



Summer is in full swing, and our extension office is thrilled to offer an array of exciting opportunities for Lauderdale County. Our 4-H programming is in full swing, providing engaging activities and learning experiences for youth. Whether it's exploring agriculture, science, or leadership, there's something for everyone. Additionally, our Ag and Natural Resources agent is here to support you with resources and guidance, ensuring your summer crops thrive under the sun. From workshops to hands-on learning, we're committed to fostering growth and education throughout the season. Join us in embracing the vibrant opportunities this season brings! Stay up-to-date with all we have to offer by liking us on Facebook!

Katrina McCaffie May 1999/2000



Jacob Kitchens shines bright at MSU's STEAM Day. STEAM Day is an event organized by the Mississippi 4-H Youth Development program that focuses on introducing youth to Science, Technology, Engineering, Arts, and Mathematics (STEAM) through hands-on activities and workshops. He placed 1st in STEAM art, 1st in Stop Motion, and 3rd in "Lights, Camera, Science!"



July 17- 10:30 am - Kids in Kitchen

July 18-19-State Shooting Sports

July 24-11:00 am-Plant a Pot

July 29-10:00 am-Canning Workshop

July 29-5:30 pm-Horse Club

Aug.7-11:00 am-Master Gardeners

Aug. 12-5:30 pm-Horse Club

Sept. 4-11:00 am-Master Gardeners

Sept. 9-5:30 pm-Horse Club

Sept. 15-18-Farmtastic

In this quarter's newsletter, you'll find timely tips on dealing with seasonal challenges like ticks, highlights of exciting 4-H activities, a special spotlight on one of our outstanding members, delicious seasonal recipes, and much more.

Whether you're working in the garden, tending to livestock, or cheering on our youth in their 4-H adventures, there's something in this newsletter for everyone. We're proud to serve our community and hope you enjoy the resources and updates inside. Stay cool, stay safe, and stay connected!

Mississippi State University Extension will provide reasonable accommodations to persons with disabilities or special needs. Please contact our office (601-482-9764, bar159@msstate.edu) prior to a program or event to request reasonable accommodation. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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EXTENSION**



DISTRICT SHOOTING SPORTS

Lauderdale County was represented across 3 disciplines at the District Shooting Sports event. Pictured (L-R): Brandon Prather (archery), Daniel Newell (.22 rifle), John Clayton Kitchens (muzzleloader), Jacob Kitchens (muzzleloader).



CLUB CONGRESS 2025

This year's 4-H Club Congress was an extraordinary experience for our senior 4-Hers, bringing together young leaders from across the state. The event was a fantastic opportunity for them to forge new friendships, broaden their horizons, and dive into a variety of activities tailored to their interests. We are immensely proud of our members for their enthusiastic participation and the outstanding way they represented our club.

Pictured (L-R): Alivia Mahan, Elizabeth Simpson, Samuel Davidson, John Clayton Kitchens, Audrey Thompson, Josie Thompson, & Joy Kitchens

4-H SUMMER DAYS

This year's Summer Days events have been a delightful blend of education, creativity, and fun! Attendees enjoyed Dairy Day, where they participated in a recipe competition and learned about the dairy industry. Chocolate lovers found their sweet spot at the Dubai Chocolate Cooking Workshop, crafting delectable treats with flair. Art Adventure Day ignited the creative spirits of participants as they painted masterpieces, made bracelets, and designed personalized canvas bags. A peaceful day of fishing at Bonita Lake added to the variety, offering a serene escape in nature. With so many enriching activities, this summer has been a season of learning and laughter for everyone involved!



Sweet Category: Paisley Main, Breann Newell, Selah Smith, Lydia Rutledge, and Sadie Main.
Savory Category: Chandler Rutledge & Daniel Newell (Not pictured)



For more information about upcoming dates or events, please contact our office.

Lauderdale County Agriculture & Natural Resources

Lauderdale County Extension offers a variety of resources to support agriculture and natural resources in our community.

Whether you need:

- Your pond tested for lime or fertilization recommendations
- Help interpreting a soil sample
- Assistance identifying plants or weeds in your yard
- Answers to why your plants might be dying
- Livestock advice
- Or anything in between

We're here to help!

Give us a call at (601) 482-9764 and ask for ANR Agent Meribeth Boland



Gulf Coast Tick (Photo copyright 2010 by Jerome Goddard, Ph.D.)

Species Spotlight: Ticks

By Ms. Anne Louise Phillips
MSU Extension Service

As warmer weather lures us outside for yardwork, hiking, and family picnics, it's important to stay alert for ticks.

One of Mississippi's most common ticks is the Lone Star tick, *Amblyomma americanum*. Though small in size, this tick can cause big problems!

The Lone Star tick is named for the distinct silvery-white spot on the back of the adult female. Males show scattered white markings along the edges of the body.

These ticks live in wooded, brushy areas and are especially active from early spring through fall.

Another common tick is the Gulf Coast Tick. The Gulf Coast tick occurs statewide and is most common from late spring through fall, especially in July and August.

Their bites are notorious—so severe they can cause “gotch ear,” a permanent deformity on grazing livestock's ears.

Gulf Coast ticks also transmit *Rickettsia parkeri*, which can lead to a milder form of Rocky Mountain spotted fever and localized skin death (necrosis) at the bite site.

Here are some good ways to avoid ticks:

Stick to the center of trails and avoid tall grasses and dense brush. Wear light-colored, long-sleeved shirts and pants. Tuck pants into socks.

Use tick repellents.

Perform a full-body tick check, especially behind the knees, around the waist, and in the scalp.

Shower soon after being outdoors to wash off unattached ticks. Toss outdoor clothes in the dryer on high heat for 10–15 minutes to kill ticks.

Questions about avian influenza?

Call your local MSU Extension agent, the MSU Extension poultry specialist at (662) 325-3416, or the Mississippi Board of Animal Health at (601) 359-1170.

Scan for information on infected flocks by county:



Scan for information on how to protect your flock:





Did you know that berries are among the healthiest foods you can eat? Summer is the height of berry season, and no berries say summer like strawberries and blueberries!

In fact, July is National Blueberry Month.

Berries contain high amounts of antioxidants, such as anthocyanins, which may help reduce the risk of chronic diseases. In addition, they contain dietary fiber and vitamins A and C.

Check out the amount of fiber in 1 cup of:

- **raspberries:** 8.4 grams
- **blackberries:** 8 grams
- **strawberries:** 3.4 grams
- **blueberries:** 4 grams

Fiber-rich foods help you feel full, which makes it easier to eat less and lower your daily calorie intake. Research shows that berries also contain anti-inflammatory properties, can help lower cholesterol levels, may provide protection against certain types of cancer, and support healthy skin.

Whether fresh, frozen, or picked right from your berry bush or at a local farm, berries can be enjoyed in countless ways—from fresh snacking to baking and as quick additions to various dishes. Sprinkle berries over cereal, add them to yogurt or cottage cheese, use them in salads, bake with them, or make a popsicle for a delicious, cool summer treat.

Try these two recipes to add more berries into your summer menu.

5 Ingredient Blueberry Muffin

Ingredients:

- 1 banana, mashed
- 1 cup cooked quinoa
- ¼ cup vanilla Greek yogurt
- ¼ cup almond butter
- 1 cup fresh blueberries

Directions:



Wash your hands with soap and water.

1. Wash produce under cool running water
2. Preheat oven to 375 °F.
3. Spray 6 muffin cups with cooking spray.
4. In a large bowl, stir together banana, quinoa, yogurt, and almond butter until blended. Fold in blueberries.
5. Spoon batter into prepared muffin cups. Bake for 20–25 minutes or until the muffins are golden brown and set in the center.
6. Let the muffins cool completely, enjoy!

Note: This recipe is from the U.S. Highbush Blueberry Council.

For additional tips and registered dietitian-approved recipes, join our [MSU Extension Nutrition and Wellness Facebook group](#).

By [Ms. Qula Madkin](#), MSU Extension Service