

EXTENDING KNOWLEDGE *Changing Lives*

IN OHIO COUNTY

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



Trail Town fall kayaking/canoeing trip

COMMUNITY & ECONOMIC DEVELOPMENT

• Trail Town

To increase adventure tourism and provide healthier lifestyles, Extension works with the Trail Town Taskforce, creating a county-wide network of certified land & water Trail Towns. Trail Towns consist of hiking, cycling, ATV and/or horseback riding trails as well as kayaking and/or canoeing trails.

Highlights over the past year include:

- The OC Trail Town Task Force is working on creating a blue water trail on the Rough River beginning in the northern part of the county and ending at Hartford.

- A Facebook page promoting the Taskforce has over 700 likes.

- Grand opening of Dundee Narrows; an old iron bridge has been transformed into a picnic area with kayaking put-ins.

- Kayaking trip with 19 people attending was held in the fall.

- The Hartford Taskforce has been accepted by the National Park Service Rivers, Trails, and Conservation Assistance Program for 2015.

- Local citizens have identified numerous community resources, recognized potential trail linkages and is in the process of developing a sustainability plan for future generations.

- The Beaver Dam Taskforce is seeking acceptance by the National Park Service for 2016, using old railroad beds to create trails leading to county and city parks.

Priority Program Efforts

- **241 youth** made an impact in their community through service projects
- **54 producers** implemented practices that promote **sustainable agriculture**
- **881 youth** indicated an **increase in leadership skills**, knowledge or confidence through participation in Extension-related leadership programs
- **925 youth** utilized improved skills in communication, problem solving, or group process in addressing community issues, as a result of Extension programming
- **2,081 individuals** reached through Extension programming in health and safety
- A total of **306 individuals** reported making **lifestyle changes** (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- **377 individuals** incorporated new or additional conservation practices

MAKING HEALTHY LIFESTYLE CHOICES

• **Ohio County Migrant Youth Program**

Migrant youth are children whose families work in the agricultural or other industries and often move several times to find work. Nationwide, it is estimated that 90 percent of migrant children are of Latino origin and are at risk for poverty, unsafe living/working conditions, no health insurance benefits and lack of educational opportunities. The Ohio County Extension Staff conducted a series of 4 educational sessions with the 81 youth involved in the Ohio/McLean County Migrant/Reading Summer Program held at Beaver Dam Elementary School. The youth received training in physical fitness, nutrition education, safety (weather, ATV, electrical & lawnmower), the importance of calcium and grains in our diet and how milk & grains are processed in the U.S. to be safe and wholesome for consumers. Take-home materials were also provided, so the youth could share with others in their family.

• **Healthy Eating & Exercise**

Nutrition related behaviors of families in Kentucky reveal an average diet low in grains, meats and meat alternatives, vegetables, and severely deficient in fruit and dairy servings. One hundred percent of Ohio County students receive free lunches. In 4-H Club meetings, over 900 youth received training on how to use the USDA's MyPlate to have a healthy diet. One student, when shown the portion size for a serving of popcorn replied, "That can't be right, I usually eat a whole bucket by myself at the movies." Youth were then given a blank MyPlate and asked to divide the plate into food groups, then identify a food from each group and recognize the correct serving size – Post-training surveys showed 85% of the youth were able to answer correctly. The students then completed physical activity training on how to do 20 exercises without requiring any special equipment, in an effort to inspire youth to have 30 minutes of physical activity at least 5 days a week.



Summer Extension intern works with student at migrant program

• **Access to Local Products**

2014 was the third marketing season for the Beaver Dam Community Farmer's Market. More vendors are participating and local citizens look forward to Farmer's Market days. The Extension Office was even more involved in the planning process, assisting producers in meeting safety/regulatory guidelines such as GAP Training, Home-based Micro-processing Training, and arranging for certification of producer scales, as well as attending some of the market days providing Plate-It-Up or Kentucky Proud food samples and recipes which can be made from the local produce. Publications on gardening, health, and nutrition and safety were also distributed. The 2014 season saw an average of 8 vendors per day, with a high of 11 vendors, an increase in receipts of 15% over 2013. For 2015, the variety of products available has expanded and the group of vendors has increased to 24 vendors, with an average attendance of 12. All vendors accept WIC and one vendor even accepts SNAP.



Community Farmer's Market



2015 annual plant sale/swap

Ohio County Garden Club

The Garden Club was formed in 2013 from an interest homemakers had in improving their vegetable and flower gardens. Today, monthly programs are open to anyone interested in expanding their horticultural knowledge. The group hosts an annual "Plant Swap/Sale", with homemakers netting over \$900 in 2015 to help fund their programs. The group has used horticultural tours to Missouri Botanical Gardens, Calloway Gardens, Owensboro Botanical Garden and Cheekwood Gardens to supplement classroom and hands-on educational learning.

ACCESSING NUTRITIOUS FOOD

• **Children’s Farmer’s Market Day**

This was the third year the Beaver Dam Community Farmer’s Market has hosted a “Children’s Farmer’s Market Day” The event this year was the biggest and the best!!! The “Children’s Farmer’s Market Day” is designed to: 1) Emphasize the relationship the farm plays in providing food to the table, 2) Increase youth’s consumption of fruits and vegetables, 3) Highlight the importance of eating a variety of colors in fruits and vegetables, 4) Increase awareness of our local farmer’s market’s variety and convenience, and 5) Demonstrate “Snack Like A Super Hero” recipe’s tastiness and ease of preparation. Various events were coordinated by the Ohio County Extension Service, along with community partners, Rice Pharmacy and the Ohio County Hospital, such as a food scavenger hunt, photo booth, hay rides, food tasting, and many more. This year’s event had 202 youth and adults attend.



Local chef demonstrates recipe using locally grown vegetables

• **Food Preservation Workshop**

More people in Ohio County are turning to preserving the harvest from their gardens in order to control what is in their food, limit salt, sugar or preservatives, save money, improve the tastiness of canned foods and to achieve a sense of satisfaction that home canning provides. To address this demand, Extension organized a three day food preservation workshop for 11 participants. An evaluation at the conclusion of the workshop revealed:

- Participants were more confident using pressure canning after receiving actual hands on experience.
- 100% of the participants reported enhancing their knowledge on proper canning, freezing, and drying fruits and vegetable principles/techniques.
- By the end of the summer, participants reported canning or freezing: 10 quarts of fruit, 157 quarts and 14 pints of vegetables, 7 pints of jelly and 18 pints of pickles. They also dried 12 quarts and 16 pints of fruit and 4 pints of vegetables.

• **Special Chefs**

As the Ohio County School system emphasizes life skills, Extension collaborated with the high school’s “Special Needs Program” on a lesson highlighting nutrition and physical fitness, with 21 special needs students participating. The teacher reported that the program was very informative and useful and that some participants tried the recipe at home. A number of students mentioned they liked spinach after trying it. The program focused on:

- identifying services offered by the local Extension Center
- heightening student’s food safety and sanitation techniques as well as hygiene when handling food
- enhancing students appreciation of MyPlate

“This year’s Children’s Farmer’s Market Day was the biggest and best yet. It was well organized, had plenty of activities for the youth and allowed vendors to develop new relationships with customers, while teaching the benefits of healthy eating and buying local.”

-Beaver Dam Farmer’s Market Vendor

COMMUNICATION SKILLS

• **Dollars and Sense**

Money management is challenging and learning to use money wisely isn’t always fun for youth, who tend to think about everything but managing money. The Dollars and Sense Program is a learn-by-doing educational approach that replicates real-world budgeting and personal finance decision-making. 304 sixth grade youth practiced real-world tasks that simulated budgeting and making smart buying choices. Students were given a budget where they purchased items from retailers. After each purchase, the students recorded and balanced their expenses and savings in a check register. The students learned how to make wise spending choices, understand the inflow/outflow of their cash, and that it is easy to overspend by buying items they don’t need. As one student learned, "If you write a check and you don't have enough money, the bank charges you a fee."



Students participate in “Dollars & Sense”

- **4-H Biotechnology**

The Kentucky 4-H SET Initiative is at the forefront of biotechnology education and exposes youth to scientific and technological issues related to the field of biotechnology, addressing the need for more scientists and engineers. Over 900 4th-6th grade students learned DNA is present in the cells of all living organisms by extracting DNA from a banana in sufficient quantity to be seen and spooled. The process of extracting DNA from a cell is the first step for many laboratory procedures in biotechnology. Students are academically tested in Science and Technology. The 4-H SET program helps youth connect learning with real-world situations where youth can adopt and use new science methods to solve problems.



Students extract DNA from a banana

AGRICULTURAL SUSTAINABILITY

- **Farm Succession Programs**

Farm transition is one of the major structural changes in agriculture that concerns policy makers. The well-known challenges of the aging farmer population (with an average of 57 years old) as well as the need to transition ownership and control of farmland has led to concerns about the large share of farmland that is likely to change hands in the near future. To address this need, the Green River Extension Agents hosted two succession programs:

- **“Farm Succession Planning Workshop”**: This program included three nationally recognized experts in succession planning, discussing “Good to Great in Agriculture – Vision 2025”, “Characteristics of Successful Farm Managers”, and “The Positives of Passing It On”. Over 150 participants from across the area attended.

- **“Managing for Today & Tomorrow”**: This program was part of Annie’s Project for farm women which focuses on the management processes and decisions needed to make successful transitions from “one generation to the next”. The program was divided into the following planning areas: Succession Planning, Business Planning and Estate Planning. Twelve participants completed the program and further evaluation will take place in the future. As one participant said “Great information. Gives us a good roadmap for what we need to do.”



Managing for Today & Tomorrow

- **Youth Ag Days**

Youth Ag Days exposes 400 youth to the world of agriculture and provides them with the opportunity to learn more about agricultural careers, production, technology and research. The students sat in combines, interacted with farm animals, learned about soils, crops, technology and careers in agriculture. It was all part of Ohio County Cooperative Extension Service's eighteenth annual youth field day where students discovered there are a lot of ways to practice and become involved with today's agriculture community through nutrition, business, research, technology and conservation practices. A teacher reported, "My students are now able to identify the importance of agriculture, and have a basic understanding that agriculture is the foundation of our food supply, clothing, and economy." Another teacher responded that “Agriculture is too important a topic to be taught only to a small percentage of students.”

- **Improving Forage & Nutrition Management**

With high input costs, beef producers are placing emphasis on minimizing feed costs, with improved grazing management and balancing nutritional needs for their beef cattle. To help the need of this audience, the area agriculture agents hosted 3 sessions from the Applied Master Cattleman program. The first two sessions focused on understanding plant growth and development to better manage pasture and hay production. Participants also toured a farm that was utilizing alternative grazing strategies. The third session focused more on advanced beef nutrition, how to use hay test results, and understanding what nutrients are needed to get the most out of the producing animal. Overall, 28 producers from 7 counties participated, with nine beef producers from Ohio County.

<p>COOPERATIVE EXTENSION SERVICE</p> <p>UK</p> <p>UNIVERSITY OF KENTUCKY</p> <p>College of Agriculture, Food and Environment</p>	<p>The Ohio County Cooperative Extension Service</p> <p><i>Extending Knowledge, Changing Lives</i></p>
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