

Rutherford County EXTENSION NEWS



July, 2026 | Issue



GRILLING IT SAFELY

Nothing says summer quite like firing up the grill and enjoying a meal in the open air. Grilling not only keeps the heat out of your kitchen, it also offers a simple way to prepare low-fat, budget-friendly dishes the whole family can enjoy. With just a little planning and attention to safe food-handling practices, grilling is an easy and delicious way to make the most of the season.

Go to this link for information on Grilling it Safely tiny.utk.edu/Grilling-it-safely.



Join us Friday, July 17 at 7:00 p.m. at Lane Agri-Park for an evening at the Rutherford County UT Extension native plant gardens. Enjoy a guided walk with a naturalist, learn about native plants and wildlife, and see birds using garden nest boxes. As evening falls, relax with light refreshments, tea, and live music by Chris Watts, AJ Nua, Josh Minyard, and Brian Risse, with luminaries lighting the paths. Free event; RSVP required. Call 615-898-7710 or email jski@utk.edu to reserve your spot. limited space.

Rutherford County 2026 Garden Extravaganza

Date/ Time: Saturday July 11th, 9am-Noon

**Location: Lane Agri-Park 315 John R. Rice Blvd.
Murfreesboro, TN 37129**

Keynote Speakers 9:30 & 11:00

Mitchell Mote-
Lawn and Garden Specialist
Cynthia Allen & Bruce Ross-
Rain Barrels for Your Home

Mini Classroom Series 9:30-12:00

Prairie Establishment
Container Gardening
Self-watering Containers

Guided Garden Tours

***Free Event Hosted By Rutherford County Master Gardeners,
MTSU Stormwater, and Rutherford County Extension

Office will be closed Friday, July 3rd
★ Happy Independence Day! ★





UPCOMING SEWING CLASSES

All classes below will be held at the
Lane Agri Park – Auditorium:
315 John R. Rice Blvd., Murfreesboro

LEARN TO SEW

Date: July 13th

Pick your time: 1:30pm-4pm or 5:30pm-8pm

Cost \$25

- [Adult Register and pay online by Clicking Here.](#)
- [High school Register and pay online by Clicking Here.](#)

Learn to sew on machine, bring your sewing machine or use ours. We will cover hand position, foot pedal speed, how to thread a machine, wind a bobbin, change the length and change the width. We will sew a small pillow to test out all the new skills.

T-SHIRT QUILT CLASS

Aug. 24th, 31st, Sept. 14th, 21st and Oct 5th

Time: 5:30pm-8:30pm

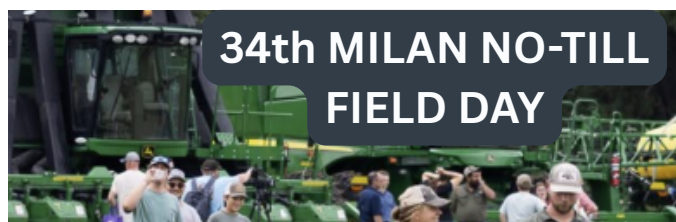
Cost \$50

- Adult [Register and pay online by clicking here.](#)
- High School [Register and pay by clicking here.](#)

Limited Space available!

Participants will need some prior sewing experience. In this 5-session class you will use your own T-shirts (12-15 suggested) and other materials to create a unique quilt. Each class you will learn new techniques and time to work on it with our experts. There will be homework to keep the pace of the class moving over the 11 weeks to completion. \$50 fee will cover the stabilizer, you will need to separately purchase fabric for the sashing, backing and the batting yourself.

If you have questions please contact Janette Walker @ jwalk143@utk.edu or call the office at 615-898-7710.



July 23, 2026 | 8:00 AM–1:00 PM CDT
UT AgResearch & Education Center at Milan
3 Ledbetter Gate Rd., Milan, TN 38358
milannotill.tennessee.edu

Join us for an Ag-citing day featuring:

- 12 research tours
- Agriculture trade show
- NEW: Antique tractor show & parade
- Traditional skills sessions
- Aerial drone & aircraft demonstrations
- Estate planning session

Free BBQ Lunch!

In honor of America's 250th birthday, the first 250 on-site registrants will receive a FREE meal from Latham's BBQ.

No cost to attend — everyone welcome!



NOURISH AND THRIVE

A menopause-focused cooking event

Join Diana Health and UT-TSU Extension, Rutherford County, for a fun and informative cooking event! You'll hear from Diana Health providers and be able to ask questions about all things menopause while enjoying light refreshments.

Then, you'll get a hands-on cooking experience where you'll make your own focaccia bread, build-your-own packet dinner, and no-bake chocolate chip bites.

The registration fee includes food and materials for the event. Class size is limited.

Date: July 21st

Location: Lane Agri Park - Auditorium
315 John R. Rice Blvd.
Murfreesboro, TN 37129

Time: 5:30pm-7:30pm **Cost** \$10

Register and Pay at this link:

<https://tiny.utk.edu/FCS/AGSTORE>

If you have questions contact Brittany Satinover
bsatino1@utk.edu or call 615-898-7710