FROM THE GROUND UP

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Cooperative Extension Service

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CES Hosted Caribbean Food Crops Society Conference—Bringing Opportunities to Local Farmers

The 50th Anniversary of the Caribbean Food Crops Society's (CFCS) meeting, which was held at the Sugar Bay Resort and Spa on St. Thomas, by all accounts was a tremendous success. According to the members,this was one of the best gatherings of scientists, researchers, and students in the field of tropical agriculture held in the Caribbean in the last decade. Approximately 200 persons from the Caribbean and southern states, along with their spouses or guests, attended the conference. This was indeed a milestone for the conference with included concurrent sessions specifically geared for Virgin Islands' farmers. The farmers' sessions were very insightful as they highlighted Virgin Islands Investments' programs and benefits for farmers, Virgin Islands tax exemption and benefits, procedures and challenges regarding the acquisition of agriculture lands for farming, licensing requirements for operating a farm business, marketing and merchandizing of agricultural products, and procedures and regulations for importing plant materials into the Territory. These locally related presentations were made by USDA and local government officials.

In an interview with the *St. Thomas Source* writer James Gardner, conference attendee Gaius Eudoxie, a professor at the University of the West Indies at St. Augustine, commented that a decade ago he made his way from Trinidad and Tobago to St. John for the Caribbean Food Crops Society's annual conference, where he hoped to learn more about regional farming trends and useful technology that he could bring back to his homeland. Ten years later, Eudoxie returned to the Territory in hopes of furthering that same dialogue and networking with the best regional cross section of agricultural experts in the industry. He also stated that, "this 50th meeting is one of the most important meeting places for agronomists like me to gather information on everything ranging from water management to proper soil cultivation, which has been useful in Trinidad where the earth is easily degraded."

Eudoxie continues by stating that CFCS not only merges research, which is presented by university academics, students and scientists, but allows for hands-on developmental work as well, "so we have a lot of great agricultural minds sharing information."

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FromThe Ground Up is a publication of the University of the Virgin Islands Cooperative Extension Service. It is available to Virgin Islands' residents upon request and is also available on the web at http//ces.uvi.edu and www.facebook.com/uvices.

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UPCOMING ACTIVITIES

Mini Harvest Festival	Septermber 1 (STX)
Clothing Construction	September 15 (STT)
Batik Classes	September 15 (STT)
Basic Computer Training	September 22/23 (STX)
World Food Day Activities	October 16-19 (STX)
Basic Computer Training	November 6 (STX)
Usefulnes of Internet Workshop	November 10-13 (STX)
Beginning PowerPoint Workshop	November 18-19(STX)
STT/STJ Agriculture Food Fair	November 22-23
Intermediate PowerPoint Workshop	November 24-26 (STX)
Beginning Excel	December 2-4 (STX)
Intermediate Excel	December 9-11 (STX)

University of the Virgin Islands
Cooperative Extension Service



The State Director's Message

This edition of *From the Ground Up*, similar to former editions, highlights the activities of the Cooperative Extension Service, which excellently represent the cross-section of our activities and programs. A very important point of reference is the practical nature of each activity or program featured. Our collaborative efforts with farmers, researchers, and agriculturists around the Caribbean and the United States are featured in the recapturing of the events of the 50th. Anniversary of the Caribbean Food Crops Society's annual conference, as well as the "buzz" about beekeeping. Computer classes not only educate members of the community, but making them computer literate prepares them to survive in the twenty-first century. The Excel class has contributed to making more Virgin Islanders computer literate. There are so many marketable skills that members of our community learn from the Cooperative Extension Service.

Our primary objective is to reach out to the whole community, which is demonstrated in this edition. Our 4-H Program and CYFAR Program work with children in various capacities whose work is showcased. The CYFAR program added meaning to its focus on youth by honoring one of its own—Andre Joseph—on his graduation from high school. As we work with the children, we help to prepare them for the future, and Andre Joseph is one excellent example of the products of the CYFAR program. Our interactions with all sectors of the community help us to gauge the pulse of the community as we attempt to address their needs by introducing programs for their benefit.

We also educate the members of the community as we look at environmental issues that do affect our flora and fauna, as is seen in the black sooty mold. Dr. Williamson is available to assist members of the community, as are all CES staff. As we work at enhancing the values of the whole person, we aim at producing healthier individuals and healthier families. The Marley Homes and the Walter I. M. Hodge communities were the beneficiaries of the Expanded Food and Nutrition Program (EFNEP) conducted during this period. The collage of pictures accurately verifies the statement that "a picture is worth a thousand words." The pictures tell the whole story. Please don't hesitate to contact us at the Cooperative Extension Service if we can help you in any way.

Sincerely,

Kwame Garcia, Sr.

State Director-CES
Assistant Professor

(Continued from page 1)

Kwame Garcia, Sr., the State Director of the University of the Virgin Islands' Cooperative Extension Service and President of the 50th meeting of the Caribbean Food Crops Society, also explained the importance of having this conference in the Territory. "Expanding the conference from a mostly academic arena, where professors and graduate students share their work and lead discussions, to a networking opportunity for local farmers has been a goal of the Caribbean Food Crops Society for years and I am happy that we were able to accomplish this in this anniversary meeting."



CFCS participants toured the Ivanna Eudora Kean High School Aquaponic Garden on St. Thomas.

"What was great about the conference is that it focused on tropical farming," Garcia said, adding that there were producers, as well as people selling agricultural value-added products, which gave them an opportunity to network, possibly to find a buyer for their products.

Garcia also commented that this year's conference was special because the Caribbean Food Crops Society was started on St. Croix 50 years ago and has come full circle by bringing it back to the U.S. Virgin Islands.

"When we started to host this conference, St. Croix was a much more agricultural place, but since then, we have seen the industry move from crops like bananas and sugar cane into a more diversified industry," Garcia said. "This organization—CFCS —has had to be at the forefront of leading the discussion on those changes, and now that we have come full circle, it reminds us that agriculture still is as important as it ever was."



Participants touring the Coral Bay Organic Gardens listen attentively as Josephine Roller explains the process of preparing the field for planting herbs.

Seventeen (17) Caribbean countries and 24 states were represented at the conference. In addition to the University, major sponsors for the conference included the V.I. Department of Tourism, V.I. Department of Agriculture, V.I. Port Authority; V.I. Lottery; Association of Extension Administrators; and Caribbean Agro-Economic Society, in addition to other local sponsors.

The office of the Governor hosted the Welcome Reception for the CFCS participants at the Catherineberg Residence on St. Thomas. The CFCS Opening Ceremony was held on Monday, July 7th and included the following: Governor John P. de Jongh, Jr., Commissioner Beverly Nicholson-Doty, Commissioner Louis E. Petersen, Acting Vice Provost, Dr. Frank Mills; Professor Kwame Garcia Sr., and Dean Simon B. Jones-Hendrickson.

(Some information was reprinted with permission from "The STT Source's article by James Gardner-July 10, 2014



Thousands Flocked to This Year's Summer Fruit Festival



This year's mango season was less than bountiful, however, that did not dampen the fruit festival lovers' spirit as they came out in droves to the St. George Village Botanical Gardens to help celebrate the 18th Annual Mango Melee and Tropical Fruit Festival on St. Croix. As usual, cars lined the roadways and filled all of the parking lots on the festival grounds. When we entered the gardens we instantly smelled the sweet aroma of mangoes and tropical fruits. Our five senses were on high alert.

The Fruit Festival started at noon, and participants were treated to the tasting of various varieties of mangoes that are grown on St. Croix. They had the opportunity to taste and rate the varieties, which included the Bombay, Julie, Carrie, Glen, and Nam Doc Mai. A vast majority of the festival goers chose the Bombay. And, of course they also had the opportunity to purchase tastes from an amazing array of dishes made from mangoes entered in the "Mango Dis, Mango Dat" cooking competition. The walkways at the gardens were lined with vendors and farmers selling their fruits, value-added products, arts and crafts and, of course, local food and drinks.



Summertime on St. Croix is always filled with excitement, and if you had the opportunity to attend the Mango Melee and Fruit Festival, you had your fill of fun. What can be more fun than to watch and cheer on your favorite contestant in the "Mango Melee Eating Competition." Once again, Hector Gordon was the adult champion and Phi-Jah Merchant won the children's contest. This was, indeed, a special must-see event at the festival. If you missed this year's activity, mark your calendar for July 5, 2015 at the St. George Village Botanical Garden for the sweet aroma and fun of the "Mango Melee & Tropical Fruit Festival."

Our Journey to Excel









Once upon a time at a place called UVI,
Coco, Woody, Martha, some others and I
Enrolled in a couple computer classes of Excel
We did Math and English but didn't have to spell
No pets were allowed there except for a mouse
Sometimes it felt like jail instead of a school house
We had to line up our stuff in columns and rows
With a whole lot of cells no windows or doors
For each one of our workbooks to be complete
We had to open, spread out and save a sheet
When we couldn't figure out the math or formula
"Mr. Clavier, Felix, or Leon, please help" we would holler
Once they were at our side we were able to function
If not we would just blame the computer's malfunction
We all had to carry and drag our own crosses
Deduct our expenses and just accept our losses
When all we had to eat was a piece of pie
Coco had a birthday and on cider got high
We worked hard everyday for that was one of the criteria
For the passing grade range we had to consider
One day we hardly knew when it was lunchtime
Because we had to work 40 hours plus overtime
At the end of the day we all said it was worth it
We had an ice cream social and still made a profit
We tried to find out the fundraiser profit percentage
Sum up, subtract, multiply and divide the average
The test came when we had to do our home budget
As some people the tithe they always seem to forget
We did count if after we learned to merge and center
We learned to format only and became painters
It was then we heard some loud shouts and a mutter
"Oh, God, Mr. Clavier, this bringing up my pressure"
But when we understood how we could just freeze
We put in the dollar sign and filled down with ease
Finally Excel became an excel-lent Class
Our certificates are an indication that we all did pass
Scripture says without a cross there's no crown
It 's a must for Excel, truth be told we have all won
Because of a great team and teachers like Mr. Clavier
This graduating phenomenal Excel class are all here
To Say Thank You—Thank You—Thank You
And may God Bless you!

Julie V. Modeste-Rhymer









IN THE SPOTLIGHT



Left to right: Dale Morton, Stafford Crossman, and Carlos Robles accepting Awards at CFCS Banquet.

The University of the Virgin Islands Cooperative Extension Service Agriculture and Natural Resources Program was awarded the Caribbean Council of Higher Education in Agriculture (CACHE) Award for Excellence at the 50th Anniversary of the Caribbean Food Crops Society Annual Meeting held on St. Thomas, U.S. Virgin Islands.

The award was given to the program for its contribution to the development of science, technology and innovation in the agriculture of the Caribbean, within the framework of the inter-American integration process.

The University of the Virgin Islands Cooperative Extension Service Agriculture and Natural Resources Program provides farmers, students, government personnel, Virgin Islands Territorial Park managers and the general public with technical assistance specifically related to natural resources management, as well as the protection of both environmental and human health.



Dale Morton, Extension Agent, Agriculture and Natural Resources Program posing with CACHE award.

For several years, the Agriculture and Natural Resources Program's very popular Home*A*Syst presentations have promoted the use of less-toxic household products and changed the ways that thousands of Virgin Islanders manage home, work, and recreational areas. Through workshops, site visits, publications and media outreach, the program educates students and the general public about the critical interplay between terrestrial and marine natural communities and how human activities can impact these natural resources. In close association with the Virgin Islands Department of Agriculture, the staff of the Agriculture and Natural Resources Program works with farmers to promote management practices that protect natural resources on farmland and nearby coastal waters. The staff also works with the Virgin Islands agricultural community to raise awareness about the usefulness of native plants and the value of adopting recommended forest stewardship practices to maintain healthy natural biodiversity on and near farmlands.

The management and staff of the University of the Virgin Islands Cooperative Extension Service congratulate the Agriculture and Natural Resources Program on this outstanding recognition.



Black Sooty Mold in the Virgin Islands

One of the most frequent calls to Extension Service is about a black substance that is becoming prominent on many of our trees. The culprit is usually black sooty mold, a living organism (fungus) that feeds on sugars. In order to prosper to the point of creating a film over plant leaves (and sometimes other surfaces), black sooty mold requires a large supply of sugars on which to feed. This is easily accomplished with the influx of invasive insect pests from the family Homoptera, whose timing of invasion is consistent with the obvious outbreak of black sooty mold on our islands. The homopteran pests, which are causing the greatest problems with black sooty mold are scale, mealybugs, aphids, and whiteflies. When feeding on plant sap, these insects secrete a sticky, sugary substance called honeydew, which rains down onto leaves, stems, and fruit directly below it. Black sooty mold grows according to the amount of available honeydew, partially or totally coating plant surfaces when the honeydew is abundant.

If you have black sooty mold, look for which homopteran species are causing the problem, and what level of infestation you have. Damage from black sooty mold is usually cosmetic--the plants look dirty. Your decision whether to apply controls can be based either on your tolerance for dirty plants or potential damage from a thick layer of the mold over a long period of time—loss of plant vigor, leaf drop, damaged and/or reduced fruits, and possible death of plant. Management requires eliminating the source of the honeydew: the homopterans, or physically removing the mold with selective pruning, pressure washing, or heavy rains. Many beneficial insects and spiders feed on the homopterans, which cause black sooty mold. You may be able to rely solely or partially on these beneficials to remedy your problem. There are numerous organic and synthetic insecticides which may be used. My favorite is horticultural oil. As well as killing homopterans, this petroleum-based product also helps loosen the mold from plant surfaces, so that a heavy rain or water from a high-pressure hose may physically remove it. Systemic insecticides containing imidacloprid can be applied as a soil drench, traveling upwards through the plant sap and impacting homopteran pests as they feed. Care must be taken to water systemics thoroughly into the soil and to avoid applying in the fruiting season (to avoid having insecticide-contaminated fruit) and flowering season (to avoid honeybees taking insecticide-contaminated



Cosmetic damage from black sooty mold on soursop leaves. the mold had completely covered the leaves, but is flaking off due to a recent heavy rain.

pollen to their hives). Coverage of contact sprays and distribution of systemics within plants is limited in large trees. With all pesticides, it is important to always read the label and apply accordingly.

Black sooty mold and homopteran pests have always been in the Virgin Islands, but have become much more prominent in only the last several years. Croton scale, Phalacrococcus howertoni, is an invasive scale which is now causing the majority of our sooty mold problems. This pest was first found in the Florida Keys in 2008, and has since spread throughout South Florida and many Caribbean islands, including the Virgin Islands. It is commonly carried to new places on infested nursery stock, especially croton plants. Its origin is unknown. Croton scale is greenish-yellow with dark striations, about one quarter inch long by one eighth inch wide. It feeds on more than fifty different plants, including croton, turpentine, golden apple, mango, avocado, guava, soursop, sugar apple, and star fruit. I believe this pest has become more prominent due to the apparent lack of feeding on it by most beneficials. The mealybug destroyer, Cryptolaemus montrouzieri, is among the few beneficials known to feed on croton scale. You can increase biological control by placing mealybug destroyer onto plants infested with croton scale, not using synthetic pesticides, and keeping ants off (they protect scale from beneficials and feed on the honeydew secretions themselves). If chemical control is needed, I have had good results from weekly applications of horticultural oil, for two to three consecutive weeks. A 50:50 mixture of horticultural oil and malathion, or a systemic application, is also effective and may be necessary for heavy infestations.

I must mention another possible source of sugars and cause of black sooty mold—from the emissions created by distilling rum on St. Croix. These sugars, and consequently black sooty mold, will settle onto almost every tree, street signs, buildings, etc., creating an amazing sight in the vicinity of the distillery. Again, damage from black sooty mold is mostly cosmetic and can be removed by heavy rains or pressure washing, or elimination of the sugar source. Unknown is the impact of large concentrations of black sooty mold over time on the flora and fauna and on air and water quality for nearby residents and distillery employees. Fortunately, these heavy concentrations appear to be limited to the distillery and neighboring properties. Unfortunately for these properties, management is a futile effort as long as the distillery continues the heavy discharge of these emissions. These are complex issues of public health, economics, and the environment, to be worked out by other departments.

Effective management of homopteran pests, especially croton scale, relies first on proper cultural practices that promote plant health. The next step is to frequently monitor plants, properly identify pests, and then treat infestations promptly before heavy infestations and black sooty mold



Typical distribution of croton scale in early infestations, at tips of limbs.

develop. Control options will be limited in the largest trees. In some cases, removal/replacement might be the best option. Croton scale is one of several recent invasive pests in the Virgin Islands that are changing our landscape and how we grow our plants. But with effective management, we can continue to prosper with attractive plants and abundant harvests.

For more information on black sooty mold, croton scale, and other pest problems, contact Dr. Williamson at jwilli2@uvi.edu or 340-692-4052.



Damage to soursop fruit from heavy infestation of croton scale prohibits sale of fruit.



Aesthetic damage from black sooty mold may also reduce value of food products.

Nutrition Corner





What's for Dinner Tonight? How About Eggplant!

But what is the nutritional value, and how do I fix eggplant? We will explore these questions and a little more in this article.

History

Ancient ancestors grew eggplant in the wild in India. Eggplant was first cultivated in China in the 5th century B.C. This vegetable was introduced to Africa before the Middle Ages and then introduced to Italy in the 14th century. It later spread to Europe and the Middle East. Today, Italy, Turkey, Egypt, China, and Japan are the leading growers of this vegetable.

Nutritional Value

Eggplants belong to the nightshade family of vegetables, which includes tomatoes, sweet peppers, and potatoes. Eggplant is a small-to medium-sized bush vegetable that produces smooth, glossy skinned fruit that can vary in length from 5 to 12 inches long. Garden egg is another name for eggplants, which can vary in color from deep purple to lavender, jade, green, orange, and yellow-white. The size can range from that of a small tomato to a large zucchini. One cup of cubed, cooked eggplant has 35 calories. According to the World's Healthiest Foods Rating Scale, this vegetable is a very good source of dietary fiber, Vitamin B1 (thiamine) and copper. Eggplants also contain phytochemicals that may have health-protective effect.

When preparing eggplant for a meal, cut it with a stainless steel knife. A carbon steel knife will react with the phytochemicals and turn the eggplant black. After cutting the eggplant sprinkle it with salt and allow to sit for 30 minutes. This will pull out some of the water from the vegetable. Then rinse the eggplant and this will remove most of the salt. Eggplant can be used as a dip for vegetables, a sandwich filling, add to a stir fry, soup, or stew.

Curried Eggplant

1 ½ lb.	eggplant – peel and cut into small pieces
1	onion, thinly sliced
2 tablespoons	olive oil
1 cup	coconut milk
1 teaspoon	salt
1 tablespoon	curry powder,
1 tablespoon	lime juice

½ tsp. of each of the following: black pepper, ginger, cumin, turmeric

(1) Sauté onion in olive oil. Add curry and eggplant and cook for 2 minutes stirring constantly.

(2) Add salt, lime juice, pepper, coconut milk, and seasonings

(3) Cover and simmer until soft, about 20 minutes.

Makes 6 servings, about ½ c each

References

University of the Virgin Islands. *The Heart of the Pumpkin Healthy Cooking with Caribbean Fruits and Vegetables* (2005). Published by the University of the Virgin Islands Cooperative Extension Service.

The World's Healthiest Foods. *Eggplant*. whfoods,org. retrieved August 4, 2014.



Pictured (left to right): Dr. Aletha Baumann, Lois Sanders, Cruselda Roberts, Victoria Cornelius, Andre Joseph, CYFAR staff, Jillian Webster; CYFAR participants, Shanah Bannis, Sarah Dahl-Smith, William Griswold, and Jean Nesbitt-Matthew. CYFAR staff not pictured: Christina Chanes, Yvonne Phillips

CYFAR Youth Acknowledged at Advisory Council Meeting

At a recent meeting, Andre Joseph, a CYFAR youth, graduated from high school and was acknowledged by the CYFAR staff for his hard work and long-term involvement with the program.

The Children, Youth & Families-at-Risk (CYFAR) Project or the ***Helping Families Help Themselves*** in the USVI is a part of the compendium of informal educational opportunities offered by the University of the Virgin Islands Cooperative Extension Service (CES). This is a federal program established in 1991 by the United States Department of Agriculture, and established in the Virgin Islands in 1998 under the auspices of the National 4-H Program.

Throughout the U.S., communities deemed in need have CYFAR Projects designed to enhance the lives of youth and their families who have limited resources. In fulfilling the Cooperative Extension mission, the project has served the needs of many youth over the years in communities on St. Croix and St. Thomas. As part of the initial federal grant requirements, a stipulation included formation of an Advisory Council whose purpose is to provide guidance and support to the program efforts. Over the years, the Advisory Council has evolved to include representatives from several local government agencies and departments, including the Departments of Labor, Health, Human Services, VI Housing Authority, and the Office of the Governor. Additionally, faculty from the University of the Virgin Islands, housing management companies, and CES staff participate. This combination of resources has served to maintain the project consistently throughout the funding periods. Many educational sessions are provided by the CES and other university staff.

The long-term goal of the CYFAR Project is to sustain the afterschool programs so that youth and their families benefit from the traditional offerings provided by the Cooperative Extension Service, i.e. nutrition education, sewing, computer technology, entrepreneurship, workforce preparation, healthy lifestyles education, and agriculture. Youth, ages 5-14, also receive homework assistance and tutoring in mathematics, science, and English. Targeted educational sessions are held for parents and guardians primarily focusing on good nutritional practices and physical activity, computer technology, and workforce preparation. Over 300 youth and their families have benefited since the inception of the program in the Territory.

Site coordinators conduct day-to-day guidance in the afterschool programs and are assisted by a project director, evaluator, student assistant, and an information technology specialist, which is the full complement. Other CES staff and students assist in programming on an ongoing basis.

For more program information, contact the 4-H/F&CS Program at 340-692-4096.

Memorable Moments... from the CYFAR Program



Patrick Robinson "Junyah P," V.I. musician performing at program for CYFAR youth. Mr. Robinson, a former 4-H'er, also gave a motivational talk to the youngsters.

Youth enrolled in the University of the Virgin Islands Cooperative Extension Service's Children, Youth and Families at-Risk (CYFAR) After School Program at the Croxville Community Center entertained their guests with a powerful performance by the CYFAR Youth Performing Arts Ensemble. The performance entitled, "The Caterpillar's Voice," focused on the importance of developing healthy self esteem. The play was wonderful and showcased the tremendous talent of our youth.

The program included presentations from CYFAR participants with Abyssinia Tzaddi leading the way as the mistress of ceremonies to a pantomime by Aaliyah Parsons, a poem by Clovie JnFrancois, a song by Cassandra Guadalupe, and a number by the CYFAR dance group. The program ended with a closing prayer by Samara Sealy.

Hats off to JMs. illean Webster, CYFAR's Site Coordinator; Cruselda Roberts, Social Services Coordinator, Croixville Community; William "Bill" Griswold, CYFAR Program Assistant; VI Department of Human Services' Senior Community Services Employment Program; and Lois V. Sanders, Assistant Director, 4-H/F&CS Program, UVI-CES.

Through an annual congressional appropriation for the National Children, Youth, and Families at Risk (CYFAR) Program, the National Institute of Food and Agriculture (NIFA) allocates competitive funding to land-grant university extension services for community-based programs for at-risk youth and their families. Since 1991, CYFAR has supported programs in more than 600 communities in all states and territories.



Members of the CYFAR Youth Performing Arts Ensemble proudly perform "The Caterpillar's Voice."



Cast members of the CYFAR Performing Arts Ensemble.



Expanded Food and Nutrition Education Program (EFNEP)

A Healthier YOU—A Healthier Family









The importance of healthy eating and exercising has been increased in the Marley Homes and the Walter I.M. Hodge communities on St. Croix. Eleven individuals participated in an eight-week Expanded Food and Nutrition Education Program (EFNEP) under the University of the Virgin Islands Cooperative Extension Service 4-H/Family & Consumer Sciences Program.

The participants attended educational sessions for low-income residents, which will allow them to better feed their families. Another expectation is that they will teach their children, other family members, and neighbors about the importance of making healthy food choices, budgeting, planning, reading labels, knowing the amount of sugar content in foods, and being aware of portion size. Other topics were covered relative to exercise, healthy food choices, food safety and preparation during the eight-week period.

As a result of their efforts, participants received certificates of completion at a graduation ceremony held on August 15, 2014 at the Cooperative Extension Service. Participants prepared healthy dishes to share with family and friends and to demonstrate what they had learned. They were reminded that a general rule of thumb in healthy eating is focused on learning the importance of "eating to live, not living to eat."

The EFNEP Program becomes even more critical as the community experiences increases in diet-related diseases, such as diabetes and heart disease.

Ms. Jo-an Josiah is recruiting participants for the next class on St. Croix. If you or someone you know might be interested, please contact the EFNEP Program at one of the following numbers: 340-692-4083 or 340-692-4094 on St. Croix. On St. Thomas, call Dr. Caryl Johnson, Program Supervisor, at 340-693-1082 for further information.



What's All The Buzz About Beekeeping?

About 88 people participated in this year's beekeepers' conference held on St. Croix at the University of the Virgin Islands' Albert A. Sheen campus. The conference, which was sponsored by the University of the Virgin Islands Cooperative Extension Service in partnership with the V.I. Department of Agriculture and the Cruzan Beekeeping Network, hosted researchers, educators, commercial and backyard beekeepers from 13 countries, 5 states, and the Virgin Islands as they spent one week educating and being educated on the art and science of apiculture (beekeeping) in the Caribbean.





This was the 7th Caribbean Beekeeping Congress and the 2nd Caribbean Bee College, the first of its kind held in the U.S. Virgin Islands.

According to Carlos Robles, CES' St. Thomas/St. John District Supervisor, this was a tremendous success and it allowed at least 27 residents who were interested in beekeeping as a business to participate in the three-day event. The attendees were given the opportunity to participate in the

introduction to beekeeping, practical exercises and field trips to local apiaries and also gain information and awareness on subjects such as Natural Beekeeping, Caribbean Honey Bee Health Report, Africanized Honeybee Emergency Management, and Bee Pests and Diseases. The fun and most interesting aspect of the congress was the visit to the Wright and Allembert Apiaries. These field trips gave the participants an opportunity to see beekeeping in two different settings. To find out more about the beekeeping program, call Carlos Robles at 340-693-1083.





Left to right- Kofi Boateng, CES Associate Director; Kwame Garcia Sr., CES State Director; Lois V. Sanders, Assistant Director, 4-H/Family & Consumer Sciences; Evannie Jeremiah, Administrative Assistant; and Dr. Caryl L. Johnson, Extension Program Supervisor participated in a three-island site visit with Dr. Helen Chipman, the Expanded Food and Nutrition Education Program (EFNEP) federal program leader from Washington, D.C. Dr. Chipman spent a week getting to understand the intricacies and nuances of delivering EFNEP in the Territory. She generally applauded the efforts being made here but gave some suggestions on how to strengthen the program.



Spinach and Carrot Stuffed Pasta

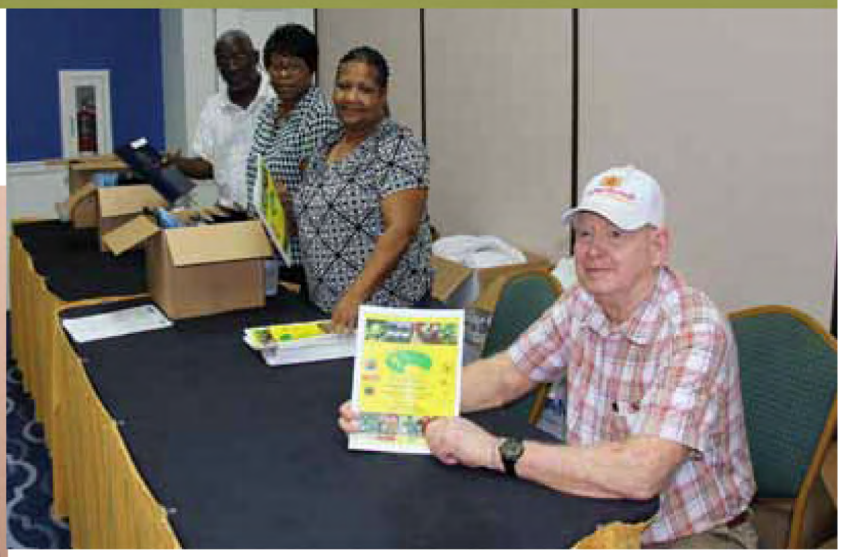
1 (15 oz.)	ricotta cheese
1 (8 oz.)	frozen chopped spinach
2 cups	shredded carrots
1 ½ cups	shredded cheese of your choice
1 cup	spaghetti sauce
1 box	manicotti or cannelloni pasta
5 cups	water
2 teaspoons	garlic powder
2 teaspoons	onion powder
1 teaspoon	cayenne pepper

1. Preheat oven at 350°F.
2. Rinse and squeeze spinach.
3. In a large bowl mix ricotta cheese, spinach, carrots, garlic powder, onion powder, and one cup of cheese of your choice.
4. Follow instruction for cooking the pasta. When pasta is done, put in cold water to cool down.
5. Take pasta and stuff with mixed ingredients.

Pour 1 cup spaghetti sauce in baking pan. Place the stuffed pasta in pan. Pour remaining spaghetti sauce over stuffed pasta. Bake for 15 - 20 minutes.

CFCS 50th Anniversary Activities

















- The land-grant system was created by the Morrill Acts of 1862 and 1890. In 1994, the Elementary and Secondary Education Reauthorization Act added tribal colleges and universities to the system.

- The University of the Virgin Islands is classified as an 1862 Land-Grant University. This award was given in 1972.

- Land-grant universities are publicly funded agricultural and technical educational institutions that are designed to focus on the teaching of practical agriculture, science, military science, and engineering.

- Prior to enactment of the Morrill Act in 1862, Michigan State University was chartered under Michigan state law as a state agricultural land-grant institution on February 12, 1855, as the Agricultural College of the State of Michigan. It is known as the "Pioneer Land Grant University" and the Michigan State model provided a precedent for the federal Morrill Act of 1862.

- There are 76 land-grant universities in the United States and its territories. Of these, 21 are listed as Historically Black Colleges. The University of the Virgin Islands is one of these. There are 32 tribal colleges and universities that have Land Grant status.

- The Cooperative Extension Service and the Agricultural Experiment Station are two critical components of the land grant system. They provide the research and outreach to ensure vital information affecting people's lives is disseminated to the public.

- The Cooperative Extension Service of the University of the Virgin Islands reaches nearly 62,000 Virgin Islanders every year through workshops, seminars, conferences, and other activities and publications, thus positively impacting daily life in the VI.

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