



KNOX COUNTY

2023 REPORT TO THE PEOPLE



What we do:

Kentucky Cooperative Extension serves as a link between the counties of the Commonwealth and the state's land grant universities to help people improve their lives through an educational process focusing on their issues and needs.

Some programs we offer:



Private Applicator
Pesticide Training



Bingocize
Health Program



Cattlemen's
Association



4-H Cooking
Clubs



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4-H Youth Development



Campers learn the value of teamwork through messy games.

According to the American Camping Association, camp provides the opportunity for children to discover and explore their interests, values, and talents. 4-H Camp is an exciting opportunity for youth to make new friends, build self-confidence, gain independence, strengthen problem-solving skills, and step out of their comfort zone. Knox County 4-H camping numbers have continued to increase. In 2023, 89 campers, teens and adults attended 4-H camp. While at camp, participants gained knowledge and skills on rifle safety, canoeing, swimming, leadership, art, wildlife and more. Teen volunteers were able to mentor younger youth and help the campers have a positive experience. This year approximately 45% of our campers attended camp for the first time.

We credit our camping success due to the support of local individuals, businesses and organizations. This year, the Knox County Cooperative Extension District Board paid for programming expenses while the Knox County 4-H Council hosted fundraising efforts to cover meal and lodging costs for those who could not otherwise afford it. With these efforts, camp costs were cut from \$275 to \$80 for every camper.

As a result of 4-H Camp:

90%

Of youth made new friends at camp

85%

Learned something at camp that will help them at school, home, or other places

1,450

Youth participated in 4-H programming in 2023

Agriculture and Natural Resources

Following two years of COVID and still seeing a need for more education for cattle farmers in the tri-state region agents from Harlan, Bell and Knox Counties, Kentucky: Lee, Wise, and Scott Counties, VA: and Claiborne and Hancock Counties, TN held the fifth Cumberland Gap Cattle Conference.

The goal was to address the needs and to update cattle farmers on economics of fertilizer, feeding byproducts, Theileria and Asian longhorn tick and four hands on classes pertaining to fire ants, EPD's, Toxic Plants and ear implants.

Of the 90 in attendance, 40 evaluations were returned. Those evaluations suggested that the event was a success and future conferences were suggested. 100% of farmers stated that they had a better understanding of how their managements affects the economics of their operation. 65% of farmers in attendance stated they had no knowledge of the Asian Longhorn tick and Fire Ants. At least 75 % of farmers in attendance listed several management changes they plan to make because of what they learned at the conference. Feedback also suggested that another conference will be held. One farmer stated "where could you go to hear speakers from three state universities?", While another wrote, "presenters were very knowledgeable and did a great job."

75%

In attendance listed several management changes they plan to make because of what they learned

95%

Gained knowledge and understanding of feeding byproducts

90%

Of farmers stated they would do soil samples on all fields and crops to know what was actually needed



Beef Cattle at a Knox County Farm where education was provided on Asian longhorn tick and fireants.

Family and Consumer Sciences



The established raised bed at Spero Health Recovery Center.

According to the 2020-2025 Dietary Guidelines for Americans, a person should consume fruits and vegetables daily as part of a healthy eating pattern to reduce their risk for chronic diseases such as, cardiovascular disease, type 2 diabetes, some cancers, and obesity. Also, less than 10% of older adults meet the dietary guidelines for fruit and vegetable intake. Many of those in Knox County were not aware of how to garden to produce fresh fruits and vegetables.

The Knox County Family and Consumer Sciences Agent and Agricultural Agent partnered with Spero Health, an Addiction Recovery Center. Group members requested outdoor activities and gardening education as part of their group therapy sessions.

The Knox County Family and Consumer Sciences agent and Agricultural agent established a raised vegetable garden at a local Addiction Treatment Center. This garden provided connections between group participants to work in the garden and the agricultural agent provided education regarding gardening skills. Each day participants were able to plant in the garden, water the garden and work in the garden to increase their knowledge. This garden offered therapy and life skills to help those in recovery to become more productive in their community and home. The FCS agent educated participants on cooking, gardening and food preservation.

20

Participants increased their knowledge in home gardening skills and increased knowledge regarding raised vegetable beds

100%

Of participants prepared fresh recipes from the garden

80%

Of participants said they had reduced stress from the garden



Knox County 4-Her shows at Poultry/Rabbit Show.



Laugh and Learn is a monthly Kindergarten readiness program.



ANR and FCS agent maintaining raised bed at Spero Health Recovery Center.



Website: Knox.ca.uky.edu



Facebook: Knox County Cooperative Extension Service



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

MEET OUR STAFF



Front row, front left: Brittany Smith, Extension Facilities Manager, Renata Farmer, Extension Agent, 4-H Youth Development.

**Back row, from left: Tiffany Mason, Extension Staff Assistant, Wayne Kirby, Extension Agent, Agriculture and Natural Resources,
Kelsee Dewees, Extension Agent, Family and Consumer Science.**

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notificati