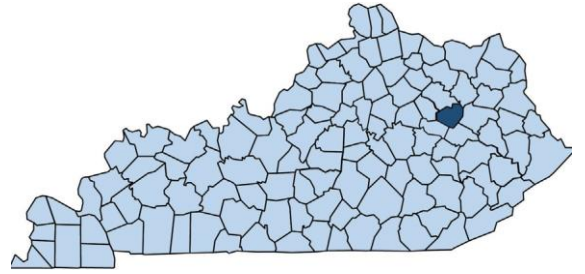


REPORT TO THE PEOPLE



Menifee County 2023



DID YOU KNOW...

Menifee County had 27 Homemakers that competed in the Regional Heritage Cultural Arts Competition.



Website: menifee.ca.uky.edu



Facebook: www.facebook.com/mccoopextension



YouTube: https://www.youtube.com/channel/UC_zy0A7PHqnIBcSG0mjQlfQ

For More Information, Please Contact us at:

Menifee County Extension Office • 606-768-3866 • 140 Main Street,
Frenchburg, KY 40322

Family and Consumer Sciences



Homemade Strawberry Fruit Leather made by Menifee County 4-H Students in Introduction to 4-H Dehydrating class.

20

Number of Individuals who reported eating more fruits.

18

Number of Individuals that reported preparing food in the kitchen with or without parent.

The Menifee County FCS agent hosted a dehydrating class for 4-H students. This allowed for students to learn a new skill while familiarizing themselves with being in the kitchen. Students learned the significance of food preservation and how to cut produce. The product of choice was strawberries, 20 students made homemade strawberry fruit leathers and 4 parents observed. One surveyed participant stated that her favorite part of this dehydrating class is seeing how the dehydrator itself works, and of course testing the finished product! Another participant mentioned they would like to try this food preservation technique with other fruits and vegetables. This dehydrating class was also presented to the Menifee County 4-H Clover-bud program and parents, it well received by younger audiences. This dehydrating class being one component of The Food Preservation Series. This class was an effective way to bring kids and parents together in the kitchen and encourage participants to eat more fruits and vegetables.

Nutrition Education

The Menifee County Cooperative Extension office hosted a three day 4-H Day Camp for youth ages 9 to 14. The 4-H Day Camp offered multiple learning experiences each day for youth based on the 4-H/Youth Development core areas. The camp empowers youth with skills that will last for a lifetime. Youth gained knowledge and skills about nutrition, food preparation and cooking, sewing skills, STEM, and water quality activities. The Menifee County SNAP-ED assistant presented, MyPlate for Kids to a group of 12 youth. MyPlate for Kids encouraged youth to eat more fruits, vegetables and 100% whole grains. Youth completed pre and post evaluations which resulted in the following: 67% overall improved with eating vegetables and 67% improved with eating both fruits and vegetables for lunch and snacks. The camp allowed the youth to eat the lunches they prepared by themselves each day. Recipes prepared consisted of fruits, vegetables and 100% whole grains. Youth now have skills to prepare healthy meals at home. By the end of camp 86% of the youth were confident in using measuring cups, measuring spoons, and planning a meal following MyPlate. The camp was very successful and will be used as a kickoff to future youth programs at the Menifee County Extension office.





MM

Agriculture and Natural Resources

Menifee County has been home to Yaks for 8 plus years. Limited research has been conducted on the species in North America's. The Menifee

4-H Youth Development

After separation from the covid 19 pandemic, Menifee County 4-H Agents have been in the classroom in full swing. This year, Menifee 4-H chose to switch things up and conduct a new twist on an old favorite, 4-H Reality Store! The 4-H Reality Store is sponsored by the Menifee County School's Youth Service Center and the Menifee County Cooperative Extension Service.

The purpose of the 4-H Reality Store is to increase awareness of the importance of education and its effect on the 7th and 8th grade students who participated. This program allows students the chance to learn new skills like budgeting money, paying bills, responsibility, and shows them what "reality" may look like in their

County Extension Programs started doing research at Zhi-ba Shing-ga Yak Farm in Wellington, KY in 2019 with a Yak Garden. In winter of 2021, a new research study began with the help of Dr. Jeff Lemkuhler. The objective of this on-farm research was to evaluate the effect of hay type on growth rate of growing yaks. Forages evaluated included alfalfa, orchard grass-red clover mixture, and a cool-season pasture grass species mixture. Yaks were stratified to pens by age and sex resulting in a pen of mixed sex (3 males/2 females) recently weaned calves, a pen of five yearling females, and two pens of five yearling males. Each feeding period lasted for 45 days, and animal weights were collected at the beginning and end to assess weight change and daily gain. Hay offered was weighed and feeding losses were visually estimated to determine hay dry matter disappearance. Forage samples were collected and analyzed for nutrient content.

Findings of the study found that forage type had a significant impact on period weight change of growing yaks during the winter with orchard grass – red clover having greater weight gain (9.5 kg) than cool -season pasture species mixture (- 4.5kg), alfalfa being intermediate (8.5 kg). The study showed that forage type and quality can impact weight gain and forage disappearance during the winter months for growing yaks with higher quality forage providing greater weight gain. The study was accepted to be presented by Dr. Jeff Lehmkuhler at the 2021 ASAS Conference.

future. With so many students in the virtual realm, we decided to keep the virtual aspect going and complete this program virtually. This approach allowed for 90% retention rate of learning for 7th & 8th grade students. Students can demonstrate and learn skills in decision making, goal setting, financial planning, and career selection. "It's your reality!"

64

The number of youth who participated in 4-H Reality Store in the classroom.

70

The number of youth who are high school seniors participating in the reality store program.

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



Twitter: @UKExtension



YouTube: @UKAgriculture

... just a few ways Extension supports Kentucky

- **23,971** Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.
- **4,890** Kentucky producers adopting new technologies in agriculture production.
- **3,399** Kentuckians who improved or maintained health from participating in gardening.
- **3,898** Kentucky families who supplemented their diets with foods they grew or preserved.
- **4,161** Kentuckians participating in community trail projects.

COOPERATIVE EXTENSION



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