

UNIVERSITY OF  
**MARYLAND**  
EXTENSION

*Solutions in your community*

**Prince George's County**  
February 2015

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Dear Kim,

Thank you for being a dedicated reader of our E-newsletter!

This month we are introducing several changes to our format that we hope will give you information about upcoming programs along with some life style tips to improve your communities, while making our newsletter more concise and easier to read.

Please do not hesitate to [let us know](#) how we can provide better "Solutions in your Community" this year.

Karol Dyson  
Capitol Area Extension Director  
University of MD Extension

**Upcoming Events**



February 20, 2015 at 1:00 p.m. - **Healthy Cents** class at Greenbelt Community Center, 15 Crescent Road, Greenbelt, Md. Teaches families to stretch limited food dollars and make healthy food choices.

February 21, 2015 - **Soul Food Justice**, 3309 Bunker Hill Road, Mt. Rainier, Md. 20712. Lively panel discussion, cooking demonstration and tasty buffet as we explore African American food culture, sustainability and food access.

[See flyer](#) for more details.

March 2, - May 13, 2015 - **Master Gardener Training**; 6:00 - 9:30 p.m. Mon and Wednesdays; 4-H Center, 8020 Greenmeade Drive, College Park, Md See [flyer](#) for more details.

March 7, 2015

- for (five Saturdays) **4-H Adventures in Science (AiS)** - hands-on science based program designed for youth from age 11-13 [See Flyer and Registration](#) for more details.
- TEDxManhattan - **Changing the Way We Eat**. Speakers and local food sampling. See [flyer](#) for details. Register with [Eventbrite](#).
- PG County Farm Bureau Annual Banquet "**Winter Wonderland**" - 5:30 p.m. Baden Volunteer Fire Dept.; 16608 Brandywine Road, Brandywine, MD. Proceeds will go to a local charity and to support young farmer training. See [flyer](#) for more details.
- **Master Gardeners Spring Garden Library Lectures**  
  
begin March 7th and run through June 13 - First lecture is on Starting a Vegetable Garden at both the Hillcrest Heights (4pm) and Greenbelt(2pm) libraries. See the Master Gardeners [lecture series page](#) for additional dates, topics and locations.
- "**Triple P**" **Pancake Breakfast, Project Day & Public Speaking Contest** at the Patuxent River 4-H Center. Contact [Laura Manzi](#) for details.

March 28, 2015 "**Growing Community Gardens**" Sheridan Street Community Gardens, 6200 Sheridan Street, Riverdale, MD. See the "save the date" announcement below for details.

Month of March, 2015 **Sustainable Agriculture Tuesdays**

at the Institute of Applied Agriculture, the School of Architecture and Office of Sustainability - University of MD. See [flyer](#) for details.

**4-H Teens and Dr. Jim Tibbs Honored at State 4-H Gala!**



Prince George's teens and Dr. Jim Tibbs were honored at the State 4-H Gala on Jan 18.

Dr. Tibbs was recognized as an "Honorary 4-Her" for his many years of volunteering in the county. Several teens were recognized for completion of the Diamond Clover Projects while others received scholarships from the Maryland 4-H Foundation.

## Expanding Adventures in Science into Prince George's County

Maryland 4-H Youth Development is expanding the Adventures in Science program to Prince George's County. Geared toward middle school youth, Adventures in Science aims to inspire youngsters with interactive science lessons to encourage them to stay connected to and interested in science throughout high school and college.



"Expanding this program into Prince George's County has given 4-H the opportunity to partner with university professors and government institutions such as USDA and NASA...[and] engage with the local community," said *Laura Manzi, 4-H Extension Educator in Prince George's County*. "This is a perfect fit for middle school youth...[because] middle school is the age at which many young teens either become very interested in science or are totally turned off by it." [Read more...](#)

## Did you Know... ?



*...it's not too late to give your Valentine a plant with a heart that lasts long after the chocolates are gone?* Instead of chocolates which will disappear and/or go to your valentine's waistline, why not give your sweetheart a heart-shaped house plant? Many plants have beautiful heart-shaped leaves and some even flower. Three of the most popular plants are identified below and can be found at garden centers, nurseries and even hardware stores.

The **Anthurium**, in particular, has red, pink heart-shaped flowers and green leaves. This is a tropical plant that likes bright light and moisture but be sure not to make it soaking wet. Other nice options are the *philodendron* and the *pothos* .

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*...in order to become more physically active you don't need to spend a lot of time exercising?* For example, you could walk the dog for 10 minutes before and after work and then do a 10 minute walk at lunch time at least three times per week. There's your half hour of exercise broken up into "bite sized chunks!"

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*...anyone aged 8-18 can join 4-H?* Youth ages 5-7 are called Clovers and can participate in learning activities prior to official membership!

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*...in December 2014, the 4-H Trailblazers club sponsored The Wonder of Bricks (WOB), a service-learning project?* The program was proposed by member Nathaniel Brown, Jr. Committee member Robert Robinson produced a 3-minute documentary for the event and entered it into the 2015 White House Student Film Festival. The theme of this year's festival is "The Impact of Giving Back". Young filmmakers were challenged to tell a story about paying it forward, about community service, or what making a difference looks like in their eyes and through their lens. [Check it out](#) and "Like it."

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*...two Prince George's County farmers are about to graduate from University of Maryland Extension's LEAD program, and another one will dive into this prestigious curriculum this spring?* Shelby Watson Hampton ([Robin Hill Farm](#)) and Brad Miller ([Miller Farms](#)), graduates of the current class, and Tiffany Romano-Myers ([Romano Vineyard and Winery](#)), incoming fellow, invite you to celebrate with them on March 14. LEAD Maryland Foundation is dedicated to identifying and developing leadership to serve agriculture, natural resources, and rural communities. Click [here](#) for more information about this upcoming event.

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*...that you can check your credit report for free?* You get one free report per year; visit [www.annualcreditreport.com](http://www.annualcreditreport.com) or call 1(877) 322-8228. If you place your order by phone you must answer questions via a recorded system with your address, social security number and date of birth. There are three credit agencies; you may choose all three or you may choose them individually and get one free report from each company every year! Staggering your requests during a 12 month period may be a good way to monitor the accuracy of the information in the reports. A mailed report takes approximately 2-3 weeks after you call. For more information visit [www.consumer.ftc.gov](http://www.consumer.ftc.gov).

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*...that March is [National Nutrition Month](#)?* This year's theme is "Bite Into a Healthy Lifestyle" and with a little planning you can make small changes today to stay healthy and save money! Need help with developing a healthy grocery list or budget? Visit [Choose My Plate](#).

## The Gold Mine in Our Back Yard

(by Rita Calvert)



Three years ago, I first visited Sally Fallon's farm, PA Bowen Farmstead in southern Prince George's County and took the tour led by Sally herself. Now years later, I got to meet the new skilled and exuberant managers, Amy McCurdy and Brian Wort. Actually I did have

the chance to meet Brian at the new Riva Farmers Market the opening Sunday on January 18, 2015. He will be there again this Sunday along with other farmers giving us items we are blessed to have available in the winter! [Read more...](#)

## Recipe of the Month: Shredded Pork

Like this recipe? Check out more on our EFNEP recipe [page](#).

To read more about our programs, contact us on:

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***SAVE THE DATE: Growing Community Gardens  
Saturday, March 28, 2015***

### 3rd Annual Growing Community Gardens

A gathering for Prince George's County gardeners to build community, learn from each other, and gain gardening skills

**Location: UMD Center for Educational Partnership**

**6200 Sheridan Street, Riverdale, Maryland 20737**

**Time: Registration 8 am, Workshops 9 am—2pm**

**SAVE THE DATE:  
Saturday, March 28th, 2015**

**For more information contact:  
Michelle Nelson at [nelson@umd.edu](mailto:nelson@umd.edu)  
Esther Mitchell at [estherm@umd.edu](mailto:estherm@umd.edu)**

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The 3rd Annual Growing Community Gardens event is back! UME-PGC will host this event at the Center for Educational Partnership in Riverdale, Maryland on Saturday, March 28th from 9 am - 2pm. For more information, contact Michelle Nelson at [nelsonm@umd.edu](mailto:nelsonm@umd.edu) or Esther Mitchell at [estherm@umd.edu](mailto:estherm@umd.edu).

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