



# EXTENDING KNOWLEDGE *Changing Lives*

## IN WOODFORD COUNTY

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



*Farm Tour*

### **Woodford County: Making a difference in the lives of our citizens**

In Woodford County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, horticulture, and community and economic development. The Woodford County Cooperative Extension Office is your connection to the University of Kentucky and the world.

We continue our mission of bringing research based information from both land grant institutions (University of Kentucky & Kentucky State University) to local individuals and families. As we reflect on the past year, it is apparent that Cooperative Extension continues to make strides in serving a diverse group of clientele. We hope that you will take time to review the programs highlighted in this report and we look forward to seeing you at one of our programs soon!

### Priority Program Efforts

- A total of **25** people are now involved in addressing significant community issues
- **40** youth made an impact in their community through service projects
- **100** local residents implemented practices that promote sustainable agriculture
- **50** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **218** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **150** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **62** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **117** youth and adults demonstrated informed and effective decision-making skills
- **50** individuals incorporated new or additional conservation practices.

## Pastures Please!

With a value of equine and equine related assets in Woodford County at \$1.04 billion, the equine industry is one important component of agriculture in Woodford County. This past year, the Woodford County Extension Service hosted the regional Pastures Please! Conference for equine owners and managers at the administrative offices of Kentucky Community & Technical College System (KCTCS. ) Approximately 150 horse owners and enthusiasts learned more about pasture management and nutrition for this important industry.



*Pastures Please!*

## Pesticide Training

With environmental stewardship a key concern among local stakeholders, state legislators, and national officials, the Woodford County Extension Service has provided important training for agricultural producers that apply pesticides. More than 155 individuals from Woodford County have been trained with the latest information on personal protective equipment, drift control technology, pesticide safety, and environmental stewardship.

## Agricultural Development Council

In addition to their cost-share program which awards funds to help producers in the county with farm diversification or improvement, the Woodford County Agricultural Development Council also provides funding for larger projects that impact agriculture in the community or region. The Woodford County Agricultural Development Council has been a large contributor of many projects including the new livestock pavilion at the Woodford County Fairgrounds. Since 2009, they have also awarded over \$1.7 million to Woodford County farmers. The Woodford County Extension

Service has worked hand in hand in relaying the needed education and information to these producers and projects continue to be successful in their diversification or improvement.

## Master Gardener Training

The Kentucky Master Gardener program is an intensive 15-week horticultural training for individuals who then volunteer as Master Gardeners in their communities. The Woodford County Extension Service partnered with the Franklin County Extension Service to offer this program for the second time in the fall of 2015. Each participant returned 40 hours of volunteer service into the community this year. Master Gardeners teach classes, organize workshops, create gardens, share gardening best practices, and much more. Master Gardeners play a vital role in Extension's ability to provide clients with up-to-date, research-based knowledge so they can protect and enjoy their landscapes and gardens. The next training will begin in the fall of 2017.



*Kentucky Nature Preserve Hike Series*

## Environmental Stewardship

Woodford County's western border is comprised of 40 miles of Kentucky River frontage and about 40% of the entire Palisade region. This area is known to support very diverse plant and wildlife populations. With such a prominent and distinctive natural resource, environmental awareness for Woodford County residents is vital. In an effort to educate the public on these issues, the Woodford County Extension Service partnered with the Franklin County Extension Service and the branch manager of the KY State Nature Preserves Commission to host a 4-week nature preserves hike series. Participants were taken to four different preserves where they were led on

educational hikes to identify native and invasive plant species and wildflowers, compare the biodiversity between areas, and learn about watershed protection and pest control. The next hike series will take place in the spring of 2017.

## **Horticulture Services**

Residents of Woodford County can receive a wide range of services from the Cooperative Extension Service including plant disease diagnostics, plant and pest identification, soil testing, on-site visits and advice on lawns, fruit, vegetable gardens, trees, shrubs, flowers and landscapes. These services are free to the community. Each year a series of workshops and classes are also offered to educate producers and homeowners on best practices to help them make informed management decisions. This year's programs included beekeeping workshops, vegetable gardening classes, fruit production, landscape maintenance, lawn care, native plants and more.

## **4-H Country Ham Project**

The 4-H Country Ham Project is an annual tradition that offers a great gateway into the field of agriculture. This year, over 30 youth and eight adults spent January through August focused on this project. Each youth participant cured, cleaned and cared for their ham in January, May and August while also preparing a short speech to give. Both the hams and the youth travelled to the Kentucky State Fair in late August, where the hams were judged while the youth were giving their speeches. Several Woodford County 4-H youth finished in the top three in the state with their speech scores and one youth was the overall age group champion. The hams are then sold at the 4-H/FFA Invest in Youth Sale as a culminating event for those youth who have completed the project. Youth must also gain at least six hours of livestock education and many had the opportunity to attend the club meetings for the first time.

## **4-H Summer Camp**

No tradition or program is more recognizable for 4-H than the annual trek Woodford County takes to

4-H Summer Camp and 2016 was no exception. Over 75 youth, teens and adults traveled to J.M. Feltner 4-H Camp in London, Kentucky to spend a

week with Scott and Franklin County at 4-H Summer Camp. Staying in cabins with their friends, youth learn independence and responsibility in the group-living conditions as they bond through competitions such as nightly water Olympics or other team challenges. Classes fill the day, offering opportunities to develop new skills and take on new challenges such as high ropes, archery, basketball or canoeing. Trained teen and adult counselors spend the week developing positive relationships with their campers as they help facilitate all of the classes and activities. In the end, 4-H Summer Camp serves as a great learning tool and offers an opportunity for kids to have fun while developing worthwhile skills and relationships that they will treasure throughout the rest of their life.



*Woodford County Campers and Counselors*

## **4-H Lego Robotics**

4-H has sought ways to adapt to the changing interests and focuses both within schools and out of schools and one way that has been quite effective is the inclusion of the 4-H Lego Robotics program. Woodford County 4-H proudly sponsored three teams of youth, this past Spring, that spent all of January through March practicing and learning the basics of robotics and programming. Each team focused on several tasks for their robot, programming them to work through mazes, follow lines and detect certain objects. The club concluded their year in April at the District 4 4-H Lego Robotics Competition, where they competed with 20 other teams in challenges. Each of the Woodford County

4-H teams were recognized for their achievement and one team actually finished second overall. Through this program youth were exposed to concepts dealing with science, particularly in the fields of coding, programming and the engineering process.

## Food Preservation

When preserving food at home, whether freezing, dehydrating, or canning, food safety is an important and somewhat overlooked aspect of the process. Hands-on and informational classes are offered throughout the year for participants to learn the best methods of preserving different types of produce and recipes. In addition to ensuring the upmost safety of the product, it is also important to know how to achieve the highest quality of frozen, dehydrated, or canned foods.

## Relatives as Parents

With the increase of grandparents and other relatives raising children in Woodford County, a monthly support group was formed in partnership with the Woodford County Schools Family Resource Centers in order to provide support and enrichment to these caregivers. While many in this situation have previously reared their own children, these situations bring about new challenges. The support group supports these caregivers with information and practical skills that help them to provide the best experience for the children in their care. Guest speakers and topics of sessions include grief counseling, discipline, navigating insurance, and legal guidance, to name a few.

## Cultivando Relaciones Con Exito y Responsabilidad (CRECER)

In partnership with Woodford Co. Public Schools, a 12-week family program, called CRECER (in English this stands for, “Cultivating Relationships with Success and Responsibility”) was offered for Hispanic and Latino families. Three separate sessions were held at each session – one for the parents, taught in Spanish; one for the teenagers; and one for the younger siblings. The participants in each session had the opportunity to learn and discuss topics such as family connections, communication, social media smarts, and relationships, to name a few. The program concluded with family activities and a pot-luck meal.



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*Extending Knowledge,*

*Changing Lives*

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