



College of Agriculture,
Food and Environment
Cooperative Extension Service

REPORT TO THE PEOPLE JACKSON COUNTY 2023



DID YOU KNOW... Jackson County's 4-H Homesite Team are state champions and will be competing in the National competition in Oklahoma City.

DID YOU KNOW... CAIP provided \$524,000 for farmers in Jackson County to improve their operations

Website: <http://jackson.ca.uky.edu/>



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Youtube:

<https://www.youtube.com/channel/UBLs-yarVxple0z8o4lbvPw>

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Agriculture and Natural Resources



COUNTY AGRICULTURE IMPROVEMENT PROGRAM

IN COOPERATION WITH THE JACKSON COUNTY CATTLEMEN'S ASSOCIATION, THE KADF, AND THE JACKSON COUNTY AGRICULTURE AGENT, JACKSON COUNTY WAS APPROVED FOR \$524,000 TO USE FOR THE COUNTY AGRICULTURE INVESTMENT PROGRAM FOR THE 2022-2023 PROGRAM YEAR. THERE WERE 121 PRODUCERS APPROVED TO RECEIVE A \$4300.00 EACH COST SHARE ON A 75/25 BASIS FOR ELIGIBLE ITEMS. PRODUCERS CAN USE THIS MONEY FOR 12 ELIGIBLE INVESTMENT AREAS TO IMPROVE THEIR OPERATIONS. :

41 PRODUCERS HAVE ALREADY COMPLETED THEIR PROJECT AND 38 OF THEM HAVE RECEIVED THEIR MAXIMUM REIMBURSEMENT AMOUNT. THIS IS \$216,000 WORTH OF FARM IMPROVEMENTS THAT HAVE ALREADY BEEN COMPLETED THROUGH THE PROGRAM. REMAINING PRODUCERS HAVE UNTIL JUNE TO COMPLETE THEIR PROJECTS.

PART OF THIS PROGRAM IS A REQUIREMENT TO RECEIVE AN EDUCATIONAL COMPONENT IN ORDER TO RECEIVE THE MONEY. THIS REQUIREMENT HAS INCREASED PARTICIPATION IN EXTENSION PROGRAMS INCLUDING BQCA AND OTHER AGRICULTURE EDUCATIONAL PROGRAMS. THIS FALL'S ATTENDANCE HAS BEEN AS HIGH AS 95 PEOPLE FOR ONE CLASS AND SEVERAL OTHER CLASSES ABOVE 50 PEOPLE PARTICIPATING.

Food Truck Friday at the Farmers Market

Over the summer of 2022, the ANR and 4-H agents brainstormed, thinking of what would bring in more people to the farmers' market; after much discussion, the agents concluded that one way to attempt to increase numbers at the farmers market is to bring in a different local food truck each week. Jackson County has an outstanding variety of local food trucks to offer the county, including country style BBQ, pizza, and traditional food trucks. The agents scheduled a different food truck for each Friday of the farmers market. The result of this choice had a tremendous influence on the farmer's market because the market size grew tremendously on Fridays, going from, on average, 50 people when there was not a food truck to 200 people when there was a food truck. In addition, we noticed that the time customers spent at the market increased. The thought Process of the ANR and 4-H agents was if someone comes to the market and grabs lunch, they might have to wait on their food allowing them to look around at the market and buy fresh produce, this was the exact result achieved. Not only did the farmer's sales go up, most farmers went from selling a few items to ultimately selling out of all products they brought with the day the food truck was there; not only did the farmers do outstanding, but local food trucks did terrific as well. Several food trucks have approached the agents have had their best day of the summer at the market, selling out completely. This has been an enormous success for farmers and the food trucks involved. Food trucks include the Jackson County Cattlemen's Association, Bowman's Baby Butt BBQ, Crazy Eat's Pizza, and Ms. D Country Cooking.

- 121 Projects
- \$524,000 farm operation improvement
- \$4300 per producer
- 235-Average attendances at the Farmers Market



4-H Youth Development



Kentucky 4-H Passport Kitchen Program.

The Kentucky 4-H Passport Kitchen Program provided 426 young people from Kentucky the opportunity to experience the food cultures of different countries in a self-paced experience. As part of this program, young people received six country kits in the mail during a six-week window. These kits provided all the needed instructions to complete a recipe, a video explaining the recipe, one ingredient for the recipe, information about the country, and a worksheet to help them explore beyond the kit. The self-driven and on-your-own design of the program allowed young people and their families to engage in it as part of their mealtime experience. The materials in the kits also gave young people and their families the opportunity to explore cultures that are oftentimes not their own.

The exploration of other cultures and views is a critical part of a young person's development and helps them form a prosocial orientation as well as a growth mindset. Exploring cultures different from their own helps young people understand there are many ways of doing a single thing, and while these ways are different, one is not necessarily better than the other. 100% of youth who participated reported learning about another culture. Exploring through food provided an opportunity for young people to experience this exploration using the shared experience of eating. The combination of a food-driven cultural exploration along with the ability to participate in the program as a family unit doubled impact. Young people were able to explore cultures outside their own as well as receive the benefit of regular family mealtimes.

Research tells us that having regular meals with caring adults provides a host of benefits to the development of young people. Of the 426 young people who participated in the program, 57% reported an increase in meals eaten together as a family unit. This increase is important because studies show regular family meals foster a sense of security and togetherness and help nurture the development of young people into healthy, well-rounded adults. When family meals are frequent an increase in motivation, personal identity, and self-esteem in young people occurs. Family mealtime also helps decrease high-risk behaviors and makes young people more likely to understand, acknowledge, and follow the boundaries set by their guardians. These social benefits are also matched by the health benefits of family mealtime. Eating studies show family dinners increase the intake of fruits and vegetables; families who eat dinner together tend to eat fewer fried foods and drink less soda; and family meal frequency is linked to the intake of protein, calcium, and some vitamins.

One final outcome of the Passport Kitchen Program is the increase in kitchen confidence among youth in the program. 88% of young people reported preparing meals together as a family and 79% reported an increase in confidence in the kitchen. Of the 426 young people who participated in the Passport Kitchen Program in Kentucky, 27 were from Jackson County.





- **77- Youth Educated on Agriculture Issues**
- **2 AG Students certified in AI**
- **Several youth actively seeking on-farm employment**

High School Agriculture Education Series

For the 2022-2023 school year, the Jackson County Agriculture Agent has worked with the Jackson County High School Agriculture teacher and the Jackson County 4-H agent to do an Educating AG Students Series. This series included artificial insemination, fruit tree grafting, BQCA, and a cattle management workshop and demonstration. 26 high school AG students were taught artificial insemination and learned to pass a breeding rod through a bovine reproductive tract, 28 students were taught to graft fruit trees and grafted their own tree to take home and plant. 27 students were trained in BQCA, and 22 students participated in an on- farm cattle management workshop where they learned proper cattle working techniques, cattle handling, rotational grazing, farming financials, and many ideas for starting a beef operation and successfully managing it. This series allowed students who are interested in agriculture to discover what they liked about different areas of production. Since the series, two students have become certified in AI, several have expressed interest in orchards, and some have been actively seeking on farm employment with local beef operations.





Family and Consumer Sciences

Jackson County Cooperative Extension is excited to announce that there is a new Family and Consumer Science Extension Agent in our office. Delaney Eubanks started her career in Extension on February 1st, 2023. Delaney recently graduated Magna Cum Laude from Eastern Kentucky University with a Bachelor's degree in Child & Family Studies with minor certificates in Women & Gender Studies and American Sign Language. After years of being a 4H kid and a volunteer with Pulaski County Cooperative Extension, Delaney's excited to facilitate programming in Jackson County about Child Development, Foods & Nutrition, and Textile Arts.

David Coffey, Extension Agent
for Agriculture/Natural Resources

Hunter Carroll, Extension Agent
for 4H/Youth Development

Delaney Eubanks, Extension
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