

Garrard County

Report to the People

Family and Consumer Science

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In Garrard County, several new educational programs have begun over the past year within the Family and Consumer Sciences Program. “Lunch & Learn” is a monthly class in which participants gain knowledge on subjects including, but not limited to, nutrition, food safety, resource management, and cooking. “Bingocize” also kicked off, and this 10-week program focuses on increasing physical activity and nutrition education, especially among older adults. One of the most successful programs implemented, however, was a collaborative effort between the FCS Agent, the Agriculture and Natural Resources Agent and the Nutrition Education Program Assistant, with support from the entire office staff. “Cook Wild Garrard County” was implemented in February 2023 with the goal of educating the community on cooking wild game recipes, proper wild game processing techniques, and food safety. 76 people were in attendance, with 58 of those being male, a traditionally underserved audience in FCS programs. Participants had the opportunity to sample 5 different UK Cook Wild recipes, and the educational portion included a lecture by UK Meat Specialist, Dr. Gregg Rentfrow. The program also included information from a local certified processor, Yoder’s Processing. Out of 63 surveyed participants, 98% reported increased knowledge in food safety, 97% reported increased knowledge in proper processing techniques, and 100% reported trying something new at the program.



(Above pictured) Cook Wild Program Participants took part in multiple presentations and demonstrations of dressing out traditional game animals and finished the evening with a feast of Cook Wild recipes prepared

Agriculture and Natural Resources



University of Kentucky
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4-H Youth Development

Garrard County was traditionally a big tobacco producing county. The tobacco buyout and the lack of available labor have forced local farmers out of tobacco production and searching for feasible alternatives. The Garrard County Ag and Natural Resource agent was contacted by a tobacco farmer about raising pumpkins as a commercial crop to help replace lost income. The Garrard County ANR agent contacted another ANR agent that specialized in pumpkin production for help in advising the grower. The ANR agents put a production plan and spray schedule together with the help of specialists and UK publications. The grower planted and harvested 10 acres in the first year. The farmer sold over \$50,000 dollars of pumpkins in the first year. The farmer was able to increase his production the second year to 15 acres and sold over \$80,000 dollars' worth of pumpkins. This income helped replace some of the lost income from not growing tobacco. The farmer attributes all his success to the information and personal advice he received from the UK Cooperative Extension Service. He made a comment that the Extension service is the best network of experts he has ever worked with and could not have been successful without the advice he received from the ANR agents.



Transitioning from a long time crop, such as tobacco, can be a challenge not easy to overcome. The solution, especially in this case, is the knowledge, network, and importance of the research-based Cooperative Extension Service and the timely application of all those resources by the Agriculture and Natural Resources Agent in Garrard County. **(Pictured Above)** The results of a cooperative effort between multiple ANR Extension Agents and the farmer show the yield and success of their efforts and trust.

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4-H Youth Development

Ask a 4-H Youth Development Agent what he or she is doing at any given moment and the response may be, "changing lives, making a difference." While the words sometimes come off as hyperbole or, depending on the activity, somewhat comical, the reality is there is a lot of truth in those few words. The transitional-COVID era has brought a renewed interest in the Kentucky 4-H Youth Development Program and Garrard County has been swept up in the enthusiasm and excitement about what the future holds. Programs such as the Garrard County 4-H Summer Camp Program has shown steady increases from 79 attendees in 2022 to a projected 96 attendees in 2023. Additional growth in leadership development programs for Garrard County, include Issues Conference [annual conference examining local issues for teens], Leadership Boot Camp [teens interested in exploring their leadership potential and leadership opportunities within 4-H], and Area Middle and High School Retreats [leadership development conferences within the C1-C4 Extension Areas in Kentucky].

The future continues to show promise with upcoming opportunities to include the Outdoor Adventure Camp [survival and natural resource education camp], the Lancaster Elementary 4-H Environmental Camp [overnight environmental camping experience], High School 4-H Club [local high school leadership club], traditional in-school and afterschool programs, and a trip this spring to Jekyll Island 4-H Center for a marine and estuarine environmental experience. Will lives be changed by the presence of 4-H and the 4-H response to the needs of our local youth? Absolutely.



A group of Garrard County 4-H Summer Camp attendees (***pictured above***) spend a little time on the game field watching their teammates run relay races and play games. They are anxiously awaiting their turn. The Kentucky 4-H Summer Camping Program is one of the strongest in the nation. Campers enjoy the safe opportunity to learn and have fun while at 4-H Camp.



Samuel (***pictured to the left***) is one of multiple participants in the Kentucky 4-H Country Ham Project for Garrard County. This project has more than 1100 statewide participants. Not only do the 4-H members in this program learn how to cure a ham, but they must also write and deliver a speech at the Kentucky State Fair.



Nutrition Education Program

Each Monday for 7 weeks, Students from local public schools, along with homeschooled audiences would come to the Farmer's Market for lessons on a variety of topics from vendors, including being money aware, the importance of supporting local a local economy, and being a small business owner. In addition to these lessons, Garrard County NEP would work with local vendors to provide healthy fruit and vegetable options and information for those students in attendance. After a lesson on the benefits of healthy eating, the affordability of healthy food options, and the long term benefits of establishing good eating habits, youth would be given "veggie bucks" to spend at local vendors at the Farmer's Market. Throughout the program, youth made note of new foods they were trying and really enjoyed the opportunity to try something different. During the end of program evaluations, one student remarked his family had tried some of those same foods at home and his parents were looking for recipes to include them in some of their meals.



(Left) A display of sugar content in "kid-friendly" foods at the Farmer's Market. This display allowed visiting students to recognize the amount of sugar and encourage those same students to look up natural sugars present in the fruits and vegetables provided by the vendors.

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