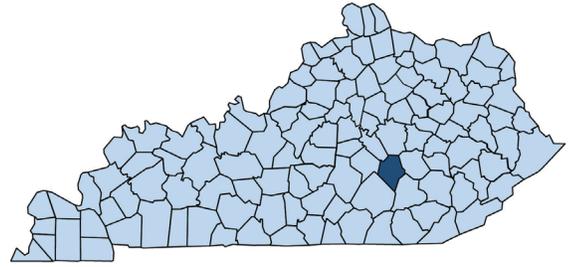


REPORT TO THE PEOPLE



Rockcastle County 2021



DID YOU KNOW... Rockcastle County Quail Homemakers have maintained the Quail Community Park since 1977.



Website: rockcastle.ca.uky.edu



Facebook: facebook.com/RockcastleCES

For More Information, Please Contact us at:

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Agriculture and Natural Resources



Socially Distanced Meeting

48 Number of producers reporting increased profits and/or reduced risk due to farm management strategies learned through Extension programs.

54 Number of producers who implement a crossbreeding program and utilize Expected Progeny Difference when selecting bulls.

Family and Consumer Sciences

During the pandemic, families had a renewed interest in gardening and food preservation as a means to have food available to the family at all times. In June, the FCS agent worked with child development centers and KEHA to offer food preservation workshops. Parents attended an online workshop on Pressure Canning Basics. The one-hour workshop covered food safety and how to use pressure canning to preserve fresh fruit and vegetables.

A 90-minute workshop on pressure canning on drying and freezing was also taught by the FCS Agent for the public and KEHA members. The pressure canning workshop had 12 participants and the drying and freezing session had eight participants. Home canning and freezing publications were provided. An additional 60 families were provided canning and freezing publications. 95% of attendees could identify the correct process needed for specific foods; 90% could identify foods that would not freeze well.

Approximately 100 producers were approved to get cost share funds through the County Agriculture Investment Program. Upon being approved for cost share, these producers must attend an educational class pertaining to farm management. Throughout the fall and winter, the Extension office offered a wide variety of programming for producers to attend that will coincide with the cost share program in which they were funded. These programs include backgrounding calves, hay testing, farm safety, vaccine handling, forage improvement, fencing and on farm water and genetic improvement.

We offered different platforms so everyone could fulfill their educational requirement for funding. The meeting room is set up to meet social distancing guidelines. For those that were not comfortable coming to in person meetings, we offered 3 of programs on Facebook live and webinars. With these options, producers fulfilled their educational requirements.



Canning Salsa

30 Number of Food Preservation Workshop Participants

88 Number of individuals who demonstrated safe handling and preservation of food.

4-H Youth Development



Quilting Day Camp

24

Number of youth participated in overnight 4-H summer camp.

18

Number of youth who participated in day or overnight 4-H non-environmental camps at our office, 4-H camp facility, or other location.

Six youth attended a four-day quilting day camp. Five attendees pieced and tied quilts, and one youth pieced the top to be quilted by a professional. Twenty-two campers, two adult volunteers, and both Agents attended 4-H Camp with social distancing measures observed. In July a project day for 4-H was taught to nine youth.

The day was filled with six different workshops of projects that were eligible to be entered in the county fair and state fair. Seven Youth entered projects for the county fair. Seventeen projects won blue ribbons at the county fair and were taken to the Kentucky State Fair.

NUTRITION EDUCATION

Prior to the COVID-19 pandemic according to 2019 data from the Feeding America website, one in seven Kentuckians were food insecure and those aged 50-59 had the highest rate of food insecurity in the nation. During the pandemic, demand on food banks significantly increased as families faced layoffs and cutbacks at work. In response, during the 2020-2021 program year, 78% of SNAP-Ed and EFNEP Nutrition Education Program (NEP) Assistants reported partnering with local food banks to share recipes, newsletters and other materials and resources in food boxes. One SNAP-Ed Assistant reported delivering 100 Emergency Food Assistance cookbooks, 1,250 healthy and easy recipes, 300 Seasoned newsletters and 200 Healthy at Home newsletters to a local food pantry. A recipient said, "I was so happy to see recipes in my food box. Sometimes it's hard to think of ways to use some things you receive. These recipes will help me prepare healthier meals when feeding my family. Thank you." By partnering with food banks, NEP was able to reach hundreds of families throughout Kentucky.



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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