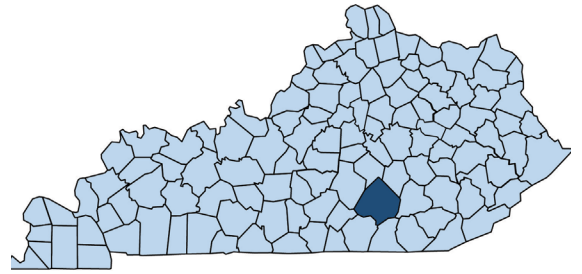


# REPORT TO THE PEOPLE



## Pulaski County 2021



**DID YOU KNOW...** We had 27 4-H youth, 6 Cloverbuds and 3 adults participate in the 4-H Country Ham Project.



**Website:** [Pulaski.ca.uky.edu](http://Pulaski.ca.uky.edu)



**Facebook:** @pulaskicoextension

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## Horticulture



Sky Hope residents with their succulent plantings, September 2021

200

Number of participants in Extension horticulture programs at senior centers, detention centers, or rehabilitation centers.

1010

Number of Master Gardener hours completed in the county during 2021

## Family and Consumer Sciences

Pulaski County Extension worked with the Lake Cumberland District Health Department in reporting the weekly statistics in their weekly newspaper article and on other media outlooks to keep the public informed of the severity of the virus. All persons were encouraged to wear a mask when out in public and to keep the 6 feet distances when in public. Our homemakers were also involved in helping to meet the needs of the community in supplying face masks to organizations that needed more mask. The homemakers made over 6,000 mask for the community.

In addition to making the cloth face mask, agents from the Extension Office participated in making 6,000 plastic face covers for the KCTCS School to distribute to the first responders in the Lake Cumberland Area. Homemakers made more than 500 greeting cards monthly to give to each resident in 5 different assisted living facilities. They supplied the facilities with recreation games.

Sky Hope Recovery Center is a 100-bed facility for women recovering from addiction. Gardening has been shown to help improve mood, reduce stress, alleviate depression, increase strength and stamina, and improve self-esteem. The Pulaski County Horticulture Program engaged with these women on a weekly basis throughout 2021.

With the help of Extension, the women have grown many different vegetables, learned about insects, diseases, and soils, and had their vegetables and herbs used in the kitchen. Since the facility has many residents, the garden isn't big enough to feed the entire population. Food chosen for the garden is designed to give residents exposure to different plants, different growing seasons, and different pests. It's also designed to grow food they enjoy as well. One Master Gardener and the KSU Area Agent have been great partners, coming up with other interesting topics to teach them about including succulents, hone



Homemakers hard at work making greeting cards and birthday card for assisted living residents.

220

Number of participants reporting improved knowledge regarding life span behavior and decisions that affect health and well-being

220

Number of participants who can recognize warning signs of Alzheimer's™ disease and dementia

## Nutrition Education



Teaching at Sky Hope Women's Recovery Center about the importance of healthy eating.

56

Number of individuals who reported eating 4-6 servings of fruits and/or vegetables daily

40

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

During the 2020/2021 program year, 26 adults completed a series of 7 classes in the Nutrition Education Program in Pulaski County. Of these program graduates, 92% showed a positive change in their consumption of fruits, vegetables, grains, protein, or dairy foods as a result of nutrition education programming efforts.

Fifty-nine percent (59%) demonstrated an improvement in their diet quality, 61% demonstrated an improvement in their food safety practices and 66% of program graduates demonstrated an improvement in food resource management skills. Additionally, 47 youth participants gained nutritional knowledge and skills by completing a series of classes using the Literacy, Eating and Activity for Preschool/Primary (LEAP) curriculum from the Nutrition Education Program.

## 4-H Youth Development

In 2020, 4-H participated in the KY 4-H Country Ham Project for the first time with Adair Co. 4-H so that our hams could hang in their ham house. There were 17 youth & one adult that participated from Pulaski County. Our members received 16 blue ribbons & 1 red ribbon from the KSF. After the KSF, youth were invited to sell their state fair ham at our Pulaski County Youth Livestock Show & Sale in September. Seven youth chose to sell their ham.

Because of the success of the 2020 program & the outreach from our 4-H parents & participants, we moved forward with purchasing a ham house. We received funds from our Extension District Board, Pulaski County Farm Bureau, & from the Pulaski County Ag Development Board to purchase our 4-H's very own Country Ham House. In Jan. of 2021, 68 hams were placed into the ham house here at Pulaski County. The participation level from 2020 to 2021 increased to 28 4-H youth, six cloverbuds & three adults.



Our brand new building filled with hams.

40

Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products

400

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H natural resource programming

## Agriculture and Natural Resources

The 2021 City to Farm Tour was held on Sept. 28th with well over 70 local business leaders from the Somerset-Pulaski County Chamber members in attendance. Extension partnered with the Somerset-Pulaski County Chamber of Commerce to plan the event. The event is to help educate our community about the changes that have occurred in agriculture over the past decades.

This behind-the-scenes look at local agriculture allowed community leaders the opportunity to meet the hard-working farmers and producers who keep the heritage of agriculture alive and viable in Pulaski County. This event not only gives those that are not involved in the day to day operations a chance to ask question but it also gives the farmer the opportunity to talk about the business side of our industry. This is an opportunity for both communities to come together on common ground and hear each other concerns.



Community partners listen as a local Ag business man talks about his grain operation.

400

Number of clientele increasing agriculture awareness due to Extension Programming

2500

Number of people impacted by Advisory Councils, community organizations, and other volunteers including County Ag Investment

*... 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.
- **3,898** 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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