



UNIVERSITY OF
MARYLAND
EXTENSION

Solutions in Your Community



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August 2018

Greetings for fall!

We hope you have been enjoying these toasty summer months, but I bet you are ready for the cooler days of fall! Right now is the best time for county fairs! Southern Maryland is the only area of the state in which ALL of the county fairs are held in September and October; Anne Arundel County Fair is set for Sept. 12-16. Come out to enjoy all of the special events including the Tractor Pull, Fair Queen Contest, 4-H Cake Auction and the 4-h Livestock Sale on September 15. For more information, call 410-923-3400 or check out the fair web site: www.annearundelcountyfair.org. While you are there, come see the 4-H exhibits, visit the commercial exhibits and see the awesome quilts, plants and other displays around the fairgrounds.

Hope to see you there!

Best regards,

Karol

Karol Westelinck Dyson
Capital Area Extension Director

Mark Your Calendar!

Successful Vegetable Gardening in Containers and Flowering Plants in the Garden from Spring to Fall

September 15, 2018, 10:00 AM-12:00 PM
Crofton Community Library, Crofton, MD

Anne Arundel County Master Gardeners show you how to plant, fertilize, & grow vegetables for an abundant harvest. Then, learn how to grow flowering plants throughout the summer months & into fall. Power point visuals for both topics will help you see the improvements you can make in your garden.

Click [here](#) to learn more.





Beef Producer's Short-Course, Series I

September 14-15, 2018
Queenstown, MD

The University of Maryland Department of Animal Science, in partnership with University of Maryland Extension, has designed this short-course to provide producers with educational information and hands-on training in several areas of beef production. Whether you're just thinking of starting your own beef production operation or have been in the industry for years, this short-course will have something for you!



Click [here](#) to learn more.

Market to Mealtime Kids! at Anne Arundel Medical Center's Farmers' Market

LaTasha Coleman, Principal Agent Associate
Project Leader/Nutrition Educator

In addition to providing weekly nutrition education at three Anne Arundel County Farmers' Markets, FSNE partnered to provide nutrition education to 30 students from the First Christian Community Church of Annapolis. These students all receive free transportation to the Anne Arundel Medical Center Farmers' Market and a \$5 voucher to purchase produce.



During the [Market to Mealtime Kids](#) lesson, students learned about fruits and vegetables grown in Maryland and neighboring states, and practiced smart shopping tips to prepare them to shop in the farmers' market. The [Crunchy Kale Chips](#) tasting, offered during the 45 min lesson, was a success and most students mentioned that it was their first time having kale. Once the students left the classroom and entered the farmers' market, they used their smart shopping tips. All went home to share their experience and produce with their families.



Do you have a plant question? Pests in your house? Not happy with your lawn? The University of Maryland Home and Garden Information Center can help. Visit their website: extension.umd.edu/hgic.

The Fair is Coming to Town!

The Anne Arundel County Fair will take place September 12 through September 16, 2018 in Crownsville, MD. Come see the 4-H and Open Class exhibits and demonstrations ranging from baking to crafts to photography. 4-H also has many events, including the 4-H Livestock Skill-A-Thon, 4-H Archery Contest, 4-H Livestock Sale and the 4-H Cake Auction. In addition to the 4-H activities, you can watch the Antique Tractor Pull, Pie Eating Contest, Pig Races, Cute Kid Contest and much more! We hope to see you at the fair!



For more information on the Anne Arundel County fair visit www.aacountyfair.org.

Kids Growing With Grains

The Kids Growing With Grains program is supported through a grant by the Maryland Grain Producers and administered by faculty from University of Maryland Extension and Maryland Agricultural Experiment Station.

Since 1994, the Kids Growing With Grains program has been held at the Western Maryland Research and Education Center in Keedysville, Maryland (Washington County).



Click [here](#) to learn more.

Become an Anne Arundel County Master Gardener

Interested in becoming a Master Gardener? Master Gardeners are a group of gardening enthusiasts who are passionate about gardening, education, and volunteering in their community. The curriculum is presented by University of Maryland Extension faculty and trained Master Gardeners.



Click [here](#) for more information.

Agriculture & Natural Resources

Interested in agriculture? There are many agriculture resources available on our website.

Agriculture Newsletters

<http://extension.umd.edu/anne-arundel-county/agriculture/agnr-newsletters>

Agriculture Bulletins

<http://extension.umd.edu/anne-arundel-county/agriculture/agriculture-bulletins>

Agriculture Slide Series

<https://extension.umd.edu/anne-arundel-county/agriculture/agnr-slide-presentations>

Agriculture Calendar of Events

<https://extension.umd.edu/anne-arundel-county/agriculture/agriculture-calendar-events>

For more information, please contact [Dave Myers](#), Extension Educator, AGNR.

If you are interested in agriculture for YOUTH, please contact our office and speak with a member of the 4-H staff or email [Christa Stibolt](#). 4-H offers plant and animal science programs for youth ages 8-18. See the [4-H website](#) for more details.



Healthy Eating - Corn Griddle Cakes

1 cup stone ground cornmeal
½ cup whole wheat flour

¾ cup unbleached flour
2 Tablespoons sugar
1 Tablespoon baking powder
1 teaspoon baking soda
½ teaspoon salt (optional)
2 large eggs
3 Tablespoons canola oil
1 1/3 cups frozen corn kernels
2/3 cup low-fat milk or fat-free milk
Maple syrup or pumpkin/apple butter (optional)



Mix dry ingredients in a medium-sized bowl. Whisk the milk, egg and oil in a smaller bowl. Add the corn to the egg mixture, mixing just until combined. In a lightly greased non-stick pan or griddle, spread about ¼ cup of batter and cook the pancakes over moderate heat until golden brown on bottom and tops begin to bubble. Flip and finish cooking. Top with syrup or pumpkin/apple butter.

Source: eatsmart.umd.edu



Will you be visiting the Anne Arundel County Fair this Fall? Did you wonder what in the world **4-H** is all about? Do you have children between 8 and 18 or know someone who does? If so, it's easy to learn more! Visit our [website](#) or email Amanda Wahle in the UMD Anne Arundel Extension Office at awahle@umd.edu. **"4-H makes the best better!"**

Did you know...

In 1989, the Anne Arundel County Department of Social Services began the Anne Arundel County Back to School Program which assists children who needs help getting ready for the next school year.

Click [here](#) to learn more.



Anne Arundel County Extension

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Nutrient Management

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Master Gardener Program

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<http://extension.umd.edu/anne-arundel-county/master-gardener-program>

4-H Youth Development

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<http://extension.umd.edu/anne-arundel-county/4-h-youth-development>

Food Supplement Nutrition Education Program

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