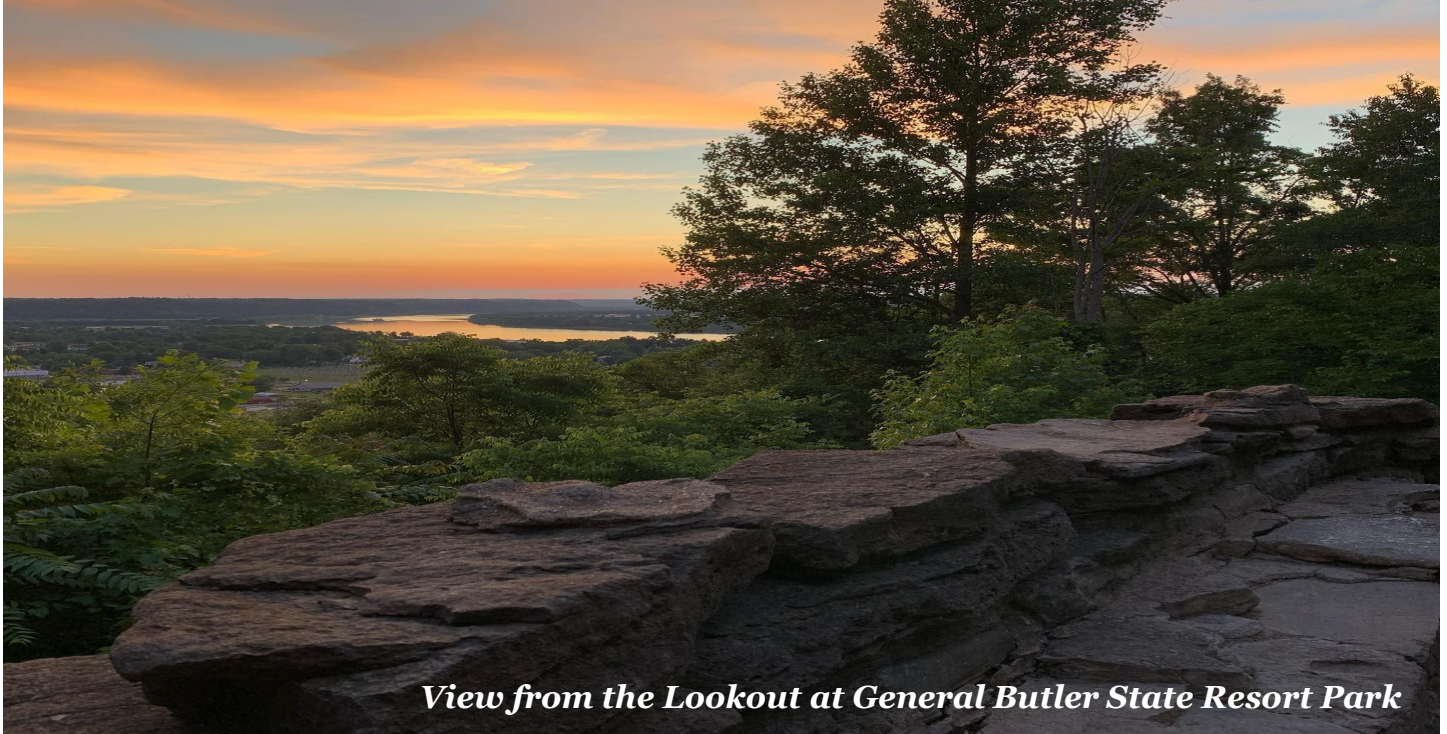


Report to the People

Carroll County • 2023-24

COOPERATIVE EXTENSION



View from the Lookout at General Butler State Resort Park

The Carroll County Cooperative Extension Service is the local branch of Kentucky Cooperative Extension. Through the University of Kentucky’s College of Agriculture, Food and Environment, the Cooperative Extension Service is a comprehensive educational outreach and engagement program.

Our mission is to serve as a link between Carroll County and the Commonwealth’s two land grant universities, the University of Kentucky and Kentucky State University, to help people improve their lives through education focusing on their issues and needs.

This grass-roots organization offers educational opportunities in the following program areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development. As we reflect on the past year, it has been our goal to introduce new, interesting, and lifestyle-changing programs that will benefit our community for years to come.

For More Information, Please Contact us at:

Carroll County Extension Office • (502) 732-7030 • <https://carroll.ca.uky.edu>
500 Floyd Drive, Carrollton, KY 41008

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Family and Consumer Sciences in Carroll County

Family and Consumer Sciences Extension improves the quality of individual and family life through education, research, and outreach. This multidisciplinary field focuses on building assets of individuals and families to address the perennial problems faced across the lifespan.

Family and Consumer Sciences Extension operates within an ecological framework with the basic needs of food, clothing, and shelter at its core. The next level emphasizes well-being with a focus on human development, parenting, resource management, nutrition, health, and aesthetics. At the community level, Family and Consumer Sciences Extension prepares individuals for community and economic development and activity.

Sustainable Gardening Series

The 2023 *National Gardening Survey* is the comprehensive market research report that leaders in the lawn and garden industry count on each year to track the market and help them make strategic decisions. Conducted annually since 1973, the Survey provides in-depth and up-to-date marketing information on industry trends, household participation, consumer profiles, gardeners' attitudes, and retail sales. The *National Gardening Survey* provides insights into American household lawn and garden activities and spending for the year 2022, as well as expectations for 2023. Participation in lawn and gardening activities remained high in 2022, with a 5-year high of 80% of households taking part. Due to this information, the family and consumer sciences department decided to offer a Sustainable Gardening series with flowers and vegetables.



Participants Planted in Raised Beds

In session 1: participants worked on the four raised beds getting the soil ready for planting. In session 2: participants planted flowers and vegetables. Session 3: participants cut the flowers and made flower arrangements. Sessions 4 and 5: participants made salsa and then canned it in a water bath canner. Eighteen people participated in the program. The series showed participants how they can incorporate their own gardens and save money with beautifying their homes with cut flowers and making canned salsa instead of purchasing salsa, which can save them money at the grocery store, have a better quality of ingredients, and control what goes into their salsa. In addition, a 4-H class was offered on flower arranging with seven participants and a 4-H salsa making and canning class with three participants was offered during the summer. The young lady who represented Carroll County 4-H at the Kentucky State Fair won champion in 4-H Food Preservation.



Agriculture and Natural Resources in Carroll County

Agriculture and Natural Resources is an essential piece of the Cooperative Extension Service. Extension ANR programs are a major part of the outreach program of the Martin-Gatton College of Agriculture, Food and Environment.

Agriculture and Natural Resources is current and relevant for every member of the community. Programs topics like: Home gardening, managing a cattle operation,

generational planning, first steps for new farmers, or creating a community garden illustrate that there is a place for every person in Carroll County. Through these programs, we are able to work with some of the best specialists to ensure that you are receiving the most up to date and relevant information.

Carroll County Agriculture and Natural Resources is committed to being an asset for not only farmers, but also members of our community. These educational programs are not structured only towards farmers. These programs are structured to help build our farmers, communities, and local businesses.

This year the ANR program area has done a lot of growing! The Riverview Farmers Market has been reestablished and has doubled its membership! This year we plan to keep growing this market as well as continue education for our members and community members.



Field to Freezer Program

On the livestock end of our ANR programming, we have held many meetings, but the Field to Freezer Program has been a fan favorite! There was an average of 12 people that attended the field to freezer program! This program consisted of Dr. VanValin teaching two programs about the management of finishing cattle, as well as feeding to finish cattle. We wrapped up this series by meeting with Dr. Rentfro at Trackside Butcher Shoppe to tour their facility as well as talk about how what you feed effects your final product!

4-H Volunteering in Carroll County is a Work of Heart

Where would the 4-H program be without volunteers? As we look at our 4-H program and discuss it with the Review and Expansion Committee, we then realize how important volunteers are. For instance, 4-H agents cannot be an expert in all of the seven areas of our program; thus, the need for seamstresses, electricians, photographers, artists, shooting sports skills, fishing, cooking, quilting, horticulturists, camp counselors and I can go on and on. Carroll County citizens are so giving of their time to the youth of Carroll County and are always willing to teach at other places, such as the Kentucky Volunteer Forum. I am going to highlight volunteers that are essential to us offering two important programs: Truth and Consequences and It's Reality".

With the Truth and Consequences program professional people give up their time to come and role play what the consequence would be if the students had made the mistake in the scenario that the student selected. The Sheriff, the Judge, the County Attorney, the RSO, the Health Department, the Coroner, the Funeral Home Director, and so many other agencies are a part of this activity. Words cannot express the influence this program had to the seventh grade students of Carroll County Middle School. The students answered the question after they had participated on how they would tell their parents and how did their mistake influence their future. Some of the quotes from the students were "I was so embarrassed to call my parents and tell them to come to the jail to pick me up. I learned that just one mistake could change my life forever."

"It's Reality" was held with the eighth grade students at Carroll County Middle School. Twenty two stations were set up and manned by volunteers. The students received

Out of 150 students, the survey showed that 95% took the program seriously and learned from it. This would not have been possible without these volunteers.

a job using their GPA and after taxes had a monthly budget to live on. They had completed their education and was working in a job that met their skill set. The students had to pay housing, transportation, child care (if they had children), insurance (health, house, transportation), buy groceries, and other basic needs as well as their wants such as a cell phone and other entertainment. They learned quickly that money does not grow on trees. A great learning experience with lots of great comments. "I can't wait to go home and tell my parents how much I appreciate them, I had no idea what they spent in a month", "I had to go and get week end jobs to take care of my family", "Why is childcare so expensive?". "You mean it's a law that I have to have car insurance?" So many great questions, so much learned. Only one student did not take this program seriously so 99.9% successful.

Extension agents also do a lot of volunteering for our community. First Friday, Back to School Bash, Harry Potter Halloween, Winter Wonderland, are some that we have done since September this year.



It's Reality Volunteers

We have 108 volunteers going to the Kentucky Volunteer Forum in February. They are assigned one workshop each and are expected to go and bring back the information, then they come to the office on their own time and bring their workshop material and we discuss if it is something that we need to add to our Extension program. Our programs grow after the Forum with new ideas. Oh how we love our volunteers.

Extension At a Glance

- **184** attended Lunch & Learn Series
- **6** Extension Homemakers participated in the Kentucky Ovarian Cancer Screening Research Program
- **10** came together to learn from Dr. Sawyer Williams on the opportunities of goat production
- **139** eighth graders participated in the "It's Reality" program
- **102** jars of food were canned
- **83** attended Sustainable Gardening Series
- **12** producers participated in all 3 sessions of the Field to Freezer program
- **157** second grade students have learned 8 different science concepts with hands-on learning
- **151** learned Basics of Wood Burning
- **15** members of the Riverview Farmers Market provided the community with fresh produce
- **84** attended programs at the Senior Center
- **80** 4-H exhibits were entered in the Kentucky State Fair
- **75** youth participated in summer residential camps
- **12** students from Kathryn Winn learned leadership by being in the 4-H Leadership Club
- **12** attended our beekeeping program and learned how to obtain, care and obtain grants to begin beekeeping

*It Starts With Us.
Healthy Families. Healthy Homes.
Healthy Communities.*