COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE November, 2010

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.

Horticulture
Kim Cowherd

The 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 and publications cover various topics and address all members of the community. Some programs include: Gardeners Toolbox- basic gardening classes; School and home school gardening projects; Forestry education; . The Horticulture program participated in the annual Kentucky Herb Festival, Reforest Frankfort Arbor Day Celebration, and Commonwealth Credit Union's annual 50+ Festival.

One of the activities held at the Farmers Market included vegetable stamping. Children were encouraged to create a design on a vegetable and then using paints, stamp the image on paper or other materials.

Farmers Market

Franklin County Extension supports and advises the Franklin County Farmers Market. The Market had 38 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 Market also offers a Debit/EBT card machine for customer convenience and offer the opportunity for Food Stamp recipients to purchase produce. This popular Market added a new day and time to their current 3 day a week schedule in 2010- Wednesday from 3:30-7:00pm. The Market offers a weekly e-newsletter to consumers with products, recipes and special event information and has a Facebook page!

Extension Master Gardener Program

The Master Gardeners are very active and returned over 2000 hours to Extension this year! This volunteer program extends the opportunity for more people to have access to UK Horticultural information. Master Gardeners answered homeowner questions regarding vegetable gardening, home landscaping, tree and shrub care, insect pests, and perennial gardening. The group participated in the Ky. State Master Gardener Conference at the UK Arboretum, winning several awards in flowerbed design competition. They supported Farm City Field Day, Franklin County Fair, did landscaping pro-

Reaching Out to Franklin County

UK Ag EXTENSION

Educational Programs	
Programs presented	876
Total participants	22446
Educational Contacts	
Clientele visits	8706
Telephone consultations	7515
Newsletters distributed	22,800
Volunteer Development	
Volunteers	517
Volunteer hours	59080
Clientele reached by volunteers	19175

UK Ag EXTENSION UK Ag & HES

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Departmen of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

jects at the Extension Office, Farm Safety Day, and Farmers Market. The Capital Area Master Gardener Association offered over a dozen educational trips across the state during the year.

Central Kentucky Area Master Gardeners begin planting one of the native plant gardens that were recently added to the landscape at the Extension Office.

Family and Consumer Sciences
Tamera Thomas

Financial Literacy

The Family and Consumer Sciences program continued to provide financial literacy education to underrepresented audiences. Money Smart, a 10 module course was taught to the residents of BETA House, a long term chemical dependency transitional living program for men, and at the Franklin County Career Development Center.

Parenting Education

The number of adults in the correctional population continues to increase. It has been reported that approximately 7 million adults were incarceration or on probation or parole in the United States (Maiorano,Futris, 2005). Over half of all incarcerated men have children under the age of 18 (Mumola, 2000). The Family and Consumer Sciences area partnered with the Franklin County Career Development Center to offer the Nurturing Fathers' Program. The Nurturing Fathers' program is a 13 week course that teaches men about the roles and responsibilities of fatherhood and how they can remain emotionally connected to their children while they are incarcerated. The curriculum also teaches them skills to strengthen family relationships, how to communicate and understand the needs of their children. The program provides men an opportunity to reflect on their own father-son relationships (or lack thereof) its impact on the way they parent their children.

Help, I Can't Cook

This six-week fun-filled educational program taught adult men and women basic cooking skills thus helping the participants become self-sufficient. By providing them with hands-on experiences in cooking more healthy meals at home they were able to decrease the amount of money they spend eating out, and reduce the amount of unhealthy fast food purchases. The program covered food safety, meal planning, shopping, making healthy choices and how to use various kitchen tools.

Cooking with Diabetes 101

Diabetes is reaching new levels for Kentucky, therefore, it very important that we educate our citizens on how diabetes can be managed effectively. Cooking with Diabetes was taught to approximately 150 homemakers within the Fort Harrod Area. The focus of this Homemaker lesson is understanding that diabetes is a chronic condition which can be managed through healthy meal planning and preparation, monitoring blood sugar and establishing a supportive healthcare team.

Franklin County Homemakers

The Franklin County Homemakers raised a total of $1,201.00 for the Ovarian Cancer Screening Program, which was beyond the initial goal of $1,000.00. Franklin County Homemakers donated item to the Weekend Backpack Snacks Program, awarded a $1000.00 scholarship, contributed to Indian Summer Camp.

An International Tea, sponsored by the Franklin County Homemakers, was held in February to promote international goodwill in Franklin County. The public was invited to view the exhibits from various countries around the world.

Homemaker of the Year, JoDee Layman (left) and Franklin County Homemaker President Arlene Fluegge (right) at the Annual Meeting.

Literacy, Eating and Activity for Preschoolers (LEAP)

Alisha Boelyn, UK intern taught Head Start children how to try new foods and increase their consumption of vegetable and fruits through storytelling. Children enjoyed Alisha's visits and samples

UK Intern Alisha Boelyn works with local Head Start children.

of healthy snacks. LEAP was developed in 2004 to address three risk factors: low literacy levels, low consumption of fruits and vegetables, and physical inactivity. The program lessons are based on story books, and include opportunities to taste fruits and vegetables and participate in fun physical activities and other supportive activities. A parent newsletter provides additional information and recipes.

4-H and Youth Development
Mike Meyer and Samantha Jeffries

1st County Youth Livestock Investment Sale

On August 31st, the first Franklin County Youth Livestock Investment Sale took place at Lakeview Park. 4-H and FFA students who participate in the livestock program in Franklin County were able to participate in the sale by marketing one project they showed during the year. Eleven youth participated in the sale which included one steer, one market hog, four goats, and five sheep. Local businesses and 4-H sponsors contributed to the bidding process to make the sale a success. In addition to the animals being sold, two country hams done by Franklin County youth were auctioned off as well. Youth were responsible to help contact potential buyers, set up a presentation display during the sale, and attend a set amount of local and state sponsored livestock shows throughout the summer. The Youth Livestock Investment Sale is designed to help 4-H and FFA members in understanding the marketing aspect of the livestock industry. Participants also learn responsibility in taking care of animal projects and communication skills by contacting sponsors and sale participants. Plans are to continue with the second annual Franklin County Youth Livestock Investment Sale in the Fall of 2011.

Mackenzie Jones, daughter of Charlie and Robin Jones, prepares her market hog project for auction at the 2010 4-H/FFAYouth Livestock Investment Sale.

500 Students Participate in 4-H Safety Day

On September 16th, 500 6th grade students in Franklin County gathered at Lakeview Park to participate the 4-H/ Progressive Agriculture Safety Day. The Safety Day was the first in Franklin County directed at an entire grade of students. The kids participated in safety rotations throughout the day on topics including; ATV Safety, Electric Safety, Large Animal Safety, Small Engine Awareness, Automobile Safety, Gun Safety, and Cyber Bullying. The sessions were 15 minutes in length and included hands-on demonstrations for the kids. The Kentucky Department of Agriculture also provided a mock ATV accident demonstration that included a response team. 4-H partnered with the Franklin County Farm Bureau to host the event. Other participants included the Kentucky Department of Agriculture, Franklin County and Western Hills FFA students, Frankfort Plant Board, and Frankfort Police and Fire Departments. Future plans for the Safety Day include expansion to a two-day event to encourage additional sessions for the students.

Elkhorn Middle School students attend the 2010 Agriculture Safety Day at Lakeview Park.

Students attending Ag Safety Day had an opportunity to learn about large animal safety. Here several students have their first encounter with a cow.

Franklin County 4-H Focuses on Broad Programming Possibilities in 2010

Over the course of the past year, the Franklin County 4-H program has strived to provide a broad selection of opportunities for youth ages 9-19. Summer camp and elementary school enrichment programs have always been a strong tradition within the county, helping to provide a solid group of participants in other 4-H ventures.

The continuation of our Project Day activities during spring break and summer has proved to increase entries and participation in the Franklin County Fair, as well as the Kentucky State Fair with over 80 youth participating in activities ranging from project displays and livestock exhibits, to land judging contests and country ham project participation.

Middle and high school 4-H members have been extremely active over the past year having over 30 youth attending leadership conference opportunities such as: Kentucky 4-H Teen Conference, ISSUES Conference, Teen Summit, Tour across the Bluegrass, and the District 4 Teen Conference.

The livestock program in Franklin County continues to grow as efforts have focused on attracting urban youth to participate in agriculture activities. 4-H offers endless participation possibilities for kids who do not live or have ties to a farm to become involved, which have been taken advantage of by over 25 youth in the county. Throughout the year, the Franklin County Livestock Judging team participated in contests at the Kentucky Beef Expo, Washington County, University of Kentucky, Cumberland County, Clark County, and the state 4-H Livestock Judging Contest in Muhlenberg County. For most of the team, 2010 was their first year for livestock experience and all are still active within the program.

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 2007 census shows that agriculture generates 14 million dollars for our local economy; crops contribute 4 million, and livestock 10 million. The farm population of around 625 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 122 acres with farm revenue of $22,449. Only about 11% are female. Cropland is the predominant feature covering over 72% 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, and Phase I (CAIP). These have allowed farmers and landowners to make both short and long term improvements such as diversification into vegetables, horses, goats, sheep and bees; cattle handling, feeding, waterers and breeding stock; soil fertility; fencing; pasture species and woodlands to name a few.

Farm-City Field Day participants take a ride on a hay wagon as they tour the educational exhibits on the Lynmoor Farm owned by Maurice Cook.

The Franklin County Cooperative Extension Service

We deliver information, education, solutions.

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Look for us on Franklin County Cooperative Extension

Members of the Franklin County Cattlemen's Association pause for a photo at Estes Park in Colorado. The group visited ranches and experimental stations in Wyoming and Colorado on this year's trip.

Agricultural Programs available in Franklin County include soil testing, hay sampling, ration balancing, plant & insect identification, nitrate and prussic acid levels, Winter Schools, Farm-City Banquet & Field Day, Cattlemen's Educational Tour, Annie's Project, Master and Advanced Master Cattlemen Programs, Master Grazer Program, KYFarmStart, Farm Transitions, Capital Classic Heifer Sale, Agricultural Development Council (Phase I), Horse College, Beef Quality Assurance Training, CPH-45 sales, Pesticide Training, equipment & tool rental, and many topical and timely demonstrations (on-farm) and trainings. The trainings and information provide up-to-date, vetted information to citizens, both rural and urban.