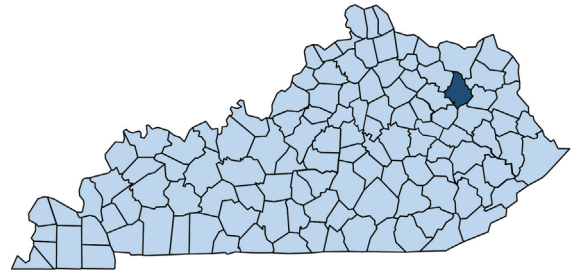


# REPORT TO THE PEOPLE



## Rowan County 2021



**DID YOU KNOW...** Rowan County held the first Annual AppHarvest Camp in summer of 2021.



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



**Facebook:** RowanCountyCES

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## Agriculture and Natural Resources



Seed give away.

250

Number of participants engaged in home and consumer horticulture programming

300

Number of residents reporting an increase in accessing fresh local foods

## 4-H Youth Development

COVID-19 pandemic took things from everyone around the country. 4-H Camp was not any different - it took a different look but our goals were to stay healthy and socially connected in the youth minds. 4-H Camp went to a 50% capacity and the schedule had a great affect. Campers stayed in pods and programs were changed to fit the number kids that were present. Positives from the 2021 camping experience were all campers participated in every activity. Prior to camping in a pandemic, many campers did not get to participate in a 4-H Camp class that they wanted. Classes were signed up the first day of camp and many favorite classes would fill up fast. Campers stated that there were several areas they had never seen at camp. Camp class instructors like seeing all the different campers from different counties as well. This is a change that I believe needs to be used next year, fewer campers with a better experience.

During spring of 2021 and after a yearlong of Covid-19, the Rowan County Extension Family & Consumer Sciences Agent teamed up with the Rowan County Agriculture Instructor at the High School. This year, we wanted to increase the knowledge of our youth on the importance of how to survive from the earth. The Extension Office purchased 150 pounds of Trucker Sweet Corn, 150 pounds of Onion Sets and 50 pounds of Top Crop Green Bean seed. Caudill Seed Company donated 150 pounds of Horticulture Beans.

The agriculture students began with weighting up the seed into 12 oz. portions in zip lock bags; the onion sets were divided into one-pound weights in paper bags. Signs were created and business was ready. The students set up in the cafeteria and gave out garden information and free seed to every student or teacher that wanted to grow a garden this year. Four hundred students and teachers took seed to start their 2021 garden.



4-H Camp

38

Number of youth who have engaged in a community project related to natural resource conservation

38

Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community

## Family and Consumer Sciences



Youth Learning to Cook Together

250

Number of individuals reporting improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, and preparation of food

250

Number of individuals who reported increase in knowledge related to eating more healthy foods (such as fruits & vegetables; whole grains, fat free or low-fat milk products; seafood twice a week) that improve personal health

## Nutrition Education

Elementary Schools are to provide Organwise virtual programming at both schools. The virtual program was purchased by SNAP-Ed funds and all teachers at each school had access to the program, but was primarily used by the Physical Education teachers at each school. Due to time restrictions, both schools chose to not receive the workbooks, but use the handouts provided for each lesson. SNAP-Ed guidelines require a pre and posttest to evaluate the effectiveness of the program. Out of 360 pretest administered, 221 post-test were returned a total of 61%. Evaluation of the 221 that completed the program did see improvement in the students' ability to choose healthier foods. The virtual programming is to continue next school year.

Learning to eat healthier is now being recognized more so than ever before. Establishing good food preparations, cooking skills and eating together as a family unit is becoming one of today's norm. Today youth are becoming better educated in the classroom, with social media, during local gatherings and at home. Eating more fruits and vegetables and less carbs and protein is a critical behavior. Kentucky obesity rate of ages 2-19 is 18.5%. This new program was developed to help students recognize some of these very important findings: FCS offered the program to a food service class at their local high school, a class consisting of 14 students. Students learned knife skills, cooking from scratch recipes, cooking as a team, making healthy dishes, cleaning and sanitizing work areas. A special needs class was invited to share the dishes which enabled them to be introduced to better diets. 100% of participants reported eating more healthy foods.



Organwise Characters

192

Number of individuals who reported eating more healthy foods

115

Number of individuals who reported increase in knowledge related to eating more healthy foods (such as fruits & vegetables; whole grains, fat free or low-fat milk products; seafood twice a week) that improve personal health

## Horticulture

Rowan County Family and Consumer Science Education Agent teamed with Bath County 4-H Agent and the Rowan County Senior High School Ag Instructor to provide a week-long Day Camp in collaboration with AppHarvest. AppHarvest educators provided each morning activities on teaching the youth how to grow vegetables by Hydroponics. Each morning youth also practiced running the growing pod; they cleaned panels as well as planting, eating and harvesting heads of lettuce. Each afternoon, Agents educated youth by field trips in other food source areas in our county. Field trips included: Minor Clark Fish Hatchery, Cave Run Lake, Community Gardens, Farmers Market, Morehead State University Greenhouses, Blackberry Fields and the Rowan County Railroad Museum. The AppHarvest Pod at the Rowan County High School provides lettuce for the countywide lunch program. Eleven youths participated in the Day Camp, with 100% wanting to sign up for next year.



Hydroponic lettuce

25

Number of participants engaged in commercial horticulture programming

25

Number of producers who incorporated best practices recommended by Extension

*... 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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