

Educating with Extension



By Brynn Morey, Extension Coordinator, and in collaboration with Alicia Betancourt, Shelly Krueger, and Michelle Leonard-Mularz

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Plant Clinics



EVERY TUESDAY & 3rd SATURDAY OF THE MONTH
via ZOOM 10AM-11AM
Meeting ID: 154 161 568
<https://ufl.zoom.us/j/154161568>

Plant Clinic Plus!

Along with answering all of your plant/insect questions, we will also start each clinic with a brief topical discussion. See topics and dates below:

July 7th: Landscape Hurricane Preparedness



July 14th: Easy-to-Build Self Watering Containers



July 18th: Attracting Butterflies

July 21st: Salt Tolerant Plants



July 28th: Diversity, Threatened & Endangered Plants in the Garden



How to Reduce Food Waste in the Home

(to help reach 2030 US Food Loss & Waste Reduction Goal)

By Michelle Leonard-Mularz,
UF/IFAS Environmental Horticulture Agent

On September 16, 2015, the United States Department of Agriculture (USDA) and Environmental Protection Agency (EPA) announced the first ever domestic goal to reduce food loss and waste by half by the year 2030. This is in alignment with Target 12.3 of the United Nations (UN) Sustainable Development Goals. Through these efforts, the United States will be able to feed the hungry, save money for families and businesses and protect the environment. Specifically, Target 12.3 of the UN Sustainable Development Goals states “By 2030, halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses.”

Why is this important?

EPA estimated that in 2017 in the United States, more food reached landfills and combustion facilities than any other material in our everyday trash. 22% of what entered landfills or incinerators was food waste, roughly 38.1 million tons. With 20% of the total U.S. methane emissions coming from landfills, reducing our food waste can help address climate change. Methane is a potent greenhouse gas 28 to 36 times more effective than CO₂ at trapping heat in the atmosphere per the Intergovernmental Panel on Climate Change assessment report (2014).

Steps to reduce waste in our homes

Planning. Write down weekly meal plans and base your grocery shopping on the meals that will be prepared in the home. Buy only what you will need and use. Storage: Since some fruits give off natural gases (ethylene glycol), causing nearby fruit to spoil faster, store bananas, apple and tomatoes by themselves and store vegetables in separate bins. Don't wash berries until you are ready to eat them to prevent mold. Freeze any surplus produce either raw or by first



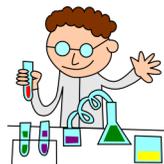
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Sea Grant News

Shelly Krueger
UF/IFAS Florida Sea Grant Agent

Shelly recently accomplished the following activities:

- Shelly was recognized for 6 years of service during the Florida Keys National Marine Sanctuary Advisory Council meeting.



- This is the third year Shelly has trained the new counselors at Boy Scouts of America Sea Base on Summerland Key to be trainers for Florida Keys Water Watch. Sea Base has more than six sites they bring campers and teach them how to perform water quality sampling.



- Shelly published two blogs and two press releases on Florida Friendly Fishing Guides Certification and New Federal Atlantic Fishing Regulations: Descending Device Required On-Board for Snapper-Grouper Complex.

Florida Friendly Fishing Guide Certification:
<http://blogs.ifas.ufl.edu/monroeco/2020/06/25/florida-friendly-fishing-guide-certification/>

Fish Descending Device Blog:
<http://blogs.ifas.ufl.edu/monroeco/2020/06/22/new-federal-atlantic-fishing-regulations-descending-device-required-on-board-for-snapper-grouper-complex/>



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:
Every Tuesday & 3rd Saturday of the month!!
10AM - 11AM. Via ZOOM!
MEETING ID: 154 161 568
<https://ufl.zoom.us/j/154161568>

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

- 5 Master Gardener volunteers were selected to attend this year's statewide Master Gardener Leadership School. The day-long training focused on leadership skills to motivate others, honing listening skills and dealing with difficult issues. Congratulations to Karen Sunderland, Laura Haarmeyer, Susan Matthews, Susie Reutling, and Judy Shaw, who were selected to attend this year's program. 180 volunteers attended virtually from throughout the state.
- A new study conducted by The Nature Conservancy, University of California Santa Cruz, and RMS (a modeling science and software company) concluded that mangroves in Florida prevented US \$1.5 billion in direct flood damages and protected over a half a million people during Hurricane Irma in 2017, reducing damages by 25% in counties with mangroves. Read the full story here:
- July 18-26 is National Moth Week, a global citizen science project. "Moth-ers" of all ages are encouraged to learn about, observe, and document moths in their backyards, parks, and neighborhoods. Visit <http://nationalmothweek.org/> to learn more.

<https://www.nature.org/en-us/newsroom/mangroves-reduce-florida-flood-damages/#:~:text=The%20study%2C%20Valuing%20The%20Flood,during%20Hurricane%20Irma%20in%202017>



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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 developed a week long virtual 4-H camp called "Touring Florida: Climate Change" for 90 youth age 11-and up. The camp meets twice during the week and work through the lessons at their own pace with videos, games and activities.



- Alicia developed a weekly webinar series to teach extension agents new skills including increasing diversity, equity and inclusion. This effort became popular with the agents who participated and comments such as "I hope this is the beginning of some meaningful dialogue in Extension" and "a ton of great ideas were brought to the table" combined with survey results that showed 93% increased knowledge proving that agent to agent learning can be a successful model.



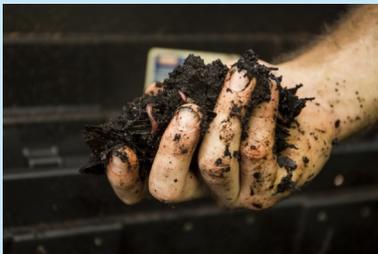
- Alicia worked as part of the Southeast Florida Climate Compact, Municipal Work Group to determine a timeline and outcomes for three key areas of potential municipal engagement for 2020 and beyond including; a regional municipal scorecard, local case studies and an annual state of the region report.

Continued from page 1

blanching (to reduce flavor and texture loss by enzymes).

Prepping. When you get home, wash, dry, and chop food items for snacks and easy cooking and place in clear storage containers. Prepare and freeze meals ahead of time.

Smoothies, casseroles and soups are great ways to use up leftovers or produce that is past its prime.



Divert waste from landfills

Composting food scraps is an excellent alternative to sending that material to landfills, which contribute to methane gas production. Food scraps and yard waste together make up more than 28 percent of what is thrown away. It is an extremely beneficial soil additive that aids in nutrient and water holding capacity. Not only does it improve the physical structure of the soil, it can also reduce the need for fertilizers, which can pollute our waterways, since it can be a great source of nitrogen, phosphorus, potassium and other micronutrients. It also can

reduce the need for irrigation, ultimately saving consumers money.

Composting is the natural process of decomposition and recycling of organic matter through the aide of beneficial micro and macro-organisms. There are many different ways food scraps and yard waste can be composted. Open air composting, also called hot composting, is more or less a pile of material in the backyard, contained either in a bay or wire caging. Direct or 'trench' composting which is simply done by digging a hole or trench in the ground and burying the scraps. Tumbler composters, are commercially available units that come in a variety of shapes and sizes that are completely enclosed and require some effort. Or vermicomposting, composting with worms, which may be more preferred for people that don't generate much waste and have smaller landscapes. Whatever your situation or needs, there is a composting system for reducing waste that will work for you.

To learn more about the United States 2030 Food Loss and Waste Reduction goal visit:

<https://www.epa.gov/sustainable-management-food/united-states-2030-food-loss-and-waste-reduction-goal#goal>

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UF/IFAS/MONROE COUNTY EXTENSION

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 County Extension Director: Alicia Betancourt
 Newsletter Editor: Brynn Morey, 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>



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



The Monroe County Extension Office in Key West is excited to announce the installation of an educational Lionfish Aquarium to inform and help raise awareness on this invasive species.

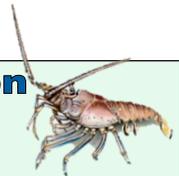
This aquarium is funded by the Florida Fish and Wildlife Conservation Commission (FWC).



The Lionfish will be donated by the Key West Aquarium

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.

**Spiny Lobster Mini-Season
 July 29th - July 30th**



DAILY BAG LIMIT: 6 per person in Monroe County

MINIMUM SIZE LIMIT: Carapace must be larger than 3" measured in water. Possession and use of measuring device required at all times.

**NIGHT DIVING FOR LOBSTER IS PROHIBITED
 IN MONROE COUNTY**



UF/IFAS/MCES QUARTERLY CONTACTS

	April	May	June	Totals
Phone calls	73	54	52	179
Office visitors	0	0	0	0
Email Consultations	0	150	150	300
Learning events	48	69	66	183
Participants	736	1150	831	2717
Media submissions	17	13	13	43
Publications distributed	162	243	169	574
TOTAL contacts	1036	1679	1281	3996