



EXTENDING KNOWLEDGE

Changing Lives

IN MARION COUNTY

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



4-H CAMP 2016

Marion County Extension, it all starts here!

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Priority Program Efforts

- A total of **245** people are now involved in addressing significant community issues
- **420** youth made an impact in their community through service projects
- 85 local residents implemented practices that promote sustainable agriculture
- **70** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **735** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **1725** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **488** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **547** youth and adults demonstrated informed and effective decision-making skills
- **14** individuals incorporated new or additional conservation practices.

FARM TO FORK FIELD DAY



280 Fifth Graders attended Farm to Fork

In meetings, the Marion County Cooperative Extension Council identified a lack of connection between farms that grow food and consumers that consume it. From work in schools it was also known that most elementary school students, even in a rural county like Marion County, do not know where their food comes from. Because of this the Extension Council suggested agents develop a “Farm to Fork” program to educate students about farms and through them educate parents in the county.

A grant was obtained from the Kentucky 4-H Foundation to implement a program. The grant required a local matching grant which was obtained from Marion County Farm Bureau. Additionally local businesses and organizations contributed to making the event happen.

Extension worked with Family Resource Directors in the local grade schools to arrange for all fifth grade students in the county, about 280 total, to attend the program. Seventy-eight volunteers representing local farmers, businesses and organizations assisted at the event with organization, presentations, set-up and clean-up.

The event was held at the Marion County Extension Office and Fairgrounds. Presentations were made to students in the areas of Poultry, Pork/Country Ham, Dairy, Grain, Beef, Sheep and Goats, Fruits and vegetables/Farmers Market, Honey Bees,

Conservation, Farm Equipment/Technology and Agriculture Careers.

Students were surveyed the week after the field day and all reported learning something and were able to write about something they learned.

ACRES OF ADVENTURE

In the same area of educating kids about food, Marion County Extension was asked by the school district to participate in an after school program for Kindergarten through fifth grade students at Calvary Elementary School. ANR, FCS, and 4HYD agents and program assistants all worked together to develop a seven-week program emphasizing where food grows. Students learned what foods come from local farms and farmers markets, what they can grow in home gardens and which foods constitute a healthy diet. Students were able to cook foods, grow seeds and learn how some crops can be used for non-food items like clothing, plastics, etc.

SHARED USE EQUIPMENT PROGRAM

Many farmers, small ones in particular, do not have the equipment they need to undertake value added operations around the farm. Often these farmers are not able to have services provided by third parties due to their small size not being attractive to custom operators or the cost involved. Two particular areas of concern in Marion County were the ability to lime smaller or hilly pasture areas and the availability of effective pasture weed control.

Extension worked with the Marion County Ag Development Council and the Marion County Soil Conservation District to solve these problems. The Ag Development Council agreed to set aside a portion of the county allotment from the Kentucky Agriculture Development Fund to provide cost share for shared use Equipment. The Soil Conservation District agreed to purchase and manage the equipment. Two pasture herbicide sprayers and one lime spreader were purchased at a cost of about \$20,000 dollars of which two-

thirds was paid using KADF funds.

The Soil Conservation District reports good demand for use of the equipment. The extension office has received many inquiries from farmers about weed control who have never had an effective program on their farm. Farmers report they have been able to apply lime in pastures for the first time in many years because previous to the availability of the shared use lime spreader they were unable to find lime spreaders to treat those fields.

The Shared use program takes funds away from the traditional County Agriculture Investment Program that provides cost share funds to individual farmers, but farmers have been very supportive. They feel the money spent will benefit all farmers for a long period of time.

YOUTH LEARN LIFE SKILLS AT 4-H CAMP



4-H Camp is a long standing tradition in Marion County and on June 6, 2016, 65 campers, teens and adults headed to Lake Cumberland 4-H Camp for a fun filled week. Marion County youth were joined by campers from Clinton, Green, Wayne and Adair counties. Campers took classes in canoeing, swimming, high ropes, low ropes, nature/ cave exploration, recreation, sports and shooting sports. Highlights of the week included a movie night in the pool, super glow stick, sally, and the traditional bonfire. Besides having a fun week at camp, youth had the opportunity to “learn by doing” by taking part in activities they may not have experienced before in their classes and by

practicing personal responsibility by picking up after themselves and taking care of their things in their cabins.

Marion County campers also practiced their personal responsibility at camp by picking up trash, arriving at classes on time, and staying positive. Their efforts were rewarded when two Marion County cabins were awarded the spirit stick during the week. Campers also got to make new friends from other schools and other counties. Results of an evaluation on the last evening at camp showed that 100% of campers made new friends at camp, 96% tried something new at camp and that 90% learned something at camp that will help them at home, school or other places.

4-H SEWING

Clothing construction is becoming a lost art among the current generation. Knowledge of clothing construction can not only save a family hundreds of dollars each year in clothing repair, but can also lead to career opportunities for adults with those skills. Thanks to Marion County master clothing volunteer Bonnie



Betty Montgomery and Bonnie Lawson volunteers with the 4-H sewing club

Lawson, Marion County 4-H Volunteer Debra Lee, and 4-H Program Assistant Mary Lucas in 2016 13 young ladies and 1 young man completed sewing projects from start to finish and were able to model their creations in both the local and area 4-H fashion revues.

ESL

Juanita Herron EFNEP Assistant has partnered with the Adult Family Literacy to organize an ESL. Japanese ladies to come to the extension office to learn healthy lifestyle choices. They were taught the My Plate program; including nutrition, meal planning, budgeting, reading labels, and food safety. There are eighteen ladies attending and during this time they have all made changes in their diet. As an example, one lady reported she is now buying the light blue top milk (skim) instead of the whole milk which her whole family was previously using. To celebrate members of the group returning to Japan, we work with the ladies to modify their traditional Japanese recipes to be lower in fat and sugar.



ESL Japanese ladies playing music for one of their members returning to Japan.

Arts Camp

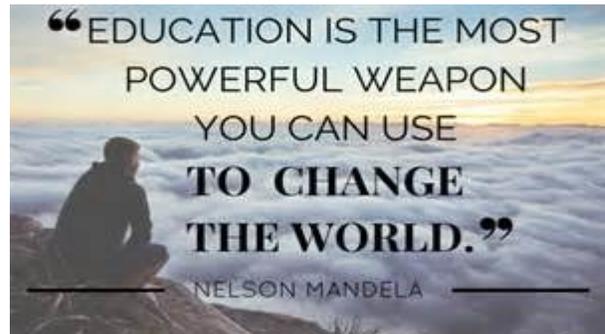
The Marion Co. Extension Office partners with the Marion Co. Arts and Humanities Council on a five day summer day camp. In 2016 twenty-two students took part in the cooking portion of the camp. We taught cooking skill, knife skills, kitchen safety skills, and meal planning. These included perfect Pita Pizza, cooking terms, Sweet Potato Crisp, kitchen tool identification. Then we performed a kitchen safety skit with the students participating. On another day we had a contest of "Fruit Display Wars." Then representative from the local Farmers Market came in and showed them about buying fresh



Fruit Display Wars made by those who attended Arts Camp

food locally grown. They gave each child a bag full of fresh fruit and vegetables to take home. The last day we had a speaker from Africa, Gregory Acker he is a teacher of Western African

Drumming and movement. He had instruments for all the students to play. We finished the week making Game Day Sloppy Joe's Tailgate Caviar.



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MARION County

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