

Report to the People

Wolfe County • 2019

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



Pollinator Garden Implemented at Red River Valley Elementary after Pollinator Day Program

Pollinator Day – Students learn about pollinators through nutrition, agriculture, and physical activity

Somewhere between 75% and 95% of all flowering plants on the earth need pollinators. Pollinators provide pollination services to over 180,000 different plant species and more than 1,200 crops. That means one out of every three bites of your food is there because of pollinators. Pollinators include: bees, butterflies, bats, beetles, flies, and some birds.

Staff at the Wolfe County Extension Office along with the Family Resource & Youth Service Center Coordinators at Red River Valley Elementary, Campton Elementary, and Rogers Elementary saw a need and opportunity to teach young students about the importance of pollinators so a Pollinator Day program was developed.

All second grade students in the county came to the Extension Office for a day long program that rotated between stations covering various topics related to pollinators. The day began

For More Information, Please Contact us at:

Wolfe County Extension Office • (606) 668-3712 • <https://wolfe.ca.uky.edu>
20 N Washington St., P.O. Box 146, Campton, KY 41301-0146

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.

with students being read the Dr. Seuss book, "Show Me the Honey." Students then were broken into small groups to learn about: the lifecycle of a butterfly; cooking with honey and the health benefits of honey; making lip balm and other products that come from beeswax; how honeybees communicate through "dance" (the students created their own communication dances) ; the structure of a bee hive, and different jobs bees have within the hive; and the tools required to take care of a bee hive. A member of the Powell County Beekeeper's Association also brought an observation hive for the students to see. The day also provided students the opportunity to help plant a pollinator garden and release Monarch butterflies.

With our ever growing population and more land being dedicated to urban development, it is of utmost importance that the younger generations learn how crucial pollinators are to our environment and to our survival. Pollinator Day is a step in the right direction for our Wolfe County students and has become an annual event. Since the implementation of this program, we have seen an increase in school pollinator gardens involving more grades in the schools and will be building more in the coming school years.

Summer Sausage & Charcuterie Workshop

Over the past decade, people have taken more interest in where their food comes from and what is in their food. In Wolfe and surrounding counties, interest in heritage skills has increased as a way to preserve skills of grandparents as well as extending their food dollar and taking pride in creating food for their family. This can be seen by the popularity of country ham programs for youth and adults in Kentucky.

For three years now, the Wolfe County Agriculture and Natural Resources Agent Heather Graham has held a Summer



Charcuterie Board Display with summer sausage

Sausage and Charcuterie workshop.

The purpose of the workshop is to educate participants in the art of making summer sausage as well as learn how to assemble their own charcuterie board using their summer sausage or other items. A 2 hour workshop was conducted with over 60 people, including 5 youth, attending. Most of the men and women had never processed meat prior to the workshop. They were doing it for personal use and gifts for family members.

After observing a demonstration and sampling sausage, participants identified equipment needed and could recall the proper steps to ensure the food would be safe and enjoyable. They demonstrated kitchen and food safety practices as they created their own roll of summer sausage.

Participants returned to the Extension office to claim their summer sausage after it was cooked. They shared "I had no idea the process is this easy" and "I plan to do this with my family as an educational activity over the holidays" and that "I have never had summer sausage and did not realize it would taste this good".

Seed Saving Workshop

Home grown vegetables is one of the many things to look forward to during the summer months. In Eastern Kentucky, there is heritage and tradition surrounding the family garden- what is grown, how it's grown, etc. It is common for people to save their seeds, especially of the heirloom varieties, from one year to the next. This helps to keep the tradition of the family



Participant holding seeds after heat treatment

garden alive, and can also help to reduce the input costs of the garden (not having to purchase seeds). Vegetables of heirloom varieties can also bring a premium at the Farmers' Market, and with the increase in demand for locally sourced food, this can also help to increase the producer's bottom line. However, a producer needs to be cautious when they save seeds to make sure that they're saving from healthy plants and that they are stored correctly. A producer can also use heat treatment as a way to help ensure that the saved seeds will be healthy. With the help of a Master Gardener volunteer, a seed saving workshop was held for Wolfe County residents during the spring. Those that participated learned how to choose what seeds to save, how to properly store them, how to use heat treatment, and what seeds can be heat treated. Seed packets from the previous season had been donated for demonstration and those in attendance were able to get hands on learning with using heat treatment on those seeds. All participants left the meeting with several seeds to plant in their gardens and 100% indicated that they were going to save seeds from their garden.

Leaping Into Good Health

According to the Center for Disease Control and Prevention children under the age of 5 eat fewer fruits and vegetables than the daily recommended, poor nutrition and physical inactivity have been

linked to obesity. To address this issue the Wolfe County Cooperative Extension Service, Nutrition Assistant partnered with Middle Kentucky Community Action-Wolfe County Head Start and offered six lessons using the Literacy, Eating and Activity for Preschool/Primary curriculum for youth ages three-five. Each month the youth traveled to the Cooperative Extension Service, they participated in various activities including reading the LEAP books, a tasting activity, and a physical activity.

Youth learned to make healthy lifestyle choices, to recognize physical activities, healthy snacks, when to wash their hands, dental hygiene, and to recognize dairy. They went on a dinosaur hunt, made caterpillar snacks, and even had a visit from one of Rodeo Ron's Milkshake cows. (Someone dressed in a cow costume).

Lunch in the Park

Parents in our county are challenged to adapt their food budget during summer break, Children being at home for three meals, as opposed to receiving breakfast and lunch at school during the instructional year, strains already tight food allowances. The school summer lunch program provides food for much of the summer months, but with a lack of public transportation, many parents do not have funds or transportation to come to the one central location the lunches are served from. The Wolfe County SNAP Education Assistant was able to help bring the lunches to a location far from the serving location, and enable more youth to be served by the program.

The Wolfe County SNAP Assistant asked to be a part of the summer lunch program and deliver lunches to the Helechawa Park in Wolfe County. The program began June 2019, with the SNAP assistant bringing up to 50 lunches weekly, for the children coming to the park. Additionally, recipe samples and lessons from the adult curriculum were provided for the parents,

while they waited for their children. Upon completing their school lunch children were provided lessons and materials to assemble a healthy snack such as “Yogurt Parfaits”. Weather allowing the opportunity to meet with other children was an incentive for the children to play together, which also gave them physical activity.

The parents were very cooperative and helpful, and many expressed their appreciation. The lunches aided the parents with their food budget, provided the children with a nutritious lunch, and provided valuable clients for the Nutrition Education Program.

Dear Me

Dear Me, a mental health and drug prevention program was conducted at Wolfe County Middle School for all 7th and 8th grade students. Prior to conducting the program the Wolfe County Youth Service Center Director approached Wolfe County 4-H Agent about doing a program with middle school students to promote mental health, drug prevention as well as promoting inclusiveness and anti-bullying. Recently, a survey had been conducted that reported 40% of 212 students at Wolfe County Middle had in some way thought about harming themselves more than 1 time during the last 30 days. These students also listed that the main thing they are concerned with is stress and feeling pressure to succeed in sports, school and other extra-curricular activities.

During this day long program each child received six hours of education in mental health, learned ways to cope with stress, participated in drug prevention lessons and activities, as well as became aware of resources in their community that they can be utilized. Each student rotated through these 8 sessions and the day was concluded by a pep rally in the gym that was conducted by Jiggy, a positive message program. Overall the students

Extension At a Glance

- 16 Number of producers who were successful in marketing/selling food products
- 72 Number of producers who gained knowledge of farm profitability for their enterprise (s) from Extension programming
- 11 Number of producers with plans to communicate with neighbors around their farm about pesticide sensitive areas
- 34 Number of producers that implemented sustainable practices as a result of participating in Extension programs
- 60 Number of individuals who completed soil test

expressed a great deal of appreciation for this program.

Mental Health is not easy for people to talk about but is so important to the positive development of our youth. After this program,

- 100% of students could name three resources in their communities that they could reach out to for help with an issue.
- 84% of students could name 3 ways to cope with stress that they face.
- 94% of students reported that they have learned something new that they can use to help them with problems.
- 78% of students can name the risk factors associated with using Juuls, and other e-cigarettes

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