

EXTENDING KNOWLEDGE *Changing Lives*

IN LEE COUNTY

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



Extension District Board Members proudly cut the ribbon to the “New” Extension Service Building at the Extension Field Day and Open House!!

Extension Field Day and Open House. . . .

On May 2, 2015, the Lee County Extension Service hosted an Extension Field Day and Open House to celebrate the grand opening of their new location at 257 Industrial Park Road. Participants were able to tour the new office building and raised bed demonstration site, complete a free cutting board workshop and view numerous exhibits related to Extension programming in agriculture, family and consumer sciences, and 4-H youth development. Each participant received two free tomato plants. A total of 789 individuals participated in the field day event – including every elementary student in the county!

*“I am so proud of our “new” Extension Service!!
We have accomplished our GOAL!!” Board Member*

Priority Program Efforts

- A total of 21 people are now involved in addressing significant community issues
- 18 youth made an impact in their community through service projects
- 51 local residents implemented practices that promote sustainable agriculture
- 69 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 235 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 280 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 52 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 185 youth and adults demonstrated informed and effective decision-making skills
- 19 individuals incorporated new or additional conservation practices.

Agriculture & Natural Resources

Raised Bed Gardening Project . . .

The Lee County Cooperative Extension Service received a major grant of over \$7,000 to construct a raised bed gardening project. The goal of the project was to show producers and gardeners an alternative way to produce vegetables.

We demonstrated how to construct raised beds, variety selection, production methods, disease management, fertigation methods, trellising methods, environmental issues, wildlife control, and constructed a handicap accessible raised bed.

Over 900 individuals observed or went through an educational program with the raised bed project this year. With this project we are, also, addressing the issue of family health by promoting the consumption of healthy vegetables.



The handicap raised bed proved to be a great success.

- ✦ The handicap accessible raised bed included a variety of tomatoes and peppers.*
- ✦ One of the raised beds included several different varieties of lettuces.*
- ✦ One raised bed included a variety of cherry tomatoes for the 4-H'ers to harvest.*
- ✦ One raised bed included a variety of sweet and hot bell peppers and banana peppers.*

“This would grow all we need!”

Gardener

Agriculture and Natural Resources Programs and Events

- ✦ Berry Production.*
- ✦ Fruit Tree Production (4).*
- ✦ Kentucky Ag Development Fund (Phase 1) – Over \$1,000,000 has been utilized and infrastructure developed in Lee County in the last 10 years with the guidance of the Extension Service.*
- ✦ Livestock Risk Management Workshop.*
- ✦ Over 280 hours of SNAP Ed hours of education was conducted through the Extension Service.*
- ✦ Gardening Demonstrations (4) – Focused on extending the gardening season and raised bed garden construction and utilization.*
- ✦ Entrepreneur Life Skills Project.*
- ✦ Leadership Development Skills.*
- ✦ Honey Bee Workshops.*

Senior Farmer’s Market Nutrition Program . . .

The Kentucky Department of Agriculture is the lead agency for the Senior FMNP. The goal is to gain market access for farmers while improving the nutrition of low income families by providing access to fresh fruits and vegetables.

- ✦ Low Income Seniors – are provided \$28 in Farmers Market vouchers to use in purchasing fresh fruits and vegetables.*
- ✦ Low Income Seniors – must be age 60 or over and meet the income criteria which is less than or equal to 185% of the poverty level.*
- ✦ Eligible foods – means fresh, nutritious, unprepared, locally grown fruits and vegetables.*

This year Lee County seniors received approximately \$8,000 in Senior Farmer’s Market Vouchers for purchasing fresh produce.

“We appreciate the Farmer’s Market Vouchers so much! It is so nice to be able to buy some fresh vegetables!”

Senior Citizen

Family & Consumer Sciences

Lazy Susan Workshop . . .

Lee County Homemakers participated in a Lazy Susan Workshop sponsored by the RCARS Wood Center. Lee, Owsley and Wolfe County homemakers participated in the workshop. Bobby Ammerman did a presentation on the wood industry educating the ladies on the various types of trees and wood. The group participated in a hands-on experience allowing them to engage in the process of crafting their Lazy Susan.

Lee County Homemakers, also, traveled to the wood center for a Cutting Board Workshop as an additional class this year. The hands-on experience of helping make their very own cutting board from 4 different types of wood was extraordinary.



Homemakers Volunteered to Help With Recruitment Booth at Field Day . . .

Three Lee County Homemakers volunteered for the homemaker's booth at the Field Day and Open House. Homemaker members managed a KEHA display for the purpose of recruiting new members and educating homemakers on the Kentucky Extension Homemakers Association. Visitors received handouts on KEHA and a copy of the FSC Newsletter listing upcoming meetings.

*“We hope to recruit “new” members!”
Homemaker Club Member*

4-H Communications

Communication skills remain exceedingly important to any individual's success in our society, despite the changing face of communication in our day to day lives thanks technological developments, such as; e-mail, face time, instant message, etc. This program year saw a large increase in the participation in the Lee County 4-H Communication Program. There were over 150 entries in our county level communications contests including speeches and demonstrations compared to just 30 last year! Ten youth advanced to represent Lee County at the district level with three of those advancing to the state competition to compete in a total of 4 categories earning 3 state level blue ribbons for Lee County! The Lee County 4-H is already gearing up for another great year in communications and expect to increase participation yet again!



Ten Lee County Youth traveled to Quicksand to compete in the District Communications Contest!

4-H Beginning Sewing . . .

Life skills development has always been a focus of 4-H in Lee County. This summer's sewing day camp revealed a high level of interest in local youth to learn the skill of sewing. In response, the Lee County 4-H launched the 4-H Beginning Sewing Club. This club focuses on teaching basic hand and machine sewing skills. During its first meeting, club members practiced their new skills while making scarves to donate to a local coat drive!

5th Grade Economics – Money Wise Piggy Bank Contest

According to the 2011 Census / Small Area Income and Poverty Estimates 35.7% of Lee County residents live in poverty compared to state and national levels of 19.1% and 15.9% respectively. The Lee County 4-H partners with the Lee County Schools to provide various programming related to economics. Programs are geared towards helping youth develop skills to manage their money wisely. This year students in the 5th, 8th, and 10th grades completed age appropriate portions of the “It’s Your Reality, Dollars and Sense” curriculum including – The Reality Store, credit card lessons, and basic financial goal setting. Fifth grade youth also participated in the Kentucky Saves Piggy Bank Design Contest. This year’s county winner, Tanner Deaton, was selected as a district winner and his bank was put on display in the state capitol! Tanner and his family traveled to the capitol to participate in a recognition ceremony for his achievement!



Piggy Bank made to resemble an astronaut helmet!!

4-H Craft / Project Club . . .

The 4-H Craft / Project Club is one several clubs launched this fall to address the lack of after school programming for youth in Lee County. This club focuses on developing new skills while completing state fair eligible projects. This club has already grown to more than 20 members requiring an additional session each month to accommodate the whole group!

“I love making new crafts each month!”

4-H'er

4-H Summer Programs . . .

The Lee County 4-H Program had a very busy summer! The summer kicked off with 4-H overnight camp at JM Feltner 4-H Camp in London, KY June 1-4th and it didn't slow down until school started! From June 23rd through July 30th the Lee County 4-H offered 5 day camps and 2 project days!

Camp themes included Visual Arts, Sewing, Cooking, Cloverbud and Heritage Crafts! Over 35 youth participated in camps throughout the summer compared to 19 youth participating in 3 day camps the previous summer. These summer programs would not have been possible without the time and expertise of 5 community members that volunteered their time to teach lessons!



4-H'ers participated in a canvas painting session!

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**The Lee County
Cooperative
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*Extending Knowledge,
Changing Lives*

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