

2019 Report to the People

Fleming County

COOPERATIVE EXTENSION



Garden to Table - Plastic mulching benefits local restaurant

Agriculture and Natural Resources (ANR)

A local restaurant decided to start growing some of the vegetables that they use in their day-to-day operations. The owner discussed his ideas and concerns with ANR Agent during a training, and she suggested plastic mulch to assist in his weed control. For the equipment utilized, the agent enlisted the assistance of a neighboring ANR agent. They provided the owner with a list of materials needed in preparation for the plastic laying day and instructions on how to prepare the ground. On a warm morning, all met in the field near the restaurant to begin the hands-on how-to demo for plastic laying and drip irrigation. The owner, his wife, and two sons learned how to set-up the plastic laying machine, prep the irrigation system, and how to lay a nice tight plastic mulch. All were intrigued and amazed about the process, stating numerous times throughout the training of how they had wished they had done this sooner because it would have been very beneficial for their business.

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Snap-Ed

With a high rate of diabetes in Fleming Co. the Fleming County Extension Office is host to a monthly Diabetes Support Group. The group meets the second Tuesday of each month. Anyone that has diabetes, is a caretaker, or anyone just interested in learning is welcome to attend.

Attendance varies from six to 14 people. The Family and Consumer Science Agent conducts a class taken from the Diabetes Curriculum and the SNAP-Ed Assistant follows with a lesson taken from the Healthy Choices Curriculum. A recipe from the NEP Calendar or Healthy Choices is prepared either before the class or during the session for sampling to follow. The recipes are well received, with many reporting they have prepared them for their families.

Monthly speakers are invited to attend. For example, one speaker has presented hands-on information concerning his insulin pump usage.

Several in the class have started going to the local fitness center to walk and achieve more activity in their daily routine. The group has been very successful with returning participants. The consensus is if they miss a month they may be missing a class that would be important to their health.



FCH Pharmacist talks about his insulin pump



Students learning how to set a proper table

Family and Consumer Sciences (FCS)

Fleming County Work Ready Committee stated their mission is to partner with economic developers, education, workforce boards and community and business leaders to facilitate positive solutions for workplace issues and to improve the economic well-being for Fleming County and the region. We were the first county that was awarded this designation on its first try.

They prepared a section that addressed the needs of students enrolled in the Fleming County School district, looking at Extension to help play a role in this process. Since 2015, the Family and Consumer Sciences program has initiated several programs to address the soft skills portion of the work ready program.

In 2018-19, all 8th grade students (139) participated in an etiquette program that demonstrated proper table manners and socialization during a formal dinner. 48 4th and 5th graders from Ward elementary participated in an educational program on proper etiquette and put into practice good manners at formal dinner prepared by and served by the county Homemakers. One student responded that, "I now know what to do when I attend a wedding this summer with my family. "



State 4-H Livestock Judging Clover Team

4-H Youth Development

The Kentucky 4-H Program Agriculture Initiative is to “create awareness of the impact of agriculture on daily life and develop marketable skills for the future”. Fleming County, KY has deep agriculture roots ingrained in the community from businesses to classroom education. The Fleming County 4-H Livestock Program has set the course for an all-encompassing program, by providing youth various opportunities to learn about everything from hay, feed, and animal identification to daily skills such as public speaking and organizational skills.

Over the last three years, the Fleming County 4-H Program has endeavored to develop the 4-H Animal Science Program outside the realm of a regular 4-H Livestock Club. By securing two new 4-H Certified Livestock Volunteers, totaling our leader number at three for the county, the program was able to begin offering new and exciting opportunities for our members such as 4-H Livestock Skillathon and 4-H Livestock Judging teams.

The 4-H Livestock Club has been a long-standing program in the community and has seen different generations of the local agricultural community thrive as members, volunteers, and eventually sponsors and supporters. Through this program Fleming County 4-Her’s are able to learn about how to exhibit and finish an animal for the livestock market. The Fleming County 4-H & FFA Annual Show and Sale allows youth to learn more about the ins and outs of the livestock market and pricing.

The 4-H Livestock Skillathon team is a newer addition to the Fleming County 4-H Program that has provided an agriculture outlet for youth that do not have an opportunity or the means to exhibit livestock. These youth learn in-depth about feeds and seed identification, hay identification, meat cuts, breed and animal part identification. This all-encompassing animal science program has taken off with growing from seven members in its first year to more than 15 competing at the local level. The 4-H Skillathon Team hosts the only competition outside of the Kentucky 4-H State contest. This provides over 100 youth from across the state (11 different counties in 2019) to get extra practice and prepare for the State 4-H Contest held annually in Bowling Green, KY.

A new 4-H Livestock Judging team coach re-invigorated an existing program, and got our members excited to learn and compete. The Fleming County 4-H Livestock Judging team took several field trips to practice judging live classes, and took extensive class sessions on breed and part id. The team spent a lot of time learning how to organize and give their reasons orally. The organization of the group had the older members helping to teach younger members, strengthening their team bond and assisting with information retention.

The 4-H Animal Science program growth would be non-existent if it were not for the hard work and dedication of the 4-H Livestock Volunteer team. By dividing the 4-H Livestock program in to three equal parts, the leaders are able to manage their section and assist each other when necessary and/or available. This makes the program more manageable for the type of program they would like to see Fleming County 4-H have.

Through leader initiative, Fleming County 4-Hers have not only learned how to make decisions and defend their decisions through public speaking but also have a more well-rounded 4-H Animal Science education.

In 2018 the Fleming County 4-H & FFA Livestock Show & Sale reached its record mark with its 77th anniversary event. This long running event provides a quality opportunity for youth to exhibit their projects, speak with community members and engage in the markets of livestock. Members are required to complete a detailed record book emphasizing the financial records of their livestock project and listing necessary materials they utilized throughout the project year. This event in 2018, showed more than 59 youth in participation with sales grossing more than \$100,000.00. Our community support is astounding having the least number of youth in recent years, yet having almost a record number in sales.

“Kids are learning to analyze a situation, make a decision and and communicate why they did it. These are skills that are valuable as an adult in any situation.”

4-H Livestock Leader

Extension At a Glance

45 Number of students indicating that they developed a better understanding of the risk and harm of substance abuse.

37 Number of people who increased their knowledge of invasive species.

300 Number of youth who apply the skills they learned in 4-H and in other activities at home, school or in the community.

125 Number of those reported being better able to recognize employment opportunities in today's workforce.

773 Number of producers that implement sustainable practices as a result of participating in Extension programs.

500 Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of tasting a Plate It Up! Kentucky Proud recipe sample.

150 Number of 4-H members provided with diversity focused education.

18 Number of producers who made changes to their farm's chemical handling, storage, and disposal practices.

25 Number of businesses reached through Extension Programming.

75 Number of youth that can keep production, performance or financial records on their 4-H agricultural projects.

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