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Shore HOME & GARDEN

August 2026



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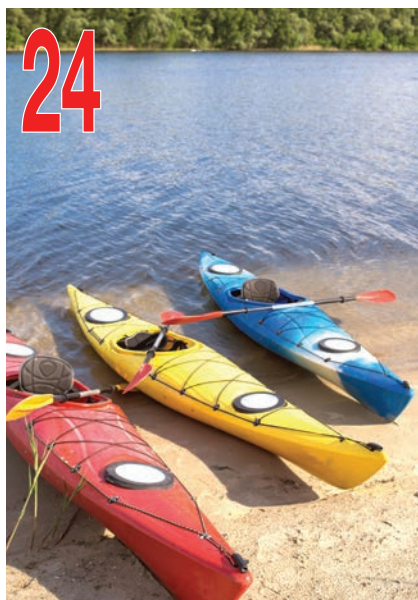
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Savor summer by growing a garden

Have you noticed how differently we think about food these days?

With the recent news about the Cyclospora outbreak linked to fresh produce, I have definitely found myself paying a little closer attention to where our fruits and vegetables come from.

I tend to be a worrier, and while I have not had a good fresh salad since the outbreak hit the news, I am trying to find balance over the hysteria.

It's been a very good reminder that knowing where our food comes from has value beyond just reading a label.

That is where summer gardens come in.

I have been grateful for my local farm stands because I know

Sweet Simplicity



By Kristine George

that my food is safe.

Those will begin to close in the coming weeks — and so what next? A no-veggie diet?

Bring in summer gardens.

There's something so satisfying about stepping outside, pausing to brush aside a few tomato

leaves, and selecting a perfectly ripe tomato for tonight's BLT sandwich.

Or snipping fresh basil to toss over pasta just minutes before dinner.

The flavors are incredible, but it's more than that.

Gardening has a way of slowing us down and helping us reconnect — with nature, with our food, and even with ourselves.

I am the furthest thing from a green thumb — ask anyone in my family about the collection of silk flowers that I have been gifted so I spare future flowers and plants from suffering the fate of so many plants in my past.

I am happy to testify, though, that you don't have to be an expert gardener to grow (PAGE 51)



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If you plant potatoes you can plant a new crop, just after harvesting the spring crop, and it will be ready for harvest in late October or early November.

Don't forget gardening this month

August is typically considered the vacation month by many, as kids are getting ready for a new school year and many of us just need a break to relax.

With these and other things to do, our gardens and landscapes sometimes take a back seat. It is not always easy to go outside in the heat and humidity to water, weed, harvest fruits and vegetables or take care of plant diseases and pest.

The fact is to have a successful fall vegetable garden, and have healthy, vibrant annual, perennial and landscape beds, there are still jobs to be done to make this happen — as gardening activities really

Ken-Do Attitude



By Ken Morgan

don't take a vacation.

Begin preparing your vegetable garden for the fall planting season.

Remove all previous plant re-

mains from the spring. If you plant potatoes you can plant a new crop, just after harvesting the spring crop, and it will be ready for harvest in late October or early November.

You can plant seeds of carrots, kale, lettuce, radish, spinach and turnips as well.

Be sure to plant the seed at least 1 inch in the ground to allow for a good root development before the first sprouts appear.

Cold crop vegetable starter plants of broccoli, brussel sprouts, cauliflower, cabbage, lettuce, kale and other greens begin to become available around the middle of the month. (PAGE 52)



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The Panicle Hydrangea, like the Vanilla Strawberry above, blooms best on new growth, so it is wise to prune the plant in late winter or early spring. This new growth will grow 6-8 feet tall and 4-5 feet wide.

(Photo by Ginny Rozenkranz)

Panicle Hydrangea shrugs off August weather

August can be hot and dry and many of the early summer flowers are done for the year.

That is not the case for the Panicle Hydrangea, which begins to bloom in July and continues to bloom with new flowers to mix with the older ones until September.

Unlike the Big leaf Hydrangea, the Panicle Hydrangea blooms best on new growth, so it is a great idea to prune the plant in late winter or early spring.

This new growth will grow 6-8

Gardening Tips



By Ginny Rozenkranz

feet tall and 4-5 feet wide.

Each flower cluster can hold

both fertile and sterile flowers and are packed on a terminal flower panicle that can grow 6-8 inches long.

The sterile flowers are large and very showy while the smaller fertile flowers attract lots of butterflies and other pollinators.

The flowers of Strawberry Sundae Hydrangea begin their journey as creamy vanilla white petals that mature to soft pink that with the cooler nighttime temperatures, then turn to darker pink and then red.

(PAGE 46)

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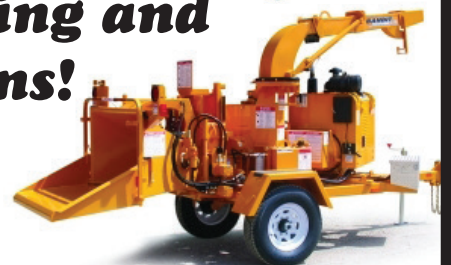
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Small structures, big impact

Changes for Accessory Dwelling Units aim to add value, alleviate housing issues

Story by Sean Clougherty

Mother-in-law suite, backyard cottage, Granny flat or Casita. Call it what you will, but an Accessory Dwelling Unit — a secondary livable structure built on the same parcel as a primary single-family unit could be more commonplace in the years to come on the Mid-Shore!

Persistent shortages in housing inventory and recent changes in state law that streamlines and promotes so-called ADU construction is part of the recipe, realtors and planners say, but awareness of them as an option for new housing is still low and they are not without their own hurdles.

A recent report commissioned by the Maryland Department of

Housing and Community Development in 2021 found that Maryland lacks about 85,000 rental units for people earning 30 percent of the area median income or below.

That report also found that Maryland is expected to add an estimated 97,200 low-income households between 2020 and 2030.

Concern over housing issues among Marylanders has jumped



With persistent housing shortages and sustained demand for living on Maryland's Eastern Shore, accessory dwelling unit could be more commonplace in the years to come.

by double digits on issues related to housing supply.

In a recent statewide poll, Maryland Realtors found that about 71 percent of Marylanders surveyed said the cost to buy a home in their part of the state is too high, up 14 percentage points from 2020.

Half of those surveyed also indicated that housing availability was a “big or moderate problem,” compared with 35 percent in 2020.

Concern statewide led to the Maryland Legislature passing the Accessory Dwelling Units Act to

promote and encourage the creation of ADUs and require county and municipal regulations must follow the intent of the state law.

The Maryland ADU Act defines them as “a secondary unit on the same lot, parcel, or tract as a primary single-family detached dwelling unit and that is not greater than 75 percent of the size of the primary single-family detached dwelling unit.”

The bill further states that ADUs can be a separate structure from the primary unit or attached as an addi-

tion to the primary unit.

Generally, an ADU is approximately 800 square feet or less, has a cooking space, one bathroom, and some system in place for climate control.

“Every county and municipality has a definition,” said Holly Baldwin, who recently joined with Chris Jordan Jr. Solutions to form ADU Solutions as a type of guide service for people considering or going through the permitting and building process. “I often talk about them as backyard cottages and that gives them a better visual.”

“The process typically requires obtaining a building permit from your local jurisdiction, ensuring compliance with zoning regulations, and undergoing inspections before occupancy,” according to Clarksville Construction, an ADU builder. “ADUs must follow local rules regarding size limits, parking, and entrances, and every county may impose slightly different requirements.”

“In short, no matter where you live in Maryland, you will need to secure permits and demonstrate compliance with zoning and building codes before you can legally construct and occupy an ADU.”

At an informational meeting she offered in June, she said there was strong interest from attendees in constructing an ADU on their properties as well as some coming in search of immediate housing.

“The interest is really high,” she said. “The light bulbs are going off.”

Having interest is one thing, but Baldwin said getting a project to completion is a whole other endeavor and could be fraught with pot holes and obstacles for property owners, especially those who weren’t part of building their



Generally, an accessory dwelling unit is about 800 square feet or less, has a cooking space, one bathroom, and some system in place for climate control.

primary structure.

“We talk very specific about goals,” Baldwin said. “When you’re in the business of telling people what they can and can’t do with the land they own, communication is so important.”

Chuck Kasky, CEO of Maryland Realtors, shares several ways an ADU can improve a property beyond a place for someone to live.

Adding an ADU can significantly increase property value, making it an attractive feature for future home buyers. They provide a buf-

fer for recent college graduates, enabling young adults to save and plan their next move in the comfort of a family-owned ADU.

For those who love to entertain or have extended family stay over, ADUs offer a private and comfortable space for guests.

They serve as a sanctuary for aging parents who desire proximity to their loved ones while maintaining their independence.

They can also be a place for a new graduate returning home and entering the workforce.

Homeowners can leverage ADUs as a source of passive income through renting, either short- or long-term, offering an investment opportunity.

With the state law going into effect last October, counties are still in some stage of updating zoning codes to entice more ADUs.

So changes will be coming.

“It’ll be interesting what happens in the next 10 years,” Baldwin said. “Regardless of what happens with the economy, we’re going to need more housing.” 🐾

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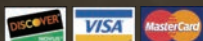
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Let's dig a little deeper

*Gardeners often hear about supposed hacks and quick fixes.
Here are some common ones debunked*

Story by Jessica Damiano
Photos courtesy Associated Press

Now that the gardening season is in full swing, so is the bad advice.

There is no shortage of social media “experts” doling out “genius gardening hacks,” and well-

intended friends who, frankly, don't know what they're talking about.

Their tips might sound brilliant on the surface, but dig deeper and you'll find many belong in the compost pile.

Here are some common myths and misconceptions that might

seem to make sense but can ruin your garden and waste money.

Bad advice: Use vinegar as a 'safe and natural' weedkiller

Household vinegar merely serves as a contact herbicide that burns leaves without killing roots, so the weeds often grow back.

Horticultural vinegar, which has

a stronger concentration of acetic acid, is more effective but can damage soil, harm nearby plants, and must be used with caution (wear gloves and goggles) to avoid injury to skin and eyes.

Instead: Manually pull weeds from garden beds, then cover the soil with 3-4 inches of organic mulch to discourage more from taking hold. Any that do germinate in the mulch will pull up very easily.

To eliminate small weeds from cracks and crevices between pavers, sprinkle with baking soda on a dry, windless day and let it sit (do not use baking soda in garden beds or on the lawn).

Other efficient methods include using a crevice weeding tool or targeted propane flame tool to remove or destroy the weeds.

Either way, fill cracks with sand or sealant afterward to prevent recurrences.

Bad advice: Apply wound paint to seal cuts on pruned tree limbs

Trees compartmentalize their wounds, so sealants aren't generally necessary. In addition, the products can trap moisture and disease-causing pathogens and encourage decay, defeating their stated purpose while interfering with the tree's natural healing process.

Light sealants should be applied only to elm or oak trees that are pruned or injured during the growing season to discourage Dutch elm disease and oak wilt, respectively.

Sealants aren't necessary when pruning these trees at the recommended (dormant) time of year.

Instead: Be sure to use proper pruning techniques, prune only



The practice of tilling garden beds every year to loosen the soil can interfere with the soil's moisture-holding capacity.

at the appropriate time of year and allow wounds to heal on their own.

Bad advice: Till garden beds every year to loosen the soil

Sure, it makes the garden look nice and neat, but over-tilling

soil destroys beneficial microbes, kills earthworms, disrupts mycorrhizal fungi networks, damages soil structure, increases erosion and moves buried weed seeds to the surface, where conditions are perfect for them to sprout.



Water more deeply and less frequently to encourage a larger root system that will withstand drought by accessing farther moisture sources from the surrounding area.

The practice can also interfere with the soil's moisture-holding capacity.

Instead: In average conditions, spread a 2- to 3-inch layer of compost over garden beds and let it work into the soil over time.

To create new beds, cover the area with thick layers of newspaper or corrugated cardboard in the fall, then top it with a few inches of mulch or compost, and allow it to smother grass and weeds over the winter and into spring.

If you didn't plan ahead, lay cardboard now, then cut holes and plant right through it. Be sure to apply mulch afterward.

If you must turn the soil to break up compaction in your garden, do so gently using a broad-fork or long-handled garden fork. Use the same tools to gently work

in amendments like compost.

Bad advice: Water plants lightly every day

Giving houseplants, garden plants, potted outdoor plants or the lawn a sprinkle every day moistens the soil surface only on its surface instead of at root-depth, where it's needed. Lightly watered plant roots remain at the top, near their water supply, instead of growing downward and outward.

Instead: Water more deeply and less frequently to encourage a larger root system that will withstand drought by accessing farther moisture sources from the surrounding area.

Bad advice: Use landscape fabric under garden beds to discourage weeds

Barrier fabrics fail to stop weeds long-term, create root-tangled

messes, restrict the flow of water and oxygen, and introduce microplastics into the soil as they degrade.

Instead: Apply a 2-to-4-inch layer of organic mulch, such as shredded bark, wood chips or straw, over the soil, pushing it away from trunks and stems.

Refresh it as it breaks down. It will regulate soil temperature and moisture, nourish the soil as it decomposes and support the soil life that supports your plants

Exception: Landscape fabric can be helpful under gravel or stone paths, or under walkways, where it creates a barrier between the hardscape and the soil below.



(Editor's note: Jessica Damiano writes weekly gardening columns for the AP and publishes the award-winning Weekly Dirt Newsletter.)



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Paddle through the hidden Shore

Story by Leslie Milby



When it's just too hot for running or biking, it may be time to hit another kind of trail.

The Eastern Shore offers miles and miles of trails for paddleboarding and kayaking through its scenic waterways.

Paddling is a fantastic yet low impact workout that also lets you see nature and wildlife as you can only see it from the water.

Before exploring, safety first. Always let someone know where you are paddling and grab an airtight pouch for your phone.

A drink and a snack are always helpful because even a quick paddle requires a good amount of energy!

If you are just beginning or only get out a few times a year, watch a quick video online to brush up on the angle of your paddle and the best stance to help you paddle more efficiently.

Check any small craft advisories before you go - the storms sure can pop up on the shore!

When you are ready to set afloat, find water with an easy ramp zone and a calm water without a lot of wake from boaters.

A good place to look is state and privately funded parks or Bay-oriented organizations who offer nature rich trails both in and around the waters, highlighting the bounty of the Bay.

Many parks have rules about paddling after sunrise and returning before sunset and other location specific guidelines, so be sure to check before you go.

The Sultana Foundation focuses

their guided tours on Captain John Smith Chesapeake National Historic Trails, as designated by the National Park Service.

While you may think of Bald Cypress trees in more southern climates, they do pop up in swampy areas here in Maryland and Delaware, like Records Pond.

Their foliage is a popular spot for bald eagles and ospreys to nest, while wood ducks and barred owls prefer to make a home in its trunk.

Sultana has a cruise down the Sassafras River as well, to highlight America's largest Native flower, the American Lotus.

Beavers and muskrats like to feast on them, so be on the lookout for furry friends too.

Another noteworthy expedition of theirs is paddling through the remnants of Native American settlements along the Still Pond Creek.

Near Easton, Pickering Creek often does small group paddles throughout the seasons, concentrating on seasonal topics or catching a special moon phase.

You can use their canoes while a staff member points out ospreys, barn swallows and herons, living their best serene life and maybe even fishing for dinner.

The riverkeepers for ShoreRivers also lead free paddling tours, made possible by National Park Service Chesapeake Gateways Program and the Chesapeake Bay Trust. Riverkeepers throughout the region will share in depth knowledge of the waterways and their ties to community and economy, covering the Miles-Wye area, Sassafras, Choptank and more.

Chesapeake Bay Environmental Center in Grasonville offers affordable \$20 all day rentals of kayaks or



A good place to look for ideal paddling conditions is state and privately funded parks or Bay-oriented organizations who offer nature rich trails both in and around the waters, highlighting the bounty of the Chesapeake Bay.

(Photo by Leslie Milby)

paddleboards, where paddlers often report spotting cownose stingrays and silversides in CBEC's area of Marshy Creek. On the shoreline, you can also catch a glimpse of river otters and muskrat.

You can try a guided or moonlight paddle to see the waterway in

a whole new light.

The enormous Blackwater National Wildlife Refuge offers 17 miles of trails to paddle.

If that seems overwhelming, reach out to Blackwater Adventures, who are set up in Dorchester county at both the Chesapeake



Wherever you chose to go, you'll quickly discover a smaller slow moving vessel is the perfect way to cruise for critters and plants you won't see in your garden at home.

Hyatt and the Refuge.

Both the Shoals Creek and Blackwater areas are perfect spots to take in seemingly limitless varieties of waterfowl and other birds of the bay, like Osprey and Bald Eagles.

Blackwater also offers a tour of Layton's Chance Winery in Vienna, where paddlers can go down the Chicamacomico River before tasting some shore grown wine as well as a sunset tour around the Choptank River lighthouse.

Wherever you chose to go, you'll quickly discover a smaller slow moving vessel is the perfect way to cruise for critters and plants you won't see in your garden at home!

Take in the color of Pickerelweed, with heart shaped leaves and bright blue flowers, named for its fish fan, the Pike, and Jewelweed, the orange and yellow pollinator powerhouse.

Pull up close and watch the butterflies and dragonflies scutter around.

You'll also be able to glide through shallow waters and see all that lies closely beneath.

Peek for crabs hiding in the eelgrass below, or look a little further below at the similar looking wild celery.

Once you become a confident paddler, take the show on the road. Going camping? Pack up the pad-

dleboards and kayaks when visiting campgrounds.

Many times these are specifically for beginners and make great spots to take the kids out. Some favorites of our family have been

Chincoteague or Topping Virginia. Both are good spots for casual paddleboard fishing as well!

Even if you can't fit in more than a day away, scope out parks just a little farther away to see what other trailways have to hold.

You'd be surprised at how just a few hours away can lead to a fresh adventure.

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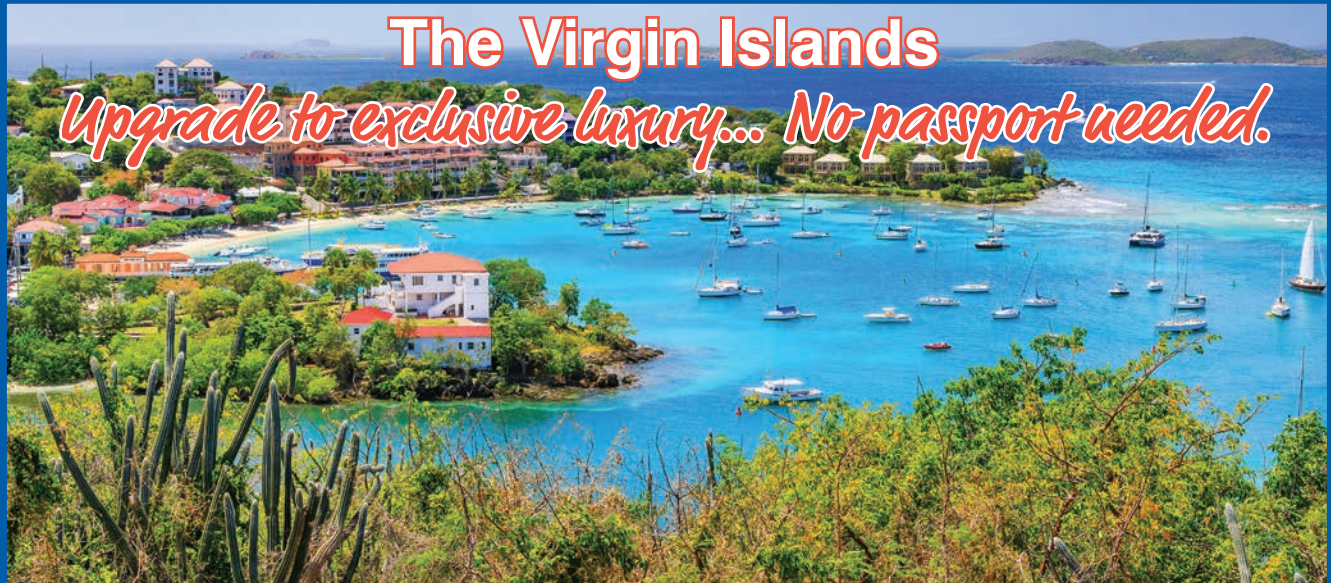
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Some veggies do well in shadier spots

Story by Jessica Damiano
Photos courtesy Associated Press

Conventional wisdom says vegetable gardens need full sun, but a productive garden doesn't always require the recommended six to eight hours of direct sunlight.

If fences, trees or your house cast shade on your soil, growing vegetables won't be out of reach if you stick to plants that are grown for their leaves, stems or roots, rather than those grown for

their fruit, like tomatoes, cucumbers, squash or peppers.

To be clear, by "hours of sunlight," I'm referring to the length of time the sun reaches the soil each day as it moves across the sky, unobstructed by buildings and other structures that cast shadows.

These plants can thrive or at least get by with less sun

Most leafy greens are exceptionally shade-tolerant, thriving in as little as three to four hours of sunlight.

Arugula, bok choy, chards, collard greens, kale, loose-leaf lettuces, mustard greens, radicchio and spinach are considered shade garden heroes.

Root vegetables require a little more sun but can be successfully grown in partially shady conditions.

Full sun will produce larger harvests, but if your garden bed receives only four to six hours of sunlight, you can grow potatoes, carrots, beets, parsnips, radishes and turnips.



If the sunniest spot in your landscape is already planted with flowers and other ornamentals, consider mixing in some edibles. Kale can thrive in a partially shaded spot.

Leafy herbs, too, can be grown in lower-sun areas.

In fact, protection from those blistering rays will prevent leaf scorch (browning or burning of leaves) and bolting (when a plant produces seeds prematurely and its leaves become bitter).

Basil, chervil, chives, cilantro, lemon balm, mint and parsley are great choices for part shade.

How to help your plants do better in the shade

When growing crops in shady spots, it's best to start seeds indoors or buy starter plants at the nursery.

Most seeds require sunlight to

germinate, so their sprouting may be hampered outdoors or at least take longer.

Shady gardens can benefit from the addition of reflective surfaces.

Paint the fence white, or hang a strategically placed mirror.

The sun's rays will bounce off it, providing the energy plants need to photosynthesize.

If the sunniest spot in your landscape is already planted with flowers and other ornamentals, consider mixing in some edibles.

Cherry tomatoes, rainbow chard, chives, sage and amaranth are beautiful plants that will fit in exceptionally well.

I'm growing garlic under my roses, and no one has noticed.

In fact, they make fantastic bed-mates, as the garlic chases away pests that would attack the roses. Its antimicrobial properties also help thwart fungal diseases.

Although it can be challenging to grow some plants in the shade, there are upsides.

For one, you'll have to water less because soil moisture doesn't evaporate as quickly as it does in full sun.

And, aside from slugs, most pests set their sights on sunny spots, so you'll also have fewer infestations to deal with. ➡

NHPA event commemorates ‘Battle of Vienna’

VIENNA — The Nanticoke Historic Preservation Alliance and the Vienna Heritage Society are sponsoring a living history event to commemorate the Revolutionary War’s “Battle of Vienna.”

The Aug. 29 event, which runs from 10 a.m. to 4 p.m. at the Handsell Historic Site and the Vienna Waterfront, will feature a Revolutionary-era military encampment, a replica 18th-Century ship, traditional music, exhibits, food and fun for the entire family.

The “Battle of Vienna” refers to raids by the British on the strategically important town of Vienna, a key port on the Nanticoke River. British vessels repeatedly attacked Vienna between 1779-82, looting supplies, burning ships, and targeting homes like Gov. John Henry’s Weston and the Handsell house.

These raids highlight the Nanticoke River’s importance as a waterway for both commerce and conflict during the American Revolution.

At Handsell, the Chesapeake Independent Blues, a historical reenactment group, will set up a military encampment and conduct demonstrations and drills.

The Handsell site will also include woodworking, open-hearth cooking, blacksmithing, rug-hooking,



and Native demonstrations, as well as music by Ampersand and Linda Harris and David Cole. Visitors can also tour the Handsell house and Chicone Village, and the Hooked on Seafood food truck and an ice cream truck will be selling tasty fare throughout the day.

The Vienna portion of the event will feature the Ship’s Company replica vessel, music by the Ship’s Company Shantymen, tours of historic homes, visits to the Vienna Heritage Museum and the Nanticoke River Discovery Center, children’s games, and food trucks.

The \$10 ticket (children under 12

are free) provides admission to both sites and can be purchased at Eventbrite in advance or at Handsell (4837 Indiantown Road, Vienna, MD) or the Vienna Heritage Society (303 Race Street, Vienna, MD) on the day of the event.

Additionally, NHPA will host a “Meet the Military” dinner with the Chesapeake Independent Blues at Handsell’s new Three Cultures Center from 5-7 p.m.

Tickets are \$30 per person and will be available through Eventbrite. For more information, visit www.restorehandsell.org and www.viennamd.org. 🗺️

Kent Island Youth Fishing Derby set for Aug. 15

STEVENSVILLE — The Kent Island Fishermen, Inc., and the Kent Island Estates

Community Association will host the 20th annual Youth Fishing Derby on Aug. 15 at the Romancoke Pier, located at Route 8, southbound.

Registration is scheduled for 8 a.m., and fishing will take place from 9-11 a.m.

This year’s event is in memory of

Jon Bupp & Dave Grapes.

Participants are encouraged to bring their rods, but a minimal number of loaner rods will be available. Bait will be provided.

Wristbands are required for fishing and lunch admittance.

Prizes include awards for the largest fish, smallest fish, most unique fish, and most fish caught in each age group. Award winners must be present to claim a prize.

No more than one trophy will be awarded to a child.

The competition is open to boys and girls. The age groups are divided in 2-5-year-olds, 6-10-year-olds and 11-16-year-olds.

All participants must be accompanied by a parent or adult.

Refreshments and prizes will be awarded afterwards at Kent Island American Legion Post 278 from 11:30 to 1 p.m. 🗺️

Cambridge Post 91 set to host Jimmy Charles concert on Aug. 8

CAMBRIDGE — Eastern Shore native and Nashville recording artist Jimmy Charles will perform on Saturday, Aug. 8 at the American Legion Post 91.

From performing for more than 55,000 fans at Country Calling Festival to singing the National Anthem at the Preakness, Baltimore Ravens, and Baltimore Orioles games, Charles has become one of the Eastern Shore's best known country artists.

This is an opportunity to see Charles in a 300-seat venue before he returns to the Country Calling Festival stage.

A \$50 general admission ticket (doors open at 6:30 p.m.) includes: a free line dancing class from 6:45 to 7:15 p.m.

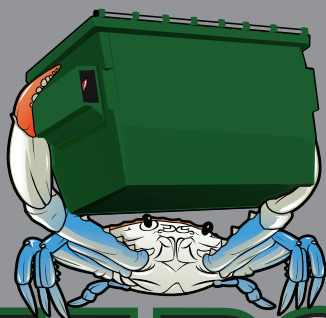
The Early Access Priority Entry offers VIP doors opening at 5:30 p.m., includes;

- A pre-show soundcheck;
- Meet-and-Greet Photo op with Jimmy Charles;
- Early Access to merchandise shopping;
- VIP Seating in front rows; • and
- Trolling Magic from John Dodge.

No tickets will be sold at the door. This is by request from the American Legion for the safety and security of the guests.

Attendees do not have to be American Legion members to enjoy this concert event.

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Few things bring the fun to summer parties like a backyard game space.

How to create a dedicated backyard game space

Story by StatePoint

What distinguishes a good backyard gathering from a great one? More often than not, a little friendly competition.

Exmark has partnered with landscape designer, Doug Scott with Redeem Your Ground, on a new video that helps you break down the most common considerations for building a versatile backyard game space suitable for everything from cornhole to bocce to Kubb.

Location

“Location makes or breaks everything else. Get it right, and



your space invites people in without saying a word. Get it wrong, and it becomes just another stretch of grass,” says Scott.

A good game space will be ideally sized, on flat ground, and receive shade during peak afternoon playing hours. Kubb, for example, only requires a 16 by 26-foot footprint, making it one of the most space-efficient options out there. If you want room for larger games like cornhole or football, aim for a 40-by-60-foot area.

Your space should feel like a natural extension of where people naturally congregate. Situate it close enough to the house that nobody’s making long treks for bathroom breaks — but far enough that a late-night game doesn’t carry into any bedrooms. Also, watch for overhead utility lines, exposed tree roots, and fences that could cut the fun short.

Seating

Giving spectators comfortable seating keeps the energy going between rounds. Options to consider include:

- A cluster of adirondack chairs with a side table gives you a movable conversation spot that adapts to wherever guests want to settle. Orient them so the sun is behind spectators during prime playing hours.

- For a more permanent setup, a simple L- or U-shaped built-in bench along the perimeter is hard to beat. It frames the space, and can be topped with cushions.

- A picnic table pulls triple duty, offering seating, a surface for food and drinks, and a natural gathering point between games.

- A fire pit just outside the perimeter is the perfect pre- and



A cluster of adirondack chairs with a side table gives you a movable conversation spot that adapts to wherever guests want to settle. Orient them so the sun is behind spectators during prime playing hours.

post-game hangout that extends your space’s usability into cool-weather season.

Storage

Accessibility is key. If equipment is stuffed in a bag under the porch, games won’t happen spontaneously. But when everything is right there? Game on!

Whether you use a storage bench, a custom-built bin locker or shelving in your shed, the common thread should be proximity.

Lighting

Good lighting separates a space that’s useless after sundown from one that keeps the energy going all night. Just be sure to keep the



Good lighting, such as warm string lights, separates a space that's useless after sundown from one that keeps the energy going all night.

light warm and out of players' eyes. A simple layered approach works great:

- Warm string lights overhead at 10 feet or higher
- Solar lanterns around the perimeter to define the space
- A lit path connecting the game area back to the main patio. It's a safety feature and says, "something's happening over there."

Landscaping

Landscaping transforms any patch of grass into an actual outdoor room. Here's what to include:

- Low shrubs or ornamental grasses along the sides, well outside the playing area. They define the space, add a little privacy, and frame the action without blocking sightlines.

- Edging and borders. Natural stone, timber borders, pavers, or bricks give the court a clean, defined edge that tells everyone exactly where the play space begins and ends. It's a small detail with a big visual payoff.

- Shade trees. Planting a tree at the southwest corner is a long-term investment worth considering.

- Rain garden or dry creek bed. Both are functional, attractive, and help keep the play surface from becoming muddy and washed out after a heavy rain.

Remember to avoid mulch adjacent to the playing surface, which migrates, and thorny shrubs. You don't want a ball — or guest — rolling into a rose bush.

For more insights, watch the

Done-In-A-Weekend Projects episode "How to Create a Dedicated Backyard Game Space" on Backyard Life, a unique multimedia destination with a focus on helping homeowners improve their outdoor living spaces. There you can also find the full rules of the Scandinavian lawn game Kubb, DIY instructions for building specific game spaces, and Exmark Original Series videos that make it easy to make meaningful improvements to your outdoor living experience.

"Remember, the best backyard game spaces are dialed in over a few seasons, as you get a feel for how you actually use the space," says Scott. "Each addition makes the space more inviting, more functional, and more yours." 🛠️

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Caroline Summerfest scheduled for Aug. 21-22

DENTON — The public is invited to Caroline Summerfest on Aug. 21-22 among the 37th annual end-of-summer celebration unfolds on the streets of Downtown Denton!

Caroline Summerfest is a free,

family entertainment festival featuring two stages of regional and local entertainment, Saturday fireworks show, strolling performers, artisans, free Rec-Creations activities, games and food vendors featuring local non-profits

Hours are from 5 to 9 p.m..

Free parking will be available and shuttle bus transportation will be offered from the Health and Public Services Building off 6th Street (across from the Fire Hall) on both days. 🗺️

Antique, vintage, consignment shops highlighted

EASTON — The Easton Economic Development Corporation has announced that downtown Easton will host a Vintage & Antique Markets Day on Saturday, Aug. 8, inviting locals and visitors to explore one of the Eastern Shore's largest concentrations of antique, vintage, and consignment shops — within a walkable historic downtown and throughout Easton.

Vintage & Antique Markets Day showcases more than 20 dedicated

antique, vintage, and consignment businesses in and around downtown Easton, alongside additional galleries, jewelers, and specialty shops that carry vintage and one-of-a-kind pieces.

Many participating shops will offer special deals and promotions for the day, making it the best time of the month to browse.

"Easton has quietly become a destination for collectors and treasure-hunters, and the range here is what

sets us apart," said Holly DeKarske, Executive Director at Easton EDC. "In a single afternoon, you can go from a mid-century modern furniture showroom to an estate jewelry counter to a wall of vintage travel posters, all within a block. Vintage & Antique Markets Day is designed to help people discover just how deep that selection goes."

For more information on this upcoming event, visit discovereaston.com. 🗺️

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By Ron Ketter

Eastern Wood-Pewee

(Editor's note: Ron Ketter is a member of the Talbot Bird Club and a Maryland Ornithological Society board member.)

Eastern Wood-Pewees visit the Eastern Shore from mid-spring to early autumn to breed. They arrive around the end of April or early May from the northern part of South America, where they reside during winter. Their breeding range extends across the eastern half of the United States southern Canada.

They can be found in almost any wooded habitat, including urban forest patches, rural or agricultural wooded areas, riparian forests, and large expanses of mature forests.

While they seem to prefer deciduous forests, they also can be found in pine forests and mixed hardwood-coniferous forests.

Eastern Wood-Pewees are grayish-brown, darker above and paler below, with two pale wing bars.

The top part of their bill (the upper mandible) is dark, while the lower part of the bill (the lower mandible) is orange. Both genders

are similar in appearance.

Eastern Wood-Pewees belong to a family of birds known as Tyrant Flycatchers, or new-world flycatchers. This family of birds has the most species of any bird family, with more than 440 separate species in 104 genera.

They all are found in the western hemisphere. While most species reside in Central and South America, about 35 species migrate to the U.S. and Canada to breed.

While Tyrant Flycatchers superficially resemble old-world flycatchers in the bird family Muscicapidae, they are not closely related to them.

This species name is based on the distinctive song the Eastern Wood-Pewee sings: a clear whistling tune

that sounds like “*PEE-a-weeEEE!*”

Bird species with names based on how their songs or calls sound are referred to as “name-sayers.”

Eastern Wood-Pewees generally sing their song from an exposed perch, such as a dead tree limb or a snag on the edge of a forested area. They are one of the first bird species heard in the morning, starting well before sunrise.

They sing throughout the day and are often heard singing well past sunset.

In addition, they sing well into the season. While most bird species stop singing after nesting activity is over, Eastern Wood-Pewees can be heard singing well past this time.

Most songbirds learn their songs





Eastern Wood-Pewees are grayish-brown, darker above and paler below, with two pale wing bars. The top part of their bill (the upper mandible) is dark, while the lower part of the bill (the lower mandible) is orange. Both genders are similar in appearance.

(Photo by Ron Ketter)

Once paired, both adults will visit several potential nest sites to determine a suitable nest location in a tree branch fork away from the trunk of the tree. Most nest are between ten to thirty feet above the ground.

The female does most of the nest building. The nest consists of grasses, animal hair, strips of bark, leaves, moss, and lichen, held together using spider webs and fibers to form an open cup about three inches in diameter, with an interior cup about two inches across and one-and-a-half inches deep.

The female lays three eggs and is responsible for incubation. The male brings his mate food during this period and stays near the nest. Incubation takes twelve to fourteen days.

The young are fed in the nest for around two more weeks before they fledge. They continue to be cared for by their parents for another three to four weeks before they become independent.

Although a common bird, Eastern Wood-Pewees have been declining over the last half century.

Annual bird surveys indicate the North American population has decreased by 44 percent since 1966. Some of the reasons for this decline may be increased use of insecticides, which affects their food supply, as well as overpopulation of white-tailed deer affecting the intermediate tree canopy structure in heavily browsed areas.

While Eastern Wood-Pewees are unlikely to visit a feeder, they may be found in your backyard if you have a wooded patch or live near a patch of forestland, especially if there are native species that attract flying insects nearby. ➡

from adult birds. During the first few months after hatching, young birds listen to adults and memorize songs, creating a mental template of how the songs sound.

Later, they practice these songs, often through disorganized phrases that sound rather like babbling until they improve over time.

Eastern Wood-Pewees and other Tyrant Flycatcher species are different. Instead of learning from adults, their songs are encoded in their DNA.

They instinctually know their songs. Scientists demonstrated this by pairing flycatchers hatched in captivity with other species and discovering, as adults, they performed their species song with precision

rather than copying the songs they heard from other species.

Like all flycatchers, Eastern Wood-Pewees feed almost exclusively on insects. They occasionally eat fruit, representing about 1 percent of their diet.

Mostly they hunt insects using a maneuver called aerial hawking, flying out from an aerial perch to catch insects in mid-air and returning to the same perch.

Their short-bill is specially designed for this purpose, with a fine point but broad base that serves as a flyswatter to catch insects.

Eastern Wood-Pewees are seasonally monogamous. Males and females pair up shortly after they arrive on breeding grounds.

How Enlightening!

Know the symptoms and signs

- *Rhabdomyolysis* (Muscle breakdown):

Muscle pain; Dark urine or reduced urine output; Weakness.

- *Heat Cramps*: Muscle spasms or pain, Usually in legs, arms, or trunk.

- *Heat stroke*: Slurred speech Confusion;

Unconsciousness; Very high body temperature;

Heavy sweating or hot, dry skin; ; Rapid heart rate.

- *Heat syncope*:

Fainting; Dizziness.

- *Heat exhaustion*: Fatigue; Irritability; Thirst; Heavy sweating; Nausea or vomiting; Dizziness or light-headedness; Elevated body temperature or fast heart rate.

- *Heat rash*: Clusters of red bumps on skin, often appears on neck, upper chest and skin folds.

First aid:

- Take the affected person to a cooler area (shade or air conditioning).
 - Cool the person immediately. Use active cooling techniques such as:
 - Immerse the person in cold water or an ice bath. Create the ice bath by placing all available ice into a large container with water, standard practice in sports. This is the best method to cool workers rapidly in an emergency.
 - Remove outer layers of clothing, especially heavy protective clothing.
 - Place ice or cold wet towels on the head, neck, trunk, armpit, and groin.
 - Use fans to circulate air him/her.
 - Never leave a person with heat-related illness alone. The illness can rapidly become worse. Stay with the person.
- When in doubt, call 911!

(Information courtesy <https://www.osha.gov>)

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'Pirates & Wenches' weekend slated for Aug. 7-9

ROCK HALL — The annual "Pirates & Wenches" weekend will be held on Friday, Aug. 7 to Sunday, Aug. 9, and guests are invited to come by land or come by sea

The event is slated as town-wide, family-friendly festivities that everyone will enjoy

There are four stages for performances on Main Street: the "Gazebo," "Pirates Cove," "Sharp Street" and "Main & Sharp."

On Friday, Aug. 1, there will be featured a rum tasting and "Sea Shanty" sing-along

On Saturday, Aug. 8, a shuttle service will run from 9 a.m. through midnight.

The shuttle route loops around Rock Hall. Visit <https://www.rock-hallpirates.com/transportation> for more information.

There is a \$5 ticket for an all-day



Saturday pass.

Saturday's "Merriment on Main Street" will take place from 10 a.m. to 5 p.m.

Harbor festivities will be presented by the Rock Hall Yacht Club from 11 a.m. to 2 p.m., at Bayside Landing Park (next to Harbor Shack).

The "Dinghy Parade and Poker Run Beach Party" will be presented by the Rock Hall Lions Club from 10 a.m. to 4 p.m.

The "Kids Treasure Dig" will take place from 10 a.m. to 11 a.m.

Live music and food will be offered from 11 a.m. to 4 p.m.

The "Buccaneers Ball" will last from 7 a.m. to 11 p.m. at Waterman's Crab House.

On Sunday, Aug. 9, "Merriment on Main Street" is scheduled from 10 a.m. to 3 p.m.

Events for the kids include a living history encampment, treasure hunts, games, costume contests, mermaids, boat building, and juggling.

There will be pirate entertainment all weekend long.

For more information, www.rockhallpirates.com/.

(FROM PAGE 10)



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The panicles look like vanilla and strawberry swirled ice-cream cones!

By early autumn the plants will be loaded with newly blooming vanilla, later blooming pink and late blooming red flowering panicles.

As the ends of each branch hold the flower panicles, the branches begin to arch gracefully with their weight.

These are heat-tolerant and the most cold-hardy hydrangeas, thriving in USDA zones 3-8 and love to live in a full sun garden with some late afternoon shade.

They prefer to grow in rich, well drained soil.

These lovely flowers do not depend on the soil pH for their color.

Another beautiful panicle hydrangea that can bring color into a garden is "Limelight," which grows 6-8 feet tall and the flowers turn lime green, while Pinky Winky grows 6-8 feet tall and is covered with clusters of panicles up to 16 inches long filled with white and pink flowers.

(Editor's Note: Ginny Rosenkranz is a commercial horticulture specialist with the University of Maryland Extension.)

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Codes require bedroom windows to be a specific size so occupants can escape a fire, and so firefighters can get in while wearing their equipment.

What code inspectors wish homeowners knew

Story by StatePoint

When homeowners doing work on their property consider a cheaper route, for example, hiring a contractor who doesn't want to pull permits, they may not realize the risk they are taking. But they should know that there is no "undo" button on a disaster.

That's one reason behind the International Code Council (ICC) Building Safety Month, a campaign that reinforces the need for the adoption of modern, regularly-updated building codes, and helps communities understand what it takes to create safe,

sustainable structures.

As part of the campaign, two seasoned building safety professionals are sharing some important basics they wish homeowners knew.

Egress

Albert Joseph Rocco Jr., the deputy building official in the Building Division for the City of Kissimmee, Florida, says one of the most important safety concepts is the "The Path of Egress."

Codes require bedroom windows to be a specific size so occupants can escape a fire, and so firefighters can get in while wearing their equipment.

"Any modification, like adding bars to windows or changing a floor plan, must preserve that clear path to the outside."

Rocco also recommends keeping the area around bedroom windows clutter-free. "In an emergency, time spent removing items from the exit path are valuable seconds that might make the difference."

Decks and Balconies

Rocco notes that one often-ignored at-home maintenance task is inspecting exterior deck and balcony framing integrity.

Deck ledger boards often fail because the connection to the

house rots or was never flashed correctly. This is something people don't think about until it collapses.

"If you see the wood deteriorate, if it feels soft or is cracking, have a professional check it out. Basically, if it doesn't look safe, it's probably not," he says. "And pay attention to deck railing to ensure it's not loose. The last thing you want is for a guest to lean on it during a BBQ and fall through to the ground, however far that is."

Rocco also warns that decks must be used safely. For example, a hot tub filled with water may be heavier than a deck can handle. Homeowners intending to place a hot tub on their deck should check with a licensed professional to verify if additional support will be needed. Also, it's not recommended to cook on decks with roofs. "BBQ fires can happen easily if left unattended. If those flames get hot and high enough, your steak won't be the only thing burnt," says Rocco.

Water Intrusion

Slow plumbing leaks are the biggest "snowball" culprits, according to Rocco. A tiny drip can lead to structural rot and toxic mold before a spot on the drywall appears.

Another is foundation drainage. If soil settles and slopes toward the house, water will eventually undermine the foundation, leading to costly structural failure.

"Beyond structural damage and harmful mold, water intrusion can damage electrical systems, increasing the risk of fire or shock, and it often goes undetected until significant harm has already occurred," says Ryan Smith, the building official for the City of

www.shorehomeandgarden.com



Mineral buildup at the bottom reduces efficiency and can cause the tank to overheat and fail prematurely.

Columbia Heights, Minn.

Water Heaters

Homeowners often overlook sediment flushing for water heaters, warns Rocco. Mineral buildup at the bottom reduces efficiency and can cause the tank to overheat and fail prematurely.

Vents

Smith reminds homeowners that snow buildup on the side of the house can plug up vents and turn off the furnace. "You have to clear snow around the furnace vents – and if they turn off, that is the first place to check."

Scope

Homeowners should never go beyond the scope of an approved building project. "We don't know if requirements are met, what materials are used, or if there's proper ventilation. Going beyond the scope of what's approved is dangerous," says Smith.

Products

"We're seeing products being purchased from Amazon sellers

that don't meet minimum code requirements," says Smith. From luxury sinks to bogus smoke detectors, homeowners should ensure any product they purchase is UL listed and approved for use in their jurisdiction.

International Codes

ICC's codes and standards play an important role in creating safe, affordable and sustainable structures.

Homeowners can read up on I-Codes and consult with a local professional before starting a project to avoid violations.

"When it comes down to it, most people assume that because their home is standing, it is safe. The truth is, electrical systems age, wood rots, and safety devices expire. The most dangerous home is the one where the owner assumes 'it's fine because it's always been that way,'" says Rocco.

For more home safety tips, visit ICC's Building Safety Month at <https://www.iccsafe.org>. ➡

August 2026 • Shore Home & Garden

Spotted Lanternflies: Stomp them out!

Story by Sean Clougherty

The spotted lanternfly won't bite or sting you, but state officials, farmers and plant lovers want you to kill any on site.

Spotted Lantern fly (*Lycorma delicatula*) is a planthopper native to eastern Asia. In 2014 a stone shipment was sent to Berks County PA with spotted lanternfly and every year since, the pest has spread its territory. Maryland's first sighting was in 2018 in Cecil County and the Mid-Shore counties fell under a state quarantine in 2023. Still, more of the bugs are popping up in the area and anyone can help by squishing or stomping them out.

At each of its life stages, spotted lanternfly changes drastically in appearance, so it's also good to know what to look for.

Egg masses look like a white or gray pasty spot on tree trunks and branches. Instars are black with white spots, changing to red and black with white spots and adults have pink outer wings covering red and black inner wings, both with black spots and tips.

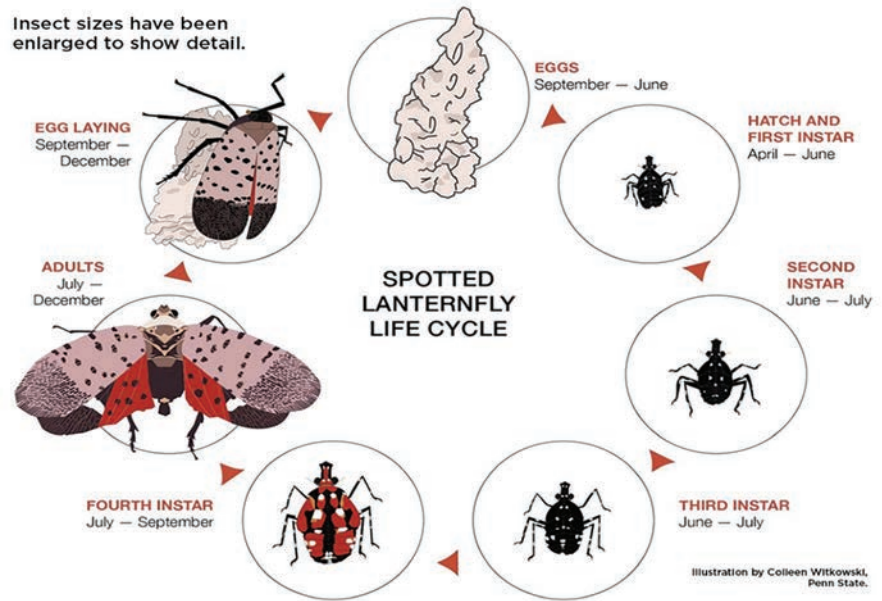
Spotted lanternfly do not feed on flowers, leaves or fruit. Instead, they eat phloem or sap from the trunks and stems of their host plants. They are also non-toxic if ingested by pets. They pose no danger to you or your pets.

But without natural enemies here or an efficient pesticide option, they will attack many popular plants in the landscape.

The primary host of spotted lanternfly is tree of heaven (*Ailanthus altissima*). Tree of heaven is also an invasive species, which has been in the U.S. for hundreds of years.

Shore Home & Garden • August 2026

Insect sizes have been enlarged to show detail.



However, spotted lanternflies have about 70 secondary hosts including: wild and cultivated grape, black walnut, red maple, silver maple, weeping willow.

Honeydew is excreted by spotted lanternfly. It is made up of sugar and water. Honeydew will sit on leaves and create something called sooty mold. This sooty mold will reduce the plants' ability to photosynthesize. When it sits on decks, furniture, cars and other outdoor furniture or equipment, it can become sticky and difficult to remove.

For residential areas, the Maryland Department of Agriculture recommends mechanical controls to defend against spotted lanternfly. Flyswatters and nets are easy ways to catch and kill spotted lanternfly. Hand vacuums or shop vacuums can remove spotted lanternfly from vegetation and structures around your property. Spotted lanternfly caught can simply be thrown away.

Circle traps can passively trap spotted lanternfly. They do not require a lure or any chemicals. Spotted lanternfly are poor flyers and

climb up trees to feed on stems and jump to glide to their next location. The circle trap cuts off access to the tops of trees and funnels them into a plastic bag. This bag can be replaced and the old one thrown away. MDA does not recommend sticky tape or glue traps, as they have a high rate of by-catch, often leading to beneficial insects, small mammals, reptiles and even birds getting caught.

Removal of egg masses in the winter is also effective. Every egg mass you remove is 30 – 50 less spotted lanternfly that will hatch in the spring.

If you have tree of heaven on the property you can remove it. To successfully remove tree of heaven you will need to completely remove its roots system. Cutting it down will trigger a defense mechanism resulting in shoots emerging around the base of the cut tree.

Using tree of heaven as a "trap" tree is also an option. Setting up circle traps on these trees can result in mechanical removal of spotted lanternfly. ➡

(FROM PAGE 6)

some of your favorites in your backyard

You don't need a tractor, a greenhouse, or even a big backyard.

A few containers on a sunny porch can grow herbs all summer long. A single raised bed can provide enough tomatoes, peppers, lettuce, cucumbers, and green beans to keep your family enjoying fresh produce for months.

Even if you've never planted a seed before, you'll probably be surprised at just how rewarding it can be.

Growing your own produce isn't a guarantee against foodborne illness, but it does give you greater control over how your vegetables are grown, harvested, and handled.

Of course, gardening feeds more than just our appetites.

There's a certain peace that comes from watering plants early in the morning before the day gets busy.

Pulling a few weeds becomes an excuse to unplug.

Watching a tiny seedling transform into dinner over the course of a few weeks is a reminder that some of life's best things simply can't be rushed.

Knowing you grew your own food is pretty satisfying — those lettuce leaves just taste better than anything you will ever buy at the store.

August is often when gardens are at their best.

Tomatoes are finally turning red, peppers are hanging heavy on the vines, herbs seem to double in size overnight, and if you're growing zucchini, you're probably looking for neighbors willing to take that bounty off your hands! Zucchini bread for everyone, right?



It's also the perfect time to think about preserving summer.

Freeze fresh herbs in olive oil, make homemade salsa, can tomato sauce, or simply share your extra harvest with friends.

Summer doesn't have to end when the calendar says so.

Quick Tips for Starting Your Own Garden

- Start small. A few pots or one raised bed is plenty for your first try;

- Choose easy options. Tomatoes, lettuce, basil, peppers, cucumbers, green beans, and zucchini are all beginner-friendly;

- Give plants plenty of sun. Most vegetables need at least six to eight hours of sunlight each day;

- Water consistently. Deep watering a few times a week is better than a light sprinkle every day;

- Harvest often. The more you pick many vegetables and herbs,

the more they'll produce; and

- Don't aim for perfection. Every gardener loses a plant, battles weeds, or discovers a tomato with a bite taken out of it. Don't let that derail your efforts.

Whether you grow one pot of parsley on your porch or harvest baskets of vegetables from your backyard, you'll discover that gardening offers something our busy lives often lack — a reason to slow down and appreciate the season.

This August, while summer is still shining, consider planting something.

You might be surprised to find that what grows isn't just fresh food, but a little more joy, a little less stress, and a deeper appreciation for the simple pleasures that make this time of year so special.

(Editor's Note: Kristine George is a freelance journalist who resides in Easton.)

(FROM PAGE 8)

It is also a good idea to harvest the herbs you wish to freeze or dry for winter use this month.

Remember herbs are most flavorful, harvested in the early morning before the sun dissipates the essential oils that give them their flavor.

If you have a strawberry bed, now is the time to fertilize them for next years crop.

I suggest Espoma's Berrytone at a rate of one cup per foot of branch spread.

Double the quantity if branch spread is three foot or more. It is rich in natural and organic ingredients and is enhanced with humates and beneficial microbes.

No sludges or fillers are ever used, and it is long-lasting and a slowly released formula.

This is the perfect blended fertilizer for blueberries, blackberries, raspberries and strawberries.

Strawberries set their fruit buds in the late summer/early fall for next springs crop, which is why the need a good fertilization program now. It is also important to maintain adequate water to all these berry plants now as well.

A slow, soaking of water around the plants during some August dry spells will ensure good fruit bud production and a good crop for next spring.

Watering is also critical for fruit trees in August, especially peach trees.

Adequate watering about two weeks before the tree is to be harvested will get the flesh to swell and result in large fruit.

With hot, humid weather come disease problems. Both downy and powdery mildew can affect vine-type vegetable crops at this time of year.

Downy mildew causes problems, on beans, cucumbers and cantaloupes.

The fungus causes yellow to dark areas on the upper surface of older leaves, and on the under-side of the leaf you will see patches of whitish or gray-colored mold.

The mold can also occur on bean pods and the affected vines may be scorched and killed.

Powdery mildew appears as white or brownish talcum-like growth on leaves and young stems of squash, pumpkins, cantaloupes and cucumbers.

It sometimes can be found on fruit, especially grapes, and if left untreated, it can turn plants yellow, and they can wither and die.

To control both of these diseases, the practice of rotating the location where they are planted each year, and provide good spacing in between the plants to allow for good air flow.

Remove and dispose of any infected plants at the end of the growing season to prevent the disease from over-wintering into the next growing season.

Be sure to use a fungicide once the plant is infected, that contains copper, which is the best and only effective product available to home gardeners and it is also approved for organic gardening.

This time of year annual and perennial flower beds can look a little ragged.

Be sure to pick-off the old, dead flowers.

Spending a little time grooming these plants will make a big difference in the garden's over-all appearance.

It will also prevent the flowers from going into seed production and should allow them to continue flowering longer into the fall growing season.

Finally, spring-flowering perennials can be divided and transplanted this month or next.

Be sure to do this during the coolest part of the day, and water the plants thoroughly after transplanting.

Happy Gardening and remember to stay hydrated when outside during the hot and humid days. 🌿

(Editor's Note: Ken Morgan is the owner of Robin's Nest Floral and Garden Center in Easton, Md.)

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What washes ashore on the Chesapeake Bay?

(Editor's note: DeeDee Wood is the owner of Black Cat Curiosities, an online antiques research and sales venue.)

It's antique road trip time again, when normally for a few months out of the year, shops, museums or venues are visited. This month, the shores of the Chesapeake Bay are our venue, with the very thing we discuss, antiques, washed ashore as forgotten treasures to find.

As you stroll along anywhere on the Bay, as waves roll in and out, you will find treasures from long ago, that are parts of antiques, technically.

Sea glass was once bottles, shards of pottery from plates and other household ceramics are now smooth pieces, rounded out with time, their patterns still viewable, regal floral motifs, flow blue colors.

There are also ropes, shoes, buoys, old fishing parts, you name it. Now and then an old sign might drift ashore, only a few letters visible.

You might wonder why and how these antique parts lazily wash ashore. Before modern landfills, trash and broken household items were tossed off docks, thrown into watery outlets, and water is a convenient disposal site.

Eventually, over time, this trash either completely dissolved and became part of the waters, or it transformed, with ebb and flow of the mighty Chesapeake, into something changed.

Sea glass was once old bottles and glass items, for example, but now is used for all sorts of art and projects,

Antique Discovery



By DeeDee Wood



Sea glass was once bottles, shards of pottery from plates and other household ceramics.

including jewelry and windchimes.

Storms play a big part in the transformed antiques of yesteryear washing ashore.

The mighty Chesapeake Bay loses shoreline yearly, exposing old colonial homesite refuse stuck in the muds of the banks, old Victorian dumpsites, and farm machinery and parts.

As the waves polish and ebb, interesting antique parts flow onto shore, to be found by an interested

visitor.

When a storm rolls in, powerful tides can strip away old sand bars, creating treasures that expose themselves.

Many a knowledgeable Bay shore hunter knows to search a beach right after a storm.

Hurricanes and summer upheavals in the waters produce sea glass, old machinery, ropes, fishing buoys and anything else that you might imagine. Items can also be found caught in grass shorelines, inside holes from breaker rocks and more.

Old shipwrecks can wash ashore. The Chesapeake Bay has thousands of documented shipwrecks over time.

While it is unlikely a chest of gold will appear on shore from a ship's cargo area, one might find old clay pipes, iron fittings, maritime parts off ships, even bottle fragments.

Sometimes, if extremely lucky, a name or number can be seen on these items.

Last, but not least, is the commercial fishing industry, that leaves history behind to find. Net weights, crab pots, oyster tongs, neat buoys bobbing about and rope. There is a heavy interest in old maritime fishing industry items, as they have nostalgia and meaning for people who know the shore.

Next time you are walking along the shores of the stunning Chesapeake Bay, look out not only over the horizon, but also down.

You might just see an antique item from days gone by, yet molded and changed by the ebbs and flow of time and water, turning it into something unique, yet familiar. 🐚

Mastery comes in many steps

(Editor's note: Deborah Walker is the author of "An Eastern Shore Special: Recipes from the Heart." She has written about food and recipes for 15 years, She resides in Ocean City.)

Has one ever taken a moment to consider the fascinating occurrences that encompass our daily lives?

Nothing is by chance; every occasion has purpose and should be utilized to the fullest degree.

The kitchen follows suit and is a sanctuary of culinary lore. Shedding light on conundrums that confound chefs not only raises our level of awareness but also enlightens us to a wonderful world of glorious food.

Intention takes us to a theme of the day. Eggs are one of the most versatile and popular ingredients. The yolk and albumen combine to produce scientific wonders that go beyond the boundaries of enchantment.

Food For Thought



By Deborah Walker

Secret Ingredient: 'Choice.'

"We make our choices, then our choices make us."

— Anonymous

M.F.K. Fisher brilliantly describe an egg as "probably one of the most private things in the world until it is broken."

Mastery comes in many steps. It has been said that when Leonardo

Da Vinci came to study with Verrocchio, one of the leading artists of the late 15-century Florence, Verrocchio instructed Leonardo to draw eggs.

Day after day, Da Vinci drew eggs, but in the interim questioned the objective.

Finally, Verrocchio told him drawing the same egg is not a simple task.

If you change the observation angle, the lighting and shape of the egg will also change. This fundamental philosophy shows the details and intricacy involved in the pursuit of perfection.

Knowledge comes in many flavors and this observation of an egg was quite prolific. The unassuming egg is complexity in its infantile state.

Moving forward, egg cookery is a simple task, but a few helpful hints ensure textbook eggs every time.

Cooking a hard-boiled egg may

Gluten Free Breakfast Bagel

Scrambled Eggs

- 4 large eggs.
- 4 teaspoons half-n-half.
- Quarter-teaspoon kosher salt.
- 1 tablespoon unsalted butter.
- Fresh herbs or freshly ground black pepper to taste.

1. In a medium bowl, aggressively whisk the eggs, cream and salt until well blended.

2. Melt butter in a small nonstick pan over medium heat, making sure to coat the entire pan with butter.

3. Add the eggs to the center of the pan and immediately reduce heat to medium-low.

4. Wait for the edges to barely

set. Using a rubber spatula, gently push the eggs toward the center.

5. When the eggs are almost done, remove the pan from the heat and stir until done.

6. Transfer to a plate and set aside.

Assembly of the Breakfast Bagel

- Rice paper.
- 'Everything but the Bagel' Sesame Seasoning Blend.

1. Preheat oven (air fryer) to 400 degrees.

2. In a large pie pan, whisk 3 eggs with 3 teaspoons water. Dip one sheet of rice paper briefly into the egg mixture and cover both sides.

3. Place the dipped rice paper onto

a counter or chopping block. Place 3-4 rounded tablespoons of scrambled eggs at the top of the rice paper (horizontally).

4. Carefully roll the rice paper towards you until it is completely rolled. Shape the rice paper so it forms a bagel.

5. Sprinkle 'Everything but the Bagel' Sesame Seasoning Blend over the surface of the bagel. Using a spatula, remove the bagel onto a greased sheet pan.

6. Repeat this process for the remaining bagels.

7. Air fry for 15-20 minutes. Turn the light on in the oven and keep an eye on them. Serve immediately.

seem trivial, but is not as easy as one thinks. There are a number of variables that affect the cooking process: the age of the eggs, the size of the pot that the eggs are cooked in, and the temperature of the heat.

Believe it or not, but fresh farm eggs are good for frying but not boiling.

The inner membrane of the egg sticks to the white, making them difficult to boil accurately. However, this adherence breaks down after a few days and makes them acceptable for cooking in hot water.

Choosing the right size pot to cook your eggs in is probably the most overlooked step in boiling eggs. The first step is to bring your eggs to room temperature; they are less likely to crack in hot water.

Eggs should not be stacked but be placed in one layer: positioning eggs on top of each other can result in uneven cooking.

In addition, add enough cold water to cover them completely by 1 inch of water.

Too much water will take too long for the water to come to a boil, which can throw off the timing and produce rubbery eggs.

Scrambled eggs are the next subject at hand. Always mix the eggs in a small bowl before placing them in the pan.

Cracking eggs directly into the pan and then mixing them will result in a streaky scramble.

Scrambled eggs should be cooked slowly over medium-low heat. If you rush the dish, the eggs will be dry. Just before the eggs are fully cooked, remove the pan from the heat, and continue to cook. This is another way to prevent overcooking.

Scrambled eggs should be cooked in nonstick pans. While I love my



cast iron skillet, some of the egg mixture will stick to the pan and is not the best choice.

If you are entertaining and want your scrambled eggs to be extra fluffy, place the eggs and milk in a blender. Then add your other ingredients. The blender incorporates air into your egg mixture for a souffle like texture.

That being said, who does not love a delicious breakfast sandwich? Eggs prepared your favorite way, delectable toppings, and the bread of your choice are mouthwatering and can be eaten on the go.

A gluten free breakfast bagel is another option and makes quite an impression. Rice paper is soaked in an egg wash so it becomes pliable.

Then fill it with scrambled eggs and other favorite toppings if desirable.

Roll the stuffed rice paper and form it into the shape of a bagel and top with “Everything but the Bagel” Sesame Seasoning Blend.

Finally, air fry the bagels until they are golden brown and crispy. These gluten free bagels are so cute and are sure to be a hit with your guests. Enjoy! 🐔

Now we're cooking!

Prioritize Brain Health with a Peanut-Packed Menu

FEATURE IMPACT

A healthy brain goes beyond reading exercises and completing puzzles – it extends to the kitchen, too. Emerging nutritional science is clear that what people eat doesn't just fuel the body; it shapes memory, mood and cognitive health.

Among the foods you can include in your diet to give your brain a boost are peanuts and peanut butter, staples valued not only for their convenience but also for their cognitive benefits. In fact, a study published in the "Journal of the Prevention of Alzheimer's Disease" found adults 60-80 years old who did not eat peanuts and peanut butter regularly were 30-50% more likely to perform poorly on tests measuring learning, memory, language, processing motor speed and attentiveness compared to those who did consume peanuts and peanut butter.

It's not just the older generation that can benefit. According to research published in "Clinical Nutrition," a study of college students ages 18-33 showed consumption of peanuts and peanut butter was associated with improved memory function and decreased anxiety, depression and stress.

Consider this key information from the Georgia Peanut Commission before your next meal planning session.

Nutrients that Give the Brain a Boost

Despite their small stature, peanuts pack a nutrition punch. Their unique blend of various vitamins, minerals and bioactive compounds includes:

- Niacin, which can slow cognitive decline and reduce the risk for Alzheimer's disease, according to the "Journal of Neurology, Neurosurgery and Psychiatry"
- Vitamin E, found to promote healthy brain aging and delay cognitive decline
- Resveratrol, believed to be beneficial in fighting against Alzheimer's disease and other nerve degenerating diseases, per the "Journal of Biological Chemistry"
- P-coumaric acid, an antioxidant that appears to target the neurotransmitters in the brain that regulate mood, stress and anxiety

Peace of MIND

Peanuts are included in the MIND diet, a combination of the Mediterranean and DASH diets, which specifically includes foods shown to benefit the brain.

Adding peanuts to your menu can be a breeze. Look no further than a powerful main course like Crunchy and Creamy Cold Green Pea and Peanut Salad, a perfect accompaniment at potlucks and cookouts as an easy side or light main course. Make breakfast-on-the-go part of your daily commute with Flourless Blueberry Muffins that require just five ingredients, including creamy peanut butter, or add a pinch of protein to snack time with Protein Balls that can be refrigerated until hunger strikes.

Brain Food for Thought

Supporting your brain starts with the right nutrition, and evidence makes clear peanuts and peanut butter should be top-of-mind as you head to the grocery store. For help getting started, find more recipes and nutritional information by visiting GAPeanuts.com.



Flourless Blueberry Muffins

Recipe courtesy of The Peanut Institute
Servings: 12

- 2 bananas
- 1 cup creamy peanut butter
- 2 eggs
- 1/2 teaspoon baking powder
- 1 cup blueberries

Preheat oven to 350 F. Grease muffin pan.

In blender or food processor, combine bananas, peanut butter, eggs and baking powder; blend until smooth. Fold in blueberries by hand.

Pour mixture into muffin tin. Bake 12-15 minutes.

Store in airtight container up to 3 days.

Nutritional information per serving: 155 calories, 10 g carbohydrates, 31 mg cholesterol, 2 g saturated fat, 9 g unsaturated fat, 2 g fiber, 6 g protein, 98 mg sodium, 5 g sugar.



Crunchy and Creamy Cold Green Pea and Peanut Salad

Recipe courtesy of The Peanut Institute
Servings: 8

Dressing:

- 1/3 cup sour cream
- 1 1/2 tablespoons mayonnaise
- 2 teaspoons apple cider vinegar
- 2 teaspoons sugar

Salad:

- 1 package (20 ounces) green peas, frozen
- 1 cup celery, chopped
- 1/3 cup red onions, chopped
- 1 cup dry roasted peanuts
- 6 slices thick cut bacon, cooked and crumbled

- 1 pinch salt, or to taste
- 1 pinch freshly ground black pepper, or to taste

To make dressing: In small mixing bowl, whisk sour cream, mayonnaise, apple cider vinegar and sugar.

To make salad: In large mixing bowl, combine frozen green peas, celery and onion. Pour dressing over salad and toss to combine. Refrigerate at least 2 hours.

Before serving, stir in roasted peanuts and crumbled bacon. Season with salt and freshly ground black pepper.

Nutritional information per serving:
230 calories, 17 g carbohydrates, 12 mg cholesterol, 3 g saturated fat, 9 g unsaturated fat, 5 g fiber, 11 g protein, 249 mg sodium, 6 g sugar, 1 g added sugar.

Protein Balls

Recipe courtesy of The Peanut Institute
Servings: 24

- 1 cup chunky peanut butter
- 1 tablespoon vanilla
- 1/4 cup honey
- 2 cups quick oats
- 2 tablespoons ground flaxseed
- 1/2 cup shredded coconut
- 1/2 cup dried, chopped cranberries
- 1/8 teaspoon iodized salt
- 1/4 cup water

Using stand mixer, combine peanut butter, vanilla, honey, quick oats, flaxseed, coconut, cranberries, salt and water; mix until well combined.

Form dough into 1-ounce portions and refrigerate 30 minutes before serving.

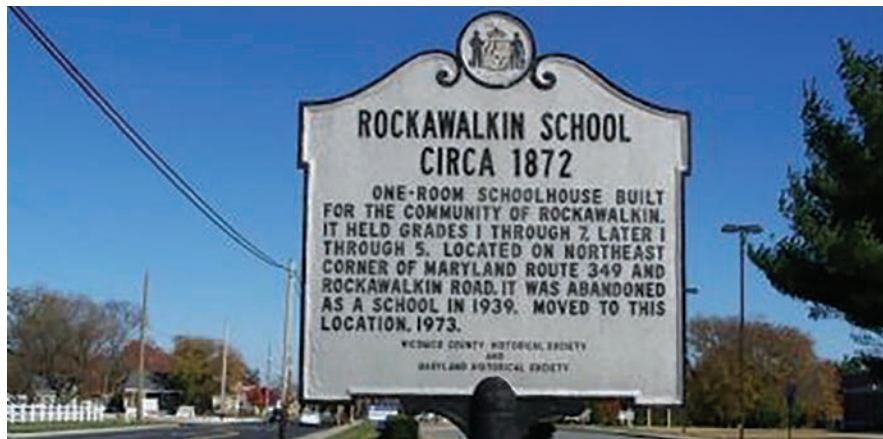
Nutritional information per serving: 130 calories, 7 g fat, 14 g carbohydrates, 3 g protein, 2 g fiber, 60 mg sodium.



What's behind the name?

Consider the source when it comes to Rockawalkin

(Editor's note: When it comes to historical significance, Maryland's Eastern Shore can stand with just about any other area of the United States. It's carried through today in the names given to towns, rivers, streets and creeks, but more than 200 years later, their origins may not be so widely known. Drawing from "Discover Why It's Called ...," a 1990 booklet by John Dexter Nilsson, here is one of those stories.)



Rockawalkin Road, Ridge, Creek and once village, back close to U.S. 50 south of Hebron, all bear the this peculiar name.

A settler named Rock refused to ride a horse, and his neighbors

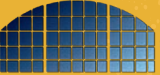
would say, "Here comes Rock-a-walkin'."

Or, how about Native American derivations that can yield "place of the fork in the stream" or "at the sandy ground."

Or, the Wicomico River was

originally called Rockiawackin and 1697 records mention the "Nations of the Rockawakinmany."

Or, consider the utterance of a town drunk and the name of a sacred stone have been mentioned as sources. Take your pick! ➡



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Community Center

AUGUST 4TH AT 7PM



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