

UT-TSU EXTENSION SULLIVAN COUNTY

April 2019

UT-TSU Extension Month

During March, we celebrated UT-TSU Extension Month! We did a few Facebook Live posts, shared TBT (Throw Back Thursday) photos, hosted a food drive and had an Open House! The Sullivan County Commission also presented a proclamation observing UT-TSU Extension Month! Although Extension Month is over, we are always here to provide Extension services to our friends and neighbors year round. Come on out to the Ag Center for a visit and let us share Real. Life. Solutions. with you!



Director's Note	cover
Agriculture.....	cover – pg 2
Family & Consumer Science..	pg 3 – 5
4-H Youth Development.....	pg 5 – 8
Upcoming Events	pg 9
Office information	pg 9

MY, HOW TIME FLIES!

Dear Sullivan County Extension Clientele,

We are quickly approaching our second anniversary at the Ron Ramsey Regional Ag Center. We officially moved in on May 15, 2017. The RRRAC has almost completed Phase II of the building process and a new arena with really nice bleacher seating will soon be complete. The arena will soon be ready for events! We are on schedule for the courtyard and flagpole to be completed in May and June. There will be pavers recognizing donors around the flagpole. This will be a great addition to the entrance of the Ag Center.

We welcome you to stop by for a visit to see the progress being made for our community!

Chris Ramsey

County Extension Director

“Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness.”

Thomas Jefferson

Agriculture

Advanced Master Beef Producer Program

If you have been attending the beef education programs, let me know if you need an update on your attendance. You need to attend seven (7) classes to qualify for AMBP.

Livestock and Horticulture Tips

Plan now for summer weed control applications. Information is available on herbicide options.

If your field has brambles restricting your forage quality, plan now to control these in mid-Summer to early-Fall. Do not mow before or after the application. Pasturegard or Remedy are the best options for control.

Make sure your sprayer is calibrated to avoid wasting herbicide, time, and money. I can help you calibrate your sprayer.

Don't forget your second application of granular herbicide to prevent crabgrass in your lawn. This should be applied in early to mid-May, approximately 8 weeks after the first application.

Bagworms are most susceptible to control during the crawler stage usually from May 15 to early June. Scout your evergreens during this period of time to achieve the best control.

Call our office at 574-1919 for insecticide recommendations.

Gardening Festival Scheduled

Plan on attending the Appalachian Heritage Festival on Saturday, June 1 from 9:00 AM to 4:00 PM at the Ron Ramsey Regional Ag Center. The festival will feature educational programs on topics of interest to the home gardener and homesteader. We'll also have an "Ask a Master Gardener", local gardening vendors and food. Come to enjoy a great event at the Ron Ramsey Ag Center. For more information, visit <http://www.netmga.net/festival/>.

Fall Master Gardener Program

The University of Tennessee Master Gardener Program will be held beginning in August of this year. This is a great program that allows the home horticulture information to be shared across our area at plant clinics, demonstration gardens, workshops, and educational sessions. If you enjoy volunteering in your community and enjoy home gardening, this may be a great program for you to consider. Call our office at 574-1919 and we'll add you to the prospective MG list.

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 for farmers, families, youth and communities to improve lives by addressing problems and issues at the local, state and national levels.



APPALACHIAN HERITAGE FESTIVAL

SATURDAY JUNE 1, 2019
9:00AM—5:00PM

Highlighting the Plum Granny,
a native Appalachian plant

Location:
Ron Ramsey
Agricultural Center
140 Spurgeon Lane
Blountville, TN

Come join us for this free
family event

Presented by the Northeast
Tennessee Master Gardeners to
encourage and support home
horticulture while focusing on
native Appalachian culture

Garden Classes
Plant advice
Food
Music
Vendors
Door Prizes
Silent Auction
Children's Activities

Real. Life. Solutions.

Family and Consumer Sciences

Seasonal Salads

A class on seasonal salads was held at the Blountville Library in March. Participants learned about the importance of eating seasonal produce, as well as what kinds of produce will be coming into season this spring and summer in Tennessee. They also learned how to spice up their salads with a variety of ingredients and how to make healthy, homemade salad dressings.



Dining with Diabetes

Dining with Diabetes is a hands-on learning program designed for those with diabetes or those at risk for developing diabetes. It is also a great class for someone who may be preparing food for someone who has diabetes. All family members can benefit from the healthy eating information shared in this class!

Participants will learn a variety of skills including how to identify and monitor the amount of carbohydrates, fats, and sodium, how to modify recipes, how to use artificial sweeteners, food safety, the importance of physical activity in managing blood sugar, and more. Call the Sullivan County UT-TSU Extension office by April 12th to register. There is a cost of \$5 that covers all three classes.

Tai Chi for Arthritis

Rachel Dean, FCS Agent, received Tai Chi for Arthritis certification in February. Tai Chi for Arthritis is an evidence-based program developed by Dr. Paul Lam designed to reduce pain and improve the mental and physical wellbeing of participants. The 8-week program is appropriate for anyone wishing to start a joint-safe exercise program, but is particularly beneficial for those with mild to moderate impaired joint motion and strength. The benefits of the program include reduced stress, increased flexibility, reduced pain and stiffness, improved balance, improved posture, and others. These classes will be held from 12:30-1:30 at the Lynn View Senior Center beginning in May. Please contact our office if you are interested in a future class or would like more information.


Eating Smart and Moving More

The following recipe is from *Eating Smart and Moving More*, a free program offered through the University of Tennessee Extension and TNCEP. Through a series of meetings, adults, especially parents and caregivers of children, learn to make healthy food choices within a limited budget and to choose physically active lifestyles. Learn how to be active and eat well; sample a new recipe at each meeting! Contact Linda Jones, 423-574-1964, or ljones83@utk.edu if you want to participate in *Eating Smart and Moving More* or schedule classes for your organization.

Chicken and Broccoli Quiche



Makes 2 quiche | Serving Size: 1/6 quiche

 **Hints:** With this time saving recipe, you can make one now and freeze one for later.

To lower fat and calories, try making this recipe in a muffin tin without the crust. It will be a perfect serving size, and you can freeze the leftovers for a quick breakfast or snack later.

Ingredients

- 2 9-inch ready made pie crusts, baked
- 4 eggs
- 1 cup low-fat or skim milk
- Salt and pepper to taste
- ½ to ¾ teaspoon garlic powder
- 1 package (10-ounce) frozen, chopped broccoli
- ¼ cup shredded carrots
- ¼ cup finely chopped onion (optional)
- ¾ cup cooked, chopped chicken
- ¾ cup reduced-fat cheddar cheese, shredded


Directions

1. Preheat oven to 350°F. Bake pie crusts according to package directions.
2. In a mixing bowl, combine eggs, milk, salt, pepper, and garlic powder. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove more water.
4. Layer the meat, vegetables, and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350°F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Use a thermometer to be sure temperature of quiche reaches 160°F.
6. Let stand 5 minutes before cutting.

160°F

Nutrition information Per Serving

245 calories		Total Carbohydrate	21 g
Total Fat	11 g	Dietary Fiber	2 g
Saturated Fat	4 g	Sodium	360 mg
Protein	15 g		

-  Excellent Source of Vitamins A
-  Excellent Source of Vitamin C
-  Good Source of Calcium

Start a Walking Group

Get together with two other friends and their kids and go for a walk. Schedule it on a certain day of the week at a certain time, like every Thursday at 4pm. Walking together is a great way to talk and visit as well as get some activity.

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UTEXTENSION
 INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee and partially funded by USDA's Expanded Food and Nutrition Education Program (EFNEP).



This institution is an equal opportunity provider.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

Eat Well, Feel Well

Making wise food choices as you grow older is easier than you think. ***Eat Well, Feel Well*** is a series of five workshops which introduce you to the basic facts for making good food choices as part of your daily life and adjusting those choices as you grow older and your needs change. Stay safe with food safety practices for home, eating out, indoor and outdoor events, and buffets. Did you know that regular physical activity helps you feel well and stay well? Learn to work physical activity into your life in ways that suit your lifestyle, interests, health and budget.

Please join us on April 11th, 18th, 25th, May 2nd, and 9th at 10am at the UT-TSU Extension Office located in the Ramsey Regional Agriculture Center, 140 Spurgeon Lane, Blountville, for ***Eat Well, Feel Well***. All workshops are free of charge, and you will receive free tools such as a water bottle, vegetable peeler, and refrigerator thermometer for attending the workshops.



4-H Youth Development

4-H Congress

Senior high members Kassandra and Abigail Jimenez, attended 4-H Congress in March as Sullivan County representatives.

One way to be a responsible citizen is to understand your government and how you can be involved so that your government represents you and other citizens. Democratic governments are established to be operated by the people and for the people. Citizen involvement in government is the only way to keep government responsive to the people.

At 4-H Congress delegates meet with their local legislators, learn about the bill process, and vote on current bills in legislation. This year, 4-H delegates had the honor to hear Governor Bill Lee and Lt Governor Randy McNally address the assembly.



Livestock Group

4-H Livestock Club members attended the UTK Block & Bridle Roundup on March 2, at the UT Ag Campus in Knoxville. They practiced their livestock evaluation skills by judging cattle, sheep, goats and swine. Members also competed at a Multi-County Livestock Event in Hawkins County on March 22. As a new member of the judging team Madison Brown scored a perfect 50 in Gilts, 48 in Heifers, and 48 in Ewes. Dustin Frazier placed 1st Individual in Skill-a-thon.



Animal Science projects offer opportunities to teach youth not only about their animal, but also about decision making, goal setting, record keeping, financial management, and many other skills.

Please let us know if you or someone you know are interested in joining the livestock judging team or in exhibiting livestock through 4-H. Opportunities are available!



Silver Spurs 4-H Horse Club

The 4-H Horse Club meets on the first Monday of each month from 6:30-7:30 pm at the Extension Office. Meetings include an educational lesson and a fun activity. For more information, please call 574-1919 or email ljones83@utk.edu. (No meetings in June or July.)

Horse Judging

Members of the senior high 4-H Horse Judging team took top honors at the regional contest held Friday, April 5th at the Tri State Expo Center in Cleveland, TN. Members evaluated six classes of horses and defended their decision making by giving oral reasons on two of the classes. Participants this year were Emaline Cornett (1st high individual), Morgan Short (2nd high individual), and Josie Short (3rd high individual). The team earned a total of 1149 of a possible 1200 points as they finished first overall and swept the top three individual awards. They will now begin preparations for the State 4-H Horse Judging event to be held in Shelbyville, TN this June. Youth learn more than just subject matter on 4-H judging teams; they practice teamwork, decision making, build self-confidence, communication skills, achieve goals and more! Contact us to learn about other judging team opportunities.



Tractor Supply Co Paper Clover Campaign



From March 27 to April 7, shoppers at the Kingsport and Johnson City (Piney Flats) Tractor Supply Company stores had the opportunity to support 4-H in Sullivan County by purchasing paper clovers for just \$1 at checkout.

All funds raised through this local 4-H *TSC Paper Clover Campaign* are donated to 4-H, and will support local camps, and other 4-H youth development program activities. We appreciate the support of TSC in past years and are grateful for their support again.



4-H Clover Bowl

4-H Clover Bowl is a team quiz bowl type contest in which teams of four youth compete to test their knowledge related to 4-H, Tennessee, Agriculture, Government, Science, and Life Skills. These knowledge areas reinforce many of the science, social studies, math and language concepts students study in school curriculum. In addition, the activity encourages building relationships, teamwork, positive self-esteem, communication and the development of other important life skills. Divisions are offered for grades 4-8.



The Sullivan County 4-H Clover Bowl will be held in April 17 & 18th at Northeast State. The winning teams will advance to the Eastern Region Contest held at the University of Tennessee Knoxville campus on May 15, 2019.

2017-2018 Holston Middle 7th grade team- ER Clover Bowl Champions

Project Leaders

Would you be interested in volunteering for Sullivan County 4-H? Would you be interested in teaching programs for Sullivan County 4-H? 4-H project leaders are expected to conduct meetings provide opportunities for 4-H members to learn new skills and information about the project. This is done by teaching the information to the members, by finding others who can teach the skills or information, or a combination of both. Leaders can use a combination of their own knowledge, knowledge of others, and the 4-H project literature. Most of the project literature includes several activities to help teach project skills and information. If this sounds like something you would be interested in, please contact us.

4-H is the Youth Development program for University of Tennessee Extension and Tennessee State University Cooperative Extension. 4-H teaches leadership, citizenship and life skills to youth in grades 4-12. University of Tennessee Institute of Agriculture, Tennessee State University, U.S. Department of Agriculture and county governments cooperating. Extension provides equal opportunities in programs and employment.

Looking Ahead

Ag

April 13 – East Tennessee Nursery Association Plant Auction at Sycamore Shoals State Park, Elizabethton
April 13 – Sullivan County Soil Conservation Plant Sale at Earhart Campground
April 25 – Lawn Management Workshop, Extension Office
May 11 – Sullivan County Cattlemen’s Association Fundraiser Auction at the RRRAC
June 1 – Appalachian Heritage Festival, RRRAC

FCS

April 11 – FCE Rally Day, RRRAC
April 11, 18, 25, May 2, 9 – Eat Well, Feel Well, Extension Office
April 16, 22, 30 – Dining with Diabetes, \$5 registration fees, 2-3 p.m., Extension Office
April 18, May 22, June 20 – Parenting Apart, Extension Office

4-H

April 9 – County Achievement Day, Sullivan County Extension Office
April 17 – 18 – County Clover Bowl, Northeast State PAC, 6 p.m.
April 20 – Junior Beef Cattle Show, Appalachian Fairgrounds, Gray
May (TBD) – 4-H Senior Recognition Program
May 8 – Bristol Junior Beef Cattle Show, Washington Co Fairgrounds, Abingdon VA
May 9 – Multi-County Achievement Day
May 10 – 4-H Citizenship Day, Blountville
May 15 – Eastern Region Clover Bowl, Knoxville
May (TBD) – 4-H Appalachian Fair Entry Education
May 29 – Project Celebration Day, Appalachian Fairgrounds, Gray
June (TBD) – County Sheep Show
May 30 – June 1 – Eastern Region Horse Show, Harriman TN
June 24 – 28 – Jr 4-H Camp (grades 4-6), Greeneville TN
July 8 – 12 – Jr High Camp (grades 6-8), Greeneville TN
August 3 – Poultry Show and Auction, Appalachian Fairgrounds, Gray
August 3 – Multi-County Goat Show, Appalachian Fairgrounds, Gray
August 19-24 – Appalachian Fair, Gray

For more information about these or other Extension events, programs or services, contact our office.



Mark Your Calendar

» UPCOMING EVENTS

**UT-TSU EXTENSION
SULLIVAN COUNTY**
Ron Ramsey Ag Center
140 Spurgeon Lane
Blountville, TN 37617
423-574-1919
sullivan.tennessee.edu

Hours:

Monday – Friday
8 a.m. – 5 p.m.
Closed 12 – 1 p.m. for lunch.

STAFF

Chris Ramsey, County
Director & Extension
Agent, Ag.
cwramsey@utk.edu

Rachel Dean
Extension Agent, FCS
rdean4@utk.edu

Walter Malone
Extension Agent, 4-H
wmalone1@utk.edu

Ina Ponder
Extension Agent, 4-H
ina.ponder@utk.edu

Linda Jones
TNCEP Program
Assistant
ljones83@utk.edu

Becky Campbell
Administrative Assistant
rcampbell@utk.edu