Dear Kim,

Personnel changes are coming to UME! We are saddened to say farewell to Janna Howley, our Ag Marketing Specialist for the past five years, and wish her well in her new position at USDA. We will be filling her position on an Interim basis so that the important work she has been doing will continue until we can do a search and fill the position permanently—an announcement soon to come! We are also sorry to say goodbye to Kitwana Pounsel-Lott, a Nutrition Educator. Kitwana is headed to the West Coast for a new career in medicine!

On a happy note, we are welcoming Michelle Nelson to UME as the UME Coordinator at the Center for Educational Partnership in Riverdale! Michelle comes to us with an MS from North Carolina A & T University in Earth and Environmental Science with a concentration in Agriculture. She has experience with Extension and urban gardening, including 4-H Youth Development.

Please help us to welcome Michelle to our Prince George's Extension family!

Karol Dyson  
Capitol Area Extension Director  
University of MD Extension, Prince George's County

Buy Local Challenge
The annual Buy Local Challenge (BLC) asks everyone to eat something from a local farm every day during Buy Local Week, July 19 - 27, 2014.

Maryland residents are encouraged to buy from farms, farm stands, farmers’ markets, wineries, groceries and markets that offer local farm products, or dine at restaurants that serve local farm food and wine.

Read more...

Southern Maryland VineFest!
The Maryland Grape Growers Association (MGGA) together with Robin Hill Farm and Vineyards, sponsored the first Southern Maryland VineFest on Saturday, July 19th from 4:00pm to 9:00pm at Robin Hill Farm, 15800 Croom Road, Brandywine. It was a huge success with over 300 in attendance!

This event, the first of its kind in Maryland, focused not only on the quality wines currently being produced in the
region, but also on the farmers, vineyards and land that produce the premium grapes needed to make the first-class wines that Maryland has become known for.

Ticket holders 21 and older with a valid I.D. received a commemorative wine glass and were able to enjoy:
- free tastings of local Southern Maryland wines, all available for purchase
- attendance at the Grape and Wine Education presentations

All ticket holders also enjoyed:
- samples of local cheeses, charcuterie, baked goods, fresh produce, all available for purchase
- farm and vineyard wagon rides and educational tours
- shopping local artisans and craftsmen
- live music throughout the evening, and,
- the chance to win a variety of door prizes generously provided by the vendors.

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Serving Children Year-Round:
Afterschool Meals 101 for Summer Meal Sponsors (Free Webinar)

As a current sponsor of summer meals, you are familiar with providing meals and activities to children of low-income communities during the summer months. By extending your operations throughout the school year through the Afterschool Meal Program, you can continue to operate the same sites, serve the same families, and maximize your program’s resources. Join FRAC, Share Our Strength and the USDA to learn how the two different meal programs complement one another and where you can access tools and resources to implement and expand the Afterschool Meal Program in your area.

Click here to learn more and register for this free webinar!

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**EFNEP Partners with Beacon Heights Middle School!**

The Expanded Food and Nutrition Education Program (EFNEP) with the University of Maryland Extension in Prince George’s County partnered with Beacon Heights Elementary School (BHES) in Riverdale to implement a 6-week series of nutrition/gardening/cooking classes, which included a special art project, with elementary-aged school students.

Additionally, a series of parent nutrition classes were taught which included: the importance of eating fruits and vegetables, how to stretch food dollars, and choosing healthy snacks and drinks. At the end of the series, EFNEP and BHES held a parent showcase to exhibit the students’ art projects and showcase what they learned during the intervention, as well as present graduation certificates to the parents.

As a result of the school showcase, the parents were introduced to what their children learned during the series of nutrition classes and were also encouraged to enroll into the EFNEP adult program. As a result of the afterschool nutrition program, the students learned about healthy food choices and benefited from experiential learning through their involvement in cooking, art projects, gardening and interacting with school administrators and parents.
EFNEP plans to work with BHES during the next school year to enroll more kids and parents into EFNEP’s adult and youth nutrition workshops to further create holistic changes throughout the school environment.

If you would like to partner with EFNEP to implement this holistic nutrition programming with parents and kids at your school or center, please contact Ms. Denise Benoit-Moctezuma at 301-779-2806, ext. 700 or e-mail her at dbenoitm@umd.edu.

Recipe of the month: Spinach Smoothie Surprise!
Don’t let the green taste fool you...enjoy this yummy smoothie and stay cool over these hot days of summer!

Follow EFNEP on Twitter; Facebook; Blog

Pesticides in Your Produce!!
The Environmental Working Group (EWG) analyzed pesticide residue testing data from the U.S. Department of Agriculture and Food and Drug Administration to come up with rankings for these popular fresh produce items. All 48 foods are listed below from worst to best (lower numbers = more pesticides) Read more here.....

Field of Greens Community Garden
Field of Greens Community Garden, a new project spearheaded by UME at the Center for Educational Partnership and adjacent to the Sheridan Street Community Garden in Riverdale, welcomed its first gardeners during the month of June! The project, made possible through funding by the Prince George’s County Redevelopment Authority and succeeding thanks to numerous community partnerships, includes plots for community members as well as a youth garden for local students. More developments, including the addition of an edible forest, are expected in the near future. If you would like to learn more please contact Esther Gray, the AmeriCorps VISTA serving with UME to coordinate the project’s implementation at estherg@umd.edu.

Keeping up with FSNE
Food Supplement Nutrition Education staff provided training to Community Service Foundation and The Maryland National Capital Park and Planning Commission staff June 2014. During this training staff were introduced to FSNE’s Nutrition Nuggets Curriculum, participated in food demonstrations and received all education materials needed to conduct their 6-week series from June 23rd- August 1st. Weekly food materials are delivered to the nine trained staff members. This series will reach over 400 youth this summer in low income housing communities, community centers, and schools. Every lesson has a healthy food demonstration prepared by the youth. The goal of the series is to increase preference for healthy foods, teach youth how to use MyPlate for a healthy diet, and provide hands-on “cooking” experiences that youth can share with their families.
Prince George’s County’s 4-H Robotics clubs are growing. As we prepare to begin another season of robotics competition prep, please mark your calendars for the dates below. We currently have three levels of robotic clubs. Beginning Thursday, August 22, all clubs will be meeting weekly on Thursdays from 5:30 pm to 7:30 pm and every other Saturday from 10:00 am to 3:00 pm. Our county's 4-H program has clubs for the Junior Lego League (grades K-3), the First Lego League (grades 4-8) and the First Tech Challenge League (grades 7-12). If you are interested in participating in either of these clubs, please contact Lisa Edwards at (301)868-9636.