

# Urban Living

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News You Can Use For Your Family, Home And Garden

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## Freshen Up With Paint

by Gwendolyn B. Jackson

**T**he frigid temperatures of the last few months caused most of us to spend the majority of our time inside. And that time inside made a lot of us look a little harder at our home's decor. Perhaps in one room you moved a chair to allow people to walk freely through and around the room. Or you added a rug in another room to bring in some warmth. The small act of adding a plant in the house to bring in some greenery is a seasonal tendency.

After spending long wintry days and nights looking at the walls of the house, a lot of folks will decide to paint a room to

*Painting can quickly and dramatically change the appearance of any room or the entire house. When you do the painting yourself, the transformation can be rather inexpensive, as well as personally rewarding.*

freshen it up, or just one wall to add a spark of new color. Decorating and do-it-yourself ideas are found everywhere—in magazines, newspapers and on TV 24/7. So no wonder you might want to not only freshen the house for the spring, you may also want to add more color to your space.

### Why Paint?

There are many reasons why painting the home makes it the most common home improvement project. Painting can quickly and dramatically change the appearance of any room or the entire house. When you do the painting yourself, the transformation can be rather inexpensive, as well as personally rewarding.

### Three Basic Rules

If you are a novice painter or if you wish to improve, remember and practice

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*Add springtime freshness to your rooms by giving them a new coat of paint. Once you've applied a base coat, you can add another color using a feather duster.*

three basic principles to painting and you will get professional results.

### Rule Number One: Prepare the surface

Good paint performance depends on how good the paint adheres to the wall and ceiling. Paint adheres best to clean and sound surfaces. Remove accumulated dirt, dust and grime by washing the walls, ceilings and trim with a detergent-water solution. Next thoroughly rinse with water and allow the surface(s) to completely dry.

Wherever there is a crack, hole or any surface imperfection, apply a spackling compound or an acrylic caulk with a putty knife. The spackling will need to be sanded smooth once it has dried. If there are water stains or serious discoloration, it might be necessary to apply a coat of latex or oil-based stain-blocking primer to prevent the stains from bleeding through once you paint.

### Rule Number Two: Use top quality paint

Quality paints are much easier to work with. These paints have the tendency to not spatter or show brush marks during the application process. Since these paint cover better than less expensive paints, a single coat is often sufficient. Consequently, time,

labor and cost are saved.

The old adage, "you get what you pay for" is quite appropriate when applied to paint. Quality paints perform long term. They resist fading, yellowing and staining. Plus, spots and marks will be easier to wash off without damaging the finish.

*If there are water stains or serious discoloration, it might be necessary to apply a coat of latex or oil-based stain-blocking primer to prevent the stains from bleeding through once you paint.*

### Rule Number Three: Invest in quality tools

To further enhance the quality of your work, use quality brushes and rollers. They hold a good quantity of paint and apply the paint more evenly and effortlessly. Pur-

### What's New In Paints – The End of Finger Prints and Marks?

Newly developed ceramic paints are increasing in popularity. These ceramic paints are not designed as a finish for ceramic objects, such as pottery, china or stoneware. It is a latex house and wall paint that contains a ceramic ingredient that is an additive, which is supplied in the form of microspheres (very small, round particles that are either solid or hollow), and uniformly distributed throughout the dried film.

The spherical form and toughness of the ceramic material helps to create a smoother, more continuous film than conventional latex paint. Its toughness makes it difficult for anything to penetrate its surface and can be easily wiped off. The hardness of the ceramic material also helps to produce a less tacky paint surface so dirt will have less of a tendency to accumulate. The shape of the additive makes for a better flow when applying the paint to the surface and it also reduces the luster of the paint. Since ceramic paint offers better stain resistance, it is ideally suited for high traffic areas.

chase brushes with tightly packed bristles and test it for springiness. The brush should not fan too much when you test it.

Synthetic bristles and roller covers should be used with latex or water-based interior paints. They will maintain stiffness and keep their shape. Most oil-based or alkyd paints can be applied with either synthetic or natural brushes and covers.

### Avoid The Problems

For a high quality paint job use correct painting techniques, try to avoid painting when there is too much humidity and avoid painting on "super hot days." To avert such problems as blistering, poor print resistance, poor stain resistance or roller spattering, the use of good equipment is essential. If you use the "cheap stuff," the paint might not dry smooth and show brush or roller marks, or block (when two newly painted surfaces stick together when pressed together).

The employment of the three basic rules will help you achieve your goal of a beautiful room that will not only freshen the house, but it will brighten your spirits, as well.

## Building Baby's Brain

# Learning Language

**H**ave you tried to learn a new language? Learning to speak a second language is hard. Many students study Spanish or French in high school. Not many ever speak it well. But learning language is easy for most babies. Babies start to know what others say in only a few months. They learn to speak very well in only a few years.

### The Best Time To Learn Language

Why is it easy for babies to learn to talk? Why is it much harder for adults? The answer is found in our brains. A baby's brain is ready to learn language. Babies are born with millions of brain cells that control language. These brain cells connect with other cells early in life. They make pathways in the brain. Babies hear adults talking. This helps their language pathways grow stronger. Language pathways in the brain are well set at about age 10. Learning a new language is harder after age 10. The brain is "wired" for the language they learned first.

### Learning Is Language-Specific

Babies learn language when people speak it. New babies can hear the sounds of many languages. They hear more than the

language of their parents. Three-month-old babies know hundreds of sounds. When people speak around them, babies listen to the sounds they make. The brain pathways grow stronger for that language. Brain pathways for other languages get weaker because the brain doesn't need them. By age 12, the brain gets rid of pathways it doesn't need. Learning a new language is much harder for adults. Their brains have gotten rid of pathways for other languages. Their brain pathways are "wired" only for English. Their brains must fit the new sounds into the old brain pathways.

### Adults Help Babies Learn To Talk

Adults help babies learn language just by the way they talk! Most adults talk differently to babies than to other adults. They talk more slowly. They say words more clearly. They speak in a higher voice. These changes make it easier for babies to learn our language. Babies learn to listen when people talk to them. And hearing what our words sound like helps them get ready to talk. Adults often repeat words when they talk to babies. This repeating gives babies extra chances to listen to our words. The extra listening helps the language pathways in the brain grow stronger and stronger. That's one reason why babies

like to hear the same story or song over and over.

### What Can You Do?

- **Talk to your baby!** This is the most important thing you can do. Talk to your baby when you are feeding her or changing her diaper. Don't feel silly because the baby can't answer you. Your baby listens to your words long before she can talk. That listening helps her learn language.

*Babies hear adults talking. This helps their language pathways grow stronger.*

- **Play language "games" with your baby.** Repeat sounds he makes. Add new sounds. Take turns "talking" with your baby. Recite nursery rhymes. Play patty cake. These games help your baby learn about language.
- **Read to your baby.** She hears the words even if she does not know

what they mean. And reading books helps a child learn to love reading.

- **Don't watch too much TV.** Babies learn language by hearing real people talk. Voices on TV are not the same!
- **Have your baby's hearing checked.** Babies who can't hear have a hard time learning to talk. Babies with hearing problems may need special help. Get your baby's hearing checked by an expert when she is young.
- **Teach languages early.** Your child can learn to speak two languages well. Start when he is a baby! If you want your baby to learn English and Spanish, for example, speak both languages at home every day.

### Source

Part of the "Better Brains for Babies" Collaboration. Diane Bales, Ph.D., Assistant Professor and Human Development Specialist, Department of Child and Family Development. Supported by the University of Georgia College of Family and Consumer Sciences. "Strengthening Georgia Families and Communities" Initiative.

## Building Baby's Brain

# Prime Times For Learning

**O**ur bodies have different needs at different times. There is nothing like a cold glass of water when you are really thirsty. Or getting a full night's sleep when you are tired to the bone. We also know some things are learned easier at certain ages. Kids are expert at roller-blading after a few minutes, but grandfathers take longer. Some adults never learn to set the VCR!

### Brain Building Exercise

Different parts of the brain control how we act and feel. Your brain controls how you throw a ball and play the piano. It also keeps you calm under stress and figures out a math problem. You can help the brain grow by "exercising" it. Think about your muscles. Your brain, like your muscles, gets stronger when you exercise. If you run, your leg muscles get stronger. You exercise your brain when you think. If you only watch TV and never talk, the part of your brain in charge of talking may shrink! Listening to music is good for your brain. Playing music and dancing is even better for your brain.

### Prime Times For Brain Growth

We learn some things most easily during certain times, called "windows of opportunity." These are times when the brain

is most ready to learn something new. It is like a window in the brain opens for a while, then closes again. When the window is open, it is easy to learn. When it is closed, you can still learn, but it is harder. Most of the brain windows open and close during the first few years of life. These windows are "prime times" for learning. Each part of your brain grows larger and more active depending on what you see, hear, taste, feel, and smell. Here are some important times when your baby's brain is growing:

### Seeing: Birth To Four years

During this time, babies need to see shapes and colors. They need to see things that are close and far away, and things that move. The brain has to learn how to see! That is why if your baby has anything wrong with his eyes, it should be fixed early.

### Talking & Reading: Birth To Ten Years

Babies are born ready to learn any language. They understand and babble the language they hear the most. The more talking, singing, and reading a baby hears, the more words he will understand and use. Babies also learn how sentences are put together so they make sense. This is the best time for babies to learn a second language.

### Feelings: Birth To 18 Months

The part of the brain that handles feelings learns very early. Feelings like happiness, hopefulness, and sadness begin here. How you treat your baby shapes this growth. The feeling part of the brain keeps growing through the teenage years. What happens early is most important for the brain's feelings.

### Music And Math Skills: One Year To Five Years

The part of the brain that hears music is the same part that does math. Listening to rich, complex music is good for a baby's brain. This kind of music helps a baby learn the skills needed to do math. The earlier a child studies a musical instrument (like the piano), the more of his brain is used for it. So, if you want your child to be good in math, give him music lessons too!

### Movement Skills: Birth To Two Years

Every mother knows that babies can kick even before birth! During the first months after birth, your baby's brain learns to control his muscles. These muscles help him hold his head up, roll over and crawl. Active games and gentle exercise help his brain learn these skills. Soon he will learn to use his small muscles to do things like

pick up small toys and feed himself. Be patient and encourage him to keep trying!

### What Can You Do?

First, and most important, do not feel bad if you did not know these facts when your child was younger. All of us keep learning all through life. Just think of all the musicians, athletes and scientists. Their parents did not know these things. But their brains work great! As you play with your baby, see how he takes in everything around him. Since the early windows of learning are so important, give your baby the best home you can. Make it safe. Protect him from scary things. Talk a lot with your baby, even before he can talk. Sing songs and dance together. Show him that he can trust you. Remember, the first years last forever!

### Source

Part of the "Better Brains for Babies" Collaboration. Diane Bales, Ph.D., Assistant Professor and Human Development Specialist, Department of Child and Family Development. Supported by the University of Georgia College of Family and Consumer Sciences. "Strengthening Georgia Families and Communities" Initiative.

**HELP! I'M A PARENT!**

Come Check it Out....  
There's something for  
Everyone!

# BALTIMORE CITY 4-H YOUTH EXPO

Friday May 7

11am-8pm

War Memorial building  
free admission



## LIVE

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# Is Your Community Food Secure?

In the United States, more than \$700 billion dollars is spent annually on food. Yet, millions of people do not have enough food to eat. This wide spread issue is known as food insecurity. Food insecurity is described as limited or uncertain access to enough nutritionally adequate and safe foods or limited or uncertain ability to acquire food in socially acceptable ways.

A United States Department of Agriculture study estimated that 11.5 million or 10.7 percent of U.S. households were food

*Food insecurity is described as limited or uncertain access to enough nutritionally adequate and safe foods or limited or uncertain ability to acquire food in socially acceptable ways.*

insecure in 2001. In other words, 33.6 million people in the U.S. lived in food insecure households.

Of these households, an estimated 3.5 million have also experienced food insecurity with hunger. In this case, hunger is described as the uneasy or painful sensation caused by the recurrent and involuntary lack of food. Food insecurity is not only a household issue; it is also a concern for many communities. Food insecure communities are those that have:

- Inadequate resources from which people can purchase food
- Food resources that are not accessible to all community members
- Food resources that have an insufficient quantity and variety
- Food that is not affordable to all households
- Inadequate food assistance resources to help low-income people purchase food from retail markets
- No local food production resources
- Locally produced food that is not available to the community
- No support for local food production resources
- A high level of household food insecurity

There are several policies and programs currently in place to address the issue of food insecurity. Examples of federal programs currently available include:

#### Food Stamp Program

Provides eligible participants with benefits to purchase food at an authorized grocery stores and farmer's markets. More information is available at [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp).

#### National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Provides cash and commodity support



for meals served in public and private non-profit elementary and secondary schools and residential child care institutions (RCCIs) that enroll and guarantee to offer free or reduced price meals to eligible low-income children. More information is available at [www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd).

#### Child and Adult Care Food Program (CACFP)

Reimburses participating day care providers for serving healthful meals and snacks that meet federal guidelines. More information is available at [www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd).

#### Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Provides food assistance, nutritional risk screening and nutrition education to eligible low-income pregnant and postpartum women and their infants and children up to age five. More information is available at [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic).

#### Summer Food Service Program (SFSP)

Provides free meals to children during school vacations in areas where at least half of the children are from households at or below 185% of the poverty guidelines. More information is available at [www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd).

#### The Emergency Food Assistance Program (TEFAP)

Provides commodity foods for distribution to households, soup kitchens and food banks. More information available at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd).

*In this case, hunger is described as the uneasy or painful sensation caused by the recurrent and involuntary lack of food.*

#### Commodity Supplemental Food Program (CSFP)

Provides direct food distribution to program that serves the elderly. More information is available at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd).

#### The WIC Farmer's Market Nutrition Program (FMNP)

Provides WIC participants with coupons to purchase fresh fruits and vegetables at authorized local farmers markets. More information is available at [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic).

#### Seniors Farmer's Market Nutrition Program (SFMNP)

Provides coupons to low-income seniors to purchase unprepared locally grown

fruits, vegetables and herbs. More information is available at [www.fns.usda.gov/wic/seniorFMNP/SFMNPmenu.htm](http://www.fns.usda.gov/wic/seniorFMNP/SFMNPmenu.htm).

#### Nutrition Services and Incentive Program (NSIP)

Formerly known as Nutrition Program for the Elderly (NPE). Provides cash and commodities to states for meals and congregate meal sites or for Meals-on-Wheels programs. More information is available at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd).

Local initiatives and strategies that may be available in our area include:

*There are community gardens in our city parks and on city lots throughout Baltimore. If you do not have a nearby community garden, we can help you start one. For more information, please call our office at 410-396-1888.*

#### Community Gardens

Where residents grow produce in their neighborhood to supplement their diets.

#### Farmer's Markets

Boost the income of small, local farmers and increase access to fresh produce for consumers.

#### Food Buying Cooperatives

Help families to save money by pooling food purchases. Asset Development Programs—assistance for low-income families to save money for additional education, purchasing a home or starting a business.

#### Community Kitchens

Provide job training for the unemployed and convert surplus food into meals for those in need.

So, again I ask, is your community food secure? Do these programs and initiatives currently exist in your community? Are these programs readily available to the residents in your community? The above programs when implemented together can help to alleviate the issue of food insecurity and hunger in your community. However, the overall effectiveness depends on the ability to eliminate access barriers to these programs including inconvenient operational hours, lack of information, distance to resources, stigma associated with use, and insufficient food and food benefits available or offered. More information about assessing your community's food security can be obtained by accessing [www.fns.usda.gov/fsec](http://www.fns.usda.gov/fsec).

#### Sources

Economic Research Service U.S. Department of Agriculture.  
USDA Community Food Security Assessment Toolkit.

# Fresh Springtime Recipes

## Lemon Barbecued Chicken

*This dish is equally good hot off the grill or at room temperature tossed in a green salad the next day. If grilling isn't an option, you can broil the chicken four to five inches from the heat, turning every eight to 10 minutes until it is cooked through.*

- 2 teaspoons Worcestershire sauce
- 1 teaspoon grated lemon zest
- 1 teaspoon salt
- ½ teaspoon dry mustard
- ½ teaspoon dried oregano
- ½ cup fresh lemon juice
- ½ cup olive, canola or corn oil
- 1 green onion with green top, chopped
- 6 chicken breast halves, or 6 legs and 6 thighs (2½ to 3 pounds)

Mix the Worcestershire sauce, lemon zest, salt, dry mustard and oregano in a small bowl. Gradually stir in the lemon juice, followed by the oil and chopped green onions. Brush the mixture over the chicken pieces. Cover and marinate in the refrigerator for at least two hours.

Prepare a charcoal grill.

Remove the chicken from the marinade and place skin side down on the grill. Set three to six inches from charcoal that has reached the light gray ash stage. Cook 30 minutes for breast halves and 40 minutes for thighs, turning every 10 to 15 minutes. Makes 6 servings, one breast half or one leg and one thigh each.

*Nutrition Facts Per Serving:* 224 calories, 27g protein, 12g total fat, 73mg cholesterol, 2g saturated fat, 268mg sodium, 1g carbohydrates, 0g fiber.

## Beef With Ginger

- 1 pound sirloin steak
- ¼ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons fresh ginger, grated
- 2 teaspoons vegetable oil
- ½ teaspoon garlic, minced
- 2 teaspoons soy sauce, low sodium
- ½ cup fat-free beef broth
- 2 teaspoons cornstarch
- 6 pieces green onions, cut into 1" pieces
- ½ teaspoon crushed red pepper, optional
- 4 cups hot cooked rice

Cut steak diagonally across the grain into very thin slices. Sprinkle with salt and pepper. Sauté ginger in hot oil a large non-stick skillet over high heat 2 minutes or until tan-colored. Add minced garlic, and sauté 30 seconds. Add beef; cook 2 minutes, stirring constantly. Stir in soy sauce.

Stir together beef broth and cornstarch until smooth. Drizzle over beef mixture. Cook, stirring constantly, 1 minute or until thickened. Add green onions, and, if desired crushed red pepper; cook 1 minute. Serve immediately over hot cooked rice. Makes 4 servings.

*Nutrition Facts Per Serving:* 309 calories (28% from fat), 9.6g fat (2.9g sat, mono 4.2g, poly 1g); 26g protein, 27g carbohydrate; fiber 1.5g, 62mg cholesterol; 3.1 mg iron; 399mg sodium, 18mg calcium

## Fresh Fruit With Lime Sauce

- 1 cup water



*Make Beef with Ginger for dinner.. It's a great way to start off a spring evening.*

- 1 tablespoon cornstarch
- 1 cup sugar
- 1 teaspoon grated lime rind
- ¼ cup fresh lime juice
- 1 whole pineapple, cut into 1" pieces
- 2 cups red grapes, seeded
- 1 large pink grapefruit, peeled and sectioned
- 3 whole kiwi fruit, peeled and sliced
- 2 whole oranges, peeled and sectioned

Whisk together 1 cup water and cornstarch in a small saucepan. Whisk in sugar, rind and juice. Cook over low heat, whisking constantly, 10 minutes or until thickened; cool slightly. Chill 2 hours.

Combine pineapple and remaining ingredients in a large bowl, and drizzle with sauce, tossing to coat. Serve immediately. Makes 10 servings.

*Nutrition Facts Per Serving:* 153 calories (3% from fat), 0.5g fat (.03g sat, 0.4g mono, .14g poly); 1g protein, 39g carbohydrate, 2.5g fiber; 0mg cholesterol; 0.4mg

iron; 3mg sodium, 27mg calcium

## Fresh Fruit Clafouti

*A clafouti is a county-French dessert that's made by topping a layer of fresh, ripe fruit with a cake-like batter and baking it. It makes a great addition to a brunch menu.*

*1½ cups sliced ripe nectarines, plums, peaches, or pitted cherries (about 10 ounces cut fruit)*

- 2/3 cup fat-free evaporated milk
- 1 large egg, beaten, or ¼ cup egg substitute
- 2 tablespoons all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon pure vanilla extract
- 1/8 teaspoon nutmeg, preferably freshly grated
- 1/8 teaspoon salt
- 1 tablespoon sifted powdered sugar

Preheat the oven to 375° F. Prepare an 8-inch glass pie plate with nonstick pan

spray. Layer fruit in the pie plate.

Combine the milk, egg, flour, sugar, vanilla, nutmeg and salt in a food processor. Process until smooth; pour over the fruit.

Bake 35 to 40 minutes, or until puffed and golden brown. Serve warm or at room temperature. At serving time, sprinkle with powdered sugar and cut into 6 slices. Makes 6 servings, 1 slice each.

*Nutrition Facts Per Serving:* 92 calories, 4g protein, 1g total fat, 0g sat fat, 36mg cholesterol, 92mg sodium, 17g carbohydrates, 1g fiber

## Sources

*The New Family Cookbook for People with Diabetes.* American Diabetes Association and American Dietetic Association. 1999. *Southern Living* magazine

# Planting The Vegetable Garden

## Where, What, When And How

by Dennis Bishop

If you have ever read the bold text on the vegetable packing boxes at your local super market, you would have noticed that most of them come from California, Texas and Mexico. The vegetables are grown on mega-farms in these states where there are large expanses of flat land, long growing seasons and a pool of low cost labor.

While it is true that these conditions allow growers to produce and pick vegetables cheaply, it does not necessarily come cheap to consumers. After the vegetables are picked, they must be packed, shipped, unpacked and set out for retail

*While you can grow most any vegetable here [in Baltimore], they must be planted at the right time of the year.*

sale. With these additional costs, the end price of fresh vegetables can be quite high. This discourages low- and moderate-income persons from buying and consuming an essential part of a healthy diet.

### Why Not Here?

On the other hand, most or all of these super market vegetables can be grown right here in your own Baltimore back yard or community garden. In fact, our climate is in some ways better suited to growing vegetables than are the climates in Texas and California. The climate in most of the growing areas of the Southwest is hot and very dry, and the fields must be irrigated with millions of gallons of fresh water throughout the growing season. In comparison, we have moderate temperatures and an abundance of rainfall in Baltimore. Given these conditions, with a little know-how and a little work you can produce a bounty of fresh vegetables for your family that are both pesticide free and affordable.

While you can grow most any vegetable here, they must be planted at the right time of the year. The planting time for each vegetable depends on whether they like to grow in cool or warm weather. Plants that



Many vegetable plants can be started from seed directly in the garden. Check the box (below, left) for planting times.

thrive in cool temperatures languish when the weather turns hot in early to midsummer. In contrast, warm season plants are slow to start and do not really take off until temperatures are consistently warm. Check

*If you do not have a nearby community garden, we can help you start one.*

the box below (left) for a list of vegetable plants for Baltimore listed according to their planting times in spring and summer.

Vegetables like lots of sunshine and deep, moist, organic, well-drained soil. Do not worry so much about the soil. If it is poor, it can generally be fixed by adding lots of compost or leaf mulch and working it in deeply. However, to be certain, always start with a soil test of any pro-

posed garden site. A complete soil test can warn you of potential soil problems such as lead contamination, and it will indicate soil deficiencies and how they can be remedied. It takes about two weeks to get soil test results back, so start on this early.

Most importantly, pick a site that has at least six to eight hours of sun each day. You must have this and it cannot be remedied like soil. If you do not have a sunny location, then plan to rent a plot at a local community garden. There are community gardens in our city parks and on city lots throughout Baltimore. If you do not have a

nearby community garden, we can help you start one. For more information on soil testing or community gardens, please call our office at 410-396-1888.

### Planting The Seeds

Many vegetable plants can be started from seed directly in the garden; however, it is best to start some plants indoors for transplanting out later, or to purchase transplants from your local garden center. Some sources recommend planting small seed such as lettuce and radishes about 1/4" deep

*Most importantly, pick a site that has at least six to eight hours of sun each day.*

and to plant large seed like beans and cucumber 1/2 to 1" deep. Other sources suggest planting seeds to a depth of three times their width. So if your seed is 1/4" across, then plant it about 3/4" of an inch deep. These are general guidelines. If your soil is very heavy, it is best to plant shallower than recommended. How far apart should you space your plants? It depends on the plant and your planting method. The following table shows spacing for an intensively planted vegetable garden bed. It requires deep soil. If your soil is not so good, you will want to increase the spacing. The last column is for vertical crops that are best grown on a trellis. Their spacing on the trellis is in parentheses. Not included in the chart are Zucchini squash and melons that require wide spacing of up to three feet.

### Veggies All Year

When properly planted at the right time

### Spacing For Vegetable Plants

3" Spacing	4" Spacing	6" Spacing	12" Spacing	Vertical Crops
Beets	Bush beans	Swiss chard	Broccoli	Summer squash (16+)
Carrots	Spinach	Leaf lettuce	Cabbage	Tomatoes (12+)
Onions			Cauliflower	Cucumbers (6+)
Radishes			Corn	Pole beans (3)
			Eggplant	Peas (3)
			Pepper, hot	
			Pepper, sweet	

### Planting Times

Early Spring Crop (Plant 4-6 weeks before last frost)	Spring Crop (Plant 2-4 weeks before last frost)	Late Spring Crop (Plant on date of last frost)	Summer Crop (Plant 1 week after last frost)	Fall Crop (Plant 4-8 weeks before first frost)
Broccoli	Beets	Beans, snap	Beans, lima	Beets
Cabbage	Carrots	Beans, pole	Collards	Broccoli
Cauliflower	Chard	Cucumbers	Eggplant	Cabbage
Lettuce	Radishes	Okra	Kale	Carrots
Onions		Squash, summer	Muskmelon	Lettuce
Peas		Sweet Corn	Peppers, hot	Spinach
Potatoes		Tomatoes	Pepper, sweet	
Spinach			Squash, winter	
Turnips			Sweet Potatoes	

of year, these vegetables can provide fresh food from April to December. And if you do a little canning; you can have vegetables throughout the year. They can be the staples of a very healthy diet.

### Sources

Bartholomew, Mel. *Square Foot Gardening*. Rodale Press, Emmaus, Pennsylvania. 1981.

Rodale, Robert, et. al. *How to Grow Fruits and Vegetables by the Organic Method*. Rodale Books Inc., Emmaus, Pennsylvania. 1974.

# For Teens That Break Stereotypes

## National Youth Service Day

by Manami Brown

The theme for this edition of *Urban Living* is "spring freshness." Many people feel a sense of renewal and energy in spring. Some New Years' resolutions that inspire individuals to assess and enhance themselves and their surroundings often are initiated in the spring.

The youth and adult volunteers of the Baltimore City 4-H Program are no different. They have committed to improving themselves and their communities by engaging in civic and social activities throughout the city. One of the goals of the program was to develop and establish community-based service activities during the week of April 16-18, 2004. Those days represented the kickoff of National Youth

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Service Day. According to the 2003 report issued by Youth Service America, "National Youth Service Day is the largest service event in the world, mobilizing millions of young Americans to identify and address the needs of their communities through service. National Youth Service Day is also an opportunity to recruit the next generation of youth volunteers as community leaders."

### Here's A List!

National Youth Service Day provides the opportunity to educate the general public about the outstanding work youth are involved with within their communities, dismissing the general stereotypes normally associated with them. This message was echoed through 320 million media readership from 95 radio, television, and newspaper stories in 2003. Some accomplishments in 2003 included:

- Forty-nine lead agencies planned special city, regional and statewide events that involved 85, 431 youth in service projects.
- Youth, teachers and organizations received a total of \$125,000 in grant funding through the State Farm Good Neighbor Service-Learning Award and the AT&T CARES Youth
- Service Action Fund. Both funding resources enabled youth, communities, and organizations to increase opportunities for community change through service-learning.
- Forty-nine members of congress participated in the National Youth Service Day by participating in events, sending representatives to projects, calling grant winners, writing letters



Photo credit: Manami Brown



Last spring Baltimore City 4-H'ers of all ages worked to plant gardens to spruce up their neighborhoods.

of recognition, taping public service announcements, presenting awards, and co-sponsoring Senate Resolution 112. Resolution 112 designates April 11 as National Youth Service Day 2003 and recognizes the importance of service-learning in communities year round.

The National Youth Service Day 2004 goals are to expand from 50 to 75 lead agencies, and from eight to fifteen lead agencies to implement state-wide events. It is also hoped that young people make the connection between service-learning, politics and civic engagement as this country approaches the presidential election. And lastly, desired are continued improvements of grants to lead agencies and strengthened partnerships, resources and materials to strategically mobilize service-learning activities throughout the year.

### The Date Is Approaching

Service-learning plans are being finalized in the Baltimore City 4-H Program. As

we approach National Youth Service Day youth and adults of the Baltimore City Teen Corps Leadership Program have received service-learning training. Members have then facilitated service-learning training to community stakeholders and together have created plans to establish ongoing service-learning activities in their communities during the week of National Youth Service Day. Five clubs from Teen Corps will sponsor service-learning activities. This represents four different locations throughout Baltimore City and one in Baltimore County. Each site will engage participants at the event in 4-H projects and service-learning activities.

If you would like more information about National Youth Service Day, the website is <http://www.ysa.org/nysd/>. For more information on the Baltimore City Teen Corps's service-learning activities scheduled for National Youth Service Day, or to receive service-learning training, please contact the 4-H office at (410)396-4906.

## Urban Living

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*Urban Living* is your newspaper. It comes to you monthly, upon request, as a service from the Baltimore City Office of the Maryland Cooperative Extension (MCE), University of Maryland at College Park & University of Maryland Eastern Shore. The newspaper is free to Baltimore City residents. It is also available to nonresidents for a nominal postage and handling fee.

MCE is a partnership with the U.S. Department of Agriculture (USDA), state land grant universities and local governments. The Smith-Lever Act requires the Extension Service to "extend" information and research. Baltimore City's government has supported a city office since 1948.

Information areas include: urban and rural agriculture; natural resources; family and consumer sciences (financial planning, nutrition, human development, family and community life), and youth leadership and development.

Local residents are offered research-based expertise and technology from the University of Maryland via Extension workshops, classes, publications, consumer calls, fairs and exhibits, 4-H Clubs, radio and TV.

If you have a gardening, budgeting or nutrition question, or if you know someone who wishes to join a 4-H Club, call us: 4-H, 410-396-4906, urban agriculture, 410-396-1888; family and consumer science, 410-396-1883; nutrition, 410-396-1780.

We welcome letters from our readers. Please share your suggestions or success stories of your use of our information. Write to: Editor, *Urban Living*, 17 S. Gay Street, Baltimore, Maryland 21202. [www.agnr.umd.edu/BaltimoreCity](http://www.agnr.umd.edu/BaltimoreCity)

*Educating  
People To Help  
Themselves*

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Director's Note

# Finally, It's Spring!

**M**y mental images of spring include freshly washed sheets flapping in the breeze; pockets of color brightening up bare spaces in the landscape; and finding time to be outside to feel the tepidness of the warming sun. When working in my garden, I find it intriguing and humbling to recognize that nature does the job better than I can.

Unfortunately, I might have to delay my gay springtime gardening days. The cicadas are coming—those red-eye flying bugs that are

*You, too, can call H&G and ask about the effects of cicadas, or simply ask any gardening question you may have, or visit their web site [www.hgic.umd.edu](http://www.hgic.umd.edu).*

referred to as the 17-year locusts. Since I spent a considerable amount of time this past winter planning my garden, I called MCE's Home and Gardening Information Center (800-342-2507) before ordering additional plants. You, too, can call H&G and ask about the effects of cicadas, or simply ask any gardening question you may have, or visit their web site [www.hgic.umd.edu](http://www.hgic.umd.edu).

Hide out from the cicadas by reading this issue of *Urban Living*. Before you join the legions of folks who freshen a room or even the house by painting, read "Freshen Up With Paint" and practice the Three Rules of Painting.

Since the experts say the cicadas won't bother perennials and vegetable garden plants, follow the advice Dennis Bishop shares in his article, "Planting the Vegetable Garden" and produce a bounty of affordable and pesticide free fresh vegetables.

Regrettably, a large number of our neighbors suffer from food insecurity and it's more of an issue during March, because it's "National Nutrition Month." "Is Your Community Food Secure?" addresses why this situation is still a problem and provides currently available programs designed to tackle it.

The energy and fresh faces of young people always make us older folks feel good, especially when the kids are being productive. Manami Brown's article on Service Learning and the volunteer work of Baltimore City 4-H'ers are highlighted in this issue.

I cannot stress the importance of "Building Baby's Brain." The articles discuss how to use playtime with the baby as a tool for learning. However, do not think that these articles are only intended for parents. Big sisters and brothers, uncles and aunts, grandparents and anyone who interacts with small children should discover the facts about the early windows of learning.

Whether you enjoy the fresh new growth of anything green, cherish the faces of our youth or are making a fresh start to improve the health and well-being of your community, enjoy your spring!

Gwendolyn B. Jackson, CFCS  
City Extension Director



*"Clouds of pink" greet the last spring when gardens are planted with 'Angelique' tulips. The lush peony-like blossoms are the palest shade of pink on the outside, blushed by coral on the inside. The long-lasting flowers are superb in the garden or as cut flowers. 'Angelique' tulips planted in the fall will return to bloom for several seasons if conditions are right.*

Visit our website:  
[www.agnr.umd.edu/  
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Photo Credit: Netherlands Flower Bulb Information Center

## Urban Living

### Educating People To Help Themselves

CITY DIRECTOR (410) 396-1753	4-H and Youth Development (410) 396-4906	Family & Consumer Sciences (410) 396-1883	Food and Nutrition (410) 396-1780	Urban Agriculture (410) 396-1888
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