

UT-TSU Extension-Sullivan County Quarterly News and Events

UT-TSU Sullivan County Extension Clientele:

I know many of our clientele have had an opportunity to visit the Ron Ramsey Ag Center. It's really great to have a place to offer educational programs and make a difference in the lives of Sullivan County citizens. If you haven't been at the ag center recently, you will likely see several changes. The back arena building is nearer to completion. We invite you to come by soon and see our progress!



Chris Ramsey, County Director and Agriculture Agent

Agriculture, Natural Resources and Community Economic Development

Fall 2018 Master Gardener Training in Progress



We have 34 individuals currently participating in our Master Gardener Training Program. Their graduation program will be on Thursday, November 29.

Upon completion of the training program, participants will be officially part of the local Master Gardener Volunteer organization. They will complete 40 hours of volunteerism as they contribute to a horticultural project in their community.

Kingsport Times-News Farm Expo to be held January 12-13 at The Ron Ramsey Ag Center

We are looking forward to the Farm Expo Event in January 2019. This will be a great event to showcase the ag center and offer Extension research and education to the area. Watch for more details about this event.



Nominate your favorite farmer
at AppalachianFarmExpo.com



TimesNews Johnson City Press

Congratulations to these Sullivan County Beef Cattle Producers on their completion of the Advanced Master Beef Producer Certification since the SCCA Fundraiser in May 2018.

Bill Hunigan	Dwight Hunigan	Dwight King	
Bill Smith	Johnny Smith	Barry King	
Jessica Ketron	Phil John	Chuck Arnold	
Larry Baker	Johnny Booher	Joe Brewer	Mike Cox
Shannon Cox	Ike Fleenor	Timothy Jobe	Lonnie Lockner
Chris Murray	Eddie Murray	Danny Taylor	Amy Vanwinkle
Roy Wood	Matthew Wood	Jeff Greene	David Malone



Beef Cattle Handling Facilities Program

Next beef education program – Tuesday, October 30 at 6:00 PM at the Ron Ramsey Ag Center. This program will feature information on selecting handling facilities to improve beef cattle management. If you attend the entire program, you can receive Advanced Master Beef Producer credit. By completing seven credits, you will be eligible for the 50% cost-share level with TN Ag Enhancement Program. Under the current Tennessee Dept. of Agriculture guidelines, you will need to complete this program every three years. More information will be shared soon on the weekly beef email. Call our office at 574-1919 to sign up for the beef email.

Control Plantain in November and March



Each year we get several calls during the summer about controlling buckhorn plantain. Later in the summer, plantain bolts and sends up a stalk and then develops a seed head. At this stage, the weed is very noticeable in our fields.

Unfortunately, herbicides are ineffective for controlling plantain during the summer. We often talk about herbicide selection being important for good weed control success. Actually, even more important than selecting a herbicide is timing when we apply the herbicide.

Buckhorn plantain is a cool season perennial weed. Achieving good control of broadleaf weeds usually requires spraying the herbicide when the weed is in a vegetative growth stage. Broadleaf herbicides take advantage of the active growth period of the weeds to enhance the mode of action required to control the weed. So make sure the weed is growing when you spray. Once the weed has bloomed, broadleaf herbicides are mostly ineffective.

The best timing for broadleaf plantain is November and March since it is a cool season weed. Spraying in November and following up with another application if needed in March minimizes the chances of the weed producing seed the following summer.

Some weeds will require a newer herbicide like GrazonNext, but buckhorn plantain can be controlled with 2,4-D Ester or by mixing with a formulation of dicamba.

You will need to wait for warm temperatures for the weeds to absorb and effectively mobilize the herbicide. You need 3 to 4 days of 60 F before spraying the herbicide. If you have other more difficult to control weeds, then a broader spectrum herbicide might be a better choice.

In most cases, you will kill your clover when you control broadleaf weeds. The best recommendation is to spray your fields until broadleaf weeds are under control and then re-establish your clover.

For more information and a specific application rate, you should always read the herbicide label. For more information on sprayer calibration, application timing, and herbicide mixing, contact the Extension Office at 423-574-1919.

Family and Consumer Sciences

Farmer's Market Fresh

This program recently wrapped up after providing educational information and numerous samples of fresh recipes to over 1,600 farmer's market attendees, including bruschetta salad and fresh salsa.

Food Fiesta

Our Tennessee Nutrition and Consumer Education Program will be having a "Food Fiesta" on October 18th at the Boys and Girls Club in Kingsport. Children will have the opportunity to rotate between different stations that will be providing educational information and fun activities, as well as giving the children a chance to taste recipes from other cultures.

Family and Consumer Education Clubs

The FCE Eastern Region Fall Conference was held on September 28th at Rothschild Conference Center in Knoxville. The theme was "It's Fall You All" and the food and decorations were greatly enjoyed by all who attended. Sullivan County FCE members won several awards that day for items that showcase our cultural arts! Congratulations ladies! The award winners are listed below:

- Julia Dingus, Indian Springs club member, won 2nd place in Beadwork.
- Georgie Morrell, Cross club member, won 2nd place in Cross-stitch and 1st place in Photography.
- Glenna Moore, Cross club member, won 2nd place in Holiday Decoration, 2nd place in Hand Stitching, and 2nd place in Needlepoint.
- June Rasmussen, Weaver club member, won 1st place in Machine-Pieced and Hand Quilted Quilts.

Upcoming FCE Events

- The TAFCE State Conference will be held November 11th-14th at the Hilton in Memphis.
- The Sullivan County FCE Recognition Banquet will be held on December 5, 2018 and will be hosted by the Blountville and Indian Springs clubs.


Turkey Tips

The holidays will be here before we know it and with that comes a favorite food that is often the center of our Thanksgiving and Christmas meals---turkey! Here are some tips to help us to safely prepare our holiday turkey:

- A frozen turkey should be thawed out either in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Turkeys should never be left to thaw on the counter due to it reaching a temperature between 40°F and 140°F where bacteria can more easily grow.
- Raw turkeys should be stored separately from all other foods in the refrigerator in order to avoid cross contamination.
- Washing our hands for 20 seconds with hot, soapy water before and after prepping the bird and cleaning all utensils, counter tops, and any other items used with hot, soapy water helps to prevent the spread of bacteria.
- **Don't wash the turkey!** This can cause the spread of pathogens onto surfaces in your kitchen. The only way to kill any bacteria that could potentially cause foodborne illness is to fully cook the turkey.
- It is important to cook the turkey at a minimum temperature of 325°F and to also take the turkey's temperature when it is finished cooking. This is done by inserting a food thermometer into the thickest parts of the breast, wing, and thigh and ensuring it has reached a safe internal temperature of 165°F.
- If you put stuffing inside of your turkey, make sure to do so right before cooking the turkey. The center of the stuffing should also be checked with a food thermometer to ensure that it has also reached 165°F.
- Make sure to refrigerate any leftovers within two hours.

Tasty Fall Recipe

Sweet potatoes are used in many different ways during our fall meals such as mashed, roasted, and baked with marshmallows on top. Have you thought about sweet potatoes for breakfast? These sweet potato pancakes would make a perfect breakfast on a chilly fall morning and also provide a healthy dose of Potassium and Vitamin A. Try them out!



SWEET POTATO PANCAKES

Makes 12 Pancakes

Ingredients

1 ½ cups all-purpose flour	½ teaspoon nutmeg
3 teaspoons baking powder	2 medium sweet potatoes, mashed (1 cup)
½ teaspoon salt	1 ½ cups milk
2 tablespoons sugar	2 large eggs
1 teaspoon cinnamon	2 teaspoons butter, melted

Directions

1. In a large bowl, combine first six (dry) ingredients.
2. In a separate bowl, combine milk, eggs and butter. Combine with dry mixture and stir long enough to moisten dry ingredients (ignore the lumps). Fold in sweet potatoes.
3. Pour about ¼ cup batter onto a lightly greased, hot griddle or skillet and cook, turning once until browned on both sides.

Nutrition Facts:
Serving size 3 small pancakes, 171 Calories, Total Fat 3g, Sodium 383mg, Total Carbohydrate 31g, Dietary Fiber 2g, Protein 6g



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4-H Youth Development

4-H Quilt Camp and Quilt of Valor Presentation

Sullivan County 4-H'ers attended the Eastern Region 4-H Quilt Camp held in July at the Clyde Austin 4-H Center in Greeneville, TN. Participants worked on several projects including completion of a lap quilt. Also this year Eastern Region Quilt Camp honored two of our very own with Quilts of Valor! Andrea and Benny Amos, parents of Suzanne Amos, an 8th grader at Holston Middle School.

Several of the items made during Quilt Camp were also entered in the Appalachian Fair and shared at various quilt shows later in the summer.



Back to School: It's 4-H Time in Tennessee!



4-H was represented during several back to school events and has now completed our first month of school based club meetings. Clubs are currently organized for fourth and fifth graders in all Sullivan County schools as well as the majority of the middle schools. In addition, a monthly homeschool community club and various project groups are open to all youth in grades 4-12. If you have a young person that is interested in 4-H programming not being reach through a current club let us know and we will be glad to share opportunities to become involved.

Sullivan 4-H Family Receives State Recognition

Congratulations to the Whitfield Family of Blountville for being named a W.M. and Ruth Hale Tennessee Master 4-H Family on the state level. This award recognizes families that have shown consistent leadership ability and exceptional participation in all phases of 4-H Club work. The award was presented in July on the UT Martin campus during the annual Tennessee 4-H Round Up.

*Pictured are: Xiaodi, Bob, Laura and John Whitfield
Not pictured: Emrick and Jack Whitfield*



Junior High Members compete in Regional Life Skills Judging Contest



Learning to compare goods or services, evaluate product quality, consider a budget, and more everyday decisions were some of the skills sharpened as youth practiced for the annual life skills contest at the Tennessee Valley Fair in Knoxville.

Tri-Cities 4-H Goat Show



The annual Tri-Cities 4-H Goat Show was held Saturday, August 4th at the Appalachian Fairgrounds. Eight youth exhibited 15 goats this year. Divisions/activities included meat breeds, dairy breeds, showmanship, a goat skill-a-thon, and costume class. Eight additional children also led a goat in an open showmanship class for those younger than nine years old.

4-H Chick Chain Poultry Show & Sale



23 members from Sullivan, Washington and Unicoi counties returned five of their best pullets for the annual Chick Chain Show and Sale at the Appalachian Fairgrounds on August 4th. This year the youth raised Rhode Island Red hens which are considered a dual-purpose breed which lays a large brown egg. Congratulations is in order for Daniel Grubb (Grand) and Abigail Mayfield (Reserve) who received county champion honors for their pens of birds.

4-H'ers Showcase Project Work at Appalachian Fair



The 2018 Appalachian Fair was held August 20-25. Sullivan county members entered numerous exhibits including photography, baked goods, canning, sewing projects, crafts, and more earning over \$340 in 4-H exhibit premiums. In addition, members exhibited beef cattle, sheep, and three members served on the fair youth board.

Also during the fair 19 youth and 4 volunteers participated in biscuit baking demonstrations. Members worked in teams for a one-hour shift to prepare and bake fresh biscuits for fair attendees.



Eight youth participated in the Eastern Region Outdoor Meat Cookery Contest held at the Appalachian Fair. Members practiced and prepared meats (beef, pork, poultry, and lamb) over a charcoal grill. The process teaches fire and food safety principles, along with promoting teamwork and creativity.

Sullivan County Member Featured in National 4-H Campaign



4-H Photo Search Underway

Do you like to take pictures? Give us your best shot!

The 4-H Photo Search is a photography contest and a fun way to exhibit some of your best pictures.

Enter a print (4" x 6") in any of the following categories:

-People (Individual or Group) -Animals or Birds -Landscapes

Mount your print on a (6" x 8") piece of poster board to create a 1" border on all sides.

Be sure to put your name, address, school, grade and teacher on the back.

Bring your pictures to your next class/club meeting or the Extension Office to turn in.

All entries will be judged and winners announced for each category.

Each winner will receive recognition and a prize.



Upcoming Programs and Events:

October 30: Beef Handling Facilities Meeting – RSVP 574-1919

November 30: Commercial Applicator Pesticide Recertification – RSVP 574-1919

November 11-17: Tennessee Ag Literacy Week

November 16-18: 4-H All Star Fall Conference-Gatlinburg

November 24-27: National 4-H Congress-Atlanta

December TBA: County 4-H Public Speaking Contest

December 6: Sullivan County Cattlemen's Association Meeting

Please call our office with any questions on the above events.

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UT Extension provides a gateway to the University of Tennessee as the outreach unit of the Institute of Agriculture. With an office in every Tennessee county, UT Extension delivers education programs and research-based information to citizens throughout the state. In cooperation with Tennessee State University, UT Extension works from farmers, families, youth and communities to improve lives by addressing problems and issues at the local, state and national levels.

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