

Report to the People

MAGOFFIN COUNTY 2023



Did you know...

Magoffin County Extension Service offers a variety of educational programs and leadership opportunities in Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H Youth Development?

Some programs we offer:



Farmers' Market



Gardening programs
and soil testing



Food Preservation



4-H Leadership and Community
Service Opportunities

What we do:

Kentucky's two land-grant universities, the University of Kentucky and Kentucky State University, serve as partners in conducting educational programs through Cooperative Extension. The program delivery process involves Extension faculty, county agents, advisory council members, volunteer leaders and the general public.



Magoffin County Cooperative Extension

2023

EXTENSION PROGRAM IMPACTS IN COUNTY

3454

Total hours
contributed

20986

Contacts with local
stakeholders

445

Total numbers of
volunteers engaged

2180

Pints of fruits, vegetables, soups, meats, and other value-added products were water bath canned, pressure canned, frozen or dried to helping local food insecurity.

1866

Volunteer hours by Extension Homemakers doing community service, activities and events, and leadership training.

163

Youth participated in overnight or day camping.

407

Individuals reported increased knowledge related to financial management and estate planning strategies.

25000

Funding dollars received by community health coalitions to help build Healthy Community Coalitions.

75

Program participants reported they are more likely to buy Kentucky fruits or vegetables as a result of receiving a Plate It Up! Kentucky Proud recipe card.

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Magoffin County Extension Service provides research-based information to the community, helping families to solve problems, develop skills, and build a better future. Our office collaborates with other community agencies to encourage a stronger sense of community. Extension is available to serve clients of all ages in Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H Youth Development.

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Cathy Sparks Extension Agent, FCS



Members of the program enjoyed learning about growing their gardens from start to finish. In return, they were able to help build a sustainable, healthy community.

Promoting Sustainable, Healthy Lifestyles and Communities

According to the Community Assessment in 2019, one of the top priority needs in Magoffin County is more training for food gardening skills. In addition, consumers have become more interested in where their food comes from and how it is grown.

Our solution

The Grow Appalachia Gardening Grant allowed us to have a gardening education series that began in March and ended in October. We met at least once a month to discuss several topics including the importance of soil testing, planning your garden, starting seeds, transplanting, organic methods of weed and pest management, fall crops to extend the harvest season, cover crops, heart healthy cooking, and food preservation (canning, freezing, drying.) Participants also had the opportunity to take home supplies to aid them in their gardening journey. Items like vegetable plants, fertilizers, ground cover, gardening tools, canning tools, and so much more. This allowed participants to truly use what they had learned in their gardens at home as the season progressed.

We had thirty-eight families participate in the Grow Appalachia Gardening series and had all ages from 5 to 65+ in attendance of the monthly meetings. This program not only impacted those thirty-eight families directly, but many more in the community as our participants recorded sharing over 2,000 pounds of their harvest to neighbors and friends. Participants reported growing over 9,000 pounds of produce throughout the 2023 gardening season. The participating families also reported they had canned 2,111 pints of food.



Participants are instructed on raised bed gardening at one of the monthly meetings of the Grow Appalachia Garden Program.



Food Preservation Workshop

Grow Appalachia group of farmers are required to attend a Food Preservation class as a part of their educational experience with the program. The class was taught in collaboration with the Agriculture and Natural Resources agent, demonstrating how to water bath can and pressure can.

The Educational Program Response

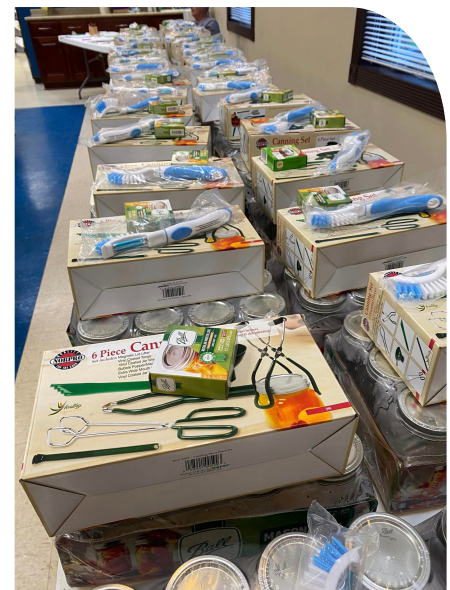
As a result, two classes were taught demonstrating these food preservation techniques, pressure canning green beans and water bath canning grape jelly. With the help of our administrative assistant, bound booklets were prepared to give to all of the participants containing the latest University of Kentucky publications about canning fresh fruits and vegetables.

Two classes were hosted for the clients, one at 10:00 AM, which had 15 participants, and one at 5:30 PM, with 45 participants. The audience was a mixture of young and old, male and female, with different levels of experience. Some of the participants had preserved food for many years, and many had never preserved food or raised a garden before.

Our Senior SNAP Assistant helped with the class, providing an extra set of hands in the canning process. She also provided SNAP incentives to those who participated.

Program Impact or Participant Response

Because of the funding of the Grow Appalachia grant, we were able to provide each Grow Appalachia participant with a case of canning jars, a canning tool kit, and the SNAP incentives, in addition to UK Food Preservation booklets. Many questions were asked and much praise offered for the offering of the class. In addition, clients have continued to seek information through telephone calls and office visits, after realizing that the availability of the free information. Several of the clients have also learned about that availability of fresh produce through our Farmers' Market and have made frequent visits to the vendors to purchase additional fruits and vegetables, which they may not have grown in their own gardens to add to their bounty.



Grow Appalachia participants received various canning supplies, through the Grow Appalachia Garden Program Grant to use in their canning endeavors.



2023 Magoffin County Camping Group



Camping for Success Today and in the Future

According to 4-H.org, 4-H is America's largest youth development organization-empowering nearly six million young people with the skills to lead for a lifetime. Skills necessary for youth to become life-long leaders must include intentional life skill development.

Kentucky 4-H Camping is a non-profit, self-sustaining entity with operating revenues generated from summer camping programs, environmental camping programs, extension sponsored events, camp sponsored events, and non-extension user rentals. Kentucky 4-H Camping owns/leases and operates four camping locations serving 25,000 guests annually. Cooperative Extension Services work tirelessly in the area of 4-H to develop youth. 4-H camps are a vital resource for providing youth the opportunity and experience of developing life skills such as becoming independent, managing personal resources, and trying new things.

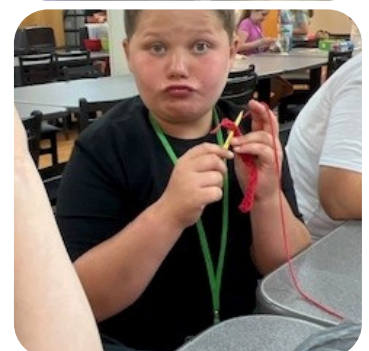
The Magoffin County Cooperative Extension District Board ensured that youth would have equal opportunity to attend by charging only a \$25 fee for campers. The Board provided the additional funding so economic hardship would not hinder them in any way. This is especially important for Magoffin County, which according to the United States Census has a median household income of \$29, 615.00 and a poverty rate of 33.2%. (census.gov) The youth of Magoffin County attended JM Feltner Camp in London, KY from June 20-23, 2023. A total of 62 campers were present. These included the following: 45 youth ages 9-15: 28 male, 17 female (44 white, 1 Hispanic), 10 youth ages 16-17: 4 male, 6 female (8 white, 2 Hispanic), 4 adult leaders: 2 male, 2 female (4 white), 3 extension staff: 3 female (white)

Long Term Outcome

The majority of campers from Magoffin County were first-time attendees. Campers reported overwhelmingly that they loved camp and would be returning. More than half tried new activities while at camp and reported that they enjoyed them. The other half learned a valuable lesson in that you are not going to be interested in all things but that there is value in trying them so they can make an informed decision. All campers except 4 had sufficient supplies and managed their resources independently while at camp. These included clothing, personal care items and spending money.

Many campers made friends and connections with others from their county as well as the others from different counties. The impact of these interpersonal skills in action will have life-long benefit. Even students with minor conflicts persevered in resolving them and enjoyed their experiences.

Magoffin County youth expressed interest in returning to camp as well as pursuit of new-found interests such as fishing, crochet, high ropes and basketball. Many expressed interest in future leadership roles at camp.



Great camping experience for many first time campers.

MEET OUR STAFF

Our county agents and staff work diligently to bring information and educational resources to members of our community.



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ANR Agent



Cathy Sparks
FCS Agent



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Greg Gullett
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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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.