

Mountain Top Ag News

'Taste of Garrett' Local Foods Sought

Monday, May 11 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 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 five 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, beef & buffalo jerky, 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 half price, around \$11-\$12), donate the use of display items, or donate door prize items please contact Cheryl DeBerry at cdeberry@garrettcountry.org or call 301-334-6968.

Seed Starting & Transplanting Workshop to be held in Tucker Co.

Want to save money when you garden this year?

Then learn to grow your own vegetables and flowers from seed!

Plan to attend a Seed Starting and Transplanting Workshop where you will learn to start seeds, transplant, and make seed tapes. While the initial effort is more time consuming than buying plants at a green house, the benefits of growing your own plants include:

- A wider choice of varieties
- Growing disease free plants
- Lower cost
- Seed is available year round

When: April 20 at 6:00 p.m.

Location: Parsons Senior Center Pavilion

You must pre-register to attend. Registration Deadline: April 17

Don't Delay! Call the Tucker County Extension Office today! Contact Georgette Plaugher, WVU Tucker County Extension Agent for Agriculture and Natural Resources, 304-478-2949 ext. 333.

LEAD Maryland to Visit Garrett in June

Members of Class VI of LEAD Maryland, the Agricultural Leadership Development Program of Maryland, will attend a four-day session in Garrett County focusing on how agriculture and natural resources industries affect rural communities June 9-12.

Members will work on team building through use of the low-ropes course at the Western Maryland 4-H Center.

Other sessions will feature presentations about rural community service and issues and tours of various aspects of the wood products industry.

With class members from all around the state of Maryland, rural Garrett County offers a new perspective on farming and natural resources industries.

The Garrett-Preston Rural Development Coalition will host a pot-luck picnic at a local farm for the class. Picnic food/drink donations appreciated.

For more information about LEAD Maryland, visit www.leadmaryland.org.

To attend the picnic or donate food/drink items, contact Cheryl DeBerry at cdeberry@garrettcountry.org or 301-334-6968.

Dr. Jim Fearer Retirement Celebration

Please Join Us

To show our appreciation to Dr. Fearer for his many years of service as the State Veterinarian, a celebration has been scheduled:

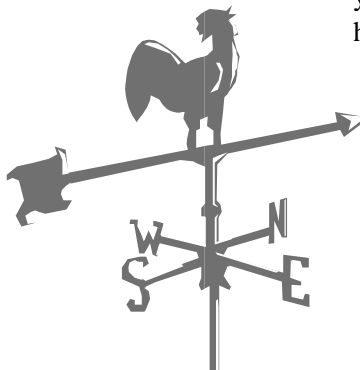
What: Retirement Breakfast Celebration

When: Saturday, May 2, 9:00 am

Where: Pleasant Valley Community Center

Everyone is Welcome!

Those wishing to attend are asked to call the Garrett County Extension Office by April 23. Phone: 301-334-6960



Deep Creek Lake Farmers Market Under New Management

The Deep Creek Lake Farmers Market Association was created this 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. 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 at the market.

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

The market will run May 21 through September 10 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@garrettcounty.org

Farmers Market Nutrition Program Training to be Held

Any farmer wishing to accept the Wic and Senior Farmers Market Nutrition Program (FMNP) Checks for the 2009 season should attend an FMNP training session to be held Wednesday, April 22, 2009 at 7:00 pm at the Garrett County Extension Office. Training must be attended once every three years by one person per farm/operation.

A representative from the Maryland Department of Agriculture will conduct the training.

To RSVP, contact Cheryl DeBerry at 301-334-6968 or email to cdeberry@garrettcounty.org

Tractor Machinery Operation Training for Youth

Since 1969, the US Department of Labor has declared many agricultural tasks to be hazardous for youth younger than age 16. Therefore farmers should not be employing youth under 16 years of age for certain farm tasks. Among the farm tasks that are prohibited is the operation of tractors greater than 20 horsepower, with or without any type of an implement attached to the tractor. The law further defines the limitation by stating youth under 16 should not "operate or assist to operate including starting, stopping, adjusting, feeding, or any other activity involving physical contact associated with the operation".

There are a few exemptions to the law. First, the law does not apply to youth younger than 16 that are employed by their parents or legal guardians. This "family" exemption however does not extend to grandparents and/or aunts and uncles unless they are legal guardians. While it may seem unlikely that family members would take legal action, family members whose son or daughter is injured may feel differently after an accident occurs.

To protect your farm business, make sure that anyone under the age of 16 involved with your farming operation is not operating or assisting with the operation of

equipment that is declared as hazardous by the Department of Labor. Youth may be considered employed even if they receive goods or services in exchange for labor rather than money.

A second way youth between the ages of 14 and 16 may be employed to work on farms and be engaged with the operation of hazardous equipment would be to attend and successfully complete the National Safe Tractor and Machinery Operation course. The course is a 24 hour program that must be conducted by a certified instructor. The course instructs youth on the hazards associated with farming operations, safe use and operation of tractors and equipment, and hands on operation of tractors and equipment. To complete the course the youth must also pass a written exam.

Youth successfully completing the course will receive a certificate from the Department of Labor that should be presented to the employer before work begins. Any youth under the age of 14 may not be permitted to operate tractors and equipment on farm but can be employed for other types of work. If you have questions about the type of work that is permitted under the Fair Labor and Standards Act, contact the Maryland Cooperative Extension office.

The Garrett County Office of Maryland Cooperative Extension will be offering a **National Safe Tractor and Machinery Operation Course** on June 29th through July 1st with the location to be determined later. The three day course will include the operation of farm tractors and equipment requiring the connecting of PTO, 3 point hitch, and hydraulic hoses.

Participants will also have the opportunity to practice tractor driving skills utilizing the 4-H and FFA Tractor Operators Course. The county 4-H and FFA tractor operators contest is held during the Garrett County Fair.

The course will be for anyone ages 14 and older. Any youth age 13 will be allowed to participate but will not be allowed to take the written exam and become certified until they reach the age of 14. This program is an excellent way to introduce any rural youth to the operation of farm equipment.

For more information about the National Tractor and Machinery Operation Course or to register please contact the Garrett County office of Maryland Cooperative Extension at 301-334-6960 and speak to Willie Lantz.

Working Farms Brochure

The "Visit Our Working Farms: Share Our Rural Heritage" Brochure will again be printed in 2009. The brochure features farms which accept visitors in both Garrett and Preston Counties.

The cost of a basic farm listing in the brochure for 2009, including both text and a color picture, is just \$50. This amount covers only 40% of the cost of producing the brochure. The remaining cost is covered through contributions from local organizations that support agriculture.

Agritourism is a good farm diversity enterprise for a lot of farmers. Contact Cheryl DeBerry at 301-334-6968 or cdeberry@garrettcounty.org by April 21, 2009.

GSCD Dinner to Feature Professor Peter Skylstad

Professor Peter Skylstad will be the featured speaker at this year's annual soil conservation district dinner. His presentation title is: Where Rivers Are Born: The Scientific Imperative for Defending Small Streams and Wetlands.

The dinner will be held April 23, 2009 at 7:00 p.m. at the Bittering Fire Hall and the public is invited. The cost of the meal is \$6.00 and reservations with payment are required by April 15. Please call the conservation district office at 301-334-6951 if you wish to attend and have not received a reservation form in the mail.

Mr. Skylstad is a graduate of Texas Tech University. He has a Master's of Science degree in Biology and a minor in Geographic Information Systems. Professor Skylstad joined the Natural Resources and Wildlife Technology Program at Garrett College in 2000 and has been involved in many natural resource projects in the region and Central America including experience with USDA's Agriculture Research Service to develop innovative applications for GPS and GIS technologies for precision agriculture.

What's Happening?

April 22

Farmers Market Nutrition Program Training

7:00 pm at the Garrett County Extension Office

May 2

Retirement Celebration for Dr. Jim Fearer

9:00 am breakfast at Pleasant Valley Community Center

May 11

Taste of Garrett

6-9:00 pm at the Lodge at the Wisp

May 14

Hay Marketing Workshop

6:30 pm, Garrett College Room 201

May 21

Deep Creek Lake Farmers Market Opens

4-6:00 pm at the Visitor's Center Parking Lot

May 21

Mt. Top Grazing Network Pasture Walk

6:30 to 9:00 pm near Bedford, PA.

May 22

Say "No" to Dieting: Lose

Weight & Manage Diabetes

Sensibly Seminar (Part 1 of 2)

9 am until Noon at the Pleasant Valley Community Center

June 6

Mountain Fresh Oakland Farmers Market Opens

10 am-1 pm, Downtown Oakland

June 9

Mt. Top Grazing Network Pasture Walk

6:30 to 9:00 pm in Allegany Co.

June 19

Say "No" to Dieting: Lose Weight & Manage Diabetes

Sensibly Seminar (Part 2 of 2)

9 am until Noon at the Pleasant Valley Community Center

June 29 through July 1

National Safe Tractor and Machinery Operation Course for Youth

Location and times to be determined

July 8

Black & White Holstein Show

6:30 pm at the Garrett Co. Fairgrounds

Mt. Top Grazing Network Developed

The Extension Service, local soil conservation districts, and Natural Resources Conservation Service (NRCS) in Maryland, West Virginia and Pennsylvania have teamed up to develop a producer grazing network for farmers in this part of the Appalachian mountains. The grazing network will help farmers who graze livestock to communicate with one another through activities such as pasture walks and educational seminars. The first year's activities are being spearheaded by the Garrett and Allegany County, Maryland and the Bedford County, PA Extension offices. A committee of farmers will lead the grazing network with assistance from Extension and NRCS in the future.

Seven pasture walks are being scheduled for 2009. The pasture walks will be conducted throughout the Mountaintop area and will feature a variety of topics with one scheduled each month starting in May and ending in November. The first will be held on May 21st from 6:30 to 9:00pm at the farm of Brian and Melanie Barkley near Bedford, PA. The Barkley's graze sheep and

beef cattle in a rotational grazing system. One feature of their grazing system is that they have installed a solar powered water system.

The second pasture walk will be held at the farm of Henry Maier in Allegany County, MD on June 9th from 6:30 to 9:00pm. Dr. Ed Rayburn, WVU Extension Specialist, will be the main speaker at the pasture walk. The main theme will be rotational grazing and managing nutrients in a profitable manner. One additional activity will be a full day trip to visit successful grazers in other parts of Maryland. We can plan to carpool to locations outside of Garrett County by meeting at the Extension Office.

If you would like more information about the Mt. Top Grazing Network please contact the Extension Office at 301-334-6960. We are preparing a brochure that will be available by May 1st which will list all of the activities of the Mt. Top Grazing network.

Say "No" to Dieting: Lose Weight & Manage Diabetes Sensibly Seminar Set

Say "no" to dieting by learning how to lose weight and manage diabetes sensibly. Join the University of Maryland Extension's free two-part seminar taught by Dr. Jennifer Bentejewski, Registered and Licensed Dietitian. You will learn about meal planning strategies including carbohydrate counting and the diabetic exchanges. You will also find out how to dine out healthfully, read food labels, and use artificial sweeteners.

The in-depth series will be held at the Pleasant Valley Community Center near Oakland on May 22 and June 19 from 9 am until Noon. This seminar is filling up quickly, so call 301-334-6960 today to make your reservations.

Got Club Animals?

The Extension Office is compiling a list of farms with available animals so 4-H and FFA members can find project animals.

If you will have pigs, lambs, or goats available for sale for youth projects for the 2009 fair, please call 301-334-6960.

Restaurant/Grower Meeting Successful

The restaurant/grower meeting held February 17 confirmed the suspicions of a lot of growers: chefs are looking for local, fresh and quality products!

If you are interested in selling to restaurants, contact Cheryl DeBerry to receive a copy of interested restaurants. 301-334-6968.

Where has the Hay Market Gone?

This may be the question that has been asked several times over this winter in Garrett County.

To help hay producers understand what the future may hold for hay marketing, the Garrett County office of Maryland Cooperative Extension is holding a Hay Marketing Workshop on May 14th at Garrett College Room 201 starting at 6:30pm.

The main speaker for the evening will be Dr. Les Vough. Dr. Vough retired from the University of Maryland as an Assistant Professor and Forage System Management Extension Specialist. He currently works for Natural Resources Conservation Service as a Grazing Specialist. Dr. Vough has also been very active in hay marketing and evaluation for his entire career.

He grew up in nearby Somerset County, PA where his family continues to raise hay and beef cattle. Dr. Vough will share some insights about hay production and marketing trends throughout the Mid-Atlantic states.

Willie Lantz will also go through a series of worksheets to help hay producers understand their cost of production. Hay producers will "plug" their numbers into worksheets to determine what a bale of hay is costing them to produce. The evening will be rounded out by having a discussion of possible strategies for improving the hay market in Garrett County. If you are interested in attending the session, please call the Garrett County Extension office at 301-334-6960 and register for the workshop. There is no cost to attend.

FSU Savage Mountain Summer Camp to focus on Folk Arts

The Appalachian Folk Arts Camp will be held July 5-11, 2009 at Frostburg State University.

Each day, high school students will explore one or more Appalachian folklore and folklife genres and be given the opportunity to create original pieces reflecting traditional regional styles.

The camp will give students an introduction to folklore and folklife studies, explore the regional folk arts of Appalachia, and investigate the role of personal creativity in the traditional arts. Short field trips and outdoor excursions will play a central role in the week's activities.

This one-week camp will consist of:

- Intro to Folklore and Folklife Studies
- Mapping Appalachia
- From Ballads to Bluegrass: Music of the Mountains

- Appalachian Dance: From Buck Dancing to Squares
- Mountain Made Arts: Natural Dyes, Basket Weaving, Pottery and Woodcarving
- From Hills to Hearth: Foodways and Hunting/Fishing Traditions

Cost for the camp are:

Commuter students: \$450

Residential students: \$650

To apply for financial assistance, please contact Mark Gallagher, Savage Mountain Summer Arts Academy Director, at 301-687-4381 or mgallagher@frostburg.edu

Registration information is at www.frostburg.edu/savagemtn/

For more information, contact: Dr. Kara Rogers Thomas 301-687-3124 or via email at krogerstomas@frostburg.edu



**MARYLAND
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MPWV Meat Goat Producers Assn. 301-334-4121	USDA Rural Development 301-334-6972
Garrett County Chamber of Commerce 301-387-4386	Garrett County Soil Conservation District 301-334-6958
Natural Resources Conservation Service 301-334-6957	MD Department of Agriculture - Animal Health—Dr. James Fearer 301-334-2185

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