

# Mountain Top Ag News

## 'Taste of Garrett' May 17 Local Foods & Items Sought for Display and Sampling

Monday, May 17 at 6-9:00 pm will bring the **Taste of Garrett**, an event held at the Lodge at the Wisp, benefiting Garrett Trails, Inc. Local caterers, restaurants, and other foodservice booths will set up with samples of the finest foods available in the area. Live music, nice door prizes, and an evening of exquisite food sampling make this an event worth paying for.

For the past six years, Cheryl DeBerry, Natural Resources Business Specialist for Garrett Co. Economic Development, has coordinated a "Local Foods" table with samples of foods grown or processed/packaged in Garrett County.

In years past, local foods highlighted included maple syrup,

jams & jellies, fresh garden greens, lettuces, hydroponic tomatoes, honey, home-baked breads, and more.

The displays set up by the restaurants are always top quality, and we try to showcase our local foods likewise. We're always looking for unique ways to display our foods.

If you would like to donate foods for tasting, help with the event (up to four helpers get to participate in the tasting for a reduced price), donate the use of display items, or donate door prize items please contact Cheryl DeBerry at [cdeberry@garrettcountry.org](mailto:cdeberry@garrettcountry.org) or call 301-334-6968.

## Change in University of MD Extension Leadership

The University of Maryland Extension (UME) recently announced the selection of Dr. Jennifer Bentejewski as the Area Extension Director (AED) of the three western Maryland counties. Jennifer began her career with UME in 1997, working most recently in Allegany and Garrett Counties as a Family & Consumer Science (FCS) Educator and County Extension Director (CED) in Allegany County. Her responsibilities as AED will include county government relations, personnel management, program coordination, fiscal management, and public relations for the three county area.

This streamlining of administration eliminated the CED positions in each county; therefore, it is important to thank Ann Sherrard for her past service as CED in Garrett

County. We certainly appreciate the dedication, time and energy that she gave to the CED role. We look forward to her continued work in the 4-H youth development program.

## Help Us Save Postage!

As more people have access to the internet at home and at work, we would like to offer to e-mail our newsletter and other timely information. Often times we get information in the Extension Office only a few days before an event that we would like to let people know about, but either time or funds to do extra mailings are not available.

If you would like to be added to our e-mail list to receive the newsletter and extension updates via e-mail, send Susan Coddington an email at: [garrettagnr@yahoo.com](mailto:garrettagnr@yahoo.com) to be added to the email list. The newsletter will be sent as an Adobe® .pdf file, less than 300 KB in size. To read the file, you will need to download the free Adobe® Reader® from [www.adobe.com](http://www.adobe.com) if you have not already done so.

Your email is safe with us—it will be used only to send you information about Extension and Economic Development programs, educational activities, and marketing opportunities in the areas you choose, as well as to send you this quarterly newsletter. We will never sell or give your information to anyone without your consent.

As always, if you do not wish to receive this publication any longer, please call 301-334-6960 or email [susanp@umd.edu](mailto:susanp@umd.edu) to be taken off the list.

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**ATTENTION: 4-H/FFA  
MARKET ANIMAL PROJECT  
MEMBERS**

### ► Quality Assurance Training Workshop

Date: Friday, May 14, 2010

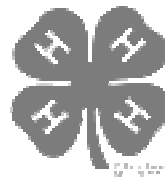
Place: Garrett College  
Continuing Education Building  
Room 205, 207, 219, & 225

Time: 6:30 pm—8:30 pm

Speakers: Kathy Gordon ~ Making your money work for you  
Willie Lantz ~ Why should buyers purchase your market animals at the fair

Please call the Extension Office at 301 334-6960 to register for the training

University of Maryland Extension  
1916 Maryland Highway Suite A  
Mt. Lake Park, MD 21550



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# Master Gardener News



## Gardening Projects with Children

By Garrett County Master Gardener Susan McGreal

Gardening has a natural attraction for children of all ages: It takes place outside, it produces almost immediate results, it encourages creativity, and, it involves bugs! And now that garden planning is in full swing, there is a great opportunity to bring gardening into your family activities. It's easy to set the children up for success. Be sure they understand that their project is theirs. Give them real tools—even gardening gloves—sized for them.

Be sure to show off their work, the same as you would a school project. It's an easy transition while hosting friends in the yard, or giving 'garden tours'. Send pictures to grandparents. All the effort keeps the children motivated to see the project through.

Several gardening projects can keep a child interested for an hour,

an afternoon, or develop an interest for a lifetime.

**Adopt a Garden:** Instead of regretting not having planted a separate plot for your child, have them adopt an existing growing plant or wild space. It can be a single pot, or as big as they want. Stake it out, if necessary, for "ownership". Point out regular changes taking place—take photos, draw pictures, collect leaves, flowers or bugs. Keep a scrapbook throughout the season. Next year, your child may have their own ideas for their "space".

Some of the most rewarding plants for children to work with are sunflowers, lettuce, radishes, cherry tomatoes, carrots, pumpkins and zucchini. They grow fast, can be put to basic uses and are easy maintenance.

**Start a "Compost Torte":** Explain that making compost is like baking dessert for the garden. The adult

should choose the size and site for this project. Then begin with fresh green plant material. Add a layer of old brown leaves or straw. Add daily ingredients with the occasional layer of limestone and some aged manure. Throw some water in the mixture as you turn it over each week (and possibly say some magic words). By Fall the special "dessert" for the garden will be cooked and brown and crumbly—just what your child's garden is looking for.

**Send Good Bugs Your Way:** Gather "good" insects to do battle with "bad" insects. Ladybugs (Lady Beetles) and Lacewings are highly effective against aphids, mealybugs, white flies, scales, potato beetles and other pests. Use pictures to show your children what you are looking for. Then, gently coax the "good" insects to an infected plant. Beans, cabbage, cucumber, peas, potatoes, squash and tomatoes are susceptible to aphids and other pests. Euonymus and hydrangea, and many trees also can contract a pest problem. Show your child what to look for, aim the beetles in the right direction, and let nature take its course.

**Set up a Race Course for Vines:** Vines of all types are growing well now. Attach some twine with cup hooks to a likely wall by the vine. Or create a trellis out of twigs and branches lashed together. Direct a couple of vines to the "race course". Mark the course by inches and feet. Choose 2 of the same vine, or race different cultivars on the course such as scarlet runner beans and pole beans, roming glories and clematis, or several vining gourds. Water and fertilize regularly and watch the competition! Train the vines on the marked course and keep track of each plant's growth. Your child may well

want to have several competitions next season!

A scarecrow is always fun! This activity is a creative and whimsical contribution to the gardening effort. Search through the garage, basement and attic for old clothes, costumes or rejects. It also reminds children of the importance of the gardening effort.

Children love to be outdoors, love to dig and love to help the adults. Gardening is a healthy and enjoyable occupation where children can actually see the results of their efforts in a very short time. It could lead to a curiosity that can be fed for a lifetime.

Some great internet sites to continue their interest:

[www.KidsGardening.org](http://www.KidsGardening.org) Projects, suggestions, q & a

U S D A for kids : [www.agdaclassroom.org/kids](http://www.agdaclassroom.org/kids)

[www.thekidsgarden.co.uk](http://www.thekidsgarden.co.uk) with wonderful ideas that change daily

Google 'Bug of the Week' for interactive information on lightning bugs, flower bugs and other common insects spotted in the garden.

<http://hgic.umd.edu/> for the Home & Garden Information Center and answers from University of Maryland Extension.

(Information from KidsGardening.org, © 2008 National Gardening Association)

## Wilted Lettuce Recipe

Uses a head of leaf lettuce or one bag of salad mix.

- 5 slices bacon
- 2 tablespoons flavored vinegar (red wine, balsamic, malt, cider, etc.)
- 1 tablespoon lemon juice
- 1 teaspoon white sugar
- 1/2 teaspoon ground black pepper
- 1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
- 6 green onions with tops, thinly sliced

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove from skillet, cool, crumble and set aside.

To the hot bacon drippings, add the vinegar, lemon juice, sugar and pepper. Stir over medium heat until hot.

In a large bowl, combine the lettuce and green onions. Add the warm dressing and quickly toss to evenly coat. Sprinkle with bacon and serve immediately.



## 2010 Master Gardener Volunteer Opportunities

### Garrett County Memorial Hospital Garden

May 3  
June 7

### New Germany State Park

In Charge: Sherry Frick

### NRCS Conference—Camp Hickory

July 25-31  
In Charge: Susan McGreal

### Chestnut Planting

In Charge: Shelly Packard

### Garrett County Fair

August 7: Saturday Entry day  
August 8: Sunday Judging day  
August 15: Sunday after the fair: remove exhibits  
Contact: Wanda Guard 301-334-6960 wguard@umd.edu

### Master Gardener Booth at the Farmers Markets this summer

In Charge: Sherry Frick

### Meadow Mountain Youth Gardening

Need help! Also, donations of soil and plants appreciated.  
Contact: Ritta 301-689-3293

## Continuing Education: Advanced Taxonomy Training Set

June 17 and June 24, 2010: Advanced Taxonomy Training 10:00 – 2:30 with area Extension Educator Wanda McLaughlin. Allegany Co. Fairgrounds.

This course is a very important basic tool for Master Gardeners in that it teaches all of the basics needed to identify woody plants in the landscape. Being able to identify plants is the first step in knowing how to diagnose problems or give growing advice. Whether you want to learn 200 plants, 20 plants, or just want to learn techniques to identify plants in the field, this is the course for you.

The course will be made up of approximately 8-9 hours of class work with lots of hands-on practice. You will also receive a specially prepared booklet of course materials.

Wanda Madachlan, the instructor, has many years of experience teaching this class and has a gift for making the material and techniques easy to understand and adopt.

Required Text: A Field Guide to Trees & Shrubs (Peterson Field Guide) by George A. Petrides (\$16). You can purchase, or you can send an additional \$16 with your registration fee and pick book up the first day of class. Registration Fee: \$35. To register, please send us your name, address, phone, email and MG county. You can pay by check or credit card. Make checks payable to the University of Maryland. To pay with a credit card we'll need 1) your name as it appears on the card; 2) specify Visa, MC or Discover; 3) card number; 4) expiration date.

Mailing address: MG Classes, 12005 Homewood Rd., Ellicott City MD 21042; fax: 410-531-5567; email: rhessey@umd.edu phone: Robin Hessey, MG State Advanced Training Coordinator- 410-531-1754.

## Participants Complete 2010 Annie's Project



This spring seven women participated in the Annie's Project, an agriculture education program for farm women. The women learned about farm management, business planning, estate planning, marketing, financial record keeping, personality traits, computers, and more. Cheryl DeBerry and Willie Lantz facilitated the sessions. Pictured are (left to right) Wanda Guard, Terrie Kaur, Lori Schmuck, Alice Bender, Missy Martz, and Pam Kwasniewski. Not pictured is Kim Powell. For more information, visit [anniesproject.umd.edu](http://anniesproject.umd.edu) or call the Extension Office at 301-334-6960.

## New Face in Extension

Justin M. Hunt was recently hired as a part-time Extension Program Assistant for University of Maryland Extension Garrett County office.

Justin will be coordinating the Garrett County Master Gardener Program. In addition, he will help with identification of insects and diseases on crops and ornamental plants, work with the 4-H program, and assist with judging of local produce at various events in the county.

Justin has a two-year degree in Forestry from Allegany College of Maryland. His work experience includes Christmas tree care and maintenance at Pinetum Enterprises and seasonal ranger duties for Deep Creek Lake State Park in Maryland.

The Extension Office welcomes Justin to the team and looks forward to working with him.

## Have an Idea for Research?

Maryland Technology Development Corporation (TEDCO) is planning a Rural Agriculture and Business Innovation Showcase.

One of the goals of the Showcase is to present the technologies and research capacities of the USDA Agricultural Research Service (ARS) that may be of help in solving regional agricultural problems and issues. ARS is a mission driven research organization with approximately 1,200 scientists stationed throughout the country. Those scientists are solving specific agricultural problems [www.ars.usda.gov/research/programs.htm](http://www.ars.usda.gov/research/programs.htm)

Cheryl DeBerry is on the planning committee of the showcase. If you have an idea for a new farming innovation and it is researchable, contact Cheryl at 301-334-6960 or email [cdeberry@garrettcountry.org](mailto:cdeberry@garrettcountry.org)

# Need Health Coverage for your Kids? MCHP is There!

## What is MCHP?

The Maryland Children's Health Program (MCHP) gives full health benefits for children up to age 19, and pregnant women of any age who meet the income guidelines. MCHP enrollees obtain care from a variety of Managed Care Organizations (MCOs) through the Maryland HealthChoice Program.

## Who is eligible?

Those eligible for MCHP are:

Children under age 19, who are not eligible for Medicaid, and whose countable income is at or below 200% of the federal poverty level (FPL);

Pregnant women of any age, whose countable income is at or below 250% FPL;

Uninsured (NOTE: In some instances, having health insurance will not prevent eligibility for MCHP. Even if you have health insurance, it's best to apply and let the case manager assigned to your application determine whether your health insurance will affect your eligibility for MCHP.)

For more information on income guidelines for MCHP, please see MCHP Income Guidelines below.

## What are the benefits?

*Benefits for children include:*

- Doctor Visits (well and sick care)
- Hospital Care
- Lab Work and Tests
- Dental Care
- Vision Care

- Immunizations (shots)
- Prescription Medicines
- Transportation to Medical Appointments
- Mental Health Services
- Substance Abuse Treatment

## Benefits for Pregnant Women

*Include:*

- Prenatal and Post-Partum Doctor Visits
- Hospital Delivery Bill
- Doctor Visits not relating to Pregnancy
- Lab Work and Tests
- Dental Care
- Vision Care
- Prescription Medicines (including vitamins)
- Transportation to Medical Appointments
- Mental Health Services
- Substance Abuse Services
- After delivery, family planning services

## How do I apply?

The application is brief and the process is simple. The application asks for:

- General Information (such as Name, Address, Telephone Number),
- Any health insurance coverage,
- Information about family members (such as names and birth dates)
- Social Security numbers of applicants,
- Sources and amounts of family income.

Local Health Departments will mail applications on request. Also, applications are available at:

- Local Health Departments
- Local Department of Social Services
- WIC Centers, and
- Local Hospitals and Schools.

For your convenience you may download a copy of the MCHP application from their website at <http://dhmh.state.md.us/mma/mchp/> Applications can be completed at home and mailed in or dropped off at any local health department. Case managers are available to assist you there.

Those found eligible for MCHP will receive an enrollment packet in the mail to select a MCO for health care.

## If I am pregnant and live with my parents, who signs the application?

A pregnant woman of any age can complete and sign the application herself. Your eligibility is determined based on your income listed on the application, not your parents'. If your parents provide your food and shelter, indicate that on the application.

## Can I apply for my grandchild (or niece, brother, etc.), if they live with me?

Yes, if neither of the applicant's parents live with the child. Your income would not be counted toward determining the applicant's

eligibility unless you have adopted the child.

## When can I see a doctor?

If you are eligible for MCHP: Within 14 days, you will receive a red and white Medical Assistance card. You may use this card to get health care until you enroll in the HealthChoice program and select a MCO. Do not throw away this card, it will allow you to obtain additional services even when you receive your MCO card.

Within 5 days, you will receive your enrollment packet to select your MCO. If you do not receive your enrollment packet within two weeks, contact your case manager immediately

When you receive your enrollment packet in the mail, you will:

Find out from your doctor which MCO plans they accept; Pick a MCO and primary care doctor to provide your care. If you do not pick a MCO, the state will pick one for you;

Inform HealthChoice which MCO and doctor you have selected; Contact the doctor for an appointment.

## How can I obtain more information?

Contact:  
The Garrett County Health Department at 301-334-7720.



Family Size	Maximum Family Income Limit, Effective March 1, 2009	
	Children	Pregnant Women (Family Size includes Unborn Child)
1	\$ 21,660	
2	\$ 29,140	\$ 36,425
3	\$ 36,620	\$ 45,775
4	\$ 44,100	\$ 55,125
5	\$ 51,580	\$ 64,475
For each additional family member add →	\$ 7,480	\$ 9,350

## Deep Creek Lake Farmers Market Seeking Vendors

The Deep Creek Lake Farmers Market Association was created last spring to manage the Deep Creek Lake Farmers Market. The Market Association is not a member-based organization, so no member fees will be collected.

The DCL Market will be a producer-only market, meaning all items sold must be grown or made by the vendor. Products sold at the market must come from a 50-mile radius of the market location. A few limited (and juried) homemade crafts will be permitted as space allows.

The market is a certified Maryland farmers market, and vendors may accept the Wic and Senior Farmers Market Nutrition Program Coupons and the new Wic Fruit and Vegetable Checks at the market.

Market space fees are \$10 per day or \$100 for the season.

The market will run May 27 through September 2 on Thursdays from 4:00 to 6:00 pm at the Garrett County Visitors' Center Parking Lot along Rt. 219 in McHenry.

For more information, contact Cheryl DeBerry at 301-334-6968 or [cdeberry@garrettcountry.org](mailto:cdeberry@garrettcountry.org)

## Backbone Farm Organic Gardening Workshop

Pleasant Valley is home to a host of small, family farms. Dairy farms, greenhouses, vegetable gardens, goat and beef herds and more can be seen on a drive around the area. One farm in the mix is Backbone Food Farm located on Lynndale Road. Operated by Max and Katharine Dubansky, Backbone has been providing Garrett County with naturally grown vegetables and fruits since 1999.

The Dubanskys use sustainable farming methods and no synthetic chemicals: no conventional fertilizers, herbicides, pesticides or fungicides. Instead, they use techniques such as cover cropping, composting, application of animal manure, integrated pest management and mechanical weeding. All plants grown on the farm are either started in the greenhouse or sown as seeds directly in the garden. By doing this, the farmers avoid bringing in disease or insect problems and know that their plants have been started organically.

In addition to a wide variety of vegetables, the Dubanskys grow shiitake mushrooms, and are beginning oyster mushroom production as well this year. They raise a small number of blueberries and raspberries and hope to expand their orchard a bit each

year. To round out the farm, Backbone is home to a small herd of beef and dairy cows and draft horses are used for farm work. Max greatly enjoys using the two teams of percherons in the garden and for field work throughout the year.

This year will be the first year that Backbone Food Farm will be Certified Naturally Grown. They are participating in a farmer to farmer certification program that ensures the growers' techniques are "sustainable and natural". Part of

Backbone's mission is to help others learn about farming and gardening the natural way. They will be hosting two events this spring, an organic gardening workshop April 10th at 1:00 pm and a shiitake mushroom inoculating workshop April 24-25 starting at 11:00 am. You can see the details on their website at [www.backbonefarm.com](http://www.backbonefarm.com), or call 301-334-5633.

## Renewable Energy Open House May 22

Host: Henry & Nancy Maier

Location: Maier Farm  
11801 Scarlett O'Hara Lane  
Oldtown, MD 21555-1813

When: Saturday, May 22, 9:00AM to 4:00PM

Phone: 301-478-5546

Come join neighbors, friends, farmers and local businesses and enjoy a fun and educational day atop Warrior Mountain. All are welcome on Saturday, May 22, 2010 from 9am to 4pm.

We will be demonstrating several viable and operational renewable energy systems including small wind, solar thermal and wood gasification. We will be joined by several manufacturers, ie. Bergey Wind Power, Alternate Heating Systems, Stiebel Eltron, Mahoning Outdoor Furnace and ESP Insulation. This is a great opportunity to get answers to our questions and give insights to possibilities and limitations. Also qualified installation contractors knowledgeable about equipment installs will be on hand.

Henry & Nancy Maier are hosting the event and are anxious and willing to share their valuable real life experiences and results. We also have invited and hope to be joined by USDA Rural Development

and MD Dept. of Energy personnel to answer questions on grants, low cost loan guarantees and other incentives. Jonathan Kays and Derrick Bender of University of MD Extension will be here to elaborate on benefits of wood for fuel, as well as MD Forest Service, Soil Conservation, and Oguz & Hikmat Soysal from Frostburg State University Physics and Engineering Department and Joe Cohen from MD Energy Administration.

Also see water gathering storage/distribution and ram pumping demonstrations.

Stay for lunch - Kentucky Style Pig Roast by Gary & Cindy Smith. You are welcome to send this invitation to any family, friends and colleagues who are interested in use of sustainable renewable energy production systems.

For food purposes, we need a rough head count...so PLEASE RSVP no later than May 1, 2010 if possible. Looking forward to seeing you here. Look for Red & White LNH Open House Road Signs.

Hotel/Motel Info: Call Fairfield Inn & Suites 301-722-0340. There is block of rooms under LNH being held at a discounted rate. Must be reserved before April 30, 2010.



## Mt Fresh Member Meeting & Market Dates Set

The Mountain Fresh Producers Association will hold a membership meeting on Monday, April 12 at 7:00 pm at the Garrett Co. Extension Office. Elections of the board of directors will be held, market committees will be created, and market details will be discussed. All members and potential members are encouraged to attend this meeting.

The 2010 market will be held on Wednesdays and Saturdays starting June 5 and ending October 30 at the Mt. Fresh Pavilion in Oakland.

Applications are available at the website [www.MountainFresh.org](http://www.MountainFresh.org) or by calling the Extension Office at 301-334-6960.

# What's Happening?

<p>April 10  <b>Backbone Farm Organic Gardening Workshop</b>            1:00 to 4:00 pm at the farm off            Lynndale Road            See article.</p>	<p>May 17  <b>Taste of Garrett County</b>            6:00 -9:00 pm at Wisp            See article.</p>
<p>April 12  <b>Mountain Fresh Member Meeting</b>            7:00 pm at the Extension Office            See article.</p>	<p>May 22  <b>Renewable Energy Open House</b>            9:00 am -4:00 pm in Oldtown            See article.</p>
<p>May 14  <b>Quality Assurance Training</b>            6:30 -8:30 pm at Garrett College            See article.</p>	

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|--|---|
| Garrett County Farm Bureau<br>301-746-8616             | Garrett-Preston Rural Development Coalition<br>301-334-6960   |
| Garrett County Agricultural Fair, Inc.<br>301-387-5408 | Farm Service Agency<br>301-334-6954                           |
| MPWV Meat Goat Producers Assn.<br>301-334-4121         | USDA Rural Development<br>301-334-6972                        |
| Garrett County Chamber of Commerce<br>301-387-4386     | Garrett County Soil Conservation District<br>301-334-6958     |
| Natural Resources Conservation Service<br>301-334-6957 | MD Department of Agriculture<br>Animal Health<br>301-600-1548 |

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