



THE APPLE CORE & MORE



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

OCTOBER TO DECEMBER 2025

Volume 9, Number 4

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From the Desk of
Broward County's
FCS Agent



Hi Apple Core & More Readers-

Apple Core & More subscribers—We are pleased to publish another edition of the Broward Family & Consumer Sciences -Apple Core & More Newsletter. It is hard to believe it is the 4th quarter of the year already. Broward FCS has been super busy. This newsletter is full of helpful information for families and consumers, that I hope you find useful. Engage in safe food handling practices all year!

Please encourage your family and friends to sign up for this informative FCS newsletter too.

Remember to follow our Broward FCS blogs and read more to learn more.

[Brenda Marty-Jimenez, Author at UF/IFAS Extension Broward County \(ufl.edu\)](mailto:bjimenez@ufl.edu)

Happy and healthy holidays to you and your families.

Brenda Marty-Jimenez, MHM, RDN, LDN,
FCS Extension Education Agent IV
E-mail: bjimenez@ufl.edu

Enjoying and Surviving the Holidays

WHEN STORING LEFTOVERS, STORE THEM IN SMALL, SHALLOW CONTAINERS.

THIS WILL HELP LEFTOVERS COOL MORE QUICKLY WHICH WILL MINIMIZE THE RISK OF BACTERIAL GROWTH AND FOOD- BORNE ILLNESS.



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

MyPlate | U.S. Department of Agriculture

Get your Presto pressure canner gauge checked

in 2025 (Click link) Pressure Canner Gauge Testing in Broward County - UF/IFAS Extension Broward County (ufl.edu)



DO YOU NEED YOUR PRESTO PRESSURE CANNER GAUGE TESTED?

FAMILY & CONSUMER SCIENCES

UF/IFAS Extension Scheduling Appointments in Broward Now

CALL : 954-756-8519

Check dial gauges for accuracy before use each year. Gauges that read high cause under-processing and may result in unsafe food.

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



FCS Staff

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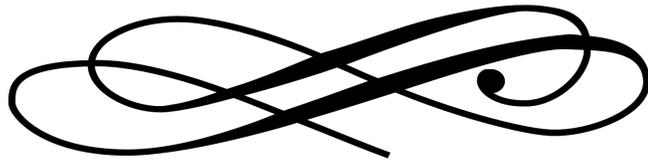
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Florida Cooperative Extension Service: Vision, Mission and Values

Vision:

To be a leading provider of research-based solutions that empower individuals, families, and communities to improve their quality of life while creating a better tomorrow for all Floridians.

Mission:

Florida Cooperative Extension engages with individuals, families and partners with communities to provide quality, relevant education and research-based expertise to foster healthy people, a resilient environment, and a strong economy.

Values:

1. **Integrity:** We serve all with mutual respect and honesty.
2. **Excellence:** We provide relevant, high quality, unbiased, research-based educational programs that empower the people of Florida to improve their lives.
3. **Responsiveness:** We provide timely solutions that are research-based, practical and relevant.
4. **Lifelong Learning:** We value the personal development of our faculty, volunteers and the people we serve.
5. **Access:** We support Florida's diverse population, and we ensure that our programs are accessible to all.

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BROWARD COUNTY
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Family and
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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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**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families

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About NatureScape Broward—

We hope to see you there! Family & Consumer Sciences (FCS) plans to educate on SUN-SAFETY. NatureScape is about creating Florida-friendly landscapes that conserve water, protect water quality, and create wildlife habitat. NatureScape encourages the use of native plants because they are uniquely adapted to grow in South Flori-



HOLIDAY SUGGESTIONS

1. Toss out expired food. Prevent foodborne illness.
2. Just say NO! It's OK to not go. Mental health matters.
3. Watch a fun holiday movie.
4. Reach out and connect with others
5. Practice an attitude of gratitude.
6. Get organized and declutter for the New Year.
7. Eat healthy and stay properly hydrated.
8. Wash hands for 20 seconds with soap & water.



*Enjoying and Surviving
the Holidays*

DISPOSE OF ANY FOOD THAT HAS BEEN LEFT OUT FOR TOO LONG AND/OR SHOWS ANY SIGN OF SPOILAGE.

WHEN IN DOUBT, TOSS IT OUT!

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*Enjoying and Surviving
the Holidays*

**KEEP YOUR FOOD SAFE TO EAT!
WASH YOUR HANDS FOR 20 SECONDS WITH SOAP AND WATER, BEFORE, DURING AND AFTER PREPARING FOOD.**

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FEELING STRESSED?

**TAKE A TIME OUT.
WATCH YOUR FAVORITE MOVIE OR FIND A NEW COMEDY TO VIEW & ENJOY SOME LAUGHTER.**

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the Holidays*

EAT PLENTY OF HEALTHY FRUITS AND VEGETABLES.

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*Enjoying and Surviving
the Holidays*

**REACH OUT TO FRIENDS,
NEIGHBORS, FAMILY AND/OR SUPPORT GROUPS IF YOU ARE FEELING LONELY OR JUST NEED SOMEONE TO TALK TO.**

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*Enjoying and Surviving
the Holidays*

**GET AND STAY ORGANIZED.
DECLUTTER IF YOU NEED TO.**

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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!



BE SAFE! We are in hurricane season until November 30th.



Hurricane Readiness

EMERGENCY ITEMS CHECKLIST

- Battery-powered radio and/or TV
- 2 week supply of medication
- First aid kit
- Extra clothing, closed-toe shoes
- Sunscreen and insect repellent
- Blankets, pillows and pillowcases, toilet paper, tissues, paper towels
- Face coverings, wipes and hand sanitizer
- Phone charger, battery backup devices
- Flashlight and batteries
- Matches in a waterproof container
- Trash bags, extra cash
- Cooler on wheels

<https://blogs.ifas.ufl.edu/browardco/2022/05/12/hurricane-readiness-for-families-consumers-and-pets/>



PINEAPPLE—A Tropical Treat

Author: Brenda Marty Jimenez, MHM, RDN, LDN, FAND

Pineapple is more than just a juicy tropical fruit—it's a symbol of hospitality, a festive favorite, and a versatile ingredient that shines in sweet and savory dishes alike.

Whether it's fresh, grilled, juiced, or baked, pineapple adds a bright, tangy twist to meals and snacks. Let's explore why this golden fruit deserves a spot in your kitchen and on your plate.

All the Ways to Enjoy Pineapple

There are so many creative and delicious ways to enjoy pineapple. Here are just a few favorites:

- Grilled pineapple (perfect for BBQs)
- Pineapple-glazed ham (hello, holiday table!)
- Pineapple juice
- Refreshing pineapple mocktails or cocktails
- Easter pineapple bake (a seasonal must-try)
- Pineapple upside down cake (a common favorite)
- Crushed pineapple or pineapple tidbits (great in desserts or salads)
- Pineapple rings (classic on burgers or baked goods)
- Pineapple fried rice (sweet, savory, and satisfying)
- Pineapple coleslaw (a crisp, tangy twist)
- Pineapple salsa (amazing with chips or fish)
- Pineapple on pizza (love it or hate it?)



Pineapple chicken (a flavorful fusion dish)

From traditional recipes to tropical twists, pineapple brings bright flavor and sunny vibes to any dish.

A Fun Fact: What makes pineapple special?

Here's a surprising bit of food science: pineapple contains an enzyme called **bromelain**—and it can break down protein. As a student dietitian I learned that pineapple contains the bromelain enzyme which you can use to tenderize meat.

When you eat fresh pineapple, bromelain gets to work right away, breaking down proteins in your mouth. That little tingle or soreness you sometimes feel on your tongue after eating a lot of pineapple. Yep, that's bromelain doing its thing.

But don't worry, once it reaches your stomach and intestines, bromelain is broken down like any other protein.

Want to try a new recipe?

Three Bean Salad

★★★★☆ ▾ 84 Ratings



Makes:
6 servings

Vary your diet this week!

Try something new

This tasty salad pairs excellently with a tuna salad sandwich on whole grain bread and a piece of fruit. Make ahead of time and chill overnight in the refrigerator to let the flavor blend together.

Ingredients

- 1 cup kidney beans (cooked)
- 1 cup green beans, cut (canned or fresh cooked)
- 2 cups yellow wax beans (canned or fresh cooked)
- 1 green pepper (diced)
- 2/3 cup onion (chopped)
- 1/2 cup celery (chopped)
- 2 garlic cloves, whole
- 1/2 cup wine vinegar
- 1/4 cup vegetable oil (or cooking oil of your choice)
- 1/4 cup sugar
- 1/4 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon black pepper



Directions

1. Wash hands with soap and water.
2. Mix beans, vegetables and garlic cloves in a large bowl.
3. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly.
4. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight.
5. Remove garlic before serving.

Reference: [Three Bean Salad](#) | [MyPlate](#)

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DO YOU NEED YOUR PRESTO PRESSURE CANNER GAUGE TESTED?

July 18, 2025

August 1, 2025

September 5, 2025

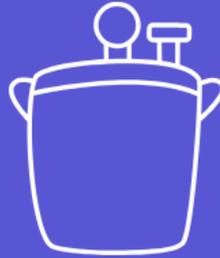
October 3, 2025

November 7, 2025

December 5, 2025

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Scheduling Appointments Now



CALL : 954-756-8519

Check dial gauges for accuracy before use each year. Gauges that read high cause under-processing and may result in unsafe food.

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact Brenda Marty Jimenez, FCS Agent IV, bjjimenez@ufl.edu at least [1 week in advance]. Advance notice is necessary to arrange for some accessibility needs.

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



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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 2025, to relax, view nature, spend time with family & friends, absorb some vitamin D, and get physical activity. Check out all the things you can do in a Broward County park near you. www.broward.org/Parks



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

WELLNESS CORNER



Manage Your Stress & Take a Deep Breath

Positive thought for the day:
Nourish your powerful mind with positive, kind, creative thoughts-thoughts that will benefit everyone. **Be mindful of your well-being.**

Stress Management Ways to Cope- FYS1700.pdf (ufl.edu)



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Author: Brenda Marty Jimenez

Motivational Moment:

"The holiday season is a perfect time to reflect on our blessings & seek out ways to make life better for those around us."

-Author: Terri Marshall



Q&A Challenge

Question: Which is the most expensive spice in the world by pound?

Answer: Saffron [54 Best Food Trivia Questions & Answers \(Easy to Hard\) - Mantelligence](#)



WE'RE ON THE WEB AT:

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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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