

# UNIVERSITY OF MARYLAND EXTENSION

**GARRETT COUNTY**

**JUNE 2021**



## **WELCOME!**

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.

**THEY'RE BACK! HELLO, BROOD X!**



Some folks are excited and some are dreading it, but like it or not, Brood X is here in Maryland. The 17-year periodical cicadas in Brood X will begin to emerge in Garrett County in early June when the soil 8" below the surface reaches 64 degrees Fahrenheit. You can look under your trees and see if you see any of the small holes they have made in preparation to emerge.

The UMD Department of Entomology Cicada Crew: <https://cicadacrewumd.weebly.com/> has excellent videos, fun cicada accessories, and answers to common questions about these fascinating insects! Also, you can check out our Home & Garden Information Center website for more information: <https://extension.umd.edu/resource/cicadas> or our very own Stanton Gill who has written a great article: <https://extension.umd.edu/resource/periodical-cicadas-brood-x>. As always, feel free to contact our Master Gardener Coordinator, Ashley Bodkins with questions via phone at 301-334-6960 or email at [abachtel@umd.edu](mailto:abachtel@umd.edu).

Photo: Wikimedia Common

**SPRING GARDENING SERIES CONCLUDES**



## Herb Gardening: Beyond the Basics



Although our Spring Gardening Series has concluded all of the classes included in the series are available on our UME Western Cluster YouTube channel. Stay tuned for future educational classes. Click on the picture above to view the entire series.

## THOSE PESKY WEEDS!



MARYLAND GROWS  
BLOG



### Weeds are a challenge, even in a...

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

In the bottom two middle squares of my raised bed garden, the spinach and leaf lettuce is growing from last month, but now it appears like there are some unwanted plants as well -- weeds! In just a few short weeks, our garden has been overtaken by weeds. The weed seeds came from the topsoil...

## 4-H COMMITMENT MOVES FORWARD FOR THE GARRETT COUNTY FAIR



For the summer of 2021, 4-H Program Director, Nia Fields has renewed the commitment of 4-H to support county fairs. She recognizes the important role they play in offering unique youth development opportunities. During fair week youth have many ways to showcase their 4-H project work. Market livestock continues to be the most popular 4-H project in the county. 180 youth are scheduled to show their animals at the fair this summer. Young people also have an opportunity to demonstrate their knowledge about the care and breeding of rabbits, poultry, ponies, and horses.

The 4-H building at the fair houses all the indoor fair exhibits. You will see creative examples of items such as Lego buildings, jewelry, welding projects, photo stories, garden displays, quilts, flower arrangements, crafts, art work, and decorated cakes.

Throughout the week, and at various locations around the fairgrounds, members will give talks that outline interesting facts and stories about their projects for the year. Fun contests are scheduled including a costume animal parade, tractor driving, robotics challenges, fashion revue, and a livestock skillathon.

Two new activities planned for this year at the fair are a talent show and public speaking contest.

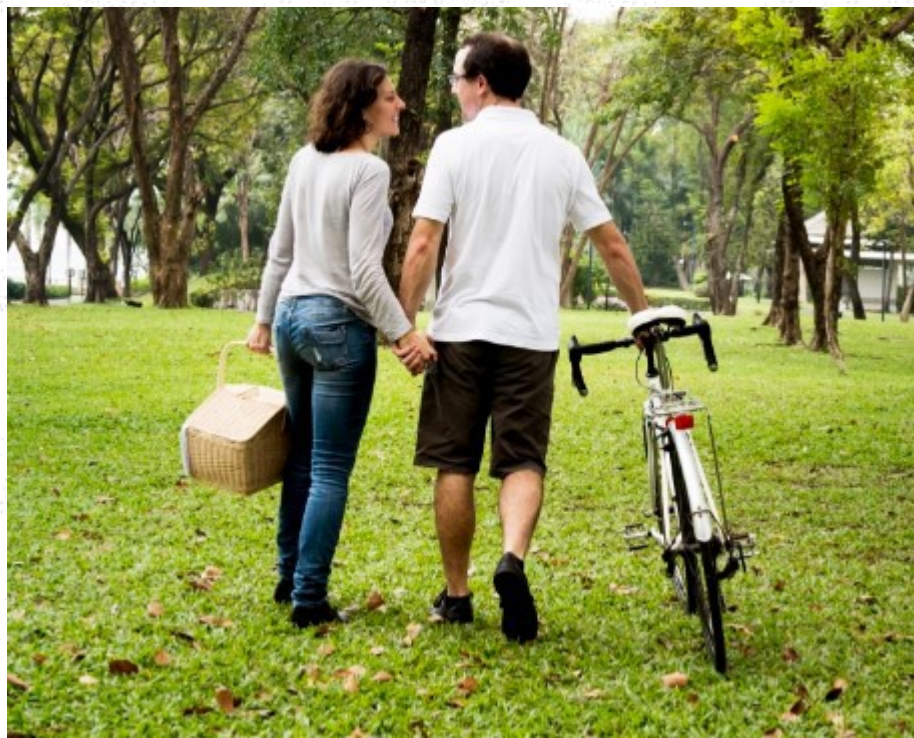
## **4-H PHOTOGRAPHY SHOWCASE**





4-Hers were encouraged to get outdoors and take pictures of Spring Bloomin'. Garrett County is beautiful in the Spring which is evidenced by the photos taken above by 4-Her's.

## **LOW COST ACTIVITIES FOR SUMMER**

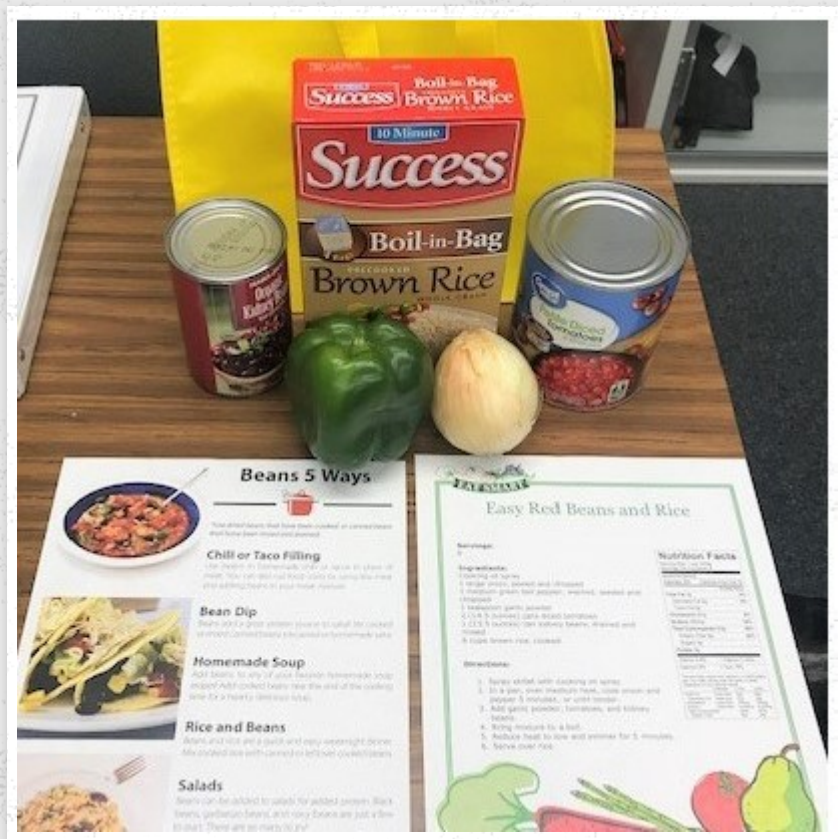


Dr. Jesse M. Kettermann, Jr., Extension Educator shares ideas on how to do fun summer activities cheap (or free) that won't break your wallet or savings account.

Read the complete blog post [HERE](#)

## **PARTNERING WITH LOCAL PANTRIES TO EXPAND HEALTHY FOOD PLANNING**





Healthy Food Access Faculty Assistants Mandy Hawkins and Shirley Guinn are busy meeting with pantry staff and volunteers across the region to conduct "SNAP-Ed Bundling Training". "Bundling" involves packaging a variety of foods with corresponding recipes in one convenient grab-and-go kit that introduces clients to new ways of using low-cost staples in a wide variety of healthy meals.

For more information about "Bundling", visit the [Eat Smart website](#).

## MARYLAND ROTA ON CHANGING FAMILIAL AND COMMUNITY RESPONSE TO ADDICTION







# REGROUNDING OUR RESPONSE

A series of presentations that seek to address stigma around substance use and raise awareness about public health approaches to the opioid overdose crisis in Maryland

## STAGES OF CHANGE

Understand how intentional behavior change happens, how to support people through the process of change, and the importance of providing interventions that are appropriate for the stage each person is in.

**WHEN**  
June 1, 2021  
12:00-1:30pm

**REGISTER HERE**

## ADVERSE CHILDHOOD EXPERIENCE

Understand medications for opioid use disorder and how they can improve lives, review how medications can prevent overdose death, and discuss how stigma creates barriers to effective treatment

**WHEN**  
June 8, 2021  
12:00-1:30pm

**REGISTER HERE**

## SOCIAL DETERMINANTS OF HEALTH

Identify social determinants of health and how they affect an individual and community, review factors influencing change such as health equity and bias, and discuss upstream and downstream approaches to the overdose crisis.

**WHEN**  
June 15, 2021  
12:00-1:30pm

**REGISTER HERE**

## MEDICATIONS FOR ADDICTION TREATMENT (MAT) AS OVERDOSE PREVENTION

Understand medications for opioid use disorder and how they can improve lives, review how medications can prevent overdose death, and discuss how stigma creates barriers to effective treatment

**WHEN**  
June 22, 2021  
12:00-1:30pm

**REGISTER HERE**

## COMPREHENSIVE HEALTH FRAMEWORK FOR PWUD

Learn more about how stigma impacts health, review key harm reduction strategies and protective factors for infectious disease, and how to apply a drug user health framework in your organization.

**WHEN**  
June 29 2021  
12:00-1:30pm

**REGISTER HERE**

**If you have any questions please Contact us at: [marylandrota@umd.edu](mailto:marylandrota@umd.edu)**

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Beginning June 1, 2021, Maryland ROTA is offering this series of presentations that seek to address the stigma around substance use and raise awareness about public health approaches to the opioid overdose crisis in Maryland.

For more information, visit [Maryland ROTA Upcoming Events](#).





## 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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