

UNIVERSITY OF MARYLAND EXTENSION Garrett County

March 2024 Newsletter

UME Garrett Welcomes Andrea Uphold



Andrea Uphold recently joined University of Maryland Extension as the Nutrient Management Advisor for Garrett and Allegany Counties. Andrea graduated from West Virginia University with a Bachelor's of Science Degree in Animal & Nutritional Sciences as well as Agribusiness Management & Rural Development. She is actively involved on her family's dairy farm and maple syrup operations and has been certified in writing nutrient management plans for 10 years.

If you are in need of a nutrient management plan, please call Andrea at 301-334-6960 so that she can schedule a time for you to come in and meet with her.

State 4-H Achievement Event Recognizes Local Youth

ACHIEVEMENT EVENT CELEBRATES 4-H YOUTH



The Maryland 4-H Achievement Event was held on February 18th at the Maryland State Fair, Horse Sales Pavilion. The event celebrated and highlighted the wonderful stories and achievements of 4-H youth and volunteers. The following 4-H members received awards:

Cole Kepple and Preston Miller were recognized for earning the Diamond Clover Level 6 award. To complete this level, 4-H members plan and execute a community project. Cole's project was revitalizing the GC Fairground Track and Equestrian Area, while Preston's project was improvements to Camp Galilee Outdoor Amphitheater.

Hannah Frazee was awarded the Maryland 4-H All-Star Blackhall Scholarship, while Piper Wilt was awarded the Victor T. Olds Memorial Scholarship.



4-H Event Tests Members Knowledge of Livestock Animals

4-H MEMBERS ATTEND MARYLAND 4-H STATE SKILLATHON



Each year, 4-H members select projects in areas that they wish to learn more about. For those members interested in animal science topics, the 4-H program offers educational events such as skillathons that provide an opportunity for young people to demonstrate their knowledge.

The Livestock Skillathon provides a framework for youth to learn about livestock management, breeds, anatomy, judging meat, hay quality, feeds and equipment. Recently, two senior level members and one junior level member traveled to the Maryland State contest held at the Montgomery County Fairgrounds on March 2, 2024.

Dustin DeBerry brought home an impressive 9th place award at the Maryland State Contest and received an invitation to participate in an additional Skillathon Event to qualify for the Maryland 4-H State Skillathon Team that will compete at the National 4-H Skillathon Contest in Louisville, KY in November 2024. Other members participating were Jasmine and Julia Ramsey.

4-H Public Speaking Results

This month, instead of braving bad weather, members braved one of people's biggest fears, public speaking. And they did fantastic! Eleven members delivered 16 outstanding speeches including:

- Demonstrations and visual presentations to share their skills related to making cookies and chemo port pillows to their knowledge of tractors and rabbits.
- Others advertised 4-H through our Radio Spot category.
- Prepared speeches educated the audience on the history of the telegraph, impacts of the pandemic on agriculture, swine production, importance of agriculture on our food supply.

health benefits of being outside, and the wide world of 4-H beyond just animal projects.

- Some members chose an extemporaneous speech, where they randomly selected a surprise question and prepared their speech at the event. These members quickly formulated and delivered informative extemporaneous speeches on 4-H memories to share with grandchildren some day and how friendly competition in 4-H can help members grow and improve.

Champions of each age division and category are now eligible to move forward to the state 4-H communications contest in April, held at Maryland Day, at the University of Maryland campus.

Thank you to each of our members for participating and our judges Janet Tichnell and Marvin Beckman.



2024 Public Speaking Results

Radio Spot

Junior Champion-Brenton Gnegy
Junior Reserve Champion-Julia Ramsey
Senior Champion-Jasmine Ramsey

Interpretation

Senior Champion-Elisa Frazee

Visual Presentation

Junior Champion-Wade Yost

Prepared

Junior Champion-Julia Ramsey

Intermediate Champion-Kylie Bates

Senior Champion-Leah Fratz
Senior Reserve Champion-Dustin DeBerry
3rd-Molly Magruder
Participation-Jasmine Ramsey

Extemporaneous

Senior Champion-Dustin DeBerry
Senior Reserve Champion-Connor Clary

Demonstration

Junior Champion-Cassidy Ashby
Junior Reserve Champion-Brenton Gnegy

Senior Champion-Elisa Frazee

March Fun with 4-H

Hop into the Extension Office for the Fun with 4-H March Cookie Decorating class. This class will teach youth the skills to design and decorate the perfect sugar cookies using various techniques. Don't miss out on this egg-cellent opportunity! Sign up today by calling the Extension Office at 301-334-6960.



COOKIE DECORATING CLASS

Wednesday, March 27th (school 1/2 day)
2-3 pm
Garrett County 4-H Office Meeting Room
All materials provided
Space is limited - Sign up today by
calling
301-334-6960



Garrett County
FUN WITH 4-H

Garden Apprentice Program Applications Available

It's time to start dreaming about summer and fresh homegrown vegetables. If you want to learn through hands-on gardening with a mentor, here is your chance. Apply today:

<https://forms.gle/Qf2KxDiaz2zNM7Qr5>

Apply Here



UNIVERSITY OF MARYLAND EXTENSION | MASTER GARDENER

Taking Applications for the
GARDEN APPRENTICE PROGRAM

Learn How to Garden.
Materials/Tools/Guidance provided.
Participants learn through hands-on experience & gain fresh fruits and vegetables throughout the growing season

Family Friendly & Free

This is a unique opportunity to learn self-sufficiency skills for growing your own foods.

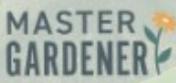
QUESTIONS: CALL 301-334-6960 OR EMAIL
ABACHTEL@UMD.EDU
COMPLETE APPLICATION:
[HTTPS://FORMS.GLE/K6JJRRNW4BKUYEAU6](https://forms.gle/K6JJRRNW4BKUYEAU6)

Commitment of 2 hours per week - June to Sept. (weather dependant)

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or activity, please contact University of Maryland Extension @ 301-334-6960 before May 1, 2024

Let's Talk Plants!

There are several ways to ask University of Maryland Extension home horticulture questions. Reach out today! Register [HERE](#).



Join us over your lunch break to talk plants!



Join us LIVE @ 12:30 pm

March 11	June 10
April 8	July 8
May 6	August 12

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Register
<https://go.umd.edu/2024WMDLunchBreakPlantClinic>



3 WAYS TO ASK PLANT QUESTIONS

1. Visit Our Offices

Monday - Friday 8:30 am - 4:30 pm

Allegany County UME

1 Commerce Drive
Cumberland, MD 21502

Garrett County UME

1916 Maryland Highway
Suite A
Mt. Lake Park, MD 21550

2. Email

Allegany County UME

Sarah Llewellyn
sllewell@umd.edu

Garrett County UME

Ashley Bodkins
abachtel@umd.edu

3. Ask Extension



<https://go.umd.edu/2024AskExtensionLink>

If you need a reasonable accommodation to participate in any program or event, please contact our office, at least two weeks prior, at 301-724-3320.

2023 HGIC-MG Report

2023 ANNUAL REPORT



We are also happy to share our [2023 HGIC-MG Report](#). Many thanks to the staff, faculty, and volunteers who work together to make these programs grow and succeed!

Soil Practices to Implement in Your Garden



What is Low-Till Gardening?

In today's post, I am going to focus on how to embrace low-till gardening systems, but first a quick refresher on soil. Soil is a living and complex natural covering of the Earth. Soil acts as a sponge to absorb water, nutrients, pollutants, and carbon.

🔗 marylandgrows.umd.edu

Healthy Soil for Your Farm

Are you interested in better understanding your soil and how to have a healthy soil? University of Maryland and Maryland Department of Agriculture are offering a workshop on Healthy Soils for Your Farm.



The workshop will be held on March 19th at Garrett College in McHenry in Rm 111 of the Garrett Information Enterprise Center from 9:30 am to 2:30 pm. The program will include soil evaluation using the Maryland Soil Health Card, other tests and measures of soil health, cover crops, planting no till vegetable crops and funding for soil health practices.

Please register by March 15th by calling Garrett College at 301-387-3069. Lunch will be provided and there is no cost for the meeting.

You're Already So Sweet! Reducing Sugar-Sweetened Beverages



Looking to make a simple change that can have a large impact on your health? Sugar-sweetened beverages are the leading source of added sugars in American diets. Added sugars are those that don't naturally occur in foods; they are added to make foods and drinks sweeter

(https://www.cdc.gov/healthyweight/healthy_eating/drinks.html). These drinks can contribute to Type 2 diabetes, heart disease, and obesity.

Read the full Eat Smart Blog [HERE](#).

Keeping Connected

We are here to serve you in person, by phone, email, or by video conferencing. If you have questions, contact one of our experts to provide solutions.



Area Extension Director Western Maryland Cluster	4-H Youth & Development	Agriculture & Natural Resources	Family & Consumer Services	Maryland SNAP Ed	Technology
Dr. Jennifer Bentlejewski jthorn@umd.edu	Lacie Ashby Principal Agent lashby@umd.edu	William Lantz Principal Agent wlantz@umd.edu	Dr. Lisa McCoy Senior Agent lmccoy@umd.edu	Kristin Spiker Senior Agent Associate kspiker@umd.edu	Shelita Jackson Tech Extension Educator sjack111@umd.edu
Administrative Support Roberta Cvetnick Program Management Specialist rcvetnic@umd.edu <hr/> Jessica McClurg Business Services Specialist jmclclurg@umd.edu	Karen Wood Senior Agent Associate kwood125@umd.edu	Andrea Uphold Nutrient Management Program Coordinator auphold@umd.edu <hr/> Ashley Bachtel-Bodkins Senior Agent Associate Master Gardener Coordinator abachtel@umd.edu	Dr. Jesse Ketterman Senior Agent jketterm@umd.edu		

UME-Garrett County

Email: rcvetnic@umd.edu

Website: <https://extension.umd.edu/locations/garrett-county>

Location: 1916 Maryland Hwy., Suite A, Mt. Lake Park, MD 21550

Phone: 301-334-6960

Office Hours: M-F 8:30 am-4:30 pm excluding holidays



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or activity, please contact us at least two weeks prior to the event at (301) 334-6960.



Roberta Cvetnick

Roberta is using Smore to create beautiful newsletters