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 Good Friday
 Office closed.

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 Online Nutrient Mgmt Voucher Recertification

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 Memorial Day
 Office closed.

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March 2020

COVID-19 Response -- University of Maryland Extension is Still in Your Community

The current COVID-19 pandemic has caused changes throughout the entire country. University of Maryland Extension (UME) is committed to maintaining the resources Maryland needs to continue thriving during these trying times.

We are adjusting how we function to continue providing citizens with the knowledge and assistance they need to stay productive and healthy.

UME is currently working to meet the changing needs of the community, and transitioning educational programs and events to virtual platforms. Programming and events online will still be held throughout the day, evening and on weekends. Your local educators are available via email to offer advice and information. Please visit your local extension office's website for information on email and phone contact information.

Find a full list of resources on the COVID-19 epidemic, as well as tips on protecting health and financial wellness for you and your family at <https://extension.umd.edu/learn/covid-19-resources>.

As a part of the University of Maryland College of Agriculture and Natural Resources, UME follows the guidelines developed at the state and university level. Information and updates on the college's response to COVID-19 can be found on the University of Maryland website.

We are hoping that you and your families are all well. We look forward to seeing you at programs soon. Please check our website for upcoming events. Spring really is on its way!



Karol Westelinck Dyson
 Capital Area Extension Director

Mark Your Calendar!

Online Recertification Trainings

If you would like the opportunity to learn from home, yet still be engaged, then be sure to enroll in the one of our Live On-Line Recertification Trainings.

These Adobe Connect recertification sessions will be live via the internet directly from the University of Maryland. Adobe Connect is a student interactive system that will document your attendance. To participate in a live Adobe Connect session

a high speed cable or satellite internet connection is required.

Private Pesticide Applicator Recertification

April 3, 2020
 4:00-6:00 PM

Nutrient Applicator Voucher Recertification

April 17, 2020
 4:00-6:00 PM

Click [here](#) to learn more.



I Tried Mango and I Moved My Body!

LaTasha Coleman, Principal Agent Associate
Project Leader/Nutrition Educator

On March 4, 2020, 37 preK and kindergarten classrooms (approximately 740 youth) participated in the "M is for Mango & Marching-in-Place" [Edible ABC's](#) lesson. The Edible ABC's curriculum targets preschool aged children and connects the letters of the alphabet with healthy foods, teaches them where the food comes from and why it is good for them, and includes physical activity.

The pictures shown is from Ms. Christopher's class at Ferndale Early Education Center. Students are enjoying their mango and writing in their Edible ABC's journal about their experience. Ms. Mastroberti at Carrie Weedon Early Education Center said, "The kids LOVED the mango especially as we were able to show them how to peel and cut them! It was an amazing lesson!" For ideas on how to get your picky eater to try new foods, visit our [Eat Smart Blog](#).



Action for Healthy Kids has great resources for parents and caregivers to find activities to keep their kids moving, learning, and eating healthily [Healthy Activities You Can Do At Home](#).



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.

Maryland Farmers Work to Protect the Chesapeake Bay

Kayla Griffith, Nutrient Management Advisor

Maryland farmers work to protect the Chesapeake Bay through many practices. One practice, while mandatory, is the development of nutrient management plans. University of Maryland nutrient management advisors write some of the state's plans, and the 2019 annual report with more details can be found here: <https://extension.umd.edu/sites/extension.umd.edu/files/docs/programs/anmp/ANMP%2019%20AR%20POST%20SM.pdf>



Indoor Activities That Will Keep Kids Entertained

Whether your company has required that you work from home for a few weeks or your children's schools are closed, the coronavirus outbreak means a lot more of time spent indoors. Of course, your kids' health and safety is paramount, but keeping your little ones entertained for hours on end is probably vital for your sanity. In an effort to make the next few weeks a little easier on parents, we came up with a list of easy, kid-friendly activities that will keep their minds occupied at home, whether you're stocked up on crafting supplies or not.

Click [here](#) for more information.

Source: [msn.com](https://www.msn.com)



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.



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 the Anne Arundel County 4-H office at gsumbrum@umd.edu. **"4-H makes the best better!"**

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.

4-H offers plant and animal science programs for youth ages 8-18. See the [4-H website](#) for more details.



Healthy Eating - Carrot and Oatmeal Cookies

1 cup carrots, washed, peeled and grated
½ cup honey
¼ cup vegetable oil
¼ cup applesauce
1 teaspoon vanilla extract
2 eggs
1 cup oats
1 cup flour
2 teaspoons baking powder
½ teaspoon salt
1 cup raisins
½ cup nuts, chopped
2 teaspoons pumpkin pie spice or cinnamon
Cooking oil spray



Preheat oven to 375 degrees. Spray baking sheets with cooking oil spray. In a mixing bowl, beat together honey, oil, applesauce, vanilla if used, and eggs. In a medium bowl, mix the oats, flour, baking powder, pumpkin pie spice or cinnamon and salt. Add the dry oat mixture to the egg mixture and stir to combine. Add the carrots, nuts, and raisins and stir to combine. Use one tablespoon of batter for each cookie, and drop onto baking sheet. Bake for 15-18 minutes until golden brown.

Source: eatSMART.umd.edu

Did you know...

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub,

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of illness so you can stay healthy.



Source: cdc.gov



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Master Gardener Program

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4-H Youth Development

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