

UNIVERSITY OF MARYLAND EXTENSION Garrett County

April 2026

Maryland 4-H Camping Center Shines On UMD Giving Day

The Maryland 4-H Camping Center was thrilled to be featured on UMD Giving Day on March 4th. This one-day giving campaign aimed to raise as much as possible in 24 hours to support its work across Maryland, offering a fantastic opportunity for the Maryland 4-H Camping Center to gather funds for improvement projects.

Thanks to your incredible support, we are delighted to announce that \$4,000 was raised for our camp! These funds will directly contribute to essential upgrades, ensuring the continued creation of cherished memories for generations to come.

If you missed Giving Day and would still like to make a tax-deductible contribution, please call our office at 301-334-6960. Camping season will be here before we know it!

Stay connected by following our Facebook page: [Maryland 4-H Camping Center Facebook](#). Thank you all for your unwavering support!

MARYLAND GIVING DAY



DeBerry Participates In State Event

Garrett County 4-H is proud of Dustin DeBerry, a senior member of the Country Explorers 4-H Club, for participating in the Maryland 4-H State Livestock Skillathon Contest on March 7th.

This contest tests knowledge in animal science as it pertains to livestock. Dustin placed 15th out of 34 senior contestants. The competition is open to all 4-H youth ages 8-18.



DUSTIN DEBERRY



All About Penguins

How do penguins and arctic animals stay warm in icy water? Youth had fun in this hands-on class led by Karen Wood and Emily Pysell as they learned how animals survive in the coldest places on Earth. They enjoyed a blubber experiment that showed how fat insulation protects animals in freezing water. After experimenting, the group got creative by making their own sock penguins.



ARCTIC FRIENDS WITH MAKE AND TAKE PENGUIN CRAFT

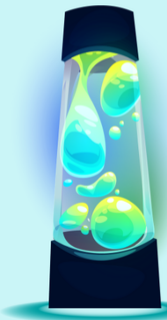


Lava Lamp Fun

4-H STEM Educator, Karen Wood traveled to after-school programs throughout the county to teach the science of lava lamps. In the hands-on class, youth made their own bottle lava lamp and explored the fascinating science behind density, chemical reactions, and liquids that don't mix.



GARRETT COUNTY 4-H STEM ENRICHMENT LAVA LAMP SCIENCE



🌟 Nutrition, Health, & Wellness Education in Our Schools 🌟

This month, students from Friendsville and Crellin Elementary embarked on an exciting journey into nutrition education. Kenzie Mousch, Nutrition, Health & Wellness Educator, taught the importance of creating healthy meals by ensuring that half of their plate is filled with fruits and vegetables. This simple step is crucial for a balanced diet and overall well-being. Additionally, students explored the concept of whole grains, discovering the variety of foods they are found in and the essential nutrients and minerals they provide. By understanding these key elements, our students are building a foundation for lifelong healthy eating habits.

Also the Society for Nutrition Education and Behavior just released their new [Dietary Guidelines for Americans \(DGA\)](#) for 2025-2030. Healthy eating doesn't have to be expensive. Small changes

can stretch your food budget and keep your family feeling good! Check out this new [flyer](#) for nutrition tips that follow the new Dietary Guidelines.

Tips to try at home:

- Cook more meals at home using simple, real foods
- Add fruits & veggies to meals and snacks (fresh, frozen, or canned- all count!)
- Choose filling ingredients like beans, eggs, whole grains, and dairy
- Eat together when you can - it helps kids build healthy habits



Green Scene

Check it out--- free gardening resources! Seed swap, hands-on activities, and a place to share any extra gardening items.

MARCH 27 & 28
11AM - 3PM

Green Scene

POP-UP SEED SWAP & GARDEN EVENT

Bring seeds or garden items to share with the community. Stop by anytime to check out seeds, garden displays, and garden information. Free!

Location:
SMART ART Space
108 S. 2nd Street
Oakland, MD 21550
Located inside The Gallery Shop

In the heart of the
Oakland Arts & Entertainment District

UNIVERSITY OF MARYLAND EXTENSION | MASTER GARDENER

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2026 Seed Circle Project

Join the Seed Saving Movement with our first annual Seed Circle Project!

Each year we will highlight a different heirloom plant and show you how to save seeds. You can get free seeds or plants to start with and the only thing that we ask is that you pass along seeds to friends, neighbors, and donate what you can back to seed libraries across Allegany and Garrett Counties.

Register [HERE](#) to receive seeds or 2 tomato seedlings.



This year's seed choice:

Radiator Charlie's Mortgage Lifter Tomato

- Tomato Basics Gardening Virtual Class Recording on YouTube, use the QR code above!
 - Sign up to receive seeds or 2 tomato seedlings here:
https://docs.google.com/forms/d/e/1FAIpQLSenmfnxTVhdSWa-Y12_YPsr74V7js6jDfruHvwuTYITq64Tg/viewform?usp=header
- Locations for picking up free seeds are in the link above!
- At the end of the season, return dried seeds to local seed libraries or the Allegany/Garrett County UME! (Don't forget to enjoy the majority of your tomatoes!!)

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Library Garden Labs

Join Master Gardener volunteers for free hands-on, family-friendly activities at each of the Ruth Enlow Library Branches! At each session, participants will leave with an item to enhance their garden experience for 2026! Register by calling the corresponding library branch.

View the April Soil Blocking & Seed Starting details below.

LIBRARY GARDEN LABS

Contact corresponding
Library Branch to register
for 2026!

March:
Winter Sowing
with Native
Plants or Herbs

April:
Soil Blocking
& Seed
Starting

May:
Seed Spirals
with Cucumbers
or Squash

June:
Container
Gardening &
Tomato Plants

Spend time with a Master Gardener and complete a hands-on activity to take home and support your gardening initiatives for 2026! Free! Family friendly! Casual! Fun learning opportunity! Activities will be the same at each location. Please register so appropriate materials can be prepared.

Accident

Sessions 2-3pm
March 19,
April 2, May 14,
June 4
301-746-8792

Friendsville

Sessions
11am-noon March
7, April 11, May 2,
June 6
301-746-5663

Grantsville

Sessions 1-2pm
March 13, April
10, May 15,
June 12
301-895-5298

Kitzmilller

Sessions 6-7pm
March 16,
April 20, May 18,
June 15
301-334-8091

Oakland

Sessions
11am-noon
March 28,
April 18, May 16,
June 13
301- 334-3996

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MASTER
GARDENER

The
Ruth Enlow Library
of GARRETT COUNTY

re
Community • Opportunity

Let's grow food, flowers, and friendships—together!

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Library Garden Lab Spring 2026 ~April

[Download](#)
9.8 MB

Visit Our Seed Library

Looking for free garden or flower seeds? Be sure to check out this awesome source in Garrett County! Visit the Extension Office to pick up your free seeds and start planting!



Seed Library

Announcing the new seed library at
the University of Maryland Extension
Office in Garrett County!



Free seeds for your home garden!

**Come browse the selection of seeds during
regular office hours - M-F, 8am to 4:30pm.
Special appointments by request.**

First come, first serve availability. Be a mindful
gardener & only take seeds of what you intend to grow.
New seeds added periodically. Check back often.

**Interested in donating to the seed library? Contact Ashley at
[@abachtel@umd.edu](mailto:abachtel@umd.edu) or by dialing 301-334-6960**



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Nutrient Management Update



Nutrient management planning is in full swing as farmers plan their 2026 crops and nutrient applications.

Maryland law requires all farmers grossing at least \$2,500 a year or livestock producers with 8,000 pounds or more of live animal weight to follow nutrient management plans when fertilizing crops and managing animal manure.

Farmers are required to have an updated nutrient management plan before applying nutrients to their soil. 2026 Nutrient Management Plans have been written for 80 farmers on 10,809 acres in Garrett County so far.

If you have questions about nutrient management or are in need of a nutrient management plan for your operation, email or call Andrea at auphold@umd.edu or 301-334-6960

Local Workshops Held

Recently Maryland-Delaware Forage Council partnered with University of Maryland Extension to deliver local farmers the Annual Hay & Pasture Conference. University of Maryland Extension hosted the Western Maryland Agronomy Meeting. These workshops provided an overview regarding pesticide record keeping and storage, personal protection, native warm-season grasses, pasture systems for smaller farms, timothy as an annual forage to name just a few topics. Farmers were able to obtain Private Applicator Pesticide and Nutrient Applicator Vouchers and Consultant recertification credits for attending.



HAY & PASTURE
CONFERENCE



WESTERN MD AGRONOMY
MEETING

Dairy Enthusiasts Gather for Educational Event

On March 2, dairy enthusiasts from Maryland, West Virginia, and Pennsylvania gathered at Garrett College CTTC to enhance their dairy operations. The focus was on **Dairy Cost of Production and Feed Management**.

- Dale Johnson from the University of Maryland Extension shared tools for tracking and managing dairy production costs.
- Dr. Fabiana Cardoso and Jeff Semler led sessions on effective feed management and high-quality silage production.
- Dr. Leoni Martins from Penn State discussed ration protein and fat options.
- Dr. Amanda Grev presented on annual forage options for dairy rations.

The event provided valuable insights and strategies for dairy producers.

MID-ATLANTIC SPRING DAIRY WORKSHOP



Navigating Dementia Care For Caregivers Program Offered

Jesse Ketterman with University of Maryland Extension and other colleagues are offering a free VIRTUAL three-week program series for caregivers of individuals with Alzheimer's disease. Pick the best option suitable for your schedule.

Option 1: April 2, 9, and 16. Sessions at 5.30 pm-7.30 pm

Option 2: May 6, 13, 20. Sessions at 10 am-noon

Register for the program at: go.umd.edu/NDC_SPRING2026

For more information, contact Dhruti Patel (dhrutip@umd.edu).



Navigating Dementia Care for Caregivers

Education for Confident Care and Support

“Caring for someone with Alzheimer’s Disease or Related Dementia (ADRD)? “

The University of Maryland Extension offers a free weekly, expert-backed program series designed specifically for caregivers of individuals with Alzheimer’s, covering critical topics such as disease progression, mental health, and finances.



Virtual Program Dates: Pick the best option suitable for your schedule

1. April 2, 9, and 16 (All sessions from 5.30 pm-7.30 pm)
2. May 6, 13, 20 (All sessions from 10 am- noon)

Use this link to register: go.umd.edu/NDC_SPRING2026

Session Topics

- Beyond Words: Enhancing Communication in Dementia Care
- Smart Choice Smart Use: Healthcare in Your Senior Years
- Managing Someone Else’s Money
- The MIND Diet: Boosting Brain Power with Food
- Kitchen I Spy: Stop Food Poisoning in Its Tracks!
- Seeking rest and relief as a caregiver

If you need reasonable accommodations or have questions, please contact us by APRIL 31.

Dhruți Patel (dhtrup@umd.edu) or call 301-226-7476

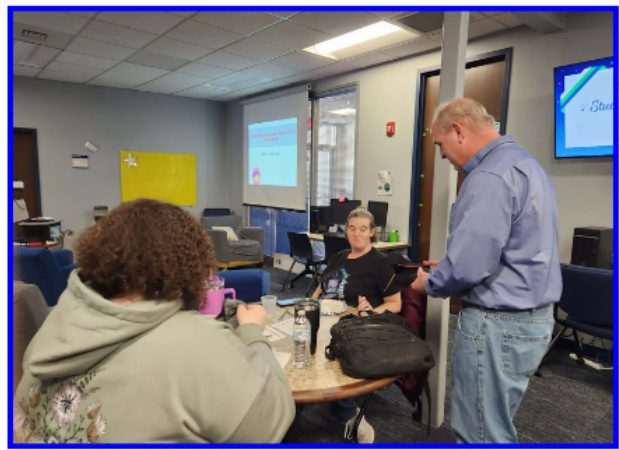
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Dr. Ketterman Partners With Pathways For Success

The Pathways For Success (TRiO) at Allegany College of Maryland is a Student Support Services program which seeks to increase retention, grade point average, graduation and transfer rates of first generation, income eligible and students with disabilities. At a recent visit, Dr. Ketterman played financial jeopardy with the students teaching financial literacy and accounting concepts in an engaging way.



FCS Educator, Lisa McCoy Retiring



As I get closer to my retirement date of March 31, 2026, it becomes more real that one journey in my life is ending and another journey is about to begin. It is hard to imagine that I have worked for the State of Maryland for over 35 years, beginning with the Washington County Health Department and ending with University of Maryland Extension. I want to savor my journey with the University of Maryland Extension. When I was hired back in 2013, I was so excited because being an FCS Educator with UME had always been my "dream job". I am so thankful that I had the opportunity to live out that dream with a wonderful group of people. It has been an adventure that I will never forget. I have forged lasting friendships with co-workers and have many wonderful memories from the past 12 years. This job has allowed me to learn more, help others to improve their life, explore new

places, meet new people, find new ways to serve others, take on leadership roles, and enjoy the journey. Thank you to everyone who has touched my journey along the way. As Winnie the Pooh once said "How lucky am I to have something that makes saying goodbye so hard".

Update AG Client Contact Information



Are you receiving our monthly AG Newsletter? If not, please [click here](#) to update your contact information and to stay updated on everything agriculture-related in Garrett County and the tri-state area.

Keeping Connected

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



Area Extension Director Western Maryland Cluster	4-H Youth Development	Agriculture & Food Systems	Family & Consumer Sciences	Maryland SNAP Ed	Environment & Natural Resources
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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 8:00 am-4:30 pm excluding holidays

Facebook: <https://www.facebook.com/4HGarrettCoMD>



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Roberta Cvetnick

Roberta is using Smore to create beautiful newsletters