Dear Kim,

So many exciting things are going on in Prince George's UM Extension in the coming weeks! Hold the date of October 13 for our Open House to be held at both the CEP in Riverdale and UME office in Clinton! This is the 100th Anniversary of Cooperative Extension so we are celebrating! Come learn more about how we support “Solutions in your community” and join the fun!

STAFF CHANGES
We sadly bid goodbye to our Ag Marketing Specialist, Janna Howley, on July 24 as she accepted a new position with the US Department of Agriculture. Janna was a great supporter of agriculture in the county in both rural and urban areas. She was often seen at community events and gatherings, finding the commonalities between the urban and rural residents of our county. We appreciate all of her efforts!

We are fortunate that as Janna is leaving, we are welcoming two new Extension staff: Michelle Nelson and Kim Rush Lynch!

Michelle (on the right) is our new Extension Coordinator at the Center for Educational Partnership in Riverdale! She will be supporting the UME community gardens at the site: Sheridan Street Community Garden and Field of Greens Garden and supporting all of our Extension programs there including Nutrition Education and 4-H Youth Development. Michelle comes to us with a Bachelor of Science in Environmental Science and a Master of Science in Agriculture Education from North Carolina A & T University. Please stop in to visit when you are in the area! Or contact her at nelsonm@umd.edu.

Kim Rush Lynch is serving as the Agriculture Marketing Consultant out of the Clinton office. Kim has worked in Prince George's County and the DC area for 15
years including with the Greenbelt Farmers' Market, Greenbelt Co-op and the Washington Youth Garden program. Kim has a BA in Biology from St. Mary's College of Maryland and extensive training in marketing, nutrition and food safety. You can reach her at kimrush@umd.edu.

We are excited to have this dynamic duo join our Extension staff!

Karol Dyson
Capitol Area Extension Director
University of MD Extension, Prince George's County

Coming Up…. Save the date!

September 4-7, 2014
Prince George's County Fair
Showplace Arena & Equestrian Center in Upper Marlboro, MD. There will be 4-H Activities and Club Demonstrations on Saturday at the fair; please come out and join us! This year we will have a 4-H Craft Area, 4-H Healthy Living Activities, Bicycle Safety Demonstration, Lego® Play Zone, and more!

More information about the county fair can be found at: www.countyfair.org. If you would like a complete schedule of 4-H Events & Activities at the fair, please contact the 4-H office at 301-888-9636.

October 13, 2014
University of Maryland 100th Anniversary Celebration!
Come out for free food tastings, giveaways, games, 4-H Youth Development, garden tours and more! See Flyer here!

Saturday, October 25, 2014
Prince George's County Crop Hop!
The CROP HOP (A Cycling Tour of So. Maryland Farms) is a fundraiser bike tour designed to highlight the connection between farms, fresh food and good health, and to help provide fresh farm foods to low-income families in Southern Maryland. This year, Prince George's County farms and vineyards will be highlighted. In addition to the bike ride, there will be children's activities at Merkle Wildlife Sanctuary, water activities and a delicious picnic with dishes made with ingredients from local farms. For more information please visit our Crop Hop page.

FSNE Partners with Share Our Strength to Offer Grocery Store Tours

The staff of the Prince George's Food Supplement Nutrition Education Program (FSNE) has partnered with Share Our Strength, a national organization whose goal is to end childhood hunger in America and the Capital Area Food Bank to offer grocery store tours to county residents. Each tour consists of 4 - 8 members of the community who receive interactive food skills education to learn to purchase healthy food while staying within their food budget.

Participants learn of the tours through their local food bank sites. Tours are offered in the community where clients live and shop. During the summer months, staff was welcomed at the Shopper's on Silver Hill Road in Forestville for five tours. Additional tours are planned in other areas of the county as interested local food banks are identified.
During the 90 minute session, tour group members learn four key skills: 1) how to identify whole grains, 2) how to buy fruits and vegetables on a limited budget, 3) how to compare unit prices, and 4) how to read food labels. The shoppers also share tips they have learned to help each other meet their goal of selecting and preparing low-cost ingredients in ways that provide tasty and nourishing meals for their families.

At the end of the tour, participants have the opportunity to take the $10 Food Challenge. With the dollar limit in mind, they are charged with choosing at least one healthy food from all five food groups, including proteins, grains, fruits, vegetable and dairy products. Each participant leaves the tour with their food selections, a reusable grocery bag and a manual with recipes and tips to remind them about the topics discussed during the tour. There is no cost for tour participation.

4-H Summer Camps at Patuxent River 4-H Center

Youth attended two different weeks of summer camp at the Patuxent River 4-H Center this summer. Campers had the opportunity to attend both a Day and Resident Camp. They learned camp songs, participated in several leadership, environmental science and healthy living camp activities, built camp fires, hiked the woods and explored the Patuxent River. Camps offer youth the opportunity to learn new life skills while making new friends.

If you would like more information about 4-H camps or other 4-H opportunities, please contact the Prince George's County 4-H Office at 301-868-9636.
EFNEP Partners with GapBuster's STEAM (Science, Technology, Engineering and Art) Students to Teach Nutrition, Cooking and Gardening!

The Expanded Food and Nutrition Education Program (EFNEP) with UME-Prince George's County partnered with GapBuster, Inc. this past summer to implement their nutrition/cooking/gardening program with middle school students. GapBuster, Inc. hosted a STEAM summer camp at the Center for Educational Partnership in Riverdale, and EFNEP provided nutrition-related workshops to most of their STEAM students. The classes emphasized the benefits of fruits and vegetables and how to grow, maintain, and harvest them to cook yummy, healthy recipes during the classes, along with topics pertaining to whole grains; healthy snacks and drinks; and making better food choices when eating out. According to GapBuster's Director, Dr. Yvette Butler, the kids remarked that EFNEP's nutrition program was one of their top two favorite activities this past summer (Ten80 Race Car Challenge was their other top pick)! She said that the kids loved EFNEP's nutrition program so much that they want to do it again next summer!

If you would like to partner with EFNEP this school year, please contact Ms. Denise Benoit-Moctezuma (EFNEP Supervisor) for more information at dbenoitm@umd.edu or 301-779-2806, ext. 700.

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Like UME-Prince George's County Facebook

Agricultural Marketing Professionals Tour

Agricultural marketing professionals from Maryland and Virginia will gather September 10 - 12 and tour local food production operations in Southern Maryland. The Southern Maryland Agricultural Development Commission has organized stops at 2 farms in Prince George's County - Montpelier Farms in Upper Marlboro and Eco City Farms in Riverdale. Montpelier Farms is a great example of a farm that has transitioned from tobacco to agritourism while Eco City is an educational, non-profit organization designed to serve as a prototype for sustainable local urban farming.

There is a stop at the University of Maryland Extension's Central Maryland Research and Education Center's Upper Marlboro facility. Tour participants will learn about this 202 acre facility's focus on the development of alternative crops to replace the declining tobacco crop in Maryland. The facility also hosts the Terp Farm, a four-season vegetable production facility to be used in selected dining halls and on the Green Tidings mobile dining food truck, as well as provide produce to food-insecure members of the campus and College Park communities.

Participants will tour local aquaculture facilities, fruit and vegetable farms, a grass-fed beef operation, a non-profit farm working to establish a regional food hub, a horse farm, a dairy farm, and a produce auction. Of course all meals will feature local ingredients!
Monthly Vegetable Garden Tips for September

Plant Cover Crops of oats, winter rye and crimson clover through the middle of October in any empty beds to improve soil.

Take a soil test, if you did not do it earlier in the year.

Plant garlic from September 15th through November 1st.

If winter squash and pumpkins are full-sized and the rinds are hardened, cut them from the vine and store in a cool location. Rub rind thoroughly with a weak, bleach solution -10% to help prevent fruit rots.

Dig potatoes after foliage dies back. Let them lie on the ground a few hours, then store, unwashed, in a cool (35 to 40 degree F.) dark location.

Harvest green tomatoes, and put in a paper bag with an apple or banana, to encourage ripening. Or hang the plant upside down, in a cool, dry room, out of the sun, and fruits will ripen.

Monthly Ornamental Garden Tips for September

Plant fall blooming perennials (Asters, chrysanthemums, etc.)
Plant trees and shrubs
Plant spring-flowering bulbs in masses (daffodils, tulips, scilla, etc.)
Divide perennials every 2 to 4 years.
Clean up and move houseplants indoors when temperatures fall below 50 degrees at night.
Sow herbs in pots for indoor use
Freeze or dry fresh herbs for winter use.
Core, aerate and fertilize your lawn
Start composting fallen leaves and dead plant material

Support Local Agriculture!

Although summer is winding down quickly, there are still lots of opportunities to enjoy local produce. Many of our farmers markets are in full swing and while our farms are gearing up for fall family events. Check out our Prince George's County Farm Fun website for details!

Always stay up to date with upcoming events by joining the PGC Farm Fun e-newsletter. You can follow us on Twitter, too.