



EXTENDING KNOWLEDGE

Changing Lives

IN NELSON COUNTY

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



Nelson County FoCUS Members in Chicago, IL

FoCUS Members Inspect The Food Chain

Food Chain under Survey (FoCUS) was established to provide an in-depth look at food production and pricing influences. During this series of classes, a selected group of teens were exposed to business structures, governmental influence, and our food system. Visits were scheduled with farmers who have small scale operations that produce fresh produce on about 15 acres, up to larger operations. Participants also took an in-depth look at processing as an aspect of agriculture integrated with businesses that utilizes raw products from the farmer and places added value. For their culminating study the students were ushered to the Chicago Board of Trade for a trip to view pricing ramifications of trading that take place on a broad scale. This is to help understand how this affects the pricing that farmers and, we as consumers, receive. The last question FoCUS members had?...When is FoCUS II?

Priority Program Efforts

- A total of 70 people are now involved in addressing significant community issues
- 1,925 youth made an impact in their community through service projects
- 1,154 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1,222 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 645 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 120 youth and adults who demonstrate increased practical living skills (learned through Extension programming)
- 395 individuals incorporated new or additional conservation practices.

4-H Youth Excel Through the Achievement Program

The 4-H Achievement Program is intended to recognize 4-H participants who have outstanding accomplishments, and to provide an incentive for youth to increase their knowledge, skills and abilities. The Achievement program is a comprehensive Program spanning the entire career of a 4-H'er.

Nelson County 4-H'ers have consistently participated in the program; a total of thirty-four youth since it was redesigned in 2010. Since that time, one 4-H'er received the top honor of Emerald, ten have received the Gold award, twelve earned Silver, seventeen have earned their Bronze award, and eleven have excelled in non-competitive levels. Three 4-H'ers have earned a trip to attend 4-H National Conference, and twelve have earned a trip to 4-H National Congress.



The program financially assists youth who attend leadership conferences after participating in specific events on different levels. Since 2016, youth have been awarded over six thousand five hundred dollars towards leadership development conferences including Kentucky 4-H Teen Conference. Youth participating in the program have demonstrated a dedication to the county 4-H program by sharing what they have learned with other 4-H'ers, by taking on additional leadership roles, and by becoming informal ambassadors for the program. Achievement applications provide an excellent beginning to the development of a comprehensive resume and program participants also note that records kept from the program assist in applying for college scholarships and in other various areas of recognition.

Nelson County Youth Receive Two “Green Thumbs” Up



Horticulture and 4-H teamed up, once again, to recruit and train a horticulture judging team that met monthly and worked on plant identification. The two programs also spearheaded a 4-H Nature Club that worked with community partners to build a registered monarch waystation.

Eight youth participated in the Horticulture Judging Team during the year. 4-H participants studied indoor and outdoor plants, fruits, nuts, and vegetables in addition to their visit to the University of Kentucky Plant Sciences Lab and the Lexington Arboretum. The program culminated this summer with all eight participants competing in the State Horticulture Judging Competition at the Kentucky State Fair in Louisville, Kentucky.

The Nelson County 4-H Nature Club meets regularly, once a month, at the Nelson County Library. This summer, passionate members of the community spent a few weeks at the Nelson County Public Library teaching the kids about the life cycle and migration patterns of monarch butterflies. The members of the club, in collaboration with the local club and community leaders, created a vision to establish a small portion of the library grounds as a “registered monarch waystation”. Nelson County Master Gardeners and the Nelson County 4-H Adult Council supported the children, the library, and the community leaders to help develop their dream. The children attained many skills on planting. As one club member put it, “we learned planting skills and what butterflies like to eat and responsibility” and another who learned that, “fifteen to sixteen plants is too much for a ten by ten space”.

Hog Daze 5K Encourages Ag Awareness & Healthy Lifestyles



Nelson County Extension Agents from all areas of programming teamed up with both FFA Chapters in Nelson County in a quest to host an inaugural “Hog Daze 5K” and Community Networking Day. The event began and ended at Wickland, Home of Three Governors in beautiful Bardstown, KY. There was room for families and young children to walk around the grounds and discover some beautiful and fun things about agriculture, including live music, an agriculture word hunt, a sandbox filled with corn, and bag toss, amongst many other activities. Local farmers brought many animals including rabbits, hogs, and beef cattle. Proceeds in excess of one thousand dollars were split amongst the three youth organizations, Nelson County FFA, Thomas Nelson FFA, and Nelson County 4-H. Future plans include collaborations to host the event again, in the summer of 2017, with “Ag Day at the Fair”.

The run encouraged utilizing the outdoors and local trails for exercise. Community organizations, members, leaders, and participants supported the respective youth organizations in furthering the investment in Nelson County’s foreseeable, sustainable, future: the young farmers.

“This is an investment in Nelson County’s foreseeable, sustainable, future: the young farmers”

- John, FFA Advisor and Alumni

Homemakers Recruit Local Bakers and Host Community Gathering

One of the events of the Nelson County Extension Homemakers sponsor each year is Soup Day. This is a dual-purpose event. First and foremost, it is a service project each fall as the weather starts to get cooler, to provide a nutritious meal for the community. Homemakers also use the day as a recruitment event to increase membership. Normally about half the members will bring soup along with the recipe. The other members provide desserts, drinks, etc. There are normally twenty-five plus pots of soup and lots of other goodies for community members to eat. This year more than one hundred and twenty-five community members came and ate. A donation jar was available and donations went toward the Ovarian Cancer Project.



King Arthur Baking Contest Winners

A new wrinkle this year was an added “Baking Contest!” King Arthur Flour sponsors these events across the nation. There were separate divisions for youth and adults. Categories included cakes, cookies, breads and various other baked goods. The 4-H Cooking Club members were invited to participate. In all, eighteen youth and adults entered thirty-four items in different categories and prizes were awarded to each winner.

An added bonus included, after the entries were judged, the entered dishes were used to help feed the people attending Soup Day.

Community Collaborations Inspire Secure Food Sources

Data from Feeding America reports that six thousand four hundred residents are food insecure. County Extension Agents, along with the SNAP-Ed Nutrition Assistant, continue to reduce the number of food deserts in the community. Twice a year, agents partner with agriculture community members as well as Kentucky Home Extension Master Gardeners to sponsor the Feeding America monthly distribution. Volunteers assemble boxes of food that are received by five hundred diverse families each month. In addition, County Extension Agents provide education to the families in the form of recipes and nutrition information regarding the specific items received.



Nelson County Master Gardeners pick apples for "Neighborly Nutrition" program

The St. Vincent DePaul Food Pantry serves six hundred Nelson County families each month. After meeting with the Pantry Manager, it was determined that the food products supplied did not always have the highest nutritional values. Through a collaborative effort of County Extension Agents and the SNAP-Ed Nutrition Assistant, Neighborly Nutrition was initiated as a pilot program. The program was composed of gardeners who agreed to donate extra produce to the food pantry, with the intention of providing fresh, local produce to limited-resource families. To date, the pilot program has supplied nine thousand pounds of fresh produce to these families. Supplementing the produce, recipes and low-cost methods of creating meals with the produce were provided, as well as demonstrations of common cooking skills.

New Dairy Cattle Show Highlights Nelson County Fair

One of the major components of 4-H in Nelson County is livestock programming. The shows of the county fair are the culmination of the participants' projects for the year. They start out with receiving at least six hours of educational training in such things as nutrition, reproduction, health and ethical treatment of their animals.

The shows started off with the Market Hog Show. 4-H youth exhibited twenty-four animals that weighed between two hundred and thirty and two hundred and eighty pounds. They received nine hundred and sixty dollars in premiums. Twenty-three youth ages two to seventeen participated in the showmanship classes.

The youth and open beef shows had a total of 91 head of cattle. Twenty of those animals were shown by ten 4-H and FFA members that collected two thousand eight hundred dollars in premiums. Seventy-one head of open class animals were rewarded with one thousand seven hundred and forty dollars.

The highlight of this year's shows was the Youth Dairy Show. A dairy show had not been held at the fair for twenty years. Last year, a Nelson County 4-H Dairy Club was formed. That hard work culminated at this year's fair with a new Dairy Show. Twenty-four youth from eight different counties showed sixty-one dairy animals and received one thousand five hundred and fifty dollars in premiums. The Dairy Club leaders and youth were extremely excited by the success of the new show.



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

NELSON County

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For more information,
Please contact us at:
317 South Third Street
Bardstow, KY 40004
502-348-9204

Fax: 502-348-9270

www.nelson.ca.uky.edu

