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## Upcoming Events

**November 8:**

Election Day  
Office closed

**November 11:**

Veteran's Day  
Office closed

**November 12:**

MG Composting  
Demonstration

**November 20:**

MD State 4-H Council  
Meeting

**November 24-25:**

Thanksgiving Holiday  
Office closed

**November 25-29:**

National 4-H Congress

**November 28:**

4-H Online Volunteer  
Training

**December 19:**

Crops Sustainability &  
IPM Workshop

## November 2016

It's hard to believe that the winter holiday season is fast approaching, but here it comes, whether we are ready or not! Remember to take some time for YOU so that you enjoy this special time. Its also a great time to put your gardens to bed and get those plants back into the house before our first frost comes. If you are looking for new, healthier holiday recipes, our office can help! And remember, to check out the educational programs we have coming up to help our community prepare for the new year.

Wishing a Happy Thanksgiving to all!

Karol Westelinck Dyson  
Capital Area Extension Director

## Don't Let this Be You in January 2017!

Vanessa F. Bright, Extension Educator

Are you tired of breaking the bank every year? Are you afraid of the January credit statement? Albert Einstein once said, "Insanity is doing something over and over again and expecting the same result." **So, why not try something different this year?**

Here are a few tips to help you stay on budget and have a stress free shopping experience. The first question to ask yourself is, **have you saved anything for your holiday shopping?** If not, you first have to figure out how much you can afford to spend. If you plan to use a credit card, make sure you use it only for what you can afford to pay back when you receive the monthly statement.



**Once you have a budget established**, consider using cash or a prepaid debit card so that you can stick to that budget. Make a list of your expenses. These will include money spent on food, decorations, gifts, tips, etc. You may also need to include charitable donations if you don't already have those budgeted.

The earlier you start the better. This goes for saving for the holidays and the actual shopping! Gifts can be bought any time of the year and it will allow you to get the best deals.

**Remember that deals can be seasonal and not just in November and December.**

A homemade gift is often thought to be more thoughtful than a store bought gift, and is often



appreciated more by the receiver. **If you have skills and talents for DIY crafts, projects or can offer a service like a manicure, consider that.** One of my best gifts from my son was a coupon gift that entitled me to several special services from him. One coupon read "you can use this to stop me from complaining". Believe me, I loved that one.

If you plan to make large purchases, be sure to do your research in advance. Online sites like [consumerreports.org](http://consumerreports.org) and [Cnet.com](http://Cnet.com) provide reviews on many items. **The most important thing that you can do to avoid the holiday debt trap is to plan ahead.** Happy Shopping!



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](http://extension.umd.edu/hgic).

### Mark your calendars!

Make plans to attend the Crop Sustainability & IPM Workshop, at the Anne Arundel Extension Office, December 19 from 6:00 p.m. to 9:00 p.m. This workshop will explore advanced crop production practices focusing on sustainability, food security and integrated pest management tactics.

Private Pesticide Applicator Recertification & Nutrient Applicator Voucher Recertification will be awarded for full class participation.

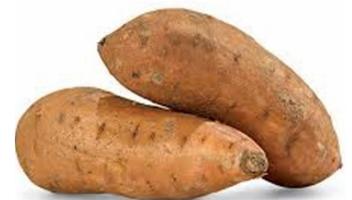
To register for this event, use our [online registration form](#) or contact the Anne Arundel County Extension Office at 410-222-3906.



Are you between 8 and 18 or know someone who is? If so, have you considered joining **4-H**? Visit our [website](#) or contact Amanda Wahle in the UMD Anne Arundel Extension Office at 410-222-3900 or email [awahle@umd.edu](mailto:awahle@umd.edu).

### Healthy Eating - Sweet Potato and Apple Bake

2 (15-ounce) cans sweet potatoes, drained (save 2 Tablespoons of the liquid)  
2 apples, washed, peeled, cored and cut into bite-sized pieces  
2 Tablespoons brown sugar  
1/3 cup chopped pecans  
2 Tablespoons flour  
2 Tablespoons melted butter



Preheat oven to 350 degrees F. Put sweet potatoes in a baking dish. Add apples. Pour 2 Tablespoons of the sweet potato liquid over the mixture. Mix the brown sugar, pecans, flour and melted butter together in a bowl. Sprinkle over the top of the sweet potato/apple mix. Bake for 20 to 30 minutes, until the top is golden brown and bubbly.

Source: Eat Smart, Be Fit Maryland - [eatsmart.umd.edu](http://eatsmart.umd.edu)

**It's Turkey Time!**

How can I tell if my turkey done? Is my turkey gluten-free? The Butterball Turkey-Talk Line® can

help! From November 1st through December 24th Butterball® experts are available to answer your questions via telephone, email and online chat.

Visit their website - [www.butterball.com/turkey-talk-line](http://www.butterball.com/turkey-talk-line) - to learn more.



### **Did you know...**

The Anne Arundel County Food and Resource Bank, founded in 1986, is the only free multipurpose agency in Maryland that provides food, nutritional supplements, medical equipment, furniture, vehicles, appliances and more at no charge. It ensures that all residents of Anne Arundel County, especially those in low income communities, can utilize their services. For more information, please visit their website - [www.aafoodbank.org](http://www.aafoodbank.org).