

EXTENDING KNOWLEDGE

Changing Lives

IN BOONE 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 FRENZY

Because of the many Boone County residents with a suburban or urban upbringing, many in Boone County have had little experience with farming and have little knowledge of how plants and animals are an integral part of the food they consume. To raise awareness of the relationship between farming, foods and fiber, every other year, the Boone County Extension Service presents Farm Frenzy: An Experience in Agriculture, to Boone County Elementary School students in grades 2 and 3. Farm Frenzy is also open to the public on two evenings, where community residents also learn about agriculture.



Students learn how today's farms and farmers help put food on our tables from local producers and Extension professionals.

need to eat fruits and vegetables. A hayride thru the Farmers Market rounds out the program.

In follow-up interviews, many school teachers have stated that this is their favorite field trip of the year. This year's Farm Frenzy attendance was 1,726 with 62 classrooms of students from across Boone County attending.

Farm Frenzy participants visit ten educational stations on various agricultural subjects. They learn that chickens come from eggs, see how a cow is milked, learn about the uses of corn and soybeans, see sheep shorn, learn about horses, visit a pizza garden, learn about a beef cow and calf, see a modern tractor and hay baler, and hear how they

Priority Program Efforts

- A total of **129** people are now involved in addressing significant community issues
- **109** youth made an impact in their community through service projects
- **380** local residents implemented practices that promote sustainable agriculture
- **520** producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **1,875** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **732** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **928** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **877** youth and adults demonstrated informed and effective decision-making skills
- **72** individuals incorporated new or additional conservation practices.

HORTICULTURE

About 8,500 individuals participated in Boone County Extension horticulture programs, arboretum activities and community events. Extension workshops helped over 200 individuals get or keep a job, and most adopted recommended practices to reduce debt and increase savings. Horticultural jobs skills trainings led to new or continued employment and recertification for 350 Commercial Pesticide Applicators and 120 ISA Certified Arborists. Classes on “Property Enhancement through Landscape Beautification” led to over 300 individuals crediting the workshops for increased real estate values in their neighborhoods.



Outdoor gardening can be a highly rewarding experience that is good for your health, your food budget and your environment.

crops, organic gardening, rain gardens, mulching, and recycling.

Kentucky’s obesity and health-related issues were addressed by providing classes on outdoor gardening and composting, giving residents the capacity to successfully grow and eat more fresh produce, helping them discover the outdoors through nature walks, and by providing workshops on proper planting, pruning, fertilizing, mowing, and other exercise-related outdoor activities to enhance and prolong good health.

Our volunteer training programs led to a total of over 18,000 hours donated to local tree planting and other community beautification and service projects, worth a total of over \$430,000 in volunteer services. Based on follow-up surveys and client estimates, participants put a total value of \$1,443,000 on the overall personal savings and gains resulting from the Boone County Extension horticulture trainings, classes and workshops.

BOONE COUNTY FARM TOUR

Boone County agriculture committees continue to promote Boone County agriculture and agritourism. For the 5th year, a committee of farm related agencies has coordinated the Boone County Farm Tour. This group consisted of the Boone County Cooperative Extension Service, Boone County Conservation District, Boone County Fiscal Court, USDA Farm Service Agency and Boone County Farm Bureau.

The Boone County “Rural Treasures” Farm Tour is a one day, self-guided tour of 13 agricultural operations in the county. At each stop, the farmers designed and presented an educational program about their farm. The Boone County Farmers Market and the Boone County Extension Service was the headquarters location.

Many types of media, traditional and social, were utilized to inform as many people as possible about the tour, which resulted in a yearly average of over 4,000 visits to farms by our local residents.

Follow-up surveys and Facebook posts revealed that more residents see that farms are interesting and important to Boone County. Some of the comments were: “Boone County farms are very diverse and produce much more than we had thought.” “Can’t wait until next year!”

“We had an amazing time picking strawberries today. The farmer was so nice to my kids and me. He showed us around the farm, which was beautiful. We will definitely be back again.”

- Farm Tour participant

SPRING ENVIRONMENTAL CAMPS

Camps were very successful in both content and weather cooperation! We had very little cold and rain for our 1,220 4th graders from 16 elementary schools who participated in April and May. The camp program is a hands-on experience where students rotate through pond ecology, forestry identification, decomposition, and wildlife ecology classes. For many of our students in this growing area, the trip to the Boone County Environmental and Nature Center is their first experience really delving into the natural world and exploring firsthand the richness of our surrounding environment.

NUTRITION EDUCATION

Obesity is a concern in communities all across the Commonwealth. According to the Alliance for a Healthier Generation more than 1 in 3 children in Kentucky is overweight or obese. Studies show that overweight kids are likely to become overweight or obese adults. There are a lot of reasons for obesity: bad eating habits, poor nutrition and low or no physical activity. This trifecta puts our community's children at risk for serious health issues that start when they are young. Parents have increasingly relied on schools to teach concepts and skills once taught within the family.

For children and adolescents, the Center for Disease Control recommends that schools can make a difference by building a strong foundation and taking action. The Cooperative Extension Service in Boone County, in cooperation with the Boone County school system, partnered with several schools to offer nutrition education to preschool, kindergarten, 1st and 3rd grade students. Four-hundred and seven students participated in the program this school year.

Over a course of six hours of nutrition instruction, students were presented with information on My Plate, food safety, handwashing and physical activity. The goal of the program was to introduce students to new foods, be able to recognize which foods belonged in the correct food groups, increase physical activity, and become aware of the importance of hand washing as a way to decrease the spread of germs.

At the conclusion of the program a written evaluation was conducted with the students and teachers. Fifty-five percent stated they always wash their hands before making something to eat, 67% do physical activities every day and 59% eat fruit every day.

“Everything was developmentally appropriate and the students retained the information.”

“Even the teachers learned more healthy ideas.”

- Program participant

4-H SCHOOL CLUBS

The Boone County Cooperative Extension Service offers our 4-H School Club Program to all 4th, 5th, and 6th grade classrooms in the county. All of the lessons in the program are based on Kentucky Core Standards and are intended to reinforce what is already being taught. 4th grade curriculum is science, 5th grade is social studies, and 6th grade is science, all of which matches state testing needs. The approximate 5,000 students in the 210 School Clubs also gives us increased exposure to promote other 4-H opportunities to all students. Each student receives our monthly newsletter and is encouraged to enroll as a 4-H member and take part in our various clubs, project classes, and activities. This also serves as an introduction to The Kentucky 4-H Program and The Kentucky Cooperative Extension Service and what we have to offer.

BOONE COUNTY FARMERS MARKET

Many local residents have expressed their desire to purchase food that was locally grown. The Boone County Farmers Market provides that service. Everything sold at the market is grown in Boone and nearby counties. The market continues to be one of the largest farmers market in Kentucky.

For the 5th year in a row, the Boone County Farmers Market received an award and was voted the “Best Farmers Market” in Northern Kentucky by attendees of the Best of Northern Kentucky Event, sponsored by Northern Kentucky Chamber of Commerce and Northern Kentucky Magazine.



Fresh, high-quality fruit and vegetables are what make the Farmers Market a huge success.

The Boone County Extension Service continues to provide the market with many educational programs and events. WIC is accepted by most market vendors.

80 YEARS OF DEDICATION AND VOLUNTEERISM!

Boone County Extension Homemakers hosted their 80th Annual Meeting at the Boone County Extension Enrichment Center. Awards were presented and special years of service were recognized as well as Alice Perott's 100th birthday



Age is only a number, 100 years young Mrs. Alice is an active member who attends monthly meetings and wins Culture Arts contests for her crochet skill items.

celebration! Judge Moore's office presented a proclamation to the organization. A bench was dedicated on behalf of Carol Walton in honor of her service with Boone County Extension Homemakers. If you would like to learn more or to get involved with the organization or to form a club, please call our office at 586-6101.

The mission is to improve the quality of life for families and communities through leadership development and education in cooperation with the Kentucky Cooperative Extension Service. Look for opportunities for service, education, collaboration and scholarship.

EMPLOYMENT 101

To help teenagers realize that the job hunting process requires preparation and dedication, the Boone County Cooperative Extension Service provided Employment 101 to 295 8th grade students in two of our middle schools. Students learned how to fill out a job application, create a resume, and how to prepare for and conduct themselves during a job interview. The program concluded with each student going through a short mock job interview to allow them to see firsthand what the interview process is about and also to allow them to get some of the nerves out of the way before actually having their first job interview.

FAMILY AND CONSUMER SCIENTISTS IMPROVE LIVES

From July 2015 to June 2016 more than 120 educational programs have focused on family relationships, improved health habits, and improved home environments.

More than 60 adults learned about radon, its effect on health, and where to obtain a free radon test kit and how to use it. Only 14% of the participants had tested their homes for radon in the past 2 years. As a result of the program more than 85% planned to test or retest their homes.

Many sessions were offered on healthy food preparation and lifestyle habits. More than 50 adults attended a program on ancient grains. Several changed their grain purchasing habits as a result of the program and more than three-fourths made at least one recipe using a grain discussed during the session. More than 35 adult English as a Second Language students have participated in hands-on cooking classes to develop their skills and learn about American culture.

Another educational series helped adults plan for the future as family communication, financial considerations, funeral options, wills, and important documents were discussed. As a result of the programs, more than half (56%) have considered their funeral options and wishes and almost one-third updated or had a will made.



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