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UNIVERSITY OF MARYLAND EXTENSION

Prince George's County
2019

April

Your Monthly News & Updates



Greetings, Friends of Prince George's County Extension

With the change in seasons, we are excited to share that our educators and assistants are getting busier every day as they continue their excellent programming throughout the county. We hope to see you at many of the events taking place this spring within the surrounding communities including kick-off events for the Farmer's Market season throughout the county!

We would like to welcome **Stephanie Freeman** to the UME Staff. She will be supporting the Family and Consumer Sciences and Ag Marketing programs.

Best wishes,



Karol Dyson
Capital Area Extension Director
University of MD Extension



@UMEPGC

Upcoming Events



Many May Holidays!!

[Joint Base Andrews Air Show & Open House](#) (May 10 - 12)

Enjoy a weekend of Jets, Military Presentations, family activities, and MORE! (via Visit Prince George's County)

[Mother's Day Tea at Montpelier Historic Site](#) (May 11)

Celebrate the lovely ladies in your life, with an afternoon of tea, family and more! (via Visit Prince George's County)

[Lovely Ladies & Mother's Day Celebration](#) (May 11)

Spend the afternoon with family, wine, music and more!

[Mother's Day Brunch at the Brewery](#) (May 12)

Enjoy an afternoon of family, food and more!

[Memorial Day Parade](#) (May 25)

Join the Belair Annex & Bowie High School, Bowie, as they host a parade to recognize members of the Armed Services, past and present, and to honor the memory of those who made the ultimate sacrifice in service to their country. (via Visit Prince George's County)

[Memorial Day at Robin Hill](#) (May 25)

Kick off your weekend with family, friends, wine and more!

Gearing Up For Summer!

[Music at the Farm Summer Camp](#) (Jun - Jul)

Join C&E for an exciting summer camp for your child(ren)!! (Dates Vary)

[Summer Camp at Willowbend](#) (Jun - Aug)

Enjoy Horse-back Riding? Check out this summer program! (Dates Vary)

[Summer Theater Camp](#) (Jul 22 - 26)

Do you have or know a young person interested in theater? Check out this summer program!

[Patuxent River 4-H Center Summer Camp](#) (Aug 4 - 9)

Enjoy a week of great activities, making friends, and much more!

[4-H Pre Teen Xtreme Camp](#) (Aug 12 - 16)

Enjoy a week of activities, international learning, and much more!

[Summer Exploration Camp](#) (Aug 26 - 30)

Looking for new adventures this summer? Check out this summer experience!



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

Looking for more events in Prince George's County? If so check out [Visit Prince George's](#)

Find the full list of county farmers markets [here](#). Download and print our [2018 Farmers Market Guide](#). You can also pick one up at your local farmers market or community center.

Getting Ready for Summer with 4-H

Summer is coming.... although Mother Nature is keeping us in limbo, summer will be here before we know it. Youth will be out of school and in need of activities. Being outside and unplugged is not only fun, it's also good to clear your head and get a new outlook. PGC 4-H has a number of programs on the horizon.

- Two summer camps: Pre-Teen Xtreme Camp is August 12th - 16th and Patuxent River 4-H Center Camp is August 4th - 9th. For more information [click here](#).
- The PGC 4-H Office will host Project Days throughout the summer so 4-Hers can work on items to enter into the County Fair in September.
- For youth interested in the basics of Archery, we will host workshops for that as well.

Like our [Facebook](#) page to get the latest updates on workshops.

Joining and starting a 4-H Club is easy to do!

- To join go to our [webpage](#) and find a club that has your interests at heart.
- To start a club, gather a few youth friends and at least 2 adult facilitators and contact our office. Deciding on when to meet and choosing projects to work on comes next. Projects allow youth to gain life skills to help maintain a healthy lifestyle.



On April 6th, the 4-H Livestock Club was part of the Lattes with Lambs event at the [Accokeek Foundation](#) as they held their first Spring Show.

4-Hers took pride in their Heritage breed animals and were afforded an opportunity using their hands and skills to practice grooming, judging, and leading animals. This is a stepping-stone in preparing for competitions at other Spring Shows and Fairs throughout the summer.

Ever wonder what the 4 Hs in 4-H stand for? Look back in this post and you'll find them.

Did You Know

Did you know...April was National Financial Capability Month? During the month of April, the Financial Literacy and Education Commission (FLEC) and the Ready Campaign encourage people to **take action to improve their financial futures and to be prepared when disaster strikes**. Each week features **new tools and resources** that will help you take action to be financially prepared. You can learn more and join the conversation by participating in these events by [clicking here](#). Contact Ms. Priscilla Graves with any questions at pgraves@umd.edu.



Did you know...May is National Physical Fitness and Sports Month? **#MoveInMay** is a great time to **spread the word about the benefits of getting active**. Regular physical activity is good for everyone's health; it can help prevent heart disease and improve sleep. [Click here](#) to learn more.

Did you know...May is National Salad Month? Salads are a fun and creative way to add more fruit and vegetables to your day! From the classic green leafy salad to bound salads like chicken salad to main dish salads, and even those with fruit. Check out the University of Illinois Ext. tips on choosing and storing your favorite greens this spring. [Click here](#) to learn more.

Did you know...UME offers an online resource for home and gardening questions? Gather your questions, photos and more, submit them online and learn from an expert! To learn more and to contact our Home and Garden Information Center, [click here](#).



Did you know...As the temperature increases, cool off with these fun and easy strawberry and kiwi yogurt pops! Strawberries are not only delicious, they are low in fat and calories, and a good source of fiber. Mix different low-fat yogurt and fruit combinations to find your favorite! Check out the recipe [here](#).



Did you know...Grilling seasoning is almost here? So swap out a traditional burger and chips with a turkey burger and rainbow salad! This recipe is packed with seasonal produce, which adds flavor and a healthy dose of veggies to your day! [Click here](#) to check out the recipe.



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!



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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.

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