

UF/IFAS EXTENSION & BRADFORD COUNTY

WORKING TOGETHER

July/August/September 2014

The Bradford County Board of Commissioners and UF/IFAS Extension work in a cooperative effort to provide relevant programming to citizens throughout the County. During the second quarter of 2014, Extension Agents and Staff recorded **3,568 contacts** with clientele that included emails, phone calls, office visits and field calls. Agents conducted **66 on-site visits** (Agriculture, Horticulture, Schools, Livestock, and Forages) to assist residents one-on-one in Bradford County.

Below are a few examples of impacts reported by our Agents during this quarter.

Outcomes/Impacts

- As a result of the **Eating Healthy with Diabetes Workshop**, led by our FCS Agent, 100% (10) of participants are able to recognize and utilize MyPlate when planning meals resulting in increased vegetable consumption, utilization of tools to maintain portion control and reduce sodium, fat and sugar in meals.
- A client who was feeding his cattle ryegrass hay had it analyzed for quality at a lab based on knowledge he received from our Livestock Agent. He was able to identify crude protein and total digestible nutrients for quality and determine the level of nitrates. This information helped this client **balance the nutrition for his cattle** and he estimates he has increased his herd pregnancy rates resulting in at least one additional calf valued at over \$2,500.
- As a result of **Camp Cherry Lake**, led by our 4-H Agent, 20 youth increased competencies in healthy lifestyle choices, self-responsibility, teamwork and self-esteem. Youth also developed an increased knowledge of the natural world, robotics and aquatic science.
- At the conclusion of the **2014 Statewide Small Farms and Alternative Enterprises Conference**, in which our Ag Agent served on the Executive Committee, nearly 600 attendees participated in 21 educational sessions with 57 speakers. Seventy-four exhibits were showcased, 17 educational posters were displayed, and three pre-conference food and farm tours were conducted along with many other activities.
- As a result of our **Annual Volunteer Training**, led by our 4-H Agent, 18 volunteers increased skills in group facilitation, leadership and teamwork. Volunteers also learned more about opportunities for youth within the 4-H program, how to engage youth in new activities and how to develop leadership skills in their youth.
- The **2014 Bradford Master Gardener Class**, led by our Agriculture Agent, is half way through the 50 hours of instruction they need to graduate. Some of these classes include coursework in botany, plant propagation, plant communities, invasive plants, home irrigation, Florida Friendly Landscaping, soils, fertilizers and much more.
- As a result of **Kids in the Kitchen Workshop**, led by our FCS Agent, 8 Participants recognize MyPlate and the foods that belong in each group that enables them to plan healthy meals and snacks, handle food safely and how to prevent cross-contamination through proper hand cleaning.
- **Office safety** has been improved by eliminating overgrown shrubbery and incorporation of a sidewalk, this effort was led by our County Extension Director.