

# 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.



### Metcalfe County Family and Consumer Sciences



#### **Improving access to local foods, Metcalfe County Farmers Market, 2015 season successes:**

Family & Consumer Sciences Extension Agent partnered with the Farmers Market board treasurer, to apply for a USDA Farmers Market Promotion Program (FMPP) grant. As a result of this grant funding the market now has a part time manager, a volunteer board of directors that consists of participating producers, advertising campaign & location lease for the East St. pavilion, with a new addition to the rear of the building for a farmers market office & storage space with freezer & refrigeration units for produce & meat storage. The FMPP grant in the amount of \$74, 502, was awarded October 2014 to the Metcalfe County Farmers Market; one of only 5 funded grants in the state of Kentucky. The farmer's market extended its 2015 season by one full month having operated June 5 through October 30, every Friday from 8 a.m.-12 p.m. or sell – out, with multiple producers present. A once monthly evening farmers market was implemented to expand the customer base; with local musician's providing live entertainment & the Metcalfe County Cattleman's Association providing rib – eye sandwich meals.

## Priority Program Efforts

- A total of 172 people are now involved in addressing significant community issues
- 32 youth made an impact in their community through service projects
- 164 local residents implemented practices that promote sustainable agriculture
- 164 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 623 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 4,130 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 67 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 763 youth and adults demonstrated informed and effective decision-making skills
- 121 individuals incorporated new or additional conservation practices.



**Youth Community and Leadership development:  
Exploring My Community Day Camp Pilot Project**

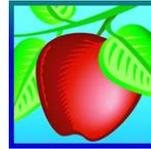
A need for FREE summer enrichment activities for elementary school aged youth from families with limited resources, was identified by the Metcalfe Co. Family & Consumer Sciences Extension advisory council. Metcalfe Co. Family & Consumer Sciences Extension Agent accessed Flex E Grant funding through the Appalachian Region Commission - for the first time from Metcalfe County, to implement this program. This project resulted in a close partnership with the Metcalfe County Schools Special Programs administrator, who served as the fiscal agent for the grant project. The location was provided by Metcalfe County Middle School. Day camp was staffed by FCS Extension agent, SNAP-ED program assistant, Extension program assistant, Community Education director & a volunteer teacher.

The goal of this Day Camp pilot project, was to provide a free, three full-day, camp experience including meals & transportation; targeted to 40, 2nd – 5th grade youth from families’ with limited resources. This day camp focused on developing: leadership, community development, nutrition knowledge, & life skill development. Participants took a field trip to the Dry Fork Gorge Nature Conservancy, first time there for 39/40 participants. Youth took water samples from the 5 springs & tested for dissolved oxygen, turbidity & PH. They found the water to be of a very high quality. They learned that the springs form the headwaters of the Little Barren River, our watershed & about the endangered species that live there, like the Indiana Grey Bat. They visited an overhang cave & learned about/observed first hand, the geology of the limestone Karst topography of our region. Participants also practiced orienting using compasses & how to identify our State tree, the Tulip Poplar. As a result of this successful pilot, this program will be expanded to a four day model for 2016.

Each day students had a quick lesson on nutrition and then made their own healthy snack, focusing in on

different food groups. On day 1, participants learned the proper handwashing technique and made their own heart healthy trail mix. On the 2<sup>nd</sup> day, they had a vegetable focused lesson and made a veggie wrap. On the final day, the kids had a fruit lesson which focused on blueberries. They made their own Very Berry Salsa from KY Proud and incorporated locally grown blueberries in it.

**SNAP-ED**



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

- 66 adults graduated from the Nutrition Education Program this 2014-2015 year
- The graduates showed the following changes:
  - 98% positive change in any food group
  - 78% more often plan meals ahead
  - 82% more often use the Nutrition Facts label to make food purchasing decisions
  - 80% showed improvement in 1 or more food safety practices

All students in Preschool, Kindergarten, 1st, 2nd, and 3rd (625 children) received nutrition education curriculum and lessons. Also, all Freshman students at MCHS were taught 2 lessons about making healthier food choices and how to use the Myplate website.



**Agriculture and Natural Resources**

**High Tunnel Webinar Series**



Due to a significant increase in demand for locally grown food, many producers are looking for ways to maximize yield and quality, become more efficient, and extend the growing season. High tunnels are a valuable tool that can help growers achieve these goals. Funding through the NRCS EQUIP program has allowed many to build these structures on their farms with very little out of pocket cost.

While the basic principles are the same, growing vegetables in a high tunnel presents challenges that do not typically exist in conventional field production. In an effort to give existing and potential high tunnel producers an opportunity to learn more about this method of production, the University of KY offered a 6 session High Tunnel Webinar Series and Metcalfe County served as a host location. The 22 participants that attended the course ranged from those who already have high tunnels to those who were considering building a structure.

Over the course of the 6 week series, 59 surveys were completed with 45 responses indicating that a practice would be changed due to participation in the class. Many of the respondents stated that they would now use University of KY resources such as ID-36 and the Center for Crop Diversification's website. Others reported that they would use new market channels and focus more on ways to reduce the impact of weeds and disease through crop rotation and other practices.

### **ANR Managing for Today and Tomorrow**



Farm and ranch women experience numerous transitions throughout their lives. These transitions include, but are not limited to, marriage, children, and starting an agricultural enterprise. However, when it comes to farm or ranch transition planning, these women

are often unaware of how to proceed with the process. The available options for a successful transition are to either sell the business assets in an open market or to identify a successor. An effective way to approach this overwhelming topic is to break up transition planning into succession, business, estate and retirement planning. Smaller steps can ensure a smoother and more effective transition.

To address farm and ranch transitions, the Metcalfe County Extension Office offered the program, Managing for Today and Tomorrow. The program has five primary

objectives: 1) assisting participants in understanding succession, business, estate and retirement planning in order to create a transition plan, 2) accessing information and planning tools to assist with transition planning, 3) understanding the process of setting business and personal goals, 4) developing and prioritizing SMART goals, and 5) encouraging the use of communication techniques with family members to define and implement transition.

A total of 15 farm and ranch women participated in four sessions for a total of 12 hours of programming that included classroom and hands-on learning. All participants (100%) reported the program as useful and 42% reported participating in other programs offered at their local extension office as a result of this program. 100% of participants reported that they had acquired the knowledge needed to actively participate in their farm business. The Managing for Today and Tomorrow program has proven to be a very useful program for farm and ranch women. One participant noted that, "[MTT] has given me so many things to think about and plan for. Farm succession has been handled incorrectly in prior generations and I need to do a better job handing it down." Another participant commented, "[MTT] was very informative for someone like me who married into a farm family."

### **Community and Economic Development**

#### **AG Development Funds**

Since the inception of KY House Bill 1, tobacco settlement funds have allowed agriculture producers, community groups and other organizations to sustain and expand existing operations as well as create opportunities for new agriculture related projects. Historically, the Metcalfe County Agriculture Development Council has focused heavily on the CAIP program and committed the bulk of its funds to that program. While the council still committed the majority of the 2015 allotment to the CAIP program, they expanded their focus and committed money to 3 additional projects that have the potential to have significant impact on Metcalfe and surrounding counties.

This year Metcalfe County allotted funds for the 4H Country Ham Project, Cumberland Ag Products and the Seven Springs Sorghum Producers. The country ham funding will allow Metcalfe County to once again send more youth through the KY State Fair Ham project than any other county in KY. This money reduces the out of pocket expense of some 50 Metcalfe County Families

and gives students the opportunity to learn the age old art of ham curing. Cumberland Ag Products is a progressive rendering operation that is relocating just outside of Edmonton and promises to create new jobs in the county by bringing new industry and opportunity to the area. The Seven Springs Sorghum Producers will now be able to expand an already existing operation into a regional agri-tourism venue that will benefit producers and tourists in the area.

In 2015, the Metcalfe County Agriculture Development Council committed \$ 325,465 in funding to programs and projects that will have far reaching results for many years to come. This funding will allow students to learn, producers to expand, and it will help to create an infrastructure that will benefit the local economy.



**Metcalfe County Legen “Dairy” Team youth received the Kentucky State Fair County Award**

Throughout the 2014-2015 program year, forty-one Metcalfe County youth earned a total of one hundred eighty-three awards. The honors were given for participation in various 4-H endeavors such as 4- H Forestry Field Day, Horse, Livestock and Dairy judging teams, Skillathons, shows, County Ham Project, Bike Rodeo, Horticulture Judging, Lawn Tractor Driving, Tractor Driving, State Fair Cloverville Classes, as well as Public Speaking and Communication contests. Awards are presented at the area banquet for Area, State and National levels. While the above is a huge success, other important lifelong needs were addressed.

These forty-one youth set and achieved goals for themselves. They developed relationships along the way. Leadership skills and abilities were nurtured. Communication skills were improved most importantly self-confidence was built for forty-one of our future leaders.



**Metcalfe Blue Jeans and Bays Horse Club** had four youth that competed at the area level, then all qualified for the State Contest. Metcalfe County had the High Point Junior, High Point and Reserved High Point Senior at the Area and State Level. The girls went on to the National Compaction in Perry, Georgia and one was reserved High Point Junior and the other placed 7<sup>th</sup> overall.



**Metcalfe County 4-H TAG Team**

Student’s 4<sup>th</sup> - 8<sup>th</sup> grade 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 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. The students are able to work on speaking skills, science, engineering, math, writing, leadership, ag and natural resources, health, manners and nutrition.

COOPERATIVE  
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**The Metcalfe County  
Cooperative  
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*Extending Knowledge,  
Changing Lives*

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