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Greetings!

Autumn is in full swing here at UME-PGC! Our nutrition educators are highlighting fall recipes and local fresh produce, our gardens are being put to bed, high tunnels are going up and we're slowly but surely approaching Thanksgiving.

This month's newsletter is somewhat bittersweet as we say farewell to our Urban Agriculture Coordinator, Michelle Nelson. Michelle has served in her position for a little over 2 years managing the community gardens at our Riverdale site, serving on the [Prince George's County Food Equity Council](#), collaborating with schools throughout the county, serving as co-advisor for [MANRRS](#) on campus, supporting our staff and programs at both locations, spearheading our monthly newsletter efforts and much more.



(Left to Right) Dean Beyroudy, Michelle Nelson,  
Imani Allison, Sydney Lewis at the CEP 10th Anniversary

Michelle will be transitioning to a position with [Maryland National Capital Park and Planning Commission](#), where she will work with community gardens and utilize the skills she gained at her first home, UME. We want to congratulate her

on her accomplishments and know she will be greatly missed on our team.



Karol Dyson  
Capital Area Extension Director  
University of MD Extension

## Upcoming Events



**Master Gardener Fall Library Lecture Series is BACK!** Check our newsletter for upcoming dates or email our coordinator, [Esther Mitchell](#), for a complete list of talks in October and November!

### 3rd Annual Food Equity Forum & Urban Farm Initiative

**Kick Off:** Today, November 2nd, 2016.

Learn more about how to start an urban farm in Prince George's County! The event will be held November 2nd, 2016 from 4:30 p.m. to 8:00 p.m. at the Center for Educational Partnership, 2600 Sheridan Street, East Riverdale, MD 20737. Learn some of the basics of urban farming and determine if you are eligible for an urban Ag property tax credit. [Register Here.](#)



### 13th Annual UMES Small Farms Conference: November 11th and 12th, 2016

The 13th annual Small Farm Conference will be held at the University of Maryland Eastern Shore in Princess Anne on Friday and Saturday, November 11 and 12. An event that is popular on the Lower Eastern Shore and beyond, the two-day conference promises up-to-the-minute, practical information for ag related ventures among farmers, landowners, entrepreneurs, aspiring small business owners and supporters of agriculture. Register on Eventbrite at [umessfc2016.eventbrite.com](http://umessfc2016.eventbrite.com) by November 7th!

### Prince George's County Farm Bureau Annual Meeting: November 15th, 2016

The Board of Directors of Prince George's County Farm Bureau, Inc. will have their 2016 Annual Meeting featuring the Presidents Report:

Date: Tuesday, November 15, 2016  
Time: 6:30 pm lite meal & 7:00 pm Meeting  
Place: Baden Volunteer Fire Department Hall  
16608 Brandywine Road  
Brandywine, MD 20613

The Prince George's County farm Bureau is seeking involved members to serve on the board or work on committees. Contact Jennifer Cross at [jcross4380@yahoo.com](mailto:jcross4380@yahoo.com) or call 301-579-6552, if interested.

**Food For Profit Workshop:** November 15th, 2016



The Food for Profit workshop takes you step by step through the information necessary to start and run a small food product business. The workshop is especially directed to individuals who will be making and packing their products for resale through grocery stores, farm markets, or restaurants. **Deadline to register is November 4th.** For more information, contact Kim Rush Lynch at [kimrush@umd.edu](mailto:kimrush@umd.edu) or 301-868-8780. You can also [Register Here!](#)

**Agriculture and Environmental Law Conference:** November 18th, 2016.

The 2nd Annual Agriculture and Environmental Law Conference will be held Friday, November 18, 2016 from 8:00 a.m. to 4:00 p.m. at the DoubleTree Hotel in Annapolis, MD. The cost for this event is \$25 and free for students to attend.

Discussion topics will include:



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**AGRICULTURE LAW  
EDUCATION INITIATIVE**  
EMPOWERING THE STATE

- Hot Topics in Agricultural and Environmental Law
  - Recent Developments with Nutrient Management Regulations
  - Alternative Energy on the Farm
  - The Food Safety Modernization Act and Water Usage
  - Agritourism and Zoning Compliance
  - Stormwater Management and the Chesapeake Bay
- \* Nutrient Management Continuing Learning Education Credit Available [Register Here.](#)

**3rd Annual Winter Work Day:**

November 19th, 2016, Join us at the Center for Educational Partnership (6200 Sheridan Street, East Riverdale, MD 20737) as we clear plots, weed, and get ready to put the garden to bed! Snacks and lunch will be provided for all volunteers; if you are interested, contact, Jennifer Fairfax ([jfairifax@umd.edu](mailto:jfairifax@umd.edu)) or [sign up here](#). Due to an overwhelming response, we only have 40 slots and the deadline to RSVP is November 11th.

**3RD ANNUAL COMMUNITY GARDEN  
WINTER WORK DAY**

SATURDAY, NOVEMBER 19TH, 2015 9 A.M. TO 1 P.M.

CENTER FOR EDUCATIONAL PARTNERSHIP  
6200 SHERIDAN STREET  
RIVERDALE, MARYLAND 20737

EVERYONE IS WELCOME

COME HELP US WITH WINTER PLOT CLEARING, WEEDING, AND COMPOSTING

RSVP TO [NELSONM@UMD.EDU](mailto:NELSONM@UMD.EDU), 301-779-2806 X706

VISIT: [HTTP://WWW.SIGNUPGENIUS.COM/GO/20F0848A9AD29AAF49-3RDANNUAL](http://WWW.SIGNUPGENIUS.COM/GO/20F0848A9AD29AAF49-3RDANNUAL)

VOLUNTEER HOURS WILL BE GRANTED TO ALL STUDENTS

SNACKS, WATER, LUNCH, GLOVES, TOOLS  
WILL BE PROVIDED

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Master Gardeners  
University of Maryland Extension

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## Fall Health Tips from EFNEP

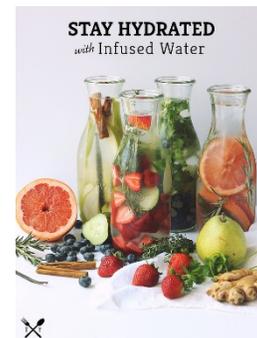
Fall is a great time to develop new healthy habits before the holiday season. Here are five great tips for staying active during the fall months!

1. **Take advantage of the weather.** Fall is one of the most beautiful times of year for getting outside. It is a great time to exercise outdoors while enjoying cooler temperatures. Go to your local parks or trails to walk, run or bike and take in the view. Or go apple picking with the family; this is a fun way to get the whole family moving!



2. **Dress in layers!** When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.

3. **Stay hydrated!** Stay hydrated even when the temperatures cool down. In cool weather your body loses water the same way it does in warm weather, so it's crucial to carry water around during the fall months.



4. **Work out at home!** Now that the days are getting shorter and the holiday season is right around the corner, daily physical activity may seem impossible. But remember, even 15 or 20 minutes is enough time to get in a quick workout!

5. **Take advantage of fall produce!** Grocery stores and farmers' markets are full of fresh fall produce including apples, figs, pears, cranberries, pumpkins, sweet potatoes, broccoli, and acorn squash. In-season produce is rich in flavor and budget friendly.



## 4-H Urban Immersion Program



13 4H teens from OSU and UKY in front of  
Field of Greens Banner

On, Saturday, October 1st, 2016, [Field of Greens Community Garden](#) hosted 4H teens from [Ohio State University](#) and [University of Kentucky](#). 4H Teens were part of the Urban Immersion Program created by OSU and UKY. "The Urban Immersion Project is a 4-H initiative that combines cross-cultural learning, teamwork and service learning in the urban environment of Washington DC."

-Steve Brady, OSU, 4-H Extension Educator

4H Teens participated in volunteering in the garden, enjoying Indian/Pakistani Food from [Krazi Kebob](#), and were taught a local foods lesson by the UME-PGC [AmeriCorps VISTA](#). During their time in Washington D.C., students stayed at The Pilgrimage where they prepared their own meals on a SNAP benefits budget and experienced city living. Teens ages 14-18 learned skills to prepare for success in a diverse workplace as well as build multi-cultural understanding. This event was in partnership with 4H Extension Educators, Steve Brady and Alison Johnson. We hope to host these teens again and involve youth in Maryland, Virginia, and D.C.. You can view a Facebook Live video of their experience by clicking [here](#).

## UMES\* Appoints New Associate Administrator

Princess Anne, MD -- [University of Maryland Eastern Shore](#) (UMES) has appointed Dr. Maifan Silitonga as the Associate Administrator for the 1890 Extension Program effective September 12, 2016.

Dr. Silitonga brings with her a wealth of experience from several land grant universities. She was the Associate Dean, College of Agriculture, Food Science and Sustainable Systems, Kentucky State University with responsibilities cutting across all three land grant mission areas. Prior to that she served as Director for the Mississippi River Research Center/Center for Ecology and Natural Resources at Alcorn State University. [Read More...](#)



\*[UMES](#) is the 1890 institution of University of Maryland Extension (UME). UME is a statewide, non-formal education system within the college of Agriculture and Natural Resources and the University of Maryland Eastern Shore.

## Did You Know...



White House Kitchen Garden

Check out the First Lady's Fall White House Kitchen Garden Harvest, grilled flatbread with basil puree and garden vegetable recipe below! The recipe can be modified based on what is growing near you!

For the recipe, please visit:

<http://www.letsmove.gov/blog/2016/10/07/fall-harvest-recipe-grilled-flatbread-basil-puree-and-garden-vegetables>

**Did you know...** Garlic viruses are on the rise in Maryland. Are you thinking about growing garlic for next season? Infected plants are stunted and bulb size can be reduced. Garlic crops infected with some of these viruses are more susceptible to weather conditions like frost, and do not keep well in storage. "Symptoms of virus infection are plants that display yellowing tips on many leaves with some that are completely yellow (Fig 1)...Symptoms are usually more pronounced in young leaves." Continue reading this [article](#) about garlic viruses.

Fig. 1 Garlic plants showing symptoms of garlic virus infection.



**Did you know...** It's almost time to set those clocks back! Daylight Saving Time will be Sunday, November 6th, 2016. We must fall back to spring forward, so be sure to change the clocks on your microwave, ovens, cars, and other devices.

**Did you know...** [The Farmers Market at Maryland](#) has Summer and Fall Recipes? Their Market Manager also does weekly demos with free samples. Try this [Cranberry Upside Down Cake recipe at home](#), perfect for the holidays. Be sure to stop by the Market on Wednesdays 11 am to 3pm in front of Cole Field House on Campus.



UMD DS RECIPE

## CRANBERRY UPSIDE-DOWN CAKE

**The Farmers Market**  
AT MARYLAND



[Serves 6]

### INGREDIENTS

- » 1 cup apple, peeled and sliced thin
- » 1 cup cranberries, sliced
- » 1/2 cup brown sugar
- » 5 tbs butter

### CAKE MIX

- » 1/2 cup unsalted butter
- » 2 eggs
- » 1 tsp vanilla extract
- » 1 1/2 cup all purpose flour
- » 1 tsp baking powder
- » 1 tsp cinnamon
- » 1/4 tsp ground nutmeg
- » 1/4 tsp ground cloves
- » 1/4 tsp ground ginger
- » 1/3 cup butter milk

### PREPARATION

1. Lightly spray cake pan with non stick cooking spray and set aside.
2. Peel and slice apples into thin slices, and cut cranberries into halves. Set aside.
3. In small sauce pan over low heat melt butter. When butter begins to bubble gradually add brown sugar and whisk until dissolved. Allow mixture to come back to simmer. Remove and set aside.
4. Layer cranberry and sliced apples in bottom of spray coated pan, then pour sugar-butter mixture over top and set aside.
5. Preheat oven to 325°F.
6. In a bowl combine flour, baking powder, cinnamon, nutmeg, cloves, and ginger whisking until well combined. Set aside.
7. Using a mixer with paddle attachment, beat the butter on high until creamy, about 1 minute. Add the brown sugar and beat on medium-high speed until creamed together, about 2-3 minutes. Scrape down bowl as needed.
8. Add the egg yolks and vanilla on medium speed until everything is combined. Scrap down the sides of bowl as needed.
9. On lower speed add dry ingredients in three parts alternating with buttermilk. Beginning and ending with dry ingredients.
10. Whisk the egg white together until foamy, and then fold into cake batter. Do not over mix.
11. Place in oven and bake for 30-40 minutes, or until tooth pick can be inserted in middle of cake and come out clean. Let rest for about 10 minutes, and then invert onto serving plate and remove cake pan. Serve warm or cold.



## FRESH. LOCAL. FUN.

PRINCE GEORGE'S COUNTY, MARYLAND

Minutes from Washington, D.C. and centrally located, discover Prince George's County farms, farmers and food.



Visit the [PGC Farms & Food: Fresh. Local. Fun.](#) for more information about farms, food events, and farmers markets in gorgeous Prince George's! Minutes from the Nation's Capitol, Prince George's County offers a variety of [food and farming events](#) every month!

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The Prince George's County office, partially supported by the Maryland-National Capital Park and Planning Commission, serves the community from two locations including the main Extension office in Clinton and the Center for Educational Partnership in Riverdale.

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