

# Randolph County Annual Report 2020

## Putting Knowledge to Work!

The West Virginia University Extension Service works to provide solutions in your community through key programs and resources, including agriculture and natural resources; 4-H and youth development; food and nutrition; health and wellness; financial planning; and home gardening. These research-based programs and services are available to all Randolph County residents thanks to the tremendous support of our community members, local organizations, volunteers and local partners, including the Board of Education and County Commission.

## Highlights

- WVU Randolph County Extension Service met the need for socially-distant and virtual programming through innovative program offerings, such as virtual club meetings, active pathways at schools and take-home activities for youths.
- WVU Randolph County Extension Service welcomed a new full-time administrative assistant to the team.

## 4-H/Youth Development

### *Camping*

- Residential camps in 2020 were canceled due to COVID-19. A virtual camp experience was held in its place.
- 73 youths (ages 5-21) registered for the virtual Camp from a Distance.
- \$1,525 was secured in local funds to help with costs associated with 4-H camps. These funds will be put toward camp in 2021.
- Six fully-vetted 4-H volunteers participated in our weeklong Camp from a Distance.

### *Traditional 4-H Programming and Clubs*

- Approximately 200 youths are enrolled in 12 Randolph County 4-H community clubs.
- 107 4-H projects were completed, including livestock.
- Five members participated in virtual state 4-H camp.
- Approximately 58 4-H volunteers are actively engaged in their community clubs and county 4-H program.
- One project workshop on cooking was held at Graceland Inn with 13 participants. The members learned to make their own pasta.

### *Leadership Development*

- Six Teen Leaders participated in a virtual project workshop called Leadership Road Trip.

### *Special Interest Programs*

- From March to May, the WVU Randolph County Extension Service put together several educational kits to be sent home with students picking up meal packs. Kits distributed included: microgreen growing kits, potato-in-a-bag growing kits, ghost beads kits and marshmallow catapult kits.
- Led sessions for three statewide special interest Cloverbud clubs. Topics covered by Randolph County Faculty included cooking safety, healthy grains and sources of protein, and down on the farm.

## Agriculture and Natural Resources

### *Farmer Support*

- 51 individuals participated in the Agriculture Winter Dinner Meeting in January 2020.
- Five individuals received credits for their pesticide applicator recertification.
- Four producers received forage sampling and winter hay feeding recommendations.
- 1,290 pounds of unused/unwanted pesticides were collected from the community.
- Soil fertility recommendations were provided for 385.77 acres of Randolph County farmland.
- Four Randolph County farmers received farmers market voucher training, which allows them to expand their customer base.

### *Master Gardeners*

- Eight active Master Gardeners completed 656.25 volunteer hours, which provided a total value of \$17,850 in service to the community.

### *Youth Agriculture Programs*

- 43 4-H and FFA members exhibited livestock projects during a virtual show and sale.
- 54 livestock projects were completed, including beef, swine, goat, lamb, horse and rabbit.
- Sales from the 4-H/FFA Livestock Show and Sale totaled \$41,622.59.
- Statewide animal science project workshops were offered, covering the following topics: virtual farm tours, dairy cattle, entomology and veterinary science.

### *Special Interest Programs*

- Participated in a statewide Gardening Lunch and Learn Series, which served 41 individuals during the 12-session series as well as many others who watched the recorded sessions. Topics covered by Randolph County faculty included preserving your pantry; soils and soil testing; alternate ways to garden; growing for your pantry; brambles, berries and grapes; and rain barrels.

## Family and Community Development

### *Community Development*

- Solicited \$1,000 to purchase produce from local farmers for children as part of the Beverly Book Mobile project. WVU Extension Service coordinated the produce pickup, distribution and reconciliation each week during the eight-week summer project.

### *Chronic Disease Prevention*

- WVU Extension Service partnered with WVU Medicine to screen all kindergarten, second grade and fifth grade students in Randolph County for the CARDIAC project. CARDIAC provides high-risk youths with resources regarding lowering BMI and blood pressure.

### *Family Relationships*

- One series of Kinship Care was implemented (seven of 10 sessions were completed prior to COVID) at the Mill Creek Library. This program supports and aids caregivers of children not biologically their own.

### *Food Safety*

- A Virtual Food Preservation Webinar Series was offered statewide. Among the topics covered, the following were taught by Randolph County faculty: basics of food preservation and canning peaches.
- A Virtual Food Preservation Project Workshop for 4-H members was offered statewide. This three-session series taught 4-H members general food safety and the science behind canning, using a water-bath canner and using a pressure canner.
- Recorded a West Virginia Public Broadcasting segment on properly making, storing and preserving pumpkin puree.

### *Family Nutrition Program*

- In partnership with Valley Healthcare, Inc., WVU Randolph County Extension Service purchased 14 water bottle filling stations to put in schools across the county.
- 12 Active Pathways were painted throughout the county, including eight elementary schools and four community locations.
- Approximately 1,600 pounds of produce was received from the Huttonsville Correctional Center and distributed to families in Randolph County.
- Approximately 400 families received tomato, squash, microgreen and pea seed packets for the Grow This: West Virginia Garden Challenge program. Over 1,000 families received the seed packets put together by our Family Nutrition Program employees.
- Eat Smart, Be Active was taught for nine weeks at Family Treatment Court and SPOKES, with 10 program graduates.
- Eat Smart, Be Active video lessons were provided to 12 participants in lieu of in-person classes during the pandemic.