

UNIVERSITY OF  
MARYLAND  
EXTENSION  
Garrett County

November 2024 Newsletter

## Fall In Love With 4-H Window Display

Did you see our display at the Oakland Ruth Enlow Library?

Garrett County 4-H celebrated National 4-H Week as a whole month in the window at the Oakland Branch. It was the perfect time of year to *Fall in Love with 4-H*. The window display even offered an interactive 4-H Clover / *Spy* game for those waiting for the Autumn Glory parade to pass by.

Thank you to Oakland Ruth Enlow Library for allowing us the space to promote 4-H during the month of October.



## Fun With 4-H Gingerbread House Class Offered

Join us on Tuesday, December 10th to make your own gingerbread house! The class promises a joyful atmosphere perfect for all ages. A wide variety of candies, colorful frosting and sprinkles will be available. As you construct your masterpiece, enjoy holiday music and warm cocoa to keep your spirits bright. Sign up today by contact our office at 301-334-6960.

**DEC**

*Make your Own*  
**GINGERBREAD HOUSE**  
*Class*

Tuesday, December 10th  
(school 1/2 day)  
2-3 pm  
Garrett County 4-H Office  
Meeting Room

All materials provided  
Space is limited  
Sign up today by calling  
301-334-6960

Garrett County  
**FUN WITH 4-H**

This institution is an equal opportunity provider.

# Canning Workshop Well Attended

On the evening of October 3rd, 20 Head Start parents attended a hands-on canning class to learn how to preserve food at home. Lisa McCoy, UME-FCS educator in the western cluster, taught the class with assistance from Kristin Spiker, SNAP-Ed educator. Participants learned the basics of food preservation including food selection, which canning method to use: boiling water or pressure, and where to find tested recipes so their canning results will be successful.

Participants prepared their own jars, filling them with cooked sliced apples. They took turns using the boiling water canner to place their jars in and out of the canner. In addition to taking home their own personal jar of sliced apples, Head Start provided each participating family with a small pressure cooker for use at home.

McCoy shares that “participants are more likely to try canning at home if they have a hands-on experience which increases their confidence”. Participants were appreciative to UME for providing them information on growing their own food, preparing family meals, and preserving food at home in the past year. These steps encourage families to eat healthy on a budget.



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## National Diabetes Month

National Diabetes Month, observed each November, plays a crucial role in raising awareness about diabetes, a chronic health condition affecting millions worldwide. This month-long campaign focuses on educating individuals about the prevention and management of diabetes, emphasizing the importance of lifestyle changes such as healthy eating, regular physical activity, and routine medical check-ups. By spreading knowledge about the risk factors and symptoms, National Diabetes Month aims to empower people to take proactive steps towards healthier living, ultimately reducing the incidence of diabetes and its associated complications. The initiative also encourages support for those living with diabetes, fostering a community of understanding and resilience. Through collaborative efforts between healthcare providers, organizations, and individuals, National Diabetes Month seeks to inspire positive change and improve the quality of life for many.

Almost 25% of Americans already have diabetes but do not know it. Take this 60-second risk test from the American Diabetes Association to see if you should get tested:

<https://diabetes.org/diabetes-risk-test>.

**Take Charge of Tomorrow**

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

**Diabetes** is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.

- Manage your A1C blood glucose, blood pressure, and cholesterol levels.**  
Ask your doctor what your goals should be, and stay informed about your A1C level.
- Take care of your mental health.**  
A mental health counselor may help you find healthy ways to cope with stress.
- Make lifestyle changes to slowly build healthy habits.**  
Take small steps to eat healthier, be more physically active, and get enough sleep.
- Take your medicines on time, even if you feel healthy.**  
Talk to your doctor or pharmacist for help if you have trouble managing your medicines.
- Work closely with your primary care provider.**  
They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on preventing diabetes health problems.  
healthinfo@niddk.nih.gov [X](#) [f](#) [v](#) [@niddkgov](#)

## Ruth Enlow Library To Host Peculiar Plant Class

Join us for a fun, interactive session for kids that will explore some odd and interesting plants on Nov. 2nd @ 1pm at the Ruth Enlow Library of Oakland, MD. Each family will receive a free house plant for attending. Please register with Andrew at 301-334-3996 and be sure to include the age of the children attending!



University of Maryland Extension  
*Presents*

## Peculiar Plants

Looking for a fun and intriguing way to celebrate fall? Bring your children to attend this free kids class to learn about some unique and peculiar plants.

**Location:** Ruth Enlow Library - Oakland Branch

**When:** Saturday November 2nd at 1pm

**Free house plant for attending!**

Register with child's name and age to Andrew at [andrew@relib.net](mailto:andrew@relib.net) or by dialing 301-334-3996  
Please register by October 30th  
*\*limit to one house plant per family*



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or activity, please contact University of Maryland Extension @ 301-334-6960 by Oct. 24, 2024.

## Master Gardener Basic Training Commenced

The 40-Hour Master Gardener Basic Training for 2024 began on October 18th welcoming five participants ready to deepen their horticultural knowledge. Basic Training covers many gardening topics, including the required five core subjects of Ecology, Botany, Soil Science, Entomology, & Plant Pathology. These subjects provide trainees with a comprehensive understanding of the natural processes and challenges in gardening. Trainees also get to explore several other subjects throughout the class. Successfully completing this training marks the first step toward becoming a certified Maryland Master Gardener.

For those interested in learning more about the Master Gardener Program in Garrett County, reach out to Ashley at 301-334-6960.



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## Western Maryland Food Council Conference Slated for November 15, 2024

This conference is open to anyone actively engaged in or concerned about the food system. We invite you to join us as we work to improve and integrate all aspects of the food system to sustain and enhance the social, nutritional, economic, and environmental health of Western Maryland. The conference will feature guest speakers, local expert panel discussions, and breakout room discussions for participants. Click below for agenda and registration details.



**Our Food Our Future: Buying Local Helps All Conference 2024**

Three Convenient Locations - One Fantastic Conference! (online available too!)

📧 [wmdfoodcouncil.com](http://wmdfoodcouncil.com)

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# Essential Utensils for Stocking Your Kitchen



Whether you're a seasoned home chef or just starting to cook, having the right tools for the job can make a huge difference. The right tools for the job can make cooking less stressful and more enjoyable. Discover the seven useful kitchen tools on the [Eat Smart Blog](#).

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## Health Care Insurance Options for Farm Business Operations



Over the past year, Jesse Ketterman worked with Paul Goeringer, Maria Pippidis, and Nat Bruce on a grant project focusing on hiring and retaining farm employees. Jesse's focus of the project was on retirement options and health insurance options for farmers and employees. Recently a Factsheet was published titled, "Health Care Insurance Options for Farm Business Operations." The publication is available at this link:

<https://extension.umd.edu/resource/health-care-insurance-options-farm-business-operations-fs-2024-0706/>. Information

about the larger grant project is available at: <https://agrisk.umd.edu/grant-proposals/hiring-and-retaining-farm-employees>. Flash drives are available by contacting Jesse at [jketterm@umd.edu](mailto:jketterm@umd.edu). Flash drives contain all materials developed as part of the project to include a fillable employee handbook.

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## Thanks go out to Kristin Spiker



We would like to express our appreciation to Kristin Spiker for the 12 years that she devoted to the Garrett County SNAP-Ed program. Over that time, she partnered with youth education sites, including schools, Head Start, and Judy Center, to enhance access to nutritious foods and physical activity. She worked on environmental changes related to school menu changes and farm-to-school promotion while sharing nutrition education with parents and students through tastings to promote healthy eating. We thank her for her tireless efforts to improve food access by connecting families to local food resources including farmers and food pantries. We wish her the best in her next chapter!

# Update AG Client Contact Information



Agriculture & Food Systems

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

