

RUTHERFORD COUNTY EXTENSION

2023 PROGRAM HIGHLIGHTS



Real. Life. Solutions.

EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

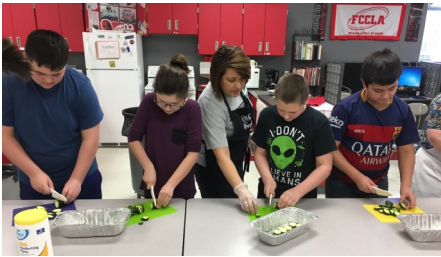
tsu COOPERATIVE
EXTENSION
COLLEGE OF AGRICULTURE
TENNESSEE STATE UNIVERSITY



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. PROGRAMS ARE DELIVERED VIA IN-SCHOOL, AFTER-SCHOOL, AND PROJECT GROUP SETTINGS.

ENROLLMENT 9 elementary schools 104 in school Elementary 4-H clubs 7 after school project specific groups



TEEN LIVING

Receives a yearly grant of \$7,000 from Rutherford County schools

8 middle schools
106 middle school food labs
1,600 youth participated

Taught handwashing, knife safety, food prep, food and nutrition facts, how to work as a team in the lab, tried a variety of new foods, and recipes were handed out.



4-H ARCHERY

60 4-H'ers learned and improved archery skills.



4-H LIVESTOCK

48 youth are actively participating in a 4-H Livestock or Poultry Project!



4-H SEWING CLASS

54 youth were taught how to thread a machine and bobbin, how to sew straight and curved lines, how to sew a project, and learned the sewing machine parts.

4-H HORSE CLUB

33 youth increased their knowledge about horses with several participating in area shows



JUNIOR 4-H CAMP

124 Rutherford County youth attended 4-H Camp in Columbia.



4-H JUDGING TEAMS

36 Rutherford County Youth competed on the Regional level in Livestock Judging and Meat Evaluation. 8 Rutherford County Youth qualified for the State Livestock Judging and Meat Evolution Contests. 4 Rutherford County Youth advanced to a National Livestock Judging Contest.



HONOR CLUB AND ALL STAR

23 Active Members with 400 Volunteer Hours
* Wreaths Across America
* Canned Food Drive
* Stocking Hats Drive for the VA

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.

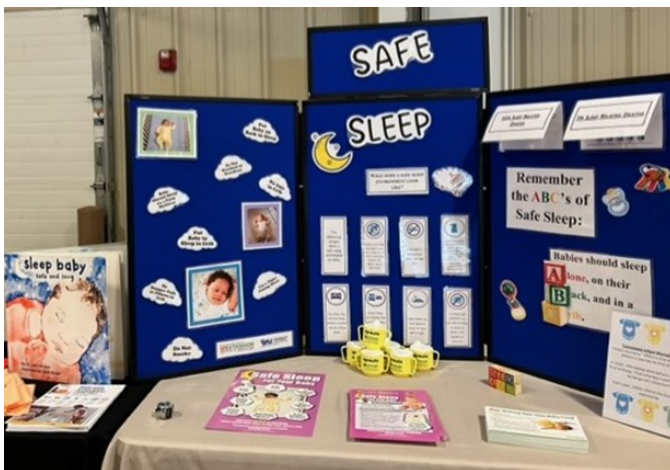


EMERGENCY PREPAREDNESS

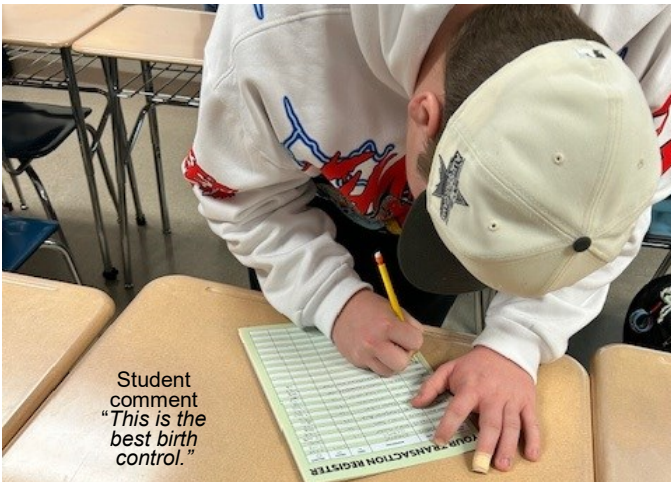
Only two participants had an emergency food kit before attending the workshop. As a result of attending the workshop, four participants stated that they plan to assemble an emergency food kit to keep in their home and one is considering it after the presentation. Each of the participants agreed that they would recommend this lesson to their family and friends. 6 participants agreed that they would share the information that they received with others.



- * Presented at the Central Region **FCE INFORMATION DAY** the following lesson: To Grandparent's House We go: Exploring Matriarchal Family Dynamics
- * **CHOOSING THE RIGHT APPLIANCE TO FIT YOUR NEEDS**
- * Completed quarterly volunteer training for 40 Family and Community Education (FCE) club members on Purchasing Home Processed Foods at Farmers Markets and Cooking for One or Two.
- * Taught lesson on **PRESERVING FAMILY TRADITIONS** in Matriarchal Families to 33 FCE volunteers.
- * Organized **FCE CULTURAL ARTS** events for members to showcase skills in sewing, quilting, crochet and photography. Over 70 entries were submitted.



- * Completed **EAT WELL, FEEL WELL** weekly series at St. Clair Senior Center. 16 participants graduated from the program.
- * Presented on **SAFE SLEEP: SUDDEN UNEXPECTED INFANT DEATH SYNDROME** at statewide FCS Professional Development Conference and National Urban Extension Leaders conference in Houston Texas.
- * Completed **MONEY MARCH** financial education weekly series for clients and community partners at Stones River Church.
- * Organized and hosted **FCE RECOGNITION DAY** event. 50 members and sponsors attended.
- * Presented at MTSU's **CAREER EXPLORATION** event for students majoring in Nutrition and Family and Consumer Sciences.
- * Conducted **MY PLATE FOR OLDER ADULTS** at Westbrook Towers
- * Set up exhibit on Sudden Unexpected Infant Death Syndrome (SUIDS) at Farm Bureau's Adventures in Agriculture event, with 171 brochures distributed
- * Co-taught **DINING WITH DIABETES** three-part series, teaching those at risk for (or with) type 1 or type 2 diabetes how to properly prepare healthier meal options, count calories, proteins, carbohydrates and forms of sugar.
- * Conducted **FARM TO FORK** seasonal eating food demonstrations at the Farmers Market, passing out over 200 samples and healthy recipes.
- * Set-up **TNCEP** exhibit at MTSU's SNAP Workshop event for students. Distributed recipes and cooking utensils to over 100 students.
- * Organized food drive to benefit MTSU's student pantry. Over 200lbs of food and toiletry items were donated.
- * Collaborated to teach **PRESERVATION BY DEHYDRATION**



Student comment
"This is the best birth control."

ON MY OWN

This fun and engaging financial education program let students imagine that they are adults. They are responsible for being the major income provider for their household by using a hypothetical occupation and income, participants work through a month of household purchases. A total of 41 On My Own lessons, including 41 simulations, were conducted at eight Rutherford County Middle Schools and two high schools. A total of 648 eighth graders and 225 high school students learned about budgeting, financial responsibilities, what to expect during adulthood, and how education, career, and family decisions can affect their lifestyle choice.

SNAP-Ed programs were presented to over 200 adults with limited resources at 15 locations. 138 adults completed the multi-session programs and graduated. Participants learned about healthy food choices, food safety, increasing physical activity, food security, and resource management.

- * 40% ate more than one fruit a day
- * 54% ate more than one vegetable a day
- * 83% reduced sugary beverages
- * 77% never ran out of food
- * 75% compare the price of food to save money
- * 74% identified food items on sale
- * 74% make a list before going shopping
- * 40% increased physical activity



Skill Up participant



HOME BUYER EDUCATION PROGRAM

The Home Buyer Education Initiative (HBEI) aims to assist first-time homebuyers in the areas of budgeting and credit, home search, mortgage loans, and maintaining and managing homeowner finance. Extension agents across the state offer THDA/ NeighborWorks-Certified programs to prepare first-time homebuyers for homeownership. The HBEI is a fee-based program as well as a contract with The Tennessee Housing Development Agency. Extension Agents receive \$200 every time a participant purchases a home. In 2023 81 out of 126 individuals purchased homes. As a result, \$44,240 in fee-based funds was put back into the program from services received between Rutherford County Extension, THDA and Consumer Economics Specialist, and from eHomeAmerica. This money has had a direct impact on the Rutherford County Extension Program. The Rutherford County FCS 4-H Junior Camp Scholarship Award was established Through this sponsorship, two 4-H'ers were able to attend camp for free.

SKILL UP TENNESSEE is a 3rd party partner with the SNAP E&T (Supplemental Nutrition Assistance Program Employment and Training). The purpose of the program is to assist SNAP participants in gaining skills, training, work or experience that will increase their ability to obtain regular employment. The ultimate goal is self-sufficiency. The program is administered by the Tennessee Department of Labor and Workforce Development through a partnership with the Tennessee Department of Human Services. There were 16 participants for the 4th quarter.



RUTHERFORD COUNTY EXTENSION ANR/CED

AGRICULTURE, NATURAL RESOURCES AND COMMUNITY ECONOMIC DEVELOPMENT

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.

INTRODUCTION TO VEGETABLE GARDENING

32 individuals completed the series.

- * 84% increased their knowledge and understanding of desirable soil characteristics, the relation pH has to nutrient availability, how to collect a representative soil sample and what the numbers on a bag of fertilizer represent
- * 89% increased their knowledge of preparation methods
- * 94% increased their knowledge in differences between warm & cool season vegetables, how to read a seed packet, desirable characteristics of vegetable transplants and correct planting techniques
- * 100% increased their understanding of why pests are prevalent in our area, the relationship between good gardening practices and plant health, that cultural practices influence production and where to find reliable reference materials to answer gardening questions



MIDDLE TENNESSEE GRAIN CONFERENCE

225 Middle TN grain producers participated, represented nearly 50,000 acres of production. The conference benefitted 49,347 acres in the Tennessee Valley Extension Coalition's service area and producer's perceived total financial impact of the program was an estimated \$319,500.



RUTHERFORD CO. FALL LAWN & LANDSCAPE PROFESSIONALS CONTINUING EDUCATION

UT/TSU Extension agents and MTSU staff provided training for 83 Green Industry professionals.

- * 10 Rutherford Co producers completed the **MASTER FARM MANAGER PROGRAM**. The total estimated economic impact for Rutherford Co producers was \$144,480
- * 11 Rutherford Co producers completed the **Farming Fundamentals Program**. The total estimated economic impact for Rutherford Co producers was \$109,373
- * Taught two Beef Cattle Trivia sessions for Rutherford County Farmers Market
- * Farm visits, hay testing, and Beef Quality Assurance classes
- * Assisted Rutherford County Soil Conservation with their land judging contest



Conducted a **FENCING SCHOOL** for producers, taught by Dr. Matt Poore from North Carolina. Assisted with a repeat of the training, as an in-service for agents. Collected entries and worked the State Fair Hay and Field Crops Contest as well as coordinated delivery of awards through the regions. Time was spent answering producer and agent questions, serving as liaison between the state fair and Extension, and much more.

FORAGE PLOT AND LANE AGRI-PARK MASTER PLAN

Support from Rutherford County Farm Bureau, Rutherford County Soil Conservation, and Farm Credit as they are purchasing a tractor, no-till disk, cultipacker, tiller, small disk, small 1 bottom turning plow, and a post hole digger (with two augers). These will be used in growing the demonstration areas on the property, training producers on safe usage of farm machinery, and training agents.

The **MIDDLE TN LANDSCAPE AND GROUNDS MANAGEMENT** Short course event was conducted in-person and via ZOOM; reaching 207 Green Industry professionals with education and training provided by UT and TSU Extension specialists, county Extension agents, and TN Dept of Ag staff.

MASTER GARDENERS OF RUTHERFORD COUNTY

- * 118 certified Tennessee Extension Master Gardener volunteers contributed a total of 7,411 hours, worth an estimated economic value of \$222,330
 - * A total of 847 continuing education hours were completed
 - * 22 new interns participated in the statewide Master Gardener intern training course and 21 of those certified to become official Tennessee Extension Master Gardener volunteers
- Rutherford County hosted the Central Region Master Gardener Conference, with over 115 participants from across the state. Lane Agri Park and the many demonstration areas were the main highlight of the conference, showing off the great work done by the local Master Gardeners.

CONSUMER HORTICULTURE HIGHLIGHTS

- * 82 home and site visits were conducted to provide assistance with home lawns, landscapes and gardens
- * 1831 residents received information regarding correct plant selection, sustainable cultural practices and/or recommendations on conservation and environmental stewardship
- * An estimated 1000 residents have implemented conservation landscape practices, used recommendations on proper plant selection and/or sustainable stewardship practices
- * An estimated 500 residential landscapes/yards have been improved by conservation and sustainable landscape practices
- * 3,059 residents received information on home fruit and vegetable production
- * 516 residential clients increased their knowledge of crop, cultivar, and site selection
- * 463 individuals participated in Extension programs related to home horticulture in covering topics such as lawns, gardens, and proper landscape practices



RUTHERFORD COUNTY FARMERS' MARKET

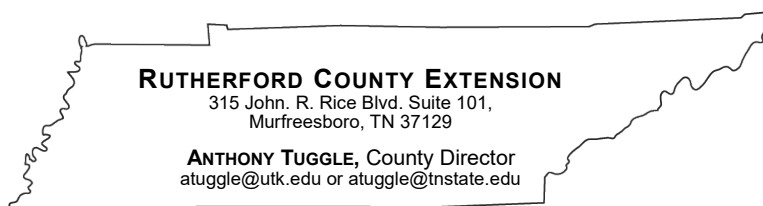
The 48th season closed in October. Local vendors sold a huge variety of fresh vegetables and fruit in season, meats including beef, pork, lamb, chicken, turkey, goat and eggs, an array of baked goods, canned items, honey and freeze dried treats, along with plants, shrubs, trees, flowers, bouquets and more. The gross sales were \$536,025. There were 109 vendors from 13 counties. The community supported the market vendors by keeping \$478K in sales in the local commerce. There were nearly 80,000 customers throughout the season that supported an average 30 vendors a day, spending \$10,939 and about \$6.75 per shopper. The highest gross sales day \$22,613.20

Advertisement was through printed market information cards, numerous online community calendars, social media posts on Facebook, Instagram and X, promotion in the *Tennessee* magazine along with a billboard for several weeks. This year was the inaugural year to have "Artisan Fridays". Artisans with homemade wares were able to sell their creations to shoppers who purchased \$48,948 of merchandise including jewelry, décor, woodworking, soaps, scrubs, and body care, an array of sewn items, artwork, leatherwork, and additional treasures.

There were "Come & Go" informative sessions in the lobby to provide educational experiences for patrons presented by extension personnel and community partners.

\$4,262 in SNAP, Supplemental Nutrition Assistance Program, was utilized

5950 servings of produce was donated by vendors to local charities, with an average of 121 servings per market, feeding those in need.



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For more information on Extension programs or services, call 615-898-7710
or visit our website: <http://rutherford.tennessee.edu>

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