

Report to the People

LETCHER COUNTY 2024

Did you know...

Letcher County has no water that flows into it . Every drop originates from the sky above us. Three rivers (Cumberland, North Fork of the Kentucky and Elkhorn Creek of the Big Sandy start here.

Some programs we offer:



Cooking Thru the
Calendar



Ky Maple School



Global Cultural
Citizenship

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 Extension Agents, advisory council members, volunteer leaders and the general public.

Agriculture and Natural Resources (ANR)

KY Maple School



Kentucky has a large and increasing number of maple trees in our woodlands. These trees have been viewed by the industry as "less than" because their timber value is lower than that of hardwood oaks. But is timber the whole story? Most economic experts say that communities and landowners should work with what they have rather than attempting to obtain what they do not have. Non-timber forest products should not be ignored.



In order to promote awareness of the potential value of maple syrup and to provide educational opportunities to prospective and active producers, the Letcher County Extension Agent for Agriculture and Natural Resources worked with the UK Forestry Department specialists, select speakers recruited from other states, County Agricultural Extension Agents and the Kentucky Maple Syrup Association to host the 6th Annual Kentucky Maple School at the Forestry Outreach Center of Berea College. Over 80 participants learned about sap collection, storage and sanitation, tubing systems and reverse osmosis, boiling and finishing sap, and value-added maple products. Producers in attendance reported planning to install 5200+ taps for the upcoming season, a significant increase year-over-year.

As a result

- 75% attendees enrolled in the maple tour of Virginia and West Virginia to increase their maple marketing skills.
- 34% maple operations reported utilizing timberstand improvement in the management of their maple stand/sugar bush.

As a result of our ongoing efforts to promote Maple Syrup awareness in Eastern Kentucky

- Six-fold increase in visitors to Maple Day State-wide since 2018
- A 200% premium in prices to producers over national

4-H Youth Development

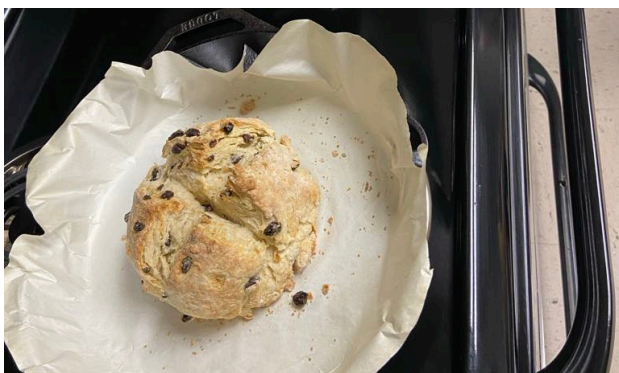
Global Cultural Citizenship

Letcher County educators expressed a need for citizenship education in local schools as well as a need to increase cultural knowledge of our students. More so, the youth needed positive experiences in citizenship and leadership, a broader view of the world and an opportunity to experience cultural experiences. To address this need, the County Extension Agent for 4-H/Youth Development developed the 4H Food and Culture program.



The 4H Food and Culture program gave the youth in Letcher County the opportunity to see and taste other cultures from around the world. The program integrated food, language, geography, music, and art and dance into the local classroom. The overall goal was to educate youth about other countries, cultures and traditions. Also, the program strived to provide students with opportunities to have a cultural experience in the context of their classroom. Open to all schools' grades K-5, fifteen classrooms chose to participate this past school year as well as all 4H Clubs. Once a month the 4-H/Youth Development Extension Agent taught a lesson focused on a different country and continent around the world offering six of the seven world continents by the end of the series. Students had the opportunity to participate in hands-on activities that brought the country to life. Both students and teachers enjoyed activities such as learning to eat with chopsticks, doing the Mexican hat dance, listening to music from Beethoven to Samba sounds and much more

Each country's lesson followed similar instruction patterns, including geographic location, population, flag, holidays and holiday traditions, basic language, the arts and food. Through the lesson, students engaged in art, communication, physical activity, music and cultural foods.



As a result of the program

- 100% learned about another country
- 50% of students learned new cooking skills
- 100 % tried a new food
- 25% learned about the language of other countries
- 25% learned a new game and physical activity of another country

Family and Consumer Sciences

Cooking Thru the Calendar

Letcher County is one of many counties in Kentucky dealing with a high precedence of chronic diseases such as heart disease, obesity, diabetes, and cancer. Research has shown there is a natural link between nutrition and making behavior changes that lead to healthier lifestyle choices. The Letcher County Extension Agent for Family & Consumer Sciences held monthly Cooking Through the Calendar programs to provide education and hands on experience in food safety, healthy food choices and skills required to prepare meals safely at home.

Approximately 20 individuals attended the monthly Cooking Through the Calendar program. This series focused on skill building related to cooking, nutrition, and budgeting along with giving participants resources to learn ways for making healthy lifestyle choices. The focus was for participants to gain knowledge and skills related to portion control, meal planning/budgeting, and having a balanced diet.

Participants worked in small groups with instructions by the Extension Agent for Family & Consumer Sciences on how to prepare the recipe for each month. At each session a new skill relating to kitchen safety, proper food handling and hand washing was taught. After the recipes were prepared the participants were given the opportunity to sample the food prepared.

As a result:

- 93% of participants reported an increase in fruits and vegetables daily
- 91% reported using meal planning and budgeting strategies

“Participants have reported that they like trying the new recipes at the Extension Office before preparing them at home (just in case they do not like the recipe). The class taught me about food safety and new kitchen skills (along with seeing and using new kitchen gadgets).”



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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Disabilities accommodated with prior notification.