

Rowan County
Cooperative Extension Service



REPORT TO THE PEOPLE 2023 - 2024



Agriculture & Natural Resources



4-H Youth Development



Family & Consumer Sciences

Did You Know? Rowan County was named for John Rowan (1773-1843) US Senator and later US Representative and the third Secretary of State of Kentucky.

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



4-H Youth Development

4-H Environmental Camp



Walter Boone, a 5th grade student at Tilden Hogge Elementary explored the creek at the 4-H Youth Environmental Camp held in September at Rodburn Hollow Park.

Fifth-grade students from across Rowan County attended the 4-H Youth Environmental Camp at Rodburn Hollow Park during the week of September 18-22. Throughout the day, they explored the park's natural wonders and engaged in interactive learning stations, deepening their understanding of topics such as tree identification, animal adaptations, biodiversity, aquatic life, and environmental decision-making. In addition to educational activities, students enjoyed hiking, creating leaf prints, and experiencing archery.

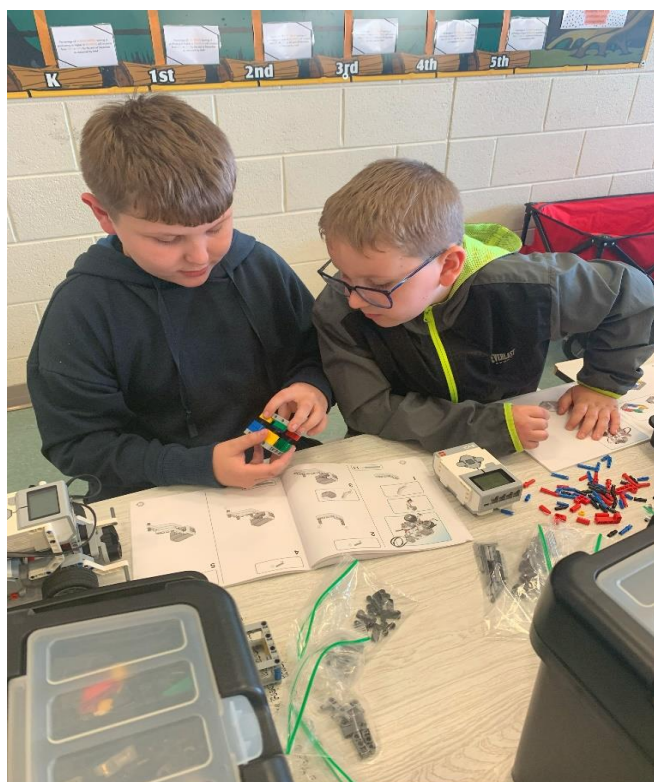
The success of this enriching event was made possible through the invaluable support of community partners and professional organizations, who generously shared their expertise with the students. Particularly noteworthy is the dedication of the Friends of Rodburn Hollow Park, who tirelessly work to preserve, protect, and promote the park within our community. Fred and Debbie Howes deserve special recognition for their

instrumental role in bringing this opportunity to the youth of Rowan County.

Feedback from students indicated that they found the experience to be memorable and impactful. It is our sincere hope that programs like this will instill a lifelong appreciation for nature and foster environmental stewardship among participants.

We extend our heartfelt gratitude to Rowan County Schools, Lakeside Christian Academy, and Farmers Christian Academy for their support in allowing 4-H to provide this valuable instruction to students during the camp.

4-H After-School Clubs



Reece and Michael Combs work on assembling an EV3 Lego Mindstorm robot in an after-school robotics club meeting held at McBrayer Elementary School.

Rowan County 4-H after-school clubs provided an array of activities and programs tailored to foster skill development, leadership, and personal growth among youth. Throughout the fall of 2023, students had the chance to delve into a diverse range of pursuits, including agriculture, art, crochet, cooking, and robotics. These classes were conducted at McBrayer

Elementary and Rowan County Middle School, offering convenient access for participants.

Participation in 4-H clubs offers children invaluable hands-on learning experiences, mentorship from dedicated adult volunteers, and opportunities to interact with their peers in a nurturing and supportive environment. It is through these clubs that young individuals can cultivate their interests, hone their abilities, and develop essential life skills that will serve them well into the future.

Family & Consumer Sciences

Cook Together, Eat Together

Becoming a healthier eater should be our number one concern. Eating more fruits and vegetables is a critical behavior for a healthier you and prevent health problems. Despite the importance of eating more produce, it is also one of the most difficult eating behaviors to change. It has been reported that cooking more meals at home is related to increased fruit and vegetable consumption.



Rowan County Senior High School students putting cooking skills into use while preparing a meal.

Cook Together, Eat Together, is a great program to promote better health and how to

cook family meals. This program was offered at the Rowan County Senior High School Foods Class, 12 youth participated and 10 additional students attended to taste test. As a result of the program, 100% of participants reported eating more healthy foods such as whole fruits and/or brightly colored vegetables, while 80% prepared healthier, home-cooked meals. In addition, 60% adopted one or more practices to reduce food shopping costs associated with home-cooked meals such as comparing prices, planning meals, and making shopping lists.

Over the long term, these cooking and eating behavior changes may lead to sustainable changes in cooking and eating norms in a community.

80% of the class tried at least three foods they had never tried before, and 90% of those students discussed they would eat those foods again.

Learning to Preserve at a Young Age

With today's price of groceries and talk of food scarcity, our youth is taking more interest in cooking and preserving foods. The USDA and Department of Health and Human Services consumption of total fruit and total vegetables are expected to grow roughly 4% respectively in the next five years. With the increase on the rise of consuming vegetables, the Family & Consumer Sciences Extension Agent provided



Khloe making her favorite snack (Salsa) and learning how to preserve it for later.

food preservation classes at the local library to youth in Rowan County.

A popular food item such as salsa was picked to demonstrate how quick and easy it is to can vegetables. Students learn basic knife and cutting skills to prepare fresh salsa. A demonstration was done with extra salsa to preserve it. Teaching the quick and easy water bath method taught the students how to preserve the vegetables but also to reduce any waste they would have with extra fresh food at home.

- 10 students practice skills and learned from this simple demonstration.
- 100% enjoyed and encouraged others to try the salsa.
- 100% of the students agreed that it is better to preserve and not waste food.
- 15% of the students had never tried fresh salsa.
- 85% of the students stated they would like to preserve food in the future.

AGRICULTURE & NATURAL RESOURCES

Master Gardener Program

According to the guidelines for The Kentucky Extension Master Gardener Program, Extension Master Gardeners are trained volunteers that assist County Extension Agents with educational programming. This program is considered a volunteer management and outreach program within Cooperative Extension.

The Master Gardener program had been implemented in years past by previous agents within Rowan County. Due to the vacancies within the Agriculture and Natural Resources position for several years, the program had no longer been an option for those within the county unless they travelled to surrounding counties.



2023 Master Gardener Program participants and Agents on a field trip to Jungle Jims in Cincinnati to learn about exotic produce and marketing.

Rowan County Extension partnered with Fleming and Mason County to provide a multi-county Master Gardener program to those who would be interested. Overall the program had 13 participants between the three counties. These participants participated for 14 weeks and were trained in a variety of topics including soil health, cut flowers, and tree ID. These were taught predominantly by specialists and other agents who had knowledge for the particular class being taught.

This program allowed participants to learn more about Extension and how they aid the community, as well as offering volunteer hours and continued learning opportunities for participants. My hope is that this program will continue to grow and flourish through not only Rowan County, but other counties throughout the state.

Heart & Soil Garden Festival

According to a study done in 2022 approximately 55% of American Households participate in raising some kind of garden, this totals around 71.5 million households. Kentucky is no stranger to gardening and crop production, with many families continuing on with multi-generational gardens. Because of this continued rise in gardening and crop production, the Rowan County Cooperative Extension Office partnered with The Painted

Hills Gardening Club to present the first ever "Heart and Soil Festival". This program focused on providing at home gardeners and producers with a wide variety of information including Pest

Management for Gardens, Growing Pollinator Gardens, and Improving Soil Health.

Participants also had the chance to observe presentations created by Morehead State University Horticulture students. Activities were available for children to teach them about the importance of insects in gardening and the natural environment. Those in attendance also had the chance to enter a raffle to win a variety of prizes including gardening tools and bee boxes. Participants were pleased with the wide variety of information they received and the connections they made with each other, as well as resources they can pull from in later gardening endeavors.



Poster created for the Heart and Soil Festival

Rowan County Cooperative Extension Service

600 West Main Street

Morehead, KY 40351

Contact us: (606) 784-5457

Fax: (606) 784-2407



Website: rowan.ca.uky.edu



Facebook:

Rowan County Cooperative Extension Service

Meet our Staff:

Peggy Jones – Family & Consumer Sciences Extension Agent/4-H Youth Development

Amanda Potter – Agriculture & Natural Resources Extension Agent/4-H Youth Development

Jan Law-Stevens – Extension Staff Assistant

Kim Hacker – Extension 4-H Program Assistant

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.

Lexington, KY 40506