University of Maryland Extension – Kent County Office

MISSION:

The University of Maryland Extension (UME) was established in 1914 through acts of Congress and the Maryland General Assembly. It is administered by the College of Agriculture and Natural Resources at the University of Maryland (College Park) and the University of Maryland Eastern Shore (UMES). The University of Maryland Extension has an office in each county and one in Baltimore City. These local offices partner with the Maryland Agriculture Station, five research centers, the Home and Garden Information Center and the faculty at both the College Park and Princess Anne campuses to deliver critical programming at the local level.

Funding for the University of Maryland is derived from federal, state and county funds. Programming is also supported by grants, donations and volunteer hours.

The mission of UME is to provide Maryland residents with research based information, educational programming and problem solving assistance that people can use to improve their economic stability, their quality of life and community, and the environment in which they live.

Faculty work in multi-disciplinary impact teams in the following areas:

- Agriculture & Natural Resources Profitability
- Community Leadership & Civic Engagement
- Community Resources & Economic Development
- Natural Resource Conservation & Sustainability
  - FoodSmart
  - HeathSmart
  - MoneySmart

The work of the Impact teams positions faculty and staff to work collaboratively with community partners to address issues impacting our communities -- Local Food and Agriculture, Natural Resources and the Environment, Healthy Living and Resilient Communities.

4-H and Youth Development | Elizabeth Hill, Faculty

4-H – By the Numbers:
157 4-H’ers were enrolled in 11 4-H Community Clubs.

75 UME Trained & Appointed Volunteers/Short Term Volunteers: 12 new UME volunteers in 2013.

The University of Maryland, College of Agriculture and Natural Resources programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.
$69,020.50  Value of 4-H volunteer service to Kent County was 2,975 hours x $22.14/hr. = $65,866.50. Youth volunteers served 435 hours x $7.25/hr. (minimum wage) = $3,154.00. (Estimated values of volunteer services, value of time based on $22.14/hr. as determined by US Bureau of Labor Statistics, reference Independent Sector, www.independentsector.org, 2012 value).

$42,034.57  Grants, donations, solicited funds and in-kind gifts brought in through Kent County 4-H. Includes $2,000 for the Engaging Youth Serving Communities Grant, $8,500 from MD through the Kent Ag Center, $1,000 private foundation, $3,536 Fair Cake Auction donations, $1,200 from the Fishing Charter Auction (donated by Mr. Chuck Clark, Rock Hall), $17,340 into the Kent 4-H Endowment and other donations.

- Donated funds are used to sponsor leader training, 4-H state event participation fees, 48 scholarships for 4-H’ers to attend trips like National 4-H Congress & Conference, Regional 4-H Camp, Teen Focus, National Shooting Sports invitational, MD 4-H Engineering Camp, trainings, prizes and awards and educational materials. In 2013, 4-H purchased youth leadership training materials, livestock tags, robotics motors and parts, toys for 4-H Toy Drive, National 4-H Science Day Maps and Apps kits, and many 4-H program support materials.

**Service:** Integral to Kent 4-H, service develops youth leadership and citizenship skills and builds our community.

1. **4-H Adopt-a-Highway Project** – 10 years completed = 40 total pick-ups, 380 volunteer hours and 106 bags of trash, and 12 full bags of aluminum and glass recycling. Continued great participation in 2013: 5 youth and 3 adult volunteers participated, 4 pick-ups, 9 bags of trash, 2 full bags of aluminum recycling, and 11 volunteer hours.

2. **14th Annual 4-H Toy Drive** – raised $1,745.57 in funds + $1,000.00 in toys for over 300 Kent families. 4-H youth planned and organized the 4-H Toy Drive including 3 planning meetings, 2 booths in Fountain Park, a float in the Chestertown Christmas Parade, visiting businesses, collecting toys and funds, sorting and shopping for gifts (all in Chestertown this year!) and writing thank you cards. In 2013, 4-H partnered for the 4th year with the Lions Club Christmas Basket program. This continues to be a great partnership! In 14 years have raised over $17,000 to support children in Kent County!

3. **Kent Ag Center Clean-ups/Maintenance Days** – Over 123 4-H’ers, families, and volunteers participated in 8 clean-up and repair days held to plant flowers, paint 2 buildings, clean buildings, maintain grounds, work on the new horse/dog ring, and set-up for events. The Ag Center hosted many activities including the 31st Kent County Fair at the Ag Center, annual Ag Center Auction, 21 4-H club meetings, horse educational clinic, 2 livestock weighing and tagging days, an insect collecting workshop and more.

4. **7th Annual 4-H Food Drive** – 4-H’ers collected over 700 pounds of food for the Community Food Pantry (CFP) bringing the 7 year total to 3,150 pounds of food donated. Through the 4-H potato project, over 55 pounds of potatoes were donated to CFP as well.

**4-H Recognition**

2013 4-H Family of the Year – The Douthit family of Millington were recognized for dedication to the Kent 4-H program, community service, leadership, 4-H membership, and involvement in the 4-H program.
4-H Focus on Science – Science, engineering and technology is a national focus in 4-H. Here in Kent, the sciences play a large role in many activities including animal, environmental, and human science.

Entomology – FEA taught 10 insect programs to 307 youth and adults including Worton career day, KCHS Ag day, taxonomy classes, school classes, insect collecting and pinning and insects in the home and garden. 2 insect collections.

Horticulture | Sabine Harvey, Program Assistant

Kent Horticulture Lecture Series, Fridays in March. In collaboration with the Kent County Library

- “From Oysters to Oak Trees: the Natural Filters of the Bay”, Bess Trout, Chesapeake Bay Foundation
- “Crisis Among Pollinators”, Mike Embrey, Apiculture, University of MD Extension
- “Making the Connection Between Local Food and Consumers”, Vic Priapi, Priapi Gardens
- “Study, Spy and Squish in the Vegetable Garden (IPM)”, Sabine Harvey

Youth Programs

- 3rd and 4th Grade Outdoor Ed, including teacher in-service day
- Worton Elementary School Garden: Students from both the elementary school as well as the Alternative School spent time in the garden
- Public Library Summer Program (Dig Into Reading): Chestertown and Galena
- KCPS Summer School: spent one afternoon a week at the Summer School Program for Middle School Students. Student helped in the garden and learned about healthy eating.
- Kent County Parks and Rec Summer Camps

Victory Garden at Kent County Middle School

All 7th graders spent 5 hours in the garden as part of their curriculum.

Funds received:

- Chestertown Garden Club: $100
- $2000 grant from the Whole Kids Foundation.

In November a crew from “Rebuilding Together, Kent County” built an Outdoor Classroom adjacent to the garden. All their labor was donated; funding for materials came from a donation from St. Brigid’s Farm. The Outdoor Classroom will be used for school programs as well as community events.

Plant Clinics

- Every other Saturday during Farmer’s Market in Fountain Park. Master Gardeners from both Queen Anne’s and Kent County participate. Very successful!
- Plant Clinic booths at Chestertown Earth Day, Mutt Strut Event, Tea Party Festival and the Master Gardener “Garden Affair” in Centreville.

Lectures/Talks

- Fruit and Vegetable Gardening, Chestertown Garden Club
- Companion Planting, State-wide Master Gardener Training on Organic Vegetable Gardening
- Bay-Wise Gardening, Sassafras River Association
Food Supplement and Nutrition Programming (FSNE) | Xaviera Davis, Faculty

Food Supplement Nutrition Education (FSNE), a program of the University of Maryland Extension, is designed to provide nutrition education to help low-income individuals and families make healthy food choices, handle food safely, develop food preparation skills, and increase physical activity. FSNE educators also provide training to volunteers and professionals who provide services to our target audience. In Kent County, we have collaborated with the public school system to provide programs to educators as well as students and with Kent County Parks & Recreation summer camps.

The collaboration with Kent County Public Schools included the delivery of “Integrating Nutrition Into the School Curriculum and Read for Health”. Integrating Nutrition into the School Curriculum is a 30-hour teacher-training program that provides two MSDE continuing education credits. The course provides elementary school teachers basic, but relevant, nutrition information and emphasizes practical ways to integrate this knowledge into the required curriculum. Thirteen teachers in the county completed the course and were able to integrate nutrition education into the classroom for at least 30 minutes per week. Their efforts resulted in 1,253 contacts. The current and potential impact of the training is significant as educators from the four eligible elementary schools were present. Read for Health is a nutrition education curriculum that uses language arts as a vehicle to teach nutrition and physical activity to pre-k through elementary aged youth. These health messages are then reinforced through activities, food tastings, and a newsletter home to family. This program was delivered at the Judy Center to students participating in a school readiness program. The program resulted in 50 individual contacts and 270 minutes of nutrition education (including reinforcement activities).

This Year a new collaboration was initiated with Kent County Parks and Recreation. The Grow It, Try It, Like It! Preschool Fun With Fruits and Vegetables curriculum was delivered over a six week period during the summer. This curriculum is a garden-themed nutrition education kit that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash. Each set of lessons in the six fruit or vegetable booklets contain: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate. The program resulted in 108 contacts and 270 minutes of nutrition education. Parents were also included via newsletters. Work with this community partner is ongoing. Currently, our Nutrition Nuggets curriculum is being used with the afterschool program. We recently completed eight weeks of lessons, with 32 students at H.H. Garnett and are currently working with the program participants at Millington Elementary.

Our partnership with Kent County Public Schools was sidetracked mid-year, however I am hopeful that the collaboration can resume in 2014. The district continues to collaborate with the Alliance for a Healthier Generation and I believe our programs complement each other nicely. The collaboration with Kent County Parks and Recreation is solid and I am certain we will continue to work together for the duration of the school year and during the summer. New partnerships and community collaborations are continuously being investigated.

**FARM School: A school where more than 50% of the enrolled students receive free or reduced meals**
Family & Consumer Science | Uma Borkar, Faculty

The Kent County Family and Consumer Science Extension Educator offers educational programs for consumers, community groups and business audiences. The Educator is also available to answer questions on diet, health and nutrition and food safety. The educator offers nutrition, health and fitness programs to empower families, individuals and employees to make healthier choices for themselves and those they care for.

2013 Teaching Activities:
1. Taught ReFresh Curriculum from March through May at Millington and Rock Hall Elementary schools. The curriculum involves teaching basic nutrition, different food groups and nutrients, balance meals, fresh fruits and vegetables and taste testing every month.
   Students reached: 65
   The educator taught the students about different food groups in the MyPlate, eating more whole grains, fruits and vegetable, nutrients provided by fruits and vegetables and other foods, and how to differentiate healthy and unhealthy foods before consuming. During the class, reiterated the information that was taught in the class and planned balanced meals that included all the foods groups.
   The long term outcome expected by the end of the program are: students understand the different groups and the nutrients; students make a healthy food choice, and try new foods.

2. Worksite Wellness: Taught Basic nutrition and Choose MyPlate to the Department of Social Services staff. The presentation included: basic nutrition, buying healthy foods on a budget and incorporating fruits and vegetables in regular meals, and reading food labels.
   Number of participants: 10. The participants reported they learned new information about healthy foods. Participants were able to tell ways they would incorporate fruits and vegetables into their meals. They have requested more classes for the year 2014.

3. Taught Eat Smart Live Strong lessons at the Senior Center in Chestertown, MD.
   Participants: 8.
   The educator taught about MyPlate and the importance of fruits and vegetables in the diet of seniors, buying food on a budget.

4. Taught Up for the Challenge lessons during the summer camp at Kent County Parks and Recreation Community Center. Students reached: 50
   Specifics taught: Different food groups using MyPlate, different nutrients provided by food; reading foods labels, how to differentiate healthy and unhealthy snacks and sugary and energy drinks.
   Outcomes anticipated: Students make healthy choice of beverages and snacks using food labels.

5. Exhibit at Dixon Valve Co. for employee Wellness Health Fair; People visited the booth: 273

6. Kent County Parks and Recreation Community Center; People visited the booth: 10
7. Demonstration and display at the Outdoor Education at the St. Brigid’s Dairy Farm
   Students reached: 45. The educator taught about the importance of dairy as a healthy beverage
   and source of Calcium.

**Nutrient Management Program | Caleb Snyder, Nutrient Management Advisor**

The Kent County Extension office wrote a total of 277 Nutrient Management Plans, covering 16,063
acres, for 68 Kent County farmers in 2013

- Plans written for 68 Kent County producers
  - 54 returning and 14 new clients
- A total of 277 Nutrient Management Plans were written
- Total saving to farmers valued at $80,314
- Phosphorus Site Index risk assessments determined on 14 fields

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**Agriculture | Jay Douthit, Faculty**

Jay Douthit served as the Agriculture Educator from January through June of 2013. During that time he conducted the following activities:
• Recertification of 13 Private Pesticide Applicators
• Training of 19 Private Pesticide Applicators;
• Recertification and training of 28 Nutrient Management Voucher certificate holders.

432 Ag and ag-related residents were reached on a monthly basis through the Agline newsletter which covers ag info related to trainings, dairy, field crops, poultry and best management practices.

Jay worked with Dairy Action Team at UME to understand the new nutrient management regulations and how to help Amish farmers comply. Jay was also involved in a Tractor Safety training program for 4-H youth.

From June through December 2013, farmers in Kent County were served by Jenny Rhodes, the Agriculture Educator in Queen Anne’s county. She continued to provide the Agline newsletter which covers agriculture info related to trainings, dairy, field crops, poultry and best management practices to our clientele. She was available for consultation and calls to our farming community during that time.

In December, UME offered the position of Agriculture Educator for Kent County to Emily M. Joyce. Emily Joyce began working for UME on January 13, 2014.

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Extension Advisory Council Members for 2013:

Russ Parsons, President
Susan McRae, Vice-President
Brian Quinn, Treasurer
Cheryl Plummer, Secretary
Andy Simmons, Member at Large