

# EXTENSION Today

## IN BARREN COUNTY

*In Barren County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Barren County Cooperative Extension Office is your connection to UK and the world.*

*You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.*

### Leaders and Volunteers- Our Backbone

Volunteers invest their time and expertise in addressing critical issues that make a difference in our community. Leadership programs initiated by the Barren County Extension Service develop progressive leaders for our community, state and nation.

▲ *The Barren County Extension District Board has been able to provide fiscal progress and efficiency throughout this year. The board has also, again, developed a new budget to fund the local program without increasing the current county property tax to our citizens.*

▲ *The Barren County 4-H program is delighted to have youth and adults who are willing to accept and excel in leadership positions. Laura Coomer was recognized as Kentucky's Outstanding 4-H Teen Leader for 2010 for her leadership abilities at the county, district, state and national levels. She received the honor at the KY 4-H Volunteer Forum.*

▲ *Barren County 4-H adult volunteers received prestigious honors at the KY 4-H Volunteer Forum: Kentucky's Outstanding 4-H Shooting Sports Volunteer, Harry Wayne and Debra Spillman; Kentucky's Outstanding 4-H Livestock Volunteer, Terri Webb; Kentucky's Outstanding 4-H Partners in Progress Award, Barren County Homemakers; Kentucky's Outstanding 4-H TEAM Award, Barren County 4-H ECO Meet Team; Ten Year 4-H Award, Megan Bailey and Michelle Myatt.*

### Supporting A Strong Community

We support the community through assessing the needs of the county annually to provide programming, marketing and promotion.



▲ *The 100 Mile Potluck, featured above, continues to be a successful program highlighting the importance of local foods to the sustainability of our community. Along the same line, Extension has partnered with the Bounty of the Barren's Market to provide educational materials and recipes highlighting the "in season" produce available at the market. Continuing this partnership into the fall and winter has led to the creation of the first "Winter Market" in Barren County, allowing producers to sell their cool season produce, value added products and other items each month at the Extension Office!*



*The picture above shows Mindy (left) and Kristin (right) passing out food samples for a Blueberry Crisp recipe at the Bounty of the Barren's Farmers Market to show clients how to prepare meals by using fresh seasonal produce from the market.*

▲ June Dairy Day drew a huge crowd of participants, saluting the Dairy Farmers of Barren County and encouraging dairy product consumption. A volunteer group proudly offers this event and diligently works to plan and implement the program. This event attracts guests from throughout the U.S.

▲ The Barren County Cattlemen's Association, largest county membership in Kentucky and the U.S. offered an outstanding promotion event on the Glasgow Square in April. Despite threatening weather, a large crowd of participants enjoyed beef promotions and activities.

▲ The Gardener's Toolbox Series Classes educated over 200 participants about various home horticultural skills and techniques. Lectures, hands-on activities and displays helped participants learn helpful practices in the basics of vegetable gardening, growing backyard blueberries, home composting, how to install a rain barrel, and attracting hummingbirds and butterflies to your garden.



*The "Rain Barrel" program highlighted the importance of how installing a rain barrel can help reduce storm water runoff and decrease your home water bill.*



## Reaching Out to Barren County

### Educational Programs

Programs presented	366
Total participants	4392

### Educational Contacts

Clientele visits	775
Telephone consultations	3563
Newsletters distributed	4900

### Volunteer Development

Volunteers	315
Volunteer hours	24150
Clientele reached by volunteers	3150

## Improving Agriculture Profitability

In this time of increasing input costs for the agricultural producers and families, the UK Cooperative Extension Service provides ongoing support through research based education and striving to always improve efficiency.

▲ Agricultural producers enjoyed somewhat successful growing season with early adequate precipitation. However, dry conditions in the fall season curbed late forage supplies. Daily farmer assistance with disease diagnostic services for plants and insect control is used by many folks throughout the growing season.

Soil testing recommendations on nearly 1,000 samples helped producers make research based decisions on providing adequate plant food to grow their crops and improve efficiency.

The Barren County Ag Development Council was able to assist producers, distributing over \$475,000 with cost share funds from the KY Tobacco Settlement. Producer meetings were held for all ag commodities produced locally, helping farmers to increase knowledge to improve quality, efficiency, and profitability.

We took a chartered bus load of interested Barren County beef cattle producers to the UK Beef Bash at the UK farm in Princeton. This was a super learning experience for beef cattle management through demonstrations.



The state KFGC/UK Forage Field Day was held at Jim & Baker Landis Farm showing modern rotational grazing techniques to improve forage use and efficiency. Nearly 250 producers from KY and other states attended.

### Encouraging Healthy Lifestyles

Extension leads the way in encouraging people to adopt personal health protection practices.

▲ In Barren County, we are concerned about the health of our citizens. 377 people increased knowledge of practices to maintain health and well-being through Extension programs such as *Small Steps to Health and Wealth* and the *Barren County Weight Loss Challenge*.

▲ Barren County joined 115 counties across the state of Kentucky to celebrate “Second Sunday”. With more than 30,000 participants, this statewide event encourages citizens to include more physical activity in their everyday lives, while highlighting the need for community infrastructure to support active lifestyles.

▲ The program, *Growing Gourmet Herbs*, offered through the *Gardener’s Toolbox Series*, presented participants with research based education on how to grow gourmet herbs in the garden as well as how to incorporate herbs into cooking dishes to enhance and bring out the natural flavors in food. After the program, over 60 participants noted that they would practice both of these techniques at home and in the garden.

### Investing In Our Youth

Extension provides quality educational programs to encourage all youth to reach their full potential and to build life skills and assets.

▲ The Barren County 4-H program provides special interest programs for our youth concentrating on the core curriculum areas of agriculture, family and consumer sciences, communication, leadership, natural resources, health, science, engineering and technology.

▲ Barren County 4-H members excelled throughout the year with additional 4-H projects and activities. Colby Garrett exhibited the Grand Champion Woodworking Project at the KY State Fair and will be a permanent Heritage Item display at future State fairs.

▲ In addition to supporting our Barren County 4-H program, Homemakers are supporting youth throughout our county with the Backpack Feeding Program and the Boys and Girls Club.

▲ Farm Safety Day Camp is always a high priority for the Barren County Extension Agent staff. Over 450 fourth-grade students from throughout Barren County spent a day receiving safety and prevention information from many areas of potential hazards associated with farm and home risks. The Extension staff actively participates providing training sessions, along with other volunteer experts, to teach safety to the students. We gladly support this effort annually, to help increase safety awareness to our young friends.



### BARREN COUNTY EXTENSION OFFICE PERSONNEL

(PICTURED FROM LEFT TO RIGHT)

Jeanie Casteel	Staff Assistant
Thomas Hazel	Support Staff
Kristin Goodin	Horticulture Agent
Gary Tilghman	Agriculture & Natural Resources Agent
Barbara Jackson	Staff Assistant
Paula Tarry	4-H Youth Development Agent
Mindy McCulley	Family & Consumer Sciences Agent

### The Barren County Cooperative Extension Service

*We deliver information, education, solutions.*

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