

UT-TSU EXTENSION SULLIVAN COUNTY

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

 **TENNESSEE
STATE UNIVERSITY**
Cooperative Extension

October 2019

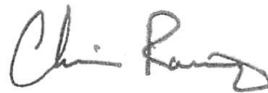
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STILL “GROWING” STRONG!

Dear Sullivan County Extension Clientele,

The Ron Ramsey Regional Agriculture Center continues to be an awesome facility for growing and developing our Extension programs. There are some days when we see as many as three different groups meeting concurrently. But, we still need your help and support by spreading the word about this awesome facility and its availability as a venue for almost any event.

For more information about renting the facility for a business meeting, party, wedding, livestock show/sale, or other use, call us at (423) 574-1898.



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

Fall 2019 Master Gardener Training in Progress

Seventeen (17) individuals are currently participating in the Master Gardener Training Program. Their graduation program will be on Tuesday, November 21. Upon completion of the training program, they will officially become part of our local Master Gardener Volunteer organization. They will complete 40 volunteer hours as they contribute to a horticultural project in their community.



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.

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Advanced Master Beef Producers



Congratulations to the following Sullivan County Beef Cattle Producers on completing their Advanced Master Beef Producer Certification since the Sullivan County Cattlemen's Association fundraiser picnic in May 2019.

Bradley Hughes
Jim Hawk
Sidney Riley

George O'Dell
Seth Green
Dorothy Hawk

Scott Thomas
David Weiford
Rodney Pippin

Daniel Lane
Owen Shelton
Todd Hampton

Becoming certified as an Advance Master Beef Producer allows cattle producers to offer higher quality products and bring higher returns.

Beef Producer Education Programs Scheduled

Thursday, October 24, at 6:30 p.m., we will have a presentation on the Mechanics of Beef Cattle Reproduction at the Ron Ramsey Ag Center.

Thursday, November 14, at 6:00 p.m., we will have a program on Farm Safety and Cattle Handling. You'll hear about some personal experiences and also watch a live cattle handling demonstration, also at the Ron Ramsey Ag Center.

When you complete seven credits, you will be eligible for the 50% cost-share level with the Tennessee Ag Enhancement Program (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 in the weekly beef email. Call our office at (423) 575-1919 to sign up for the beef email or to RSVP for these meetings.

Get Ready to Control Plantain in your Hayfield or Pasture

Each year, we get numerous calls during the summer about controlling Buckhorn Plantain. Later in the summer, Plantain bolts and seeds 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 but, actually, even more important than selecting a herbicide is timing when to 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.

(Continued next page.)

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.

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

2019 Senior Expo

Rachel Dean, FCS Agent, was invited to attend the 2019 Senior Expo and demonstrate how to prepare a healthy recipe as part of the event. A healthy salsa recipe was demonstrated and samples of the recipe were provided to event attendees. The event was a great success and reached about 250 older adults throughout the Sullivan County community.



Sullivan County Schools Summer Food Program

The TNCEP program participated in the Sullivan County Schools Food Program this year. Linda Jones, TNCEP Program Assistant, and Rachel Dean, FCS Agent, distributed healthy snacks and nutrition information to around 200 children and caregivers throughout the Sullivan County community at different school sites.

Kid's Central

During FunFest this year, Rachel Dean partnered with Ballad Health during Kid's Central to promote UT Extension programs and provide nutrition information to about 1300 children and caregivers. Children had the opportunity to play fun physical activity games, as well as an interactive MyPlate nutrition game where they learned about the different food groups.



**FOURTH ANNUAL
FARM-TO-FORK DINNER**

Friday, October 25th, 2019

Social Hour 5:30 pm

Dinner 6:30 pm

Sullivan Central High School Culinary Arts Team will prepare a delightful meal with food provided by local growers and producers.

Dinner will be served in Historic Blountville as guests enjoy an evening of culture, great food, live music and community. The dinner will be held inside the Deery Inn if weather is unfavorable.

Limited tickets are available for this special occasion.

Fundraiser ticket price: \$75 per person or \$125 per couple.

Please contact the UT/TSU Extension Office at 423-574-1919 for ticket information.



We invite you to join us for this special event celebrating our local agricultural heritage. To purchase tickets, contact us by phone or email, stop by our office or ask one of our agents/staff when you see them out and about. Thank you for your support!

FCE Day at the Fair

FCE (Family Consumer Education) Day at the Appalachian Fair was held on August 22. Local FCE members enjoyed a great presentation on quilting and an educational presentation on homelessness in the region. FCE members made and delivered “Blessing Bags” throughout the community as a service project for the day. Sullivan County FCE club members distributed over 60 bags throughout Sullivan County to those in need.

FCE Fall Conference

Seven Sullivan County FCE members and Rachel Dean attended the FCE Fall Conference at Rothchild’s in Knoxville on September 23. Georgia Morrell won first place in the Cross Stitch-Hand Stitch and the Needlepoint Cultural Arts categories, as well as two First Place wins in the Fashion Revue. She also won Viewer’s Choice. Sue Rasmussen won Second Place in the Machine-Pieced and Hand Quilted Cultural Arts category. Congratulations to Georgia and Sue!



Farmer’s Market Fresh

The TNCEP Farmer’s Market Fresh Program was a big success this year! The program served over 1300 participants at the Kingsport Farmers Market and the State Street Farmers Market (Bristol). Redemption of SNAP dollars also increased this year compared to last year’s numbers. Some of the most popular recipes were Squash Medley and the Fruit & Apple Slaw. Check out the recipe for the Fruit & Apple Slaw below. It would make a perfect accompaniment to a variety of fall dishes. You can also find the other recipes on our website. Watch our Facebook page to find out when and where we will be next summer!





FRUIT & NUT SLAW

Serving Size 1 cup.

INGREDIENTS

- 1 cabbage, (any color), thinly sliced
- 1 carrot, peeled and grated
- ½ cup dried fruit
- ½ cup vinegar
- 2 tablespoons sugar
- 2 teaspoons vegetable oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 large or 3 medium apples, thinly sliced
- ¼ cup nuts, chopped and toasted

DIRECTIONS

1. In a large bowl, combine cabbage, carrots and dried fruit.
2. In a small bowl, mix vinegar, sugar, oil, salt and pepper.
3. Pour vinegar mixture over cabbage mixture and stir until well combined.
4. Just before serving, chop apples, nuts and add to mixture. Mix well.

Recipe adapted from *Eating Better on a Budget*. Recipes from the 10 Tips Nutrition Education Series, Maple Cooperative Extension

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
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Enjoying this newsletter?
Please share it with others!

Receive this newsletter from a friend?
Sign up to get your own copy each month!

Call or email Becky Campbell to be added to our quarterly newsletter email list.

4-H Youth Development

4-H Needs Assessment



Sullivan County 4-H is conducting a needs assessment for the 2020 program year. You can help us make our 4-H program stronger by participating in our survey. <https://tiny.utk.edu/SullivanNeeds> Thank you!

4-H Quilt Camp

Sullivan County 4-H'ers attended the Eastern Region 4-H Quilt Camp in July at the Clyde Austin 4-H Center in Greeneville TN. Participants worked on several projects including completion of a lap quilt.

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 Means it 4-H Time!



Our 4-H Agents attended several back to school events in Sullivan County and have now completed the first month of school-based club meetings. 4-H Clubs are geared towards 4th and 5th grades in all Sullivan County schools, as well as the majority of the middle schools. In addition to the school-based meetings, we offer a monthly homeschool community club. We also offer various project groups which are open to all youth in grades 4 – 12 in the evenings.

If you know a young person who would be interested in 4-H that is not being reached through a current club, let us know! We will be happy to share opportunities for them to become involved. Just give us a call at (423) 574-1919.

Sullivan County 4-H'er Attends SRTLTC

The Southern Region Teen Leadership Conference (SRTLTC) is a first-of-its-kind, multi-state 4-H conference created to bring together 4-H teens and adults to empower and inspire them to make a positive change across the southern region through youth-adult partnerships. This year, Suzanne Amos represented Sullivan County at the SRTLTC held in September at the Clyde York 4-H Center in Crossville TN.



Sullivan County 4-H believes that all youth should have opportunities for positive youth development in our four guiding concepts: mastery, belonging, independence, and generosity. This event fosters *mastery* by empowering delegates to partner with an adult to facilitate a workshop on a topic of their choice, *belonging* by fostering connections with like-minded 4-Hers from other parts of the country, *independence* through group-living dynamics, and *generosity* by participating in several service learning opportunities while at the event.

Started in 2005, the SRTLTC was designed by 4-H members at the National 4-H Conference in order to strengthen the leadership abilities and create ties of friendship and partnership between youth in the southern United States. Today, this conference brings together over 400 youth annually who share information about their states and their 4-H programs, and they work to improve their leadership and learn effective methods of developing youth-adult partnerships.

Annual Tri-Cities 4-H Goat Show

The annual Tri-Cities 4-H Goat Show was held Saturday, August 3, at the Appalachian Fairgrounds. Eight youth exhibited 15 goats this year in divisions which included meat breeds, dairy breeds, showmanship, a skill-a-thon and costume contest. Eight additional children also led goats in an open showmanship class for those younger than nine years old.



4-H Chick Chain Poultry Show & Sale

The 4-H Chick Chain Poultry Show & Sale was held at the Appalachian Fairgrounds on Saturday, August 3. Sullivan and Washington county 4-H had 32 members participate. 4-H'ers purchased chicks (by the dozen) in the spring of this year and returned 5 of their best pullets for this event. This year, the 4-H'ers raised Black Australorps and Buff Orringtons, both of which are considered dual-purpose breeds and lay large brown eggs. From Sullivan County, Daniel Grubb received Grand Champion and Abigail Mayfield received Reserve Champion placings for their hens. Congratulations to Daniel and Abigail!



4-H'ers Showcase Projects at Appalachian Fair

The 2019 Appalachian Fair was held from August 19 through August 24. Sullivan County 4-H members entered numerous exhibits including photography, baked goods, canning, sewing, projects, crafts and more. Sullivan County 4-H'ers received over \$340 in prize premiums for their entries! Congratulations to Suzanne Amos who earned 4th Place Top 4-H Exhibitor in the 4-H Building! Additionally, 19 youth and 4 volunteers participated in Biscuit Baking Demonstrations where they worked in teams for one hour shifts to prepare, bake and serve fresh, hot, delicious biscuits for fair attendees. Four 4-H'ers also participated in the Eastern Region Outdoor Meat Cookery contest held on August 24, at the Gray Kiwanis building. 4-H'ers learned to prepare beef, pork, poultry and lamb over a charcoal grill, as well as fire and food safety principles, creativity and teamwork.



4-H 
GROWS HERE

4-H Photo Search Underway

Do you like to take pictures? The 4-H Photo Search is a photography contest and a fun way to exhibit some of your best pictures! Enter a 4" x 6" print 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. Then bring your pictures to your next class club meeting or the Extension office to submit it for the contest. All entries will be judged and winners will be announced for each category. Winners will receive a prize and recognition.

Exploring 4-H Night

Exploring 4-H is a once a month meeting at the Extension Office where we will explore different 4-H project areas. The first meeting was held in September and we explored STEM (Science, Technology, Engineering, and Math) projects.

4-H'ers built Marshmallow Landing Crafts and

we discussed gravity, motion and forces designed to land our astronauts safely. 4-H'ers also created Carbon Sugar Snakes where we talked about chemical reactions. The "snake" is the product of three chemical reactions that are dependent on heat. The reactions occur when sugar combusts in the presence of oxygen, producing carbon dioxide and water vapor (gases), and pushes more of the sugar-baking soda mixture upwards.



If you know a student (grades 4-12) who would enjoy an evening with other fun, inquisitive kids, we invite you to share this with them. They will have a great time learning about fun 4-H projects, make some new friends, and learn about teamwork, leadership, citizenship and life skills. Future meetings are on the last page of the newsletter under "Looking Ahead."

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 Project Areas



4-H'ers are encouraged to choose at least one project to build their knowledge and understanding of the subject. They also complete activities related to the project area, keep records of their activities, and give demonstrations about their projects. They can also participate in contests and events, as well as judging projects. Some of the project areas are:

Clothing & Textiles	Livestock	Wildlife	Forestry
Computers & Technology	Consumer Education/Economics	Electricity	Entomology
Food Science	Photography	Performing Arts/Recreation	Horticulture/Gardenin g
Plant Sciences	Nutrition/Fitness/ Health	Leadership/Personal Development	Veterinary Sciences

You can also check out the project activity sheets online at <https://tiny.utk.edu/Projects>. To learn more about these or other project areas, or how to get involved in a project area, contact us.

We need YOU!



We are always looking for volunteers who would like to lead project group meetings, provide learning opportunities, judge at competitions and events or assist 4-H Agents in other ways to help our community's youth be successful. If you are interested in volunteering in a 4-H program or with a 4-H Agent, contact our office for more information.

We are also looking for donors and sponsors to help provide scholarships for 4-H youth to attend and participate in events. Each year we provide hundreds of dollars in scholarships for youth to attend 4-H Camp, Academic Conference, All-Star Conference, and more. Although we do receive some funding, we always have to turn some away because the funds only go so far. If you would like to make a *tax-deductible donation* to help Sullivan County 4-H youth learn, grow and become tomorrow's leaders, please contact our office.



Looking Ahead

Ag

October 24 – Beef Cattle Reproduction
November 7 – Sullivan County Extension Ag Committee Meeting
November 14 – Cattle Handling Facilities and Farm Safety
December 5 – Sullivan County Cattlemen’s Assn Dinner, RRRAC
December 9 – NETMGA Dinner, RRRAC



Mark Your Calendar

FCS

October 25, 5:30 PM – Farm to Fork Dinner, Blountville
November 1-3 – RAM Clinic, Appalachian Fairgrounds, Gray
November 4, 9:30 AM – FCE County Council Meeting
Nov 4 – Dec 16, 3-5 PM – Take Charge of Your Diabetes, Kiwanis Towers
November 8 – Holiday Gifts Class
November 11, 5-9 PM – Co-Parenting Class
November 12 – National Pickle Day Canning Class
November 17-20 – TAFCE Fall Conference, Franklin TN
November 22, 1-5 PM – Co-Parenting Class
December 4 – FCE Recognition Banquet, Piccadilly, Kingsport
December 19, 1-5 PM – Co-Parenting Class

4-H

October 9-20 – Tractor Supply Clover Fundraiser (Kingsport and Piney Flats stores)
October 23 – 4-H Honor Club Meeting
October 28 – Exploring 4-H Night
November 1 – 4-H Posters Due
November 4 – 4-H Livestock Project Group
November 21 – 4-H Honor Club Meeting
November 22-24 – 4-H All-Star Conference (grades 9-12)
November 25 – Exploring 4-H Night
December 2 – 4-H Photo Search
December 10 – 4-H Public Speaking Contest
December 13 – Weigh Steers for Bristol Steer/Heifer Show



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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