

## FARM WOMEN GAIN KNOWLEDGE TO PARTICIPATE IN THEIR FAMILY BUSINESSES

The interest in a farm lifestyle is different for each individual, but most full time and off-farm employed farmers in Daviess County recognize farming as an equity growth business where short- and long-term decisions interact to direct their estate and retirement plans. Farmers and their spouses need to understand their financial situation and develop a plan for retirement as well as a strategy for passing their estate and business to the next generation.

An effective way to approach this overwhelming topic is to break up transition planning into succession, business, estate, and retirement. Smaller steps can ensure a smoother and more effective transition. To address these farm business challenges and the role spouses have in developing a plan, the Daviess County Cooperative Extension Service offered the Managing for Today and Tomorrow Program. Fourteen farm women participated in four sessions for a total of 12 hours of programming that included classroom and hands-on learning. The program taught participants succession, business, estate, and retirement planning in order to create a transition plan. Participants understand the process of setting business and personal goals. They are encouraged to use communication techniques with family members to define and implement transition. All participants reported the program was useful and 66% reported participating in other opportunities offered at their local Extension office as a result of this program.

### Farm Succession Seminar...

***"I wanted to give you a big thank you for your role in getting the Farm Succession Planning Seminar to Owensboro. I have been telling my family for the past five years we have got to get our farm business set up better. It has unfortunately been falling on deaf ears. I had most of my family there and I think they all know the urgency of it now."***

**- Brad Haney**

## YOUTH LEARN ABOUT HEALTHY LIFESTYLE CHOICES

This generation of youth are relying on technology for entertainment, which is leading to a more stagnant lifestyle. An alternate choice is engaging the youth in social interactions through physical activity. According to the Kids Count Data Center,



*Students participate in physical activity.*

early childhood obesity decreased in Daviess County from 2006 to 2010. To continue this trend, youth and parents must be educated on healthy lifestyle choices so they may not fall into the 25% of adults lacking physical activity each month or the estimated 31% of obese Daviess Countians as indicated by Kentucky Health Facts. Over the course of this six-month program with Whitesville Elementary, 25 youth grades 3-5 were educated on physical activity and nutrition.

Youth also learned about healthy lifestyle choices throughout the six afterschool sessions. As a result, youth reported they are more aware of their lifestyle choices and are making an effort to practice living a healthier life. In a pre- and post survey, youth reported an increase from 30 to 60 minutes or more per day of physical activity outside of school.



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*Extending Knowledge,  
Changing Lives*

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# EXTENDING KNOWLEDGE *Changing Lives*

IN DAVIESS COUNTY

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



*Dr. David Kohl speaks at the Farm Succession Seminar about Trends in Agriculture.*

## COOPERATIVE EXTENSION HELPS LOCAL FARM FAMILIES AND BUSINESSES PLAN FOR THE FUTURE

The Daviess County Cooperative Extension Service filled a financial need in the community by organizing the KY Farm Succession Seminar. One hundred fifty people attended the day-long program which provided answers to the current agricultural economic outlook as it pertains to affording additional farm business partners. Characteristics of top farm managers and challenges related to effective family communication were also discussed. In addition, legal and tax issues pertaining to family business transitioning was provided by a panel of local experts.

Across the industry family farm business succession planning has been identified as one of the most important management discussions a family can have. The question often asked about estate planning is where to begin. Before and after assessments of knowledge gained indicated a significant increase in understanding of current succession planning issues, identification of estate planning strategies, and confidence in handling estate planning and specific financial matters.

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

- 237 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 403 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 867 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1690 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- 426 individuals incorporated new or additional conservation practices.

## EXTENSION'S ROLE IN BOTANICAL GARDEN DEVELOPMENT

The Western Kentucky Botanical Garden began in 1993 as a dream of Extension Master Gardeners, the Horticulture agent, and community leaders. Botanical gardens serve as an outdoor classroom to teach about the environment and growing plants. Extension Master Gardeners and the Extension agent play a vital role along with community members in developing gardens, conducting educational sessions, and maintaining the Western Kentucky Botanical Garden.



*Extension Master Gardeners plant flowers for the UK Trial Garden.*

Over the past five years, an average of 8,000 visitors toured the garden annually and/or attended an educational event such as the monthly Walk and Talk session taught by local and national speakers. Based on the number of visitors, the economic benefit to the community was \$262,600. The CEO of the Owensboro Economic Development Cooperation commented that the garden enhances the quality of life and makes the Owensboro/Daviess County area more competitive in attracting and retaining businesses and a qualified workforce.

## FARM TO SCHOOL TEACHES YOUTH WHERE THEIR FOOD COMES FROM

With over half of the County residents removed from the farm, it is more important than ever to educate students on where their food comes from. Kentucky Farm to School is a program directed to reach high school students and educate them in this area. In presenting this curriculum to 41 students at Owensboro High School, nearly half of the students responded that they had never stepped foot on a farm. With poultry being a top ranked agricultural commodity in Kentucky, a focus was placed on the production, food safety, consumption, and nutrition related to poultry. Students learned safe food handling skills in chopping vegetables and cooking an omelet, as well as nutrition facts of the products used and which of those can be found locally.

## POULTRY BBQ DAY CAMP TEACHES YOUTH ABOUT FOOD SAFETY

The 4-H Chicken and Poultry Barbecue Project is designed to teach youth the basic principles of food safety and to help youth develop food preparation skills. Daviess County 4-H offered two Poultry BBQ Day Camps designed to teach youth food preparation skills and the basic principles of food safety. Participants included 22 youth from the Daviess County 4-H Livestock Club and Girls, Incorporated. Dr. Jacqueline Jacob, University of Kentucky Poultry Extension Project Manager brought all of the equipment required for participants to barbecue half a chicken and instructed the youth on food and cutting safety as they prepared their own meat.

## COOPERATIVE EXTENSION EDUCATES YOUTH ABOUT ATV SAFETY & DISABILITY AWARENESS

To raise awareness and show children ways to prevent unintentional injury, the Daviess County Cooperative Extension Service conducted a Progressive Agriculture Safety Day® at Mary Carrico Elementary School in Whitesville with 100 students ages 8-13. Safety stations included: firearms, food, water, ATV, underground utilities, tractor roll-over, and disability awareness. The sessions were taught by 4-H volunteers, Southern Star, Kentucky State Police, and Daviess County Cooperative Extension.



*Youth learn about tractor safety.*

In a written post evaluation, 74% of the participants said they learned something at the event which would help to keep them safe. Seventy percent were more aware of what it is like living with a disability. Over 55% of the youth indicated they were more likely to wear a helmet when riding an ATV/UTV. Additionally, 66% of the participants indicated they would always assume firearms are loaded after listening to the firearm safety presentation.

## COMMUNITY PROFITS FROM EXTENSION MASTER GARDENER PROGRAM

Extension Master Gardener volunteers extend the research-based educational outreach of the Cooperative Extension Service into the community. A total of 56 active Extension Master Gardeners reported that they volunteered 6,176 hours toward educational projects involving horticulture in the community this year. The total value of the volunteer service to the community was \$135,872.

One of the projects included the development of the Raised Bed Demonstration Garden at the Extension office. They researched ideas and showed how gardeners can build a bed using different types of materials including brick, vinyl, and concrete blocks. A growing table shows how to make a bed wheelchair accessible. The garden was used to teach workshop participants how to make and use raised beds.

## 'BETTER BITES' OFFERS HEALTHY SNACK AND DRINK OPTIONS TO COMMUNITY

The obesity epidemic has negatively affected the overall health of Kentucky's families. In an effort to address the prevalence of obesity and health issues in Daviess County, the Snack Strong/Better Bites program was launched in 2015. The program focuses on offering healthier snack and drink options at locations where families and children congregate such as pools, ball fields, parks, and community centers. Better Bites snack and drink items are chosen based on the USDA nutritional guidelines and requirements for the Public School Food Service.



*Local youth enjoy Better Bites snacks.*

Within eight months of launching the program, nine different locations/organizations within the community committed to become Snack Strong/Better Bites locations and serve healthy options that meet Better Bites nutritional guidelines. Better Bites menu boards are used at Owensboro Parks and Recreation public pools and Jack C. Fisher Park concession stands.

## COOPERATIVE EXTENSION NUTRITION EDUCATION PROGRAM PRESENTS FOOD PRESERVATION WORKSHOP



*Participants canned local fresh green beans*

According to the Center for Disease Control, Kentucky adults rank among the highest for poor consumption of fruits and vegetables in the US. *Feeding America* data indicates more than 14% of adults in

Daviess County experienced food insecurity during the year. This data is evidence that poor nutrition, lack of food security, and limited access to nutritious food are contributing to increasing obesity rates and hunger issues.

A Food Preservation Workshop was conducted to increase participant knowledge and skills in proper food preservation. Participants experienced various hands-on activities which allowed them to practice canning techniques, freezing, and dehydrating as a means to safely preserve fresh foods. Participants sampled and prepared items including canned green beans, homemade canned salsa, dried apple slices, and peach freezer jam.

## EXTENSION EDUCATES FARMERS ABOUT ROW CROP RISK MANAGEMENT

Cash grain producers and landowners face a paradigm shift in adjusting to lower commodity prices and subsequent revenues for the current year and the foreseeable future. With no substantial increase in revenue predicted for the next ten years, according to the USDA, some businesses face the risk of depleting equity in order to have cash flow.

To provide resources and information necessary to help producers get through the period of lower revenues, a series of row crop risk management seminars were organized. One such seminar was hosted in Daviess County. Participants received the commodity outlook and expected 2016 price potential. They prepared and reviewed 2016 anticipated price enterprise budgets, and studied potential cash rent and machinery cost savings. Crop insurance risk management and risk management using futures and options were also discussed. Attendees were advised on developing a 2016 risk management plan.