

KENT SOIL AND WATER CONSERVATION DISTRICT

CONSERVATION QUARTERLY

Helping landowners protect soil and water quality since 1938.

January 2025

Volume 8, Issue 1



Happy 2025!

Submitted by: Robert Baldwin, District Manager

Happy 2025, and a couple of noteworthy items...

Last year at this time, my article was a thank you letter, thanking all involved for an outstanding year in implementing conservation practices in Kent County. Following up on that theme, 2024 was truly a banner year for the Kent Soil and Water Conservation District. After several years of being the number two county in Maryland in implementing cover crop, in the 2022/2023 cover crop year, Kent County was the number one county in Maryland planting 54,174 acres in cover crop!! Thanks to all the farmers and landowners who participated in the Cover Crop Program.

Our 2024 annual Cooperator's Dinner set an attendance record; we had a sellout crowd of over 200 people at Red Acres Farm. At the event, we held our first ever silent auction fundraiser to benefit the Wicks Westcott Memorial College Scholarship. Thanks to the generosity of people like you, we raised over \$1,000 at the silent auction. We plan on holding another silent auction fundraiser again at this year's Cooperator's Dinner on April 11, 2025, at Red Acres Farm. If you have an item(s) that you would like to donate to the silent auction, please contact us here at the office. Keep an eye on our Facebook page and our Webpage for more information regarding the Cooperator's Dinner, including ticket information, sponsorship opportunities, and donations for the silent auction. Join us this year at the Cooperator's Dinner, support conservation, and support the silent auction.

Finally, I want to welcome Brooke Shaw as our new Administrative Assistant. You'll read more about Brooke later in the newsletter, but feel free to stop by and say hi to Brooke and congratulate her in her new role.

We are here to help, since 1938.

KENT SOIL AND WATER
CONSERVATION DISTRICT

**COOPERATOR'S
DINNER**

APRIL 11, 2025

RED ACRES FARM VENUE
25367 LAMBS MEADOW ROAD
WORTON, MARYLAND

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Important Dates

- MLK Jr Day - 1/20**
OFFICE CLOSED
- President's Day - 2/17**
OFFICE CLOSED
- February Board Meeting - 2/20**
- March Board Meeting - 3/20**
- April Board Meeting - 4/17**
- Good Friday - 4/18**
DISTRICT ONLY CLOSED

Find Us

122 Speer Road, Suite 4
Chestertown, MD 21620

410-778-5353

kentsoilandwaterconservationdistrict.org

Find Us on Facebook

Meet Our Board

Charles Miller
Chairman - 20 years

Lewis McDonald
Vice Chairman - 16 years

Timothy Redman
Treasurer - 27 years

W. Frank Barnes, Jr
Supervisor - 10 years

William Langenfelder
Supervisor - 10 years

Eddie Taylor
Associate Supervisor - 34 years

Sean Jones
Associate Supervisor - 16 years

James Miller
Associate Supervisor - 3 years

Alice Mason
Associate Supervisor - 3 years

A special THANK YOU to our board for their dedication to conservation and guidance over the years!

Staff Directory

Robert Baldwin
District Manager

Nancy Metcalf
District Conservationist

Michael Boughner
Engineering Technician

Christopher Davidson
Civil Engineering Technician

Jesse Downey
Soil Conservation Technician

Jenny Lee Freebery
Conservation Planner

Kelsie Fronheiser
Conservation Planner

Shelly Gsell
Administrative Assistant

Elizabeth Jamison
Program Support Specialist

Sam Leaverton
Conservation Planner

Peggy Lowman
Soil Conservationist

Jason Merrick
Soil Conservationist

Chris Myers
Engineering Assistant

Brooke Shaw
Administrative Assistant

Tina Stevens
Field Assessment Planner

Welcome Brooke Shaw



In November, Brooke Shaw transitioned from a Farm Service Agency Program Analyst to Kent Soil and Water Conservation District's Administrative Assistant. She was raised on a small dairy farm outside of Still Pond, where she currently resides with her husband, Mark, and two boys, Tucker and Ryker. Growing up, Brooke was active in 4-H and raised Jersey cows, dairy goats, and market pigs. She attended Delaware Valley University, majoring in Agribusiness. Brooke spends her "spare" time watching her kids play sports and helping them with their 4-H projects, as well as volunteering with Chestertown and Betterson Volunteer Fire Companies as a Firefighter/EMT. Fun Fact: Brooke's two boys are members of the same 4-H club that she grew up in, and are the fourth generation involved in Kent County 4-H. Help us in welcoming Brooke aboard.

With Heart-Felt Sympathy

Katherine Patricia Miller - August 9, 1934—April 18, 2024

Robert Hanford Ingersoll - June 13, 1947—April 29, 2024

William David Leager - April 12, 1946—May 4, 2024

Marion Lee Moore - February 18, 1933—June 30, 2024

Phyllis Audrey Elburn Dierker - March 19, 1930—July 20, 2024

Alice S. Ritchie - June 8, 1938—August 21, 2024

George Horace Kendall - October 17, 1943—September 24, 2024

Carolyn Edwards Coleman - July 23, 1923—November 14, 2024

Timothy "Tim" Yost Wiltbank - June 30, 1952—November 24, 2024

William "Bill" Flook Schrodel - March 7, 1940—December 8, 2024

Norman Charles Dulak - October 20, 1940—December 9, 2024

William N. Coleman, Sr. - September 3, 1930—December 26, 2024

Howard A. McHenry - January 25, 1937—December 28, 2024

Celebrating the Staff

On December 6th, KSWCD had our Annual Staff Holiday Party, the employees and Board members came together to enjoy a meal at the Fish Whistle. Most notably, three employees were recognized for their dedication to the district. These employees were presented with a certificate.



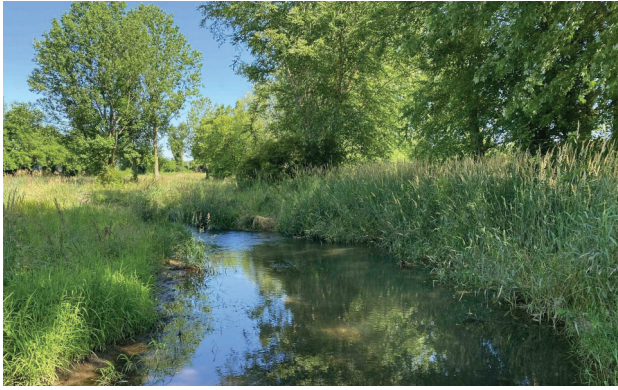
Jenny Freebery - 10 years



Christopher Davidson - 20 years



Chris Myers - 25 years



Extended Enrollment Period for 2024 Conservation Buffer Initiative Begins October 1

ANNAPOLIS, MD (September 26, 2024) - The **Maryland Department of Agriculture** has announced the **2024-2025** enrollment period for the popular **Conservation Buffer Initiative** will run from **October 1, 2024** through **March 31, 2025**. To help Maryland meet its ambitious tree planting goals, qualifying farmers who plant forest buffers through this program will receive a one-time \$1,000/acre signing bonus along with the program's standard incentive payment.

"Maryland's Tree Solutions Now Act challenges Marylanders to plant 5 million native trees by 2031 to provide climate, environmental, and human health benefits," said **Maryland Agriculture Secretary Kevin Atticks**. "I encourage farmers with marginal land next to streams or floodplains to plant trees to transform these areas into a valuable asset for both your farms and local water quality."

Entering its fifth year, Maryland's Conservation Buffer Initiative provides farmers with attractive incentive payments to plant buffers next to streams to improve water quality and support the state's climate goals. Three types of buffers are eligible for funding and free technical assistance from local soil conservation districts under the program: forest buffers planted next to waterways, grass buffers planted next to waterways or field ditches, and watercourse access control areas adjacent to pastures. Program highlights include:

- Payment rates range from \$500 per acre for existing grass buffers to a maximum of \$4,500 per acre to install a riparian forest buffer with pasture fencing
- Mowing and hay harvesting are allowed; nutrient applications are not
- Farmers receive 75% of the project cost upfront and the remaining 25% after verification of planting for new or improved buffers and 100% of the eligible payment for existing buffers that have been field-verified
- An extra one-time bonus payment of \$1,000/acre for enrolled forest buffers is offered
- Annual maintenance payments are available for forest buffers during the first five years
- Contracts are for 5 or 10 years
- Soil conservation districts can provide free technical assistance to get your buffer installed
- Applications will be accepted on a first-come, first served basis based on availability of funding
- All work must be completed within one year of the Agreement's signing date

Farmers wanting to install new buffers on land adjacent to waterways or improve existing buffers are encouraged to apply for this program. Applications and required forms are available on the website and at local soil conservation districts. Questions? Conservation experts at your local soil conservation district office are standing by to help you with your application.

https://mda.maryland.gov/resource_conservation/Pages/conservation-buffer-initiative.aspx



**Maryland
Bay-Friendly
Farming**

Maryland Bay-Friendly Farming

What is the Bay-Friendly Farming Program?

Farmers who go the extra mile to keep our water, farmland, and other natural resources healthy deserve benefits and recognition for a job well done.

The Maryland Bay-Friendly Farming (BFF) program—established by the Maryland Association of Soil Conservation Districts—certifies farmers who demonstrate outstanding stewardship and provides them with three-year waivers from state nutrient management inspections. Certified farmers also gain access to new resources, conservation programs, and promotional benefits.

What criteria is used to evaluate Farm Stewardship?

Maryland BFF certification uses a multi-part approach to evaluate stewardship:

1. Farms must demonstrate successful implementation of a nutrient management plan that meets state standards. We use the Agricultural Conservation Stewardship Certification Standard to measure the level of compliance of a farm's nutrient management plan against state requirements.
2. Certification also requires a high level of best management practice (BMP) implementation that address all resource concerns identified on owned or leased property.
3. A site assessment and evaluation is conducted to verify the implementation of a soil conservation and water quality plan.
4. All streams in active pastures must be fenced.

For more information, including benefits, the certification process, and participants of the Maryland Bay-Friendly Farming Program, visit <https://bayfriendlyfarms.com>.

Avian Influenza

Avian influenza is caused by an influenza type A virus which can infect poultry such as chickens, turkeys, pheasants, quail, domestic ducks, geese, and guinea fowl and wild birds, especially waterfowl. There are two types:

- Highly pathogenic avian influenza (HPAI) virus strains are extremely infectious, often fatal to domestic poultry, and can spread rapidly from flock to flock.
- Low pathogenicity avian influenza (LPAI) virus strains occur naturally in wild migratory waterfowl and shorebirds without causing illness. LPAI can infect domestic poultry, with little or no signs of illness.

Birds infected with the HPAI virus may show one or more of the following signs:

- Sudden death without clinical signs
- Lack of energy and appetite
- Decreased egg production or soft-shelled or misshapen eggs
- Swelling of head, comb, eyelids, wattles, and hocks
- Purple discoloration of wattles, comb, and legs
- Nasal discharge, coughing, and sneezing
- Incoordination
- Diarrhea

Poultry owners and growers are encouraged to always practice good biosecurity to prevent the spread of avian influenza.

<https://aphis.usda.gov/livestock-poultry-disease/avian/defend-the-flock/signs-illness>

Preliminary Testing Confirms Highly Pathogenic Avian Influenza in Caroline County



ANNAPOLIS, MD (January 10, 2025) - State laboratory testing has detected a case of **highly pathogenic H5N1 avian influenza (HPAI)** in **Caroline County** following routine sampling of a broiler operation and investigation by the **Maryland Department of Agriculture**. This marks the first case of H5N1 at a Maryland commercial poultry operation since 2023 and the third commercial operation in the Delmarva region in the last 30 days when two Kent County, DE returned positive results.

State officials have quarantined all affected premises, and birds on the properties are being or have been depopulated to prevent the spread of the disease. Birds from affected flocks will not enter the food system.

Confirmation by the **U.S. Department of Agriculture's (USDA) National Veterinary Services Laboratory** is pending with final results anticipated in the coming days.

"High Pathogenic Avian Influenza or HPAI does not affect poultry meat or egg products, which remain healthy and safe to eat and handle," said **Maryland Department of Agriculture Secretary Kevin Atticks**. "The Maryland Department of Agriculture, local health department, USDA and partner organizations are working diligently to address the situation, including quarantining and testing nearby flocks. We continue to urge commercial growers and backyard flock owners to be on heightened alert for HPAI."

Avian Influenza is a highly contagious airborne respiratory virus that spreads easily among birds through nasal and eye secretions, as well as manure. The virus can be spread in various ways from flock to flock, including by wild birds, through contact with infected poultry, by equipment, and on the clothing and shoes of caretakers. This virus affects poultry, like chickens, ducks, and turkeys, along with some wild bird species such as ducks, geese, shorebirds, and raptors.

According to the **Maryland Department of Health**, the risk of transmission between birds and the general public is low. Those who work directly with poultry or dairy farms may be more at risk and should follow key biosecurity practices.

The Maryland Department of Agriculture recommends the following common-sense biosecurity steps if HPAI is suspected on personal property, wild birds, or in a commercial operation. The U.S. Centers for Disease Control and Prevention has guidance for farmer workers [here](https://www.cdc.gov/bird-flu/prevention/worker-protection-ppe.html). (<https://www.cdc.gov/bird-flu/prevention/worker-protection-ppe.html>)

- Look for signs of illness. Know the [warning signs](#) of infectious bird diseases.
- Report suspected sick birds.
- To report a possible case of HPAI call the Maryland Department of Agriculture at 410-841-5810.
- Commercial chicken growers and backyard flock owners can email questions about the outbreak to MD.Birdflu@maryland.gov.

Continued on page 5

Continued from page 4

Key biosecurity practices:

- Clean and disinfect transportation. Don't walk through or drive trucks, tractors, or equipment in areas where waterfowl or other wildlife feces may be. If you can't avoid this, clean your shoes, vehicle, and equipment thoroughly to prevent bringing disease agents back to your flock. This is especially important when visiting with farmers or those who hunt wild fowl such as when gathering at a local coffee shop, restaurant, or gas station.
- Remove loose feed. Don't give wild birds, rodents, and insects a free lunch. Remove spilled or uneaten feed right away, and make sure feed storage units are secure and free of holes. Wild birds can carry HPAI.
- Keep visitors to a minimum. Only allow those people who take care of your poultry to come in contact with your birds, including family and friends. Make sure everyone who has contact with your flock follows biosecurity principles.
- Wash your hands before and after coming in contact with live poultry. Wash with soap and water. If using a hand sanitizer, first remove manure, feathers, and other materials from your hands because disinfectants will not penetrate organic matter or caked-on dirt.
- Provide disposable boot covers (preferred) and/or disinfectant foot baths for anyone having contact with your flock. If using a footbath, be sure to remove all droppings, mud or debris from your boots and shoes using a long-handled scrub brush BEFORE stepping into the disinfectant footbath, and always keep it clean.
- Change clothes before entering poultry areas and before exiting the property.
- Visitors should wear protective outer garments or disposable coveralls, boots, and headgear when handling birds, and shower and/or change clothes when leaving the facility.
- Clean and disinfect tools or equipment before moving them to a new poultry facility. Before allowing vehicles, trucks, tractors, or tools and equipment—including egg flats and cases that have come in contact with birds or their droppings—to exit the property, make sure they are cleaned and disinfected to prevent contaminated equipment from transporting the disease. Do not move or reuse items that cannot be cleaned and disinfected—such as cardboard egg flats.

For more information on avian influenza, visit: <https://mda.maryland.gov/Pages/AvianFlu.aspx>

Note to media: Due to biosecurity concerns, no on-site interviews, photos, or video are allowed. For all media requests, email: jessica.hackett2@maryland.gov.

<https://news.maryland.gov/mda/press-release/2025/01/10/preliminary-testing-confirms-highly-pathogenic-avian-influenza-in-caroline-county/>

NRCS FY25 Program Sign Up Opportunity

Applications for NRCS conservation programs are accepted year-round with established cut-off dates for application ranking and funding selection. The FY25 NRCS program year sign-up cut-off is **February 7, 2025**.

If you are interested in the Environmental Quality Incentive Program (EQIP), Regional Conservation Partnership Program (RCPP) or the Conservation Stewardship Program (CSP), contact the office to apply. For more information on these or other NRCS programs, contact Nancy Metcalf, Jason Merrick, or Peggy Lowman. You can also visit the Maryland NRCS website at <https://www.nrcs.usda.gov>.



Additional News and Blogs can be found at <https://news.maryland.gov/mda/bird-flu-blog/>.

State of Maryland, Maryland Department of Agriculture, Order # AH 01-2025: Control Order of the Secretary Requiring Specific Handling, Transport, and Storage of Poultry Litter Due to Highly Pathogenic Avian Influenza

C. Poultry Litter Requirements beginning January 8, 2025.

1) Storage/Stockpiling Requirements. Beginning January 8, 2025, a person operating a commercial poultry operation shall ensure that all poultry litter generated from the operation that is to remain on the farm is:

- (a) Placed and maintained in a covered manure storage structure on the farm; or
- (b) Stockpiled and covered in a field on the farm to prevent wild birds and other animals from gaining access to the litter.

(2) Movement of Litter.

(a) Beginning January 8, 2025, a person transporting litter from a sending operation to a receiving operation shall ensure that all conveyances are cleaned and disinfected before entering and leaving the sending operation.

(b) Beginning January 8, 2025, a person receiving litter from a sending operation shall ensure that the litter is:

- (i) Placed and maintained in a covered manure storage structure on the farm; or
- (ii) Stockpiled and covered in a field on the farm to prevent wild birds and other animals from gaining access to the litter.

Natural Resources Conservation Service

Nancy Metcalf
District Conservationist
nancy.metcalf@usda.gov

Jason Merrick
Soil Conservationist
jason.merrick@usda.gov

Peggy Lowman
Natural Resource Specialist
peggy.lowman@usda.gov



Environmental Education

Submitted by: Jenny Freebery, Conservation Planner

This fall, we have done some fun conservation education, ranging from environmental lessons to field trips.

In September, Kelsie and Jenny taught all the 6th graders at Kent County Middle School about human environment interactions. Jenny led a field trip to Wilmer Park, where students learned about living shorelines, native vs. non-native vs. invasive species of plants and animals, rain gardens, and the trade offs between uses of the park. They also did a trash walk around Chestertown and learned about how we influence government for environmental legislation with former Congressman, Wayne Gilchrest. The next day, students worked with Kelsie and Jenny to do a lesson on watersheds that taught them about sources of pollution, how they impact our water, and how to use best management practices to mitigate them. In December, Jenny worked with the Intro to Agriculture class at Kent County High School to teach a lesson on soils that involved auguring into the very dry ground and texturing different types of soil.

Throughout the fall months, we also had four shadows who were able to follow Jenny around for the day and learn about what a Conservation Planner does and the importance of soil conservation!

“We have neglected the truth that a good farmer is a craftsman of the highest order, a kind of artist.”

- Wendell Berry

Farm Service Agency

Susan Mackey-Taylor
County Executive Director
susan.mackeytaylor@usda.gov

Julie Bedwell
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julie.bedwell@usda.gov

Molly Bryden
Program Analyst
molly.bryden@usda.gov

W Jeffrey Galt
County Committee Chairperson

James Miller
County Committee Vice Chairperson

Brad Morris
County Committee Member

Alice Mason
County Committee Advisor



Foreign Investors Must Report U.S. Agricultural Land Holdings

Submitted by: Susan Mackey-Taylor, FSA County Executive Director

The U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) reminds foreign investors with an interest in agricultural land in the United States that they are required to report their land holdings and transactions to USDA.

The Agricultural Foreign Investment Disclosure Act (AFIDA) requires foreign investors who buy, sell or hold an interest in U.S. agricultural land to report their holdings and transactions to the USDA. Foreign investors must file AFIDA Report Form FSA-153 with the FSA county office in the county where the land is located. Large or complex filings may be handled by AFIDA headquarters staff in Washington, D.C.

According to CFR Title 7 Part 781, any foreign person who holds an interest in U.S. agricultural land is required to report their holdings no later than 90 days after the date of the transaction.

Foreign investors should report holdings of agricultural land totaling 10 acres or more used for farming, ranching or timber production, and leaseholds on agricultural land of 10 or more years. Tracts totaling 10 acres or less in the aggregate, and which produce annual gross receipts in excess of \$1,000 from the sale of farm, ranch, forestry or timber products, must also be reported. AFIDA reports are also required when there are changes in land use, such as from agricultural to nonagricultural use. Foreign investors must also file a report when there is a change in the status of ownership.

The information from AFIDA reports is used to prepare an annual report to Congress. These annual reports to Congress, as well as more information, are available on the FSA [AFIDA webpage](#).

Assistance in completing the FSA-153 report may be obtained from the local FSA office. For more information regarding AFIDA or FSA programs, contact the Kent County FSA office at 410-778-5353 or visit farmers.gov.

Scholar Scoop

The Kent Soil and Water Conservation District and Anelot, LLC are committed to helping Kent County High School students that plan to study agriculture or natural resources in college. One is supported by KSWCD and Anelot, LLC. The other scholarship(s) is the S. Wickes Westcott Memorial Scholarship, also supported by the KSWCD. The application deadline will be March 28, 2025.

To be eligible for consideration for either scholarship, the following prerequisites must be met:

1. Must have an academic cumulative grade point average of 2.5 or higher.
2. Show acceptance letter from an institution of higher education.
3. Must have completed at least four agricultural or natural resources related classes.
4. Must be pursuing academic degree(s) in agriculture and/or natural sciences at an institution of higher education.
5. Supply one teacher recommendation and one recommendation from outside the school system.
6. Complete the application by the deadline and secure the necessary information and signature.

The announcement will be posted on KSWCD website at <https://kentsoilandwaterconservationdistrict.org>.

Joke Junction

What is a happy farmer's favorite candy?

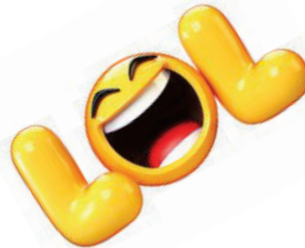
-A Jolly Rancher

Why did the cabbage win the race?

-Because it was a head

What farm animal keeps the best time?

-A Watch dog



Maryland Department of Agriculture Updates - Fiscal Year 2025

Kent County Cover Crop

Fall Applications: 104

Certified Area: 60,177.4

Eligible Area: 60,177.4

Estimated Payments: \$1,272,950.00

Kent County Best Management Practices

327 - Conservation Cover: 55.7 ac

362 - Diversion: 0.4 ft

386 - Field Border: 2.5 ac

390 - Riparian Herbaceous Cover: 43.8 ac

393 - Filter Strip: 17.7 ac

410 - Grade Stabilization Structure: 2.0 no

412 - Grassed Waterway: 292.2 ac

570 - Stormwater Runoff Control: 12.6 ac

612 - Tree/Shrub Establishment: 14.2 ac

RI-10 - Forest Buffer Watercourse: 1.5 ft



Important Contacts

Kent County Weed Control:

Jay Bennett - 667-337-3663 or
jbennett@kentgov.org

University of MD Extension Kent County:

Dwayne Joseph, PhD - 443-480-8369;
Sam Covington, Nutrient Management -
443-480-8530

Maryland Department of Natural Resources Forest Service

Andrew Amoruso - 410-819-4121 or
andrew.amoruso@maryland.gov
Shaun Creasey - 410-819-4121 or
Shaun.creasey@maryland.gov

Maryland Dept of Agriculture

Animal Health Program

[https://mda.maryland.gov/AnimalHealth/
Pages/default.aspx](https://mda.maryland.gov/AnimalHealth/Pages/default.aspx)

Bird Flu and Biosecurity

<https://news.maryland.gov/mda/bird-flu-blog>
410-841-5810

Nutrient Management Practices

[https://mda.maryland.gov/
resource_conservation/Pages/
nm_manual.aspx](https://mda.maryland.gov/resource_conservation/Pages/nm_manual.aspx)
410-991-3114

Manure Transport

[https://mda.maryland.gov/
resource_conservation/pages/
manure_management.aspx](https://mda.maryland.gov/resource_conservation/pages/manure_management.aspx)

Plant Industries and Pest Management

[https://mda.maryland.gov/plants-pests/Pages/
default.aspx](https://mda.maryland.gov/plants-pests/Pages/default.aspx)

Resource Conservation

[https://mda.maryland.gov/
resource_conservation/pages/default.aspx](https://mda.maryland.gov/resource_conservation/pages/default.aspx)

Spotted Lanternfly

[https://mda.maryland.gov/plants-pests/Pages/
spotted-lantern-fly.aspx](https://mda.maryland.gov/plants-pests/Pages/spotted-lantern-fly.aspx)
dontbug.md@maryland.gov

2023 MDA Annual Report

[https://mda.maryland.gov/Documents/
Annual_Reportv15.pdf](https://mda.maryland.gov/Documents/Annual_Reportv15.pdf)

Important Links

Farmers.gov

<https://www.farmers.gov/>

Farm Service Agency

<https://www.fsa.usda.gov/>

Natural Resources Conservation Service

<https://www.nrcs.usda.gov/>

Maryland Department of Agriculture

<https://mda.maryland.gov/Pages/default.aspx>

Ingredients

- 4 chicken breasts, 5-6 oz each
- 2 tsp olive oil

Seasoning:

- 1 1/2 tbsp brown sugar
- 1 tsp paprika
- 1 tsp dried oregano, or other herb
- 1/4 tsp garlic powder
- 1/2 tsp each salt and pepper

Garnish, optional:

- Finely chopped parsley



Oven Baked Chicken Breast

1. Preheat oven to 425°F/220°C.
2. Pound chicken to 0.6" at the thickest part - using a rolling pin, meat mallet or even your fist (key tip for even cooking + tender chicken).
3. Mix Seasoning.
4. Line tray with foil and baking/parchment paper. Place chicken upside down on tray. Drizzle chicken with about 1 tsp oil. Rub over with fingers. Sprinkle with Seasoning.
5. Flip chicken. Drizzle with 1 tsp oil, rub with fingers, sprinkle with Seasoning, covering as much of the surface area as you can.
6. Bake 18 minutes, or until surface is golden per photo, or internal temperature is 165°F/75°C using a meat thermometer.
7. Remove from oven and immediately transfer chicken to serving plates.
8. Wait 3 - 5 minutes before serving, garnished with freshly chopped parsley if desired.

<https://www.recipetineats.com/oven-baked-chicken-breast/>

ADDRESS CHANGE OR REQUEST E-NEWSLETTER - EMAIL BROOKE.SHAW@MARYLAND.GOV

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