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UNIVERSITY OF MARYLAND / FEARLESS IDEAS



# UNIVERSITY OF MARYLAND EXTENSION

Prince George's County

November 2020

## Your Monthly News & Updates



Greetings!

Best,

Karol W. Dyson  
Capitol Area Extension Director  
University of Maryland Extension



@UMEPGC

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## Healthy Eating Habits During The Pandemic

Healthy eating helps to keep our immune systems strong and prevent illness. Vitamin C found in fruits and vegetables helps to support immune function. One of the best ways to fight off infections and diseases is by eating foods that are high in vitamins in minerals. Here are some ways to eat healthy during the pandemic and beyond.

- **Plan Your Shopping**-Before going to the grocery store make a list to ensure you get what you need and limit impulse spending. Remember to purchase and store non-perishable foods that may be used to prepare different meals. Support local farmers by placing an online order for curbside delivery at a local farmers market or Community Supported Agriculture (CSA).
- **Advanced Preparation**-As we enter the fall season, consider preparing vegetable filled stews and soups to eat throughout the week, and freeze leftovers in small containers for a later time.
- **Limit Unhealthy Choices**-Reduce or eliminate high calorie foods and beverages that are high in salt, unhealthy fats and oils, and sugar. They also lack necessary vitamins and minerals and may lead to weight gain. Healthier snack options include raw vegetables, fresh fruit, and unsalted nuts.
- **Stay Hydrated**-During the fall and winter months, it is important to remember the importance of staying hydrated. We need water to help our bodies function. Water helps to transport nutrients throughout our bodies. Add a slice of fruit or fresh herbs including spearmint, peppermint, or basil to a glass of water. Eating fresh fruits and vegetables is another way to increase water intake.
- **You Choose Night**-Have a family member select a country or theme for the evening meal or healthy snack such as Mediterranean Monday, Taco Tuesday, or Fresh Fruit Friday! Research the country or culture and share the information during meal or snack time with your family. To add variety, consider sampling a fruit no one has tasted before and look up where and how it is grown.



Click [here](#) or go to <https://www.eatsmart.umd.edu/> to access the Maryland SNAP-Ed website for recipes and additional healthy eating habits tips.

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## Meet Our New Agriculture Marketing Educator: Charlie Sasscer

Charlie Sasscer III grew up in St. Mary's County, Maryland on his family's hay and beef cattle farm. He was heavily involved in 4-H growing up which helped to develop his

love of livestock. He attended Oklahoma State University where he earned his Bachelors of Science in Animal Science: Production. He then attended Kansas State University to pursue a Master's of Science in ruminant nutrition, before moving back home in 2020.

Charlie's role as the new Prince George's County Agriculture Marketing Extension Educator is to help producers be financially successful. This will be done through the implementation of business and market planning, as well as the acquisition of grants and continuing education.

In his spare time, he can be found back home on the family farm, raising beef cattle and deer hunting.



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## Did You Know



**Did you know...The Maryland SeaGrant did a Shuck at Home series to help you prepare oysters at home?** Check out a few videos from Matt Parker on [Freezing Oysters](#) & [Grilling Oyster](#). You can also check out more videos from the series [here](#).

**Did you know...Gardening information is available during this pandemic?** The International Association of Horticultural Producers (AIPH) has published information on "How gardening will keep you well during the coronavirus pandemic." For more information, [please see the datasheet](#).

**Did you know...A local Master Gardener is offering Gardening Classes ?** A local Master Gardener and Urban Farmer is offering classes on ways to jump start your garden during the winter months. For more information and to register for classes please [click here](#).

**Did you know...Fall is the time for producers to start their Nutrient Management Plans?** Producers need to check their soil test results and make sure they are current. Soil samples need to be taken every three years. If you are planning on liming this fall you should take your samples before you lime to get an accurate pH result. It takes 6-12 months for lime to react in the soil and raise the pH. This is also a good time to make sure all the maps are up to date for your plan. When you have current soil tests, maps and know what the planned crops are for the 2021 growing season then contact Chris Dowell ([csdowell@umd.edu](mailto:csdowell@umd.edu)).



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Prince George's County, Maryland

Visit [Fresh. Local. Fun. PGC](#) for more information about farms, food events, and farmers markets in gorgeous Prince George's! Minutes from the Nation's Capitol, Prince George's County offers a variety

of [food and farming events](#) every month!



## UNIVERSITY OF MARYLAND EXTENSION

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