

# Rutherford County EXTENSION NEWS



## 4-H FOOD SCIENCE CLUB FOR 6TH-8TH GRADERS

Learn about food safety, sensory science, baking, grill safety & more!

- MTSU Ellington Human Science Building
- Jan 12, Feb 9, Mar 23, Apr 20
- 5-6:30 PM
- \$20 per student

Register: <https://tiny.utk.edu/4-HAGSTORE>



## 4-H YOGA FOR KIDS

This class is beginner friendly for grades 4th through 12th. It will inspire kids to develop calmness, focus, and physical fitness. Classes will be on Tuesdays from 5pm to 6pm in the Community Center Building at the Lane Agri Park, 315 John R Rice Blvd. Murfreesboro, TN 37129.

Sign up for one or all!

\$5 Fee for each class/Mats are Provided

Class dates below:

- December 2nd
- January 13th
- February 3rd
- March 3rd

Register and pay by clicking [here](#). Spots are limited

If you have questions please contact Aliyah Young at 615-898-7710 or email [aiyoung@utk.edu](mailto:aiyoung@utk.edu)



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## 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 27, 2026!  
If you have any questions contact Baileigh Snow at 615-898-7710 or email [bsnow6@utk.edu](mailto:bsnow6@utk.edu)





## 4-H PUBLIC SPEAKING CONTEST

**Ready to showcase your skills and win big?**

Join us for an exciting contest at the Rutherford County Extension Auditorium on **Thursday, December 11!** Students in **grades 4-12** are invited to compete for **cash prizes** and bragging rights. Registration starts at 6:00 PM, and the contest kicks off at 6:30 PM.



Rutherford County Farmers Market announcing New Winter and Spring Market on Friday's only 8am -12pm at 315 John R. Rice Blvd. Land Agri Park Community Center, Murfreesboro, TN 37129.

Come visit our Farmers over the winter/spring.

## RUTHERFORD CO 4-H TEEN CLUB MEETS MONTHLY

**NEXT MEETING  
DEC 4 5:30-6:30**

- ✓ We meet to work on service projects, with the goal of earning points to be in 4-H Honor Club.
- ✓ Open to students 6-12th grade
- ✓ Must complete 600A form to participate

**CONTACT JANETTE**  
jwalk143@utk.edu



Follow us on Social Media



## SEWING CLASSES

### Adult Sewing: Learn the Basics

Start your sewing journey with this beginner-friendly class!

Date: Monday, January 7

Choose Your Session:

- Morning: 9:00 AM – 11:30 AM
- Afternoon: 12:30 PM – 3:00 PM

Location: Lane Agri Park – Auditorium 315 John R. Rice Blvd., Murfreesboro

**What You'll Do:** Learn essential sewing skills and **complete a small pillow** to take home!

Fee: \$25

Class Size: Limited – Register early!

Pay and register here: [tiny.utk.edu/5Ry3l](https://tiny.utk.edu/5Ry3l)

### Learn to Sew – High School Students Welcome!

No experience? No problem!

Join us for a fun, hands-on sewing class where you'll learn the basics:

- How to read a paper pattern
- How to take accurate measurements
- How to use a sewing machine

### **Project Options:**

Choose to make a **basic skirt** or **PJ pants**.

### **Details:**

- **Dates:** January 12 & 26, February 9 & 23
- **Time:** 5:30 PM – 7:00 PM
- **Location:** Lane Agri Park – Auditorium
- 315 John R. Rice Blvd. Murfreesboro
- **Cost:** \$50

**Sewing machines provided** (or bring your own).

**Register & Pay:** [tiny.utk.edu/k5lLs](https://tiny.utk.edu/k5lLs)

For questions, contact **Janette Walker** at [jwalk143@utk.edu](mailto:jwalk143@utk.edu) or call 615-898-7710.

### **Holiday Shopping Tips**

- Complete Gift List
- Taxes, Wrapping & Shipping
- Stocking Stuffers
- Shopping Expenses
- Extra Groceries
- Hostess Gifts & Party Contributions
- Home Décor
- Holiday Clothing
- Travel Costs
- Post-Holiday Spending



**Click here for more detailed information**

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