Andrea Uphold recently joined University of Maryland Extension as the Nutrient Management Advisor for Garrett and Allegany Counties. Andrea graduated from West Virginia University with a Bachelor's of Science Degree in Animal & Nutritional Sciences as well as Agribusiness Management & Rural Development. She is actively involved on her family's dairy farm and maple syrup operations and has been certified in writing nutrient management plans for 10 years.

If you are in need of a nutrient management plan, please call Andrea at 301-334-6960 so that she can schedule a time for you to come in and meet with her.

State 4-H Achievement Event Recognizes Local Youth
This month, instead of braving bad weather, members braved one of people's biggest fears, public speaking. And they did fantastic! Eleven members delivered 16 outstanding speeches including:

- Demonstrations and visual presentations to share their skills related to making cookies and chemo port pillows to their knowledge of tractors and rabbits.
- Others advertised 4-H through our Radio Spot category.
- Prepared speeches educated the audience on the history of the telegraph, impacts of the pandemic on agriculture, swine production, importance of agriculture on our food supply.
health benefits of being outside, and the wide world of 4-H beyond just animal projects.

- Some members chose an extemporaneous speech, where they randomly selected a surprise question and prepared their speech at the event. These members quickly formulated and delivered informative extemporaneous speeches on 4-H memories to share with grandchildren some day and how friendly competition in 4-H can help members grow and improve.

Champions of each age division and category are now eligible to move forward to the state 4-H communications contest in April, held at Maryland Day, at the University of Maryland campus.

Thank you to each of our members for participating and our judges Janet Tichnell and Marvin Beckman.

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**2024 Public Speaking Results**

<table>
<thead>
<tr>
<th>Radio Spot</th>
<th>Junior Champion-Brenton Gregy</th>
<th>Junior Reserve Champion-Julia Ramsey</th>
<th>Senior Champion-Jasmine Ramsey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interpretation</td>
<td>Junior Champion-Elsa Frazee</td>
<td>Intermediate Champion-Kylie Bates</td>
<td>Senior Champion-Leah Fratz</td>
</tr>
<tr>
<td>Visual Presentation</td>
<td>Junior Champion-Wade Yost</td>
<td>Senior Reserve Champion-Dustin DeBerry</td>
<td>3rd-Molly Magruder</td>
</tr>
</tbody>
</table>

**Prepared**

| Junior Champion-Julia Ramsey | Intermediate Champion-Kylie Bates | Senior Champion-Leah Fratz |

**Extemporaneous**

| Senior Champion-Dustin DeBerry | Senior Reserve Champion-Connor Clary |

**Demonstration**

| Junior Champion-Cassidy Ashby | Senior Reserve Champion-Brenton Gregy | Senior Champion-Elisa Frazee |

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**March Fun with 4-H**

Hop into the Extension Office for the Fun with 4-H March Cookie Decorating class. This class will teach youth the skills to design and decorate the perfect sugar cookies using various techniques. Don't miss out on this egg-cellent opportunity! Sign up today by calling the Extension Office at 301-334-6960.
It's time to start dreaming about summer and fresh homegrown vegetables. If you want to learn through hands-on gardening with a mentor, here is your chance. Apply today: https://forms.gle/Qf2KxDiaz2zNM7Qr5
There are several ways to ask University of Maryland Extension home horticulture questions. Reach out today! Register [HERE](https://go.umd.edu/2024WMDLunchBreakPlantClinic).

Join us over your lunch break to talk plants!

Join us LIVE @ 12:30 pm
March 11 April 8 May 6 June 10 July 8 August 12

We are also happy to share our [2023 HGIC-MG Report](https://go.umd.edu/2024AskExtensionLink). Many thanks to the staff, faculty, and volunteers who work together to make these programs grow and succeed!

**2023 HGIC-MG Report**

**3 WAYS TO ASK PLANT QUESTIONS**

1. **Visit Our Offices**
   - **Monday - Friday 9:30 am - 4:30 pm**
   - **Allegany County UME**
     - 1 Commerce Drive
     - Cumberland, MD 21502
   - **Garrett County UME**
     - 1916 Maryland Highway Suite A
     - Mt. Lake Park, MD 21550

2. **Email**
   - **Allegany County UME**
     - Sarah Llewellyn
     - sllewellyn@umd.edu
   - **Garrett County UME**
     - Ashley Rockens
     - abachtel@umd.edu

3. **Ask Extension**
   - [https://go.umd.edu/2024AskExtensionLink](https://go.umd.edu/2024AskExtensionLink)

If you need a reasonable accommodation to participate in any program or event, please contact our office at least two weeks prior at [301-784-4520](tel:301-784-4520).
What is Low-Till Gardening?
In today’s post, I am going to focus on how to embrace low-till gardening systems, but first a quick refresher on soil. The importance of soil: Soil is a living and complex natural covering of the Earth. Soil acts as a sponge to absorb water, nutrients, pollutants, and carbon.

marylandgrows.umd.edu

Healthy Soil for Your Farm
Are you interested in better understanding your soil and how to have a healthy soil? University of Maryland and Maryland Department of Agriculture are offering a workshop on Healthy Soils for Your Farm.

The workshop will be held on March 19th at Garrett College in McHenry in Rm 111 of the Garrett Information Enterprise Center from 9:30 am to 2:30 pm. The program will include soil evaluation using the Maryland Soil Health Card, other tests and measures of soil health, cover crops, planting no till vegetable crops and funding for soil health practices.

Please register by March 15th by calling Garrett College at 301-387-3069. Lunch will be provided and there is no cost for the meeting.

You’re Already So Sweet! Reducing Sugar-Sweetened Beverages
Looking to make a simple change that can have a large impact on your health? Sugar-sweetened beverages are the leading source of added sugars in American diets. Added sugars are those that don’t naturally occur in foods; they are added to make foods and drinks sweeter (https://www.cdc.gov/healthyweight/healthy_eating/drinks.html). These drinks can contribute to Type 2 diabetes, heart disease, and obesity.

Read the full Eat Smart Blog HERE.
We are here to serve you in person, by phone, email, or by video conferencing. If you have questions, contact one of our experts to provide solutions.
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. If you need a reasonable accommodation to participate in any event or activity, please contact us at least two weeks prior to the event at (301) 334-6960.

Roberta Cvetnick
Roberta is using Smore to create beautiful newsletters