

Rutherford County EXTENSION NEWS



November, 2024 | Issue

BECOME A MASTER GARDENER

Applications Available Now!



A Tennessee Extension Master Gardener's journey begins as an Intern enrolled in the certification course.



Certification Course



40 hours of Service



Certified TN Extension Master Gardener

After graduation, Certified TEMGs...



Join the local Association & connect with other TEMGs



Continue to volunteer in their communities.



Continue their horticulture education.



Attend regional, state, & national events.

Join us in our mission to improve the lives of Tennesseans through horticulture education delivered by a dedicated and skilled volunteer network.

[Click here](#) to learn more. Classes Start January 28, 2025!

If you have any questions contact Justin Stefanski at 615-898-7710 or email jstefans@utk.edu



4-H COOKING CLASSES

Intermediate Cooking Classes

THERE ARE ONLY A FEW SPOTS LEFT!

Open to youth in 6th - 8th grade.

Cooking classes are individual sessions, you can sign up for just one or all! Class are 6:30-8pm at the Rutherford County Extension office.

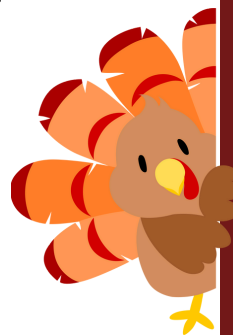
\$15 Fee for each session

Dates/Session

- January 14 - Food Plating Skills 101
- January 21 - Quiche 101
- January 28 - Cooking with Peaches

[Register online](#) [By Clicking Here](#) for these cooking sessions.

If you have questions please contact Raquel Victor at 615-898-7710 or email rvictor@utk.edu



Happy
THANKSGIVING

OFFICE WILL BE
CLOSED
THURS. 28TH & FRI. 29TH



4-H ARCHERY

Open to 4th - 12th Graders

Beginner Archery:

All participants new to 4-H archery must sign up for a beginner archery session. This course will introduce participants to archery equipment, range safety, eye dominance, target scoring, etc. There is a limit of 20 participants for each class. If the class does not show up on the dropdown in the Ag Store, it is full. The fee for beginner archery is \$25 for a session that includes 6 dates.

*****Choose ONE day, Mon or Tue and ONE session, Fall or Winter*****

From 4:30pm to 5:30pm:

- Monday WINTER Sessions- January 13, 27, February 3, 10, 24, March 3
- Tuesday WINTER Sessions- January 14, 28, February 4, 11, 25, March 4

Returning Archery:

4-H'ers that have completed the Beginner Archery Class may sign up for the Returning Archery Class. Returning archery will consist of "Open Range" time. There is a limit of 20 participants for each class. If the class does not show up on the dropdown in the Ag Store, it is full. The fee for returning archery is \$25 for a session that includes 6 dates.

*****Choose ONE day, Mon or Tue*****

From 5:30pm to 7:00pm:

- Monday WINTER Sessions- January 13, 27, February 3, 10, 24, March 3
- Tuesday WINTER Sessions- January 14, 28, February 4, 11, 25, March 4

Register online [By Clicking here](#) for archery sessions. Click on the Ag Store tab on our website to register and pay.

If you have questions please contact the office at 615-898-7710.



TALK TO ONE OF OUR AGENTS

Thursday, November 21st in-between
8:10am - 9:00am

Call WGNS at 615-893-1450 & one of our agents will answer your questions about gardening, landscaping, and other Extension events!



Weekly Column Written by an Extension Agent

We have added "From The Ground Up" articles to our website so you don't miss out on some great information! These articles focus on timely agriculture and horticulture topics. [Click here to see articles.](#)

LET THE VEGGIES BE THE STAR

Many favorite holiday dishes begin with a healthy main ingredient, like sweet potatoes, green beans, pumpkin, white potatoes or apples. These are star ingredients that have great flavors on their own and are members of the healthful fruit and vegetable groups. The large amounts of fats and sugars added, though, cause the dishes to become less healthful. The good news is that veggies are beautiful, so here are some healthier versions to inspire your holiday table!



Sweet Potato,
Sausage & Apple
Casserole



Roasted Sweet
Potatoes with
Chimichurri



Sautéed Green Beans
with Bacon &
Mushrooms

