



University of MD Extension Prince George's County Newsletter

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As we move into fall, remember that [local Farmers Markets](#) are still in full swing, with many operating right up until the winter holiday season or even beyond! Some other things to remember:



Congratulations to all 4-Hers, [Master Gardeners](#) and other county residents who participated in the Prince George's County Fair last week. See several pictures below for highlights. Events like this would not be possible without the efforts of many volunteers. We salute you this month for your efforts!

Interested in [getting your child involved in 4-H](#)? Fall is reenrollment time and also a great time to start a 4-H club! For more information, contact the 4-H office at 301-868-9636 to learn about the many opportunities available to your family through this great youth development program!

Best wishes for a colorful, crisp fall!

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

Don't Miss this Saturday's Prince George's County Master Gardener's Gardening Expo and Fall Festival!



[The Master Gardener's Gardening Expo and Fall Festival](#) is set for Saturday, September 14th, 12:00pm-5:00pm at our [Prince George's County Extension office in Clinton](#).

Plant sale... Plant Diagnostic Clinic, Raffles and Giveaways... Gardening Presentations, Workshops and Youth Activities. It's guaranteed to be a day of fun for the entire family. See you there!

Highlights from Prince George's County Fair, September 5th-8th!



New 4-H Educator, Laura Manzi, shares a light moment with volunteer John Edwards



Public Speaking



4-H Program Assistant offers beauty tips to fair volunteers



Senior 4-H members demonstrating showmanship

FSNE Offers Youth Gardening for Nutrition Teacher Training Course

by Kitwana Pounsel-Lott

In July the [Prince George's County Food Supplement Nutrition Education \(FSNE\)](#) Program hosted a 4-day Youth Gardening for Nutrition Teacher Training course to teachers from over 20 elementary, middle, and high schools! In addition to the teachers, county [Master Gardeners](#) and a Camp Schmidt Environmental Educator attended the training to broaden their knowledge base of using gardening to teach nutrition.



The training was designed to provide teachers with the skills to utilize the FSNE youth gardening curriculum, Growing Healthy Habits, as well as to begin sustainable, small gardening projects at their schools. Over the four days, the teachers learned how to bring gardening education to life for their students, how to safely cook in the classroom, and basic gardening skills. Each teacher that attended the training earned two Maryland State Department of Education continuing education credits and was provided a copy of the complete [Growing Healthy Habits curriculum](#), as well as gardening and cooking supplies to start a program at their school!

This training is being offered across the state of Maryland and Prince George's County is excited to have hosted the largest training to date in our state! We look forward to seeing the beautiful gardens and learning of the wonderful nutrition education that will be offered by teachers across our County as a result of this training.

Welcome Back, Jennifer Fairfax!

Jennifer rejoined Extension in August to provide support to the [Sheridan Street Community Garden \(SSCG\)](#) while we search for a permanent replacement for the CEP Coordinator. Jennifer is very familiar with the workings of the garden; she is a University of Maryland trained [Master Gardener](#) and also maintains a plot with SSCG. Additionally, Jennifer has led workshops during her tenure at University of Maryland. Welcome back Jennifer and we extend our best wishes on your new role with SSCG!

Welcome, Nikki Guy-Dixon!



Nikki Guy-Dixon joined the staff of [Prince George's County UME - 4-H Program](#) in August, primarily to assist with Prince George's County Fair work. She is no stranger to 4-H and hard work, as she is a current 4-H Club leader. Now that the Fair is over, Nikki will be assisting with special projects that serve families, especially our youth.

Nikki is armed with 10+ years of experience in education, volunteering, and helping families to accomplish their academic goals and fulfilling their dreams. In 2009, Nikki was a 4-H "Clover Leader" in Charles County and later became the 4-H Leader for the Busy Bees in Prince George's County. Welcome Nikki - we look forward to working with you!

EFNEP Nutrition Series at St. Ann's Center for Children, Youth and Families

by: Melissa Baiyewu

This summer, as a part of the [Expanded Food and Nutrition Education Program \(EFNEP\)](#), I was able to partner with [St. Ann's Center for Children, Youth and Families](#), located in Hyattsville, MD. In collaboration with the High School principal, Valerie Swain, and the Employment and Education Program Coordinator, Lisa Jenkins, I was able to implement a six-week series with the resident teen mothers participating in the Teen Mother/ Baby Program. The program was designed to encourage the young mothers to try new things and develop some life skills to help enable them to make better decisions about nutritious foods, as well as give them a basic introduction to preparing healthy meals for themselves and their children. Along with these objectives the goal of the six-week series was to build up to planning and hosting an end-of-summer program luncheon and social gathering for their peers, teachers and staff members.



The six-week series encompassed an array of different topics including the benefits of fruits and vegetable consumption, food and kitchen safety, meal planning and label reading. The girls helped to prepare different recipes during each session and had the chance to vote on which ones they wanted to re-create at the luncheon. One class was solely devoted to healthy shopping on a budget which took place at a local grocery store, where the girls purchased the food for the luncheon with a limited budget. On the final class, the girls hosted the event by distributing self-created invitations, decorating the space and preparing, cooking and serving all of the food that was purchased at the grocery store for the event. The girls did a great job and along with much praise from those in attendance, they were presented with their certificates of completion from the EFNEP Program during a brief ceremony.

I was also presented with a certificate of appreciation from the principal and the girls made a wonderful thank you card. I am thankful for the time spent helping and teaching these young ladies and look forward to implementing a new series with this group during the new school year.

New Website Launches to Promote County Agritourism

Prince George's sits at the doorstep of our Nation's capital. As the closest and most diverse agricultural county to Washington, D.C., it boasts a vibrant, transitioning rural economy and one-of-a-kind farm heritage.



The University of Maryland Extension, Prince George's County has launched a website - [Prince George's Farm Fun](#) - to promote farms open to the public, farmers markets and agricultural heritage sites. It's searchable by name, location or destination category.

