

UT-TSU EXTENSION SULLIVAN COUNTY

April-June 2022

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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.

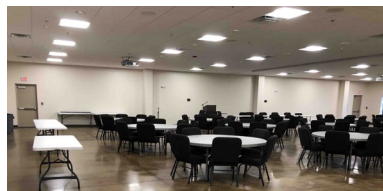
Best,

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.



Office Address:
140 Spurgeon Lane
Blountville, TN 37617
423-574-1919
Sullivan.Tennessee.edu

Hours:
Monday – Friday
8:00 a.m. – 5:00 p.m.
Closed 12:00 p.m. – 1:00 p.m.
for lunch

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

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.



Beef Producer Education Programs 2022



Tennessee Master Beef Producer Monthly Webinar Series

May 2, 2022	https://us06web.zoom.us/webinar/register/WN_HTKvdFzBS4esXXLHj-_SUw
June 6, 2022	https://us06web.zoom.us/webinar/register/WN_TO2lbroERF65LjfXlrbijg
July 11, 2022	https://us06web.zoom.us/webinar/register/WN_L_hIFjaCRIWPiIsY-iUJWA
August 1, 2022	https://us06web.zoom.us/webinar/register/WN_VfGp9UOsSVKrDYax_cMDQA
September 5, 2022	https://us06web.zoom.us/webinar/register/WN_piT4sFnQQ1qtEZtJoiTOGQ
October 3, 2022	https://us06web.zoom.us/webinar/register/WN_1SGVPz2R3iLvzRwQi3omQ

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.



TN MASTER
SMALL RUMINANT
PRODUCER

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 consist 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

ASK A
**MASTER
GARDENER**

For All Ages



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.

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.

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>



Sullivan County FCE Club

Upcoming Events:

- FCE Rally Day April 21st
- Council Meeting May 2nd
- FCE Virtual Camp-a-long May 18th
- FCE Camp- May 24-26 at Greeneville 4 H Camp

THANK YOU, FCE Members, for providing a display table at our Extension Month Open House! (pictured below)



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

30- Minute Meals

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
 ¼ 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.

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.

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

Cooking Corner- Sunshine & Lemons

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

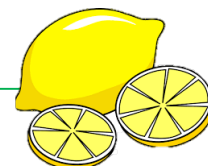
Optional Topping: Fruit or Powdered Sugar

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.

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
 ½ tsp. dried thyme
 1/8 tsp pepper
 ½ cup uncooked orzo pasta
 3 tsp. lemon
 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*



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.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

@CDCChronic | 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.



2022 4-H Public Speaking Results

The Sullivan County 4-H Public Speaking Contests were held on January 24-25th at the UT-TSU Extension Office of Sullivan County located in the Ron Ramsey Ag Center in Blountville. Following the county event grade level winners participated in a multi-county contest held in Hawkins on March 1st for our Upper Eight area which includes Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington counties.

We were well represented with two members placing in their grade divisions. We also had a participant in the 11th grade division at the Eastern Region Contest held Feb. 12 at UT Knoxville.



Congratulations to all the members who gave a speech this year. We know the skills developed through this process will serve you well in both your studies and future career.

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/>

Upper Eight 4-H Project Achievement Contests

UPPER EIGHT



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.



SULLIVAN COUNTY 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.



4-H Summer Camps

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 to learn more about exhibiting livestock, entering items, or just visiting one of the many TN Ag Fairs.

2022 TENNESSEE AGRICULTURAL FAIRS

MILES
0 10 20 30 40

LEGEND FOR FAIR DIVISIONS
▲ A ◆ AA ■ AAA ☆ Regional ★ State
Note: Fair Divisions are based on county population

Locational Map of Tennessee's Fairs

WEST TENNESSEE			
No.	West Tennessee Fairs	City	Division Year Estab.
1	Benton Co. Fair	Camden	A 1926
2	Carrall Co. Fair	Huntington	AA 1906
3	Decatur Co. Fair	Decaturville	A 1949
4	Dyer Co. Fair	Dyersburg	AA 1889
5	Gilson Co. Fair	Trenton	AAA 1855
6	Hardin Co. Fair	Savannah	AA 1952
7	Henderson Co. Fair	Lexington	AA 1952
8	Henry Co. Fair	Paris	AA 1954
9	Lauderdale Co. Fair	Ripley	AA 2004
10	Obion Co. Fair	Union City	AA 1931
11	West Tenn. State Fair (Madison Co.)	Jackson	AAA 1855
12	Delta Fair	Memphis	2007

MIDDLE TENNESSEE			
No.	Middle Tennessee Fairs	City	Division Year Estab.
1	Bedford Co. Fair	Shelbyville	AA 1938
2	Cheatham Co. Fair	Ashland City	AA 1947
3	Clay Co. Fair	Celina	A 2001
4	Coffee Co. Fair	Manchester	AAA 1857
5	DeKalb Co. Fair	Alexandria	A 1856
6	Dickson Co. Fair	Dickson	AA 1924
7	Franklin Co. Fair	Winchester	AA 2007
8	Giles Co. Fair	Putnam	AA 1950
9	Grundy Co. Fair	Gruettl-Laager	A 1992
10	Hickman Co. Fair	Centerville	AA 1998
11	Houston Co. Fair	Erin	A 2007
12	Humphreys Co. Fair	Waverly	AA 1926
13	Lincoln Co. Fair	Fayetteville	AA 1983
14	Macon Co. Fair	Lafayette	AA 1982
15	Maury Co. Fair	Columbia	AAA 1948
16	Middle Tenn. District Fair (Lawrence Co.)	Lawrenceburg	AA 1911
17	Overton Co. Fair	Livingston	A 1938
18	Putnam Co. Fair	Cookeville	AAA 1854
19	Roberson Co. Fair	Springfield	AAA 1887
20	Smith Co. Fair	Carthage	A 2008
21	South Central Area Fair (Lawson Co.)	Hohenwald	A 1922
22	Sumner Co. Fair	Gallatin	AA 1946
23	Trousdale Co. Fair	Hartsville	A 1955
24	Van Buren Co. Fair	Spencer	A 1914
25	Warren Co. Fair	McMinnville	AA 1953
26	White Co. Fair	Sparta	A 1855
27	Williamson Co. Fair	Franklin	AAA 2005
28	Wilson Co. Fair - Tennessee State Fair	Lebanon	Regional 1853

EAST TENNESSEE			
No.	East Tennessee Fairs	City	Division Year Estab.
1	Anderson Co. Fair	Clinton	AAA 1889
2	Appalachian Fair (Washington Co.)	Gray	Regional 1858
3	Bledsoe Co. Fair	Pikeville	A 1919
4	Claiborne Co. Fair	Tazewell	AA 1857
5	Cocke Co. Fair	Newport	AA 1947
6	Cumberland Co. Fair	Crossville	AAA 1945
7	Fentress Co. Fair	Jamestown	A 1924
8	Greene Co. Fair	Greeneville	AAA 1949
9	Hamilton Co. Fair	Chattanooga	AAA 1989
10	Jefferson Co. Fair	Jefferson	AAA 1943
11	Marion Co. Fair	Jasper	AA 1996
12	Mingo Co. Fair	Dechlor	A 1920
13	Morgan Co. Fair	Warburg	A 1910
14	Polk Co. Fair	Benton	A 1990
15	Rhea Co. Fair	Evansville	AA 2007
16	Scott Co. Fair	Onida	AA 1926
17	Sequatchie Co. Fair	Dunlap	A 1938
18	Sevier Co. Fair	Sevierville	AAA 1955
19	Tennessee Valley Fair (Moore Co.)	Knoxville	Regional 1916

TN Department of Agriculture

Tennessee Association of Fairs

2022 TENNESSEE AGRICULTURAL FAIRS

DATE	FAIR	LOCATION	PHYSICAL ADDRESS	DATE	FAIR	LOCATION	PHYSICAL ADDRESS
June 7-11	Clay Co. Fair	Celina	215 Arcot Road, 38551	Aug 29 - Sept 3	Claiborne Co. Fair	Tazewell	250 Jaycee Lane, 37879
June 28 - July 2	Sumner Co. Fair	Gallatin	222 Fairgrounds Road, 37066	Aug 29 - Sept 3	Gibson Co. Fair	Trenton	1242 South Manufacturer's Row, 38382
July 4-9	Smith Co. Fair	Carthage	159 Ag Center Lane, 37030	Aug 30 - Sept 5	Sevier Co. Fair	Sevierville	754 Old Knoxville Highway, 37862
July 11-16	DeKalb Co. Fair	Alexandria	100 Fairgrounds Drive, 37012	TBD	Polk Co. Fair	Benton	632 Showbarn Drive, 37307
July 11-16	Grundy Co. Fair	Gruettl-Laager	615 Volunteer Park Drive, 37339	Sept 1-5	Dickson Co. Fair	Dickson	1053 Highway 47 East, 37055
July 18-23	Anderson Co. Fair	Clinton	929 Charles G. Sevier Boulevard, 37716	Sept 1-5	Maury Co. Fair	Columbia	1018 Maury Co. Park Drive, 38401
July 18-23	Bedford Co. Fair	Shelbyville	2119 Midland Road, 37160	Sept 2-10	White Co. Fair	Sparta	565 Hale Street, 38583
July 21-31	Overton Co. Fair	Livingston	608 Monterey Highway, 38570	Sept 2-11	Delta Fair	Memphis	7777 Walnut Grove Road, 38120
July 25-30	Greene Co. Fair	Greeneville	123 Fairgrounds Circle, 37745	Sept 5-10	Coffee Co. Fair	Manchester	99 Lakeview Drive, 37355
July 25-30	Morgan Co. Fair	Wartburg	5965 Morgan City Fairgrounds Road, 37887	Sept 5-10	Dyer Co. Fair	Dyersburg	296 James Rice Boulevard, 38025
July 28-30				Sept 6-11	Giles Co. Fair	Putnam	2014 Elkton Road, 38478
Aug 4-6	Trousdale Co. Fair	Hartsville	262 West McMurray Boulevard, 37074	Sept 8-17	Warren Co. Fair	McMinnville	194 Fairgrounds Road, 37110
Aug 1-6	Macon Co. Fair	Lafayette	231 Russell Drive, 37083	Sept 9-18	Tennessee Valley Fair	Knoxville	3301 East Magnolia Avenue, 37914
Aug 3-6	Bledsoe Co. Fair	Pikeville	254 Allen P. Deakins Road, 37367	Sept 10-17	Sequatchie Co. Fair	Dunlap	103 Heard Street, 37327
Aug 4-13	Putnam Co. Fair	Cookeville	200 East Veterans Drive, 38503	Sept 12-17	Henderson Co. Fair	Lexington	106 First Street, 38351
Aug 5-13	Williamson Co. Fair	Franklin	4215 Long Lane, 37064	Sept 13-18	West TN State Fair	Jackson	800 Fairgrounds Pike, 38302
Aug 6-13	Scott Co. Fair	Onida	154 Stanley Street, 37841	Sept 14-17	Lauderdale Co. Fair	Halls	794 Co-op Drive, 38040
Aug 9-13	Rhea Co. Fair	Evansville	290 Harold Robbins Lane, 37332	Sept 15-17	Houston Co. Fair	Erin	721 West Front Street, 37061
Aug 15-20	Cumberland Co. Fair	Crossville	34 Music Road, 38571	Sept 17-24	Lincoln Co. Fair	Fayetteville	1003 Hedgemont Avenue, 37334
Aug 15-20	Meigs Co. Fair	Decatur	564 North Main Street, 37322	Sept 19-24	Carroll Co. Fair	Huntingdon	455 Mustang Drive, 38344
Aug 16-20	Cheatham Co. Fair	Ashland City	870 Fairgrounds Road, 37015	Sept 19-24	Hardin Co. Fair	Savannah	665 Clifton Road, 38372
Aug 16-20	Cocke Co. Fair	Newport	112 Fairground Circle, 37821	Sept 20-24	Robertson Co. Fair	Springfield	4635 Highway 41 North, 37172
Aug 16-20	Decatur Co. Fair	Parsons	1925 Highway 641 South, 38363	Sept 23 - Oct 1	Middle TN District Fair	Lawrenceburg	927 North Military Avenue, 38464
Aug 16-20	Jefferson Co. Fair	Jefferson City	1501 Universal Road, 37760	Sept 25-26	Hamilton Co. Fair	Hixson	2318 North Gold Point Circle, 37343
Aug 18-27	Wilson Co. Fair			Sept 26 - Oct 1	Benton Co. Fair	Camden	187 Natchez Trace Street, 38320
	Tennessee State Fair	Lebanon	945 East Baddour Parkway, 37087	TBD	Humphreys Co. Fair	Waverly	234 West Blue Creek Road, 37185
Aug 20-27	Henry Co. Fair	Paris	517 Royal Oak Drive, 38242	TBD	S. Central Area Fair	Hohenwald	200 Park Avenue North, 38462
Aug 20-27	Obion Co. Fair	Union City	1711 East Church Street, 38281	TBD	Hickman Co. Fair	Centerville	979 Grinder's Switch Road, 37633
Aug 21-27	Fentress Co. Fair	Jamestown	641 Fairgrounds Road, 38556	TBD	Marion Co. Fair	Jasper	One Dairy Queen Way, 37347
Aug 22-27	Appalachian Fair	Gray	100 Lakeview Street, 37615	TBD	Franklin Co. Fair	Winchester	1041 Wilton Circle, 37398
Aug 27 - Sept 3	Van Buren Co. Fair	Spencer	445 College Street, 38585				

Tennessee Dept. of Agriculture: www.tn.gov/agriculture/farms/fairs Tennessee Assn. of Fairs: www.tnfairs.com

TN Department of Agriculture

Tennessee Department of Agriculture, Administration No. 02306, 7/2016, 7/2018, 7/2019, 7/2020. This public document was prepared at a cost of \$0.18 per page.

Appalachian Fair 4-H Entry Period Now Open

The Appalachian Fair is August 22-27, 2022!



[Youth Fair Catalog](#) (includes 4-H Department information)

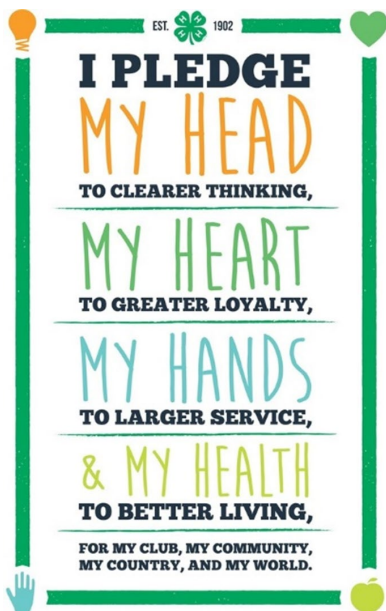
[Livestock Fair Catalog](#) (Open and Junior Show information)

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.

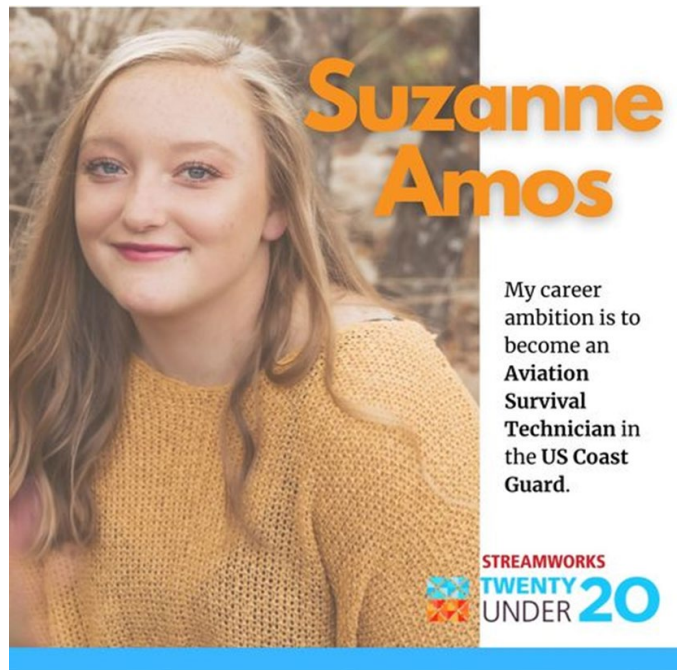
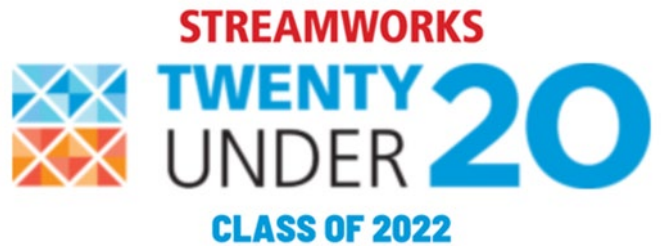
Examples of 4-H exhibit classes include: field crops, gardening, canning, eggs, horticulture, food preparation, sewing, needlework, art, crafts, photography, and more!

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.



Social Media



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

@SullivanCountyTN4H



Instagram

sullivancountyt4h

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.

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