The Boyd County Extension Agent for Horticulture partnered with the Nutrition Education Program (NEP) Specialist in Boyd County in teaching head-start and first grader students how to raise their own vegetables. This lesson followed the six week *Organ Annie* program that teaches how healthy eating affects our major organs. Leaf lettuce was the crop chosen for this lesson so students would see fairly quick results from planting seeds. The Horticulture Agent went into each classroom that participated in the *Organ Annie* lessons and taught the children about plants and how they grow. Each student planted lettuce seeds in their own flower pot which they left in the classroom so they could observe how quick the seeds germinated and started to grow. Each student was given their own growth chart to fill in each week and a coloring book of different kinds of vegetables. One kindergarten student was so excited about this program that she encouraged her parents to build her a small raised bed so that she could grow her very own vegetables. She has now raised peppers, tomatoes, broccoli, and lettuce for her family to have at their meals at home and has already told her parents that next year she wants a bigger garden to raise more vegetables in.

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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.
4-H Youth Development
Becky Stahler

4-H professionals and volunteers work to make sure that youth, regardless of their physical or mental conditions, have the opportunity to be fully involved in the Boyd County 4-H program. All youth—whether rich or poor, gifted or disabled—deserve the chance to reach their fullest potential.

Close to 19% of youth have disabilities or special health care needs and 6% of youth experience developmental, emotional, or behavioral needs. Despite the benefit of afterschool programs and protections of the American with Disabilities Act (ADA), these young people are not participating in afterschool programs at equal rates as their nondisabled peers. In 2016, a national survey of children showed that 20% of youth do not participate in an afterschool activity, but for youth with developmental, emotional, or behavioral needs, the rate of nonparticipation is 32% (National Survey of Children’s Health, 2016).

Boyd County 4-H strives to provide programming for all youth including special needs students. Therefore, 4-H Barnyard Buddies Farm and Field Day was offered to youth through ages 18, marketed to those with special needs. The farm and field day

UK Summer Intern, Alysha Carver, poses with the 4-H Barnyard Buddies banner. consisted of several stations: sensory feed tubs, photo booth, craft stations, different animal species, snacks, and a petting zoo. The grand finale was a performance by the Boyd County 4-H Equestrian Drill Team.

Partners for the 4-H Barnyard Buddies Farm and Field Day included: Boyd County 4-H Council, Boyd County District Board, Cannonsburg Elementary Special Needs teachers, Boyd County 4-H volunteers, Boyd County 4-H Saddleites Horse Club, Boyd County Cooperative Extension staff, University of Kentucky (UK) summer intern, and a local newspaper. Participants included: 35 youth with special needs, 36 family members of those special needs youth, and 41 volunteers.

The Boyd County 4-H Agent had each participating family complete a registration and questionnaire. All participants learned something from the event and requested more information about Boyd County 4-H programming for future participation. Every parent or guardian that the 4-H agent spoke with was appreciative of the opportunity to attend an event designed for his/her special needs child(ren).

4-H Barnyard Buddies plans to continue as a partnership with the Boyd County 4-H Livestock and Horse Clubs. Boyd County 4-H feels privileged to offer this opportunity to local special needs youth, giving them a chance to learn a variety of skills in emotionally and physically safe environments with opportunities for inclusion.
It was another successful and busy year for the Agriculture and Natural Resources (ANR) program of Boyd County Extension. ANR continued with several programs from the past and started working on several new ones.

In the continuing program department, we again had great participation in the Annual Easy Kentucky Hay Contest. This contest is the one time of year that local hay producers can have their hay tested for free, and may just win a ribbon if their hay tests at a high enough quality.

The Annual Northeast Kentucky Farm Machinery Expo was again held at the Boyd County Extension Education Center (formerly called the fairgrounds). The building was full of local exhibitors, and there was a steady flow of visitors all day. Also, as is part of this events purpose, several vendors sold machines and equipment that they may not have otherwise to those attending.

One ongoing program that not everyone knows about is our Livestock Composting program. As anyone who has ever raised livestock knows, sometimes animals die. It can be from disease, parasites, an accident, old age, or giving birth.

In Boyd County we do not have a dead animal removal company that can come and haul the carcasses away. So, we have developed a program where these animals can be brought to us and, using wood chips, composted into a usable end product. So far, we have composted cattle, horses, goats, sheep and even a llama. As the program title refers, this is only for livestock, not pets.

A new program that was developed and offered in our ten county area was the Mountain Master Forager program. This program targeted the unique terrain and needs of area forage producers, as opposed to state wide practices.

ANR teamed-up with Boyd County SNAP-Ed to do programming on nutrition. We worked with the Boyd County SNAP-Ed Assistant and the Boyd County Homemakers to deliver multiple programs to county residents. Including a program on how to cut up a whole chicken into individual pieces.

Another nutrition program, about corn and corn syrup, was presented to local pre-school classes. We talked about how corn syrup is in a lot of surprising things at the store. We also talked about how it is not the evil thing that it has been portrayed to be when consumed in modest quantities.

Lastly, due to changes in federal law, the Extension Office has had many inquiries into growing industrial hemp. In response to those inquiries, ANR organized a multi-county program that talked about all aspects of hemp production. Selecting seeds, varieties, choosing a processor to sell to, and many other issues involved in the process.
Family & Consumer Sciences (FCS)

A group was created with Kings Daughters Medical Center to deliver valuable information on ways to change our diet to improve the way our body deals with sugar and processes the insulin we make. Monthly lessons ranged from how our body deals with added sugar, to the importance of maintaining proper medication intake. Each meeting also included a demonstration and sample of a recipe that would be appropriate for someone needing to alter their diet.

Nutrition Education Program (NEP)
Susan Grimmett

The Nutrition Education Program continued to reach out to shelters and groups to teach the Healthy Choices for EveryBody program. This program saw many success stories ranging from saving food dollars by switching from sugary drinks to water, to providing a new ergonomic vegetable peeler to a stroke patient which allowed her to peel vegetables again.

SNAP-Ed also teamed with Extension Agents to begin classes not previously offered in Boyd County.

Organ Annie and The Organ Wise Guys program is requested by teachers each year as part of their health class curriculum. By partnering with the Horticulture Agent, a hands-on lesson of planting lettuce seeds completed the program. Lettuce was grown and taken home to be used in family meals.

Another successful partnership was formed with Sanibel House, Addiction Recovery Care. The Boyd County Extension Nutrition Education Program was selected as one of 9 sites for the recovery center garden pilot to purchase gardening equipment. The gentlemen cleaned the garden beds and planted various vegetables which were later used to supplement the meals at their facility. One garden bed was dedicated to the ingredients to make salsa. A recipe was developed by a University of Kentucky specialist using the vegetables grown in this bed to make “Sanibel Salsa.” Not only did the Recovery Garden bring back memories of the gentlemen’s lives prior to their addiction habits, but taught them how productive working as a team could be, patience in waiting for the plant to produce vegetables, and a life skill/hobby that could be taken with them after they leave Sanibel House.

Extension at a Glance

- 1131 volunteer service hours completed by Extension Master Gardener Volunteers in Boyd County
- 2500 direct contacts made by Master Gardener volunteers
- 1324 youth have improved their communication skills
- 1523 youth reported that they followed safe practices
- 26 producers testing stored forage
- 25 producers incorporated best practices recommended by Extension
- 6400 individuals reached by volunteer-led programs/activities who demonstrated one or more newly acquired skill
- 4200 individuals reached by volunteer-led programs/activities who reported planning to improve at least one behavior related to subjects taught (kitchen readiness, food safety, addition of fruits and vegetables into the diet, movement of the body that leads to better physical fitness)

Sanibel House residents plant vegetables in the Recovery Garden.

It Starts With Us.
Healthy Families. Healthy Homes.
Healthy Communities.