

Giles County Gazette

UT TSU Extension Bi-Monthly E-Newsletter



The Pasture Scoop!

Kevin Rose- Adult Agriculture

Harvest High Quality Hay

Hay harvesting season is almost here, and producers should strive to harvest hay for quality. Hay quality is usually measured by the amount and availability of nutrients contained in the hay.

As grasses and legumes advance from the vegetative to the reproductive (seed) stage, they become higher in fiber and lower in protein, digestibility and palatability. Forage quality deteriorates rapidly as the forage matures, even though yield continues to increase.

Within each forage species, the most important factor that affects hay quality and the one where the greatest improvements can be made is stage of maturity. Boot stage or early seed head emergence is considered the point where plant quality is usually the highest and the time when hay should be harvested. A forage test can determine the actual quality of a hay sample and will be beneficial in balancing rations when feeding cattle for the winter.

For more information go to the UT Beef and Forage Center web site at <https://utbeef.tennessee.edu/>



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

The Family Gossip!

Myra Walker- Family and Consumer Sciences

Do you or someone you love have concerns about falling? In older adults, sometimes balance becomes questionable and may limit activities. This summer, Extension will offer a program called, A MATTER OF BALANCE. It is designed to help manage falls, help implement a plan of action to manage falls, and increase abilities to continue with enjoyable activities. No one wants to be stuck at home because of a condition that is manageable. A Matter of Balance is an in-person class offered to anyone troubled about falls, improving balance, flexibility and strength, anyone that has fallen in the past, and/or anyone who has restricted activities because of falling concerns. During this program people will learn to view falls as controllable, set goals for increasing activities, make changes to reduce fall risks at home, and exercise to increase strength and balance. This 9-session class will be starting in June, every Tuesday and Thursday for 4 weeks. Each class will last about 2 hours. Registration will open mid-May and can be completed here:

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

Cost: FREE

For more information contact Myra Walker at mwalker7@utk.edu.



THE DIRT

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The Dirt!

Tina Murray- eNews Editor

Soil Sample Submission Tips

- Fill out submission sheet. Ensure contact name on sheet and sample boxes are the same. Ensure sample names on sheet and boxes match.
- If paying by check, make check payable to "University of Tennessee." If paying online, write online order number on sheet.
- Place box(s), check, and submission sheet in shipping box. Ensure submission sheet and check are easily found but not directly beneath the seams as we cut the shipping boxes open.
- Please pack soil boxes securely in a shipping box as to not rattle. Mailing envelopes and bags will crush sample boxes.
- Ship to:
 - Soil, Plant and Pest Center
 - 5201 Marchant Dr.
 - Nashville, TN 37211

People can find the media forms, instructions, and soil boxes in the foyer of the UT TSU Extension in Pulaski, as they come in the front door. If a soil sample probe is needed, those may be "checked-out" as well.

More information about soil can be found here:
<https://soillab.tennessee.edu/soil-fertility/>

Other helpful links:

Testing Guide for Lawns and Gardens-<https://soillab.tennessee.edu/wp-content/uploads/sites/129/2020/06/Soil-Testing-Guide-for-Lawns-and-Gardens-Flyer.pdf>

Soil Test Media Form- <https://soillab.tennessee.edu/wp-content/uploads/sites/129/2020/06/Lawn-and-garden-soil-sheet-2020.pdf>

Soil sample instructions from <https://soillab.tennessee.edu/shipping-soil-sample-helpful-hints/>

Tennessee Home Fruit and Vegetable Garden- W 436

<https://extension.tennessee.edu/publications/documents/w436.pdf>

Disease and Insect Control in Home Fruit Plantings-PB1622

<https://extension.tennessee.edu/publications/Documents/PB1622.pdf>



Helpful UT Gardening Publications

Site Selection and Soil Testing- W346-A

<https://extension.tennessee.edu/publications/Documents/W346-A.pdf>

Garden Planning, Plant Preparation and Planting- W346-B

<https://extension.tennessee.edu/publications/Documents/W346-B.pdf>

Managing Plant Nutrition- W346-C

<https://extension.tennessee.edu/publications/Documents/W346-C.pdf>

Plant Management Practices- W346-D

<https://extension.tennessee.edu/publications/Documents/W346-D.pdf>

Building and Using Raised Beds-W346-E

<https://extension.tennessee.edu/publications/Documents/W346-E.pdf>

Season Extension Methods- W346-F

<https://extension.tennessee.edu/publications/Documents/W346-F.pdf>

Stay tuned for more in the next issue of the Giles County Gazette.

“A weed is a plant that has mastered every survival skill except for learning how to grow in rows.”

~Doug Larson



Clover Beat!



Clover Bowl

Tina Murray- eNews Editor

Giles County has 11 teams registered to compete in this year's county level Clover Bowl! A record number of teams! Clover Bowl is a quiz bowl formatted contest that touches on the subjects of agriculture, science, life-skills, government, Tennessee, and 4-H. Each team consists of four team members that attend school in Giles County. Team members do not have to attend the same school to be on the same team but, they do need to be in the same grade. Clover Bowl is promoted in January during in-school club meetings at which time they participate in Clover Bowl Jeopardy. The deadline to register each year is early April. The 2022 Clover Bowl teams registered are:

- 3 Richland 4th grade teams
- 1 Elkton 4th grade team
- 3 Southside 4th grade teams
- 3 Southside 5th grade teams
- 1 Southside and Richland (mixed) 5th grade team

With the support of parents and teachers, students create or form their own teams and register online before the deadline. For more information contact Rob Augustin at raugusti@utk.edu or Chandra Nelms at cnelms4@utk.edu.

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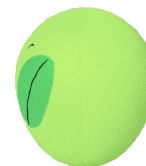
Chandra Nelms- 4-H Program Assistant

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Find us...@UTExtGiles



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.



Area 1

Tina Murray - eNews Editor

NO, not the area people secretly believe may or may not hide the ALIENS (Area 51)! I am speaking about the *Area 1 Demonstrations and Interactive Exhibits Contest* that is coming up on Thursday, May 12th, and will be held at UT Southern. What is Area 1 you say? Let me explain. UT Extension is divided into three regions, Western, Central, and Eastern. Giles County is within the Central Region which includes 32 counties that are divided into three areas called Area 1, 2, and 3. Area 1 is the multi-county level where Giles County 4-H'ers compete once they win a contest on the County level. Area 1 also includes Cannon, Cheatham, Davidson, Maury, Robertson, Rutherford, Sumner, Williamson, and Wilson Counties. If more information is needed, please contact Rob Augustin at raugusti@utk.edu or Chandra Nelms at cnelms4@utk.edu.

As a kid growing up in the “swamp of South Georgia,” in a small town called Douglas, Nettles says she first heard about 4-H through school. “The local [county] agent came around to my fifth grade class and asked if any of us would like to participate,” she says. “I was curious. And I’m so happy I was!” The country music superstar ended up having a 4-H “career” from fifth grade through college, and her first singing group was even her 4-H troupe, Clovers and Company.¹ (Jennifer Nettles, Sugarland)

1 Hochwald, Lambeth. “The Youth Organization That Keeps Churning out Trailblazers-It's Not the Girl Scouts.” Reader's Digest, Reader's Digest, 7 June 2021, <https://www.rd.com/list/4h-organization/>.