The University of Maryland Extension (UME) Garrett 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.

JARYN TEETS REPRESENTS GARRETT COUNTY AT NATIONAL HORSE BOWL EVENT
4-H membership provides opportunities for young people to explore their “spark” or area of special interest as a 4-H project. The program supports members as they gain mastery in their project area.

4-Hers interested in horses can demonstrate their mastery through Horse Bowl, an equine knowledge quiz. Young people gain a working knowledge of the horse industry, feeding, equipment, and anatomy.

Jaryn Teets, a member of the Garrett Hoof Prints 4-H Club, won first place in the Maryland State contest. She represented Garrett County as the first chair at the Eastern National 4-H Horse Roundup held the first week of November in Louisville, Kentucky. The Maryland team placed an impressive fourth overall in the national event.

MASTER GARDENERS & STUDENTS COLLECT POLLINATOR SEEDS
Master Gardeners spent the day with Friendsville Elementary school students on Oct. 12th to help them collect seeds. Students learned about how seeds are spread, how they are formed from flowers and the importance of having food sources for the different life stages of our pollinator friends. Every student left with seeds that they collected themselves from the pollinator and rain gardens! They learned seed collecting, cleaning, and storing techniques firsthand.

**COMPOSTING PROGRAM A SUCCESS**
Thanks to Keep Maryland Beautiful, University of Maryland Extension was able to partner with Garrett County and the GC Solid Waste Authority to get people excited about backyard composting. 100 participants received a free Geobin composting unit.

The photo was taken at the Kitzmiller Branch of the Ruth Enlow Library.

**A SMELLY SITUATION!**

What's digging holes in the lawn? [marylandgrows.umd.edu](http://marylandgrows.umd.edu)

With the transition into the Fall season, I often find myself feeling a mixture of emotions; relief, that another growing season is coming to an end; sadness, that it went too fast; and excitement for what the next year will bring! I am sure that our animal friends also sense the need to prepare for the changing...

**FALL VEGETABLES AND FRUITS ADD TO YOUR HOLIDAY MEAL**

The fall harvest brings sweet potatoes, yams, and many varieties of winter squash to the market. These are plentiful in the fall and produce costs less when it is in season. These hearty vegetables store well for up to one month or longer, making them a great choice to have on hand to prepare as part of a healthy meal.

Click [HERE](http://marylandgrows.umd.edu) to read the full article from the Maryland SNAP Ed Eat Smart Blog.

**HOLIDAY FOOD SAFETY**

As we close on another year, many of us are thinking of gathering to celebrate traditional and new holidays with friends and families. Here are some tips to stay safe in the kitchen.

Click [HERE](http://marylandgrows.umd.edu) to read the full article from the Maryland SNAP Ed Eat Smart Blog.
MARYLAND BEEF WEBINAR SERIES CONCLUDES WITH ONE FINAL SESSION

The final session of the Maryland Beef Webinar Series will be held on December 13th from 7:30 pm-8:30 pm. University of Maryland Extension beef team will discuss tips and considerations for managing cows and bulls through the winter. The webinar is free, but registration is required.

To register or for additional information, visit https://go.umd.edu/beef-webinars.

COMING SOON....FINANCE SEMINAR FOR PROFESSIONALS

FEARLESSLY FORWARD
FINANCIAL WELLNESS FOR ALL AGES
MAY 11 2023

Dr. Jesse Ketterman and the Financial Wellness Team are planning our annual Personal Finance Seminar for Professionals on May 11, 2023. The conference provides up-to-date financial information for professionals. Additional details and information on speakers will be provided in January of 2023.

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"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."