

2017 REPORT TO THE PEOPLE: YORK COUNTY

Seniors Learn About Healthy Can Foods

In 2017 Carolina Community Actions (CCA) received funds to provide groceries to eligible seniors who participated in nutrition training. CCA has partnered successfully with Clemson Extension in the past. Two classes were conducted with 64 seniors. Participants were educated on increasing fruits and vegetables in their daily diets, with emphasis on how canned fruits and vegetables count toward the daily needs. Seniors are often challenged with how to get the recommended servings of fruits and vegetables in their daily diets. Canned foods are economical and have a long shelf-life - important for seniors who are on a fixed income and prepare meals for one or two people. Objectives were to teach participants how diet effects health and quality of life and specifically how regularly consuming fruits and vegetables improves health. Seniors learned what foods to keep on hand and recipes for how to use these ingredients were discussed. Participants were given the opportunity to taste the Black and White Bean Salad. Each participant received several simple and budget-friendly recipes.



▲ Clemson Extension Agent, Paul Thompson, points to several structural issues on a young tree.



▲ Black and White Bean Salad

Teaching Pruning Basics

Urban Horticulture Agents Paul Thompson served as an instructor of one of the breakout session to cover pruning basics. The event was sponsored by the newly formed SC Green Industry Association and was hosted by Rolling Hills Nursery in Rock Hill, SC. It was attended by 28 commercial landscapers from around the state. In the pruning basics session, attendees learned how to target prune for plant health as well as identify structural issues in young trees to take corrective measures early on and avoid major expensive pruning needs later in the trees life. Identifying and correcting the structural issues of young trees in landscapes are not often part of commercial landscaping services. Homeowners are unaware of the issues when trees are small and do not call in an arborist to look at their trees until they are large and a potential threat to the home if they were to fail. Landscapers who have the ability to recognize and take care of these problems can increase the services that they offer and save their clients later costly pruning needs. The session was very interactive and the attendees left with a better understanding about tree structure and proper pruning practices.

SC COOPERATIVE EXTENSION
AT A GLANCE



AGENTS
133



PROGRAMS
11,158



CONTACTS
242,239



YOUTH & FAMILIES
REACHED
104,156

AG ED
163

AGRONOMIC
133

76
FORESTRY

FOOD
SAFETY &
NUTRITION
2,967

NUMBER OF
PROGRAMS

LIVESTOCK
& FORAGES
316

HORTICULTURE
1,858

4-H
4,278

WATER
RESOURCES
1,174

181
AGRIBUSINESS



▲ 4 H member Catherine Faulkner center with the Keith family

Mark Keith Scholarship Winner

The York County Fall Livestock show was held Labor Day weekend in Chester, SC where 4-H'ers, FFA members, and Junior Breed Association youth could meet to showcase their skills and their project animals. New this year at the show was the award for the Mark Keith Memorial Scholarship.

This scholarship is available for York County active 4-H Seniors or FFA members that exhibit a dairy heifer at the York County Fall Livestock show and will also be attending a 2-4 year college.

Along with an essay and interview, applicants are judged on their showmanship skills on show day. Mark Keith was instrumental as a member of the York County Fall Livestock Committee, to help ensure that youth in York County were given an opportunity to show their prized animals and showmanship skills within the county when the county fair was no longer an option.

In his honor, this scholarship provides \$1,000 to help toward college expenses for youth. Catherine Faulkner, a student at Clover High School was the 2017 recipient of the Mark Keith Memorial Scholarship and looks forward to one day furthering her education at Clemson University.



▲ The new Catawba Fresh Market (an online farmers market) van ready to deliver fresh vegetables, fruits and food directly to you.

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