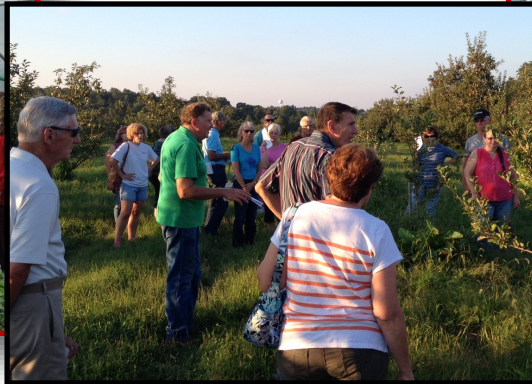


The Extension Connection

Highlights from OSU Extension in Fairfield County

November, 2018

**Nightcrawler Gardens****Hugus Fruit Farm****The Kale Yard**

2018 Local Foods - Local Farms Tour

The 2018 Local Foods - Local Farms series saw another very successful year visiting four Fairfield County operations. The series started with a May 15th visit to The Kale Yard. Owner Erin Harvey operates a very unique, small operation featuring vegetables, herbs and flowers. She uses a high tunnel to get her plants off to an early start. Erin also manages the Lancaster Farmers Market and Keller Market House.

The second evening of the series, on May 22nd, saw a large crowd visit NightCrawler Gardens in Pleasantville. The owners, Sheri and Jason England, provided a fantastic tour of their greenhouses and spoke frankly about how they have grown their family-run business over the past fifteen years. In addition to producing herbs, annuals, perennials and vegetables for retail to the public, they are growing their wholesale business by supplying area retailers.

The series continued with a July 10th visit to Mid-States Wool Growers. Manager David Rowe provided participants with insight into how Mid-States purchases and markets wool from 23 states. This cooperative of 10,000 farmer/owners markets four million pounds of wool annually. Participants were able to view the behind the scenes grading and bundling of wool. Several participants were thrilled to learn they can purchase raw wool and finished wool products at the facility.

The final fall stop of the series was a visit to Hugus Fruit Farm in Rushville. Owners Nancy and Ralph Hugus opened up their cider pressing facility for us and allowed participants to learn about the age-old process of cider making. Participants accompanied Ralph and OSU Extension Educator, Jerry Iles, into the orchard for a discussion focused on species selection, growing conditions and pruning techniques. Participants were also able to view the large cold storage facility that allows Hugus to sell apples well into 2019.

This was the fourth year for this series and Iles is currently looking forward to organizing additional programs for 2019.

**Hugus Fruit Farm****The Kale Yard****Mid-States Wool Growers****Mid-States Wool Growers**

OHIO STATE UNIVERSITY EXTENSION

MASTER GARDENER VOLUNTEERS



Garden Adventures...

The current Fairfield County Master Gardeners explored Snyder Park, The Hartman Rock Garden and Meadow View Growers with their fellow Master Gardeners from Clark County.

Snyder Park was a city-owned golf course that has been converted into an educational garden by the Clark County

Master Gardeners. This opportunity provided many ideas to bring back to our own educational garden at the AHA! Children's Museum.

Next on the agenda was a visit to the Hartman Rock Garden which was quite a surprise. The structure has been maintained in a traditional way and is simply stunning. The final stop at Meadow View Growers was an adventure. The facility was great and the landscaping was amazing.



Tomato Tasting Returns to Fairfield County....

By Connie Smith, Master Gardener Coordinator

The Master Gardener program sponsored a Tomato Tasting event to learn more about growing tomatoes as well as to taste the many varieties. Over 50 participants joined the effort and 28 varieties of tomatoes were tasted.

Stan Smith, OSU Extension – Fairfield County highlighted “10 Reasons Your Neighbor Can’t Grow Tomatoes” and Jerry Iles, OSU Extension Educator, offered insight into Foliar Diseases of Tomatoes.

With 12 votes, the best tasting tomato was Mortgage Lifter (aka Lust). It was grown by Master Gardener, Lise Ricketts, and sold as part of our fund raising effort at our Dig Into Gardening tomato sale in the spring. In second place, with six votes each, were Beef Steak and 5 Star. With five votes each, creating another tie, third place went to Great White, Golden Jubilee and Wisconsin 55.



Thank you to all the Master Gardeners for slicing and dicing and to all their organizational efforts in making the return of the Tomato Tasting so much fun, and educational, too!!

AgMazing at the Fairfield County Fair

During the Fairfield County Fair each year, OSU Extension continues to share the message of local agriculture and celebrate its legacy by coordinating the AGmazing Agri-Center during Fair Week. The 9,600 square feet of space is filled with agriculture and horticulture exhibits and displays that epitomize

what agriculture is about today.

Included in the exhibit is the work of Fairfield County's 5 FFA Chapters and Ag Education programs, along with Fairfield SWCD, AHA! Children's Museum, Farm Service Agency, and Farm Bureau.

In 2018 we added a "celebrate local" flair to the building where each day a local business or a farmer's market was invited to come and share their story. A special feature of the week included a "BEEF" food tasting with the 19 seniors from the Lancaster Culinary Arts program. With over 20,000 visitors through the building during the Fairfield County Fair, it is safe to say ... "Agriculture is alive and well in Fairfield County!"



AgMazing Events



AgMazing culinary sampling



FFA Chapter projects



Aha! AgMazing Lego Table

Real Money Real World

Ohio State University Extension's *Real Money Real World* is a financial literacy program ideally suited for youth ages 13-16. Four classroom lessons are provided followed by a real-life spending simulation where students use their new knowledge. "Learning by doing" is followed by a session during which students connect what they learned to real-life situations. This year in Fairfield County, OSU Extension partnered with local banks, community leaders to bring Real Money Real World to 7 schools and reached over 663 students in grades 7-12.



The Extension Connection—November 2018

Live Healthy Live Well



OSU Extension Family and Consumer Sciences recognizes that more than 70% of all health care costs are related

to unhealthy lifestyle choices. Further, more than 72% of Ohioans do not get proper nutrition, and 1 in 4 are physically inactive. Family and Consumer Sciences' *Live Healthy Live Well* program encourages healthful habits to improve participants' well-being, reduce the need for health care services, lower absenteeism rates at work and help control costs for employers. The OSU Extension Educator in Fairfield County presented 28 programs on topics such as Slow Cooking, Gluten Free Eating, Smart Snacking, Meal Planning and Balancing Work & Family, which reached over 273 Fairfield Countians. Over 75% of participants indicated they plan to make a change for a healthier lifestyle using the information they learned in the program.

SNAP-Ed

Fairfield County Extension SNAP-Ed, Fairfield County Department of Health, WIC, Fairfield County District Library, and Schultz Valley Farms conducted events with the intent to increase fruit and vegetable consumption in young mothers and children under 6, as research has shown that introducing children 5 and younger to healthier eating habits may lead to choosing more fruits and vegetables later in life.



Six events were held throughout the summer of 2018, three at the Fairfield County Health Department

and three at various library locations in conjunction with pre-school story times and which were open to the public. Each event lasted 45-60 minutes with nutrition education and hands-on interaction to assemble healthy snack options. These options included fruits and vegetables, such as a fruit and yogurt parfait, cucumber slices and hummus with a funny face. Upon completion, participants were given a bag full of fresh produce with Celebrate Your Plate recipe cards and various handouts on healthy eating. By collaborating with the Health Department, WIC, the Fairfield County District Library and Schultz Valley Farms, a larger involvement was attained within the community in order to reach those in need. Ninety families engaged in the program over the summer. Participants were asked to complete a short survey to gather information on fruit and vegetable preferences before the program and what they plan to do after the program. Of the 292 participants involved, 119 were 5 and under and 90 were between 5 and 17 years of age. The remaining participants were over the age of 18. After data was compiled, it was noted that 65% of the participants plan to eat more fruit daily, 92% more plan to eat more vegetables daily and 88% plan to eat a variety of color daily.



Things participants said they learned included ...

- "How much fruits and vegetables play a role in growing"
- "Make a rainbow"
- "Different color fruits and vegetables can help different ailments"
- "Healthy Eating can be as easy as fast food"



At the Fairfield County Fair...



Congressman Steve Stivers



Fairfield County Extension SNAP-Ed Program Assistants spent time at the Fairfield County Fair showing how to "Celebrate Your Plate" while eating healthy and making good food choices. 4-H Health Hero Teens demonstrated the OSU Blender Bike and showed Congressman Steve Stivers how to blend a smoothie on the bike.

HELLOS...



Aubry Fowler

Fairfield County Extension is pleased to announce and welcome Aubry Fowler as the new 2nd Extension Educator for 4-H Youth Development. Aubry will be the point of contact for summer camp programming, developing new health and wellness events, and assisting with Cloverbud programs.



2018 Fairfield County Extension Staff

Aubry grew up in Fairfield County, and is an alumnus of the county's 4-H and FFA programs. She has been active in supporting youth pathways into agriculture, and has served as a Cloverbud advisor for the Lithopolis Livestock Cloverbud 4-H club. She has also been an active adult volunteer in our camping programs at Alley Park and Tar Hollow.

Aubry holds her B.S. from Shawnee State University, and is pursuing her Masters of Public Health at The Ohio State University. She has been engaged in raising awareness of and developing programs to address mental health issues within the farm community. Aubry is currently part of the AgriPower leadership training institute through the Ohio Farm Bureau Federation. She and her husband, Aaron Shaw, reside in Thornville, where they operate a small alpaca and grain operation.



In addition to Aubry, we would like to welcome both Eileen Gundelfinger and Stacy Hicks as part of the administrative support team. They will be supporting all areas of Extension.

...AND GOODBYES

OSU Extension Fairfield County congratulated Ellen Shaw, Office Associate, on her retirement. Ellen retired on August 31, 2018, after 20 years of service to OSU Extension. In April, Kelley Scott, who served OSU Extension for 3.5 years as an Office Associate, took a position as a Project Officer with the Office of Sponsored Programs at OSU. We miss them and their contributions and wish them well in their next chapter of life.



Beef Quality Assurance Training and Certification Offered

Tyson Foods, who harvest and process 25% of the US beef market share, and also Wendy's, now the second largest fast food hamburger chain in this country, have both announced beginning in 2019 all cattle they purchase must originate from producers and feedyards who are Beef Quality Assurance certified. Not only do today's consumers have concerns, but now the businesses who are supplying the public's demand for a quality beef product raised in a humane and sustainable fashion want some guarantees that it's happening throughout the production chain.

With those concerns in mind, during this year we have taught and certified 224 cattle producers in Beef Quality Assurance. Each of those cattlemen and women now have access to any domestic-fed cattle market that requires BQA certification.



Jr. Fair Board Retreat



School Awareness Assembly



4-H Day



Goat Show



Kamala Sweeney
presenting for the
State Junior Fair
Board



Legacy Dinner



State 4-H Achievement
Award recipients



4-H Day



Jr. Leaders Fairgrounds Clean-up



Summerfest



Rabbit Tattooing

HEAD HEART HANDS HEALTH

Fairfield County 4-H PY2018 BY THE NUMBERS

985

unique youth were exposed
to 4-H through their school
at least one time

1,342

youth enrolled in
traditional 4-H across
57 clubs

252

youth attended 4-H
overnight camp at
Tar Hollow

2,363

animals were exhibited
at the Fairfield County
Fair in 2018

510

projects were
evaluated during
summer judging

209

adult volunteers
help support the
4-H program

89

youth were specifically engaged in county
wide 4-H Special Topics programming.
Topics covered included shooting sports,
small engines, tractor and machinery
operation, and more



Gabby
Gugliemotto—Ohio
4-H Horse Program
Communications
Contest Champion



Officer Training



Demonstration Contest

“TO MAKE THE BEST BETTER”

Extension: We are here for YOU!

OSU Extension engages people to strengthen their lives and communities through research-based educational programming....

4-H Youth Development: Preparing Youth for Success. 4-H is a non-formal educational, youth development program offered to individuals age 5 and in kindergarten to age 19. Ohio 4-H reaches more than 240,000 youth each year. Programs focus on active involvement and quality experiences to educate youth in leadership, communication and collaboration. Participation can include community clubs, camps, in-school and after-school activities and summer programs.

Community Development: Advancing Employment and Income Opportunities. Extension is a leader in community development education and unbiased partner as strategies are implemented to achieve community and organizational goals.

Family and Consumer Sciences: Better Lives, Stronger Communities. We teach and promote safe food practices, better nutrition, better finances and better relationships—helping people acquire the knowledge and skills to make smart decisions in these areas. Our professionals turn evidence-based, impartial, current research into useful information that can improve the quality of people's lives and work to make information accessible to all Ohioans.

SNAP-Ed (Supplemental Nutrition Assistance Education Program) is a free nutrition education and obesity prevention program serving low-income adults and youth. It is funded by the Food Nutrition Service branch of the USDA. The focus audience is individuals and families eligible for SNAP.

Agriculture and Natural Resources: Enhancing Agriculture and the Environment. Extension programs assist with technology, marketing and education support—protecting Ohio's position in the global marketplace. Extension works to help local residents and community leaders enhance and sustain the environment and natural areas throughout the state. Professionals help producers develop and expand profitable, sustainable farming and other agricultural businesses—thereby creating jobs and economic opportunity for Ohio's citizens. They also provide leadership, collaboration, consulting, unbiased information, applied research, and access to land-grant university knowledge to address local issues and needs.

Master Gardener Volunteers. Program provides intensive training in horticulture to interested Ohio residents, who then volunteer their time assisting with educational programs and activities.

4-H Highlights



Cloverbud Camp—June, 2018

Held at Alley Park, this camp is for members that are ages 5—8. This year, the members were treated to a visit from an African Penguin courtesy of WAVE on Wheels Outreach Program which is a part of Newport Aquarium. They also made tie-dyed t-shirts and participated in numerous outdoor adventures.

Intermediate Camp

With the wonderful support of the Bertha Wilson Camp Scholarship, attendance to 4-H camp at Tar Hollow



State Park increased. Members were able to enjoy canoeing, kayaking, swimming, fishing, nature hikes, line dancing, campfire adventures, crafts and of course making their own tie-dyed t-shirt. A bonus this year was the addition of Physbots—a bracelet that allowed campers to track their physical activity and

become more aware of their health and wellness.



Junior Camp

Junior Leaders at work...

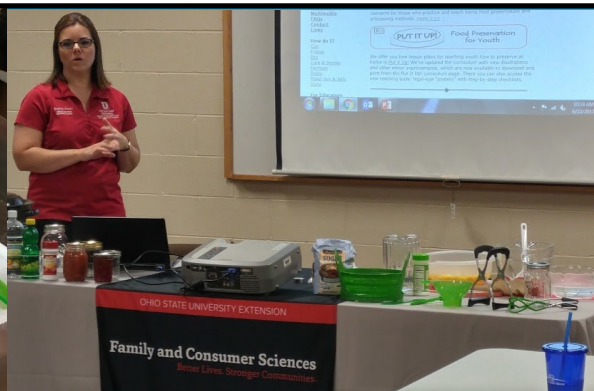
The Junior Leaders helped the public create Valentines cards in conjunction with a national promotion at JoAnn's Fabric. These cards were sent to patients at Nationwide Children's Hospital and Fairfield Medical Center to brighten their day.



In addition, the Junior Leaders sponsored an Easter Egg Hunt in honor of Jane Sharp, an amazing 4-H advisor, whom we lost this past year. Any child was invited to attend for the hunt as well as crafts and to meet a bunny.

Home Food Preservation & Food Safety

Extension Educator and trained Family & Consumer Sciences Volunteer taught 6 home preservation programs on jam making, freezing, canning and drying to 55 people in the county. In addition, safe food storage programs were delivered to 105 people, helping them learn how to properly store food for maximum quality and safety.



Agronomy Day

109 local producers participated in either Pesticide and/or Fertilizer certification in 2018. These programs focus on improving



Environmental Quality with emphasis on soil testing and proper application rates. Producers are re-certified by OSU Extension Educators every 3 years.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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