

Solutions in Your Community



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December 18:
Crops Sustainability & IPM Workshop

December 24-25:
Christmas Holiday
Office closed

January 1:
New Year's Day
Office closed

January 21:
MLK's Birthday
Office closed

January 8/22:
Private Pesticide
Applicator Certification
Training/Exam

February 7:
Southern MD
Vegetable & Fruit
Production Meeting

February 18:
President's Day
Office closed

March 12:
Field Crops & Pasture
IPM Workshop

April 5:
Online Nutrient Mgmt
Voucher Recert.

April 6:
Ask-a-MG Plant Clinic

April 12:

December 2018

Dear Friends,

On behalf of all of our staff I would like to send you best wishes for a wonderful holiday season and a peaceful and prosperous New Year. We look forward to working with you in 2019!



Karol Westelinck Dyson
Capital Area Extension Director

Mark Your Calendar!

Private Pesticide Applicator Certification Training & Exam

January 8 & 22, 2019

If you have allowed your Private Pesticide Applicator Certification to expire or are a new applicant, you are invited to attend the Private Pesticide Applicator Certification Training and Examination.

It is a two-step process:

Step 1: Attend the Private Applicator Certification Training
Step 2: Take the Private Pesticide Applicator Exam

Click [here](#) for more information.



Here's to a Happy and Mentally Healthy New Year!

Jeanette Jeffrey, Healthy Living Educator

Depression, a mental health disorder, is far more serious than a case of the winter blues. The great news - depression is treatable. The following symptoms, lasting longer than two weeks, may indicate depression and should be evaluated and treated by a medical doctor:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue

April 13:
Ask-a-MG Plant Clinic

April 19:
Good Friday
Office closed

April 20:
Ask-a-MG Plant Clinic

April 27:
Ask-a-MG Plant Clinic



- Moving or talking more slowly
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment
- Frequent crying

While the weather outside is frightful, here are a few suggestions to ward off those winter blues:

- Host a gathering at your home
 - Pot luck dinner - have friends each bring a healthy dish to share Movie night; pop up some corn and pull out the comforters
 - Games night - pull out those old board games or a deck of cards
- Develop a new skill or hobby using Internet posted videos
 - Play the guitar, piano, kazoo, etc.
 - Learn calligraphy
 - Create a quilt
 - Bake bread
- Move your body
 - Take an activity class offered by your local community college
 - Put on music and dance your favorite steps
 - Join your local Senior Activity Center, if age 55 and older
- Volunteer (https://www.aacvc.org/Become_a_Volunteer)
 - Animal Shelter
 - Food bank
 - Master Gardener (<http://extension.umd.edu/anne-arundel-county/master-gardeners/become-master-gardener>)
 - Become a 4-H volunteer (call the UME office for info)



Source: [National Institute of Mental Health](#)



Did you visit the Anne Arundel County Fair this year? Did you wonder what in the world **4-H** is all about? Do you have children between 8 and 18 or know someone who does? If so, it's easy to learn more! Visit our [website](#) or email Amanda Wahle in the UMD Anne Arundel Extension Office at awahle@umd.edu. **"4-H makes the best better!"**

Private Pesticide Applicator and Nutrient Applicator Voucher Recertifications R. David Myers, Agent

Does your Private Pesticide Applicator or Nutrient Applicator Voucher need to be renewed? We have some upcoming programs that can fulfill the recertification requirements.

Southern Maryland Vegetable & Fruit Production Meeting
February 7, 2019
St. Mary's County (location TBA)

To register, contact the St. Mary's Extension office at 301 475-4484.

Field Crops & Pasture IPM Workshop

March 12, 2019

6:00-9:00 PM

Anne Arundel County Extension Office

To register, call 410 222-3906 or [register online](#).

Online Nutrient Applicator Voucher Recertification

April 5, 2019

4:00-6:00 PM

Registration by April 3rd required.

To register, call 410 222-3906 or [register online](#).

Online Private Pesticide Applicator Recertification

April 12, 2019

4:00-6:00 PM

Registration by April 10th required.

To register, call 410 222-3906 or [register online](#).



Food and Water Safety During Power Outages and Floods

Emergencies can happen, especially with extreme weather conditions. When they do, the best strategy is to already have a plan in place. This includes knowing the proper food safety precautions to take before, during and after a power outage and being prepared to safely handle food and water in the event that flooding occurs.

Click [here](#) to learn more.

Source: FDA.gov



AGNR's ROOTS Africa Project Connects Terps with Students in Liberia

ROOTS, a student-led organization within the University of Maryland's College of Agriculture and Natural Resources (AGNR) has a goal of combating hunger and poverty in Africa. They recently teamed up with the Liberia International Christian College (LICC) in Ganta, Liberia to offer educational and innovative ideas to farmers. Together students of both UMD and LICC worked together to help innovate and brainstorm ways to help improve agricultural practices in the country.

ROOTS was built as a partnership between local communities, farming operations and colleges in Africa, and University of Maryland students and sponsors in the United States. David Myers, the Ag and Natural Resources Agent for Anne Arundel County, was instrumental in planning this trip and guiding students from both schools in their work.



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.

Become an Anne Arundel County Master Gardener

Interested in becoming a Master Gardener? Master Gardeners are a group of gardening enthusiasts who are passionate about gardening, education, and volunteering in their community. The curriculum is presented by University of Maryland Extension faculty and trained Master Gardeners.



Click [here](#) for more information.

Agriculture & Natural Resources

Interested in agriculture? There are many agriculture resources available on our website.

Agriculture Newsletters

<http://extension.umd.edu/anne-arundel-county/agriculture/agnr-newsletters>

Agriculture Bulletins

<http://extension.umd.edu/anne-arundel-county/agriculture/agriculture-bulletins>

Agriculture Slide Series

<https://extension.umd.edu/anne-arundel-county/agriculture/agnr-slide-presentations>

Agriculture Calendar of Events

<https://extension.umd.edu/anne-arundel-county/agriculture/agriculture-calendar-events>

For more information, please contact [Dave Myers](#), Extension Educator, AGNR.

If you are interested in agriculture for YOUTH, please contact our office and speak with a member of the 4-H staff or email [Christa Stibolt](#). 4-H offers plant and animal science programs for youth ages 8-18. See the [4-H website](#) for more details.



Healthy Eating - Peach Muffins with Oatmeal Topping

½ cup oats

- ½ cup enriched all-purpose flour
- ½ cup whole-wheat flour
- ¼ teaspoon salt
- 1 ½ Tablespoon baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 cup low fat or fat free plain yogurt
- 1 large egg
- 2 Tablespoons vegetable oil
- ¾ cup sugar
- ½ cup canned peaches in 100% juice, drained thoroughly and diced



Oatmeal Topping:

- ¼ cup oats
- 1 Tablespoon all-purpose flour
- 1 Tablespoon sugar
- 1 Tablespoon vegetable oil

Preheat oven to 375 degrees. Make the topping; combine oatmeal, flour, sugar, and oil in small bowl and mix with fork. Make muffin batter; in large bowl, mix the oatmeal, flour, salt, baking powder, cinnamon, nutmeg, and sugar. In a separate bowl, mix yogurt, egg, and oil until smooth. Add the yogurt mixture to the dry ingredients. Mix only until the ingredients are combined. The batter will be slightly lumpy. Gently stir in the diced peaches. Spray a 12-muffin pan with cooking oil spray. Divide the batter evenly in the muffin pan, filling each cup about ¾ full. Sprinkle oatmeal topping evenly over each muffin, about 1 teaspoon per muffin or ½ teaspoon per mini muffin. Bake for 25-30 minutes. Let cool.

Source: eatsmart.umd.edu

Did you know...

Through the Salvation Army you can create your own fundraiser to support a cause that's important to you, and provide hope to those in need in your community.



Click [here](#) for more information.



Anne Arundel County Extension

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Area Extension Director

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Agriculture & Natural Resources

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Nutrient Management

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Master Gardener Program

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<http://extension.umd.edu/anne-arundel-county/master-gardener-program>

**4-H Youth Development**

Amanda Wahle, Agent
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<http://extension.umd.edu/anne-arundel-county/4-h-youth-development>

**Food Supplement Nutrition Education Program**

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<http://extension.umd.edu/anne-arundel-county/food-supplemental-nutrition-education-fsne>

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