

Osceola County's SOLUTIONS for your LIFE

January, February, & March
2011

1921 Kissimmee Valley Lane
Kissimmee, FL 34744
321-697-3000
<http://osceola.ifas.ufl.edu>

Mary Beth Salisbury
County Extension Director
Family & Consumer Science
msal2@osceola.org

Eleanor Foerste
Natural Resources
efoe@osceola.org

Karen Henry
4-H
khen@osceola.org

Laura Royer
Family & Consumer Science
lroy@osceola.org

Jessica Sullivan
Florida Yards & Neighborhoods
jsul@osceola.org

Jennifer Welshans-Pelham
Horticulture
jwel2@osceola.org

Stacia Hetrick
Aquatics
shet@osceola.org

Plants in Your Lake- Native or Invasive? Stacia Hetrick

Do you want to know more about the plants in your lake or pond? Are they native or invasive exotic? We have the perfect sources for you! Read on to find out more!



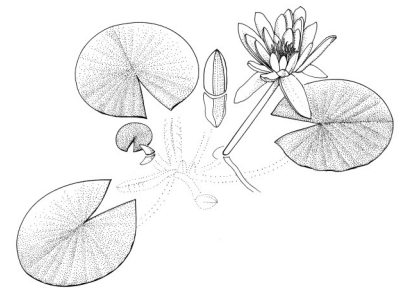
Water hyacinth- non-native

Many people refer to all aquatic plants as “algae” but actually there are more than 100 different kinds of aquatic plants that grow in the lakes and ponds in Osceola County alone. Next time you visit a lake or pond, pay attention to the diversity of plants growing there... you will be surprised at what you see! Some plants are probably *native* which means that they naturally occur in Florida. Some may be *invasive exotic* plants meaning that they are not naturally found in Florida and are spreading and causing environmental or economic harm.

You will likely encounter a mixture of both native and invasive plants in our local waterbodies. Fragrant water lily, with its floating “lily pad” leaves and showy white flowers, is a common native plant found in our local lakes. On the other hand, water hyacinth which is a floating plant with lavender flowers is one of the most common invasive aquatic plants in our area.

Even though most people would consider the fragrant water lily and water hyacinth to be equally beautiful with their showy flowers, the invasive water hyacinth can become less attractive once one realizes the negative impacts it can have on the environment. Hyacinths can cause problems such as impeding boating and fishing, causing flooding, providing places for mosquitoes to live, and covering up native plants that are good for fish and wildlife.

Lilies and hyacinths are just two examples of the great diversity of native and invasive exotic plants in our lakes. Learn more about the plants found in Osceola County waters at http://plants.ifas.ufl.edu/osceola/regional_plants.html. For additional help with identification or information, you can call or bring a sample of the plant(s) to the Osceola County Extension Office (phone: (321) 697-3000, address: 1921 Kissimmee Valley Lane, Kissimmee, FL 34744) or email a picture to shet@osceola.org.



Fragrant water lily- native

Join the 4-H Revolution of Responsibility

By Karen Henry

What is the 4-H Revolution of Responsibility? It's a movement for 4-Hers to create positive change in their communities. 4-Hers make choices everyday to do the right thing, break through obstacles, participate in community service and make a difference. This takes commitment!

How can you join the 4-H Revolution of Responsibility?

- Donate your time, talent and treasures.
- Speak up when you have an idea.
- Go after your goals!
- Educate yourself.
- Take a stand for issues you believe in.
- Be an involved community member.
- Build a better future for yourself and others.
- Take on a challenge.
- Support the 4-H Revolution of Responsibility!

Have you participated in the 4-H Revolution of Responsibility? 4-H National Headquarters is looking for stories about how 4-H'ers are leading, stepping up and making an impact in their communities. Share your 4-H stories of impact or inspirations today with khen@osceola.org.



Congratulations!



Congratulations to Osceola County 4-H volunteer Karen Kirkendall for being inducted into the Florida 4-H Hall of Fame. Karen has been involved in the Osceola County 4-H program for over 30 years as a 4-H parent, volunteer, 4-H project leader and 4-H club leader. We thank Karen for all of the time, talent and treasures she has shared with Osceola County Extension programs.

Congratulations, Karen!

Revitalizing Your Cold Damaged Landscape

By Jennifer Pelham

With the below freezing temperatures we experienced in December, your plants may not be looking so great. Many tropical, subtropical, and even some temperate plants were damaged by the cold weather.



Injury caused by cold temperatures can affect the entire plant or parts of the plant, such as the fruits, flowers, buds, leaves, trunks, stems, or roots. The plants are damaged when ice crystals form within the plant cells and in the spaces between the cells. The crystals expand, rupturing the cell walls. If severe, this can kill tender plants. On hardier plants, damaged foliage will appear wilted and curl down. In a few hours or days, damaged plants will darken and turn black.

After freezing temperatures occur, remove damaged leaves and flowers. This will help prevent diseases from attacking the plant. Pruning of the branches should be postponed until cold temperatures are no longer expected and new growth begins to appear on the plant. This is to make sure that live wood, which appears dead from losing its leaves, is not mistakenly removed from the plant. Cold damaged wood can be detected by examining the cambium layer (under the bark) of the plant. Scrape a small area of bark away and look for green tissue. If it has black or brown discoloration, it is damaged and should be pruned back beyond these points until you see green again.

Your lawn probably also experienced some damage. The good news is that besides the brown appearance, lawns do not seem to be severely damaged by the cold and should recover in the spring. If you can't wait for the complete recovery, a good raking as the lawn begins growth can remove the dead brown blades. On the bright side, many of the weeds did die during the cold weather.

March is a great time to apply fertilizer. The weather is warmer and the plants are beginning to wake up from their winter slumber. Fertilizer will

(Continued on page 3)

encourage new growth on the plants and should expedite their recovery period. Most of your landscape plants can be fertilized with a slow-release fertilizer labeled for ornamental plants. Make sure to follow the directions on the fertilizer bag. If over-applied, you can damage your plants and if under-applied, no benefit will come from applying the fertilizer.

If you did lose some plants this winter, look at it as an opportunity to add new plants to your landscape. For more information of fertilization or for answers to other gardening questions, please contact the Osceola County Master Gardeners Plant Clinic at (321) 697-3000.

National Invasive Species Awareness Week

By Stacia Hetrick

Land, water and other resources of Florida are being severely impacted by an increasing number of invasive (harmful, non-native) plant and animal species. These impacts are resulting in damage to Florida's environment and causing economic hardships. In Osceola County and much of Florida, invasive plants such as hydrilla, hygrophila, and water hyacinth, pollute the waterways and degrade the natural environment.

Invasive species are one of the most significant drivers of global change. Consequently, they can have substantial impacts on the economy, infrastructure, and human health. Thus far, funding, legal authorities and personnel have been inadequate to address the problem.

A broad coalition of agencies and organizations will host a high-profile summit to call attention to invasive species issues, generate action, and build a national grassroots network.

The long-term goals of the NISAW are to minimize the impact of invasive species in a time of rapid, global change by achieving:

- Higher prioritization and increased resources for invasive species management on public and private lands and waters.
- New and improved laws and policies to prevent the introduction and spread of invasive species within the U.S., across borders, and among trading partners.

- Rapid access to credible scientific data and its timely application to policy and management decision-making.
- Effective coalitions and networks focusing on invasive species issues.

The National Invasive Species Awareness Week (www.nisaw.org) will be held February 28- March 4, 2011, in Washington, DC. The event is organized by a national, non-Federal, bi-partisan coalition of groups representing private citizens, local and state natural resource and agriculture agencies, academia, professional scientific societies, environmental organizations, and businesses. For more information, go to www.nisaw.org.



January 8th

Last day to register Plants and Produce in the Osceola County Fair!

By Jessica Sullivan

Show off your green thumbs and exhibit your plants and produce at the Osceola County Fair, February 11-20, 2011. You can enter any of the following Community Horticulture exhibit classes: Dish Garden/Terrarium; Houseplants; Flowering Plant; Produce (fruits/veggies, not plants). Hanging baskets and large trees will not be accepted.



Plants must be grown by the exhibitor at least 60 days prior to the fair. They will be on display indoors for two weeks; it is recommended that only plants suited to low light conditions be entered. All plants must be clean, insect free, disease free and labeled with common or

(Continued on page 4)

botanical name. The Plant Clinic at Extension Services, in Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee, 321-697-3000, is open 8:00am-5:00pm if you need help identifying your plants.

Produce must be grown by the exhibitor. For each produce entry, select three fruits/vegetables of the same kind and submit them in a bowl or basket. For each produce entry, submit a photo of you and your plant/garden/tree. All entries should be labeled with cultivar name, if known, and relevant growing methods noted (i.e.-greenhouse, container, in-ground, hydroponically, organically). Produce will be displayed until it becomes over-ripe.

Pre-registration for all entries will be January 8th at 8:00am-4:00 pm. in the KVLS Building, 1911 Kissimmee Valley Lane, Kissimmee, in Osceola Heritage Park. For further information, call Jessica Sullivan- (321) 697-3040.

Do you have the winter blues? You should!

By Jessica Sullivan



It might be cold out, but January is the perfect time to plant blueberries in Central Florida. Blueberry shrubs are a low-care addition to your edible landscape, and can even be grown in containers. Blueberry plants need well-drained acid soil (pH 4.0-5.5), so it's best to get a soil test before planting directly in the ground; pick up a soil test kit at Extension Services. Mulching with fine pine bark helps lower soil pH.

The type of blueberries most suited to Central Florida are called "southern highbush", and include cultivars like 'Emerald', 'Jewel', 'Millennia', 'Sharpblue', 'Star', 'Windsor', 'Primadonna'. Each cultivar has different characteristics and flavor, so try a few. Most blueberries benefit from cross pollination from another cultivar. Good pollination from insects is necessary to have plenty of fruit, so try to avoid pesticide use.

Plant blueberries in a sunny area, at least 10+ feet away from concrete. Each plant will need about a 4'x4' space to grow, or can be planted about 3' apart for a

hedgerow. Blueberries should be pruned at the time of planting. Select the tallest, strongest cane and leave it unpruned. Remove the weak, twiggy growth at the base of the plant. If the plant has a large top compared with the root system, remove all the stems and canes except for the strong, dominant, cane and prune it back to half of its original height. During the first growing season, remove all flowers before fruit set occurs. This will prevent fruiting during the first year, but is important to establish a strong plant. If you plant them this winter, you'll be enjoying blueberries by spring 2012.

Blueberry plants can be found at local nurseries, for more information Jessica Sullivan at 321-697-3000.

Fire Wise

By Eleanor Foerste

If you live near a wooded area, take time to evaluate your risk of fire damage and take actions now to prevent disaster. La Nina conditions have weather forecasters predicting a warmer, drier winter for 2011. The recent cold weather has left many woodland and landscape plants brown and dry resulting in prime conditions for fires. Fires are natural in our woodland and grassland ecosystems and play a major role in forest regeneration. Lush new growth after a fire benefits many plants and animals. Some species, such as longleaf pine and gopher tortoise have evolved with fire and benefit from the open soil and sparse vegetation after an area has burned. However,



wildfires that develop when the natural cycle of lightning fires has been suppressed, burn so hot that they can kill even adapted plants. Woodland wildfires can be a disaster for nearby homeowners as well as for the plants and animals that live in the woods. Residents in city areas with sparse trees are not at such a high risk normally. However, if you

see wooded areas from your windows or you drive through woods to get home, you should think about how to prepare. Residents in wooded neighborhoods like Narcoossee, Harmony, the Manor, Holopaw and Yeehaw Junction should evaluate risk of wildfire now. University of Florida and Florida Division of Forestry officials recommend a “defensible space” of at least 30 feet around buildings if you live in a wooded area. Defensible space means removing pine needles and leaves from your roof and around buildings. Sheet metal and tile roofs and asbestos shingles are the best to prevent embers from starting roof fires. Clear grapevines from nearby trees and have a separation from the ground to the trees to keep fire from climbing the trees and spreading from tree top to tree top. Grow grass and other green shrubs and groundcovers for firewise landscaping. Select plants that stay green in the winter and do not plant them so they grow next to the house. Open is best in wildfire fire risk areas. Learn more about the benefits of fire in our Florida natural areas and how to protect your property through Firewise landscaping on our University of Florida Solutions for Your Life website at <http://fireinflorida.ifas.ufl.edu>. There is information in English and Spanish. Listen to radio spots and find answers to frequently asked questions. There are many publications to help you learn about the benefits and dangers of wildfire. There are lesson plans for teachers grades 9-12 to help address issues related to building in the wildland-urban interface area. There is a CD-ROM for students grades 4-6. There is information about prescribed burns, a technique used by ranchers and land managers to recycle nutrients for plant growth and to prevent hot wildfires from killing forest trees and to improve wildlife habitat for deer, turkey, quail and endangered species like gopher tortoises. Speakers are available to do presentations to homeowners associations and neighborhood groups to help you prepare and prevent wildfire damage.

Fishing Line Recycling

By Eleanor Foerste

Anglers can help the environment and save on boat repair costs by disposing of monofilament fishing line properly. Most boaters know the problems that fishing line causes when it wraps around propellers resulting in costly repairs. Many have also seen the damage fishing line can cause when birds and wildlife get entangled in it. Sometimes, anglers do not realize that the line has blown out of their boat or that wildlife can dig it out of garbage cans. Osceola County 4-H and Osceola County Solid Waste are working together to prevent boating and wildlife problems caused by monofilament fishing line. The groups have placed 3 foot tall white plastic monofilament recycling bins at about thirty (30) locations around the county, usually at boat ramps. They are a candy cane shape to allow fishing line to be put inside without easy access for animals. Local 4-H Club members and families are inspecting the bins monthly and removing fishing line and fishing line spools. The groups clean the line of litter, hooks and other fishing tackle and bring it to our Osceola County Extension Office and put it in our indoor bin in the Plant Clinic.



Osceola County Solid Waste workers also check the recycling bins as they are picking up other recycling throughout the county. The plastic monofilament line and plastic spools are boxed up and sent to Berkley to be melted and reformed into other items such as parking curb stops. The groups will be sending off a large box for recycling this month! Only monofilament can be recycled so anglers who use spider wire or braided line should cut it into small pieces before disposing of it in trash cans so wildlife do not get tangled in it. More information is available at <http://fishinglinerecycling.com>. As you and family members re-spool your reels this fishing season, be sure to bring your monofilament line and reels to a bin at a boat ramp or drop off clean line and spools to our Extension office. We also need plastic tennis ball tubes to make personal mini-bins to keep line safely contained in your boat until you get to shore. Contact us for instructions if you want to make your own at home.

Registration for any class is required so adequate materials are available and

JANUARY		
Jan. 4, 11, 18 & 25	6:00pm-9:00 pm	A Home of Your Own (4 part series) @ Extension Services, OHP Pre-registration begins 12/6/10, \$5 fee www.tinyurl.com/homebuyer1
Wednesday, Jan. 5	9:00 am - noon	Woods Walk - Lake Lizzie South Loop - Registration is required. Please call 321-697-3000.
Wednesday, Jan. 5	2:00 pm - 5:00pm	Take Control of Your Money @ Extension Services, OHP, Registration Required 321-697-3000
Monday, Jan.10	8:00 am - 4:00 pm	Green Industries Best Management Practices @ Extension Services, OHP Pre-registration required. 321-697-3000 CEU's available. Fees apply. Also available in Spanish.
Monday, Jan. 10	7:00 - 8:00pm	Organizing Important Papers @ Veterans Memorial Library, 810 13th St., St. Cloud, Registration Required by calling 321-697-3000
Tuesday, Jan 11	7:00-8:30pm	Finding Money to Save, Buenaventura Lakes Library, 405 Buenaventura Blvd, Kissimmee, Registration Required by calling 321-697-3000
Friday, Jan 14	9:00 am - noon	Woods Walk - Shingle Creek - Babb Property Registration is required. Please call 321-697-3000.
Tuesday, Jan 18	6:30 pm - 8:30 pm	Spring Vegetable Gardening - @ Extension Services, OHP Registration is required. Please call 321-697-3000.
Wednesday, Jan. 19	5:30 pm-8:30 pm	Take Control of Your Money @ Extension Services, OHP, Registration Required 321-697-3000.
Thursday, Jan. 20	8:00am-3:00pm	28th Annual Florida Cattlemen's Institute & Allied Trade Show sponsored by Allied Industries and UF Cooperative Extension Service, KVLS Building@ OHP, "Total Herd Management", free admission
Thursday, Jan 20	8 am - 5 pm	Energy Efficient Building Construction in Florida, @ Extension Services, OHP Register at www.buildgreen.ufl.edu/cecampus.htm or call (352) 392-5684.
Thursday, Jan. 20	6:00 pm - 9:00 pm	Save Money on Your Electric Bill @ Extension Services, OHP, Registration required http://saveonelectric.eventbrite.com/ or 321-697-3000.
Thursday, Jan 20	8 am - 3:30 pm	Limited Pesticide Review, @ Extension Services, OHP, Pre-registration is required. 321-697-3000 CEU's available. Fees apply.
Friday, Jan. 21	9 am - noon	Save Money on Your Electric Bill @ Extension Services, OHP, Registration required http://saveonelectric.eventbrite.com/ or 321-697-3000.
Wednesday, Jan. 26	7:00 pm-8:30 pm	Getting Out of Debt @ Hart Memorial Central Library, 211 E. Dakin Ave., Kissimmee, Registration Required by calling 321-697-3000
Friday, Jan 28	9 am - noon	Woods Walk - Runnymede - Registration is required. Please call 321-697-3000.
Tuesday, Jan 25	10 am - noon	Plant Propagation by Seed, Cuttings, and Division Extension Services, OHP. \$5 supply fee. Registration is required. Please call 321-697-3000.
FEBRUARY		
Tuesday, Feb 1	2:00 pm - 4:00 pm	Spring Vegetable Gardening - @ Extension Services, OHP. Registration is required. Please call 321-697-3000.
Wednesday, Feb. 2	9:00 am - noon	Woods Walk - Lake Lizzie North Loop - Registration is required. Please call 321-697-3000.

Calendar of Events

If classes are rescheduled we will be able to notify you. **Please call 321-697-3000.**

FEBRUARY		
Wednesday, Feb. 2	2:00 pm - 5:00 pm	Take Control of Your Money @ Extension Services, OHP, Registration Required by calling 321-697-3000
Tuesdays Feb 15 - Mar 29	8:00 am - 5:00 pm	Florida Master Naturalist Program - Freshwater Wetlands Course - Registration is required. \$225 Course registration http://masternaturalist.org .
Saturday, Feb 12	9:00 am - noon	Woods Walk - Lake Lizzie North Loop - Registration is required. Please call 321-697-3000.
Wednesday, Feb. 16	9:00 am - noon	Take Control of Your Money @ Extension Services, OHP, Registration Required by calling 321-697-3000
Wednesday, Feb 16	9:00 am - noon	Woods Walk - Shingle Creek - Babb Property - Registration is required. Please call 321-697-3000.
Tuesday, Feb 22	10:00 am - noon	Spring Vegetable Gardening - @ Extension Services, OHP, Registration Required 321-697-3000
Monday, Feb 28	6:30 pm - 8:30 pm	Plant Propagation by Seed, Cuttings, and Division Extension Services, OHP. \$5 supply fee. Registration is required. Please call 321-697-3000.
MARCH		
Tuesday, March 1	6:30 pm - 8:00 pm	Rejuvenate your Lawn and Landscape @ Extension Services, OHP. Registration is required. Please call 321-697-3000.
Wednesday, March 2	2:00- 5:00 pm	Take Control of Your Money @ Extension Services, OHP, Registration Required by calling 321-697-3000
Thursday, March 3	6:00 pm - 9:00 pm	Save Money on Your Electric Bill @ Extension Services, OHP, Registration required http://saveonelectric.eventbrite.com/ or 321-697-3000.
Friday, March 4	9:00 am - noon	Save Money on Your Electric Bill @ Extension Services, OHP, Registration required http://saveonelectric.eventbrite.com/ or 321-697-3000.
Monday, March 7	2:00 pm - 3:30 pm	Rejuvenate your Lawn and Landscape @ Extension Services, OHP. Registration is required. Please call 321-697-3000.
Monday, March 7	6:30 pm - 8:30 pm	Spring Vegetable Gardening - @ Extension Services, OHP Registration is required. Please call 321-697-3000.
March 8, 15, 22 & 29	6:00pm - 9:00pm	A Home of Your Own (4 part series) English and Spanish@ Extension Services, OHP Pre-registration begins 2/7/2011, \$5 fee www.tinyurl.com/homebuyer1
Wednesday, March 9	9 am - noon	Woods Walk - Lake Lizzie South Loop - Registration is required. Please call 321-697-3000.
Wednesday, March 16	5:30- 8:30pm	Take Control of Your Money @ Extension Services, OHP, Registration Required by calling 321-697-3000
Wednesday, March 30	2:00- 5:00 pm	Take Control of Your Money @ Extension Services, OHP, Registration Required by calling 321-697-3000
Wednesday, March 30	9 am - noon	Woods Walk - Runnymead - Registration is required. Please call 321-697-3000.
Thursday, March 31	6:30 pm - 8:00 pm	Home Citrus Care - @ Extension Services, OHP Registration is required. Please call 321-697-3000.

Welcome to Wetlands

By Eleanor Foerste

Woods Walks are interpretive walks on local public lands. We offer these outdoor experiences to help participants see and learn about local ecosystems. One to three mile walks are scheduled throughout the cooler months from October through May. Recent trips to Shingle Creek Regional Park and Lake Lizzie Preserve showcase marshes, creeks, and lakeshores. These wetlands play a vital role in our local economy through fishing tournaments, boating activities, hunting and bird watching. In addition, our wetlands serve key environmental roles such as wildlife habitat, water quality protection, and water storage. Some wetlands, like lakes, rivers and streams are wet all year long, while others, like marshes and flatwoods



ponds may only hold water during the rainy season. Swamps are freshwater wetlands with trees while marshes have mostly grasses and other low growing plants. If you are interested in learning more about the wonders of our wetlands, join me for a 7 day class series known as the Florida Master Naturalist Program- Freshwater Wetlands. The 40 hour curriculum includes field trips, activities, presentations and discussions to help participants become more aware of the plants and animals that depend on freshwater wetlands. Discussions cover topics on human impacts in the past, environmental ethics, and how we can be good stewards of the land in the future. The Florida Master Naturalist Program helps develop naturalist interpretive skills and prepares participants to share information learned with others as volunteers at nature centers, youth group leaders, home school teachers or even as a family activity coordinator. Presentations and field trips cover general ecology, habitats, vegetation types, wildlife, and conservation issues in marshes, swamps, and permanent wetlands including lakes, rivers and springs. The only requirement is that you

are enthusiastic about learning, attend all the sessions, participate in the activities and participate in a final group project that incorporates information from the training that includes 4 videos and 12 presentations. Interested? Classes start Tuesdays in February and March. There is a \$225 program fee to cover costs for the extensive resource manual (more than 1000 pages) and all field trips; a family discount is available. Upon completion, participants receive a University of Florida Certificate and registration in the online FMNP Graduate Database as a Wetland Naturalist. In addition, participants receive an embroidered patch and Wetlands lapel pin. Contact us for more information soon as space is limited and classes fill up quickly. More information on the wetlands program and other modules is available at <http://masternaturalist.org> or call our office.

Small Changes for the New Year

By Mary Beth Salisbury

The seasons for celebrating is over and if you are one of the average American's, you have gained 7-10 pounds since Thanksgiving. Weight is sometimes easy to gain but harder to lose. Now is the time to look for simple ways to cut high calories and lose some of that unplanned weight. Making simple recipe changes can help with little effort. The trick is to make small changes which will add up to bigger changes. Try one change and then add another when this has become habit, that way you will not feel you are denying yourself.

Instead of.....	Try.....
Whole milk	Fat-free, 1% milk
Evaporated milk	Evaporated skim milk
Sweetened condensed milk	Low fat or fat-free sweetened condensed milk
Sour Cream 227 calories/ ½ C.	Plain yogurt, low-fat or fat-free sour cream
Heavy cream 252 calories/ ½ C.	Evaporated skim milk or half and half 140-161/ ½ C.

Instead of.....	Try.....
Shortening, lard, or butter	Applesauce or prune puree in equal amounts for baked products
Ground Beef (20% fat) 300 calories/3 oz.	Ground Chuck (15% fat) 234 calories/3oz.
Sugar	Try half to 1/3 the usual amount
Butter or shortening to grease pans	Non-stick cooking spray
Tuna packed in oil 192 calories/½ cup	Tuna packed in water 127 calories/½ cup
Chicken with skin 190 calories/3 oz.	Chicken with skin removed 120 calories/ 3 oz.
Cream Cheese 100 calories/ oz.	Neufchatel cheese 80 calories/oz.

Try some of the following for additional lifestyle changes that may help you and your family become healthier in 2011.

- steaming, baking, roasting, grilling, or microwaving instead of frying.
- eat five servings of fruits and vegetables every day, half of your plate should be fruits and vegetables while ¼ is protein and ¼ is grains.
- get enough calcium to protect your bones and teeth.
- it takes your stomach 20 minutes to tell your brain it is full, slowdown while eating to prevent overeating.
- never eat in a car, over the sink or at your desk. Plan to sit at a table to enjoy your meal.
- watch portion sizes! Eat off a smaller plate and do not overload it.
- get enough sleep 7 - 8 hours per day is recommended.
- exercise on more days each week than you do today. Exercise can come in small amounts, take the steps, park further away from the store, walk around the block a time or two.
- if you eat when stressed, learn ways to manage your stress.

For more information on healthier eating give us a call at 321-697-3000.

4-H Calendar of Events

Tuesday, January 4, 2011 6:30 pm – 8:30 pm
Improving 4-H Club Communication
 Extension Services, Osceola Heritage Park
 1921 Kissimmee Valley Lane, Kissimmee
 Registration required. Call 321-697-3000.

Thursday, January 6, 2011
4-H Leader Meeting/ Crew Chief Training
 6:30 pm – 8:30 pm
 Extension Services, Osceola Heritage Park
 1921 Kissimmee Valley Lane, Kissimmee
 Membership required. Call 321-697-3000.

Thursday, January 6, 2011
4-H County Council Meeting
 6:30 pm – 8:30 pm
 Extension Services, Osceola Heritage Park
 1921 Kissimmee Valley Lane, Kissimmee
 Membership requested. Call 321-697-3000.

Tuesday, January 11, 2011
4-H District VIII Council Meeting
 6:00 pm
 Seminole County Extension
 250 W County Home Road, Sanford, FL

Monday, January 24, 2011
4-H Food Booth Safety Training
 6:30 pm-8:30 pm
 Extension Services, Osceola Heritage Park
 1921 Kissimmee Valley Lane, Kissimmee
 Membership required. Call 321-697-3000.

Tuesday, February 1, 2011
Applying 4-H Experiences in Your Job Application and Résumé
 6:30 pm – 8:30 pm
 Extension Services, Osceola Heritage Park
 1921 Kissimmee Valley Lane, Kissimmee
 Registration required. Call 321-697-3000.

Tuesday, March 1, 2011
Plan a Fun 4-H Summer Program and Retain Your 4-H Club Members
 6:30 pm – 8:30 pm
 Extension Services, Osceola Heritage Park
 1921 Kissimmee Valley Lane, Kissimmee
 Located at Bill Beck Blvd. & US 192
 Membership required. Call 321-697-3000.

Thursday, March 3, 2011

4-H Leader / 4-H County Council Meeting

6:30 pm – 8:30 pm

Extension Services, Osceola Heritage Park
1921 Kissimmee Valley Lane, Kissimmee
Membership requested. Call 321-697-3000.

Friday, March 4, 2011

4-H Counselor/CIT Applications Due

Extension Services, Osceola Heritage Park
1921 Kissimmee Valley Lane, Kissimmee
Membership required. Call 321-697-3000.

Monday, March 7, 2011 Lake County

Tuesday, March 8, Osceola County

4-H Counselor/CIT Interviews

4:00 pm- 7:00 pm

Lake County Extension Service
1951 Woodlea Road, Tavares, FL
Membership required. Call 321-697-3000

Monday, March 14, 2011

Osceola County 4-H Foundation Meeting

Osceola County 4-H Advisory Meeting

Extension Services, Osceola Heritage Park
1921 Kissimmee Valley Lane, Kissimmee
Membership required. Call 321-697-3000.

Tuesday, March 15, 2011

4-H District VIII Council Meeting

6:00 pm Call 321-697-3000

Orange County Extension
6021 S. Conway Road, Orlando, FL

Friday-Saturday, March 25-26, 2011

4-H Orchid Sale

10: 00 am – 2:00 pm

Kissimmee and St. Cloud Locations
Call 321-697-3000.

Tuesday, March 29, 2011

4-H Chaperone Training

Central Library/Kissimmee
Registration requested. Call 321-697-3000

Thursday, March 31, 2011 by 5 p.m.

4-H Counselor/CIT Camp Lesson Plans

Extension Services, Osceola Heritage Park
1921 Kissimmee Valley Lane, Kissimmee
Membership required. Call 321-697-3000

Rice with Black Beans

- 1 onion, chopped
- 1 tablespoon vegetable oil
- 1 (14.5 ounce) can stewed tomatoes
- 1 (15 ounce) can black beans, undrained
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1 cup instant white rice

1. In a large saucepan, cook and stir onion in oil until tender and translucent, but not brown. Add tomatoes, beans, oregano and garlic powder. Bring to boil. Stir in rice, return mixture to a boil. Reduce heat to simmer, and cover.

2. Let mixture simmer for 5 minutes. Remove pan from heat and let stand 5 minutes before serving.

Calories: 80, Total Fat: 2g, Cholesterol: 0mg

Spicy Lime Grilled Shrimp

- 3 tablespoons Cajun seasoning
- 1 lime, juiced
- 1 tablespoon vegetable oil
- 1 pound peeled and deveined medium shrimp (30-40 per pound)

1. Mix together the Cajun seasoning, lime juice, and vegetable oil in a resealable plastic bag. Add the shrimp, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 20 minutes.

2. Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove the shrimp from the marinade, and shake off excess. Discard the remaining marinade.

3. Cook the shrimp on the preheated grill until they are bright pink on the outside and the meat is no longer transparent in the center, about 2 minutes per side.

Calories: 69, Total Fat: 2.3g, Cholesterol: 86mg

