

# 2022 Report to the People Fulton County

## COOPERATIVE EXTENSION



### 4-H Cloverbuds

The 4-H Cloverbud program is designed to be noncompetitive, educational, activity-based, cooperative learning centered, safe, developmentally age appropriate, and success-oriented. By allowing children between the ages of 5-8 to participate in a positive learning experience, it helps them to build life skills at a younger age.

The 2021-2022 4-H Cloverbud program began in October. Sixteen Kindergartners through 3rd graders attend each month. Beginning in person meetings have been wonderful so far and the kids have enjoyed riding the big school bus to the Extension Office and engaging in monthly themed lessons. Programming for the club involves lessons from each of the seven 4-H Core areas, physical activity and nutrition, and a themed craft. The goal of Cloverbuds is to be the stepping stone and door opener to other clubs when they reach 4-H age. They also have an opportunity to attend summer camp which may be their first time at an overnight camp.



Upon arrival of their parents, the students are so excited to tell them what all they have done. One cloverbud talked his mom into buying sticks of mozzarella cheese, pretzels, and vanilla yogurt for his snacks at home because he has enjoyed the different snacks at the meetings so much! Another student talked about being able to ride the school bus for the first time. And another student could not wait to share what they created so they could hang it on their wall. Attendance for Cloverbuds meetings were 93%. Watching young leaders grow and learn life skills will be a great success story in the future.

### Charcuterie

According to the National Institute of Food and Agriculture each year, millions of Americans suffer — and thousands die — from foodborne illnesses. Ongoing food safety improvements, in addition to reducing foodborne illnesses, can yield many economic and social benefits.

Traditionally charcuterie refers to the art of arranging cured or specialty meat products and serving them on a platter or board. The name charcuterie comes from the French culinary style that focuses on preserved meats. Over the past few years, charcuterie has broadened from basic meats, cheeses, fruits, nuts and chocolate to include various specialty foods that are cleverly assembled and served. Today's charcuterie boards are piled with everything from gourmet fruit spreads, marshmallows and a variety of cheeses.



Fulton County Family and Consumer Sciences Extension Agent hosted multi-site in-person Charcuterie Boards Programs to address food safety issues as well as preparation methods and ideas when using Charcuterie Boards for serving.

71 participants attended the Charcuterie Board Lesson. Topics covered at the class included history of charcuterie boards, cost consideration, needed supplies, balancing the flavors, time saving hacks, food safety concerns, healthier options, arrangement and different themes. Participants observed the construction of a board from start to finish, plus how to make strawberry fans, jarcuterie, and pepperoni flowers and ribbons.



As a result of attending this program:

- 94% of participants had a better understanding of the basic elements charcuterie boards
- 91% of participants understood the benefits of the charcuterie board food preparation/serving style
- 87% of participants who would after the program utilize my plate recommendations for a healthier charcuterie board
- 83% of participants increased their knowledge in the need for food safety when serving food on charcuterie boards
- 94% of participants feel more confident in preparing a charcuterie board
- 75% of participants strongly agreed that this lesson was practical and educational



### Handling Farm Stress on the Family Farm

On the average 76 % of all the land in the four river counties is in crop production. Three of the four counties Ballard, Carlisle, and Fulton have over 33 million in average crop sales. Hickman County sells over 56 million in crop sales. In all four counties, there is an average of 24.75% female farm operators. Our program this year for the Women in Ag Seminar concentrated on the impact of stress on the family farm, tax and economic issues affecting women and farm families, FSA updates and a slow cooker demonstration. 98% of those surveyed said they were some to very capable in making changes in their farming and family life after the farm stress

presentation. 65% mentioned that they were very capable of dealing with taxes and financial planning. 73% of those attending felt they would use information in the slow cooker demonstration. 100% of those surveyed said the sessions were just right in length and to the point.

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