



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

OCTOBER TO DECEMBER 2022

Volume 6, Number 4

In this Issue

Meet Our New Staff.....	2
Healthy Holiday Swaps.....	3
Ways to Ease Holiday Stress.....	4
Mold Clean Up & Hurricane Preparedness.....	7

From the Desk of
Broward
County's FCS



Dear Readers,

Hi Apple Core & More Readers-

Happy Fall! I have to say that this has been the fastest year ever for me, with so much going on in life & the world. Please make sure to be mindful and take care of your physical & mental health.

We are still in hurricane season and we have seen the devastation of Ian. Please keep your supplies on hand and read some of the emergency preparedness tips in this edition of the newsletter. The holidays will soon be upon us. I hope yours will be filled with joy, happiness and quality time with friends and family.

I welcome your comments and your feedback. Please sign up to continue to receive this newsletter and email me for articles you would like to see in future newsletter editions. See p. 5. Please take care and stay positive and healthy. *Wellness matters!*

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



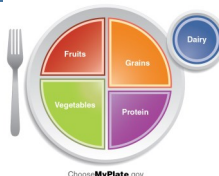
Water matters to the body



An Equal Opportunity Institution



[Heat, Hydration, and Dehydration: Tips to drink more water - UF/IFAS Extension](#)



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

[MyPlate | U.S. Department of Agriculture](#)

Focus on self-care (Click)

[Time to Focus on Self-Care - UF/IFAS Extension Broward County \(ufl.edu\)](#)

Are the Holidays Over Yet? How to Keep a Positive Attitude During Stressful Times



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



UF | IFAS Extension
University of Florida

IFAS
FLORIDA

IFAS
FLORIDA



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.

Phone: (954) 756-8519

E-mail: bjimenez@ufl.edu



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.

Phone: (954) 756-8528

E-mail: RoseMMorales@ufl.edu

**Meet our
new staff:
WELCOME**

Rose!



Healthy Holiday Swaps

UF IFAS Extension
UNIVERSITY of FLORIDA

Mashed Potatoes

Try This!

Mashed Cauliflower
+Parmesan cheese



Sweet Potato Fluff

Try This!

Sweet potato +egg +cinnamon
+vanilla topped with toasted
pecans and a little brown sugar



Green Bean Casserole

Try This!

Sautéed green beans
with toasted walnuts



Sausage Stuffing

Try This!

Whole grain bread
+onions, celery, cubed
butternut squash, or kale



Squash Casserole

Try This!

Roasted or baked acorn
squash +apples



Chocolate Cake

Try This!

Greek Yogurt
Chocolate Mousse



Mac and Cheese

Try This!

Mac and Cheese +pureed
carrots, butternut squash,
and or cauliflower



Pecan Pie

Try This!

Rustic pear tart with
whole grain crust



Creamy Vegetable Casserole

Try This!

Roasted Brussels sprouts
with balsamic vinegar



Apple Pie

Try This!

Baked apples stuffed
with cranberries +nuts



For more information, contact: Andrea Nikolai, andreanikolai@ufl.edu

A Florida Thanksgiving

UF IFAS Extension
UNIVERSITY OF FLORIDA

Florida agriculture is on full display at the Thanksgiving table starting with the vegetable tray appetizer, through the green bean casserole main course, and ending with the pumpkin pie.

1 Snap Beans

Florida leads the nation in fresh market snap beans.



3 Green Beans

While everyone else has experienced frost and some places have snow, Florida grew about 24,000 acres of green beans to meet the Thanksgiving and Christmas markets.



2 Sweet Corn

The state is second in fresh market sweet corn.



4 Sweet Potatoes

Florida is quickly increasing the number of acres growing sweet potatoes. UF/IFAS has identified the needs of niche markets for local sweet potatoes.



5 Other Crops

The other crops used in dishes or seasoning that come from Florida this time of the year are tomato, bell pepper, celery, radish, squash and herbs.



6 WAYS TO EASE HOLIDAY STRESS

Does just thinking about the holidays stress you out? You're not alone. Fortunately, there are things you can do to mitigate stressors and make the holidays a fun and relaxing time.



1 PLAN AHEAD AS A GROUP.

Stressful arguments and hurt feelings about where, when and how to spend holiday time can be avoided by planning ahead and including as many people as possible in the discussion.



2 MANAGE EXPECTATIONS.

Keep in mind that the goal of the holidays should be to enjoy your time together. Avoid trying to cram in too many activities or make every meal and get together perfect.



3 HEAD OFF PERSONAL CONFLICTS.

Agree to take hot-button issues — political or otherwise — off the table. Keep in mind that you can love someone even if you don't like their views on particular topics.



4 IF CONFLICTS DO ARISE, STAY CALM.

If you or other family members get into a fight, do what you can to keep or regain everyone's composure before moving forward. That may mean removing yourself from the situation for a while by going for a walk or engaging in some other soothing activity. When you come back, it will be easier to see one another's points of view, and come up with creative solutions and compromises.



6 REMEMBER TO TAKE CARE OF YOURSELF.

It's easy to let healthy habits slide during the holidays, indulging more than usual, staying up later or dropping our exercise routines. However, taking care of your physical and mental health can be an antidote to holiday strain.



5 FOCUS ON THE POSITIVES.

Inevitably, something will go wrong with our holiday plans—a flight will be delayed, cookies will get burnt, a gift will be out of stock. Don't let these hiccups overshadow the positive aspects of the holidays, such as spending quality time with family and friends.



HAPPY
Holidays

UF IFAS Extension
UNIVERSITY OF FLORIDA

Adapted from: Samantha Grenrock, "UF Expert: Six Ways to Counter Holiday Stress," news release, November 7, 2017, <http://blogs.ifas.ufl.edu/news/2017/11/07/uf-expert-six-ways-counter-holiday-stress/>
For more information: Radunovich, H. 2013. "Managing Stress During the Holidays." UF/IFAS EDIS publication, FCS5266. <http://edis.ifas.ufl.edu/fy1404>

FAMILY AND
CONSUMER
SCIENCES
APPLE CORE &
MORE

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



EDIBLES TO PLANT IN

October

IN SOUTH FLORIDA



EASY TO TRANSPLANT

- Arugula
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Chinese Cabbage
- Collards
- Eggplant
- Endive
- Kale
- Kohlrabi
- Lettuce
- Peppers
- Strawberry
- Sugarcane
- Swiss Chard
- Tomatillo
- Tomatoes
- Tropical Spinaches



TRANSPLANT WITH CARE

- Amaranth
- Calabaza
- Celery
- Long Squashes
- Luffa
- Mustard
- Pineapple
- Potatoes
- Seminole Pumpkin
- Spinach



USE SEEDS

- Beans (bush, lima, pole)
- Carrots
- Corn
- Cucumbers
- Okra
- Onions (bulbing, bunching)
- Peas (southern)
- Radish
- Squashes
- Turnips

UF IFAS Extension
UNIVERSITY OF FLORIDA



Florida-Friendly
Landscaping™ PROGRAM

BROWARD
COUNTY
FLORIDA

SFYL.IFAS.EDU/BROWARD

FRUTAS Y VERDURAS A PLANTAR EN

Octubre

EN EL SUR DE FLORIDA



FACIL DE TRASPLANTAR

- Arugula
- Betabel
- Broccoli
- Col de Bruselas
- Col
- Coliflor
- Col China
- Berenjena
- Endivia
- Kale
- Kohlrabi
- Lechuga
- Pimiento
- Fresas
- Caña de Azúcar
- Acelga
- Tomatillo
- Tomato
- Espinaca Tropical



TRASPLANTAR CON CUIDADO

- Amaranto
- Calabaza
- Apio
- Calabacín
- Loofah
- Mostaza
- Piña
- Papa
- Calabaza Seminole
- Calabaza
- Espinaca



USAR SEMILLAS

- Frijol (bush, lima, pole),
- Zanahoria
- Maíz
- Pepino
- Okra
- Cebolla
- Chícharo (southern)
- Rábano
- Calabacín
- Nabo

UF IFAS Extension
UNIVERSITY OF FLORIDA



Florida-Friendly
Landscaping™ PROGRAM

BROWARD
COUNTY
FLORIDA

SFYL.IFAS.EDU/BROWARD

MOLD CLEAN-UP

UF IFAS Extension
UNIVERSITY OF FLORIDA



Authors: Samantha Kennedy, UF/IFAS Extension Wakulla County | Katherine Allen, UF/IFAS Extension Suwannee County

Mold is common in many Florida homes. If you spot mold in your home, it's a good idea to clean the area promptly and take steps to prevent it in the future.

If your home has been flooded or experienced water damage, such as after a storm or hurricane, chances are mold and mildew are not far behind.

How do I know if I have mold?

Moldy areas often smell musty. Mold usually looks like different-colored spots or splotches on surfaces that have been exposed to moisture.

Is mold a health concern?

That depends on the type of mold and how it affects those in your household. However, the CDC does not recommend mold testing, because no matter what kind of mold you have, the best thing to do is remove it and prevent it from coming back.

Does bleach expire?

Yes. Bleach degrades after a while and becomes less effective. Check the expiration date on the container before using. Diluted household laundry bleach is usually only effective for about 24 hours after the solution is made.

What should I wear when I'm cleaning up mold?

When cleaning more severe mold problems, wear protective gloves, goggles, long sleeves and pants, and an N95 mask.

For mild mold cases, the use of an N95 mask is not necessary, though gloves and goggles are still recommended.

What should I do if mold keeps coming back?

If mold comes back after removing it, determine the source of moisture, which may be a leaky roof or pipe. Also limit the moisture in the area by increasing ventilation and airflow and cleaning more frequently.

What should I use to clean up mold?

It's important to remove the mold, not just kill it. For mild cases, you may not have to use bleach. Instead, use an all-purpose cleaner or soapy water to wipe or scrub away mold.

To kill mold, use cleaning products containing bleach or create your own bleach solution by mixing no more than 1 cup of household laundry bleach with 1 gallon of water. Let stand for 15 minutes and wipe away with a clean cloth.

Do I need to throw away moldy items?

After a catastrophic event such as a hurricane or flood, many moldy items may not be salvageable. Do a thorough inspection of each mold-damaged item to assess whether it is safe to salvage.

For more detailed information, consult online resources from the CDC (cdc.gov/mold) and EPA (epa.gov/mold).



Hurricane Season runs from June 1st thru November 30th in Florida. Are you prepared? Have you thought about your important documents, nonfood emergency supplies, medications, pantry needs, food and water supplies and survival of your pets during a disaster?

<https://blogs.ifas.ufl.edu/browardco/2018/08/13/hurricane-season-runs-from-june-1st-to-november-30th/>



6

AFTER DISASTER STRIKES

– GETTING FINANCIAL RELIEF –

1 **File with FEMA** (Federal Emergency Management Agency) and get your FEMA number ASAP! Download the FEMA app. They prefer that you register online rather than by phone.

2 **File a claim with BOTH your homeowner's and flood insurance.** Even if it's a flood, homeowner's insurance may cover some wind damage and most of them will compensate you for "loss of use" if you can't live in your house.

3 **File for DSNAP** (disaster food stamps). ANYONE in the affected areas can get them. Do not be proud—you can use the money you save on food to replace clothes and other necessities.

4 **File for Disaster Unemployment.** Again, DO NOT BE PROUD! If you can't live in your house or go to work because your work is closed or flooded, this applies to you.

5 **Get rental assistance.** FEMA and SBA (Small Business Administration) provide rental assistance to help pay for a place to live until you can get back into your house or find a new one.

6 **Apply for an SBA loan.** If you want to buy a house. The interest rates will be VERY CHEAP. Although it is called the SBA, it is for homeowners too.

7 **Call the Salvation Army and American Red Cross**—sometimes they can assist financially as well. Just call and apply.

8 **Check local businesses** for specials and discounts for people in the affected flood areas. Businesses may offer things like half-price pizza, furniture and clothing specials.

9 **Call all of your bill collectors** and notify them that you are in the affected area. Most will delay your bill due dates for a month or two. This includes your mortgage company, cable, electricity, water, credit card companies, phone etc.

10 **Most importantly, allow people to help you!**

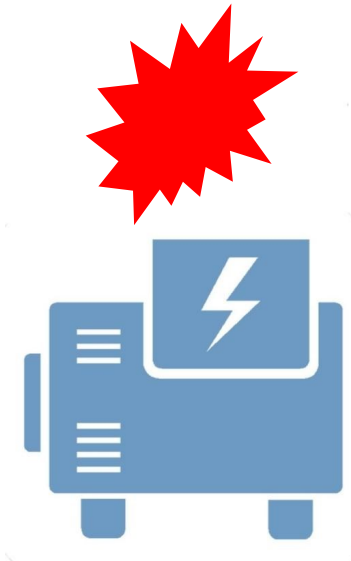


sfyl.ifas.ufl.edu
www.fema.gov

UF IFAS Extension
UNIVERSITY of FLORIDA

WWW.PIECENTER.COM/TRAINING/EDEN

GENERATOR SAFETY



- NEVER USE INSIDE HOME/ IN ATTACHED GARAGE**
- USE CARBON MONOXIDE ALARMS
- OPENING WINDOWS DOES **NOT** PROVIDE ADEQUATE VENTILATION
- NEVER HOOK DIRECTLY TO HOME POWER SUPPLY**
- CONNECT APPLIANCES TO GENERATOR
- DO NOT OVERLOAD GENERATOR
- DO NOT STORE FUEL FOR GENERATOR IN HOME**
- ALLOW GENERATOR TO COOL DOWN BEFORE REFUELING

**UF/IFAS EXTENSION, BROWARD COUNTY
FAMILY & CONSUMER SCIENCES
VIRTUAL EDUCATIONAL NETWORKS**

**CLICK THE LINKS BELOW TO FOLLOW US ON SOCIAL MEDIA
AND KEEP UP WITH THE LATEST FROM UF/IFAS EXTENSION
BROWARD COUNTY FCS PROGRAM!**



[FCS Facebook](#)



[IFAS Extension
Broward County Fund](#)



[FCS Quarterly
Newsletter](#)



[More Info for Families
and Consumers](#)



[FCS Youtube](#)



[Our FCS
Agent's Blog](#)

UF/IFAS EXTENSION
MAIN ACCOUNTS



FACEBOOK:
[@UFIFASEXTBROWARD](#)



INSTAGRAM:
[@UF_IFAS_EXTENSION_BROWA
RD](#)

[HTTP://BLOGS.IFAS.UFL.EDU/
BROWARDCO](http://blogs.ifas.ufl.edu/browardcc)

SFYL.IFAS.UFL.EDU/BROWARD

Brenda Marty
Jimenez
bjimenez@ufl.
edu

Sign up today!

**FAMILY &
CONSUMER
SCIENCES**
People-Centered Sciences

UF/IFAS EXTENSION, BROWARD COUNTY

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

UF | IFAS Extension
UNIVERSITY OF FLORIDA

Broward County
Family & Consumer
Sciences

**DONATE
TODAY**

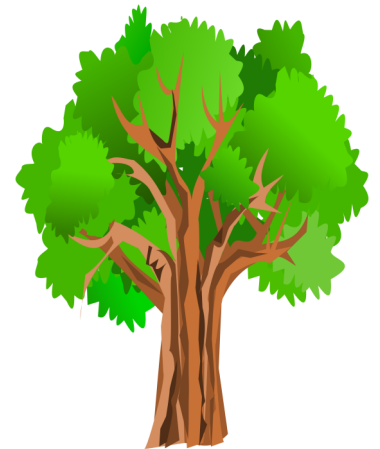
Scan me!



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

SFYL.IFAS.UFL.EDU/BROWARD

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 2022, 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 \(broward.org\)](https://www.broward.org)

WELLNESS CORNER



Be Aware Of The Risks Of Eating Raw Oysters

by **Brenda Marty-Jimenez**

August 26, 2022

Seafood is one of those foods people find delicious and a special treat when dining out. Many cultures have it as a mainstay of their meals. Seafood can be a nutritious part of a well-balanced and varied diet. This blog will focus on ... [READ MORE](#)

CLICK HERE:



[Be Aware of the Risks of Eating Raw Oysters - UF/IFAS Extension Broward County \(ufl.edu\)](https://www.ufl.edu/~extension/broward/2022/08/26/be-aware-of-the-risks-of-eating-raw-oysters/)

Motivational Moment

"The groundwork for all happiness is health."

Author: Leigh Hunt



Q&A Challenge

Question: Why could it be dangerous to eat raw cookie dough?



Answer: It may contain raw eggs.

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.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin.
Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida.

For additional information please contact:



Brenda Marty-Jimenez,
MHM, RDN, LDN, FAND
Broward County Extension Agent IV
3245 College Avenue

