

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT KSU COLLEGE OF AGRICULTURE. COMMUNITY AND THE SCIENCES

# 2024 - 2025**REPORT TO THE** PEOPLE

Interesting Fact about Webster County: The Battle of Burnt Mill was the first battle of the civil war to take place in Kentucky



WEBSTER COUNTY EXTENSION STAFF, (L-R): WADE RAYMER, 4-H AGENT, VICKI SHADRICK, ANR AGENT, CHAUNDA MCCULLY, STAFF ASSISTANT, NATALIE GREEN, FCS AGENT, ASHLEY WHITLEDGE, PROGRAM ASSISTANT

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Cooperative **Extension Service** 

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# **WEBSTER** COUNTY

### WEBSTER COUNTY FARM TO FORK

Farm to Fork Program connects Kentucky farmers with local consumers by promoting the use of locally grown and raised food in communities across the state. The program provides funding to organizations that host farm-to-table events, where locally sourced meals are served, and attendees learn about the benefits of supporting Kentucky agriculture. The events highlight local farmers, Kentucky Proud farm products and local chefs while raising money for a local approved organization. These events are a true "farm to fork." The meals (hors d'oeuvres, entree' and desserts) are 95% locally produced food right in Webster County. The food is prepared by owner and chef of O.T.'s Café located in Webster County. Farm to Fork has left a positive impression on Webster County, Farmers Markets, KY Agriculture and a sense of pride for our rural county. Agriculture touches everyone, directly or indirectly, and Farm to Fork events bring farmers and end users together in the same room. As important as all of that is, being able to give back to the communities through a non-profit 501c3 organization is hands down what ties this collaboration together. The 2024 Farm to Fork event was held on August 5th at Asher Family Farms. 164 people attended to support this amazing program. We raised a total of \$13,877.00 for Caring for Webster County Cancer Fighters, Inc. In total, Webster County Farm to Fork events have raised \$33,987.00 for our county through local charitable organizations.



# FAMILY AND CONSUMER SCIENCE



According to the U.S. Census Bureau, in 2022, 20.9% of children in Webster County were living in poverty. As of the 2022-2023 school year, 414 out of 676 students qualified for free and reduced lunch at WCHS (nces.ed.gov). The school is part of the free and reduced lunch program. The APEX 2.0 coordinator reached out to the FCS Agent to request programming for the enrichment hour of the program. APEX 2.0 at the Webster County High School is an after school program that is implemented for students to catch up on school work, make up tests, or study. According to the APEX 2.0 coordinator, the majority of the students in the program currently stay after because of their grades being low as well as being able to be fed one more meal before heading home for the day. After the hour of study there is an hour allotted for enrichment activities. The APEX 2.0 Coordinator expressed that several of the students lack life skills in the kitchen and asked that the FCS Agent bring educational nutrition and kitchen skills programming to them at the high school.

So far we have done basic kitchen information, etiquette, kitchen tools, using small appliances such as electric pressure cookers and air fryers. They have made several NEP recipes. The students also planned and served their own Thanksgiving meal.

Students have expressed that they are proud to know how to cook ground meat, some had never operated an oven, stovetop, or washed dishes. 50% had not cooked ground meat before, 0% knew what an electric pressure cooker was for before the class.

# 4-H YOUTH DEVELOPMENT





The Webster County Cooperative Extension office collaborated with Providence elementary school to

provide a Holiday Themed Day Camp for 50 kindergarten students featuring a craft project, physical activity and cooking lesson. The Day Camp encouraged children to use their imagination and creativity. Working with their hands and creating crafts helps them develop fine motor skills and allowed them to express themselves artistically. This also enhanced their confidence when they completed their craft project. Crafting is one way to help young children improve their focus and patience as they follow instructions, work through steps, and see a project come together. These skills can be translated into other areas of their learning and development. The Day Camp provided physical activity where students danced through the Candy Cane forest which promoted gross

motor development, coordination and physical fitness. Students were also taught kitchen safety and the importance of nutrition. Special emphasis was placed on hand washing. The Holiday themed program allowed the students to experience joy, excitement, and connection to other caring adults in the community. For many of the students this was their first experience with an organized event outside of their school, offering them opportunities to learn new things, make friends, and engage in new types of play and learning that might not be available otherwise. The Holiday themed day camp provided participants with personal, social, emotional, and physical benefits, all of which contribute to their overall development.

At the conclusion of the program one student stated "This was the most fun day of his entire life."