



# 2024-2025 REPORT TO THE PEOPLE



## Program Areas Highlighted in this Report Include:

- Ag & Natural Resources - *Understanding Forages*
- Family & Consumer Sciences - *Reviving Tradition: Sourdough Bread Making Success in Owsley County*
- 4-H Youth Development - *4-H Camp*
- SNAP-Ed - *Professor Popcorn*

### DID YOU KNOW?

OWSLEY COUNTY HAD THE NATIONS LONGEST SERVING MAYOR!! YES...BORN OCTOBER 14, 1919 MAYOR CHARLES LONG SERVED AS MAYOR OF THE CITY OF BOONEVILLE FOR 60 YEARS. HE SERVED FROM 1959 UNTIL 2019. LONG WAS A WWII VETERAN WHO LOVED HIS TOWN, HIS COUNTRY AND HIS KENTUCKY WILDCATS. HE WAS 99 WHEN HE PASSED AWAY ON SATURDAY, AUGUST 3RD, 2019. HE WAS 2 MONTHS AWAY FROM BEING 100 YEARS OLD AT THE TIME OF HIS DEATH.

### About Us

We're part of the University of Kentucky and Kentucky State University off-campus information network. Let us connect you to UK, KSU and the world. We deliver information, education, and solutions. And we grow ideas into better communities, stronger local economies and healthier lives.

**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**

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Disabilities accommodated with prior notification.



## ROSA SMITH

### Family & Consumer Sciences

#### *Reviving Tradition Sourdough Bread-Making Success in Owsley County*

Owsley County boasts a proud tradition of homesteading, including bread making and food preparation. However, interest in these skills has declined, especially among younger generations. Post-COVID-19, there's renewed interest, but a generational gap poses challenges in preserving this heritage. To address this, Rosa Smith, Owsley County Extension Agent for Family and Consumer Sciences, partnered with local farmer and baker Mandy Lindberg to offer two beginner sourdough bread workshops. These classes introduced 23 participants (22 women, 1 man) to sourdough techniques, its health benefits, and cost-effectiveness. Most attendees were complete novices, with no prior knowledge of sourdough history or preparation. The workshops were transformative—participants tasted sourdough and received a dehydrated starter to begin baking at home. Follow-ups revealed three participants successfully baked sourdough, while others made progress but faced challenges. Participant feedback highlighted increased confidence and enthusiasm to continue their bread making journey, preserving a piece of Owsley County's rich heritage.



## PAUL SIZEMORE

### Ag & Natural Resources *Understanding Forages*

Due to rising fertilizer prices, many forage producers have struggled to apply the necessary nutrients to their soil, leading to a decline in hay quality and yield, which affects livestock health. To address this, several soil testing classes were offered to help producers understand their soil's specific nutrient needs. We had 55 producers who participated in soil testing and found that they had been depleting their soil of vital nutrients with each hay harvest. By following soil test recommendations and adding legumes to their crops, producers experienced significant improvements. One producer saw nearly a 200% increase in yield and successfully sold hay at a premium price, while another reported a 300% yield increase. Many producers now seek forage analysis to further optimize their harvests. Overall, producers who adhered to soil test recommendations saw marked improvements in both yield and quality, leading to better financial outcomes and healthier herds.



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## CARISSA MISKE 4-H Youth Development 4-H Camp

The Owsley County 4-H Youth Development program focuses on character education to help youth develop essential life skills. One key opportunity for growth is the annual trip to J.M. Feltner 4-H Camp in London, Kentucky. The camp provides 4-H members with educational, fun, and service-oriented activities that foster teamwork, responsibility, and leadership. Over four days, youth engage in hands-on experiences such as canoeing, hiking, rock wall climbing, archery, and more, with the guidance of caring adult leaders. This year, Owsley County brought 45 campers, 8 teen leaders, 6 volunteers, and 1 staff member—an increase from the previous year. Campers reported enjoying their experience, with many expressing a desire to return next year. A parent shared that the camp was the highlight of their child’s summer. The positive impact of the camp is evident in the lasting friendships, skills gained, and the leadership the youth bring back to their communities.

## TRACEY TURNER - SNAP-Ed /EFNEP *Professor Popcorn*

According to CDC reports, obesity prevalence was 20.6% among 12 to 19 year-olds. Childhood obesity is also more common among certain populations. In collaboration with the Owsley County Board of Education, the Owsley County Extension Service SNAP-Ed (Supplemental Nutrition Assistance Program) assistant. During the 2023-2024 school year, Professor Popcorn curriculum was taught at Owsley County Elementary and Middle schools, this included nutrition, physical activity and food safety. During the lessons, participants sampled healthy foods, learned about the proper amount of foods to eat as well as food safety and food handling. Overall, ninety seven percent improved their abilities to choose healthier foods, ninety percent were able to improve physical activity practices. Along with gaining knowledge of diet and activity, participants improved their safe food handling practices by seventy three percent. One student commented that they felt better by improving their diet and also improving their quality of life.

The parent of a camper shared this “This will be the highlight of their summer, that they got to do something that normally they don’t get to participate in, thank you!”



# Program Impacts

- **50** Number of people who gained information on beef nutrition, animal health, genetics, reproduction and/or facilities and equipment.
- **300** Number of people who increased knowledge of farm health and safety practices, (i.e. farm safety days, disaster preparedness, and equipment demonstrations
- **20** Number of individuals reporting improved regarding disaster preparedness (such as emergency kit contents: daily water needs for survival: damage assessment: evacuation and sheltering in place plans.
- **45** Number of farmers who have diversified their small farms, or added “new enterprises”
- **81** Number of youth and adults who have participated in a community-based service project.
- **347** Number of youth who received the 4-H/UK CAFE marketing materials.
- **165** Number of youth who participated in college and career educational programs (KOSA).
- **53** The number of youth who participated in overnight, 4-H summer camp.
- **82** Number of youth who experienced improved social skills and or self-efficacy.
- **50** Number of individuals reporting an increase awareness of local food systems.
- **15** Number of those who have participated in new activities related to stronger local food systems as a result of local food systems programming.
- **3** The number of food partnerships formed through Extension Coalitions.

## Contact Us



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## Our Team

### Our Extension Agents

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**ROSA SMITH -CEA for Family & Consumer Sciences**  
**CARISSA MISKE -CEA for 4-H Youth Development**

### Our Extension Assistants

**TAMMY DAVIDSON - Staff Assistant**  
**TRACEY TURNER - SNAP-Ed/EFNEP**