

# REPORT TO THE PEOPLE

## BARREN COUNTY



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Family and Consumer Sciences



**DID YOU KNOW...** Barren County is named for the Barrens, meadow lands that cover the northern third, though actually the soil is fertile.



[Barren.ca.uky.edu](http://Barren.ca.uky.edu)



[@BarrenCountyCooperativeExtensionService](https://www.facebook.com/BarrenCountyCooperativeExtensionService)

### FOR MORE INFORMATION, PLEASE CONTACT US AT:

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**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification

Hay Fields to Hay Rings

Agriculture agents of Allen, Barren, Hart, Metcalfe, & Monroe counties (W8) joined forces to present a hands on program concerning forage just ahead of winter feeding. The skyrocketing cost of inputs, coupled with very poor growing conditions prompted W8 Agents to develop a hands on forage program. The program was hosted by the Metcalfe Co Cooperative Extension Service at the Metcalfe Co Farmer’s Market facility. Producers participated in mini sessions on optimal harvest times, maximizing stand longevity, hay testing procedures, forage analysis interpretation, storage and feed options. Participants were able to guess the weigh to hay to reinforce the need to have forage weighed. Equipment for sampling was demonstrated, as well as several different types of hay feeding systems.

Producers were shown that the outermost 6 inches of the roll represent 30% of the total volume of the roll. Without proper storage, this 6 inches is quickly lost. The average cost of a large roll of grass hay at the time of the program was \$55.00. If you lose 30% to spoilage and waste, then you lose \$16.50 per roll. If the average farmers feeds 200 rolls per year, then \$3,300 is lost. Producers who adopt improved practice can see a 30% reduction in hay use. At 2022 values, the average Barren County farm could realize an additional \$4000 to \$6000 in additional income.



28 participants were able to closely inspect the hay feeding options as well as the sampling equipment. One producer commented after the program, “If you’re losing \$16 per roll, you can pay for hay barn pretty quick.”

A follow up interview of participants in the spring of 2023 will be held to determine long term impacts.





## Healthy Meals on a Budget

With the rise in food costs and the continuation of food shortages, individuals within the community have expressed concerns on how to prepare healthy meals while staying on budget. In an effort to address these concerns, the Barren County Cooperative Extension Agent for Family and Consumer Sciences, in collaboration with the Mary Wood Weldon Memorial Public Library Adult Services Manager, worked to offer a total of two classes on Menu Planning on a Budget. The first class focused on Holiday Meals and the second focused on every day meals. During the classes, participants were given Take Home Packets that included a variety of information to help them when menu planning and grocery shopping.

Included in the group discussion and in the packet was information and tips on how to coupon, how to find the best buy when shopping, how to use leftovers to ensure little waste and ideas on how to add varieties in meal. It was discussed by the agent that at times, it is acceptable to add variety.

For example, a lot of families feel that dinners must include meat(s) and several side dishes.

However, a nice soup with bread and a few toppings can also be made at a lower cost and could feed several. Various low-cost recipes were available for participants to take. Samples of healthy, inexpensive recipes were also offered. This allowed participants to try something new and all agreed that they enjoyed the samples and planned to prepare for themselves or their families.

After the program, one hundred percent of participants reported that they gained at least one helpful/practical idea or tip that they could use to help save money. Seventy five percent indicated that they were considering adding a variety to their meals with more budget friendly options. Finally, all participants expressed that they would be mindful in trying to reduce the amount of waste and learned ways to increase their creativity when it comes to using leftovers.



**254**

Number of individuals who reported increased knowledge, skills, or intentions related to using the nutrition facts label.

**221**

Number of individuals who reported preparing more healthy home-cooked meals.

One hundred percent of participants reported that they gained at least one helpful/practical idea or tip that they could use to help save money in the future.

## 4-H YOUTH DEVELOPMENT

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### 4-H TEACHING BASIC LIFE SKILLS

The Barren County 4-H program provides club, special interest, school enrichment and afterschool programs for youth concentrating on the core curriculum areas of agriculture, family and consumer sciences, communication, leadership, natural resources, health, science, engineering and technology.

The 4-H Youth Development Program offers a wide range of camping programs for our youth. Each camping experience provides a variety of skills for the participants while developing socially acceptable behavior, personal standards and values. Working closely with the KY 4-H Foundation Program, a special grant provided funding for 10 low economically challenged youth to attend 4-H Camp for the first time. The majority of the youth had never spent a night away from home or their families. Many of the parents were hesitate as they did not understanding the 4-H camping culture. The experience was very positive for all the attendees as they learned about living in a diverse community and are excited about going again next year.

The Agriculture Safety Program emphasized the importance of safety measures to over 250 students from the 4th Grade. Professionals, community leaders and 4-H teen leaders taught classes on: Animal, Water/Wildlife, Lawn, Vaping/Drug, Bus, Fire, First Aid, Food, Computer and Electric Safety procedures.

The Barren County 4-H Kick-off Carnival was a big success with more than 450 youth and adults in attendance. Sixteen 4-H Club booths were set-up with information for sign-ups. This was a great introduction for many of the parents to have a better understanding of what the overall 4-H program offers.

Adult and teen volunteers are extremely important to the success of the 4-H program.

By volunteers providing their time and expertise, our youth are able to excel in 4-H projects and activities. The Barren County 4-H program is delighted to have youth and adults who are willing to accept and excel in leadership positions. Ten Barren County 4-H volunteers received prestigious awards and were inducted into the KY 4-H Hall of Fame in the categories of: Outstanding TEAM Award, Outstanding 4-H Teen Community Service Awards, Master Accreditation 4-H Leader Award at the KY 4-H Volunteer Forum.



250

Number of youth indicating an increase of knowledge and skills of farm, home, school and personal safety.



# IN BARREN COUNTY

In Barren County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences and 4-H youth development. The Barren County Cooperative Extension Office is your connection to the University of Kentucky and the world.



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**WEBSITE:** [extension.ca.uky.edu](http://extension.ca.uky.edu)



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## Reaching Out to Barren County

### Educational Programs

Presented	110
Total participants	3599

### Volunteer Development

Volunteers	303
Volunteer hours	40400
Clientele reached	2700

## BARREN COUNTY EXTENSION SERVICE PERSONNEL

Agriculture and Natural Resources Agent  
Family and Consumer Science Agent  
4-H Youth Development Agent  
SNAP Ed Assistant  
Staff Assistant  
Program Assistant

Chris Shalk  
Jordan Crain  
Paula Tarry  
Stonetta Ogden  
Jeanie Casteel  
Landyn Houchens