



RUTHERFORD COUNTY EXTENSION NEWS

Vol. I, Number 9

September 2013



4-H PROJECT GROUPS & CLUBS Grades 4 thru 12

Sign up for Projects that require pre-registration (fees) will begin **October 2 at 7:30** am at the Extension Office. Visit the 4-H page on our website for more information: <http://rutherford.tennessee.edu>

4-H Open House

Monday September 30

6-8PM

Come learn all about the 4-H program and all the clubs and projects offered.

Stop by and meet your 4-H Agent!



OPERATION MILITARY KIDS



OMK is for the children and youth of parents impacted by deployment. Open to youth currently in K-12th grade who have a parent or guardian currently in any branch or component of the military.

Events are FREE, but we need to know you are coming so we will have enough materials for your child. RSVP by Sept. 15th.

FALL FRENZY September 21 10-2

Learn GPS mapping, sewing, cooking, archery just to name a few of the activities in store.

CLUBS

Dog
Goat
Honor Club
Horse
Livestock
Poultry

<u>PROJECTS</u>		<u>Fees</u>
Chick Chain	25	\$40/
	13	\$25
Grub Club (Cooking)		\$30
4-H Foodies (Cooking)		\$30
Country Ham		\$45
Digital Media		
Garden		\$25
GPS		
Hippology		
Horse Judging		
Outdoor Adventures		\$10
Pottery		\$40
Basic Sewing		\$40
Intermediate Sewing		\$40
Archery		\$35
Rifle		\$35

All events will be held at Rutherford County Extension /Lane Agri-Park
315 John R. Rice Blvd. Murfreesboro TN 37129 unless otherwise noted.
PH: 615-898-7710

Visit our website for more information <http://rutherford.tennessee.edu>
TO REGISTER FOR EVENTS AND CLASSES CALL 615-898-7710

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FALL LAWN CARE

Tips for Late Summer / Early Fall
Lawn & Gardens ~ by Mitchel Mote

For those of you with warm season turfgrass lawns such as bermudagrass, hold on just a bit longer, because your mowing days are numbered! As we move closer to the fall season, the shorter day length will reduce the shoot growth rate of warm season grasses and should equate to a reduced mowing frequency or at least a reduced sense of urgency to mow in order to avoid being smothered by rapidly growing bermudagrass stolons!

As for fall lawn care for warm season grasses, remember that UT Extension's recommended last fertilization date for warm season grasses is early September. Avoid making late nitrogen applications to warm season grasses so it won't be struggling to make new growth at the same time it should be transitioning into dormancy. Preemergent herbicide applications can be made now to prevent annual bluegrass populations as well as many winter annual broadleaf weed populations from popping up in your warm season turf. Preemergent herbicides require $\frac{1}{2}$ inch of rainfall or irrigation within 24-48 hours of application to be effective.

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Follow us on Twitter
@RutherfordCo4h



SCHOLARSHIP FUND RAISER!!!!

NATIONAL 4-H WEEK

October 6-12, 2013

Support Rutherford County 4-H Wing Eating Contest and Corn Hole Tournament

Celebrate with us!

October 6th 3:00PM

Kirkenburts Smokehouse Grill
517 Cason Lane, Murfreesboro

Wing Eating Contest: 2 divisions/Adult & Youth

1 wing = 1\$ Pledge

Sponsors can pledge any amount. Contestant coming closest to their pledge amount wins.

Corn-Hole Tournament

1 team / \$5.00 entry fee

Prize \$25.00

To enter contact Walter Dirl

wdirl@utk.edu or call 615-898-7710

Other Area Restaurants will be donating a portion of their proceeds to RC 4-H during the week.

Watch our website and next months newsletter for a list of participating restaurants.



YOUTH CANNING & FREEZING CLASS

Learn how to preserve food by water bath canning and freezing.

Take home what you make.



Open to students in grades 4-12

Saturday, October 26, 2013

10 am to 2:00 pm.

Cost: \$30. Limit 10.

Registration starts Wednesday,

October 2 from 7:30 am to 4:30 pm.

Contact Barbara Davenport

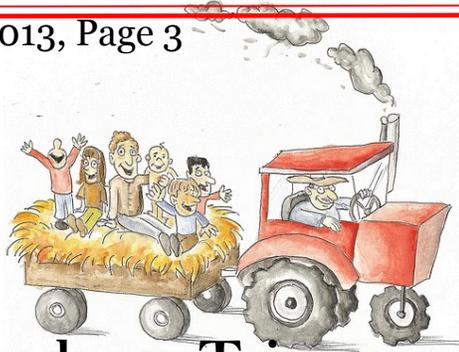
(bdavenp4@utk.edu) or 615-898-7710

for more information.

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2013 Beef Producer Trip



Please mark your calendar for the 2013 Beef Producer Trip to Missouri.

**This year's dates are
November 12-14th.**

Eldon Cole, University of Missouri Extension Livestock Specialist, will be our tour guide as we visit beef operations throughout the Mt. Vernon area of Missouri (outside Springfield). More details will come in late September.

If you are interested in obtaining trip details, please call the office (615 898-7710) and ask to be put on the notification list for the trip.

2014 Master Beef Producer Training



For those interested in Master Beef Producer Training, the 2014 Training will begin January 28th (Tuesday evenings) and run through March. Details will be forthcoming in December.

If you are not on our Beef mailing list—contact Rebekah Norman renorman@utk.edu so you won't be missing out on information to help you make your operations more profitable and effective.



Interested in volunteering in your community by helping others learn more about gardening? Want to learn more yourself? Just like to hang out with other gardeners and have lots of fun? Becoming a Master Gardener Volunteer and joining the Rutherford County Master Gardener Association may be what you've been looking for!

15 week certification class starts January 14th and will be on Tuesday mornings from 9am until noon. Classes will be held at the Community Center. Cost is \$135.00 per person. (If a couple take the class together and share materials, the cost for the second person is \$60.00.) 40 hours of volunteering within 12 months of completing the class is also needed to complete certification. Registration doesn't start until October 14th—but if you want to be on the mailing list to get class notifications, please contact mastergardeners.rc@gmail.com or call 898-7710 to be added to the mailing list or for more information about the program.



Brown Bag (Lunch & Learn)

11:30 am in Auditorium

Free! No registration

Sept. 26: Using Ground Covers

Do you have areas where the grass just won't grow? Need to stabilize a slope or are you just tired of mowing? Or just want an easy care landscape solution? Ground covers may be the answer!

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**Coming
Soon!!**

FARMERS MARKET EXTENDED SEASON STARTS NOVEMBER 3RD!

Beginning November 3rd thru December 22 the RCFM will be open on SUNDAY afternoons from 1 till 4PM.

As always our vendors will be selling *LOCALLY GROWN, SEASONAL* produce—but during extended season some of our growers also sell handmade crafts and items they make on during the off-season.

The atmosphere is a little different during the fall markets—we'll have music and fun things going on. Watch for announcements in future issues.

**Farmers Market
Classes
Every Tuesday
and Friday!**

FREE!!!

Market Classes are short, fun and always informative.

Join us at 9:00 in the Community Center classrooms for an informal, easy going class on a variety of topics.

- | | | |
|---------------|---|--|
| Sep-3 | Needle Felting | Eva Berg |
| | Eva will teach you the basics of felting while you make your own item to take home. | |
| Sep-6 | Roses for Middle TN | Larry & Pat Richardson, CMG |
| | Find out where to get the best roses for your garden and how to prepare them for fall & winter so they will be outstanding in the spring! | |
| Sep-10 | How to make a Grapevine Wreath | Linda Lindquist, CMG |
| | Seasonal wreaths can be expensive if you buy them ready made! Learn how to make your own wreaths using natural and purchased materials. | |
| Sep-13 | Cooking With Herbs | Anna Paddon / Sherril Vick, MG |
| | Learn how to use easily grown herbs to add flavor and texture to your cooking. Herb preservation will also be covered. | |
| Sep-17 | Fall Lawn Maintenance | Mitchell Mote, Ext. |
| | Get tips and advice on preparing your lawn in the fall for a beautiful display in the spring! | |
| Sep-20 | Bring in the Houseplant | Emily Arnold, CMG |
| | If you've been enjoying tropical & houseplants outdoors thru the summer, learn what to do to bring them indoors for the winter, or to overwinter them so they will re-grow in the spring. | |
| Sep-24 | Seasonal Eating Demonstration | Pat Whitaker, Ext. |
| | Learn to pick and prepare the freshest seasonal produce at the Market. Taste and take home recipes. | |
| Sep-27 | Fermenting Foods | Tony Johnston, MTSU |
| | Learn the basics of fermenting foods at home. Taste results, and take home recipes. | |

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

For more information on these events go to our website
<http://rutherford.tennessee.edu>
or call 615-898-7710



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Do you struggle with **money**?

Do you have concerns about your **health**?

Do you want a better life for your **family**?

FCS can help!

Family Consumer Sciences (FCS)

In 1911, when FCS began in Tennessee, it was established to help rural women gain practical skills to improve family living while their husbands learned new processes to increase agricultural production, efficiency and quality. Back then, what we had what was called “Home Demonstration” or in some areas - “Tomato Clubs”.

Today, families are much more diverse and often have multiple members working outside of the home. This has taken many families from work on the family farm to work in the corporate world. In these changing times FCS continues to offer families research-based solutions to empower them to improve their lives.

Families have to be much more savvy in the marketplace than they ever have had to be before. Much of what Family & Consumer Science Agents do today is directed at helping families navigate and identify credible information and provide them with quality educational programming directed to address today’s specific issues. The challenges today’s families face with the economy, education and health are addressed by applying current research with a relevant lens to offer solutions that strengthen families, the individual and the community.

Yes, we still teach people how to can tomatoes, as well other ways to safely preserve foods whether they grow their own or purchase them at the market. By staying relevant to today’s needs, **we are also teaching families skills in making better nutrition choices, parenting, home buying, managing credit, living with chronic illnesses, and so much more.**

Watch this newsletter or check out our website to find out about FCS programs being offered at Extension.

Rutherford County FC\$ Agents

Pat Whitaker

pwitak1@utk.edu

Misty Layne-Watkins

mlaynewa@utk.edu

615-898-7710



FAMILY & COMMUNITY EDUCATION (FCE)

FCE clubs are a network of local women of all ages who have come together to take a stand for their families by volunteering in their community, learning new things, meeting new friends and gaining skills to enhance their family and community. Call 898-7710 for more info.

Rutherford County fce clubs meet monthly:

Almaville—1st Wed. 9:30am

Locks Mem. United Methodist Church

Better Living—2nd Mon. 10am

St. Clair Senior Center

Blackman—4th Tues. 1pm

Blackman Community Center

Eagleville—2nd Tues. 10am

Eagleville Community Center

Northridge—2nd Wed. 10am

Lane Agri-Park

Rockvale—3rd Tues. 10am

Rockvale Community Center

Town & Country—3rd Thurs. 10am

Ditton Church of Christ

What you will find at fce:

Home & Family Education ~ Leadership Development ~ Creative Writing ~ ~ Health & Fitness ~ Community Service Projects ~ Laughter & Friendship!



What you need to know...NOW!
Friends to enjoy...FOREVER!

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Late Summer / Early Fall Lawn and Garden Tips

Mitchell Mote, Extension Agent
mmote1@utk.edu

Lawns - Continued from Page 2

If you want to negate the benefit of having a shorter mowing season thanks to warm season turf winter dormancy by planting ryegrass to insure green color throughout the winter (I still don't understand the compulsion to do this), now is a good time to do it. Get your ryegrass planted soon and you may never experience any brown in the lawn at all when the bermudagrass goes dormant. Of course you can't plant ryegrass and prevent winter annual weeds at the same time, so you may have to choose.

Cool season lawns are entering their busy season from a management standpoint. Now is the ideal time to establish new cool season turf from seed or overseed to thicken an existing stand. Most years, it's best to have cool season grass seed planted before September ends, but no later than early October. For overseeding, core aeration or dethatching before sowing grass seed will improve seed to soil contact and should improve germination. A slit seeder from a rental store is another good overseeding tool.

Fall fertilizations are critical for cool season turf performance. UT Extension's recommendation for fertilizing a high maintenance level cool season turf is to apply 75% of the year's N total in Sept., Oct., and Nov. Always follow soil test recommendations when available, but in the absence of a soil test, follow the examples found in UT Extension publication PB1038, Fertilization and Management of Home Lawns. Continue mowing as often as grass growth dictates.

If no overseeding is needed in cool season lawns, preemergent herbicides can also be applied to them now to help minimize annual bluegrass and winter annual broadleaf pressure. Don't forget the irrigation/rainfall requirement following application.

Vegetable Gardens

Many warm season vegetables are still producing and those who prepared for a fall garden have those to look forward to, but for those gardens (or sections within the garden) where production for the year is pretty well finished, think about sowing a green manure crop now to help build soil quality and possibly boost the garden's productive potential. Green manure crops are planted after garden production is over and allowed to grow throughout the fall, winter and early spring. They're then plowed into the garden 6 weeks or so before planting starts next year and contribute a significant amount of organic matter and nutrition to the garden soil. The following plants can be used as green manure crops. Consider planting one or a combination in your idle garden spot this fall. As they're all cool season crops, try to have them planted by early October.

Hairy vetch: $\frac{1}{2}$ - $\frac{3}{4}$ lb. /1000 sq.ft.

Crimson clover: $\frac{1}{2}$ lb. /1000 sq.ft.

Red clover (biennial): $\frac{1}{4}$ lb./1000 sq.ft

Ryegrass: $\frac{1}{2}$ lb. /1000 sq.ft.

Wheat: $1\frac{1}{4}$ lbs. /1000 sq.ft.

Oats: $1\frac{1}{4}$ lbs. /1000 sq.ft.
