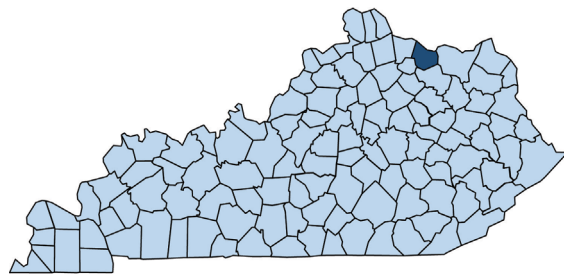


REPORT TO THE PEOPLE



Mason County 2023



DID YOU KNOW... Since 2012 Mason County Master Gardeners have volunteered almost 8000 hours in Extension.



Website: <https://mason.ca.uky.edu/>

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Horticulture



Participants of the Master Gardener program learning how to test stream water for pH

75

Gained knowledge in consumer and home horticulture including: native plants, disease and pests, composting, site analysis, and proper maintenance

75

People who used Extension resources in making decisions or employing best practices related to pollinators, and /or their habitats

The Mason County Horticulture agent hosted a Master Gardener program at the Mason County Detention Center. The class was held once a week for 14 weeks, once a week for three hours a day; topics ranged from growing vegetables, landscape, fruit, lawn care, etc. Each week participants came to class, read materials given out, and completed homework; the last class consisted of a final example; 100% of participants passed the exam and graduated from the program. In addition to the Master Gardener certificate, they also received a privative applicator license, sampling certificate, Produce Best Practice Certificate, and employment training certificate.

After graduating from the class, one participant said his expected occupation changed due to the class and was now interested in landscaping and gardening. Another participant said, "I will start teaching others about what I have learned and start my own garden once released." 100% of participants said they learned from the class and highly recommended it to others.

4-H Youth Development

In the fall Mason County Extension service offered a survival day camp to youth put together by the 4-H and Horticulture agents partnering with Kentucky Fish and Wildlife. The two day program taught several outdoor skills as well as provided knowledge of Kentucky's wild life to 18 participants.

On the first day of the program half of the participants learned how to properly prepare a fishing pole while the other half made survival bracelets out of para-cord and a compass. Following this the youth then practiced their new knowledge by fishing at a public lake. The second day of the program involved learning to apply first aid to various outdoor injuries, learn identification methods for common wildlife in Kentucky, and prepare a meal with fish caught with the skills they learned the previous day. The meal 4-H members prepared consisted of catfish and frog legs. After finishing the meal the participants learned how a camp fire could be made with flint and steel. By the end of the program all of the participants reported learning a new skill from the program.



Animal pelts of common wildlife found in Kentucky

25

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H Agricultural programming

25

Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products

Family and Consumer Sciences



The recipe for March, vegetarian taco soup.

- 5 Number of program participants reporting adoption of physical activity practices
- 5 Number of program participants who demonstrated an increase in physical activity levels

Mason County FCS program has been working toward fulfilling the needs of the community by hosting cooking classes with quick easy healthy meals. The recipes are based from the Kentucky Nutrition Education Program calendar that is released each year. On average twelve participants at the local extension office sample the recipe from each month. Participants learn about nutritional values, talk about what else could be paired with it, and how it could be a complete meal. Participants also communicate with each other talking about recipes and sharing family traditions, in what we call our share session, this group has become a close group enjoying the lesson as well as collaboration among peers. Another incentive included is the financial component, local sale ads compare cost and try to help aid in saving money. One individual told the group this has helped her with trying new foods and looking at new ideas for mealtime.

The recipes from the calendar is broken down per price which allows each participant to see the cost and value of each recipe. Participants have stated they plan their grocery trip around this program so they can go to the store afterwards to pick up the ingredients to take home to families.

Agriculture and Natural

Following the pandemic shutdowns and protocols, the Mason County Extension Service and Mason County Farm Bureau continued the annual tradition of Farm Youth Day. The program is designed to educate our youth about the importance of agriculture and the origin of food along with safety awareness. Mason County Extension Service partnered with the Mason County Farm Bureau, Fleming Mason RECC, and a local producer to host a Youth Farm Day. The sixth-grade students from Mason County Schools, St. Patrick Schools, and Robertson County Schools attended an one day event to learn about livestock production, crop production, horticulture, importance of bees, grain bin safety, and electrical safety. Fleming/Mason RECC volunteered to attend the event to teach youth about the importance of electricity and safety precautions when seeing downed lines and storm damage. Over 220 youth with 15 adult volunteers and 6 teens took part in the event.

Each session was tied to possible careers that can be obtained by individuals with interest in that particular area. Educating youth about agriculture and the grass roots to our food production is vital for sustainability. Teachers commented how happy they were that the program was able to restart following the pandemic. Several of the classes were required to complete the educational form that asked questions of the program areas held during the event.



Overhead look of small grain field for straw production

- 15 Number of people who improved or maintained record keeping practices
- 65 Number of people who collected soil samples for testing

Nutrition Education

Career awareness promotes self-awareness from an early age as children learn about their abilities, interests, and strengths. The EFNEP Assistant Senior partnered with Maysville Community and Technical College's Career Craze youth workshops. School-aged children registered for careers that interest them and spend the entire day learning about that career. A total of 41 children signed up for the food and nutrition workshop. The EFNEP assistant set up visits to two local restaurants and a food truck so the children could learn about different career paths available in the food industry. After touring the eating establishments, the youth returned to the extension office where they learned to cook and taste several dishes using the Super Star Chef curriculum. The children made homemade whole wheat biscuits, lemon veggies and salsa with homemade chips. Evaluations revealed that children improved in the following categories: 62% improved knowledge in food safety practices; 59% improved in preparing simple, nutritious, affordable food; and 24% improved in choosing food according to the Federal Dietary recommendations.

Each dish was tasted by all 41 children. Children stated that they liked the lemon veggies and salsa with homemade chips and would make them at home. Several children wanted to save the food so their parents could try it. Every child received a recipe book of workshop recipes along with other recipes from the Super Star Chef curriculum



EFNEP Foodtruck

10

Number of individuals who reported eating 4-6 servings of fruits and/or vegetables daily

16

Number of individuals who reported increased knowledge, skills, or intentions related to using the nutrition facts label

... just a few ways Extension supports Kentucky

- **1,8562** Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.
- **2,556** Kentucky producers adopting new technologies in agriculture production.
- **51,388** Kentucky families reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, preparation and/or preservation of food
- **357** Number of businesses reached through Extension programming

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