

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

MARCH 2022



WELCOME

Our office is open from 8 am to 4:30 pm Monday through Friday. 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.

MOUNTAIN MARYLAND SPRING GARDENING SERIES



Mountain Maryland
Spring Gardening
A Free Online Series from University of Maryland Extension

Join UME educators Ashley Bodkins and Sherry Frick for this fun and informative series designed to jumpstart your garden!

MARCH 14 Season Extension Tools: Learn techniques to extend your growing season with tools like cold frames, hot beds, high tunnels, greenhouses, floating row covers, succession planting, and more! (12:15 to 1:00PM)

MARCH 28 Kicking off a five-part series highlighting a different plant family each week. Part One: The Brassicaceae Family including Cauliflower, Cabbage, Broccoli, Kohlrabi, Kale and more. (12:15 to 1:00PM)

APRIL 4 Part Two: Spinach, Beets, Chard, & Lettuce. (12:15 to 1:00PM)

APRIL 11 Part Three: The Solanaceae Family including Peppers, Eggplant, Potatoes, Tomatoes, Ground Cherry, Tomatillo. (12:15 to 1:00PM)

APRIL 25 Part Four: The Fabaceae Family including Legumes, Beans, and Peas. (12:15 to 1:00PM)

MAY 2 Part Five: The Cucurbitaceae Family including Cucumbers, Squash, Pumpkins, and Gourds. (12:15 to 1:00PM)

MAY 16 Easy Flowers for Integrating into Vegetable Gardens: Include herbs with flowers that can be used for companion planting, edibles, and fresh cut arrangements. (12:15 to 1:00PM)

Topics in this series will include growing conditions, tips and tricks, average days to harvest, plant diseases, pest management, and varieties that grow well in Mountain Maryland.

FOR INFO, contact Sherry Frick (301-724-3320) or Ashley Bodkins (301-334-6960).
TO REGISTER, visit www.go.umd.edu/2022SpringSeries

UNIVERSITY OF MARYLAND EXTENSION

University of Maryland Extension is an equal opportunity employer.

Join University of Maryland Extension educators, [Ashley Bodkins](#) and [Sherry Frick](#), for this fresh and exciting 7 part virtual series designed to jumpstart your garden.

Each session will begin at 12:15 pm and last approximately 45 minutes. These sessions are free of charge, but registration is required.

To register, visit www.go.umd.edu/2022SpringSeries.

DOES YOUR PROPERTY MEASURE UP?

What is Water-Wise?



Voluntary program that allows property owners to be recognized for implementing best management practices in their lawns and gardens. Landowners can help reduce pesticides use, increase water quality, provide wildlife habitat, and much more! Check out the yardstick and see if your property measures up. You just need 36 inches to become certified. Once certified, you will receive a small aluminum sign to display.

If you want to learn more about the program register here for the free, virtual kick off on March 8 @ 12:30pm-

<https://umd.zoom.us/join/zoom/register/tJwqfuGspjIsE910ImagIjWH4-7hDP8YIVy->

Example of management practices in the yardstick.

Directions for Waterwise Evaluation: Read through the landscape management practices on the following pages and select those actions that you have already taken in your yard. Mark your credits on the yardstick (on the last page). Once you reach 36 inches (credits) on the yardstick, a Maryland Master Gardener will visit your site and do an analysis to complete the certification.

Control Stormwater Runoff

Below are some landscape practices that reduce the quantity and improve the quality of water that leaves your property. By slowing down the water and cleaning it up before it exits your property you can improve water quality. Water runoff often has oil particles and pollution, such as debris, fertilizer, and pesticides, which can harm living organisms, habitats, and water quality.

Actions:	Possible Credit	Credit
Direct downspouts and gutters to drain onto the lawn, plant beds or rain gardens where precipitation will soak into the soil rather than running off. Be sure to direct this water away from the house to avoid wet basement and foundation problems.	1"	
Plant native groundcovers on thinly vegetated areas, under trees or on slopes to decrease erosion.	1"	
Use porous pavers, brick or paving stone set in sand, gravel, mulch or other porous surfaces for walkways, patios and driveways.	1"	
Avoid soil compaction; or to restore and enhance infiltration, deep till and amend compacted soil with compost.	1"	
Plant mulched beds containing native trees, shrubs, or ground covers along the low edges of your property to catch the run off.	1"	
Install a rain garden where it will catch runoff from roofs or other impervious surfaces trapping pollutants. This will also slow and direct the flow of stormwater instead of allowing it to run off your property.	1"	
Install rain barrels to collect water from downspouts to be used later. This reduces runoff and reuses this natural resource. (1 inch for each rain barrel, up to 4)	Up to 4"	
Keep grass clippings, fallen leaves, and other yard waste out of storm drains, waterways, and drainage areas.	1"	
Participate in DNR Forest Services's Backyard Buffer Program .	2"	
Control Stormwater Runoff Total:		

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.

Water-Wise is a voluntary conservation landscape certification program that allows property owners to be recognized for implementing best management practices in their lawns and gardens. Landowners can help reduce pesticides use, increase water quality, provide wildlife habitat, and much more! Check out the yardstick and see if your property measures up. You just need 36 inches to become certified. Once certified, you will receive a small aluminum sign to display. The first step is to fill out the application. Garrett County Master Gardeners will be visiting your site to complete the certification process. This program mimics the popular and successful [BayWise Program](#).

Visit our [website](#) to fill out the application and find out more details.

REGISTRATION OPEN FOR MT . TOP FRUIT AND VEGETABLE MEETING

The University of Maryland Extension – Garrett office will be offering an in-person vegetable meeting on **Friday, March 25, 2022, 9:00 a.m. – 3:00 p.m.** at the Garrett College, CTTC Building 116 Industrial Drive, Accident, MD 21520.



Call the Garrett County UME office at 301-334-6960 to register

Cost: \$20.00 includes lunch, am & pm beverage service, and handouts. (pay at the door)
Check should be made payable to the **University of Maryland**.

AGENDA

FREE THERAPY SERVICES FOR FARM FAMILIES

Six free therapy sessions!

In person or Teletherapy



We will help you

- Set up your appointment
- Connect with the provider
- Access your session



Complete the

intake form at
go.umd.edu/qYB
and we will reach
out to you.



Email us at
mdfrsan@umd.edu

Free Therapy Services for Farm Families



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NOTE: The term "farmer" is used in the broadest sense and may be interpreted to include agricultural farmers, ranchers, workers, business owners, and **non-industrial private forest owners and managers**.

This institution is an equal opportunity provider. This work is supported by the Institute of Youth, Family and Community (grant no. 2021-70035-35375/project no. 1027088) from the U.S Department of Agriculture, National Institute of Food and Agriculture.

2022 VIRTUAL MARYLAND 4-H AWARDS GALA RECIPIENTS



The 13th annual Maryland 4-H Awards Gala was held virtually on January 28th. This year's theme was "Building on the Best". The virtual event continued to celebrate and highlight the wonderful stories and achievements of 4-H youth. The following 4-H members received awards:

Laura Huelskamp, Cole Kepple, Preston Miller, Brooklyn Tasker, Mason & Morgan Qualls were recognized for earning the Diamond Clover Level 5 award. To earn the award they completed eight tasks including serving as club leaders, assisting younger members, attending regional or state events, providing leadership for activities, and participating in public speaking events.

Logan Mason was recognized for earning the Diamond Clover Level 6 award. To complete this level, 4-H members plan and execute a community project.

Madison Glover was recognized for representing the National 4-H Conference Delegation. Delegates work together in the four weeks prior to the conference to prepare briefings on important topics which will be presented virtually to federal officials in Washington, DC.

WINTER SNOW GLOBE

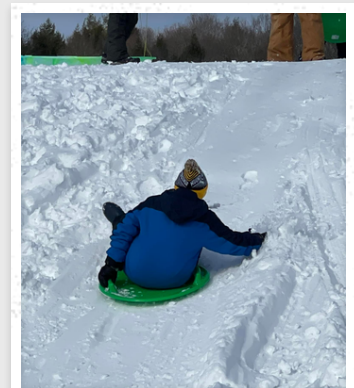
Winter Snow Globe



Looking for a fun activity to do on a winter day? Enjoy this instruction video by clicking on the link above to watch how 4-H Educator Karen Wood makes a snow globe.

Karen explains what makes the glitter fall slowly and makes it look so realistic in the snow globe. Do you know?

BE ACTIVE IN SCHOOL!



Garrett County SNAP-Ed provided physical activity kits to Broad Ford Elementary, Crellin Elementary, Friendsville Elementary, and Grantsville Elementary to support movement in school (even when it's cold outside)! These kits include sleds, jump ropes, double dutch jump ropes, balls, hula hoops, traffic cones, sidewalk chalk, and more.

Children should engage in physical activity every day. Research shows that physical activity can help youth improve their concentration, memory, and classroom behavior. The [recommendation](#) for children is at least 60 minutes of moderate to vigorous activity every day. This can be broken up into small segments of 5-10 minutes each. Activity-friendly environments also promote positive attitudes toward fitness and other health-enhancing behaviors and have been proven to [improve student academic performance](#). Activity can be introduced into existing routines and transitions, into academic lessons, or introduced as an activity break.

- Plan physical activity breaks into the classroom schedule: [Brain Breaks](#)
- Use movement as part of instruction: [Learning through Movement](#)
- Plan for active indoor recess for bad weather: [Indoor Recess](#)

Images: Crellin students sled riding...whahoo!

Funding for sleds/activity kits provided by Garrett County Snap-Ed.

MOVING US FORWARD: A PERSONAL FINANCE SEMINAR FOR PROFESSIONALS



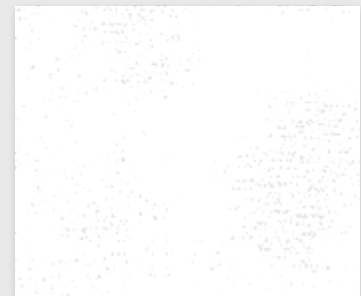
Join us for this full-day live-stream event providing timely information relevant to a multi-disciplinary field of finance professionals!

Our 34th annual Personal Finance Seminar for Professionals will be held virtually on Thursday, May 12, 2022, from 9:00AM to 5:00PM. University of Maryland Extension (UME) has a time-honored reputation for bringing together an impressive selection of presenters for each year's Personal Finance Seminar (PFS). These respected and reputable professionals provide insightful presentations in order to arm you with current updates and helpful resources that are sure to enhance your work with others.

For more information, contact Dr. Jesse Kettermann at 301-724-3320 (jketterm@umd.edu) or visit our [WEBSITE](#). To register, visit our [EVENTBRITE](#) page.

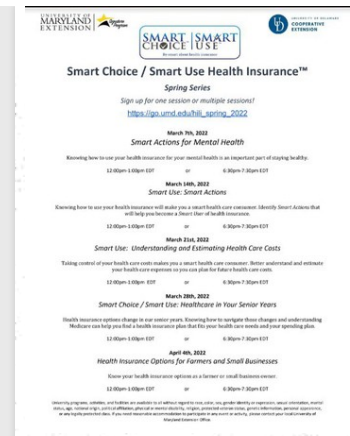
SMART CHOICE, SMART USE HEALTH INSURANCE SPRING SERIES

Join Dr. Jesse Kettermann and the UME Health Insurance Literacy Initiative (HILI) team this spring for a five-part series on understanding and managing your health insurance. Topics include how to use your health insurance for your mental health, how to be a smart health care consumer, understanding and estimating health care costs, options in your senior years, and



health insurance options for farmers and small businesses. You can register for one or multiple sessions.

For more information, contact Dr. Ketterman at 301-724-3320, jketterman@umd.edu, or visit our [HILI Spring Series](https://hili.springseries.org) website to register.



BE PREPARED WITH AN EMERGENCY FOOD SUPPLY KIT

Lisa McCoy, UMD Extension Educator specializing in Family and Consumer Sciences, discusses in the article below what food items to collect to be prepared for emergencies.



Being Prepared with an Emergen...

breathingroom.umd.edu

During the winter, it is important to be prepared with an emergency food supply kit. Whether the snow prevents you from getting to the store or ice has knocked out the power, having a fully-stocked kitchen is one less worry for you and your family.



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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 [extension.umd.edu/locations/...](https://extension.umd.edu/locations/)

