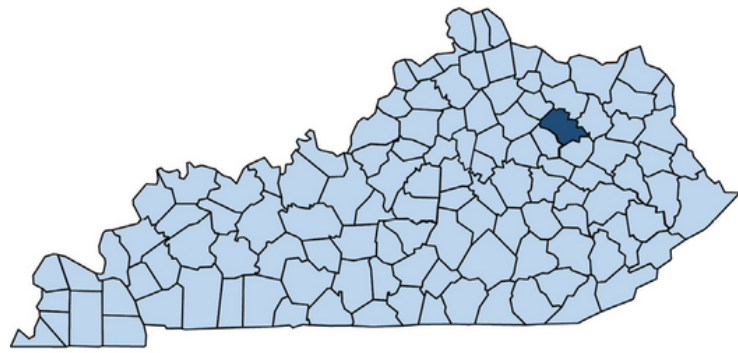


REPORT TO THE PEOPLE **Bath County 2024**



DID YOU KNOW... Due to the many mineral springs found in the area, the county was named for the English spa and resort city of Bath. In the Early 1700's, before the County formed, the area that subsequently became Bath County was settled by people with ancestry principally in England, Scotland, Germany, Wales, Ireland, and France.



Website: <http://bath/ca/uky.edu/>

Facebook: Bath County Cooperative Extension Services

For More Information, Please Contact us at:

Bath County Extension Office | 606-674-6121 | bath.EXT@uky.edu
2914 East Hwy 60, Owingsville, KY 40360

Power of Produce Teaches Kids About Healthy Lifestyle

Children need daily fruits and vegetables to support healthy growth. Yet data from the 2021 National Survey of Children's Health show that nearly 1 out of every 2 children aged 1- 5 years who live in Kentucky do not eat a fruit and/or vegetable every day. The Power of Produce (POP) program is a fun opportunity for youth to engage in their local food systems through educational games, demonstrations and being able to directly interact with local farmers. It allows youth to be exposed to new fruits and vegetables; while participating in activities, POP Club youth receive vouchers to spend at the market, allowing them to gain the confidence in shopping for their own food.



This program is a collaboration between the Bath County Extension office, Family Resource and Youth Center coordinators, local library, and Bath County Farmers market. This program is very well received by all partners involved, along with the youth who attend as well. Participation in the Power of Produce program has fluctuated over the years but continue to stay steady. The year's program numbers were down but still had 20 youth participants, with several new participants. The 20 participants who took part in the Power of Produce learned about the life cycle of a seed, how to start their own seeds, and the important role pollination plays in growing our food. They were exposed to different recipes, allowing them to expand their taste buds while experiencing different fruits and vegetables. The participants gained confidence in buying local food and learned about money management when deciding how to spend their vouchers. Many of the skills learned through these activities can have a life-long impact on these young people and their health. Hands on learning has always been a big part of the 4H program.

54 individuals more likely to buy a KY fruit or vegetable as a result of receiving a Plate It Up! KY Proud recipe card or sample

26 kids participated in the POP Program and were able to try locally grown, nutritious foods

Student Growth through 4-H Summer Camp

With four locations serving 25,000 guests annually, Kentucky 4-H Camp provides youth and young adults with opportunities to exercise leadership, practice independence, and develop life skills during the annual Summer Camp. Summer Camp allows students to learn through hands-on experiences designed to interest students while providing real-life applications. Many Summer Camp experiences are team events, encouraging participants to work with others toward a common goal while developing skills in collaboration and teamwork. Team events are supplemented by opportunities to practice independence and self-responsibility as participants are given everyday tasks like making their bed each morning and adhering to a schedule. These experiences create more self-confident, positive, and productive students and community members. During the dates of July 1st-5th, 2024, Bath County 4-H travelled to North Central 4-H Camp in Carlisle, Kentucky with 28 participants. Participants include Campers, Teen Leaders, and Adult Leaders. According to available records, approximately 50% of participants had previously attended Summer Camp in some capacity, exhibiting the value and enjoyment provided to Campers and Leaders alike. Of the 28 participants, some have disclosed physical, mental, and/or learning disabilities including but not limited to ADHD (Attention-Deficit/Hyperactivity Disorder) and anxiety disorder. Regardless of condition or ability, all attendees were given outlets for self-expression, physical activity, and socialization. Over 90% of participants indicated to county agents that they plan to attend Summer Camp again in the future, indicating the success of the program in capturing student interest and providing strong outlook for future outings.

4-H Youth Development



28 Participants Attended Camp

2 Youth 4-H Clubs are active in the County



Bath County Agriculture in Service to Farmers

Bath County is a very diverse farming community. The local ag economy once depended heavily on tobacco, but has diversified to a number of other commodities including corn, soybeans and a variety of small and large animals.

You can also find a number of new and emerging enterprises that add to the flavor of the county. Throughout 2024 the Bath County Cooperative extension service has conducted activities and workshops that are nearly as diverse as the community we serve. The Bath County Extension Office programs are intended to address local needs in marketing, production and profitability.

The Bath County farmer's market and the Bath County produce auction continue to provide local and area growers with a market for fruits, vegetables and processed products made from locally grown and produced ingredients. The farmer's market expanded its membership this year with the inclusion of new growers who came to the market with jams, jellies, honey, sorghum, maple syrup and fresh baked goods along with craft items. With the wider variety of available products, the market saw an increase in customer participation, making the 2024 season one of the more successful years for many of the farmer's market sellers. The addition of a year round indoor market for value added and local products has added to that success.

The Bath County field day is a cooperative effort between Bath County Extension, Bath County Conservation District, Bath County Farm Bureau and Bath County Cattleman's. The field day strives to address local issues while highlighting successes that individuals have had on their operation.

The 2024 field day was a focus on available resources that farmers can access through Extension and our sister agencies. NRCS and our federal partners have a wide variety of programs and available cost-share dollars that can help local producers enhance their profitability and simplify some of their daily management and production activities. Many farmers are not aware of these programs and the field day helped to introduce them to some of the resources they may have been missing. The field day also helps introduce extension and the educational services that are provided to local and regional producers. The field day has increased the number of contacts for these programs and as we continue to promote what we do, that number will continue to increase long with the benefits on the farm that come along with these contacts.

146 producers attended the annual Bath Co. Field Day which focused on profitability and sustainability

23 local producers participate in the Farmer's Market which also features value added and locally made products year round

KENTUCKY
COOPERATIVE EXTENSION



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

Website: extension.ca.uky.edu

Twitter: @UKExtension

University of Kentucky
Cooperative Extension
S-107 Ag Science Center North
Lexington, Kentucky 40546-0091
(859) 257-4302

Facebook: @UKCooperativeExtension

YouTube: @UKAgriculture

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