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 **PENDLETON** COUNTY

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

The 4-H Middle School Club learning some Swedish words before indulging in Swedish foods!

Excellence in Healthy Living Programming

Pendleton County youth, like youth in other counties, are exposed to lifestyles leading to unhealthy habits and obesity. In an effort to educate youth and incorporate healthy lifestyle changes, Pendleton County 4-H has been encouraging healthy living among youth through numerous school enrichment educational lessons, 4-H clubs and activities. Furthermore, reaching a large number of youth with these concepts has become a priority for the 4-H agent, and thus, has resulted in an increased number of programs, clubs, and volunteers to help execute this goal.

Healthy living outreach efforts from 4-H have expanded with lessons in the schools to reach 100% of youth within Pendleton County for entire grade levels. In addition, 4-H clubs have been developed for teaching nutrition lessons and informing members of the benefits of physical activity. Pendleton County third graders receive five different lessons from the Professor Popcorn curriculum, which teaches kids about MyPlate, grains, fruits, vegetables, dairy, and protein. Fourth graders learn about the effects of sugar on the body through a fun lesson entitled, "Think What You Drink," while the fifth graders are provid-

Priority Program Efforts

- A total of 97 people are now involved in addressing significant community issues
- 9 local residents implemented practices that promote sustainable agriculture
- 15 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 211 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 556 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 211 youth and adults demonstrated informed and effective decision-making skills
- 37 individuals incorporated new or additional conservation practices.

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.

ed with a "Fats and Fast Foods" lesson, which teaches youth about the influence of fats on the body.

Currently, one of Pendleton County's largest clubs is the 4-H Cooking Club. This club is open to youth ages 9-18 and has both male and female participants. On a scale of 1-5, with 5 being the best, club members rated their enjoyment of trying the foods cooked in cooking club at a 4.25 and gave an average rating of liking the lessons associated with food preparation and kitchen safety a 4.62. The responses given for new foods, such as cooked carrots, squash noodles, guacamole and chili, tried as a result of cooking club are impressive. Additionally, 85% of club members surveyed claimed to be cooking some of the foods learned about at Cooking Club in their homes.

Over the past two years, the Middle School 4-H Club has embarked on a cultural series where each month was dedicated to a different country. Monthly meetings included a scheduled field trip to restaurants and locations specific to the country of the month following a two-hour session after school that incorporated fun facts, guest speakers and preparing recipes. In the process of cooking and eating foods, members learned about nutrition associated with cultural foods. One hundred percent of club members polled claimed they had gained an appreciation for other cultures as well as liked trying all of the different foods.

With the continuation of these programs and implementation of future activities, healthy living will hopefully become the lifestyle for more individuals of Pendleton County.

Ag Reality

Farming is often considered a career where only minimal education is needed to take care of animals and/or the land. On the contrary, in rural communities the importance of educating youth in agriculture is great. Farming is a very prestigious occupation that requires countless hours, enormous expenses, and great risks. When managed efficiently, significant profits, sustainability and improvements to the land and its resources can be gained. Furthermore, understanding the use of money management, loan operations, fundamentals of land and animal conservation practices and obtaining and applying education learned from school, college and agricultural services (Extension, Soil Conservation, FSA, etc.) have become nearly essential in successful farming. In an effort to address the 4-H core curriculum area of agriculture, Robertson, Harrison and Pendleton 4-H have teamed together on a multi-county level to educate high school agriculture students about real life farming applications.

Business owners like Tara Greene with Greene Insurance Agency help ag students "manage" their farm during the Ag Reality program.

This 2-day event gave students classroom and hands-on experience through student centered learning and student inquiry. During day one, the classroom portion, students were prepped for the Ag Reality (the real life simulation event they experienced on Day 2). This was followed by introductions in understanding and completing farm budgets, income, and expense summary sheets. Upon arriving to the Ag Reality Store on day two, students were provided with a soil map of a farm along with its acreage, soil types, soil series profiles and crop yields, and tillable vs. wooded acres (with forest compositions provided). The objective of the day was for students to determine what are suitable farming endeavors for their given farm (crops, lumber, livestock, bees, horticulture, diversify in multiple farming endeavors, etc.), spend the day farming (determining income and expenses for the year), and hope to show a profit at the end of the day (year). Vendors from local equipment dealers, crop insurance employees, loan officers, foresters, horticulture specialists, tobacco representatives, Archer Daniels Midland Company grain agents, livestock dealers (both breeding and market), tax agencies and feed/supply stores were set up around the room to "conduct business" with the students. Seeking out the businesses that would get them started, students practiced buying equipment, clearing off land, purchasing livestock, pasture management, etc. to kick off their farming operation. Loan officers assisted students in acquiring the money needed to pay for their farming expenses. Once the farm expenses were accrued, students then focus on selling their crops and livestock. This event provided an eye-opening experience to students on annual expenses (usually much greater

than realized) and income (usually much less than needed) that are associated with different farming scenarios. Students applied important farm management decision making when working with vendors.

Plate it Up Pendleton County

According to the Center for Disease Control, Kentucky adults rank among the 10 highest in poor consumption of fruits and vegetables. The lack of fruits and vegetables directly affects the health of adults and families in the state of Kentucky.

Shoppers sample Plate it Up recipes at the Pendleton County Farmers Market.

The Pendleton County Cooperative Extension Service has utilized the Plate it Up KY Proud recipes and material to educate families and provide samplings and lessons on those healthy recipes to Pendleton County citizens at various events and formats within the community. The Pendleton County Agent for Family and Consumer Sciences (FCS) partnered with the Agricultural and Natural Resource (ANR) Agent, local school system, Farmers Market, local newspaper and a local grocery store to provide samplings of one locally grown fruit or vegetable recipe each month. The media press release and recipe reached over 2000 residents monthly, and over 600 students and 300 customers sampled those recipes each month at a local grocery store or Farmer's Market. Data from participants of those samplings revealed many individuals had never tried the featured fruit or vegetable in the past. Many took the recipe cards and said they would make the recipe again in the future.

The FCS and ANR Agents also partnered to hold a once-a-month "What's for Dinner" program that featured at least one Plate it Up recipe along with several other recipes that featured a locally grown fruit or vegetable. After the completion of eight lessons, a follow-up evaluation revealed:

- 84% felt their ability to select and store fresh fruits and vegetables increased
- 95% felt their ability to read and follow a recipe improved
- 89% tried new and unusual foods with-in class as well as outside of class

By attending the class:

- 60% have increased their fruit and vegetable consumption
- 72% have increased the variety of fruits and vegetables they are eating
- 73% are cooking more at home for their family
- 88% learned to use additional unfamiliar cooking methods such as electric pressure cooking, roasting and the use of an induction burner
- 55% of participants plan on planting and raising some of the products featured at our sessions

Currently the Pendleton County Extension Service plans on continuing samplings for the upcoming year and will continue to offer the "What's for Dinner" program once a month as requested by the 27 participants that have faithfully attended every session.

Understanding Risky Adolescent Behavior & Healthy Brain Development

While teenagers may scream for independence, they also have a strong need for love and understanding. This is because the teenage brain is still developing and will continue to develop until approximately age 25. For families to understand their teenager and for teenagers to grow into being a strong member of the community, it is important to understand adolescent brain development and the ways in which teens can protect their brain through healthy lifestyle choices. In an effort to build strong families, the Pendleton County Extension Service presented the "Understanding Risky Adolescent Behavior and Healthy Brain Development" lesson to 1,118 youth, (all middle school students and all high school student athletes) and 75 adults. The program highlighted how the developing teenage brain is associated with risky behavior and decision-making and how healthy lifestyle choices, such as stress management, physical activity, healthy eating, embracing creativity, getting enough sleep and practicing safety, can help protect and promote healthy teenage brain development. As a result of this program, 88% reported

"Before taking the "What's For Dinner Series" at the Extension Office I was in the same old routine for cooking. I rotated the same meals over and over again, never trying new things. I now have a variety of options all made featuring Kentucky Produce and am willing to try cooking new items."—Tony Hoess

that they understand how to protect the developing teenage brain; 92% understand how risky behaviors or circumstances harm the teenage brain; and 93% can identify healthy lifestyle choices that serve to protect the teenage brain and promote healthy brain development. Lastly, 95% of participants intend to improve one or more of the recommended lifestyle choices to better nurture the brain/promote healthy brain development. Participants shared a deep understanding of the damage alcohol, tobacco and other drugs play in brain development. They also shared a better understanding of the importance of wearing proper protective gear such as helmets on ATV and bikes. At two community events, partnering with BRIDGES (Brain Injury Demands Guidance, Education and Support) over 400 bicycle helmets were correctly fitted and given to youth.

6-8 week follow-up survey:

In a follow-up survey given in the middle school health class, 62% of the participants improved one or more of the recommended behaviors to nurture brain development and/or protect the brain. Participants improvements included: wearing a helmet more often and practicing stress reduction tips given during the presentation.

BEEcoming Beekeepers

According to the USDA, over the last 50 years the United States honeybee population has dropped by over 50%. The loss of honeybee colonies can be attributed to the use of commercial pesticides, unusual weather patterns, lack of genetic diversity, disease, and Colony Collapse. With the recent green movement, the honeybee has become a major topic. The world's food supply comes mainly from 100 crops, 73 of which rely on honeybees for pollination, as stated by the United Nations Environment Program. Beekeepers are tasked with managing the hives to ensure the success of crops.

In 2012, the Pendleton County Agriculture & Natural Resource Extension Agent, received her first phone call from a new beekeeper looking to utilize a honey extractor. This client has gone on to expand their hives from 1 to 7. This client has also taken leadership roles within the Northern Kentucky Beekeepers Association (where she served as president) and taught youth at various Extension programs about the importance of bees.

Through continued discussions with this young beekeeper, it was deemed that a local class should be offered to help create a network for beekeepers to share their knowledge. In 2016, the Pendleton County ANR Agent developed a ten month series of classes to walk beekeepers through a year in the hive. At the first meeting, 56 local beekeepers/hopeful beekeepers attended, of which 12 were first time Extension users. Throughout the series, an average of 21 participants attended each meeting.

Hive Inspection at the Pendleton County Extension Office.

Through the process of informative classes (with topics such as, So You Think You Wanna be a Beekeeper, Hive Installation, Constructing the Hive, Diseases, etc.) participants have built relationships, shared ideas, and created a network that has initiated an ad-hock shared-use equipment program. A basic beekeeping set-up of one hive will cost approximately $650. Specialized equipment for treatments of the hive against disease and pests, honey harvesting, added-value product development, etc. are great investments for an enterprise where the motto is "expect nothing, then everything is a bonus." The shared-use program and leadership development that has come through this course has strengthened local colonies through development of skills for local beekeepers.

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For more information,
Please contact us at:
45 David Pribble Drive
Falmouth, KY 41040
(859) 654-3395
Fax: (859) 654-3397
www.ca.uky.edu

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