Take Control to Reduce Your Cancer Risk!

Would you like to know how to gain control of your health in order to reduce your risk of getting cancer? Well, the University of Florida/IFAS Extension has just the answer. “Take Control to Reduce Your Cancer Risk” is a self-directed, online program designed to help participants reduce their risk of cancer through healthy lifestyle choices. You will get the latest research-based information about cancer risk in relation to nutrition and diet, physical activity, early detection, the human papilloma virus (HPV), and much more! You can work at your own pace and make your own decisions about changes to make in your life. You can share with others and help them reduce their health risk too. You can promote healthy lifestyles for everyone in your household!

The TAKE CONTROL Modules include information to read, educational videos to watch, self-tests (NO grades!), ideas to think about and consider, and links to research-based information for those who want to learn more. You can work at your own speed and take as long as you like to complete the nine modules. You will be informed because you will get the latest research-based information in each module; you will feel empowered as you complete each module and implement your personal strategies for a healthier life; and you will be motivated by the stories you’ll read, the information you’ll learn, and the videos you will watch. To get
**Study Finds Babies Exposed to Narcotics More Likely to Experience Problems**

Neonatal abstinence syndrome (NAS), a drug withdrawal syndrome in infants following birth, has historically been associated with illicit drug use such as heroin among pregnant women. But a study by a team at Vanderbilt University Medical Center shows that pregnant women are commonly being prescribed opioids — narcotic pain relievers such as hydrocodone — which results in an increased likelihood of NAS. In addition, the study found that opioid type and duration of exposure combined with tobacco use or selective serotonin reuptake inhibitor use (for treating depression and anxiety) augmented risks for NAS. [Click Here to Read More](#)

**Eat Less, and Your Dining Companions Follow**

If you go out to lunch with a light eater, you'll probably eat a small amount too — even if you are used to eating more, suggests a recent study. [Click Here to Read More](#)

**Energy Drinks**

*The Real Food Channel*

The sales pitch? Glamorous images of snowboarding, surfing, parties, and sports performance.

The reality? Heart palpitations, anxiety, calls to poison control centers, and extreme levels of caffeine and sugar.

What are energy drinks really doing to our bodies? [Click Here to Read More](#)

more information and/or to register for Take Control to Reduce Your Cancer Risk, go to [www.tinyurl.com/TakeControlUF](http://www.tinyurl.com/TakeControlUF). Go ahead and sign up today. You will be glad you did!

Carolyn Hendry Wyatt
Family & Consumer Science/4-H Agent
Interim County Extension Director
chwyatt@ufl.edu

“Can I get avian influenza [AI] from eating poultry or eggs?"

AI is not transmissible by eating poultry or eggs that have been properly prepared. If HPAI were detected in the United States, the chance of infected poultry or eggs entering the food chain would be extremely low because of the rapid onset of symptoms in poultry as well as the safeguards in place, which include testing of flocks, and Federal inspection programs.

Hens infected with HPAI usually stop laying eggs as one of the first signs of illness, and the few eggs that are laid by infected hens generally would not get through egg washing and grading because the shells are weak and misshapen. In addition, the flow of eggs from a facility is stopped at the first suspicion of an outbreak of HPAI without waiting for a confirmed diagnosis. Therefore, eggs in the marketplace are unlikely to be contaminated with HPAI.

Cooking poultry, eggs, and other poultry products to the proper temperature and preventing cross-contamination between raw and cooked food is the key to safety. You should follow the same handling practices that are recommended to prevent illness from common foodborne pathogens such as Salmonella:  
- Wash hands with warm water and soap for at least 20 seconds before and after handling raw poultry and eggs.  
- Clean cutting boards and other utensils with soap and hot water to keep raw poultry or eggs from contaminating other foods.  
- Cutting boards may be sanitized by using a solution of 1 tablespoon chlorine bleach and 1 gallon of water.  
- Cook poultry to an internal temperature of at least 165 degrees Fahrenheit. Consumers can cook poultry to a higher temperature for personal preference.
• Cook eggs until the yolks and whites are firm. Casseroles and other dishes containing eggs should be cooked to 160 degrees Fahrenheit.
• Use either shell eggs that have been treated to destroy Salmonella by pasteurization or another approved method, or pasteurized egg products for recipes that call for eggs that are raw or undercooked when the dish is served. Some examples of these kinds of dishes are Caesar salad dressing and homemade ice cream. Commercial mayonnaise, dressing, and sauces contain pasteurized eggs that are safe to eat. Treated shell eggs are available from a growing number of retailers and are clearly labeled. Pasteurized egg products are widely available.

Source
• http://www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/

Depending on your genetics, drinking coffee can be beneficial or harmful to your health

We each respond differently to caffeine based on our genetic makeup. Some of us may need to drink several cups of coffee to function normally throughout the day while others remain jittery hours after drinking a single cup. This range of reactions can be largely attributed to differences in how efficiently we metabolize caffeine and variations in genes that control this metabolism. Differences in caffeine metabolism can also have more serious health implications due to the way it impacts risk for cardiovascular disease.

Health benefits of drinking coffee
Coffee is a vehicle for social interaction, bringing people together across the globe. It also provides energy and helps us focus and stay alert. Epidemiological studies have shown that coffee consumption reduces risks of the following:
• Heart failure (not to be confused with heart attack)
• Type 2 diabetes
• Parkinson’s disease
• Liver diseases including liver cancer
• Depression

Coffee, both with and without caffeine, is known to possess strong antioxidant properties which may be one of the main reasons behind its associated health benefits.

Heart attack risk and too much caffeine
About 95% of the caffeine we consume is metabolized by the CYP1A2 enzyme in our livers. Genetic variants in the CYP1A2 gene determine whether caffeine can be harmful or beneficial to our hearts.

People who have at least one C allele at rs762551 in their CYP1A2 gene (so called, “slow caffeine metabolizers”) are at increased risk of hypertension and heart attack when consuming 2 or more cups of coffee per day. This is especially pronounced in heart attack occurrence in people under 50. For this population, there is a four-fold higher risk of heart attack in C allele carriers who drink 4 or more cups of coffee per day compared to those who don’t drink any. On the other hand, people with two A alleles (so called, “fast caffeine metabolizers”) show reduced risk of hypertension and heart disease when consuming more than one cup of coffee per day. Slow metabolizers are found in approximately 44% of people of African descent and 33% of people of European and East Asian descent. Click here to find out if you are a slower or faster metabolizer of caffeine.

Boost your caffeine metabolism
The CYP1A2 gene can be induced to produce more enzyme so you can metabolize caffeine more efficiently. Foods that are known to induce CYP1A2 include:
• cabbage
• cauliflower
• broccoli
How does caffeine make us more alert and energetic?
Caffeine and its major delivery agent, coffee, is often consumed to provide energy when feeling tired or sluggish. Caffeine works by antagonizing adenosine receptors (ADORA1 and ADORA2) in our brains. Typically, these receptors are involved in signaling our brain when it is time to sleep. However, when inhibited by caffeine, our bodies instead are launched into the “fight or flight” response, which increases blood sugar levels and a general state of alertness. Genetic variants in the ADORA2 gene influence how caffeine affects us.

Take action!
Use the HealthWatch 360 web tool or mobile app to find foods that are high in heart-healthy antioxidants and low in heart-harming nutrients. Keep track of your coffee intake and fitness. You can also track symptoms in the health tracker and use the “trend” function to find correlations between your symptoms and dietary intake. Click here for the iPhone App, Android App, or Web Tool.

FDA’s Action on Trans Fat
June 16, 2015

Today, the U.S. Food and Drug Administration (FDA) announced that it is taking action to remove artificial trans fats from the nation’s food supply -- a step that could prevent thousands of fatal heart attacks each year!

Highlights from the FDA announcement include:
• The FDA says that partially hydrogenated oils (PHOs), the primary dietary source of trans fats, are not “generally recognized as safe” (GRAS) for use in human food.
• Because PHOs are not GRAS, they may no longer be added to human food after June 18, 2018 unless otherwise approved by the FDA.
• Food manufacturers have three years to remove PHOs from their products. This will allow companies to make the transition -- to either reformulate their products and/or petition the FDA to permit certain specific uses of PHOs.

Gluten free foods: healthy or hype?
The Real Food Channel

Celiac disease was almost unknown a few years ago. Now many identify themselves as sensitive to gluten. Gluten is considered a significant cause of inflammation and digestive problems leading to many diseases.

Gluten free products are everywhere now. But are we falling for hype over health?

Many products labeled as “gluten free” never had any gluten at all--food companies are jumping on the gluten-free bandwagon to get their share of the profits.

New lines of gluten free foods replace the gluten with highly processed and chemical-laden ingredients. It reminds me of the “fat free” craze, when fats were replaced by highly refined simple carbohydrates, making people’s diets worse than before.

Here’s a tip: fresh fruits and vegetables and many whole grains, such as rice, quinoa and buckwheat, are naturally gluten free.

The potential of texting

Texting can be interactive, multi-lingual, and timely, and even brief reminders from a text message can be effective for reminding parents to have children vaccinated, for example. It can have drawbacks, though. Read more on how programs are using text messaging, in our latest post. Click Here to Read More.
• Companies have made strides towards reducing or eliminating PHOs and the FDA expects manufacturers may be in compliance ahead of schedule.
• While some companies have made significant progress in voluntarily replacing PHOs with other fats or oils, the current intake of trans fats remains a public health concern.
• Removing PHOs from processed foods could prevent thousands of heart attacks and deaths each year.
• PHOs are formed when hydrogen is added to oil or fat (a process called hydrogenation) to make it more solid.

The FDA’s requirement in 2006 to list trans fat on the Nutrition Facts label resulted in the industry substantially reducing the presence of artificial trans fat, however trans fats are still found in a variety of foods.

PHOs are used in a variety of processed foods such as frostings, microwave popcorn, baked goods, stick margarines, and coffee creamers.

To learn more about the FDA’s action on trans fats, visit http://www.fda.gov/ForConsumers/

Resources:
• FDA blog: Protecting Consumers from Trans Fat
• FDA news release
• Federal Register Determination: Partially Hydrogenated Oils

**Scientist Finds Protein Critical to “Iron Overload”**

Newswise | Brad Buck | 10-Jun-2015 | bradbuck@ufl.edu | University of Florida Institute of Food and Agricultural Sciences

GAINESVILLE, Fla. — A University of Florida Institute of Food and Agricultural Sciences researcher has identified the protein that the liver uses to load iron, thereby opening the door to potential strategies to treat “iron overload” disorders.

One form of these genetic disorders is hereditary hemochromatosis. Not everyone who inherits the gene will get the disease, but those who do so inherit the defective gene from both parents. Hereditary hemochromatosis is found most often in people of Northern European descent.

Over several years, those with the disorder will see excess iron get into the liver, heart, pancreas, joints and pituitary gland, leading to health problems such as cirrhosis of the liver, liver cancer, diabetes, heart disease and joint disease. People with the disease can get their blood drawn routinely to get rid of the excess iron.

“For 150 years, we did not know how iron got taken up by the liver -- how it got in there,” said Mitchell Knutson, a UF associate professor in food science and human nutrition. “We knew there was a protein that took it up into the liver. But nobody knew what that protein was. It’s such a fundamental question, and people just didn’t know the answer.”

Source
• Mitchell Knutson | 352-359-3507 | mknutson@ufl.edu

**Planning for Extreme Heat**

**Preventative Steps to Reduce your Risk for Illness during Excessive Heat Events**

Many older adults are at a heightened risk for heat-related illness or death. With age, the body’s cooling mechanisms may become impaired and living alone or confined to a bed can further increase risk.
Reducing your Risk during Excessive Heat Events

Excessive heat events: Excessive heat events are prolonged periods when temperatures reach 10 degrees Fahrenheit or more above the average high temperature for a region.

Who is at risk from extreme heat: Older adults, young children as well as those with chronic illnesses are at high risk from excessive heat events. In addition, people who live on top floors without air conditioning, participate in strenuous outdoor activities and consume alcohol are more likely to be at risk.

What is heat stroke: Heat stroke is the most serious health effect of excessive heat events, when the body loses its ability to cool itself. If not treated immediately, heat stroke can cause severe and permanent damage to vital organs.

How to identify heat stroke: Victims’ skin will appear hot, dry, and red. Other warning signs are confusion, hallucinations, and aggression.

How to protect against exposure to excessive heat:
- Air-conditioning, even for a few hours a day, can greatly reduce the risk of illness or death.
- Other prevention strategies are:
  - Taking a cool shower or bath,
  - Drinking plenty of fluids,
  - Avoiding beverages containing caffeine, or alcohol,
  - Wearing clothing that is lightweight, light-colored, and loose fitting.
- Ask your doctor if the medication you take increases your susceptibility to heat-related illness,
- Visit at-risk individuals twice a day
- Call 9-1-1 if medical attention is needed.

Lottery and Sweepstakes Scams

Many consumers have received bogus notifications indicating that they have won lotteries or sweepstakes through known organizations, only to find out that they have been scammed.

The scam typically starts by the receipt of a letter stating that they have won a foreign lottery or sweepstakes, along with a cashier’s check. The letter indicates that the check is to be used in order to cover any taxes and fees that are associated with claiming your prize money. All you have to do is deposit the check into your bank account and wire a portion of the money back in order to cover the taxes and fees on your winnings. Once they have received the money wire for the taxes and fees, they will then send you the rest of the prize money you’ve “won.”

Unbeknown to the recipient, the cashier’s check accompanying the letter is fraudulent. You will be held liable for the full amount of the deposited check. Many consumers believe that if a check is deposited and the money appears in their account, the check must be valid. This is not always the case; there are actually federal laws that require that banks make funds available within one to five business days depending on the type of check, however it can take up to several weeks for a bad check to be discovered.

Tips to Avoid Becoming a Victim
- NEVER pay money to receive money. Legitimate lotteries do not require you to pay a fee or tax to collect winnings.
- NEVER enter any foreign lotteries. If you play a foreign lottery through the mail or over the telephone, you’re violating federal law.
- Ask yourself, did I enter this contest? You cannot win money or a prize in a contest unless you or someone else has entered on your behalf.
- Game promotions offering prizes totaling more than $5,000 must file with the Florida Department of Agriculture and Consumer Services seven days prior to commencement of the promotion. Even game promotions based in other states must be filed if they are conducted in Florida and/or are open to Florida residents and have prizes valued at more than $5,000.

Source
Video Spotlight: Obesity and Cancer Survivors

Obesity links with increasing cancer risk and worse outcomes for breast cancer survivors. Here, epidemiologist Patrick Bradshaw, PhD, shares the latest research and take-aways in the field. Click Here to Read More

Many Popular Diets Promising, Lack Clear Evidence

A new study analyzing clinical trials on popular diets finds some are promising, but evidence on long-term weight loss lacks for many. Click Here to Read More

Swapping Sitting for Two-Minutes of Walking May Lengthen Life

More than half of our waking hours are spent sitting, according to a recent study. Now this study suggests that replacing two minutes of sitting every hour with walking or another light activity may help you live longer. Click Here to Read More

- Remember, if it sounds too good to be true, it probably is!

The Florida Department of Agriculture and Consumer Services is the state’s clearinghouse for consumer complaints, protection and information. Our website provides consumers with information on our complaint mediation process, as well as allowing consumers to file a complaint online. For additional information, contact the department’s consumer assistance center by calling 1-800-HELP-FLA (435-7352) or 1-800-FL-AYUDA (352-9832) en Español or visit us online at www.800helpfla.com.

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How to Make Ugly Soap Scum, Mildew and Water Marks Disappear Like Magic

By Mary Hunt | June 29, 2015

When all three messages landed in my inbox on the same day, the problem of soap scum, mildew and hard water buildup grabbed my attention. I’ve been told that if one person actually writes to me with a problem, that represents a thousand with a similar situation. Three in one day tells me this is a common problem.

We recently remodeled our kitchen with stainless appliances. We have treated well water. The very first week we had a large water stain in water dispenser area that I can’t get off. It looks terrible! Is there any way to remove it? Help! Pat

How do you remove hard water spots from shower doors? Diane

My shower mat has turned almost black. I have tried to clean it, but unsuccessfully. Can you help me? Ronnie

Quite possibly one of the best tips to ever land my mailbox came from a guy who is a professional property manager. He handles rental apartments, and lots of them. As an apartment is vacated, his job is to see that it is thoroughly cleaned and made ready for the next occupants.

He told me that the biggest challenge is always the bathroom, specifically the tub and shower. He kindly left specific details up to my imagination but let me know that “gross” is not strong enough to describe what he often finds. And that’s when he gave me his super magical potion—the only product he uses to return showers, tubs, tile, enclosures, faucets and doors to their sparkling clean and sanitized condition.

I gave his unbelievably simple recipe a try. In what has to be at least 20 years since I got that letter, I’ve used nothing else to clean tubs, showers, sinks, toilets, patio furniture—just about anything that will stand still long enough to get sprayed, and can be rinsed easily. This product must be rinsed off.

To make your own Tub, Tile and Shower Cleaner you will need three things:
• An empty spray bottle,
• Dawn dishwashing liquid (any variation as long as it is Dawn and it is blue) and
• white vinegar.

TO MAKE: Pour one cup blue Dawn into a 32-ounce spray bottle (1/2 cup Dawn if you are using a 16-ounce bottle). Fill the bottle to with white vinegar. Apply sprayer top; shake gently to mix.

TO USE: Spray liberally on the area to be cleaned. Allow to sit from 30 minutes up to overnight, depending on the severity of the problem. All of the offensive gunk and grime will break down and become soft and gooey. Simply rinse it away. For especially challenging situations—or if this is the initial treatment—use a sponge or brush to gently scrub the surfaces before rinsing.

TO TREAT MILDEW, MOLD: While the Tub, Tile and Shower Cleaner works to loosen and remove most mildew, if you see a lot of black growth you will want to pretreat with full strength liquid chlorine bleach before proceeding as above. CAUTION: Never, ever allow chlorine bleach to come in contact with other products, especially vinegar. This could produce chlorine gas, which is deadly. Don’t panic. Simply make sure you rinse the chlorine bleach away completely before proceeding to clean with the homemade tub and tile cleaner.

TO MAINTAIN: Here’s the best thing about this cleaner—if you use it weekly you will never have to scrub again. Here’s what I do: Once a week as I shower, I
spray down the walls, doors, tracks, faucets, shampoo caddy—everything within reach—with this magical cleaner. Before I step out, I use the handheld sprayer to rinse it all away. No scrubbing required. It dries sparkling clean without using a squeegee, or wiping down with a towel. And not a water mark to be seen. Simply brilliant!

I use this stuff in the kitchen, too—on my appliances, stainless steel sink and faucets (never on the granite counter tops), but only where it can be rinsed away. That means I don’t spray it on the floor or into the air. That would create a slippery, soapy mess.

I can’t wait to get your feedback once you give this super simple cleaning and maintenance method a try. Before and after pictures would be great! Click Here to Read More

Connections between personality, stress and disease

Are you the type that tends to be shy and worry a lot? Or are you the type that constantly feels under pressure to get things done? Or are you relaxed and easy going? Turns out these tendencies and outlooks on life align with different personality types. In turn, each are associated with varying levels of stress and risk for disease.

• **Type A individuals** generally have an urgency to beat deadlines and may have difficulty relaxing. They are also often high achievers in their careers. Type As are more prone to stress-related diseases, like heart disease, if they do not learn how to cope well. Stress management techniques can help.

• **Type B individuals** take a more relaxed and easy-going approach. They tend to experience fewer stress-related illnesses.

• **Type C individuals** are non-assertive and strive to please others but tend to feel helpless and hopeless. These people are more susceptible to asthma, autoimmune diseases and cancer.

• **Type D individuals** are more likely to feel distressed, worried, negative feelings and avoid social contact. These people are eight times more likely to die of a heart attack. Stress management and social skills training strategies can help reduce this risk.

Personality traits are shaped by complex interactions between our genetics and life experiences. Large-scale genome-wide association studies or GWAS have identified specific genes associated with personality traits. For example, a variant in the COMT gene that is involved in clearance of some of the major communication molecules in our brains is associated with type A personality. Likewise, variants in the SLC6A4 gene that encode for a major serotonin transporter in the brain are associated with type D personality. Click here to check your genes.

Chronic stress has been associated with increased risks for ulcers, gastrointestinal disorders, lupus, chronic fatigue syndrome and cancers while people with a propensity for anger are more likely to suffer from coronary heart disease (CHD). Fortunately, 80-90% of CHD cases result from interactions between genetics and lifestyle factors, which means risk is largely modifiable with healthy lifestyle choices, regardless of your personality type. To keep your heart healthy:

• Eat a balanced diet rich in omega-3 fatty acids and low in total cholesterol and saturated fat. Check your genetics to find out what dietary interventions will work best for you.

• Exercise stress management techniques, particularly if you associate with Type A or Type D personality traits. High-carb, low-protein diets may also provide stress relief.

• Maintain a positive outlook on life. Taking things too seriously or dwelling on small matters not only will impact the quality of your day, but the quality of your life and longevity overall.

Are you eating the right diet to keep your heart healthy? Are you effectively managing your stress? You can use the HealthWatch 360 web tool or mobile app to track your omega-3, saturated fat, cholesterol, carbs, protein and other nutrients in your diet to ensure you are eating right for your heart. You can also track your stress level and mood and use the “trends” function to find out what diet helps you feel your best.
Health Effects of Ultraviolet Radiation

Ultraviolet (UV) radiation is released by the sun and by artificial sources such as tanning beds and sun lamps. This fact sheet provides information about the major health problems associated with overexposure to UV radiation. Both the beneficial and harmful effects of sunlight result from the same radiation and, therefore, it is very important to understand the risks incurred by overexposure.

Harmful Effects of UV Radiation on the Eyes

• **Cataracts**: a disorder in which the lens of the eye loses transparency resulting in impaired vision. Older adults are at greater risk of cataracts which are a major cause of blindness

• **Age-Related Macular Degeneration (AMD)**: a disease associated with aging in which there is deterioration of the macula; the latter is a central region of the retina that allows us to see fine details as required for reading, driving and recognizing faces. Overexposure to UV may contribute to the onset of AMD although it is not the primary cause.

• **Snow Blindness (Photokeratitis)**: a temporary disorder that occurs from overexposure to UV at the beach or in the snow. Symptoms include tearing, swollen eyelids, a feeling of sand in the eyes, hazy or decreased vision. Recovery is spontaneous, generally within a few days.

Aging Resources Online Order Form

Harmful Effects of UV on the Skin

• **Skin Cancer**: This is the most common form of cancer in the U.S. Common skin cancers can be cured easily if detected early. Melanoma, a more dangerous form of skin cancer can generally be cured if detected early before it spreads to other sites in the body. Check your entire body (from scalp to soles of the feet) once a month for moles. If you notice changes in moles such as itching or bleeding or an appearance that differs from others, consult a physician.

• **Premature Aging**: Over time, exposure to the sun’s rays causes skin to thicken, wrinkle, develop dark spots and become leathery. Visible changes in the skin that are often thought to result from aging are actually caused by UV radiation.

Who is at Risk of UV Damage?

• Everyone, regardless of their coloring, is at risk of eye damage.

• People with fair skin, blue or green eyes, and blond or red hair are more liable to develop skin cancer.

• When melanomas develop in people whose skin is naturally dark, they generally appear on the palms, soles of the feet or under fingernails.

• People who have a family history of skin cancer, have previously suffered severe sunburn, or have a large number of moles are more likely to develop skin cancer upon exposure to UV radiation.

Prevention

• Avoid overexposure; seek shade and limit time outdoors.

• Cover as much skin as possible with a wide-brim hat and tightly-woven clothing.

• Use sunscreen with an SPF of at least 15.

• Avoid tanning booths and sun lamps.

Source

Calendar of Events

Conference Program Announced!
The 34th Florida Master Gardener Conference program agenda is now available! Check out the impressive lineup of General Session and Concurrent Session presentations – including keynotes from the Florida Wildlife Corridor Expedition adventurers and nature photographer John Moran.

Field Trips
Explore exciting horticulture sites in the Central Florida area on Sunday, October 18th before conference programming begins. Space is limited to 50 people each on these optional pre-conference tours, so sign up early!
Click here to see Field Trips Info

Registration
Conference registration is open! Choose from 24 concurrent sessions in multiple educational tracks, including edibles, soils and diagnostics, hort and garden, and Florida-Friendly Landscaping™. Register by September 25th and save $35! Click here for Registration Info

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