COOPERATIVE EXTENSION

2016

University of Kentucky
College of Agriculture, Food and Environment

Kentucky State University
College of Agriculture, Food Science, and Sustainable Systems

EXTENDING KNOWLEDGE
Changing Lives

IN **CRITTENDEN** COUNTY

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

Mary Ann Winders 2nd Grade Class

"Lettuce" Serve You Salad

EFNEP Assistant Sue Parrent and 4-H Youth Development Agent Leslea Barnes both taught students about better nutrition, gardening and how to make healthier food choices by visiting a 2nd grade classroom throughout the 2015-2016 school year. Students learned how seeds sprout and grow with hands on learning by planting a salad garden in their classroom window sill. The students planted leaf lettuce, beets and carrots in recycled containers. Barnes said, "It was a wonderful opportunity for the kids to learn hands-on and to truly understand that you don't have to have a big garden area to grow healthy vegetables." Teacher Mary Ann Winders was delighted that not only were kids able to learn about plants, but they were also able to apply math skills by measuring the plants each day and were also able to learn about the water cycle because of the recycled containers that were used. Parrent and Barnes were invited to the salad tasting that Winders had planned for her students and were able to enjoy watching the kids taste test what they have been growing for six weeks. Parrent said "I am so happy to see kids get excited about eating healthy foods and applying what they've learned from my program." During Parrent's program, students were able to taste fruits and vegetables they had never tried.

Priority Program Efforts

- A total of **137** people are now involved in addressing significant community issues
- **186** youth made an impact in their community through service projects
- **248** local residents implemented practices that promote sustainable agriculture
- **181** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **412** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **306** youth and adults demonstrated informed and effective decision-making skills

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Participants look on as Specialist Becker demonstrates proper pruning technique – Photo Credit-Mark Sachs

Fruit Tree Pruning

Fruit trees are pleasing to the eye when they are blooming in the spring, and they provide nutritious food during the growing season. Proper pruning techniques help keep the trees' visual appeal and maintain a healthy tree. To address the issue of instructing homeowners on proper pruning, a training was held in Crittenden County on February 23, 2016. Extension Specialist Daniel Becker conducted the training. The workshop included an inside presentation followed by a short drive to a cooperating homeowner's orchard. At the orchard, Mr. Becker demonstrated how to prune older and younger fruit trees, and showed ways to keep deer and other wildlife from destroying young trees. There were 17 attendees at the workshop.

The response from the workshop has included two on site visits to clients to further assist in their pruning activities. One client commented on the Crittenden County Extension Facebook page, "Just wanted to express how helpful the fruit tree pruning class was to me! While I had read about pruning I was completely not confident that I wouldn't ruin my trees if I tried to prune them before Tuesday; [now] I feel confident that I can do it! I really appreciate it!" Another participant said in an email, "Who knew that you prune fruit trees differently." The workshop has also opened up opportunities for other trainings including spraying, disease identification and insect identification.

"Who knew that you prune fruit trees differently."

- Sherri Sachs

Food Preservation Workshop

The Food Preservation Workshop made a big impact again in Crittenden County. Retired Family & Consumer Science Agents Myra Braden and Kathy Jump led the three day workshop, assisted by EFNEP Sue Parrent and Family & Consumer Science Agent-at-Large Thays Flores. Participants of all ages were taught how to safely can produce to prevent spoiling and proper techniques and tips that will allow them to can in their own kitchens. Class members canned tomatoes, green beans, corn, made jelly, dried apples and peaches and fruit leather. They also learned great ways to save money and time to cook healthy meals. This workshop allowed participants to gain both confidence and experience to safely and efficiently preserve food in their own kitchens. One participant enjoyed it so much that she has utilized the office equipment that is loaned out to clients to continue, canning and making fruit leathers. She also joined in on the gardening classes and plans to grow a small garden to preserve next year.

Diane Adams and granddaughter Shayla Jones are checking the headspace on their fresh homemade salsa

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