

Real. Life. Solutions.



Rutherford County Extension

2015 Highlights



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

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.

Enrollment

4,760 4th –12th graders in
151 in school clubs, 6 afterschool,
7 judging team groups, and 10 project groups



On My Own Financial Education Program

- 1,522 participants from 3 middle and 6 high schools
- Real-world simulation in career exploration, calculating income and expenses
- Teaches budgeting and decision making skills



4-H
Science
Technology
Engineering
Mathematics

167

Middle School
Students
Participated
In
4-H STEM

Family and Consumer Sciences Programs



120 4-H'ers involved in:

Cooking
Sewing
Pottery



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 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

38,108 Contacts were made in 2015 through various assistance offered, including meetings, classes and on-site visits.

Over 80% of ANR/CED program participants indicate that they intend to adopt recommended Extension practices

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



Rutherford County Farmers Market

- 71 vendors sold locally grown produce and products
- 58,983 Shoppers
- \$356,073 in sales
- 1000 participated in 51 semi-weekly RCFM Educational classes
- \$5406.50 in SNAP (Supplemental Nutrition Assistance Program) sales



Row Crop Producers

- Area crop producers received up-to-date information in regards to the new Farm Bill to aid their decision making in 2015
- Growers also were provided with the latest results from state wide crop variety trials and the latest recommendations for managing herbicide resistant weeds in crops.

Horticulture

- 1065 soil, plant and pest samples were submitted by Green Industry professionals resulting in savings of \$905,250 due to increased control efficiency, reduced retreatment and customer retention.
- 500+ residents and commercial growers were assisted with insect and plant pest identification and control recommendations.
- Extension Trained Master Gardeners volunteered 5,054 hours of services valued at \$111,896 through educational programs and assisting with Extension horticultural programs.



Rutherford County Extension FCS

**FAMILY &
CONSUMER
SCIENCES**

Creating Healthy & Sustainable Families



Strengthening individuals, families and communities through education by addressing critical issues and needs related to home, finance and personal needs.

Family Consumer Sciences

Health
Money

Family

Food
Home

Program Partners

Murfreesboro City Schools
Rutherford County Schools
Murfreesboro Parks & Recreation
Murfreesboro Housing Authority
St. Clair Senior Center
Rutherford County Health Department
Rutherford County fce Clubs
Westbrook Towers
Tennessee Rehabilitation Center
Tennessee Housing Development (THDA)



FARMERS' MARKET FRESH

Family, Home, Healthy Eating

- Farmers Market Fresh was a new family and community program to promote farmers' markets as a source of fruits & vegetables. Two program assistants were hired to present food demonstrations during the Rutherford County Farmers' Market. Selection, storage and use were topics covered for tomatoes, corn, peaches, blueberries, cantaloupe, peppers, green beans, cucumbers, squash and sweet potatoes. Vendors would often run out of the produce being demonstrated that day.
- \$885,600 is the estimated economic impact of Rutherford County Family and Community Education (fce) members in 2015. fce volunteers serve their communities in an educational, leadership, or charitable role. 6 clubs with 110 members continue to meet monthly for educational programs, project accomplishment and fellowship.
- 6 Seasonal Eating classes were presented to 142 participants as part of the RC Farmers' Market educational series. Canning, freezing, seasonal food choices, and preserving tomatoes were some of the topics.

Expanded Food & Nutrition (EFNEP)

- Nutrition classes for families with limited resources were presented at various schools and other locations to 184 families (162 were new to the program). This was done with the help of 78 volunteers who contributed more than 988 hours. Participants learn to read nutrition labels, watch sodium and sugar intake, plan meals, budget food resources, and use food safety precautions.

Home, Health & Money

- 9 "First Time Homebuyers" classes were presented to help new buyers learn skills in budgeting, mortgage selection, and managing finances.
- 5 "Living with Chronic Disease" workshops were presented. Participants learned techniques for managing their illnesses, stress relief, healthy eating, and communication with family and physicians.
- 91 people attended one of 3 "Diabetic Wellness Fairs" where they were able to talk specialists, receive screening tests, eye exams and nutrition counseling.



EFNEP VOLUNTEERS



WELLNESS CLASS