



## In This Issue

[4-H at the Fair](#)

[Nutrient Management](#)

[Bay-Wise](#)

## Upcoming Events

**October 2-8:**  
National 4-H Week

**October 5:**  
MG Composting  
Demonstration

**October 5:**  
4-H Youth Science  
Day

**October 8:**  
AGNR Open House

**October 15:**  
MG Workshop - Putting  
Your Garden to Bed

**October 19:**  
Dairy Field Day &  
Tour

**October 22:**  
MG Composting  
Demonstration

**October 29:**  
4-H Science Fair

**October 30:**  
MG 4-H Horseman's  
Party

**November 12:**  
MG Composting  
Demonstration

**November 25-29:**  
National 4-H Congress

October 2016

It is hard to believe that the last Maryland County Fair is over for 2016 and fall is upon us! Fortunately there are many fall festivals and events throughout the county to ease our way into the colder months.

We would like to invite you this weekend, October 1-2, to come to the **Corn Maze at Sunrise Farm** and enjoy the beautiful weather that is on its way. University of Maryland Extension faculty and volunteers will be present this weekend to answer your questions and provide information that may be of interest to you! We will have different subjects each day including gardening, learning about how to improve your family's nutrition and fitness, and some fun 4-H kid activities. Come meet our Master Gardeners, also, who can help solve many of your gardening woes. The site will be open from 11 am- 7 pm (weather permitting). We hope to see you!

Karol Westelinck Dyson  
Capital Area Extension Director

## Mark your calendars!

The **College of Agriculture and Natural Resources Open House** 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. Hope to see you there!



## Anne Arundel County 4-H Shines at the County Fair

It was beautiful weather for the **2016 Anne Arundel County Fair** and 4-H took full advantage. From September 14 through 18, 4-H members and volunteers pulled out all the stops to make a GREAT event!

On Wednesday the fair opened to a wide array of excellent indoor exhibits featuring 4-H Best-In-Shows including a welded sculpture, amazing beef jerky, and stunning art. There were several 4-Hers in the Fair Queen court and we'd like to congratulate Jennifer Eisinger, our 2016 Poultry Princess.



Thursday and Friday were the 4-H Skill-A-Thon Contests in which youth could test their knowledge of Poultry, Rabbits, Horses, Livestock, Dairy, and Outdoor Skills. Saturday was dedicated to the 4-H Archery contest and the 4-H Judging Contests including Consumer, Horticulture, Dairy, Livestock, and Horse.

Livestock shows went on all week, giving 4-Hers the chance to exhibit their animal projects and demonstrate their showmanship. The livestock shows culminated with a Livestock Auction in which winning market animals were auctioned to the highest bidders. This was 4-H in action: **LEARNING BY EARNING!**

Thank you to all the volunteers who helped us with setting up and tearing down, running shows and contests, chairing and supervising livestock divisions, and running the 4-H food booth. The Anne Arundel 4-H Foundation provided many fundraising opportunities for members including a cake and basket auction as well as hosting the 4-H Ice Cream Social. 4-H appreciates your support!

*Just in time to celebrate National 4-H Week (October 2 - 8), check out the new Anne Arundel County 4-H Facebook page! Join us there for updates, information, and events.*  
*facebook.com/aaco4h/*  
*#4HGROWN #TRUELEADERS*



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](http://extension.umd.edu/hgic).

## Farming and Nutrient Management in Your Community

As consumers are making great strides to reconnect with the sources of their food, the agricultural community is striving to produce that food with the most efficiency and least environmental impact possible. One example of this is that most farmers in Maryland are required to complete a nutrient management plan to guide their decisions and help them accomplish just that.

**What is a "nutrient management plan"?** First and foremost, as a regulatory requirement, the plan serves as a tool to help farmers understand what nutrients their crops need. The plan is prepared by a certified Nutrient Management Advisor (housed in every county Extension office in the state of Maryland) or by a farmer who has been certified to write their own plan. Recommendations are made to farmers for the right amount, timing, and placement of nutrients to allow for the least impact on surface water. The plan helps farmers decide where to spread manure in their operation for the greatest benefit, while also informing them of where it is the riskiest or is not acceptable because nutrient losses may be too great. When extra nutrients get in surface water, it can create water quality concerns (e.g. algal blooms and loss of desirable aquatic life), so it is important that we all do our best to prevent this from happening.



The Nutrient Management Plan can save farmers money, especially where commercial fertilizer is the primary source of nutrients applied in an operation. As part of the plan, farmers test their soils to measure nutrient content. The expected crop yield is also provided by the farmer or found in research on that crop. Then the Nutrient Management Advisor (or certified farmer) uses this information along with research on plant nutrient requirements to calculate how much of each nutrient is already available in the soil and how much needs to be added to allow the plant to grow to the full potential. By doing this, farmers are able to apply just what the plant needs, instead of over-applying "just in case," thereby reducing their fertilizer costs.

Farmers following their nutrient management plans are providing a service to our community and the environment. Do you need a nutrient management plan? If you make over \$2,500 a year (before accounting for expenses) from your operation or have over 8,000 pounds of live animal weight that you manage, the answer is yes! The good news is that it is easy to obtain a plan. Feel free to contact the Anne Arundel County Extension office to set up an appointment with Emileigh Lucas, the Advisor housed in our office at [erosso@umd.edu](mailto:erosso@umd.edu). MDA also has a list of certified consultants on their website and information about how to become certified to write your own plan, if you wish. MDA and UME cooperate to provide this service at no cost to you, while private consultants typically charge a fee for the service.



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](mailto:awahle@umd.edu).

### Healthy Eating - Banana Berry Smoothie

- 2 bananas
- 2 cups berries, washed
- 1 1/2 cups of low fat yogurt, any flavor
- 1 cup orange juice
- 1/2 cup ice cubes



Peel bananas and break into large pieces. Put bananas, berries, yogurt and orange juice and ice in blender. Blend to combine. If smoothie seems too thick to pour easily, add more orange juice and blend again briefly. Pour into 4 cups to serve.

Source: Eat Smart, Be Fit Maryland - [eatsmart.umd.edu](http://eatsmart.umd.edu)

The [Maryland Bay-Wise Program](#) teaches simple, bay-friendly lawn and gardening practices so homeowners can help preserve the land and waterways within the Chesapeake Bay watershed.

Master Gardeners, who have been trained to help you, will visit your yard to show you how good garden practices can help protect our environment and save you money. They will work with you using the [Bay-Wise Yardstick](#) to evaluate your garden practices. If you're interested in a free yard visit, and you live in Anne Arundel County, please send a request to the Bay-Wise Committee at [getbaywise2012@yahoo.com](mailto:getbaywise2012@yahoo.com)



For more information on the Anne Arundel County Master Gardener Bay-Wise Program,

please visit their [website](#).

### **Did you know...**

National 4-H Week is October 2-8, 2016 Maryland is celebrating with a 4-H "Spirit Week," sharing all we love about 4-H by exercising the four "Hs" in our communities and throughout the state. Maryland 4-H State Council has worked hard all year to put this week together, and organizing the different functions of it. We ask that each county participates in every day in some way!