



GREEN SCENE

hinded me that Florida produces less than 1 percent of the corn grown in the United States. It is highly dependent upon nitrogen-based fertilizer which has gone up in cost in recent years.

At the moment only 10 percent of the nation's corn crop is rated good or excellent, while 48 percent of the crop is rated poor to very poor.

Corn is a major component in many food items like cereals, snack foods and even soft drinks. When considering MYPlate's food classification, is corn considered a vegetable or grain? USDA Food Patterns categorize food based on addition, nutritional value, and its use at meals.

The maturity level of corn at harvest may affect its use at meals and the nutritional value. For these reasons, fresh corn is con-

and vegetables is called Fruits and Veggies More Matters. The campaign offers this list of the Top 10 Ways to Enjoy Corn:

10. Beef Up Your Soup! Add corn to soup, whether it is chili or chowder. Corn enhances the soup's hardiness as well as its nutritional profile.

9. Add a Little Crunch to Your Guacamole. Add corn kernels and diced tomatoes to guacamole or salsa.

8. Corn in Cornbread? Imagine That! For a little different texture, add corn to your cornbread or corn muffins in addition to using corn meal.

7. Relish Your Corn. Make a corn relish to serve as a side dish or salad by combining chopped vegetables and beans mixed with vinaigrette.

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Panhandle Wildflower Alliance holds meeting

Special to The News

Representatives of seven Florida Panhandle counties met last week in Tallahassee to launch the Panhandle Wildflower Alliance and discuss strategies for positioning the region's profuse wildflowers as a primary focus of the state's 2013 Viva Florida 500 commemoration.

The Alliance is a loosely structured group focused on education and marketing efforts that will increase conservation as well as awareness of potential wildflower ecotourism opportunities.

Hosted by the Florida Wildflower Foundation and facilitated by Pam Portwood and Diane Delaney, the meeting brought together stakeholders to learn about establishing wildflower



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ecotourism in Liberty, Gadsden, Leon, Wakulla, Franklin, Jackson and Jefferson counties. Almost 50 people attended, representing county commissions, tourism agencies, chambers of commerce, environmental organizations, national and

state lands and state agencies.

"The Panhandle is widely acknowledged as the place in Florida to view wildflowers due to the fantastic seasonal displays along its roadsides and in natural and rural areas."

Lisa Roberts, the Foundation's executive director, told participants. "Some of the best displays in the Southeastern United States are at your doorstep."

"By next year, every resident of the state should know that La Florida means 'land of flowers,'" said DOT State Landscape Architect Jeff Caster, who heads DOT's wildflower program.

Caster suggested meeting participants help make government and business leaders aware of Florida's constitutional policy to protect the state's natural resources and scenic beauty. "Ask leaders to spend less money, not more," he said, referring to reduced mowing regimes that can save taxpayers money while promoting wildflower growth.

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Panhandle Wildflower Alliance holds meeting

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JO ANN PALMER/SPECIAL TO THE NEWS

m clean his property.

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balance of the load, but made the exact control movements to drop the load on the mark every time.

As KWCB Board Members Ray Cade, Lori Gilbertson, Nancy Paul, two of her grandsons, Durene Gilbert, Marc Dickieson, Jo Ann and Woody Palmer and friend, Gail Campbell, did their own share of picking, separating and sorting, the piles of debris got smaller.

At the end of the day, I know we made a difference for Bruce and Nina.

Thanks to everyone who came out to work.

would to be part of

allow more flexibility to work with the county and FDOT to choose roads as options become available, she said.

Dietrich, who continuously monitors Leon County's roadsides, is also working on presentations for Leon County commissioners to help them understand what is taking place. "We're trying to move slowly to make sure of our base of support," she said.

Wakulla County Commissioner Lynn Artz told the group her county has made progress protecting roadside wildflowers, but not without concerns from residents about safety. To address concerns, Wakulla increased the six-foot strip being mowed along roadsides to 12 feet, she said.

To learn more about Florida's wildflowers or to request a brochure on Eastern Panhandle wildflower sites, visit www.FlaWildflowers.org/learn.php.

To learn about Viva Florida 500 events, visit www.VivaFlorida.org.

Wildflower resolutions can be viewed at www.FlaWildflowers.org/resolution.php.



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