

EXTENDING KNOWLEDGE *Changing Lives*

IN GARRARD COUNTY

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



Participants in the District Four Middle School Retreat at J.M. Feltner 4-H Camp in London, KY pose one last time before departure home. This retreat provides workshop opportunities in Science, Engineering, and Technology, Arts, Leadership, Health, and Natural Resources.

4-H Youth Development (4-H YD)

4-H Youth Development programs are rich in tradition and equally engaged in change and progress for a strong future. The Garrard County 4-H Youth Development, following this model, has a firm base of "traditional" programming, including cooking, sewing, livestock, and gardening programs, but the need to provide progressive and non-traditional programs is also important and necessary. As youth change, all programs need to find a new path to proceed on toward the future.



(Above) Youth in a photography class learn about slow shutter speed to show light traces and designs in a dark room.

Priority Program Efforts

- 80 youth made an impact in their community through service projects
- 90 local residents implemented practices that promote sustainable agriculture
- 75 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 147 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 325 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 50 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 450 youth and adults demonstrated informed and effective decision-making skills
- 80 individuals incorporated new or additional conservation practices.

4-H YD (Continued)



(Above) During a leaf collecting expedition to a local natural area, an impromptu lesson about freshwater macroinvertebrates and mussels led to a discovery hike through the creek. During the Kentucky State Fair, two leaf projects finished in the top five of the forestry projects.

Throughout the year, Garrard County 4-H Youth Development has reached out through our in-school club and enrichment programs, including lessons on physics, sedimentation, insects, wildlife, art, leadership, communications, and nutrition, to more than 1500 Garrard County students. The rewards of the 4-H program are found in 4th place overall finish in the State Communications Contest by first time participant, the multiple awarded ribbons at the Kentucky State Fair, the enlightenment of a classroom building a rocket to land in a precise spot based on their trial and design, seeing the tactile learner feel the fur of an otter, hearing delightful chatter about trying a new fruit or vegetable for the first time and wanting more, creating a brand new creature, through art, to understand the concept of adaptation and habitat, or understanding the value of needs versus wants in a Reality Store. The Garrard County 4-H program will continue to reach out to all youth in the county to find interests and enthusiasm to broaden the scope of the 4-H program.

In addition, volunteerism has increased to include a new poultry club, a new Cloverbud leader, horse club leader, and a babysitting and cooking leader as well. This expansion of volunteer leaders will move into the new year with an Adventure Club and a Photography Club leader

(Right) A novice Garrard County 4-H Livestock member shows her animal in the Youth Division of the 2015 Kentucky State Fair.



Agriculture and Natural Resources (ANR)

Farmers are operating in a rapidly changing environment of technology and methods of production. They've had to keep abreast of these changes. The University of Kentucky Cooperative Extension Service is looked upon as the leading source of new education. Garrard, Lincoln, Boyle and Mercer County ANR Extension Agents held a series of area wide meetings in the late winter and early spring. These educational meetings included information on forages, grain crops, tobacco production and beef production presented by University Specialists and Agents. Producers have reported changes in practices on their farms, including spraying pasture weeds at the right time, increasing corn planting population, better hay quality by cutting earlier, starting a beef herd health program. These changes lead to increased profitability on the farm.



(Above) Healthy herd maintenance stems from educational programming to teach farmers new techniques.

Today's consumers want to know the source of the food they eat, leading to a movement to buy locally grown foods. The Garrard County Agricultural Agent held a Good Agricultural Practices class at the Lincoln County Produce Auction. The participants were a diverse group of vegetable growers, ranging from small farmer market vendors to large scale vegetable producers whom sell large quantities through the auction. 45 participants received Information about how to keep their vegetables clean and the proper handling procedures to insure a healthy product reaches the consumer. 85% of the producers said their market required GAP training in order to sell. The Lincoln County Produce Auction also requires their market producers to have GAP training. 100% said as a result of the GAP training, they have changed how they handle their produce to insure clean produce.

(right) Continued emphasis is being placed on food origination by the consumer, so farmers are adjusting through education.



ANR (Continued)

The Garrard County Cooperative Extension Service often receives inquiries about home fruit production and control of diseases and insects. The Cooperative Extension Service utilized University of Kentucky Extension Specialist and other Cooperative Extension Service Agents to conduct educational classes on fruit production, fruit tree grafting and fruit tree pruning. There were 12 participants from four different counties in attendance. Evaluations filled out by participants indicated that 100% of those attending increased their knowledge of the subjects and will utilize that knowledge to change practices at home. 75% of those attending returned from last year's program and stated the knowledge learned has enabled them to raise healthier produce. In addition, participants stated they were able to reduce their monthly food purchases during the summer months by more than \$100 per household because they can produce their own fruit and vegetables with knowledge they learned from the program. The survey also showed 90% of the grafted fruit trees lived the first year and 80% lived through the second year.



(Above) local residents learn how to properly take cuttings from fruit trees for grafting. **(Below)** Students in a middle school agriculture class learn how to prepare a garden.



Family & Consumer Science (FCS)



Accessing Nutritious Foods

One of the seven initiatives of Family & Consumer Science Extension across the state. In Garrard County, that means regular monthly cooking classes, special interest foods lessons, food preservation programs, planned Homemaker foods lessons, information given out at Farmer's Market along with samples and nutritious foods served at various programs throughout the year.



Pictured are participants preparing food for recipes and finished jars of Zucchini Pineapple from Canning Class.

The table is a meeting place, a gathering ground, the source of sustenance and nourishment, festivity, safety, and satisfaction. A person cooking is a person giving: Even the simplest food is a gift.—Laurie Colwin

Welcome New Staff Member—

Lisa Lamb is the new Nutrition Education Program Assistant (NEP/ SNAP-Ed) for Garrard County. She has been getting acquainted with different entities and persons that can assist her to reach out to families living on limited resources and/or receiving SNAP-Ed funds, which also includes working with youth. She has assisted with Senior Commodity Distribution, Food Pantry distribution, and promoted her program at the Annual Tobacco Cutting Contest, various Extension programs, and elementary schools Lisa has taught food/nutrition programs for the Housing Authority, Senior Citizen Center, and also conducted a basic foods lesson with the Grandparents As Parent youth component, which is a new initiative to support Grandparents raising children.



FCS (Continued)

Empowering Community Leaders—Garrard County Extension Homemakers hosted the Area-Wide Homemaker Camp this past June. Local leaders stepped up and taught classes, including one of the most popular class this year—making a hook rack from old spoons and barn wood! Over 32 spoon racks were made at camp!



Garrard County Homemaker members make suggestions and then decide on lessons for each month they meet during the year. This past year some of the lesson topics included: Dealing with Unwanted Creepy Crawlies Around the House, How to Save on Home Energy Use, What Are the Super Foods?, All You Want to Know About Vitamins and Supplements, Planning for Later Life, How to Keep the Sweets Short and Simple and most recently—How Not to Have Leftovers.



(Above) Teaching Needle Art and Sewing Skills continue to be important to local clientele. A variety of projects were offered to both adult and youth classes. (Below) Hands-on projects, with Adult Day participants, is a great way to work on motor skills and maintain cognitive function.



Challenging Adult Day participants or Day Campers with a church group—to think outside their box. Whether it is learning about nutrition, how to get more physical activity in their day, making their own holiday ornaments or other hands-on crafts—the experience of ‘doing it yourself’ builds self-esteem and encourages creative thinking. And we have a good time in the process.

The Interns —This past spring and then summer, FCS Extension hosted interns. Spring intern, Debi Armbruster, was a graduate student attending the ECU Dietetics Program. She enjoyed her 3 weeks with our program which included more than food and nutrition—she also learned to sew! Our summer intern, Melanie Brogli, an Ag Business Major at ECU, also experienced improving her sewing skills this summer as she participated in all Extension programs; attending 4-H camp, assisting with ag plots, organizing and cooking! We all enjoyed having them both!



Debi Armbruster



Melanie Brogli

Garrard County Extension Staff

Eric Comley	Extension Agent for 4-H
Jay Hettsmansperger	Extension Agent for AG/NR
Mary Hixson	Extension Agent for FCS
Lisa Lamb	NEP Assistant
Kendra Hall	Staff Assistant
Kim Middleton	Staff Assistant

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