

REPORT TO THE PEOPLE



Garrard County 2021



DID YOU KNOW... The Plant, Pick & Eat Family Garden program for the summer had 17 families plant gardens.



Website: garrard.ca.uky.edu



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Family and Consumer Sciences



Pictured is a traveling student after she prepared the Peruvian Potato Dish, during the second class.

15

Number of program participants that improved their understanding of substance use by attending Addiction 101

461

Number of individuals who participated in a sewing related program (not led by a Master Clothing Volunteer)

Agriculture and Natural Resources

Education in beekeeping is a never-ending program. Covid has slowed in-person meetings but hasn't slowed the questions and interest in beekeeping. Clientele have noticed the beehives located beside the Garrard County Extension office and have made numerous inquiries about beekeeping. The ANR agent put in 2 beehives 2 years ago to be able to conduct classes and to educate himself about beekeeping. While large in-person classes have been impossible, phone calls and one on one teaching moments have continued.

The two hives have been very helpful in demonstrating how to manage a healthy hive. The ANR agent has been able to show local beekeepers in real life and hands-on demonstrations what to do when presented with a situation in their own personal hives. There have been 18 new beekeepers start their own hives due to the programs at the Extension Office. More programs are expected when the Covid restrictions are lifted.

Trying to reach youth audiences with SNAP-Ed Assistant for cooking experiences during the pandemic was very difficult. All Garrard County students have Chrome Books for their classroom work and use the format, Google Meets. Collaborating with school administrators and the Community Education Director, we set up a Google Meets bi-weekly cooking school with an international flare.

Basing the educational component on Teen Cuisine curriculum and using or creating recipes with individual countries' flavors, each week's program featured a demonstration of the recipe and info about the nutrition, preparation or meal planning component of each recipe. The recipes were sent directly to the participants before the class each week to allow purchasing the ingredients ahead of time. Our school collaborator shared what she heard from parents, "The parents who participated really liked it, as did the kids. They WOULD do it again."



Beekeeping Class

53

improved genetics by Implementing a crossbreeding program and utilizing Expected Progeny Difference to meet breeding objectives.

37

Number of producers who used Extension recommendations to improve quality of haylage/silage storage.

4-H Youth Development



Young biologists study aquatic invertebrates for a stream health study

160

Number of youth who used the skills and knowledge learned in 4-H to conserve natural resources

29

Number of youth who completed a state fair arts, photography, or other visual arts project

Nutrition Education

Starting in June 2020 and continuing, the FCS Agent and NEP Assistant visit the Emergency Refuge House sharing the NEP curriculum with residents and teaching hands-on needlework skills during weekly visits. Out of approximately 75 different residents, 24 graduated the NEP program with 96% showing positive changes towards food groups and 57% showing improvement in diet quality. Fifteen are continuing as enrollees.

As the FCS Agent visits once a week teaching various needlework to residents, there are positive responses to learning new skills that contribute to calming nerves and settling anxiousness feelings. Learning life skills for improving nutrition or to increase patience and concentration are a welcome respite for Refuge residents.

In Richard Louv's book, "The Nature Principle" describes the connection of technology and nature experience as an, "...increase our intelligence, creative thinking, and productivity, giving birth to the hybrid mind." To encourage a connection to nature and balancing the use of technology, the Garrard Co. 4-H Agent, partnering with the Family Resource Center, organized and implemented a Creek Day to look at a local aquatic system, discuss the importance of recording biological indicator invertebrates, and using apps to record data for local and global use.

Eighteen youth and 6 adults participated in the day event. A post-event survey found youth increased knowledge about aquatic invertebrates by 81%, understood that aquatic invertebrates help determine the health of our moving water systems by 97%, and 100% would be willing to repeat the process in the spring to see if there has been a change in the biodiversity of this local river system.



Preparing healthy recipes

150

Number of recipe cards distributed

350

Number of individuals who reported they utilized delivery systems/access points (e.g. farmers markets, CSAs, WIC, food pantries) that offer healthy foods

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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... just a few ways Extension supports Kentucky

- *23,971 Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.*
- *4,890 Kentucky producers adopting new technologies in agriculture production.*
- *3,399 Kentuckians who improved or maintained health from participating in gardening.*
- *3,898 Kentucky families who supplemented their diets with foods they grew or preserved.*
- *4,161 Kentuckians participating in community trail projects.*

COOPERATIVE EXTENSION



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