

# THE EXTENSION CONNECTION

## Highlights from OSU Extension in Fairfield County

July 2023



### FAIRFIELD COUNTY 4-H



#### 2023 Fairfield County 4-H Community Club Program Update

Fairfield County is in a rebuilding year as we have seen an increase in interest for 4-H programming and a need for new volunteers and clubs continues to grow. The Fairfield County 4-H Program is made up of:

- 946 traditional members – these members are 8 & in 3rd grade to 18 years old that take individual projects on a wide variety of topics.
- 223 Cloverbud members – these members are 5 and in Kindergarten to 8 years old and participate in hands-on, group activities.
- 255 advisors - adult volunteers who are 18 years and older that complete an application process and interview as well as attend annual trainings .
- 52 traditional and/or specialty clubs—these clubs meet at farms, local businesses, and homes across the entire county.



#### Fairfield County 4-H Camp

Youth in the county had four camping opportunities this summer. Fairfield County 4-H provides camp for youth based on their grade and camping comfort level. Camp allows kids to develop leadership skills, try new things, make friends, and spend time outdoors. We had wonderful weather and a great time at all of our camps this year. Thank you to the Bertha Wilson Campership Fund for providing the opportunity for over 200 kids to attend camp at half price. Camp photos are scattered on this page, and a breakdown of camper involvement is listed below.



#### Day Camp

- June 13-15
- Alley Park
- 50 Attendees
- Grades 3rd-9th

#### Cloverbud Camp

- June 17
- Alley Park
- 91 Attendees
- Grades Kindergarten-2nd

#### Junior Overnight Camp

- June 20-23
- Tar Hollow
- 97 Attendees
- Grades 3rd-5th

#### Senior Overnight Camp

- June 30-July 3
- Tar Hollow
- 59 Attendees
- Grades 6th-9th

#### Fairfield County 4-H Achievement Award Winners

The 2023 Ohio 4-H Achievement Awards were presented in June at the Nationwide & Ohio Farm Bureau 4-H Center in Columbus, Ohio. Four youth from our county received an award: Julia Ribo (State Achievement in Gardening), Paisley Alt (State Achievement in Swine), Kate Johnson (State Achievement in Veterinary Science), and Silas Kohler (State National Dairy Conference Attendee.) Congratulations!

**4-H Summerfest** is August 12, 2023 at 7pm, Ohio University Lancaster Theater  
Help us celebrate the success of our 4-H members and their project completion



[fairfield.osu.edu](http://fairfield.osu.edu)



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CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:

# MASTER GARDENER VOLUNTEERS

## Master Gardeners Educational Bus Trip

The Fairfield County Master Gardener Volunteers and friends embarked on their first educational bus trip since the pandemic. The 42 participants toured the OSU Chadwick Arboretum Learning Gardens at the Ohio State University Main campus and traveled to the Groovy Plants Ranch near Marengo. Our final stop was a lesson in grafting and unusual trees with Dave and Leslie Dannaher near Sunbury, Ohio. It was a good day of learning and sharing for the Fairfield County Master Gardener Program.



## Master Gardeners Wagnall's Memorial Library Project

The 15 Master Gardener Volunteers and friends that work in the gardens at Wagnall's have had a busy summer in the garden. Additional plants have been added from an OSU Extension Pollinator Awareness Grant in a designated pollinator garden to

reflect the usefulness of pollinator-friendly plants and to educate the public about the importance of pollinators.



The Master Gardener Volunteers spent time on June 27th interacting with 50 families during Summer Story Time. Ten different activity stations were organized and incorporated throughout the Garden for kids of all ages to enjoy and learn more about seed starting, parts of a

plant, bird feeding, art and so much more. Master Gardener Volunteers returned in the evening to walk the gardens with 35 adult visitors "in the garden" to learn more about home landscapes and how to incorporate a variety of perennials in the home garden.

## Master Gardeners Cooperating with Fairfield County Heritage Association

In preparation for the recently held Fairfield County Heritage Association Home Tour, the Fairfield County Master Gardener Volunteers were busy in three of the featured gardens. Fairfield County Master Gardener Volunteers have been involved in the gardens at the Sherman House and recently have been working on some new plant designs and installations at the Georgian and the Fairfield County Auditor's Office. The Sherman House gardens have been an ongoing project for the Fairfield County Master Gardener Volunteers for at least 15 years. The Volunteers take great pride in researching and installing period correct plantings around the home including a kitchen garden, a native garden and so much more. This project is lead by Master Gardener Volunteers Laura Bullock and Barbara Sullivan. New to the ongoing list of Master Gardener projects is the seasonal container plantings at the at the Georgian that began in 2022 with Master Gardener Volunteer, Karen Gottlieb. And just recently installed was the landscape plan designed by Master Gardener Volunteer Vicki Tauer at the Auditors office. Great attention to detail was given to incorporate planting that would be pleasing to the eye as well as the addition of some *Perennial Plant of the Year* selections and pollinator plants, too!!



Ten years ago I made one of my best ever decisions to apply, go back to school, put in the hours and become certified as a Master Gardener Volunteer. I have learned how much I don't know but where to look for answers. I have associated with kindred spirits and found friendships. I have attained a way to contribute to my community and maybe make to world a tiny bit more beautiful! Sign up for the 2024 class of MGs is happening now. If you have any interest in this amazing program contact me and I will get you started.

-Barbara K.



# AG & NATURAL RESOURCES

- In April, Carrie Brown, ANR Educator, attended the Public Issues Leadership Development Conference in Washington D.C. She had the opportunity to learn about the structure and funding of Extension and take part in Congressional and agency visits at the U.S. Capitol, sharing stories with legislative staffers about the ways Extension positively impacts Fairfield County.
- ANR staff participated in a USDA-grant funded project acquiring an assortment of native pollinator gardens that were installed in multiple parts of the county. Carrie will conduct public workshops on gardening for pollinators at libraries in August.
- Carrie continues to teach a series on backyard gardening at the Fairfield County District Library and Pickerington Library – Sycamore Branch. Earlier in the year, she covered starting plants by seed and raised bed gardening. Topics still to come include controlling pests in your landscape and growing garlic in your backyard.
- OSU Extension is preparing to celebrate Ohio Local Foods Week, August 7-11....and we're going big! A local food-themed event will be featured each day of the week. From local wine to local beef, we are planning a little something for everyone. Visit [go.osu.edu/fclocal](http://go.osu.edu/fclocal) for registration and more details!



Photo caption: Beau Ingle (OSU Policy Coordinator, Government Affairs) accompanied OSU Educators as we visited our with our respective legislators.

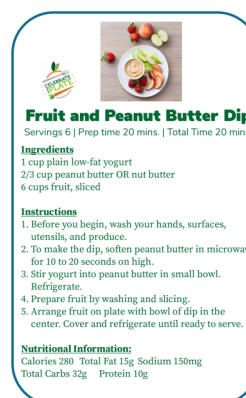


## SNAP-ED UPDATES

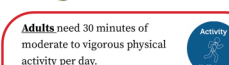
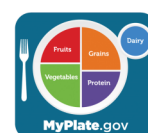
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION



- **Cooking Matters** – This summer, SNAP-Ed will be offering two Cooking Matters programs. Cooking Matters is a 6-week series that consists of a 2-hour class each week. Participants learn about different nutrition topics including *MyPlate* dietary guidance, knife skills, measuring skills, the value of fruits and vegetables, food safety, reading nutrition labels, following recipes and menu planning. During the class, meals are prepared, and each participant takes home the ingredients for one of the recipes to make and share with their family. Lesson five is held at a grocery store, where participants tour the grocery store, learn about the different departments, unit pricing and how to save money and make healthy choices. Jeannette Curtis with the Hunger Alliance and 211 helped to secure funding for this program.
- SNAP-Ed Program Assistants attended the Lancaster Farmer's Market to share nutrition information with the public and offer healthy snack options to taste.
- Through a partnership with Lancaster Parks and Recreation, a poster has been added to the bike path kiosk near OU-L highlighting *MyPlate*, the CYP website, a recipe and Discover My Plate characters for small children. This poster will be updated seasonally.



For this and more recipes visit: [go.osu.edu/easyhealthycakes](http://go.osu.edu/easyhealthycakes) or scan the QR Code above



Adults need 30 minutes of moderate to vigorous physical activity per day.

Youth 2 years and up need 60 minutes of moderate to vigorous physical activity per day.

Free activities include:  
Walking, Skate Boarding, Jogging, Running, Roller Skating, Biking

# FAMILY AND CONSUMER SCIENCES

## Ohio Treasurer Visits Rushville for Real Money Real World

Ohio Treasurer, Robert Sprague, visited the Real Money Real World spending simulation this spring at Rushville Middle School. Real Money Real World is a youth-focused financial literacy program offered by OSU Extension. The Ohio Treasurer's office partners with OSU Extension to support the Real Money Real World program by volunteering and helping to promote the program. This year, OSU Extension Fairfield County conducted the Real Money Real World program in 4 school districts, reaching over 650 students with this 6-lesson curriculum. <https://realmoneyrealworld.osu.edu/>

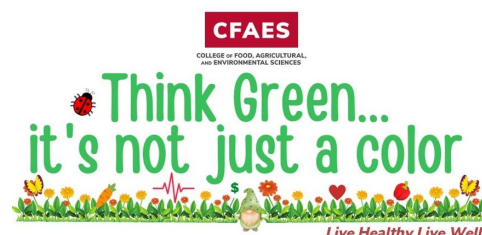


## Cooking on My Own 4-H Youth Project Book

Shannon Carter and Aubry Fowler were 2 of the 5 authors for this intermediate level 4-H project book. This project was written for youth who are ready to prepare meals for themselves and maybe even their families. A great start on everyday recipes for meals and snacks, this project helps youth become confident and independent in the kitchen by expanding cooking skills.

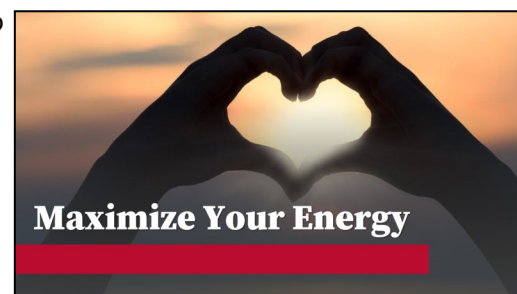
## Live Healthy Live Well Email Challenges

205 Fairfield County adults participated in a 6 week email challenge to improve health behaviors. 95% of participants reported they learned new information. 92% reported they are using the information they learned.



## Managing Multiple Priorities

270 University and Extension faculty participated in a virtual session to learn about a purpose-driven approach to managing priorities. This presentation offered insight into aligning personal values with work and life goals. This training explored tools to focus time and resources towards projects and tasks that help employees become more energized, focused, and engaged in the moments that matter most, whether at work or home.



## Introduction to Mindfulness

75 adults including realtors as well as staff from county health departments and developmental disability participated in an introductory session on mindfulness. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

## Healthy Eating

175 youth and 35 adults learned about how to plan healthy meals and snacks, including making smoothies on the blender bike at 4-H Camp, the YMCA, and Girl Scouts.