

EXTENDING KNOWLEDGE

Changing Lives



IN KNOX COUNTY

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



Pictured above: Knox County farmer's greenhouse full of flowers.

The Knox County Extension Office hosted our Third Annual Fall Open House and Trunk or Treat for the residents of Knox County in the fall of 2015. Over 200 local residents came out to participate in this great event along with 14 of our amazing Extension volunteers. Participants engaged in physical activity and sampled healthy snack alternatives. Participants also learned about the many programs and activities available at the Knox County Extension Office.



Priority Program Efforts

A total of 112 people are now involved in addressing significant community issues

22 youth made an impact in their community through service projects

50 local residents implemented practices that promote sustainable agriculture

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

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

1,200 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 750 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 145 youth and adults demonstrated informed and effective decision-making skills

25 individuals incorporated new or additional conservation practices.

Agriculture and Natural Resources:

Converting a Tobacco Transplant Greenhouse for Soilless Culture of Tomatoes

This project was established January 2015 and was supported by the Kentucky Horticulture Council. This was a collaborative effort with support provided by UK Vegetable Specialists, UK Extension Entomologists, an Extension Associate for Plant Sciences, Knox County ANR agent Wayne Kirby and a local Knox County Farmer who is a former tobacco grower in eastern Kentucky that has been trying vegetables as an alternative. His primary crop is greenhouse tomatoes produced in a soil system. For the last few years, he has had increasing problems with rootknot nematodes affecting crop growth and reducing yields. The project consisted of converting an old tobacco transplant float greenhouse for use of soilless production of determinate tomatoes. Information and support provided included in season management advice, media and container selection, irrigation system programming and installation, fertilizer recipe, and installation of a Spanish trellis system. As part of the project, a field day was held with thirty-five attendees including growers, county agents, and NRCS agents working with the high tunnel cost share program. As of July 2015, the crop yield doubled from previous seasons produced in soil and an increase of fifty percent individual fruit weight. The local Knox County Farmer is preparing for his second season in this new production system. With this increase in productivity, he has an opportunity to utilize his other greenhouse for a different crop to expand his markets. As result of the field day, interactions with the Regional NRCS Director we have begun an initial consultation program for producers whom recently received a high tunnel through the cost share program. This is to ensure our small producers get a good start to their new endeavor. This is a prime example of Extension at its best, incorporating extension professionals of all levels for a successful outcome which also lead to new Extension opportunities.



As a result of the partnership between Extension Specialists, Associates, and Knox County Extension ANR Agent, one local farmer doubled his crop yield from previous seasons by using a soilless culture system for tomato production.

Family and Consumer Sciences:

Plate It Up! Kentucky Proud Recipe Sampling at Farmers' Market

Fresh local produce was not easily accessible for many Knox County residents before the implementation of the Knox County Farmers' Market in 2014. However, with the opening of the Farmers' Market, fresh, local produce is now more readily available for the residents of Knox County. The Knox County Cooperative Extension Service Family and Consumer Sciences Program worked with the Knox County Farmers' Market to setup a booth at the farmers' market to offer Plate It Up! Kentucky Proud recipe samples to market patrons. Many taste-testers commented that without these samples they were not inclined to try certain varieties of produce, but because of these samples, the farmers' market patrons were more motivated to try new varieties of produce. Other remarks included: "I can't wait to have my mom make this for dinner!" and "My family loved last week's recipe so much we've ate it 3 times this month."



SNAP-Ed: Smooth It & Move Series



"Smooth it and Move it" is a program series which incorporates a different smoothie recipe for each of the NEP lessons. The program also introduces participants to a different exercise routine each week. The participants do approximately 15 minutes from a different exercise video each week, with one week being walking videos, then dance style videos, stretching videos, such as Yoga or Pilates, and more. The participants have been introduced to workouts that can be easily accessed for free online.

During one of the lessons, a participant told the group about how she had a blender that her daughters bought for her over two years ago that had never been taken out of the box. However, after participating in the NEP program, she took out her blender and had been making smoothies every day since. She seemed so excited about the new found treat she had learned to make for herself. She and others also inquired about the exercise videos previewed for them and wanted to know where they could get such videos and how to find the free workouts online. Participants learned how to incorporate foods from every part of MyPlate into smoothie recipes, and, on the last day they used the knowledge gained throughout the weekly sessions to come up with their own recipe. They report that they are also taking interest in increasing their physical activity.

4-H: Health Rocks!

Kentucky has one of the highest rates of drug and alcohol abuse among youth in the country. The U.S. Department of Health & Human Services reports that approximately 21% of Kentucky youth began drinking alcohol before age 13, 37% of have smoked marijuana, and 8% of have used pain relievers for non-medical reasons. The Knox County Extension Council and Knox County Health Coalition identified substance and alcohol abuse among youth as one of the major concerns in our community. Knox County 4-H began programming efforts in order to reduce future dependencies and societal issues among Knox County youth.

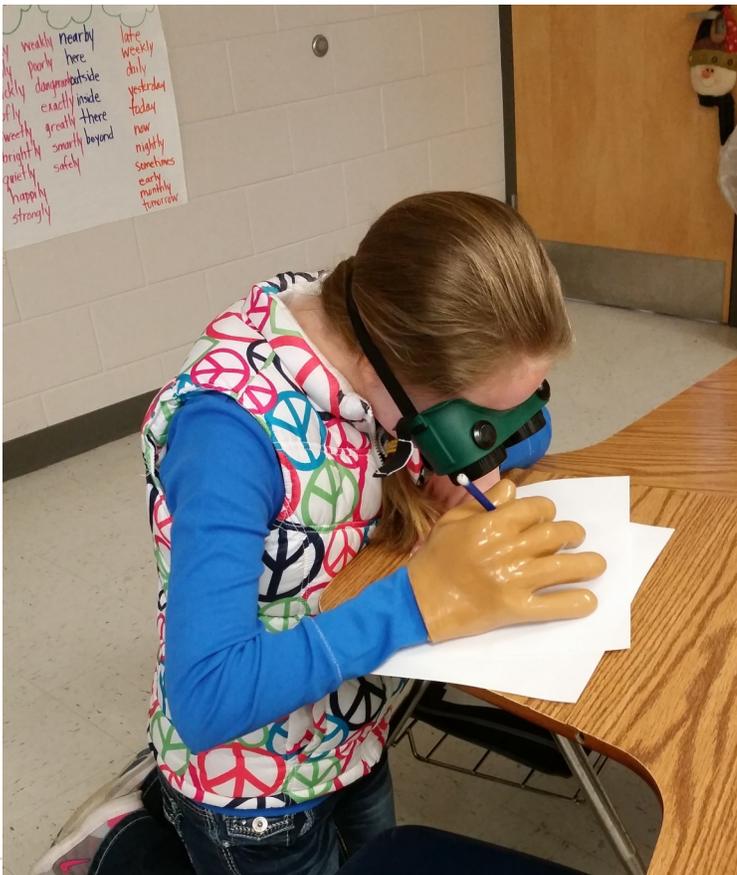
As a result, Knox County 4-H again offered the program Health Rocks, a program focusing on the use of alcohol, drugs and tobacco. Throughout the program, students role-played various scenarios where they were offered drugs, alcohol and tobacco and were guided in ways to say no. Peer influence, goal setting, long-term and short-term consequences and problem-solving strategies were also discussed/demonstrated. This eye-opening program reached over 100 youth. Post-evaluation data revealed...

...98% of youth reported increased understanding of the health risks associated with substance abuse.

...95% of youth reported they are less likely to use drugs or other illegal substances as a result of the program

...94% of youth reported they are less likely to participate in underage drinking as a result of the program

...99% of youth reported they learned about at least one way to say no and/or avoid situations where alcohol, drugs and tobacco could be a problem



At left: A sixth grader at Girdler Elementary learns how drugs severely limit ability to do basic tasks effectively. The goggles and motion-restriction hand work upon one's senses so that perceptions, thinking, and coordination are distorted.

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**The Knox County
Cooperative
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