

EXTENDING KNOWLEDGE

Changing Lives

IN METCALFE COUNTY

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



“Chop Chop” Cooking Class – Families Cooking Together

According to Kentucky Health Facts, only 19 - 23 % of residents in Metcalfe County consume the recommended number of servings of fruits and vegetables daily. Metcalfe County Nutrition Education Program Assistant and Family and Consumer Sciences Extension Agent partnered with the Metcalfe County Library Summer Reading Program, to offer a hands-on cooking series for families.

Six sessions, with two different groups of participants with children ranging in age from two to 10 years, are offered July and August 2018. Three different recipes containing fruits and vegetables, from the “Chop Chop” spring 2018 Magazine are featured. Vegetable and fruits for the recipes are purchased from the local Farmer’s Market if available, to provide the highest quality, most flavorful fresh ingredients. Each session is paired with a basic nutrition education lesson with related information from a featured FCS Extension food publication.

Priority Program Efforts

- 105 Students completed the Truth and Consequences: The Choice is Yours Program
- 287 residents indicated a willingness to support local food markets as a result of awareness raised through Extension programming
- 135 participants gained access to Extension programming at local farmer’s markets
- 15 Community partners gained awareness of the problem and impacts of substance abuse in the community as a result of Extension efforts
- 183 People reported eating more healthy foods
- 75 individuals (parents or caregivers) reported improved personal skills (such as increased personal strengths, interpersonal communication and life skills to strengthen families)
- 200 individuals reported an increase in their fruit and/or vegetable consumption
- 205 children grades K-2 could identify fruits and vegetables
- 23 businesses were reached through Extension programming
- 86 people have become more effective at facilitation as a result of participating in Extension leadership programs

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.



Family Lifestyles Television Show

The Extension Agents for Family and Consumer Science Education, in eight counties of the Mammoth Cave Area that can access the Proclaim Broadcasting network, WPBM TV Channel 31 via cable, dish, digital or antenna television have partnered to take over hosting of the 30 minute, weekly Family Lifestyles television show. Fifty-five episodes were taped and aired from October 16, 2017 – October 15, 2018.

The eight Mammoth Cave Area Counties that have access to this program include Allen, Barren, Butler, Edmonson, Hart, Metcalfe, Monroe and Simpson. They are mostly rural and remain heavily agricultural, with a total combined population of 147,422, according to the 2017 population estimates from the U.S. Census Bureau. According to the Kentucky State Data Center, all eight counties rank at 30 – 35% of the population as obese and reporting no leisure time physical activity. All of the counties fall into the lower than the median levels of state – wide, overall health ranking.

Each pre-taped program airs four times weekly, with one segment occurring during prime time hours and netting up to 100,000 viewers. Participating MCAFCS Extension Agents tape two segments at a time, in rotating teams of two, with one Agent hosting and the other guesting. Agents present on a broad range of topics using appropriate visual aids - with a strong focus on marketing of the University of Kentucky, College of Agriculture FCS Extension Service's nutrition, food preparation/safety and wellness topics. Several FCS Agents have hosted outside guests, to provide expertise on a topic or promote local community projects and activities. The Metcalfe Co Extension Agent presented shows on Holiday/Turkey Food Safety, stress management, essential oils, healthy hydration, smoothies w/ guest heather Shaw, Permaculture and community gardening with guest Tim Kercheville, using the

whole chicken/making bone stock and several other wellness topics.

The main goal of the Family Lifestyles television show is to make publically accessible, research – based information, in a visual/auditory format to strengthen families and provide greater opportunities for personal development, for viewers in the broadcast area. FCS Extension Agents are currently working on further broadening the program audience, by launching internet access to the segments for the 2018/19 program year, through social media pages and groups that currently exist.



Tobacco GAP

Barren and Metcalfe counties are two of the top tobacco producing counties in Kentucky. Although, total production is down compared to previous years, tobacco still maintains its spot as one of the top agricultural commodities in the region. Since 2014, all major tobacco companies have required producers to be trained in Good Agricultural Practices (GAP) in order to market tobacco. This is due to an increasing concern for consumer health as well as the health and safety of those that work in tobacco.

The University of Kentucky Cooperative Extension Service, GAP Connections and the US Labor Department join forces each year to train producers. The extension agents in Barren and Metcalfe counties have scheduled, hosted, facilitated, and provided materials and resources for the training for the past 4 years. At each training research based information that includes basic tobacco production information along with issues pertaining to worker safety and labor laws has been resented. Representatives from Migrant Education Services have been on the program each year. All growers are registered with GAP connections and are entered in a system that will record their training history and provide a transcript for them.



High Tunnel

Many people in Kentucky are learning about the seasonal high-tunnel initiative grant program, through the Natural Resources Conservation Service of the USDA and in Metcalfe County. Over a dozen produce farmers have taken advantage of that grant program and are now producing fruits and vegetables year-round, with the aid of unheated hoop houses also known as high tunnels and some that have been converted to seasonally heated greenhouses. With so many producers and hobby farmers inquiring about this program and utilization of unheated high tunnels three Mammoth Cave Area Extension Counties partnered: Metcalfe, Barren and Monroe Counties - to offer this high tunnel production and farm tour program on May 3, 2018 at the Metcalfe County Cooperative Extension Service office.

Twenty-four people participated in this program, which offered a UK Specialist led high tunnel production program in the morning, then led participants on tours of three local farms that have utilized the NRCS grant program, to obtain high tunnels and that are utilizing them in different ways.

This group included two ANR, one Horticulture, 7 Family and Consumer Sciences Extension Agents, (with 3 Agents from Northern Kentucky) and 10 farmer/producer participants. The three Metcalfe County Farms toured included: Hill and Hollow Farm CSA; Valley View Orchards and Heron's Hill Farm.

A post program evaluation was e-mailed out to all participants on June 20, roughly 6 weeks after the program was conducted, eight participants responded. Seven respondents indicated that the morning educational session and farm tours offered were "Excellent" or a five on a scale of 1 - 5. One respondent rated the morning educational session as a four and the farm tours as a five on the same scale.

Farmers' Market



Metcalfe County Farmers Market 2018 Season was a great success. The three-year gross sales are as follows: 2016 = \$14,499, 2017 = \$24,222, 2018 = \$23,383. July and August were very busy months for our Market. Friday sales averaged over \$1000 and customer attendance was consistently over 120. The Tuesday market, which is only 4 hours, has always been a much slower day had average sales of \$200 and of 50 customers per day.

The SFMNP (senior) vouchers and SR. Double Dollars have been the most successful of the three programs. The SNAP program has the greatest potential for growth. Currently we have very few SNAP/EBT customers. Better outreach to these community members will be a goal for the 2019 Season.

The FM tracks reporting and tracking program was a great asset in assisting in data tracking. Metcalfe Co. received 165 SFMNP vouchers totaling \$4,620 worth of fresh fruits and veggies as well as honey. Redemption rates for the Senior Voucher program were at 66% but we have not received the final rates. For the KDD Sr. vouchers we had a 97% redemption rate. KDD WIC voucher redemption was 83%.

4-H Chick Incubation Cracked Up

Over 180 students experienced the 4-H Chick Incubation Project. This project was implemented in Pre-School and kindergarten. The students learned about the life cycle of the chicken, how to care for the young chick, and the essential needs of food, water and shelter.



Educators used pictures and a plastic egg model and work sheets to show the development of the chick each day. One hundred percent (100%) of the eggs hatched for 72 chicks. The students experienced the complete life cycle of the chick from beginning to end (four died).

A local producer donated the eggs. One teacher said, "Witnessing the miracle of life when the eggs began hatching was outstanding, the students were amazed." All of the teachers reported through a written evaluation that the program had positive impact on their ability to teach the life cycle. They also reported that 100% of the students learned about caring for baby chicks. This is a growing program the demand for the incubators and eggs continue to increase in each year.



Blasting Barrels

Two grandfathers came to the 4-H Agent in Metcalfe County and wanted to start a Shooting Sports club. The goal for them was to teach firearm safety to youth, to promote positive youth development, and to instill confidence in the youth participants.

The 4-H Council sent these two men to the State 4-H Shooting Sports Certification Training in Jabez, KY. The Metcalfe County District Board donated funds for the club to organize and purchased 12 firearms, ammunition and two gun safes with the funds.

They started a club with ten youth. The Club only shot in one discipline, which was 22 Pistol and Rifle. We had one child that placed 5th in the state shoot.

Through the 4-H volunteers, we have two lifetime members of the NRA, one certified NRA Range Officer, 12 certified Adult coaches, one certified Teen Coach, six Certified Air Rifle Coaches, three Military Veterans and two Hunter Education Instructors.

The NRA (National Rifle Association) donated \$6,376 worth of items for the club to continue the 22 discipline and to start up shotgun. Items include a portable thrower, firearms, ammunition, and clays. The CMP (Civilian Marksmanship Program) donated four air rifles.

Metcalfe County Fiscal Court and Metcalfe County Extension District Board donated a shooting pavilion, which was built at the Metcalfe County Fairgrounds. Others will also use this pavilion in the community for Fair events and picnics, by the local police department as a 50 mm shooting range, as well as the main purpose, which is to continue to grow our 4-H Shooting Sports program.

"The greatest and most important factor in all of this is that twenty-three youth have learned how to properly use a firearm. We have achieved that and much more. The confidence of handling firearms and teaching others has been overwhelming. We hope that this continues to grow," says the two certified leaders that started the program one year ago.



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