

# 2024 Garrard County Report to the People

## Family and Consumer Sciences

The foundational goal of Family and Consumer Sciences (FCS) programming is to promote education and provide tools that will strengthen and improve the well-being of the individual, the family, and society as a whole. In Garrard County, Kentucky, positive changes can be felt and seen throughout the community. Partnerships between FCS and numerous community agencies have increased. 2024 was a year of growth for the Garrard County Extension FCS Program, and we have no plans of slowing down.

A few highlights include:

- 6 Food Preservation Workshops were conducted increasing community awareness on food safety and proper canning practices
- A monthly kindergarten readiness program began, called Laugh and Learn, which provides educational opportunities for children aged 2 - 5 years old.
- County Fair participation increased significantly with nearly double the number of entries in the FCS Open Class Event as there were in 2023.
- Bingocize (***pictured below***), a falls-prevention program for senior adults, was held in the Garrard County Senior Center and saw great success and enthusiastic participation
- Lunch and Learn continues to be popular. Evaluation results show that 100% of participants were inspired to try new healthy foods and showed an increase in knowledge and appreciation of food culture
- An advisory council for the Garrard County Extension FCS Program was established to help provide valuable insight into local needs and to partner with the FCS Agent to deliver more comprehensive and well-rounded education to the community.



**(Pictured Left)**

**Bingocize!** The participants in this program were able to hear and have discussions about a number of health-related issues, while being actively engaged in preventative, restorative, and fun exercises.

# Agriculture and Natural Resources

Beekeeping has blossomed in the past few years. Garrard County has seen a nice increase in interest in beekeeping. The ANR agent has started monthly educational meetings at the request of several local beekeepers. The meetings have been well attended by both seasoned veterans and new beekeepers. The meeting topics are usually chosen to coincide with what a beekeeper needs to be doing at the time of year.

One such meeting, the topic was about harvesting the honey and bottling it and proper labeling. One of the attendees brought a jar of her own honey to ask some advice. The honey had started to crystalize and turn cloudy. The new beekeeper asked if she needed to throw it out or was there something she could do to save it. She informed the class she had 10 gallons of this honey. The ANR agent advised her to place the jars in warm water to dissolve the crystals and the honey would regain its wonderful color and clarity. The agent received a phone call from her a couple of weeks later. She reported that she had done as instructed and all the honey was back in its original state. She thanked the ANR agent for the advice. The 10 gallons of honey that almost got thrown out was worth \$1000 on the retail market. She was very thankful she didn't throw the honey out.



**(Pictured Left)** Having active hives at the office have allowed for on-site learning in a formal meeting setting or an informal setting with walk-in beekeeper traffic. The “teaching” hives allow the Garrard County ANR Agent to continue to learn about the processes of beekeeping, while working with longtime keepers, and show beginning beekeepers various stages in the development and care of a hive, disease and pest control, and harvesting honey.

***Garrard County, along the northwest border of the county, is home to one of the deepest lakes in Kentucky. Herrington Lake is a reported 249' deep near the dam.***

# 4-H Youth Development



Partnering with the Jessamine County 4-H Program, Garrard County 4-H youth and adults participate and excel in the Kentucky 4-H Country Ham Project. Youth deliver a speech at the Kentucky State Fair, as part of this project. **(pictured above)**



**(pictured above)** Garrard County 4-H middle school participants at our Central Region Area 3 and 4 Middle School Retreat learning outdoor living skills, including basic fire starting, using ferrocerium rods and strikers, as well as camouflage. The camouflage lesson is used in conjunction with lessons about wildlife behavior and the successful application of those skills by local Native American hunters to harvest animals. The Garrard County 4-H Youth Development Agent, along with Garrard County Teens, designed and implemented this workshop.



The Garrard County 4-H Youth Development Program continues to offer a broad, diverse catalog of programs, activities, camps, conference, clubs, and individual projects for all youth. The continued development of volunteers to diversify programmatic efforts, along with developing partnerships and relationships with community members, are important to the future of the Garrard County 4-H Program.

The Garrard County 4-H Teen Club, meeting at Garrard County High School, work through leadership activities, participate in service projects, and plan for upcoming events. **(Pictured Below)**



**(Pictured below)** Garrard County 4-H Shooting Sports members at the Kentucky 4-H Shooting Sport State Competition. The 4-H Shooting Sports teaches responsibility, safety, and success through volunteer-led lessons and practices.



# Nutrition Education Program



Over the course of the year, the Garrard County Nutrition Education Program (NEP) has grown and continues to thrive throughout the community.

- Healthy eating and nutrition programs for participants in recovery classes
- Provided healthy snack for hungry kids lessons to Family Resource and Youth Service Center participants in the GAP (Grandparents As Parents) program.
- Worked with several community groups to assist with Garrard County God's Pantry food delivery to senior citizens.
- Monthly classes at the Garrard County Senior Citizens Center on healthy cooking and eating.
- Partnered with the Garrard County Public Library during "Store Time" to provide healthy snack and nutrition lessons
- Worked with our new Garrard County Homeless Shelter to provide some utensils for their kitchen and setting up lessons.
- Worked with the Garrard County Health Department and Department of Child Service to provide information, calendars, newsletters, and opportunities for participants.



(Left) Garrard County NEP Assistant works with local high school students to discuss and develop healthy eating habits. Demonstrations of the appropriate food and ingredient portions and some of the pitfalls of unhealthy eating were well received by local youth. Additional opportunities are being formulated.

*Garrard County is the 25th county established in Kentucky on December 17th, 1796*



*The county seat is Lancaster, which was established in 1797.*

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