

# UNIVERSITY OF MARYLAND EXTENSION

## Garrett County

### December 2025 Newsletter

A decorative illustration featuring the words "Season's Greetings" in a red, cursive script. The text is surrounded by green pine branches and clusters of red berries, set against a light yellow background.

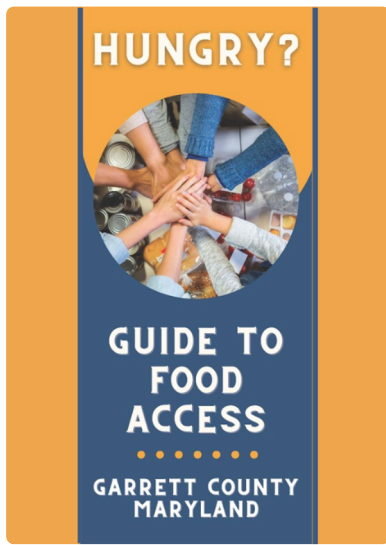
From the  
Garrett County  
Extension Office

We hope this season brings you joy, peace, and cherished moments with family and friends. As always, we remain committed to serving our community with valuable resources and support for all your agricultural, educational, and community needs. May the coming year be filled with prosperity and continued success. Happy Holidays and a wonderful New Year from all of us at the University of Maryland Extension- Garrett County Office!

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## Food Resources in Garrett County

The Appalachian Farm and Food Alliance (AFFA) is a regional non-profit committed to fostering a resilient, sustainable, and equitable food and agriculture system across Western Maryland and the Potomac Highlands. Its core mission involves facilitating collaboration between agricultural producers and food system service providers to address and provide solutions for food insecurity. To directly aid the community, AFFA updated the "Hungry" Brochure, a vital, user-friendly resource that consolidates essential, up-to-date information on local food resources and donation



locations. This brochure is a key component of their strategy, helping ensure that all community members, particularly in Garrett County, can access the support they need to avoid going hungry.

Check out the following Garrett County and Maryland resources below:



### 2025 Hungry PDF.pdf

2025 Guide To Food Access In Garrett County

[Download](#)

2.5 MB



### Food Access Resources

Find resources to access food in Maryland. This page includes statewide resources, finding food pantries, information on using ingredients, and accessing services in each of Maryland's 23 counties and Baltimore City. Updated Nov. 17, 2025

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

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## EAC Wraps Up 2025 Year

At the quarterly Extension Advisory Council (EAC) meeting, SNAP-Ed educator Kenzi Mousch provided an overview of the nutrition education program, highlighting its reach and impacts in Garrett County and the State of Maryland. Despite past budget cuts, our county remains committed to providing health and nutrition Education. Kenzi is actively seeking grant opportunities and donors for continued community education and collaboration with UME. EAC Members enjoyed a hands-on program demonstration where they made the SNAP-Ed Pumpkin Parfait recipe.



# Pumpkin Parfait Fun



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## Laura Huelskamp Wins Maryland State Fair Scholarship



Laura Huelskamp, a former member of the Bittinger 4-H Club, has been honored with the F. Grove Miller Maryland State Fair Scholarship. This prestigious award, given in memory of F. Grove Miller, supports Maryland youth pursuing higher education, whether it be a four-year college, post-secondary institution, or trade school. Recipients are selected based on their participation in past Maryland State Fairs, reflecting their commitment and contributions to the community. Laura was among nine exemplary individuals to receive this \$2,000 scholarship, which will aid her academic pursuits and further her commitment to excellence. Her achievement highlights the impactful role of 4-H programs in fostering youth development and leadership.

Her participation in the Maryland State Fair consisted of multiple exhibits in the Indoor Exhibit Categories for six years and was a judge for the LEGO Challenge.

Laura attends Washington & Jefferson College in Washington, PA, majoring in Public Policy.



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# Turkey Zipline Challenge

In November, Garrett County 4-H presented the Turkey Zipline Challenge to libraries and after school programs reaching over 80 youth. Each participant constructed a turkey carrier using up to 15 Lego pieces, including a top and bottom base and a pulley system. The goal was to ensure a toy turkey could successfully travel down a 15 foot zipline and into the barn without falling out. The challenge allowed youth to use the Engineering Design Process to explore different carriers for the turkey's journey.



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## See You In The Spring

Our Maryland 4-H Environmental Education and Camping Center wrapped up its 2025 season with remarkable success. Nestled in the scenic landscapes of Garrett County, the expansive 1,300-acre facility became a hub for camps, special events, weddings, and school trips, allowing visitors to immerse themselves in nature while honing their skills and interests. The center drew nearly 1,700 guests for overnight residential camps from May 1 to November 1.

This season, in addition to the camp experiences, the center also hosted 8 private events, further showcasing its versatility as a venue. For many families, the tradition of attending camp at this center spans generations, fostering invaluable life skills and friendships among youth in an enriching natural setting. The center's commitment to environmental education and personal growth continues to make it a cherished destination for both new and returning guests.



# MARYLAND 4-H ENVIRONMENTAL EDUCATION & CAMPING CENTER



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## 114 Steers Tagged at Fall Weigh-In



We are truly grateful to all the 4-H families and volunteers who contributed their time and effort to make our Beef Weigh-In event a success. Thanks to your hard work and dedication, we successfully tagged an impressive total of 114 steers on November 1, 2025. This achievement sets a strong foundation as we prepare for the 2026 Garrett County Fair. Your support and enthusiasm are invaluable, and we couldn't have done it without every one of you.

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## Insect Discovery Captivates Accident Elementary School's Camp Read-A-Lot Program

Master Gardeners and 4-H were pleased to take part in Accident Elementary School's Camp Read-A-Lot Program. The event brought a crowd of 150 students and parents. The session included educational material on the spotted lanternfly along with a variety of activities such as: observing an insect collection, constructing an insect using K'nex rod and connector system, designing your own sticker bug, and 3D doodling moths and butterflies. It was a wonderful experience for all involved.

Pictured below are UME Staff, Karen Wood, Emily Pysell, Kenzi Mousch, Cambria Snyder and Master Gardener Volunteer, JoAnn Kocielek.

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## Parent Engagement Night At Local Schools

Kenzi Mousch, SNAP-Ed Educator, visited Grantsville and Friendsville Elementary Schools for the Title 1 Parent Engagement Nights. She focused on nutritional education and healthy lifestyle choices, helping families with practical knowledge and resources. Through her efforts, Kenzie contributed to building a supportive community that values education and health.

#### **Grantsville-**

Grantsville Elementary School recently organized a Title I Parent Engagement Night that focused on the importance of establishing healthy bedtime habits for children. With over 30 families attending to learn and engage in activities designed to promote better sleep for students. Throughout the evening, students participated in sessions where they discovered effective bedtime activities that can help them unwind and prepare for a good night's sleep. One of the highlights was the interactive workshop where students had the opportunity to create their own Terrific Trail Mix. This nutritious and easy-to-make snack not only satisfies nighttime cravings but also aids in sleep regulation. This recipe is very easy to make and affordable!

#### **Friendsville-**

Friendsville Elementary recently delighted families with a "Count on Fall" Title I Parent Engagement Night, centered around fun and practical math skills. With 35 students participating, attendees eagerly learned the differences between measuring cups and spoons used when cooking and baking. They then put on their measuring hats to create delicious pumpkin parfaits. This hands-on activity not only reinforced key measurement concepts but also provided a tasty, healthy, and affordable fall snack.

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## Healthy, Thrifty Holiday Menus

Creating tasty and affordable holiday menus with SNAP-Ed Connection recipes is a fantastic way to enjoy festive meals without breaking the bank. Each menu offers vegetarian options that cater to diverse dietary preferences while adhering to USDA MyPlate Kitchen Criteria. These recipes not only prioritize affordability and nutrition but also ensure that everyone at the table can enjoy a delicious meal. Check out the link below.



#### **Healthy, Thrifty Holiday Menus**

Make Tasty, Affordable Holiday Menus with SNAP-Ed Connection recipes!

🔗 [snaped.fns.usda.gov](https://snaped.fns.usda.gov)

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# How to Cook and Store Food Safely on Thanksgiving (and Beyond)

Preparing food safely can make the difference between a successful holiday feast and an infamous one. A UMD Extension expert, Karen Shih, offers advice in the article below.



## How to Cook and Store Food Safely on Thanksgiving... | Maryland Today

Ask the Expert: Advice for Real Life

[today.umd.edu](https://today.umd.edu)

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## Bi-County Master Gardener Training Held

Allegany and Garrett County worked together to host a joint-county Master Gardener Basic Training class in November. There were 7 participants that completed the required in-person training and now they will continue working together virtually for the next few weeks. It's always refreshing for new folks to enter the program and it will be wonderful to have these new interns ready to volunteer in the Spring of 2026.

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## Library Program Featured In Maryland Library Association Digital Magazine



Partners make our work more impactful and we are grateful for wonderful sites like the Ruth Enlow Library system that go above and beyond to make our communities more sustainable and are always willing to take on new projects with University of Maryland Extension Faculty! Read the highlighted article in the Summer

Edition of The Crab, the digital magazine of the Maryland Library Association. The article is featured on pages 88-91.

**Summer 2025 Edition of The Crab**

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# Lawn Fertilizer Blackout Dates Began November 16th



Blackout Dates for Lawn Fertilizer Applications began on November 16th and will remain in place until March 1, 2026. The purpose of these blackout dates is to protect local streams and the Chesapeake Bay from fertilizer runoff during late fall and winter. During this time, grass is usually dormant and cannot use extra nutrients. Read the entire press release [HERE](#).

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## Corn Hybrid Trials Factsheet



Please find attached a copy of the 2025 Corn Hybrid Trials results performed annually at multiple UMD Research and Education Centers. The factsheet can also be downloaded from the MD Crops website at <https://psla.umd.edu/extension/md-crops>. We are grateful for the funding provided by Maryland Grain Producers Utilization Board to support these trials that directly benefit Maryland producers.



**2025 Corn Hybrid Trials Results.pdf**

**Download**  
966.3 KB

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## Maryland Health First Aid Course Available

Dr. Jesse Ketterman provides Maryland Health First Aid (MHFA) courses for the community free of charge through University of Maryland Extension's [ROPTA](#) initiative. Maryland Reinforcing Overdose Prevention through Training and Advocacy (ROPTA), formerly MarylandROTA, is an initiative of the University of Maryland Extension (UME) that offers no-cost, evidence-based programs to address the substance use and mental health challenges in Maryland.

Pictured below are employees of Garrett County Lighthouse during their recent training by Dr. Ketterman. Garrett County Lighthouse provides personalized psychiatric rehabilitation and behavioral health services to those individuals in our community who are recovering from severe and persistent mental illness.

If your business is interested in the free course for your employees, contact Dr. Ketterman at 301-724-3320.



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# Update AG Client Contact Information



Are you receiving our monthly AG Newsletter? If not, please [click here](#) to update your contact information and to stay updated on everything agriculture-related in Garrett County and the tri-state area.

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## Keeping Connected

We are here to serve you in person, by phone, email, or by Zoom. If you have questions, contact one of our experts to provide solutions.



### UME-Garrett County

**Email:** [rcvetnic@umd.edu](mailto:rcvetnic@umd.edu)

**Website:** <https://extension.umd.edu/locations/garrett-county>

**Location:** 1916 Maryland Hwy., Suite A, Mt. Lake Park, MD 21550

**Phone:** 301-334-6960

**Office Hours:** M-F 8:30 am-4:30 pm excluding holidays

**Facebook:** <https://www.facebook.com/4HGarrettCoMD>

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**Roberta Cvetnick**

Roberta is using Smore to create beautiful newsletters

