

EXTENDING KNOWLEDGE *Changing Lives*



IN MAGOFFIN COUNTY

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



Excess Produce Means Extra Income for Magoffin County Families

Courtney Jenkins, CEA for Agriculture and Natural Resources

As consumers across the state continuously express interest in accessing nutritious, locally grown fruits and vegetables, the demand for fresh, local produce continues to rise. Because of this increasing demand, Farmers' Markets in Kentucky offer a great outlet for meeting the needs of consumers and capitalizing on opportunity for community and economic development.

Prior to 2015, Magoffin County was one of only fourteen counties in the state of Kentucky which did not have a Farmers' Market in operation. With the help and support of Extension leaders and community partners, the County Extension Agent for Agriculture and Natural Resources was able to identify local farmers with an interest in a local marketing venue for their produce and work with them toward the goal of establishing the county's first Farmers' Market. The organizational group solidified a location for the market with the approval of the County Extension District Board, as well as determined the opening and closing dates, and the days and times the market would be open. In addition, the group developed and adopted by-laws and established rules and regulations.

In the market's first season, 30 local farmers paid annual dues! However, the challenging growing season presented obstacles which restricted many farmers from harvesting enough produce to provide for their families and still sell at the market. Despite the challenges, nearly \$7,000 in personal income was generated among 18 Magoffin County families, and approximately 100 families capitalized on the opportunity to purchase fresh, nutritious, and locally grown fruits and vegetables.

Priority Program Efforts

A total of **183** people are now involved in addressing significant community issues

- 18** youth made an impact in their community through service projects
- 76** 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
- 155** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1,422** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **582** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **215** youth and adults demonstrated informed and effective decision-making skills
- 31** individuals incorporated new or additional conservation practices.

***Community Members Grow into Leaders
after Initiating a Beginners' Sewing Workshop***
Andrea Johnson, CEA for Family and Consumer Sciences

The growth and sustainability of a community depends on strong leadership and development. Leaders of Magoffin County identified leadership being a lagging characteristic in the community. By a show of a strong interest in the county, Magoffin County Quilt Guild leaders initiated a beginners sewing hands-on workshop. The Beginners Sewing Workshop was part of a collaborative effort between the Magoffin County Family & Consumer Sciences and 4-H Youth & Development Agents and Leaders. Magoffin County Quilt Guild leaders taught and demonstrated sewing basics to a total of 44 adults and youth participants for 6 weeks. Both groups learned how to properly cut, piece, match fabrics, and use their sewing machines and sewing accessories. Quilt Guild leaders commented on how the beginners sewing workshop has contributed towards growth and confidence as community leaders.



***Improving Beef Operations through Quality
Educational Programs***
Courtney Jenkins, CEA for Agriculture & Natural Resources



Beef cattle production is a profitable industry which is quickly growing in popularity in Magoffin County. As producers are seeking ways to improve their operations, the Extension Service is working

with specialists at the University of Kentucky to offer educational programs which meet the needs of both veteran and beginning cattlemen.

At the request of the Magoffin County Cattle Association and members of the Agricultural Development Council, the agent planned and implemented "A.I. School" to allow producers to learn how to incorporate artificial insemination into their breeding programs. Specialists and veterinarians have been crucial to livestock programming, as they have provided quality education which has enabled producers to

make better decisions and efficient improvements on their farms in areas including beef production, marketing, and forages.

In addition to A.I. School and evening programs, 25 farmers were certified in Cattle Handling and Care and Beef Quality Assurance.



***ATV Safety Education Program Reaches
Middle and High School Aged Youth***
Lacy May, CEA for 4-H Youth Development

The number of youth injured and fatally injured in ATV related accidents is continually increasing in Eastern Kentucky. In 2009, the most recent complete reporting available, 96 (13 percent) of the reported 721 ATV-related fatalities were children younger than 16 years of age. In 2013, there were an estimated 99,600 ATV-related, emergency department-treated injuries in the United States (Topping and Garland, 2015). An estimated 25 percent of those involved children under the age of 16.

The Magoffin County 4-H Youth Development Agent, Middle and High School administration, and the Magoffin County Health Department acknowledged the need for an ATV safety demonstration and presentation for youth in the County. Through their collaboration a two part educational opportunity was developed. The 4-H Youth Development Agent utilized the 4-H ATV Safety curriculum and presented valuable safety information to every student in the middle and high school; over 500 youth participated. Teachers stated that the presentation was very much needed and that they felt every student would remember what they had learned when they rode their ATV's. The Health Department reinforced what students had learned during the presentation by conducting a mock ATV accident scene on graduation night.

Source: Topping, J., & Garland, S. Division of Hazard Analysis, Consumer Product Safety Commission. (2015). *2013 Annual Report of ATV-Related Deaths and Injuries*

Growing Self-Sufficient Families

Courtney Jenkins, CEA for Agriculture & Natural Resources

According to the USDA Food Atlas, Magoffin County is one of several counties in rural Appalachia that is considered a "food desert." Accessing food, especially fresh, quality produce is difficult for those living outside city limits.

In 2015, the County Extension Agent for Agriculture and Natural Resources secured a \$16,000 grant from Grow Appalachia to help address this issue.

14 families, consisting of 47 individuals, are currently participating in the program which teaches them to become self-sufficient by learning how to grow, harvest, and



preserve their own food. The agent is teaching a series of 10 workshops, which begin with garden planning and end with cover cropping, to guide the families through the growing season. The families also learn to start seeds, to care for seedlings and transplants, and how to manage weeds, pests, and diseases.

Participant harvest logs from May and June indicated that 342.5 pounds of fresh produce (early crops) have already been harvested as a result of the program! Three families are also selling their excess produce at the newly-organized Magoffin County Farmers' Market in hopes of becoming more financially stable.

Magoffin County Family & Consumer Sciences partners with 4-H Youth Development and SNAP-Ed to Increase Fruit and Vegetable Consumption

Andrea Johnson, CEA for Family and Consumer Sciences

The 2010 Dietary Guidelines for Americans recommends children ages 8 to 13 years should consume 2 to 2.5 cup servings of both fruits and vegetables daily. In 2013, the National Youth Risk Behavior Survey indicated 44.6 percent of Kentucky adolescents consumed more than one serving of fruit daily and 42.7 percent consumed more than one serving of vegetables. In March 2015, Magoffin County Family & Consumer Sciences program, Magoffin County 4-H & Youth Development program, and Magoffin County SNAP-ed Nutrition Education Program made a

collaborative team effort in the program: ***Color is the Key.***

This program is provided to all Magoffin County public elementary schools and reached a total of 803 youth in the county. The team members individually provided a fruit and vegetable lesson and offered five different vegetable and fruit samples to the students for taste testing. Each student was given a card to take home to show what they had tasted at school that day.



Surveys were collected from each student and indicated that 59 percent of the students had tried at least one new fruit or vegetable and 76 percent claimed to enjoy the taste of at least one fruit or vegetable sampled. Parents also report their children requested to have some of the fruits and vegetables tasted that day to be grown in the family summer garden.

Teen Leadership Academy Prepares for the Future and Life After High School

Lacy May, CEA for 4-H Youth Development

The Magoffin County 4-H Youth Development Agent is working to improve teen involvement at the district and state level. In an effort to improve district involvement, Ma-



goffin, Morgan, and Rowan counties developed the Teen Leadership Academy (TLA) program for our area. The program began this past August and met once a month through May of this year to discuss various topics and partake in educational tours in the participating counties. The topics discussed each month included citizenship, industry, college readiness, volunteerism, public and media relations, and city/county government. During each meeting participants developed leadership and communication skills to prepare them for future 4-H and educational endeavors.

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Through an application process each county selected six delegates, ranging from 8th grade to High School Juniors, for the 2014-2015 class. At the conclusion of the program over 1,200 contact hours had been reported with the participants. Each participant stated that they had gained a better understanding of governmental policy at the county level, public relations career opportunities, community service needs, and 4-H teen prospects beyond the county. 100% of participants found that TLA had given them the opportunity to begin focusing on future goals. One parent from Magoffin County stated that she appreciated the awareness TLA had given her son concerning county government and community service needs. She also felt that the opportunity to meet and participate in the program with youth from other counties greatly benefited him.

Crock Pot Cooking

Amanda Howard, SNAP-Ed Nutrition Education Program Asst.



It was during a six week Crock Pot Cooking class that the issue of safety was the number one reason that families did not use their crock pot. Many of the families owned a crock pot, but did not know how to use it or were scared to use it because they were afraid to leave it on while they were not at home. “It might catch the house on fire,” or “I don’t want to waste food if it burns in the crock pot,” were the most prominent concerns.

After teaching safety and educating the class on the different temperature settings and the design of the crock pot, the class began to understand how useful this cooking tool would be for families on the go. With the initial crockpot information and the 6 basic lessons that were taught during the Crock Pot class, 75% of the participants reported that they use their crock pots and are preparing successful meals that are eaten at home rather than on-the-go.



Magoffin County Extension Staff
Front Row: Amanda Howard & Jerlean Crace
Back Row: Kim Pennington, Courtney Jenkins, Andrea Johnson, Lacy May, & Kimberly Campbell

The Magoffin County Cooperative Extension Service continues its mission to bring research-based information from both land grant institutions (University of Kentucky & Kentucky State University) to local individuals and families. As we reflect on the past year, it is apparent that Cooperative Extension continues to make strides in serving a diverse group of clientele. Although we continue to meet the needs of rural populations, we are also hosting numerous programs that serve those living in more urbanized areas. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development. We hope that you will take time to review the programs highlighted in this report and we look forward to seeing you at one of our programs soon!

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