

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

NOVEMBER 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.

**TRUNK OR TREAT FOR FRIENDSVILLE
ELEMENTARY**



On Oct. 14, the University of Maryland Extension participated in Trunk or Treat for Friendsville Elementary with approximately 200 children. It was a great opportunity to get out and make a visible presence in the community. Our "treat bags" were packed with an insect collection kit, key chains, pencils, erasers, and more. Pamphlets about UME and How to Join 4-H were shared with community members, as well as a Student Financial Workbook and UME bank box. We look forward to making a positive impact on our county's youth in 2022 through the Master Gardener program, 4-H, Partners Afterschool, and more!

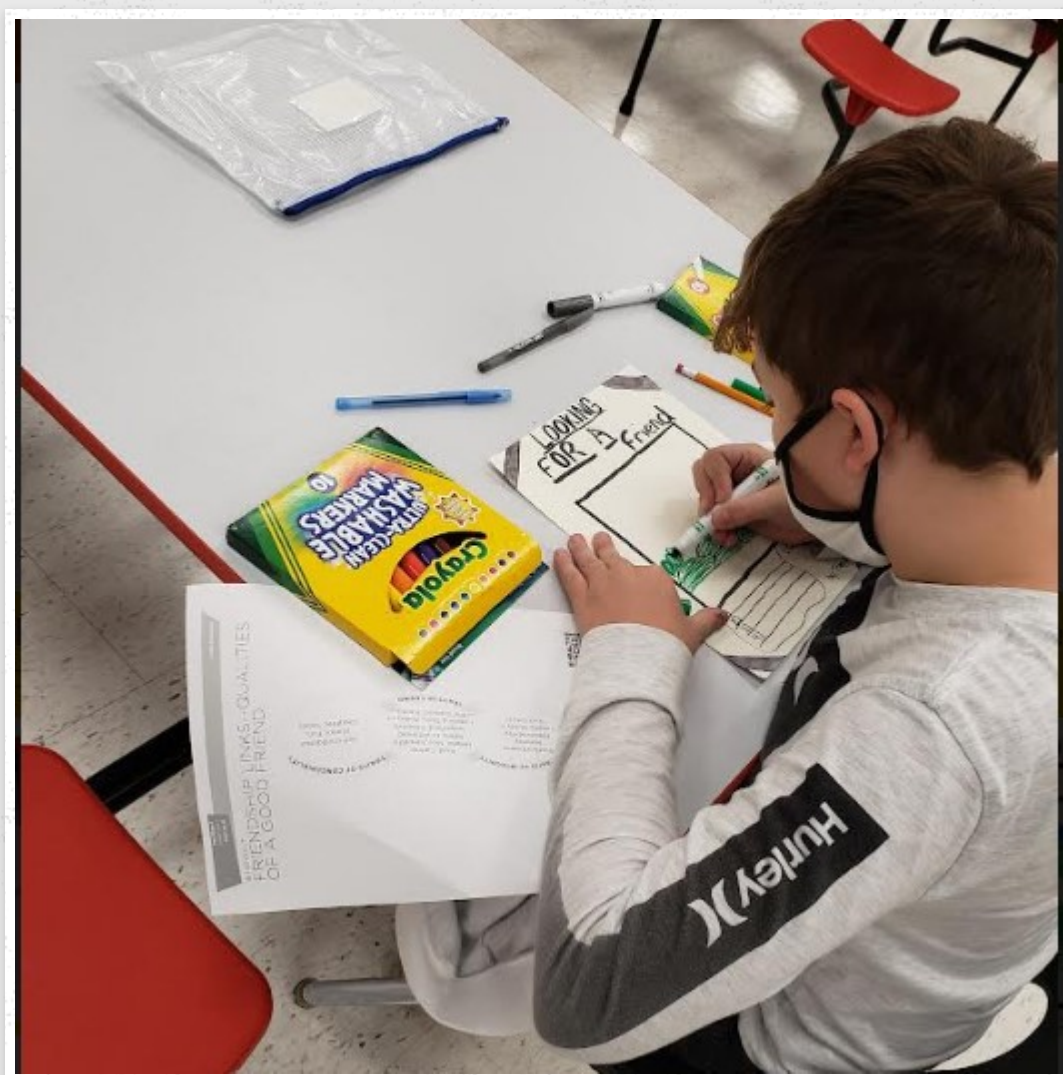
COVE RUN FARM CORN MAZE FUN





Swan Meadow Elementary School invited the Garrett County 4-H educators to spend the day at Cove Run Corn Maze. This year's maze theme is 4-H and the team provided activities for the students including making their own 4-H clover bird feeders and engineering the perfect rocket for the 4-H straw rocket launch challenge.

4-H HEALTH ROCKS!



4-H Health Rocks! is a healthy living program aimed at 8 to 14-year-olds with the goal of bringing youth, families, and communities across the United States together to reduce tobacco, alcohol, and drug use by youth.

Youth who have personal social skills and competencies are more resistant to substance abuse. It is the goal of 4-H that youth make knowledgeable decisions about tobacco alcohol, and other drug use and to understand the consequences of their choices.

The 4-H Health Rocks! program is offered at Southern Middle School in Garrett County and Braddock Middle School, Mt. Savage Middle School, Washington Middle School, and Westmar Middle School in Allegany County.

NOT TOO EARLY TO START YOUR NUTRIENT MANAGEMENT PLANNING FOR 2022



Get an early start on your 2022 Nutrient Management Plan by collecting soil and manure samples now and working with Jill Hauser, our Nutrient Management Advisor, to develop a plan that meets your requirements.

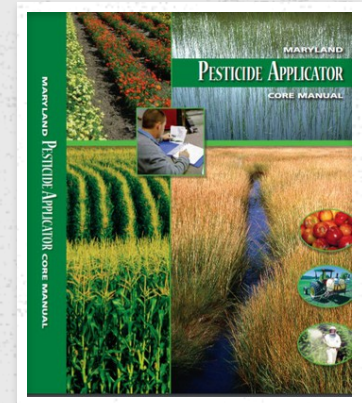
Soil tests are required every three years. If you are uncertain when you last tested your fields, give Jill a call and she can help you determine what fields' soil tests are expiring in 2022. If you apply manure and have under 20 animal units (20,000 lbs), no manure sample is required. In such cases, a book value for the manure analysis will be used.

For more information, contact Jill Hauser at 301-334-6965 or jhauser1@umd.edu.

PRIVATE PESTICIDE APPLICATORS LICENSE CLASS TO BE OFFERED

If you are interested in obtaining a private pesticide applicators license, we will be offering training in January at the UME- Garrett County Office. A date will be publicized once available.

The main purpose of the private pesticide applicators license is to allow farmers to use restricted-use pesticides on property they own or manage for agriculture production. To obtain the license, farmers must pass a test administered by Maryland Department of Agriculture.



If you have any questions or would like to obtain more information call the Extension Office at 301-334-6960.

INTRODUCING OUR EXCITE PROGRAM



Family and Consumer Sciences Senior Agent Lisa McCoy is leading a team of UME educators on a mission to provide COVID vaccination education and access to targeted populations across Maryland. The team, known as the Extension COVID Immunization Training and Education (EXCITE) team, is a collaborative effort between Land-Grant Universities (LGUs) and the Cooperative Extension System (CES) to improve vaccination coverage in rural areas and other medically underserved communities throughout the nation. Funding for the initiative is provided by the U.S. Department of Agriculture's National Institute of Food and Agriculture (USDA-NIFA).

Contact us to become a partner, participate in an in-depth interview, subscribe to our monthly newsletter, or to get more information, email us at immunizationMarDel@gmail.com or connect with us on Facebook and Instagram. Please include your first and last name, your email address, and any questions you might have.

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH



During Diabetes Awareness Month, UME Family and Consumers Sciences educator Lisa McCoy is offering a FREE and VIRTUAL four-week series titled "Dining with Diabetes". This series airs on Tuesdays, beginning November 9 and running every week through November 30, from 3:30 to 5:00 PM. Sessions will cover topics including menu planning, carbohydrate counting, portion control, understanding fats and sodium, and the importance of fiber in Diabetes management.

Dining with Diabetes is a national program designed for adults with Type 2 Diabetes. It complements but does not replace other Diabetes education and management programs.

For more information, contact Lisa McCoy at 301 791-1304 or lmccoy@umd.edu. To register, visit [HERE](#).



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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