

# Osceola County's **SOLUTIONS** *for your LIFE*

July, August and September  
2010

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## Pests in the Summer Garden

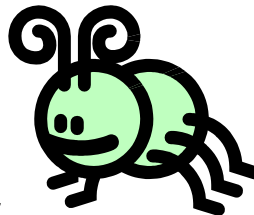
Jennifer Pelham

As summer approaches, the tender loving care that you've given to your vegetable garden will be put to a test. Insect problems on plants can be quite serious during the summer months and is one reason why we cannot grow many vegetables in the summer.

There are a number of insects that you have to watch out for this summer. They arrive in force to feed on the leaves, stems, roots, and vegetables of your plants. The most common pests that attack your plants during the summer include leaf miners, armyworms, spider mites, and aphids.

Leaf miners seem to cause the most damage to tomato and cucumber plants. They are called leaf miners because they burrow between the two tissue layers of the leaf as they feed, leaving tunnel-like pathways through the leaf surface. Leaf miners are difficult to control because they are protected from chemicals by the leaf layers. The best defense of these critters is to monitor your plants and remove and dispose of damaged leaves.

Armyworms will attack a variety of plants. They are "chewing" insects, leaving holes, chewed margins, or no



leaves at all. Armyworms eat during the daylight hours, so the best line of defense for these guys is to pluck them off one by one and dispose of them while they are eating.

Spider mites are not really insects. In fact, as their name suggests, they are closely related to spiders. These pests are very tiny, usually no more than fiftieth of an inch long. They congregate on the underside of leaves and suck the juices out of the leaves. The leaves of the plants will become discolored, dry, and then fall off. Since spider mites are so small, you may not notice them until they start to cause severe damage to your plants. Spider mites can be controlled with an insecticidal soap.

Aphids are also "sucking" insects. Damage from aphids will appear as yellow splotches on the surface of the leaves. The leaves will also become curled. Aphids excrete a sticky substance called honeydew. Sooty mold, a non-pathogenic black fungus, will form on the leaves where the honeydew drops. Aphids can also be controlled with an insecticidal soap.

To reduce the vegetable fatality rate due to insects, you must monitor your garden on a regular basis. Examine plants and look for any sign of damage. It is much easier to control the insects when they first arrive to your garden than it is to when they've become established. It's sad, but true

that sometimes, no matter how much we work to make the insects feel unwelcome, they will still visit our garden and harm our plentiful harvest.

For answers to other gardening questions, please call the Osceola County Master Gardeners at (321) 697-3000. They are available to take your calls on Monday thru Friday from 9am-2pm.

### Warm weather means more aquatic weeds

Stacia Hetrick

Warm weather is upon us which means that conditions are again favorable for one of Osceola County's worst invasive weeds: hydrilla. This aquatic plant infests many of our local lakes and ponds and can become a nuisance if it's not actively managed. Hydrilla grows under the water but becomes visible when it reaches the water's surface and forms large mats. From the shoreline of Lake Toho, you can see this weed starting to create infestations in the summer months where there was once open water.

Hydrilla is one of the most invasive aquatic weeds in Florida and it causes serious environmental and economic problems, especially here in Osceola County. It is considered a "weed" because it grows where it is not wanted and chokes out native plants.

One of the main reasons it is important to control hydrilla is to prevent flooding of residences. Infestations of hydrilla can greatly slow water flow and clog flood control structures which leads to flooding and damage to property. Hydrilla can also negatively impact water quality, access for navigation, and sportfish populations. Even though hydrilla is great at being an invasive weed, it is not great for the environment or economy in Florida!

It is very difficult and expensive to manage hydrilla but the benefits far outweigh the costs. The high costs and impacts to the environment, drainage, and irrigation are reasons why the Environmental Protection Agency (EPA) awarded Osceola County a \$2.8 million grant for a demonstration project. The project seeks to find new and alternative cost-effective control methods for hydrilla and other invasive aquatic weeds. For more information on invasive weeds and what you can do to help stop

their spread, please visit our website at <http://plants.ifas.ufl.edu/osceola>.

### Home Food Preservation

Joy Borgman

Canning fruits and vegetables has become popular again. Before digging out grandma's old recipes, be sure that you are planning to do *your* canning the safe way by getting the latest research-based information on food preservation.

Many people enjoy growing their own fruits and vegetables; others do it out of necessity. It is critical that those who practice preserving and processing foods at home have access to the most reliable information available concerning food safety and food quality. To provide information and instruction on safe methods of home food preservation, four methods of food preservation have been added to the list of Extension classes offered for individuals and groups.



Canning is an important, safe method for preserving food if practiced properly. The canning process involves placing foods in canning jars and heating them to a temperature that destroys micro-organisms that cause food to spoil. During this heating process air is driven out of the jar and as it cools a vacuum seal is formed. This vacuum seal prevents air from getting back into the product bringing with it contaminating micro-organisms. There are two safe ways of processing food, the boiling water bath method and the pressure canner method:

The boiling water bath method is safe for tomatoes, fruits, jams, jellies, pickles and other preserves. In this method, jars of food are heated completely covered with boiling water (212°F at sea level) and cooked for a specified amount of time. High acidic foods can be safely canned using the boiling water bath method if they contain enough acid so that the *Clostridium botulinum* spores cannot grow and produce their deadly toxins. Examples of high acid food include fruits and properly pickled vegetables.

Pressure canning is the only safe method of preserving vegetables, meats, poultry and seafood. Jars of food are placed in 2 to 3 inches of water in a

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special pressure cooker which is heated to a temperature of at least 240° F. This temperature can only be reached using the pressure method. A microorganism called Clostridium botulinum is the main reason why pressure processing is necessary. Though the bacterial cells are killed at boiling temperatures, they can form spores that can withstand these temperatures. The spores grow well in low acid foods, in the absence of air, such as in canned low acidic foods like meats and vegetables. When the spores begin to grow, they produce the deadly botulinum toxins (poisons). The only way to destroy these spores is by pressure cooking the food at a temperature of 240°F, or above, for a specified amount of time depending on the type of food and altitude.

Freezing and drying are two other methods of food preservation that will be presented in the inter-active food preservation classes.

Classes will be held on August 14th. & 18th. A supply fee of \$20. is required with pre-registration. Call Faye or Joy for additional details and class dates.

## 4-H Butterfly WINGS Takes Flight

Karen Henry

Can you identify the parts of a butterfly? Where would you find butterfly eggs and larvae? Have you ever done a transect count? Can you describe the four stages of the butterfly life cycle?



Project Butterfly WINGS is a new 4-H project that answers all of these questions and more. A “project” is a series of learning experiences within an area of interest; in this case, butterflies! Geared to youth ages nine to 13 (grades 4<sup>th</sup> to 8<sup>th</sup>), the project teaches youth how to be “citizen scientists,” while exploring the natural environment and learning about and monitoring butterflies. Activities are hands-on, engaging and fun.

Volunteer trainings have taken place throughout the county this summer. If you are interested in

becoming a trained volunteer in this project area, please call the Extension office and ask to speak to Karen Henry: 321-697-3000. Youth interested in becoming involved in the project may do so through 4-H clubs throughout the county.

## Hot Days of Summer and Nutritious Meals

Mary Beth Salisbury

The summer heat is upon us and the thought of being in a hot kitchen may be the last thing we want to do. However, the southern heat is the reason we need to both be hydrated and eating nutritiously to stay healthy.

Many people do not realize that a healthy person should consume 64 ounces or roughly two liters of liquids per day. Water is our best source of rehydration unless one is spending a great deal of time out of doors then sports drinks may be in order. The average person does not need the additional micro nutrients in these drinks unless they are working outside or exercising. Water, milk, fruit or vegetable juices will hydrate for the average person. Water is additionally found in many of the foods we consume and should be considered. Foods used to make juices such as oranges, grapefruit, grapes and tomatoes are naturally high in water as are many other fruits and vegetables. These are not only cooling to eat but also hydrate. Teas, colas and coffee are dehydrators and actually pull water out of your cells. Consuming large amounts of these can work in the negative column for the total amount of water you have taken in. Making sure you have access to liquids throughout the day seems to be the determining factor as to whether one consumes enough or not.

Foods that require little or no cooking can be made with a little forethought. When making purchases, consider planned overs, these are leftovers that you have planned for not just used as they are in the original state. For instance, serve grilled chicken one evening, and prepare a few additional pieces for later use. Add one to a salad of either vegetables or fruit, or both. Use another chicken breast to prepare chicken salad. The traditional sandwich can become boring but with the wide variety of breads they can be spruced up with a little planning. Consider using wraps, pita bread, multi-grain rolls or bagels canned

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meats such as ham, chicken, tuna, crab, shrimp or peanut butter, beans, vegetables, and fruits to make non-traditional sandwiches that are cool to the pallet and heavy on nutrition. Consider adding vegetable protein to your diet. Beans can be used in salads, They are nutrient dense, meaning they are high in fiber, low in sodium and fat and provide protein all in one little package. The recipes in this issue will be sure to please and will assist you in keeping out of the heat of the kitchen.

## **Gourmet Cooking Recipes Minus the Kitchen Heat**

### **Veggie Pizza**

1¼ cups finely chopped fresh vegetables  
¼ tsp. salt  
⅛ tsp. white pepper  
¼ cup chopped Kalamata olives  
4 oz. container spreadable garlic and herb cheese  
5 (6") whole wheat flatbreads  
1 cup shredded Cheddar cheese  
¼ cup shredded Havarti cheese

For the vegetables, you can use a combination of broccoli, carrots, red onion, yellow summer squash, mushrooms, and bell pepper. Chop finely and toss vegetables with salt, pepper, olives and lemon peel. Spread the garlic and herb cheese over each flatbread and top with vegetable mixture. Sprinkle each with cheddar and havarti cheese. Cut each into 6 wedges to serve. 15 servings.

### **Chicken Artichoke Salad**

1 cup zesty Italian salad dressing  
7 oz. jar marinated artichoke hearts, chopped  
3 cups cubed cooked chicken  
1 red bell pepper, chopped  
10 oz. pkg. mixed salad greens

Combine salad dressing and the artichoke hearts, including liquid, in large salad bowl. Stir in chicken and red pepper. Cover and chill well until ready to serve. Just before serving stir in the mixed salad greens, toss gently, and serve. Serves 8.

### **No Cook Chicken Fruit Salad**

1 cup low fat raspberry or strawberry yogurt  
¼ cup mayonnaise

4 cups torn butter lettuce  
½ lb. sliced cooked chicken breast, cut into strips  
1 cantaloupe, cubed  
1 cup raspberries  
1 cup blueberries

Combine yogurt, mayonnaise and honey in small bowl and whisk to blend. Chill. When ready to serve, place lettuce on serving platter. Top with chicken breast and fruit and drizzle with salad dressing. 4 servings.

### **Mom's Black-Eyed Pea Salad**

31.6 oz (2 cans) black-eyed peas, drained and rinsed  
1 medium onion, minced  
4 Tbsp. fresh lemon juice  
¼ cup extra-virgin olive oil  
¼ cup fresh parsley  
Salt  
Cracked black pepper

Combine peas, onions, and parsley in a medium sized bowl. Place olive oil and lemon juice in a screw-top jar and shake vigorously, until liquid appears cloudy. Pour over pea mixture and toss and season with salt and cracked pepper to taste. Serves 4

### **Honeydew and Blueberry Freeze**

1 cup honeydew melon  
2 tsp. fresh mint leaves plus additional garnish  
16 oz fat-free plain Greek-style yogurt  
3 Tbsp sugar  
1 cup blueberries

Place melon, mint, 1 cup of the yogurt, and 1 tablespoon of the sugar into blender and puree until smooth. Transfer puree to plastic container. Repeat with blueberries, remaining 1 cup yogurt, and remaining 2 tablespoons sugar and transfer to another plastic container. Freeze purees for 2 hours, stirring every 30 minutes to break up ice crystals. Remove from freezer a few minutes before serving. Spoon mounds of each frozen puree into 4 glass dessert cups or wine glasses and garnish with mint leaves. (If purees are too firm to serve, microwave on medium power to soften slightly, about 10 seconds.) Makes 4 servings.

## Florida Small Farms Conference

Jessica Sullivan

July 31 & August 1

Don't miss this local opportunity to learn about small farming! Held in Osceola Heritage Park, the conference will cover many topics within six tracks: Alternative Energy, Business & Marketing, Livestock, Horticulture, Organic/Sustainable Farming, and Policy & Regulation. You won't have another chance this year to network with so many other farmers or learn from so many experienced presenters all in one place. The keynote speaker is urban farmer Will Allen, of Growing Power, Inc. who has spent the last 17 years empowering people and transforming city neighborhoods into food gardens. A sampling of other conference presentations: Specialty Vegetables for Direct Market, Aquaculture and Aquaponics, Safe Handling of Poultry Products, Developing a Business Plan, Disease Management for Organic Vegetables, and 31 other sessions to choose from! **Save \$50 and register by July 12<sup>th</sup>**: <http://smallfarms.ifas.ufl.edu> . See you there!

## Beating chinch bug problems

Jessica Sullivan

St. Augustine grass is the most common lawn grass in Florida, and southern chinch bugs are its most damaging pest. Fortunately, there are some practices you can use to prevent chinch bug damage:

1. Don't use nitrogen fertilizer in the summer; it increases chinch bug populations. Use liquid iron if your grass needs a green-up.
2. Mow your St. Augustine grass at least 4" tall to develop a strong root system. Healthy root systems are the best defense against pests.
3. Irrigate efficiently; only apply 1/2" of water per watering. Over-irrigation or under-irrigation can stress lawns and make them more susceptible to pest damage.
4. If you are installing or replacing a St. Augustine grass lawn, use 'Captiva' St. Augustine grass; it has some resistance to chinch bugs in Florida at the present time.
5. Fertilize lawns in March and September with a low-percent nitrogen fertilizer (i.e. 10-2-10). Nitrogen should be in "slowly-available" form.

6. Don't fertilize over septic system drain fields.
7. Reduce fertilization amount if the lawn is irrigated with reclaimed water.
8. If you see a problem in your lawn, bring a 12"x12" lawn sample into the Extension Plant Clinic for pest diagnosis.



L: Chinch bug magnified  
R: Actual size 1/8"

## Summer Saving Tips

Eleanor Foerste

1. Play close to home. Local fun saves transportation dollars and reduces air pollution. Visit local county parks, pools, and state parks for family picnics, kite flying, outdoor games and nature walks. Bring food from home and leave electronic toys behind. To find nearby parks in Osceola County, call 407-742-7800 or search for state parks on the computer at <http://www.dep.state.fl.us/parks/>
2. Drink plenty of water. Use filtered water from home instead of buying bottled water. It saves money and reduces waste. Choose stainless steel or food safe plastic bottles. Put names on them so family members can keep up with them at summer camp, in the car or at home. Be sure to wash them often with soapy water rinse after use with mild bleach solution and triple rinse to keep them sanitary.
3. Run ceiling fans and box fans only while you are in the room. They make you feel cooler so you can set the air conditioning thermostat a few degrees warmer and save money on your electric bill during the summer. If you run fans while you are not in the room it actually costs you more money.
4. Keep the air conditioner on while you are on vacation, but raise the temperature. It keeps the humidity low to prevent mold and mildew. Change the air conditioning filter monthly. Write the date on the edge so you know when it was installed.



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

<b>JULY</b>		
Tuesday, 6th	2 - 5 pm	Taking Control of Your Money @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Thursday, 8th	9 - 11 a.m.	Preparing Your Landscape for Hurricanes @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Tuesday, 13th	2 pm	Spectrum Awareness @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee. (Class fee \$6.00)
Thursday, 15th	2 pm	Food Handlers Workshop @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Thursday, 15th	1 - 2 pm	Plugging Your Spending Leaks @ Admin. Bldg., 1 Courthouse Square Rm 4727, Kissimmee
Friday, 16th	10 am	Grandparents Raising Grandchildren Workshop and Support Group @ Sheriff's Office, 2601 E. Irlo Bronson Memorial Hwy Kissimmee
Saturday, 17th	9 am - 11 am	Homeowner Irrigation Workshop @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee / 407-944-5000
Tuesday, 20th	11 am	Help! I Have Mildew @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Tuesday, 20th	5:30 - 8:30 pm	Taking Control of Your Money @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee (ENGLISH & SPANISH)
Wednesday, 21st	1 - 2 pm	The Sandwich Generation: Caring for Parents and Children @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane
Wednesday, 28th	7:30 am - 8:30 am	Crock Pot Cooking @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Thursday, 29th	10 am - noon	Homeowner Irrigation Workshop @ Senior Center Annex, 702 Indiana Ave., St. Cloud - Register at 407-957-7344.
<b>AUGUST</b>		
3, 10, 17 & 24	5:30 - 9: pm	A Home Of Your Own (4 part series) @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee. (\$5 registration witch starts 7/1 - 7/30)
Thursday, 5th	2 - 5 pm	Taking Control of Your Money @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Friday 6th	2 - 3 pm	Nutrition as We Age @ Admin. Bldg., 1 Courthouse Square Rm 4727,
Monday, 9th	10 - 12pm	Fall vegetable Gardening@ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Tuesday, 10th	9 am - 11 am	Homeowner Irrigation Workshop @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee / Register 407-944-5000
Wednesday, 11th	11 - 12 pm	Using PowerPay To Get out of Debt @ Road & Bridge, 3850 Old Canoe Creek Road, St. Cloud
Friday, 13th	6:30 pm	4-H Awards Ceremony
Saturday, 14th	9 am - 1 pm	Food Preservation (Pressure & Water Bath Canning, Freezing, Drying) @ Extension Services, 1921 Kissimmee Valley - \$20 supply fee. <b>Registration Mandatory.</b>

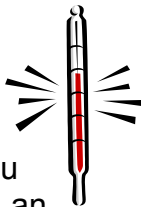
**AUGUST**

Tuesday, 17th	6:30 pm	4-H Leader Meeting
Wednesday, 18th	9 am - 1 pm	Food Preservation (Pressure & Water Bath Canning, Freezing, Drying) @ Extension Services, 1921 Kissimmee Valley - \$20 supply fee. <b>Registration Mandatory.</b>
Wednesday, 18th	2 pm	Identity Theft - Are You At Risk? @ Admin. Bldg., 1 Courthouse Square Rm 4727, Kissimmee
Wednesday, 18th	5:30 pm - 8:30 pm	Taking Control of Your Money @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Thursday, 19th - 20th	8:30 - 5 pm	Efficient Building Construction in Florida @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee - Registration fee
Thursday, 19th	10 - 11 am	Grandparents Raising Grandchildren Workshop and Support Group @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane
Thursday, 19th	6:30 - 8:30 pm	Fall Vegetable Gardening @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Thursday, 26th	10 am - noon	Homeowner Irrigation Workshop @ Senior Center Annex, 702 Indiana Ave., St. Cloud - Register at 407-957-7344.

**SEPTEMBER**

Wednesday, 1st	2 - 5 pm	Taking Control of Your Money @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Tuesday, 7th	1 - 2 pm	Who Gets Grandma's Pie Plate? @ Sheriff's Office, 2601 E. Irlo Bronson Memorial Hwy Kissimmee
7, 14, 21, & 28	5:30 - 9 pm	A Home of Your Own (4 part series) <b>**SPANISH**</b> @ Extension Services, 1921 Kissimmee Valley Lane, Kissimmee (\$5 registration which starts 8/2 - 8/31)
Wednesday, 8th	2 - 4 pm	Fall vegetable Gardening @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Thursday, 9th	6 - 8 pm	Homeowner Irrigation Workshop @ St. Cloud Civic Center, 3001 17th St., St. Cloud - Call to register - 407-957-7344
Tuesday, 14th	10 - 11 pm	Modifying Recipes @ Sheriff's Office, 2601 E. Irlo Bronson Memorial Hwy Kissimmee
Tuesday, 14th	6:00 pm	(Meet at Extension at 4:15pm) District 4-H Council, Seminole County (ages 13-18) Registration required
Wednesday, 22nd	5:30 - 8:30 pm	Taking Control of Your Money @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee (ENGLISH & SPANISH)
Thursday, 23rd	8:30 - 3:30 pm	Remodel Green and Profit @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane - Registration fees apply
Thursday, 23rd	6:30 - 8:30 pm	Fall vegetable Gardening @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee
Tuesday, 28th	9:30 - 10:30 am	Easy, Tasty & Nutritious Meals @ Extension Services, Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee

5. Close curtains and blinds while you are away to prevent sunlight from heating up rooms.
6. Remind family members to turn off lights when they are not in the room. Incandescent bulbs produce heat while they are on so the air conditioner has to run more to cool the house. Replace these with cool compact fluorescent bulbs. They last for years and save money on the electric bill every month.
7. Use cold water and cold water laundry detergents for washing clothes. Run a full load or adjust the load size setting. Clean dryer filter to remove lint after every load. The solar dryer, also known as a clothes line, works well in the morning but keep a lookout for typical afternoon thunder showers.
8. Turn off TV's, computers and other electronics when they are not used. Plug them into a surge prevention power strip for ease of turning several items off at once. If you see lights glowing, the item is still using power and costing you on your electric bill. Unplug phone chargers and other transformers. They use power even if the device is not plugged into them. When looking for new products, look for the Energy Star label and use the energy saver mode. Laptop computers typically use less electricity than desktop models.
9. Keep vehicles maintained. Replace air filters on schedule and keep tires properly inflated. Plan trips to reduce driving and save fuel.
10. Run full loads in the dishwasher. They are more water efficient than hand washing. Scrape food from plates instead of rinsing. Let dishes air dry. Use the air dry setting or open the door during the drying cycle.
11. Adjust water heater temperature to 120 degrees F. This is comfortable for most users and saves energy. Hot water heaters may last 10 to 15 years. If you need to replace one, look for one with an Energy Star label. Insulate hot and cold water pipes with foam insulation within 6 feet of the tank if you can access them.



More energy saving tips are available at <http://www1.eere.energy.gov/consumer/tips/>.

## Renter's Rights and Foreclosure

Laura Royer

Until recently, the lease that you signed with your landlord would have ended with the foreclosure. The following provides useful information to help a renter who is living in a foreclosed property understand their rights under Federal law.

### What Should I do Now That My Property is Being Foreclosed?

Your landlord's lender, usually a bank, takes possession of the house or sells the home in a public auction. Sometimes this happens even before the foreclosure is finalized. The first thing a bank usually does is start the process of evicting any tenants and emptying the house so that the house can be turned around and sold as quickly as possible. During this time, the new owners of the property usually do not make repairs or pay the utility bills so that any remaining occupants are "persuaded" to leave.

### Protecting Tenants at Foreclosure Act of 2009

This law protects renter's interest (including Section 8 tenants) during a foreclosure process in one of two ways:

1. Renters with no lease or a month to month lease must be given at least 90 days notice before they are required to vacate the property.
2. If the tenant has a lease lasting longer than a month, the renter is permitted to remain in the home for the duration of the lease. Only after their lease expires can the evictions proceed. There is an exception made for buyers of the foreclosed property who intend to live in the home. For these cases, only 90-days notice must be given before breaking the lease.

**Please note:** If the state of Florida law provides better protection for renters, then the state law overrides the federal Protecting Tenants at Foreclosure Act of 2009.

If you are thinking of moving out early, one option to consider is "cash for keys". With cash for keys, the new property owner pays you to leave the property

before the end of your lease. If you leave the rental clean and in good condition, you can receive anywhere from \$250 to \$2,500. This sum usually depends on the value of the house, what items you agree to leave behind and the new owner.

### **What Should You do About Your Previous Landlord?**

A starting point for talking with your previous landlord would be to discuss what to expect and the possibility of recovering deposits as early as possible. After the landlord and the tenant sign the lease, they have a legally binding document. The landlord is legally bound to deliver the rental during the lease, which was violated when the property went into foreclosure. Because of this, the tenant can sue their former landlord for moving and house-searching costs, application fees and any differences in rent you might incur by having to move. Also, beware for an unscrupulous landlord who will continue to collect their tenant's rent payments, even after they are no longer the legal owners of the property. If this happens, you may want to explore your options with filing a small claims case in court. Keep in mind that your original property owner is probably hard-pressed for money right now and that awards for cases like these are usually relatively small. However, with a little time and effort, you could eventually get all that is owed to you.

### **Conclusion**

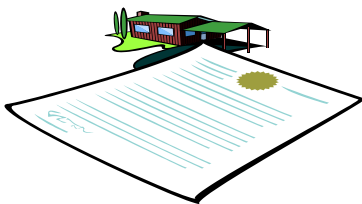
Foreclosure can be an extremely disruptive process, but being prepared with the knowledge of what to expect can help you manage it and minimize any potential hazards. For more information about foreclosure, visit our website at <http://osceola.ifas.ufl.edu> and click the link for housing. Also, you can check HUD's website for:

#### **Renting:**

<http://www.hud.gov/renting/index.cfm>.

#### **Foreclosures:**

<http://www.hud.gov/foreclosure/index.cfm>



## **Frequently Asked Questions About Florida Gulf Coast Seafood**

Joy Borgman

This is an advisory compiled by Steve Otwell, Ph.D. Seafood specialist, Florida Sea Grant College Program University of Florida Department of Food Science and Human Nutrition

Many of the accounts of the Deepwater Horizon oil spill have focused on potential impacts to the seafood industry and many consumers may have concerns about the safety of seafood they buy. These are answers to some frequently asked questions.

### **Is seafood from Florida's Gulf coast safe to eat?**

All seafood sold in Florida retail stores, supermarkets and restaurants will remain safe to consume prior to and during any potential exposure to contamination from the pending oil spill. Traditional food safety controls have been supplemented with additional emergency response plans by federal, state and county authorities. Control measures include monitoring harvest waters and products, cautionary closures of certain waters and fisheries, analytical and sensory monitoring of products, and public advisories. Likewise, seafood will be provided from many areas that are not affected by the oil spill.

### **How do authorities determine the safety of seafood that may be exposed to an oil spill?**

Tests using sophisticated laboratory instruments are used to detect a variety of potential chemical contaminants associated with water, sediments and seafood that have been exposed to oil spills. Likewise, special sensory methods have been developed and used by trained experts to detect certain aromas in seafood exposed to oil spills. The associated contaminants emit very strong and easily detected aromas such that sensory monitoring can be very cost-effective and more immediate than the more prolonged analytical procedures.

### **Should I eat seafood that I catch myself?**

In the event of contamination, state authorities will try to restrict local harvest and recreational activities to coastal waters that are declared open and approved. Public advisories will be posted and broadcast through many agencies, radio stations and televised

news. Progressive updates and contact information will be posted on various web sites such as the site maintained by the Florida Department of Environmental Protection website at <http://www.dep.state.fl.us>

Recreational fishermen should avoid areas with obvious signs of oil contamination on the water surface, or on neighboring beaches and vegetation. Also, it is not prudent to eat fish that look distressed, are behaving strangely, or have been found dead. Contaminants associated with an oil spill can be detected with simple sensory checks for odors. Any fish or seafood with an oily, fuel-like odor, either when raw or cooked, should not be eaten, and should be reported to authorities.

### **Will local seafood be contaminated by the oil spill?**

There is no contamination at this time, but predictions suggest the leaking oil could accumulate and reach Florida coasts. If exposed to chemicals associated with the oil spill, some coastal marine animals will die or be contaminated. The amount of exposure will vary depending on the type of oil present and seafood involved. Experience from other oil spills indicates that some of the more mobile species can detect and avoid the contaminants, but other slower, burrowing and bottom-dwelling species are more susceptible. Exposure can be directly from the water, through the aquatic food chain, and/or from contaminated sediments.

### **Will all exposed seafood remain contaminated?**

Once exposure ceases, many marine animals can gradually eliminate the contaminants encountered in an oil spill. The rate of elimination can vary from days to months, depending on the amount and type of oil exposure and the animals' metabolism. Contamination levels will be monitored by authorities before, during and after exposure to assure seafood safety before allowing commercial and recreational harvest.

### **What are the typical contaminants found in seafood exposed to oil spills?**

A large variety of chemicals can be involved in an oil spill. The most common contaminants associated with seafood are collectively known as polycyclic

aromatic hydrocarbons, or PAHs. These are more common because their water-soluble characteristics allow more exposure to aquatic animals. Interestingly, PAHs are found throughout our environment including our food supply, both raw and cooked. There have been no recorded illnesses due to PAH exposure at most levels encountered in our environment or other foods, but elevated levels will require controls to prevent excessive exposure.

There are no established limits for PAH exposure, but guidelines have been calculated for consideration. These guidelines account for both the amount and duration of exposure, and vary by type of seafood. The guidelines are based on sensitive analytical detection of contaminants at concentration levels as low as parts per billion (ppb; one part contaminant per one billion parts of edible seafood). Federal and state authorities will use these guidelines to determine seafood safety and whether to allow harvest and consumption.

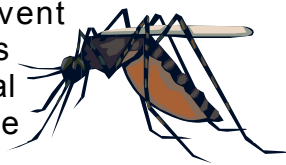
Source: Steve Otwell, Ph.D. Seafood specialist, Florida Sea Grant College Program, University of Florida Department of Food Science and Human

## **Weather and Mosquitoes**

Eleanor Foerste

Many outdoor activities happen during the summer months when mosquitoes are pesky.

Take precautions to prevent mosquito bites and diseases they carry. Environmental conditions influence the development of mosquito populations and therefore influence human disease. There are three prominent human diseases that are transmitted by mosquito bites in Florida: West Nile Virus (WNV), Eastern Equine Encephalitis Virus (EEEV), and St. Louis Encephalitis Virus (SLEV). Environmental conditions in Florida from January through mid-April, 2010 were unusual for two reasons. First, the winter of 2009/2010 was unusually cold throughout much of North America, including Florida. The low Florida temperatures during this period were not as intense as those reported in 1977, 1985, and 1989, but lasted for



much of the winter. Severe winter freezes enhance SLEV disease in peninsular Florida, where Osceola County is located. The second environmental anomaly for Florida during the first third of 2010 has been an excessive amount of rainfall. The Florida peninsula was unusually wet during March and early April. These environmental conditions favor the early season increase in WNV and SLEV in the southern two thirds of Florida however they do not favor early EEEV.

University of Florida Medical Entomology Lab monitors weather and populations of mosquitoes as well as the presence of virus and posts updates on their website. They have lots of information about mosquitoes, how to reduce their development in your yard, safe use of repellants and a game for children. [Http://mosquito.ifas.ufl.edu](http://mosquito.ifas.ufl.edu) They remind us that whenever mosquitoes are present, there is a risk of mosquito born disease so take precautions to prevent mosquito bites.

1. Avoiding being outdoors during the peak blood feeding periods of *Culex* mosquitoes (calm humid periods from dusk to dawn).
2. When avoiding mosquitoes during the dusk to dawn period is not possible, cover as much skin as possible with densely woven clothing through which mosquitoes cannot bite.
3. Use a DEET-based repellent (5% = approximately 90 min. of protection per application, 28% = approximately 5 hours per application), or another repellent that provides at least 90 minutes of protection with a single application, on all exposed skin.

## Summer Grilling

Mary Beth Salisbury

Any foods that can be broiled or roasted can also be cooked on the grill. The first decision you must make is...Charcoal or Gas?

### Charcoal Grilling:

- Many people enjoy the hands-on activity of building and starting a fire.
- Traditional method of barbecuing.
- Portable, easy to move.
- Initial investment is inexpensive.

### Gas Grilling:

- Preheats and is ready to cook in 10-15 minutes.
- Easy to light and to vary temperatures.
- Inexpensive to operate.
- Easy to cleanup.
- No need to monitor fire during cooking.

You should approach the purchase of a grill as you would any appliance. Here are some questions to ask yourself...

1. How often will I use the grill? Should I buy a grill that can stand up to weekly use, or will I grill only three or four times a year? For more frequent use, look for grills with stainless steel or porcelain enameled cooking surfaces, which are more durable than other types.
2. How safe is the grill? Will it tip over if bumped or in a strong wind? Is the propane tank in a gas grill too close to the burner elements?
3. How long is the warranty? What is the projected life span of the grill? A well-made grill should last years, even decades before it needs to be replaced.
4. Does the grill come with accessories? An ash-catcher, built-in thermometer or hinged cooking grates are popular components on charcoal grills. In gas grills, many people look for smoking attachments, side gas burners and sturdy work surfaces.
5. How large a cooking surface do I need?
6. Do I need a portable grill that I can easily move around the yard?

### Safety First!

Never place a grill close to combustible material. The outside of the grill radiates a lot of heat and accidental ignition could result if placed too close to wood, paper or other materials.

Make sure that your grill is of sturdy construction and doesn't wobble or lean to one side.


Always use heat resistant barbecue mitts or gloves and long-handled tools when tending the fire or turning foods.

When done, cover the grill and close all vents. Turn a gas grill off at the burners and the gas source.

Know where your fire extinguisher is and have it handy in case of a mishap.

Osceola County Extension Services is **ONLINE!**

Stay up to date with our programs and events online. <http://osceola.ifas.ufl.edu/>

1. Receive email notifications with our current event flyers. (contact: Cindy at 321-697-3000 or [crut@osceola.org](mailto:crut@osceola.org))
2. Go **GREEN** by signing up to receive this newsletter by email. (contact: Cindy at 321-697-3000 or [crut@osceola.org](mailto:crut@osceola.org))
3. Keep up with “Gardening information” follow us on twitter @ CentralFLGarden
4. Join our  group “Gardening in Central Florida”

We are here, proudly serving the residents of Osceola County. See our many available resources we have to offer. Whether you wish to learn about 4-H for your child or visit our Florida Yards and Neighborhoods section to see how choosing the right plant for the right place will benefit your garden we are here for you. At our Expanded Food and Nutrition Education Program site the kids can play games and learn while having fun. Parents can visit our Housing and Money Management section to see how to save money and manage debt. Log on now to explore the vast amount of University of Florida research based information available at your fingertips. Visit our office Monday thru Friday 8 am – 5 pm.

**Visit us online 24 hours a day!**

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