



Ohio County  
Extension Office

College of Agriculture,  
Food and Environment

# REPORT TO THE PEOPLE

2022-2023

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

*It starts with us*



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## Ag Development Funds Improves Beef Efficiency

Over the last 5 years, over \$600,000 have been invested in agricultural improvement /diversification projects in Ohio Co., thru the County Agricultural Investment Program (CAIP). These funds are balanced by producer investments in these projects, in the amount of about \$2.5 million.

The top five areas of improvement by producers are: Cattle handling facilities, water distribution improvement, expansion/improvement of fences, genetic improvements thru heifers or bulls, and forage improvement. These projects have improved the efficiency of beef operations, while increasing safety for producers while handling cattle, as well as, making beef operations more sustainable.

The impact from producers surveyed about use of the funds:

- 75% increase in vaccinations for cattle, due to improved handling facilities
- 70% increase in the use of improved forages when renovating pasture & hayfields
- 65% increase in number of ball drinkers
- 67% have seen increased calf weights at weaning, with improved genetics

## Access to Healthy Foods

Since the onset of COVID-19, increased cost of food and access to a consistent supply of nutritious foods has become a challenge across the U.S and Kentucky.

To support Ohio citizens in attaining nutritious vegetables, the ANR agent and FCS program Assistant expanded the garden kit program, by providing programming & kits to not only the Hartford & Fordsville Food Banks, but added the Senior Citizens Program, Ohio Co. Headstart, and the Ohio Co. Library Learning Program.

The garden kits contained enough seed for a family of four, to grow green beans, zucchini squash, summer squash, cucumbers, beets, and herbs. The kits also contained general gardening publications from U.K. & KSU, publications specific for growing the vegetables & herbs seeds provided, SNAP publications, Chop Chop magazines for families with children, "Healthy at Home" newsletters, nutrition articles, recipes, and gardening calendars. The kits were distributed to:

- Hartford Food Bank – 802 families; 2000 total family members
- Fordsville Food Bank – 85 families; 327 total family members
- Hispanic Stores and Catholic Church – 225 families; 900 total family members
- Ohio Co. Headstart Program – 4 families; 14 total family members
- Ohio Co. Library Learning Program – 10 families; 20 total family members
- Senior Citizens Program – 20 total participants

Impacts seen include:

- 25% planted a garden for the first time
- 70% canned or froze produce for winter consumption
- One family canned 60 pints of pickled cucumbers, 75 jars of squash, and 50 jars of green beans to share with 3 other family's



## MyPlate Charcuterie Boards

Thirty-one percent of individuals within Ohio County are considered obese. Obesity is associated with an increased risk for a number of chronic diseases, including heart disease, stroke, diabetes, and some cancers. In order to make healthy eating exciting, The Ohio County Extension Agent for Family and Consumer Sciences taught a series of charcuterie board classes at the Extension Office and Ohio County Senior Center. The classes centered around MyPlate. Ninety-two percent of participants consider using the MyPlate recommendations when making food choices. Ninety-two percent of individuals became more aware of safe food handling practices, like not leaving foods at room temperature for more than 2 hours, and 98% understood the need for food safety when serving foods on a charcuterie board.





## Kids Day at the Farmers Market

According to the Centers for Disease Control and Prevention, 60% of children do not consume enough fruit in their diet, and 93% do not eat enough vegetables. To address this issue, the Ohio County Extension Service collaborated with the Beaver Dam Community Farmers Market and Ohio County Health Care to host “Kids Day at the Farmers Market”. The “Kids Farmer’s Market Day” is designed to: 1) Emphasize the relationship the farm plays in providing food to the table, 2) Increase youth’s consumption of fruits and vegetables, 3) Highlight the importance of eating a variety of colors in fruits and vegetables and 4) Increase awareness of our local farmer’s market’s variety and convenience. Kids Day at the Farmers was the largest ever, with over 300 families participating. Each child got to take home fruit and vegetables. There was over \$5000 in vendor sales for the day and 54% of families had never visited the Beaver Dam Community Farmer’s Market. Another 75% of families wanted more information about Ohio County Cooperative Extension Service Programs.



## Agriculture: Youth Agriculture Days

Ag Days exposes youth to the real world of agriculture and provide them with the opportunity to learn more about careers, agriculture production, technology, and research. Three hundred-five fourth grade students sat in combines, interacted with 50 industry representatives, learned about soils, crops, technology, and careers in agriculture. Eighty-five percent of our youth do not live on farm and did not understand how agriculture touches their lives. A 4<sup>th</sup> grade teacher stated, "My Students better understand the importance of agriculture and have a basic understanding that agriculture is the foundation of our food supply."



## Leadership: National 4-H Congress

National 4 H Congress is a life-changing experience, allowing Carlie Hansen and Meegan Lane to impact their communities on a local, state, and national level. They engaged in educational workshops focusing on diversity, cultural experiences, leadership, and team development and were empowered to create positive social change in their communities. Both teens served as advisors to the 4-H Chef Club, Teen Club and Horticulture and Carlie served on the Kentucky 4-H Healthy Living Leadership Board.

## Leadership: KY 4-H Achievement Program

The Achievement program encourages personal and professional growth and development in a time when youth in our communities struggle to see the importance of being active in extracurricular activities, civic engagement and leadership roles. Youth have achieved 3 Gold, 6 Silver, 10 Bronze, 6 Clover Level 2 and 6 Clover Level 1 awards. Fifteen youth have advanced their leadership development by providing leadership to youth in the Teen Leadership Academy, Chef Club, Teen Club, OCMS Club, Horticulture Club, Cloverbud Club, 4-H Council, and volunteer activities in their communities.

## Health: 4-H Body Walk

The 4-H Body Walk program shows the relationship between physical activity and healthy eating habits. 4-H partnered with the 7<sup>th</sup> grade Life Skills classes, 304 youth received 6 hours of training to reinforce the lifestyle culture changes. Body walk is composed of 15 interactive educational stations that link healthy living with our diet. Youth learned the damaging health effects of tobacco and e-cig products (100%); gained knowledge about healthy eating and exercise practices (100%). Student: "Portion sizes are out of control, most restaurants provide too much food to the public, as a result I overeat." Healthy eating and physical activity help youth build healthy habits.





Find out what's  
*Wildly Possible*

## Extension Happenings

- 290% increase in soil test by homeowners and farmers since Extension started offering free soil testing.
- County Agricultural Investment Program (CAIP) distributed over \$86,000 in cost-share funds, with investments by producers' of over \$240,000
- 5000 number of hours KEHA members volunteered in community activities and events
- 132 number of individuals reporting a new skill to prepare themselves for the workforce
- 4-H School clubs – 43 school clubs at 6 elementary schools 862 youth.
- 4-H Officers elected in 49 clubs - 343 youth received leadership training provided
- 4-H Camp – 94 youth, 2 teen and 13 adult volunteers – 1118 Volunteer Hours
- 4-H Body Walk – Nutrition Health Program 272 youth, 36 teen volunteers – 710 volunteer hours
- 4-H Youth Ag Days - 312 4th grade youth learned about agriculture – 610 Volunteer Hours
- 4-H Marketing Posters - 800 youth designed and submitted 4-H Marketing poster
- National Junior Horticulture Association 4-H Senior Team, 6th overall
- 4-H Speech/Demonstrations – 904 youth completed presentations
- 4-H Workshops – 171 youth completed 4-H projects
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Ohio County Cooperative Extension Service



Ohio Co 4-H Ky Cooperative Extension



Ohio County Homemakers Association

### Testimonial:

"I don't know what we would have done without the garden kits. With the cost of living this year, my three grandchildren and their parents moved in with me. We all worked together and canned enough vegetables to support us through the winter. We would not have made ends meet without it."

Gregory Comer, Agent for Agriculture & Natural Resources Education

Gary Druin, Agent for 4-H Youth Development Education

Nan Montgomery, Agent for Family & Consumer Sciences Education

Debbie Raymer, 4-H Youth Development Program Assistant

Jodi Williams, Extension Staff Assistant

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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