

Report to the People

Jefferson County • 2019

COOPERATIVE EXTENSION



Preserving Produce and Health in Jefferson County

A 2018 report from the Community Foundation of Louisville and the Lift a Life Foundation, found that 44,000 Louisvillians live in food deserts, meaning they have few fresh, healthy food options, and that 20,000 older residents live a mile or more from the nearest supermarket.

Preserving your fresh produce through canning, drying and freezing can be an economical way to enjoy access to the nutritional benefits of fruits and vegetables all year long, even when they are no longer in season in Kentucky. The University of Kentucky's Cooperative Extension Service Nutrition Education Program partnered with Louisville Grows, an organization focused on connecting local residents to health, wellness, and green education, to offer a 3 day workshop series on food preservation topics, led by experienced instructors.

The workshop focused on the food preservation techniques of pressure canning, boiling water bath canning, freezing and drying, with hands-on activities to increase participants' experience in food preservation. One participant shared, "Overall, the best informative and fun class I've ever attended. Eager to try everything!"

For More Information, Please Contact us at:

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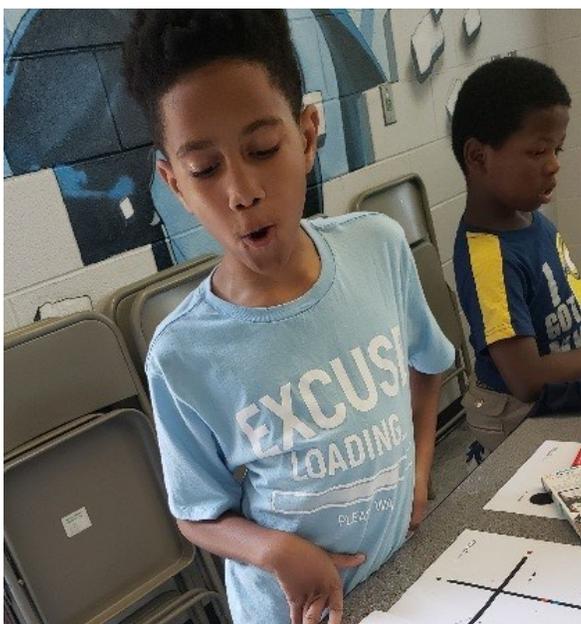
Summer Coding—4HYD

This summer 130 students from Sowing Seeds with Faith Summer Camp entered the world of robotics and learned the basics of coding. Utilizing Ozobots, students solved puzzles, designed mazes, and developed codes to get their Ozobot from one endpoint another.

Ozobots have color sensors which recognize color patterns students draw on paper with markers to control the actions of the robot. The Ozobot will follow a solid black line but when students add short color sequences that match any of the “color code” patterns, the behavior of the robot changes in response. In addition to paper and markers, students can also use “Flash Codes” in conjunction with a digital screen.

The program consisted of 7 weekly lessons. The lesson ranged from learning the basics of handling the robots to programming the robot utilizing the Blockly Code system on a tablet. Students had work in small groups (2-3) and use their critical thinking skills to collaborate and achieve the goal of each daily challenge. Students were forced to look at things from a different perspective and utilize the cause and effect technique. The benefits of this program allowed students to think in areas of logical thinking, problem-solving, persistence, collaboration, creativity, and communication.

After completion of the program, 75% of the students felt this program will help them think more critically in the classroom. 85% of the



4-H brings Ozobots to Sowing Seeds with Faith Summer Camp

students gained a new interest in technology. 90% of the participants are interested in learning more about coding. The Ozobots were purchased by the camping program. Jefferson County 4-H plans to purchase their own set of Ozobots and use them in multiple after school and community school settings.

Jefferson County Extension Homemakers—FCS

Jefferson County Extension Homemakers have always been one of the strongest leaders and advocate for the Cooperative Extension Service. There are 100 members in seven clubs.

Two of the county members served on the Louisville Area Homemaker Council with one holding an officer position. The county organization planned and hosted the area annual meeting within six months due to the reorganization of the area calendar. The Homemakers reported 16,199 Extension and community volunteer hours, at a minimum value of \$391,043.86 to the county. Many members serve as officers and leaders in other civic groups in Jefferson County and are especially active in: Fern Creek/Highview Ministries, Southeast Area Ministry, Maryhurst, Sister Visitor Center, St. Joseph, St. Vincent De Paul Society, Jefferson County Public Schools, Ronald McDonald House, Veteran’s Administration Hospital, Nursing Homes, Dare to Care Foodbank, Center for Families and Children, Homeless Collation, Habitat for Humanity, and Gilda’s Club of Louisville.

This makes the financial values of Jefferson County Extension Homemakers’ volunteer work a benefit the county.

MyFuture with MyPlate— Snap-Ed

Eleven youth groups, with 198 children total, at Dawson Orman Headstart were taught by a Supplemental Nutrition Assistance Program Educator (SNAP-Ed) through the Nutrition Education Program in Jefferson County. Children around the preschool age should be introduced the most basic information about food groups, so the SNAP-Ed Assistant focused solely on each of the five food groups throughout each of the six lessons, which is known as MyPlate.



Serving healthy meals and information

Lessons were presented by the Supplemental Nutrition Assistance Program Educator (SNAP-Ed) with the Jefferson County Cooperative Extension Service using a combination of the “Discover MyPlate” curriculum and the Literacy, Eating and Activity for Preschool/Primary (LEAP) curriculum. Each of the curriculums focused on all five of the food groups: fruits, vegetables, grains, protein, and dairy (along with physical activity). During one of the lessons, the book “D.W. the Picky Eater” was read by the assistant.

While reading, the assistant passed a spinach leaf around the classroom to relate food to the book. The children were able to use senses, such as touch, smell, and vision to become more familiar with a food that might not have originally been consumed by preschoolers. After the story was completed, the assistant encouraged the preschoolers to try a spinach salad recipe, which included spinach, mandarin oranges, dried cranberries, and raspberry vinaigrette.

After the six lessons with the youth groups, the teachers stated the children were more likely to consider and choose to try new foods that had been sampled in class. The assistant also noticed the children were more likely to ask for seconds. The children also practiced categorizing each of the five food groups, and they showed improvement in being able to identify and recognize which foods fell under which food groups. The teachers loved the program so much, they invited the assistant to come back and teach for the next year!

The Louisville Zoo Toxic Plant Survey— ANR

The Louisville Zoo is comprised of 134 acres situated in the city’s Poplar Level neighborhood. The Zoo has 6 zones of exhibits several of which contain yards that have native or introduced plant species. In some cases, these yards may contain toxic plants that could cause serious health issues with the animals. On several occasions, animals have consumed plants that required veterinarian services including a hospital stay.

The Louisville Zoo’s Senior Veterinarian reached out to the Jefferson County Cooperative Extension Service Agriculture Agent for assistance with identification and eradication of toxic plants, or other sources of contamination. The Jefferson County Cooperative Extension Service Agriculture Agent, along with several of the Louisville Zoo staff, walked several of the exhibit yards identifying toxic plants that should be removed. Plant identification techniques were taught to the Louisville Zoo staff. A list of toxic plant references with photos was shared with the Louisville Zoo staff.

Eight individual Louisville Zoo yard keepers were present during walks surveying for toxic plants. The Senior Veterinarian and Veterinarian Technicians were present for most of the walks as well.

The Louisville Zoo and the Jefferson County Cooperative Extension Service has developed a partnership where annual visits are scheduled to view exhibits for potentially toxic plants.

The number of plant related health incidents has decreased indicated a higher level of awareness by Louisville Zoo staff in identifying and removing potentially toxic plants which results in reduced time the animals aren’t available to be exhibited.

2019 Urban Homesteading Workshop— Horticulture

The Jefferson County Agent for Horticulture Education collaborated with the Urban Conservationist with Jefferson County Soil & Water Conservation District and local non-profit, Louisville Grows to host an Urban Homesteading Workshop Series.

The goal of the program was to introduce the concepts of self-sufficiency via homegrown food production for people living in an urban environment. Classes met twice a month, March - October of 2019 with a celebration in November.

In 2019, we had 25 participants enroll for the program. Twelve of the 25 met the requirements to become “Certified Urban Homesteaders” by attending ten of the seventeen classes. At the beginning of the program, we asked for participants’ familiarity with many topics: 13% of participants had “no previous gardening experience after elementary school”; and 82% could not read or interpret a soil sample.

At the end of the program, participants took a post-test. 91% could now read and interpret a soil sample and 100% of participants could now start a plant for seed. We also asked participants when they planned to implement the skills taught in the workshop series into their lives (if at all) and here are the results: 99% of participants started a vegetable garden during the workshop; 70% started a compost system during the workshop and 45% plan to preserve their own food next year. This workshop series will be offered again in 2020.



Proud Homesteading Workshop participants

Extension At a Glance

- 6253 Number of youth who apply the skills learned in 4-H and in other activities at home, school, or in the community
- 6302 Number of participants engaged in home and consumer horticulture programming
- 1729 Number of youth who have engaged in a community project related to natural resource conservation
- 1612 Number of youth who demonstrate a skill that was learned and/or improved by participating in 4-H/ANR project, program, event, or activity
- 915 Number of individuals who made lifestyle changes (diet, exercise, managing stressors, etc.) for the purpose of improving their health
- 637 Number of individuals reporting an increase in awareness of local food systems
- 800 Number of individuals who completed soil tests as needed
- 618 Number of hours KEHA volunteered for Extension activities/ events
- 968 Number of individuals who reported eating more healthy foods
- 750 Number of people reporting improved lifestyles through a focus on proper nutrition, diseases and injury reduction and comprehensive health maintenance

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