

UNIVERSITY OF  
**MARYLAND**  
EXTENSION  
*Solutions in your community*

Prince George's County  
2017

October

## Your Monthly News & Updates



Dear Friend of Prince George's Extension,

I am pleased this month to announce the selection of a new Associate Dean and Associate Director for University of Maryland Extension! **Dr. James Hanson**, formerly department chair of Agriculture and Resource Economics, assumed leadership of University of Maryland Extension on October 13! Dr. Hanson has extensive experience at the University of Maryland and at projects around the world. He is an experienced researcher, teacher, administrator, and Extension specialist. We are excited at the new directions for UME as Dr. Hanson leads us into the future.

I would also again like to invite you to consider becoming involved in the Prince George's County **Extension Advisory Council!** (EAC)

Every Extension educator and staff member is interested in the opinions of stakeholders, community groups, volunteers, and program participants as they plan for the future. EAC members are asked to help to identify emerging needs, occasionally speak at public hearings or write letters of support, and help us make contacts with new partners and audiences. Please consider getting involved! Send me

an email at [kdyson1@umd.edu](mailto:kdyson1@umd.edu) with your contact info and a short description of what your interests are regarding Extension and I will get back to you!.

I look forward to hearing from you.

Happy Fall!



Karol Dyson  
Capital Area Extension Director  
University of MD Extension

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## Upcoming Events

### Sip, Snack & Shop - Holiday Shopping Extravaganza

Romano's invites you to their **4th annual Holiday Extravaganza**. Join us **November 5th, from 1-5pm**, and get a head start on your holiday shopping.

There will be **music in the vineyard** with Ross Crampton, as well as, a **variety of vendors**. Local participating vendors include:

- Aunt Weeny's Poppin Pecans
- P.A. Bowen Farmstead
- Joyfully Sewn
- Elysium Unique Jewelry
- Coastalwick Candle Co.
- Wilde Flowers Farm
- KA Cupcakes
- Tastefully Simple
- Northern Senior Activity Center Council
- Osborne Books & More

For more information and for an updated list of participating vendors please click [here](#).



### Forested Evening Tour

Forested Creative Ecology wants to invite you on a tour of their 10-acre forest garden. Visit us **November 17th, from 3-5pm**.

Come out and **enjoy a tour of the forest garden**, see productive and ecologically functional plants working together, and **taste some seasonal fruits and herbs**.

If this will be your first time coming to Forested, **please be sure to check the directions** so you can easily find your way into the forest garden. This tour will include 1 to 2 hours of walking. We suggest bringing comfortable clothes for being outside and a water bottle.

For more information please view our [event listing](#).

## Behnke's Nurseries Holiday Events

Behnke's Nurseries would like to invite you to their **upcoming holiday themed events**. With the holiday's fast approaching, what better way to prepare than this.

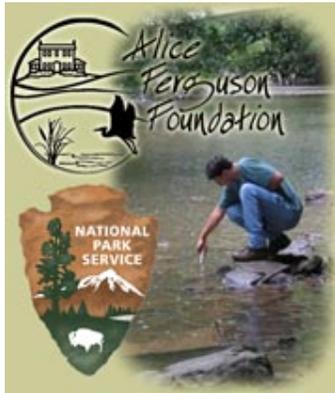


- **Decorate Your Very Own Fresh Green Christmas Wreath** - w/ Carol Allen

-Visit us **November 25th, from 1030-12noon**, as we decorate a holiday wreath. Participants are asked to supply their own needle-nose pliers, wire cutters, hand pruners and scissors. To learn more about our wreath making workshop please [click here](#).

- **Behnke Christmas Open House**

-Come wander through Behnke's Christmas Shop, **November 25th**, and **discover many delightful ornaments and gifts**. Explore our greenhouses full of **specialty and traditional poinsettias, colorful Christmas cactus, bright cyclamen, and beautiful orchids**. Visit our fresh greens area full of the scents of Christmas with firs, boxwoods, hollies, pines and cedars, plus berries and cones. We will also have **light refreshments**, a Christmas workshop, the **Madrigal group, Camerata Musica, harp music by Jim Dronenburg, guest crafters and more!** To learn more about our open house please [click here](#).



## Bridging The Watershed at Rock Creek Park

The Alice Ferguson Foundation invites you to their Bridging the Watershed workshop at Rock Creek Park. The workshop will take place December 1st, from 930am-4pm. This workshop module, Watershed Watchdogs, will focus on water quality

Participants will receive easy-to-use lesson plans and activities. Participating students will be able to perform field science, learn the history of a national park, and experience the natural beauty of parks in their area.

If you are interested on joining us please [apply online](#) or contact Heather Zdobysz, Assistant Program Manager, at [hzdobysz@fergusonfoundation.org](mailto:hzdobysz@fergusonfoundation.org).

For more information please view our [event listing](#).

**Looking for more farm and local food events in Prince George's County? If so check out our Fresh. Local. Fun. PGC [events page](#).**

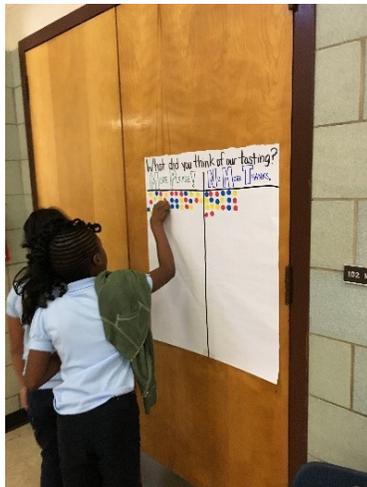
**Find the full list of county farmers markets here. Download and print our [2017 Farmers Market Guide](#). You can also pick one up at your local farmers market or community center.**

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**Crazy for Colorful, Crunchy Coleslaw**

As a part of the partnership between UME's Food Supplement Nutrition Education (FSNE) program and Prince George's County Public Schools Food and Nutrition Services, students at Flintstone Elementary School in Oxon Hill had the opportunity to sample "Colorful, Crunchy Coleslaw" during their lunch periods on Friday, August 15. The special tasting event was organized to help promote vegetables that are served to students through the National School Lunch Program.

The tastings are part of the Smarter Lunchrooms Initiative at the school according to FSNE Nutrition Educator Amanda Rzepkowski "We are providing students with an opportunity to sample a fruit or vegetable before having to choose it in the lunch line. Our hope is that since students will have tried the coleslaw today, they will know whether they like it and they will be more likely to choose it when it is served in the future."



At Flintstone Elementary School, students were able to vote on whether they liked the coleslaw. While cabbage can be a new food for students, the majority reported that they enjoyed the coleslaw! Other tasting events are scheduled to take place throughout the remainder of the school year at Flintstone and at other FSNE partner schools including Edward M Felegy Elementary and Samuel P Massie Academy. Black beans, plantains, Tuscan kale salad and edamame are some of the items that PGCPS Food and Nutrition Services are excited to promote to students through the partnership with FSNE.

## Did You Know

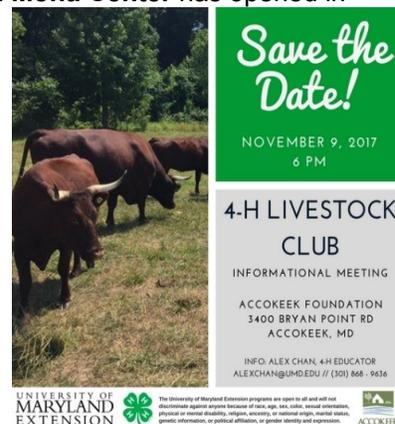


**Did you know...** That even though apples are available year round, **fall is peak apple season?** So kick-off cooler weather with these warm and spicy **Apple Oatmeal Muffins!** You can make batches of these muffins to put in the freezer for breakfast on-the-go or quick afternoon snack. Also, you can substitute whole wheat flour to make your muffins heartier and more nutritious. You can find the recipe [here](#).

**Did you know...** That there is a way to **combine your child's interest in technology and their physical fitness?** If you would like to host a **4-H Wearable Technology event** in your area, contact Alex Chan ([alexchan@umd.edu](mailto:alexchan@umd.edu)) to sign up for a training! Kits are limited, first come first serve.

**Did you know...** That the new **Catholic Charities Susan Denison Mona Center** has opened in **Temple Hills?** "The new center will provide **medical and dental services, immigration and legal aid, and food and nutrition programs**" in the area. To find out more about the new center and its amazing start please click [here](#).

**Did you know...** That the **4-H Livestock Program** is returning to Prince George's County? Come out to the **Accokeek Foundation on November 9th at 6 PM** to find out about how to get your children involved in a hands-on animal science experience! Address: 3400 Bryan Point Rd, Accokeek, MD 20607 Contact: [alexchan@umd.edu](mailto:alexchan@umd.edu).



**Did you know...** **Tulane University in New Orleans is offering FREE tuition for one semester?** The university is offering this opportunity to students from colleges and universities in **Puerto Rico. Applications will be accepted until Nov. 1st.** To find out more, click [here](#).

**Did you know...** That there is no shortage of **events in Prince George's County**? Not only can you find events on our **FarmPGC [website](#)**, but you can also view the **Visit Prince George's County [website](#)**, for a **variety of events and activities** happening near you.



**Did you know...** That it's **not too late to visit a Farmer's Market**? Many of our markets are still open and can't wait to see you! Visit one today and select from **fresh produce, eggs, baked goods, plants and much more!** View our latest [Farmers Market Guide](#) for more information.

**Did you know...** That **after Halloween you can recycle your pumpkins and other organic holiday decorations in Prince George's County**? County officials encourage residents to enjoy a green Halloween. On **Nov. 6th and 13th** residents are able to leave their pumpkins on the curb for pick up. To learn more about this new program please refer to this [article](#).



**Fresh. Local. Fun.**

Prince George's County, Maryland

Visit [Fresh. Local. Fun. PGC](#) for more information about farms, food events, and farmers markets in gorgeous Prince George's! Minutes from the Nation's Capitol, Prince George's County offers a variety of [food and farming events](#) every month!

## UNIVERSITY OF MARYLAND EXTENSION

### *Solutions in your community*

This newsletter is brought to you by University of Maryland Extension, Prince George's County. University of Maryland Extension (UME) is a statewide non-formal education system funded by federal, state, and local governments within the University of Maryland - College Park and the University of Maryland - Eastern Shore. Our mission is to support Maryland's agricultural industry; protect its valuable natural resources; enhance the well-being of families and individuals, both young and old; and foster the development of strong, stable communities. The Prince George's County office, partially supported by the Maryland-National Capital Park and Planning Commission, serves the community from two locations including the main Extension office in Clinton and the Center for Educational Partnership in Riverdale.

University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin.

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STAY CONNECTED:

