

Nelson County Cooperative Extension volunteers have donated over 10,200 hours of time to our community, valued at over \$275,400.

**Increasing Access to the Farmers' Market**

The Nelson County Cooperative Extension Agent for Family and Consumer Sciences in collaboration with the Nutrition education assistant and Bardstown Farmers Market Board identified a need to increase the consumption of fresh produce by low income and youth audiences. The group worked closely to create connections with the farmer's market vendors to provide education about accepting senior and WIC vouchers. Nine vendors signed up to accept vouchers. The FCS Agent worked to have the Extension Office become the distribution agency for the county. Ninety-eight seniors were provided \$50 Farmers Market Vouchers through the Kentucky Department of Agriculture Program, bringing a potential of \$4,900 additional income to the accepting vendors.



The FCS agent secured funding through a sponsorship by the Nelson County Master Gardeners to offer four sessions of the Power of Produce Club at the Market. The aim of the club was to increase fruit and vegetable consumption rates and introduce the market to a wider audience, including low income families and youth.

**About the participants:**

- 110 unique youth and their adults participated
- 9 volunteers gave a total of over 45 hours of time
- 86 youth came to the market specifically for the PoP club
- Of the 39 youth who completed evaluations, 35 tried a new food they liked and 25 have tried those foods again at home.



**Impact on the Farmer's Market Vendors:**

- \$518 in PoP bucks were Spent with vendors.
- \$150 of program ingredients purchased from Market Vendors.
- One vendor indicated that PoP club families spent an additional

**Spotlight on 2022-2023 Successes**

- 500 Number who used Extension diagnostics services to identify insects and/or pests
- 300 Number of people who increased knowledge of water quality in urban areas.
- 2500 Number of people who gained knowledge in consumer & home horticulture
- 2000 Number of Master Gardener hours completed in county.
- 200 Number who attended age related health & wellness program.
- 150 Number who gained increased knowledge of how to respond to mental health concerns.
- 3000 Dollars in EBT, WIC, or Senior benefits redeemed at farmers' markets.
- 200 Number who implemented strategies to avoid breaches in personal or financial security.
- 263 Number who reported improved knowledge and/or skills, regarding the safe storage, handling, preparation &/or preservation of food.
- 3432 Number of hours KEHA members volunteered in COMMUNITY & Extension activities and events.
- 123 Number of youth & adults who engaged in volunteer service in their communities through the 4-H program.
- 4770 Number of hours of service contributed through the 4-H program.
- 1020 Number of youth who gained an understanding of the role of ag in the production of food, fiber, & wood products.
- 240 Number of youth who participated in overnight, 4-H summer camp(s)
- 959 Number of youth who indicated they are interested in learning more about science, engineering, or technology projects.

**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 notification.

\$200 beyond PoP bucks at her booth.

### Aging in Nelson County: Senior Resource Fair

The population of Nelson County is trending older. According to the Kentucky By the Numbers, "As baby boomers are entering retirement, between 2010 and 2025 the population ages 65 and over in Nelson County are projected to increase by 82.5%." As a result, services related to aging are in greater demand for seniors and their caregivers.



On June 8th, 2023, the Aging in Nelson County Senior Resource fair was hosted by the Nelson County Cooperative Extension Office with support of the Nelson County Homemakers. The

day had 17 speakers and over 30 educational exhibits related to health, safety, legal planning, volunteering, active aging and more. Over 150 individuals attended.

One hundred Health Information Cards were given out, 15 people became more empowered to address Medicare fraud. Fifty individuals signed up to receive a senior resource directory, 20 radon detection kits were given out, information about Medicaid/Medicare was given to over 65 individuals, 80 individuals learned about services offered by the Nelson County Community low income Clinic, 20 individuals connected with long-term care options in our community, & 50 received important information about legal documents such as Do Not Resuscitate Forms, Living Wills, Health Care Surrogates and Powers of Attorney.

A follow up evaluation indicated that program participants have taken the following actions after the senior resource fair:

- Made appointments with Elder Lawyers to have wills and other important papers updated
- Did Radon Testing in their home
- Began incorporating the MIND diet into their menu



- Installed handrails and indirect lighting in their home to prevent falls
- Made plans to use services offered in the future, such as nail trimming at doctor appointment and

purchasing adaptive equipment to allow safer independent living.

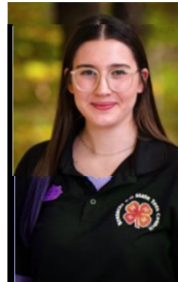
- After attending a presentation about renewing your drivers license presented by Senator Jimmy Higdon, one participant was able to renew their license the next day and felt more comfortable speaking with him about addressing PVA home values for seniors.
- One senior was empowered to begin the process for hosting local AARP driving courses for seniors.

### Not Only in the County

Not only do we have 4-H members involved on a county level, but we also have many involved on the area, state, and national levels of the 4-H program. In 2023, we had 5 members serving on different leadership boards for the Kentucky 4-H program. Four were representatives on the Shooting Sports Teen Ambassador Board and 1 was a representative on State Teen Council for the 2023 program year.

Laura Bolin on State Teen Council mentioned she enjoys, "being connected with teens from all over the state and being able to mentor other 4-Hers like others have mentored her". Also, she stated "this is my way of giving back to the 4-H program".

Leadership boards give the youth more responsibility in planning and implementing state level 4-H events such as 4-H Summit, State Teen Conference, and more! This opportunity gives the youth a voice and allows them to sharpen their communication and



leadership skills.

On the national level in 2023, KateLynn King was selected to represent Kentucky 4-H for her excellent ability in the Black Powder discipline of shooting sports. She attended the National Shooting Sports competition in Grand Island, NE on the Black Powder team. KateLynn stated "My favorite part about going to nationals was seeing how important shooting sports was to individuals around the country. Another favorite part was my team, we only saw each other a couple times at practice but when we got to the competition, we became a family. We cheered and supported each other to the end." Being a part of the Nelson County 4-H program has allowed these



individuals to grow and become the future leaders of the next generation!

### Nelson County 4-H Camp

July 11-15, 2023, Nelson County 4-H made their annual trek to Lake Cumberland 4-H Camp in Jabez, Kentucky. With the support of 27 adult leaders and 29 teen leaders, 198 campers were able to experience



the great joy that 4-H camp brings to life! Campers had the opportunity to explore the outdoors, stay away from home, and try new activities throughout the week.

This week of a lifetime would not happen without the generosity of many donors and the countless hours of planning, training, and preparing from our volunteers. Thank YOU, Nelson County community, for making the best better!

### Food Preservation

Nelson County Cooperative Extension Agent for Family and Consumer Sciences, Danielle Hagler identified a need for food preservation education in her community. With an increase of home gardening, more members of the community concerned about supply chain disruptions and families with a desire to control the ingredients in their preserved food, the interest level in this education was great. Throughout a series of educational sessions 33 clients participated in food preservation workshops with an additional 10 who had appointments for pressure gauge testing, recipe reviews or trouble shooting.

In August, a 3 part series was offered including canning basics, how to make and preserve salsas

and jams and jellies. The food preservation series was continued in the spring with a dehydrating class. As a result of this initial series, all 12 participants indicated are increased confidence in their understanding of food preservation. One participant was a first time canner and successfully preserved our 150 jars of food for her family.

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Of the 17 individuals who completed end of program evaluations for the Food dehydration portion of the series:

94% indicated that they could identify safe, research-based methods of home preservation.

100% have better skills in preservation methods.

100% can accurately prepare foods and containers for home food preservation.

### A Special Time Around the Holidays

During winter break, 40 youth members of the community participated in Holiday Baking Camp at the Extension Office. At the camp, youth prepared their own cookie dough and icing! Using two SuperStar Baking Chef recipes, Rolled Gingerbread Cookies and Snickerdoodle Cookies, they were able



to follow instructions, decorate, and share their treats with their friends and family!

All the skills they were taught by leader Jamie Miracle are transferable back to their homes. Some topics discussed were the difference between roll out cookies and drop cookies, how to decorate with icing, and the different ingredients necessary to make a

cookie. For several of the youth, this was their first time making homemade icing to decorate their cookies. Their creativity and artistic skills shown through in their intricate decorations on their gingerbread cookies!

### Homes and Farms Benefit

For more than twenty years the Kentucky Agriculture Development Fund has been the economic engine that drives Nelson County agriculture advancements. In 2023-24 the Nelson County Agriculture Development Board received \$140,000 for disbursement. Of that total amount of funding available the agriculture development board was able to invest in multiple areas. The County Agricultural Investment Program (CAIP), invested \$100,000 in the general CAIP program and \$25,000 for the Next Generation CAIP program. These two programs allow farm families to make investments into their farms that can increase the genetics of a herd, provide safer animal handling equipment, or increase the production potential of the soil. Eighty-Nine families benefited from the programs that were administered by our partner organization Nelson County Soil Conservation.

The nature of livestock farming unfortunately comes with animal mortalities. Our Nelson County Fiscal Court has for many years provided a service that impacts every citizen in the county by responsibly disposing of dead animals into the landfill. This not only has a major impact environmentally speaking but also an economic impact for each farm. While Nelson County Fiscal Court bears the brunt of the financial cost, the Agriculture Development Board contributed \$15,000 to help with the costs.

### Nelson County Extension Master Gardeners

The Master Gardener program is an internationally successful extension program that looks to increase knowledge, enhance communities, and create leaders through the science of horticulture. The Extension Master Gardener program began 50 years ago to address the multitude of questions received in extension offices with educated and experienced problem-solving volunteers. To meet the demand for knowledge from consumers, Master Gardeners are provided robust training in all related horticulture fields. Consequently, in return for this training, they became an extension of Nelson County Cooperative Extension and the University of Kentucky.

In the fall of 2023, Nelson County Cooperative Extension offered its 15<sup>th</sup> Master Gardener Training to individuals in the community. With eighteen new graduates, our total is well over one hundred trained volunteers who help support the horticulture program and community.

The Kentucky Master Gardener Program is a

leadership-rearing organization designed to foster a spirit of community involvement through horticulture projects and endeavors. The program consists of 14 classes of intense training in various areas of interest to a horticulture enthusiast. After the classroom training is complete a minimum of 30 hours of volunteerism is required to be given back to the community through extension-related programming. Completion of both legs of the program is required to become a Master Gardener.

Trained Master gardeners have helped in many local projects and programs. Members participated in or helped fund:

- developed a display for the county-wide Bale Trail,
- funded and helped with the POP program at the farmers market,
- organized a very successful Master Gardener Plant Sale,
- Organized the Blooming Bardstown Garden Tour,
- purchased gardening books for the library, and provided two \$1,000 scholarships to students going to college.

Thus far the Kentucky Home Master Gardeners have been involved in many different local projects, with 10 different organizations, and all the while contributing a running total of around 3000 volunteer hours.

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