

EXTENDING KNOWLEDGE

Changing Lives

IN ADAIR COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



FARM & FAMILY LEGACY PLANNING

Regardless of net worth, estate planning is important to protect and help ensure your personal and financial goals are realized after death. Typically, the goal of many farm families is to successfully transfer a viable farm business to a second or possibly third generation.

The Adair County Cooperative Extension Service offered a Farm & Family Legacy Planning Series. Emphasis was on the estate planning and farm transition process. Topics included steps to develop an estate plan, establish goals for an estate plan, specific estate planning, the probate process, insurance, funeral planning and gift, family communication, and estate tax laws.

Thirty-five individuals participated. Participants completed a follow-up survey and 100% indicated they had increased their ability to manage/address current estate planning issues. Additionally, 94% planned to create at least one specific estate planning goal, implement at least one strategy in regard to estate planning, as well as plan to take action toward implementing at least one estate planning strategy as a result of participating in the program.

Priority Program Efforts

- 60 people are now involved in addressing significant community issues
- 5 youth made an impact in their community through service projects
- 290 local residents implemented practices that promote sustainable agriculture
- 385 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 140 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1,500 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- 375 youth and adults demonstrated informed and effective decision-making skills
- 445 individuals incorporated new or additional conservation practices.

COOPERATIVE EFFORT TO HELP GROWERS MEET SWEET CORN DEMAND



Sweet Corn Planter purchased via cooperative efforts of Extension and local agriculture businesses.

Adair County fresh sweet corn is a crowd favorite at the Farmers Market. However, supply has not been able to meet demand in recent years. Current growers have cited the cost of necessary equipment as being their biggest challenge to increasing production. The Adair County Cooperative Extension Service partnered with the Adair County Farm Bureau Federation and Janes Fertilizer, a local agribusiness, to purchase a modified John Deere corn planter for use by local sweet corn growers.

In 2016, nine growers used the planter to increase sweet corn production by 13 acres in Adair County. One of those growers was John Luke Partin, a 15-year old student looking to add to his college savings. From growing just one acre, John yielded a net profit of \$3,000. "I'm planning to increase my crop acreage next year and grow other crops as well." Grandfather Terry Partin stated, "I do not know of anything else John Luke could have done this summer to have made the money he did."

This winter, the planter will undergo updates to make it capable of no-till production, further reducing producers cost of production and increase net income.

MASTER CATTLEMEN

In Adair County, cattle make up the largest sector of the agriculture industry. Ranking 13th in the state, Adair County is the home of 42,000 cows and calves according to 2016 national Ag statistics. In 2016, the Adair Green and Taylor County Cooperative Extension Service collaborated to host the Master Cattlemen program, an intense 10-session course that includes 40 hours of instruction on all aspects of cattle production.

A total of 34 farmers participated with 14 of them being from Adair County. Survey results indicated that participants adopted a total of 25 practices as a result of knowledge gained from the program. Some examples included 25% of the participants converted from a year-round calving season to a defined calving season and 37% adopted rotational grazing. When asked what acres of their farm they had made improvements, 87% cited nutrition, 93% cited reproduction, and 87% cited health.



2016 Master Cattlemen's program graduates receive their signs as participant in the program.

"The Master Cattlemen program was a good investment of my time. I gained some useful information that will help me shorten my calving season."

- Mark Baker

MIGRANT YOUTH SUMMER CAMP

Adair County 4-H program hosted a 4-day Migrant Youth Summer Camp at the Adair County Extension Office. The camp was a collaborative effort with the Adair County School System, Adair County Extension Service, and Central Region Migrant Program Coordinator. There were 22 youth and six volunteers who participated in the camp.

Youth participated in SET (Science, Engineering and Technology) programs as part of the camp. Youth learned how to construct and program robots using Lego Mindstorm robotic kits.

Activities from the Junk Drawer Robotics curriculum were used to teach participants to use the processes and approaches of science; the planning and conceptual design of engineering, and the application of technology in their personal portfolios of skills and abilities. Participants also used Rockets to the Rescue curriculum to design and build rockets and learn about rocketry and aeronautics principles.

Many of these youth do not have the chance or take the chance to pursue higher education. To encourage them to seek higher education opportunities, participants took tours of Lindsey Wilson College and Campbellsville University. Just by chance, on one of the days, the participants met and spoke with UK President Eli Capilouto. President Capilouto had stopped by the Adair County Extension Office while attending another meeting in Lindsey Wilson College in Columbia. Dr. Capilouto took time to talk with the youth and engage in conversations encouraging them to pursue higher education.

The youth were surveyed and 95% of them said they were more interested in looking at continuing their education. Of the youth surveyed, 95% stated that they had learned two new skills that would help them in school next year. One youth stated that it was great to get the chance to meet President Capilouto and even took “selfie” photos with him. She stated that all participants really appreciated him taking the time to talk with them and to

listen to what they had been doing during the camp.



UK President, Eli Capilouto, meets and talks with youth who participated in the Migrant Youth Summer Camp held at the Adair County Extension Office.

ADAIR COUNTY CULINARY CHALLENGE

Adair County youth participated in the 4-H Culinary Challenge program, which is similar to the popular TV show “Chopped.” The focus was on KY Proud products, USDA My Plate standards and proper nutrition. Youth learned knife skills, portion sizes, and newfound creativity with different food choices.



Team members of the Adair County Culinary team conduct a demonstration at the Kentucky State Fair.

SUPER STAR CHEF DAY CAMP

With the growing number of families eating on the run, instead of cooking at home, many young adults don't learn needed basic cooking skills. Approximately 4 out of 5 children also do not consume the recommended fruits and vegetables each day.

In an effort to encourage more youth to get into the kitchen and improve their diets, the Adair County Family & Consumer Sciences Agent and the University of Kentucky Nutrition Education Program teamed up to offer a 3-day Super Star Chef day camp. Eighteen children, ranging from ages 9-17 attended this 3-day, 5-hour per day, camp.

Youth were taught basic cooking skills such as food and equipment safety, knife safety, safe food handling, proper cutting techniques, reading a recipe, how to measure properly and basic nutrition. In the process they used basic learning skills such as math, science and reading. Participants learned to make a variety of recipes such as fresh salsa, muffins and hash brown casserole. This was a hands-on program. A pre-test and post-test were administered to the children during the program. As a direct result of the program, several of the children went home that evening and prepared one of the recipes. One parent commented through social media, "He really enjoyed the classes! Thanks so much for providing the kids with a fun learning experience! Looking forward to you having more."



Super Star Chef participants display their certificates earned from learning basic cooking skills.

COOKING WITH HERBS

Three Master Gardener interns stepped up in their community by presenting an educational program on growing and cooking with herbs.

The growing and cooking with herbs program was presented to 14 gardener enthusiasts. The Master Gardener interns presented information on how to cultivate culinary herbs in the garden, how to utilize different herbs in numerous cooking dishes, and how to store and dry herbs for winter use. All of the participants noted they gained new knowledge from the information presented in the program.

One low-income participant in the class stated that she was going to start an herb container garden using the herb that she won as a door prize.



Master Gardener, Betty Knifley, demonstrates proper method of chopping herbs.



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