



# GREEN COUNTY COOPERATIVE EXTENSION SERVICE

## 2024 REPORT TO THE PEOPLE

Did you know....

Green County Extension Service offers a variety of educational programs and leadership opportunities in Agriculture & Natural Resources, Family & Consumer Sciences, and 4-H Youth Development?

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## MEET GREEN COUNTY'S NEW 4-H AGENT

Greetings from Green County 4-H!

My name is Sue Ann McCandless, and I am a lifelong resident of LaRue County but have family ties to Green County.

I have almost 20 years of experience in Extension with the University of Kentucky.

I worked in the LaRue County office as a staff assistant for many years before working in Hardin County as a 4-H agent.

On a personal note, I am a mom to two sons, Brayden and Nolan.

I was also a 4-Her in my youth and I loved attending 4-H summer camp. I

have a passion for many things in 4-H, but summer camp is at the top of the list. My favorite thing about being a 4-H agent is getting to see youth try something new or find their spark. Summer camp is a great place for this to happen. For me, it was my first time canoeing, shooting a rifle and a bow, riding a pontoon boat and so much more. Many times, kids don't have the opportunity to do these things, but they can have the opportunity at camp.

Camp isn't the only way to enjoy 4-H. There are many clubs and 4-H projects that include topics such as agriculture, STEM, arts, communications and cooking that youth can participate in. Many people have never heard of 4-H or even the Extension Office. Help me spread the word that 4-H is here in Green County, and we are ready to move forward with all of our youth, returning or brand new.

## 4-H SUMMER CAMP IS MORE THAN FUN & GAMES

A typical 5-day 4-H Camp session offers 96 hours of direct, uninterrupted contact between youth and their cabin leaders/counselors. That's the equivalent of a family sitting down at the dinner table for 30 minutes, 192 days of the year. The interactions offered in a residential camp setting is so meaningful to youth. The time we spend with youth in the camp setting provides opportunities for those youth to feel a sense of belonging, to have meaningful conversations with caring adults, to practice generosity and group decision-making, and to experience new activities they typically do not have access to at home. They gain independence by taking on the responsibility of keeping track of their belongings and to the camp schedule.

Here's what camper parents had to say on their post-camp survey: "This was her first time away from home and she had a blast and can't wait until next year", "because of camp she wants to go outside and play games, and not be on her phone", "my son showed more empathy after being at camp. He was made aware of differences between himself and others and how we must be understanding with others", "he came home with a better attitude and was excited to show all the things he made during engineering and robotics class", "my daughter is a very shy and timid person. She bloomed while at camp. She stepped out of her comfort zone and became a social butterfly", and "He drank the green Kool-Aid LOL! He's all in for 4-H! After returning home he would ask what other opportunities 4-H offers, what shooting sports categories there were, etc. I expect my son will continue with 4-H through his high school years as a leader".

Youth are eligible to attend summer camp beginning at age 9. Fifteen-year-olds can return as a counselor-in-training, with opportunities to observe adult cabin leaders/counselors and assist with camp classes and provide behind the scenes support of their camp session programming.

This past summer, forty-four Green Countians attended 4-H Summer Camp. That number included: thirty-campers, three teen leaders and seven adult leaders.

## 4-H YOUTH DEVELOPMENT



## PHASE I FUNDING

Phase I funding continues to play an integral part of the agriculture of Green County. The Green County Agricultural Development Board helped to administer over \$300,000 to the agriculture producers of Green County.

The council funded producers with the C.A.I.P. program that included: genetics, fencing, on farm water development, cattle handling, hay storage, diversification, technology, dairy diversification, and forage improvement. There were several different educational offerings included as part of the participation in these programs.

Although the initial savings created by cost share can significantly enhance a producer's bottom line, adding new and improved practices to a farm operation yields long term results that add to overall farm profitability.

Follow up visits and surveys with producers that have participated in the different programs indicate that those who have improved facilities have better herd health, less labor costs, better variety selection, increased paddocks, etc. As a result, these individuals have been able to show an economic gain to their operation.

## TOBACCO PRODUCTION

Even with the changes that much of the tobacco industry has seen across the state of Kentucky since the tobacco buyout in 2001, and the weather conditions tobacco farmers have faced over the last three to five years, tobacco remains a strong and vital component of Green County.

According to the Kentucky Agriculture statistics, this \$10 million annual crop makes up over 33 % of Green County's Agriculture economy. A strong joint effort has been implemented by Green, Adair, and Taylor counties to help aid producers in producing tobacco as efficiently as possible.

Radio programs, news articles, winter meetings, insecticide research plots, a summer field day, and one on one consultations were all utilized this past year to reach clientele in the best way possible.

Eighty-one producers attended this year's winter tobacco meeting. With the help of the UK Tobacco Specialist, we feel we are able to answer our producers in a timely manner and give them accurate diagnoses.

# AGRICULTURAL & NATURAL RESOURCES



## SOME PROGRAMS OFFERED BY THE EXTENSION OFFICE



FOOD PRESERVATION



SOIL TESTING



4-H LEADERSHIP & COMMUNITY  
SERVICE OPPORTUNITIES



FARMERS' MARKET

## APPLIANCES 101

Technology is ever changing and growing daily. Older individuals have a harder time grasping all the new technology and all that it can provide. Appliances 101 was a program that was intended to educate individuals on common household kitchen appliances.

The kitchen appliances that were demonstrated were the Air Fryer and Electric Pressure Cooker (also known as Instant Pot). Teaching publications were used from Mississippi State University, which included many recipes that demonstrated the use of each appliance.

During this series, 100% of the participants reported they plan to use at least one piece of information gathered from the two classes. In the Air Fryer class, 80% of participants reported they owned an air fryer but never utilized it. In the Electric Pressure Cooker class, 20% of participants reported they owned an instant pot and have used it before. Following both classes, 100% of participants reported they were more confident in their abilities to use these kitchen appliances.

Not only during this series did the participants get to learn about the new technology within kitchen appliances but they were also given lessons on food safety, hand washing, and preparing nutritious recipes. During this program, 50% of the participants stated they tried a new food, which was asparagus. One of the individuals stated that they never liked asparagus but the way it was prepared during the class, it was so good she was willing to make it herself at home.

## TEEN COOKING CAMP

The National Survey of Children's Health reported that in 2022-2023, 17.0% of youth ages 6 to 17 had obesity. According to this same data, Kentucky is ranked the 13th state with the highest obesity rate at 18.7%.

Green County FCS conducted a one-day Teen Cooking Camp that focused on introducing middle and high school age students to the world of health, nutrition, and learning their way around the kitchen in a hands-on environment. This class was presented to give teens the opportunity to learn and make their own food, so they gravitate towards healthier options.

The Teen Cuisine curriculum was adapted to meet the one-day camp schedule. This program consisted of Food Safety/Hand Washing, Measuring & Knife Skills, Reading a Recipe, and MyPlate. They got to create three different recipes that were their breakfast, lunch, and dessert for the day. Lastly, they got to take part in cleaning up their workstations and placing everything back in their designated areas.

Three teens participated in this program coming from various towns to participate. One teen traveled over an hour and a half long from Anderson County, KY. They even went on to say they would travel that distance again for another program because of how much they enjoyed the hands-on experience.

The students were asked to complete a survey at the end of the program regarding recipes they created and if they would change how it was taught or made. The recipe with the top-rated score was an omelet, which all three students said they thought it was amazing and would make this at home. One student stated they wanted to make it for their parents for breakfast the next morning!

Although it wasn't a large turnout, I would say it was very impactful on the students!

## FAMILY & CONSUMER SCIENCES

