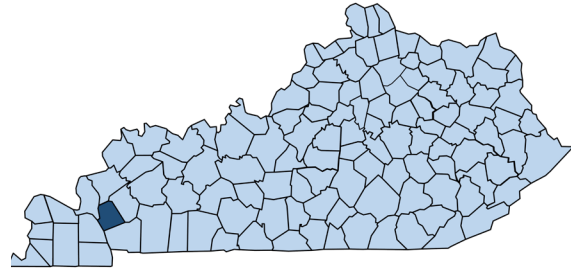


REPORT TO THE PEOPLE



Lyon County 2021



DID YOU KNOW... 24 youth participated in the Trash Sculpture Contest this year receiving \$1,025 in prize money.



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

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4-H Youth Development



Ben Dunbar, Reserve Junior Champion Country Ham

24

The number of youth who participated in overnight, 4-H summer camp.

4

Number of youth learning how to make a country ham.

Horticulture

Native plants support a healthier ecosystem as the relationships between plants, insects, animals, and fungi have developed over millions of years. Native plant educational programs included: A Lyon County Master Gardener and the Extension Agent for Agriculture and Natural Resources worked together on a presentation for the statewide Horticulture Wednesday webinar series to present on Native Plants in the Landscape. There were 118 participants in the program. Presentation to a local garden club with 12 participants. A short version was presented on the Wednesday Webinar, From the Woods Today . The Lyon County Master Gardeners held their 5th annual Native Plant Sale and Program where over 200 native plants were sold. A member of the Kentucky Native Plant Society made a presentation on native orchids and frost flowers and a second speaker spoke about Monarch Waystations.

Four youth in Lyon County participated in the 4-H Country Ham Project. Over three meetings the 4-Hers shaped the hams, salted them, washed, resalted, and then cleaned their hams for smoking and aging. In August, the hams are polished and cleaned for presentation and judging at the state fair. Participants are required to give a speech before judges at the Kentucky State Fair. One of the Lyon County youth, Maggie Duff, won 3rd place smoked country ham and 3rd place for smoked overall in the 2006 age division.

Another 4-Her, Ben Dunbar, won 3rd place ham, 3rd place smoked ham overall and 2010 age division winner. He then was awarded Reserve Junior Champion which placed his ham in the top five overall. There were 720 entries in the ham contest this year. These two were invited to the local Farm Bureau Dinner where they received local recognition for their agricultural product.



Tulip Poplar Flower

650

Number of volunteer service hours completed by Extension Master Gardener Volunteers in the county.

374

Number of people who gained knowledge in consumer and home.

Agriculture and Natural Resources



Large acreages of sorghum returned to Lyon County this year. They were scouted for fall armyworm, sorghum midges and sugarcane aphids.

25

Number of farmers who applied Extension recommendations to address insects or pests.

72

Number of people who applied Extension recommendations for soil fertility.

Nutrition Education

Eating more fruits and vegetables is critical behavior for health and disease prevention but it is also one of the most difficult eating behaviors to change. Studies show that cooking more meals at home is related to increased fruit and vegetable consumption. Cook Together, Eat Together, was offered through Lyon County Cooperative Extension with 28 participants. The program was offered weekly, virtually, for eight weeks. Participants were able to engage in the Cook Together, Eat Together-Lyon County Facebook group where they posted pictures of recipes cooked at home and encouraged each other to increase fruit and vegetable intake.

Participants reported eating more healthy foods such as whole fruits and/or brightly colored vegetables, preparing more healthy home cooked meals, and adopting practices to reduce food shopping costs associated with home-cooked meals such as comparing prices, planning meals, and making shopping lists.

Fall armyworms took Lyon County by surprise this year with numbers not seen since the 70s. The high numbers caused complete losses on many teff, soybean and alfalfa acres. Areas as large as 60 acres were eaten down to stems. Upon receiving news of the local outbreak from a farmer, the agent notified other farmers suggesting that they should scout for aphids. University of Kentucky Entomologists provided articles and resources which were shared with farmers.

Five hundred acres of sorghum were sprayed after being scouted, as well as many soybean acres. Some alfalfa fields required spraying three times. An article which combined advice for farmers and homeowners was sent to the local newspaper and included in the regional paper, and posted on social media pages. The sorghum acreage was also monitored for sorghum midges and sugarcane aphids. Sprays were not required for either of these pests.



Cook Together, Eat Together participant, Becky McKee, shared a photo of her Crispy Oven Zucchini Fries.

67

The number of Family and Consumer Sciences related Zoom classes taught to clientele in Lyon County.

2019

The number of individuals in Lyon County benefiting from Family and Consumer sciences related programming.

Family and Consumer Sciences

To reduce the rates of mental health issues because of loneliness and lack of socialization during quarantine, many quilting classes were offered as a way to engage the minds and hands of clients. In order to counteract the negative mental health effects of the pandemic, holiday themed quilt classes were offered from November 2020 through March 2021. Participants created quilted wall hangings, table runners, and quilts touting Christmas, winter, Valentines, Easter, and 4th of July themes.

Participants in the classes, offered on Zoom, raved about the convenience of being able to attend sewing classes without having to load heavy equipment and take it to an in-person class, but also were thrilled to be able to interact through technology with other students as they learned new quilting techniques. Using technology for Family and Consumer Sciences programming came with a learning curve but virtual programming has been a success.



Sewing is a great way to engage your mind and support good mental health.

252

The number of individuals engaged in sewing and quilting programs in Lyon County.

6

The number of Master Clothing Volunteers serving the Pennyriple Area.

... just a few ways Extension supports Kentucky

- **23,971** Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.
- **4,890** Kentucky producers adopting new technologies in agriculture production.
- **3,898** Kentucky families who supplemented their diets with foods they grew or preserved.
- **4,161** Kentuckians participating in community trail projects.

COOPERATIVE EXTENSION



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