

# EXTENSION

# STRIKES

Quarterly Newsletter

Spring Edition/April-June 2025



*4-H Youth Development | Agricultural & Natural Resources | Community Resource  
Development | Youth, Family & Community*

# Message from the Director



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, Extension Director/Administrator



Stay updated with our quarterly report and explore the latest developments in FAMU Cooperative Extension. We continue to be committed to serving farmers, producers, ranchers, rural and urban families, seniors, youth, entrepreneurs, small business owners, and underserved communities.

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401 Clematis Street, 3<sup>rd</sup> Floor  
West Palm Beach, FL 33401  
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Brooksville, FL 34601  
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## Extension Strikes Quarterly Newsletter

Spring Edition/April-June 2025

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# FAMU Cooperative Extension Engages Over 100 Attendees at 6th Annual Hurricane Preparedness Health and Safety Fair

Contributor: Teron Speer



FAMU Extension’s Kimberly Davis and Teron Speer, with Ashley Davis, FAMU Emergency Management Office.

On April 19, 2025, the Florida A&M University (FAMU) Cooperative Extension proudly participated in the 6th Annual Hurricane Preparedness Health and Safety Fair, delivering vital disaster-readiness education and community-focused outreach.

Representing FAMU Extension were Ms. Kimberly Davis, Extension Emergency Management Specialist and Community Resource Development Program Leader, and Mr. Teron Speer, Community Health Extension Agent. Together, they engaged with more than 100 attendees, sharing practical tips, distributing educational materials, and answering questions on how to better prepare for and recover from natural disasters—particularly hurricanes, which pose a significant threat to Florida communities.

Throughout the day, Ms. Davis and Mr. Speer emphasized the importance of wellness, safety, and proactive planning in the face of emergencies. Their booth featured interactive displays and printed guides on emergency kits, food safety, mental health during crises, and community resources.

A standout attraction at the FAMU exhibit was the “Survival Salsa” demonstration—a creative, no-cook recipe made with shelf-stable ingredients. Designed to showcase how simple, nutritious meals can be made without power or refrigeration, the salsa was a hit among attendees. Guests received free recipe cards and samples, proving that emergency preparedness can be both practical and delicious.

FAMU Cooperative Extension remains steadfast in its mission to empower communities through education, outreach, and preparedness. With hurricane season fast approaching, their work ensures that individuals and families are equipped with the knowledge, tools, and confidence to weather any storm—literally and figuratively.



Emergency Preparedness Pack

# FAMU Cooperative Extension Shines at the E4 Life, Health & Wellness Expo 2025

Contributor: Tavia Gordon

The E4 Life Green, Health & Wellness Expo is a beloved annual event hosted at the Cox Science Center and Aquarium in West Palm Beach, FL. Focused on promoting healthy lifestyles, sustainable living, and environmental stewardship, the expo offers a dynamic mix of environmental workshops, eco-friendly demonstrations, local vendors, and hands-on activities for all ages—including opportunities to meet animals and learn about plants and conservation efforts. Adding to the excitement, vendors were invited to dress up as superheroes for the day!

On April 5, FAMU Cooperative Extension, in collaboration with the City of West Palm Beach Office of Sustainability, energized the event with a vibrant, interactive booth that celebrated the power of plants and the wonders of nature. Families and youth eagerly explored how urban gardening and sustainable practices can lead to healthier living and stronger communities. Real-life "garden superheroes" were on hand to inspire visitors!

Guests learned about the vital roles of garden allies like bees, hoverflies, and ladybugs, while picking up expert gardening tips and advice. As an added bonus, attendees received fresh herb goodie bags, offering them a delicious way to incorporate homegrown, healthy ingredients into their meals.

With over 804 attendees and 27 exhibitors, the expo provided an incredible platform to share FAMU's mission and highlight the importance of local gardening resources and green spaces in building thriving communities.



Garden superhero's from left to right (Linda, Nyota, Tavia)



Brave toddler checking out our Madagascar hissing cockroach



FAMU Cooperative Extension Booth at the E-4 Life, Health & Wellness Expo (left to right) Tavia Gordon-Settal-Urban Ag Ext. Agent, Nyota King-Sanyang-ENEP Program Asst. & Linda Sapp-Extension Agent



Three happy garden heroes

Photos courtesy of Tavia Gordon

# Cooperative Extension Apprenticeship Program Prepares Next Generation of Agricultural Leaders

Contributor: Conchita Newman

The Cooperative Extension Apprenticeship Program was launched through the 1890 Center of Excellence Student Success and Workforce Development (SSWD) initiative to provide undergraduate students with meaningful, hands-on learning experiences in agricultural sciences. This innovative program pairs students with experienced Cooperative Extension faculty mentors, allowing them to gain real-world exposure in areas such as agriculture, natural resources, 4-H youth development, community development, and family and consumer sciences.

The inaugural cohort features eleven dedicated apprentices, each working closely with one of four expert mentors. Throughout the semester, students have engaged in field-based activities designed to build professional skills, deepen their understanding of extension services, and prepare them for future careers in the agricultural sciences.

Meet the Mentors and Apprentices:

- **Angel Forde** – Agriculture & Natural Resources
  - Rayven Custis
  - Noah Roberts
- **Sabrina Hayes** – 4-H Youth Development
  - Madison Hunter
  - A'Marie King
  - Neriah Lee
- **Teron Speer** – Community Development
  - Camyrnn Harper
  - Nia Stevenson
  - Nyael Jones
- **Eunice Stevenson** – Family & Consumer Sciences
  - Roderick Conley
  - Aaliyah Fonville

The program concluded in March 2025 with final presentations, where apprentices showcased their projects, findings, and reflections on their experiences. The Cooperative Extension Apprenticeship Program provided students with invaluable experiential learning opportunities, bridging the gap between academic knowledge and practical application. The commitment of our mentors and the dedication of our apprentices were instrumental in the program's success. We proudly celebrate the achievements of our first cohort and the strong foundation they've built for future careers in agricultural sciences and extension services.

# CAFS-Cooperative Extension Apprenticeship Program Spring 2025 Attendees



Nia J. Stevenson  
Major: Agriculture Business



Madison Hunter  
Major: Bio-Systems Engineering



Roderick Conley  
Major: Food Science



Camrynn Harper  
Major: Bio-Systems Engineering



Neriah Lee  
Major: Food Science



A'Marie King  
Major: Food Science



Noah J. Roberts  
Major: Food Science



Rayven Curtis  
Major: Pre-Vet Animal Science/  
Entomology



Nyael Jones  
Major: Bio-Systems Engineering



Aaliyah Fonville  
Major: Animal Science/Pre-Vet

# Tavia Gordon Highlights FAMU Extension’s Impact at BOLD Leadership Summit

Contributor: Tavia Gordon

**West Palm Beach, FL** – Tavia Gordon, Urban Agriculture Extension Agent for Florida A&M University (FAMU) Extension, played a key role as a featured speaker at the BOLD Leadership Summit: Partnership for Success in West Palm Beach. Representing FAMU Extension, Gordon showcased the organization’s ongoing efforts in strengthening urban agriculture initiatives and fostering successful community partnerships in the region.

The workshop was titled “Cultivating Resilience: Empowering Communities Through Sustainable Urban Agriculture,” underscored the vital role of urban agriculture in building resilient, self-sufficient communities. The session provided attendees—including community leaders, educators, students, and organizers—with practical strategies for launching and sustaining community-driven gardening initiatives.

Participants explored hands-on techniques in resource management, learned innovative solutions to combat urban food insecurity, and examined real-world examples of how urban agriculture promotes healthy living while strengthening community bonds.



Tavis Gordon, Urban Ag Extension Agent/FAMU Cooperative Extension-West Palm Beach



Ms. Gordon presents to the summit attendees on the role of urban agriculture.

## Key Takeaways:

- The benefits of sustainable gardening for improving food access and community health.
- How urban agriculture serves as a powerful tool for environmental sustainability and social empowerment.

## Workshop Objectives:

- Equip attendees with strategies to engage community members in gardening and food security efforts.
- Emphasize the broader impact of urban agriculture on community resilience and sustainability.

Through her presentation, Gordon reinforced FAMU Extension’s commitment to advancing urban agriculture and empowering local communities, ensuring a lasting impact on food systems and sustainability efforts in West Palm Beach.



Charmin Postel, President of the BOLD Foundation, alongside Keith James, Mayor of West Palm Beach .



Tavia Gordon, alongside Lucy Joseph, HCCD Coordinator of the City of West Palm Beach.



Raffle winners at the summit, with their potted vegetables and herb plants.



Speaker Board at the Bold Leadership Summit

Photo Credit: Tavia Gordon

# FAMU Community Garden Hosts Veterans for Healing and Connection

Contributor: Linda Sapp

Veterans have played a crucial role in defending our nation, serving in conflicts such as World War II, the Vietnam War, the Persian Gulf War, the Iraq War, and the War in Afghanistan. While their contributions are invaluable, many have faced immense challenges during and after their service. As they transition to civilian life, finding avenues for healing, support, and community becomes essential.

The recent Building a Raised Bed workshop at the FAMU Community Garden provided a meaningful opportunity for veterans to connect, relieve stress, and engage in a hands-on, therapeutic activity. More than just a gardening project, the workshop symbolized resilience, growth, and renewal. With hammers in hand, participants worked together to construct a raised garden bed—channeling energy, overcoming obstacles, and sharing laughter in the process.

The materials for the raised bed were generously donated by a fellow veteran who deeply values the strength of those who have served. This act of giving reinforced the sense of camaraderie and mutual support that defined the event. For many, the experience offered a moment of peace, reflection, and the chance to bond with others who understand the unique journey of military service.

As part of the workshop, participants also received sensory herbs known for their calming and stress-relief properties. The soothing scents and textures of these plants serve as a natural aid for relaxation and emotional well-being. Engaging with nature through gardening has been widely recognized as a therapeutic practice, and these herbs provided a tangible way for veterans to embrace moments of tranquility in their daily lives.

The success of this event was made possible by the generosity and dedication of numerous supporters:

- Sharon Brooks, Lester Gaskins, and Linda Sapp – Event coordination, snacks, sensory herb giveaway, and donation of wood and nails (Sharon Brooks).
- Donna Arnold & Crystal Gale Hunter – Giveaways, rosemary, and aloe plant donations from Gadsden County Extension.
- Native Nursery – Plant donation.
- Jose Pardy and FAMU Farm staff – Provided tents and chairs.
- Vonda Richardson, Director of FAMU Cooperative Extension Program – Approved the workshop.

The FAMU Community Garden continues to be a space of growth, healing, and empowerment, fostering meaningful connections through agriculture and wellness. Events like these remind us that healing can come in many forms—whether through shared experiences, acts of service, or simply the joy of creating something with our own hands

Photos courtesy of Linda Sapp



# West Palm Beach

## Community Garden Days

Community gardens play a vital role in strengthening neighborhoods, promoting healthy lifestyles, and increasing access to fresh produce—especially in underserved areas. Tavia Gordon, a FAMU Extension Agent for Urban Agriculture, has been instrumental in spearheading efforts to establish and support thriving community gardens throughout West Palm Beach, FL. Her work with the Coleman Park Community Garden and the Pleasant City Community Garden has not only brought residents together but also empowered them with the tools and knowledge to grow their own food

### March 2025 Harvest



Photos courtesy of  
Tavia Gordon

## *April 2025 Harvest- Coleman Park*



The recent Harvest Days at both garden sites were a true testament to the power of community collaboration. Volunteers, local families, and youth came together to enjoy the bountiful harvest and share fresh, locally grown fruits and vegetables with their neighbors. These events highlight the importance of community gardens as more than just growing spaces—they are hubs of education, sustainability, and community pride. Under Tavia's guidance, these gardens continue to flourish and serve as models for urban agriculture across the region

*If you are in the West Palm Beach area and interested in participating in the community garden, please contact Tavia Gordon at [tavia.gordon@fam.u.edu](mailto:tavia.gordon@fam.u.edu).*

## Planting Purpose: Alpha Kappa Alpha Sorority, Incorporated Members Celebrate Earth Day Through Gardening and Learning

Contributor: Linda Sapp

In celebration of Earth Day, five dedicated members of Alpha Kappa Alpha Sorority, Incorporated, Delta Kappa Omega Chapter, took part in an enriching guided tour of the FAMU Community Garden. The tour was led by FAMU Cooperative Extension Agent Linda Sapp, whose expertise and passion for sustainable agriculture brought the garden to life. The visit offered participants an up-close look at the garden's thriving fall crops, including collard greens, onions, spinach, and kale, as well as a fragrant array of culinary herbs like oregano, sage, parsley, basil, and thyme.

Beyond exploring the garden's edible bounty, the sorority members also gained insights into the local ecosystem. They learned about native bird species such as the brown-headed cowbird—easily recognized by the male's distinctive brown head and black body, and the female's subtle all-brown appearance. Linda shared how green spaces like the FAMU Community Garden contribute to biodiversity, environmental education, and overall community wellness. The morning was not only educational but also deeply inspiring, leaving participants with a greater appreciation for nature, a stronger connection to their community, and a renewed commitment to environmental stewardship.



Linda Sapp/photos



April–June 2025

# Community Garden Day Schedule

## Coleman Park

1116 21<sup>st</sup> Street  
West Palm Beach, FL 33407

Tuesdays, 9 am– 11 am

April 1, 22  
May 6, 20  
June 10, 24\*

*\*Grill at the Garden Event– 2 pm– 5 pm*

## Pleasant City

2147 Spruce Ave  
West Palm Beach, FL 33407

Thursday, 2 pm– 4 pm

April 10, 17  
May 1, 15  
June 5, 26

# Saturday Garden Schedule

## Coleman Park

June 21 9 am – Noon

## Pleasant City

April 19 9 am – Noon

For more information, contact organizer, Tavia Gordon at [tavia.gordon@famu.edu](mailto:tavia.gordon@famu.edu).



1890



2025



*135 Years of Providing Access and Enhancing Opportunities*



*In 1890, the Land-grant University System was expanded to include institutions for Black citizens. Today, these institutions continue to provide access to higher education for underserved communities, and their research and Extension programs impact people worldwide through advancements in agricultural productivity and sustainability, food security, human health, and community and youth development.*



**MAY 17, 2025**

**10AM - 5PM**

**Chinsegut Hill Historic Site**

**22495 Chinsegut Hill Road BROOKSVILLE, FL**

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FOR THE ENTIRE  
FAMILY!**

**Agriculture Workshops \* Farm Tours  
Kid Zone \* Wagon Rides \* Vendors \* Music  
And Much More!**

**Scan and Register**



# FAMU and UF/IFAS Host Successful High Tunnel Workshop in Quincy

Contributor: Alejandro Bolques, Ph.D.

On April 15, 2025, the Florida A&M University (FAMU) Cooperative Extension, in partnership with UF/IFAS Extension Gadsden County, welcomed local farmers and community members to an informative High Tunnel Workshop at the FAMU Research and Extension Center, in Quincy, FL.

The event brought together small-scale farmers, eco-friendly and organic growers, and anyone interested in learning more about fruit and vegetable production in high tunnels. With more than five hours of hands-on learning and expert presentations, the workshop offered something for everyone—from beginners to seasoned growers.

Participants gained practical knowledge on important topics such as site and crop selection, tomato and strawberry production systems, integrated pest management, and the benefits of push-pull and companion planting. The workshop also covered heir's property and resolution, providing vital information for landowners.

One of the highlights of the day was a guided tour of FAMU's innovative growing systems, including aquaponic and hydroponic setups and industrial hemp production inside high tunnels.

For just \$10, attendees enjoyed a full day of education, a delicious lunch, and take-home materials to help them apply what they learned. It was a great opportunity for the community to connect, share ideas, and strengthen local agriculture through sustainable practices.

FAMU Cooperative Extension and UF/IFAS Gadsden County look forward to hosting more events that empower farmers and gardeners across our region.





**Workshop in Action:**

Scenes from the High Tunnel Workshop featuring CAFS faculty, FAMU Cooperative Extension colleagues, and Dr. Alejandro Bolques. Participants explored aquaponic and hydroponic systems, learned sustainable growing techniques, and engaged in hands-on demonstrations throughout the day.



# SAVE THE DATE

# CommunityCare

# Health & Wellness

# EXP

Join us for an engaging and impactful event showcasing essential health and wellness services available through the CommunityCare Initiative at the U.B. Kinsey Educational & Community Center.

-  Access to health and wellness resources
-  Demonstrations & interactive activities
-  Meet local health & wellness providers
-  Family-friendly activities

**Saturday**  
**May 17**  
2025

 U.B. Kinsey Educational & Community Center  
720 8th Street, West Palm Beach, FL 33401

 10:00 AM  
1:00 PM

**FREE EVENT**

**FOR MORE INFORMATION PLEASE CONTACT US TODAY!**

 **561-757-2260**

 **UBKECC@GMAIL.COM**

*LET'S WORK TOGETHER TO BUILD A HEALTHIER, STRONGER COMMUNITY!*

# Summer Camps 2025



**Undergraduate Watershed Camp**  
**June 2- 13, 2025**  
Free Summer Program  
For application and more information, contact:  
Dr. Katherine Milla at  
katherine.milla@fam.u.edu

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## Food Science Summer Enrichment Camp June 9 - 13, 2025

Ages 11-14  
8:30 AM– 4:30 PM  
Fee: \$150\*

For application and more information, contact:

Mrs. Conchita Newman  
conchita.newman@fam.u.edu

\*Includes lunches, field trips and camp t-shirts.



**Forestry and Conservation Education (FACE) Summer Camp**  
**June 16 - 26, 2025**  
Free Summer Program  
Ages: 12-16  
8 AM– 4:30 PM  
For application and more information, contact:  
Kimberly Davis at  
kimberly.davis@fam.u.edu

 **FAMU** FLORIDA A&M UNIVERSITY COOPERATIVE EXTENSION



**Entrepreneurship Camp**  
**July 8-18, 2025**  
Fee: \$200  
Ages: 10-18 | 8 AM– 4:30 PM  
For application and more information, contact:  
Dr. Sabrina Hayes at  
sabrina.hayes@fam.u.edu

 **FAMU** FLORIDA A&M UNIVERSITY COOPERATIVE EXTENSION



**Entomology Internship**  
**July 21-Aug. 1, 2025**  
Free Summer Camp  
Ages: 15-18 | 8 AM – 4:30 PM  
For application and more information, contact:  
Dr. Sabrina Hayes at sabrina.hayes@fam.u.edu

 **FAMU** FLORIDA A&M UNIVERSITY COOPERATIVE EXTENSION



**FAMU Youth Master Naturalist Summer Camp**  
**July 21- 25, 2025**  
Free Summer Program  
Ages: High School students  
8 AM– 4:30 PM  
For application and more information, contact:  
Dr. Angel Forde at  
angel.forde@fam.u.edu

 **FAMU** FLORIDA A&M UNIVERSITY COOPERATIVE EXTENSION

Upcoming Events

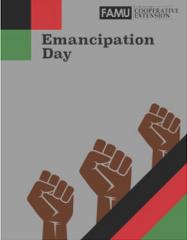
# CALENDAR



# April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 National Walking Day	3	4	5
6	7	8	9	10 National Farm Animal Day	11	12
					🍀 National 4-H Conference	
13	14	15 High Tunnel Workshop Quincy, FL	16	17	18	19 National Gardening Day
🍀 National 4-H Conference-April 11-16			🍀			
20	21	22 Earth Day 	23	24 Secure STEM Summit	25 	26 Ready, Set, Go 4-H Wksp (BAERS) 🍀
27	28	29	30	National Minority Health Month National Fair Housing Month		

# May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"><b>National Mental Health Awareness Month</b></p>				1	2	3 <p style="text-align: center;">National Garden Meditation Day</p>
				<p><b>National Hurricane Preparedness Week</b></p>		
4	5	6	7	8	9	10
<p><b>National Hurricane Preparedness Week- May 1-7</b></p>						
11 <p style="text-align: center;"><i>Happy Mother's Day</i></p> 	12	13 <p style="text-align: center;"><b>National Stamp Out Hunger Good Drive Day</b></p>	14	15	16	17 <div style="border: 2px solid green; background-color: yellow; padding: 5px; text-align: center;"> <p><b>Emancipation Day &amp; Farm Fest</b> Brooksville, FL</p> </div>
18	19	20 	21	22	23	24
25	26	27	28	29	30	31 <div style="border: 1px solid blue; background-color: lightblue; padding: 5px; text-align: center;"> <p><b>Ready, Set, Go 4-H Wksp (BAERS)</b> </p> </div>

# June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THUIRSDAY	FRIDAY	SATURDAY
1	2	3	4	5 World Environment Day	6	7
National Garden Week- June 1-7						
8	9	10	11	12	13	14
15 Happy Father's Day 	16	17	18	19	20  First Day of Summer	21
National Diabetes Week—June 16-22						
22 National Diabetes Week	23	24	25	26	27	28 Ready, Set, Go 4-H Wksp (BAERS) 
29	30	<b>Pet Preparedness Month</b> <b>National Homeownership Month</b> <b>Men's Mental Health Month</b>				



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