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SNDA has the ball rolling with the semester and we hope you do too! So far, we already had our first meeting on September 20th, and are gearing up for the next meeting on October 18th! At our meeting, we got to know each other, discussed various volunteer and research opportunities, and began our mentor/mentee program. We sincerely hope those involved with the program get a lot out of it!

Our next meeting will be even better and it’ll also serve as a chance for everyone to socialize right before Halloween. So, you know there will be a lot of treats! We hope to see everyone there!

Interested volunteering on campus?

You’re in luck! Here are some options:

-Lend-A-Wing Pantry- “We are an anonymous food pantry staffed by UNF students for UNF students. As an Executive Agency of Student Government, we are dedicated to providing food, hygienic supplies, school supplies, clothing, dorm items, clothing, baby supplies, and pet food at no cost to needy students. Our goal is to provide a hand up, not a hand out to our fellow Ospreys so that they can continue to soar in their academic careers here at the nest.”

-Food Fighters- “Student-Powered Hunger Relief aims to fight for food justice by reducing food waste on campus and food insecurity within the Jacksonville community. This food recovery program collects leftover food from the Osprey Café, campus convenience stores and special events.”

UNF Ogier Gardens- “During volunteer hours, UNF students from all over campus come together to work in the dirt, till, weed and water the rows and hang out with nature. You can put the volunteer hours on your resume, and you’ll learn a lot about organic gardening and maybe make some new friends.”

-Yemila Lowry, RD- UNF’s on-campus dietitian, needs volunteers for many of her projects in the UNF community! Contact her if you are interested. As always, contact Liz Salinsky, our volunteer chair, for more information and if you have any questions regarding volunteer and SNDA opportunities!

Have a fantastic month, everyone!
Kea Schwarz is a postbac junior in the Nutrition and Dietetics program, with her first degree being in Environmental Science from the University of South Florida. Upon graduating with her bachelor’s degree, Kea realized that she wanted to shift her focus into food and agriculture. Around this time, she committed to pursuing veganism and was bombarded with nutrition-based questions from those she disclosed her lifestyle to. Unable to provide responses she felt satisfied with, Kea took to researching the nutritional aspects of veganism and grew an interest in nutrition. This influenced Kea to return to a university in pursuit of becoming a registered dietitian. Kea’s direct focus is being an RD farmer and operating her own farm in the future.

Kea’s path for her future brought her into the platform of working in a community-based nutrition position by becoming the coordinator for Lend-A-Green. The first person to hold this title, Kea has been an integral part in establishing Lend-A-Green to be an important subsidiary program of Lend-A-Wing.

Established in the summer of 2012, Lend-A-Wing is a donation-based, non-profit organization on campus that provides non-perishable food items, hygienic supplies, clothing and school supplies to students. This service helps to foster continued academic success and increase retention for student needs. Lend-A-Green obtains their produce by operating their own plots in the Ogier Gardens here on campus. The food is grown utilizing agroecology, which applies ecological systems into agricultural practice. There is no use of synthetic fertilizers, as the soil is nourished by chicken manure and compost.

The agroecology practice utilizes cover crops to help shade the soil, suppress weeds, preserve moisture and add organic matter. There is limited use of organic pesticides and all food grown is required to be certified organic. The crops are on a rotation to avoid the spread of disease and pests. Once the produce leaves the garden, it is delivered directly to the Lend-A-Wing pantry.
With a flash of their UNF ID, students are able to access the Lend-A-Green cooler in the pantry. Some of the available produce are broccoli, Swiss chard, kale, basil, parsley, mustard greens, carrots, eggplant, peppers, okra and Egyptian spinach. The produce is distributed in bundles and students are welcome to take as much or as little produce as they would like. Depending on availability, the produce is harvested every 1-2 weeks.

Since some of the students that came in to utilize the free food service did not know how to prepare the produce, Kea took to sharing recipes revolving around the harvest. For each item, there is a recipe that explains how to prepare the produce and meal ideas involving the food. The recipes are printed onto pieces of paper and attached to the bin where the food is located inside the cooler.

Currently, Lend-A-Green is seeking volunteers to assist working on this community-based project. It is a great opportunity to become involved with providing food that comes directly from our campus garden to the plates of students. Volunteer opportunities are available to all students with positions revolving around marketing, nutritional education and working in the Lend-A-Green plot at the Ogier Garden.

For more information, contact Kea Schwarz at lawgarden@unf.edu
The consumption of avocados dates back to 10,000 years ago, where it was used by Mesoamericans as a staple food in their diet. The oldest evidence of avocado consumption was a fossil found in a cave near Puebla, Mexico and is estimated to have existed between 8,000-7,000 BCE. The fruit is an ancient Aztec symbol of love and fertility, as the fruits from the tree do not grow alone but in pairs. It is not just the fruit that needs a friend, for avocados do not self-pollinate; they need another avocado tree nearby to produce fruit. An average avocado tree can bear up to 500 avocados that can stay on the tree for up to 18 months before going bad.

Of the 1,048 varieties of avocados, the most popular avocado in the world is the Hass avocado and it has a relatively short history. Even though it has won over the hearts and palates across the planet, the Hass avocado is still in its infancy as a human food.

In 1926, a California postman named Rudolph Hass bought some avocado seedlings to grow in the backyard of his home. At the time, only green avocados were known, with the most popular being the Fuerte avocado. Mr. Hass planted the seedlings into his soil and one of the trees that grew refused to be grafted with existing avocado varieties that he was growing at the time. For the first year the tree bore no fruits and Mr. Hass had intended to cut the tree down. However, he let the tree grow unattended and fruits started to grow on it. Mr. Hass continued to ignore the tree, but his children brought to his attention how delicious the fruits were.

In 1935, Rudolph Hass patented the avocado, naming it the Hass avocado, after himself. In 1960, the Hass avocado hit the market, grew rapidly and became an absolute craze. The Hass avocado had many advantages over the green avocados that were popular at the time. The Hass avocado trees were easy to propagate and were ready for harvest within two years of the tree being planted. The Hass avocados have a longer harvesting season than other varieties and their thicker skin is suitable for handling and shipping across long distances. The black skin of the avocado was a huge selling point for distributors, because there were no signs of blemishes that may have occurred during transport. The culinary preference for Hass avocados shifted the production of avocados globally, making it the most grown avocado of all time. Compared to the Hass avocado, only a small amount of green avocados are now planted for agricultural production.

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NUTRITION UPDATES:

By: Michelle Wolf

Food Trends

Fresh Figs

While many people may only have eaten figs in the form of a fig newton, fresh figs are very tasty and much healthier than a fig newton! To start, 100 grams of fresh figs contains less than 100 calories, 3 grams of fiber, and significant amounts of potassium, manganese, vitamin K, and vitamin B6, as well as trace amounts of calcium, thiamine, and vitamin A. Figs are rich in polyphenols which help combat oxidative stress, thus making them have antioxidant capabilities. Furthermore, they have been shown to help prevent some cancers, as well as help cure illnesses such as diabetes, liver disease, and paralysis. Studies done have shown that figs have a great ability to stimulate the immune system in a positive way, thus contributing to why they are good illness fighters. Figs can be enjoyed many ways such as in yogurt, on top of toast, or simply by themselves.

Cashew Butter

Peanut butter and almond butter may still be a favorite of many, but there's many new nut butters making their way to the market, one of them being cashew butter. Cashews themselves are high in healthy fats, contain a moderate amount of protein, and are low in carbohydrates. They contain significant amounts of magnesium, copper, and zinc and a beneficial amount of fiber. When looking at cashew butter, a one tablespoon serving has 94 calories, 3 grams of protein, and 8 grams of fat of which roughly 75% is unsaturated. Not only does cashew butter have an impressive nutritional profile, but they also host an array of other benefits such as fight heart disease, help prevent gallstones, help maintain bone health, and can even help with weight loss. Cashew butter can be bought at various health stores or easily homemade by grinding up raw cashews in a food processor until smooth. It is best used spread on top of toast, drizzled on apples, mixed in yogurt, or in baked goods.
Pea Protein
With the plant based craze in full swing, vegan protein powders are quickly on the rise. One once not so popular, pea protein is now making its way to becoming a consumer’s favorite and for good reasons. Pea protein is hypoallergenic containing no dairy or gluten which also tends to make it more easily digested and easy on one’s stomach. It has a superior amino acid profile including a lot of branched chain amino acids, making it great for decreasing muscle breakdown after working out. Not only can it help to retain muscle mass, but it actually increases muscle thickness, thought to be due to the high about of the amino acid L-arginine that it contains. In addition, pea protein has been shown to aid in weight loss, decrease risk of kidney disease, and regulate blood sugar. Pea protein is an excellent alternative for those with allergy restrictions, digestion issues, or those just wanting to eat more plant based. One can find pea protein in health food stores as a concentrate, or in some products such as granola, cookies, and protein bars.

Digestive Enzymes
Digestive enzymes are extremely important for optimal breakdown and absorption of nutrients. They act as catalysts to speed up chemical reactions in the body to help break down larger molecules into smaller, more absorbable particles. While our bodies naturally make these, there are many things such as diet, inflammation, and certain illnesses that can disrupt this process. Many think that those in need of digestive enzymes are only for those with illnesses, but its likely people without any specific problems can benefit from them as well. Besides majorly aiding in the digestion process, these enzymes also enhance nutrient absorption, in turn preventing nutrient deficiencies which is vital for preventing other disease. Additionally, these enzymes improve symptoms of acid reflux and IBS, and counteract things that inhibit enzymes such as peanuts, wheat germ, and beans. Digestive enzymes are derived from three different sources including fruit, animals, and probiotics/fungi. For those seeking to take digestive enzymes for general digestion health, it’s best to look for a full spectrum enzyme blend as this will address a variety of areas.
Wellness Trends

Cryotherapy

Cryotherapy, while essentially a new term has actually been here a while. Cryotherapy refers to using very cold temperatures for medical therapy, such as icing one’s knee or taking an ice bath. While these methods are still used, there is a method becoming popular that involves using liquid nitrogen to get extremely cold temperatures. Referred to now as cryotherapy, this method uses liquid nitrogen in big chambers where one steps into for a short period of time, thus allowing for whole body cryotherapy (WBC)5. The main reason for using cold temperatures to heal is to reduce inflammation, but cryotherapy actually has a lot more benefits including faster recovery form exercise, immune system boost, and increased energy and metabolism5. Furthermore, one study showed it had a positive influence on antioxidant capability6. Cryotherapy is currently unregulated and is still being researched, but it’s certainly worth a try for one looking for new ways to heal an injury, or simply get an energy boost.

References:

Earn your Doctorate in Clinical Nutrition at the University of North Florida.

The online Doctorate in Clinical Nutrition is an advanced-practice doctoral program with emphasis on evidence-based practice and chronic disease prevention and treatment in under-served populations in both clinical and community settings. The DCN will prepare practitioners for leadership roles in clinical, community or higher education settings through course work, advanced practice residency and applied outcomes-based research.

UNF is ranked in the Top 75 in the country for "Best Online Graduate Education Programs," which includes data of nearly 1,000 distance education programs nationwide.
Nonalcoholic fatty liver disease (NAFLD) is a term used to describe a range of liver conditions affecting people who drink little to no alcohol. Currently, it is the most common form of chronic liver disease in the United States. The main characteristic of this disease is too much fat stored in the liver, which accompany a wide range of health problems. A potentially serious form of this disease is known as nonalcoholic steatohepatitis (NASH), which is marked by inflammation in the liver leading to cirrhosis. Cirrhosis is irreversible scarring and damage to the liver and can lead to life-threatening results such as fluid buildup in the abdomen (ascites), swelling of the veins the esophagus (esophageal varices), confusion, drowsiness, slurred speech, liver cancer, and eventually, end-stage liver failure. NAFLD can occur in all age groups, but mostly affects people in their 40's and 50's who are obese or living with type 2 diabetes. Currently, higher efforts to curb obesity and type 2 diabetes are needed as NAFLD and NASH are so common and even projected to rise. An increase of these diseases may cause a potential shortage of healthy livers for transplants in the future, meaning devastating effects for people who really need a transplant. A Markov model used to forecast the progression of NAFLD was developed by Chris Estes, from the Center of Disease Analysis, Lafayette, Colorado. The model found that NAFLD cases were predicted to increase by as much as 21% in the next 15 years. To illustrate better, the prevalence of NAFLD in 2015 was 83.1 million and in 2030 it is predicted to be at 100.9 million cases. Meanwhile, prevalent NASH cases are predicted to increase significantly from 6.52 to 27.00 million cases in 2030. This is a 63% increase and shows NASH to be the fastest growing cause of liver transplantation in the US. Following rising statistics of these diseases along with the increasing age of the population, according to Estes, the deaths from liver diseases will increase by 178%- an estimated 78,300 deaths in 2030. Over the course of about 15 years, there will be 800,000 excess liver deaths. How can we prevent it? To prevent NAFLD and NASH, nutrition and other healthcare professionals can work closely with patients and clients to encourage a healthy lifestyle that includes a healthy plant-based balanced diet, maintaining a healthy weight, and exercising most days of the week. Education can play a huge role in preventing and reversing chronic diseases. Additionally, blood tests and regular check-ups with the doctor are always encouraged for keeping track of your health and any changes that may occur.

New and expecting mothers want to give their child the greatest advantage in life. Many parents struggle to help their children create a palate for vegetables. There are many opinions on the best strategy to provide the best environment for children to thrive in the womb and once they are delivered. According to the CDC, nearly 80% of mothers breastfeed their children initially, though duration often fluctuates and is not often continued as long as health professionals recommend. Some follow strict diet and exercise regimens in the hope of improved cognitive functions, others have a more lax belief on how much strict regimens really improve children’s development.

A study conducted in 2016 observed the impact a nursing mother’s diet had on their infant’s food preferences when they graduated to more solid foods. Ninety-seven mothers and their infants were included and were split into five groups: mothers consuming vegetable juices before nursing beginning at two weeks, one and a half months, and two and a half months of breastfeeding; mothers consuming vegetable juices beginning after two weeks of nursing for three months; and mothers who avoided drinking vegetable juice while nursing.

"Think of it as an early stealth strategy in the war against picky eating."

Children’s reactions to vegetable-flavored solid foods were recorded at the end of the study. Researchers found that children who had been exposed to vegetable juices (carrots, beets, or mixed vegetable juice) were more inclined to consume carrots than the unfamiliar taste of broccoli. Julie Manella, who led the study, is a biopsychologist in Philadelphia at the Monell Chemical Senses Center and encourages mothers not to worry to much if they cannot or choose not to breastfeed. She emphasizes that the most important factor is to encourage children to eat a variety of foods and offering fresh, healthy options for their family.

This study has important implications on future studies centered on the implication of the in-utero environment of children’s development later in life. More studies are sure to come and it will be interesting to see how different professional disciplines contribute to the conversation. Dietetic professionals have a unique opportunity to study how nutrition plays into fetal and infantile development.
You don’t need to go full vegan to get the health benefits. Less red meats and processed meats, and more fruits and vegetables, can do you more good than French-fried veganism.\(^1\) Well, duh. We all know that fried foods are not the best for our bodies. Plus we all know that fruits and vegetables are some of the best things out there for us; and they naturally just grow in the ground!

Diets consisting of mainly fruits and vegetables are called vegetarian diets, and these are very popular today. Reasons for following a vegetarian diet vary but some of the most common reasons are for health benefits, such as reducing your risk of heart disease, diabetes and some cancers. When people think about a vegetarian diet, they typically think about a diet that doesn’t include meat, poultry or fish. But vegetarian diets vary in what foods they include and exclude. A vegan diet is one of the many types of vegetarian diets. Vegan diets exclude meat, poultry, fish, eggs and dairy products, as well as foods that contain these products.\(^2\) So when a person labels themselves as a vegan, this is what they mean.

As you can see, the vegan diet does not exclude fried foods or processed foods, nor does it say anything about having to eat only healthy options. This being said though, most vegans know what they are doing and not all vegans just eat unhealthy sweets without milk and eggs. Most vegans have knowledge on inhumane mass animal production, harmful food additives or something along these lines. Most vegans are in it for a healthier body and a better planet. But there are some vegans that are in it to just fit in and put a label on themselves. These vegans may rely too heavily on processed foods, which can be high in calories, sugar, fat and sodium. And they may not eat enough fruits, vegetables, whole grains and calcium-rich foods, thus missing out on the nutrients they provide.\(^2\) These types of vegans are doing it all wrong, they may actually be worsening their health and still contributing to a polluted planet.

With a little planning a good and healthy vegan diet can meet the needs of people of all ages, including children, teenagers, and pregnant or breast-feeding women. The key is to be aware of your nutritional needs so that you plan a diet that meets them. As well as staying away from the French-fried veganism.\(^2\)

A person does not have to go full vegan either to reap the benefits. Reducing animal products (verses cutting them out completely), increasing fruits, vegetables and whole grains is the kind of diet that will actually reduce the risk of diseases, obesity and lead to a healthy life.\(^2\)

People should focus less on being consumed with a diet, and more with simply eating healthy. “Healthy” as in; eating more whole grains, fruits and vegetables, and eating less processed foods, less sodium, less prepackaged foods and less things that they can’t even pronounce.

I like how simply Michael Pollan puts this; “Eat food. Not too much. Mostly plants.”\(^1\)

---

Hypertension is a fundamental problem that poses many risks for diseases. In a recent study by Bundy et al., the optimal blood pressure for those suffering with hypertension was being tested through a meta-analysis. After researching 144,220 patients with hypertension in over 42 trials, it was found that the optimal systolic blood pressure associated with reduced risk is 120-124 mm Hg. While the current recommendations for systolic blood pressure are 140-150 in a relaxed state, this research may provide some insight on a possible new recommendation for the future.

While this research requires more testing, and there are some faults being discussed about it, it does cover a large sample population of patients with hypertension. Making a strive towards an aggressive systolic blood pressure of 120 mm Hg showed a 29% reduction in cardiovascular disease and a 27% reduction in all-cause mortality.

If the numbers are too aggressive and there are not any future results providing similar information on hypertension, no harm has been seen in patients who lower their blood pressure to 120 mm Hg. Therefore, the risk of higher systolic blood pressure is greater than the risk of a blood pressure between 120-124 mm Hg. This information should be further researched through accurate types of studies, such as randomized control trials.

It is widely known that obesity is a risk factor for a multitude of diseases and secondary conditions. Many have studied the impact of obesity on the adverse complications after cardiac surgery, though not many have focused on the additional resources required to aid healing in the ICU for obese patients. One study published in August 2017 observed 5,365 patients of which 1,948 were considered obese and had a BMI of 30 kg/m² or higher. The patients who were obese experienced longer ICU stays and more recurring visits to the ICU. They also required more resources during their stay and were required to be on a ventilator longer than patients who were considered to have a healthy BMI. This study was led by Dr. Brandon Rosvall from the New Brunswick Heart Center in Canada. It was initiated in response to the profound levels of obesity in western civilization that Dr. Rosvall considers epidemic. He encourages health care providers to educate their patients on the prolonged and adverse effects obesity has on quality of life, disease progression, recovery, and medical costs. Dietetics professionals can be vital to the shift in thinking from reactive medicine to proactive medicine in reducing the rising rates of obesity. They can offer a unique perspective on how to treat obesity and teach different methods of achieving and maintaining a healthy weight. Many dietetic professionals contribute to the cause through policy work, which works to promote healthy lifestyle habits for both adults and children to ensure that efforts to prevent obesity altogether are in place.

Unprotected exposure of the sun’s rays is a major risk factor for developing skin cancer. The most common type of skin cancer is keratinocyte carcinoma (KC). Even though KC’s has shown to have low mortality rates, there is a large financial impact of treating skin cancers in the United States. Furthermore, millions of new cases are diagnosed each year. 80% of these cases are basal cell carcinomas whole 20 % are squamous cell carcinomas.

A new study published in the journal *Scientific Reports* demonstrates how nutritional interventions may alter risk for skin cancer. Researchers at Ohio State University found that over a 35-week period, mice that were fed tomatoes on a daily basis showed a 50 percent decrease in developing skin cancer tumors compared to mice that didn’t consume tomatoes after exposure to ultraviolet light.²

There is previous evidence linking tomato paste and reduced sunburn. Dietary carotenoids, which give tomatoes their color is thought to be responsible for this effect since these pigments are left behind in the skin after eating tomato paste. In addition, lycopene may be the most effective antioxidant of the carotenoid pigments found in tomatoes.²³

In similar research, when lycopene consumed from whole tomatoes or a synthesized supplement it was found that the whole food form containing lycopene was more effective in preventing redness after sunburn. This suggests that there may be other compounds in tomatoes that contributed to the overall effects.²³

In the new study, Ohio State researchers found that male rats fed dehydrated red tomatoes have greater reductions in tumor growth than those fed tangerine tomatoes, which have been shown to a greater bioavailability of lycopene.³ The study proceeded with 180 mice that were fed a diet composed of 10% tangerine or red tomato powder for a 35-week period. From the 11-20 week of the study, 120 of the mice were exposed to UV-B light. Their tumor growth was tracked weekly. Control mice were given the same diets but, were not exposed to the UV light. It was found that the number of tumors was much lower in the male mice that consumed diets with red tomato as compared to the controls.⁴ With that being said, carotenoid levels in plasma and skin were tested and showed a higher amount of lycopene in the skin of the tangerine fed animals despite receiving a lower dose. It was also found that there were no significant differences in the number of tumors for the female mice. ⁴,⁵ Researchers concluded that “tomato consumption can modulate risk for keratinocyte carcinomas”. However, certain newly identified phytochemicals that may be responsible for this action needs to be studied further.⁵

References:
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FOOD HISTORY

HASS AVOCADOS

The consumption of avocados dates back to 10,000 years ago, where it was used by Mesoamericans as a staple food in their diet. The oldest evidence of avocado consumption was a fossil found in a cave near Puebla, Mexico and is estimated to have existed between 8,000-7,000 BCE. The fruit is an ancient Aztec symbol of love and fertility, as the fruits from the tree do not grow alone but in pairs. It is not just the fruit that needs a friend, for avocados do not self-pollinate; they need another avocado tree nearby to produce fruit. An average avocado tree can bear up to 500 avocados that can stay on the tree for up to 18 months before going bad.

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Food Safety
Tips for College Students

BY STEPHANIE JEAN

Fall 2017 has crept upon us quickly, and you are still day dreaming of your beach day trips in class. Meanwhile, those assignments are quickly piling up and taking a dive into your calendar. Quick, snap out of it! Summer is long gone, and priorities are knocking on the door. This is going to call for lots of meals eaten on the go, so you will need some safe food handling tips to ensure that you are making more time for class and those study sessions that you missed significantly.

The Academy of Nutrition and Dietetics provided some food safety tips for a range of students, including students living on campus to the students making those weekly commutes. These tips provide students with the proper handling instructions that they need to transport and store their food for long, busy days. Your food can travel with you without a case of food poisoning, so let’s jump into these food safety tips!

• Use an insulated lunch box or bag to keep perishable food cold. In addition, use a small frozen gel pack or frozen juice box to keep temperatures in the safe zone.
• If a parent made your favorite dish (mine is baked enchiladas!) to take back home and the trip is more than 2 hours, divide cooked foods into shallow containers and cool in the refrigerator prior to the trip. To transport the food, place it in an insulated cooler packed with several inches of ice, frozen gel packs or containers of frozen water. Add the cold containers of food from the refrigerator when you’re ready to leave. Freezing foods prior to the trip also helps keep food safe. Finally, refrigerate the food as soon as you arrive.
• Refrigerators in the dorm room should maintain a temperature below 40 degrees, and ensure that the refrigerator door is closed promptly.
• Foods packed for a tailgate should be in a well-insulated cooler with plenty of ice or icepacks to keep the temperature below 40°F.
A budding trend in the food blogging-sphere is topping anything and everything with sprouts. A sprout is a new bud of a plant. When you first plant a seed, the beginning growth is considered the sprout. This is usually a few inches long. The trend is to trim these sprouts and top salads, toast, tacos, and stuffed into sandwiches. They might be a delicate beautiful garnish, but they are packed with nutritional benefit.

The main feature of these sprouts is their glucosinolate content. Glucosinolates are compounds that include sulfur, and their end products have been known to protect against cancer. These compounds are found in many cruciferous vegetables, such as Brussel sprouts, cauliflower, and broccoli. Yet, the sprout of the latter contains an even higher amount than the common floret. So, next time you are in the grocery store, check the sprout section for delicate and nutrition-packed broccoli sprouts and toss them on your next dish!

Shopping in Season: OCTOBER

BY JENNA WALLACE

Fall is upon us, which can only mean one thing: bountiful fresh produce. This month in Florida, look for citrus fruits like oranges, tangerines and grapefruit, and tasty veggies like bell peppers, cucumbers, mushrooms, and squash. Try adding freshly squeezed orange, tangerine or grapefruit juice in your water to stay hydrated and refreshed all day long. Alternatively, add slices of these vitamin C-packed fruits in your breakfast or on a salad.

A great way to use October’s fresh Floridian veggies is in a stir fry. Slice or dice mushrooms, bell peppers, and squash and sauté with spices for a great rice dish. This pairs well with plant protein like grilled tofu or steamed edamame. For another easy dinner, try using cumin and garlic and mix the veggies with Florida fresh avocado for an easy taco dinner.