



# EXTENDING KNOWLEDGE *Changing Lives*

## IN BOYD COUNTY

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

### Lori Bowling Horticulture

#### Boyd County Farmers Market

In June of 2015, the Boyd County Farmers Market, facilitated by the Boyd County Extension Service, opened a new market site at a local hospital. King's Daughters Medical Center is currently the largest employer in Boyd County and they are always striving to make the workplace better for their employees as well as being a good community partner.

They are a key partner in the Healthy Community Coalition so the idea of offering fresh, locally grown produce through a farmers market on their campus was not only to benefit their employees but also to benefit the surrounding community.

This market was made even more appealing to King's Daughters Medical Center employees by offering payroll deductions for their purchases. The first year for this market was very successful with a total sales receipts for the year of \$32,048 and of that \$7,839 was payroll deduction sales.

#### Northeast Kentucky Beekeepers Association

Several times in the last year there has been an increased interest in beekeeping for pollination purposes, as well as for honey production, and beekeeping in general on different levels from beginner to a more advanced level. With many of these requests there was also an inquiry if there was a local beekeepers association where these individuals might learn from others. With this increased demand, the idea of a local beekeepers organization had been discussed with various Extension groups and a local beekeeper was contacted about working with the Horticulture Agent to have preliminary meetings to see if there was enough interest and participation. After 3 monthly meetings were held a survey was distributed to see who was interested in forming an organization, what they were looking for from such a group and if they were interested in holding an officer position. After determining there was enough interest, the group moved ahead to form the Northeast Kentucky Beekeepers Association. They adopted a set of by-laws, elected officers, and starting in January 2016 they collected membership dues and began to offer educational opportunities outside their club meetings at community events.

#### Small Farm and Garden Show

The second annual small farm and garden show was held in February 2016 with an increase in attendees of 50% from the previous year. Many participants returned for the second year to continue their education on home gardening skills. This year there was an increase in attendance to the presentation on small fruit production with many participants reporting that they had used the material and skills learned from the previous year on fruit diseases to be able to help increase their backyard yields. Also, there were several participants that became members of the newly established beekeepers association as a result of this program.



Customers at the King's Daughters Medical Center Farmers Market



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Boyd County

*Extending Knowledge,  
Changing Lives*

For more information,  
Please contact us at:  
2420 Center Street  
Catlettsburg, KY 41129-1279  
(606) 739-5184  
Fax: (606) 739-4014  
[www.ca.uky.edu](http://www.ca.uky.edu)



KENTUCKY STATE UNIVERSITY  
College of Agriculture,  
Food Science, and  
Sustainable Systems

### Lyndall Harned Agriculture & Natural Resources

#### River Cities Harvest (RCH)

As an integral part of Extension's involvement with RCH, I am proud to report the amount of food collected and dispersed during 2015 was 599,704 lbs. When figured at the value established by Feeding America of \$1.72 per lb., the total value of the food collected and dispersed was \$1,031,490.88. Twenty-eight (28) organizations delivered food to those in need.

This is the first year that RCH has exceeded \$1 million dollars in value and is a major milestone for the organization, and for the community. The amount of food collected and distributed was a 10% increase from 2014, which is itself a significant figure. The goal for 2016 is for over 650,000 lbs. of food.

#### North East Kentucky Farm Machinery Show

In February 2016 we hosted the *Second Annual North East Kentucky Farm Machinery Show* at our fairground facilities. The first year we had 8 exhibitors and about 150 attendees. This year we had 18 exhibitors and over 500 attendees.

This is a free event for those attending and for the exhibitors. The purpose is to get potential buyers and sellers together locally to buy and sell farm machinery and supplies.

It is working. We had a number of vendors report sales made, including several of high dollar pieces of equipment, such as tractors, because of their participation in this exhibition.

#### Family Financial Transitions

Last spring we organized and hosted a series of programs on Family Financial Transitions, or Estate Planning, which were made available as webinars to 20 counties in Eastern Kentucky on 6 topics.

We had 139 individuals attend these sessions and 99% reported that they had gained knowledge that they would use going forward with their own or their loved one's life planning.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

### Priority Program Efforts

- A total of **143** people are now involved in addressing significant community issues
- **100** local residents implemented practices that promote sustainable agriculture
- **6,030** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **205** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **528** youth and adults demonstrated informed and effective decision-making skills



Equipment at the Farm Machinery Show.

## Eugenia Y. Wilson

### Family & Consumer Sciences



Adult cooking class.

According to the Center for Disease Control and Prevention statistics, Kentucky adults and youth rank among the 10 highest in the nation for obesity. Kentucky adults also rank among the 10 highest for poor consumption of fruits and vegetables. Nutrition education programs are part of the plan for the Boyd County Cooperative Extension Family and Consumer Sciences program. This program takes a different look at nutrition and helps improve overall health of youth and adults one snack at a time, one meal at a time, and one day at a time.

*Snack Facts* is a program where participants discuss what nutrition and good health is and the importance of fruit and vegetable consumption. Approximately 410 youth tried a healthy snack, with 95 participants stating that they did not like the snack option, approximately 50 of the 95 did finish consuming the entire sample they were given. In conclusion, youth do like healthy snacks and if given a healthy snack with no other (unhealthy) option, they will consume the healthy snack.

*Organ Annie and the Organ Wise Guys* is a great program with the goal to empower youth to be healthy from the inside out. This program is new and being delivered to approximately 30 youth. A relationship is built between the participant and Organ Annie on the importance of why and how to eat healthy. Most youth remember Madame Muscle with her tagline of "use me, don't lose me." It was rewarding to have a participant come to a lesson after Halloween and inform the instructor that they "did not eat all the candy because Organ Annie said we need to eat healthy."

*Kids Can Cook* was held at the Franks Extension Building with two main goals: to help children be able to acquire the skills to cook a meal for themselves, and to expand their options of

nutritious food choices. Different recipes were utilized to help children work through a variety of cooking skills, including reading a recipe, making dough, using a stove, and cutting vegetables with a knife. Encouraging kids to try healthier foods isn't the only benefit of cooking as a family. Recent American Heart Association recommendations concerning obesity in children and teens were: reduce the number of meals eaten outside the home; have structured times for family meals; offer healthier, low-calorie foods; involve children in meal planning, shopping, and food preparation. Indeed, cooking with kids has both short-term and long-term payoffs. After the class a statistically significant increase of parents were comfortable allowing their children to use a knife safely, cook on a stove, and follow a recipe. Upon completion of the class 100% of the children in attendance wanted to cook more at home and they wanted to help make their family meals. Some comments from the parents were "I think he can help more in the kitchen now," "I didn't know I would like kale let alone in a taco."



Participants with Organ Annie.

A Junior Homemaker Club began this year at Fairview with an emphasis on learning how to prepare healthy meals and snacks. The afterschool club has 39 participants that are learning skills to help them provide for themselves as well as leadership skills by electing officers of the club. Community service projects and leadership by the *Boyd County Extension Homemaker* members have a major impact in our County. Extension Homemakers develop leadership skills and lead projects throughout the county. In 2016, they reported over 9,000 volunteer service hours provided to the community. According to the Independent Sector, the national value of volunteer time is currently \$23.07 per hour equaling over \$207,630.00 of services and revenue were provided to our community by the Boyd County Homemakers.

## Becky Stahler

### 4-H Youth Development

Boyd County 4-H programs continue to provide educational experiences in all seven core curriculum areas: Agriculture, Communications/Arts, Family Consumer Sciences, Health, Leadership, Natural Resources, and Science Engineering and Technology.

Agriculture is a large component of Boyd County 4-H programming. The 4-H Livestock Club makes use of agriculture curriculum. Baylee Henderson, senior 4-H livestock club member entered Willie #13, her thirteenth pig project with-in thirteen years in the Boyd County Fair. Henderson felt that 13-years of 4-H pig projects had taught her how to work hard, be responsible, and save money, all life skills that will last her a lifetime.

In addition to the traditional clubs, specialty programs such as Dollars and Sense, Reality Store, camp, sewing club, and Cloverbuds were all completed with assistance from volunteers and leaders. The country ham projects continued with the new addition of our very own ham house for curing. Another traditional project is the communications projects or "How To Demonstrations". Almost 1,000 students competed with his/her 4-H demonstration with students from every school district participating.

Total 4-H participation in Boyd County included 1967 club members. There were 1,175 youth participating in 4-H special interest/short term programs; 162 overnight camping participants; 1,377 in school enrichment 4-H programs. None of the Boyd County programming could be accomplished without over 100 dedicated 4-H volunteers.

