SPRING ISSUE APRIL 2021

## UTTSU Extension Scott County

Learn the Latest Information

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## Successful Free Seed Distribution

The Scott County UT TSU Extension office in partnership with the Big South Fork Master Gardeners and the UT TNCEP program held a Free Seed Distribution on Friday April 9 at the Scott County Farmers and Crafters Market.

Seeds were provided through private donations of money and seeds by Scott County citizens and funds provided by the TNCEP program. Close to 2000 packages of warm weather seeds were given away on the 9th, with an additional 500+ packages of cool weather seeds given away in March. Extension staff and local volunteers who helped with the project were excited to bring this resource to the Families of Scott County.

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91 Families attended the event on April 9th and 67 attended the March event. In addition, 45 Families have registered and requested seeds from a partnership with Scott Christian Care Food bank and the Methodist Church Mission House Food Pantry. Those seeds will start going out to Families this week. In addition to seeds being provided, stations were set up with information on nutrition, seed starting and basic gardening. All seeds given were Heirloom seeds which means that seeds from these plants can be saved and replanted. For this program to continue in future years, we are asking participants and volunteers to save seeds to donate back for next year's program. Agent Tormoehlen and the Master Gardeners club will offer seed saving workshops over the course of the growing season. The first workshop will be Saturday, July 31 at the Scott County Farmers Market at 10:00. Participants are welcome to bring their favorite Heirloom tomato but tomatoes will be provided at the workshop. It will be a hands on event and everyone will leave with a Seed saving jar and directions. There will be no fee for the seed saving workshops.









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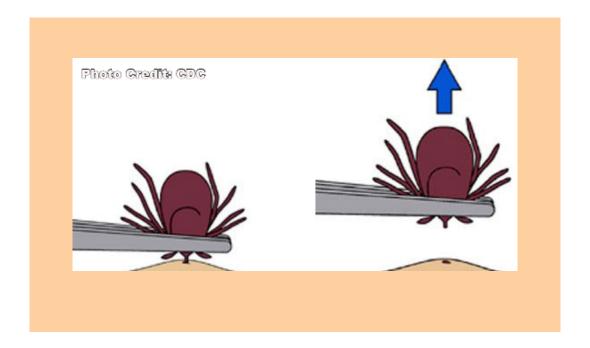
#### **Agriculture and Natural Resources**

Compiled by Sean Tormoehlen

The weather is warming up, early flowers are starting to bloom, and insect activity is starting to pick up again. That means that spring is here. With spring comes the exciting time of planting in the garden. Remember that garden planning is a very important step in the process that can save you from a lot of headaches. Be careful to keep in mind the last frost date as you plant your warm season crops, such as tomatoes. The warm season crops are sensitive to low temperatures and can be damaged or killed if it gets too cold. According to weather.gov, the last frost free date in Oneida is May 15th. Be sure to check the weather forecast after planting to help prevent losing your warm season plants to late frost events. More information at tiny.utk.edu/spring gardening.

Another spring activity is getting out into nature with the beautiful weather. I would recommend visiting some of the wonderful trails in the area. Unfortunately, we are not the only ones that are enjoying the weather. Ticks are getting active and looking to feed as we get away from freezing temperatures. Some safety tips are:

- Tuck pants into socks to keep ticks off your legs
- Apply EPA-approved repellants that contain DEET to your skin or ones that contain permethrin to shoes and clothing
- Examine your body and clothes after hiking to check for any ticks
  The way to remove a tick that has attached is by using a set of tweezers. Grab the head area of the tick and firmly pull the tick off. Do not twist, squash, burn, or smother the tick with any substance.



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# Scott County Farmers' Market

Open Saturdays in June-September from 9am-2pm.

Join us on June 5th for opening day with vendors, activities, and food trucks. Come out and shop local!

Currently accepting vendor applications! For more info, visit tiny.utk.edu/ScottCoFM

#### 4-H Youth Development

Compiled by Jennifer Cross

#### Flower Power Fundraiser

Thanks to everyone that purchased from our Flower Power Fundraiser, Scott County 4-H raised over \$1000 to go toward camp scholarships. Your kindness will plant a seed for the future of our youth.

Due to COVID, the traditional week long 4-H camp has been cancelled this year. However, the camp staff will provide a 4-H Traveling Road Show day camp held at the Oneida City Park. This is a great opportunity to allow more youth in 4th - 8th grade to attend at a much reduced cost.

#### Ways to Give

Drop them by the Scott County Extension Office or mail them to: P.O. Box 470

Huntsville, TN 37756

Visit the Tennessee 4-H Foundation website: https://www.tn4hfoundation.org

Click on the orange Donate Now button and choose Scott County.

#### **Scott County Public Speaking Winners**

**Congratulations to Hailey Butler and** Kristian Obrusanszki!



Kristian is in the 11th grade at Scott High School. He will go on to compete in the Regional Public Speaking Contest.



Hailey is in the 7th grade at Huntsville Middle School. She will go on to compete in the subregion Public Speaking Contest.





#### **4-H Piggy Bank Contest**

Scott County had 55 youth in grades pre-K through 12 create hand crafted Piggy Banks. Youth were encouraged to enter the local competition where they created a Piggy Bank in an effort to learn about saving money. The piggy banks were located at the main branches of First National Bank of Oneida, One Bank of Tennessee, and United Cumberland Bank for two weeks. Customers could vote on the piggy bank they found most creative by placing coins in the bank. The bank with the most coins wins and goes on to compete in the statewide contest in April. Watch our Facebook page to see local winners and for instructions on voting for the People's Choice Award winners in the state contest.

First National Bank of Oneida

Thank you to our local banks and their customers for supporting **Scott County** youth and 4-H!







# TRAVELING ROAD SHOW

Scott County presents the 4-H Camp Traveling Road Show for youth in grades 4th - 8th.

June 9, 2021 9:00 a.m. - 3:30 p.m. at Oneida City Park Camp fee is \$50

Snack and lunch will be provided.

#### **Activities included:**

Wildlife | Archery | Health Rocks | Ax Throwing | Fossil/Gem Dig Tie Dye | Gaga | Arts & Crafts | Recreational Games

To register, please call 423-663-4777 or stop by the Scott County Extension Office.

If you would like to volunteer, please contact our office.



## SAUE THE DATE

Registration Opens Monday April 26th \$25 Total

June 7th
June 8th
June 10th
June 11th

SEWING CAMP WILL BE HELD 10AM
TO 2PM EACH DAY AT THE SCOTT
COUNTY OFFICE BUILDING
\*LUNCH INCLUDED\*

The Bootcamp is limited to 15 youth between 4th and 12th grade. Further announcements to be made on materials needed to be purchased by registrant prior to sewing camp







## Family and Consumer Sciences

Compiled by Amber Minor

Today as never before the subject matter of Family and Consumer Sciences (FCS) such as nutrition, food preservation parenting, family financial management, health related to chronic conditions like diabetes, mental health, etc. have moved to the forefront of community and legislative agendas. FCS faculty and county agents work together to provide research-based educational programs for children and adults.

We are conducting face-to-face programs, while also continuing to offer online/hybrid programs. Be sure to check out our events page and see what FCS programs might interest you!



## PROSPER Welcome Jagger Coffey!

I am pleased to announce Jagger Coffey entering FCS as the first PROSPER (Promoting School Community University Partnerships to Enhance Resilience) Grant funded Program Assistant in the State of Tennessee. Jagger will be serving not only Scott County, but also our neighbors in Anderson County. Jagger graduated from Tennessee Tech University with a bachelors degree in Sociology and a minor in Psychology. We are so excited to have Jagger on board!

What is Prosper? Prosper is a scientifically proven delivery system that facilitates sustained, quality delivery of evidence-based programs that reduce risky behaviors, enhance positive youth development and strengthen families.



## The latest in FCS this quarter:

- Introduction toProsper
- Physical Activity
- Skill UP Tennessee
- TNCEP

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#### Add Physical Activity to Your Day!

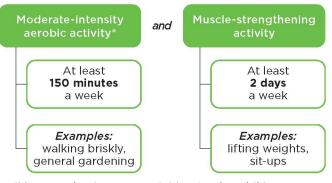
A wellness publication written by: Soghra Jarvandi, Assistant Professor, Department of Family and Consumer Sciences

#### What is Physical Activity?

Any movement of the body that uses energy, such as walking, running, gardening and climbing stairs.

#### **How Much Physical Activity Do I Need?**

Physical activity guidelines for adults:



\*You can do vigorous activities (such as hiking, running, basketball), at least 75 minutes a week, or a combination of moderate and vigorous activities.

Any amount of physical activity supports a healthier you.





#### Physical activity guidelines for older adults:

- If you have good fitness and no chronic conditions:
  - Follow the guidelines for adults.
- If you have chronic conditions, talk to your health care professional about the safe type and amount of physical activity for you.
- Include balance activities to your weekly activities.
  - Example: walking heel-to-toe.

**Reference:** U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans. 2nd edition. <a href="https://health.gov/paguidelines/second-edition/">https://health.gov/paguidelines/second-edition/</a>.

#### What Does Intensity of a Physical Activity Mean?

The intensity of a physical activity means how hard that physical activity is for you.

#### During a moderate-intensity activity:

- · Your heart beats a little faster.
- You can talk easily but not sing.

#### **How Can I Achieve Moderate Intensity?**

- Know your safe level of physical activity.
- Adjust your level of physical activity based on your fitness level.

A moderate-intensity activity for a young healthy person may be vigorous intensity for an older adult with chronic health conditions.

#### **How Can I Be More Physically Active?**

- Find enjoyable ways to be more physically active.
- Make physical activity part of your day.
- Explore resources in the community and the programs they offer.
- In your office, take walking/stretch breaks and do walking meetings.

Just enjoy walking whenever you can.

#### Anyone can be physically active!

Any movement counts as physical activity. Find activities that are right for you:

- · Walking.
- · Working in the garden.
- · Walking the dog.
- · Cleaning the house.
- Wheeling yourself in a wheelchair.
- Pushing a stroller.
- Running.
- · Washing a car.
- · Raking leaves.

And many more examples!

#### Want to Start Being Physically Active?

- Try walking.
- Start low and work at your own level.
- · Slowly increase the activity.
- Get advice from professionals.

#### Physical Activity Programs in Extension

Contact your county University of Tennessee Extension office to learn more about physical activity programs.

#### For local information on Walk Across Tennessee, contact:

#### Visit the following websites for more information on physical activity:

Walk Across Tennessee website: walkacrosstn.org

Centers for Disease Control and Prevention: cdc.gov/physicalactivity

U.S. Department of Health and Human Services: <a href="https://example.com/health.gov/paguidelines/second-edition">health.gov/paguidelines/second-edition</a>

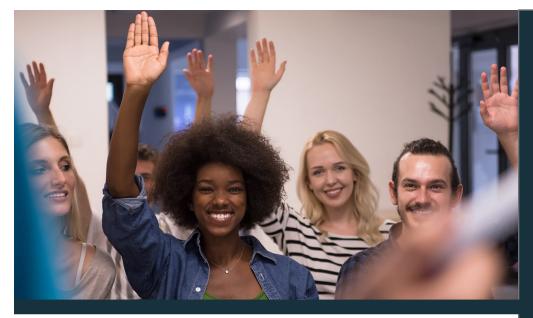


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## SKILL UP TENNESSEE

#### Skills & Training for a Better Future

Are you ready for a new job but don't know where to start?

Do you want to get on a career path with room for advancement?

Are you willing to complete training that will give you the skills you need to be successful?

**Skill Up Tennessee can help!** 

Skill Up Tennessee is our SNAP Employment and Training program. We can help prepare you for employment to reach your potential and become self-sufficient.

To find out more, visit our website, send us an email, or contact your local Extension agent. Links listed below.

#### Sign Up Today! tiny.utk.edu/SkillUpTN

This program is funded under an agreement with the Tennessee Department of Labor and Workforce Development. 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.

skillup.tennessee.edu skillup@tennessee.edu @SkillUpTN



#### **OVERVIEW**

#### WHO CAN PARTICIPATE?

You are eligible if:

- You receive SNAP (formerly Food Stamp) benefits
- You are not receiving TANF (Families First) cash assistance
- You are willing and able to work upon completion

#### WHAT'S INCLUDED?

- Work readiness training to help you prepare for employment
- One-on-one guidance to help you set goals and make an action plan
- Connections to the training you need
- Support during and after your job search

WHAT ARE YOU WAITING FOR? SIGN UP TODAY!



#### **TNCEP**

Compiled by Teressa Honeycutt

The University of Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed TNCEP) is funded through the Tennessee Department of Human Services and the US Department of Agriculture.

This program provides nutrition education to families and individuals receiving or eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

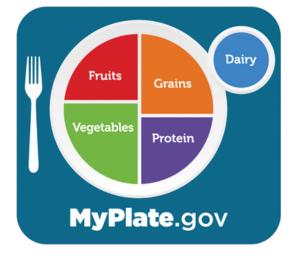
Join us as we work towards encouraging healthy, affordable, balanced

meals for Scott County and its Families.









### **SALMON PATTIES**

#### YOU WILL NEED

1 can (15 ounce) salmon, flaked
1 egg, beaten
2 tablespoon onion, diced
1/2 cup bread crumbs or cracker crumbs
Vegetable oil for frying



#### WHAT TO DO

- 1. In medium-size skillet, heat oil over medium heat.
- 2. Combine canned salmon, beaten egg, onion and ¼ cup bread crumbs.
- 3. Form into patties.
- 4. Fry until golden brown, about 2 minutes on each side.

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## 2021 EVENTS APRIL-JUNE

**APRIL 20** Beekeepers Association Meeting

7:30pm Scott County Office Building

APRIL 21 Walk Across TN Numbers Due

Virtual

**APRIL 26** 4-H County Demonstration Contest

**Scott County office Building** 

APRIL 28 Walk Across TN Numbers Due

Virtual

MAY 2 FCE Club Meeting

6:00pm Call for Location

MAY 4 4-H County Clover Bowl Contest

Scott County office Building

MAY 5 Walk Across TN Numbers Due

**Program Ends** 

Virtual

MAY 8 4-H Region Senior Public Speaking

Contest

University of Tennessee

MAY 11 4-H GNW Sub-Region Demonstration

Contest

Virtual

## 2021 EVENTS APRIL-JUNE

MAY 19 4-H Region Clover Bowl

Virtual

MAY 19 4-H Camp Parent Meeting

6:00pm Scott County Office Building

MAY 20 Wild Life Judging Competition

In-Person

MAY 20 Grow Appalachia Class: Insects

6:00pm Farmers Market

MAY 27 Agriculture Committee Meeting

6:00pm Scott County Office Building

MAY (TBA) Cooking "How To" Series

Virtual; Facebook Groups

**JUNE 5** Farmers Market Opening Day

9am-2pm Farmers Market

JUNE 6 FCE Club Meeting

6:00pm Call for Location

**JUNE 7-8, 10-11** 4-H Sewing Camp

**Scott County Office Building** 

## 2021 EVENTS APRIL-JUNE

JUNE 9 4-H Day Camp

Oneida City Park

JUNE 17 Grow Appalachia Class: Food

Preservation

6:00pm Farmers Market

JUNE (TBA) Eat Well Feel Well; MyPlate

TBA

JUNE (TBA) Stay Active and Independent for Life

(SAIL) Fitness Classes

Oneida Senior Citizens Center

JUNE (TBA) Youth and Teen Cooking Classes

**Scott County Office Building** 









## Volunteer Today. Inspire for a Lifetime.

#### Are we open?

We are open! Due to COVID-19, we are continuing to operate on a staff rotation We ask that you call and make an appointment before visiting the office. You can find our contact information below:

#### SCOTT.TENNESSEE.EDU FACEBOOK.COM/SCOTTCOUNTYEXT

Scott County Extension Office 2845 Baker Highway P.O. Box: 470 Huntsville, TN 37756-0470 P: 423-663-4777







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