

EXTENSION STRIKES

FAMU

FLORIDA A&M UNIVERSITY
**COOPERATIVE
EXTENSION**
COLLEGE OF AGRICULTURE AND FOOD SCIENCES

Quarterly Magazine

Summer 2022-Volume 10, Issue 2



**HAPPY
EARTH
DAY**

Invest In the Planet!



Home of FAMU Cooperative Extension, Perry Paige Building, on the campus of Florida A&M University.

The role of taking the University to the People is the foundation of FAMU Cooperative Extension as the outreach arm of the University's land-grant mission. A thriving Florida economy will require empowered and well-informed citizens and workers. FAMU Cooperative Extension puts knowledge to work in pursuit of economic profitability and sustainability as well as social well-being. We bring experience and research-based solutions to help individuals, families and communities thrive in Florida's ever-changing economy.

An expanded knowledge base, innovations for families, farmers, and business leaders, positive leadership and development for youth, and community and economic development opportunities are just part of FAMU Cooperative Extension's approach to meet challenges and make contributions to the state of Florida and the world that are bold and exceed all expectations. As a unit of the Florida Cooperative Extension Service, FAMU is also a cooperative partner with USDA National Institute of Agriculture, University of Florida Institute of Food & Agriculture (1862), and state and local entities.

-Vonda Richardson, Director/Associate Administrator

REACHING. TEACHING. SERVING.

Your quarterly update and look into what's going on at FAMU Cooperative Extension Program. We remain dedicated to reaching out to serve farmers, rural and urban families, elderly, youth, entrepreneurs, small business owners, and underserved communities.

FAMU Cooperative Extension

Main Location:

1740 S. Martin Luther King Jr, Blvd., 215 Perry Paige Building South
Tallahassee, FL 32307
Voice: 850-599-3546 * Fax: 850-561-2151* TDD: 850-561-2704
Web: www.famu.edu/cooperativeextension

Research and Extension Center :

4259 Bainbridge Highway, Quincy FL 32352
Voice: 850- 412-6523
Fax: 850-875-8555

Teleconference Center:

2010 Pinder Drive, Tallahassee, FL 32307
Voice: 850-599-3572

Community Garden:

400 West Orange Avenue, Tallahassee, FL 32301
(Opening 2022)

Extension Strikes Quarterly Magazine

Summer 2022 Edition, Volume 10, Issue 2

Editor: Amelia Davis, M.B.A.

Contributors:

Linda Sapp, Jennell Robinson, Ph.D., Sam Hand, Edwin Duke, Ph.D. and David Jones

Contributing Photography:

Amelia Davis, Linda Sapp and Chef Mi'Ro

FAMU Cooperative Extension

Director/Associate Administrator: Vonda Richardson


College of Agriculture and Food Sciences

Dean and Director of Land-Grant Programs: Robert Taylor, Ph.D.

Florida A&M University

President: Larry Robinson, Ph.D.

CONTENTS

- 6 
USDA Newsroom: Press Release

- 7 **#Flashback**
2018 FSSEP

- 8 **Ag Op-Ed**
Garden Fertilization and Black Leg

- 9 **Soil: The Home for Plants**

- 10 **Observing Earth Day Is an Investment of Our Future**

- 12 **Success Story: Chef Mi’Ro**

- 14 **Nutrition L.E.A.D.S. Program Making Strides at FAMU**

16 **Upcoming Extension Events!**



FOLLOW US: @FAMUEXT



APRIL IS...



Give Your Community A Boost! | April 2022

April is National Minority Health Month (NMHM), a time to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and encourage action through health education, early detection, and control of disease complications.

- Celebrated every year in April, National Minority Health Month:
- Builds awareness about the disproportionate burden of premature death and illness in people from racial and ethnic minority groups.
- Encourages action through health education, early detection and control of disease complications.

The origin of National Minority Health Month is in the 1915 establishment of National Negro Health Week by Booker T. Washington. In 2002, National Minority Health Month received support from the U.S. Congress with a concurrent resolution (H. Con. Res. 388) that “a National Minority Health and Health Disparities Month should be established to promote educational efforts on the health problems currently facing minorities and other health disparity populations.” The resolution encouraged “all health organizations and Americans to conduct appropriate programs and activities to promote healthfulness in minority and other health disparity communities.

MAY IS....



During National Hamburger Month, May of every year, it’s only natural to wonder about the origins of America’s favorite sandwich. Who is the true inventor? From what country or state did the very first hamburgers emigrate to our U.S. restaurant tables and backyard grills? We can faithfully report that there are almost as many claims of inventorship as there are hamburger styles, which of course comprise every variation from Kobe beef to vegetarian meat substitutes to salmon to the popular 80/20 ground beef.

The name “hamburger” derives, of course, from the city of Hamburg, Germany. Some residents of Hamburg were headed as far west as the eastern shores of the United States during the 18th century. Many of them brought a snack called the “Hamburgh sausage.” This snack, like its cousin the “Rundstück warm,” combined a meatball similar to the Swedish meatball with a slice of bread for utensil-free handling. We’ll give you a bonus bit of trivia for your first barbecue this spring: the words “wiener” and “frankfurter” also derive from the names of German cities, Vienna and Frankfurt, respectively. (Remember that German W’s sound like V’s.

JUNE IS...

Black Music Month



The United States has been celebrating African-American Music Appreciation Month in June since 1979. The month of June is set aside to appreciate the contributions of African-American musicians, composers, singers, and songwriters in American culture. The month honors the history and rich African traditions that gave birth to different styles of music such as rap, hip-hop, jazz, rhythm and blues, barbershop, and swing. It is also the month to celebrate creative inspiration and appreciate the impact that African-American music has had on generations of performers and music lovers! From tales of slavery and racism and fighting for their basic human rights to finding their heritage and values in their lyrics, Black music covers a vast range of topics that have great significance for this community. Over the years, we have seen Black musicians reach great heights, not only on official music record charts but also at entertainment award ceremonies.

While President Jimmy Carter designated June as Black Music Month in 1979, it wasn’t until 2000 when the presidential proclamation for the month was signed. President Barack Obama, in 2009, went on to rename the month from Black Music Month to its current name, African-American Music Appreciation Month.

Biden-Harris Administration and U.S. Department of Agriculture Establish New Program to Support Rural Health Care Providers, Invests \$43 Million



Press Release
Release No.0079.22
Contact: USDA Press
Email: press@usda.gov

WASHINGTON, April 13, 2022 – U.S. Department of Agriculture (USDA) Secretary Tom Vilsack today announced the establishment of a program under President Biden’s American Rescue Plan to expand rural hospitals and providers’ access to COVID-19 vaccines, testing, and supplies, while helping rural health care providers stay financially solvent in the long-term. The initial awards of the Emergency Rural Health Care Grants total \$43 million and will benefit 2.2 million people (PDF, 290 KB) who live and work in rural America. Awardees include 93 rural health care organizations and community groups across 22 states.

This announcement is part of the Biden-Harris Administration’s Rural Infrastructure Tour, a multi-faceted outreach effort involving cabinet and sub-cabinet officials across federal agencies as they travel to and learn from rural communities across the country.

“Under the leadership of President Biden and Vice President Harris, USDA mobilized our staff and resources to respond in record time to improve the long-term viability of rural health care providers and services across this nation,” Vilsack said. “USDA used an all-hands-on-deck approach to create the Emergency Rural Health Care Grants program to address a variety of immediate health care needs and services in rural communities. The American Rescue Plan Act and this program are examples of the government’s ability to respond quickly to ensure every person and family has access to high-quality health care no matter their zip code.”

The Biden-Harris Administration made these funds available through its historic legislative package, the American Rescue Plan Act. Within months after the Act’s passage, USDA responded quickly by making this funding available to ensure the long-term availability of rural health care services. In total, the program will use up to \$475 million in grants provided by President Biden’s American Rescue Plan to expand rural hospitals and providers. Additional awards will be announced in the coming months.

The grants USDA is awarding will help rural hospitals and health care providers implement telehealth and nutrition assistance programs, increase staffing to administer COVID-19 vaccines and testing, build or renovate facilities and purchase medical supplies.

For example:

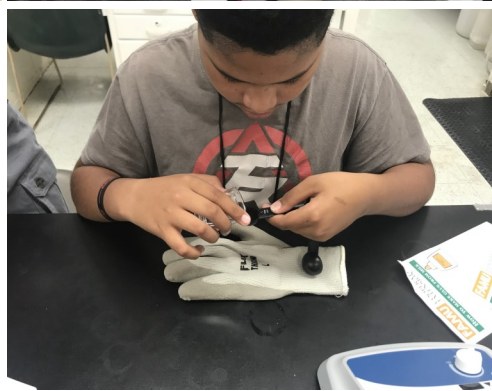
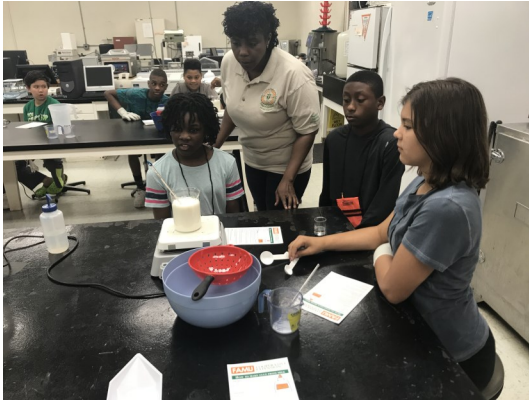
- In Minnesota, Appleton Area Health will use a \$174,300 grant to upgrade telehealth and telemedicine capabilities and replace hospital equipment. Funds will be used to purchase and install 28 flat panel television monitors with cameras for clinic exam rooms and hospital patient rooms. This project will also help to purchase and install an air conditioning unit for the laboratory, four new hospital beds and five powered air-purifying respirators. This project will benefit more than 1,400 people in the city of Appleton and rural communities in Swift and Lac Qui Parle counties.

###

To read the press release in its entirety, please log onto <https://www.usda.gov/media/press-releases/2022/04/13/biden-harris-administration-and-us-department-agriculture-establish>.

#flashback

2018
Food Science Summer Enrichment Program
FAMU campus- Tallahassee, FL



The Food Science Summer Enrichment Program (FSSEP) is an intensive week-long program that is designed to help students develop a better understanding of science through experiential activities in Food Science that are linked to the Florida Standards. Food Science STEM experiential activities investigate the nature of foods, the basis of deterioration, the principles of food production and processing, and the enhancement of foods for the consumer.



First - Third row: Camp participants conducting scientific observation, use of lab equipment, cooking and touring local professional kitchens.

Last row: Camp participants with Publix™ representative and with Larry Robinson, Ph.D., President of Florida A&M University.

Garden Fertilization

Contributor: David Jones

When we look at a garden, no matter the size of it, we often gaze upon it as a whole picture. But we could be missing some particular details. Although the tomatoes plants are putting on fruit and the peppers are ready for harvesting, what are we missing?

This article will give general insight into being an expert gardener. The first observation would be signs of low nutrient level derived from the soil. The plant foliage will be discolored or pale, sometimes lighter color with a darker color mixed in.¹

The second observation would be the weather. If the fertilization is done right before a series of heavy rains, what's going to happen? It may not exactly be cognitive with the avid farmer but fertilizing before spring showers causes the nutrients to leach out of the soil.²

Finally, we would pick the type of fertilizer needed and how we would apply it. Depending on the garden layout, we may have to broadcast either with a tractor or manually. The other ways to fertilize in a straight line next to the plants or apply around individual plant. The user may either do a granular fertilizer or water-soluble fertilizer.³

When the correct amount of fertilizer is added into the soil, it allows the plant a chance to survive and continue to make fruit for a good harvest. But remember to fertilize at the right time and use the right amount. Accuracy counts.

¹ Reading The Leaves: What Your Plant's Foliage Is Trying to Tell You." *Aerify.Com*, Harster Greenhouses Inc, 24 Feb. 2020, www.aerifyplants.com/post/reading-the-leaves-what-your-plant-s-foliage-is-trying-to-tell-you.
² Michaels, Doreen. "When to Fertilize Plants." *GardenSimply.Com*, Garden Simply, 17 Mar. 2022, gardensimply.com/when-to-fertilize-plants.
³ Michaels, Doreen. "When to Fertilize Plants." *GardenSimply.Com*, Garden Simply, 17 Mar. 2022, gardensimply.com/when-to-fertilize-plants.

Blackleg

An Analysis

Contributor: David Jones

Blackleg is an acute infectious disease characterized usually by the swelling of bulky muscles. It has a high mortality rate and severe toxemia. The high fatal rate is related to cattle and sheep. Although blackleg is a worldwide distributed disease of ruminants, it mainly affects cattle.¹

What You Need to Know

This disease affects mainly cattle in the age range of six months to two years old, but also it can affect your calves at six weeks or your cattle in the age ranges of 10-12 years old.²

The infection usually occurs in the summer and the fall. Farm animals most likely affected would be the best and most healthy, the ones who are gaining weight.³

Vaccination

Research has shown that blackleg mainly exists in the summer.⁴ Blackleg is a two-part vaccination. The first vaccination usually occurs at 60 to 90 days of age or when calves are first processed. A booster dose of the bacterin should be repeated in four weeks or at weaning. In areas with a high disease incidence, additional vaccinations may be administered.⁵

¹ Kawsar, Ifat Dvm. "Blackleg in Cattle: Causes, Signs, Diagnosis, Treatment, and Prevention." *The Vet Expert*, 10 Oct. 2020, www.thevetexpert.com/blackleg-in-cattle-causes-signs-diagnosis-treatment-and-prevention/#:%7E:text=What%20are%20the%20symptoms%20of%20blackleg%20in%20cattle%3F,chest%2C%20back%2C%20neck%2C%20or%20elsewhere.%20More%20items...%20.

² Irsik, DVM, MAB, M. B. "Blackleg In Cattle." *University of Florida/ IFAS Extension*, ufdcimages.uflib.ufl.edu/IR/00/00/37/54/00001/VM12000.pdf. Accessed 31 Mar. 2022.

³ Kawsar, Ifat Dvm. "Blackleg in Cattle: Causes, Signs, Diagnosis, Treatment, and Prevention." *The Vet Expert*, 10 Oct. 2020, www.thevetexpert.com/blackleg-in-cattle-causes-signs-diagnosis-treatment-and-prevention/#:%7E:text=What%20are%20the%20symptoms%20of%20blackleg%20in%20cattle%3F,chest%2C%20back%2C%20neck%2C%20or%20elsewhere.%20More%20items...%20.

⁴ "Vaccinate For Blackleg in Cattle." *The Cattle Site*, Global Ag Media, 13 Aug. 2013, www.thecattlesite.com/articles/3662/vaccinate-for-blackleg-in-cattle.

⁵ Irsik, DVM, MAB, M. B. "Blackleg In Cattle." *University of Florida/ IFAS Extension*, ufdcimages.uflib.ufl.edu/IR/00/00/37/54/00001/VM12000.pdf. Accessed 31 Mar. 2022.

Introduction

Despite soil being the foundation of our gardens, most people know little about it. First, we need to understand what soil is not. Soil does not necessarily equate to 'dirt.' As a soil science professor once stated, "Soil is what plants grow in; dirt is what you clean up off of the floor." This may be an over-simplification, but it holds a lot of truth. Soil is a dynamic, living system that enables plants to function properly. Dirt refers to a state or quality of uncleanness.

Roles of Soil

Soil performs at least 4 roles in relation to plants. It:

- ☑ **Physically supports the plant.**
- ☑ **Provides the plant with water.**
- ☑ **Provides the plant with nutrients.**
- ☑ **Provides the plant roots with oxygen.**

Physical Support

The root system of most plants extends into the upper layers of the garden's soil. Depending on the plant species and the type of root system inherent to that plant, roots extend downward to about 8 to 12 inches in the soil. The roots provide structural anchorage for the plant.

Water Uptake

Most herbaceous plants are greater than 95% water. All of that water entered the plant through the root system. Water enters through the terminal half-inch or so of each root tip. The loss of water from the leaves by transpiration provides the force that drives water uptake into the root system. As water leaves the leaf surface, more water is taken into the root. An extensive root system allows sufficient water uptake to supply the need of the entire plant.

Nutrient Uptake

Soils act as a repository for the mineral nutrients that plants need. The nutrients are in solution in the soil water and are taken up by the plant as it takes up needed water.

Oxygen Supply

Roots are part of a living and respiring organism. As such, they have an absolute requirement for oxygen. The porous nature of soils allows oxygen uptake. One of the factors limiting how deep roots penetrate the soil is oxygen availability. Soil compaction can seriously limit oxygen supply.

Components of Soil

Soil is comprised of a mineral (inorganic, non-living) component and an organic (living or formerly living) component.

Mineral Component

The mineral component of soil typically is broken down into subcategories based on the particle size of the inorganic matter rather than chemical composition. All come from the parent rock underlying the top layers of the soil. There are three general categories: sand, silt, and clay. Sand particles are the largest and range in size from 0.05 to 2.0 mm. Silt particles range from 0.002 to 0.05 mm and clay particles are those less than 0.002 mm.

Samuel E. Hand, Jr., Associate Professor and Director of Industry Credentialing Training Programs, FAMU Cooperative Extension and Edwin R. Duke, Ph.D., Associate Professor, College of Agriculture and Food Sciences; FAMU Cooperative Extension.

Observing Earth Day Is an Investment of Our Future

By: Linda Sapp



Photo: Courtesy of Linda Sapp

The theme for Earth Day 2022 is “Invest in Our Planet.” As inhabitants of this planet, we each have a responsibility to make sure we are practicing conservation, compost when we can, and help create a better living environment. By observing Earth Day, we are investing in the health and survival of the planet.

Prior to the official observance of Earth Day, many detrimental practices, such as excessive use of fossil fuels, destroying trees and forests, wasteful use of water and discharging huge sums of carbon dioxide from factories, were rampant and are contributing factors of constant damage to the earth.

Modern agriculture is already contributing through enhanced practices to improve soil quality and productivity and to reduce the level of inputs (power, labor, fertilizers, chemicals, and water) needed for production. FAMU Cooperative Extension provides assistance and educational programming to directly support farmers in implementing management solutions that enhance productivity and profitability and mitigate the impacts of climate change while building resilience in strengthening farm operations.

To commemorate Earth Day 2022, FAMU Cooperative Extension will participate in USDA Day at Cascades Park on Saturday, April 23, 2022, in Tallahassee, Florida. This event will focus on nutrition, gardening, 4-H, family heirs' property, emergency/disaster preparedness, landscape extension, community health and beginners' farmers.

We only have one planet and if we all pitch in and focus on cutting back on using things that are harmful to the environment, we can save our beautiful and life sustaining planet earth. Happy Earth Day!

Linda Sapp serves as a FAMU Extension I Agent and as a 4-H Nature's Explorer Camp leader. The article was originally submitted in the AEA, Extension Today newsletter for April 2022.

Welcome to Florida...



AEA

Association
of Extension
Administrators

1890 LAND-GRANT UNIVERSITIES

2022 System-Wide Conference
Orlando, Florida • July 31-August 4



Alcorn
State University



FLORIDA **A&M** UNIVERSITY
TALAHASSEE, FLORIDA • EST. 1887



Success Story!

Congratulations!!



Client SPOTLIGHT

CHEF Miro
Private Events • Weddings • Baby Showers • And More

Name: Minnya Ross, better known as "Chef Miro"
Hometown: Panama City, Florida
Current Title: Personal Chef
Bio:
I found my culinary inspiration from my family. My parents, grandmother, chef mentors, and spiritual family who often shared a family style dinner after worship groomed my palette and passion for fine dining. My style of cooking is French Venetian and Southern Cuisine. As a private Chef my desire is to create a hospitable tantalizing meal for all customers that my passion and purpose would intersect my reality. Upon graduating culinary school in 2016 I began full time as a private chef. My experience as a personal chef has allowed me to cook and serve dinner for parties of two; corporate gala's; Professional NFL players, and the Sheriff of Bay County. My desire as a personal chef is to utilize my gifts and talents as I share my love of the artistic elements of food, fine dining, and family.

Offering
PRIVATE DINNERS
We'll come to you to prepare your evening meal, affording you the opportunity to dine in the comfort of your own place.
DINNER FOR TWO
Enjoy a nice romantic evening for two with Personal Chef Miro serving you.
LUXURY MEAL PREP
Create your own unique meal, one on one, with Chef Miro. We'll take the time to choose the right foods that fit you.

Chef Miro, with the assistance of the FAMU Cooperative Extension Business Incubator, located in Apalachicola, Florida, was able to secure an LLC, open a business bank account, build a website and currently working on building business credit.

FAMU COOPERATIVE EXTENSION



Congratulations to Chef Mi'Ro! Chef Mi'Ro, a native of Panama City, Florida and a participant in the FAMU Cooperative Extension Business Incubator, recently served as chef for the Minnesota Vikings football team. The travelling chef, with the assistance of the program, was able to secure a LLC, open a business account and build a website.

Chef Mi'Ro was featured in the "Client Spotlight" in Fall 2021 Extension Strikes magazine. Again, we congratulate Chef Mi'Ro and wish her the best!



SHOW YOU CARE



GET VACCINATED.



Nutrition L.E.A.D.S. Program Making Strides at FAMU

Contributor: Jenelle Robinson, Ph.D.

The Florida Agricultural and Mechanical University (FAMU) Cooperative Extension has committed to multiple collaborations with students for community outreach support. Under the direction of Dr. Jenelle Robinson (Associate Professor of Nutrition), the Extension program collaborated with students in a program entitled Nutrition L.E.A.D.S. In this nutrition leadership program (funded by a USDA-NIFA Capacity Building Grant), students were trained on various nutrition topics and committed to service-learning projects with Extension's EFNEP (Expanded Food and Nutrition Education Program). Students have assisted in programming, planning, and even evaluation of outreach efforts. For the fall 2021 semester, the Nutrition L.E.A.D.S. students collaborated with the Extension program to implement two initiatives.

The first initiative is a Nutrition Education Toolkit. The toolkit included non-perishable food items, healthy recipes, factsheets, hand sanitizer, and exercise equipment. These toolkits promoted healthy and safe eating. Students constructed these toolkits to use as educational incentives that complement EFNEP efforts. The second initiative included piloting a new curriculum designed for adolescents that participate in EFNEP. The performing arts-based nutrition education curriculum included interactive videos, poetry, and relevant and trendy nutrition topics.







For more information about the Nutrition L.E.A.D.S. program, contact Dr. Jenelle Robinson at Jenelle.robinson@famu.edu.

Article originally published in AEA Extension Today's newsletter, October 2021. Article revised April 2022.






Upcoming Events...

April

- April 2:** **STEM Day, Entomology Open House**
Contact: Sabrina Hayes, (850) 561-2304
- April 9:** **Jefferson County Speech and Demo Talks Event** 
Contact: Emily Nolen, (850) 342-0187
- April 20:** **Online Leap Program** 
- April 22:** **Ecology Day with Madison County 4-H** 
- April 23:** **USDA Day at Cascades Park** 
Contact: Linda Sapp, (850) 412-5250
- April 29:** **Master Goat and Sheep Certification Program, Class 2**
Contact: Angela McKenzie-Jakes, Ph.D., (850) 412-6535
- April 30:** **Minority Health Fair, Apalachicola, FL** 
Contact: Dreamal Worthen, Ph.D.
- April 30:** **4-H Tech Changemakers, Kid Fest at Cascades Park** 
Contact: Sabrina Hayes
- April 30:** **High Tunnel Workshop, FAMU REC (in-person)**
Contact: Alex Bolques, Ph.D.- (850) 412-6521

May

- May 10:** **Sommerset STEM Night (Jefferson County)** 
Contact: Emily Nolen
- May 16:** **Private Applicator Training and Exam - May 16-18, 2022**
FAMU Brooksville Station, Brooksville, FL
Contact: Alex Bolques, Ph.D.
- May 20:** **4-H Youth Naturalist Camp (Franklin County) | May 20-24, 2022** 
- May 21:** **FCS Real World Camp (Jefferson County) | May 21-23, 2022** 
Contact: Emily Nolen

June




- May 16:** **Private Applicator Training and Exam - May 16-18, 2022**
FAMU Brooksville Station, Brooksville, FL
Contact: Alex Bolques, Ph.D.

Upcoming Events...

June

- June 6: **Ag Field to Fork (Jefferson County), June 6-10, 2022** 
Contact: Emily Nolen
- June 6: **Insect Sciences Camp | FAMU Campus, June 6-10, 2022** 
Contact: Sabrina Hayes
- June 12: **AgDiscovery Summer Program | Residential Camp on FAMU Campus, June 12-25, 2022**
Contact: Carmen N'Guessan, Ph.D.
- June 13: **FSSEP Summer Camp** 
Contact: Conchita Newman
- June 13: **Cloverbud Camp** 
Contact: Sabrina Hayes
- June 20: **FAMU 4-H Naturalist Summer Program-Tallahassee** 
Contact: Linda Sapp
- June 27: **Wildlife Day Camp (Jefferson County), June 27- July 1, 2022** 
Contact: Emily Nolen

July

- July 1: **Master Goat and Sheep Certification Program, Class 3 | July 1- 30, 2022**
Contact: Angela McKenzie-Jakes, Ph.D.
- July 5: **Cloverbud Camp (Jefferson County), July 5-7, 2022** 
Contact: Emily Nolen
- July 11: **Agri-STEM Camp, July 11-25, 2022** 
Contact: Conchita Newman
- July 25: **Entomology Internship Summer Program, July 25-29, 2022** 
Contact: Sabrina Hayes
- July 31: **AEA Systemwide Conference, Orlando, Florida**

#PROTECT THE FAMILY





FLORIDA A&M UNIVERSITY
**COOPERATIVE
EXTENSION**
COLLEGE OF AGRICULTURE AND FOOD SCIENCES

1740 S. Martin Luther King, Jr. Blvd
Suite 215 Perry -Paige South
Tallahassee, Florida 32307

REACHING. TEACHING. SERVING.