

UT-TSU EXTENSION SULLIVAN COUNTY

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

TENNESSEE
STATE UNIVERSITY
Cooperative Extension

July 2019

Director's Note cover
Office/Staff Contact
Information cover
Agriculture..... cover - pg 3
Family & Consumer Science
..... pg 3 - 4
4-H Youth Development
..... pg 5 - 10
Upcoming Events pg 11

Office Address:

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

IF YOU BUILD IT...

Dear Sullivan County Extension Clientele,

Although it was just a few short years ago we began this wonderful endeavor, after much planning, effort and hard work from many people, the Ron Ramsey Regional Agriculture Center (RRRAC) is ready for business! The first horse show was held over Memorial Day weekend in the arena and there are already a number of other events quickly landing on the calendar. The arena offers an indoor space for community livestock events, but can be used for other activities as well.

We already have a flagpole installed and the sponsor paver stones will be installed soon to complete the courtyard.

We invite you to stop by and visit our office and the RRRAC soon!

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

Tri-State Beef Conference

The 12th Annual Tri-State Beef Conference will be held at the Ron Ramsey Regional Ag Center on August 8. This year's conference will address topics of interest to both stocker and cow-calf producers.



(cont'd next page)

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 for 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 present 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 sponsored by the University of Tennessee Extension, Virginia Cooperative Extension, and North Carolina Cooperative Extension.

2019 Master Gardener Training Class Schedule Set



The 2019 UT Extension Master Gardener classes will begin on Tuesday, August 6, at the Ron Ramsey Ag Center. The classes will mostly be held on Tuesday mornings from 9 AM to 12 PM. The series of programs will consist of 17 educational programs covering a variety of horticultural topics. The Master Gardener Program is an awesome program if you enjoy horticulture and are interested in volunteering in your community. Our MG volunteers magnify the educational resources of the University of Tennessee and the VOL spirit!

Beef Producer Education Programs to Begin in September!



We will start the 2019-2020 Beef Education Series in September with a program featuring the 2019-2020 TN Ag Enhancement Program (TAEP) Cost-Share Program and a Beef Quality Assurance Certification. If you attend the entire program, you will receive Advanced Master Beef Producer credit. Upon completing seven credits, you will be eligible for Advanced Master Beef Producer certification and the 50% cost-share level through the TAEP. Under the current Tennessee Department 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 to sign up for the beef emails.

Control Brambles in Your Fields

Controlling blackberry briars and other brambles in the pasture and hayfield requires timing. The best time to spray these weeds is in August. Control will be most effective if the briars have not been mowed this year prior to the spray application. Effective control will require an application of a herbicide such as Remedy or Pasturegard. You'll also need to use a surfactant for the herbicide to work. Make sure you don't mow the weeds until late fall after you have sprayed.

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.

Consider a Forage Analysis

A forage analysis will help you manage your hay better. Many livestock producers feed more hay than they should. A forage analysis will allow you to hold your best hay for the time when livestock need it most. A good example would be the beef cow late in gestation or after calving. A cow that is carrying adequate condition doesn't need as much hay early in her pregnancy.

Family and Consumer Sciences

Summer Feeding Programs

We have been attending Sullivan County School System's Summer Feeding programs on a weekly basis at different sites around the county. We have been able to provide families with nutrition information and samples of delicious peanut butter balls, which are a healthy snack alternative, and the recipe for them to try at home.

Tai Chi for Arthritis

The first group of participants have successfully completed the eight week Tai Chi for Arthritis program (which started in May) at the Lynn View Branch of the Kingsport Senior Center. The women who participated in the program greatly enjoyed it and provided some great feedback, such as: "I'm no longer afraid of falling anymore." Another class will be offered in the fall so keep an eye out for that announcement on our Facebook page!

SCAPPI Conference

The FCS and TNCEP programs attended the Sullivan County Adolescent Pregnancy Prevention Initiative (SCAPPI) Conference on April 9, and provided education to young mothers on topics such as cooking skills and healthy eating tips, which they can learn through the Eating Smart, Moving More program. They also learned about UT Extension's work readiness program, Skill Up. This program provides work readiness training for SNAP recipients and assists them in setting career goals and determining how to best reach those goals.



WCYB at Noon

FCS will continue to provide regular segments on the WCYB Noon show the second Monday of each month. On the most recent segment, food safety tips while having a cookout or picnic were shared and reached around 14,000 people in our region. Tune in next month to hear about the farmer's market!

Kingsport Senior Wellness Fair

The Kingsport Senior Center's Senior Wellness Fair was very successful. The FCS and TNCEP programs provided health information to around 180 people. Participants learned about sugary beverages and some easy, flavored water alternatives, as well as the Tai Chi for Arthritis program.



Pressure Canner Gauge Check

To ensure safe operation and food preservation, pressure canner gauges should be checked periodically for accuracy. Rachel Dean, FCS Agent, is able to check those at our office for a small fee of \$5. Contact our office to schedule an appointment to have your pressure canner checked soon!

Farmer's Market Fresh Program

The TNCEP program is providing the Farmer's Market Fresh program again this summer! A table will be set up at the Kingsport Farmer's Market on Wednesdays from 8:00-12:00 and at the Bristol Farmer's Market from 2:00-5:00. We will also be at both markets every other Saturday. Samples of a different recipe using seasonal produce will be given out each week, along with the recipe. Come see us at the market, try a delicious recipe and pick up a new recipe card each week!

This tasty cucumber and tomato salad is an easy, refreshing summer side dish!



CUCUMBER TOMATO SALAD
Makes 6 servings

INGREDIENTS

3 medium tomatoes, cut into 1" pieces	3 tablespoons mayonnaise
2 medium cucumbers, diced	2 tablespoons sour cream
1/2 onion, thinly sliced	1/2 teaspoon pepper
1 large garlic clove, pressed	Salt to taste

DIRECTIONS

1. Combine tomatoes, cucumbers, onion and garlic in medium bowl.
2. In small bowl, combine mayonnaise, sour cream and pepper. Mix well.
3. Mix the dressing into the vegetables. Add salt to taste.

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UTEXTENSION
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THE UNIVERSITY OF TENNESSEE

Enjoying this newsletter? Please share it with others!

Received this newsletter from a friend?

Sign up to get your own copy each month! Call or email Becky Campbell with a note to be added to the newsletter email list.

4-H Youth Development

Multi-County Achievement Day

Sullivan County 4-H'ers attended the Upper Eight Multi-County 4-H Achievement Day held on May 9, at Bulls Gap School in Hawkins County.

Suzanne Amos, an 8th grader at Holston Middle, was named Premier Exhibitor in the 4-H Horticulture/Garden project. Suzanne earned this recognition by having the highest combined score for her 4-H Project Portfolio and Interactive Exhibit Display.



Gunner Moore and Kathryn Akins from Holston Middle also participated with both earning second on their displays in Forestry and Line & Design, respectively.



4-H Achievement Day provides an opportunity for students to “show and tell” how to do something related to their project area. By doing so, youth learn to set and achieve goals, strengthen communication skills, and build positive self-esteem.

4-H Citizenship Day

The annual 4-H Citizenship Day was held on Friday, May 10, in our county seat of Blountville. Twenty-seven fifth grade students (selected by their teachers or principals) represented their class in this citizenship short course coordinated by the 4-H 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 as well. In addition, visits to the Sullivan County Sheriff's Department and Sullivan County Department of Education were enjoyed by the delegation. Primary goals of this program are to foster citizenship and increase participants' awareness of local government services provided to citizens.

4-H Clover Bowl Champions

The Eastern Region 4-H Clover Bowl was held on Wednesday, May 15, on the campus of the University of Tennessee, Knoxville. Sullivan County was well represented at this event which is designed for students in grades 4-8 and tests their knowledge in the subject areas of 4-H, Agriculture, Government, Life Skills, Science, and Tennessee facts. The event consists of teams of three or four members competing in a single elimination, quiz-bowl style tournament. 4-H'ers from thirty-three east Tennessee counties are eligible to participate in this event. All of the Sullivan County teams advanced past their first round and the Miller Perry team made the semi-finals in a field of 19 teams. The teams earned the opportunity to participate in the regional event by winning the Sullivan County 4-H Clover Bowl that was held at Northeast State Community College in April.

This year's Sullivan County teams were from:

4th grade: Miller Perry Elementary

5th grade: Mary Hughes K-8

6th grade: Bluff City Middle



Miller Perry 4th Grade



Mary Hughes 5th Grade

Special thanks to all the teachers and parents who assisted students with preparing for 4-H Clover Bowl this year.

4-H Honor Club Recognition

As we closed the chapter on another school year, a recognition program was held on May 21, to welcome new initiates to the 4-H Honor Club and to recognize graduating seniors for their years of 4-H participation. Two seniors were recognized and presented green and white 4-H Honor Cords to wear during their graduation ceremonies. Four members qualified and completed their applications 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! Best wishes to the seniors in their future endeavors!



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.

4-H All Star Initiates



Two Sullivan County youth, Kassandra and Abigail Jimenez, were initiated as Tennessee 4-H All Stars during the Eastern Region Spring All Star Conference held in April at the Clyde Austin 4-H Center in Greeneville. 4-H All Stars is the second level in the Tennessee 4-H recognition program for outstanding 4-H members. Membership is based on SERVICE, which is the All Star motto. During the spring conference members perform service projects, initiate new members, elect new officers, and build relationships with others from across the Eastern Region.

4-H Summer Camps and Conferences

Summer break from school means it's time for students to attend one of many 4-H camps and conferences.

Here are a few that Sullivan County 4-H members have participated in this summer!

4-H Project Celebration Day: A multi-county event held at the Appalachian Fairgrounds where youth have the opportunity to choose three of nearly thirty classes in which to participate that are related to their favorite 4-H project areas. Project areas include animal science, arts & crafts, cooking, a GPS scavenger hunt, shooting sports, and more! This year, 39 members participated.

4-H Fashion & Design Conference: Three junior high members spent three days in Pigeon Forge learning about fashion, creating new projects, meeting new friends, participating in a fashion show, and attending a dinner theater performance. The event was greatly enjoyed by the youth and is always a favorite across the region.

4-H Academic Conference: A three-day event for junior high members chosen for excelling in a 4-H project area, Academic Conference provides youth with intensive training in a project area under the supervision of university scientists, specialists and industry leaders. Experiences occur in the classroom, outdoors, and laboratory settings. This conference includes an afternoon trip to Dollywood. Two Sullivan County 4-H members attended this year as delegates in the Horticulture/Gardening and Veterinary Science projects.

4-H Junior Camp: Fifty-six youth attended 4-H Junior Camp at the Clyde Austin 4-H Center in Greeneville, TN, the week of June 24-28. 4-H Junior Camp is for youth who have completed grades 4-6. Activities at the 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 and achieving goals.

Bristol Junior Steer and Heifer Show

The 75th annual Bristol show was held May 8, at the Washington County fairgrounds in Abingdon, VA. The event included classes for finished steers, registered and commercial heifers, and showmanship. Plus, there was 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. This year's show included some special activities to reflect back on 75 years of memories!



4-H Sheep Project Exhibitions

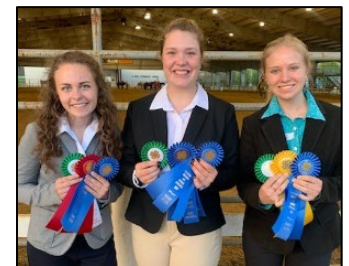
4-H members exhibited sheep at both a county show (4 members) and the regional expo (2



members). In addition, there were 10 youth who participated in our county Little Shepherd Showmanship class offered for youth younger than fourth grade. Accomplishments at the regional expo included: Champion Bred by Exhibitor Registered Suffolk Ewe, Champion Farm Bred Commercial Black Face Yearling Ewe, and third place Junior Market Lamb Showmanship.

Sullivan County Team Wins State Horse Judging Contest

The Senior High Horse Judging team of Emaline Cornett, Josie Short, and Morgan Short, earned the 1st Overall Team award with members finishing 3rd, 4th, and 12th places individually at the Tennessee State Horse Judging Contest held in Shelbyville, TN. The team will now have opportunities to compete nationally.



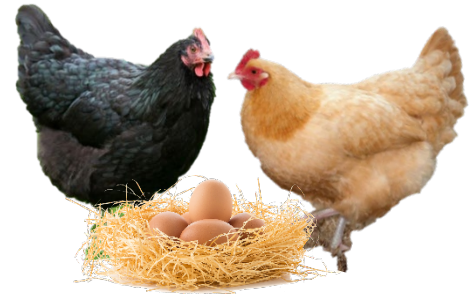
I pledge...

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*.

4-H Chick Chain Poultry Show and Sale

Members from Sullivan and Washington counties received chicks in 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 3. At this event, awards will be given based on the judging of each participant's pen of birds. Afterwards, the poultry will be auctioned to the public. This year's birds are either Black Australorp or Buff Orpington. Both breeds will lay a large brown egg.

Come out on for this fun event on August 3, at 9:00 a.m. to see how the 4-H'ers did raising their chicks and to purchase some quality poultry and support youth in the 4-H Chick Chain Show and Sale!



Tri-Cities 4-H Goat Show

The annual Tri-Cities 4-H Goat Show is scheduled for Saturday, August 3, at the Appalachian Fairgrounds. Have a youth and a goat? Let us know! We'll be glad to help explain the show opportunities. Entries are requested by July 19.

Appalachian Fair 4-H Entries

The 2019 Appalachian Fair is scheduled for August 19-24. There are numerous opportunities for 4-H'ers to be involved at the fair. Some of these will be Biscuit Baking Teams, Educational Exhibits, and fair entries in 4-H Projects and Livestock Shows. Winning entries receive ribbons and cash prizes! Don't miss this great annual event and all the fun 4-H activities scheduled. 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 25th. A catalog of classes is on the fair website. Let us know if you need assistance entering 4-H projects or livestock for exhibition at the fair.



4-H Judging Teams

Study up on 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 fun and learning begin. On a 4-H Judging Team you will learn decision making skills, to make close observations, to recognize good and bad points in products or workmanship and to appreciate other opinions while developing skills to express yourself clearly.

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

Call today if any (or all) of these sound like the team for you!

Outdoor Meat Cookery

Four member teams will learn to cook lamb, beef, pork and chicken on a charcoal grill.

Contest: August 24, Appalachian Fair, Gray

Forestry

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

Contest: Sept. 7, TN Valley Fair, Knoxville

Meats

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

Contest: Sept. 7, TN Valley Fair, Knoxville

Life Skills and Consumer Decision Making

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

Contest: Sept. 7, TN Valley Fair, Knoxville



4-H Enrollment for 2019-2020 Academic Year

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

Support 4-H... Donate Today!

Remember how much fun you had in 4-H? School club meetings, projects, contests and competitions, and best of all... 4-H Camp! The Sullivan County 4-H Youth Development program offers many fun and educational opportunities for youth in grades 4-12. Many of these opportunities wouldn't be possible without the support of caring donors. Contact us to learn about tax-deductible giving or specific programs that you may be interested in supporting. *All donations are greatly appreciated and really make a difference in the lives of our area youth. **Thank you** to our current donors!*

Looking Ahead

Ag

August 1 – Sullivan County Cattlemen’s Association
August 6 – Master Gardener Training Begins
August 8 – Tri-State Beef Conference
August 15 – Beef Meeting – Ultrasound Demonstration
September 12 – TAEP Cost Share/BQA Meeting



Mark Your Calendar

» UPCOMING EVENTS

FCS

Wednesdays and Alternating Saturdays – Farmer’s Market Fresh at the Bristol and Kingsport Farmer’s Markets

July 15-Aug 12, Mondays, 3-4 PM – Eat Well, Feel Well, Kiwanis Towers

July 25, 1-5 PM – Co-Parenting, Extension Office

August 15, 1-5 PM – Co-Parenting, Extension Office

Aug 15-Sept 6, Thursdays, 10:30-11:30 AM – Pathweigs to Health, Lynn View Branch-Kpt Senior Ctr

Aug 17, 10 AM – Water Bath Canning Demonstration, Kingsport Farmer’s Market

Sept 18-Oct 5, Wednesdays, 10:30-11:30 AM – Eat Well, Feel Well, Bristol Slater Center

Sept 19-Oct 26, Thursdays, 10 AM-12 PM – Living Well with Chronic Conditions, Bristol Slater Center

September 20 – Farm to Fork Dinner (Time/Location-TBA)

4-H

July 25 – Deadline for 4-H Exhibit entries for the Appalachian Fair

August 3 – Multi County 4-H Poultry Show and Sale, Appalachian Fairgrounds

August 3 – Tri-Cities 4-H Goat Show, Appalachian Fairgrounds

August 19-24 – Appalachian Fair, Gray

August 19 – Sullivan County 4-H Biscuit Baking, Appalachian Fair

August 24 – 4-H Outdoor Meat Cookery Contest, Appalachian Fairgrounds

September 7 – Regional 4-H Judging Contests, TN Valley Fair, Knoxville

September 28-29 – Exchange Place Fall Folk Arts Festival

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

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.



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