

Grow It Eat It Statewide Meeting Minutes

Thursday, March 14, 2019 | 10:00 am - 1:00 pm | Maryland 4-H Foundation | 8020 Greenmead Dr. | College Park

GIEI Updates

Upcoming GIEI Statewide Meeting

Wednesday, July 24, 2019 | 10 am - 2 pm | [UME Washington County Office](#)
Potluck Lunch & Garden Tour

UME GIEI Program is in its 11th year. Congratulations everyone!

Throughout 2019, please let fellow MGs know about the GIEI Program.

- New participation is always welcome. Please be sure to include a discussion about the program during your annual UME MG Basic Training. Feel free to be creative on-boarding new recruits.

Jon Traunfeld has not retired.

- Jon is still the Director of HGIC and Extension Specialist, and will still lead the GIEI statewide meetings. Jon hopes to be even more involved with the UME GIEI Program in future.

Steph Mathias is our new UME MG State Coordinator.

- Steph will support the UME MG Program and looks forward to bringing new ideas to the program.
- The UME MG 2019 Volunteer Survey results is completed. Steph will distribute those results in the near future.
- Steph will provide continuing education opportunities throughout 2019. [Please see our Continuing Education website for updates.](#)

The UME GIEI Program was designated as an **UME Signature Program** and received a monetary award for this honor. The money was used to purchase resources for each of the county/city GIEI Programs (e.g. reference books, seeds, signage, and banners).

Both the UME MG website and the UME HGIC website are useful resources that UME MG Volunteers should be aware of.

- [UME MG Website](#) | Under [Volunteer Resources](#) you can view GIEI resources, PowerPoint Presentations, Year of the... resources, GIEI logos, and more.
- [UME HGIC Website](#) | This website contains a large library of science-based resources for your use.
 - Check out the new lawn care web pages.
 - Jon plans to update the UME MG Volunteers quarterly about HGIC website updates. There are a number of updates that will be made throughout 2019.

What are your GIEI needs? Suggestions included:

- GIEI APP (example: <https://www.seedtospoon.net/>)
- HGIC resources geared towards youth education
- Video production training for UME MG Volunteers and UME Faculty
- Add HGIC resources similar to Oregon's 10 minute mini classes
 - <https://mastergardener.extension.org/tag/search-for-excellence/>
 - <https://clackamascountymastergardeners.org/10-minute-university/>

GIEI and Carbon Sequestration Training

- There is a strong interest in more training on this topic to better address the needs of the public. Climate change should be the focus for GIEI 2.0
- Jon will work with Sara Via to provide resources and teaching materials.
- Erica Smith recommended the following web-resources:
 - <https://www.edx.org/course/making-sense-of-climate-science-denial-2>
 - <https://www.youtube.com/user/denial101x>

Hands-on Activities (e.g. “flip the classroom” training)

- Please create and share ideas with your UME MG Coordinators. Your coordinator can then work with the UME MG State Office on sharing the activities on a platform that is available statewide.

UME Master Gardener and HGIC Annual Report

- [To view all Annual Reports, please click this link.](#)

Plant & Pest Problems

- [To view Jon's PowerPoint Presentation, please click this link.](#) Web-resources highlighted includes the following:
- [Maryland Grows Blog: Improve Your Soil by Growing Soil Microbes](#)
- [Maryland Grows Blog: Allium Leafminer: Possible Ornamental Plant Pest?](#)
- [Maryland Grows Blog: Spotted Lanternfly Update: Be on the Lookout for Egg Masses](#)
- [Cover Crops-Protect and Improve Your Soils](#)
- [Lawn Alternatives](#)
- [Kudzu Bug](#)
- [Downy Mildew on Cucumbers, Squash, Melons, Spinach - Vegetables](#)

Discussion Topics

Year of the...

- **2019 is the Year of the Allium**
 - [Please click this link for several resources \(4 mini videos & a list of HGIC allium resources\).](#)

- **Does GIEI want to continue the “Year of the ...” GIEI programming?**
 - There is strong support to continue the “Year of the...” programs.

- **Can the UME MG State Office provide seeds, signage, social media, hashtags, factsheets, or other?**
 - Steph and Jon will discuss this further prior to the July GIEI Meeting.

- **What should the 2020 Year of the... be?** Below is a list of suggestions. Please contact Jon Traunfeld (jont@umd.edu) to comment and add suggestions. Final decisions will be made at the July GIEI Meeting.
 - cover crops
 - soil
 - pollinators
 - native edibles
 - perennial herbs
 - annual herbs
 - edible flowers
 - sweet potatoes
 - white potatoes
 - heirloom tomatoes
 - spinach
 - watermelons for small gardens
 - okra
 - rhubarb
 - asparagus

GIEI County/City Program Updates

Each county/city program will have approximately 5 minutes to share their 2019 GIEI plans, challenges, and activities.

Anne Arundel County (Nancy Allred and Matthew Price)

- Many of their county projects have a GIEI component:
 - Kinder Farm Park: educates families & youth
 - Hancock Resolution Farm is an 18th century farm.
 - deer and groundhog pressure is high
 - cold crops have been successful
 - new lavender fields developed
 - UME office is a mixed use campus. A collaborative youth gardening program is underway.
 - Odenton Library Seed Swap is coming up.

Baltimore City (Anthony Nathe, Mary Lewis, and Robert Cook)

- Their program has several new and very energetic GIEI volunteers.
- The UME Master Gardener Learning Garden was greatly expanded for the 2018 Maryland State Fair including building a number of raised beds. For 2019, a walk-in tomato cage will be built, an arbor for honeysuckle, and misters will be added. The 2018 fair had strong statewide UME MG Volunteer support. Thank you UME Master Gardeners!
- Closer to the date, The 2019 Maryland State Fair will have an online volunteer sign-up sheet distributed by the state office. Statewide support is greatly encouraged.

Baltimore County (no representative present)

Jon read the following update from the Baltimore County UME Master Gardener Program:

We tried something new this year. On January 26th, Cockeysville Public Library asked us to assist with a seed swap event that they had organized. Three MGs (Debbie McKearney, Tiffany Bowers and Stephanie Refo) spoke at the event and provided some of the seeds for the swap.

Otherwise, GIEI is busy with our usual rollout for springtime. We have 14 presentations scheduled for public libraries, and two other GIEI presentations scheduled through our Speakers Bureau. We also are beginning planning for the 9 GIEI plots that are in our Demonstration Garden, which are used for educational tours (e.g., Garden Fest, Family Farm Day, Days of Taste). Last year we harvested more than 700 pounds of produce, with the vast majority going to donation sites.

Last but not least, our Bay-Wise team has been communicating with GIEI folks to determine how to address the recently updated Bay-Wise yardstick for vegetable gardens.

-Tom

Carroll County (Courtney Coddington)

- UME GIEI lecture series starts this spring.
 - Soil and composting classes have been most attended in the past because of compaction and water issues in the area. Other successful topics include:
 - Soil talks and hands-on activities using “salad bar ingredients” to teach how to use amendments to create good soil.
 - pH levels, purple cabbage dye, and bacteria interactions
 - The importance of using row covers
- Carroll County MGs have focused on increasing program visibility at their demo gardens. This has included constructing raised beds with built-in seating and adding educational signage. The MGs want to ensure that their demo gardens are a place of learning.

Cecil County (Vicki Diamonte)?

Charles County (Luke Gustafson and Teresa Jones)

- New UME office location has excellent classroom/meeting space and may have gardening space available outdoors.
- MGs will offer garden talks this spring including topics such as: unique fruits for the home landscape and vegetable gardening.
- MGs have partnered with the Southern Maryland Food Bank in Waldorf. MGs will offer youth gardening classes as well as provide vegetables to the children in order to grow food at home.

Harford County (Lisa Rainey, Nancy Gladden, and Joan Parris)

- Attendance has decreased at local library classes so fewer classes will be offered in 2019. Topics currently scheduled include: organic vegetable gardening, gardening with children, and how to avoid the tomato blues.

Howard County (JoAnn Russo, Ann Coren, and Ming Pang)

- The Howard County MGs are trying an edible garden pilot program in 2019 based on the [Todmorden England Incredible Edible Garden Program](#).
- MGs have built raised beds in east Columbia and are showcasing vegetables as beautiful and under valued landscaping plants.
- In 2018, MGs partnered with a variety of local organizations for Earth Day, Green Fest, and school/farm events.
- MGs volunteering at the Howard County Conservancy donated 795 pounds of their harvest to a local food bank.

Montgomery County (Bill Newman, Karin Millett, Robin Ritterhoff, Mary Anne Normile, Lily Bruch, Pam Hosimer and Erica Smith)

- The MG's Growing Forward Youth Garden Program won 3rd place for the [Search for Excellence](#) Youth category at the 2019 [International Master Gardener Conference](#).
- MGs continue to work with the Manna food bank, local schools, and gleaning projects.
- Helpful tip: Manna suggested that the MGs label each bag with the type of harvest being donated so that Manna can inform their clients.
- Fun partnerships have developed:
 - MGs, FSNE, and Manna operate a mobile kitchen bus
 - MGs, FSNE, Public Schools, and Parks and Rec have developed wonderful outdoor classroom areas where kids are educated about vegetables, gardening, nutrition, and garden yoga.
- The Growing Gardeners program continues to teach the public how to grow their own food at home. Three distribution points are established to distribute their prepared growing packs.
- The April GIEI free event was a success in 2018 and is planned again for 2019. MGs offer free/for-fee classes, demos, programs for kids, and an area for vendors.

Prince George's County (Julianne Bethea and Ashley Delgado)?

St. Mary's County (Mary Antonelli and Bebra Mayfield)

- [Please click this link to view St. Mary's PowerPoint Presentation.](#)

Washington County (Bob and Anne Courtemanche)

- Year of the Pepper: programming went very well. Participation in the [Williamsport Charlie Brown Christmas](#) tree decorating event was a huge success and a lot of fun. (decorated a tree with peppers)
- Year of the Allium: The MGs will teach children how to dye Easter eggs using onion skins as well as teach the public how to grow onions in their home garden.
- MGs will continue to partner with the Extension office, local museums, local event organizers, and school programs to offer educational programming.

Grow It Eat It Statewide Meeting Minutes

Wednesday, July 24, 2019 | 10:00 am - 2:00 pm | Washington County Extension Office

GIEI Updates

UME GIEI Program is in its 11th year. Congratulations everyone!

Thank you to Annette and Washington County Extension office for hosting us!

[Upcoming MG events](#) at the Washington County Extension office:

- Pollinator Palooza and Spudfest on Saturday August 24

MG State Office Updates

- Make sure you are [signed up](#) for the state office's email newsletter
- [Sign up to volunteer](#) as a docent in the MG Learning Garden at the State Fair
- Purchase tickets to attend the [Organic IPM for Backyard and Community Vegetable and Fruit Growing](#) continuing education event with Jon Traunfeld at the Washington County Extension Office

Both the UME MG website and the UME HGIC website are useful resources for MG Volunteers

- [UME MG Website](#) | Under [Volunteer Resources](#) you can view GIEI resources, PowerPoint Presentations, Year of the... resources, GIEI logos, and more
- [UME HGIC Website](#) | This website contains a large library of science-based resources for your use. Some pages with recent updates that may be helpful to GIEI programs include:
 - [Glyphosate \(Roundup®\) information and alternatives for weed management](#)
 - [Soil to fill raised beds](#)
 - [Intro to IPM](#)

Vegetable Garden Updates

- Jon led a discussion on the benefits and different methods of no-till gardening
- Here is link to the no-till soil research project done by the MGs in Georgia:
<https://youtu.be/RClOW3xenuI>
- Some problems being reported to HGIC this summer include anthracnose on garden beans and buckeye rot on tomatoes

MG Learning Garden at the MD State Fair

- Thank you to MG Robert Cook for his leadership on this project
- The [Maryland State Fair](#) is from Thursday August 22nd to Monday September 2nd
- MGs built a new arbor entrance and walk-in vegetable enclosure
- Saturday August 24th is University of Maryland Day at the Fair
- [Sign up to volunteer](#) as a docent in the MG Learning Garden at the State Fair

Kiosk for Environmental Education Programs for Kids (KEEP)

- Thank you to Ron Sharp for sharing this project from Calvert County with us

- This kiosk allows students to play multiple types of education games at any site
- The project was funded by a grant, and Ron developed the software and programming
- The cost for all of the equipment needed is approximately \$1,100 (touchscreen computer, portable power source, sound bar, glare protector for the screen)
- If you are interested in something like this for your program and would like more contact information, please contact Ron Sharp at rlsharp99@gmail.com

GIEI County/City Program Updates

Each county/city program shared updates on their 2019 GIEI plans, challenges, and activities.

Anne Arundel County (Nancy Allred)

- Working on a demonstration vegetable garden at their Extension office
- New summer camp program in partnership with their 4-H staff
- They support and advise the Apprentice Gardener program at Kinder Farm Park. Families can subscribe to weekly lessons and field trips to places like Hancock's Resolution
- Their [Basic Training](#) is on Tuesdays and Thursdays from 9:30am – 12:30pm beginning September 10 through October 29. Anyone interested in taking their training can contact coordinator Nancy Allred at nallred@umd.edu

Baltimore City (Robert Cook and Mary Lewis)

- See above report from Robert on the MG Learning Garden at the State Fair
- Mary Lewis submitted the following report:
 - Volunteers gave a talk on starting a vegetable garden at the Catholic Charities in Catonsville that taught participants about how far apart the plants need to be, how to care for them, when to fertilize and what types of fertilizer to use, what types of pest and diseases to look out for and how to treat them
 - Volunteers have been visiting schools to give advice to teachers about harvesting, weeding and succession planting. They also visited Keswick Wise and Well center and toured their garden and met their garden group. They provided suggestions for the garden and will meet with them again later to assess further actions

Carroll County (Courtney Coddington)

- Their monthly lecture series demonstrating topics to home gardeners in a timely and hands-on manner has been well-received
- [Dr. Shauna Henley](#) gave a presentation to their MGs about food safety that was very helpful and informative
- New partnership with professors in Sustainable Agriculture at McDaniel. They have a 12 acre plot of land where they would like to start a farm for the school

Cecil County (Thomas McFadden, Vicki Diamonte, Beth Douglass)

- They are working on creating a Unity Garden in Elkton
- They recently worked with partners to apply for and received a \$5,000 grant for pollinator and food gardens
- They are partnering with Harford County to create gardens at the VA Hospital
- The old Brantwood Golf Course was purchased by the county through Program Open Space and is now [Brantwood Park](#). The MGs are working on getting gardens planned there

Charles County (Luke Gustafson)

- They are partnering with the Southern Maryland Food Bank in Waldorf. They hosted an open house and visitors could tour the gardens and participate in lessons. The County Commissioner attended the event
- They have an upcoming fall vegetable seed starting workshop – tickets are available [here](#) for \$10
- Planning vegetable gardens for their Extension office in the future since construction has finished

Frederick County (Tiger Waddell and Patricia Strawder)

- Produce from the demo garden at their Extension office goes to the food bank, and anything that can't go there goes to the local animal shelter
- They have a Thai garden for curry and an oblivion garden for oblivion stew
- They are trying a highland rice variety in their demo garden to see how that works
- Their small space gardening programs have been popular
- They provide family programs to engage mothers and their children who have been homeless

Howard County (Erica Jones, Ann Coren)

- Garden based on the [Todmorden England Incredible Edible Garden Program](#) has been installed at the East Columbia 50+ Center. They are working on installing a second one at Howard Community College
- They are experimenting with compost to see what works better- slicing it in or just placing it on top of the bed
- They are determining ways they can work with HOAs to allow gardens in front yards- how can we incorporate vegetables as part of the landscape? They will be making templates for different spaces when they determine what works well

Montgomery County (Mary Anne Normile, Pam Hosimer, Robin Ritterhoff)

- The MG's Growing Forward Youth Garden Program won 3rd place for the [Search for Excellence](#) Youth category at the 2019 [International Master Gardener Conference](#). They received their award at the conference in June
- MGs continue to work with the Manna food bank, local schools, and gleaning projects. Last year they donated over one ton of food to Manna
- Their GIEI open house at the Derwood demo garden had about 800 people attend. MGs offer free/for-fee classes, demos, programs for kids, and an area for vendors
- They are doing classes for students at Derwood- Pam presents a FSNE program and the students then get a tour of the garden
- They have a new demo garden at [Audubon in Bethesda](#) where they have orchards and herb beds

St. Mary's County (Stephanie Frederiksen and Debra Mayfield)

- The MGs are working on keeping their projects going following the departure of their MG Coordinator
- They have very successful vertical and container vegetables gardens at their Extension office. They have been donating the produce locally
- They harvested the produce at one of their school gardens and worked with the school staff to make a salad for the students

Washington County (Annette Cormany)

- They have a therapeutic garden in Hagerstown
- They have learning programs for Children's Edibles. They had over 500 students at the Four Square garden last year as part of these programs
- They are teaching programs at low income housing centers helping residents garden in a cost-effective manner using what they already have
- They have a few [upcoming events](#) at the Washington County Extension office

Potluck Recipes

If you would like to add your recipe from the potluck to the list, send it to Stephanie at mathias@umd.edu! Recipes will be added to this list and updated on the meeting minutes, which will be hosted on the MG Volunteer Resources [Statewide Meetings](#) page.

Samosas:

Taza brand "Hand Made 20 Vegetable Samosas" from Pakistan, purchased at a Middle Eastern Store

Tzatziki Dip:

- 4 cups grated cucumber
- 3 cups plain Greek yogurt
- 3 tbsp. dill
- 1 tbsp. mint
- 2 tbsp. lemon juice
- 1 tbsp. olive oil

Irv's Eggplant Dip:

- 1 to 1 ½ lb. eggplant sliced lengthwise and baked for approx. 40 min. at 425°F. Scoop out pulp and blend in food processor with:
- Juice of 1 lemon
- ½ tsp. salt
- 2 tbsp. tahini
- 1 tbsp. tamari
- 1 tbsp. olive oil
- 2 cloves garlic