still view the recording. Visit our Facebook page or email our Extension Coordinator for the link. <https://www.facebook.com/MonroeCountyExtension/>



- Our in-person plant clinics have gone online. Every Tuesday the Environmental Horticulture Agent and Master Gardener volunteers will be available to answer any questions about growing plants in the Keys. Don't have any questions, no problem. Just hop on and talk plants with plant-happy people. Join via Zoom. Meeting ID: 154 161 568. <https://ufl.zoom.us/j/154161568>

- Starting in May, we are adding Saturday plant clinics on the second Saturday of each month. The first one will be Saturday, May 9<sup>th</sup> 10AM to 11AM. Meeting ID: 154 161 568
- Visit our blog page to stay up-to-date on home landscape and gardening information for the Keys <http://blogs.ifas.ufl.edu/monroeco/>



Be sure to "Like" us on [Facebook](#) and follow us on [Twitter](#) and [Instagram](#)!

# Extension Director's News

Alicia Betancourt  
 UF/IFAS Family and Community Development Agent and  
 Monroe County Extension Director

Alicia recently accomplished the following activities:

- Alicia held a training on the Climate Smart Floridians Program for 16 Extension professionals. The training included 9 learning modules. 100% of participants reported learning new ideas and they were provided with material to hold the program in their community.



- Alicia held (3) weekly training and sharing meetings for 60 Extension Professionals called Chew on This. Topics included; Working from Home, Your Money and You and Finding Your Tribe



- Alicia was invited to train 12 FAMU FCS Professionals on work from home strategies.

- Alicia met as a member of the Joint Extension Professional Association to plan national Extension initiatives and conferences for 2021.
- Alicia met with the National Extension Climate Initiative and heard from 4 Extension professionals about collaborative efforts that are ongoing across the nation.

The National Extension Climate Initiative developed a map which can be found here: <http://www.msucommunitydevelopment.org/NationalExtensionClimateInitiative.html>

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and grocery stores. This is second only to tourism. Diversity in our local economy is very important and so is the catching of domestic seafood for food security. The success of commercial fishing is also tied to tourism, since up to 90 percent of the local finfish and stone crab catch would normally be sold to restaurants in South Florida.



Even before the “local food” movement was popular, UF/IFAS Monroe County Extension recognized the need to support the local commercial fishing industry and helped create

the annual Florida Keys Seafood Festival in Key West. But you don’t have to wait for the seafood festival to eat local seafood! There are local fish houses and seafood retailers up and down the Florida Keys that are open for business and ready to serve you Key West pink shrimp, spiny lobster, stone crab,

grouper, hogfish, and tuna, to name just a few. By supporting your local fishermen and women, you support your local economy and you get to enjoy a great meal fresh from Florida!



## Interested in purchasing some delicious local seafood?

Fanci Seafood	Cudjoe Key	(305)745-3887
Low Key Fisheries LLC.	Cudjoe Key	(305)745-1311
Nichols Seafood Suppliers Inc.	Islamorada	(305)664-8358
Key Largo Fisheries Inc.	Key Largo	(305)451-3782
Tomasita SFD	Key West	(305)294-0581
Fausto’s Food Palace Inc.	Key West	(305)294-5221
Fish Busterz LLC.	Key West	(305)296-6022
Stock Island Lobster Co.	Key West	(305)296-5844
Rusty Anchor Seafood of Key West Inc.		(305)923-4906
Brutus Seafood LLC.	Marathon	(305)395-0445
King Seafood LLC.	Marathon	(305)923-9633
Keys Fisheries Inc.	Marathon	(305)743-6727

# UF | IFAS Extension

UNIVERSITY of FLORIDA



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 County Extension Director: Alicia Betancourt  
 Newsletter Editor: Liz Yongue, Extension Coordinator

This newsletter can be accessed online at:  
<http://monroe.ifas.ufl.edu/newsletter.shtml>

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



University of Florida (UF)  
<http://SolutionsForYourLife.ufl.edu>  
<http://ufl.edu>  
 Electronic Data Information Source (EDIS)  
<http://edis.ifas.ufl.edu>



UF/IFAS Extension is  
 Putting Florida First

Scan this code to go directly to our UF/IFAS Website for more information!



## Composting Basics

Don't Buy Soil! Make it!



### BROWNS

(CARBON)  
 dead leaves, branches, twigs



### GREENS



(NITROGEN)  
 grass clippings, fruit/veggie waste, coffee grounds

### WATER



provides moisture to help break everything down

**Alternate layers with equal amounts of browns and greens. Add water!**

*An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Nick T. Place, dean for UF/IFAS Extension. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.*

## Have some extra free time?

Take the FREE Florida Friendly Fishing Guide Certification Course!!!!

Florida Friendly Fishing Guide Certification  
<https://www.flseagrant.org/news/2019/12/fishing-guides-can-now-be-certified-as-environmentally-friendly/>

### Atlantic Grouper Season May 1-Dec. 31

Be Sure to visit myFWC for the most up to date information on saltwater fishing regulations.

<https://myfwc.com/fishing/saltwater/recreational/>



### UF/IFAS/MCES QUARTERLY CONTACTS

	Feb	Mar	April	Totals
Phone calls	80	70	73	223
Office visitors	15	8	0	23
Visits to clients	8	12	0	20
Learning events	31	39	48	118
Participants	888	719	736	2343
Media submissions	7	9	17	33
Publications distributed	351	151	162	664
<b>TOTAL contacts</b>	<b>1380</b>	<b>1008</b>	<b>1036</b>	<b>3424</b>