COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

EXTENSION Today

UK UNIVERSITY OF KENTUCKY College of Agriculture

IN FRANKLIN COUNTY

In Franklin 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 Franklin County Cooperative Extension Office is your connection to the University of Kentucky 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.

Family and Consumer Sciences
Tamera Thomas

Financial Literacy

The downturn in the economy caused financial crises for our families throughout the nation. Franklin County reported over 200 bankruptcies in 2008, which included several home foreclosures. Franklin County Extension coordinated and partnered with local financial institutions and counseling agencies to sponsor - **A Fresh Start to Financial Wellness**. The program was to help citizens take time to take a realistic look at their financial situation and providing them with tools to become financially savvy.

Participants listen attentively for the symptoms, consequences and cure for that dreaded "affluenza virus" at the Fresh Start to Financial Wellness workshop.

Experts from various fields presented workshops on topics including: how to develop and maintain a budget, how to communicate with creditors, and how to avoid financial scams. Also, retirement issues and first time homebuyers were addressed.

Strengthening Families through M.A.D.E

Research shows that parents need to understand how to navigate and appreciate the challenge of helping their tweens and teens become healthy, confidence and unique individuals. Franklin County Extension sponsored **M.A.D.E. (Mothers and Daughters in Extension)** program, a workshop engaging mothers and their teenage daughters. Speakers consisted of the FCS Agent, FDM Area Agent and other professionals in the area of family therapy and self-esteem. Topics included self-esteem, nutrition and sexual health, communication and internet safety. Miss Kentucky 2008 Emily Cox, shared her pageant platform promoting self-esteem for adolescent girls.

Evaluations indicated that the program was indeed a success. Over 90 percent of the girls expressed their plan to limit their consumption of unhealthy foods after learning how to read food labels and make better choices. Mothers noted that program was valuable as it helped them to better understand the issues their daughters were facing and how to communicate their concerns.

Diabetes Education

According to the American Diabetes Association,

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"There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one quarter) are unaware that they have the disease." Recognizing this problem, the Franklin Co. FCS Agent piloted Module I of a new University of Kentucky curriculum "**Taking Control of Your Diabetes**". This first module, Understanding Diabetes, Types of Diabetes, Diabetes Management and Ownership is an introduction to the basics of diabetes management and to educate participants on the role that food plays in achieving and maintaining optimal blood glucose levels. Weekly entrees were prepared for tasting and the educational goal of changing attitudes and teaching the group how to prepare meals that were more diabetes friendly. One objective of the TCYD curriculum is to provide diabetics with a research-based resource that can help support their choice to lead a quality lifestyle through diet, portion control and exercise.

Food Preservation

This year more people were interested in learning food preservation practices. The Franklin Co. Office offered a class, which taught individuals how to preserve, dry and freeze food safely. Participants received the latest materials along with hands-on experience.

4-H/Youth Development
Samantha Jeffries & Mike Meyer

Franklin County 4-H Youth Participate in the "Tour Across the Bluegrass"

Youth from Bondurant Middle School 4-H/FFA club participated in the 2009 Tour Across the Bluegrass in October. The agricultural education tour consisted of opportunities for middle school youth from Franklin, Fayette, and Lincoln counties to visit numerous agritourism sites, Kentucky Proud Organizations, and farms in order to better understand the importance of agriculture. Over the three day period, the tour participants traveled over 900 miles across Kentucky from Owensboro and Chaney's Dairy Barn, to Prestonsburg and Mountain Homeplace. The first stop was at Ale-8 One in Winchester. Mountain Homeplace provided the opportunity for the kids to see a traditional Kentucky Farm from the 19th Century. At Evan's Orchard in Georgetown, 4-Her's were able to view apple cider processing and different aspects of an orchard farm. Before heading to Western Kentucky, the tour stopped at Ole' Friends Retirement to view and learn about past Thoroughbred Horses. Chaney's Dairy Barn in Bowling Green provided a chance for the youth to milk a dairy cow, explore a corn maze, and enjoy ice cream made on the farm. In all, 31 4-H youth participated.

Central Kentucky 4-H'ers take a photo break while on their tour of the Bluegrass while visiting Chaney's Dairy Barn in Prestonsburg.

Clover Bud Club

Clover Buds Club is a program for youth who are 5-8 years old. 4-H Clover Buds is to help young children learn life skills and become knowledgeable, caring and contributing citizens. The lessons educate about the world around them, having positive attitudes about learning new things by hands-on involvement, develop a relationship with a caring adult and learn about the 4-H Youth Development program.

The objective is to promote children's healthy development - mentally, physically, socially and emotionally. The Clover Buds program provides an opportunity for children to accomplish their uppermost potential because early life experiences affect future development. Also the Clover Buds get to attend Camp Clover Bud in the summer. The camp is for campers who are not ready for a full week of summer camp. Campers participate in activities including canoeing,

swimming, archery, nature, recreation and nighttime activities. Camp Cloverbud is a great way for young campers to enjoy the fun and friendship of summer camp as they experience their first “sleepaway camp”.

Agriculture & Natural Resources
Keenan Bishop

Franklin County is no longer an agrarian county but still relies on agriculture as a livelihood, as a lifestyle and for recreation. The latest ag census shows that agriculture generates 12.1 million dollars for our local economy. Crops contribute 7.36 million, and livestock 4.78 million. The farm population of around 689 farms is unique in that 60% work off the farm and 44% are part-time farmers who spend 200 days or more in off-farm employment. The average farmer is a 57-year-old white male farming 119 acres with farm revenue of $17,000. Only about 11% are female. Cropland is the predominant feature covering over 58% of farms and includes hay and pasture.

Improvements are made to the local farm infrastructure with the assistance of programs such as NRCS State Cost share, EQIP, WHIP, Phase I. These have allowed farmers and landowners to make short and long term improvements such as diversification into vegetables, horses, goats and sheep; cattle handling, feeding, watering and breeding; soil fertility; fencing; pasture species, woodlands to name a few.

Agricultural Programs available in Franklin County include Soil Testing, Hay Sampling, Ration Balancing, Plant & insect identification, Nitrate levels, Winter Schools, Farm-City Banquet & Field Day, Annie’s Project, Master and Advanced Master Cattlemen Programs, Master Grazer Program, Heifer Sale, Agricultural Development Council (Phase I), Horse College, Beef Quality Assurance Training, CPH-45 sales, Pesticide Training, Equipment & tool rental, and topical demonstrations and trainings. These provide information to citizens, both rural and urban.

Franklin County Cattlemen’s Association

The Franklin County Cattlemen’s Association takes an annual educational tour highlighting a different area of the United States each year. The group usually spends a week touring various ranches and farming operations and visits industries that are unique to the region. As an added bonus, the group stops and visits the local sights along the way.

The tour is planned and facilitated by the Franklin Co. ANR agent with suggestions and input from the Cattlemen’s group. The purpose of the trip is primarily for education but has many side benefits. The participants are typically volunteers with Extension and thought of as leaders in the community and in their specific vocation. These trips are a retreat that allows the travelers to spend quality time with each other and the Agent. This social bonding provides for discussions about local, state, and national agriculture issues; agricultural programming suggestions; and needed change within the county for the betterment of the agricultural community.

Participants learn the fine art of building a stone wall in one of the hands-on workshops offered by the Agriculture and Natural Resources division of the Franklin County Extension Services.

Horticulture
Kim Cowherd

Franklin County Horticulture program provides research based information to homeowners, commercial landscape professionals, small farm producers, children and youth to be better consumers and stewards of the world and our environment. Plants are an important part of everyone’s life in many ways and sound, research based knowledge helps us use and conserve these resources wisely.

Horticulture Programs

Horticulture programming includes: Gardeners Toolbox- homeowner basic gardening classes; the Horticulture Hotline- a monthly newsletter packed with horticultural topics; School and home school gardening projects; Eating Local- why eating KY Proud is important; Civic Club speaking engagements- presentations on everything from Extension to Spring Gardening to Landscape Design. The Horticulture program participated in the annual Kentucky Herb Festival, Reforest Frankfort Arbor Day Celebration, Commonwealth of KY Road to Wellness, and Commonwealth Credit Union's annual 50+ Festival.

Local residents spend a sunny day at the Franklin County Farmers Market featuring locally grown produce and other products from central Kentucky area. The market is open Tuesday, Thursday and Saturdays in downtown Frankfort.

Farmers Market

Franklin County Extension supports and advises the Franklin County Farmers Market. The Market Association had 42 members this season with 15 participating in the Farmers Market Nutrition program that supplies coupons to WIC and Senior recipients for purchase of fresh, local produce. The Franklin County Market offers a weekly e-newsletter to consumers with product and special event information and has a Facebook page! The Market was part of a KY Farmers Market Association Grant to place a Debit/EBT (Food Stamp) card machine in the market for customers. This program was highly successful and brought new EBT and other customers to the market for purchase of fresh, locally grown produce and products.

Reaching Out to Franklin County

Educational Programs	
Programs presented	1,139
Total participants	36,265
Educational Contacts	
Office, field, email & telephone visits	15,894
Newsletters distributed	24,250
Volunteer Development	
Volunteers	336
Volunteer hours	28,415
Clientele reached by volunteers	13,856

Extension Master Gardener Program

The Master Gardeners returned over 2000 hours to Extension this year! This program extends the opportunity for more Franklin Countians to have access to UK Horticultural information. They answered homeowner questions regarding vegetable gardening, home landscaping, tree and shrub care, insect pests, and perennial gardening. Master Gardeners supported Extension programs such as Farm City Field Day, Franklin County Fair Fruit and Vegetable contest and Flower Show, landscaping projects at the Extension Office, information booths at garden and health fairs, and an information booth at the Farmers Market. The new Master Gardener class of 2009 added 19 more trained horticulture volunteers to the ranks of the 23 members of the Capital Area Master Gardener Association.

The Franklin County Cooperative Extension Service

We deliver information, education, solutions.

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