

REPORT TO THE PEOPLE



Knott County 2023

KENTUCKY  **COOPERATIVE EXTENSION**

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



Website: www.knott.ca.uky.edu



Facebook: *Knott County Extension Office:* @KnottCES
4-H Youth Development: @KnottCo4H
Nutritional Education Program: @KnottNEP

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Canning After a Disaster Participants

Family and Consumer Sciences

In partnership with a local church, FCS Agents presented *Canning After a Disaster*. This two-day educational program took place one year after the historic flood and was open to survivors from the four counties hit hardest by the disaster.

Twenty-two participants learned about boiling water canning and pressure canning, and each received a canner and canning supplies, donated by the church.

At the program's completion, participants better understood why using research-based recipes in canning is essential and where to find those recipes, along with knowing how to properly store canned food. As a result of the program, 100% of the participants indicated increased knowledge and better skills in home food preservation methods.

A follow-up survey reported that they had canned 405 pints of fruits, vegetables, and salsa using the methods learning during this program.

4-H Youth Development

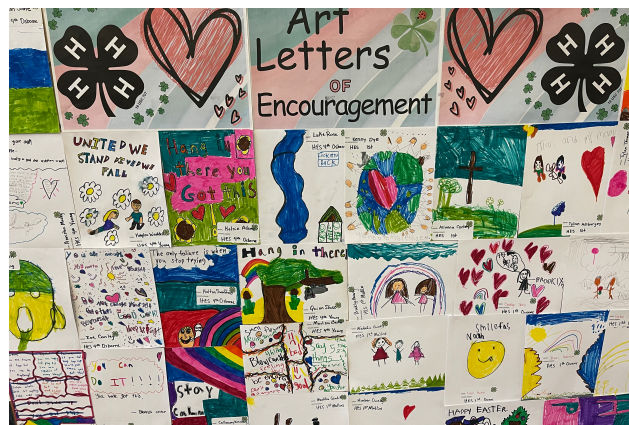
In the early spring of 2023, heavy rain caused schools to close, and once again, roads were being destroyed. Following closely to the traumatic flood event of July 2022, our youth were experiencing post-disaster mental health issues.

Due to this, the district reached out to the 4-H agent, asking for a school wide program on mental health and coping skills.

With the help of multiple resources, the 4-H agent developed a program relying on sharing stories, identifying feelings, learning coping techniques, and art letters of encouragement. The program was 45-60 minutes and adaptable for K-8 grades. It reached 650 youth at two K-8 elementary schools.

The youth being part of the solution was vitally important to the program. They shared their stories and experiences related to trauma, identified unwanted feelings and how to address them.

As an agent, we wanted to address the seriousness of the situation, but leave those classrooms in a positive mindset. One second grade teacher stated, "I am so thankful to have better coping mechanisms to use for my students when another storm comes."



Art Letters of Encouragement Wall

Agriculture and Natural Resources

Accessing fresh produce is very important for Eastern KY families. Families work hard at gardening to make sure they have enough food to preserve during winter months. Some even sell their produce for additional sources of income, although the historic flood wiped out gardens just as their vegetables were beginning to be harvested.

Cooperative Extension Service's goal is to provide research-based information, so the Knott County Agriculture Agent worked to assist these gardeners by helping with grants, soil analysis, ways to rebuild their soil health, and to find resources to support, encourage, and give hope for gardeners for the future.

With extension service being the hub for gardening resources, we partnered with Hindman Settlement School to give away 15 tons of compost, donated by Grow Appalachia.

Gardening classes were presented by the ANR Agent and focused on many different topics, including plant nutritional needs, insect, and disease management. Over 100 individuals took part in our backyard gardening programs, and completed surveys show that 100% of those attending classes had a better understanding of chemical use, fertilization, and soil health.

All participants gained knowledge on how to have a more successful garden. They stated that their gardens not only gave them fresh food to enjoy and preserve, but it made them feel self-sufficient knowing they were raising a higher producing garden.

Nutrition Education

Knott County NEP Senior Assistants collaborated with the ANR and FCS agents, along with the UK CAFE Community and Leadership Development team to provide raised garden beds at a local substance use rehabilitation center.

Funding was provided by UK's Recover Garden Campaign to build the beds, buy the soil, and acquire plants needed to get the project up and running.

Fifteen participants at the ARC rehabilitation center assisted in all areas of the project from building the beds to harvesting the produce. The raised garden bed provided over 60 lbs. of cucumbers, 50 lbs. of tomatoes, and 20 lbs. of bell peppers for eating and cooking at the center.

The participants stated they enjoyed working in the garden and watching the plants grow. 97% of the participants learned new techniques on how to make a raised bed, 90% stated that they were now eating more fresh vegetables, and 75% were actually able to use the vegetables raised to cook a meal.

It was a great form of exercise and a mental health break for them. Many said it brought back good memories of helping their grandparents raise a garden, and made them want to raise their own someday.



Recovery Garden Participants

NOTHING IS OUT OF REACH.

Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



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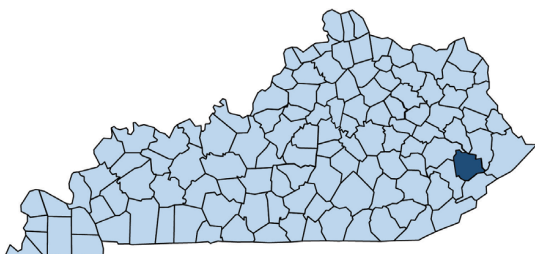
Twitter: @UKExtension



YouTube: @UKAgriculture

... just a few ways Extension supports Knott County

- 2815 hours contributed to flood relief
- 4131 Kentuckians served by flood outreach
- \$56,000 donated to flood relief
- 2802 hours contributed by Extension volunteers
- 10,000 pounds of fresh food distributed to affected families
- \$183,000 distributed in flood recovery items and supplies
- \$25,000 earned through farmers market to supplement lost income
- 20 pieces of small power equipment repaired in agriculture shops
- 13 teens attended 4-H Teen Conference
- 650 youth reached through Knott 4-H mental health program
- 30 participants attended a soil health workshop
- 22 participants participated in Canning After a Disaster workshop
- 76 Knott County youth attended 4-H camp



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