

# UNIVERSITY OF MARYLAND EXTENSION

## *Solutions in Your Community Newsletter*

Prince George's County

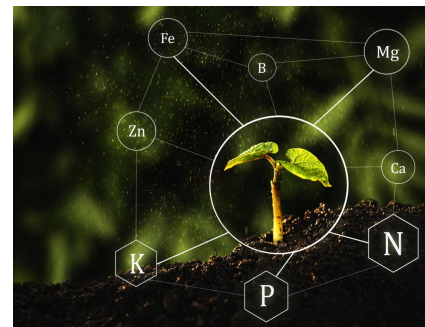
April 2023

### **Nutrient Management Plans**

Farmers, have you started your Nutrient Management Plan for fertilizing crops and managing animal waste for the 2023 growing season?

The time has come for producers to start their Nutrient Management Plans. All Farmers are required to complete their Nutrient Management Plans prior to dispersing nutrient applications. Soil samples are required to be completed every three years. Check your soil test results to ensure that they are current.

Are your maps up to date for your plan? Now is a great time to review your maps to make sure that your location and boundaries of your operation are marked clearly, and your field numbers and acreage totals are indicated on your individual field boundaries.



### **Need Assistance?**

#### **Completing Your Nutrient Management Plan**

For assistance with or additional information on how to complete your Nutrient Management Plan, contact our Coordinator & Nutrient Management Advisor, Chris Dowell, at [csdowell@umd.edu](mailto:csdowell@umd.edu) or [visit our website](#) for assistance and additional information.

#### **Inspection process or Annual Implementation Reports**

For questions about the Inspection process or Annual Implementation Reports, contact the local MDA Inspector, Weylin

## UME Nutrient Management Program

Anderson, at either (410) 980-9479 ,  
[weylin.anderson@maryland.gov](mailto:weylin.anderson@maryland.gov),  
or [visit their website](#) for  
additional assistance.



## April 2023

### **5** **Farmers Market at Maryland**

On Wednesdays  
April 5, 2023 - May 10, 2023  
11:00 am - 3:00 pm

Tawes Plaza Gardens  
3900 Campus Drive  
College Park, Maryland 20742

Click [here](#) for more information

### **12** **Wednesday Webinars: Tools & Tips for Creating Maps of Farm Fields**

April 12, 2023  
12:00 pm - 1:30 pm

Virtual

Click [here](#) for more information and to register for this event.

### **19** **Wednesday Webinars: Ensuring Safe Water by Well Testing**

April 19, 2023  
12:00 pm - 12:45 pm  
Virtual

### **22** **Global Earth Day**

### **22** **Growing Green with Pride Day**

April 22, 2023  
8:00 am - 12:00 pm  
Prince Georges County

Click [here](#) for more information and to register for this event.

### **29** **Maryland Day**

April 29, 2023  
10:00 am - 4:00 pm

University of Maryland  
College Park, Maryland 20742  
**Free admission and parking**

Click [here](#) for more information and to register for this event.

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### Rice and Beans

Modified by: Ellen Howard de Perez, EFNEP Nutrition Educator

**INGREDIENTS:**

- 1 box of Minute Brown Rice
- 1 can of black beans - low sodium
- 1 can of chicken broth - low sodium
- 1 cup of chopped onion, bell pepper, and cilantro (add as many colors as possible of fruits and vegetables)

**Procedure:**

1. Saute the onion, bell pepper, and cilantro
2. Add the can of beans and mix well
3. Add the rice and mix well
4. Add chicken broth and water as needed
5. Cook according to the box instructions and enjoy
6. Add Adobo light (recommended) or salt to taste

4 to 6 servings



**To complete all five food groups:**

Add some shredded cheese or queso fresco. Or, if you prefer, you can have a glass of milk or yogurt in between meals.

For more recipes like this, contact Ellen using this QR Code



## Healthy Eating

Try this healthy, Rice and Beans, recipe with your family and friends and let us know what you think!

Did you enjoy this recipe?

Yes

No

# April Garden Tips

## Soil

Get a Soil Test. Your soil should have a pH level of 6.5 to 7.0 for most plants.

If you are growing blueberries, the desired soil pH for blueberry is 4.3 - 5.3. Use iron, sulfate, and elemental sulfur to drop the soil pH, a process that can take 6-12 months. These plants establish more quickly when a generous amount of compost is worked into the soil.

## Lawns

Lawn mowing season begins in April. The height and how frequently you mow your lawn is very important to turf quality and weed management. Cool-season grasses such as tall fescue and bluegrass should be maintained between 3 - 4 inches for most of the growing season and no more than 1/3rd of the leaf blade should be removed at each mowing.

## Flowers

Many spring bulbs have fully emerged and are flowering. Remove spent flowers but leave the green bulb foliage alone until it yellows and dies back naturally.

## Additional Gardening Resources

# Spring Into Action!

Enjoy these tips and tricks to get you moving this spring with fun and easy physical activities from SNAP-Ed

## Have a day at the park

Go to a local park and fly a kite, find a walking trail, play baseball or kickball, jump rope, take the dog for a walk, or throw a Frisbee. Bring a picnic lunch and a large blanket for everyone to sit on for a family meal.

## Plant a vegetable garden

Growing and eating from your own garden can be very exciting. Kids love to see how food grows and they have fun helping to pick their own veggies. If you have limited space at home, try growing lettuce, tomatoes, or fresh herbs in pots that can sit on your porch. Kids love to eat the foods that they have helped to grow.

## Create a routine with family and friends

Find a friend or family member to be physically active with on a regular basis. Create a routine such as taking a walk after dinner at least 3 times per week. This will give you something to look forward to and you can support each other's physical activity goals."



## Turn off the TV and go for a walk

Limit your family's screen time and go for a walk around the neighborhood instead. The sunlight helps your body get Vitamin D. Being out in the sun also helps to improve our mood and energy.

[Visit our Website](#)

## Additional Resources for Prince George's County

UNIVERSITY OF  
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# MARYLANDERS ONLINE CALL CENTER



Marylanders Online is an initiative through the University of Maryland Extension (UME) and College of Information Studies (INFO) with state funding that aims to bridge the digital divide throughout the state of Maryland.

Marylanders Online Call center is here to provide FREE one-on-one tech support to all the Maryland residents and bring digital equity in Maryland.

It will provide:

- Tech support in English and Spanish
- Any device support including hardware and software
- Assistance in getting connected with internet
- ACP application assistance
- Connect to local organizations offering various digital skills classes, device program, and much more.

## Let's connect!

Number: 301-405-9810

Toll Free: 1-866-206-8467

Time: 9:00 am to 3:00 pm  
Monday to Friday

Email:  
[marylandersonline@umd.edu](mailto:marylandersonline@umd.edu)

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.



Email Us



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