

Report to the People

Bourbon County • 2022

COOPERATIVE EXTENSION



DID YOU KNOW... Bourbon County ranks 4th in the state in terms of total beef production.



Website: <https://bourbon.ca.uky.edu>



Facebook: Bourbon County Cooperative Extension Service



Instagram: @bourbon_county4h



YouTube: Bourbon County Cooperative Extension Service

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Agriculture and Natural Resources (ANR)



Lindsay Arthur, ANR Agent

Agriculture and Natural Resources (ANR) is a program area of the Kentucky Cooperative Extension Service. Extension ANR programs are part of the outreach initiatives of the University of Kentucky College of Agriculture, Food and Environment.

Working with our land grant partner, Kentucky State University, we extend the resources of the University to the people in our local communities in the areas of agricultural production, environmental stewardship as well as numerous other topics.

Bourbon County is a strong agriculture community that has many facets with each having a different need. My goal is to assess these needs and implement programs that meet them.

One of the highlights of the past program year included an AI school. Artificial Insemination (AI) is the process of placing semen directly into the uterus. While the process has many advantages, it can be difficult for smaller producers to afford and schedule individuals employed by large companies to come to their farm and complete the process of AI'ing their cattle. Producers can take certification classes held by semen companies to learn AI techniques but with the average cost of \$450, it does not always fit in their budget.

To solve this problem, UKY Beef Reproductive Specialist Dr. Les Anderson agreed to conduct an AI School for local participants from Bourbon and Clark Counties at Paris Stockyard. 17 participants completed the 1 day course that consisted of the following:

- Insemination technique: developed through live animal practice, the ability to skillfully and accurately place semen at the proper location within the reproductive tract using sanitary and correct techniques.

- Semen handling: developed through hands on practice, the ability to properly handle, thaw and prepare semen for insemination, according to the recommendations of semen-producing organizations.
- Reproductive management: training in the importance of heat detection, herd health, and total herd management for the development and continued success of an AI program.

The participants ranged from a 16 year old female looking to expand her seedstock operation by improved genetics only available through AI sires to a third generation farmer wanting to reduce costs by not keeping several bulls year-round. Each individual indicated they would take the skills and knowledge learned during the class back to their operation for implementation.



Additional programs included:

- Beef Quality, Care and Assurance trainings
- Annual Farm Field Day
- Mid– South Stocker Conference
- Planning for Your Farm Business Series
- Pastures Please program
- Background/Stocker Profitability Conference
- Private Pesticide Applicator trainings
- Economic Breakfast Series
- Marketing for all training series

Family and Consumer Science (FCS)



Kay Denniston, FCS Agent

FCS stands for Family and Consumer Sciences Extension. FCS programming focuses on building assets of individuals and families to address problems faced across the lifespan. Family and Consumer Sciences Extension emphasizes well-being with a focus on human development, parenting, resource management, nutrition, health and leadership development.

At the community level, FCS Extension prepares individuals for community and economic development and activity. Professionals in Family and Consumer Sciences Extension provide the tools to help individuals and families to develop resources for strengthening families and building community for an ever changing society.

FCS programming offered over the past year to Bourbon County includes but not limited to the following:

- “Peter Rabbit Teaches Nutrition” presented to over 300 kindergarten students, 13 classrooms. Students learned the nutritional value of eating vegetables and tasted six different garden vegetables from Mr. McGregor’s garden.
- Partnered with all Extension Program Areas and school FRYSC programs to offer “Safety Day” to all 4th grade students in the county 261 students participated.
- Relatives as Parents program designed to encourage and promote services for grandparents and other (kinship) relatives who have taken on the responsibility of surrogate parenting because the parents are unable or unavailable to parent their children

- Hands on Food Preservation classes offered. 78 clients learned various methods to safely preserve meats, fruits and vegetables.
- POP (Power of Produce) Club offered the first Saturday of the month (May thru October) at Paris Farmer’s Market. POP Club provides a fun opportunity for children to engage in the local food system through interaction with local farmers. Each child experiences educational activities, demonstrations and exposure to new fruits and vegetables grown locally. POP Club kids also earn vouchers to spend at the market, allowing them to make their own shopping decisions within the market.
- Recipe for Life program for all 5th graders in Bourbon County. This hands on program targets skills such as nutrition education, food preparation, food and kitchen safety, recipe reading and math and science enhancement. 289 Bourbon County students participated in program.
- Five Wally Cat Story Trails placed in Paris business windows. Families walked, shopped and read together as a family while supporting downtown businesses.
- Bourbon Bite-Size Learning 1 & 2. Virtual food preparation, nutrition and kitchen safety offered virtual by Facebook twice per month. BB1 features NEP Calendar recipes and BB2 Plate It Up recipes. Reaches over 1,000 viewers monthly.
- Bourbon County Extension Homemakers increased membership by 20% and offered outreach programs throughout the county. Raised over \$3400 for scholarships and collectively had 15,868 Volunteer hours. Equivalent to \$601,036 monetary value.



Horticulture

The Bourbon County Extension Service serves local communities through a wide variety of outreach activities. During the previous program cycle the Horticulture program continued to face challenges due to the ongoing COVID-19 related issues. Despite these hurdles the Bourbon Extension Office never closed and we have continued our work in new and innovative ways to help keep everyone safe. Outreach efforts continued but, in some cases, looked different this year. Direct educational field outreach continued but social distancing guidelines was strictly followed with field visits and one on one diagnostics. In response to local consumer requests the Bourbon Extension Horticulture program has delivered to date over 250 direct one-on-one educational consultations and meetings during the past year. These direct educational opportunities included a variety of activities including phone calls,

emails, office, Zoom meetings, and site visits. These opportunities included both single and multi session consults. These direct to consumer/producer activities tend to be more intensive and are always custom tailored to individual situations. These efforts were supported by the full Extension Service system including plant and disease labs and on campus specialist support.

Another highlighted program involves the continuing efforts to meet the public desire for horticultural educational classes in the ever-changing climate of the post pandemic world. Horticulture agents in 7 counties in central Kentucky collaborated in the Fall of 2021 to offer the Everyday Gardener Webinar Series once again. The series, taught by agents and specialist, provided educational classes related to horticulture under the fields of: Insects: The Good , the Bad and the Ugly, Wildlife and Woodlands, and Season to Season Horticulture. Under of each of these fields, three classes were taught for a total of 9 classes. Their topics were: Invasive Species, Monarch Butterflies, Fall Insect Invaders, Winter Bird Feeding, Nuisance Wildlife, Growing Mushrooms, Living Harvest Centerpiece, Holiday Plants and Season Interest Landscaping. Over 100 participants attended the classes either through live zoom or video. That number continues to grow as participants tune in at their convenience to watch the recorded classes.

What was advertised to primarily Central Kentucky citizens has been passed along by others through social media to many across Kentucky and even out of state. A participant from Maryland who joined several of the classes expressed that each class and the information given “was fantastic!”

Participants have even requested other horticultural topics through the virtual gardening classes vehicle that the Everyday Garden Series has provided, showing a need and appreciation for researched based information we are providing on the internet as University of Kentucky Cooperative Extension horticultural agents.



Ray Tackett, Horticulture Agent



A tomato variety trial was established locally to better understand the impact of early blight on different varieties. Data from this plot will eventually be combined from other trials around the state.

4– H Youth Development



Lois Carter, 4-H Agent

Bourbon County 4-H shares the Cooperative Extension Service mission to make a positive difference in the lives of Kentucky citizens through non-formal education for the entire family. Extension agents and volunteers take the results of University research and explain it in such a way that different age groups can learn and apply the information to their own lives.

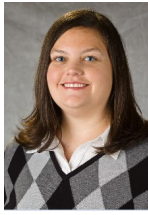
4-H is committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. Head, Heart, Hands and Health are the four H's in 4-H which represent the four values members work on through fun and engaging programs.

- 4-H is in every 4th and 5th grade classroom in the community. With over 600 enrolled members which includes age 5 through age 19.
- Through 4-H school clubs and school enrichment groups, 4-H'ers learn about 4-H History, Public Speaking, SET (Science, Engineering and Technology), 4-H Camp, Agriculture Education and Civic Engagement.
- Bourbon County has a very active Livestock and Horse Club with success at all levels. Our 4-H and FFA Livestock Show and Sale continues to be a premier culminating event to showcase and reward the young people for their hard work. 2022 was the 31st annual Show and Sale.
- The Bourbon Bullets Shooting sports club teaches safe use of firearms through the disciplines of Trap, Black Powder, Air Rifle/Pistol and Archery. 4 young people won their category at the State 4-H Competition in September where over 700 4-H'ers competed.
- 4-H has a strong presence at the Bourbon County Fair with numerous exhibitors and volunteers along with the 4-H concession stand which is the major 4-H fundraiser.
- Bourbon County 4-H takes Middle School students and High School students to 4-H Middle School Area Retreat, Middle School statewide Teen Summit, Teen Retreat, Teen Conference along with other Leadership trips like the Presidential Inauguration and Camp Jekyll Environmental Camp.



2022 Summer 4-H Camp

SNAP-ED



*Kacy Wiley, FCS Program Assistant
Senior, Supplemental Nutrition Assistance
Program Education*

SNAP-Ed program aims to educate limited resource families with young children and SNAP eligible individuals to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle.

The SNAP-Ed Program in Bourbon County has worked with multiple agencies in order to improve the health of individuals. Programs have been conducted with Community Action, Bourbon County Senior Center, Bourbon County Schools, Paris Schools, Bourbon County Health Department, and The Paris-Bourbon County YMCA.

Examples of programs conducted are: LEAP (Literacy, Eating, Activity for Primary), Recipes for Life, Teen Cuisine and Healthy Choices for Everybody.

Currently, 100% of the adults who have completed the Healthy Choices for Everybody program have reported a positive change in consuming foods from different food groups.



Extension At a Glance

- 42 Number of producers who successfully completed Kentucky Pesticide Applicator Training.
- 311 Number of participants engaged in home and consumer horticulture programming.
- 15,868 Number of hours Kentucky Extension Homemakers Association (KEHA) members volunteered for Extension activities and events.
- 732 Number of individuals who made lifestyle changes for the purpose of improving their health.
- 316 Number of people who demonstrated spending time in physical activities.
- 255 Number of volunteers who practice personal and interpersonal leadership skills in clubs, schools, and community outreach.
- 610 Number of youth who understand the role of agriculture in the production of food and fiber.
- 220 Number of participants engaged in commercial horticulture, landscaping, crop marketing, and farmer's markets programs.
- 401 Number of youth that have improved their communication skills.
- 175 Number of youth who report making healthy lifestyle choices.
- 169 Number of youth who use the knowledge and skills developed from 4-H Science, Engineering and Technology (SET) programs in daily life.