

THE EXTENSION CONNECTION

Highlights from OSU Extension in Fairfield County

March 2022

Family and Consumer Sciences

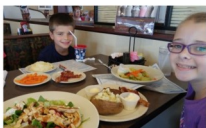
Live Healthy Live Well

103 participants joined the Live Healthy Live Well 6-week “Play Your Way Through the Holidays” email wellness challenge to learn more about incorporating various forms of play into the holidays and beyond. Along with 2 weekly email articles, Extension offered a 4-part webinar series related to the challenge content and access to the OSU Live Healthy Live Well Facebook and blog sites. Topics covered in this challenge: traditions, gratitude, food, communication, activity and laughter. Post-challenge survey respondents reported learning new information (89%); using new information they learned (84%); watching at least one of the webinars (23%); improvement in using coping techniques (15%); increase in expressing gratitude (18%); and increase in practicing mindfulness (13%).



Gluten Free Dining

- Look at online menu
- Call ahead
- Ask about cross contact
- Respectful reminders to staff

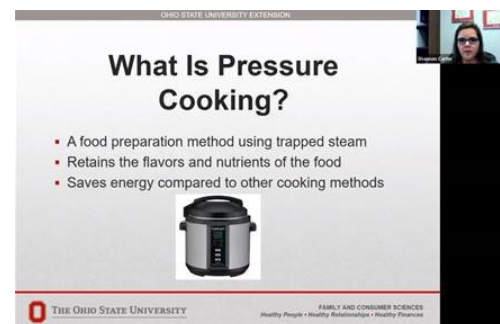


Gluten Free Eating

There is a small percentage of the population that cannot consume gluten (a protein found in wheat, rye and barley) due to medical reasons (such as Celiac Disease, gluten sensitivity or wheat allergy); and a larger percent of the population that has chosen gluten free eating as a dietary preference. In response, Shannon Carter, Extension Educator for Family and Consumer Sciences, authored a curriculum on gluten free eating and shared it with Extension organizations nationwide. This curriculum consists of three, one-hour lessons covering different aspects of gluten free eating like shopping, dining, cooking and baking. Carter offered a webinar reaching 66 participants and a 3-part series reaching 10 people.

Cooking Under Pressure

Twenty-five people participated in a virtual program on how to use an electric, programmable pressure cooker. Participants were introduced to the basics of electric pressure cooking such as parts of the cooker, settings, safety, and cleaning. The presentation included a short demonstration on how to assemble an easy recipe in the cooker. Participants shared ideas about their own favorite pressure cooker recipes.



SNAP-ED UPDATES

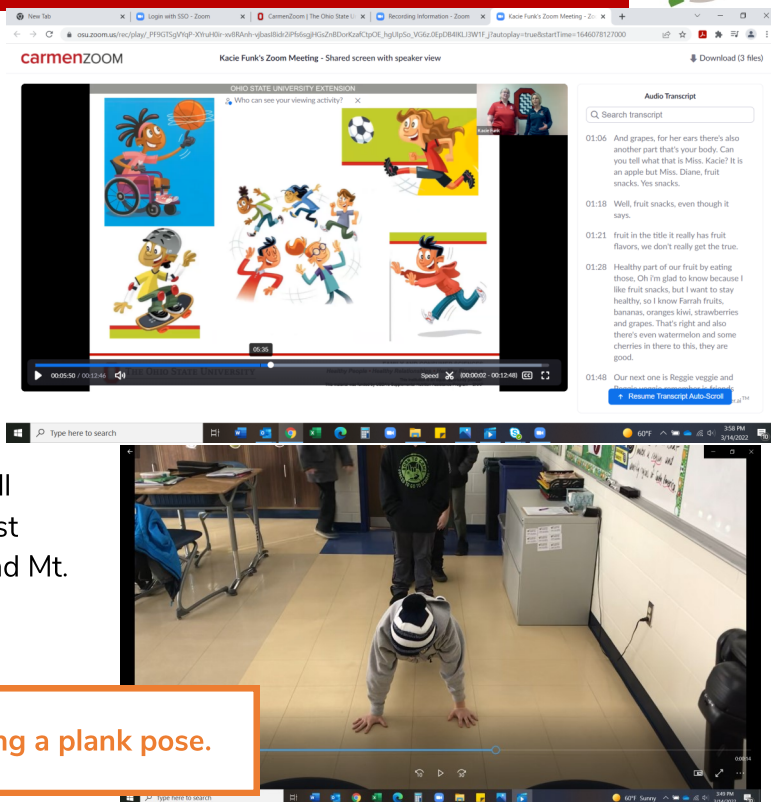
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION



The SNAP-Ed Program Assistants are teaching in-person classes again and able to provide food samples as part of the learning experiences. Lesson topics include *MyPlate Nutrition*, *Food Shopping*, and *Physical Activity*.

Program Highlights

- Completed fall nutrition series at Tallmadge (Kindergarten—3rd grades) and Gorsuch West (Kindergarten—2nd grades).
- Recorded lessons shared with the Head Start Programs.
- Winter nutrition series are in process at Medill (Kindergarten—3rd grade), Gorsuch West (1st grade), Tussing (Kindergarten—1st grade) and Mt. Pleasant (Kindergarten—4th grade).



Student doing a plank pose.

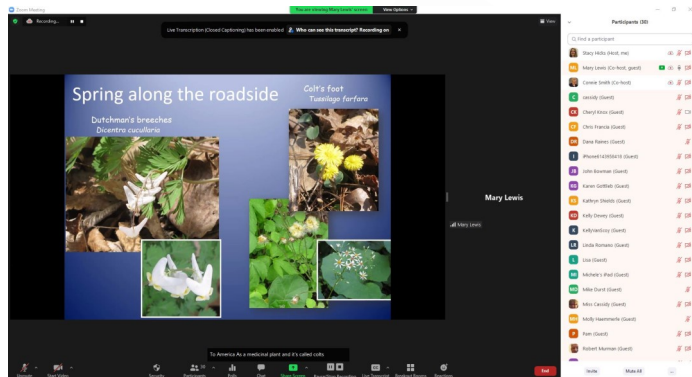


The 88.9 WLRY Saturday Morning Farm Page OSU Extension effort highlighted a new, local business, *Progressive Edge Ag Solutions* in Bremen. The business owner expressed a need for a new employee, and in turn, two interested individuals contacted the business for more information. The OSU Extension Saturday Morning Farm Page will also add a new monthly segment Community Cares with Jeannette Curtis, Executive Director of Fairfield 211.

MASTER GARDENER TRAINING is BACK

After taking a two-year pause, 28 individuals are currently being trained as Fairfield County Master Gardener Volunteers. We are using a new OSU-created on-line training module that allows participants to be a part of training in the comfort of their homes. Meeting one evening per week via Zoom, our trainees are given a homework assignment from the Ohio Master Gardener Manual. We discuss the chapters reviewed and have a topic-specific speaker. The new on-line training module is a great way for engaged adult learners to be a part of the Fairfield County Master Gardener program whether they are still in the work force or find themselves traveling. Participants can easily log in to the program from anywhere at any time. This new, on-line learning

module is just one example of OSU Extension finding new ways to re-fresh and re-engage with our programming efforts within Fairfield County.



Ag & Natural Resources

ANR staff has had a busy and exciting start to 2022! On **February 8th**, we held an **Agronomy Day** and hosted a variety of speakers who covered content necessary for Pesticide Applicator Recertification plus other pertinent topics to help give our producers the knowledge and tools to be successful amid current challenges, such as chemical shortages. Because of a **grant received from the Ohio Soybean Council**, we were able to provide lunch and a free copy of the brand-new *Tri-State Fertilizer Recommendations for Corn, Soybeans, Wheat, and Alfalfa* to each producer. We also held an evening **Pesticide Applicator Recertification training on February 23rd**. In total, **119 applicators** were able to recertify their pesticide and/or fertilizer licenses for 2022. Other program highlights include:

February 9th

The Best Tree for Your Site: Selection, Planting and Care

In collaboration with
Fairfield SWCD and their
2022 Annual Tree Sale
19 virtual attendees
View a full program recording at
go.osu.edu/fctrees

February 16th & 26th

Backyard Maple Syrup Production Series and Tour

In collaboration with
Licking County OSU Extension &
Warner's Pure Maple Syrup
28 in-person & virtual attendees



Bob Warner of Warner's Pure Maple Syrup demonstrates proper tree tapping techniques.

March 6th

Vernal Pool Exploration at Coyote Run

Shared via evaluation: "Great program, great partner, great chatting with participants too!"
"Interactive , informative, and [I enjoyed] getting up close with the frogs and salamanders!"
38 attendees



Kids of all ages found joy in the hands-on experience at Coyote Run.

March 19th

Hands-On Fruit Tree Pruning Workshop at Hugus Fruit Farm

79 in-person attendees



Ralph Hugus of Hugus Fruit Farm demonstrating pruning an apple tree.

March 24th

Where Did Your Lunch Come From? Program and activity at AHA! Children's Museum

18 in-person attendees



Speakers and participants in the Schultz Valley Farms' greenhouse during the Nuisance Wildlife Workshop

March 26th

Nuisance Wildlife Workshop at Schultz Valley Farms

In collaboration with Fairfield SWCD, Ohio Farm Bureau, and ODNR Division of Wildlife
16 in-person attendees



FAIRFIELD COUNTY 4-H



2022: 4-H is BACK in the Schools!

Eight teen leaders from the Fairfield County Junior Leadership club were able to visit 6 area schools to promote 4-H to potential new members. The teens were able to share their personal experiences in the 4-H Program and get the next generation of members excited about joining. The school awareness program was able to reach 501 third grade students during in person presentations and another 1,514 students in Kindergarten-3rd grade through virtual learning.



ChickQuest programming has returned to the classroom as well. Since November 2021, we have reached 39 classrooms in 8 schools. This program allows students to use science, technology, engineering, and math skills to investigate the life cycle of an embryonic chicken egg.



2022 4-H Enrollment is in Full Swing!

4-H staff met with and trained 245 4-H volunteers this year. These volunteers will organize and lead 53 traditional community clubs and 26 Cloverbud clubs in 2022. With the enrollment deadline of April 15th fast approaching, clubs are currently hosting initial meetings and members are selecting projects for the coming year. Fairfield County 4-H reaches nearly 1200 youth in 4-H community clubs annually.

Volunteer Awards

As we transition back to in person activities, we were able to recognize 4-H volunteers with special honors. The 2020 and 2021 Outstanding Alumni Award winners were: Sharon Shaw (2020), Jeff Sweeney (2020), Nannette Spires (2021), and John Hablitzel (2021). The 2022 Orchid Award winner is given to individuals serving as leaders in the 4-H Club program who give much time, vision, and personal energy in helping youth to achieve goals. This year's recipient was Justin Marteney. This award is presented by the Lancaster Eagle Gazette in memory of Mrs. R. Kenneth Kerr Sr.

Angela Krile received the *2022 Ohio 4-H Alumni Award*. Angela got her start in 4-H in her mother Jane's 4-H club and during her 4-H years focused on food/nutrition and still projects. Today, as a 4-H Mom her sons enjoy showing rabbits and market swine projects. Angela gives back to Fairfield County 4-H as the coordinator of the Fairfield County Fair Queen Contest, supporter of the Junior Fair Livestock Auction and the Fairfield County Agricultural Society in a multitude of ways.



Bay Food Market/Bay Packing was recently honored with the *Ohio Friend of 4-H award*. The Kraft family believes supporting today's youth is key to the success of their business. Simply put, today's 4-H/FFA market livestock exhibitors will hopefully be

producers of locally sourced products in the future. The family is always front and center for the two day Junior Fair Livestock Auction at the Fairfield County Fair. They are instrumental in the success of the Muscle, Performance, Quality contests for the swine, lamb and goat exhibitors.

2021

4-H Enrollment

222 Adult Volunteers
1429 Youth members
460 Cloverbud members

Wagnalls Memorial Library and Educational Gardens awarded “FRIEND of the OSU Master Gardener Program”

The first Master Gardener teaching collaboration was a summer program with 24 home school students teaching them about growing corn, the many uses of corn and all of the things we eat that have corn in them. MGV's even planned a hands-on activity of making corn husk dolls. We had a team of 7 MGV's who planned and created the lesson content and hands-on activities for the group. The outdoor amphitheater made a perfect setting for outdoor teaching.

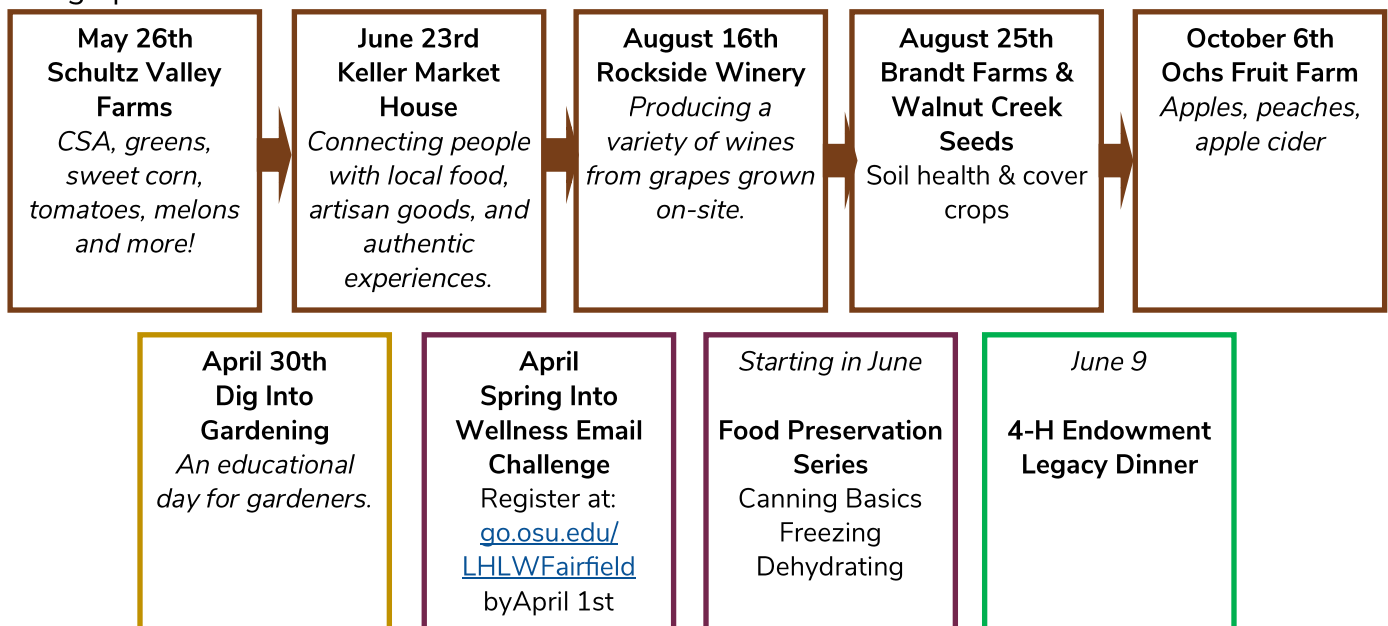
Community involvement continues to be a focus of the Fairfield County Master Gardener volunteers. Even during Covid restrictions, the Wagnall's Memorial Library and its staff found a way to educate children in the community with *Weekly Garden Adventures* attracting more than 400 children and their parents to the gardens throughout June, July and



August. Storytime in the Garden in September and October was attended by more than 325 children and their families. With the assistance of the Fairfield County Master Gardener Volunteers, Wagnall's Memorial Garden has become a shining example of community pride, community spirit, and most of all a place where all are welcome to learn, grow, and explore the wonderful world around us.

UPCOMING OPPORTUNITIES

Coming up this summer....the 2022 *Local Foods Farm Tour* is back!





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 is a non-formal educational, youth development program offered to individuals age 5 and in kindergarten to age 19. It is a community of young people across America who are learning leadership, citizenship, and life skills as they work in partnership with caring adult volunteers to empower them to reach their full potential.

OSU Extension Community Development professionals work with communities and neighborhoods to educate and engage by applying cutting-edge, science-based knowledge and innovations to improve and enhance local businesses and communities.

Family and Consumer Sciences programs strive to create Better Lives, Stronger Communities by improving nutrition and food safety, enhancing health and wellness and managing family budgets and financial resources.

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 programs provide Ohioans with resources and educational programs that focus on profitable and sustainable agriculture, a clean environment and proper stewardship of Ohio's natural resources.



OSU Extension Fairfield County
831 College Avenue, Suite D
Lancaster, OH 43130
Phone: 740-653-5419 Fax: 740-687-7010
fairfield.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:
<http://go.osu.edu/cfaesdiversity>. For an accessible format of this publication, visit cfaes.osu.edu/accessibility



*We gratefully acknowledge the
continued support of the
Fairfield County Commissioners.*