

2022 • 2023

CUMBERLAND COUNTY COOPERATIVE EXTENSION SERVICE

Report To The People

Farm to Fork

Cumberland County Extension Office hosted a Farm to Fork event on July 21st, 2022 on Hill Street in Burkesville. This event was to raise awareness of local KY Proud products and fundraise for Feed My Sheep Food Pantry. The county received partial funding through Kentucky Department of Agriculture to host the event. In total, 84 individuals participated in the event, this included Sharon Spencer from the Kentucky Department of Agriculture and Kentucky Agriculture Commissioner Dr. Ryan Quarles. A KY Proud meal made up of items from Cherry Farms, Jude Holler Farms, Garmon's Farm and Produce, Gilbert Farms, and Chaney's Dairy Barn were a huge highlight of the event. Participants were able to enjoy antique tractors from Harris Farms and Fudge Farms. Kids in attendance got to enjoy a kid's zone of pedal tractors and fishing (magnetic fishing of course). At the end of the event a total of \$2,100.00 was raised for Feed My Sheep Food Pantry. After the event Commissioner Dr. Quarles discussed further opportunities for the pantry with the pantry leader (Karen Henson). As a result of that discussion, the pantry received a commercial size cooler and freezer thanks to Commissioner Dr. Quarles.



Kentucky Ag Commissioner, Dr. Ryan Quarles, speaking to Farm to Fork attendees.



Farm to Fork on Hill Street, Burkesville, Kentucky.

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Ag Safety Day

BY CHELSEY ANDERSON

Over 100 children are killed on farms each year in the United States according to the CDC. With that statistic and knowledge, the Agriculture and Natural Resources agent applied for a grant to host a Progressive Agriculture Foundation safety day and it was awarded. The event was held on September 30, 2022 at the Cumberland County Elementary School for fourth and fifth grade students. Participant ages ranged from 9 to 11. Students were able to visit booths about water safety (Army Corp of Engineers), gun safety (4-H shooting sports coach), first-aid safety (EMS), proper smoke alarm usage and family preparedness plan (fire department), sun safety (Lindsey Wilson Nursing Students), food safety (Cumberland County Hospital Dietician),



Tri-County Electric did a demonstration on electrical safety.



Coti Groce, of Dale Hollow State Park, helps students identify Kentucky Snakes.

snake ID (Dale Hollow State Park), and reaction time (Extension Service). Students were also able to participate in the Tri-County Electric demonstration presented by Tri-County Electric Cooperative. Of those students that attended, 86% indicated on an evaluation that they liked the day. Eighty-six percent indicated they learned more than in a regular school day. A few items that students indicated they would do to be safer were, don't touch powerlines, pay attention to my surroundings, keep the safety on a gun, and make a family emergency plan.

Source:
www.cdc.gov/niosh/topics/childag/kidsag.html



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The Cumberland County Hospital's dietician, Candi Hostetler, and Shayla Branham, Extension volunteer, provided information on food safety to students.

Extension Homemakers Reaching Out

BY DEBBIE MESSENGER

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. The organization was developed in cooperation with the University of Kentucky Cooperative Extension Service. Across the state, County Extension Agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

Cumberland County is very fortunate to have a rich and longstanding history of Extension Homemakers. The clubs are involved in many outreach projects within the community. In December, they hosted children from the community for their annual Christmas Village. This is a much anticipated and loved event that occurs each year. The children participate in fun activities, visit with Santa and Mrs. Clause and shop for gifts for family members. Homemaker Clubs also donated food for food baskets and delivered food and gifts to families. The Cumberland County Quilt Guild works on veteran's quilts throughout the year and make donations regularly to those who have served our country. This year, Cumberland County Extension Homemakers welcomed a Jr. Homemaker Club. This is a very exciting opportunity to pass along skills to a younger generation and have more diversity in the Kentucky Extension Homemakers Association.



*Pictures to Left:
Christmas Village Volunteers
Quilt Guild Veteran Quilt Project
Jr Homemakers Volunteer in Community*

*Picture to Right:
Jr Homemaker Club Meeting*



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Access, Equity, and Belonging

BY ELIJAH WILSON

Summer is not summer without 4-H Camp. However, it is not cheap to attend. The cost for a 4-H member to attend 4-H Camp during the summer of 2022 was \$260. Many families, especially those with multiple children, are not able to afford the high-quality educational experience. To address the unmet need, the Cumberland County Extension District Board made a commitment to make 4-H Camp affordable for all youth. The Cumberland County Extension District Board voted to provide the maximum allowed contribution towards each 4-H member's camp fee (\$195 per member).

The funding decision was made in response to obstacles that have prevented individuals from attending camp, including obstacles from groups who are marginalized because of race, language, economic status, and other key factors. As stated by UK President Eli Capilouto, "Addressing access and equity requires commitment. It requires partnership." (2021). Due to the funding, all camp spots allotted for Cumberland County (72) were occupied in 2022 and a waiting list was used to fill all available spots. This was the highest attendance since 2008. Seventy-two youth represent approximately 21.4% of all youth ages 9-14 in Cumberland county, the target age for 4-H Camp.

As part of the 4-H camp application process, all youth who receive funding are asked to write a narrative about why they want to go to camp. The number one reason cited was to make friends. We know from abundance of research about the science of learning and development that feeling a sense of belonging to a group is an essential for a young person to thrive and is linked to performance in school and mental health. Making friends is not just fun, it is important for positive development. For many youth, 4-H camp is the highlight of the summer. As stated by one 4-H member "It is all I really have to look forward to this summer because we live so far out in the country and I don't get to go to town except to the grocery".

In addition to 4-H Camp, all 4-H programs in Cumberland County are free for youth. Donations are secured to support all youth who want to attend 4-H programs outside of Cumberland County.



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Panther Holiday Harvest

BY DI HAYWARD

As summer 2022 approached, the Extension staff began planning for the usual summer food boxes for students. During the Covid epidemic, summer food boxes were provided for students and families who needed support. According to Feeding America, "children are at a higher risk of food insecurity; 22% of Kentucky's children are food insecure" (Feeding America, n.d.). The Snap-Ed Assistant met with school administration with the possibility of continuing the program due to need, however funding was no longer available. The staff were concerned even though our main role in 2021 was to provide some educational information which helped prevent educational standard losses during the summer. This was a more pressing problem with inflation, rising gas, and food prices. How would some of these struggling families survive and feed their children for 10 weeks over summer?

The Snap-Ed Assistant reached out to the school principals and food service director to see if they thought the food assistance was needed. The school confirmed the need. The local food pantry, banks and insurance agencies were asked to financially support this program. Also, a farm to fork event was held to raise funds. The Snap-Ed Assistant created a grab and go program to go along with the school weekly meal boxes.

Adults and children participated in the program through the summer with families receiving food, nutrition information, and program materials. Over 100 people were fed and 11 families were enrolled in the healthy choices nutrition program.



Fresh fruits and vegetables were provided by community members and local food market vendors.



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Services Offered

- Publications on various information (gardening, livestock, food preservation, nutrition, etc.)
- Soil Sampling: \$6
- Plant Diagnostic: Free
- Insect and Weed ID: Free
- Forage Sampling: \$10
- Pressure Canner Testing: Free
- Healthy Recipes: Free
- For more information on what you need to bring in for these services, contact the Extension Office at (270) 433-7700.



Visit the Cumberland County Extension Office website by scanning the QR Code to the left to learn more about the services offered.



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Cumberland County
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Office Hours

Monday - Friday
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*Closed Noon-1pm for Lunch



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