

EXTENSION Today



IN NELSON COUNTY

In Nelson 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 Nelson 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.

Combined Programming Efforts

Nelson County Extension Council Member, Adam Wheatley, Agriculture Agent, Ron Bowman, Horticulture Agent, Robbie Smith and 4-H Youth Development Agent, Danielle Hutchins hosted the Nelson County Young Leaders Program Annual Agriculture Day. The twenty plus high school sophomores enjoy a day on several farms in Nelson County. Local Agriculture Leaders discuss many different issues with the students regarding farming in the county. The students receive first hand knowledge of the cost associated with operating a farm through an equipment scavenger hunt.

This year students visited a grain farm, Farmers Market Gardening operation, and a full service beef cattle farm.

The Extension Agents of District 5 worked together to hold a Grain Crops Academy along with the Extension Grain Group in the UK College of Agriculture. Advanced grain production and marketing were taught in four different day long sessions. Four Nelson County producers participated in the academy held in Campbellsville.

All agents worked closely to provide Nelson County with a summer camp opportunity. 4-H Camp continues to reach over 200 campers, teen leaders, adult leaders and volunteers. During a five day camping trip to Lake



Cumberland, campers learn a host of skills such as boating, swimming, crafts, caring for natural resources, communications, and interpersonal relationships.

Reaching Out to Nelson County



Educational Programs

Programs presented	640
Total participants	8,900

Educational Contacts

Clientele visits	3,100
Telephone consultations	10,200
Newsletters distributed	22,300

Volunteer Development

Volunteers	830
Volunteer hours	31,000
Clientele reached by volunteers	6,500

Ron Bowman County Extension Agent for Agriculture/Natural Resources

Agriculture remains an important economic force in Nelson County. Total cash receipts from agriculture products were \$34.1 million in 2009. 53% of these receipts were from livestock sales and 47% from crops sales. In the last 20 years Nelson County has lost 25,000 acres and 237 farms to development.

Traditional educational programs were held for beef, swine and grain production. Farm visits for disease identification and control, weed and insect problems and other management issues also demand a large portion of time. Other more intense programs include:

Phase I Tobacco Programs

To date, almost \$2,000,000 have been distributed to farmers on a 50% cost share basis for their completed projects in livestock, crop management, structure improvement, renovation and agriculture diversification. To date more than 800 producers have been successful in obtaining Phase I money's.



Master Cattlemen & Master Grazer Programs

Our Master Grazer and Master Cattlemen programs have worked well the past three years since the inception of the programs. After core groups are trained initially there are opportunities for smaller groups to pursue more

focused initiatives that are of interest to them. Currently we have an Advanced Master Cattlemen group working on an alternative markets



program. Twelve producers, three from Nelson, are working in conjunction with UK Beef Specialists to breed their cow herds to the same bull with top EPD's for beef carcass merit. The producers are retaining ownership on those calves through the harvest process.



The first group of cows were bred with a synchronization protocol in late 2007 and have continued through the spring of 2010 with both spring and fall calving groups. Those calves are finished in a feedlot in Oberlin,

Kansas. Carcass production and economic data is being kept to help analyze this project. At the present time the data indicates that we still have too much variation in our cow herds to make this venture profitable. A better alternative for the present time is to utilize Certified Conditioned for Health Sales held here in Kentucky. A group of Advanced Master Grazers was formed to focus on 365 Day Grazing. This concept promotes grazing animals an optimal amount of time to reduce expenses for hay harvesting and storage.

Thirteen Nelson County Producers are involved in this program. The group toured several farms in central Illinois where the concept has been used for several years. Out of this effort several

producers have made significant changes to their operations including; planting corn for grazing, native summer perennial grasses, adding legumes to pasture and hay fields and utilizing forage turnips and small grains to extend the grazing season.



Robbie Smith

County Extension Agent for Horticulture

The Nelson County Extension Horticulture program continues to grow due the diligent efforts of the many volunteers. Their support and tireless commitment to the programs cannot be commended enough.

One of the marquis programs of Extension Horticulture is the Extension Master Gardeners.

Nelson County has trained more than 80 Master Gardeners over the past eight years and have recently added another 30 gardeners to the list.

Master Gardeners, after an extensive training, take up the mission of Extension by helping teach, organizing community projects, and helping to disseminate good research based information to the public. Extension Master Gardeners give back to the program by volunteering more than 750 hours annually.



The Blooming Bardstown Garden Tour, coordinated and sponsored by the Extension Master Gardeners, just celebrated its seventh year. More than 250 individuals enjoyed the eight gardens and the expanded plant



inspired sales area. The Extension office was transformed into a garden center with gardener donated plants and local vendors from all over. Educational opportunities were provided including

rain barrel construction, brick paver installation demonstration, and an herb spiral garden construction. Skin cancer education was provided as well as a goodies bag to each participant. This year also featured a silent auction of donated items that funded the scholarship portion of the clubs activities.

The Master Gardeners didn't stop there they also were responsible for planning, preparing and coordinating a Community Garden at The Sisters of Charity at Nazareth. The Garden featured 54 individual 10 foot by 10 foot plots that participants planted. Another facet of the Community Garden project included the dissemination of 50 "Garden in a Bag" projects to families in need.

The packet included a garden layout with how to instructions and seeds to start the garden along with a copy of the Growing Vegetables in Kentucky.



The Bardstown Farmers Market enjoyed another successful year. This year 24 vendors participated and enjoyed increased sales. They focused on marketing and increased sales.

Four Nelson County commercial vegetable producers participated in a plasticulture project for the first time. One is participating in the full program (an acre of plastic and weekly consultations from our Vegetable Production Associate) being sponsored by the Governors Office for Ag Policy and the Kentucky Horticulture Council. Three of the participants sell at the Bardstown Farmers' Market.

"Sustainable You" was the mantra but cutting cost and making your own was the real focus of programming held in Nelson County during the winter and spring of 2010. The season began with a small fruit production workshop. Thirty five individuals learned how to integrate small fruits

such as blueberries, blackberries, strawberries, etc into the landscape and orchard. Next, we held Green House 101 and Seed Starting at Home for more than 100 individuals. These



classes focused on all things greenhouse and how to effectively start seeds at home and save money. Each participant got hands on practice and some take home items. Later, three different workshops for garden production were conducted with each class having different foci. In all, 110 participants learned about raised bed gardening, weed control techniques, and what varieties worked best for our area. Finally, a food preservation workshop was conducted to teach 20 gardeners how to preserve what they harvested.

Danielle Hutchins

County Extension Agent for 4-H Youth Development

Nelson County's youth are a diverse and valuable resource. As our children grow, 4-H provides opportunities to develop basic life skills they will need to succeed as adults through a hands on approach of learning by doing.

Approximately 1,000 Nelson County youth were involved in 4-H programming throughout the 2009-2010 program year in individual self-study projects at home, organized clubs in communities and schools, special interest groups, camps, leadership and community projects, or as part of the school curriculum.

Nelson County's 4-H project clubs include: Sport Fishing, Dog, Horse, Livestock, Shooting Sports

Education, Teen Council, and the Goat Club. These clubs provide opportunities to develop and improve skills and knowledge in the area of interest according to the club mission.

January to June Clubs were a continued success in their sixth year. Youth had the opportunity to participate and learn various projects during a six month period of workshops. 4-H members completed projects and exhibited them at the Nelson County and Kentucky State Fairs. January to June Clubs projects include: Cooking, Country Ham, Electric, Financial Education, Natural Resources, Needlework, Photography, Scrapbooking, Sewing, Small Pets, Small Engines, Woodworking, and Health and Safety.

The history of Nelson County is strongly tied to swine production and country ham. As the county sees increased development, knowledge of the community's heritage is being lost. In 2005 the Nelson County Ham Club was formed with only eight members, through the dedication of volunteers and community support, twelve children and their families participated in 2010. The club visits local Swine Producers, the UK meats lab, and participates in the country Ham Speech contest. In 2008, when Finchville Farms could no longer house the club hams, the club needed to find another option. 4-H Assistant Judy Creech and the Ham Club community built its very own Ham Barn with over \$10,000 worth of donated time, materials and services. The project hams were auctioned off at the county fair and raised more than \$4500 for scholarships.

Leadership Development

Members and volunteers continued to develop leadership, citizenship and communication skills at the local, district and state levels. Nelson County 4-H volunteers continue to develop new leadership skills by attending the KY Volunteer Forum, leader certification programs, and risk management workshops.



Nelson County teens have represented our community at local, state, and national leadership conferences. The Teen Council continues to cultivate an incredible group of youth leaders that serve as volunteers and mentors in every aspect of 4-H program. Eight pre-teens and two teens attended the 4-H Teen Summit. The county was also represented at 4-H Teen Conference, sending eight youth. Two teens served on the State Teen Council and one served as the State 4-H Secretary.

Fostering Volunteerism

The Nelson County community greatly supports the 4-H Program. As with many communities the last year has shown an increased need for community services.

Nelson County 4-H fosters volunteerism by promoting, educating and supporting community service projects within our clubs. Each year the Nelson County 4-H Council participates in a candy sale to raise funds to support 4-H programs. Each club that participates receives a portion of the profit in return for participating in a community service project. Community service is also a part of each January to June Project Club in Nelson County. Nelson 4-Hers and their families have partnered with over 15 community organizations to complete more than 17 projects. The County helped with Relay for Life, a fundraiser for our local Community Clinic, Fishing for Kids, Habitat for Humanity, the Humane Society, and Recycling Programs. The Scrapbooking Club created a memory album for a local nursing home, the Sportfishing Club helped with a river cleanup, and the



Shooting Sports Club collected items for a spouse and child abuse center. The community has responded with many letters of thanks and commented on the outstanding youth in our programs. After the projects many 4-Hers have continued to provide service for the organizations.

Nelson County 4-H is proud to be part of the continued development of today's youth and tomorrow's adults.

Extension Team Family & Consumer Science

The goal of the Family & Consumer Science program is to strengthen the family unit through educational programs given through making beneficial lifestyle choices, nurturing families, promoting healthy homes, nutrition, empowering community leaders, and financial management. Each area provides information so people can become informed decision makers as it pertains to their home, family and community. Programs, information, and assistance were given to Extension Homemakers, civic groups, Nelson County Fair participants, senior citizens, preschoolers, day care centers, grandparents raising their grandchildren, and to the general public.

Monthly lessons were given to 108 Nelson County Extension Homemakers. These lessons included various timely topics of interest to Homemakers and their families. The Nelson County Homemakers continue to be a strong asset to the community with the many hours

The Nelson County Cooperative Extension Service

We deliver information, education, solutions.

For more information, contact us at:

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of volunteer service contributed.

Nutrition education programs such as Literacy, Eating, and Activity for Preschoolers (LEAP) have been presented at local day cares, preschools, and head start classrooms. "Kids Korner" is another educational piece used to reach 575 families in Nelson County monthly. "Grand Families" is a newly reached audience in Nelson County. This group targets grandparents raising their grandchildren, meeting the last Wednesday of the month, guest speakers are brought in to educate these families on important information pertaining to the legalities, time management, internet and technology safety, and the difference in raising their grandchildren in a different time than they raised their own children. Approximately 400 grandparents are responsible for raising their grandchildren in Nelson County, according to the 2000 census. This group is organized and partnered with the FCS agent and the Nelson County/Bardstown Family Resource & Youth Service Center.

Second Sunday is a state wide initiative to get local families physically active on the 2nd Sunday in October. Nelson County was one of 109 counties across the state to participate. With Kentucky being one of the most obese states in America, it is vital we encourage our local communities to get out and exercise in a fun, safe, family-friendly environment. Over 150 people participated in Nelson County at Dean Watts Park. Participants could walk, run, or bicycle on paved paths and bounce houses for kids were also provided to encourage fun physical activity.