

February Highlights

UT & TSU Cheatham County
Extension
162 John Mayfield Drive
Suite 110
Ashland City, TN 37015
615-792-4420

<http://cheatham.tennessee.edu>
Facebook: Cheatham County—UT & TSU
Extension
Twitter: CheathamCoExt
Instagram: ut_tsu_cheatham_extension

rbarron@utk.edu
Ronnie Barron, Director, Extension Agent
sknaus@utk.edu
Sierra Knaus, Extension Agent
adodd2@utk.edu
Aneta Eichler, Extension Agent
tfalick@utk.edu
Tammi Fralick, Extension Agent
kshores@utk.edu
Kathryn Forewright, Administrative Assistant

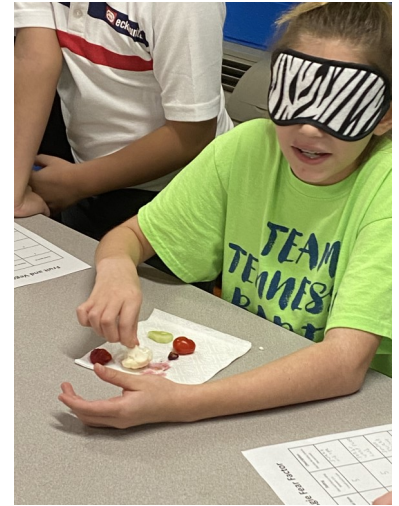
Agriculture

The TN-KY Tobacco Expo, held annually in Springfield, TN is a group educational effort by Extension Agents in Cheatham, Dickson, Montgomery, Robertson, Sumner, and Houston Counties. This year over 230 producers from around our region (including Southern KY) attended the trade show and educational programs. GAP (Good Agricultural Practices) training for tobacco farmers was conducted, as well as Private Pesticide Applicator Safety Training. Updates on tobacco pest control, sucker control, and new varieties were presented by University of Tennessee and University of Kentucky specialists. Dark and Burley Tobaccos continue to be a major agricultural commodities in our region and account for one half (\$8,000,000) of Cheatham County's annual farm income.



4-H Youth Development

Part of being a successful adult is learning how to be healthy, and teaching this during 4-H clubs made for a fun and yummy February. 4th graders learned about how to read labels, calories, and exercise. As a treat, they all had the opportunity to make a healthy version of pizza. Both 5th and 6th graders learned about the importance of incorporating fruits and vegetables into their diet and using the My Plate as a guideline for meal planning. To introduce new fruits and vegetables to 5th graders, we played “Fruit and Vegetable Fear Factor” with students and everyone got to have fruit at the end. They all tried cauliflower, cucumbers, cherries, raspberries, pear, plum, and cherry tomatoes. 6th graders learned how to properly use a knife to cut up fruit for a fruit parfait made of yogurt, honey, granola and fresh fruit. For many of these youth this was the first time they have ever held and used a knife properly.



Family & Consumer Sciences

February was all about becoming healthy! Family and Consumer Sciences Agent, Aneta Eichler, presented a variety of programs that encouraged our local families to become healthy in February.

- Learn, Grow, Eat and Go (4 weeks) – Ashland City Elementary – Mrs. McQueen – 54 students
- Dining with Diabetes (3 sessions) – Kingston Springs – Janet Walker – 6 participants
- Tai Chi for Arthritis (8 sessions) – Kingston Springs – Janet Walker – 8 participants
- Table for 2 (monthly session) – Nashville Community School – Elizabeth Sanders – 16 participants
- Walk Across TN began registration process

Do you know the difference between a lizard brain and a wizard brain? Our students who attended the Cheatham County Literacy Day can tell you. We had a grand time learning about our brains and how to connect our wizard brain through stopping and thinking before reacting.

