

UNIVERSITY OF MARYLAND EXTENSION

TRUSTED RESEARCH-BASED EDUCATION DELIVERED BY LOCAL EXPERTS



2022 ANNUAL REPORT

University of Maryland Extension
Cecil County engages over:

103,725 Residents with
our

12 Faculty and staff along with

200 4-H & Master Gardener
volunteers and over

40 partnerships

University of Maryland Extension Cecil
County 2022 Annual Impact Report
extension.umd.edu/locations/cecil-county

University of Maryland Extension (UME) Cecil County Office

is a unique organization that provides research-based, informal education to residents of the County and local area. Our educational programs cover a wide range of topics, including agricultural production, natural resources, food safety, nutrition and healthy living, youth development, volunteer development, and agricultural nutrient management. These educational and training programs provide current, practical information through workshops, seminars, clinics, camps, displays and newsletters. Each University of Maryland Extension Office is a partnership of county government, the University of Maryland College of Agriculture and Natural Resources, and the U.S. Department of Agriculture. We are glad to share with you this summary of our activities and accomplishments that provided noticeable impacts for the benefit of our communities.

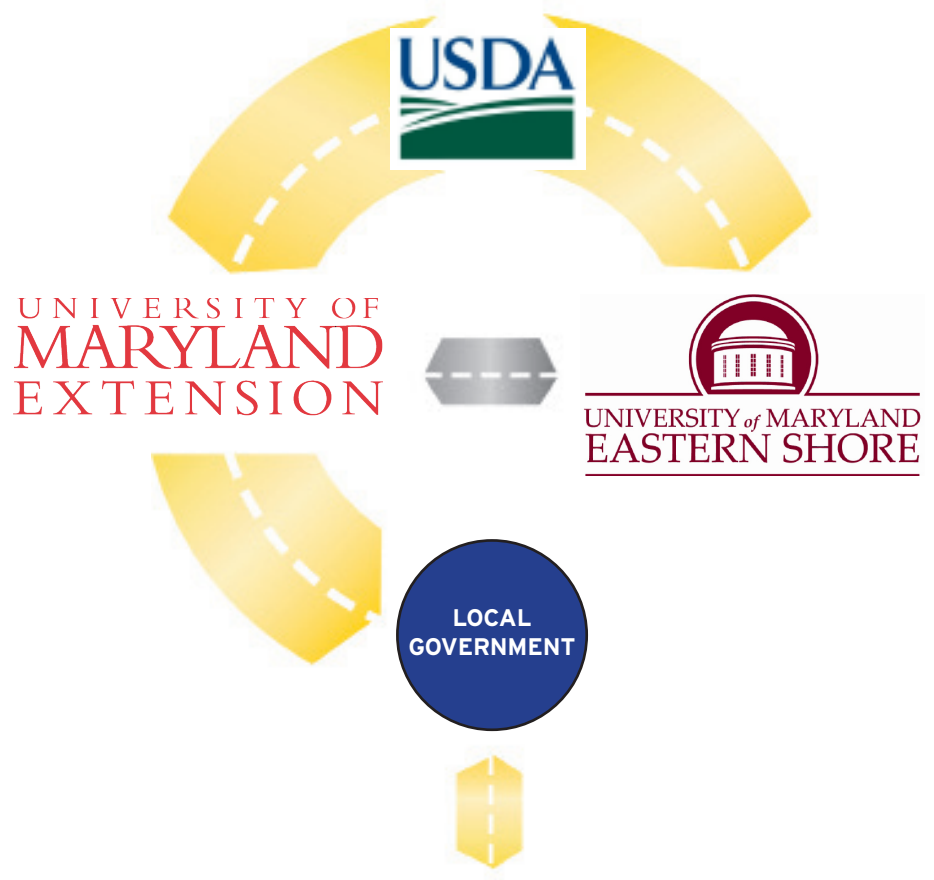
ON THE COVER:

Cecil County School of Technology
Agriculture students visit the University of Maryland's Institute of Applied Agriculture.

UNIVERSITY OF
MARYLAND
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University of Maryland Extension, Cecil County County, State, and Federal Partnerships



**For 103,725
Cecil County
Residents
(2020 census)**





Dr. Paul Rickert
Area Extension Director

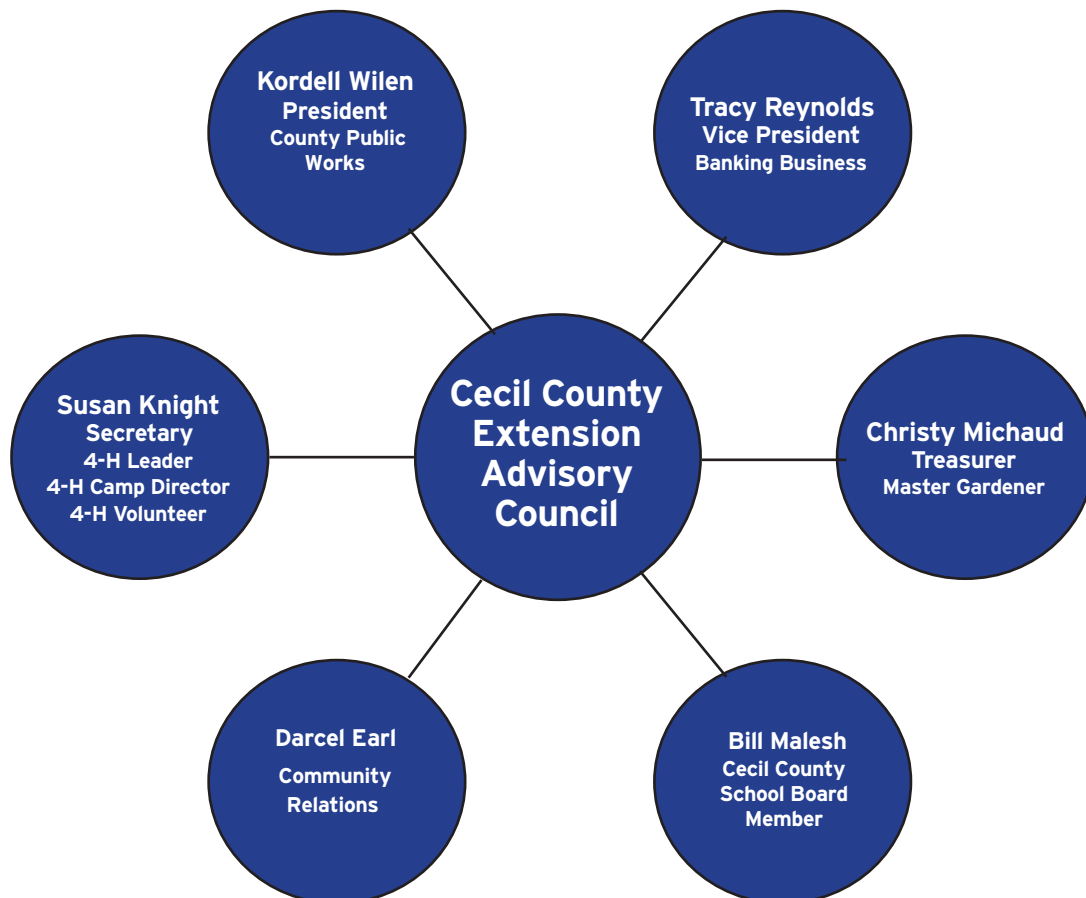
We are excited to present our 2022 Annual Report for University of Maryland Extension in Cecil County. This year was a year of recovery from the pandemic so we still held many trainings via Zoom, but began filling classrooms in person again. After such a dramatic shift during COVID, and the struggles it caused, we are pleased to have spent much of 2022 normalizing our lives and our work.

We had a few personnel changes in 2022. Vicki Stone left after 12 years with us in 4-H. For a short time, we had assistance from Dale Kerns for our 4-H Chicks in the Classroom program and finally Taylor Knight has stepped in as the 4-H Program Assistant. Molly Rusch left as our SNAP-Ed educator and recently we found out that Amelia Gerres was selected to fill her shoes! At the end of 2021 we said farewell to our Nutrient Management Advisor, Jenna Talbot, and in December 2022 Sam Covington was hired to write plans for our Cecil County farmers! Our Family and Consumer Science educator, Beverly Jackey, put in her tenure package in 2022 and we wait with excited anticipation on the results of all her efforts!

In the following pages you will see some of the results of our efforts in 2022. While we cannot highlight every impact, we hope that this serves to expand awareness of the types of things your Extension Office does in our communities. We appreciate the longstanding support that Cecil County Executive and County Council Members continue to provide to Extension to allow us to continue to provide research-based programming to improve the lives of residents of Cecil County.

The Cecil County Extension Advisory Council (CCEAC)

The Cecil County Extension Advisory Council serves an essential function in better understanding our local community and searching for new opportunities. They help to promote and market University of Maryland Extension through their personal and professional networks. We are privileged to have engaged community leaders offer their time, on behalf of helping us to better serve Cecil County.





Agriculture and Food Systems (AgFS)

The UME Agriculture and Food Systems (AgFS) Program serves Maryland producers and communities by translating fundamental research into applied research and education programs that Marylanders can use. UM Extension Cecil County Office offers a variety of educational services to the commercial farm community. Some programs train or recertify agricultural producers to meet State regulations. Other seminars provide technical and business information that introduce new technologies or practices that help farmers improve production, operate more profitably, and maintain the environment.

Cecil County also has an educational program for high school students. The program, *Days of Learning*, started in 2018 with a partnership between the University of Maryland Extension and the Cecil County School of Technology (CCST). The initial purpose of

the program was to provide the Agricultural students with some real-life exposure. The CCST students were taken on field trips to local farms and Agricultural businesses to learn first-hand what it takes to run a successful farm/Ag business. The field trips offered a behind-the-scenes look at the everyday operations of the farm/Ag business. Partnering with the Cecil County Office of Economic Development, the program became more in-depth Ag Experiences in 2020. Cecil County Ag producers and Agribusinesses were invited to Informational Days to explain the program and ask for their support and participation in this new program. Cecil County Ag businesses visited the CCST to present information on their businesses and what they could offer the students in the way of hands-on experiences and training.



2022 HIGHLIGHTS

Training Sessions

67

participants in annual Winter Agronomy Meeting

100

participants in annual Cecil County Fair Ag Showcase

Days of Learning Program

11

Field Trips

140

Student interactions

2

Guest Speakers visited Cecil County School of Technology Students



Agriculture and Food Systems Nutrient Management Program (NMP)

The largest private industry in Maryland is agriculture, which is comprised of row-crop production, commercial horticulture, poultry, and livestock. The gross cash income from Maryland crops and livestock sales was approximately \$2.53 billion in 2020, contributing to the Maryland economy.¹

The UME NMP assists farmers with the Water Quality Act, which was created to protect the Chesapeake Bay and its tributaries. Farmers are required to have an up-to-date nutrient management plan written by a licensed planner. Our office assists agricultural producers by writing

and updating nutrient management plans that are required by Maryland regulations. Maryland's Nutrient Management Program provides clients with information on Best Management Practices (BMPs) that aim to balance nutrient applications with crop nutrient requirements, thereby enhancing farm profitability while protecting water quality.

¹ Maryland Manual On-line, Maryland State Government, visit go.umd.edu/MDmanual



2022 HIGHLIGHTS

5

New Nutrient Management Plans prepared with

133

acres covered

109

Updated Nutrient Management Plans prepared with

4,863

acres covered

114

Total Plans

4,996

Total Acres

37

Total Clients



Environment and Natural Resources Master Gardener Program

2022 HIGHLIGHTS

1,024

Master Gardener Volunteer Hours

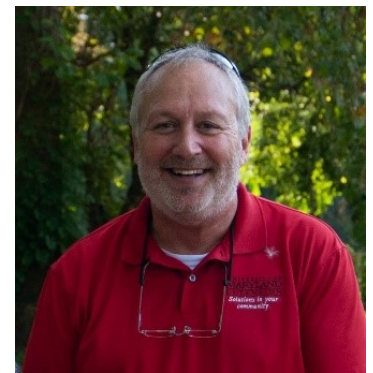
\$30,668

Volunteer Dollar Value

UME's Cecil County Master Gardeners are county residents who have been selected and trained by University of Maryland Extension (UME) to deliver research-based horticultural information to the public. Each Master Gardener, who received over 50 hours of training from UME, commits to donate 20 hours of volunteer service each year back to their community. The mission of the Master Gardeners is "educate residents about safe, effective and sustainable horticultural practices that build healthy gardens, landscapes, and communities."

Master Gardeners assist county residents through several approaches, including demonstrations, workshops, lectures, and plant clinics at county libraries, schools, parks, community gardens, demonstration gardens, fairs, and more. Program areas include, but are not limited to, Bay-Wise landscaping, water management, composting, Grow It Eat It (vegetable gardening), deer resistant gardening, integrated pest management (IPM), herbs, horticultural therapy, children's gardening, pollinators, native and invasive plants, and environmental horticulture. Although there was a decrease in volunteer hours in 2022 due to the pandemic, Master Gardeners were creative in reaching the public and completing virtual continuing education hours. Innovative programming included gardening workshops, garden tours, Facebook, Youtube, and other social media campaigns, and more.





Eric Buehl
Regional Watershed Restoration
Specialist

Environment and Natural Resources Watershed Protection and Restoration Program

Cecil County Watershed Stewards Academy

The Cecil County Watershed Stewards Academy (WSA) is a partnership with the Cecil County Department of Public Works, Stormwater Management Division, and the University of Maryland Sea Grant Extension. The WSA program trains adult community leaders in ways to reduce polluted storm water runoff and improve local water quality in their communities. After completing the course, they earn the title of Master Watershed Steward.

Conowingo Watershed Implementation Plan (WIP)

The Conowingo WIP is a multi-state effort led by a Chesapeake Bay Program Steering Committee. The plan lists potential nutrient and sediment reduction goals and sectors (agriculture and urban) in the Susquehanna River basin. The Specialist serves on a project team that is helping to share information with key stakeholders in the Cecil County portion of the Conowingo watershed related to potential best management practice (BMP) locations and reporting accomplishments.

Education and Outreach

The Specialist provides educational programs focused on helping local governments, watershed groups, and other interested groups wanting to learn more about Chesapeake Bay water quality, climate resilience, and residential-scale best management practices (BMP) that individuals can use to decrease their impact on local water quality.

Technical and Grant Assistance to Landowners

The Specialist provides assistance to the county, municipalities, and community associations to help identify needs and opportunities. He provides research-based information to aid in the decision-making process and provides technical assistance to secure funding to implement projects to help improve local water quality and climate resilience.

2022 HIGHLIGHTS

20

Master Watershed Stewards

212

Individuals reached through WSA
educational activities

\$3,100.50

Value of WSA volunteer hours

14

Participants in Conowingo WIP Tour
hosted by Cecil Soil Conservation
District

102

People reached through Education and
Outreach

3

Communities provided grant technical
assistance

\$64,600

value of grants approved to improve
water quality



4-H Youth Development

The Cecil County 4-H Youth Development Program provides a supportive setting for youth to reach their fullest potential. Children learn beneficial cognitive and life skills through community-focused, research-based, experiential educational programs. Participation is open to all youth ages 5-18.

4-H has a 100+ year tradition of voluntary action through strong public-private partnerships at federal, state and community levels. Local volunteer leaders partner with Cecil County Extension staff to provide

direct leadership and educational support to young people in urban, suburban, and rural communities.

4-H youth develop relationships that inspire people to voluntarily help themselves and others as they interact with caring adults and peers.

4-H Program areas include:

- STEM and Agriculture
- Healthy Living
- Civic Engagement
- Volunteer Development



2022 HIGHLIGHTS

15
Community clubs

280
4-H Community Club Members

269
4-H educator programs

11,321
Direct contacts through 4-H programming

+48,520
Indirect contacts through 4-H programming

= 59,841
youth & educational contacts

167 Volunteers

6,012 Volunteer Hours

\$180,059
Volunteer Dollar Value



Beverly A. Jackey, MS, RDN, LDN

2022 HIGHLIGHTS

33

in-person programs (some with multiple sessions) reached

421

adult and youth residents

\$5,510

competitive grant funds received

12

monthly nutrition resources provided to

300

residents receiving home delivered meals through the Elkton Senior Center

94.7% of older

adults found the Fresh Conversations Program useful and planned to use the information.

Participants who completed the Dining with Diabetes 4-session program reported significant behavior changes in:

- **consuming 2-1/2 cups of vegetables or more daily**
- **Measuring servings during a meal**
- **Preparing balanced meals based on the Idaho Plate Method for diabetes**



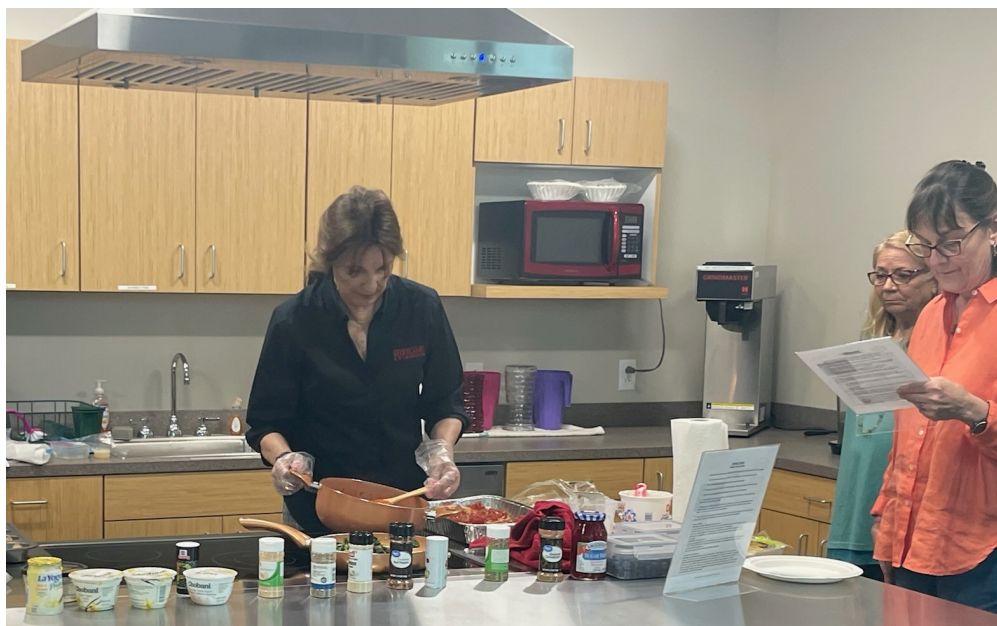
Family and Consumer Sciences

The University of Maryland Extension's Family & Consumer Sciences (FCS) agents educate and provide unbiased, research-based knowledge every Maryland resident needs to be healthy and economically successful regardless of income.

In 2022, through partnerships with the Cecil County Department of Health and Social Services, the Elkton Housing Authority, Pleasant View Baptist Church, and the Cecil County Department of Community Services, 33 FCS programs reached 421 residents.

Education programs focused on:

- 1) Nutrition, Health, and Wellness
 - Dining with Diabetes a four-week program and 3 month follow up
 - Protein and Aging
 - Dietary Approach to Stop Hypertension (DASH) Plus
 - Fresh Conversations
 - Holiday Tips for Diabetes
 - The Mind Diet
- 2) Food Safety and Food Preservation
 - Capture the Flavor: Using Herbs and Spices for Good Health
 - Food Safety Training for 4-H Volunteers





Tammy Pryor

2022 HIGHLIGHTS

Youth Program

141

Youth received nutrition education

90%

improved dietary practices

55%

improved physical activity practices

Adult Program

27

Adults received nutrition education

111

People in program/families received nutrition education

100%

improved dietary quality behaviors

73%

improved food safety behaviors

100%

improved food resource management

76%

improved physical activity behaviors



Family and Consumer Sciences

Expanded Food and Nutrition Program (EFNEP)

Federally Funded Nutrition Program

The Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education program funded by USDA/NIFA. EFNEP empowers food-insecure families to make diet and physical activity-related behavior changes to facilitate a healthy lifestyle and reduce chronic disease risk. Building on this, EFNEP responded to the global pandemic by delivering virtual nutrition education. EFNEP enabled cross-county program collaboration, which facilitated better engagement of youth and adult participants in the successful delivery of virtual cooking classes.

The major goals of EFNEP are to help limited-income families and youth acquire knowledge, skills, attitudes, and behavior changes necessary for health/wellness and prevention of chronic disease. EFNEP for Families reaches families with incomes at or below the poverty threshold or fami-

lies that qualify for federal food assistance programs when these families have school-aged or younger children living in the home; pregnant and/or breastfeeding mothers and pregnant teens who qualify for WIC (Women, Infants & Children's Supplemental Nutrition Program), also qualify for EFNEP.

EFNEP for Youth provides education to youth 5 to 18 years old at schools, community centers, and gardening/cooking workshops.

Typical partnerships include the Department of Social Services, Elkton Housing Authority, youth camps, Boys and Girls Clubs, local food pantries, Youth Empowerment Source, Meeting Ground Inc., Judy Center, halfway houses and shelters, Head Start, WISH Program, Kinship Care, and YMCA.





Molly Rusch
MS, RDN



Amelia Gerres,
BSBA, MBA



Family and Consumer Sciences

Maryland Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Federally Funded Nutrition Program

2022 HIGHLIGHTS

18

teachers trained to deliver SNAP-Ed curricula and to promote healthy eating and/or physical activity with their students

523

students reached with multiple nutrition lessons

911

parents reached with educational information, including recipes and newsletters

149

fruit and vegetable food tastings across Cecil County

Maryland SNAP-Ed in Cecil County - FY22

Maryland Supplemental Nutrition Assistance Program Education (SNAP-Ed) works to improve the health and wellbeing of families in Maryland who are facing food insecurity. Through comprehensive programs consisting of nutrition education lessons, social marketing programs and policy, system and environmental-level changes, SNAP-Ed helps local children and adults lead healthy lives through increased food access, improved nutrition quality, and physical activity.

Youth Education Sites in Cecil County

SNAP-Ed partners with youth education sites in Cecil County to improve nutrition and physical activity behaviors, and to change the environment where access to nutritious foods and physical activity is provided. SNAP-Ed interventions also foster connections between the home and school environment to support improved and sustained health behaviors.

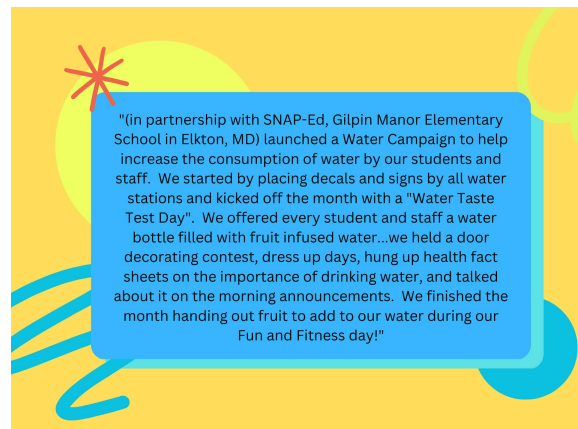
Statewide, SNAP-Ed programs work to change established behaviors and processes so that teachers, and the broader school community, increasingly integrate and prioritize the concepts of healthy eating and physical activity within classroom programming.

Food Access Sites in Cecil County

SNAP-Ed works to improve food access in Cecil County by connecting families to local food resources including farmers and school food pantries. Partnerships between SNAP-Ed and local food access sites focus on ensuring that healthy options are available and promoted to shoppers or clients experiencing food insecurity, and that participants receive education on how to prepare these healthy options.

In FY22, there were a total of 9 school food pantry partners embedded within the larger school community and, thus, were a component of the formal school collaboration. SNAP-Ed also offered 3 farmer trainings in Cecil County. In addition, one farmer was trained individually on healthy food access.

Statewide, the comprehensive educational programming offered at food access sites helps farmers and school food pantries make operational changes that support their shoppers or clients' healthy choices.



"(in partnership with SNAP-Ed, Gilpin Manor Elementary School in Elkton, MD) launched a Water Campaign to help increase the consumption of water by our students and staff. We started by placing decals and signs by all water stations and kicked off the month with a "Water Taste Test Day". We offered every student and staff a water bottle filled with fruit infused water...we held a door decorating contest, dress up days, hung up health fact sheets on the importance of drinking water, and talked about it on the morning announcements. We finished the month handing out fruit to add to our water during our Fun and Fitness day!"

About the University of Maryland Extension

University of Maryland Extension (UME) is a statewide, non-formal education system within the college of Agriculture and Natural Resources and the University of Maryland Eastern Shore. UME educational programs and problem solving assistance are available to residents and are based on the research and experience of land grant universities such as the University of Maryland, College Park.

In Maryland, UME employs approximately 200 faculty and approximately 200 support staff and contractual employees located at the University of Maryland, College Park; University of Maryland Eastern Shore; 23 counties; Baltimore City; and four research and education centers. Many UME faculty members located on the College Park and Eastern Shore campuses have joint appointments with research and academic programs. These joint appointments promote the exchange of knowledge between the universities and among academic specialties.

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