



Solutions in Your Community



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Dear Stakeholder,

University of Maryland Extension is an institution that has been part of the land-grant university system throughout our nation's history. It was originally founded to fill critical needs in our country to improve and increase food and fiber through education and research. The methods identified included formal classes at an institution of higher education, researching new methods, crops and techniques, and extending the results of both the classes & research to people across the state. These 3 "arms" comprise the Land Grant University system in Maryland and every other state. Our two land grants are UM - College Park and UM- Eastern Shore.

An important component of Extension was the development of **Extension Advisory Councils (EAC)** composed of representatives of community and agriculture related organizations, volunteers within the programs, and stakeholders. In many states, the EAC helped to generate and manage local funds. We are currently in the process of rebuilding the **Anne Arundel County EAC** and would like to invite you to consider becoming a member. We will meet quarterly to discuss current concerns, learn about new programs and events, make recommendations for new programs and become acquainted with Extension faculty.

If you think you may be interested in having a voice in Extension programming through the EAC, please email me at kdyson1@umd.edu, call me at 410-222-3900 or share your thoughts by filling out an [online form](#). I look forward to hearing from you!

Best regards,

Karol Westelinck Dyson
Capital Area Extension Director

Mark your calendars!

Weeds & Invasive Plants

Crofton Community Library
Saturday, October 21, 2017
10:00 AM-12:00 PM

Luke Gustafson, a University of Maryland Master Gardener Coordinator and instructor, will provide information on how to ID, and safely control or eliminate weeds and invasive plants. This is a hands on program with Power Point visuals, photo cards, and live plants. You don't want to miss it!



Master Gardener Coordinator's Corner

Mike Ensor, Principal Agent
Master Gardener Coordinator



The Master Gardener Program has not only grown in size, but in its structure and organization. Volunteers have developed and accepted policies and procedures for the creation and execution of programs. The Executive Advisory Board (EAB) of Master Gardeners advise and assist the Anne Arundel Coordinator with the administration of the Anne Arundel Master Gardener Program. By participating in the direction of the program, volunteers become highly

involved in the program and its mission to "support the University of Maryland Extension by educating residents about safe, effective, and sustainable horticultural practices that build healthy gardens, landscapes, and communities".

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The Master Gardeners are a cohesive group of volunteers with a strong voice. In this financial climate, it is not enough for volunteers to simply do projects; they must also keep account of and actively promote their work. The Master Gardeners have methods of recording and clearly reporting their volunteer hours so that the real costs and benefits of each project can be measured. Projects are now systematically promoted through the website to reach more people and promote the program. As programs have become larger each year, volunteers have sought out and received grants to support projects.

This level of structure and planning has built a robust forward looking program. It is the nature of volunteer organizations that they need leadership to perpetuate themselves and maintain focus.

I could not do without each one of our Master Gardeners and I applaud all of our Anne Arundel Master Gardeners for all their volunteer hours and devotion and for making our Anne Arundel program shine across the county, state and nation. Whenever I attend meetings across the state, there is always someone who mentions the great work of our Anne Arundel Master Gardeners.

Master Gardener Volunteers use and disseminate only University of Maryland or other land grant universities science-based recommendations and information.

Audiences in general know about Master Gardeners but don't always associate that they are part of the University of Maryland Extension (UME). As we move forward, our Master Gardeners help promote and market UME while doing programs for the communities.

Annie's Project

University of Maryland Extension, in partnership with MidAtlantic Women In Agriculture, has proudly offered the course titled **Annie's Project** across Southern Maryland since 2008! Annie's Project is designed to empower women in agriculture to develop networks and

skills key to making them successful business partners. Through the course, women gain knowledge, experience, friendship, and how to find answers to questions. Participants also grow in confidence, business skills, and community *prestige*. Click [here](#) to learn more.



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE



Did you just visit the Anne Arundel County Fair? and wondered 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!"**

Saving for Health & Medical Expenses

Health care can be costly. From doctor visits and medicine to braces and glasses, there are many things you have to pay for beyond the monthly insurance premium. Setting money aside to manage these expenses helps cover these costs and reduces concerns about being able to pay a bill. You can save money in your emergency fund or you can use a savings accounts that provides tax-saving benefits. The two most common are Health Flexible Spending Accounts (FSAs) and Health Savings Accounts (HSAs). Click [here](#) to learn more.



Master Gardener Project - Dairy Farm Project

The Hammonds Connection at the Dairy Farm project began in 2010, in cooperation with the County Department of Recreation and Parks. The County developed a Master Plan to maintain the authenticity of this 857 acre historic area in Gambrills and create a place where the public could come and enjoy its beauty. Click [here](#) for more.



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.

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 Web Modules

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



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 - Squash Vegetable Soup

1 Tablespoon vegetable oil
½ onion, chopped
2 cloves garlic, peeled and chopped
2 (15-ounce) cans of low-sodium chicken or beef broth
1 (15-ounce) can diced Italian tomatoes
2 summer squash, washed and diced
1 (12-ounce) bag frozen mixed vegetables
1 (15-ounce) can navy beans, rinsed and drained
Low-fat or fat-free mozzarella cheese, shredded
Croutons, if desired



In large pot or Dutch oven, heat oil over medium heat. Add onions and cook until tender. Add garlic and cook 2 more minutes. Add broth, tomatoes with juice, squash, and frozen vegetables. Bring to a boil. Reduce heat to medium low, cover, and simmer for 15-20 minutes until vegetables are tender. Add white beans and heat for 5-10 minutes until heated through.

Source: eatsmart.umd.edu

Did you know...

October 28th is Anne Arundel County's Homeless Resource Day. This event helps those without permanent housing access the numerous services they need to become more self-sufficient. Click [here](#) to learn more.



Anne Arundel County Extension

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Agriculture & Natural Resources

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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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Finance Education

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<http://extension.umd.edu/anne-arundel-county/family-consumer-sciences>

Food Supplement Nutrient Education Program

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<http://extension.umd.edu/anne-arundel-county/food-supplemental-nutrition-education-fsne>