

Report to the People

Gallatin County • 2024

COOPERATIVE EXTENSION



Maple Days in Gallatin County!

The number of small (10 to 20 acres) farms in Gallatin County has been increasing over the past several years. Many of these new landowners have approached the Gallatin County Extension Service with questions pertaining to possible income sources that could be derived from their small properties. As a result of these enquiries, the Extension Service hosted the first ever maple syrup workshops in Gallatin County.

The Gallatin County Extension Service, in conjunction with Hartig Park and Wildlife Reserve, conducted two maple syrup workshops. Both workshops were held on a Saturday in January to provide the best opportunity for those who work day jobs to attend. Both workshops were conducted at Hartig Park.

Naturally, workshop day one dealt primarily with sap collection. During this program, the participants learned to identify sugar sap producing trees,

environmental conditions necessary for sap flow, types of spiles (the tree taps used), procedures for drilling and tapping trees, containers for sap collection, and proper sap storage. Each participant had the opportunity to drill and tap a tree.

Workshop day two was held a week later. This day's program was all about turning the tree sap into a saleable product; i.e., maple syrup. Participants learned about all things evaporation! These points included sap to syrup ratios, pros and cons of various evaporator configurations, the economics of various fuel types needed to boil the sap, and different methods for determining when to stop boiling the sap. Time was also spent discussing methods of filtering, bottling, and storing the finished product.

Workshop attendance averaged 16 people each of the two days. In just under five days, these taps provided for the collection of over 30 gallons of sugar maple sap.

At the conclusion of day two, all 30 gallons of sap was evaporated down to six pints of pure maple syrup. This amount of finished product perfectly represented the 40:1 sap to syrup ratio discussed on day one. All those who participated received a small bottle of the finished maple syrup.

One couple who participated borrowed some of the demonstration spiles and jugs and tapped some of their own trees. "It's sure gonna be nice to put my own maple syrup on my pancakes!" said that participant.



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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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4-H Encourages Community Arts!

Art and music is all around us. It can be as grand as a painting in the Louvre or as subtle as a sparkling drop of dew on a blade of grass. Art encompasses so much emotion and feeling that when we look at a certain piece of art, we feel a special connection that we haven't felt with anything else.



This 4-H Art Club member sure is proud of his artwork!

Gallatin County Extension offers art programs for all ages to help our community express themselves. We have gone into the classroom of 120 children to explore cultures, customs, and art of countries such as Brazil, Australia, Mexico, and Kenya. We offer day camps and art clubs, both at the school and the extension office.

Approximately 100 children from lower elementary to high school attend the various clubs and camps. These clubs include several different mediums such as acrylic painting, oil pastels, pen and ink, photography, mixed media, wood working, sewing, diamond art and more.



Gallatin County 4-Hers use art to learn about different cultures!

Art is also embedded into other project clubs such as livestock and cooking as well as other school enrichment programs. Music enrichment is now offered for over 100 children as an outlet to learn music theory, an introduction to various band/orchestra instruments, choral arrangements and just an appreciation of different genres of music. At the end of each semester, there are several standing room only performances.



4-H art projects encourage the use of many different artistic styles!

Parents and volunteers who saw the work of their children and grandchildren, were interested in art programs for adults. As a result, Gallatin County 4-H collaborated with the Family Resource Center to offer painting classes for adults including ten participants from the GrandLove Group (grandparents who are raising grandchildren), and 20 other adults.



Gallatin County senior expresses her artistic side!

There are also painting classes at the schools to encourage collaboration among the teachers, staff, and teen leaders. Approximately 25 individuals took part in this innovative program.



Gallatin County seniors love to BINGOCIZE!

Bingocize Pilot Program Energizes Gallatin County Seniors!

According to Pan American Health Organization/World Health Organization (PAHO/WHO), “mental health problems are common among seniors and may include isolation, affective and anxiety disorders, dementia, and psychosis, among others.

And, according to Western Kentucky University (WKU) Center for Applied Science in Health & Aging, “less than 15% of older adults exercise regularly, which leads to inactivity and related health issues.”

The Gallatin County Senior Center has struggled from the effects of COVID-19 and getting community collaborators back into the center for mental, physical, and social activities.

To help combat these issues, the Gallatin County Cooperative Extension Service Family & Consumer Sciences Agent, Ronda Rex, in collaboration with Western Kentucky University and the University of Kentucky Family & Consumer Sciences offered the six week long **COVID-19 Bingocize** pilot program for the Gallatin County Senior Center from August 1st to September 7th, 2023. As a certified instructor for **COVID-19 Bingocize**, Ronda Rex instructed the program.

In addition to in person instruction, the participants also took home exercise cards and completed them at home in order to establish an exercise routine. COVID-19 questions were answered at each class and Bingo was played to help with maintaining mental agility.

One hundred percent of the Gallatin County participants completed the participants completed the **COVID-19 Bingocize** Pilot Program.

At the end of the pilot, a request was made by Kelly Bond, Aging & Disability Specialist for the Northern Kentucky Area Development District, for Ronda to continue with Bingocize at the Gallatin County Senior Center. As a result of the pilot, Bingocize has not only proved to be a social-engaging and morale boosting program, but also resulted in participants improving both mental and physical health.



Water Quality Important for Sustainable Agriculture in Gallatin County

As a result of the passing of the Kentucky Agriculture Water Quality Act, anyone farming over ten acres in Kentucky is responsible for completing a Kentucky Agriculture Water Quality Plan. But until the completion of this plan became a requirement for receiving cost-share funds through the CAIP program, many landowners delayed making a plan or forgot about it altogether. But since the water quality plan has become a requirement for cost-share funding, the Gallatin County Extension Service has helped over 50 landowners complete their plans during the past funding cycle.

DEVELOP AN
Ag Water
QUALITY PLAN.



Many of the landowners had trepidations about completing the plan because they erroneously assumed that it was just another way for the "government" to stick its nose in their business. But after explaining that the plan was really more of a teaching aid and self-certification tool, they were much less hesitant about completing the plan. Additionally, the plan allows the landowner to take a critical look at his farm and how his practices could affect water quality.

During these hour (or more) long, face to face sessions, in which the ANR Agent guided the landowner through the exercise of developing his water quality plan, the ANR Agent quickly determined that this process could yield additional benefits to the landowner. During these sessions, the ANR Agent could also recommend practices that would not only satisfy the agriculture water quality plan, but could also make their operations more efficient.

Overall, the Kentucky Agriculture Water Quality Plan has been good for agriculture and good for the environment. And if done correctly, it's also good for the relationship between county agents and the clientele they serve.



Extension At a Glance

- 12 Number of producers who reported saving money or reducing cost of operation
- 85 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 65 Number of individuals actively engaged in collaboration and programs that build community capacity to nurture families
- 45 Number of individuals that attended woodland education programs
- 32 Number of people who increased their knowledge of invasive species
- 6 Number of Extension programs/ activities conducted by Extension Homemaker members
- 45 Number of Extension empowered individuals engaged in existing coalitions or organizations to address a significant community issue
- 125 Number of youth who understands the role of agriculture in the production of food and fiber
- 130 Number of youth that have improved their communication skills
- 750 Number of youth who are more aware of preparing and eating healthy, local food
- 25 Number of volunteers who have taught at least two hours of curriculum-based instruction to 4-H members

*It Starts With Us.
Healthy Families. Healthy Homes.
Healthy Communities.*