



EXTENDING KNOWLEDGE

Changing Lives

IN MONTGOMERY COUNTY

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



We have a winner! Montgomery County 4-H Junior Chef team won the traveling trophy awarded to the top team in the Kentucky Department of Agriculture Farm-to-School Junior Chef Contest, outperforming teams from Harlan County High School, Pikeville Independent High School and Boyle County High School. Team members include left to right: Gabby Hovatter, MacKenzie Green, Charles Comer and Lee Greer with the trophy, Shannon Patrick, Hayden Holley and Joy Pidgorodetska.

4-H GROWS ACHIEVEMENT

4-H youth have things they want to achieve in their 4-H careers — being elected Club President of their fourth grade classroom club; memorizing the speech for speech contest; winning the blue ribbon for their county fair foods exhibit; shooting a bulls-eye in 4-H Archery contest; showing the prize market steer; going to 4-H camp; and list goes on. For most 4-Hers, the path to those things starts by setting the goal. That's how most of us approach life—we set the goal. For three Montgomery County 4-H members they accomplished the goal of goals to be selected among the best of the best earning their State 4-H Gold Honor being among the select top 30 youth in Kentucky

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

- A total of **150** people are now involved in addressing significant community issues
- **314** youth made an impact in their community through service projects
- **45** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **530** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **2,345** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **48** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **940** youth and adults demonstrated informed and effective decision-making skills
- **Forty Five (45)** individuals incorporated new or additional conservation practices.

earning this honor. It was a whole bunch of goals and opportunities in the years leading up to this moment that helped them achieve this moment, this honor...and it is their story of achievement. It



is a story of not just achieving goals but gaining skills along the way--life skills. The skills they summarized within their 4-H Achievement Report form that

showed they are a person who has grown and developed the capacity to care, to relate, to give, to work, to think, to manage, to live and to be. How will 4-H help them in the future? One recipient stated it this way, “4-H provided me the opportunities to develop the self-confidence challenging me to interact comfortably with anyone I meet, no matter their age, status, or interests.” Achievement simply stated.

JUNIOR CHEF/CULINARY CHALLENGE

The Junior Chef contests and 4-H Culinary Challenges have inspired teens in Montgomery County to increase their knowledge of food and nutrition;

master food preparation and safety skills; use their creativity in



preparing, combining and presenting food; incorporate more fruits and vegetables, as well as, Kentucky products in meals; apply nutrition principles to the real-life meal planning; develop real-world leadership skill in working as a team; and increase skill in public speaking. This addresses a problem within a large cohort of young people who have grown up in a “fast-food/processed-quick-food society” that has led to detrimental health problems

of over-weight, obesity, heart problems, diabetes and many other related problems. In 2015, the 4-H Junior Chef Culinary county team chose to take on a new event in their repertoire of cooking skills and competition as they set their sights on the Kentucky 4-H Chicken and Turkey Barbeque contest held each July. The focus of the contest was on individual competition. Grilling was the new method of preparation. They mastered the skills of grilling and food safety considerations related to this cooking method. As a result of their participation in the state event, five seniors placed second through sixth in the competition with one earning an opportunity to compete in the National 4-H Turkey Barbecue Contest as Kentucky’s representative. The junior member won the state junior division of the contest. Overall the team accomplished a new method of cooking nutritionally, expanding their skill set.

FOLLOWING YOUTH TO ADULTHOOD

Youth development is a process of mental, physical, social and emotional growth during which young people prepare to live a productive and satisfying life within the customs and rules of society.

A skill is a learned ability to do something well. Life skills are abilities individuals can learn that will help them to be successful in living a productive and satisfying life.

The goal of 4-H youth programming is to provide developmental opportunities for young people to experience life skills, to practice them until they are learned, and be able to use them as necessary throughout a lifetime. 4-H teaches life skills.

In gleaning through one of State 4-H Gold recipient’s Kentucky 4-H Achievement Report Application, the story of life skill attainment is told through the shared written learning experiences that follow:

* As a 4-H Camp junior counselor assisting with Archery class—“I learned how to interact with children who are years younger than me without being overly-complicated in my instruction to them.”

* As a candidate for state 4-H officer at teen conference—“it forced me to be very extroverted and it

allowed to me to speak to the largest audience I've ever had. I have a better understanding of how campaigns should be run & I feel more comfortable when speaking before large audiences."

* As a 4-H host in the 4-H Cloverville at the State Fair—"I learned to be direct, helpful without being overbearing...I learned how to improve small talk with others carrying on a genuine conversation with them, and how to get people interested in the goals and programs of 4-H."

* As emcee for 2 different district's showcase days at the State Fair—"I learned how to be more comfortable when announcing for someone else, as I was nervous that I would trip up on someone else's information."

* As State 4-H Treasurer this year as he presented his farewell address—"I have grown, not into a different person, but as a better person. Every day I am still growing."

And finally as he reflected on the position he served and its impact on him—"my training as a State 4-H Officer has prepared me for the most social, both formal and casual situations...it has taught me how to address people professionally, how to behave in public, and how to read others' and control my own body language."

Through this case study of his experiential learning process, he has internalized the knowledge and gained the ability to apply the skills in appropriate situations. He has grown & continues to grow.



"I have grown, not into a different person, but as a better person. Every day I am still growing."

-Kiernan Comer, former Kentucky 4-H Treasurer

PROMOTING HEALTHY REWARDS

The 2015-2020 Dietary Guidelines for Americans recommends children ages 6 to 13 years should consume 1.5 to 3 cup servings of fruits and vegetables daily. In 2013, the National Youth Risk Behavior Survey indicated 44.6 percent of Kentucky adolescents consumed more than one serving of fruit daily and 42.7 percent consumed more than one serving of vegetables. In an effort to increase fruit and vegetable consumption in elementary school students in Montgomery County, the FCS Agent partnered with the local health department and Family Resource Coordinator to offer a healthy reward to students who exhibited good behavior. Instead of an unhealthy reward such as sugar sweetened beverages, students made a healthy snack which included fruit and/or vegetables that may not be common in households. Over the course of 6 months, every classroom at Mapleton Elementary experienced a healthy reward. Many students were given the opportunity to try foods that they may have not tried before. Nearly 90% of students liked the taste of at least one of the foods sampled. One parent stated that their child had no interest in trying kiwi until the program and now consumes the fruit regularly as a result of the program.



PLATE IT UP! FARMERS MARKET!

As a way to increase customers at the Montgomery County Farmers Market, the Montgomery County FCS Agent worked closely with market vendors and the ANR Agent to attract customers in a new way. The FCS agent distributed a survey at the market vendor informational meeting prior to the selling season. Vendors filled out what produce they would have the most of that summer. With that information, FCS Agent chose Plate It Up! Kentucky Proud recipes using the

produce farmers indicated they planned to sell in the 2015 season. Four separate dates during the season, the FCS agent presented a food demonstration and handed out Plat It Up! Kentucky Proud samples to customers. The dates were well advertised through newsletters, newspapers, social media outlets, etc. Produce from the recipes were either bought or given to the agent by local farmers. Vendors reported increased sales of produce that was demonstrated that day and even weeks after. Recipe demonstrations and sampling will now occur during farmer's market season to further promote local produce consumption and the Montgomery County Farmers Market.

FRUIT & VEGETABLE SERIES

Consumers are becoming more intent on controlling the source of their family's food source. To address this need/want, the Montgomery, Bath, and Menifee County Agriculture Agents worked together to offer a series of six meetings to provide information on Fruit and Garden subjects. Programs were rotated between each county office. The program was six weeks



long meeting one night a week. All topics were taught by planning Agriculture Agents and FCS agents in those counties to present the preservation side of gardening. The educational classes included planning and planting, maintaining, and storage and preservation of the garden. Also, discussed was introduction to home fruit with hands on grafting demonstration where 200 apple and pear trees were grafted, and an onsite fruit tree pruning demonstration by Dr. John Strang, UK Horticulture specialist. There were an average attendance of 15 at each meeting. In follow-up evaluations, all participants indicated that they learned practices that would benefit their home operations thus certifying the source of a portion of their family's food.

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LIVESTOCK INCOME

During the initial stages of the tobacco settlement planning process, farmers and agriculture leaders across the state identified marketing as the number one need to strengthen agriculture. Local agriculture leaders responded to this need by soliciting funds from the Governor's Office of Ag Policy to employ a regional agriculture marketing specialist for seven years.

The grant has been expended but the local Bred Heifer Sale committee has retained the specialist on contract to manage their annual sale. In collaboration with CES and the ANR agent, the sale successfully sold 200 heifers from ten consigners for an average price of \$2,115 yielding \$423,000 for the agriculture economy. High price paid was \$2,600. The sale was also supported by KDA with a grant and CAIP cost share funds for purchasers. The sale promotes quality bred heifers safe to calve to calving ease bulls of which 60% were artificially bred.



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