### MEET OUR STAFF

Hazel Jackson, Agent - Family and Consumer Sciences

Garrard Coffey, Agent - Agriculture and Natural Resources

Alyssa Cox, Agent - 4-H Youth Development

Emily Reynolds, Extension Staff Assistant

Hannah Prewitt, All-Programs Assistant



# Stay Up To Date

Our new office website is ready for visitors! For all the latest announcements, event happenings, and program information, visit us at *rockcastle.ca.uky.edu* 

#### Find us on Facebook

For 4-H and Family Consumer Sciences search Rockcastle County Cooperative Extension

For Ag and Natural Resources search Rockcastle Extension Agriculture and Natural Resources

#### Contact Us

Our office hours are Monday - Friday 8 am - 4:30 pm Closed daily from 12 - 1 pm

- **606-256-2403**
- **9** 1050 W. Main St. Mt. Vernon, KY
- rockcastle.ext@uky.edu

operative Extension Service priculture and Natural Resources imily and Consumer Sciences H Youth Development immunity and Economic Development



## ROCKCASTLE COUNTY COOPERATIVE EXTENSION

We deliver information, education, and solutions. And we grow ideas into better communities, stronger local economies, and healthier lives

#### 2022-2023 Program Year





**University of Kentucky** College of Agriculture, Food and Environment Cooperative Extension Service

# 4-H YOUTHDEVELOPMENT



2022 was an exciting year full of new opportunities for Rockcastle County 4-H! With a full staff, the
Rockcastle County Cooperative Extension Service was able to begin several new clubs and programs.
Based on interest and feedback from the Rockcastle County Extension Council, a Cloverbud Club was started. Just like the 4-H program for older youth, the purpose of the 4-H Cloverbuds is to help young children learn life skills to become competent, caring and contributing citizens.
The 4-H Shooting Sports program was also initiated. This program fosters mastery by learning firearm safety and marksmanship, belonging by taking part in club and community activities, independence by

demonstrating responsible firearm use, and generosity by participating in community service and outreach projects. With the help of several new volunteers, this program is thriving! Rockcastle County participated in the 4-H Country Ham Project for the first time. 4-Hers cure their own country ham and take it to the Kentucky State Fair. The 4-H Country Ham Project not only teaches Kentucky's youth about where their food comes from, but also teaches them about our food heritage. Rockcastle County 4-H also began a Homeschool Club, which focuses on environmental awareness and education. The Homeschool Club embodies the 4-H "Learn by Doing" philosophy by exploring natural resources and applying what they have learned. Rockcastle County 4-H is actively growing and intentional in reaching new audiences throughout our

community.

AGRICULTURE AND NATURAL RESOURCES

In cooperation with the Rockcastle County Agriculture Development Board and Rockcastle Conservation District the 2022 CAIP cost share program was completed on December 14th in Rockcastle County. The program offers up to 2000 dollars on 50/50 cost share

basis for the producers. This program year a total of 128 farmers received 192,000 dollars to invest in on farm improvements. These dollars were used to improve genetics in beef herds, build structures for animals and hay storage. diversification of vegetable production with greenhouse construction and supplies, small ruminant production, bee production, fencing and on farm waters for rotational grazing and construction of a pavilion for an agri-tourism farm.

In addition to funding 128 farmers it was decided by the Ag Development board to also fund a shared use equipment purchase. Rockcastle Farm Bureau and the Rockcastle Conservation District supplied the funds to split costs. 10,000 dollars of CAIP funds were spent to buy a sheep and goat working facility, a new seed drill, a

300 gallon pasture sprayer and a small atv seed spreader that can be rented through the conservation district to any Rockcastle County Producer.

All producers funded were required to attend an educational course offered by the extension service that correlated with their project. All participants have utilized funds to make their operations more efficient and profitable through education and cost share funds. This has been a very successful program for the farmers of Rockcastle County.



#### FAMILY AND CONSUMER SCIENCES



Pictured: Five community field trips helped participants to get back out after covid. Participants also learned about history and tourism in Mt. Vernon, Livingston, Stanford and Berea. Not pictured: Rockcastle County Extension Homemakers hosted the Wilderness Trail area meeting in October at the Middle School. Homemaker members served as models for an historical fashion show of aprons.



Left: The Rockcastle County FCS program cooperated with the high school FCS classes to provide basic sewing classes for 62 students in FCS classes. The students each made an apron from donated and Extension furnished fabrics.

Right: Cook Together, Eat Together classes continue at the Extension Office. Versions of the family cooking classes have been provided for youth and family members; an at-home version during covid and now through May for adults in-person