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UNIVERSITY OF MARYLAND / FEARLESS IDEAS



UNIVERSITY OF MARYLAND EXTENSION

Prince George's County

May 2020

Your Monthly News & Updates



Greetings!



@UMEPGC

Maryland Oysters All Year Long



Are you stuck at home, but still craving oysters?

Just because restaurants are closed doesn't mean you can't still have delicious local seafood.

Oysters from aquaculture operations in Maryland can be consumed all year long.

Due to the pandemic, many oyster farms have had their sales stop overnight. This is because almost all sales of farm-raised oysters go to restaurants.

If you would like to order oysters to have at home, the East Coast Shellfish Growers Association has a list of farms, which are doing online sales, local pick up, local delivery, or meeting customers at farmer's markets or other locations.

The list can be found [here](#). Additionally Maryland Sea Grant has prepared a video on [how to shuck oysters at home](#). Watch the [Maryland Sea Grant YouTube channel](#) for more videos on how to prepare oysters at home.

Remember, supporting Maryland aquaculture operations helps the economy, the environment, and provides jobs in rural areas.

Matt Parker
Aquaculture Business Specialist

Fun Activities from EFNEP

Summer Fun Recipe: Cucumber and Tomato Salad



- [Recipe Link](#)
- Serving Size: 4
- Ingredients:
 - 2 Cucumbers (diced)
 - 1 Cup Tomato (seeded and diced)
 - 1/4 Cup Onion (chopped, sweet)
 - 2 Cup Couscous or Rice, cooked
 - 2 Teaspoon Dill Weed (chopped, dried or fresh)
 - 1/2 Cup Low-Fat Italian Dressing
- Directions:
 - Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill and dressing
 - Chill for 1 hour
 - Serve!

Summer Gardening Ideas

Getting kids involved in gardening makes them more interested in healthy foods and they'll be more likely to

try new foods! Try planting a snack themed garden by filling the garden with edible crops that can be washed and eaten with little to no preparation.

1. Find a good location with plenty of sunlight to plant your garden.
2. Select the vegetables you want to grow. Consider choosing snap peas, cherry tomatoes, carrots, cucumbers or kale!
3. Care for your garden with water, weeding and repeating.
4. When your veggies are ready, harvest them and enjoy!



For more information on planting themed gardens, check out this [Kids Gardening Activity](#).

Did You Know



Did you know...Our 4-H Youth Development Program has found some distance learning websites? To keep up with posts about some activities and information, please see our [Facebook Page](#), [News & Updates Page](#), and our [Things to do at Home Page](#).

Did you know...The Consumer Financial Protection Bureau (CFPB) is working with the @FHFA and @HUDgov to assist homeowners and renters during COVID-19? Visit the new unified [Mortgage and Housing Assistance site](#) for the latest information on how to get help.



Did you know...The Food Equity Council has Food Resources for Food Assistance? For more information [click here](#).

Did you know...Our EFNEP team has some useful resources during this time? [Check out their site for more information](#).



Fresh. Local. Fun.

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!



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supported by the Maryland-National Capital Park and Planning Commission, serves the community from two locations including the main Extension office in Clinton and the Center for Educational Partnership in Riverdale.

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