



Rutherford County Extension

2016 Highlights

Follow any road in Tennessee and you'll find people whose lives have been influenced by Extension's educational programs. Approximately 16,000 professional Extension agents across America, are teaching citizens how to have better homes, farms, and communities. Four hundred of these agents live and work in Tennessee. Each county office is staffed with agents who are college graduates in agriculture and/or family and consumer sciences and provide information to their county residents ranging from landscaping to nutrition, from animal health to family money management. Extension also gives special attention to youth. Challenges facing Tennessee's young people are greater than ever before. Extension's 4-H youth development program helps youth from 4th grade to 12th grade develop self-esteem, leadership, and citizenship skills, and gain knowledge in a wide range of subjects. From health to wildlife, from livestock to public speaking, 4-H brings tomorrow's world to today's youth, and encourages advanced education.



4-H



ANR/CED



FCS

Real. Life. Solutions.

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

TENNESSEE
STATE UNIVERSITY
Cooperative Extension

Rutherford County Extension 4-H

4-H is a community of young people learning citizenship, leadership, and life skills. The Rutherford County 4-H Program offers a variety of hands-on educational programs to the youth of Rutherford County. 4-H is available to all youth in grades 4th-12th. Our programs are delivered via in-school, after-school, and project group settings.

On My Own

Financial Education Program

- **2341** participants from 2 alternative, 6 middle and 6 high schools (double from last year!)
- Real-world simulation in career exploration, calculating income and expenses
- Teaches budgeting and decision making skills

Enrollment

4,981 4th –12th graders in

171 in-school clubs, **4** after-school clubs,

3 judging team groups,

8 school enrichment clubs, and **7** project groups

Family and Consumer Sciences Programs

150 4-H'ers involved in:



Cooking

Sewing

Pottery

Exchange Trip



Eight 4-H'ers and two adults travelled to Grafton County, New Hampshire for a one week Exchange Trip. Our 4-H'ers learned about

4-H and Agriculture in New Hampshire and took a whirlwind tour of the area. We visited a local dairy, Cabot Cheese Processing, Ben and Jerry's, Rock of Ages Quarry, the Seacoast Science Center, and many other places. We will host our New Hampshire friends in July 2017. We look forward to introducing them to Tennessee!

125

Students participated with hands-on science projects with 4-H STEM.



STEM
Science·Technology
Engineering·Math

Innovative programs in **Animal Science** have been successful in:

- Providing hands-on experiences with livestock
- Increasing awareness of careers in Animal Science
- Providing a better understanding of importance of math, biology and chemistry in Animal Science field of study



Rutherford County has actively had Livestock, Horse, Hippology, and Poultry judging teams. Over the course of this year, the Livestock Judging team has placed as Reserve Champions of Tennessee 4-H and are attending the Western National Round-up contest in Denver, Colorado. Horse judging and Hippology won their way to Southern Regionals located in Perry, GA in July of 2016. Horse Judging placed 7th in the nation and Hippology brought home many individual awards as well as 5th place in the nation. Poultry Judging team placed 2nd in the Central Region in 2016 with a chance to compete at the state level.

Rutherford County Extension ANR/CED

The Agriculture, Natural Resources, and Community Economic Development Team serves a diverse clientele including livestock and row crop producers, commercial vegetable and fruit producers, horticultural service providers, and consumers who manage home landscapes and grow backyard fruits and vegetables.

Participation

25,360 Contacts were made in 2016 thru meetings, on-site visits, demonstrations, and workshops.

Livestock and Crop Producers

- 25 producers completed Beef Quality Assurance training
- 27 producers completed Advanced Master Beef Producer training
- 37 aspiring farmers participated in two *Considerations for Beginning Farmer* workshops

128 producers learned about:

- Latest recommendations and strategies for in-crop weed control
- Tennessee crop variety trial results
- Forage weed identification and control
- Fire ant biology, identification, and in-field control strategies
- Utilizing summer annuals for forage

Farmers Market

- 94 vendors sold locally grown produce and products
- 70,436 Shoppers
- \$419,000 in vendor sales
- \$13,297 in SNAP (Supplemental Nutrition Assistance Program) sales
- This year will be our first full season of our Fre\$h Savings program (double SNAP benefits up to \$10 a day for fruits and vegetables). For our first year, we are the TOP market in the STATE redeeming over \$5000, other markets in Tennessee redeem around \$1000 a season. We will continue this program again next season.
- Farmers' Market Fresh presented 20 food demonstrations with over 1800 participants learning selection, preparation, and storage of local commodity fruits and vegetables.



Program Partners

Rutherford County Farm Bureau
Farm Bureau Women
Tennessee Department of Agriculture
Farm Service Agency
National Resource Conservation Service
Middle Tennessee State University
Rutherford County Schools
Meaningful Gleaning of Rutherford County
Rutherford Co & TN Cattlemen's Association
Master Gardeners of Rutherford County
Rutherford County Beekeepers Association
WGNS Radio
Rutherford County Health Department
AARP Foundation
Tennessee Association of Farmers Markets
Local Agriculture and Horticultural Retailers

Horticulture

- Over 1000 soil, plant, and pest samples were submitted by Green Industry professionals resulting in savings of 850,000 due to increased control efficiency, reduced retreatment and customer retention.
- Over 500 residents and commercial growers were assisted with insect and plant pest identification and control recommendations.
- 85 Extension trained Master Gardeners volunteered in excess of 5,000 hours by providing education and assistance to Rutherford County citizens, valued at \$117,800

Rutherford County Extension FCS

The Family & Consumer Sciences team strengthens individuals, families, and communities through education by addressing critical issues and needs related to home, finance, and personal needs.

Family, Home, Healthy Eating

- Over \$800,000 is the estimated economic impact of Rutherford County Family and Community Education (fce) members in 2016, fce volunteers serve their communities in an educational, leadership, or charitable role.
- Walk Across Tennessee programs were implemented with 233 participants who logged a total of 41,564 miles this year. Participants reported weight loss and improving their overall fitness.
- 2 Preserving Tomato classes and a Preserving Gifts workshop were presented to over 100 participants as part of the RC Farmers' Market educational series.
- 3 Cooking with Kids classes were presented to families (41 adults and 54 youth) as part of the RC Farmers' Market educational series. Families spent quality time while learning about food safety, how to prepare recipes with fruits & vegetables in season, how to get your children more involved in planning & preparing snacks & meals, & new cooking skills.

Home, Health & Money

- 9 "First Time Homebuyers" classes were presented to help new buyers learn skills in budgeting, mortgage selection, and managing finances.
- 3 "Living Well with Chronic Disease" and "Take Charge of Your Diabetes" workshops were presented. 32 participants learned techniques for managing their illnesses, stress relief, healthy eating, and communication with family and physicians.
- 300 preschoolers joined the "Two Bite Club". This educational storybook was developed to introduce



MyPlate to young children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story.

Expanded Food & Nutrition (EFNEP)

Nutrition classes for families with limited resources were presented at various schools and other locations to 115 families. This was done with the help of 47 volunteers who contributed more than 539 hours. Participants learn to read nutrition labels, watch sodium and sugar intake, plan meals, budget food resources, and use food safety precautions.

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Nutrition classes for 18 families with limited resources were presented at 2 Title I schools and over 70 adults from Heat Start, Project Search, and the Rutherford County Correctional Work Center. Sessions covered subjects such as: Healthy Food Choices & Physical Activity; Food Safety; Food Security; and Wise Resource Management.

Program Partners

Middle Tennessee State University
M'boro City & Rutherford Co. Schools
Ruth. County Correctional Work Center
Ruth. County Coordinated Schools Health
Murfreesboro Parks & Recreation
Murfreesboro Housing Authority
St. Clair Senior Center
Rutherford County Health Department
Mid-Cumberland Head Start
Community Servants
Chalet Apartments
Habitat for Humanity
Dominion Financial
Doors of Hope
Enfield Management Co, LLC
The Arc
Tennessee Housing Development (THDA)