

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 discussed many different issues with the students regarding farming in the county. This year students visited a grain farm, Farmers Market Gardening operation, and a full service beef cattle farm.



The Nelson County Agents held a couple of events focused on forestry this year. First was a series of webinar classes that focused on everything from timber harvesting to mushroom production. More than 70 participants gained forestry knowledge through these classes. The second event was a forestry field day put on by the University of Kentucky Department of Forestry. The field day featured classroom opportunities and in the field studies. More than sixty folks participated.



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



<i>Educational Programs</i>	
Programs presented	650
Total participants	12,500
<i>Educational Contacts</i>	
Clientele visits	6,100
Telephone consultations	7,500
Newsletters distributed	20,500
<i>Volunteer Development</i>	
Volunteers	830
Volunteer hours	31,000
Clientele reached by volunteers	6,500

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. Around 2,200 Nelson County youth were involved in 4-H programming throughout the 2010-2011 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.

In 2011, 206 campers, 31 teens and 23 adults participated in Nelson County's 4-H Summer Camp. From activities campers learn life skills such as communication, teamwork and collaboration, leadership, honesty, responsibility, group living, and social interaction.

Nelson County youth and young adults regularly engage in unsafe ATV driving behaviors resulting in injuries and fatalities. The Nelson County 4-H ATV



safety program partnered with community organizations to present safety messages to youth in areas with high ATV usage. As a result over 300 youth participated in ATV safety programs; 10 completed an ATV Riding Safety Course and 113 participated in an online rider safety certification. Over a thousand have gained information from ATV safety displays at community events. Through a grant from KY 4-H and National 4-H ATV/ ASI, over \$2,000 was awarded to purchase ATV safety equipment.



Nelson County 4-H fosters volunteerism by promoting, educating and supporting community



service and service learning projects. Incorporating community involvement into all delivery methods ensures that participants have the opportunity for experiential learning

opportunities that give back to the community. More than 300 Nelson County 4-Hers partnered with over 20 community organizations completing more than 24 service projects.

Nelson County 4-H is committed to offering science, engineering and technology programming to help provide youth in our area with in demand science and technology skills. Partnering with the Bardstown-Nelson County Airport, 22 youth took part in an Aerospace Day camp and were able to tour various aircraft, learn about careers in aviation, weather forecasting, GIS technology, rocketry and principles of flight. A total of over 300 4-H youth have demonstrated an understanding of scientific principles through the completion of science related projects or activities such as rocketry, GIS lessons, weather classes, and an electricity club.

With a population of over 43,000 and 20 schools, committed and knowledgeable volunteers are a valuable part of the Nelson County 4-H program. The Nelson County 4-H Council and 4-H Teen Council strengthened their ability to recruit, educate and retain youth and adult volunteers. Youth were certified in First Aid, CPR, and



Babysitting. Volunteers completed the Kentucky 4-H Horse or Livestock Certification and 4-H Shooting Sports coaches' certification. With the assistance of both Councils, Nelson County has helped fund leadership development activities such as 4-H National Congress and Conference, the 4-H National Shooting Sports Ambassadors program, KY 4-H Teen Summit, and KY 4-H Teen Conference.

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

Robbie Smith
County Extension Agent for Horticulture

The Nelson County Extension Horticulture program continues to grow due to 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 93 Master Gardeners over the past eight years and have recently added another 12 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 eighth year. More than 250 individuals enjoyed the nine 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 composting and a floral arrangement demonstration. This year also featured a silent auction of donated items that provided \$2,000 for the scholarship portion of the clubs activities. The Bardstown Farmers Market enjoyed another successful year. This year 24 vendors participated and enjoyed increased sales. They focused on marketing and increasing sales.

“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 2011. The season included the following

workshops and classes:

- Apple Grafting Workshop
- Beekeeping Seminar for beginners
- Beekeeping workshop for Youth
- Advanced Beekeeping Seminar on Queen Rearing and Management
- Terrific Tomatoes and Perfect Peppers all season long
- Starting and Caring for a Backyard Orchard
- Fruit Tree Pruning Workshop
- The Edible Landscape: Incorporating food producing plants into the landscape
- Community Garden project we have 42 gardeners with 65, 10' x 10' plots

With increasing food costs and an undesirable economy the community has proven once again their desire to put their own food on their table. Nearly 100% of the almost 300 participants indicated that they had a greater desire to understand better how to grow their own food. Eighty percent of the participants indicated that they had increased their understanding of the given topic and 90% gained knowledge.



Eighty percent of the tomato class attendees indicated they would change how they grow tomatoes based on the information presented. Twenty percent of the advanced beekeepers felt like they would try their hand at queen rearing while the other eighty percent decided to continue letting someone else rear their queens.

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.

To date, over \$2,200,000 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.

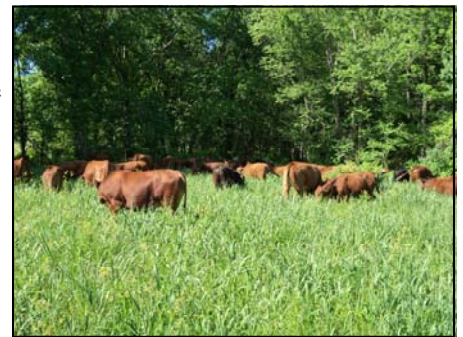
The big push this year by the Nelson County Agriculture Development Board, that administers the Phase I funding, was to partner with Nelson Fiscal Court to replace the truck used for the Deceased Farm Animal Removal Program. \$35,000 dollars was appropriated for this program that is so vital to the livestock producers and citizens of Nelson county.

A new class of Master Grazers was started this year. The Master Grazer concept is to extend grazing every day possible instead of feeding hay. This can increase profit tremendously. Fourteen individuals from Washington, Marion and Nelson County are participating. Four are from Nelson County. We decided to take a new approach this year and do all of the training on farm. Five different sessions were held on past Master Grazer graduates farms that have adopted and utilized the concepts presented in the program. The

group also went on a tour to Illinois and Missouri. In Illinois we visited a producer that was very progressive in reaching the goal of 365 day grazing. In Missouri we visited Mr. Greg Judy's farm. Mr. Judy is one of the preminent grazing and forage producing cattlemen in the United States. We spent the day with Mr. Judy learning about his "Mob Grazing" concepts. We also visited the Missouri State University Beef and Forage Research farm and learned about their grazing trials.



Kentucky Laws are constantly changing regarding the use and transport of farm equipment and goods. About 30 producers attended a meeting with Kentucky State Police to learn about the permits, certifications and safety requirements needed for farm vehicles. Nelson County Farm Bureau provided participants with a brochure outlining the various regulations.



The National Pork Producers Council initiated a new program in response to restaurant and wholesale food groups to help assure a wholesome humanely raised product reaches the consumer. Part of the certification is

understanding and adopting 10 Best Management Practices for Pork Production. The second phase of the program was on-farm site assessments to see if the practices were being followed. All of the major swine producers in Nelson County and the surrounding counties were visited by the agent and achieved site status. In all 18 farms were visited.

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 of volunteer service contributed.

The Nelson County Cooperative Extension Service partnered with the Communicare Impact program to provide nutrition education and meal preparation classes to 45 emotionally and behaviorally at risk children. The children participated in classes over an 8 month period and learned about food groups, portion sizes, proper hand washing and more. Each class, the youth took part in nutrition lessons before preparing a healthy meal and enjoying it together. Children were given take home recipes and cooking tools to help foster their interest in healthy cooking. At the culminating event for the year, the youth demonstrated their knowledge of cooking and nutrition by inviting their families to a community meal prepared by the youth with assistance from family members. Throughout the duration of the class, Communicare employees noticed that children no longer

The Nelson County Cooperative Extension Service

We deliver information, education, solutions.

Ron Bowman, CEA for Agriculture/Natural Resources
Robbie Smith, CEA for Horticulture
Dayna Parrett, CEA for Family Consumer & Science
Danielle Hutchins, CEA for 4-H Youth Development
Judy Creech, 4-H Program Assistant
Kathy Ballard, Staff Assistant
Georganne Collins, Staff Assistant

For more information, contact us at:

317 South Third Street
Bardstown, KY 40004

502-348-9204

Fax: 502-348-9270

www.ca.uky.edu or dl_ces_nelson@eamil.uky.edu



needed to be prompted to wash their hands before and after preparing the meals, and that the children even held each other accountable, asking if each had washed their hands. Parents of the children reported that their children were much more willing to help cook at dinner time, try new foods, and that

a few of the children had asked to go to the grocery store with them to help pick out healthy ingredients.

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 40 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. Education activities and resources were available to participants.