

## FOOD SUPPLEMENT NUTRITION EDUCATION (FSNE)

The FSNE program provides nutrition education to help low-income individuals and families (SNAP eligible) make healthy food choices, develop food preparation skills, handle food safely, improve shopping skills, and increase physical activity. FSNE also provides nutrition education training to volunteers and professionals who provide services to low-income families, thus expanding the reach of the program. FSNE-Calvert County conducts numerous programs in partnership with community programs and organizations. Programs are provided in settings convenient to low-income learners throughout the community. Many printed materials are available in both English and Spanish.

### **2017 FSNE Program Highlights:**

- Provided 200+ hours of nutrition education to 105 parents of preschoolers taught by trained HIPPY and Head Start home visiting teachers and through the Judy Center partnership.
- Partnered with Calvert County Public Schools, where trained preschool teachers taught 426 pre-k and Head Start students healthy eating and physical activity habits through classroom activities.
- Collaborated with 4-H and Master Gardeners to offer summer camps, where 84 youth (ages 5-15) took part in gardening and nutrition activities.
- Provided 900+ food pantry customers healthy eating and food resource information through grocery store tours, classes, nutrition brochures, and recipes.



## FAMILY & CONSUMER SCIENCE (FCS)

FCS programs are designed to promote healthy lifestyles among youth and adult community members to reduce their risk of food-borne illness and chronic diseases and conditions, such as obesity, diabetes, and heart disease.

Participants include: agency staff, volunteers, youth, parents, and other adults. Through FCS programs, individuals acquire food safety, nutrition, and physical activity knowledge and skills, enabling them to make healthier lifestyle choices for themselves and those in their care.

## Extension Advisory Council (EAC)

The Calvert County Extension Advisory Council is a group of representatives from the county who contribute to the overall program development of the Extension Office in initiative areas. Members help in identifying problem areas and establish program priorities. Members also maintain adequate fiscal internal control procedures, assist with informing the public about Extension programs, and assist in building support for Extension Programs. We would like to thank our members from 2017: Bernie Wunder (President), Dawn Morrissay (Vice President), Bonnie Spicknall (Secretary), Theresa Booker, Charlie Cox, Melvina Frazier, Hilton Harrod, Karen Jordan, Judy Kay, Denise Moroney, Dominic Raino, and Gerard Worrell.

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**Calvert County**  
**Annual Report 2017**

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## AGRICULTURE NUTRIENT MANAGEMENT (NM)

The local NM program is coordinated by Chris Dowell, a certified Maryland Nutrient Management Advisor. The NM advisor conducts farm visits and provides technical support to any farm operator in the county who requests it. With the on-farm information, the advisor provides recommendations for the efficient use of both chemical and organic nutrients.

These recommendations are provided to each producer in the form of a "Nutrient Management Plan." The goal of this plan is to maximize crop yields while minimizing nutrient losses into the environment. The plan also allows farm operators to remain in compliance with Maryland Nutrient Management regulations. NM program expenses are funded through a grant from the Maryland Department of Agriculture.

In Calvert, in 2017, NM plans were prepared for 47 farmers on 259 farms covering a total of 6,062 acres. Almost 1/3 of the farmers who received plans participated in the Maryland Cover Crop Program, and just over 1/3 of plans included animal operations—horses, beef, swine, and sheep.

The Phosphorus Site Index, or PSI, is an integral part of a Nutrient Management Plan. The PSI criteria are applied when the soil tests show a high level of phosphorus and where there is the potential for phosphorus to enter into the environment, especially waterways and groundwater. The PSI takes into consideration phosphorus loss potential due to soil erosion, soil runoff, subsurface drainage, leaching potential, and the distance from the edge of the field to surface water. The PSI was completed for nine farmers on 33 fields covering 304 acres.

## AGRICULTURE & NATURAL RESOURCES (AGNR)

Calvert County is home to a variety of agricultural enterprises, including row crops, vegetables, greenhouse and nursery crops, as well as hay and livestock. One does not need to look far to see the sweeping changes that have occurred in the last ten years. A rising county population, escalated land values and other factors have forever changed the agricultural environment. In addition, the adoption of the State Tobacco Buyout Program influenced a significant amount of change as farmers adopt enterprises that allow them to remain profitable and sustainable.

UME strives to provide the practical tools and information that farmers need to adapt to such changes. Using non-biased, research-based information and the network of Extension Agents and specialists throughout the state, farmers and those seeking alternative crops have direct access to the latest technology, marketing, and production information.

The Maryland Department of Agriculture requires all Commercial and Private Pesticide Applicators to become certified. Commercial Applicators are required to renew their licenses yearly and Private Applicators are required to renew licenses every three years. In 2017, UME Calvert held training sessions to recertify 55 Private Applicators and 183 Commercial Applicators in Southern Maryland. Training sessions were held in Prince George's County which allowed Calvert County public employees to renew their Commercial Applicator licenses in mosquito control, structural pest management and landscape ornamental pests.



## MASTER GARDENERS (MG)

The MG program mission is to support UME by educating residents about safe, effective, and sustainable horticultural practices that build healthy gardens, landscapes, and communities.

In 2017, the Calvert MG Program consisted of 80 active volunteers and 16 interns with a combined 3,889 hours of service.

A few of the many projects undertaken in 2017 included:

- 24 Garden Smarter sessions attended by 493 participants
- Certified nine client properties as Bay-Wise
- Work at historic and demonstration gardens
- Youth gardening at Ann Marie Gardens
- 15th Annual Plant Sale
- Outreach to youth and work with schools
- Work with vulnerable citizens



## 4-H YOUTH DEVELOPMENT

UME Calvert's 4-H Youth Development Program enables youth to reach their fullest potential as responsible, caring citizens by increasing knowledge, life skills, engagement, and participation in community development. Using research-based activities and programs with adult mentorship, 4-H youth learn to give back to their communities. The staff at UME Calvert work directly with adult and teen volunteers, providing them the materials, training, guidance, and support needed to facilitate the development of confident and competent youth through project work.

Each youth member enrolls annually in one or more 4-H projects. Most 4-H projects fall into one of four categories: animal science, environmental science, human science, and science and technology. There are hundreds of available projects to choose from, with something to pique the interest of every youngster.

Primary areas of focus within the Calvert County's 4-H program include volunteerism, youth leadership and character development, nutrition and fitness awareness, agriculture and environmental science, public speaking, visual arts, and robotics. Project areas complement the 4-H National Mission Mandates of Healthy Living, Citizenship, and Science.

UME Calvert County 4-H programs reached approximately 1,000 youth during 2017.

### **2017 Program Highlights:**

- Enrolled more than 800 children in short-term or special interest 4-H clubs and activities, including more than 700 in agriculture and other STEM programs.
- Hosted over 100 4-H participants for the Maryland State 4-H Horse Jamboree.
- Collaborated with three community groups and three schools to reach new communities with 4-H programs, beyond the typical club structure.
- Fielded teams for eight different events, covering animal science and STEM areas, to compete in statewide competitions. A Calvert 4-H member finished first in the state in Hippology (the study of horses) and earned one of four slots on the MD State 4-H Horse Bowl Team, to compete nationally.
- Had the second highest number of youth serving on the MD 4-H Council of any other county in the state. MD 4-H Council, the statewide Leadership and Advocacy group, has representatives from all counties and Baltimore City. The only county that exceeded Calvert in the number of youth on the council (Montgomery) has a population that is ten times higher than Calvert's.
- Two Calvert 4-H members served on the Executive Board of MD State 4-H Council.
- Three members earned spots as MD State 4-H Delegates for national out-of-state trips.

