

# EXTENDING KNOWLEDGE *Changing Lives*

## IN BARREN COUNTY

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



## Priority Program Efforts

- A total of **335** people are now involved in addressing significant community issues
- **331** local residents implemented practices that promote sustainable agriculture
- **2,270** producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **5,398** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **112** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **560** youth and adults demonstrated informed and effective decision-making skills
- **1200** individuals incorporated new or additional conservation practices.
- **11000** citizens were reached through the Supplemental Nutrition Assistance Program (SNAP-Ed), implemented July 2015





## BARREN COUNTY AG FESTIVAL

The 3rd annual Barren County Agriculture Festival—Farm to Fork was held on June 20, 2015 with a total attendance of just over 1,700 people. The multiple purpose of this event is to:

1. Allow the non-agriculture community to connect with farms and farmers showcasing that food comes from hard working farm families
2. Recognize members of the agriculture community for their accomplishments in a venue that includes the entire community not just agriculture producers peers.
3. Showcase locally grown commodities and how these commodities can be turned into nutritious and delicious food the table. Local “celebrities” included the Mayor and County Judge Executive presented live cooking demonstrations which featured products purchased at the local farmers market.
4. Raise funds for the Glasgow-Barren County Chamber of Commerce for the promotion and development of the agriculture industry. Profits from the event increased over 40% from 2014 for Chamber of Commerce promotion and development.

## BARREN COUNTY MASTER GARDENERS

During the Ag Festival, Barren County master gardeners showcased four educational displays on how to take a soil sample, attracting hummingbirds and butterflies, how to construct an inexpensive do-it-yourself grow light system, and a hands-on children activity to create an eggshell chia pet.



- An estimated 650 homeowners, senior citizens, gardeners, special needs children, and family members were contacted by the Barren County extension master gardeners “Ask a Master Gardener” booth.

*“One benefit is acquiring hours to keep my certification, but more valuable is being involved in something I enjoy with other people who also enjoy it and making friends with the new class of master gardeners, as well as reconnecting with others. I LOVED seeing the smiles on the children’s faces when they had completed their project.”*

**—Master Gardener Ag Festival  
Committee Member**

## GARDENER’S TOOLBOX CLASS: HOW TO START SPRING VEGETABLE SEEDLINGS

An educational class entitled “How to Start Spring Vegetable Seedlings” showed participants how to successfully produce spring vegetable seedlings to transplant later in the home vegetable garden. Research based information was presented on using certified seed, suggested containers, soil media mixes, steps for starting vegetable seeds, and planting dates by utilizing the Home Vegetable Gardening in Kentucky, ID-128. A model for how to build a do-it-yourself grow light system was available to give participants an idea on how to supply enough light required by germinating seedlings.

- 17 horticulture enthusiasts consisting of home gardeners, certified master gardeners, and commercial producers attended the seed starting class. At the end of the class, a post-evaluation survey was distributed to participants to measure their results. 100% of participants gained knowledge and skills from the information presented in the seed starting class.

*“ My husband and I went to Lowe's and bought a 5-tier wire shelf, two fluorescent light fixtures, Jiffy mix and peat pots! We told everyone what a great class you taught and what we are getting ready to do. ”*

**—2015 Gardener’s Toolbox Class Participant**

## HOME-BASED MICROPROCESSOR PROGRAM HELPS LOCAL PRODUCERS OFFER VALUE-ADDED PRODUCTS

The Home-based Microprocessor program allows producers to add value to their fruit and vegetable produce, thereby increasing on-farm income. A by product of this program is that producers also learn general food safety practices that are passed on to the consumer in a safe, nutritionally sound product.

- 42 producers participated in the program, with 100% of participants receiving adequate scores on the two exams, necessary to receive a certificate
- Following the program, participants were surveyed via handouts to evaluate the effectiveness of the program. 93% of participants indicated the HBM program provided them the information they needed to provide a safe, home processed product for consumer purchase.
- Two local producers expanded their operation to include a commercial kitchen. One received a commercial license and is selling products to the local hospital and school food service programs. Another producer contracted the use of a commercial kitchen and has applied for the commercial license.

### 100 MILE POTLUCK

*To create awareness and showcase locally grown and produced food products, the Barren County 100 Mile Potluck was held on August 1, 2015. The evening's program highlighted locally grown foods and products grown within 100 miles of Barren County. Participants sampled several potluck dishes, enjoyed live entertainment, toured extension master gardener raised bed gardens, and fellowshiped with other participants. Taster's Choice awards were given to individuals in each food category based on participant votes. The diverse audience of eighty participants included a wide range of age, ethnicity, gender and physical ability. Evaluations indicated successful increase of consumer spending and consumption of local products. Additional health benefits include, improved nutritional content of prepared dishes based on the inclusion of local products and increased family time.*



### FARMERS MARKET FINDS — A LOCAL CULINARY EXPERIENCE

Farmers Market Finds, a new program was implemented to increase consumer awareness of local producers and enhance overall fruit/vegetable consumption patterns. Through this weekly, lunch and learn formatted program, participants were introduced to at least three Plate it up! Kentucky Proud recipes. Menus were prepared based on seasonal availability and participants were encouraged to prepare the demonstrated recipes using produce grown themselves or purchased at the local farmers markets.

- 100% of participants reported that they will buy the produce and prepare the recipe at home, demonstrated in the program
- 67% reported that receiving the recipe card influenced their home preparation decision and 90% of participants indicated that the recipe cards will help them evaluate their nutritional needs.

*" I thought I had a pretty varied diet, but today I have tried two things that I had never eaten before and one thing that I had never even heard of - it proves you're never too old to learn! "*

*—Farmers Market Finds Participant*

## HOLIDAY FUN DAY

*The Barren County Holiday Fun Day was implemented at the Extension Office for children from low to middle income families not receiving benefits from any charitable organizations were identified. The youth were invited to spend the day with the Extension Staff and volunteers creating expressive arts, preparing and eating nutritious snacks, engaging in physical activity, all capped off with a visit by Santa Claus.*

*Participants learned benefits and gained skills of eating and preparing well-balanced meals and snacks, developed an awareness of environmental stewardship, and enriched their skills by recycling and creating arts to use in holiday and home decorating to save money for the family. Volunteers, both adults and teens, benefited from this positive experience.*



### BETTY BARRICK—A FRIEND OF EXTENSION

Betty Barrick, a long-time Barren County Extension Homemaker, was recognized in 2015 by the Kentucky Extension Association of Family and Consumer Sciences as a Friend of Extension. For more than 50 years, Betty has served the Barren County, Mammoth Cave Area and Kentucky Cooperative Extension Service Program. She has served in every position on the County Extension Council and every position on the County Extension Homemaker Council. On the area level, she has served as Vice President and President of the Mammoth Cave Area Extension Homemaker Council and as a representative to the Area Extension Council. She has also served as the Area and District representative to the State Extension

Council and has served two terms as a member of the Family and Consumer Sciences Advisory Council. Congratulations Betty – A true friend of Extension!

*“The 4-H leadership activities were the beginning of the person I am becoming. Not only has it developed skills like public speaking, organization and time management. It has helped me to jump into situations out of my comfort zone. By becoming involved in leadership activities in 4-H it has opened doors in other areas. “*

*—Barren County 4-H Teen Leader*



### 4-H TEACHING BASIC LIFESKILLS

The Barren County 4-H Youth Development Program provided 5483 youth with educational programming concentrating on the core curriculum areas of agriculture, family and consumer sciences, communication, leadership, natural resources, health, science, engineering and technology. Programs are delivered in a variety of methods through 4-H Clubs, Special Interest, School Enrichment, After-school programs, Overnight and Day Camps for youth between the ages of 9 and 19 (under the age of 9 are Cloverbuds) Programs are developed and conducted in collaboration with the needs of teachers, administrators, 4-H Council Membership, collaborating agencies and community needs.

The 4-H program utilizes the leadership skills of adults and teens to conduct club meetings, programs, activities and events. In 2014-2015, 415 adult and 95 teens served as Barren County 4-H volunteers in leadership roles.

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SERVICE

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