

# UNIVERSITY OF MARYLAND EXTENSION

**GARRETT COUNTY**

**MAY 2021**



## **WE ARE OPEN**

**We are here to serve you.** Our office is open to the public from 8 am to 4:30 pm. We are also available by phone, email or Zoom. As always, we are here to answer any questions you might have related to agricultural production, nutrient management, home horticulture, food safety, nutrition, financial management, and 4-H youth development.

## **NATIONAL VOLUNTEER WEEK**



  
 THANK YOU  
 GARRETT COUNTY  
 VOLUNTEERS!

In honor of National Volunteer Week, we wanted to recognize and show appreciation for our Garrett County 4-H Volunteers for their support of youth and the 4-H Program. Our volunteers are not only club leaders but they support our program at the fair, classroom events, camps, and many other activities during the year. We truly appreciate all that our volunteers do throughout the year.

## **CHOOSING APPLES & PEARS: WHAT HOME GARDENERS NEED TO KNOW**





Have you ever noticed the wide range of apple and pear tree varieties in seed catalogs or a local greenhouse/nursery? If so, you might have been overwhelmed with the options! This course will walk you through important terms, provide tips on choosing trees, and help you plan for a successful harvest. Join Master Gardener Coordinators Ashley Bodkins and Sherry Frick as they share their expertise on apples and pears. Click on the image to watch the course.

## RAISED BED PLANTING



MARYLAND GROWS  
BLOG



### Planting in my new raised bed: p...

[marylandgrows.umd.edu](http://marylandgrows.umd.edu)

Everything is greening up and it is officially my favorite time of the year! We are planting potatoes, onion sets, spinach seeds, and lettuce seeds in our raised bed this month. There have been a lot of posts on social media in the past few years about re-growing your vegetable scraps. I've never done that,...

## LEARNING THE ALPHABET THROUGH EDIBLE ABC'S



Our Maryland SNAP-Ed curriculum was recently highlighted by the USDA Food and Nutrition Service. This curriculum is used in Garrett County by Head Start and some kindergarten classrooms to teach young children, teachers, and families ways to create healthy habits. Read the online bulletin [HERE](#).

## **CRELLIN SCHOOL STUDENTS HIGHLIGHTED ON MD SNAP-ED FACEBOOK PAGE**



<https://www.facebook.com/EatSmartMD/videos/159289332691935>

Crellin Elementary School students shared their school garden on the Maryland SNAP-ED Facebook page during a live broadcast.

Visit the Maryland SNAP-ED Facebook page to watch the entire taping. [WATCH HERE](#)

## **TRUCKING FORUM SCHEDULED**

May 27, 2021 | 9:00 AM - 1:00 PM

Register today!

# *Western Maryland Trucking Forum*



All Maryland Farm Bureau members, farmers, and truck drivers are invited to this forum at Garrett College on May 27, 2021, to discuss the issues facing farmers on rural roads and state highways. With spring planting, members can hear firsthand how the latest trucking rules and regulations can affect their business. Farmers and truck drivers are encouraged to ask questions about IRP's, permits, tags, and weight limits. Updated farm trucking manuals will be available. Registration is limited.

Register [HERE](#).

**WOULD YOU LIKE A FREE TICK  
ASSESSMENT OF YOUR FARM AND  
LIVESTOCK?**



Are you interested in having your farm and/or livestock checked for the invasive Longhorned Tick? Dr. Megan Fritz and her team will be traveling around the state flagging for ticks. The goal of this program is to estimate current tick populations and the spread of invasive Longhorned Tick.

Please fill out this short 3-question survey to request a visit from Dr. Fritz:

<https://go.umd.edu/tick-survey>

## **LISA MCCOY OFFERS MIND BODY SKILLS TRAINING TO HEALTHCARE WORKERS**





The pandemic has taken a toll on the stress of all Americans but especially our healthcare workers. Lisa McCoy, UME, and Cameron Dennison, FSU will be offering a virtual 8-week Mind Body Skills group with Meritus Hospital health care workers starting April 14. Mind Body Skills groups offer a way for people to learn skills to help them take care of themselves and practice with others in a supportive environment. These skills help individuals change the way they deal with stress, illness, and life. Both Lisa and Cameron were trained by the Center for Mind Body Medicine (Washington, DC) through a Community Resiliency grant to tackle the opioid crisis in western Maryland with Allegany College of Maryland. If you are interested in offering Mind Body Skills Groups with your organization or business, please contact Lisa McCoy at [lmccoy@umd.edu](mailto:lmccoy@umd.edu).

## **MOVING US FORWARD: OUR 2021 PERSONAL FINANCE SEMINAR FOR PROFESSIONALS**





Join our team of personal finance educators on Thursday, May 13, 2021, for a full day of professional development and insights into the personal finance challenges that face us today. Topics include "Financial Education and the LatinX Community," "Familial Identity Theft," "Homeschooling Children with Developmental Disabilities During a Pandemic," "Financial Education for Student Loan Borrowers," "Money and Emotions," "Updates in the Credit Industry" and more. For details, visit [Our Agenda](#).

To register, click here: [REGISTRATION](#) For more information, contact Dr. Jesse Kettermann at 301-24-3320 or email [jketterm@umd.edu](mailto:jketterm@umd.edu).

# The new Garrett County UME website is LIVE.

## Garrett County



EXPLORE OUR  
LOCATION

[4-H Youth Development](#)

[Agriculture and Natural Resources](#)

[Home Gardening](#)

[Money Management](#)

[Nutrition and Healthy Living](#)

[extension.umd.edu/locations/garrett-county](http://extension.umd.edu/locations/garrett-county)

The University of Maryland Extension is excited to launch our new website. This site supports our extension experts specializing in 4-H, agriculture, health, financial wellness, food safety, health insurance literacy, nutrition, mental wellness, and community outreach.

The new website can be found at <http://extension.umd.edu/garrett-county>





## KEEPING CONNECTED

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

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**Area Extension Director**  
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[extension.umd.edu/garrett-co...](https://extension.umd.edu/garrett-co...)

"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."

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