EXTENDING KNOWLEDGE

Changing Lives

IN METCALFE COUNTY

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

Priority Program Efforts

- A total of __161___ people are now involved in addressing significant community issues
- __32____youth made an impact in their community through service projects
- __98___local residents implemented practices that promote sustainable agriculture
- ___98__ Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- ___583__ youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- _7,143_ citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of _241_ individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of __884__ youth and adults demonstrated informed and effective decision-making skills
- __139__ individuals incorporated new or additional conservation practices.

4-H/ Youth Development

Country Ham

The 4-H Country Ham Project is a part of the Certified Livestock Program. The educational programs are facilitated under the direction of the Certified Livestock Leaders, Clifty Farm and 4-H Youth Development Agent. Participants learned:

- How to cure a ham
- Ingredients needed for the curing process
- How to wash the ham
- How to keep it fresh
- The proper way to clean a ham for showing
- The history of curing hams
- How to give a speech

(All youth completed the 6 hours of educational training.)

The Metcalfe County 4-H Council received a $2750.00 grant for youth to participate in the State 4-H Country Ham Project. There were 66 participants in the 2013-2014 Country Ham project.
Livestock program

The Metcalfe County 4-H Council, 4-H Agent and FFA Advisors had a planning meeting to evaluate the needs for Metcalfe County Youth. The committee saw the need for livestock education.

There have been educational classroom lessons and two one day clinics to help educate the youth of the county.

We have also started a market goat and lamb project with thirteen youth. They have exhibited at the county, district and state level. The youth learned daily life skills of dealing with and taking care of an animal. There also was a fitting and showing clinic offered to the youth to gain more knowledge.

Metcalfe County Livestock Team 2nd place at the CPC Field Day. 1 individual to place in the top 3 overall. We had winners in the state dairy and sheep skillathon & judging contest.

One of the parents stated that, “There has been an increase in confidence and self-esteem building.”

Metcalfe County 4-H & TAG Team

The goals TAG Team include:

Students will think critically and solve problems.

Students will have discussions and be actively engaged in learning experiences with like minded students from other classrooms.

Students will participate monthly in a full day of enrichment with a focus on all content areas. As you can see, our goal is to make learning fun in an atmosphere where students can expand their knowledge and work collaboratively with other students across individual grade levels.

Collaboration with Metcalfe County 4-H provides is with even more opportunities because of the amount of resources they have to offer. 4-H TAG Team also provides an opportunity for students to engage in leadership building activities, thus, preparing them for future experiences. Therefore, this is a win-win situation for all parties involved.

4-H/ANR

Metcalfe County Safety Day and Pep Rally for Life

According to the latest figures from the Centers for Disease Control and prevention, 243 agricultural workers suffer lost-work-time injury every day. Five percent of these injuries result in permanent impairment. That equates to 12 workers daily who sustain injuries resulting in permanent disabilities.

Metcalfe County is highly vested in agriculture. Not only do adults have a passion for the farm way of life but so do our youth. Extension has a responsibility to educate school age children about farm safety, and the devastation that can come as a result of an accident. In May of 2014 the Metcalfe County Extension service teamed up with Metcalfe County High School and the KY Department of Agriculture to presented Metcalfe County Safety Day and Pep Rally for Life. There were 1009 school aged students in attendance and they each visited 19 stations related to farm safety. At each station, a lesson was taught by a 4H or FFA member and was based on research that they had conducted on their individual topic. A total of 61 students served as presenters and tour guides.

Further, agriculture safety statistics compiled by the National Institute for Occupational Safety and health indicate that over the eleven years from 1998 to 2009, the rate of childhood agricultural injuries per 1,000 farms (includes youth who live on, visit, and are hired to work on farms) declined by 57 percent (from 16.6 to 7.2). The rate of injuries per 1,000 household youth (those living on farms) declined by 60 percent (from 18.8 to 7.5) during that same period. Farm safety programs such as the one mentioned above will not only help continue the decline of farm related accidents on the national level but they will also help keep young people safe where it really hits home, right here in Metcalfe County.
Agriculture and Natural Resources

Commercial Vegetable Production

The demand for locally produced food is at an all-time high. Schools, restaurants, grocery stores, and individuals are aggressively seeking fresh produce that is locally grown. This increasing demand has lead producers to expand their existing operations and add new technologies that will allow them to produce more food with greater efficiency.

In recent months, five new high tunnels were installed on Metcalfe County farms. The Metcalfe County ANR agent worked producers throughout all phases of production and provided them with information related to fertility, insect and disease control, and variety selection and also did demonstrations showing them different methods for extending the growing season. Funding from the Phase I Shared Use Equipment program allowed for 3 complete sets of plasticulture equipment to be purchased by the Metcalfe County Conservation District and high tunnel, as well as field producers, have been able to use this equipment in their operations. As a result of these efforts, Metcalfe County vegetable growers have been able to produce more food by extending the growing season and using new technologies.

Community and Economic Development

Seven Springs Sorghum Festival

The second annual Seven Springs Sorghum Festival was held in the Sulphur Well community of Metcalfe County on Saturday, September 27 2014. Extension agents and staff were involved in the planning, organization and execution of the event and partnered with various community organizations to make it a success. It is estimated that over 3000 people were in attendance, doubling the amount of participants from last year. The net proceeds from the festival were divided between the local Salvation Army and Red Cross. Each organization received just over $3900.00 in funds to use in efforts intended to help those in need of various types of assistance.

Blueberry School

For two consecutive years, the Metcalfe County Cooperative Extension Service has hosted a statewide blueberry school. The Metcalfe County ANR Agent has served on the planning committee, along with a number of University of KY Extension Specialists. The 2014 session was held on October 9th and topics included Blueberry Field Production, Soils, Propagation, Container Production, Pruning and Maintenance, Insect Management, Disease Management, and Root Rot Disease.

Attendees were surveyed prior to and after the class. At the end of the day, 68% rated the workshop as excellent, with 32% rating it as good. Their confidence in their diagnostic abilities increased from 2.1 to 3.4 on a 5 point scale. Their confidence in their abilities to develop a pest management program increased from 2.4 to 3.6. At the beginning of the class, 45% said that they didn’t use fungicides, 58% didn’t use insecticides and 42% didn’t use herbicides. At the conclusion of the workshop, 74% said that they anticipated changing their pest management program, while 16 percent said that they would change it significantly. Participants indicated that they increased their knowledge and will use that knowledge to change practices, ultimately adding to the success of their operations.
Metcalfe County Family and Consumer Sciences

Improving access to local foods, Metcalfe County Farmers Market:

Thanks to funding obtained through State Farmers Market access grants from Healthy Communities and Community Farm Alliance, the Metcalfe County Farmer’s Market had great success this year in providing a solid customer base with locally grown produce, through participation from 19 different local farmers. Prior to the 2014 season, our Farmers Market struggled with 1 to 2 local producers participating sporadically. Our 2013/14 successes include:

• From June 6 through September 26, the Farmers Market opened every Friday from 8 a.m. until 2 p.m. or sell – out, with four to fifteen different producers present every day.

• Income was informally reported daily, from participants with the highest daily amount reported earned by one producer of $492.00 and the average daily income amount for all producers who reported at $73.75.

• I – phone SNAP debit/credit card phone and program was implemented, the Market began accepting SNAP benefit and credit cards as payment on September 5th.

• Implemented “double dollars” to increase low - income customer usage of their WIC and Senior Farmers Market Nutrition vouchers & SNAP benefit usage at the Farmer’s Market. Over $1200.00 was provided in double dollars for low income customers utilizing the vouchers and/or SNAP benefits, which went straight to our local producers.

• Partnered with the Kentucky Blueberry Growers Association for a new, more visible location on West Stockton Street in Edmonton.

• Family and Consumer Sciences Extension Agent partnered with another Farmers Market board member, to apply for a USDA Farmers Market Promotion Program (FMPP) grant. The grant provides pay for a part – time Market Manager, location lease to the Blueberry Growers Association & expansion of our Farmers Market offerings, from October 2014 through October 2016. The FMPP grant was awarded to the Metcalfe County Farmers Market, October 2014 one of only 5 awarded in the state of Kentucky, in the amount of $74, 502.

SNAP-ED

In conducting food and nutrition programs for the 2013-2014 year, the SNAP-Education Assistant had 5973 educational contacts.

SNAP-Ed had 66 graduated adults and 63 adults still continuing with the program

95% of adults who graduated had a positive change in their diet

The 66 adults who graduated had a 76% improvement in meal planning

The graduates also showed a 68% improvement in reading nutrition facts labels

Teachers at the Metcalfe County Primary Center were searching for a health curriculum that would make a difference. The SNAP-Ed Assistant offered to come to each of their classrooms once a month to teach an Organwise Guys lesson, an innovative childhood obesity prevention curriculum approved for youth audiences by the University of Kentucky. This curriculum teaches children as young as 3 to be "smart from the inside out." At the beginning of the school year, children were evaluated on their knowledge of the 5 food groups. Only 12 out of 74 kids could correctly identify fruits and vegetables. By the end of the school year, not only could 70 kids classify fruits and vegetables, 65 kids could identify where their major organs are and what the main function of that organ is. The good news about this program spread. The SNAP-Ed has now added on an additional 3 classrooms to teach each month. The teachers love the program. One teacher said, "I didn’t know about this program at first, because it seemed like a lot of information for 1st graders. But the kids really have learned a lot. They especially loved the little songs that go with it.”