

# Extension Impacts in Smith County

Check out the quarterly newsletter from UT Extension Smith County to see what our agents have been up to lately!

## 4-H Youth Development

by Katie Martin

### “When I Grow Up Wednesday” Video Series

With COVID-19 causing much of our 4-H programming to quickly go from in-person to online, it became necessary to find creative ways to engage youth while still teaching them skills that will be beneficial as they prepare for college or careers. I created a short weekly video series called “When I Grow Up Wednesday” that is based on exploring different careers. The series highlights a different job each week in order to show youth the wide variety of jobs that are out there and give them an opportunity to know what they should be doing now if they have a goal of pursuing a certain career path. Thus far, we have highlighted 13 different careers ranging from pharmacist to cosmetologist and everything in between. These videos have been seen by over 9,500 individuals, and we hope 4-H members are able to gain valuable insight about potential future career paths.



Abby Malone educates consumers about June Dairy Month at Carthage Sav-Way.

### Celebrating June Dairy Month

While we had to do things a bit differently this year, Smith County 4-H still wanted to find creative, socially-distanced ways to celebrate June Dairy Month. Abby Malone, our June Dairy Month Chairperson, was able to tour local, family-owned Tisdale Dairy Farm to learn a little bit more about how milk gets from the farm to the grocery store shelves. We created and posted videos to our social media showing followers how to make their own homemade butter and ice cream. Abby also set up a display table at the local grocery store and at the Smith County Fair to encourage consumers to make milk their beverage of choice!

### Virtual Baking Competition

Since our 4-H members missed out on our bread baking contest and the chance to enter baked goods into the fair, we decided to take cake and cupcake decorating virtual this year! 4-H'ers made and decorated cupcakes and cakes to be entered into a Facebook album where our followers could “like” photos to vote for their favorite entry. Our youth did an outstanding job showcasing their creativity and skills in the kitchen.



# Agriculture & Natural Resources

by Chris Hicks

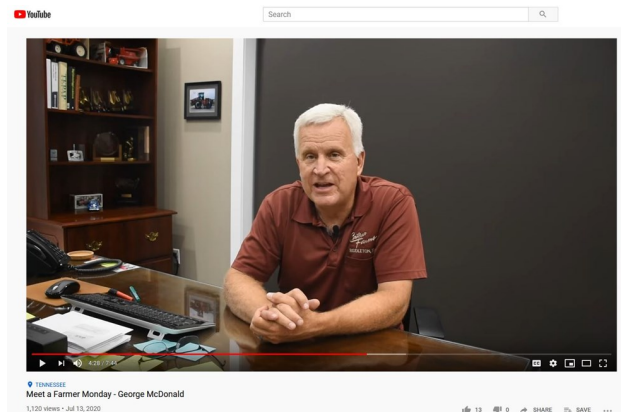


## Staying Social

While COVID-19 put a pause on group meetings, we continued to provide education to farmers and landowners through farm visits, emails, phone calls, radio & TV, news articles, online webinars, and social media. We filmed videos on topics such as weed control, fruit tree production, beekeeping, pasture management, and more. These videos and educational posts were viewed by over 32,000 people.

## Meet a Farmer Monday

In an effort to highlight the diversity of Smith County Agriculture, we introduced a 10-part series of videos called “Meet a Farmer Monday.” Each week we highlighted different aspects of agriculture in Smith County, allowing residents to meet the farmers who grow their food. These videos received over 17,000 views on Facebook and YouTube.



## Livestock & Forage Zooms

The use of online webinars allowed the Upper Cumberland Extension Team to bring in a variety of out-of-state speakers to educate Upper Cumberland livestock producers. Cattle marketing, weed control, and grazing management were some of the topics discussed by nationally-known presenters. An average of 95 farmers view these webinars live each month with many more viewing the recordings on social media.



## Lunch & Learn Goes Virtual

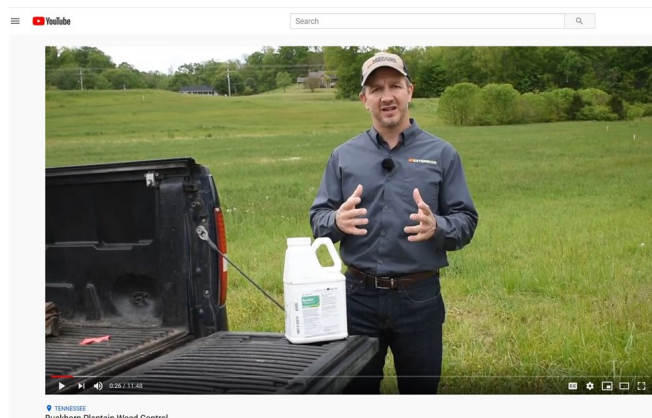
Our Home, Farm, & Garden Lunch & Learn series took on a new look this summer. Rather than canceling our planned face-to-face sessions, we instead held them via Zoom. An average of 40 attendees gathered on the 1<sup>st</sup> Wednesday of each month to hear UT Extension experts talk about subjects such as gardening, canning, and landscaping. All the sessions were recorded and posted on our YouTube page at [tiny.utk.edu/youtubesmith](https://tiny.utk.edu/youtubesmith) for later viewing.

## Coronavirus Food Assistance Program

Our local farmers were hit hard by the commodity markets in March, and shortly thereafter the USDA announced the Coronavirus Food Assistance Program (CFAP) to provide direct relief to producers who faced price declines and additional marketing costs due to COVID-19. Our office called 339 producers and sent emails to 162 others to make them aware of assistance through the CFAP. To date, 359 producers have taken advantage of the program and have received payments totaling \$986,000.

## Virtual Forage & Weed Control Field Day

We planted 10 different winter annuals last fall with the intention of having a grazing field day in the summer. While we were forced to cancel the field day, we did film several videos in the forage plot, along with an herbicide trial we began in the spring. Whereas we had hoped to have around 75 producers attend the field day, our forage plot video and our weed trial video were each seen by nearly 4,000 people on social media.



## Family & Consumer Sciences

by Mary Parker Draper

### Walk Across Tennessee 2020

UT Extension partnered with the Smith County Health Department to offer Walk Across Tennessee again in 2020. This eight-week journey began in April and persuaded citizens to make the most important change: to get started exercising. Twenty-three teams of eight members walked, biked, and swam, etc. "across Tennessee," a distance of over 500 miles. Christians in Action (CIA) The Sequel completed their journey with the most miles ... 3,549.67 to be exact! Participants expressed the results of lost weight and improved cholesterol, energy, and sleep. Visit <https://www.youtube.com/watch?v=Ak7kD50zXC&feature=youtu.be> to see how walking has benefited our 2020 Champions, CIA the Sequel.



2020 Walk Across Tennessee Champions: CIA The Sequel

### Agents Share Healthy Recipes with Local Families

In April, the FCS, Ag, and 4-H Agents worked together to make recipe cards with resources to go into all Smith County students' take-home sack meals. These recipes encouraged parents and children to make healthy meals and snacks as a family. Together agents reached approximately 3,600 families through three meals.

### May Marathon Month

In May, the Smith County FCS Agent partnered with Pickett, Robertson, and Wilson County FCS Agents to offer May Marathon Month for the first time. Participants signed up to complete a full or half marathon in the month of May. This was an individual challenge; however, participants were encouraged to reach out to a friend or family member for extra motivation during the challenge. Smith County had twelve residents complete this challenge. Of the twelve participants, eleven reached their goal of either completing a full or half marathon. One participant stated, "I got my family to walk with me during the marathon and got my cardio back on track."

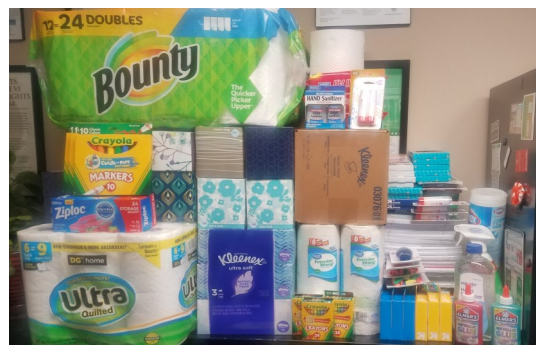


### Face Masks Made

Throughout April, May, and June, seventeen Smith County Family and Community Education (FCE) club members contributed their time and materials to make facemasks to donate to healthcare workers, individuals, and families in need. They made and delivered 1,283 facemasks. Using \$6 for the cost of purchasing similar masks, and with an approximate 579 hours of work at an estimated volunteer rate of \$25.43/hour, these seventeen members contributed an estimated \$22,421.97 to their communities as volunteers.

### School Supplies Donated

In August, Smith County FCE partnered with Smith County 4-H to collect over \$150.00 worth of back-to-school supplies for the Smith County School System. These supplies included items such as paper towels, disinfectant wipes, hand sanitizer, tissue paper, pencils, and crayons.



### Keep in Touch!

Find us on Facebook, Instagram, and YouTube, or call our office at 615-735-2900 to learn about upcoming events, resources, and more from UT Extension Smith County!



@UT Extension-Smith County



<https://tiny.utk.edu/youtubesmith>



@utextension\_smithcounty

### UT Extension Smith County

**Chris Hicks**, Agriculture & County Director

**Katie Martin**, 4-H Youth Development

**Mary Parker Draper**, Family & Consumer Sciences

**Rachel Petty**, Administrative Assistant

125 Gordonsville Highway, Suite 300

Carthage, TN 37030

