

Solutions in Your Community



In This Issue

[Mark Your Calendar!](#)

[Fun Ways to Stay Active in Winter](#)

[Nutrient Management for Your Garden](#)

[Preparing for Winter Healthy Eating](#)

February 2:
MG Class - Starting Seeds Indoors

February 5:
Face-to-Face Volunteer Training

February 7:
Southern MD Vegetable & Fruit Production Meeting

February 18:
President's Day Office closed

February 23:
MG Class - Starting Seeds Indoors

March 7:
Face-to-Face Volunteer Training

March 9:
MG Class - Designing with Native Plants

March 12:
Field Crops & Pasture IPM Workshop

April 5:
Online Nutrient Mgmt Voucher Recert.

April 6:
Ask-a-MG Plant Clinic

April 8:

January 2019

Our weather continues to bring us surprises in the new year! Stay warm and dry and remember that spring always comes- eventually!

Best regards,



Karol Westelinck Dyson
Capital Area Extension Director

Mark Your Calendar!

Field Crops & Pasture IPM Workshop

March 12, 2019, 6:00-9:00 PM

Make plans to attend the Field Crops & Pasture IPM Workshop, on March 12, 2019 at the Anne Arundel Extension Office, 97 Dairy Lane, Gambrills, MD from 6:00-9:00 PM.

This workshop will explore advanced concepts of pasture and field crop production in the Southern Maryland region from establishment to harvest, including animal utilization. Topics will include: Crop selection; integrated crop management; soil fertility; weed control; insect control; and disease control for soybeans, corn, wheat, barley and hay crops.

Click [here](#) to learn more.



Fun Ways to Stay Active in the Winter!

LaTasha Coleman, Principal Agent Associate
Project Leader/Nutrition Educator

The American Heart Association recommends that children aged 6-17 get at least 60 minutes of physical activity per day and that adults participate in physical activity for 150 minutes each week! Spend as little as 10-15 mins being physically activity throughout the day. It all counts! Here are some ideas for you and your family to stay warm and fit this winter season:

1. Bundle up and head outdoors for a winter adventure! Take a walk around the

Face-to-Face
Volunteer Training

April 12:
Online Private Pest.
Applicator Training

April 13:
Ask-a-MG Plant Clinic

MG Class - Garden
Design using Native
Plants

April 19:
Good Friday
Office closed

April 20:
Ask-a-MG Plant Clinic

April 27:
Ask-a-MG Plant Clinic

May 4:
Ask-a-MG Plant Clinic

MG Composting
Demonstration

May 9:
Face-to-Face
Volunteer Training

May 11:
Ask-a-MG Plant Clinic

May 15:
MG Composting
Demonstration

May 18:
Ask-a-MG Plant Clinic

May 25:
Ask-a-MG Plant Clinic

May 27:
Memorial Day
Office closed



neighborhood or on a trail. The fresh air and change of scenery will help improve your mood. Be sure to bundle up with lots of layers!

2. Combine shopping with some physical activity. Head out to the shops a little early so that you can take a few extra laps around the mall or shopping center.
3. Use commercials as opportunities to be active. Create challenges for your family-who can do the most sit-ups or jumping jacks? Jog in place for 3 minutes. Walk up and down the stairs a few times.
4. Switch your "spring cleaning" to "winter cleaning". Take the opportunity to clean out and organize your home so that when warm weather returns, you will be able to head back outside (and not be in the house cleaning)! And cleaning is good exercise; an hour of housework can burn about 200 calories!
5. Try indoor games with your family. Play charades, make up your own fitness dancing routine, or find creative ways to bowl or play basketball at home. You can also look up free exercise videos on the internet to do with your family.



For more on this topic and simple recipes visit: eatsmartmd.blogspot.com.



Did you visit the Anne Arundel County Fair this year? 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!"**

Nutrient Management for Your Garden After 2018's Crazy Weather

Kayla Griffith, Nutrient Management Advisor

Happy 2019! For all our gardeners out there, were you frustrated by 2018? Many of us struggled with low yields, lack of pollinators, disease, saturated soils, and out of control weeds. If this happened to you, please know this was likely a direct result of the weather. Rainfall totals in many areas of Maryland surpassed historical records, downpours led to soil erosion and standing water in locations we haven't seen in decades, and thousands of acres of crops had to be re-planted. If your farm or garden had a rough year, please know you were not alone.

Right now as you go through your seed catalogs and work to prepare your garden for 2019, what are some of the things you can do to help soil nutrients?

1. Test your soil- soil tests can help determine if there are any major nutrient deficiencies, if the soil pH needs adjustment, or if the organic matter is too high or too low.
2. Understanding nitrogen losses- It's hard to say exactly how much nitrogen was lost from the soil in 2018. Losses depend on specific rainfall amounts, soil texture, management practices, and how and when nutrients were applied. I would recommend paying extra attention to your plant's nitrogen needs in 2019. Your soil test can help guide you, along with UMD's Home and Garden Information Center (<https://extension.umd.edu/hgic/topics/crops>)
3. Understanding sulfur loss- Crops require sulfur to grow; it is an important plant nutrient. The problem with sulfur is that it readily washes out of the soil. Sulfur was once deposited in rainfall from the smokestacks of coal fire power plants. Now these power plants have



scrubbers that remove the sulfur. Manure and organic materials can be a source of sulfur, but with all the rain in 2018 we are expecting to see sulfur deficiencies in 2019. We recommended applying sulfur at 10-15 pounds per acre for vegetable crops and grain corn.

4. Fix pH; once you have your soil tested, if you have a low pH (below 6.5) you should plan on adding lime. Your soil test will provide a recommended rate. It is not economical to go over that rate. A low pH could cause nutrient deficiencies even when adequate nutrients are present in your soil, so paying attention to soil pH is extremely important.

When planning for your 2019 garden it is important to understand the impacts of 2018. Focusing on nutrients and soil fertility is one step in developing a productive garden in 2019. Please visit UMD's [Home and Garden Information Center](#) for more suggestions on how to have a great growing season!

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.



Starting Seeds Indoors

A knowledgeable seed starter & Master Gardener gives you a detailed method for germinating seeds of your favorite vegetables & flowers. No spindly sprouts here!! You'll see in the power point presentation & with real time props which materials are needed, how much light your little seeds need to grow strong stems & true leaves. When are they ready for the garden? You'll find out the dates for planting outside & much more. Master Gardeners will be available to answer questions & provide timely literature for you to have a successful growing season.



There will be two sessions:

February 2, 2019
10:00 AM-12:00 PM
Deale Community Library

February 23, 2019
10:00 AM-12:00 PM
Crofton Community Library

Click [here](#) to learn more.

Preparing for Winter on the Farm

Winter is coming! Are you ready? While we can't predict whether it will be a mild winter or a harsh one, now is the time to prepare for the possibility of severe winter storms. Here are a few tips to help keep things running smoothly in the event that Mother Nature presents us with challenges.



Click [here](#) for more.

Source: extension.umd.edu

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.



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.

Healthy Eating - Cranberry Apple Crunch

Vegetable cooking spray
6 large apples
1 can (16 ounces) whole cranberry sauce
1 cup raisins
1 ½ cups dry oats
½ cup brown sugar
1 teaspoon cinnamon
2 Tablespoons melted margarine



Preheat oven to 400 degrees F. Spray a 9 x 13 baking pan or one of similar size with vegetable oil spray. Wash apples, remove cores and thinly slice. In a bowl, combine apples, cranberry sauce, and raisins. Pour into baking pan. Combine oatmeal, brown sugar, cinnamon and margarine. Sprinkle over fruit. Cover pan with foil and bake for 20 minutes. Uncover and bake 15 more minutes until the topping is crisp and apples are tender.

Source: eatsmart.umd.edu

Did you know...

Wet snow is the best snow for making snowmen and snowballs. If skiing and snowboarding is your thing, dry snow is the way to go.





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Nutrient Management

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Master Gardener Program

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4-H Youth Development

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Food Supplement Nutrition Education Program

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