

2023-2024

McCreary County

Cooperative Extension Service

Report To
The People



*We are part of the University of
Kentucky & Kentucky State University
off-campus information network.
Our mission is to make a difference in
the lives of Kentucky citizens through
research-based education.*

KENTUCKY  
COOPERATIVE EXTENSION

McCreary Extension Master Gardeners



Kentucky Extension
Master Gardener



In January 2023, McCreary County Extension launched its inaugural Master Gardener volunteer training program in response to a growing need for local horticultural assistance. The surge of attendance in beginning gardening programs, up 26% from the previous year, underscored this need.

7 participants successfully completed the Master Gardener training program, earning their certification as an Extension Master Gardener Volunteer.

McCreary Extension Master Gardeners contributed nearly **400** volunteer hours to McCreary County Cooperative Extension.

Projects included establishing horticulture therapy gardens in urban areas, collaborating with youth on school, community, rehabilitation, and senior living gardens, organizing beautification projects, and supporting beginning gardening programs.



In 2023-2024, McCreary County Extension reached over **3,000** youth and led over **70** 4-H school and community programs.



Leadership & civic engagement are critical components of 4-H Youth Development programming. The Kentucky 4-H Summit Leadership Conference provides a safe environment for middle school students to explore their strengths and interests while building leadership skills.



In 2023, McCreary County Extension sent five youth to the conference. We received positive feedback from all participants, including: "I had so much fun at Summit. I learned a lot about leadership skills and I am bringing back information and program ideas to share with my fellow 4-H'ers!"

One McCreary 4-H'er eagerly accepted the opportunity to lead a woodworking project upon returning, showcasing how 4-H's opportunities foster leadership development.

Get Healthy McCreary Initiative

DID YOU KNOW?

According to the CDC, 32.5% of Kentucky adults in 2020 self-reported they had not participated in any physical activity. The CDC states that the leading cause of death in Kentucky is heart disease and according to an article published by the National Library of Medicine, two of the major risk factors for developing heart disease are obesity and lack of physical activity. The CDC states that 36.6% of Kentucky adults self-report as overweight/obese and 43% of McCreary county residents report lack of physical activity according to Kentuckyhealthfacts.org.

FUN
FACT

Participants hiked a
total of **18.2 miles**

The Get Healthy McCreary Hiking program began in response to a community request for programs that promote healthy living and showcase the county's abundance of hiking trails.

In 2023 the group hiked 6 local trails, including Buzzard Rock, Crack In Rock, Buffalo Arch, Princess Falls, Split Bow Arch and Pinnacle Knob Fire Tower. Participants were able to experience the benefits of hiking, both mentally and physically. They explored new areas in the county, which many had not seen before, and gained new knowledge of McCreary County's natural resources. The hiking program consisted of 54 individuals, both new and experienced hikers, including visitors from England and Germany.



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Visit Us

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DID YOU KNOW?

We offer the following services:

Farm and Site Visits

Agricultural Testing: soil, forage, plant pathology, seed, etc.

Training programs: Beef Quality Care & Assurance (BQCA), Master Loggers, Master Cattlemen, Master Gardeners, Private Pesticide Applicator, Produce Best Practices Training (PBPT)

**Food Preservation Workshops & Pressure Canner Testing
Homebased Processing and Microprocessing**

Kentucky Extension Homemakers Association (KEHA) Clubs

Life Skills programs related to Nutrition, Health, Family Life, Financial Stability, Home Safety, Leadership, & Nutrition Education

Youth programs for all ages: LEAP, Cloverbuds, Laugh & Learn, 4-H school & community clubs, summer camp, day camps, County & State Fair projects & So Much More!



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