Changing Lives

IN Bourbon COUNTY

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

Farmers Market, Snap-Ed and Plate it Up KY Proud

Whether it’s spring, summer, fall or winter, you can Plate It Up Kentucky Proud with delicious recipes that put a new twist on your favorite Kentucky Proud foods! Plate it Up Kentucky Proud is a partnership project between the University of Kentucky Cooperative Extension Service, Kentucky Department of Agriculture and the University of Kentucky School of Human Environmental Sciences. This project provides healthy, great tasting recipes using Kentucky Proud products for the people of Kentucky. In Bourbon County during the commodity growing season we focus on recipes that feature our local products. Each week at the Farmers Market throughout the growing season we feature one recipe from the Plate it Up series based on what is available at the market. The farmers like this because people “try it and then buy it”. We also reach out to our WIC families and share recipes with them. Our Snap-Ed assistant is available with materials and suggestions. This is a win –win for both of us! Family and Consumer Sciences programming is shared with this audience and people are attracted to the Farmers Market’s produce in a new way!

Priority Program Efforts

- A total of _____people are now involved in addressing significant community issues
- ______youth made an impact in their community through service projects
- _____local residents implemented practices that promote sustainable agriculture
- _____Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- _____youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- _____citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of_____ individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of ______youth and adults demonstrated informed and effective decision-making skills
- _____individuals incorporated new or additional conservation practices.
Food Safety and Preservation

The Family and Consumer Science program in Bourbon County strives to meet the needs of families through social, psychological, health and wellness. Over the last six years techniques for food safety have been a priority and topics have been included with each food, nutrition and food preservation program. Each year we reach out to the children in the community with a food safety exhibit at the countywide Safety Day (this includes 220-300 students). Over hundred workshops, seminars and boot camps have included multiple food safety components as part of the program. The FCS agent and the Snap-Ed program assistant work to reach out to teach food preservation by teaching seminars are workshops about canning, freezing and drying to the Bourbon County community.

By means of formal and informal evaluations we have shown that food safety issues are now more recognized and practiced in the community. Proper methods of food preservation have also been taught repeatedly and have shown a large increase over 40% of attendees that are now using these methods with the home preservation.

This organization is over 75 years old and has helped many people in these past years. In the past year we have started a new club, made up of younger women, many of whom have small children.

Homemakers are proud to see this tradition carry with new clubs on even in slightly different ways. Clubs have been set up to learn baking, sewing and quilting. Leadership is taught at all levels and many of our members have gone on to serve in the Area and State.

This past year they participated in many activities within the county and the state. Homemakers lead the Recipe for Life program with all the 5th graders in the all schools in the county. They lead and participate in the County Fair. They put on yearly programs for Holiday Foods, County Annual meetings, and teach many craft and heritage skills. They participate in community activities such as the Backpack program, Scholarships for local students, Relay for Life, giving glasses to Lions club, food for food basket and many more.

Homemakers

We have the best ambassadors for the Bourbon County Family and Consumer Sciences program with our Extension Homemakers. Each month they participate in lessons to help improve the lives of their families and the community. This past years lesson included: Souper Quick, Seeds, Keep it Sweet, Mind and Body Connection, Nourish Your Brain, Disaster Training, How to tell your Life Story and Beef 101. These lessons are then shared with their peers and taught to others in the community, allowing this educational information to spread out around Bourbon County and beyond.
HORTICULTURE – RAY TACKETT

Here at the Bourbon County Extension Service we are always looking for ways to expand our educational reach into local communities. We also try to increase community awareness of our total office programs wherever possible. During spring 2014 the first annual “Spring into Spring” program was organized and carried out to accomplish both of the goals mentioned above. The horticulture program along with all the other programs (Agriculture, Family/Consumer Sciences, and 4-H/Youth Development) in the office worked together to organize this event. Over 225 local adults and youth attended this program. Over 1000 packs of vegetable and flower seeds were handed out with information on how to grow each plant group. Several species of tree seedlings were given out with over 400 trees distributed in total. More than 500 pages of growing information were also handed out. In addition to this program, more than 300 additional residents took part in numerous home lawn and garden themed educational programs and demonstrations.

The Bourbon County Master Gardeners continue to do great volunteer work in Bourbon County. This past year the local Master Gardeners group volunteered more than 120 hours towards conducting outreach activities. The Master Gardeners organized multiple classroom style education programs on various educational topics. They also organized and presented hands-on demonstrations in cooperation with the Wallis Arboretum. During three community information and seed give-a-way events the Master Gardeners made contact with over 500 local residents. They gave out over 2000 pieces of horticulture information, held question and answer sessions, and handed out over 2000 packs of vegetable and flower seeds.

The Bourbon Extension Service again included several programs for commercial producers this past year. Efforts included individual field consultations, demonstrations, and educational programs. Over 20 local commercial fruit and vegetable producers have worked with the Bourbon Horticulture program directly. During this work over 70 diseases were identified and control recommendations made. Over 100 insect related pests were identified and control recommendations given. As a result of marketing advice at least 5 producers have reported making changing to the way that they sell their crops. Other producers have reported that they have begun selling new crops. A new program, Fertigation and Irrigation of Container Plants, was added this year targeting those who grow ornamentals in pots. Another demonstration targeting commercial apple growers who grow their own tree stock was also added. This demonstration tested the viability of reducing the time that it takes for apple trees to go from container to orchard planting.

Local residents attend Beekeeping meeting

Trees being grown in containers at a local farm.

4-H – Lois Carter

Livestock and Show and Sale

Our 4-H Livestock continue to be one of most successful 4-H Projects in our community. Around 65 young people exhibited approximately 250 beef, sheep, goats, and swine all over the state of Kentucky. Many placed at the top of their class. At the 2014 State Fair, Bourbon County was fortunate to have the exhibitor of the Reserve Champion Market Goat which sold in the Sale of Champions along with the winner of the Commissioners Trophy for outstanding showmanship skills in Sheep. For livestock,
the culminating event for many of these youth is the annual 4-H and FFA Show and Sale. The 2014 Bourbon County 4-H and FFA Livestock Show and Sale was a huge success. This was the 24th year for this event. 2014 tied with 2013 for the largest number of animals in the history of the sale. 54 youth offered 54 market animals - steers, goats, sheep and hogs - for sale as completion of their 2014 livestock exhibition season. The total sale proceeds exceeded last years sale with a sale total of over $75,000. This event is strongly community supported with over 300 people in attendance. Over 20 volunteers donated more than 15 hours of time to make the 2014 sale a success.

4-H Camp

According to the American Camping Association, a quality camp experience provides our children with the opportunity to learn powerful lessons in community, character-building, skill development, and healthy living — a meaningful, engaged, and participatory environment. Bourbon County 4-H Camp program strives to provide the Bourbon County 4-H Campers with just this type of experience by promoting, facilitating, finding scholarship sponsors, recruiting and training over 25 volunteers and organizing the four day, 3 night residential camp. 4-H Camp is a favorite event for many 4-H’er in Bourbon County. Summer 2014 4-H Camp was a great experience. On July 7-10, Monday – Thursday, 120 campers, teens and adult volunteers attended Summer 4-H Camp at North Central 4-H Center in Carlisle, Ky. This provided the opportunity for 120 campers and counselors to build upon their life skills in the areas or responsibility for self, team work, living in a group environment, not to mention learning new skills in some of the 22 classes offered. Camper surveys showed that 85% of the campers felt more competent in caring for themselves, 50% learned a new skill and 75% tried something they had never tried before.

CLOVERBUDS

Cloverbuds, youth ages 5-8, is in its 3rd year in Bourbon County. This program was marketed only through the 4-H Newsletter and social medial, Facebook in 2012 and was promoted with flyers sent home to each 5-8 year old in schools in 2013 and 2014. The response has been overwhelming. Parents decided the club should be an exploration of 4-H projects and the youth studied cooking, entomology, horticulture, agriculture, art and livestock. In June, 16 Cloverbuds and three adults attended Cloverbud Camp. Promotion in all schools in fall of 2014 leaves us with approximately 60 young people enrolled. Five new volunteers have been identified with one of those leading an on-site afterschool Cloverbud group at a community school and the other four leading the afterschool group and evening groups at the Extension Office.

AGRICULTURE AND NATURAL RESOURCES

MASTER STOCKER

Beef cattle producers learned about stocker cattle management, nutrition and marketing through eight sessions of the Master Stocker program via Lync programming by UK Extension Specialists. Eight producers completed the program during the spring of 2013. As a result of information learned producers have purchased or plan to purchase stocker or receiving cattle to diversify their operations. Producers began restructuring their operations to adjust for stocker cattle. One producer has purchased cattle and is managing risk as a result of information learned during the Risk Management session. This producer plans to stockpile fescue, apply for cost-share funds to create better handling facilities and implemented a water quality plan as a result.
AGRICULTURE AND NATURAL RESOURCES

COST SHARE PROGRAM

The Bourbon County Extension Office acts as the facilitator for the Bourbon County Agriculture Development Council and Bourbon County Fiscal Court by administering KADF Phase I Cost-Share funds. Cost-Share is administered in Bourbon County on a 50/50 basis with $2,500 per producer. Required educational training is provided by the Bourbon County ANR agent as needed. In 2013, $307,226 was available to the county. There were 200 applicants for cost-share and 124 were accepted to receive funds. Producers have been assisted by gaining the ability to purchase equipment, build permanent structures and improve genetics on their operations. Producers are able to manage their operations more efficiently with increased returns as a result of the phase I program. Requirements of this program promote continued education. Completed projects have allowed producers to be more efficient and increase profit on their operations. Requiring educational activities has encouraged producers to utilize the extension services as well as seek other educational opportunities.

FARM AND FIELD TOUR

Producers from Bourbon County attended the first Bourbon County Farm and Field Tour. Participants met at the Bourbon County Fairgrounds where they signed in, gathered and were briefed on the route they would be taking on the tour. Participants toured Oakland Farm where they learned about current beef cattle markets, marketing strategies and tobacco production in central Kentucky. On this tour stop, producers also learned how each partner in this operation uses the extension office and available services including soil testing, Master Cattleman Programs and troubleshooting by University specialists. Participants then toured a large Thoroughbred horse farm in Bourbon County where they learned about day to day operations and management on the farm. All attendees responded that the 2014 Bourbon County Farm Tour was educational and they would recommend the tour to others in the future. Participants were surveyed to determine future tour stops and responded that they would like to see grain, agriculture tourism, beef cattle, commercial horticulture, and equine farms and facilities in the future.

The Bourbon County Cooperative Extension Service continues its mission to bring research-based information from both land grant institutions (University of Kentucky & Kentucky State University) to local individuals and families. As we reflect on the past year, it is apparent that Cooperative Extension continues to make strides in serving a diverse group of clientele. Although we continue to meet the needs of rural populations, we are also hosting numerous programs that serve those living in more urbanized areas. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development.

We hope that you will take time to review the programs highlighted in this report and we look forward to seeing you at one of our programs soon!