

REPORT TO THE PEOPLE

Metcalfe County 2022

COOPERATIVE EXTENSION



Agriculture and Natural Resources

W – 8 Agriculture agents from Allen, Barren, Hart, Metcalfe, & Monroe counties designed and offered a hands-on forage program just ahead of winter feeding, in response to skyrocketing cost of inputs, coupled with very poor growing conditions. The program was hosted by the Metcalfe Co Cooperative Extension Service at the Metcalfe Co. Farmer's Market facility. Producers participated in mini sessions on optimal harvest times, maximizing stand longevity, hay testing procedures, forage analysis interpretation, storage and feed options. Producers engaged in a hay weight guessing activity to reinforce the need to have forage weighed. Equipment for sampling and several different types of hay feeding systems were demonstrated.

Producers were shown that the outermost six inches of the roll represent 30% of total roll volume. Without proper storage, this six inches is quickly lost. At an average cost of \$55.00 per large roll of grass hay, 30% spoilage waste adds up to \$16.50 lost per roll, with annual loss of **\$3,300, for an average of 200 rolls fed.** After the program, producers were able to closely inspect the hay feeding options as well as the sampling equipment. One producer commented after the program, "if you're losing \$16 per roll, you can pay for hay barn pretty quick." A follow up interview of participants in the spring of 2023 will be held, to determine long term impacts.



For More Information, Please Contact us at:

Metcalfe County Extension Office • 270-432-3561 • Metcalfe.EXT@uky.edu
422 East St, Edmonton, KY 42129



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

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



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4 – H Youth Development

Recent Metcalfe County Extension Community Assessment shows there has been a large increase in youth that have started vaping at an early age. Research shows this is a gateway to other substance abuse issues. To address the variety of substance abuse issues impacting our community, the Metcalfe County Extension 4-H Agent partnered with the County schools Gifted Education Educator and Family Resource to educate youth on drug prevention and making positive choices. 94% reported gaining awareness of the impacts of substance use/abuse, and related resources available in the community. One participant said “I feel I can reach out to others for help if I need it. This is a great program!”

“Metcalfe 4-H, you have no idea how good you’ve been to me! Because of 4-H I was introduced to and accepted onto the KY 4-H Performing Arts Troupe. I didn’t realize how it has impacted my entire life thus far. I’m so blessed to have been a part of it. Without 4-H I would not be the student, performer, or leader I am today. I don’t know much about life before 4-H, I do know that without it, I wouldn’t strive to use my head, heart, hands and health to make this world a better place. Put your kids in 4-H... it will change their life! Thank you to Kentucky 4-H and the County Agent, you are the reason I will use my head, heart, hands, and health to make a difference in this world”. Claudia Bell, Metcalfe County 4 – H participant.



Family and Consumer Sciences/Nutrition Education Program

Lynn Blankenship, FCS Extension Agent manages the WIC and Senior Farmers Market Nutrition Voucher programs in Metcalfe Co., to insure access to the freshest produce available for our most vulnerable citizens. In 2022 twenty-five individuals, (eight first – time participants) were trained by this FCS Agent to accept the WIC and Senior Farmers Market Vouchers at five different participating Markets in south-central Kentucky. To verify farmer production of eligible produce, this FCS Agent conducts mandatory farm visits for all newly participating producers. In 2022, \$3508.00 of income received at the Metcalfe Co. Farmers Market was returned to participating producers, from these programs.

Metcalfe County Nutrition Education program provides educational opportunities for limited resource individuals that leads to improved health and well-being. Metcalfe County Extension welcomed a new Nutrition Education Program Assistant in 2022, Rhonda K. Harris Page. The Nutrition Education Program has enrolled over 50 Metcalfe County Adults and 100 Youth participants in the Healthy Choices for Healthy Families curriculum classes.

