

# GREEN COUNTY COOPERATIVE EXTENSION SERVICE

**2023-2024**

## Report to the People



*The Cooperative Extension Service connected with 38,022 cumulative participants with over 10,000 involved in a leadership development element.*

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## FORESTRY FIELD DAY TEACHES AN APPRECIATION OF NATURAL RESOURCES

Today's youth are overwhelmed with digital information; they cannot see the forest for the trees. 4-H sought to show youth the value of our natural resources and benefits to mental health and our community.

4-H partnered with the Division of Forestry, UK Forestry, and multi-county 4-H programs to host the Forestry Field Day at Green River Lake State Park. One youth mentioned they had fished here. Asking if they had ever hiked any of the trails, they replied they were not aware of any. They could not see the recreational benefits of the forest. Knowing he played baseball; I asked what type of wood were the baseball bats. He did not know the answer.

Eight youth participated representing fourth and fifth grades learning twenty native Kentucky tree varieties including the Ash tree, used for the majority of wooden bats. The youth also learned how to measure trees and use a compass and pacing for better enjoyment of the trails.



## AG SAFETY EVENT PREPARES YOUTH FOR RESPONSIBILITY

Providing rural youth strategies to be safe in their homes and communities is a foundation skill for being a responsible adult. Rural youth are at increased risk of experiencing certain types of harm like in car and farm accidents and experiencing violence like bullying while having fewer resources to cope.

4-H partnered with the Progressive Agriculture Foundation offering 115 third-grade students a safety event with practical hands-on learning activities increasing their awareness and recognition of unsafe areas in their lives.

Youth experienced safety booths related to unsafe areas around their home, healthy lifestyle habits, detecting the sun's possible damage and how to make local waterbodies safer. All youth created a sun safety device to recognize when their body was being exposed to the sun's rays as a reminder to wear sunscreen or alternate clothes to protect their skin.

Supporting safety for rural youth is essential for building strong and vibrant rural communities.





## SEW MUCH FUN: SEWING BASICS

Sewing should be a universal skill taught throughout the world. Sewing is for everyone, no matter what age, what occupation, or what walk of life you are currently going through.

Green County FCS Agent, with the help from Cumberland County FCS Agent, hosted a three-day Sewing Basics series for the Green County High School Family & Consumer Sciences students.

Throughout the series, students learned about hand and machine sewing, parts of a sewing machine, basic sewing information, and created two projects in a hands-on environment. Twenty high school students with both male and female demographic participated in the series.

Before the series began, students were asked if they had sewn before or used a sewing machine, only two individuals indicated they had. At the end of the series, students completed an evaluation. With the sixteen evaluations returned, fourteen of the sixteen students stated they planned to sew in the future.

## COOKING WITH INDEPENDENCE

Katelyn Squires, FCS agent, partnered with the Just Family Adult Day Health in Green County to provide programs to their individuals that increase their independence and overall health in a fun way.

A program was presented over knife and measuring skills using nylon knives and paired with a nutrition lesson.

Each participant received their own cutting board and knife and prepared the “Plan Eat Move” Yogurt Sundae recipe. Each person measured their own yogurt and cut up the fruit of their choice. Few of the participants struggled cutting the fruit on their own. Instead of doing it for them, a solution was made that would be more beneficial. The fruit was placed in a steadily position in a way that the participants were able to grip and hold the knife correctly. Yes, it took longer than it took some others, but they ended with the same product.



During this time, some of the table mates wanted to take over and just cut their fruit for them but the participants insisted on doing it themselves with a smile on their face. This newfound independence led to A LOT of cut up fruit.

# FCS



## CEREAL RYE PROJECT

As an Extension Agent for Agriculture & Natural Resources, Ricky Arnett and other agents across the state were contacted by American Farmland Trust to participate in a cereal rye project.

This project allowed producers to participate and gain knowledge within the rye industry with minimal risk. Green County's producer Larry Clark planted thirty acres of cereal rye for this project in hopes of having a future in another commodity for his farm operation. Mr. Clark stated, "This is a great opportunity for farmers such as myself, to learn about this industry. I hope this allows us to make connections and gain the knowledge we need to be successful in this industry."

Using the recommendations from the University of Kentucky Extension Specialist this crop was a success and has been proven to be another great tool for our clientele's toolbox. Mr. Clark along with other producers of Green County are still using Cereal Rye in their crop rotations.



## SUCCESS IN PARTNERSHIPS

In Green County, the cooperation of the Green County Extension Service, other local agencies and groups make lasting impacts on our community. No better example can be found than the twenty plus year relationship between the Green County Cooperative Extension Service and the Green County Cattlemen's Association.

Since 2000, both organizations have worked hand in hand to improve the beef industry. Through education, marketing of cattle, administering cost-share programs, and educational tours, the teamwork displayed has helped producers gain information about cattle production, and to become more profitable.



The Green County Cattlemen's Association hosts educational opportunities, livestock shows & sales, and 4-H events. They organize fundraisers for the Rotary Club, Green County High School seniors, FFA Chapter, farmers market, and the senior center.

Without partnerships such as this our community would not survive. For now and into the future, the Green County Cooperative Extension Service and the Green County Cattlemen's Association will continue to cooperate to provide valuable services to Green County farmers and its community.

