

2022 Carter County Report to the People

COOPERATIVE EXTENSION



**For More Information,
Please Contact us at:**

Carter County Extension Office
94 Fairground Drive
Grayson, KY 41143-9520
(606) 474-6686

<https://carter.ca.uky.edu>

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 @ Carter County Agriculture Extension Service

- Livestock Association
- Private Pesticide Applicator Trainings
- Soil Testing
- Hay Testing
- Beekeeper Association
- Farmer's Market
- Hike & Learn

4-H Youth Development

 @ Carter County 4-H

- 4-H School Clubs
- School Enrichment Programs
- Livestock Program
- LEGO Club
- Summer Day Camps
- 4-H Camp
- Teen Summit
- Teen Conference
- Win with Wood

Family & Consumer Sciences

 @ Carter County Extension-Family and Consumer Sciences Education

- Homemaker Clubs
- Laugh & Learn Playdates
- Keys to Aging
- Lunch and Learn Lessons
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Extension offers these programs and so much more.....

Come and see what we have to offer!!

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Farmer's Market Adapts to SrFMNP Changes

CONTACT:
Rebecca Konopka, Agent
Ag/ Natural Resources
rebecca.k@uky.edu

The Carter County Extension Office receives over \$20,000 each year through KDA's Senior Farmer's Market Nutrition Program for distribution to low-income senior citizens. Previously vouchers were distributed as paper coupons that Farmer's Market vendors cashed like checks at their local banks. However, in 2022 the state issued vouchers on debit-type cards that had to be processed by the market vendors with a cell phone app called SoliMarket systems.

After receiving training from the Kentucky Department of Agriculture, the Carter County ANR Agent worked with the office assistants to offer two trainings for the Farmer's Market vendors. The program assistant created a step-by-step guide for vendors to use as they learned the new system and accepted the voucher cards. The agent and office staff answered numerous questions from vendors about the app throughout the market season. Office staff made numerous calls to KDA and SoliMarket throughout the summer so that the vendors were able to take full advantage of the SrFMNP program.

During the same time frame, agents and assistants also worked together to issue voucher cards to 425 local residents. (Carter County is in the top two counties in the state for the number of voucher cards issued.) Each card contained \$48 that could be spent on fresh fruits & vegetables at approved local farmer's markets. An additional change to the program this year required the Extension Office staff to

manually load the \$48 on each voucher card through the SoliMarket system website. The vendors who completed the training were also eligible to accept Farmer's Market WIC vouchers and Kentucky Double Dollars. Farmer's Market vendors accepted over \$18,800 in SrFMNP and WIC vouchers and an additional \$2,076 Double Dollars at the two Carter County market locations.



4-H----Win With Wood

CONTACT:
Rebecca Hayes, Agent
4-H Youth Development
rebecca.hayes@uky.edu

Carter County took 8 youth to the Win With competition. There were 4 juniors and 4 seniors. Every youth from the county that participated received a blue ribbon in one or more categories. We had the 2nd and 3rd overall in the junior division, Joseph Wills and Addaline Flaughter (respectively), and 1st and 2nd overall in the senior division, James Wills and Nevaeh Kouns (respectively). 3 of the youth, it

was their first Win With Wood and general forestry competition.

The others had participated in at least one prior to this event. Everyone did better than they personally expected, and they all placed higher than they ever had before.

They had an amazing time learning in practices, learning from each other, and competing with others across the eastern region.



Left to right: Kylie Kouns, Nevaeh Kouns, Josiah Wills, Addaline Flaughter, Glory Wills, James Wills, Jonah Wills, Joseph wills

4-H----Forestry Field Day

4-H youth from Carter County attended the 4-H Forestry Field Day at Carter Caves State Resort Park, on October 20, 2022. The youth had the opportunity to learn about Kentucky's trees and forests as well as some of the skills that real-life foresters utilize everyday while on the job. The youth aged 9 to 13 (Juniors) and 14 to 18 (Seniors) years of age were taught and tested on the basics of tree identification,

tree measurement and the use of a compass and measuring distances by pacing. The instructors for the Forestry Event were foresters from the University Of Kentucky Department Of Forestry and Natural Resource and the Kentucky Division of Forestry (Morehead District).

The Junior 4-H Overall Ribbon winners for the combined three events:

1st place – Joseph Wills – Carter County
3rd place – Josiah Wills – Carter County

The Senior 4-H Overall Ribbon winners for the combined three events:

3rd place – James Wills – Carter County



Left to right: Kylie Kouns, Addaline Flaughter, Kallie Cooke, Neveah Kouns, Glory Wills, Solomon Kouns, Josiah Wills, Jonah Wills, Isaiah Kouns, Joseph Wills, James Wills



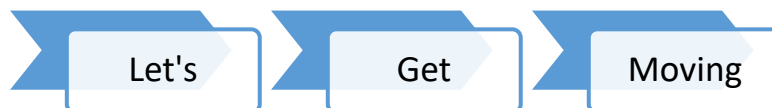
CONTACT:
Whitney Morrow, Agent
Family & Consumer Sciences
whitney.morrow@uky.edu

The Family and Consumer Sciences and 4-H Agent partnered together to offer Super Star Chef. The three- day program was offered twice in the summer to forty-three youth ages 9-12. They used the materials from the Kentucky Nutrition Education curriculum. Lessons were taught on hand washing, food safety, measuring, recipe reading, kitchen basics, knife skills, kitchen equipment, and serving sizes. Participants demonstrated their new skills with supervision.

The participants earned Anthem Kids Bucks at the program to use at the Farmers Market. Many came to the Farmers Market. They selected their own local ingredients to prepare meals at home. Seventy dollars were from these bucks to support local farmers. Fifty-four percent of the Kids Bucks were redeemed at the market this season.

Parents reported that their child is more involved with food preparation and consumes more of a variety of healthy foods. They have seen an increase in self-confidence, and they feel more comfortable making their own snacks because of this program.

The Carter County Extension Service has continued to receive requests for similar programs and are making plans for a “Cooking Club “in the future.



Rita Bledsoe-Fitbit winner

Whitney Morrow, Family and Consumer Sciences Agent, offered an online/ by mail walking program designed for all youth and adults to increase physically activity. WALKtober was a self-paced challenge offered during the month of October.

Participants received publications from the University of Kentucky from the FitBlue program and Get Moving Kentucky. Participants were encouraged to set at least one goal and keep track or their steps. Some of the goals participants set for themselves were: get outside more, get healthier, gain strength, increase mobility, lower stress, and lower A1C.

There were 85 participants, 24 of those being youth. Participants that reported their results walked a total of 4,808,214 steps. The adult with the most steps walked a total of 377,006 and the youth walked 260,000. All that completed the program received a t-shirt and the youth and adult that walked the most won new Fitbits.