

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

Dear Sullivan County Extension Clientele,

How time passes so quickly! We officially moved into our new office at the Ron Ramsey Regional Ag Center on May 15, 2017. That's almost six months!

Hopefully, you have had an opportunity to visit our office at the Ag Center. If you haven't, come on by sometime. The address is 140 Spurgeon Lane, Blountville. It is located 1.7 miles from the Tri Cities Regional Airport, toward Blountville. Turn left onto Spurgeon Lane; less than a quarter mile and we're on the right.

## ***Get ready, Get Set, Snap those pictures!***

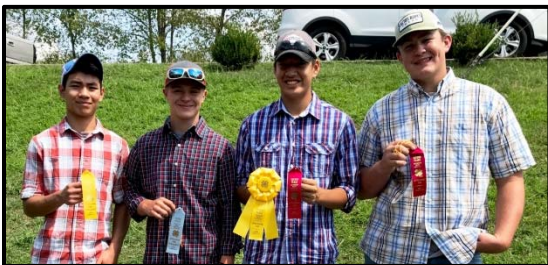
The Ronald Ramsey Regional Agriculture Center will have a first time photo contest. The contest is two-fold, you have an opportunity to earn an award with cash prizes and the Ag Center will fill its walls with beautiful photos! Win, Win! Go online at the address below and send us your photos of Sullivan and counties that touch Sullivan County. The contest is open to Sullivan County residents and the residents of counties touching Sullivan. It's for both amateurs and professionals; the two groups will not be competing against each other. You can either enter the professional or amateur categories. Make sure your photo relates to either production or homeowner agriculture. The deadline for entry is March 1, 2018. For more details, go on line at [ramseyagcenter.com](http://ramseyagcenter.com).



## 4-H Youth Development



Colonial Heights Middle School's 4-H Club won 1<sup>st</sup> place in the Scarecrow Contest at the Exchange Place Fall Folk Arts Festival in September. Sixth-grader Zoe Kendrick accepted the award at the festival on behalf of the club. Congratulations CHMS 4-H members!



Senior high 4-H members participated in the 4-H Outdoor Meat Cookery contest held during the Appalachian Fair in August. Members each prepare a species of meat (beef, pork, poultry, and lamb) over a charcoal grill and create a team platter display. This year's team finished 4<sup>th</sup> overall in the event which was open to 33 counties in the Eastern Region. Two members also finished as 2<sup>nd</sup> high individuals in their respective species division. Let's eat!

In addition to the Outdoor Meat Cookery, youth participated in biscuit baking demonstrations, exhibited beef cattle and sheep, and shared their work from the previous project year through numerous exhibits in the 4-H building at the Appalachian Fair.



## 4-H Livestock Project Group

The Livestock group participates in activities related to the beef, sheep, goat, and poultry projects. Members have exhibited beef cattle at several area fairs this summer. The annual 4-H Poultry Show & Sale and Tri-Cities 4-H Goat Show were held August 5<sup>th</sup> at the Appalachian Fairgrounds. Thanks to all our sponsors and buyers of 4-H poultry.

Also thanks to all our goat exhibitors; this year's show had over 20 entries.

Two upcoming activities are 2018 4-H Chick Chain registration and 2018 beef steer project weigh-in.



For anyone interested in exhibiting a beef steer in our county show next April, and the Bristol Show in May 2018, please let Walter know of questions you may have or how many steers your youth plan to exhibit.

We will soon be making plans for tagging and weighing calves in December.

Would you like to raise chickens for a 4-H project? If you join the 4-H Chick Chain, you'll receive baby chicks in early March. You will agree to care for the chicks and in August you will enter your best pullets in the 4-H Poultry Show and Sale. It's fun - and teaches responsibility too!

Applications should be available by late November and should be returned with deposit no later than January 15<sup>th</sup> to the Extension Office. Deposits are due with application for chicks. Deposits are refunded in full after member returns birds for the 4-H Poultry Show and Sale. In addition, members usually receive additional premiums above the deposit refund.



## 4-H Silver Spurs Horse Project Group

The Silver Spurs meet on the first Saturday of each month. In addition, members participate in practices for horse project related contests.

The Horse Bowl is a quiz bowl type event with question sets made from the Horse Industry Handbook. Teams of four members compete in tournament format against members from other counties. The competition is divided into three divisions by grades, Junior 4-5, Jr. High 6-8 and Senior 9-12.

The Hippology (study of horses) Contest is also a team of four contest with the same divisions as Horse Bowl. Each team is tested in three ways: a written test, identification section and horse judging.

If you are interested in horses, this can be a great way to increase your knowledge of equine, make friends, and work to achieve a goal. Sullivan County has had state winning teams and we hope you will work to be the next.

Please contact us at 574-1919 for more details.

## 4-H Photo Search



Do you like to take pictures? Give us your best shot!

The 4-H Photo Search is a photography contest and a fun way to exhibit some of your best pictures.

Enter a print (4" x 6") in any of the following categories:

1. People (Individual or Group)
2. Animals or Birds
3. 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. You can bring your pictures to your November club meeting or mail them to the Extension Office. All entries will be judged and winners announced for each category.

\*Remember the 4-H member is to take the photos and have fun learning by doing.



Support Sullivan County 4-H Youth Development Programming by linking your Kroger Plus card to Tennessee 4-H Club Foundation, Inc. Sullivan County 16652. Register online at <https://www.kroger.com/communityrewards>

For help linking your card contact Walter. Thank You for your support!

## 4-H Public Speaking



Speak Out! Develop confidence and presentation skills through the 4-H Public Speaking Contest. The Sullivan County 4-H Public Speaking Contest will be held December 12<sup>th</sup> at the Kingsport Center for Higher Education. The contest is open to any 4-H member in 4<sup>th</sup>-12<sup>th</sup> grades.

**Rules:** Speech may be on any topic. 9<sup>th</sup>-12<sup>th</sup> grade speeches should relate to 4-H.

**Time Requirements:**

4-5<sup>th</sup> Grades: 2-5 minutes, 6-8<sup>th</sup> Grades: 3-5 minutes, 9-12<sup>th</sup> Grades: 5-7 minutes

Members with the top speech in each grade level will represent Sullivan County at the regional contests.

4<sup>th</sup>-8<sup>th</sup> grade winners will go on to the Upper Eight Contest, March 12<sup>th</sup> in Washington County.

9<sup>th</sup>-12<sup>th</sup> grade winners will compete in the Eastern Region 4-H Contest on February 3<sup>rd</sup> in Knoxville.

Practice, Practice, Practice

Have fun and feel good about “making your best better” in public speaking.

Looking for other ways to stay informed about our 4-H program? Like our 4-H Facebook page [@sullivancountyt4h](#)



## Agriculture, Natural Resources and Community Economic Development

### Advanced Master Beef Producer

Three producers recently earned their Advanced Master Beef Producer Certification. These producers are Charles Phelps, Robert Helvey, and Weldon Cox. This certification will make them eligible for 50% cost-share with the TN Ag Enhancement Program during the 2017-18 year.

Several more producers will be completing their certifications this fall.

### Upcoming Beef Cattle Educational Programs

We have scheduled the following beef cattle education programs. I encourage all interested beef producers to attend these programs. They will count toward Advanced Master Beef Producer Certification for those producers needing to renew their certification.

October 19 – Grading Feeder Calves

November 30 – Understanding the Forage Analysis Report

December 14 – The End Product (Meat Cutting Demonstration) – Steak Meal \$10 each

January 18 – Beef Cattle Herd Health

February 8 – Understanding the Basics of Forage Production

March, April, and May meetings are pending and will be announced soon.

### Sullivan County Beef Producers Tour Southwest VA

Forty-three beef producers traveled to the Virginia communities of Wytheville, Galax, Independence, Hillsville, Dublin, and Blacksburg on October 5 and 6.

We visited a 300 cow dairy with robotic milking machines. The group toured a greenhouse tomato producer, Red Sun Farms, where we learned this facility was shipping 400,000 pounds of tomatoes in an 18-acre greenhouse at the peak of the season. The Battle of Cloyd’s Mountain was a favorite stop where we were treated to some rich history of the civil war.

We visited a feedlot and an ultra-modern sawmill and learned about their management strategies. We visited Bill Donald’s Angus and Simmental Herd and learned about his breeding bulls and heifers. We also looked at a cattle working facility at Mr. KB Alexander’s farm and visited Donnie Baker Livestock, Jason Semones Livestock, and Sunnyside Store.



*Our beef producers enjoyed traveling and learning together. Our host stops in Southwest Virginia shared their knowledge and experience.*

Producers who participated in the Sullivan County Beef Cattle Tour:

Weldon Cox	Steve and Sandra Hodge
Charles and Dianne Phelps	Charles and Joanne Newland
Roy Settle	Lynn and Sue Hammons
Terry Snyder	Willie and Naomi Hammons
Dwight and Zella Hunigan	Joe Brewer
Kathleen Wilson	Tommy and Rosanna Mize
Jerry Morrell	Wayne Davis
Gale Derrick	Tommy and Mary Ann Worley
Randall Eller (Eller Feedlot)	Chris Ramsey
Herb Denton	Dwight and Pam King
Libby Ray	Randy and Linda Pardue
Alfred Wilson	Steve Crumley
Karen Manuel	Roy Willis
Janel Manuel	Tate Kerns
Stephanie Arnold	Linda Szadziewicz
Bethany Cox	

### Master Gardener Class of 2017



Twenty-one new UT Extension Master Gardener volunteers are currently participating in an intensive training program. The program consists of seventeen horticulture lectures and workshops. The training program will offer an introduction to horticultural principles. The volunteers will work in their communities to magnify the educational impact of UT Extension. They will graduate from the UT Extension Master Gardener Program on October 31.

## Family and Consumer Sciences

### Farmer's Market Fresh

This summer wrapped up Farmer's Market Fresh. This program provided 1800 samples of fresh recipes including Peach Caprice Salad (recipe on page 4) and Fresh Salsa. We visited Kingsport, Bristol and Blountville Farmer's markets. Participants shared that they enjoyed making the recipes for their family.

### Farm to Fork Fundraiser Dinner

The 2017 Farm to Fork Fundraiser Dinner was a great success. Sullivan County youth wowed the crowd. Sullivan Central Culinary Arts Department pleased our taste buds with culinary delights from local foods. Menu items included Butternut Squash Soup, Shepard's Pie with local beef, and Crème Brulee using fresh eggs.

Hickory Strings Bluegrass Band performed beautifully and provided a very relaxing evening. Guests enjoyed a wonderful evening and supported our youth and Blountville Farmer's Market.

## Family and Community Education Clubs



*FCE had their Annual Tour this year to Bush's Baked Beans in Dandridge, TN. Members had a great day of fellowship and learning. They even got to meet Duke!!!*

### Great Work Ladies!

The FCE Eastern Region Fall Conference was a great time for FCE members; we visited Rothschild in Knoxville, TN. and Sullivan County came home with several ribbons highlighting our cultural arts.

- Mattie Chambers from Indian Springs won 1<sup>st</sup> place in Watercolor Painting and 2<sup>nd</sup> place in Colored Photography.
- Jacquie Dishner, Blountville club member and County Treasurer, won 1<sup>st</sup> place in Quilted Lap Blanket.
- Annette Gross, Cross club member and County President, won 2<sup>nd</sup> place in Sculpting.
- Jewell Pendergrass, a longtime member of Indian Springs FCE club and County Literacy Chairperson, won 2<sup>nd</sup> place in Quilted Lap Blanket.
- Glenna Moore, Cross club member, won Best of Show in Beading.
- Georgia Morrell, Cross club member, won 1<sup>st</sup> place in Fashion Revue for a handmade dress, jacket and pocketbook.

### Upcoming FCE Events

- ✓ The TAFCE State Conference will be held November 5-7<sup>th</sup> at the Hilton in Knoxville. We hope to see you there.
- ✓ The Sullivan County FCE Recognition Banquet will be held on December 6, 2017, 11:00 a.m., at the Piccadilly in the Fort Henry Mall. Our FCE members provide numerous volunteer hours supporting Sullivan County and are a great asset!

### WCYB at Noon

FCS will continue to provide segments on the WCYB noon show the second Monday of each month. Please tune in to learn more about FCS and Extension. On our most recent segment, we provided a recipe demonstration for Pumpkin Dip (recipe on page 4).



### Fall Food Fest

Our Tennessee Nutrition and Consumer Education Program is having their annual Fall Food Fest on October 19, at the Riverview Community Center in Kingsport. The Food Fest will provide a day full of learning, playing, and tasting healthy recipes. Our TNCEP Coalition works together to provide a great day for children, focusing on health.



UT Extension Family and Consumer Sciences is the University of Tennessee at work in your community. Our top professionals in every county use research-based education to help Tennesseans gain knowledge and develop confidence in making good decisions today and tomorrow. Our success in helping consumers improve their well-being results in economic benefits for individuals, families and communities. Investments in UT Extension Family and Consumer Sciences are investments in your community.



# Peach Caprese

Makes 4 cups



## Ingredients

- 1 cup balsamic vinegar
- 1/4 cup honey
- 4 ripe peaches, pitted and thick sliced (about 1/2")
- 12-15 fresh basil leaves, torn or roughly chopped
- 8 ounces shredded mozzarella cheese, or sliced fresh

## Directions

1. Combine balsamic vinegar and honey in a small sauce pan over high heat and bring to a boil. Reduce heat to low and simmer until mixture has reduced by 1/3 cup (about 10 minutes). Set aside to cool.
2. Place peaches on a serving tray.
3. Layer mozzarella and torn basil leaves on top.
4. Drizzle with cooled reduced balsamic vinegar to taste.
5. Serve immediately or allow to marinate in the refrigerator for a few hours before serving.

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# Fall Pumpkin Dip

## Ingredients

- 15 oz can of pumpkin
- 5 oz box of instant vanilla pudding (just the powder, do not make the pudding)
- 16 oz container of cool whip (can use low fat)
- small pumpkin
- 1/2 tbs Pumpkin Pie Spice
- 1/2 tbs Cinnamon

## Directions

1. Mix pumpkin, dry pudding mix, cool whip, and pumpkin pie spice together (by hand) in a very large bowl.
2. Chill for several hours before serving. Meanwhile, carve your pumpkin!
3. Fill pumpkin with mix. Sprinkle with cinnamon, and serve with fresh apples slices, vanilla wafers or ginger snaps.



Nov. 2: 4-H Honor Club  
 Nov. 3: WCCA Heifer Sale  
 Nov. 4: 4-H Silver Spurs Horse Project Group Fall Farm Day  
 Nov. 5-7: TAFCE State Conference, Knoxville, TN.  
 Nov. 9: 4-H Livestock Project Group  
 Nov. 17-19: 4-H Fall All Star Conference (Senior High members)- Gatlinburg  
 Nov. 30: Beef Education Workshop on Understanding Forage Reports  
 Dec. 6: Sullivan County FCE Recognition Banquet  
 Dec. 7: SCCA Annual Steak Dinner  
 Dec. 11: Master Gardener Christmas Dinner  
 Dec. 12: County 4-H Public Speaking Contest  
 Dec. 14: 4-H Service Project at Second Harvest Food Bank  
 Dec. 14: Beef Education Workshop- Meat Cutting Demonstration  
 Jan. 15: 4-H Chick Chain applications due

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**Our  
 MISSION**

*UT Extension helps Tennesseans to improve their quality of life and solve problems through the application of research and evidenced-based knowledge about agriculture and natural resources, family and consumer sciences, 4-H youth development, and community development.*

*Follow any road in Tennessee and you'll find people whose lives have been influenced by Extension's educational programs. Extension agents live and work in every county in the state. They help people solve problems and lead richer, fuller lives. Agents are the two-way link between Tennesseans, both urban and rural, and university specialists, scientists and researchers. Education is Extension's goal.*

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