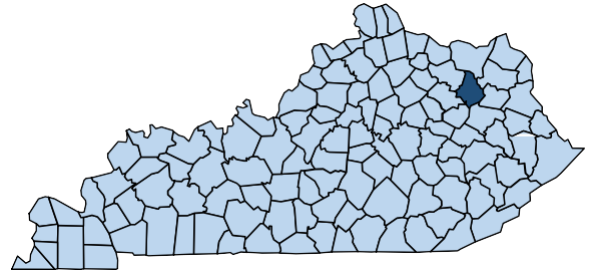


# REPORT TO THE PEOPLE

## Rowan County 2022



**Did you know . . .** The highest elevation in the county is **Limestone Knob**, located about 3 miles southwest of Morehead. Limestone Knob is 1,435 feet in elevation, more than 700 feet above the valley of Triplett Creek, which is less than a mile to the north.



## Cooperative Extension Service

### AGRICULTURE AND NATURAL RESOURCES

#### *Regional Farmers Market*

The Regional Farmers Market was a success this year, with the event held at the Morehead State University Farm. Rowan County and six other surrounding counties came together to provide more information regarding Farmers Markets. There were a variety of speakers to discuss integrated pest management, updates from KDA, and diversifying crops. Everyone who attended was able to take home some goodies from each of the counties that would help them succeed. Our county Farmers Market continues to flourish and provide those within and around the county fresh produce, baked goods, jams and jellies, and even fresh flowers.



*Regional Farmers Market Meeting at Morehead State University Farm. A local producer discussing marketing.*



*Mushroom grow bag from the most recent Mushroom Cultivation Class*

## ***Mushroom Growing***

One of the most popular programs put on for Agriculture and Natural Resources has been “The Mushroom Cultivation Programs.” Two of these programs have been held in the county so far with more to come in 2023. This is a program that teaches participants the ins-and-outs of cultivating their own gourmet mushrooms at home. Families have come to participate and some of our younger participants enjoyed it the most.

# **FAMILY & CONSUMER SCIENCES**

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## ***COOK TOGETHER EAT TOGETHER***



*Youth sharing cooking responsibilities*

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.

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 High School Foods Class, twelve youth participated and ten 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 that they would eat those foods again.

## ***Substances Abuse Clients learning “How to grow and create a Healthy Salad and Snack”***

Substances Abuse is taking over our families across our state. We are able to say there is no family that has been missed or without being touched in some way with substance abuse. In Rowan County, we have several rehabilitation centers working with clients trying to help these clients get back on the



*Learning to grow and prepare food.*

right track of life. One of the work programs they offer clients in our county is to education clients on getting healthy again.

The Rowan County Agriculture Instructor, Family & Consumer Sciences and Agriculture & Natural Resources Extension Agents and AppHarvest employees have teamed up this spring to work with Rehab Clients teaching them how to sow seed, plant the plants, harvest the vegetables, and create a healthy meal and snack.

## 4-H YOUTH DEVELOPMENT

### 4-H CAMP

During the second year from COVID 19 pandemic, we were allowed more campers and activities to attend 4-H Camp this year. For Kentucky youth, the pandemic took away many inside activities, but for 4-H Camp and other outside Extension programs were allowed to return. The pandemic did alter a degree of physical, emotional, and mental health of youth in our communities. According to the CDC guidelines, our youth were helped to cope during this precedent time recognizing behavioral changes, reinforce preventive strategies, stay healthy, and stay socially connected. With a major push from UK Campus, agents and leaders were trained to allow 4-H Camp to return.

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 and Agriculture & Natural Resources Extension Agents provided a class of creating Chef Salad and Salsa for a healthy snack.

A popular food item such as salsa was picked to demonstrate how quickly and easy it is to make and how healthy it is. Students learn basic knife and cutting skills to prepare the salad and fresh salsa. Eight students created food for 22 others at their rehab center learned from this simple demonstration.

- 95% enjoyed and encourage others to try the salsa.
- 100% of the clients agreed that it is better to create a fresh vegetable for snack.
- 10% of the clients had never tried fresh salsa.
- 90% of the clients stated they would like to make the salad and salsa again.



*83 youth, junior and adult counselors attended 4-H Camp*

4-H Camp did look normal this year but workers and agents still took as much precaution as possible to keep campers safe. Our county took their preferred capacity number of 4-H Campers; the campers went back to team groups and were arranged to meet the number kids we took. Rowan County took 83

campers counting; campers, Jr and Adult Leaders and Agents.

Planning and following CDC guidelines for 2022 camp was much easier than the summer before, mask were off, the six-foot rule was released and temperatures were down. Campers were allowed to dance Sally Down the Ally, have nutrition classes, swim in groups and playground was open for business. Finding junior and adult leaders was a breeze and transportation was relaxed sitting with their friends while traveling.

With all the struggles that were still around 2022, it still allowed us to see the campers learn new skills, meet new friends, learn how to be considerate of others, and of course having fun made it worth the week of 4-H Camp. As a wrap up to COVID 19 camping year, some of the activities and programs the agents would still like to use again for the next Years' camping program. Rowan County would like to increase their numbers by 10% for 2023.

98% Campers enjoyed their camp experience.

100% Campers felt extremely safe at camp.

98% campers want to return next year.

## ***Super Star Chef***

Once school is out for the summer, most students like to learn a new skill - maybe try some cooking skills and make new friends. What a perfect reason to attend Super Star Chef Camp at Rowan County High School with Family & Consumer Sciences/4-H Agent. Rowan County students are surveyed as being 100% free lunch in our school system, therefore, making them the perfect candidate to attend our camp. The Family & Consumer Sciences/4-H Agent offered Super Star Chef Camp, with the help of three KSU SNAP workers and two FRYSE Directors. The sign-up was unbelievable. The limit of 20 was filled in the first two



Youth learning to cook.

days, with an additional 25 on a waiting list. The need for extra activities in our area is overwhelming. When the camp started, only 17 of the 20 showed up with 14 (82%) completing the camp. The four-day camp taught nutrition, basic food cooking, preparation skills and storage. Games with physical activity was also incorporated into the class, which allowed the students to unwind and interact even more.

- 100% of the students asked for the camp to come back another year.
- 92% of the students improved their food cutting techniques.
- 100% of the students improved label reading.
- 92% of the students understood the need for physical activity in the day.

After six months, 12 of the students contacted the Family & Consumer Sciences/4-H Agent wanting to attend camp again next summer.

## COOPERATIVE EXTENSION



**Website:** [rowan.ca.uky.edu](http://rowan.ca.uky.edu)

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