Dear Sullivan County Extension Clientele,

It’s hard to believe fall is here already. We are gradually returning to “normal” after Covid. At this time, our programs include a mix of online and face-to-face opportunities.

We have highlighted educational opportunities in our newsletter. We hope you will take the opportunity to participate in these programs whether in-person or by Zoom. If you need assistance with connecting virtually (Zoom) with one of our online programs, please give us a call.

We hope you will come and visit us at the Ron Ramsey Ag Center. We would be glad to give you a tour of our office and the Ron Ramsey Ag Center. The address for the ag center is 140 Spurgeon Lane, Blountville, TN 37617 and the telephone number is 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.
Artillery Fungus in the Landscape

Do you have small black spots on your car or maybe on your house? When found on a car, these small black spots are often attributed to fresh tar on newly paved roads. Instead, these black tar-like spots are likely spores from the artillery fungus.

Artillery fungus can grow on the decomposing “wood” portion of mulch. The fungus develops small spore cups that sit on top of the mulch. The fungus can propel these spores 18 to 20 feet outward and six feet upward. The fungal spores often land on cars, the siding of homes, and even nearby plants. These small spores, which are about the size of the period at the end of this sentence, are almost impossible to remove.

These fungal spores are more likely to appear during the cooler weather of spring and fall. Appearing the same time as many plant diseases and insect damage, the spots can sometimes be mistaken for a plant problem.

Unfortunately, there is not any fungicidal control to prevent the growth of the artillery fungus. However, since the fungal spore cups develop on rotting wood material, the fungal spores can be minimized by making sure you get mulch that is mostly bark. You can also freshen mulched areas with a light layer of new mulch each year, making sure the depth is not greater than 4 inches, or maybe just stir the existing layer. Remember, roots like to breathe too!

Inorganic mulches such as stone can be a good option as the artillery fungus doesn’t grow on non-organic materials. Stone mulches tend to be hotter and make planting more difficult. The life span of a stone material is much longer but it can be difficult to keep stone separate from the soil. Pine needles are also a good mulch choice, especially for acid-loving plants.

So, now you can stop blaming that newly paved road for those ugly spots on your new car. Call your local Extension Office for more information about the artillery fungus and mulch alternatives.
The Agricultural Crime Unit (ACU) is a team of commissioned law enforcement officers who enforce state laws and regulations related to agriculture, forestry, animal health, and agribusinesses in Tennessee. The ACU is also the primary agency responsible for investigation of suspected wildland arson statewide. To accomplish this important work, the ACU works closely with local, state, and federal law enforcement agencies.

**Tips to safeguard your farm & investments**

- Lock gates and equipment
- Keep areas well lit
- Install security or game cameras
- Photograph livestock and equipment
- Mark equipment for identification
- Brand livestock
- Count livestock daily
- Report missing animals and equipment to law enforcement immediately
- Watch out for strangers and report unusual activity
- Record tag numbers and descriptions of unfamiliar vehicles
- Vary your schedule and livestock feeding times
- If possible, keep livestock and equipment out of public view

**Livestock Welfare**

Healthy livestock are a vital part of agriculture and our rural communities. In Tennessee, the vast majority of farmers and livestock owners consider the welfare of their animals to be a top priority. However, when a citizen believes that livestock is being subjected to cruelty, that citizen can contact local law enforcement or file a complaint with the Tennessee Department of Agriculture through this website.

Once a livestock cruelty complaint is received by the Tennessee Department of Agriculture, it is forwarded to a TDA Animal Health Official who will notify law enforcement of the complaint and coordinate an inspection. If TDA finds that the animal’s condition suggests cruelty, TDA will work with local authorities to process criminal charges.

The Tennessee Farm TRACS (Traceability Reporting for the Agricultural Community System) program allows the public to report and to stay informed of agricultural crime in their community. When the Ag Crime Unit monitors elevated levels of agricultural crime in a given location or when it requests public support or tips in solving crime, an alert will be forwarded to persons enrolled in Farm TRACS.

It is important to note that the Tennessee Department of Agriculture conducts welfare examinations only in livestock cases. Cattle, horses, swine, sheep, goats, poultry and other livestock. If your concern involves a dog, cat or companion animal, you must contact local authorities.

The best way to file a livestock abuse complaint is to do so through the website. [www.tn.gov/agriculture/consumer/ag-crime-unit](http://www.tn.gov/agriculture/consumer/ag-crime-unit) This system requires your name and identifying information. Any complaints filed by a third party will be considered anonymous and will not be processed through this online system. If accessibility is a challenge or you need assistance, please contact the State Veterinarian’s Office at (615)837-5120.

It is a felony in Tennessee to present a false or baseless complaint regarding an animal cruelty matter.
Tennessee Master Farm Manager Webinar

Tennessee Master Farm Manager will focus on solid business principles and efficiently utilizing resources on the farm. The 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 starting January 24, 2023, at 7 PM EST/6 PM CST. Registered participants will be emailed a Zoom link and instructions the day before each session. Fee: $100

Dairy Solutions, Genetics, Row Crop Solutions, Hay Storage, Hay Equipment, Livestock Equipment, Livestock Solutions, Permanent Working Structures, Agritourism, Fruits & Vegetable, Value-Added Production, Honey Bees, Horticulture and Poultry Grower

Register online today at https://tiny.utk.edu/MFM2023

Beef Producer Education Programs 2022

Tennessee Master Beef Producer Fall Webinar Series will take place on Tuesdays and Thursdays at 6:30 PM Eastern, beginning October 4th and ending November 3rd, for a total of 10 webinars. Registration links can be found at https://utbeef.tennessee.edu/fall-webinar-series-tennessee-master-beef-producer-program/. You must register for each individual webinar to attend. Additionally, webinars will be on-demand, meaning you can register to watch at a later date.

Live Zoom Webinars
January 24, 2023
The Cost of Borrowing
January 26, 2023
Farm and Management Transition Planning
January 31, 2023
Legal Considerations in the Business of Farming
February 2, 2023
Tax Planning and Recordkeeping: What the Producer Needs to Know
February 7, 2023
Equipment Purchase Decision Process

Pre-recorded Sessions
Understanding and Creating Financial Statements
Does Your Lease Agreement Protect You?
Managing Risk in Beef Cattle Operation
Row Crop Risk Management

Beef Producer Card

Do you find yourself asking... What’s my BQA number? When does my Master Beef expire? Do I have a TPN number? Watch your mail for the new Sullivan County Master Beef Producer Card. All your beef information in one convenient place.

| Master Beef | 11-2222-2022-33333 |
| BQA #     | 9999 |
| Expires   | 11/1/2025 |
| TPN#      | 88888888 |
| Expires   | 11/1/2025 |
**Master Small Ruminant Producer**

The Master Small Ruminant Producer program is designed to give sheep and goat producers a combination of classroom teaching and hands-on learning experiences. The program is designed for first time producers all the way to the seasoned veterans. The cost is $100.

Upcoming In-Person MSRP Class will be held on November 4th-5th at the Brehm Animal Science Building, Knoxville, TN. Register at: https://sevier.tennessee.edu/master-small-ruminant/

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**Fruit Tree Grafting Workshop**

Fruit Tree Grafting Workshop will be held on Thursday, March 16, 2022. The class will be held at 12:00 p.m. at the Ron Ramsey Ag Center located at 140 Spurgeon Lane, Blountville, TN. If you would like to receive information for this workshop either by mail or email please call the office 423-574-1919.

This is the most reliable way to vegetatively propagating trees to produce an identical tree and know what fruit it will produce. We provide the rootstock, the scion wood, and supplies to graft the trees.

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**2023 UT Master Gardener Program**

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 from January 31st through May 2, 2023. If you are interested in becoming a Master Gardener please call the office at 423-574-1919 for more information.

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**Right Tree Right Place**

A program on the proper care of trees in the landscape and will be sponsored by UT-TSU Extension on Thursday, February 23. Lunch will be provided.

All interested individuals are welcome. The program will offer commercial pesticide recertification points. Please call the office at 423-574-1919 to register or for more information.

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**FIRE PREVENTION BEGINS WITH YOU!**

**BURN PERMITS REQUIRED**

**OCT 15 - MAY 15**

**BumsafeTN.org**
**Recent & Current Happenings**

**Food Preservation** – Individuals that participated our annual Summer Canning College learned to can food safely using the water bath and pressure canner methods. They, used locally produced foods, and reduced risk for foodborne illness. Participants learned to preserve tomatoes, carrots, pickles, and spiced blueberry jam.

![Image of jars]

**A Matter of Balance, a fall prevention program** designed to reduce the fear of falling and increase activity levels among older adults. The Program is currently being offered at 2 locations with over 40 participants enrolled. Do you know someone that would benefit from this program? 2023 class dates will be announced soon!

**Walk Across Tennessee**, an 8-week walking program that encourages physical activity, is in its last few weeks! We have 187 participants enrolled with ages ranging from 5-87. 20,557 miles have been logged thus far as we finish out Week 6! We enjoyed dinner on the porch of the RRAC during our 2022 Farm to Fork. West Ridge High School's Culinary Arts team prepared a multi-course meal using local produce, meats, and other locally sourced products! THANK YOU to our donors and attendees for making this event possible!

![Image of dinner]

**A Macaron Making Class** facilitated Patty Cakes Bakery took place where participants learned to make macarons from scratch and take home their finished products to enjoy! A second class is in the works for early 2023.

![Image of macarons]

**Food Preservation - Gifts for the Holidays**

Making gifts to give friends and family is something that has been a tradition for years. Preparing them from the kitchen is a tasty way to do that!

Learn the science behind the practice of home food preservation and how you can make some simple, sweet gifts! Each participant will take home jars of the recipes. *Pre-registration required, $25 to cover materials.

**WHEN:** December 8th, 1-4p.m.  
**WHERE:** Extension Office

**Sullivan County FCE Club**

**Upcoming Events:**  
- **County Council Meeting**, November 7th at 9:30 a.m.  
- **State FCE Conference**, Franklin, TN - November 13-16th  
- **FCE Leadership Day, Sullivan Co. Extension Office** - November 30th  
- **Recognition Banquet** – December 6th

**Coffee & Conversations**

Are you or someone you know a relative caregiver?

Join us 2nd Wednesdays from 10-11 a.m. at Kingsport Public Library for Coffee & Conversation. This is a monthly gathering to provide encouragement, connection, and resources for grandparents raising grandchildren.
Balanced, heart-healthy dietary pattern

For nearly 100 years, the American Heart Association has worked to save and improve lives—and it’s constantly keeping us up-to-date on the latest in healthy living.

- The AHA recently released a report that highlights the 10 key features of a heart-healthy eating pattern. The report emphasizes the importance of dietary patterns beyond individual foods and the critical role of establishing heart-healthy dietary habits early in life. The new guidance also acknowledges systemic problems such as food insecurity and targeted marketing that may impact adhering to a heart-healthy eating pattern.

- The good news is the guidance is customizable to meet personal, cultural and lifestyle preferences. It also emphasizes fresh, nutrient-dense foods while focusing on the big picture of healthy foods in our lives.

Here are some quick tips for achieving a heart-healthy eating pattern:

1. Achieve and maintain a healthy body weight.
2. Choose a variety of fruits and vegetables.
3. Eat whole grains and other foods made up mostly of whole grains.
4. Choose healthy protein sources mostly from plant sources (legumes and nuts); regularly eat fish and seafood; and substitute nonfat and low-fat dairy products in place of full-fat versions. If you eat meat, choose lean cuts rather than processed forms of meat.
5. Use liquid non-tropical plant oils such as olive or sunflower oils.
6. Select minimally processed foods rather than ultra-processed.
7. Minimize intake of beverages and foods that contain added sugars.
8. Select and prepare foods with little or no salt.
9. Limit alcohol consumption; if you don’t drink, don’t start.
10. Apply this guidance no matter where food is prepared or consumed.

Using the Slow Cooker for Heart-Healthy Cooking

Of course there is nothing inherently healthy about slow cooker cooking. However, many people report that time is the biggest barrier when it comes to preparing healthy meals, and the slow cooker is a solution because minimal preparation time is needed, which can be advantageous in your quest to heart-healthy eating.

Heart-healthy recipes are low in sodium, reduced in saturated and trans fats, high in fiber, and low in cholesterol.

Mexican Beef Roast | 10 servings

Beef and vegetables cooked in a Mexican sauce can be served over rice and used for fajitas.

- 4lbs beef round roast
- 1 28-oz can no-salt-added stewed tomatoes
- 2 cups low-sodium salsa
- 4 ounces diced green chilies
- 2 small onions, cut in chunks
- 1.5-2 cups sliced green bell peppers

1. Brown the roast on top and bottom in a nonstick skillet and place in slow cooker.
2. Combine stewed tomatoes, salsa, and green chilies; spoon over meat. Cover and cook on low 8-10 hours until meat is tender but not dry
3. Add onions halfway through cooking time to keep crisp and submerge in sauce
4. 1 hour before serving, add pepper slices.
5. Remove from cooker and allow to rest 10 minutes before slicing.

285 calories | 42g protein; 7g fat; 12g carb; 3g fiber

Turkey Stew | 6 servings

A hearty stew great for cool weather

- 1lb low-fat ground turkey or chicken
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 1 cup sliced carrots
- ½ cup sliced celery
- 1 fennel bulb, chopped
- 2 cups low solidum chicken or vegetable broth
- 2 cups no-salt added diced tomatoes
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 cup pasta (shells, elbows, etc., uncooked)
- 2 cups navy beans
1. Brown turkey in skillet and drain
2. Combine all ingredients. Cook and covers on low 8-10 hours.

245 calories | 19g protein; 3g fat; 37g carb; 9g fiber
**Program Highlights**

*Eat Well, Feel Well* is a popular class at the Lynn View Community Center. This series of 8 classes addresses the unique needs of older adults concerning nutrition, food safety, food preparation and physical activity.

*Teaching Nutrition with Gardening*
Snap benefits can now be used to purchase food seeds. This gives people an option to increase the fruits and vegetables that are available to them. Gardening gives families skills so that they can grow some of their own food at home. It’s a good physical activity for kids and adults, too.

*MyPlate for My Family* classes at the Oasis focus on helping parents learn to make healthy choices for their family, find new ways to save money and time when buying food and making meals, and get the right amount of food and physical activity.

Youth in Grades 6 to 12 are loving *Teen Cuisine* classes where they learn important life skills to promote healthy living now and in the future.

The new community garden at the Oasis of Kingsport is used to add fresh produce to emergency food boxes to those in need. It’s also used to teach nutrition concepts to the garden participants.
When the leaves start turning colors and there’s a chill in the air again, many people's appetites start changing too. For families with kids, this time of year often means back to school routines and fall sports, and less time for weeknight family dinners. No need to worry... here are some fantastic fall recipes from MyPlate Kitchen, including simple dinners and satisfying soups. All recipes encompass the flavors of the season. https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/fall-recipes

Spicy Baked Squash  This side dish is perfect for a fall or winter meal. Squash cooked with cinnamon, nutmeg, and ginger creates a simple dish to accompany your favorite entrée.

Makes 4 servings.

Ingredients
vegetable cooking spray
1 acorn squash
1 dash salt
2 tablespoons margarine
9 teaspoons brown sugar (3 Tablespoons)
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ginger

Directions
Preheat the oven to 400 degrees.
Coat the baking sheet with vegetable cooking spray.
Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into 1/2 inch slices.
Place the squash on the baking sheet. Sprinkle with salt.
Melt the margarine on low heat in a small saucepan.
Add the brown sugar, cinnamon, nutmeg, and ginger to the saucepan.
Spread the margarine mix on the squash.
Bake for 20 to 25 minutes, or until tender.

For nutrition information, please visit Spicy Baked Squash at What’s Cooking? USDA Mixing Bowl.
4-H Chick Chain Poultry Show & Sale Results

A total of 19 youth completed their Chick Chain project by returning five birds for a multi-county poultry show and sale on August 6 at the Appalachian Fairgrounds. The sale generated over $2,900 in total income for the project with much of the proceeds returned to the youth participating. Thanks to all the youth, their families, poultry buyers, volunteer judges, and Ron Ramsey for serving as auctioneer.

A special congratulations to the youth who earned recognition for their birds or poultry knowledge through the show and skill-a-thon events.

Black Australorps:
Grand Champion – Tripp Arthur Johnston
Reserve Champion – Bentlee Blair

Buff Orpington:
Grand Champion - Lilly Hickman
Reserve Champion – Addie Cunningham

Registration for youth to participate in the 2023 4-H Chick Chain will be available in November!

Tri-Cities 4-H Goat Show

The 2022 Tri-Cities 4-H Goat Show was held at the Appalachian Fairgrounds on August 6. 21 youth exhibited meat and dairy goats. In addition, youth took part in showmanship, a goat skill-a-thon, and costume class.

One participant wrote following the event: “Thank you for such an amazing show! …the Tri-Cities goat show (is) my favorite show of the year!”

Sullivan County 4-H Sheep Show

With the moving of regional and state sheep expositions to September and October our local sheep show was held in August this year along with the area 4-H Goat Show. 11 youth exhibited sheep this year. Sheep project members have also went on to participate in area fairs following our local event.
11th grade member, Suzanne Amos, was selected as a project finalist delegate in the Personal Development project for the 99th annual Tennessee 4-H Roundup. Amos along with fellow teen 4-H’ers from across the state gathered on the campus of the University of Tennessee at Martin to receive recognition for their outstanding project work and leadership accomplishments, participate in service projects, and learn more about state university and career opportunities.

Vol State Recognition

Vol State is the final step in Tennessee’s three-level recognition program...Honor Club, All Stars, and Vol State. The Vol State Award is the highest honor a Tennessee 4-H’er may receive. Members are inducted in an impressive candlelight ceremony on the final night of Tennessee 4-H Roundup.

During the 2022 4-H Roundup in July, Sullivan County member Suzanne Amos, a now senior at West Ridge High School, was recognized with this prestigious TN 4-H Honor. Congratulations Suzanne!

The Appalachian Fair was held August 22-27, 2022.

Several youth from the county entered items in the 4-H Exhibits earning award premiums. Items included sewing projects, gardening and canning, arts and crafts, food preparation, photography, and more. Two members were recognized in the Top 5 overall blue ribbons for the 4-H Exhibits. Maggie Malone was third high individual and Rachel Niebruegge earned second high individual. Two members served on the fair youth board. 4-H youth also performed biscuit baking demonstrations. Extension agents assisted with school tours in the 4-H Exhibit building. Several members also exhibited livestock (beef cattle and sheep). Thanks to everyone who visited the 4-H Building or livestock shows during the fair. Remember items made now through next summer can be entered in the 2023 Appalachian Fair.
UT - TSU EXTENSION
SULLIVAN COUNTY

Current 4-H Groups

Companion Animal - Dog Project
Join us for a new project group offering this year to learn more about our friend, the dog. Each meeting will explore a different topic related to dogs. Examples may include learning about breeds, basic obedience skills, introduction to agility, and more!

Virtual Vet Science Club
Do you love animals? Would you like to become a vet some day? Here’s your chance to learn more about it! Take part in a live meeting lead by current vet students and staff from the UT College of Veterinary Medicine.

Silver Spurs Horse Group
This group is a classroom-based learning style about the anatomy, physiology and health needs of horses. This group will practice weekly for Horse Bowl and Hippology team competitions in January.

In addition, a general horse project meeting will be held the first Saturday of each month for anyone interested in horses.

Honor Club
Open to all 4-H members in grades 5-12 this year. Gain leadership skills, take part in service projects, make new friends, and have fun at 4-H events.

For more information about current project group meetings contact 4-H Agent Carrie Kruska at ck@utk.edu

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

@SullivanCountyTN4H

sullivancountytn4h

November 13-19

2022-2023 4-H Enrollment Now Open

4-H Enrollment is now open via Google Forms at: tiny.utk.edu/SullivanEnroll

Paper copies of the enrollment form are also available upon request.

An important first step to learning more about 4-H opportunities is to complete the annual 4-H Enrollment Form. Youth must enroll or re-enroll with the start of each new school year. There is no fee to enroll in 4-H and enrollment is open to all youth in grades 4-12 regardless of residence or school system. Enrollment helps to maintain current lists of project area interests, contact lists, and provides documentation to support funding. If interested in 4-H programming in any way the first step is to complete your enrollment form. Note many students will have completed enrollment through their school 4-H Clubs, but families are encouraged to ask questions if unsure if their youth is currently enrolled.

Social Media

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

@SullivanCountyTN4H

TN Agriculture Literacy Week

Save the Dates: Tennessee Agriculture Literacy Week will be November 13-19.

Make plans now to share about the importance of agriculture with our youth and the community.
**4-H Poster Contest**

Help promote 4-H by making and entering the 4-H Poster Art Contest.

Youth can turn their poster at their 4-H Club meeting in October/November or bring it by the Extension Office.

Rules are as follows:

- Posters made by an individual youth (Grades 4-12).
- Posters must be HORIZONTAL only.
- Posters must be 14” x 22” (half a sheet of poster board).
- On the back of the poster include:
  - Your name, school, grade, teacher, address, and age.
  - 4-H is to be the topic for the poster. It should have a short, catchy title or theme and artwork to illustrate your idea. Include at least one 4-H (clover) emblem.
  - Well known cartoon figures cannot be used because they are copyrighted - such as Marvel Super Heroes, Disney characters, Ninja Turtles, Lego characters, etc.
  - 3D objects or materials (foam letters, stickers, etc.) cannot extend more than a nickel or 1/8” above the surface of the poster.
- DO NOT use glitter.

Entries not following the rules above are not eligible for the regional contest.

Full rules, score card and examples of previous winners can be found at: tiny.utk.edu/PosterContest

Top 3 County Posters will receive recognition, a prize, and move on to the Regional Contest!

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**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.

Also include which category you want the photo judged in on the back.

Bring your mounted pictures to your next class/club meeting to turn in; or return to the Extension Office.

All entries will be judged and winners announced for each category.

Each winner will receive recognition and a prize.

We plan to exhibit the 4-H Photo Search entries at the 2023 Farm Expo in early February.

*Remember you the 4-H member are to take the photos and have fun.*
Upcoming Dates

October
21-22 State 4-H Sheep Expo, Cookeville
22 Triple T Bull Riding, RRAC - Arena
25 4-H Silver Spurs Horse Group, 6pm Sullivan County Extension
31 4-H Dog Project Group, 6pm, Sullivan County Extension
31 Halloween

November
1 4-H Silver Spurs Horse Club, 6pm, Sullivan County Extension
3 4-H Virtual Vet Science Club, 6pm, Sullivan County Extension
5 Triple T Bull Riding, Ron Ramsey Ag Center
7-10 Tennessee Extension Conference, Chattanooga
8 4-H Silver Spurs Horse Club, 6pm, Sullivan County Extension
13-19 Tennessee Agriculture Literacy Week
15 4-H Silver Spurs Horse Club, 6pm, Sullivan County Extension
18-19 Triple T Bull Riding, RRAC – Arena
16 Co-Parenting Class 1pm-5pm
17 4-H Dog Project Group
18-20 ER 4-H Fall All Star Conference, Gatlinburg
24-25 Thanksgiving- Sullivan County Extension Office CLOSED
25-26 Bull Sale, RRAC- Arena
25-29 National 4-H Congress, Atlanta
30 UT Extension FCE Leadership Day, Sullivan County Extension

December
1 Sullivan County Cattlemen’s Association Dinner, RRAC
8 Food Preservation-Gifts for the Holidays, Sullivan County Extension
15 FFA Watauga District Speaking Contest, RRAC
19 4-H Winter Project, Sullivan County Extension
26-30 Sullivan County Extension CLOSED

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.