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UNIVERSITY OF MARYLAND / FEARLESS IDEAS



# UNIVERSITY OF MARYLAND EXTENSION

Prince George's County  
2019

March

## 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 busy 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. Some of these include Maryland Day 2019, Farmer's Market season kick-offs, and more!

We are sorry this month to bid farewell to Alicia Harrison, who has served our Clinton office for 18 years! Alicia began in 4-H as an Administrative Assistant and worked her way to Program Management Specialist assisting the Director. Please join us in wishing her well in her new career at A. James Clark School of Engineering.

Best wishes,



Karol Dyson  
Capital Area Extension Director  
University of MD Extension



@UMEPGC

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## Upcoming Events



### One with Nature: Earth Day 2019!

[Forested Tours](#) (April 6 - November)

Enjoy some time in the great outdoors

[Volunteer in the Garden](#) (April 6)

Enjoy the great outdoors and the beauty of nature

[Spring Wildflower Walk](#) (April 13)

Celebrate spring with nature

[31st Annual Potomac River Watershed Clean-Up](#) (April 13)

Celebrate 31 years of hard work and dedication with the Alice Ferguson Foundation

[Bowie Green Expo](#) (April 13)

Spend the day with family and friends with activities, vendors, and more!

## Swing into Spring

[Hands-On History](#) (April)

Join the Accokeek Foundation for afternoons filled with adventure through time!

[Lattes with Lambs](#) (April 6)

Enjoy a morning on the farm with family, music, activities and more!

[Calvert Brewing Company's 1st Annual Chili Cook-Off](#) (April 6)

Do you have the what it takes to compete? Check out this fun event!

[Bowie Baysox Opening Night](#) (April 11)

Kick off the new season with the Bowie Baysox! (via Visit Prince George's County)

[Savor Bowie](#) (April 13 & 14)

Enjoy a weekend of friends, family, music, food and more! (via Visit Prince George's County)

[Spring Fling Local Vendor Event at Robin Hill](#) (April 20)

Enjoy an afternoon of music, food, shopping and more!

[Marietta's Spring Flea Market](#) (April 27)

Doing some spring cleaning or shopping? Check out this local market.

[Maryland Day 2019!](#) (April 27)

Enjoy a day of fun, friends at more and the University of Maryland!!



## Classes, Workshops & More

[STEM for Families at the Library](#) (April)

Ages 5-12 with an adult. Explore science, technology, engineering



and math through hands-on activities. Times and dates vary by location (via PGCMLS)  
[Crocheting at the Library](#) (April)  
Join us for crocheting, no experience necessary. Time and dates vary by location (via PGCMLS)

[Prince George's County National College Fair](#) (April 5)  
Not sure where to begin your college search? Check out

hundreds of universities in one location! (via Visit Prince George's County)

[Spring Flower Workshop](#) (April 19)

Grab a friend and spend an evening creating decor for the season!

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 County](#), [Prince George's County Government](#), as well as [Prince George's County Library Systems](#).

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.

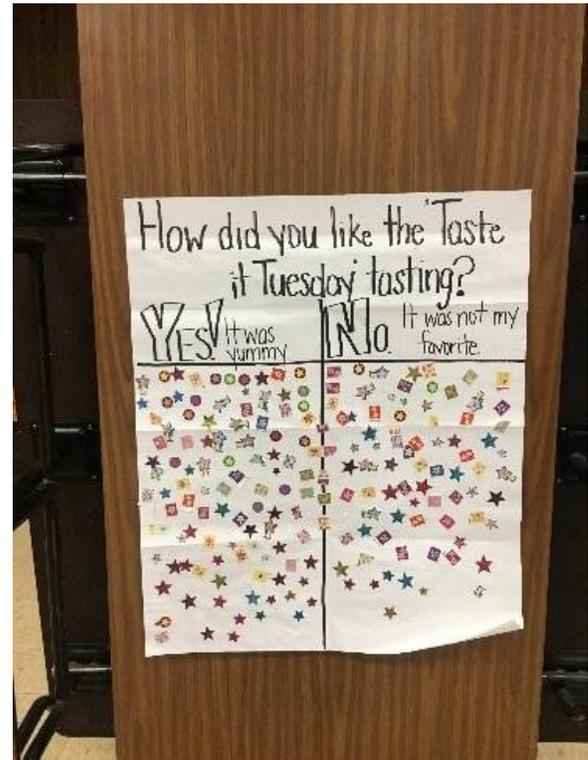
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## Flintstone Elementary Students Celebrate National Nutrition Month

There was much to celebrate in the month of March; St. Patrick's Day, the beginning of spring and National Nutrition Month!

To celebrate National Nutrition Month and to encourage students to eat a "rainbow" of fruits and vegetables, UME's Food Supplement Nutrition Education (FSNE) program teamed up with the school's cafeteria and Prince George's Food and Nutrition Services to highlight the many colorful and nutritious menu items. Each week during March has its own color of the rainbow to celebrate. For red week, the cafeteria served "Cinnamon Apple Crunchers" and "Tomato and Cucumber Salad". During orange week, students were offered "Crazy Carrots" and "Orange Smiles" on the lunch line.

In addition, students taste tested "Power Up Potatoes" (aka baked yams) a new menu item that staff were considering adding to the menu. The sweet potatoes were a hit, with the majority of the students enjoying their sample. Based on the positive feedback, "Power Up Potatoes" could be coming to a cafeteria line near you!



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## Did You Know

Did you know...In the state of Maryland during the year 2018

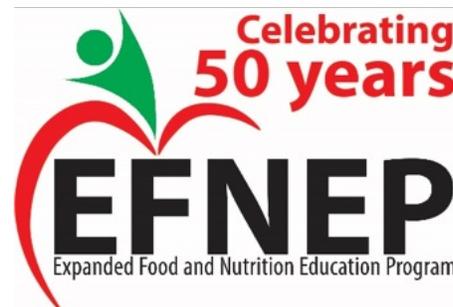


**there were 8,747 total Identity Theft Reports?** There were 3,224 Credit Card Fraud, 2,538 Other Identity Theft, 1,358 Phone or Utilities Fraud, 1,263 Employment or Tax-Related Fraud, 989 Bank Fraud, 975 Loan or Lease Fraud, and 354 Government Documents or Benefits Fraud. For additional information contact Ms. Graves at [pgraves@umd.edu](mailto:pgraves@umd.edu) Family and Consumer Sciences Extension Educator.

**Did you know...You can start a garden in a reusable grocery bag?** Growing your own fruits and vegetables is a great way to encourage healthy eating for the family. Learn how [here!](#)

**Did you know...This year the Expanded Food and Nutrition Education Program (EFNEP) is celebrating its 50th anniversary of programming?** EFNEP is a Federal Extension nutrition education program that **works to improve the health, food resource management, food safety, and food security of families with limited resources.**

Nationwide, EFNEP reaches half a million people each year with research-based nutrition education in all 50 states, 6 U.S. territories, and the District of Columbia.



**Did you know...Prince George's County 4-H will be a part of the Accokeek Foundation's Lattes and Lambs event on April 6?** Come out to the National Colonial Farm for games, contests, baby lambs, and a practice livestock show put on by Prince George's County 4-H members!



**Did you know...Giant Food is offering health and wellness classes, walks and more?** To find and register for an event near you, [click here](#).

**Did you know...Prince George's County Public Schools has a scholarship database?** [Click here](#) to see what scholarships you or your teen may qualify for to help further their education. Deadlines and qualifications vary by scholarship.

**Did you know...UME offers an online resource for home and gardening questions?** To learn more and to contact our Home and Garden Information Center, [click here](#).



**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**

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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