



CLEMSON EXTENSION

E-Mail Newsletter

OCTOBER 14, 2009

CHESTER COUNTY CLEMSON EXTENSION SERVICE



Important Dates:

Oct 15: 4-H Café Kids Club

Oct 17: 4-H Day at the State Fair in Columbia, SC (**5 free entry bracelets – call now!**)

Oct 20, 21, 22, 24: Make A Difference Day Project – donations still being accepted

Oct 23: 4-H Pullet Show, Union County Fair

Oct 23: Recipes due to office

Nov 7: 4-H Poultry Sale

Nov 14: Midlands Horse Bowl & Hippology Workshop

Chester County Clemson Extension Service

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Farmer's Market Volunteers

The Farmer's Market is in need of volunteers – the Market is now accepting EBT cards and we need to get the word out. If you can post or hand out flyers, let us know. The Market will be open during Hillarity and promises to have some fun things going on for the whole family. If you are interested, please contact Robin Currence at rccrnc@clermson.edu or 803-209-0538.

Recipes Needed

The CU Collegiate 4-H Club is putting together a **SC 4-H Cookbook** as a fundraiser for their service project this year. They are including 48 sections in the book – one section for each county, one for the CU Collegiate 4-H Club and one for CU Administration. Chester County Extension Service would also like to use those recipes submitted for the Farm City Celebration cookbook. Please submit all recipes by October 23 to Robin Currence at rccrnc@clermson.edu or bring by the office at 109 Ella Street, Chester.



4-H Poultry Sale

Mark Nov. 7 on the calendar if you want to buy some of the best hens around! Fresh eggs every day! Hens raised by 4-H members will be sold in pens of 5 at auction at 10 a.m. at the Farmer's Market. Golden Comets, Black Sex Link, and Buff Orpington all available. You must register prior to 10 a.m. as a buyer, and must bring your own cage. All proceeds go back into the project for the next year.

Nutri-Tips

Myth: Sugar intake causes diabetes. Individuals who have diabetes do need to monitor their sugar and carbohydrate (and overall calorie) intake to manage their blood sugar levels. If you do not have diabetes, eating sugar will not cause you to develop diabetes. Lifestyle-related risk factors for Type 2 diabetes include being overweight, and inactive lifestyle, and a diet high in calories. ~Angela Forbes, angela@clermson.edu

Gardening Tip:

Now and next month are excellent times to plant trees during the cooler temperatures of fall. In warmer areas, planting can continue into December. Trees planted in the fall can establish before warm summer temperatures draw moisture from roots to stress the trees.

~Month-by-Month Gardening in the Carolinas by Bob Polomski



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