



THE APPLE CORE & MORE



An Educational Partnership Between the Broward County Board of Commissioners and University of Florida Extension / IFAS

JULY TO SEPTEMBER 2024

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From the Desk
of Broward
County's
FCS Agent



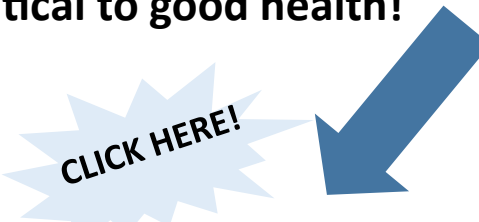
Hi Apple Core & More Readers-
Hurricane Season is here once again and spans from June 1st thru November 30th. I've heard some rumblings of a possible *Category 6* hurricane with the warmer waters and changes in climate. I sure hope not! We need to prepare for the worst and hope for the best. Get your supplies now. Know where the nearest shelter is located and know the evacuation route nearest your location.

Please share this information with others so they can learn too. Encourage your family and friends to sign up for this informative newsletter too. We are looking for 50 more readers in 2024. See p. 9.

Follow our Broward FCS blogs for some great trending articles. [Brenda Marty-Jimenez, Author at UF/IFAS Extension](#)


Brenda Marty-Jimenez, MHM, RDN, LDN,
FCS Extension Education Agent IV
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Handwashing and keeping hands clean is critical to good health!



[Handwashing is critical to good health - UF/IFAS Extension Broward County \(ufl.edu\)](https://www.ufl.edu/extension/broward/handwashing-is-critical-to-good-health)

Ex



MyPlate: Check out all of the resources on healthy eating!

[MyPlate | U.S. Department of Agriculture](https://www.myplate.gov/)

Get your Presto pressure canner gauge checked

in 2024 (Click link) Pressure Canner Gauge Testing in Broward County - UF/IFAS Extension Broward County (ufl.edu)



Do you have an idea or nutrition story you'd like to share?
E-Mail: bjimenez@ufl.edu
Visit us on the web at:
<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>
SolutionsForYourLife.com



Family & Consumer Sciences Program

Led by Brenda Marty-Jimenez, MHM, RDN, LDN, FAND
UF/IFAS Extension, Broward County, Agent IV
2002 to present



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Brenda Marty-Jimenez, MHM, RDN, LDN, FAND

Family and Consumer Sciences, Agent IV

For 20 years, Brenda has successfully led our Family and Consumer programs in the community and beyond covering topics such as: nutrition, health, food, safety, ServSafe, Cottage Food Law, disaster preparedness, food preservation, chronic disease prevention and wellness.

Brenda holds a BS in Nutrition and Dietetics from the College of St. Scholastica, with a Dietetic Internship at McKennan Hospital in Sioux Falls, SD. She also completed her Master in Health Management at St. Thomas University and has over 18 years of acute care experience as a Registered and Licensed Dietitian and Nutritionist in Florida.

Since 2002, Brenda has been a motivation to our team and an inspiration to industry professionals. She has been recognized in the past as recipient of the NEAFCS Distinguished Service Award, most recently at the 2021 EPAF Conference with the NEAFCS Continued Excellence Award and 2022 NEAFCS Disaster Education Award.

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Rose M. Morales

*Family and Consumer Sciences,
Education Training Specialist I*

Rose is responsible for educating citizens and working with the Family Consumer Sciences in Broward County. She engages in community outreach and educational research-based programming.

She comes to us with 13 years of experience in teaching South Floridians subjects such as: the importance of eating healthy, increasing physical activity, and keeping hydrated, while working for the Family Nutrition Program.

She is motivated and passionate about connecting with people and delivering classes on different topics. She is seasoned with making an impact with the audiences she serves in terms of knowledge gain and behavior change.

She is friendly, personable and an asset to Family and Consumer Sciences. Rose was awarded the Paraprofessional Award in 2019 by UF/IFAS Extension and has received several other accolades.

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**UF/IFAS
Extension,
Broward
County
FCS Staff**



ALL ABOUT AVOCADOS

Author: Brenda Marty Jimenez, UF/IFAS Extension, Broward County FCS Agent IV

When you think of eating an avocado what do you think of? I think of a fresh bowl of guacamole and delicious Mexican food. May 5th, which is Cinco de Mayo, is the perfect time to enjoy and celebrate with some fresh and tasty avocados.

There are many varieties of avocados and many ways to use avocados when meal planning. They come in different shapes and sizes. The inside color can vary from bright yellow, pale yellow to yellowish green. All avocados have a smooth, creamy texture and a deliciously tasty flavor. Avocados can be enjoyed as part of a healthy diet.



Growing

Our Extension master gardeners can give you tips and suggestions on growing avocados. To read more, click on this link - <https://edis.ifas.ufl.edu/publication/MG213>

Ripening

To ripen, store avocados at room temperature. You can speed ripening by storing avocados in a brown paper bag.

Nutrition

1 avocado (201 grams) contains approximately -

322 calories

29 grams of fat

0 cholesterol

4 grams of protein

17 grams of carbohydrate

14 grams of dietary fiber

21 mg of potassium



<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/avocados#header4>

Avocados contain no cholesterol. The avocado is well-known for containing a high amount of monounsaturated fatty acids and dietary fiber. <https://www.eatright.org/food/food-groups/fats/choose-healthy-fats>

Eating plenty of fruits and vegetables is part of a healthy diet. <https://blogs.ifas.ufl.edu/browardco/2022/07/01/get-health-benefits-this-summer-focus-on-fruits-and-vegetables/>

Always check with your healthcare provider for advice regarding your diet and health.

Avocado Uses and Recipes

Avocado halves (pitted) are the perfect shape for holding many combinations of foods. Some ideas include a small scoop of seafood salad, fruit salad, or chicken salad as great avocado fillers. Many people love guacamole, which can be used as a dip for vegetables or chips. Sliced or diced avocado goes great in a fresh salad or as a garnish for tacos and/or taco pie. You can use a melon cutter to make round avocado balls to add a different and creative shape to salads and appetizers. Add smashed avocado to sandwiches or burgers as a spread. Many use avocado in milkshakes and smoothies. Avocado toast is trendy too. Yum!



Avocados may discolor or turn brown after being cut. To reduce this browning effect you may want to sprinkle cut surfaces with lemon or lime juice. <https://californiaavocado.com/how-to/preventing-a-cut-avocado-from-browning/>

Here is a tasty recipe to try!

Fruit Stuffed Avocado

Ingredients

- 2 larger avocados, cut in half and pitted
- 1 orange or tangerine peeled and sectioned
- ½ cup sliced strawberries
- ½ cup chopped mango, papaya or pineapple
- 2 star fruit, seeded and sliced

Yogurt-honey dressing

- ½ cup low-fat plain yogurt
- 1 tsp. honey
- 1 Tbsp. skim milk

Directions

1. Wash hands with soap and water.
2. Wash the outside of the fruit before cutting.
3. Blend ingredients for yogurt-honey dressing and chill.
4. When ready to serve, fill the 4 sliced avocado halves with prepared fruit.
5. Drizzle with yogurt-honey dressing.
6. Serve and enjoy. (Serves 4)

MyPlate has several recipes using avocado. Here is another tasty recipe for *Avocado Grapefruit Salad with Citrus Vinaigrette* - <https://www.eatright.org/recipes/salads/avocado-grapefruit-salad-with-citrus-vinaigrette-recipe>



This is my chicken salad stuffed avocado. It was delicious!

ONIONS! ONIONS! ONIONS!!

Some people love onions and others totally avoid them. I did a quick impromptu poll in my office of who likes to eat onions and who does not. Results show – 9 of 10 (90%) like to eat onions.



You can eat them raw or fried. In a salad or on a burger. Caramelized onions pair well with steak. You can purchase dried, minced, fresh, frozen diced and/or pearl onions in a jar. There are several options such as sweet onions, viedalia onions, purple/red spicy onions, shallots, and/or scallions.

The crying vegetable

Onions are known as the “crying vegetable”. There is a type of sulfuric gas released from onions that tear up eyes.

How can you reduce tearing when cutting an onion? To reduce tearing, chill the onion(s) for 30 minutes. Then, cut off the top and peel the outer layers leaving the root end intact. (The root end has the highest concentration of sulfuric compounds that make your eyes tear.) <https://fruitsandveggies.org/fruits-and-veggies/onion/>

Nutrition and health- <https://fruitsandveggies.org/fruits-and-veggies/onion/> Plain onions are fat free, saturated fat free, cholesterol free, very low in sodium, a good source of fiber, and higher in vitamin C. Onions are among the white fruits and vegetables such as banana, cauliflower, garlic, ginger, mushrooms, onions, potatoes, turnips, and parsnips. MyPlate recommends making ½ your plate fruits and vegetables for better health. <https://www.myplate.gov/eat-healthy/vegetables>

Onions have numerous advantages, such as enhancing meals with a variety of flavors. According to recent research, consuming onions may also help the body fight colorectal cancer and breast cancer, as well as heart disease and diabetes.

Dietary Fat & Cancer: Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers. Onions are fat free. Battered onion rings however are fried and if you are trying to limit fried foods (dietary fat) in your diet, this would be something to limit and/or avoid. **Sodium & Hypertension:** Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors. Onions are very low in sodium. As part of a low sodium diet, onions may reduce the risk of high blood pressure. **Dietary Saturated Fat & Cholesterol & Risk of Coronary Heart Disease:** While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Onions contain no saturated fat or cholesterol. **Fiber-Containing Grain Products, Fruits, and Vegetables and Cancer:** Low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some cancers, a disease associated with many factors. Onions are a good source of fiber. **Fruits & Vegetables & Cancer:** Low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, or vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Onions are a good source of fiber and an excellent source of vitamin C. These may help to boost immune system reduce cancers, and balance hormones.

Always check with your healthcare provider for recommendations as to your individual health status and/or condition.

Reference: <https://fruitsandveggies.org/fruits-and->

HOW UF/IFAS HELPS AFTER A DISASTER

UF/IFAS faculty, staff, students and volunteers collaborate with local county and state government, aid groups and other stakeholders to support the recovery of local communities and industries in many ways.

- 1 Ensure the safety of our faculty and staff around the state. Rapidly assess damage to crops, pastures, plant nurseries, and aquaculture.



- 2 Calculate and report economic impacts to agriculture and aquaculture industries.



- 3 Staff local emergency operations centers, shelters and other emergency sites.



- 4 Provide expert advice, make connections and help meet needs for residents, farmers and partner organizations.



- 5 Work with communities, volunteers and other organizations on relief efforts.



For more on disaster preparation and recovery, visit [DISASTER.IFAS.UFL.EDU](https://disaster.ifas.ufl.edu).

May 2024

CÓMO UF/IFAS AYUDA DESPUÉS DE UN DESASTRE

Los profesores, el personal, los estudiantes y voluntarios de UF/IFAS trabajan en conjunto con el gobierno estatal y del condado a nivel local, así como con grupos de ayuda y otras partes interesadas, para contribuir de diversas maneras a la recuperación de las comunidades e industrias locales.

- 1 Asegura que nuestros docentes y personal en todo el estado estén seguros. Evalúa rápidamente los daños a cultivos, pastos, viveros y acuicultura.



- 2 Calcula y reporta los impactos económicos en las industrias de agricultura y acuicultura.



- 3 Provee personal a los centros de operaciones de emergencia locales, refugios y otros sitios de emergencia.



- 4 Proporciona asesoramiento experto, establece conexiones y ayuda a satisfacer las necesidades de los agricultores residentes y las organizaciones asociadas.



- 5 Trabaja con comunidades, voluntarios y otras organizaciones en esfuerzos de socorro.



Para obtener más información sobre preparación y recuperación ante desastres, visite [DISASTER.IFAS.UFL.EDU](https://disaster.ifas.ufl.edu).

Traducido al español por Luz Bahder luzdenia@ufl.edu.
Traducción aprobada por Lourdes Mederos rodriguez@ufl.edu.
Mayo del 2024

Helpful Telephone Numbers for Broward County Citizens

FROM UF/IFAS EXTENSION, BROWARD COUNTY FAMILY AND CONSUMER SCIENCES (FCS)

*Compiled by UF/IFAS Extension, Broward County, Family and Consumer Sciences. Please contact us if you would like to schedule classes on hurricane preparedness and/or food safety. Keep these numbers handy should you need them before, during and/or after a disaster. Be prepared. Check out our links. QR codes and connect with us.

Emergency number to call	911
24-hour Helpline for /crisis, Health and Human Services Support	211
Broward County Hurricane Hotline	311 or 954-831-4000
Broward Elderly and Veterans Services	954-357-6622
Broward Emergency Management for Special Needs Shelter Registration	954-831-3902
Broward County, Florida Health Department	954-467-4700
Broward County Emergency Management	954-831-3900
Broward County School District Hotline (School closures)	754-321-0321
Price Gouging Hotline	1-866-966-7226
Broward County Transit	954-357-8400
FEMA Hotline	1-800-621-3362
Florida Food Stamps/DCF	866-762-2237
Ft. Lauderdale Debris Removal	954-828-8000
Ft. Lauderdale Fire Department	954-828-6800
Florida Power and Lights/Report Outages	800-468-8243
Homeless Information	954-563-4357
Humane Society Hotline	954-266-6871
United Way of Broward County	954-462-4850
American Red Cross South Florida Chapter	www.redcross.org
Neighbors to the Rescue/Hands on Broward	954-233-1300
Suicide Hotline	988
The Florida Initiative for Suicide Prevention	954-384-0344
UF/IFAS Extension, Broward County Family and Consumer Sciences	954-756-8550



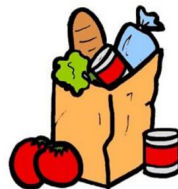
Keep this list handy, in case you need it!



Stock up for hurricane season



PANTRY PREP: STOCK UP FOR EMERGENCIES



1. Write a list of what you have already. (Don't forget medical and hygiene supplies.)
2. Plan a menu for two weeks to include nutritious foods your household enjoys.
3. Purchase enough food and supplies for two weeks. (Don't forget, if everyone is home, you might need more provisions than usual.)
4. Don't overstuff your refrigerator or freezer: It blocks the airflow and the appliance won't work as efficiently.
5. Remember: Stock up on what you need, but don't overbuy.

We are all in this together!



Important Non-Food Emergency Items

- ★ Battery-powered radio
- ★ 2-week supply of medications
- ★ First aid kit
- ★ Extra clothing, including sturdy shoes
- ★ Blankets and pillows
- ★ Toilet paper and paper towels
- ★ Sanitizing wipes
- ★ Extra batteries



WASTE LESS, SPEND LESS: PAY ATTENTION TO EXPIRATION DATES



Best if Used By/Before indicates when a product will be of best flavor or quality. *It is not a purchase or safety date.*

Sell By date indicates how long to display the product for sale. *It is not a safety date.*

Use By date is the last date recommended for the use of the product while at peak quality. *It is not a safety date except for when used on infant formula.*



STOCK YOUR EMERGENCY FOOD SUPPLY!

Focus on non-perishable, nutritious foods from each food group.

Grains: Crackers, granola bars, rice cakes, cereal

Fruits: Dried fruit, canned fruit, fruit juice, trail mix

Vegetables: Canned veggies, non-condensed soup

Protein: Dried meat, tuna, nuts, peanut butter

Dairy: Powdered milk, shelf-stable milk



PROTECT YOUR STUFF

Keep your important papers, photos, financial documents, and family records safe by storing them in a fireproof, waterproof strongbox.



FAMILY AND
CONSUMER
SCIENCES
APPLE CORE &
MORE



*Please sign
up today!*

NEWSLETTER

**USE THIS LINK TO SIGN UP TO
OUR QUARTERLY NEWSLETTER:**

<https://bit.ly/3D0ycFr>

OR SCAN THIS CODE
TO OPEN THE SIGN UP
FORM



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WEB PAGE
<https://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/food-nutrition-and-wellness-in-broward/>



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UF/IFAS EXTENSION, BROWARD COUNTY

WOULD YOU LIKE TO MAKE AN IMPACTFUL DONATION TO OUR FAMILY, NUTRITION AND CONSUMER SCIENCES PROGRAM IN BROWARD COUNTY?



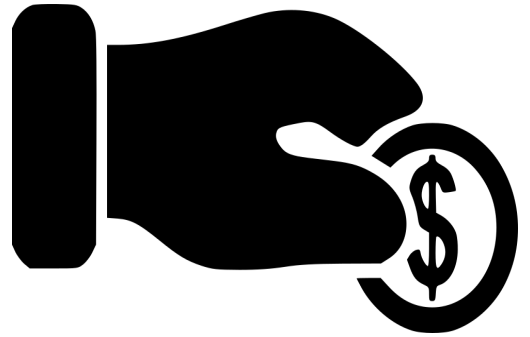
DONATE TODAY



Scan me!

Visit our website for more information on our programs and the impact they have on our community everyday.

SFYL.IFAS.UFL.EDU/BROWARD



The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as alternate formats of written material, please contact Brenda Marty Jimenez, bjimenez@ufl.edu; (954) 756-8550 at least [1 –2 weeks in advance].

Broward County, Parks and Recreation: We have so many beautiful county parks to visit. Take the opportunity to visit as many as you can, in 2024, to relax, view nature, spend time with family, absorb some vitamin D, and get physical activity. Check out these things to do in a park near you.

[Things To Do Things To Do \(broward.org\)](http://broward.org)



WELLNESS CORNER



EGG SAFETY: Serve eggs and egg dishes safely in your home.

Serve cooked eggs (such as hard-boiled eggs and fried eggs) and egg-containing foods (such as quiches and soufflés) **immediately after cooking**. Cooked eggs and egg dishes may be refrigerated for serving later but should be thoroughly reheated to 165° F before serving. Never leave cooked eggs or egg dishes out of the refrigerator for more than 2 hours or for more than 1 hour when temperatures are above 90° F. www.fightbac.org/food-safety-basics/the-core-four-practices



Motivational Moment

"We are here to heal, not harm. We are here to love, not hate. We are here to create, not destroy. "

-Author: Anthony Douglas Williams



Q&A Challenge

Question: Hurricane Season spans from June 1st to _____.

Answer: November 30th.

NOAA predicts above-normal 2024 Atlantic hurricane season | National Oceanic and Atmospheric Administration



WE'RE ON THE WEB AT:

<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>



DISCLAIMER

The information in this community newsletter is for informational purposes only. The Broward County Extension office and/or the Broward County Board of Commissioners are not engaged in rendering medical advice or professional services and cannot provide consultation on individual health conditions. The information provided in this newsletter should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or may suspect you have a health problem, you should seek appropriate medical attention from your health care provider.

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Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida.

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