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Dear Kim,

Congratulations to Kim Rush Lynch on becoming our full time **Ag Marketing Specialist** after filling this role for the past year in a ½ time capacity! Kim's role is to promote and market all things related to agriculture in Prince George's County in the rural and urban areas. We appreciate our partnership with the Maryland-National Capital Park & Planning Commission which makes this position possible.

On another note, we are looking for new members for our **Extension Advisory Council**. Have ideas of what UME should/could be doing? Please [send me an email](#) indicating your interest.

We hope you enjoy this edition of our newsletter. Be sure to check out the Buy Local Challenge, Summer Meals feeding sites and the upcoming Field Crops Research Twilight, Barbecue and Ice Cream Social.

Sincerely,



Karol Dyson



Contact Us!

Capitol Area Extension Director
University of MD Extension

Upcoming Events

- **Farmers Market** season is here so be sure to check out the 2015 on-line directory of local Prince George's County [farmers markets](#). The [Buy Local Challenge](#) is July 18-26 and several markets will host special activities. Commit to eating one thing each day from a local farm! We encourage you to participate in this fun challenge and commit to eating at least one item from a local farm each day. 
- Join us for a **Composting Workshop and Work Day** on Saturday, July 18th at 9:30 AM at Sheridan Street Community Garden featuring the Accokeek Foundation. Come learn the basics of composting with a local expert! We are located at 6200 Sheridan Street, East Riverdale, MD 20737. RSVP to Michelle Nelson at nelsonm@umd.edu or at 301-779-2806 x706.
- **SAVE THE DATE:** You are invited to attend a **Field Crops Research Twilight, Barbecue and Ice Cream Social** on August 6, 4:30-9pm, at the [Central Maryland Research & Education Center](#), 2005 Largo Rd., Upper Marlboro, MD. A barbecue dinner will be served followed by homemade ice cream prior to the evening tour. University of Maryland Extension Educators and Specialists will showcase their field crop, vegetable and fruit research plots. This event is free. However, a reserved meal ticket is required. To register, please contact the Anne Arundel County Extension office at 410-222-3906 by August 3. Please let us know if you need special assistance to participate.
- **SAVE THE DATE:** Plan to bring the family to the [Maryland State Fair](#) ! Happening August 28th - September 5th, 2015 at the Timonium Fairgrounds located at 2200 York Road, Lutherville-Timonium, Maryland.
- **SAVE THE DATE:** Prince George's County Fair, September 10th to September 13th, 2015 at the Rosecroft Raceway located at 6336 Rosecroft Drive, Fort Washington, MD 20744. Visit the County fair [website](#) for more information!
- **SAVE THE DATE: *2015 Crop Hop is October 10th, 2015***, The 2015 Crop Hop cycling tour, co-hosted by the Anne Arundel Economic Development Corporation and the Southern Maryland Agricultural Development Commission, is set to kick off from the Smithsonian Environmental Research Center in Anne Arundel County! As always, early registration comes with a local lunch, snacks and a commemorative t-shirt. We'll have routes and farms listed by late spring, and registration will be open soon. Watch the Facebook [page](#) for updates and announcements at [The Crop Hop!](#)

Free Maryland Summer Meal Program



Friends, free meals and fun!
¡Amigos, comidas gratis, y diversión!

**Call 1-877-731-9300, text SummerMD to
877-877 or go to MDSummerMeals.org
for a location near you.**



[2015 Summer Meal Sites](#)

Free meals are available to kids and teens aged 18 and under at sites across Maryland. Many sites offer fun learning and recreational activities as well as free food, so kids and teens can stay active and spend time with friends. Free summer meals are funded by USDA and the program is administered locally by the Maryland State Department of Education. Summer meals sites are in the community at safe, supervised places like churches, schools and community centers.

Let your friends and neighbors know they can find free summer meals for kids and teens by texting FOOD to 877-877 or calling 211 - it's that simple!

Volunteer at The Gardens!



Calling all Volunteers, We need you!

Join us at Sheridan Street and Field of Greens Community Gardens located at the Center for Educational Partnership, 6200 Sheridan Street, Riverdale, Maryland 20737 for Saturday Workdays. Service learning internships and community service hours are available for all students. Contact Michelle Nelson, nelsonm@umd.edu or Betti Gregus, bgregus@umd.edu or via telephone at 301-779-2806 x706 for more information!



The University of Maryland is an Equal Opportunity Employer and supports Equal Access Programs.

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Solutions in your community

We are looking for ongoing volunteers interested in helping with various projects located at:

Sheridan Street and Field of Greens Community Gardens
Center for Educational Partnership, 6200 Sheridan Street, Riverdale, Maryland 20737

Community Service Hours will be granted to middle and high school students who attend.

For more information contact:
Michelle Nelson at nelsonm@umd.edu
Betti Gregus at bgregus@umd.edu

EFNEP Will Provide Nutrition, Cooking, and Gardening Classes to STEAM Students this Summer!

[The Expanded Food and Nutrition Education Program \(EFNEP\)](#) with [UME-Prince George's County](#)

will partner with [GapBuster, Inc.](#) this summer to implement their nutrition, cooking, and gardening program with middle school students at the Center for Educational Partnership (CEP) in Riverdale, MD.

GapBuster, Inc. will host a STEAM (Science, Technology, Engineering, Art, and Mathematics) summer camp at the CEP, and EFNEP will provide nutrition-related activities to the STEAM students who enroll in their workshop. The classes will focus on the benefits of fruits and vegetables; how to grow, maintain, and harvest fresh fruits and vegetables; cooking 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), many of the kids who attended last summer's camp marked that EFNEP's nutrition/gardening/cooking program was one of their top 2 favorite activities of the summer! She said that the kids loved EFNEP's nutrition program and wanted to do it again this summer.

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

Paying For College, Made Easy

Congratulations! High School is over and now you're headed to college. Good for you! "A college education is a necessity for anyone hoping to meet the challenges in our rapidly changing world". "A college education will enhance your world and the return will more than exceed the cost".

Speaking of cost, trying to figure out how to pay for a college education can be stressful and confusing. There are a few steps you can take to ensure that you will leave college with as little debt as possible.



Step 1:

Apply for as many scholarships and grants that you can! The money will go directly towards the cost of your education and you will not have to pay it back, thus reducing your student loan debt. Be creative in your search. Start with your school but there are also many unusual places to search for scholarships and grants. "There are scholarships for literally everyone, for a student adept at soccer, art, math, calling ducks, or for just being tall (over 5'10)". Search "weird scholarships" to learn more.

Step 2:

Secure financial aid in the form of Federal Student Loans. Federal loans are the most prevalent type of student loans. These loans usually have the best benefits and offer the

lowest interest rates. In order to apply, you must file a FAFSA (Free Application for Federal Student Aid).

Step 3:

If more funds are needed, apply for a Private Student Loan. There is no repayment required until after graduation and you do not need to file a FAFSA. Some lenders will only offer private student loans for certain schools, so be sure to check.



Be prepared for the amount you will be responsible to repay when you graduate from college by checking out the student loan calculator. This will help you to calculate your monthly student loan payments for the amount borrowed and the interest rate.

A college education will provide you many opportunities and will enhance your lifetime opportunities. Good Luck!

Patricia Maynard
Family and Consumer Sciences

Monthly Master Gardener Tips



Monthly Tips for the Vegetable Garden

- Sow heat-tolerant greens like Swiss Chard, Malabar Spinach, Mustard Greens and lettuce cultivars like 'Red Sails', 'Deer Tongue' and 'Jericho'.
- Keep watering, weeding and mulching new crops to keep them from drying out.
- Keep a vigilant eye out for possible pest infestations.
- Ladybugs are your friend. They come in different colors as well. They will help keep aphids in check.
- Search the undersides of squash and pumpkin leaves for copper-colored squash bug eggs, and destroy them.
- Monitor squash and pumpkin vines for squash vine borers

- Harvest onions when tops die back; let them dry in the garden after digging them up or tie the stems together and hang them up in a garage or shed with good air circulation.
- Dig up garlic when the tops yellow and die; let dry in the sun then store in an airy place before braiding
- Cut back herbs to keep them bushy and productive.
- Pinch off tomato suckers, to encourage larger, earlier fruit, especially if training to one central stem.
- Pinch back blackberries to 6 inches to promote branching

Monthly Tips for July for the Ornamental Garden

- Keep newly planted trees and shrubs watered. Soak thoroughly once a week.
- Deadhead rhododendrons to increase flowering next year.
- Remove faded blossoms of annuals and perennials.
- Divide bearded iris.
- Cut back and fertilize delphinium and phlox to encourage a second show of blooms
- Mulch to conserve water and control weeds.
- Make successive plantings of gladiolus to spread out the flowering period
- Keep the lawn at 3 inches to avoid weeds.

Did You Know....?

Did you know...

Including these water-rich foods in your meals and snacks will help keep you hydrated all summer:

- Citrus fruits like grapefruit and oranges,
- Salads made with lots of cool and crisp lettuce
- Watermelon slices or watermelon smoothies



As the weather heats up, it is time to head outdoors for family fun. High temperatures and physical activity outdoors increase our need for water. It is important to make sure your family stays hydrated. One of the best ways to stay hydrated is to drink water throughout the day. Fruits and veggies are great sources of water too!

For more tips, visit

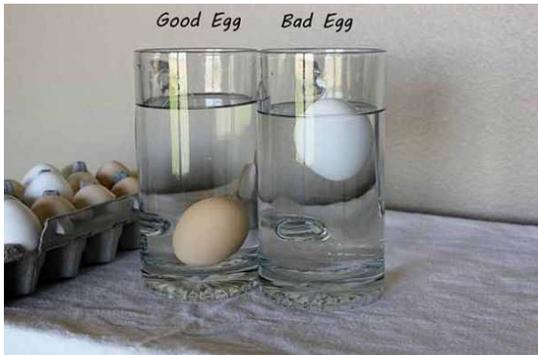
<http://www.eatsmartmd.blogspot.com/2014/07/tips-for-staying-hydrated-in-heat.html>

Did you know... You can save those kitchen scraps! Check out this monthly tidbit from the [Prince George's County Department of the Environment](#) about Sustainable Cooking.



Did you know... You can plant the following NOW for a good Fall harvest...

Snap beans until Aug 5th;
Swiss Chard until July 25th;
Sweet Corn until July 10th ;
Broccoli (transplants) until August 20th;
Brussels sprouts (transplants) until August 1st;
Cabbage (transplants) until August 20th;
Endive July 10th through August 20th;
Kale, Kohlrabi, Leaf Lettuce, Peas (late July) and Turnips, Cucumbers and Squash through the end of July

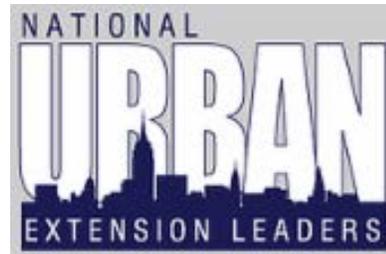


Do you know if you have a good or bad egg?
To tell if eggs are fresh, immerse them in a bowl of water.

Fresh eggs will lie on the bottom, while stale eggs will float to the surface.

Did you know... that according to the 2012 Ag Census, the average size of a farm in Prince George's County is 94 acres?

Did you know in May 2015, our Extension Coordinator, Michelle Nelson, and Area Extension Director, Karol Dyson, attended the National Urban Extension Conference in Atlanta, Georgia. Two stories from Prince George's County were accepted as National Urban Extension Leaders Success Stories: [Field of Greens Community Garden](#) and the [4-H Program: Adventures in Science](#). Both stories are featured on their website, click the links to read more!



Did you know... that the **zoning ordinance** can help create active and vibrant neighborhoods by allowing an array of uses like farmers' markets, urban parks, and neighborhood stores? Many people are surprised to learn that zoning laws establish fundamental aspects of our neighborhoods like sidewalk widths, building heights, public notifications and the types of businesses permitted in a community. The Prince George's County Zoning Rewrite team wants you to get to **KNOW YOUR NEIGHBORHOOD**.

KNOW YOUR NEIGHBORHOOD is a two-part series for residents to learn more about Prince George's County neighborhoods, the zoning contexts that shape our communities, and how the zoning and subdivision regulations affect our everyday lives. To register for the community brainstorm, please visit zoningpgc.pgplanning.com/know-your-neighborhood.

Know Your Neighborhood

Saturday, July 25, 2015

10:00 a.m. - 12:00 p.m.

Prince George's Sports and Learning Complex

8001 Sheriff Rd, Hyattsville, MD 20785

Build Your Neighborhood

Thursday, September 17, 2015

7:00 p.m. - 9:00 p.m.

Prince George's Sports and Learning Complex

8001 Sheriff Rd, Hyattsville, MD 20785

Please share the event information with your local civic associations, community organizations, friends and neighbors. For questions, please contact Brittney Drakeford at 301-780-8173 or zoningpgc@ppd.mncppc.org.

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Solutions in your community

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