EXTENDING KNOWLEDGE
Changing Lives
IN CASEY COUNTY

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

Agricultural Programs and Activities In Casey County

With nearly 25 registered dairies in Casey County and over a dozen beef producers that raise corn silage, knowing different variety options is important when making seed purchase decisions. Agriculture and Natural Resource agents have been doing on-farm variety test plots for feed analysis over several years. This year Casey County was able to host one of the three county research plots throughout Central Kentucky. In total there were 24 different corn silage varieties that were tested. The varieties were planted in a randomized block design that was replicated 3 times. The cooperating producer treated the silage variety plot just like the rest of the field. We utilized his planter for planting; hand harvested the corn and chopped each variety with his corn silage chopper to acquire our feed sample. The results of this variety plot will be put into a University of Kentucky College of Agriculture, Food and Environment publication that will be distributed throughout the state for corn silage producers to compare the different varieties.

The National Cattlemen’s Beef Association Annual Meeting was held in Nashville, TN in 2014. Members of our local association were interested in attending this annual meeting. Working with other Agriculture and Natural Resource agents and Cattlemen’s Association’s we were able to tour cattle farms and attend the NCBA trade show. There were 8 Casey County Cattlemen and women that attend this trip. We toured a dairy, feedlot operation and feed mill, and a purebred Limousine operation. At the trade show we saw many different vendors and viewed technology for the future of the beef cattle industry.

Priority Program Efforts

32 Local residents implemented practices that promote sustainable agriculture
77 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
35 Youth made an impact in their community through service projects.
532 Youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
1842 Citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
A total of 787 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
A total of 562 youth and adults demonstrated informed and effective decision-making skills
82 Individuals incorporated new or additional conservation practices.
Casey County 4-H Cooking Club

The Casey County 4-H Program and Casey County Community Education collaborated in creating an After School 4-H Cooking Club for elementary students. The club of 19 members was led by Tishana Cundiff and her daughter, Heather Cundiff and met about twice a month. During each club meeting the cooking club participants demonstrated safe food handling practices and safe kitchen skills.

Over a three month period, participants made:
- Tortilla pizzas
- Cheesy Scrambled Eggs
- Oven-Baked Bacon
- Sausage Gravy
- Biscuits (from a can and from scratch)
- Grilled Peanut Butter and Jelly Sandwiches
- Oven “Grilled” Cheese Sandwiches
- Campbell’s Tomato Bisque Soup
- Homemade Chicken Noodle Soup
- Colossal Cookies
- Chocolate Chip Muffins
- Assorted Appetizers

On May 8th, the 4-H Cooking Club participants prepared a meal for their families and loved ones in honor of upcoming Mother’s Day. The menu included a salad, entrée and dessert. The salad included toppings of sliced cucumbers, shredded carrots, shredded cheese, tomatoes, broccoli, and croutons. The entrée consisted of spaghetti topped with fried chicken Alfredo, marinara sauce or marinara sauce with meat, steamed broccoli, and garlic bread. Chocolate Pecan Pie and Lemon Ice Box Pie were offered for dessert. The 4-H Cooking Club participants not only prepared and served the meal, but also set the tables and place settings for the event.

At the conclusion of the year’s cooking club, members had obtained and demonstrated skills in:
- reading box directions
- using a crock pot
- cutting fruits and vegetables
- safely handling meats
- measuring wet and dry ingredients
- using the microwave
- using a mixer, blender and whisk
- using the oven and stove top
- properly washing hands
- cleaning up work space
- washing, drying, and putting away dishes
- setting a table
- serving others
- proper manners and etiquette
Cooking Matters for Parents

As of the 2010 Census, Casey County has a population of 15,955. According to the 2010-2011 Kids Count Data Book, of the total youth in the Casey, 68% have free or reduced lunch due to our poverty levels. Poor nutrition and inactivity have increased obesity and other health related issues for families. Cooking Matters for Parents was implemented to help target families with financial and nutritional needs. Cooking Matters for Parents is a six lesson hands-on learning environment.

Key program components are; healthy balanced meals for a family of four for ten dollars or less, meal planning, budgeting, nutritional label reading, my plate nutritionally balanced meals, kitchen safety, following recipes, measuring, couponing, money saving ideas, involving kids in the kitchen and other key components to help families be more successful in affording and providing healthy balanced meals for their families. Activities include hands-on meal preparation, meal plans, field trip to local grocery where each family was provided ten dollars to shop for a balanced meal they would prepare at home from their meal plan. During each lesson participants worked together to prepare a balanced meal from provided recipes. Each participant then took home the ingredients to prepare the main dish at home with their families.

Participants were encouraged to bring the whole family into the kitchen to prepare meals. Participants were also encouraged and given tips on how to involve children in meal planning, shopping, meal preparation and clean up. Family dynamics and communication were also a key component to this program. Pre and post evaluations as well as verbal feedback were utilized to evaluate this program. The most marked difference in pre and post surveys were as follows: Participants moved from little or no involvement of children in meal planning, shopping and preparation to actively involving children. Participants showed increase in understanding and utilizing nutrition labels and my plate balanced meals concept. Participants are utilizing meal planning and saving techniques for shopping. Four of the participants were new to Extension programming. A written success story from a participant: “I have a large family. We have been thru a lot this past year. My husband lost his job and I lost mine. My oldest daughter had so many health problems. I wish I had this class sooner. It’s helped a lot and I plan to take other classes after this. I didn’t know they did things like this.”