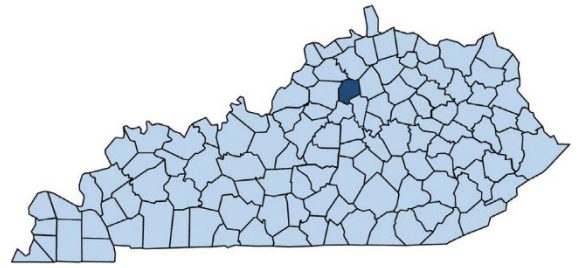


REPORT TO THE PEOPLE



Franklin County 2022



DID YOU KNOW... John B. Bibb, Lieutenant, War of 1812 & KY Senator, developed Bibb variety of lettuce in Frankfort.

Website: <http://franklin.ca.uky.edu/>



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YouTube: <https://www.youtube.com/channel/UCm9C0uDxsGgILAHWUacBfOg>

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Agriculture and Natural Resources



Franklin Co. Cattlemen's Association members grilled and served over 425 residents affected by flooding.

271 The number of people who applied Extension recommendations for soil fertility.

60 The number of individuals who applied Extension recommendations to treat weeds or invasive species.

The Franklin County Cattlemen's Association (FCCA) regularly cook for events such as the Farm City Field Day, Franklin County Dairy Show, Master Gardeners Plant Sale and KSU Extension events to name a few. This is in addition to their regular educational member meetings. They use their portable grill built by the Franklin County Career and Tech Center's welding class which is also available for members, FFA and community groups to borrow.

After the devastating summer floods in eastern KY, the FCCA wanted to help like they did after the 2021 tornadoes in western KY but this time donations and supplies were adequate – hot meals were not! One member, working with our Extension office, teamed up with a State Representative from Eastern Kentucky to identify an underserved community affected by the flooding. The County Judge in Hindman worked to narrow down a date and location for us.

Six members and their families traveled to Hindman with donated rib-eyes, hamburgers, hotdogs, water and chips. They were joined by the Hindman County Judge and his family to prepare and distribute meals, drive-through style. The group served over 425 hot meals to families in the area affected by flooding as well as workers cleaning up and restoring services.

Family and Consumer Sciences



The clientele participates in low-impact exercise entitled Bingocize two-times per week at the Capital City Activity Center.

20 The number of people reporting increased community pride because of involvement with Extension.

127 The number of youth who participated in education related to family and consumer sciences (KOSA).

According to County Health Ranking & Roadmaps, approximately 29% of Franklin County, Kentucky adults over the age of 18 and nationally 27.5% of adults aged 50 or older are physically inactive outside of work. Physical inactivity increases as individuals age with approximately 25.4% of adults aged 50-64 years, 26.9% of adults aged 65-74 years, 35.3% of adults aged 75 and older.

Regular physical activity and exercise helps to improve your physical and mental health and may improve the ability to

live independently longer. Low-impact exercises, such as Bingocize (a socially, engaging group-based game that combines health education and exercise in the format of BINGO) are a great way to increase your heart rate and stay active without putting too much stress and pressure on your body and joints, making them ideal for our aging population.

The Family and Consumer Sciences Agent offered Bingocize, a ten-week, 20 session Fall Prevention program to the Capital City Activity Center twice a week. There was an average of 22 participants each week. The Activities Director, Anne Robbins commented that “we are noticing a difference in members who participate in Bingocize. Participants seemed much steadier on their feet; most were able to sit in the chair and get up without anything to hold onto; all were able to finish the CCAC Annual Pancake Race.

Horticulture



Franklin County Farmer's Market provides vegetable farmer's ways to reach new customers to increase sales.

50 The number residents who were provided container vegetable gardens to.

1,200 hours The number of volunteer hours the Master Gardeners completed in county.

Access to local foods improves communities by providing healthier food options and lowering environmental impacts from long distance transportation of food. The vegetable farmers rely on this income to support their families.

Farmers' markets act as an outlet for local farmers to sell their crops while maintaining larger profit margins. In 2021, the Franklin County Farmers' Market implemented several shopping options to increase the sales.

To increase access, customers could purchase online and

pick up orders during market days, weekly deliveries to eight workplaces, and eight South Frankfort Food Shares. Through the diverse purchasing options, total sales increased 26% from 2020, resulting in total sales of \$548,700 to 50 local producers. Additionally, the Market extended access to local produce for limited income residents, pregnant moms, and children through assistance programs. A total of 13 local businesses and 150 individuals donated over \$15,500 for these programs. The Market also provides SNAP, WIC, Senior FMNP, Double \$\$, Food Pantry, and Fresh Rx purchase options increasing access to locally produced products for limited income residents. In 2021 market purchases through these programs totaled \$65,000 and recorded a 56% increase of program redemption. The new CFA Fresh Rx program helped pregnant moms purchase \$1,434 of produce.

4-H Youth Development



At environmental Camp, fourth graders "learn by doing" and meet Kentucky State Core Standards.

137 The number of youth who have gained an understanding of ecosystems in Kentucky.

25 The number of youth who completed a speech or demonstration.

4H Agents from the Franklin County Extension Office facilitated an overnight Environmental Camp at J.M. Feltner Memorial 4-H Camp for 71 fourth grade students from Peaks Mill Elementary School. Fourth grade students were the target audience for this program because a student becomes eligible to participate in 4-H at 9 years old.

An overnight camp with an emphasis on Environmental Studies not only builds partnerships between local schools and Franklin County's 4-H program, but also connects lessons from the classroom to the real world, sparks student interest in the environment and promotes a sense of independence.

Environmental Camp encourages "learning by doing" with classes such as pond studies, fishing, nature hiking, owl-pellet dissection, night vision, tribal luminescence and more. Students had the opportunity to learn how the cones and rods in their eyes work in the day versus night, what owls eat by studying what could be found in their undigested food (owl pellets) and observed tribal luminescence, a chemical reaction that can be achieved by chewing wintergreen Lifesavers in the dark. Lessons such as these address Kentucky State Core Standards for Fourth Graders.

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... just a few ways Extension supports Kentucky

- **7,460** Kentucky youth who participated in day or overnight, 4-H environmental camps at your office, 4-H camp facility, or other location.
- **3,033** Kentucky producers who incorporated technology to effectively manage farm operations.
- **1,618** Kentuckians who improved or maintained health from participating in gardening.
- **3,737** Kentucky families who supplemented their diets with foods they grew or preserved.
- **5,008** Kentuckians participating in community trail projects.

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