

UT-TSU EXTENSION SULLIVAN COUNTY

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

TENNESSEE
STATE UNIVERSITY
Cooperative Extension

January 2019

2019 FARM EXPO

The Kingsport Times News and the Johnson City Press held the 2019 Farm Expo at the Ron Ramsey Regional Ag Center on January 12 & 13. The expo offered guests an on-site cooking demos, a 4-H petting area, an indoor barn, outdoor equipment and a wide variety of additional local vendors. The event was a huge success and drew over 4000 people over the 2-day span. Thank you for your support of the Ron Ramsey Regional Ag Center!



Agriculture.....	cover – pg 3
Family & Consumer Sci	pg 4 – 5
4-H Youth Development.....	pg 5 – 9
Upcoming Events	pg 10
Office information	pg 10

HAPPY NEW YEAR!

Dear Sullivan County Extension Clientele,

The UT-TSU Extension Sullivan County office staff are excited about the continued progress at the Ron Ramsey Regional Ag Center this year! If you haven't had an opportunity to visit the new facility, we invite you to stop by soon. The arena has recently received some nice improvements.

The Kingsport Times News and Johnson City Press recently held their Farm Expo at the center and there will be a rodeo at the Ag Center on April 12 and 13. The Ag Center has a promising future for impacting agriculture in our region.

The address for the Ron Ramsey Regional Ag Center is 140 Spurgeon Lane, Blountville TN 37617. We are looking forward to a great year in 2019!

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

Sullivan County Beef Producers Earn Advanced Master Beef Producer Certification

From May to December 2018, thirty-three Sullivan County beef producers have completed the UT Extension Advanced Master Beef Producer (AMBP) program. These producers attended seven

educational programs to improve their beef cattle management and profitability. They will also be eligible for 50% reimbursement for farm improvement projects through the Tennessee Department of Agriculture's Cost-Share Program (Tennessee Ag Enhancement Program).

The AMBP recipients are: Jessica Ketron, John Rosenbaum, Phillip John, William Wells, Bill Hunigan, William Smith, Johnny Smith, Dwight King, Joe Brewer, Zella Hunigan, Gary Taylor, Tim Jobe, Johnny Booher, Roy Wood, Ike Fleenor, Lonnie Lockner, Amy Vanwinkle, Larry Baker, Eddie Murray, Chris Murray, Michael Cox, Shannon Cox, Connie Arnold, Danny Taylor, Morrell, and Matthew Wood.



Pictured left to right: Chuck Arnold, Dwight Hunigan, Joe Brewer, Dwight King, Jessica Ketron, Bill Hunigan

Congratulations to our new Master Beef Producers!

2018 Master Gardeners

Thirty-three local clientele completed the UT Extension Master Gardener program in 2018. They have now joined the growing group of UT Extension Master Gardener Volunteers and are busy making impacts in their communities as they teach other homeowners about horticulture.

2018 participants are Ann Arwood, Ed Basconi, Andrea Belcher, Carol Bittinger, Linda Bolt, Mary Cain, Clare Childs, Gina Clark, Grace Ann Clark, Dianne Davison, Julia Dingus, Hailey Eaton, Wendy Eckert, Jennifer Grant, Charlene Grigsby, Katherine Grigsby, Geoffrey Hoare, Maureen Horton, Cathy Huddle, Coril-la Johnson, Vonda Little, Carol Ludiker, Genevieve McCullough, Stephen Nice, Tina Pasquale, Lea Powers, Sherry Ragsdale, Kaitlyn Robertson, Tina Rowland, Ashley Seale, Clare Snyder-Branch, Nicole Wernick, and Kate White.



Additionally, across our area, 148 Master Gardeners have contributed 8581 volunteer hours by expanding horticultural resources of the University of Tennessee throughout our communities.



Thank you! Thank you! Thank you!
UT Extension Master Gardeners for
8581 Hours of
volunteering in our communities!

Clover Adds Value to Forage and Saves You Money

Fertilizer prices continue to be a major expense for livestock producers. The establishment or improvement of a clover stand in pasture and hay fields will help reduce the amount of nitrogen fertilizer needed for forage production.

For optimum grass growth, the UT Extension soil test recommendation will be 60 units of actual nitrogen per acre in the spring and fall. Clover can meet the spring nitrogen requirement if you have a 30% clover stand. Clover will also improve the nutritive quality of your pasture and hay.

When you consider adding clover to a pasture, you should first evaluate the existing weeds. According to Dr. Gary Bates, UT Extension Forage Specialist, chemical weed control required to kill most broadleaves will also kill the clover. So, you should first get the weeds under control before establishing clover in a pasture or hay field.

The best time to establish clover is in the late winter to early spring. The recommended seeding dates are February 15 through March 31. It may be frost seeded prior to March 1 when the ground is frozen and open allowing the seed to be taken down with warmer temperatures. This is usually the easiest way to seed clovers. Clover should be drilled or sown in a seedbed.

Bates suggests grazing or mowing the pasture to a 1 inch height to minimize competition from existing grass. The seeding rate recommendation is 2 pounds white clover and 4 pounds of red clover. On droughty hillsides, you can also add 8 pounds of annual lespedeza if it is available. Make sure you inoculate the seed or use a pre-inoculated seed. Don't graze until the pasture is 6 to 8 inches tall.

Bates says "Cinnamon Plus" is often considered a standard variety, but there are many other varieties to choose from. A full list of clover varieties is available at <http://forages.tennessee.edu>.

While white and red clovers are beneficial in a stand, red clover has some advantages. Bates says red clover will yield better because of its upright growth habit and ability to compete with grasses.

White clover is a shallow-rooted perennial and red clover is biennial that initially has a taproot. This taproot will provide needed moisture and allow the red clover to grow longer into the summer.

Summarizing, clover can improve forage yields by adding nitrogen to the pasture, reduce your fertilizer costs, and improve the quality of your forage.



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.

Family and Consumer Sciences

Food Fiesta

The TNCEP Coalition held a very successful event, Food Fiesta, at the Kingsport Boys and Girls Club. The thematic, interactive curriculum focused on foods, nutrition, and food safety. Stations were created for six different lessons and the groups of 10-12 youth (148 total) rotated through each learning station throughout the event. In addition, two Sullivan County 4-H



members who have Hispanic heritage volunteered at the event and provided cultural information and music, as well as performed a traditional dance for the attendees. The Sullivan County 4-H Healthy Living Ambassador also taught one of the lessons. We received many positive comments from the youth, their adult group leaders and the TNCEP Coalition members in attendance.



Farm to School Initiatives

Sullivan County FCS partnered with the Sullivan County Regional Health Department on two Farm to School Programs at elementary schools in Sullivan County. Green beans from a local producer were prepared and served at Bluff City Elementary School for “Green Bean Day” to grades K-5. Out of the 310 elementary students present that day, 268 (89%) tried the green beans and only 42 (11%) refused the sample during “Green Bean Day.” Several students asked for seconds and some also tried green



beans for the first time. “Apple Crunch Day” took place at Indian Springs Elementary School where apples from a local producer were given out during lunch for students to try. Out of 340 students, 300 tasted the local apples. Additionally, 89% reported that they eat apples on a regular basis.



WCYB at Noon

FCS will continue to regularly provide segments on the WCYB noon show the second Monday of each month. On the most recent segment, healthy holiday tips were provided, as well as some ways to lighten up some of our favorite recipes like Spinach Dip. Be sure to watch in February!

Easy Lightened Up Spinach Dip

Spinach dip is a tasty treat that we oftentimes see at holiday events. Although it may taste delicious, one serving of spinach dip can have around 16 grams of fat per serving with 5 of those being saturated fat. You can easily lighten this recipe and still make it taste great by swapping the sour cream and mayonnaise for nonfat Greek yogurt. This works well in any mayonnaise based recipe like ranch dip or chicken salad. Worried you may not like it? Try swapping out half of the mayonnaise for yogurt to start with and see how it tastes to you.

Ingredients:

- 1 box (10 oz.) frozen chopped spinach, cooked, cooled and squeezed dry
- 2 cups nonfat Greek yogurt
- 1 package dry vegetable soup mix
- 1 can (8 oz.) water chestnuts, drained and chopped (optional)
- 3 green onions, chopped (optional)

Instructions:

Combine all ingredients and chill for at least two hours. Serve this tasty dip with raw vegetables, whole wheat crackers, or in a whole grain bread bowl.

Recipe modified from Knorr: <https://www.knorr.com/us/en/recipes/knorr-spinach-dip.html>

4-H Youth Development

County 4-H Public Speaking Results

The Sullivan County 4-H, the youth development program of UT Extension and TSU Cooperative Extension, held its annual county public speaking event on Wednesday, December 19th at the Ron Ramsey Regional Agriculture Center. 34 student members participated in the event by giving prepared speeches. The purpose of the event is to provide youth an opportunity to develop research, writing, and presentation skills in a positive and caring environment. Students learned about types of communication and the basic parts of a speech during their November 4-H club meetings. Several classes then gave school presentations to determine their representatives to the county event. Blountville, Bluff City, Holston, Indian Springs, Miller Perry, Bluff City Middle, Colonial Heights Middle, Holston Middle, and Central High had participants in this year's event.

Congratulations to the following winners:

Fourth grade-Gracie Stiltner (Miller Perry Elem.), Fifth grade- Ella Yankee (Miller Perry Elem.), Seventh grade- Daniel Grubb (Homeschool), Eighth grade- Suzanne Amos (Holston Middle), and Tenth grade- Gabe Blessing (Central High).

These students will have the opportunity to compete against other county 4-H public speaking winners at a regional event in February of 2019. A special thank you to the teachers and family members who encouraged and assisted students with this activity.



County 4-H Art Poster Contest Winners

Pictured are the top three 4-H posters from the 2018-2019 county contest. These will be sent to Knoxville to compete on a regional level.

Congratulations to all the 4-H members who entered posters in their clubs and remember you can also enter your poster in the 4-H exhibits at the Appalachian Fair this coming summer.



Emmy Pierce,
Indian Springs Elem.



Chloe Woodard,
Mary Hughes K-8



Natasha Lyon,
Emmett Elem.

Other Award Winners were:

Anthony Absher, Emmett Elem.; Kaylee Hilton, Indian Springs Elem.; Dustin Frazier, Holston Elem.; Abby Smith, Indian Springs Elem.; Taylor Buckingham, Indian Springs Elem.; Kaylee Payne, Blountville Middle; Isabelle Painter, Indian Springs Elem.; Abigail Mayfield, Homeschool; and Kassidy Willard, Rock Springs Elem.



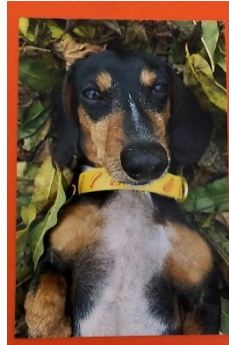
County 4-H Photo Search Winners

Best in Show: Luke Singleton, Holston Valley Middle



Animals:

- 1st – Chloe Woodard, Mary Huhes K-8
- 2nd – Luke Singleton, Holston Valley Middle
- 3rd – Carrera Mullins, Holston Elem.

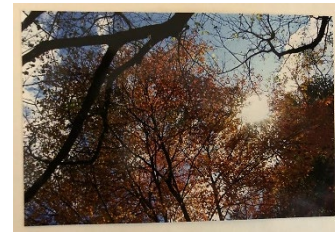


People:

- 1st – Barrett Kincheloe, Holston Elem.
- 2nd – Averie Case, Indian Springs Elem.
- 3rd – Rileigh Arnold, Indian Springs Elem.

Landscapes:

- 1st – Lemuel Schwartz, Holston Elem.
- 2nd – Averie Case, Indian Springs Elem.
- 3rd – Barrett Kincheloe, Holston Elem.



4-H Honor Club



Looking for leadership and community involvement? Search no further! Join 4-H Honor Club! The Sullivan County 4-H Honor Club provides opportunities for youth to give back to their community. We encourage the youth to take leadership roles and become change agents. Honor Club is open to youth currently in grades 6-12. The group meets monthly and assists with other 4-H events throughout the year. Get outside your school or community club and join others from across the county for a fun club that can help you make your best better.

4-H Livestock Club



Join the 4-H Livestock Club in attending the UTK Block & Bridle Roundup on Sat., March 2, at the UT Ag Campus in Knoxville. Participate in clinics to learn about judging livestock (cattle, sheep, goats and swine) and be on a judging team. Please let us know if you are interested in joining the livestock judging team, we must pre-register for the B&B Event and will be planning some practices.

Interested in exhibiting an animal through 4-H? Opportunities to show cattle, sheep, goats, and poultry are available.

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.

Silver Spurs 4-H Horse Club

The 4-H Horse Club meets monthly from 6:30-7:30 pm. Meetings include an educational lesson and a fun activity. For more information, please call 574-1919 or email ljones83@utk.edu

Next meetings: February 4th and March 4th at the Extension Office.

4-H Horse Judging

Horse judging teaches youth animal evaluation skills and how to present oral reasons for their decisions. For more information, call 574-1919.

Tennessee 4-H Horse Enrollment Form



Horse enrollment forms are due to the county Extension Office by March 1, 2019. If you want to show in any 4-H Horse shows you must have a completed entry form, for each horse, on file in the county office by this date.

4-H Wildlife Judging

Do you enjoy the outdoors? Why not join a 4-H Wildlife Judging team for a fun trip to Knoxville on May 23, 2019 to compete in the Eastern Region 4-H Wildlife Judging Contest. Teams of four



members in two divisions (grades 6-8 or 9-12) will compete to share their knowledge of wildlife species and habitat management.

Contact us to learn more or join a team. We hope to organize practice sessions for spring and would like to know of your interest. Are you an adult who enjoys wildlife? Consider sharing your knowledge with area youth as a judging team coach.

Pictured: (left) 2016 Sullivan County 4-H Wildlife Judging Team at State Contest at Roan Mtn.

Support 4-H... Donate Today!

The Sullivan County 4-H Youth Development program offers many educational opportunities for youth in grades 4-12. Many of these opportunities wouldn't be possible without the support of caring donors both here in our county and across the state. Any donations no matter the amount are appreciated and really do make a difference in the lives of our area youth. Feel free to contact us to learn about specific programs that you may have an interest in supporting or other ways to support 4-H. Here are a couple of upcoming events in need of support.

Tennessee 4-H Congress: An experience in state government for 9-10th grade members. We can send two delegates to Nashville for this opportunity to see state government in action. Members visit with

elected officials, take part in mock government sessions, take a ride on the General Jackson river boat, and more. *2019 fees are \$275 per youth.*



Summer 4-H Camps: Help sponsor a child to attend summer 4-H camp. Youth grow in knowledge, social skills, confidence and more as they take part in a fun week at the Clyde Austin 4-H Center in Greeneville, TN. Activities include: swimming, canoeing, shooting sports, arts/crafts, project sessions, team challenges, flag ceremonies and much, much more! *2019 Camp fees are \$315 per youth for the five-day camp*



2019 Summer Fun with 4-H!

Let's look ahead to some summer fun with 4-H.

- Multi-County Achievement Day is scheduled for May 9.
- Project Celebration Day is scheduled for May 29 at the Appalachian Fairgrounds.
- Junior 4-H Camp (4-6th grades) will be June 24-28 and Junior High Camp (6-8th grades) will be July 8-12. Both camps take place at the Clyde Austin 4-H Center in Greeneville, TN.
- The 2019 Appalachian Fair is scheduled for August 19-24.

FUNDRAISER EVENT

**Thursday
January 24**

**Help support the 4H Clubs of Tennessee:
Sullivan County**

When	Where	How
<p>Thursday, January 24, 2019 Store opening—Store closing</p>	<p>2632 East Stone Drive Kingsport, TN 37660 423-378-0189</p> <p>251 Pinnacle Parkway Bristol, TN 37620 423-573-2788</p>	<p>In-store: Show paper or digital version of the flyer</p> <p>Online: Enter 4HSULLIVAN in the promo code box during online checkout</p>

20% of event sales will be donated to: Sullivan County 4-H Clubs of Tennessee

Participating fundraiser guests are required to present a valid fundraiser flyer (hard copy or smart phone) with each order to receive credit for the fundraiser. Flyers may not be distributed inside or within vicinity of restaurant including, without limitation to, the restaurant parking lot before or during your fundraiser. Panda Restaurant Group reserves the right to cancel any and all fundraiser events for any reason and/or withhold payment of associated donation funds if the Panda Restaurant Group Fundraiser Guidelines are not followed.

©2018 Panda Restaurant Group, Inc. All Rights Reserved SKY #0000

Visit: <http://4h.pandafundraiser.com/chapter/4373>

to print or display fundraiser flyer, let us know you're coming, and enter to win great Panda prizes!

Looking Ahead

Ag

February 11 – Informational Hemp Meeting
February 28 – Beef Education Program, Mineral Nutrition
Date TBD – Fruit Tree Pruning Program
March 12 – Beef Education Program, Marketing
March 19 – Fruit Tree Grafting Workshops
March 21 – Right Tree, Right Place Program
June 1 – Appalachian Heritage Festival



Mark Your Calendar

» UPCOMING EVENTS

FCS

February 4 – FCE County Council Meeting
February 7 – Heart Health, Blountville Library, 6:00 p.m.
February 11, 12, 18, 19, and March 11 – Eat Well, Feel Well, 10:00 a.m.
February 28 – Parenting Apart
March 21 – Parenting Apart
April 18 – Parenting Apart

4-H

January 24 – Panda Express restaurant 4-H Fundraiser (all-day, all locations – must present flyer)
February 2 – Regional Senior High 4-H Public Speaking – Knoxville
February 19 – Regional Junior 4-H Public Speaking – Elizabethton
March 1 – 4-H Horse Enrollment Forms Due for 2019 shows
March 2 – UTK Block & Bridle Livestock Judging Event – Knoxville
March 17-20 – Tennessee 4-H Congress – Nashville
March 28 – Regional 4-H Livestock Judging Contest – Knoxville

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

Did you know?

You can find 1000's of publications about everything from agriculture to safe food handling to child development on our website! Visit sullivan.tennessee.edu and click on the "Publications" link!

UT-TSU EXTENSION SULLIVAN COUNTY

Ron Ramsey Ag Center
140 Spurgeon Lane
Blountville, TN 37617
423-574-1919
sullivan.tennessee.edu

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