Dear Sullivan County Extension Clientele!

We are glad to see more people in the Ramsey Ag Center this year as the area continues to return to normal! Hope you were able to visit our office and the Ag Center at our open house on March 23. We had around 125 people – a very successful event! We are continuing to serve Sullivan County with both In-person and ONLINE programs. We hope you will have an opportunity to participate in one of our educational programs this year.

We are in the process of getting the site plan for our lighting finalized and all of the equipment necessary to complete the installation. The lights should be installed over the next few months. Supply chain issues held up this process much longer than anticipated.

If you have any questions about a UT-TSU Extension program or an event at the Ron Ramsey Ag Center, please call us at 423-574-1919.

Best,

Chris Ramsey
Ag Agent and County Director

For more information about renting the Ron Ramsey Ag Center facility for a business meeting, party, wedding, livestock show/sale, or other use, call us at (423) 574-1898.
Fee payment options!

You can now pay many fees with a credit card both in-person at the Sullivan County Extension Office (140 Spurgeon Lane, Blountville, TN 37617) or online through the UTK Online Shopping Mall. Access the UTK Online Shopping Mall to explore this new payment option for our programs.

Welcome to the Porch

Have you noticed the newly painted black rockers on the porch. A big thank you to Master Gardeners Karen Fleenor and Bonnie Manning for the countless hours of sanding and painting to make our rockers look brand new!

Beginning in July, the Sullivan County FCS County Agent, the TNCEP nutrition educator, or an assistant, will have a booth at the Kingsport Farmers’ Market where they offer food demonstrations and recipes. These individuals offer a wealth of research-based information on the best ways to select, prepare, and store some of our favorite summertime items in healthy ways. The best part of the program – each person who stops by the booth receives a recipe card for the food being demonstrated. At the end of the season, consumers could have an entire collection of recipes all featuring items fresh from the farmers’ market. Adults, however, are not the only ones who learn from the Farmers’ Market Fresh booth. Children enjoy a sample of the food prepared, and they can participate in a series of children’s challenges. Through these challenges, children can earn prizes for the fruits and vegetables their families purchase, prepare, and taste at home. There is even some buzz that a special visitor – Rudy the Raccoon – makes an occasional appearance at the markets.
Farm Safety Day held on Saturday, April 9, 2022, was a huge success thanks to all 130+ who participated in safety day. Attendees rotated through 4 stations learning about tractor and chain saw safety, ATV safety, and cattle handling.

The day began with breakfast biscuits from Indian Springs Ice Cream and Grill followed our guest speaker, Jeff Aiken of the Tennessee Department of Agriculture. Jeff serves as deputy to Agriculture Commissioner Charlie Hatcher. Jeff previously served as Tennessee Farm Bureau president for six years.

Attendees listened to presentations on ATV safety in the large conference room. Chain Saw and Tractor safety presentations were held in the arena. All went home with greater knowledge on farm safety and a Farm Safety Day t-shirt.

The Marsh bloodmobile was at the event and collected 31 blood donations.

Due to the inclement weather Wings Life Flight was unable to land.

All enjoyed a delicious BBQ lunch from Spurlock Smokes.

Farm Safety Day would not have been possible if it wasn’t for the sponsors: Meade Tractor, Farm Credit, Fairway Ford, Farm Bureau Tennessee, and Farm Bureau Virginia. UT-TSU Extension Sullivan County and the Ron Ramsey Agriculture Center.

Thank you to all of the volunteers who allowed this day to run smoothly and keep the participants engaged.
Tennessee Master Beef Producer Monthly Webinar Series

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Sullivan County Cattlemen’s Association

The Sullivan County Cattlemen’s Association annual auction and steak dinner will be held on Saturday, May 7 at 6:00 p.m. Tickets are $25.00 each and are available at the Sullivan County Extension office. A variety of items will be auctioned. You may view items before dinner.
Master Beef Producer

The Tennessee Master Beef Producer Program is designed to provide targeted educational presentations and hands-on demonstrations for a broad scope of topic areas in beef cattle production.

Our objective is to provide Tennessee cattle producers with information and experience that can improve profitability while simultaneously making more efficient and sustainable use of natural resources.

Master Small Ruminant Producer

If you are a goat or sheep producer, make sure you get on our list so we can send you the details for the next Master Small Ruminant Producer program.

Master Farm Manager

The Summer Tennessee Master Farm Manager Course will utilize a hybrid method, with both prerecorded videos and live webinars. Zoom based webinar sessions will be held on Tuesday and Thursday nights for two weeks starting June 14, 2022 at 7:00 p.m. EST. The fee is $100.00. Additional information regarding the program can be found at: http://masterfarmmanager.tennessee.edu/

Registration is now open! Register online or by mail. Mail in registration deadline is June 4, 2022. Online registration will remain open through June 14, 2022.
2022 UT Master Gardener Program

Our 2022 Master Gardener class started January 25th and has 23 enthusiastic students. This program consists of 14 Zoom sessions from our state Master Gardener office. In addition to these sessions, we have 7 local hands-on sessions for a total of 40 hours of training.

The Tennessee Master Gardener Program is a volunteer service organization offered by The University of Tennessee Extension. The purpose of the Master Gardener program is to train citizens as horticulture educators for their communities.

Sullivan County will offer this class again in January 2023. If you are interested in becoming a Master Gardener please call the office at 423-574-1919 for more information.

“Master Gardeners are a nationwide group. It makes you feel like you are a part of something bigger than yourself. You never have to feel out of place, no matter what city you visit or move to.”

2021 Extension Master Gardener Intern

Organic Farming and Gardening Field Day

Organic Farming and Gardening field day presented by UT Ag Research and UT Extension. Thursday, April 28 at 9:00 a.m. at East Tennessee Ag Research and Education Center-Organic Crops Unit located at 7315 Government Farm Road Knoxville TN 37920.

Speakers include: Natalie Bumgarner, Jennifer Tsuruda, David Lockwood, Samantha Flowers, Erin Patrick, Annette Wszelaki, Virginia Sykes, Francisco Palacios, David Butler, Marsha Lehman, Sindhu Jagadamma and Ravi Neelipally. Keynote speaker will be Randy Boyd, UT System President.

Please call the office at 423-574-1919 to have the flyer and registration information emailed to you.

Ask A Master Gardener

Northeast Tennessee Master Gardener Association now has Ask A Master Gardener column in the Kingsport and Bristol newspapers on the Farm and Garden page. This new column, Ask A Master Gardener will help answer common questions about home horticulture. Growing local vegetables, plants, and flowers, or how to deal with garden pests and diseases.

Please submit your questions to the Master Gardeners on their website at www.netmga.net. Click the link at the top of the page, “ASK A MASTER GARDENER” to send in your question. Questions that aren’t answered in this column will receive a response from a Master Gardener to the contact information you provide.

Soil Test

Why Soil Test?

The first reason why you should test the soil is to avoid any surprises. Testing your samples gives you a solid number to work with. Soil testing takes the guesswork out of gardening. You don’t waste money on fertilizers that aren’t needed. Nor plant anything in the wrong place. It tells you, Structure, Percentage of organic matter, Nutrients, pH value.

Soil Test boxes and instructions are available at the Sullivan County Extension office.
Homebuyer Education

There are many steps involved in purchasing your first home or even your fifth home! To help understand the entire process before it is a 30 year commitment attend a Home Buyer Education course to better navigate the home buying process. Classes are offered on a wide variety of topics from the mortgage loan process to how to maintain your home. This course also meets requirements for THDA and USDA mortgages including Rural Development.

Contact the Extension Office to register or register online at http://www.ehomeamerica.org/utksullivan

Babysitting R.O.C.K.S!

Know a wannabe babysitter? Learn what it takes to be a babysitter by attending the Babysitting R.O.C.K.S. training program for kids ages 12 and up on June 22. This fun, activity filled training will focus on different aspects of babysitting- from learning what activities to do with children of any age to knowing what to do with the money that you earn. Other topics covered include: child development, soothing a crying baby, handling child-related emergencies, first aid and safety for infants and toddlers, how to diaper, age-appropriate nutrition, and encouraging normal sleep patterns.

Contact the Extension Office to register or register online at https://tiny.utk.edu/babysittingrocks

Enjoy Easter Treats without Overdoing It

This time of year we are all overwhelmed with the amount of sweets at our fingertips. Peanut butter filled eggs, creme filled eggs, baked goods, marshmallows that look like cute animals...the list could go on and on.

How do we enjoy these seasonal treats, gather with friends and family, and stick to a healthy diet?

Moderation is key:
1. Look at your serving size. Is the chocolate covered treat you’re reaching for 1 serving or 2? How many calories are in 1 Peep?
2. Don’t go back for seconds. When you sit down for dinner with your family, only eat until you are full, not miserable. Put a reasonable amount of food on your plate and skip the second portion.
3. If you’re going to eat dessert, skip the candy. Eat a smaller portion of your favorite chocolate pie or banana pudding than you normally would.
4. Remember to eat a well balanced meal. The USDA MyPlate is a great example that shows us how to judge what our plate should look like when all food groups are represented. https://www.myplate.gov/

Coffee & Conversations

Are you or someone you know a relative caregiver?

Join us 2nd Wednesdays from 10-11 a.m. at Lynn Garden Community Center for Coffee & Conversation. This is a monthly gathering to provide encouragement, connection, and resources for grandparents raising grandchildren.

April meeting topic: Understanding Middle School
Chicken and Spinach Pasta, Serves 4
8 ounces whole wheat pasta
2 tbsp extra virgin olive oil
1 lb boneless, skinless chicken breast cut into bite sized pieces
½ tsp salt
½ tsp ground pepper
4 cloves garlic, minced
½ cup low-sodium vegetable or chicken broth
Juice and zest of 1 lemon
10 cups chopped fresh spinach
4 tbsp grated Parmesan cheese, divided
1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium high heat. Add chicken, salt and pepper, cook, stirring occasionally, until just cooked through, 5 to 7 minutes.
3. Add garlic and cook, stirring, about 1 minute. Stir in broth, lemon juice and zest, bring to a simmer. Remove from heat.
4. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.

Tip: Add scrambled eggs to enjoy this dish for a hearty breakfast!

Beef and Sweet Potato Hash, Serves 4
1 lb Ground Beef (96% lean)
1/2 cup water, divided
4 tsp taco seasoning mix, divided
1 large sweet potato, cut into 1/2-inch cubes (about 2-1/2 cups)
1-1/2 cups diced yellow onions
1 tbsp vegetable oil
1/4 cup plain nonfat Greek-style yogurt
1/2 tsp hot pepper sauce
2 tbsp chopped fresh cilantro leaves
8 small corn tortillas (6 to 7 inch-diameter), warmed (optional)
1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings. Stir in 1/4 cup water and 2 teaspoons taco seasoning; cook 3 minutes. Remove from skillet; keep warm.
2. Combine sweet potatoes, onions, remaining 1/4 cup water and remaining 2 teaspoons taco seasoning in same skillet. Bring water to a boil. Reduce heat; cover and simmer 10 minutes, stirring once.
3. Remove lid; stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring frequently. Return beef mixture to skillet; continue to cook 2 to 4 minutes or until heated through, stirring occasionally.
4. Meanwhile, combine yogurt and hot sauce, as desired, in small bowl.
5. Evenly divide beef mixture into tortillas. Garnish with cilantro and serve with yogurt mixture, as desired.

Mediterranean Mushroom Lemon Soup, Serves 4
5 cups sliced fresh mushrooms
1 medium onion, chopped
2 Tbsp olive oil
1 clove garlic, minced
3-4 cups reduced-sodium chicken broth
2 tsp. minced fresh parsley
1/8 tsp. dried thyme
1/8 tsp. pepper
1/8 tsp. grated lemon zest
1. In a small saucepan, sauté mushrooms and onions in oil until tender.
2. Add garlic, cook one minute longer. Stir in the broth, parsley, thyme, and pepper.
3. Bring to a boil. Stir in the orzo, lemon juice, and zest. Cook until pasta is tender, 5-6 minutes.
4. Optional: Add cooked, chopped chicken

Lemon Cheesecake Yogurt Cups, Serves 12
INGREDIENTS:
12 reduced fat vanilla wafers
8 oz. ⅓ less fat cream cheese, softened
2 tbsp. sugar
1 tsp. vanilla
6 oz. fat-free vanilla Greek yogurt
2 large egg whites
3 tbsp. lemon juice
1 tbsp. lemon zest
1 tbsp. all purpose flour
Optional Topping: Fruit or Powdered Sugar
1. Heat oven to 350°. Line cupcake tin with liners. Place a vanilla wafer at the bottom of each liner.
2. Gently beat cream cheese, sugar and vanilla until smooth using an electric mixer. Gradually beat in fat free yogurt, egg whites, lemon juice, lemon zest and flour. Do not over beat. Pour into cupcake liners filling half way.
3. Bake 25 minutes or until center is almost set. Cool to room temperature. Chill a few hours in the refrigerator.
Spring into a Healthier Lifestyle!

With warmer temperatures right around the corner, there’s no better time to make some changes and spring into a healthier lifestyle.

8 Strategies for a Healthy Spring

**Move More, Sit Less**
Adults should get at least 150 minutes of moderate-intensity physical activity weekly. Kids aged 6-17 should be physically active 1 hour or more each day. **TIP for Adults** Try walking 30 minutes a day, 5 days per week. Do muscle-strengthening-activities 2 days a week.

**Eat Healthy Foods**
Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products. **TIP** Make half your plate fruits and vegetables and half your grains whole grains.

**Choose Your Drinks Wisely**
Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.

**Get Enough Sleep**
Adults need at least 7 hours of sleep per night. Kids aged 6-12 need 9-12 hours of sleep per night. Teens 13-18 need 8-10 hours of sleep per night.

**Be Sun Safe**
Wear long-sleeved shirts and pants, a wide brimmed hat, and sunglasses that block both UVA and UVB rays. Use broad-spectrum sunscreen with at least SPF 15.

**Brush Your Teeth**
Brush twice a day with fluoride toothpaste.

**Don’t Use Tobacco**
Call 1-800-QUIT-NOW for free support to quit smoking.

**Learn Your Health History**
Talk to your family and your doctor about your family health history.

Learn more ways to stay healthy and prevent chronic disease at www.cdc.gov/chronicdisease.
Do you know what TNCEP is? The Tennessee Nutrition and Consumer Education Program (TNCEP) is a free nutrition education program for families and individuals who receive or who are eligible for Supplemental Nutrition Assistance Program (SNAP) benefits. TNCEP’s goal is to teach families and individuals how to choose and prepare nutritionally adequate diets and help them feel empowered to move toward self-sufficiency. The youth program is available at no cost to schools that provide 50% or more free and reduced lunches. Each series of classes is designed to help participants improve diet quality and physical activity, food resource management, food safety and food security.

**Program Highlights**

- Eighteen 4th and 5th grade students participated in *Adventures in the Kitchen*, an interactive program that teaches cooking skills, kitchen safety, nutrition, and promotes physical activity.
- Seven 9th – 12th graders participated in *Teen Cuisine*, a series of 6 hands-on lessons on nutrition, food safety, food preparation, and physical activity.
- Weekly *Eating Smart, Moving More* classes with approximately 6 participants are ongoing at the Oasis of Kingsport.
- Weekly *Eat Well, Feel Well* classes with 10 participants are ongoing at Maple Oak Apartments.
- Monthly *MyPlate for My Family* classes with an average of 6 participants are ongoing at the Lynn View Community Center.
- MyPlate Community Intervention with 184 participants took place at Lincoln Elementary.
- A community garden is being started at the Oasis of Kingsport. Materials were donated by Lowes in Kingsport and private donations. The beds were built by Master Gardener volunteers and the TNCEP Nutrition Educator.
Upper Eight 4-H Project Achievement Contests

Project Achievement Day will be held on May 12 at Unicoi County Middle School. Junior members in grades 4-5 can present a 3-5 minute demonstration on how to complete a task related to their favorite 4-H project area. Junior High members in grades 6-8 should create a project exhibit board showcasing a topic related to their 4-H project. Pre-registration is required to compete. Contact 4-H Agent for more information.

Senior High 4-H Project Portfolios

Youth in grades 9-12 have the opportunity to be recognized for their project work by submitting a 4-H Portfolio (Record Book) on their project of choice. Senior high (9th-12th) portfolios are due by May 2nd. All entries are to be submitted online. For tips on assembling a 4-H Portfolio and guidelines on submitting your project work contact your 4-H Agent.

4-H Clover Bowl

It's almost Clover Bowl time in TN! Teams are preparing for county contests April 25-26 and the Eastern Region 4-H Clover Bowl is currently planned for May 19, 2022 on the UT Knoxville campus.

A quiz-bowl style competition with questions on 4-H, Agriculture, Tennessee, Life Skills, Government and Science. Teams are comprised of four students from the same grade who answer questions to be named Clover Bowl Champions while practicing teamwork.

The 2022 Handbook can be accessed at: https://eastern.tennessee.edu/4-h-clover-bowl/
Chick Chain Update

A project orientation was held on Feb. 28th for participants in the 2022 4-H Chick Chain. Sullivan County 4-H Agent, Walter Malone, planned and led the meeting covering preparation for basic chick care, project goals, and the facilitation of acquainting participants.

21 members of the 4-H Chick Chain project received baby chicks on March 24th. Youth are now caring for their birds with a goal of returning five pullets (young females that have not yet begun to lay) for the multi-county poultry show & sale on August 6th at the Appalachian Fairgrounds.

Horse Judging Results

The Eastern Region 4-H Horse Judging Contest was held on April 1st at the Roane State Expo Center in Harriman, TN. Three members competed as a team in the junior high division finishing as the seventh place team.

Livestock Judging Results

The Eastern Region 4-H Livestock Judging Contest was held on April 12th at the East Tennessee AgResearch and Education Center - Blount Unit. Four members competed as a team in the junior high division finishing as the second place team out of twenty-seven teams. One member also earned top 10 individual honors in a field of over 100. Congratulations!

4-H Beef Cattle Shows Coming Soon

Several members of the 4-H Beef Project will soon be exhibiting their cattle in a series of shows beginning this month.

On April 23rd the 50th edition of the Sullivan County Steer & Heifer Show supported by the Holston Ruritan will take place at the Ron Ramsey Ag Center Arena at approximately 11:00 a.m.

The following weekend, April 29-30th, will be the Knoxville Spring Junior Cattle Exposition this year taking place at the Appalachian Fairgrounds in Gray.

The final of three upcoming shows scheduled this spring is the 78th Bristol Junior Steer & Heifer Show planned for Saturday, May 14th at the Washington County VA Fairgrounds in Abingdon.

Whether you have an interest in cattle or not come out to support the youth with their beef projects and be sure to bring the kids or grandkids to see and learn more about cattle.
4-H Project Celebration Day

Come be a part of the celebration of 4-H project activities at this one day camp on Friday, May 27th at the Appalachian Fairgrounds! You will enjoy hands on classes. There will be project experts from Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington Counties to lead you through three different sessions to help you learn more about the projects you choose.

With thirty sessions to choose from Project Celebration Day offers fun for everyone. Subjects areas include animals, arts/crafts, cooking, shooting sports, science, and more. Contact us for a registration brochure with a list of all of this year’s class offerings.

Friday, May 27th at Appalachian Fairgrounds

Open to youth currently in grades 4-8.

Cost is $25 per participant. Includes supplies and instruction for three sessions and lunch.

Registration due by May 9th.

4-H Summer Camps

UT-TSU Extension will be resuming overnight camping events during the summer of 2022. There are several different camping options to explore including traditional 4-H camp, Electric Camp, Quilt Camp, a Shooting Sports Camp, and more!

The popular traditional Junior and Junior High 4-H Camps will be back at the Clyde Austin 4-H Center in Greeneville. Junior 4-H Camp (current grades 4-6) is scheduled for June 6-10 and Jr. High Adventure Camp (current grades 6-8) will be July 11-15.

Activities may include archery, rifle range, canoeing, fishing, wildlife, fossils, tie dye, crafts, and more. Each camp includes all meals, lodging, and a camp t-shirt. Bus transportation will be provided to and from the Extension Office for Junior Camp. The Jr. High Camp also includes the opportunity for an off-site adventure.

Registration forms for Junior and Jr. High Camps are now available. Contact us to receive a copy, ask questions, or complete your registration.

These camps also provide an opportunity for both adult and teen volunteers. If interested in learning more about this volunteer opportunity please let us know.

Sponsorship opportunities are also available. Help a child with their registration fee to attend summer camp, sponsor a bus for transportation, or county t-shirts. Any donations are appreciated and make a difference.
The 2022 4-H Electric Camp will be held June 27-30 on the UT Knoxville Campus.

4-H Electric Camp is a fun-filled, rewarding adventure where campers will explore the world of energy, electricity, energy conservation, electrical safety, and other basic sciences through “hands-on” learning activities.

Youth will work with electrical specialists from across the state in learning centers and explore careers in energy, electricity, and basic sciences. It’s an electrifying experience!

This year’s learning sessions include: Wiring an Extension Cord, Biomimetic Robots, Robotics, Home Energy Conservation, Electric Vehicles, and Electrical Safety.

Electric Camp is open to current 6th, 7th, and 8th grade 4-H members.

The cost of the 4-H Electric Camp is $300 per participant. The fee includes lodging, meals, Dollywood, activities, and take-home items. Sign up by contacting us at the Extension Office. Registration requested by May 6.

https://4h.tennessee.edu/electric-camp/

The 2022 4-H Target SMART Camp will be held as a state event at the Clyde Austin 4-H Center in Greeneville, TN from July 11-15.

Youth will learn skills in a variety of shooting sports and related areas such as archery, riflery, shotgun use, muzzleloading, and outdoor skills. Programs emphasize safety, correct form, and responsible use. In addition, campers will enjoy swimming, campfires, and other camp activities.

Open to youth currently in grades 5-9.

4-H Target SMART Camp is $355 per participant. The fee includes lodging, meals, activities, and a camp t-shirt. Sign up by contacting us at the Extension Office. Registration requested by May 31.

https://4h.tennessee.edu/shooting-sports/

The 2022 4-H Quilt Camp will be held as a regional event at the Clyde Austin 4-H Center Lodge in Greeneville, TN from July 12-14.

Participants will learn quilting skills in order to make their own quilt. Youth should be able to use a sewing machine to make an even ¼” seam allowance and cut out patterns as prerequisites.

Applications to attend this event are open to current 6-12th grade 4-H members. This camp has a limited number of spaces. Contact us today to learn more.

Applications are requested by Friday, May 6.

The cost for Quilt Camp is $150 plus some project materials; scholarships are available to assist.

https://eastern.tennessee.edu/4-h-quilt-camp/
Visit [tnfairs.com](http://tnfairs.com) to learn more about exhibiting livestock, entering items, or just visiting one of the many TN Ag Fairs.
Appalachian Fair 4-H Entry Period Now Open

The Appalachian Fair is August 22-27, 2022!

Youth Fair Catalog (includes 4-H Department information)

Livestock Fair Catalog (Open and Junior Show information)

4-H Department and Livestock Entries are due to the fair online or mailed by July 31st!

Contact us for assistance with entering items in the 4-H Youth Department.

Examples of 4-H exhibit classes include: field crops, gardening, canning, eggs, horticulture, food preparation, sewing, needlework, art, crafts, photography, and more!

Over $6,000 in award premiums are offered in 4-H related exhibits alone!

Sullivan 4-H Member Recognized

Congratulations to 4-H member Suzanne Amos for being named a member of the Streamworks Appalachian Highlands Twenty Under 20 Class of 2022! Suzanne has been a 4-H member since the fourth grade and is currently serving as the Sullivan County 4-H Honor Club president.

Follow us for on social media for timely updates, project ideas, and learning resources.

@SullivanCountyTN4H
Upcoming Dates

April
23rd  Sullivan County Steer and Heifer Show – Ag Center Arena
25th  Sullivan County 4-H Clover Bowl – 4th Grade Division
26th  Sullivan County 4-H Clover Bowl – 5-8th Grade Divisions
27th  Tractor Supply Company 4-H Paper Clover Promotion Begins
28th  Organic Farming and Gardening Field Day - Knoxville
30th  Knoxville Spring Junior Cattle Exposition – Appalachian Fairgrounds
30th  Exchange Place Spring Garden Fair

May
1st   Exchange Place Spring Garden Fair
2nd   Senior High 4-H Portfolios Due
7th   Sullivan County Cattlemen’s Association Dinner & Auction Fundraiser
8th   Tractor Supply Company 4-H Paper Clover Promotion Ends
12th  Upper Eight 4-H Achievement Day – Unicoi Middle School
14th  Bristol Junior Steer and Heifer Show – Abingdon
16th  Junior 4-H Camp Payment Due
19th  Eastern Region 4-H Clover Bowl – Knoxville
20th  Eastern Region 4-H Wildlife Judging Contest – Knoxville
27th  4-H Project Celebration Day – Appalachian Fairgrounds

June
6-10  Junior 4-H Camp at Clyde Austin 4-H Center in Greeneville
7-9   Eastern Region 4-H Fashion and Design Conference – Pigeon Forge
14-17 4-H Academic Conference – UT Knoxville
14    Teen Cuisine at The Boys & Girls Club - Riverview
22    Babysitting R.O.C.K.S! Training Program
27-30 4-H Electric Camp – UT Knoxville

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.