



EXTENDING KNOWLEDGE

Changing Lives

IN Menifee COUNTY

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



Mary McCarty, 4-H / ANR Agent, **Vanessa Harris**, SNAP-ED Program Assistant, **Angie Justice**, Staff Assistant

Customer Appreciation Day for Farmer's Market

Every Tuesday and Friday from May - October, the Menifee County Farmer's Market serves the citizens of Menifee County. Fresh fruits and vegetables at affordable prices are a must for our residents. Menifee County market vendors participate in Senior Farmer's Market vouchers and WIC vouchers. Half of market vendors also accept SNAP benefits at their stands. Without the support of the community, the market would not be sustainable.

Customer Appreciation Day was held during Kentucky Farmer's Market week. The Ag Agent and FCS Agent provided exhibits for customers and door prizes. The FCS agent made a KY Proud recipe for tasting and the Ag agent had set up a tomato tasting booth. Tomatoes are the number one seller at the market. Ten different varieties were available for sampling. Customers voted on their favorite variety with Sun Gold as the chosen winner.

Program Efforts

- 28 producers reported changed or improved pasture management practices.
- 15 individuals completed the Kentucky Pesticide Applicator Training.
- 54 participants gained access to Extension Programming at local farmers markets.
- 65 participants have shown an increased awareness of sustainable agriculture practices.
- 42 individuals reported improved personal and interpersonal leadership skills
- 155 people have indicated that they know how to use information they are given to make decisions.
- 21 youth have demonstrated a skill that was learned by participating in a 4-H ANR project, program, or activity.
- 95 youth have reported that they followed safe practices.
- 155 youth that have improved their communication skills.
- 121 youth are using knowledge and skills developed from 4-H Science, engineering, and technology programs in daily life.

Yak Research Begins in Menifee County

Mary McCarty, 4-H/ANR Agent



2018 Farm & Family Ag Field Day was held at a yak farm with alternative forages and weed control as the concentration of presentations. After hearing the alternate forage presentation by Dr. Jimmy Henning, a yak (*Bos grunniens*) producer requested a farm visit to examine the forages that his yak herd were consuming, as well as, those they were not consuming. A farm visit a few weeks later determined that the yak would not consume vegetative high quality tall fescue, even in fall when it is most palatable. Initial farm visits could find no apparent reason for this refusal of forage. At the suggestion of Mary McCarty, UK County Agent for Agriculture and Natural Resources, a replicated forage species study was designed and planted during spring 2018.

Nine varieties of forages known to be grazed on this farm were planted and replicated four times. These included toxic endophyte, friendly endophyte and endophyte free tall fescue, as well as, Kentucky Bluegrass and orchard grass. The forage garden will be

grazed by yak during the 2018-2019 growing season to determine preference and tolerance to grazing. Levels of endophyte will be determined by checking the levels that are currently in the yaks pasture. Stand ratings in the early summer of 2018 showed successful establishment for most species. Plots will be clipped, allowed to regrow for approximately two weeks, and then one or two yak will be released into the plot. The producer will document grazing preferences.

4-H Shooting Sports

Mary McCarty, 4-H/ANR Agent

4-H Shooting Sports in Menifee County has been active for many years in our community.



Club leaders came to the 4-H agent in the late fall and asked for new coaches be recruited for the program. After recruiting 5 new volunteer coaches, meetings were held to discuss plans for the new program year.

During these meetings, new leaders accepted the challenge of becoming coaches and were certified in the fall. A new range was leased for the 2018 season. A lot of hard work made the range capable of hosting the first ever Menifee County Invitational Shoot! On June 23rd, forty-eight 4-H members from 8 surrounding counties participated in 82 events. Past certified coaches

have assumed new leader roles, as well as, new leaders obtaining coordinator roles. These new leaders have opened doors to new events and disciplines to be added to the Menifee County Shooting Sports Program.

"4-H has helped my family & I get involved in the personal side of the community and get to befriend and know our neighbors better."

Jerry Ison

It's Your Reality,

Kendyl Redding, FCS Agent/4-H

It's Your Reality, for Menifee County Middle School was held on March 29th. This annual event introduces students to the financial realities associated with adulthood. They discover the costs of providing food, clothing, shelter, etc. for a family and how these relate to career choices. Upon arrival at *It's Your Reality*, students received the equivalent of one month's salary for a career. Careers were assigned based on GPA and school attendance. Participants went through each "store" purchasing housing, transportation, child care, etc.

Over two hundred students from 6th - 8th grade participated in the program. By the end of the simulation, students had a better understanding of the correlation between career, lifestyle, and education. Each of the students had a better understanding of the importance of budgeting money, how to make wise financial choices, what it costs to maintain a household, and what it costs to raise a child.

Good decisions about educational paths, career options, lifetime mates and family living are crucial. The goal of *It's Your Reality* is to help students understand the impact of these decisions and their impact throughout the course of their lives.

Get Moving Menifee

Kendyl Redding, FCS Agent/4-H

National Nutrition Month was created by the Academy of Nutrition and Dietetics and takes place every year in March. In honor of National Nutrition Month, the Menifee County Family and Consumer Sciences Agent created an online four-week walking challenge for the community called *Get Moving Menifee*. Registration and weekly walking logs were posted on social media using Qualtrics. Paper registration and logs were available in the office as well.



Kendyl Redding, FCS Agent, presented Get Moving Menifee winner, Joyce Wells with a new FitBit Alta HR. Now Mrs. Wells can continue to track her movement with her FitBit!

Participants received a weekly newsletter including a walking log, challenge updates, recipes, nutrition articles, and upcoming community events relating to health. Participants in the challenge received points for filling out pre/post- surveys, turning in weekly walking logs, attending nutrition

workshops, attending local exercise programs, and sharing recipes from the newsletters. At the end of the four weeks, the participant with the most points won a new Fitbit fitness tracker.

The walking challenge had a total of 15 participants (14 females and 2 males) ranging in ages from 14 to 65 years old. In addition to the walking challenge, the FCS Agent held a weekly *Lunch and Learn* educational class which highlighted a different nutrition topic and featured a Kentucky *Proud Plate It Up* recipe.

After four weeks, over one million steps were logged between all participants. The post evaluation indicated that participants were more aware of the benefits of physical activity and planned to get 30 minutes or more of physical activity at least 5 days per week. Participants also reported an increase in activity levels and that they have been more active with family and friends as a result of the challenge.

SNAP-ED

Vanessa Harris, SNAP-ED Assistant

Trying to get children to try different foods is sometimes difficult to do. However, with a little encouragement from others, it can happen. That's what happened during a MyPlate lesson taught at Cloverbud Camp last summer. SNAP-ED Assistant, Vanessa Harris told her students that one never knows if he/she will like it... until they try it. A variety of fruits were purchased and used for tasting during snack time. Two children, who didn't want to try kiwi, were encouraged to take a "hello bite". If they didn't like the kiwi, they didn't have to eat it. They were still apprehensive about tasting the kiwi until other campers encouraged them to take a "hello bite". When they finally tried it, they liked it! In fact, they asked for more! They also said that they were going to ask their parents to buy kiwi for them.



Cloverbud Day Camp participants learned healthy choices for lunch. Pizza with fresh vegetables!



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