

Report to the People

2023 - 2024

Rockcastle County

KENTUCKY  **COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

Our mission is to enhance access to educational opportunities for all members of our community through lessons backed by University of Kentucky research

Rockcastle County Cooperative Extension is pleased to say that 2023 was a remarkable year for educational programming. Throughout the year we hosted various new classes that have not been offered here in the last several years, and had astounding attendance from our community members that were eager to learn new skills! Our most popular new programs this year were:

Cast Iron Cooking: 37 participants
Gardening Basics & Food Preservation: 120 participants
Beginner Quilting Series: 41 participants

Our 4-H Homeschool Club members have also nearly doubled over the last year as well, and now has a consistent attendance of 18 youths each month for an educational lesson, and activity!

Rockcastle 4-H also had a record number of summer campers to attend J.M. Feltner 4-H Camp in London in June 2023 with 61 campers. Campers spent four days learning, and having fun!



Rockcastle Extension Staff

Alyssa Cox, 4-H Agent
Hazel Jackson, FCS Agent
Garrard Coffey, Agriculture Agent
Emily Bustle, Staff Assistant
Hannah Prewitt, All-Programs Assistant

Rockcastle Extension Office: 1050 W. Main St Mt. Vernon, KY 40456
(606) 256-2403 Visit Our Website: <https://rockcastle.ca.uky.edu/>

4-H Youth Development

In 2023, the Rockcastle County 4-H Shooting Sports Club made amazing strides in developing a well-rounded and accessible program. In just its second year, the club added seven new certified coaches, tripled its participation, and raised more than \$2,500.

The 4-H Shooting Sports Club relies on certified volunteer coaches to manage the program. Rockcastle County sent five adults and two teens to the Spring Coaches Certification weekend at the Lake Cumberland 4-H Camp. As a result, the club added two new disciplines and a program coordinator. In addition to shotgun and archery, the team now offers .22 rifle and the Youth Hunter Education Challenge.



9-11-year-old shotgun participants at the 2023 Shooting Sports State Competition



9-11-year-old archery participants and coaches at the 2023 Shooting Sports State Competition

A total of 33 youths joined the 4-H Shooting Sports Club during the 2023 season, and nearly half of the participants chose to join multiple disciplines. Rockcastle County was represented by 25 youth at the 2023 4-H Shooting Sports State Competition where they displayed excellent marksmanship, firearm safety, and sportsmanship.

As with all 4-H programs, the Shooting Sports Club strives to be accessible to all youth of Rockcastle County. To keep registration costs as low as possible, the club decided to participate in the Roadside Cleanup project to raise funds for ammunition and equipment. The Roadside Cleanup, sponsored by the Rockcastle County Fiscal Court, provides \$100 for every mile of roadside trash that is picked up by local nonprofit groups. The 4-H Shooting Sports Club cleaned up 25 miles worth of roadside to offset costs for the next program year.



Scan the QR Code to check out our 4-H webpage!

Family and Consumer Sciences

Food Preservation by the Numbers

Series of workshops taught in 2023: 5

Attendance: 120

Pressure canning- 47

Boiling Water Canning- 27

Freezing and Drying- 22

Jellies and Jams- 16

Salsa- 8

Demonstrations done at the Farmers Market: 2

First season food preservers in attendance: 1/3

Total number of preserved foods reported back by participants:

Boiling water canner- 579 pints & 172 quarts

Pressure canner- 504 pints & 14 quarts

Frozen- 176 pts & 38 qts

Dried- 35 pts



Scan the QR Code to check out our FCS webpage!



Rockcastle County Homemakers

Rockcastle County has 82 active Homemaker members within 4 clubs. Homemaker members are valuable to the Leadership in the Extension Service, serving as officers of the County Extension Council and members of the Extension District Board. Members also serve in volunteer roles with 4-H and FCS advisory councils.

Clubs provided donations to 4-H Camp scholarships and funds to Kenna's Kitchen, a community-wide Thanksgiving meal. Members donated handmade items to Give Hope Ministry (Christmas for cancer patients) and a quilt for Relay for Life. One club also assisted the school sports program in recognition of 8th grade students who played sports. The Quail Club members maintain the Quail Park and Community Building. Members open and close the park grounds each day and schedule events at the community building.

Cook Together/Eat Together Dinner Socials

The 5th session of the Cook Together/Eat Together cooking classes has just ended. The 6-class series has a child and a family member or two adult family members attend together and learn new cooking skills while preparing a dinner that the group will eat together. The most recent session was for a child along with an adult family member. This group had six children attending with their mothers.



Food Preservation



Food Preservation



KEHA Convention



Cook Together,
Eat Together



Cook Together,
Eat Together

Agriculture and Natural Resources

The Wilderness Trail Area ANR agents met in the spring of 2023 to begin planning a series of chute side beef programs. These programs were designed with the intention of allowing producers to stand alongside agents at the working chute. Live demonstrations of beef quality care and assurance practices, reproduction procedures, weighing cattle, freeze branding and general management practices would be conducted at chute-side. The agent team discussed the fact that many times these practices are talked about in classroom setting but are never demonstrated for producers. Many producers have expressed the need for a hands-on learning environment so they would be more comfortable with the procedures listed above.



The first of these programs was held on September 19th, 2023. This class was set up into 4 stations including, freeze branding, cattle weights for proper medical dosing, tools used for BQCA and a live demonstration of calves that were castrated, given vaccinations and dewormed. Over **100 participants** attended the first program from the Wilderness trail area of Jackson, Laurel, Rockcastle, Clay, Knox and Whitley Counties.

Education By the Numbers:

Forty-nine of the producers in attendance updated or were chute side BQCA certified.

From evaluations turned in:

- 90% if participants said they learned a new technique for already adopted practices
- 100% said they would adopt at least one of the following: branding, castration, cattle identification, vaccinations or weighing cattle for dosing
- 35% guessed the cattle weights within 50 pounds leaving 56% guessing too low and 9% guessing too high.
- 52% of participants were planning on implementing weighing cattle for de-wormer dosing with this new knowledge.



With the overwhelming response to the program, another chute side program was scheduled for October 19th, 2023, to demonstrate pregnancy diagnosis and body condition scoring. Agents have also discussed more programs for the spring of 2024.



Scan the QR Code to check out our Agriculture and Natural Resources webpage!

