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September 2016

Welcome to our latest issue of **Solutions in Your Community** UME newsletter. As summer winds down, we start to look towards the fall and new adventures. Consider planting a cool weather garden or learn new food techniques to eat more healthily this fall and winter. Plan to visit the **Anne Arundel County Fair from September 14-18** for examples and advice from the experts, and have lots of fun while learning!

You also might want to explore opportunities for your children to participate in the 4-H Youth Development program— fall is a great time to explore joining a club or special interest programs including Robotics, Archery, and Animals.

Please let us know if there are topics about food, nutrition, farming, gardening and/or 4-H that you or your community are especially interested in and we will provide resources.

Wishing you a great end of summer!

Karol Westelinck Dyson
Capital Area Extension Director

Meadow Fruit and Hops Yard Production for Supporting Local Farmer's Markets, Wineries, Cideries, and Microbreweries

Streuobstwiese is an old world method of fruiting and in German means a "scattered fruit planting in a meadow". In April 2011, the Southern Maryland Extension Fruit Team established a **meadow tree fruit orchard** at the University of Maryland Research and Education Center, Upper Marlboro Facility. Twelve varieties of apples, pears, cherries, plums, figs and medlars were planted in three randomized replications. In May 2013, a **meadow bush fruit planting** was added, which included ten small fruit varieties of blackberries, raspberries, gooseberries, currants and aronia. In early July 2013, a **hops yard** was established as portion of the research vineyard with four aromatic hop varieties planted in four randomized replications, on a high sixteen foot trellis.

The meadow fruit and hops yard was established to demonstrate the economic feasibility of a small farm supporting local farmers markets, wineries, cideries and microbreweries. The study was specifically designed to observe the effect of meadow fruiting in the reduction of pests and



disease development.

For more information on this research and Hops, click [here](#).



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.

Linking Nutrition Education to the NEW Ferndale School Garden!

In February 2016, Ferndale Early Education Center became a community partner of **UME's Food Supplement Nutrition Education (FSNE) here in Anne Arundel County**. Over 150 preschool age children participated in (3) 60 min Read for Health lessons that helped the "students" plan what they wanted to grow in their garden, understand the importance of seeds and how they grow, and learn how vegetables and fruits grow up, down, and around.

Students also participated in a (15) week Edible ABC's series where they re-enforced their knowledge of the alphabet while learning about a new vegetable or fruit weekly!

Classroom teachers reported:

"Our 1 bite tasting rule encouraged the preschoolers to try foods they didn't think they would like!";

"So many of my students had never been introduced to some of the vegetables and fruits and some had never even heard the names before this program.";

"Students liked learning about where the foods came from and what part of the plant they were eating!"



Ferndale's staff and preschoolers are looking forward to another gardening for nutrition education this coming school year!

For information about FSNE and the curricula being used at Ferndale Early Education Center please visit us at:

<http://www.extension.umd.edu/fsne>

Don't forget to sign up for the FSNE blog:

<http://eatSMARTMD.blogspot.com/>



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.



[Grow It Eat It](#) was launched in 2009 in response to the surge of interest in local food gardening and the economic recession. **UME Master Gardeners (MGs)** across the state have been the driving force behind the program's expansion and success. Interested residents are welcome to take the Master Gardener training offered annually which includes training in vegetable gardening!

COMPOSTING AND NATIVE GARDENS

With the cooperation of the staff of *Quiet Waters Park in Annapolis*, a group of Anne Arundel County Master Gardeners offer instruction to the public on how to successfully compost their yard waste and kitchen scraps. The hour-long compost demonstrations are presented twice a month. The schedule for the rest of this year is as follows:



September 24: 10:00 AM
October 5: 11:00 AM
October 22: 10:00 AM
November 12: 10:00

The talks are given by the **Master Gardener Master Composters**. Attendees receive a free compost bin, provided by the Anne Arundel County Department of Recycling and an information goodie bag filled with printed materials explaining various ways of composting.

Click [here](#) for more information.

Did you know...

The first Anne Arundel County Fair was held at the old Labrot Race Track near Sandy Point in 1952. It was not moved to the Anne Arundel County Fairgrounds in Crownsville until 1984.