Rutherford County EXTENSION NEWS

November 2026 | Issue

The Rutherford County Farmers Market is excited to offer a Winter/Spring Market, providing the community with access to fresh, locally grown and produced items beyond the traditional market season.

Beginning November 6, 2026, and continuing through April 2027, the market will be open Fridays only from 8:00 a.m. to 12:00 p.m. at Lane Agri-Park, 315 John R. Rice Blvd., Murfreesboro, TN.

Shoppers can browse a variety of locally sourced products, including seasonal produce, herbs, mushrooms, meats, canned goods, baked goods, and other farm-fresh items from area farmers and producers. The Winter/Spring Market helps ensure that residents can enjoy high-quality local foods year-round while supporting the local agricultural community.

The Rutherford County Farmers Market has always been dedicated to connecting consumers with local agriculture. This expanded seasonal schedule strengthens that mission by providing consistent access to fresh, local products even during the colder months.

Join us this November to stock up on winter produce and your favorite local products!

Please note: The market will be closed Friday, November 27, 2026, in observance of Thanksgiving, and may be closed on select dates throughout the season. Customers are encouraged to check the market calendar before visiting.

OPEN MORNING HOURS 8AM-12PM

CLOSED

NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



LEARN TO SEW

Gain confidence using a sewing machine while learning essential sewing skills!
This class is open to adults and high school students. Only a few spots left! Register soon to reserve your seat.

Date: Monday, November 9th
Time: 5:30pm - 8:00pm
Cost: $25

- Adult Register and pay online by Clicking Here.
- High school Register and pay online by Clicking Here.

Questions contact: Janette Walker
jwalk143@utk.edu or Call 615-898-7710





OFFICE WILL BE CLOSED THURSDAY 26 & FRIDAY 27



Get into the holiday spirit and create handmade gifts for family and friends! Join us on Tuesday, November 24 for Sew for the Holidays, where you'll make two small sewing projects perfect for gifting.
Some sewing experience is required.
Class Times

- High School Students: 1:00 p.m. – 4:00 p.m.
- Adults: 5:30 p.m. – 8:30 p.m.

Cost: $15 per person
Includes: All materials needed for the projects
Bring your own sewing machine or borrow one of ours for class.
Spaces are limited, so register early and get ready to sew something special for the holidays!
Questions contact: Janette Walker jwalk143@utk.edu or Call 615-898-7710

TALKING TURKEY: 4 STEPS TO A SAFE HOLIDAY MEAL

Wishing everyone a wonderful and safe holiday season as you gather with family and friends! Keep your celebration healthy with these simple turkey safety steps:

- Thaw safely. Thaw your turkey in the refrigerator, allowing about 24 hours for every 4 to 5 pounds.
- Keep it clean. Wash your hands with soap and water before and after handling raw turkey. Skip washing the turkey itself, since rinsing spreads bacteria around your sink and kitchen. Use separate cutting boards for raw meat and fresh produce.
- Cook it through. Use a food thermometer to confirm the turkey reaches 165°F in the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.
- Chill leftovers quickly. Refrigerate leftovers within 2 hours of cooking.



4-H HIPPOLOGY CALLING ALL HORSE LOVERS IN GRADES 4-12!

Hippology is the academic study of all things horse. As part of the 4-H Horse Program, it gives 4th-12th grade members the chance to learn about horses from nose to tail, including anatomy, nutrition, parasites, tack, history, disciplines, safety, and breeding. Fun activities and challenges keep the learning exciting along the way.
Best of all, you don't need to own a horse to take part! Members learn in a classroom setting with plenty of hands-on Equine Science activities.
Hippology offers more than knowledge. Members compete academically, build public speaking skills, and practice respect and good sportsmanship. It's a community of horse lovers who put their heart and soul into learning how to care for horses and exploring future opportunities in the horse world.
Know a 4th-12th grade horse lover? Tell them to come join us! Thursdays, August through April 4:00-5:30 p.m.
Contact Tammy tchandl9@tennessee.edu to join the email list for meeting information.





By Christopher T. Sneed, PhD,
University of Tennessee Extension

The holidays bring joy, traditions, and often unexpected expenses. Beyond gifts, costs for travel, food, decorations, entertainment, and holiday activities can quickly add up.

To avoid financial stress after the holidays, create a spending plan before the season begins. Make a list of anticipated expenses, set a realistic budget, and track purchases as you shop. Saving money can be as simple as using decorations you already own, planning meals carefully, reducing waste, and discussing gift expectations with family and friends early.

A little planning now can help you enjoy the holiday season without carrying debt into the new year.

For additional tips and to download the Holiday Planning Worksheet, visit:

Holiday Planning Worksheet Link Here

FIND YOUR SPARK WITH 4-H!

Only a few spots left! Register soon to reserve your spot.

Ready to learn new skills, make new friends, and have fun along the way? Join Rutherford County 4-H and discover something you love!

Archery
https://rutherford.tennessee.edu/4-h-archery/
Cooking
https://rutherford.tennessee.edu/4-h-cooking/
Sewing
https://rutherford.tennessee.edu/4h-sewing/
Photography
https://rutherford.tennessee.edu/4-h-photography-club/

Whether you want to hit the bullseye, create something delicious, learn to sew, or capture the perfect photo, 4-H has something for you!



HELPING FIGHT HUNGER IN RUTHERFORD COUNTY

The Rutherford County Extension Family and Consumer Sciences Agents are helping address food insecurity in our community through a Food Pantry Box located at Lane Agri-Park.

This pantry is available to support individuals and families in need by providing access to non-perishable food items. Community members are encouraged to contribute donations to help keep the pantry stocked and available for those who rely on it.

How You Can Help:

- Donate non-perishable food items
- Check expiration dates before donating
- Ensure donated items are suitable for pantry distribution
- Please note: homemade foods, bread, and fresh meat cannot be accepted

This community effort offers a simple yet meaningful way to support neighbors and help ensure everyone has access to essential food resources.

wgnsradio.com WGNS NEWS RADIO AM 1450 FM 100.5 • FM 101.9

Talk to One of Our Agents

Thursday, November 19th between 8:10am - 9:00am

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

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