

# REPORT TO THE PEOPLE

## JACKSON COUNTY 2024-2025



## DID YOU KNOW...



*90% of the adults expressed an increased inclination to preserve their food through canning at home after attending our food preservation lesson with FCS Agent, Delaney Eubanks*



**Website:** <http://jackson.ca.uky.edu>  
**Facebook:** @JacksonCoKYExtensionservice

**YouTube:**

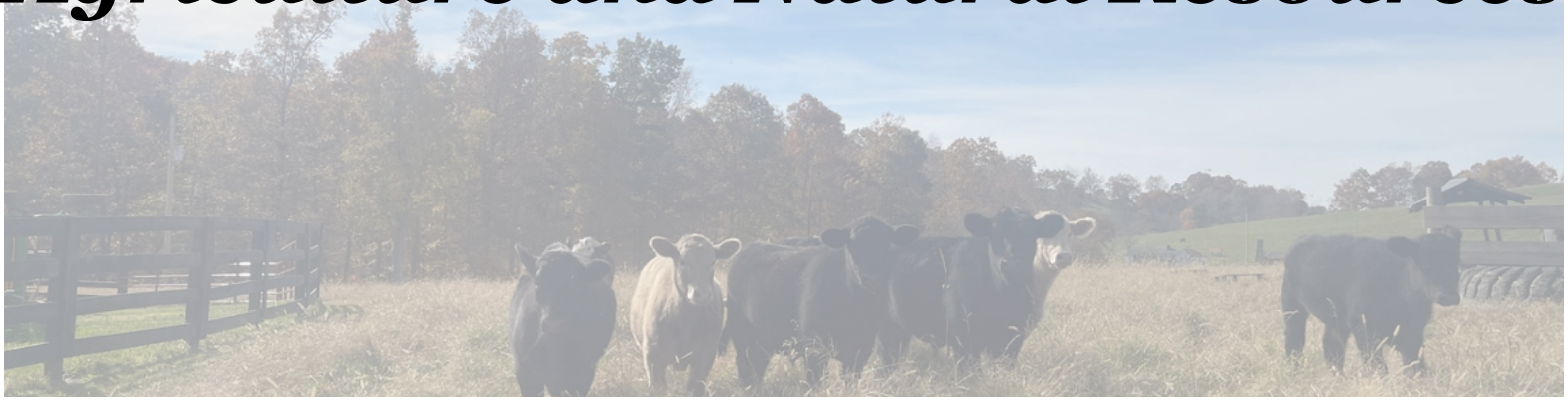
<https://www.youtube.com/channel/UBLs-yarVxpleOzo4lbuPw>



*For more information , please contacts us at:*  
**Jackson County Extension Office (606) 287-7693**  
**1408 Main Street South**  
**McKee, KY 40447**



# Agriculture and Natural Resources



## Wilderness Trail Area Bull Evaluation Program

*The Wilderness Trail Area ANR agents developed a series of hands-on beef programs over the last year, including marketing, predator control, reproduction, and beef quality assurance. The most recent program was a collaboration between specialists and agents called the Bull Value Assessment Program. This is a two-week program where producers learn how to read EPDs of bulls and apply them to real-world situations in the first week. In the second week, they are given a cattle management scenario and a catalog of bulls. Producers then have a chance to buy bulls at a mock auction and are graded to determine how the value of the bull bought compares to their scenario. This program was very well received by producers and agents had several producers express the value of the program to them.*

*The evaluation shows that seventy-two percent of attendees stated this program would help with their next bull purchase. Eighty-six percent of attendees gave a 5 of 5 on sessions one and two content and helpfulness. The overall rating of the program was 89%, giving a 5 of 5 rating to the program. Some of the written comments said that this program was very helpful with the next bull purchase, and it was absolutely worth the time to attend the class. Overall this program was a great success.*

*These programs have been very well received by producers and will continue to be offered in this type of setting.*



**David Coffey,  
Extension Agent for  
Agriculture/Natural  
Resources**

- **89% overall rating, giving a 5 of 5 rating to the program**



**Cow from local  
Jackson County Farm**

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506





# 4-H Youth Development



## Passport Kitchen

**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 the 4-H Passport Kitchen 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.**

**A common thing with Jackson county being a rural area is that a true challenge for our youth is being able to experience different cultural opportunity's. The outstanding part of passport kitchen is every youth from Jackson County who participated reported learning about another culture. Jackson County youth were able to explore cultures outside their own as well as receive the benefit of regular family mealtimes.**

**Another great point from Passport Kitchen is that every youth from Jackson County was able to take these resources home with them and do this with their family. Jackson County members found that family meals frequently cause an increase in motivation, personal identity, and self-esteem in young people. 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.**

**One final outcome of the Passport Kitchen program is the increase in kitchen confidence among youth in the program. Eighty-eight percent of young people reported preparing meals together as a family and seventy-nine percent reported an increase in confidence in the kitchen. Of the four hundred twenty-six young people who participated in the Passport Kitchen Program in Kentucky, forty-eight were from Jackson County.**



**Hunter Carroll,  
Extension Agent for 4-H  
Youth Development**



**Two photos of Jackson County  
Middle School Gifted & Talented  
making a recipe from Brazil**



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Disabilities  
accommodated  
with prior notification.





# Family & Consumer Science

## **Jackson County Food Preservation**

**With an increasing number of farmers' markets and local grocery stores providing fresh fruits and vegetables in the community, people are searching for ways to preserve these foods and maintain their freshness throughout the fall and winter months. The FCS Agent organized a series of canning and food preservation classes using materials from the UK's Food Preservation materials.**

**In total, 41 men, women, and children participated in these classes and were provided with the opportunity to preserve jellies, jams, and vegetables through the canning method under the supervision of the FCS Agent which ensured that they acquired the skills necessary to continue these practices at home. After the conclusion of the series of classes, 90% of the adults expressed an increased inclination to preserve their food through canning at home. 100% stated that they now understood the canning process and how it could be integrated into their home lifestyle. Notably, one participant, who had not canned at home, submitted three canned projects to the county fair and earned both a blue and red ribbon.**



**FCS Agent Delaney Eubanks demonstrating the parts of a pressure canner**



**Delaney Eubanks, Extension Agent for Family & Consumer Sciences**

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# Farmers Market



## Senior Farmer Market Nutrition

***Through collaboration with the Kentucky Department of Agriculture and funding from federal and state resources the Jackson County Extension office gave out \$50 cards to 360 low-income seniors to purchase fresh, locally grown fruits and vegetables at the Jackson County Farmers' Market. Our market had a redemption rate of 93%, which is one of the highest in the state.***

## KY Double Dollars Program

***The Jackson County Farmers' Market believes that nutritious foods should be available for everyone. Nutritious food is not always affordable or available for low-income families. With our local Farmers' Market nutritious foods are fresh and made easily accessible to our community. Last years Farmers' Market was able to acquire a grant through the Community Farm Alliance (CFA), which is the KY Double Dollars program. This program helped to double the amount of produce participants were able to purchase when they used their SNAP, WIC, and Senior Cards. Increasing the amount of purchases is a win-win situation. It helps farmers to increase their sales, the customer has more access to fresh fruits and vegetables and helps to grow our local market customer base.***



***Jackson County Farmers Market Manager Cathy Howell & Program Assistant Patsy Smith working with the Double Dollars Program***



***Community shopping at Jackson County Farmers Market***

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