Dear Kim,

All around the county, gardens are planted, Farmer's Markets are adding new products every week and more and more attention is being focused on how you can help yourself to a more healthy lifestyle through better eating. University of Maryland Extension (UME) is all about Learning by Doing which fits a healthy lifestyle perfectly!

We hope you take the time to seek and sample the many wonderful sites in Prince George's that can help you to live a happier and healthier lifestyle this year. For more information about agritourism sites, gardening opportunities and local food sources, visit our county website and Prince George's County Farm Fun.

Hope to see you out and about Gorgeous Prince George's!

Karol Dyson
Capitol Area Extension Director
University of MD Extension, Prince George's County
Southern Maryland Trails!
The Southern Maryland Trails guidebook is a celebration of all things handmade, homegrown and authentically Southern Maryland. The book features farms, art studios/galleries, wineries, eateries, lodgings, natural spaces and more in Charles, St. Mary’s, Calvert, Southern Anne Arundel and Southern Prince George’s counties. The book is available free directly from partner sites and designated pickup spots across the region, or you can order a copy online (shipping fees apply).

Explore the interactive Trails map. You can see a map of sites arranged by Trail HERE. Use the Google map tools to zoom to specific regions, plot Trails trips and more!

Download PDF files. You can download PDF files of the book (by Trail) HERE.

Adventures In Science

The Prince George’s County 4-H Youth Development Program spent this spring inspiring a new generation of scientists through the Adventures in Science programs at the University of Maryland and United States Department of Agriculture’s Beltsville Agriculture Research Center. Middle school youth participated in hands-on science activities with professionals in a variety of fields.

For six consecutive Saturdays participants experimented with leaveners used when making cookies, discovering the chemistry behind baking. They learned about the characteristics of insects and how they are used to study genetics as well as understanding the importance of oysters in the Chesapeake Bay. Youth explored biotechnology and demonstrated the process of DNA extraction using strawberries. They observed the engineering and science behind fire protection. Students even got to pet chicks and learn about other agriculture animals! They enjoyed visiting the Public Health Garden, assembling potato planters and actually planting the potatoes.

At the Beltsville Agriculture Research Center, students conducted experiments in soil science at the Student Discovery Garden. The week-long program taught youth about measuring micro-climates in agricultural ecosystems and graphic analysis tools to formulate a hypothesis. Youth discovered the fundamentals of soil science through music, exploring graphic analysis tools and environmental sensor technologies.

Both Adventures in Science programs culminated in a program showcase, where youth presented what they had learned and discussed their discoveries with judges on Maryland Day. Special thanks to all involved! Their expertise and dynamic lessons made both programs very successful! For more information on Adventures in Science, please contact Laura Manzi or 301-868-9636.

June Garden Tips

Vegetable

- Plant a second crop of beans.
- Keep watering and weeding; mulch 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
• Hand pick cabbage worms from broccoli and other members of the cabbage family.
• Search the undersides of squash and pumpkin leaves for copper-colored squash bug eggs, and destroy them.
• Pinch off tomato suckers, to encourage larger, earlier fruit, especially if training to one central stem.
• You can plant the following vegetables in June:
  o Snap beans until the 30th; Cantaloupes until the 15th; Swiss Chard until the 15th; Peppers until the 10th; Pumpkins until the 10th; Sweet Corn until the 15th; Watermelon until the 15th; Sweet potatoes until the 10th; Winter Squash until the 15th.
• Pinch back blackberries to 6 inches to promote branching

Ornamental

• Divide spring flowering bulbs if needed.
• Pinch annuals and hardy mums for bushier plants.
• Cut off the flower heads of dandelions. Do not let them go to seed (white balls of seeds)
• Remove old flower heads to prolong blooming.
• Mulch to conserve water and control weeds.
• Make successive plantings of gladiolus to spread out the flowering period.

Farewell to Shania Covington

It is bittersweet to announce that Ms. Shania Covington, Expanded Food and Nutrition Education Program (EFNEP) Youth Educator for UME-Prince George’s County, has accepted a new position with Teach for America and will be starting her training to become a teacher this summer! Shania worked with various youth groups throughout the county over the past two years. In an effort to get children and teens excited about nutrition and eating healthy, Shania worked with other youth educators to create fun activities centered on physical fitness, social media, gardening, cooking and developing special art projects with core nutrition messages integrated.

Shania was a very effective educator who went above and beyond to provide as much information to her participants, as well as her co-workers. Although she will be missed, we are proud of her and wish her the very best while pursuing a career to become a teacher!

EFNEP Partners with GapBuster, Inc.

Over the past few months, Ellen Howard de Perez, one of the Expanded Food and Nutrition Education Program (EFNEP) Adult Educators has partnered with GapBuster, Inc. to implement nutrition education classes for parents enrolled in their ESOL program at the Center for Educational Partnership (CEP). As a result, Ellen has been able to graduate two different groups of parents within the past few months. She looks forward to working with many more parents who will enroll into the ESOL classes at CEP in the near future.

Ellen also collaborates with several different organizations and groups to implement nutrition and cooking classes in both English and Spanish, such as: Capital Area Food Bank’s Cooking Matters Program; University of Maryland College Park’s Service Workers; Casa de Maryland in Langley Park; Langley Park Community Center; and the Prince George’s County Public School’s parent involvement coordinators and parents.

Ms. Ellen continues to seek new collaborations to implement English and/or Spanish classes for limited-income parents with young children. If you have groups interested in taking these free nutrition classes, email Ellen or call her directly, 301-779-2806, ext. 704.
Recipe for the month: **Fruitastic Summer Smoothie**

Check out our [Blog](#) [Facebook](#)

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**Sheridan Street Community Garden**

The Sheridan Street Community Garden sponsored by UME (adjacent to the Center for Educational Partnership in Riverdale) is back in full swing after a long, cold winter. Our gardeners have been working hard not just in their own plots, but in the garden's communal areas that include herbs, raspberries, fig trees, flowers and pathways. Our monthly garden workdays include a potluck, grilling, and sharing of plants and ideas. Our monthly meetings are held at 7:00 p.m. the second Tuesday of every month at the Center for Educational Partnership in Riverdale, MD. Our next workday will be **Saturday, June 21, 2014 from 9 a.m. to 12 noon**, and will include a workshop at 11:00 a.m. on bio-intensive soil methods in small plot gardening.

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**FSNE Collaborates with Gethsemane United Methodist Church**

On May 20, 2014 the Food Supplement Nutrition Education Program partnered with Gethsemane United Methodist Church in Capitol Heights, MD for year two of its “Grow-to-Give” food pantry garden. Its purpose is to increase vegetable preference in food pantry participants through nutrition education, and gardening education while providing additional access to fresh produce.

On this Gethsemane pantry volunteers, UMD Dietetic Interns, and FSNE staff day cleaned the garden beds, added 5-gallon planters, and planted both seeds and transplants. Gethsemane volunteers placed a gate around the garden and will do the daily maintenance. Work days are scheduled during food pantry hours so families visiting the food pantry can receive education and can help in the garden during their visit. Last fall Wegmans donated an electric food scale that we will use this year to weigh the produce from the garden. We are looking for volunteers in the Capitol Heights area! Please contact LaTasha Coleman at lcoleman@umd.edu if you are interested in helping! For more information about starting a community or school garden visit: [http://extension.umd.edu/growit](http://extension.umd.edu/growit).

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**Southern Maryland VineFest!**

**Saturday, July 19th, 4pm-9pm**

Robin Hill Farm, Brandywine

Robin Hill Farm and the Maryland Grape Growers Association (MGGA) would like to invite you to the first ever Southern Maryland VineFest! This unique event will focus on several of the wonderful attributes this region has to offer, including vineyard & wineries, farm products, artisan crafts and more!

Ticket price includes wine tastings from our Southern Maryland wineries and samples of our local farm products (cheese, charcuterie, baked goods, fresh produce). You may purchase your favorite wines and farm products then settle down with your goodies on the farm to relax and enjoy live music.

A wagon and tractor will offer scheduled tours of the farm and vineyard, complete with educational talk, at 4:30pm, 5:30pm, 6:30pm, and 7:30pm. MGGA will also have a professional from the industry do 20-minute talks on a variety of topics at 5pm, 6pm, and 7pm. Learn about our fast-growing vineyard and wineries industry!

Tickets: $25/21+ and $15/Under 21 at Eventbrite.