

SEPTEMBER 2009

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2009 WMREC FRUIT & VEGETABLE TWILIGHT MEETING

The 2009 WMREC Fruit & Vegetable Twilight Meeting is scheduled to be held Thursday, September 24, 2009 from 4:30 p.m. - 7:00 p.m.

The Western Maryland Research and Education Center (WMREC) is located in Washington County at 18330 Keedysville Road, Keedysville, MD 21756. This educational meeting is intended to provide producers the opportunity to get a firsthand look at several of the ongoing research projects. Highlights will include:

- 30 varieties of pumpkins
- Dr. Chris Walsh's work on new apple varieties on their own rootstocks
- Dr. Galen Dively's work on Bt sweet corn
- New mobile high tunnel
- Safety aspects of high tunnel production
- Updates from University of Maryland specialists



Sandwiches and other refreshments will be provided. Registration is not required, but your RSVP will help us to plan for materials and food.

PLEASE RSVP TO cmason@umd.edu or 301-432-2767 x350.

Bryan Butler Sr., Carroll County Extension Agent, University of Maryland Extension

BECOME A MD CERTIFIED PRIVATE PESTICIDE APPLICATOR

If you have allowed your Private Pesticide Applicator Certification to expire or are a new applicant, then you are invited to attend the Private Pesticide Applicator Certification Training and Examination. It's a three step process:

Step 1: Register for the training by calling 410-386-2760 at least one week before training date. Stop by the Carroll County Extension Office (or any Maryland Extension office) to pick up a copy of the **new** Maryland **Pesticide Applicator Core Manual**. Read the manual and go over the review questions at the end of each chapter and practice exam.

Step 2: A Private Applicator Certification Training will be conducted at the Carroll County Extension Office from **10:00 am – Noon** on **November 12, 2009**.

Step 3: A Private Pesticide Applicator Exam will be given at the Carroll County Extension Office from **10:00 am – Noon** on **November 19, 2009**.

OR

Step 2: A Private Applicator Certification Training will be conducted at the Carroll County Extension Office from **6:00 pm – 8:00 pm** on **February 11, 2010**.

Step 3: A Private Pesticide Applicator Exam will be given at the Carroll County Extension Office from **6:00 pm – 8:00 pm** on **February 18, 2010**.



PESTICIDE APPLICATOR RECERTIFICATION

If your Maryland Pesticide License will expire on December 31, 2009 it is time to attend recertification training. To facilitate RECERTIFICATION your Carroll County Extension office will have three separate RECERTIFICATION opportunities for you to attend. They will be **December 10, 2009, 6:00 p.m. – 8:00 p.m., January 14, 2010, 10:00 a.m. – Noon**, and **February 25, 2010, 10:00 a.m. – Noon**. Preregistration one week in advance is required. Call in early to reserve your space as seating is limited and goes quickly. Be sure to bring your **Pesticide License Number** with you.

MARYLAND NUTRIENT APPLICATOR VOUCHER TRAINING

If your Maryland Nutrient Applicator Voucher will expire on December 31, 2009 it is time to attend training. To facilitate training your Carroll County Extension office will have three separate opportunities for you to attend. They will be **December 3, 2009, 10:00 a.m. – Noon, January 21, 2010, 6:00 p.m. – 8:00 p.m.** and **March 4, 2010, 10:00 a.m. – Noon**. You only need to attend one two-hour session. Preregistration one week in advance is required. Call in early to reserve your space as seating is limited and goes quickly.

WREC 2009 PUMPKIN AND SWEET CORN TWILIGHT MEETING

2009 WREC Pumpkin and Sweet Corn Twilight Meeting
Tuesday, September 22, 2009
4:30 - 7:00 PM
Wye Research and Education Center
211 Farm Lane
Queenstown MD
(Signs will be posted)



Please join University of Maryland Specialists Jerry Brust, Bryan Butler, Galen Dively, and Mike Newell for review and discussion of current field research and grower concerns. Participants can view a replicated trial of 30 pumpkin varieties, plus see and taste 7 "Bt" sweet corn varieties.

A light dinner fare will be provided. No pre-registration is required.

For additional information, contact Michael Newell mnewell@umd.edu or 410-827-7388;
<http://www.wrec.umd.edu>.

If special assistance is required to attend this meeting, contact Debby Dant @410-827-8056 by September 15, 2009.

FORESTRY WORKSHOP PLANNED

Everyone is invited to participate in the upcoming "The Woods in Your Backyard Workshop" to be held from 6:30 to 9 p.m. Tuesdays from September 15 through September 29. The first two classes will be held at the University of Maryland Extension, Carroll County Office, 700 Agriculture Center, Westminster, while the third class will be devoted to a tour of woodland projects.

The registration fee for the entire course is \$20 for an individual and \$25 for a couple; workshop participants will receive a full-color 130- page manual as a program reference and a CD. Those interested in information or in attending can call the Carroll County at 410 386-2760.

This three-week course is designed to provide the basics of forest and wildlife management to small acreage private woodland owners. Participants will learn how to make their woodlands work for them. Landowners of just a few acres can make a positive difference in their environment through planning and implementing simple stewardship practices. Small lots are important, since the vast majority of landowners have less than 10 acres; this land, wooded or not, is a vital resource for all of us.

By enhancing or creating natural areas and woodland on these small lots, the landowner can enjoy recreation aesthetic, wildlife and water quality. There will be a special focus on converting lawn to natural areas. If a landowner's lot connects with other lots, there is ample opportunity to make an even larger impact by getting neighbors involved.

Workshop participants will learn:

- Why they should manage their land;
- How to map their land and what to do with it;
- How their land relates to the land around it;
- How to identify land management units on their property;
- The basics of tree identification forestry, and wildlife habitat management;

- How to assess the property's water resources, recreational possibilities, aesthetic appeal and ways to improve each;
- How to convert excess lawn area to natural areas.
- How to choose a few land management projects to help meet their goals; and
- How to set a timetable and mark progress

The simple stewardship practices taught in this workshop will provide many personal benefits to participating landowners.

A significant benefit would include the opportunity to spend more time outdoors away from the television and computer to enjoy more time with the family and benefits of increased exercise that being outdoors provides.

Improved stewardship will also provide more abundant wildlife that can be enjoyed in the outdoors. In tough economic times, the well-managed woodland should also not be underestimated as a potential source for supplemental income.

23RD ANNUAL MARYLAND HORSEMEN'S PARTY

The 23rd Annual Maryland Horsemen's Party will be held on Sunday, October 11, 2009 from 2pm to 5pm at Ten Oaks Ballroom in Clarksville, MD. This year's event will feature great food, live entertainment, and a silent and live auction.

Recipients of the Maryland 4-H Horse Program Youth Development Award (Christine Johnston, 4-H Educator and CED from Queen Anne's County) and the Maryland 4-H Horse Program Volunteer of the Year Award (Diana Cullum from Howard County) will also be recognized.



Tickets are available for \$30 per adult and \$20 per youth (13 and under) if purchased by September 18th. Tickets purchased after this date will cost an additional \$10 per ticket. Proceeds will benefit the Sallie Robertson Memorial 4-H Horse Endowment Fund. Interest earned off of this endowment helps send the 4-H horse teams in the areas of horse bowl, horse judging, hippology, and horse communications to compete nationally at the Eastern National 4-H Horse Roundup in Louisville, KY. It also helps support the educational programs offered by the Maryland 4-H Horse Program throughout the year.

For more information or to order tickets please visit our web site at <http://www.4horse.umd.edu/activities/HorsemensParty.html>.

The ticket request form is also attached. If you have any questions, please contact Debbie Frey at 301-314-7824 or dfrey@umd.edu.

Kristen M. Wilson, Regional Extension Horse Specialist, CMREC

BOB SHIRLEY, 2009 HORSEMAN OF THE YEAR!

The Maryland Horse Council's Third Annual BBQ Picnic, which is open to all Maryland Horse People, will be honoring Bob Shirley (Extension Agent Emeritus, University of Maryland Extension) as their 2009 Horseman of the Year. The event is being hosted by Loch Moy Farm, 1235 Park Mills Road, Adamstown, Maryland 21710. For directions, use www.mapquest.com. Hotline for Event Updates on day of BBQ: 410-230-1819. Event includes Music, Legislative Guests, Networking, and Fun; bring the family, bring the barn. Live Music provided by "Cops and Robbers," starring Rick Pelicano.

For more information, including costs to attend, please contact Nancy at 301-803-6573. Registration for this event is required and must be completed by September 14, 2009!

Maryland Horse Council

YOU ARE NOT TO BLAME

Take it from an expert — you are not to blame for the financial problems you are experiencing as a result of falling milk prices.

You aren't doing anything wrong, and there is not a lot you can do to fix the situation, advises attorney John Baker.

In fact, he pointed out to the audience, "You wouldn't be here if you weren't good managers." The bad managers got washed out in the 1980s when land values took a tumble. The folks who are left in farming (in Iowa) are among the best in the world, he said.

These are stressful times for a lot of people, he said. Stress can make it difficult for people to concentrate, process information, make decisions and communicate. Stress can be a source of conflict.

Conflict is not necessarily harmful. It is how we deal with conflict that can make it harmful or destructive, Baker says. For instance, some people may avoid contact with a person if they owe that person money.

Yet, he adds, "one of the best things you can do is stay in contact with creditors so they know what is going on in your operation." Furthermore, when working with creditors, be proactive, not reactive, he says. Take the lead in seeking a solution, including any ideas you have for mediating the debt. And, be flexible. Be willing to "give" in order to "get."

When problems arise, Baker suggests using the **S.O.C.S.** model to find solutions:

Situation. Define the situation from many perspectives — financial, legal, social, emotional, personal and family. How many ways can you look at this?

Options. Explore at least two options, but it even better if you can throw out as many options as possible. Do not reject an option at this point.

Consequences. List the positive and negative consequences associated with each option.

Solution. Select the option that has the best outcome.

Thomas Quaipe, Editor, Dairy Herd Management, August 5, 2009 (crisis management resource center at www.dairyherd.com/crisis)

AREA EXTENSION DIRECTOR MODEL

At the June Town Hall meetings, I had the opportunity to introduce the Area Extension Director (AED) Model. This model utilizes one person to be the administrator over multiple local (county/city) units - as compared to having one person over each individual local unit. The AED provides local leadership and management for three to five local units. The areas are based upon geographic area, population, county staffing, and programming needs.

The AED would oversee human resource management, financial management, marketing & promotion, Extension Advisory Committees, new revenue generation, and strengthening relationships with local government officials and community partners. They will also work with Extension Educators and Specialists to ensure that programming needs are being adequately addressed in the respective extension area.

Currently, there are numerous local units with UME which do not have qualified tenured faculty to perform administrative duties. Additionally, in the near future, a number of our current CEDs will be retiring. For some faculty, there have been concerns related to managing and balancing the programmatic and administrative roles. Overall we need to determine and utilize the most effective way to manage this local management issue - what will be the best for UME's future, our faculty and staff, and the people we serve.

A number of benefits have been identified with the AED local leadership model, namely:

The model is an effective and efficient way to address the current situation in UME and needs addressed above.

This model aligns closely with the regional program delivery that we are now utilizing; i.e. areas of expertise and faculty programming delivery across clusters of counties. People can focus their time and attention on program delivery or local administrative responsibilities.

AEDs will ensure more consistency of practices and procedures across the state; i.e. they will be expected to be more skilled in policies and process for dealing with problems, issues and challenges at the local level.

The model enables the potential for greater coordination, compromise, and synergy - particularly across groups of counties; including strong connections with local governments, agencies, organizations, etc. Through this partnership development, there is an expectation of greater resource development for program growth and development.



In September 2008, we hired our first CEC (County Extension Coordinator) to work in Howard, Frederick and Carroll Counties. In this role, the CEC has had the opportunity to focus on administrative duties and has made very good headway with local relationships, budgets, marketing, facilitation of program sharing, and resource development in the time she has been in this position. This CEC position was established as a pilot model to learn from. During this time we have assessed aspects that work well as those that need to be adjusted. This pilot is enabling us to see how this position is performing and to make any necessary tweaks or adjustments to ensure that it is most effective for use elsewhere.

A great deal of thought and discussion has been devoted to this local leadership plan. From March through June, a Task Force of CEDs has worked through a comprehensive list of concerns, issues and questions. Their Task Force report was presented and discussed with the CEDs at their statewide meeting on June 18. I want to express my gratitude to this committee for the time and work that they devoted to this effort.

The UME Administrative Team met on July 20 to determine next steps based upon the Task Force report, our current CEC, and other input that has been gathered over the past three months. It was decided that we will move forward with the AED model for local administration. However, the implementation of this model will be done in phases rather than all at one time. With this approach, there also may be a mix of AEDs along with CEDs depending upon a number of factors such as population, number of staff, geographic area, programming efforts, etc.

We will be moving forward with this plan in the Lower Eastern Shore and in Western Maryland at this time. These areas have been identified because these counties have an aligned natural, geographic working area; the county governments are working closely on economic development and social issues; and, there are a great deal of similarities from a programmatic perspective. For both of these positions a search will be conducted early this fall. Federal funding will be utilized for these two positions; thereby not obligating current position funding, and it will enable the process to proceed with the current hiring freeze on state funded positions.

As these three positions are in place, we will be conducting more formal evaluations of this area model for local leadership. Input will be gathered from faculty, staff, advisory committee members, local government and stakeholders. Further adjustments will be made to the model to ensure that it is most effective for University of Maryland Extension.

These are very challenging times for all of us in Extension. We need to do all that we can to ensure that we are the most relevant, reliable and responsive to the needs of our state's residents. Moreover, we need to be proactive and progressive in how we approach today's challenges and opportunities as an organization. I thank you in advance for your support, enthusiasm and great work that you do on behalf of UME. Working together, we can ensure that we have a strong and sustainable future.

Dr. Nick Place, UME Associate Dean and Associate Director

UNIVERSITY OF MARYLAND EXTENSION EVOLVES TO BETTER SERVE MARYLAND CITIZENS

In an effort to strengthen the connection between the University of Maryland (UM) and its land-grant extension mission a name change has been approved by the University of Maryland Board of Regents from Maryland Cooperative Extension to University of Maryland Extension (UME).

“It is very exciting that Extension programs, which are based in the College of Agriculture and Natural Resources (AGNR) and delivered to Maryland citizens in every county and Baltimore City, will now be formally recognized as the outreach vehicle of the University’s research and teaching across the UM campus, the University of Maryland System’s many institutions, and across the entire state,” says Dr. Cheng-i Wei, AGNR dean and UME director.

But positioning the historic organization for the future involves more than a name change. As Dr. Nick Place, associate director of University of Maryland Extension, explains, “In positioning UME for the future, it’s important to keep our programs responsive to the needs of the community, economy and environment.” In order to do this, UME will focus on four impact areas:

- local food and agricultural systems,
- environment and natural resources,
- healthy living and
- resilient communities.

Unbiased, research-based programs related to the four impact areas are available through office in the city of Baltimore and all 23 Maryland counties. The traditional Extension programs of 4-H Youth Development, Family and Consumer Sciences, Sea Grant Extension, Agriculture/Horticulture and Natural Resources will serve as keystones in this client-needs-focused effort.

To find out more about University of Maryland Extension’s four impact areas, visit www.extension.umd.edu.

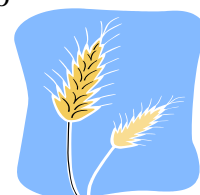
Dr. Nick Place, UME Associate Dean and Associate Director

BUILDING A NEW MARKET FOR BARLEY

Osage Bio Energy is pleased to announce that they are working with Perdue AgriBusiness to secure local barley to operate Appomattox Bio Energy, the first major barley-to-ethanol bio-processing facility in the United States.

Osage Bio Energy and Perdue are committed to providing local farmers a new opportunity to create a viable and sustainable market for barley in the Southeast and Mid-Atlantic.

To find out how to contract barley for Osage Bio Energy, please contact Steve Norris at Perdue Grain and Oilseed at (410) 726-9104 or steve.norris@perdue.com.



For more information about Osage Bio Energy visit www.osagebioenergy.com.

Dr. Bob Kratochvil, Extension Specialist, Agronomic Crop Production, UME

BE WARY OF USING NONTRADITIONAL FERTILIZERS

Even though the prices of most fertilizers are much lower now than they were this time last year, farmers are always looking for a bargain. This is the exact time to be cautious about claims that seem too good to be true.

To protect producers, several laws and regulations are in place through the West Virginia Department of Agriculture. All brands and grades of fertilizer, lime and soil/plant amendment products must be registered before they can be sold in the state.

Before you buy, evaluate whether what you are being sold is real or bogus. Follow these steps recommended by Ohio State University's Robert Mullen, soil fertility specialist, and Edwin Lentz, Extension educator.

Think Before You Buy

- If it sounds too good to be true, it probably is. This old adage is almost always true. So if a product is promising tremendous yield improvements by supplying adequate nutrition, suppressing weeds, and improving soil health via a small application rate, it is most likely not going to deliver the desired benefits.
- Take a lesson from the first law of thermodynamics. That law states that energy can neither be created nor destroyed – it simply changes form. Therefore, nutrients can neither be created nor destroyed; they can only be shuttled between different pools. So, if the product label states that application of the material is equal to 50 pounds of phosphorus per acre, if the material fertilizer analysis (required on the bag by law) has 20 percent phosphorus and if the application rate is not 250 pounds per acre, you can not supply the same amount of nutrients at a rate of 50 pounds per acre. The maximum efficiency of any system is 100 percent. So how can this product magically supply more than is being applied?
- Look for unbiased research results. Many products are vetted through land-grant universities to determine their potential usefulness. Just because a product works at some remote location does not necessarily mean it will work on your farm. (That is why land-grant universities conduct field research.) If the individual selling you the product is also the individual conducting the research, be wary.
- Start small. Before completely adopting an alternative product on your entire farm, evaluate the product on a limited basis and make simple comparisons to current practices. If you see no yield advantages, you have your answer.

Consider This

Liquid formulations are not used throughout West Virginia. A liquid fertilizer material being promoted in parts of the state provides a good example of the questions producers need to consider this spring.

Here's some helpful background from the Penn State Agronomy Guide: "The bottom line in comparing fluid fertilizers with dry fertilizers on the basis of amount of plant food, is that they are equal in agronomic effectiveness when each is used properly. Remember, when making calculations of fluid fertilizers, that the analysis is given as a weight percentage, not on a volume or 'per-gallon' basis. Most fluids weigh between 10 and 12 pounds per gallon."

Consider that a recommendation for nitrogen application in the spring is 50 pounds per acre. Imagine that the liquid fertilizer material a farmer is considering states it has an 8-16-8 analysis. For every 100 pounds of material applied per acre, the field would receive 8 pounds of nitrogen, 16 pounds of phosphorous and 8 pounds of potassium.

If the estimated weight of each gallon is approximately 11 pounds, to apply 8 pounds of nitrogen the farmer would have to apply 9 gallons of the material per acre. If the material costs \$50 per gallon, it would cost the user \$450 per acre to only apply 8 pounds of nitrogen, 16 pounds of phosphorous and 8 pounds of potassium.

To make an application of 50 pounds of nitrogen per acre, the user would have to apply 56.25 gallons at a cost of \$2,812.50. Using this liquid material, the farmer would have applied 50 pounds of nitrogen, 100 pounds of phosphorous and 50 pounds of potassium. The label on this material recommends using 24 ounces (.19 gallons) per acre in 15 gallons of water. Following these directions, the farmer would apply .2 pounds of nitrogen, .4 pounds of phosphorous and .2 pounds of potassium per acre.

A producer has several ways to reach the goal of 50 pounds of nitrogen. The most efficient way is to use Urea (47-0-0), which requires just over 100 pounds per acre— or approximately \$22, per acre. Use this material early in the morning or late in the evening, preferably before a rain to reduce volatilization.

To achieve 50 pounds of nitrogen with 10-20-20 fertilizer, a producer must apply 500 pounds per acre at a cost of \$157.25. The applicator would not only get 50 pounds of nitrogen but also 100 pounds of phosphorous and 100 pounds of potassium, whether it is needed or not.

Following these simple rules can help you separate good products from bad.

Source: West Virginia University Press Release. www.wvu.edu

BIOCHAR — A NEW TECHNOLOGY TO INCREASE SOIL ORGANIC CARBON

There have been some articles published about biochar in the local media, and a questionnaire has been going around in parts of Pennsylvania about this new topic, which may have raised some questions in peoples' minds. Is this a hoax that we should disregard or is this something we should pay attention to? Biochar is nothing else than charcoal. Research in former Indian settlements in the Amazon region revealed soils that contained high amounts of carbon. The source of the carbon was charcoal produced hundreds of years ago. It is also estimated that 5–10% of soil organic carbon in prairie soils of the Midwestern U.S. is charcoal, produced over thousands of years during prairie fires. Charcoal is unique in that it is highly stable — contrary to most of the soil organic matter naturally formed in our soils. Charcoal has a half—life of more than 1000 years. So when charcoal is applied to soils, there is a greater guarantee that this will stay there for a long time to come — in contrast to most other organic amendments we apply to soils. Charcoal has some beneficial properties for soil quality — (1) it is a great adsorbent that has the potential to reduce leaching of a variety of chemicals to groundwater; (2) charcoal contains plant nutrients that would be very slowly released to crops; (3) charcoal has a low density and could potentially reduce bulk density of agricultural soils; (4) charcoal is a liming agent that could alleviate the acidification of our soils. In an article published in the *Agronomy Journal* last year a vision was presented to process agricultural biomass through pyrolyzers, which would produce bio—oil (60% of mass), syngas (20% of mass), and charcoal (20%). The oil could be used as fossil fuel, whereas the syngas would be used to produce the charcoal. The author of the vision proposed that the charcoal would be applied to soils instead of used as fuel, to improve soil quality and sequester carbon in soils. The bio—oil that could be produced from agricultural crop residues could offset some 25% of current oil consumption in the U.S. Combined with the carbon sequestered in soil the charcoal (or biochar) vision would reduce U.S. carbon dioxide emissions 10%. It seems this idea has merit and is worthy of further investigation. However, just like other 'solutions' to the greenhouse gas and fossil energy conundrum, careful evaluation of benefits and drawbacks is warranted before large—scale implementation is warranted. Reference: David Laird. 2008. The charcoal vision: A win—win—win scenario for simultaneously producing bio—energy, permanently sequestering carbon, while improving soil and water quality. *Agronomy Journal* 100:178–181.

Sjoerd Duiker, Soil Management Specialist, PSU Extension

USDA REQUESTS PUBLIC COMMENTS ON METHODS TO SPEED NATURAL RESOURCES CONSERVATION WORK

USDA's Natural Resources Conservation Service (NRCS) is seeking comments from the public on an interim rule that identifies certain beneficial conservation activities that would be categorically excluded from the detailed National Environmental Policy Act (NEPA) process. This effort emerged from a group of conservation professionals brought together by NRCS who have identified actions that have shown to have no significant impact on the environment over 30 years.

By seeking public comment on how we can streamline implementation of certain conservation practices, the agency and partners can accelerate the benefits in order to help more people and more communities benefit from common-sense conservation practices.



Categorical exclusions will help NRCS, farmers, ranchers, and state and local governments make conservation planning easier and support implementation of Recovery Act projects. An action can be considered for a categorical exclusion if a federal agency determines that the proposed action does not individually or cumulatively have a significant effect on the environment.

The public is invited to submit comments on the interim final rule **until close of business Sept. 11, 2009**. Comments can be submitted online, by mail, via e-mail, in person or by fax.

To view the full text in the Federal Register Notice online visit www.thefederalregister.com/d.p/2009-07-13-E9-16400.

For further information on the National Environmental Policy Act, visit www.epa.gov/Compliance/resources/nepa.html.

For more information about NRCS and conservation programs that may be available to you and your community visit www.nrcs.usda.gov or your nearest USDA Service Center.

United States Department of Agriculture • Natural Resources Conservation Service

WHAT DO I TELL THE CHILDREN?

Don't try to hide things from the children — your body language is already telling them enough with regard to the financial difficulties you are experiencing.

It's OK to confide in them that the farm is experiencing tough economic times, according to Donna Andrusyk, family life field specialist for Iowa State University.

“You tell the kids what's going on, but you leave out the grim details if there are grim details,” she told a group that gathered in Nashua, Iowa, on Tuesday to hear strategies for dealing with the current dairy financial crisis. For instance, it is OK to mention that milk prices are down and the family doesn't have the money to spend that

it did a year ago. But, depending on the age of the children, you might want to avoid mentioning that the farm is “x” dollars in debt or that many of the cows may have to be sent to slaughter.

And, telling the children can be a proactive strategy for the following reasons:

- It may enlist the kids' help in cutting back on certain expenses, such as back-to-school items. For instance, the child may agree to use the same backpack that he or she used last year rather than buying a new one.
- It allows the parent to be a good role model when it comes to dealing with problems. It teaches the child, through the parent's example, that it is better to be honest and have a dialogue rather than bottling up one's emotions and perhaps acting out those emotions in a negative, non-verbal way, such as slamming doors.

This is an opportunity for you to role-model how you express your frustrations, she said.

Andrusyk offered some additional suggestions:

- You have to take care of yourself and get your emotions in check before talking to the kids. Just as a flight attendant tells adults to hook up their own oxygen masks (in the event of an emergency) before trying to help others, you are no good to the children if you are not functioning well yourself. "In order to communicate well with kids, you have to get your own life, mind and body in order," she said.
- Learn how you deal with stress. Everyone deals with stress differently. If you happen to be someone who gets chest pains when dealing with stress, recognize the symptoms and be proactive in dealing with it. For instance, you might want to take a couple of deep breaths to calm down and disassociate yourself from the stressful situation.
- Reassure the child that everything will be all right. "Reassure them they are still going to be taken care of, no matter what," Andrusyk said. Some relevant phrases are: "we love you," "we're a family," and "we will get through this, we just have to change a few things along with way."
- Teenagers will talk to you, but often it's on their terms. A teen might not be ready to talk at the dinner table, but perhaps he or she will be ready to talk later that night. Try to be perceptive of the teen and when might be the best time for a conversation.
- Provide simple, honest answers when the kids ask you a question.

A year ago, who would have imagined the agricultural extension service would be holding meetings in towns like Nashua, Iowa, on how to survive the dairy-farm crisis? I attended one of those meetings this week. I listened to suggestions for mediating debt with creditors, filing for bankruptcy — and, yes, how to discuss these issues with children. At the end of the three-hour presentation, the moderator ended on an especially somber note. He told us that if anyone ever threatens to kill himself that we should take that person very seriously and do what we can to help. (He was speaking from personal experience, since a friend of his had committed suicide years earlier.) The steady drumbeat of bad news is taking its toll on all of us. You are not alone.



By Thomas Quaipe | 8/5/2009, Dairy Herd Management

HELPING FARMERS COPE WITH STRESS

Farming can be stressful in the best of times. Financial worries, unpredictable weather, plant pests, livestock diseases, and isolation all contribute to farmers' anxiety. University of Maine Cooperative Extension created a web site to help farmers and their families who are under stress.

Check it out: <http://www.extension.umaine.edu/FarmersUnderStress/default.htm>

University of Maine Cooperative Extension

INTERPRETING MARYLAND'S NEW WOOD-FIRED BOILER REGULATIONS

The regulation for the use of outside wood fired boilers has changed in Maryland. Jonathan Kays has received some calls that some counties think they are illegal. In fact, they are still legal but conditions apply. While counties may impose additional requirements, he does not think they can outlaw them.

Below is an article from my recent Branching Out Forest Stewardship Newsletter (<http://www.naturalresources.umd.edu/Publications/BranchingOut/20093Summer.html>) that helps to clarify the issue.

Interpreting Maryland's New Wood-Fired Boiler Regulations

The unease over the cost of oil and gas has led many homeowners to install, or consider installing, wood-fired boilers for heating and hot water needs in the winter as well as year-round. Small wood-fired boilers are of particular concern to the Maryland Department of Environment (MDE) because stack emissions are higher than other wood burning appliances, resulting in an increase in particulate emissions. New lower emission boilers have been developed, but the older boilers were found to be illegal.

An article in the Fall 2008 issue of Branching Out indicated the MDE hosted stakeholder meetings to discuss the growing issue over small wood-fired boilers. As a result of this process, a new regulation was developed and included in the Code of Maryland Regulations (COMAR). The new regulation can be viewed online by searching COMAR at <http://www.dsd.state.md.us/comar/comar.aspx> (search article 26.11.11 Control of Particulate Matter from Small Wood Boilers). Reading this regulation can be confusing but after some discussion with MDE personnel the following major points are identified:

- As of April 1, 2009, all stoves sold, installed, distributed, or manufactured in the State must meet new stringent emission requirements and have a particulate matter emission of 0.6 pounds per million BTU input, and a particulate matter emission standard of 0.32 pounds per million BTU heat output by April 1, 2010. This really puts the pressure on manufacturers to provide these products for sale.
- A person owning or operating a small wood boiler that was purchased before April 1, 2009 can still operate their stove but there are some restrictions on the types of fuel that must be used. They can use clean wood and wood pellets, but there is a list of unacceptable fuels such as garbage, tires, lawn clippings, yard waste, plastic, rubber, etc. The willingness of MDE to allow existing stoves to operate was based on input from manufacturers that found there was no type of add-on they could provide to reduce the emissions and to disallow existing stoves would be an economic hardship to many people who have them in use.
- The counties do have the ability to impose additional regulations on small wood-fired boilers, as they do with all state regulations, that would require additional steps by the owner.
- While not stated specifically in the regulation, conversations with MDE personnel found that the operation of an existing wood boiler could be effected if it was a nuisance or created a public health problem. As many people know, it is possible that a dispute between neighbors can arise and a neighbor could file a nuisance or public health complaint against another for retribution. These types of complaints are commonly handled by county and/or MDE personnel depending on the county. Of the many complaints filed for wood fired boilers, only 1 or 2 ever resulted in an enforcement action, according to an MDE employee familiar with the regulation. Usually the parties are brought together and reasonable solutions are found.
- The stakeholder process that developed the new regulations had the involvement of county personnel, but it is possible that some counties may be unaware of this new regulation. Some may just think outdoor small wood-

fired boilers are illegal, period. If you are a landowner with an interest in this issue, get a copy of the regulation and share it with your county personnel. If you need clarification, contact the MDE (410-537-3000).

Jonathan Kays, UME Regional Specialist, Natural Resources

NATIONAL SIGN-UP FOR NEW CONSERVATION STEWARDSHIP PROGRAM

Agriculture Deputy Secretary Kathleen Merrigan recently announced that the U.S. Department of Agriculture (USDA) will begin continuous sign-up for the new Conservation Stewardship Program (CSP) on August 10 with the first signup period cutoff scheduled for **September 30**. CSP is a voluntary program that encourages agricultural and forestry producers to maintain existing conservation activities and adopt additional ones on their operations.

This program will help the Nation's agricultural and forestry producers reach greater levels of conservation performance, which will help protect our land and water. The conservation benefits derived from maintaining and enhancing natural resources will improve the quality of soil and water, assist in addressing global climate change, and encourage environmentally responsible energy production.

The Food, Conservation, and Energy Act of 2008 (2008 Farm Bill) authorizes CSP. Congress renamed and revamped the former Conservation Security Program completely to improve its availability and appeal to agricultural and forestry producers. USDA's Natural Resources Conservation Service (NRCS) administers CSP. Eligible lands include cropland, grassland, prairie, improved pastureland, rangeland, non-industrial private forestland—a new land use for the program—and agricultural land under the jurisdiction of an Indian tribe.

Eligible applicants may include individual landowners, legal entities, and Indian tribes. The program will be offered to producers in all 50 states, District of Columbia and the Pacific and Caribbean areas through continuous sign-ups. Agricultural and forestry producers must submit applications by Sept. 30 to be considered for funding in the first ranking period. Congress capped the annual acreage enrollment at 12,769,000 acres for each fiscal year nationwide.

To apply for the newly revamped CSP, potential participants will be encouraged to use a self-screening checklist first to determine whether the new program is suitable for them or their operation. It will be available on NRCS Web sites and at NRCS field offices. After self-screening, the producer's current and proposed conservation practices are entered in the conservation measurement tool (CMT). This tool estimates the level of environmental performance to be achieved by a producer implementing and maintaining conservation activity. The conservation performance estimated by the CMT will be used to rank applications. States will determine their own priority resource concerns, one of the criteria that will be used to rank applications. States will establish ranking pools to rank applications with similar resource concerns.

NRCS field staff also will conduct on-site field verifications of applicants' information obtained from the CMT. Once the potential participant has been field verified and approved for funding, he or she must develop a conservation stewardship plan.

For information about CSP, including eligibility requirements, producers can visit www.nrcs.usda.gov/new_csp or visit their local NRCS field office.

USDA is finalizing the program's policies and procedures. The CSP interim final rule, published in the Federal Register, is open for public comment through Sept. 28.

USDA

NEW DIAGNOSTIC FIELD GUIDE

A new, exciting publication is available through the continuing efforts of Specialists Dr. Dave Clement, Extension Plant Pathologist and Ms. Mary Kay Malinoski, Extension Entomologist housed at HGIC, University of Maryland Extension. Through their combined effort, expertise and over 20 years of experience working at HGIC to answer questions, this incredible resource highlights problems, picture clues and management options for broadleaved shrubs and shade trees. The exceptional photos included in the publication, makes this an easy field guide to understand and use! For ordering information go to the Natural Resource, Agriculture and Engineering Service site at www.nraes.org/nra_woodiescontent.html. Congratulations to both Dave and Mary Kay for this excellent effort!

Newsline, Nick's Notes for August 2009, by Dr. Nick Place, UME Associate Dean and Associate Director

NUTRITIONAL QUALITY OF ORGANIC FOODS: A SYSTEMATIC REVIEW^{1,2,3,4} ABSTRACT

Alan D Dangour, Sakhi K Dodhia, Arabella Hayter, Elizabeth Allen, Karen Lock and Ricardo Uauy

¹ From the Nutrition and Public Health Intervention Research Unit (ADD, SKD, AH, and RU) and the Medical Statistics Unit (EA), Department of Epidemiology and Population Health, London School of Hygiene & Tropical Medicine, London, United Kingdom, and the Health Services Research Unit, Department of Public Health and Policy, London School of Hygiene & Tropical Medicine, London, UK (KL).

² The funding organization had no role in the study design, data collection, analysis, interpretation, or writing of the report. The review team held 6 progress meetings with the funding organization.

³ Supported by the UK Food Standards Agency (PAU221).

⁴ Address correspondence to AD Dangour, Nutrition and Public Health Intervention Research Unit, Department of Epidemiology and Population Health, London School of Hygiene & Tropical Medicine, Keppel Street, London WC1E 7HT, United Kingdom. E-mail: alan.dangour@lshtm.ac.uk.



Background: Despite growing consumer demand for organically produced foods, information based on a systematic review of their nutritional quality is lacking.

Objective: We sought to quantitatively assess the differences in reported nutrient content between organically and conventionally produced foodstuffs.

Design: We systematically searched PubMed, Web of Science, and CAB Abstracts for a period of 50 years from 1 January 1958 to 29 February 2008, contacted subject experts, and hand-searched bibliographies. We included peer-reviewed articles with English abstracts in the analysis if they reported nutrient content comparisons between organic and conventional foodstuffs. Two reviewers extracted study characteristics, quality, and data. The analyses were restricted to the most commonly reported nutrients.

Results: From a total of 52,471 articles, we identified 162 studies (137 crops and 25 livestock products); 55 were of satisfactory quality. In an analysis that included only satisfactory quality studies, conventionally produced crops had a significantly higher content of nitrogen, and organically produced crops had a significantly higher content of phosphorus and higher titratable acidity. No evidence of a difference was detected for the remaining 8 of 11 crop nutrient categories analyzed. Analysis of the more limited database on

livestock products found no evidence of a difference in nutrient content between organically and conventionally produced livestock products.

Conclusions: On the basis of a systematic review of studies of satisfactory quality, there is no evidence of a difference in nutrient quality between organically and conventionally produced foodstuffs. The small differences in nutrient content detected are biologically plausible and mostly relate to differences in production methods.

Am J Clin Nutr (July 29, 2009). doi:10.3945/ajcn.2009.28041

THE COOPERATIVE EXTENSION SYSTEM IN 2010

One of our UME faculty members recently reminded me of a survey that was conducted several years ago by the Personnel and Organization Development Committee (PODC), which is part of ECOP (Extension Committee on Organization and Policy). PODC surveyed the national Extension system in June 1999 for help in articulating visions for the future of the Cooperative Extension System. The goal of the project was to help the system move through change faster and test the use of scenarios as one technique.

A subcommittee developed three scenarios for Extension in the year 2010. These were sent, along with several questions, to a targeted group of Extension professionals nationally. The survey participants represented leaders and future leaders across the country. Most of the respondents (55%) chose scenario #3 as the most likely scenario for Extension in the year 2010.

This is what presented in scenario #3:

The year 2010 finds the Extension System moving into new territory by working with individuals who have not been part of its traditional audience. Research indicates that communities that use broad-based input by a wide range of people are more successful in identifying strengths, securing resources and reaching common goals.

The expertise of the citizenry is instrumental in problem identification and in utilizing their knowledge and experiences as part of the team that generates solutions through research and transfer of new technologies. All community members are involved on an ongoing basis to identify the current issues, needs, and goals of the learning community. The ability to work without defined boundaries is essential to the delivery of educational programs for families, businesses and individuals.

Far from the days of a county agent traveling out to the farm or home to meet one-on-one with a client, today's Cooperative Extension System uses a full complex of technology coupled with the personal touch, to deliver programs and services to anyone, anywhere, at any time. Local Extension units have moved from having a single focus to being a mix of multi-county or multi-state information and technology centers to support community learning centers.

Extension community learning centers have one or more community educators whose purposes are to educate, facilitate, and provide the connectedness of the community and customers to the land-grant university. Centers have access to the latest technology used not only to identify local needs and provide information but also to provide the underserved clientele access to the university. The Land-Grant University continues to be the "home" of the system and provide the core of Extension educators and researchers to support community based programs.

Contracted workers are well trained to carry basic information to the people that need educational assistance to better meet the needs of healthy living. Education intervention helps to move these people from a non-productive segment to one that adds value to decision-making at the community level. The special outreach

methods employed in this effort have made a lot of people uneasy. Some of the trust that is taken for granted in traditional approaches has taken months or years to develop. Leaders from all segments of the community have a positive impact on identifying community issues and decision-making. New collaborations and partnerships are developing with the public assistance groups at both the local and state level.

Government funding continues from federal, state and local sources and institutions of higher education; however, all federal and state dollars are now competitive and open to all universities and others with a strict adherence to accountability. The land-grant system has a much strong competitive edge in searching for private dollars; however, this has raised serious questions about the bias of research and proprietary interests. Not all local governments are on board, primarily due to the lack of resources to support land-grant education efforts. Communities identify issues, develop and support permanent funding plans, and train volunteers to sustain the community centers.

Common themes mentioned across all three scenarios consisted of:

- Fewer long-term employees
- Less job security
- Increased use of contractual employees
- Fewer employees with a history and loyalty to Cooperative Extension
- Less emphasis on agriculture
- More demand for family, youth and community programming
- Community based systems approach to programming

The study also identified a number of necessary core competencies for Extension educators as we move into the future:

- Skills in communication, facilitation, resource management, and technology
- Ability to identify resources and access information
- Skills in organization and effective utilization of the political process
- Critical thinking

I am sharing this with you in that there are many things identified in this 1999 survey that are the reality of today's Extension System. For example, our program emphases are changing, there is increased emphasis on accountability, funding is much more competitive, there is much more community involvement with Extension programming, and there is a changing face of Extension employees.

Extension has changed a great deal since it officially began in 1914. As with any long-term organization, it must evolve with the needs of society and the realities of funding, competition, etc. We have experienced much change over these past ten years, and since previous experience is a good indicator, we are bound to see much more in the near future.

Dr. Nick Place, UME Associate Dean and Associate Director

WHAT IS NOVEL H1N1?

Novel H1N1 is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. The virus has spread worldwide via person-to-person transmission, likely in the same manner of transmission as seasonal flu.

For more information on H1N1 please see the attached flyer.

UNDERSTANDING LANDOWNER LIABILITY AND RECREATIONAL ACCESS

Upcoming Webinar: Understanding Landowner Liability and Recreational Access

September 10, 2009—12:00 to 1:00 p.m.

Registration Required

Many landowners are confused about their liability for hunters and other recreationalists that use their property. Concerned private landowners increasingly face questions such as:

- What are my rights, and how do I exercise them to control recreational use of my property?
- What is the extent of my liability to recreationalists, and how can I protect myself against liability suits?
- What are my options for posting my land and controlling trespass by recreationalists?
- How do these options affect my liability?
- How do I charge for recreational access and still provide liability protection?
- What do I do if someone takes timber from my property without permission?

The answers to these questions can be complicated. However, it is very helpful for landowners to understand the laws related to landowner liability and trespass, and the safeguards that minimize liability so you can make informed decisions regarding the use of your land by others for recreational activities.

This one hour webinar being offered free of charge at 12 noon on September 10 will explain the Maryland Annotated Code in a way that you can understand and apply it to common situations faced by landowner and recreationalists. The intention is to suggest easy and (usually) inexpensive methods by which landowners can protect themselves. The speaker for the webinar is Jonathan Kays, Natural Resources Specialist with the University of Maryland Extension. He is the author of recently revised publication entitled, Recreational Access and Landowner Liability, (Bulletin EB357). The 37-page publication will provide a valuable reference for those attending the webinar or for those that just want to read on their own. It is available free for download at <http://extension.umd.edu/publications/PDFs/EB357.pdf>.

There is no charge for participation, but registration is required. An Email communication with webinar details (website address) will only be sent to people who have registered. Connection details are sent about two days before the webinar. You can register up until about 2 hours before the conference begins. To register for the webinar, contact Pam Thomas at pthomas@umd.edu or 301-432-2767 x315.

Jonathan Kays, Natural Resources Specialist, UME

DATES TO REMEMBER

Aug. 27 – Sept. 7	Maryland State Fair – Timonium, MD Contact: marylandstatefair.com
September 15,22,29	The Woods In Your Backyard Workshops – Tuesdays from 6:30 to 9:00 pm-Carroll County Extension Office, Westminster, MD Contact: 410-386-2760
September 22	WREC Pumpkin & Sweet Corn Twilight Meeting – 4:30 to 7:00 pm, Wye Research & Education Center, Queenstown, MD Contact: Mike Newell 410-827-7388
September 24	WMREC Fruit & Vegetable Twilight Meeting – 4:30 to 7:00 pm - Western MD Research & Education Center, Keedysville, MD Contact: 301-432-2767 X350 or emason@umd.edu
September 26	Carroll County 4-H Flea Market – 9 to 2 pm, Carroll County Ag Center, Westminster, MD Contact: 410-386-2760
September 27	Carroll County 4-H Open House – 2 to 5 pm, Carroll County Extension Office & Ag Center, Westminster, MD Contact: 410-386-2760

- October 10 **Central MD Research & Education Center Open House** – 4240 Folly Quarter Road, Ellicott City, MD
<http://agnropenhouse.umd.edu>
- October 11 **23rd Annual Maryland Horsemen's Party** - 2 to 5 pm - Ten Oaks Ballroom, Clarksville, MD
- November 12 **Private Pesticide Applicator Training** – 10 to Noon, Carroll County Extension Office, Westminster, MD
 Contact: 410-386-2760
- November 19 **Private Pesticide Applicator Exam** – 10 to Noon, Carroll County Extension Office, Westminster, MD
 Contact: 410-386-2760
- December 3 **Nutrient Applicator Voucher Training** – 10 to Noon, Carroll County Extension Office, Westminster,
 MD Contact: 410-386-2760
- December 10 **Private Pesticide Applicator Recertification** – 6 to 8 pm, Carroll County Extension Office, Westminster,
 MD Contact: 410-386-2760
- January 14 **Private Pesticide Applicator Recertification** – 10 to Noon, Carroll County Extension Office,
 Westminster, MD Contact: 410-386-2760
- January 21 **Nutrient Applicator Voucher Training** – 6 to 8 pm, Carroll County Extension Office, Westminster, MD
 Contact: 410-386-2760
- February 11 **Private Applicator Certification Training** – 6 to 8 pm, Carroll County Extension Office, Westminster,
 MD Contact: 410-386-2760
- February 18 **Private Pesticide Applicator Exam** – 6 to 8pm, Carroll County Extension Office, Westminster, MD
 Contact: 410-386-2760
- February 25 **Private Pesticide Applicator Recertification** – 10 to Noon, Carroll County Extension Office,
 Westminster, MD Contact: 410-386-2760
- March 4 **Nutrient Applicator Voucher Training** – 10 to Noon, Carroll County Extension Office, Westminster,
 MD Contact: 410-386-2760

Visit our web site at <http://carroll.umd.edu> For more event listings visit <http://www.agnr.umd.edu/AGNRCalendar/>

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If you would like to be removed from our mailing list, please call: 410-386-2760 or 1-888-326-9645.

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If you have a disability that requires special assistance for your participation in a program, please contact the Carroll County Extension Office at 410-386-2760, Fax: 410-876-0132, two weeks prior to the program.

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