The University of Maryland Extension 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.
Message from the Area Extension Director

In 1914, Cooperative Extension was established by the United States Congress through the Smith-Lever Act. The intent was to extend university research and knowledge to the local populace. Cooperative Extension is a national educational network delivered through the nation's seventy-two land grant universities.

In Maryland, Cooperative Extension is known as the University of Maryland Extension (UME). UME operates through the University of Maryland at College Park, and the University of Maryland Eastern Shore. Extension has field offices in all twenty-three Maryland counties and Baltimore City.

UME faculty and staff are professionals engaged in the delivery of educational programs that address issues of concern at the local and state level. They work to provide “Solutions in your Community” through key program areas including agriculture, environment and natural resources, 4-H youth development, food and nutrition, health and wellness, financial planning, home gardening and the Chesapeake Bay.

Programming is made possible through successful partnerships with local, state and federal government. UME programming is also supported by grants and donations. These partnerships allow UME to accessible, reliable and relevant to all resident of Dorchester County as the mid-shore region.

The year marked a change in leadership at the University of Maryland Extension and in UME-Dorchester County. The College of Agriculture and Natural Resources welcomed Dr. Craig Beyrouty as the new Dean. He arrives with more than 35 years experience in teaching, research and Extension.

In this report UME Dorchester County is proud to share its outreach, programming and educational efforts of 2015.

Master Gardeners

Master Gardeners are volunteers, trained by the UME, who provide horticultural education services to individuals, groups and communities such as government agencies, neighborhood associations, non-profits, school and youth groups, senior citizens and garden clubs. Master Gardener programs and services are available to all Dorchester County residents and community groups.

In 2015, 21 active Dorchester Master Gardeners contributed 761 hours of their time to the community. Two interns completed the required 40 volunteer hours and became certified Extension Master Gardeners.

Master Gardener volunteers provide learning opportunities to youth and adults in the community to create healthier gardens, landscapes and communities. There were 63 residents who received educational support for community & school/youth gardens from the Grow-It, Eat-It program.

Three plant clinics were held that served 94 residents to help identify and diagnose plant problems and provide recommended solutions.

Some highlights include:
- Hay Bale Gardening Demonstration
- Rain Barrel Garden
- Monthly Horticultural Therapy Sessions
- Raised bed garden Waugh Church Community/Sewing Seeds Project
- Handsell Jamboree / Native Plant Trail and Exhibit
- Weekly garden column

21 volunteers
761 hours of service and education to the community @ $26.41 per hour
Service valued at $20,098.01 of in-kind service (Source: Independent Sector)
Sea Grant

Improving water quality through stormwater management and watershed restoration techniques, the Sea Grant Watershed Protection and Restoration Program works with local and state governments, non-governmental organizations, regional partners, University researchers, and communities in Maryland to improve water quality in local rivers and streams and the Chesapeake Bay. This work is accomplished by implementing restoration projects and science-based educational programs that lead to behavior change, civic engagement and community development.

Jennifer Dindinger serves as the program’s Watershed Restoration Specialist for Dorchester, Somerset, Wicomico and Worcester Counties. She partners with the other members of the Sea Grant Extension Watershed Protection and Restoration Program and Maryland’s Watershed Assistance Collaborative, and delivers educational opportunities in the form of regional presentations, classroom activities, hands-on demonstrations, publications, and one-on-one consultations. She is housed in the UME Dorchester County Office.

In 2015, Jennifer:

- Participated on the Cambridge Stakeholder Advisory Committee for Working Waterfronts
- Assisted the Nanticoke Watershed Alliance with design and installation of rain barrels and a rain garden at Old Trinity Parish in Church Creek
- Participated as a stakeholder on the Cambridge Clean Water Advisory Committee
- Taught residents about living shorelines, rain gardens, and Maryland’s lawn fertilizer law at Nanticoke Watershed Alliance homeowner workshops.

Food Supplement Nutrition Education

In May 2015, UME-Dorchester County welcomed Maryland’s Food Supplement Nutrition Education (FSNE) program. FSNE provides nutrition education to help low-income individuals and families make healthy food choices, develop food preparation skills, improve food shopping skills, and increase physical activity. FSNE partners with community collaborators at sites with the capacity to provide nutrition education opportunities as well as environmental or policy changes that will help individuals and families establish healthy nutrition and physical activity behaviors. FSNE also provides nutrition education training to volunteers and professionals who provide services to low-income families, thus expanding the reach of the program. FSNE programming sites include schools, preschool and childcare centers, out of school program sites, farmers’ markets, and food assistance sites.

School Community: FSNE participated in Maryland’s Farm to School week, reaching more than 450 youth for a hands on gardening for nutrition activity; providing a local produce tasting from area farms and fresh produce displays.

Youth Out of School: FSNE trained 14 after school providers and reached over 120 youth for an after school gardening for Nutrition program, Growing Healthy Habits.

Food Assistance Sites: FSNE distributed over 300 printed nutrition education newsletters and Department of Human Resource Flyers, Healthy Recipes at local food pantries. FSNE educated 37 youth at a local food assistant site on where our food comes from through a hands on gardening activity and fresh produce tasting.

Farmer’s Markets: FSNE distributed healthy recipes and printed educational materials on seasonal produce that can be found at the Farmer’s Market and how individuals can use food benefits such as SNAP and WIC on local produce. FSNE will strive to work together with the Dorchester community through direct and indirect education to expand policy, environmental and systems changes.
Agriculture & Natural Resources/Nutrient Management

UME provides many different programs for the agricultural community. In 2015, the following programs were made available.

- Crop Insurance Workshop
- Pesticide Exam Training
- AIR workshop
- Pesticide Exam Training
- Leasing Workshop
- Lower Shore GAP Training
- The Woods in Your Backyard
- Intro to Soils Course
- Precision Ag Equipment Day

Dorchester County has 81,842 acres that are harvested as cropland according to the USDA 2012 Census of Agriculture. Farmers in Maryland are required to follow nutrient management plans when fertilizing crops and managing animal waste. These plans specify how much fertilizer, manure or other nutrient sources may be safely applied to crops to achieve yields and prevent excess nutrients from impacting waterways. Plans must also be written for poultry producers who raise poultry with no acres tilled.

In 2015, the Dorchester County Nutrient Management program through Nutrient Management Advisor Jose Prieto, served 50 cooperators, through 181 plans managing 11,172.8 acres. Phosphorus site index and Phosphorus Management Tool evaluations were completed on 23 fields covering 519 acres. These evaluations identifies farm fields with high soil phosphorus levels and allows farmers to evaluate management options to reduce the risk of phosphorus runoff into nearby waterways.

4-H Youth Development

The 4-H Youth Development program incorporates the essential elements of mastery (head), belonging (heart), service (hands) and independence (health). Extension personnel and volunteers provide engaging hands-on learning experiences. Participation in 4-H helps members develop skills including communication and leadership.

4-H is the nation’s largest positive youth development and youth mentoring organization, empowering six million young people in the U.S.. In partnership with 110 universities, 4-H life changing programs are research-backed & available through 4-H clubs, camps, afterschool & school enrichment programs in every county & parish in the U.S.

The 4-H Study of Positive Youth Development is a decade-long study, completed by a team of researchers at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA.

The report shows that 4-H youth excel beyond their peers. 4-H’ers are about:

- Four times more likely to make contributions to their communities (Grades 7-12);
- Two times more likely to be civically active (Grades 8-12);
- Two times more likely to make healthier choices (Grade 7);
- Two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10 – 12); and
- 4-H girls are two times more likely (Grade 10) and nearly three times more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.

VOLUNTEERS GIVE BACK TO THE COMMUNITY 4-H 2015

- 9 volunteers
- 240 hours of service and education to the community @ $26.41 per hour
- Service valued at $6,338.40 of in-kind service (Source: Independent Sector)
4-H Youth Development (cont.)

IN DORCHESTER COUNTY....

- **AFTER SCHOOL PROGRAMS**: reached 20 children in 2015.

- **IN-SCHOOL ENRICHMENT**: Classes were offered to all elementary schools in the County where 631 youth participated in 4-H In-School Enrichment programs and 1 youth participated in individual study program in 2015.

- **COMMUNITY SERVICE: CLUBS**: 2015 4-H youth development program efforts included 85 community club members. Total youth 4-H involvement in 2015 was 737.

In September, the UME Office welcomed a new 4-H Faculty Extension Assistant, Navonne Owen, to the team. Since coming on board in the Fall, she has created two new partnerships: DCPS 21st Century Community Learning Center Afterschool S.T.E.A.M. program; and Cambridge Community Garden at Waugh Chapel. These new partnerships will be increasing 4-H’s outreach in the schools and community.

**Extension in Action!**
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2015 Dorchester County Extension Advisory Council

The Dorchester County Extension office strives to respond to local needs. One mechanism for doing so is through the Dorchester County Extension Advisory Council. The following individuals from the community served as members of the 2015 Extension Advisory Council:

Gage Thomas, President  
Bill Thomas, Vice-President  
Mary Handley, Secretary  
Diana Willey, Treasurer

Beth Ann Lynch  
Libby Nagel  
Gloria Warner  
George Windsor

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