If you want to be part of the dairy industry in the future, a 4-H Dairy Heifer project would be perfect for you. You'll explore the technology related to the production, manufacturing and marketing of dairy products, and learn about scientific dairy research and related agribusinesses.

Outside of raising dairy cattle, even for a short period of time like many of York County 4-H'ers within the Dairy Heifer project, youth also participate within Dairy Judging. On Friday, March 4,th over 80 4-H and FFA members were gathered at the T. Ed Garrison Arena in Pendleton, SC for the 2016 State Dairy Judging Contest. The 4-H Dairy Judging contest is apart of the Agriculture and Animals Project area of 4-H.

Participating youth were asked to judge four classes of dairy cattle in each of the breeds represented at the Clemson University Spring Dairy Show (Jersey, Brown Swiss, Holstein, and Guernsey). Youth were required to evaluate and rank the animals in each class according to an ideal standard based on breed and type characteristics. Youth then had to defend their ranking in the form of an oral reasons presentation to an official judge.

The high scoring 4-H Senior team was the York County 4-H Dairy Club. Team members were students from Clover High School; Riley Moss from York, SC, Amarillo Nivens and Dallas Nivens both from Clover, SC. The high scoring individual 4-H Senior was Riley Moss. Amarillo Nivens placed 2nd and Dallas Nivens placed third individually. York County’s 4-H Dairy Club also placed 2nd and 3rd within the Junior Team competition. Madelyn Bolin, from Clover who is a student at Griggs Rd. Elementary School placed 3rd High Individual within the Junior Competition.

Blakelee Wisher, showing her dairy heifer
4-H Dairy Club Shines, Continued

Other York County 4-H Dairy Club members included:
- Drew Clinton student at Bethel Elementary from Clover, SC
- Maggie Deal student at Griggs Rd. Elementary from Clover, SC
- Gerin Knight student at Jefferson Elementary from York, SC
- Tucker Evans, student from Chester County
- Gabby Ferguson student at Larne Elementary from Clover, SC
- Trevor Nivens, student at Clover Middle School from Clover, SC
- Chloe Wray student at Griggs Rd. Elementary from Clover, SC
- Emma Culbertson student at Bethel Elementary from Clover, SC
- Logan Bolin student at Griggs Rd. Elementary School from Clover, SC
- Blakelee Wisher student at York Middle School from Hickory Grove, SC
- Elisabeth Lark student at Clover Middle School, from Clover, SC
- Katelyn McCarter, student at York Middle School, from York, SC

4-H is more than a love for animals. The SC 4-H youth program areas all have a common goal: to teach and equip youth with life skills they need to become successful and active citizens in their communities. Youth have the opportunity to choose the programs or projects that they are interested in or are passionate about. The 4-H slogan is “Learn by Doing”, and this learning process that allows for a greater positive impact.

The York County 4-H Dairy Club is coached by Mrs. Carrie Bolin and led by York County 4-H Agent, Faith Isreal. To learn more about York County 4-H to join or to become a volunteer, contact 4-H Youth Development Agent, Faith Isreal, fisreal@clemson.edu or 803-684-9919.

Keep in Touch with York County 4-H

To keep the public aware of what York County 4-H offers, a quarterly newsletter is written and emailed to over 300 readers as well as published on our website at www.clemson.edu/extension/county/york/programs/4h/.

Citizens local and afar can also keep up with us via the Facebook page at www.facebook.com/YorkSC4H. If you would like to be added to our York County 4-H listserv please feel free to e-mail the 4-H Youth Development Agent, Faith Isreal at fisreal@clemson.edu.
Horticulture agent Paul Thompson and volunteers from the York County Master Gardeners helped lead a tree planting effort with the city of Rock Hill. Master Gardener volunteers were trained as “Tree Captains” to lead small volunteer groups to plant trees on the day of the event in October. During the opening remarks, agent Thompson led a demonstration and conversation on proper tree selection and planting. A total of 25 volunteers spent the next two hours planting 18 large field-grown trees.

City arborist Matt Clinton contacted Extension in 2015 to seek our assistance for educating volunteers on proper tree planting as part of an application submitted for a TD Green Streets grant project. This project, sponsored by TD Bank supports innovative practices in community forestry. Through this grant program, municipalities are eligible to receive one of ten $20,000 grants in support of local forestry projects in low-to moderate-income neighborhoods.

The Laurelwood Reforestation Project’s goal was to replant a new generation of trees that will double the current tree canopy at maturity (from 25% to 50%). Laurelwood is a historic cemetery established in 1872 as the first municipal cemetery of Rock Hill. It contains more than 11,414 marked grave sites and includes large majestic trees, many of which have deteriorated over time. Active burial use in the cemetery is dwindling and plans are in place for Laurelwood’s secondary use as a passive park.

The project’s first priority was to conduct a thorough inventory and assessment of trees on the 20.5-acre site, with the assistance of student volunteers from Spartanburg Community College. Through this assessment, high-risk diseased, decayed, and dying trees were identified for removal and an interactive GIS map is being developed to allow the tree inventory to be tracked and maintained by city staff as well as accessed by the general public for educational and recreational purposes.

Over 10,000 local residents and visitors had the unique opportunity to see first hand where their food comes from while enjoying the works of local artisans during the South Carolina Ag + Art Tour came to York County on June 11 and 12, 2016. The tour included 18 agriculture sites throughout York County. 8 other counties participated in the tour throughout the month of June making it the largest free farm tour in the nation. In addition, the tour featured artisans at every stop who provided demonstrations while exhibiting and selling their work.

The Tour, directed by Ben Boyles, Agribusiness Agent, has created a new agritourism community in the region, bringing together stakeholders from farm, tourism, economic development, and arts backgrounds just to name a few. The 2017 Tour will expand to include 13 counties. For more information about the tour please visit our website: www.AgandArtTour.com
York Seniors Learn It’s Important... And Easy...to Consume More Vegetables and Fruits

Nutrition and diet play a vital role in health, disease prevention and management, and quality of life. Most people have heard about the importance of too much fat, sodium, sugar and total calories in the diet. But just as important are the foods and subsequent nutrients the body needs to thrive and of which many individuals need more. Most people’s diets are low in fiber, vitamins and minerals, phytochemicals / anti-oxidants, and water.

The State Indicator Report on Fruits and Vegetables, 2013 (a Centers for Disease Control [CDC] document) showed median intake of fruits and vegetables (times per day) for adults in South Carolina at 1.0 for fruits and 1.5 for vegetables. Additionally, the percentage who reported consuming fruits and vegetables less than one-time daily were fruits at 44.4% and vegetables at 27.3%.

The York County Council on Aging serves many seniors. Congregate meal sites in the county provide daily lunch and educational activities for participants. The Clemson University Food Safety and Nutrition Agent has been asked to provide nutrition education for participants at a site and pertinent monthly nutrition programs have been taught over time.

Since many Americans have voiced frustration about the foods they have been told to consume less, the Agent decided to teach classes emphasizing the foods to increase. The primary objectives were 1) to educate participants on the importance of vegetable and fruit consumption, and 2) demonstrate how to increase vegetables and fruits in commonly prepared dishes and recipes. Classes are monthly, one hour in length, and a typical recipe is demonstrated in each class.

Classes included Broccoli Cornbread, Holiday Green Peas and Potatoes, Potatoes Are Healthy - Potato Salad, Apple Cranberry Sauce, Black Bean Salsa, and Spaghetti All in One Dish. Increasing the amount of vegetables and /or fruits in the dishes they are already in, or creatively adding vegetables and fruits to recipes was the premise for teaching these classes. Since spaghetti is an old favorite, it was used as a springboard to inspire creativity for other favorites.

The Agent demonstrated the “Spaghetti All in One Dish” recipe for the group. This recipe was based on one previously used in 4-H, and being kid-friendly, had few ingredients. To reach the objective of inciting creativity, three 'non-typical' spaghetti ingredients were added - shredded carrots, yellow bell pepper, and fresh baby spinach. The participants were asked to share with the group other, non-typical ingredients. Other commonly prepared recipes and dishes were discussed and participants considered ways they could add more vegetables to these dishes.

Participants were given the opportunity to taste the dish, given copies of the recipe, and encouraged to try different ingredients. The Spaghetti All in One Dish class was one in the series taught at the congregate meal site with approximately 29-31 seniors participating each month. Written evaluations and verbal feedback have been very favorable, with many stating they would work to increase vegetables and fruits in their recipes and dishes at home.

“Spaghetti All in One Dish”
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Catawba Fresh Market brings local food from computer to table . . .

York County residents have a new way to purchase locally grown food – on-line! The Catawba Fresh Market is like having a 24-hour farmers market in your computer. Once orders are placed online, local growers process them, and then they are delivered to a pick-up site within the Catawba region. York County residents can pick-up their orders at over 7 pick-up sites throughout the county. The goal of the program is to provide the best local produce in a convenient and sustainable manner while promoting the success and future of our local agriculture.

The market is made possible through a partnership between Clemson Extension, the Catawba Farm and Food Coalition and Eat Smart Move More. Currently, the site has 32 active farmers selling items such as meat, eggs, produce, breads and other value-added products. To become a customer (or vendor) visit our website: www.catawbafreshmarket.com. For more information contact Ben Boyles at boyles2@clemson.edu or 803-981-3021.