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Upcoming Events

January 2:
New Year's Holiday
Office Closed

January 10/24:
Private Pesticide
Applicator Cert.
Training/Exam

January 13-16:
4-H Residential Winter
STEM Camp

January 16:
M.L. King's Birthday
Office closed

January 28:
MG Seed Swap

February 18:
MG Workshop
Starting Seeds Indoors

February 20:
Washington B-day
Office closed

March 14:
Field Crops & Pasture
IPM Workshop

April 7:
Online Nutrient Mgmt
Voucher Recert.

April 14:
Good Friday
Office closed

April 21:

January 2017

Greetings and Happy New Year to our many Extension volunteers, stakeholders and program participants!

We hope that you are enjoying the cooler temperatures (within reason!) and finding time to plan and prepare for spring- only a few months away already! We also hope you will find time to participate in some Extension and 4-H classes and programs in the next few months.

Wishing you a healthy and safe January.

Best regards,

Karol Westelinck Dyson
Capital Area Extension Director

FSNE Partners with a Local Emergency Food Assistance Site to Provide Nutrition Education

Freetown Elementary School is a Maryland Food Bank partner and also receives local donations to help families in the Freetown community stretch their food dollars. In October 2016 The National Coalition for 100 Black Women, Freetown ES, and UME's Food Supplement Nutrition Education Program (FSNE) began a partnership to provide monthly nutrition education workshops to Freetown families during food distribution.

Indirect nutrition education is offered via an FSNE display, at the entrance to the school building. Recipe cards, newsletters, and other helpful resources are provided to help the Freetown community make healthy choices for their families.



FSNE Nutrition Education Display at Freetown Elementary School

Direct nutrition education workshops are offered monthly one hour prior to Freetown Elementary's food distribution using FSNE's Read for Health curriculum available at: <https://eatsmart.umd.edu/resources/curricula/read-for-health>. Each month, families participate in a nutrition workshop and help prepare a healthy recipe. MyPlate Wraps were prepared in our November workshop <https://eatsmart.umd.edu/recipe/myplate-wraps>.



MyPlate Wrap set up for participants to serve themselves. Recipe includes: whole wheat tortilla, canned chicken breast, romaine lettuce, low-fat mozzarella cheese, dried cranberries, and low-fat Italian dressing.

As an added incentive, The National Coalition for 100 Black Women raffles off 1-2 crock pots monthly to families that participate in the workshop!

Winter Weather Tips

Snowfall totals vary greatly in Maryland. Garrett County in far western Maryland often receives as much snow as areas of the central plains and interior areas of New York and New England.

Areas of the lower Eastern Shore often have little or no snow during a winter season. In the populous central part of the state, snow totals can vary greatly from one season to the next. Many winter storms are accompanied by low temperatures and sometimes strong winds, ice, sleet, and freezing rain. Severe winter weather has the potential to knock out heat, power, and communications services to your home or office, sometimes for days. [See more...](#)



Source: mema.maryland.gov

GET READY TO GARDEN!!
Mark your calendars!

WHO'S INVITED: Everyone interested in gardening!

SEED SWAP SATURDAY

Saturday, January 28

10:00 AM - 1:00 PM

Come out to share and collect some seeds. This is a great way to try new varieties. Bring your saved seeds or excess purchased seeds to share with others. Informational handouts, seed catalogs, door prizes, and knowledgeable Master Gardeners on hand to answer questions!

STARTING SEEDS INDOORS

Saturday, February 18

10:00 AM - 12:00 PM

Got seeds? Learn when and how to begin seeds indoors in time for planting out in your garden. No experience necessary.

All workshops held at the Crofton Community Library, 1681 Reidel Road, Crofton, MD.



Master Gardener Project - Tawes Garden

The five-acre Helen A. Tawes Garden, located at the Tawes State Office Building in Annapolis, was named for a former Maryland First Lady, whose husband was Governor from 1959-1967. Prior to construction of the Tawes State Office Building in the early 1970's, the garden site was a flat cinder lot, used for traveling carnivals. Beginning in 1975, the garden developers dug ponds, built a stream, and formed a "mountain" with large boulders to change the topography to represent the state's various geographic areas: a Western Maryland forest, a streamside environment, and an Eastern Shore peninsula.



Click [here](#) to learn more.



Are you between 8 and 18 or know someone who is? If so, have you considered joining **4-H**? Visit our [website](#) or contact Amanda Wahle in the UMD Anne Arundel Extension Office at 410-222-3900 or email awahle@umd.edu.

Melting Ice Safely

Each winter, people apply tons of ice melting materials to sidewalks, driveways, and steps, often without regard to proper application procedures or to what the deicing substance contains. Careless use of deicing products can damage both the home and the environment.

Click [here](#) to learn more.

Source: UMD Home and Garden Information Center



Healthy Eating - Broccoli and Potato Soup

1 head of broccoli, chopped (about 4 cups)
1 small onion, chopped
4 cups chicken or vegetable broth, low sodium
1 cup evaporated milk, nonfat (not sweetened condensed)
1 cup mashed potatoes, instant prepared with water, salt and pepper to taste
¼ cup shredded cheese



Combine broccoli, onion, and broth in large saucepan. Bring to a boil. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender. Add milk to soup. Slowly stir in potatoes. Cook, stirring constantly, until bubbly and thickened. Stir in a little more milk or water if soup becomes too thick. Adjust the seasoning as needed.
Serve in bowls with 1 Tablespoon cheese sprinkled on each serving.

Source: Eat Smart, Be Fit Maryland - eatsmart.umd.edu



Do you have a plant question? Pests in your house? Not happy with your lawn? The **University of Maryland Home and Garden Information Center** can help. Visit their website: extension.umd.edu/hgic.

Did you know...

The Anne Arundel County Bureau of Highways treats more than 6,700 county-maintained roads and streets to ensure the safety of citizen and business communities during inclement weather.

Click [here](#) to learn more.

Source: www.aacounty.org