Bullitt County Extension staff, serving Bullitt County with a smile.

Honoring our Heroes

Fort Knox Army Reservation is home to the Wounded Warrior Battalion. Additionally, Ireland Army Hospital provides physical and mental treatment to active military service personnel. Research literature is laden with references of gardening assisting in therapy, whether mental or physical. After working with the soldiers for 18 months and being inspired by the results, Darold Akridge, ANR Agent requested approval to establish a similar garden on the Extension property. Extension Council and Board gave unanimous approval with the suggestion to dedicate the garden to all of our heroes—military and first responders. Coordinating with the Horticulture Program, the garden will be started in the fall and our local heroes can request garden space beginning in 2015.

“I had never raised a garden before this. It is really nice to have my own garden.” This garden participant said with a huge grin on his face.

Priority Program Efforts

A total of 315 people are now involved in addressing significant community issues

797 youth made an impact in their community through service projects

38 local residents implemented practices that promote sustainable agriculture

46 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations

1584 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

1197 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 947 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 2343 youth and adults demonstrated informed and effective decision-making skills

57 individuals incorporated new or additional conservation practices.
Homemakers
Plate It Up for the Holidays

Plate-It Up! Kentucky Proud is a joint program between the Cooperative Extension Service, School of Human Environmental Sciences and the Kentucky Department of Agriculture. This multifaceted program targets consumers to buy local and increase their fruit and vegetable consumption with the goal of creating a healthier lifestyle and reducing incidents of people being overweight and obese. The Bullitt and Jefferson County Extension Agents for Family and Consumer Science offered a food demonstration and recipe program during the activities of Louisville Area Homemaker Week in October 2013. With 29 Homemakers in attendance, they sampled 7 Plate-It Up recipes. During the sampling, over 7 individuals shared with the group that they would have never eaten or prepared the Cabbage Noodle Casserole, but after this program, they were planning to make and serve it. Immediately following the 3 hour food demonstration and sampling program, 85% indicated they planned to try the fruit or vegetable in the recipes. In a 6 month follow-up, 71% reported they purchased the fruit or vegetable featured on the recipe cards and 54% reported preparing the recipe. In summary, many individuals increased their selection of foods that use fruits and vegetables due to this program.

“That was very well done. I enjoyed all the instructions and samples. Thanks for encouraging us to try some different dishes!”
- Bullitt County Homemaker

Increasing Profitability

Bullitt county cattle producers strive to increase profitability of their operations. The ANR agent presented educational topics on pastures, nutrition, genetics and visited farms to observe firsthand the different facilities.

The Farm Bill was discussed by Adam Haggard, of the Farm Service Agency, and farmers were able to understand how the bill’s passage affected them today and in the future. With so much urban development in Bullitt County and national regulation by EPA, farmers have to be aware of how their business impacts water quality. NRCS representatives raised issues and offered ideas for solutions before pollution became an on-farm problem. Producers continue their diversification from tobacco. Realizing pollinators continue to be adversely affected, a class was offered on bee keeping. One farmer in west Bullitt County has increased his hives by collecting five swarms of bees. Many producers often have areas that are too small for a larger tractor and equipment. The Ag Council purchased a sprayer and a seeder/fertilizer for use with an ATV. Many small producers already own a four wheel vehicle for pleasure and now can rent the smaller equipment for spraying, planting and fertilizing these areas. This practice will also increase habitat for wild life.
Eating the “MY PLATE” Way

The Bullitt County Family & Consumer Sciences program partnered with the School Board in two 21st Century Grants for a total of $300,000.00. As a three year grant, programming for the 1st year focused on improving the knowledge and understanding of basic nutrition in youth and adults. Through 6 nightly educational programs with parents and their children, the Expanded Food and Nutrition Education Program (EFNEP) curriculum was taught by the EFNEP Assistant and the Extension Agent for Family and Consumer Science to over 50 individuals. The EFNEP Program Assistant also taught 2nd and 3rd graders the basics of nutrition and food safety during the school day. A pre and post test of 356 youth participants was conducted at the Crossroads Elementary School. The pre-test showed a lack of knowledge of the basic food groups and food safety. The post evaluation showed 88% of the children improved their abilities to choose foods according to My Plate; 79% of the children improved 2 or more knowledge and skills necessary to choose foods consistent with My Plate and 47% of the youth improved their knowledge and abilities to use safe food handling practices. This first year has set a “nutrition” foundation to build upon for a Healthy Lifestyle during the next two years.

4-H Community Service

Through its pledge of “hands to larger service,” 4-H has historically given back to the community by encouraging young people and adults to volunteer. In 4-H, service is commonly defined as the voluntary action of an individual or a group of individuals without pay. Service to the community – through food drives, teens teaching younger youth, or youth determining community needs and helping solve community problems – enables young people to learn caring, leadership and citizenship. 4-H and youth in 4-H afterschool programs decided each month that we would work together and have a community service project. In our community we have many homeless adults and youth that look to Shepherd’s Shelter for help. Our after-school group wanted to do something to help our local Shepherd’s Shelter with items that people needed. As a group, we discussed the differences in needs and wants. We collected items such as shampoo, soap, toothbrushes, socks and much more. Then, the groups made shoe boxes to put the items in and give to the Shelter. Some of the other projects and groups we helped throughout the year were: Dare to Care, St. Josephs Children’s hospital, and the Colonial House.

“There are kids in our school who are homeless and you would never know. I want to do what I can to help my classmates and their families.”

- Ellen, Lebanon Junction 5th grader
Youth learned to use proper hand washing, etiquette, measure, prepare food, wash and cut fruits and vegetables. They prepared and served this meal for judges.

4-H Back to Basics Day Camps

“Learning by doing” is one of the primary reasons 4-H has been so widely recognized and respected in the field of non-formal education. Experiential learning distinguishes 4-H youth development education from many formal educational methods. Activities are designed so youth “learn by doing” an activity. They then discuss or reflect on what they did, draw conclusions from the activity, and then apply their experience to other real world situations.

This year Bullitt County 4-H, Roby Elementary, Mt Washington Elementary, Cedar Grove Elementary and Lebanon Junction Elementary planned and implemented a two week Back to Basics day camp sessions. Each day youth could sign up to do the following: Photography, Leather making, Woodworking, Cooking, Sewing, and Horticulture. Every youth who participated learned to sew on a button, read a recipe, measure, etiquette, proper hand washing, grow food from a seed, and much more.

“I think I just learned to love sewing! I took what I learned yesterday and sewed fabric and buttons all night ”

- Jamison, Cedar Grove 5th grader

Cultivating Community

The Master Gardener Program trains volunteers in all aspects of horticulture and fosters community mindedness. The impact that Master Gardener volunteers have on the community is immense. Participants trained in this program offer free educational opportunities to residents of Bullitt County with 42% of horticulture programming in Bullitt County being taught or supported by Master Gardeners. They also give back a minimum of 40 service hours in their first year of service and many more in following years. As a result of Master Gardeners giving their time, residents of Bullitt County gain immediate knowledge which leads to behavioral changes in how they garden, improving the efficiency of vegetable gardens, reduction in pesticides usage and use of gardening as a stress reducer.

Master Gardeners have also participated in many community service projects this year. They provided plants, labor and training for a school garden at Bernheim Middle School. They have developed an educational trail on Extension property that teaches about native ecosystems. Master Gardeners assisted the City of Mount Washington in designing flower beds for the city portals. This year Master Gardeners have partnered with the Horticulture Program to teach a Junior Master Gardener Program to educate our youth.

The Bullitt County Cooperative Extension Service

Extending Knowledge, Changing Lives

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