

UNIVERSITY OF MARYLAND EXTENSION

May 2025 Newsletter

4-H Achievement Program

The annual 4-H Achievement Program was held on April 6th at the Garrett County Fairgrounds. The program is held annually to recognize the successful completion of projects by 4-H youth and a celebration of the work of volunteer leaders. There were 266 record books that were completed by members for 2024. In addition to project awards, youth are recognized for service hours earned and received special awards for achievement.

Special thanks is extended to Garrett County Commissioner, Larry Tichnell, Garrett County Farm Queen, Haley Klotz, Stage Helpers, Cassidy Ashby & Julia Ramsey, Emcee's, Jasmine & Jacob Ramsey, photographers, Lakin & Sheri Hershman, Garrett Hoof Prints 4-H Club and Garrett County Fair Board Coordinators, Mike Kepple and Chip Miller for their help at our program.

Some of the award winners are pictured below.



2025 Maryland State 4-H Public Speaking Contest Results

Five 4-H members from Garrett County showcased their public speaking talents at the 2025 Maryland State 4-H Public Speaking Contest, held April 26 at the University of Maryland, College Park.

Among the top winners was Elisa Frazee, representing the Country Explorers 4-H Club, who earned second place in the senior visual presentation category. Kylie Bates of the Silver Spurs 4-H Club also brought home honors, placing third in the intermediate prepared speech category.

Also representing Garrett County were Julia Ramsey, Dustin DeBerry, and Amelia Teets, each of whom demonstrated strong communication skills as they took the stage among peers from across the state.

The annual State 4-H Public Speaking Contest encourages youth to build confidence, develop communication abilities, and share their passions through various speech formats. Participants compete in categories such as prepared speech, extemporaneous speaking, radio spot, and visual presentations.

Garrett County 4-H is proud of these young leaders for their hard work, courage, and commitment to excellence. Congratulations to all participants for representing our community with pride!



Floral Design Class

April showers brought some flowers to our Fun with 4-H class. Attendees learned key themes for creating custom floral arrangements and centerpieces. Throughout the class, they explored pairing colors, balancing heights, and spatial arrangement through different types of flowers and plants to create visually captivating floral designs.



Floral Design Class

Spring Afterschool Enrichment

Partners After School participants engaged in a strawberry planting project, where each of them planted a potted strawberry to care for indoors while Garrett County waits for the ground to warm. They intend to move these plants outdoors in June when summer arrives. Under the guidance of 4-H Educator Karen Wood, they discovered the significance of proper soil, sunlight, and watering techniques, making the experience both educational and enjoyable. To celebrate the planting season, they also made delicious strawberry parfaits.



Support 4-H Camp

Supporting the Maryland 4-H Environmental Education & Camping Center is a wonderful way to contribute to the growth and development of young campers in Garrett County. The Amazon wish list has been created to address the specific needs of the camp, ensuring a fulfilling and enriching experience for all participants. By donating items from the list, you can directly impact the educational programs and outdoor activities offered, fostering a greater appreciation for the environment and promoting leadership skills among youth.

Consider visiting the wish list to see how you can help make a difference. Click [HERE](#) to see the wish list. Thank you for your support.



Master Gardener Happenings



The Master Gardener Program has had an exciting few months. Engaging with the community through gardening programs fosters connection and well-being. Below are some of the highlights that our dedicated gardeners have had on our community.

Spring and Garden Special Edition in Republican Newspaper

Be sure to check out the special edition, Spring and Garden in the Republican Newspaper (released on April 24th) for several articles written by Ashley! Starting a Vegetable Garden, Planting a Pollinator Garden, Native Plants, and Gardening with Wildlife!

Dig In: Lunchtime Food Gardening Series

If you have missed attending the Dig-In: Lunchtime Food Gardening Series you can view the recordings on our [Western Maryland YouTube Channel](#).

Early Earth Day Fun

Allegany and Garrett Educators, Master Gardeners, and special guest, Dr. Bill Hubbard, University of Maryland Extension - Environmental, Natural Resources, and Sea Grant Program leader worked with Rt. 40 staff to plan a PBIS (Positive Behavioral Interventions and Supports) activity for students at Rt. 40 elementary school on April 15. More than 120 students learned about Earth Day and initiatives that they can do at home to support sustainability— including creating their own insect collection kit, signing an earth day pledge, and putting together native plant seed bombs!

Seed to Supper

A pilot program focusing on low-cost food gardening has kicked off at the Kitzmiller Library and has a full house of 15 families participating to learn and get inspired to grow more food! Jon Traunfeld, director of the Home and Garden Information Center for University of Maryland Extension and the Vegetable Gardening specialist is leading the pilot project across Maryland with 4 different counties participating this year. On April 21st participants learned about planting potatoes in a container and were given supplies to replicate the demonstration at home.

Master Gardeners at Health Fair

On April 5th, Master Gardeners provided free grow bags and shared upcoming programs with the community at the Garrett County Health Fair at the CARC. More than ____ people stopped to chat with the volunteers and learn more about gardening and gardening education opportunities!

Bulldogs “Dig” Dirt

More than 50 participants came out for a Judy Center learning event on April 23rd focused on school readiness in Grantsville. Master Gardeners, Cambria, and Ashley helped to lead 7 different “stations” all centered around the importance of dirt!

Master Gardener Minute

Don't forget to follow the Garrett County Master Gardeners of University of Maryland on Facebook. Every Monday a new Master Gardener Minute video is released and the first Thursday of each month features a livestream 30 minute presentation called Master Gardener Minute Extended! <https://www.facebook.com/GarrettCountyMasterGardeners>

Local Libraries Host Free Gardening Classes

Engaging with Volunteer Master Gardeners through library programs is a fantastic opportunity for anyone interested in gardening. These programs, led by knowledgeable volunteers, offer valuable insights into various gardening techniques, sustainable practices, and plant care. Whether you're a

beginner looking to start your first garden or an experienced gardener seeking to expand your knowledge, these sessions can provide you with the tools and information you need.

Don't miss out on this enriching experience—contact your local library to register and cultivate your gardening skills!



Free Gardening Classes



Ruth Enlow Libraries



Accident

Classes @ 5:30pm
301-746-8792

April 30 - Vegetable Gardening 101 - On a Budget
May 7 - Weed Free Vegetable Gardening
June 11 - Perennial Food Crops & Easy Small Fruits
July 16 - Starting a Kitchen Herb Garden
August 6 - Starting a Pollinator Garden

March 20 - Perennial Food Crops & Easy Small Fruits
April 17 - Vegetable Gardening 101 - On a Budget
May 8 - Make a Pizza Garden- Student Discovery Series
June 12 - Starting a Kitchen Herb Garden
July 10 - Vegetable Garden Maintenance- Water, Insects, & More
August 14 - Pollinator Gardens & Native Plants
September 15 - Become Water-Wise in your Landscape @ 6pm



Friendsville

Classes @ 4:30pm
unless noted
301-746-5663



Grantsville

Classes @ 11:00 am
301-895-5298

March 19 - Winter Sowing with Recycled Materials
April 23 - Small Fruits for the Home Garden
May 14 - Vegetable Gardening 101 - On a Budget
June 18 - Perennial Food Crops- Asparagus, Rhubarb, Horseradish
July 9 - Pollinator Gardens
September 17 - Perennial Herbs for Your Garden

Seed to Supper Series-
Please see Separate Flyer



Kitzmiller

301-334-8091



Oakland

Classes @ 6:00pm
unless noted
301- 334-3996



Contact Corresponding Library Branch to Register!



Kid Activities Available When Families Attend



MASTER GARDENER

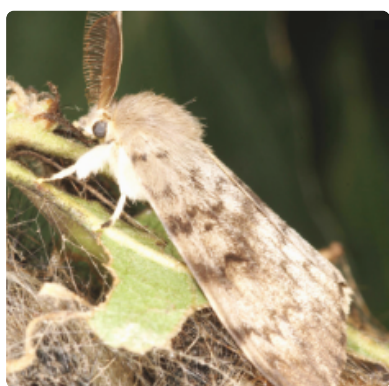
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Successful Garden Goods Exchange

Master Gardeners held their first ever Garden Goods Exchange on April 26th. More than 200 people stopped by the tables to chat about gardening, make seed spirals, pick up a free grow bag or seeds! Thanks to the Civic Club of Oakland for letting us be a part of the Anything Goes Market!



Spongy Moth Suppression



The Maryland Department of Agriculture, Forest Pest Management Section, will be conducting an aerial suppression program to control spongy moth this spring. Treatment of forested areas in Allegany, Garrett and Western Washington Counties will take place during the first few weeks in May, depending upon the biological development of the insect. Spraying will begin at dawn each day and continue as long as conditions are favorable. Usually spraying is stopped by late morning. Some evening and/or weekend spraying may be necessary to complete the program within the

optimum time frame.

At the time of spraying there will be no one in our field office, but an answering machine is available for messages on 410-822-8234. To get daily information on spray blocks from a recorded message, call 410-841-2797. These messages are updated each day by 6:00. Calls can also be made to our main office in Annapolis at 410-841-5870 between 8:00 and 4:30 Monday thru Friday.

This information is also available at: https://mda.maryland.gov/plants-pests/Pages/spongy_moth_cooperative_suppression_program.aspx

Ketterman Educates On Adult Mental Health First Aid



In April, Jesse Ketterman facilitated Adult Mental Health First Aid in partnership with the Garrett County Health Department. Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges. University of Maryland Extension offers the workshop free of charge as part of the [ROPTA](#) initiative.

The Lost Connection Book To Be Distributed in Garrett County Schools

The Lost Connection Read Along



The Lost Connection is Maryland SNAP-Ed's latest publication designed for students in all collaborating ACPS elementary schools. Each year for the past 4 years, all students in the Garrett County Snap-Ed schools have received a book to take home, which encourages some aspect of healthy living. This year's selection, *The Lost Connection*, encourages families to consider the tradeoffs of time spent on devices and how to work together to moderate excessive screen time. The resources within the book and on the Lost Connection [webpage](#) can help families develop healthy habits and generate support for screen-related school policies. Screen time can have negative impacts on our health. Too much screen use can lead to:

- **Less physical activity.** Time spent inactive is called "sedentary time" and is linked to poor physical health.
- **Exposure to unhealthy food ads.** Videos, games, apps, and TV shows are filled with advertisements for chips, candy, sugary drinks, and other unhealthy foods.
- **Distracted eating while watching a screen.** This can lead to overeating, particularly of less healthy foods. This also distracts from the development of positive mealtime social behaviors.
- **Harmful effects on mental health, social development, and academic success.**

Research shows that adults play a big role in how much time kids spend on screens! Adults can set good examples of how they use screens and can guide kids toward better screen habits. If kids practice finding ways to have fun off screens, that becomes a habit, too! With a little help, they'll break the habit of reaching for screens when bored.

Update AG Client Contact Information



Are you receiving our monthly AG Newsletter? If not, please [click here](#) to update your contact information and to stay updated on everything agriculture-related in Garrett County and the tri-state area.

Keeping Connected

We are here to serve you in person, by phone, email, or by Zoom. If you have questions, contact one of our experts to provide solutions.



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Roberta Cvetnick

Roberta is using Smore to create beautiful newsletters