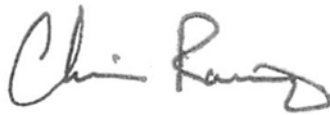


## UT-TSU Extension-Sullivan County Quarterly News and Events

### UT-TSU Sullivan County Extension Clientele:

We are continuing to move forward with the Ron Ramsey Regional Ag Center. The parking lot has now been paved. It is amazing what a difference the paved parking lot has made to the appearance and accessibility of the Ag Center. We are also moving forward with the arena space behind the main conference center. We hope you will visit soon and see our progress!



Chris Ramsey  
Extension Agent and County Director

### Agriculture, Natural Resources and Community Economic Development

#### First Annual Spring Forward Garden Faire was a Success!

Approximately 350 people attended the first annual Garden Faire in April this year. The Faire featured 11 vendors who showcased plants and other garden-oriented supplies. The attendees also enjoyed a variety of horticulture topics. We are hoping to hold the Spring Garden Faire again in the spring of 2019. Look for a bigger and better Garden Faire right here in Blountville at the Ron Ramsey Ag Center.

#### Tri-State Beef Conference to be held August 9th at The Ron Ramsey Ag Center



The Eleventh Annual Tri-State Beef Conference will be held at the Ron Ramsey Ag Center in Blountville, TN on August 9<sup>th</sup>. This

year's conference will address topics of interest to both stocker and cow-calf producers. The conference will be a one-day event and will include a variety of educational sessions. There will once again be virtual tours of operations from area beef producers and a time of questions and answers with the producers themselves. This conference will count toward Advanced Master Beef Producer credit.

A trade show will be open during the conference, with many of the organizations involved in the region's beef industry there for participants to meet and learn more about their products and services. Call the UT-TSU Extension Sullivan County Office for more information or to register for this conference. The meeting is being sponsored by the University of Tennessee Extension, Virginia Cooperative Extension, and North Carolina Cooperative Extension.

## 2018 Master Gardener Training Class Schedule Set



The 2018 UT Extension Master Gardener classes will begin on Thursday, August 16 at the Ron Ramsey Ag Center. The classes will be held on Thursday evenings from 5:30 to 8:00 PM. The series of programs will consist of 15 educational programs on a variety of horticulture topics. The Master Gardener Program is an awesome program if you are interested in volunteering in your community and

you enjoy horticulture. Our MG volunteers magnify the educational resources of the University of Tennessee.

## Sullivan County Beef Producer Education Programs to begin in September!

We will start the 2018-19 Beef Education Series in September with a program featuring the 2018-19 TAEP Cost-Share Program and a Beef Quality Assurance Certification. 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.



## 4-H Youth Development

### Multi-County Achievement Day



Sullivan County 4-H'ers attended the Upper Eight Multi-County 4-H Achievement Day held April 26th at Hancock County Middle-High School in Sneedville, TN. Suzanne Amos, a 7th grader at Holston Middle, was named Premier Exhibitor in the 4-H Consumer Education project. Suzanne earned this recognition by having the highest combined score of her 4-H Consumer Education Portfolio and Interactive Exhibit Display.

Dustin Frazier, a 4th grader at Holston Elementary, earned first place in the fourth grade 4-H Horticulture and Garden Project Demonstrations. He shared about how to begin plants from seeds for home gardening. 4-H demonstrations provide an opportunity for students to “show and tell” how to do something related to their project area. By doing so youth achieve goals, strengthen communication skills, and build positive self-esteem.



## Citizenship Day

The annual 4-H Citizenship Day was held on Tuesday, May 15<sup>th</sup>. Twenty-two fifth grade students, selected by their teachers or principals, represented their class in the Citizenship Short Course coordinated by 4-H Extension Agents of UT-TSU Extension Sullivan County. The Sullivan County Farm Bureau Women provided refreshments for the youth. Fifth grade students and 4-H members met in the historic Sullivan County Courthouse where they learned about local government from Sullivan County Mayor Richard Venable. The students toured many other county offices and heard from other elected and appointed officials.

In addition, visits to the Sullivan County Sheriff's Department and Sullivan County Department of Education were enjoyed by the delegation. Primary goals of the program are to foster productive citizens and increase participant's awareness of local government services provided to citizens.



## 4-H Clover Bowl Champions



The Eastern Region 4-H Clover Bowl was held Wednesday, May 16<sup>th</sup> on the campus of the University of Tennessee, Knoxville. Sullivan County was well represented at this event which tests students', in grades 4-8, knowledge related to 4-H, Agriculture, Government, Life Skills, Science, and Tennessee. The event consists of four-member teams competing in a single elimination, quiz bowl style tournament format. Counties from thirty-three counties are eligible to participate. Sullivan County teams earned the opportunity to participate in the regional event by winning the County 4-H Clover Bowl at Northeast State College in April. Special thanks to all the teachers and parents who assisted students with preparing for 4-H Clover Bowl this year.

This year's Sullivan County teams were from:

4<sup>th</sup> grade: Holston Elementary

5<sup>th</sup> grade: Bluff City Middle

6<sup>th</sup> grade: Colonial Heights Middle

7<sup>th</sup> grade: Holston Middle- **Eastern Region Champions (1<sup>st</sup>)**

*2018 Eastern Region 4-H Clover Bowl Champions,  
7<sup>th</sup> Grade Division  
Holston Middle School*



*"To make the  
best better"*



## 4-H Honor Club recognized new members and graduating seniors



As we closed the chapter on another school year, a recognition program was held on May 22<sup>nd</sup> to welcome new initiates to the 4-H Honor Club and to recognize graduating seniors for their years of 4-H participation. Five seniors were recognized and presented 4-H honor cords of green and white to wear during their graduation ceremonies. Six members completed the application to become official Tennessee 4-H Honor Club members by documenting project work, leadership, and citizenship efforts. Congratulations to each of these youth on their accomplishments!

## Bristol Junior Steer and Heifer Show

The 74<sup>th</sup> annual Bristol Show was held May, 9<sup>th</sup> 2018, at the Washington County, VA fairgrounds in Abingdon. The event included classes for finished steers, registered and commercial heifers, and showmanship, as well as, a beef skill-a-thon, record book contest, college scholarships and beef carcass awards.

The show is a terminal show for the steers, meaning the animals were harvested following the show. Thank you to those who purchased beef and supported the 4-H Beef project.



## Summer Fun at 4-H Camp!



and achieving goals.

Forty-seven youth attended 4-H Junior Camp at the Clyde Austin 4-H Center in Greeneville, TN from June 25-29<sup>th</sup>. Junior Camp is for youth who have completed grades 4-6. Activities at the five-day camp include swimming, shooting sports, group sports and recreation, fishing, nature hikes, astronomy, geology, crafts, woodworking, T-shirt airbrushing, skits, music, and more! The camping experience aids in youth development by fostering skills of responsibility, teamwork, building relationships

## Tri-Cities 4-H Goat Show

The annual Tri-Cities 4-H Goat Show is scheduled for Saturday, August 4<sup>th</sup> at the Appalachian Fairgrounds. Have a youth and a goat? Let us know. We will be glad to help explain the show opportunities.



## Coming Soon: 4-H Chick Chain Poultry Show & Sale



Members from Sullivan, Washington and Unicoi counties received chicks during March through the 4-H Chick Chain, a program in the 4-H Poultry project. Members have been caring for their birds through the spring and summer with a goal of returning five of their best pullets for a show and sale at the Appalachian Fairgrounds on August 4<sup>th</sup>. At this event, awards will be given based on the judging of each participant's pen of birds and the poultry will be auctioned to the public. This year's birds are Rhode Island Reds, a dual-purpose bird that will lay a large brown egg. Come out August 4<sup>th</sup> at

9:00 a.m. to purchase some quality poultry and support youth in the 4-H Chick Chain.

## Appalachian Fair 4-H Entries



The 2018 Appalachian Fair is scheduled for August 20-25.

There are numerous opportunities for 4-Hers to be involved at the fair. Some of these will be Biscuit Baking Teams, Educational Exhibits, Fair Entries in 4-H Department and Livestock Shows. Don't miss this great annual event and all the fun 4-H activities.

For more information on fair events, visit the Fair website at <http://www.appalachianfair.com> Remember entries for the 4-H Youth Department are due by July 25<sup>th</sup>. A catalog of classes is on the fair website.

Let us know if you need assistance entering 4-H or livestock for exhibition at the fair.

## 4-H Enrollment for 2018-2019 Academic Year

It is almost time for a new school year and that means it will be annual enrollment time for youth to be 4-H members. There is no cost to join 4-H and the benefits can be numerous. Updated enrollment forms will be available in early August. Call Walter or Ina for more information on the 4-H Youth Development program.



## 4-H Judging Teams

Study about your 4-H project, win awards and trips, have fun and make new

friends! 4-H Judging Teams are a great way to let the learning and fun begin. On a 4-H Judging Team you will learn decision making skills, make close observations, learn to recognize good and bad points in products or workmanship, and learn to appreciate other opinions while developing skills to express yourself clearly.



We will be making up teams with four members on a team for each of the areas listed below. Jr. High (6-8th grade) and Senior (9-12th) teams will work together to train in their area of interest and will compete to win trips to all over Tennessee and the United States.

### 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service,  
and my **HEALTH** to better living,  
for my club, my community,  
my country, and my world.



**Call the Extension Office at 574-1919 to sign up for one of these Judging Teams now.**

### **OUTDOOR MEAT COOKERY**

Four-member teams will learn to cook lamb, beef, pork and chicken on a grill. Call if you want to be on a team.

Contest: August 25, Appalachian Fair, Gray

### **FORESTRY**

Learn tree, wood, and insect/disease identification, tree measurement and forest orienteering.

Contest: Sept. 8, TN Valley Fair, Knoxville

### **MEATS**

Learn to identify the wholesale and retail cuts of beef, pork, lamb and poultry.

Contest: Sept. 8, TN Valley Fair, Knoxville

### **LIFE SKILLS AND CONSUMER DECISION MAKING**

Learn to compare goods or services, evaluate product quality, consider a budget, and more everyday decisions as you and teammates complete scenario stations.

Contest: Sept. 8, TN Valley Fair, Knoxville

### **HIPPOLOGY AND HORSE BOWL**

Learn all about horses. In preparation for these events, youth will learn more about breeds, feeds, anatomy, nutrition, judging, equipment and more. A great way to expand your equine knowledge and have fun with others. Practices should begin in August with contests in January.



## **Family and Consumer Sciences**

### **Yogurt Peach Parfait**

Makes 4 Servings

#### **Ingredients**

- 2 cups yogurt (low-fat or fat-free, plain or vanilla)
- 1 cup banana (sliced)
- ½ cup blueberries (fresh)
- ½ cup peaches (fresh, sliced)
- 1 cup granola

#### **Directions**

1. Line up 4 parfait or other tall glasses.
2. Spoon about ¼ cup of yogurt into each glass. Top with about ¼ cup of fruit.
3. Repeat.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process for the remaining glasses.



**Nutrition Facts:** Serving size 1 cup, Calories 229, Total Fat 4g, Sodium 146mg, Total Carbohydrate 42g, Dietary Fiber 3g, Protein 9g

## Upcoming Programs and Events:

July 25: Deadline for 4-H Exhibit entries at the Appalachian Fair  
August 4: Multi-County 4-H Poultry Show & Sale at Appalachian Fairgrounds  
August 4: Tri-Cities 4-H Goat Show at Appalachian Fairgrounds  
August 9: Tri State Beef Conference  
August 16: 2018 Master Gardener Classes Begin  
August 20-25: Appalachian Fair, Gray, TN  
August 20: Sullivan 4-H Biscuit Baking at Appalachian Fair  
August 25: 4-H Outdoor Meat Cookery Contest at Appalachian Fair  
September 8: Regional 4-H Judging Contests at TN Valley Fair-Knoxville  
September 15: Ag Day at UT Knoxville College of Agricultural Sciences & Natural Resources  
September 29-30: Exchange Place Fall Folk Arts Festival

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

**UT-TSU EXTENSION  
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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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University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.  
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