



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

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From the Desk of Broward County's FCS Extension Agent...



Dear Readers,

Happy New Year! This is a time for new dreams, new wishes, new resolutions and new goals. I always enjoy a fresh new calendar ready to fill up with dates, projects and important dates and events to look forward to.

This issue highlights the UF/IFAS Extension ten core values which are listed on this cover page. These values are the foundation of what we do in Family and Consumer Sciences. We bring the resources and knowledge of the University of Florida faculty and staff directly to you locally through our Extension programs. We provide relevant, research-based, educational programs that empower citizens to improve their lives.

The *Apple Core & More Newsletter* is published quarterly to educate individuals and families. We appreciate any feedback you may have on this newsletter including topics for future issues.

Wishing you all the best during 2020. This includes great health and a wealth of happiness.


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OUR VALUES **UF** | IFAS Extension UNIVERSITY of FLORIDA

These core values form the foundation of UF/IFAS Extension

UNIQUE PURPOSE-We are committed to the land-grant tradition of bringing the best teaching, research, and Extension to the people of Florida.

EXCELLENCE-We provide relevant, high-quality, unbiased, research-based educational programs that empower Florida's citizens to improve their lives.

INTEGRITY-We work and serve all (external and internal) with mutual respect and honesty.

COLLABORATION AND PARTNERSHIP-We commit to assemble the expertise needed to address important issues and extend the reach and depth of our educational programs.

LIFELONG LEARNING-We value the personal development of our faculty, volunteers, and the people we serve.

DIVERSITY-We support Florida's diverse population and we ensure that our programs are accessible to all.

RESPONSIVENESS-We provide timely solutions that are research-based, practical, and relevant.

INNOVATION-We commit to the use of technology and innovation in the delivery of our educational programs.

COMMUNICATION-We commit to open communication internally and externally.

GLOBAL REACH-We address Florida's challenges through local, regional, national, and international perspectives.

Family & Consumer Sciences Program (FCS)

HAPPY NEW YEAR

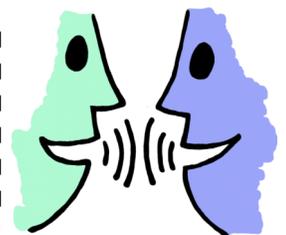
Do you have an idea or nutrition story you'd like to share?

E-Mail: bjimenez@ufl.edu

Visit us on the web at:

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

SolutionsForYourLife.com



UPCOMING Events



ServSafe Manager's Class and Exam
Upon successful completion of the training, participants will receive a Certificate of Achievement from the University of Florida Food Safety and Quality Program. The exam is 90 questions in multiple choice format. The score needed to pass the exam is 75%.

January 22nd	9:00AM—5:00PM
March 18th	9:00AM—5:00PM
April 22nd	9:00AM—5:00PM
May 20th	9:00AM—5:00PM
June 10th	9:00AM—5:00PM
September 9th	9:00AM—5:00PM
October 21st	9:00AM—5:00PM
November 18th	9:00AM—5:00PM

To register for this course, please navigate to the following page:

<https://www.eventbrite.com/e/davie-fl-servsafe-managers-class-and-exam-tickets-55907332336>

Classes and exam are held at the UF/IFAS Extension Auditorium in Davie, FL



All About Vitamins

Vitamin A plays a very important role in your vision, and immune function. It helps you see in color and improves your night vision. Sources: low-fat milk fortified with vitamin A, orange fruits and vegetables such as sweet potato and cantaloupe, dark green leafy vegetables such as spinach and kale.

Vitamin D plays an important part in building strong bones and teeth and helping to absorb another bone-strengthening mineral calcium. It is important for bone health. Vitamin D is an extra special nutrient because your body actually makes it when your skin is exposed to the sunlight. Sources: low-fat milk fortified with vitamin D, fish, egg yolks, and fortified cereal.

Vitamin C helps your body fight infection and can keep you from getting sick. It also helps keep your muscles and skin healthy and helps heal cuts and bruises. Sources of vitamin C: citrus foods such as oranges and lemons, strawberries, red pepper, tomatoes, star fruit, broccoli cabbage and kiwi fruits.

Vitamin E works to protect the cells and tissues in your body from damage. Sources of vitamin E are whole grains, leafy green vegetables, vegetable oils, egg yolks, nuts and seeds.

Want to learn more?

<https://edis.ifas.ufl.edu/pdffiles/FY/FY89000.pdf>

<http://choosemyplate.gov>

<http://www.nutrition.gov>

<http://solutionsforyourlife.com>



Minerals: Calcium & Phosphorus

The minerals calcium and phosphorus are important to the body. Calcium helps build and maintain strong bones. Calcium also helps your body maintain a normal heartbeat. Phosphorus is essential in forming healthy teeth and bones. It's also part of every cell in your body. Minerals are needed for optimal health in your body.

SOURCES OF CALCIUM:

- ◆ Dairy products, milk, yogurt, cheese, sardines with bones
- ◆ Kale, broccoli, Chinese cabbage and calcium fortified orange juice & cereals

SOURCES OF PHOSPHORUS:

- ◆ Dairy products like milk, yogurt and cheese, meat, fish, poultry and eggs

Eat a variety of foods every day in order to get all of the minerals in your diet.

<https://edis.ifas.ufl.edu/pdffiles/FY/FY89100.pdf>

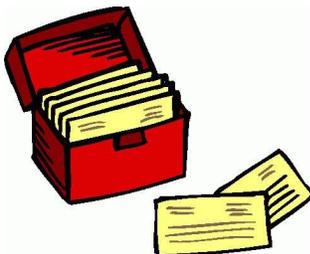
<http://www.nutrition.gov>



RECIPE IDEA

Star Fruit Shrimp Stir-Fry

- ◇ 2 carambolas, sliced into 1/4 inch stars (discard seeds)
- ◇ 1 pound medium shrimp, deveined
- ◇ 1 teaspoon cornstarch
- ◇ 1 tablespoon rice vinegar
- ◇ 1/4 cup orange juice
- ◇ 1 tablespoon low-sodium soy sauce
- ◇ 1 tablespoon canola oil
- ◇ 1 teaspoon fresh ginger, peeled and minced
- ◇ 2 teaspoons garlic, minced



Directions: Gather ingredients. Wash hands. Whisk the cornstarch and the rice vinegar together in a bowl, then add the orange juice and soy sauce. Toss the shrimp in the marinade and let sit 15-20 minutes. Mince the fresh ginger and garlic on a clean cutting board. Wash carambola before slicing. Heat canola oil in a large skillet. When ready, sauté the garlic and ginger over medium high heat for about 1 minute until fragrant. Add in the shrimp, marinade, and the carambola slices. Toss to coat and stir while cooking. Cook for about 2 minutes until shrimp is fully cooked. Serve over rice or vegetables. Makes 4 servings.

*Recipe adapted from Brooks Tropicals: <http://www.brookstropicals.com/>

Nutrition Information

- ◆ 170 calories
- ◆ 7 grams of carbohydrate
- ◆ 30 grams of protein
- ◆ 4 grams of fat
- ◆ 1.5 grams of fiber
- ◆ 22 milligrams of vitamin C
- ◆ 410 milligrams of potassium



Enjoy carambola when it season! It is truly a special treat.



STAR FRUIT (CARAMBOLA)

Carambola is a south Florida tropical that is also called star fruit from its unique shape when sliced. This fruit is native to Southeast Asia and has been grown in Florida for about 100+ years. The carambola tree produces its juicy fruit several times each year. It has a unique golden color.

This fruit has a sweet, sour, tart flavor and is very refreshing to eat by itself. It tastes great in a salad and makes a beautiful garnish too.

Carambolas are a good source of vitamin C and potassium. They are low in calories and contain dietary fiber.

One cup of raw cubed carambola contains approximately:

- 40 calories
- 9 grams of carbohydrate
- 1.4 grams of protein
- 0.4 grams of fat
- 4 grams of fiber
- 45 milligrams of vitamin C
- 180 milligrams of potassium

(Source: USDA Nutrient Database Number 09060: <https://ndb.nal.usda.gov/ndb/search/list>)

To reduce the risk of food borne illness when preparing star fruit, make sure to wash *your hands* with hot, soapy water before and after handling the fruit. Wash *fresh carambola fruit* with cool tap water before preparing or eating. Do not use soap or detergents on the actual fruit. Cut away bruised or damaged areas before preparing or eating star fruit. Wash *cutting boards, serving dishes, and utensils and countertops* often and use hot, soapy water and rinse well. Sanitize them after contact with produce.

How can I learn more about star fruit? <http://edis.ifas.ufl.edu/pdffiles/HE/HE61300.pdf>



*Photos by BMJimenez_2019

NUTRITION CORNER



Healthy Eating-Resolve to Eat Right and Stay Active in 2020!

Choosing a diet based on nutrient-rich foods and engaging in physical activity will help keep you feeling good, looking good and staying healthy. Nutrient dense foods are best since they are packed with vitamins and minerals.

- ◆ Plan daily meals and snacks with delicious and healthy recipes in mind.
- ◆ Grocery shop from a list to keep purchases planned and focused. This will save money too.
- ◆ Cook foods to the correct internal temperature to insure food safety and prevent foodborne illness.
- ◆ Connect with and surround yourself with others that help motivate and support healthy eating.
- ◆ Keep active. Move more.
- ◆ Exercise can improve the quality of your life.
- ◆ Exercise can improve the quality of sleep.
- ◆ Exercise can relieve stress and anxiety.
- ◆ Diet and exercise affect your overall health.
- ◆ Eat a variety of foods every day in moderation.
- ◆ Happy 2020 from Broward Family and Consumer Sciences.



Motivational Moment

"This New Year find inspiration around you, and motivation within you, to be all that you can be."

-Unknown Author



Q&A-Challenge

Question: This helps you feel full, aids in digestion, protects against heart disease, and aids in the removal of waste from the body. What am I?

Answer: Fiber



WE'RE ON THE WEB AT:

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

UF IFAS Extension
UNIVERSITY of FLORIDA

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.

An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Andra Johnson, Dean. 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.

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