

Prince George's County

October 2016

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Dear Kim,

We are pleased to announce the annual [University of Maryland AGNR Open House to be held this year on October 8!](#) We invite all Extension stakeholders, families, and friends to come explore current Extension programs!

See the cows and calves, participate in bird and butterfly watching, see chicks hatching out of their eggs, check out the backyard poultry project and take a hay wagon farm tour. There will be many educational and interactive displays and exhibits ranging from nutrition to rural enterprise development and numerous hands-on activities.

Food will be available from some of the student organization food tents and you can get your plant questions answered by a Master Gardener!



The 2016 event will be held on Saturday, October 8, from 10:00 am. to 3:00 p.m., at the [Central Maryland Research and Education Center](#), Clarksville Facility at 4240 Folly Quarter Road, Ellicott City, Maryland. It's FREE and open to the public.

Karol Dyson
Capital Area Extension Director
University of MD Extension

Upcoming Events

SPiRiT NIGHT

Prince George's County 4-H

October 5th, 2016 • 5:00-7:00
Come out and support Prince George's County 4-H!



4-H Spirit Night at Chick-fil-A: October 5th, 2016

Come join us on Wednesday, October 5th, 2016, from 5:00 pm to 7:00 pm, at the Brandywine Chick-fil-A (16003 Crain Highway, Brandywine, MD) to support Prince George's County 4-H!

Invite your family and friends to participate, as a percentage of the proceeds will go to Prince George's County 4-H!

AGNR Open House 2016: October 8th, 2016

Fall is a busy time, but we hope you will mark your calendars and make time to attend the [University of Maryland, College of Agriculture and Natural Resources](#) (AGNR) Open House. The 2016 event will be held on Saturday, October 8, from 10:00 am.

to 3:00 p.m., at the Central Maryland Research and Education Center, Clarksville Facility at 4240 Folly Quarter Road, Ellicott City, in Howard County, Maryland. It's FREE and open to the public.

4-H Science Adventures Kicks Off October 22nd!

The deadline to apply has been extended to October 14th! Contact our 4-H Educator, Dr. Alex at alexchan@umd.edu for more information! See flyer below.

Bowie State University, Food Day Symposium: October 24th, 2016

Celebrate Food Day at Bowie State University! On Monday, October 24th, Bowie State will have their 3rd Annual Food Day Symposium. Every year, Bowie State showcases the latest research findings and shares information from local partners about growing food, food waste reduction, nutrition, and easy affordable recipes. Register to attend [here](#).

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!



Save The Date: November 2nd, 2016 Urban Ag in Prince George's County Kick Off.

Did you know that a recent bill ([CB-25-2016](#)) was passed to expand urban agriculture 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. Find out how you can start an urban farm and determine if you are eligible for an urban Ag property tax credit. More details coming

soon!



Save The Date: November 15th, 2016, Food For Profit Workshop,

The Food for Profit workshop takes you step by step through the information necessary to start and run a small food product business, especially directed, to individuals who will be making and

packing their products for resale through grocery stores, farm markets, or restaurants. [Register Here!](#)

Save The Date: November 19th, 2016, 3rd Annual Winter Work Day. 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, Michelle Nelson at nelsonm@umd.edu or [sign up here](#).



Welcome, New Staff at UME-PGC



Please join us in welcoming our new FSNE Nutrition Educator, Amber-Ray Davidson, to the Prince George's County Extension staff.

Amber received her Bachelor of Science in Dietetics from the University of Maryland, College Park and is currently pursuing a Master of Science in Nutrition Education from American University.

Prior to this position, Amber worked as a Student Nutritionist at University of Maryland Dining Services for two and a half years. Some of her favorite things to do are to sing, cook, laugh, and hang out with her cats! Amber is located in the Clinton office. Please stop by to say hello!



The Prince George's County 4-H Youth Development Program is excited to introduce our newest Faculty member, Dr. Alex Chan!

Dr. Alex studied Human Development and Family Studies at Auburn University. In Alabama, he worked with the Department of Child Abuse and Neglect Prevention to evaluate their youth-focused programs. He is also licensed in marriage and family therapy.

Growing up in California, he was a youth volunteer in his county parks system for many years and he looks forward to sharing those experiences with our 4-H'ers. He is thrilled to have the opportunity to put many parts of his background to use through 4-H programming. Dr. Alex is excited about becoming a part of the University of Maryland Extension and creating new opportunities for youth outreach, programming, and opportunities in Prince George's County.

4-H Science Adventures Application Deadline Extended to October 14th!

Food, Fun, and Physical Activity at Judy Centers in Prince George's County, Maryland



The [Food Supplement Nutrition Education \(FSNE\) Program](#), Maryland SNAP-Ed partnered with [Judy Centers in Prince George's County](#), Maryland to provide nutrition education to 460 low-income preschool students. FSNE established a multi-tiered partnership with Judy Centers in Prince George's County.

FSNE provides direct education to students at multiple sites using the FSNE developed Read for Health curriculum to promote health literacy through storybooks. The curriculum uses reading to teach the importance of healthy eating and physical activity. Health messages are reinforced with activities and food tastings. FSNE is also planning on sponsoring a school garden at the Samuel Chase Judy Center in the fall of 2016.

Parents indicated that food knowledge and food preferences for more fruits and vegetables have increased in their children, as they participated in the program. According to Bryant P., father of Brooklyn, P. (age 5), "The lessons are high energy. They are learning, but still having fun! My daughter Brooklyn is now a member of the Two Bite Club. When I introduce a new food at home, she is willing to take at least two bites!"

Students were engaged in outdoor play twice a day and weekly food tastings during the summer program. Keesha S., parent of Angel S. (age 5), explained she was "excited and surprised to discover Angel now enjoys broccoli, and before she never liked it". She is excited to try other foods now provided during the tastings. In trying to determine ways to have her son Eric (age 5) try new foods, Tiffany J., stated, "Although he said he didn't like a particular food in the past, Eric wanted to try it in class because he was mimicking the other students. This was beneficial for me because he is a finicky eater."



Andrea Hall, a Judy Center Program Manager noted, "Through the ongoing partnership with FSNE, students are introduced to healthier good items, provided with tasting opportunities and physical activity, which is leading to improving the overall health of our students."

4-H Talent Show was a HIT at County Fair

On Saturday, September 10, 2016 Prince George's County 4-Hers demonstrated many talents in the first-ever Talent Showcase at the County Fair. This contest was a new addition to our 4-H Fair Contests. Youth demonstrated talent in singing, playing instruments, dramatic interpretations, educational demonstrations, and even magic! This was a great way to highlight our well rounded 4-H members!

We had a great audience of parents, siblings, and fair goers that were engaged throughout the show. Thank you to all of our judges and volunteers; you made it possible!



Did You Know...

Did you know... Fall is a good time to plant bulbs for spring flowers.

- Most bulbs that produce spring flowers will need 8 to 10 weeks of cold weather in order to bloom.
- Plant bulbs a depth two to three times their height. Example, if a bulb is 2 inches, plant it 4 to 6 inches deep.
- Plant with the pointy end (top) up. If you cannot determine which end to plant up, plant on its side.
- Layer bulbs to get a continuous display from early spring into summer in one spot.

Bulb Lasagna: Make a hole 18-20 inches wide and 12-14 inches deep. Large bulbs like lilies and large daffodils, large tulips, and gladioli go on the bottom of the hole, add 3 inches of soil and plant medium size bulbs in the middle like hyacinth and tulips, add 3 more inches of soil and plant smaller bulbs at the top like Muscari, Grape hyacinth, Freesia and Winter Aconite and crocus. This method works well for in ground or in a pot. For more information on layering bulbs in the ground or in a pot, contact Esther Mitchell at estherm@umd.edu.

Did You Know... that a Prince George's County farm owned and operated by the Chesapeake Bay Foundation, [Clagett Farm](#), is the first farm in the state to be certified by the Maryland Department of Agriculture under the Agricultural Certainty Program. Read the full press release [here!](#)



Did you know... It's Science Adventures time at the University of Maryland, College Park! Join us for a 5 week Science Adventure! We are looking for middle schoolers interested in science and educators willing to share about science. The price is \$35 for the first family member and \$15 for each additional youth. The deadline to register has been extended to October 14th, 2016! If you would like more information, please contact Mrs. Doris Mack via at dmack1@umd.edu or [301-868-9636](tel:301-868-9636)

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 Roasted Rosemary Potatoes and Winter Squash recipe at home. Be sure to stop by the Market on Wednesdays 11 am to 3pm in front of Cole Field House on Campus:

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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Solutions in your community

This newsletter is brought to you by University of Maryland Extension, **Prince George's County**. University of Maryland Extension (UME) is a statewide non-formal education system funded by federal, state, and local governments within the University of Maryland - College Park and the University of Maryland - Eastern Shore. Our mission is to support Maryland's agricultural industry; protect its valuable natural resources; enhance the well-being of families and individuals, both young and old; and foster the development of strong, stable communities.

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.

University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin.

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