EXTENDING KNOWLEDGE
Changing Lives
IN FRANKLIN COUNTY

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

Agriculture & Natural Resources
Keenan Bishop

Franklin County relies on agriculture as a livelihood, as a lifestyle and for recreation. The latest census shows that agriculture generates 14 million dollars for our local economy. Crops contribute 10 million (increasing), and livestock 4 million (decreasing). Corn and soybeans are the two row crops that are increasing. The farm population of around 625 farms continues to decline as farms grow slightly bigger. The farm population is unique in that 63% work off the farm and 44% are part-time farmers who spend 200 days or more in off-farm employment. The average farmer is a 58-year-old white male farming 122 acres with farm revenue of $22,000. Only about 16% are female. Cropland is the predominant feature covering over 71.7% of farms and includes hay and pasture. Woodlands represent almost a quarter.

We are ranked 17th in the state for horses, ponies, mules, burros, and donkeys; 19th for Christmas trees and woody crops; 24th in nursery & greenhouses; 25th in vegetables; 41st for cattle and calves; and, 46th for sheep and goats. Tobacco continues to decline with the county ranked 50th in the state.

Woodland Owner’s Short Course
Franklin and Shelby County Extension teamed together along with UK Forestry to host a Woodland Owners Short Course to educate both experienced and novice woodland owners. 110 woodland owners (29 females) attended the two day event that featured 15 forestry and natural resource professionals who contributed to the program. 100% of participants indicated that attending the program better prepared them to manage their woodland as well as indicated they would use some of the information they learned. 62% of the participants did not have a stewardship plan for their property and 32% planned to get one after the program. There was a 70%

Priority Program Efforts
A total of 75 people are now involved in addressing significant community issues
57 youth made an impact in their community through service projects
5 local residents implemented practices that promote sustainable agriculture
3 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
186 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
292 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
A total of 100 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
A total of 760 youth and adults demonstrated informed and effective decision-making skills
21 individuals incorporated new or additional conservation practices.
Participants at Farm-City Field Day listen to an explanation of the history of farming in Franklin County.

consider certification”, “Spread the word and solicit assistance”, “Be more careful in contracting”, “Study more and try to develop a good plan to enhance future lands and woodlands”, “Begin management plan”, and “Call a forester to help me manage woodlands.” Highlights of comments from the participants: “Very well presented”, “Well planned, variety and excellent informative presentations! Thanks!”, “Great class!”, and “Great information and advice”

Farm-City Field Day

The Farm-City Field Day is a tradition going back 54 years. This community event is sponsored by the local Chamber of Commerce, Conservation District, Farm Bureau and all program areas of Extension and attracted over 500 citizens for the farm tour, displays and meal. This year we incorporated a Roundup Ready Alfalfa weed study on the host farm and demonstrated the costs of conventional weed control and Roundup ready. As a result, the landowner has since converted another 10 acres to Roundup Ready Alfalfa due to the savings in establishment as well as weed control. He is now able to supply his cattle herd with more nutritious hay over the winter.

Horticulture

Lora Bailey

Extension Master Gardener Program

Franklin County Master Gardeners and the Capital Area Master Gardener Association remain very active in Franklin and surrounding counties. As trained Extension volunteers in horticulture, they extend relevant, research-based, horticultural information to the community enabling others to better care for and protect their landscapes, gardens, and natural resources. Participating Master Gardeners completed about 723 volunteer service and continuing education hours from January 1, 2013-June 30, 2013. Master Gardeners answered homeowner plant questions, planned and carried out educational trips, assisted with community outreach and beautification, fundraising, and supported Extension horticulture classes. Master Gardeners also supported other Extension programs such as Farm-City Field Day and the Franklin County Fair where they sponsor the Fruit & Vegetable contest.

Increasing Awareness & Strengthening of Local Food Systems

With food costs and availability becoming a greater concern, rebuilding community food systems continues to be of importance to both consumers and producers in Franklin County. To respond to this, Extension provides support and advising to the Franklin County Farmers Market, a KY Proud certified market with around 25 different vendors selling at various times of the year. The Market continues to participate in the Federal nutrition program that supplies coupons to WIC and Senior recipients for fresh, local produce; and the EBT (Food Stamp) program. Debit card customers can now shop conveniently at the Market, increasing accessibility. The Market also offers a weekly e-newsletter to consumers with product and special event information. Additionally, they have a Facebook page with about 2,748 likes which provides information on products available, recipes, and more.

Family and Consumer Sciences

Tamera Thomas

Expanded Food and Nutrition Education Program (EFNEP)

EFNEP officially began in Franklin County in October, 2012. The program provides nutrition education to limited resource families with young children on topics such as planning nutritious meals on a limited budget, acquiring safe food handling practices, improving food preparation skills and changing behaviors necessary to have a healthy lifestyle. Nutrition education is also provided to limited resource youth to improve their nutritional knowledge, eating habits and health. Partnerships have been formed with a variety of social agencies throughout the county to deliver programming, including the Simon House Women’s Shelter, Thorn Hill Education Center, a rehabilitation program, the local Housing Authority, Head Start, the Kings’ Center, the Franklin County Health Department and
several Franklin County schools. Fourteen participants have completed the lessons and graduated from the program and nineteen participants are currently enrolled in the program. Participants have demonstrated improvements in their diet quality, food safety practices and resource management skills.

Taking Control of Your Diabetes
Diabetes is a growing problem in Kentucky. Extension is actively doing its part in the area of diabetes prevention. Taking Control of Your Diabetes, our current curriculum, was offered in Franklin County. Participants met for 10 weeks. Those attending, (with the exception of one who was pre-diabetic) were diagnosed years ago, yet they were experiencing ongoing challenges with food selection and diabetes management. Most indicated that they were trying to manage the disease and that just taking a different class helped them refresh what they needed to do to gain control. Some of them were not checking blood sugars regularly or had not seen a podiatrist. Local physicians were contacted to come and speak to the group about the importance of routine foot care, eye care, and heart disease. They also had not seen a nutritionist. One participant wrote that the classes were very informative and the group interaction was invaluable. A phone follow-up revealed that she is in better control since taking the classes.

Plate It Up
More and more Kentuckians are becoming aware of the need to eat healthier, purchase locally to support our farming communities. The Franklin Co. Extension agent taught PLATE IT UP Kentucky Proud as a leader lesson to over 30 homemakers leaders during their April training. It is estimated that over 200 club members are now more aware of the partnership between the University of Kentucky and the Kentucky Department of Agriculture. The leaders were provided with an overview of the project and its purpose. In addition, they were informed of environmental impact of have to transport foods across the country. Leaders were reminded of the USDA daily food recommendations and how they have changed over the decades.

The leaders were unaware of the amount of money, manpower, time and research that had taken place to modify recipes to an acceptable and palatable standard for the Plate It Up program. They stated their appreciation of their organizations relationship with UK. They were able to sample recipes that were prepared and were very excited that they could access the recipes online at [http://kyproud.com/recipes/index.aspx](http://kyproud.com/recipes/index.aspx). Evaluations indicate that they will increase vegetable their consumption, purchase locally, and continue to seek out healthier versions of family favorites. The Plate It Up Kentucky Proud program was also introduced to over 50 women attending a health program sponsored by the General Association of Baptists ministers wives in Louisville.

Franklin County Homemakers
Members of the Franklin County Homemakers Association continue to stay active by contributing to various organizations within the county. While membership dropped slightly, 11 clubs and members still completed 26,500 volunteer hours which is equal to $477,000. This year the $500 scholarship was renamed in memory of Nancy Edwards, retired county extension agent. The office also planted a shrub in her name. Members participated or donated to Relay for Life, Backpack Project, Franklin County Emergency Food Bank, Soup Kitchen, Cinderella’s Closet, and the Franklin County Fair just to name a few. Current/expired coupons for military families and tabs for Indian Summer Camp continue to be collected. Franklin County adds an extra $1.00 per member on dues to be donated to the Ovarian Cancer Fund and individual clubs made donations throughout the year. One club reported making valentine cards and delivered them to the local nursing homes as well as collected personal care items for the Family Abuse Center of Franklin County. Clubs also supported 4-H by providing scholarships to camp. The Children’s Holiday Store was the main event with over 120 children in attendance not including parents and volunteers from Franklin Co. High School and KSU.

4-H and Youth Development
Whitney McKoy and Leslie Reynolds

Franklin County 4-H School Club & Enrichment Program
In Franklin County 4-H, we love meeting many of our first time 4-Hers in their classrooms. A significant program of Franklin County 4-H is our 4th and 5th grade school club program. Times have changed, but the need to develop our youth’s life, communication, and leadership skills has not. It may be more important today than it has ever been. Our school club program allows us to spread the leadership and learning possibilities available with 4-H and other educational resources to youth within Franklin County. The 4-H School club program offers 4th and 5th grade classrooms a minimum of six meetings with a
leadership component and curriculum based lessons throughout the school year addressing curriculum such as: speeches and demonstrations, engineering, technology, animal science, natural science, decision making, and 4-H recruitment. Students have the opportunity to participate in hands-on activities that are designed to support the school curriculum already in place. Leslie and Whitney have worked hard on developing and maintaining relationships with school administration to ensure every school in Franklin County accesses and utilize our school club program. In addition to our school club programs in the elementary schools, we have school enrichment activities in a middle school and at The Academy with programs like “Health Rocks!” and the 4-H JOB program where we teach students proper interview etiquette, resume writing, and hold a session of mock interviews. At the beginning of the 2013-2014 academic year, Franklin County 4-H School Club & Enrichment program is in all 10 of the public and private elementary schools in Franklin County as well as programs in The Academy. The connections 4-H has made with the school systems in Franklin County have led to increased participation in other events, such as summer and environmental camping, project days, and county fair events. Annually, our school club and enrichment programming reaches over 850 Franklin County youth.

Franklin County 4-H Camping Program
The summers with Franklin County 4-H are always very busy with fun programs such as project days, fairs, conferences, trips, etc. 4-H Summer Camp is a significant part of the Kentucky and National 4-H program. It is an opportunity to attract new 4-Hers, or 4-Hers who are not typically exposed or participate in our community clubs and year round programs as well as allow 4-Hers to meet other kids their age from Franklin and surrounding counties. This past summer, we were disappointed to lose a county we camped with which resulted in our week being moved to over 4th of July. We were able to increase our numbers by more than 25%. We took 30 more campers than last year as well as 12 more adult counselors and junior counselors. We had a successful camping week focused on patriotism, civic engagement, physical fitness, nature, and fun! One of the Kentucky Commanders for the Military Order of the Purple Hearts as well as the Kentucky NABVETS association came and spoke on his service time, what it was like during the war he served in, the sacrifices he made, as well as brought his actual Purple Heart for the campers to see! The campers wrote letters and designed thank you cards that were mailed overseas to our local troops in Afghanistan. This past summer, campers learned new information, for example, what a purple heart or a veteran actually was, as well as trying many things for the first time such as canoeing, fishing, or zip lining! 4-H Summer Camp is all about first time experiences!

Cloverbuds
This year the Franklin County 4-H started a club just for those youth who are too young to participate in 4-H. 4-H age begins at 9 years old, but that leaves the younger kids out. Young boys and girls ages 5-8 participate in the Cloverbud Program! This is a club designed just for them to help recruit them to 4-H and assist them in building those skills youth at their age may struggle with, for example, social skills, or hand/eye coordination. The Cloverbud Club meets monthly and incorporates activities designed by the leader with help from teens and adults. Examples of past projects are crafts, cooking projects, and sometimes even field events. Currently, we have approximately 25 Cloverbuds starting their 4-H journey by participating monthly. Cloverbuds are also too young to go to 4-H camp, though they are invited to attend Cloverbud Camp. Cloverbud Camp is a two night, 3 day shortened version of 4-H Camp. Youth get to experience staying in the cabins, “Sallying Down the Alley”, and doing activities such as shooting sports, low ropes, archery, recreation, fishing, canoeing as well as taking Nature Hikes. Parents are welcome to attend with their child and we keep at least a 3 to 1 ratio of adults to youth. This allows the Cloverbuds to get a shorter, smaller version of how 4-H camp is before they go at the age of 9. This past year 5 Cloverbuds, 2 teens and 3 adults from Franklin County traveled to Carlisle, KY for Cloverbud Camp and had an Amazing Experience.