



## 2017 REPORT TO THE PEOPLE: SALUDA COUNTY

### Livestock & Forages in Saluda County

Clemson Extension continues to deliver programs on Livestock and Forage systems through the Saluda County Cattlemen's Association. This association is the largest and most active County Cattlemen's association in the state. Many educational opportunities are offered to people interested in beef cattle and forage production. The Saluda County Cattlemen's Association meets regularly, owns cattle working equipment, provides annual scholarships to college students majoring in agriculture, and conducts three annual cattle sales. Saluda County Replacement Heifer Sale: Saluda County Beef producers have an excellent reputation for producing high quality replacement heifers. We have been coordinating cooperative marketing efforts for 26 years through The Saluda County Replacement Heifer Sale. Preconditioned Steer Sales: Two Preconditioned Steer sales are also conducted cooperatively through the Clemson Extension Service in Saluda County. Steers are sorted and grouped into uniform loads and lots and are sold through the Saluda Livestock Market in August and November. These steers are weaned and preconditioned, and follow a strict vaccination protocol.



▲ Area Livestock and Forages Agent, Travis Mitchell, evaluating replacement heifers.



▲ Senior Team Winners are (L to R) Lindsey Scott, Laken Fulmer, Allie Trotter, Ginger Wertz. The Senior team will compete in the National Seafood Cook-off in Louisiana in August 2018.

### 4-H Wins Healthy Lifestyles Contest

The Saluda County 4-H Healthy Lifestyles Teams joined others at the state contest. Modeled after the Food Network's Iron Chef, the Saluda team of Laken Fulmer, Allie Trotter, Lindsey Scott, and Ginger Wertz was challenged to create a healthy chicken recipe. They researched nutritional information and serving costs, planned a menu, and prepared a fitness plan.

Once completed, the group gave a presentation to the judges. These youth won the senior division of the competition and will represent the state at the national contest in New Orleans during the Great American Seafood Contest.

**SC COOPERATIVE EXTENSION**  
*AT A GLANCE*



**AGENTS**  
133



**PROGRAMS**  
11,158



**CONTACTS**  
242,239



**YOUTH & FAMILIES  
REACHED**  
104,156



**AG ED**  
163



**AGRONOMIC**  
133



**LIVESTOCK  
& FORAGES**  
316



**HORTICULTURE**  
1,858



**4-H**  
4,278

**NUMBER OF  
PROGRAMS**



**76  
FORESTRY**



**FOOD  
SAFETY &  
NUTRITION**  
2,967



**WATER  
RESOURCES**  
1,174



**181  
AGRIBUSINESS**



▲ A Saluda County homemaker prepares a healthy meal for her family.

## EFNEP and Eating Smart Being Active

Clemson EFNEP is helping families be more aware of how important it is that their families should eat more fruits, vegetables, and make healthy food choices every day. Making home visits and working in groups is helping to improve their lives with lessons from “Eating Smart Being Active” curriculum. Families learn to eat from the “Choose My Plate” and the 2015 – 2020 Dietary Guidelines for Americans. All these lessons help families make better food choices. Purchasing healthy foods when shopping and preparing food more healthily reduces fat, sodium, and sugar from their diets. Being more active is important for families to participate in physical activities on a daily bases, in which this will help families be more healthy and will reduce health problems that may occur if they do not make changes.

Mary Ann Mobley works with mothers in their homes, one-on-one, preparing nutritious recipes that the family may not have tried before or takes an old recipe and modifies it to use healthier ingredients. For more information about the EFNEP Program, contact Mary Ann Mobley, Program Assistant, at the Clemson Cooperative Extension Service in Saluda County.



◀ 4-H Agriculture – Annually, the Saluda County 4-H program hosts a livestock show for goat, dairy, beef, poultry, and dog exhibitors. Youth from 12 counties participated. 21 Dairy Exhibitors – 39 head, 41 Goat Exhibitors – 86 head, 22 Beef Exhibitors – 39 head, 6 Dog Exhibitors – 6 dogs. This year, 32 flocks of Golden Comet pullets. Pictured is Allison Harman, Saluda County - Supreme Champion Beef.

<http://www.clemson.edu/saluda>