

Report to the People

Bath County • 2019

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



Hay Wrapper Demonstration at Bath County Agricultural Field Day

The winter and spring of 2019 did a tremendous amount of damage to our hay and pasture fields, particularly where cattle were fed and equipment was required to move across rain soaked fields. It is usually hard to get farmers to agree on a lot of things, however, there was 100% agreement among cattle producers in Bath County that these high traffic, and heavy feeding areas were in need of a lot of work.

To try to address this issue, on March 19th the Extension Office hosted a video training conducted by Dr. Chris Teutsch on managing “Pugged” pastures. This training addressed many of the concerns farmers had in managing these problems. There were 65 Bath County farmers in attendance and the responses from the program were extremely positive. One recommendation from the video was to try some of the improved crabgrass varieties to establish summer forages in these areas. Four local producers established crabgrass as a part of their operation and results from these four were very good. These producers are attempting to manage these crabgrass stands in a manner that will allow them to reseed and reestablish next year.

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As we now know, the spring and early summer rains turned off to extremely dry, pastures and near record heat into early fall. The hot and dry weather has caused issues for pastures and hayfields, and has caused some concern about hay supplies going into this fall and winter.

To build on our work in the forage area, the Bath County field day focused heavily on forages. NRCS conducted a session on winter feeding areas management and establishment. The Extension Office and Conservation District featured the new county hay wrapper. The wrapper provides a tool that can be used to put up hay when it is in the proper stage of growth. This will allow maximized nutritional content and reduces hay losses, as compared to hay stored outside. The reduction in loss, may be the difference between having enough hay and being short this season.

As we move into the winter months, more work will be done to address the effects of the late summer drought and extreme heat on pastures and hayfields next spring. We will also address some animal health and nutrition problems that producers have seen this fall.



Power of Produce Program Planting Seeds

Power of Produce At the Bath County Farmers Market

According to the Kentucky Kids Project report from 2016, 24.2% of youth in Bath County lived in food insecure homes. Also, Kentucky is currently the 12th highest adult obesity rate in the nation, according to the National Center for Chronic Disease Prevention and Health Promotion. Sixteen percent of adolescents were overweight, whereas 17.6% were obese. In addition to this information, the study conducted a survey to see how much fruit and vegetable children consumed the previous seven days. Of those surveyed, only 24.8% ate fruits twice or more each day, and only 10.9% ate vegetables three times or more each day.

The second year this program has existed in Bath County produced significant results. This program focused on inviting children to the farmers market to participate in a taste kitchen, nutrition education lessons, physical activities, and a literacy program sponsored by the Bath County Memorial Library. The FCS Agent gained additional grant funds from the Family and Consumer Sciences Extension department through the University of Kentucky. She also planned the activities for the six sessions hosted by the Bath County Extension Office.

Each session was led by one of the three agents - FCS, 4-H and Youth Development, and Agriculture and Natural Resources. Each week the agent led the main lesson on some aspect of fruits or vegetables. Curriculum came from the National Farmers Market Coalition. The agent or the Family Resource Center Coordinator partners led a physical activity session with the children. The participants learned about nutrition education with Bath County's SNAP-Ed Assistant, hired through Kentucky State University, through various activities.

Our SNAP-Ed Assistant also led one session during the summer this year. Bath County Memorial Library's Book Mobile attended each session and brought books and other activities that focused on fruits and vegetables.

Participants were able to earn up to six dollars each session. Throughout the six sessions, there was an average of 25 participants per session. Participants increased redemption rates from last year by 100%. This year's numbers included over 200 participants throughout the duration of the program, an increase of 110% from last year. Parents and participants were excited to visit the farmers market each week. Many stated their children loved to cook with the fruits and vegetables bought at the farmers market. Half of the participants returned from last year, and others said they would not have come to the farmers market if it was not for this program. Bath County Extension, along with the community

Financial Fitness in Bath County

While identifying needs through the Bath County's Extension Council, one topic that was talked about is the need for financial literacy programs. 63% of Americans have no emergency savings for things such as a \$1,000 emergency room visit as reported by Bank-rate.com. The FCS Agent continued hosting a series of educational programs that identified different aspects of financial education, such as savings versus investing, developing a spending plan and evaluating the process, using apps that automate finances for the 21st-century person, as well as utilizing The Good Credit Game and Money Habitude programming. Utilizing a variety of learning tools allowed participants to learn in multiple ways based on their needs. Over the course of the series, 200 participants learned something



Wildcat Archery Team

they could implement into their lives immediately. Several members have adopted one or more methods for saving money, monitoring their spending, and looking into different types of banking options. Parents attending programs have also passed age-appropriate money knowledge to their children.

Wildcat Archery Success

Four years ago, statements centered on the call for action that "Not all students play basketball, football or other sports, we need an after school club for students who don't play those sports." These students can be part of something to build confidence, belong, and stay out of trouble after school. Since the conception of the Bath County Middle School After-School Archery Club, over 80 youth have become full time members. Over 200 hours of shooting sports instruction have been taught. Club members have raised over \$850 for club supplies, t-shirts, and expenses for club competitions. Since 2016, club members have competed in over 15 Archery Shoots where they displayed learned skills, teamwork, and pride.

For many of the club participants, it marks their first time ever competing in an athletic event. After club shoots, many have said it made me nervous, focus more, proud of my accomplishments, and cool to meet/see so many other people from across Kentucky., as many parents travel with their children.

Solely based on this after school club's efforts/accomplishments and Wildcat Archery 4-H Club, Bath County School District approved the KHSAA Sanctioned Sport of Archery, that is offered to Bath County High School Students.

SNAP-Education in Bath County

Laykin Smith, SNAP Education Program Assistant in Bath County has developed numerous partnerships and educational opportunities for her community. She partnered with a local drug addiction treatment facility, Hazel Hills to bring nutrition education to clients in the recovery program. Weekly nutrition classes at Hazel Hills impacted big changes to the menu by the kitchen staff. The clients shared with the kitchen a few of the recipes used in class resulting in some changes made on the menu. For example, lighter breakfast options such as yogurt and fruit are now available to clients.

Bath County Memorial Library partnered with Laykin to supplement the summer reading program. During each session the children learned about the food groups, food safety, to match the theme, and facts about space nutrition.



Summer Reading Program

Extension At a Glance

- 112 Number of producers reporting an increase in knowledge of futures and options as a risk management strategy
- 1500 Number of acres impacted by practices relating to wildlife habitat, management or damage
- 100 Number of people who demonstrated spending time in physical activity
- 160 Number of students indicating that they developed a better understanding of the consequences of substance abuse (legal, health, emotional, and financial)
- 319 Number of youth who use knowledge and skills developed from 4-H science, engineering and technology
- 378 Number of youth who can identify the natural resources in their community
- 200 Number of individuals implementing personal health protection practices (screening, immunizations, well-baby care, preventive health practices, etc.)
- 200 Number of adults reached through volunteers conducting Extension programs and/or activities
- 32 Number of participants engaged in home and consumer horticulture programming
- 250 Number of youth who indicate they can take responsibility for their actions

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