

# Cabell 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 Cabell 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

- Kandi Messinger, WVU Extension Service adult health educator, and her team earned the Award of Excellence in COVID Creativity and Innovation for their work on the Grow This! initiative.
- Leslie Summers was newly appointed to an Extension 4-H Agent.
- Evan Wilson developed and taught Gardening 101 courses that reached more than 100 households.

## 4-H/Youth Development

### Activities:

#### *Camping*

- CampURL provided a virtual camping experience to youths statewide. More than 2,500 campers participated.
- Developed mental health programming focused on mental strength, used for county and state level camps.

#### *4-H School-Based Programs*

- 4-H National Council granted WVU Cabell County Extension \$96,000 for implementation of the national mentoring program focused on healthy lifestyle choices, Health Rocks! Mentoring. 87 youths were matched with an adult mentor and received health education.
- The WV Farm Bureau's mobile science lab provided four days of education to 420 Explorer Academy Elementary students. Youths participated in hands-on activities designed to teach about industrial food production and how farmers support their communities.

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- 55 teachers were provided pins with a picture of them without a mask to help students recognize their face. 95% of teachers believed that the button helped students transition to school with mask mandates.

### *Special Interest Programs*

- The beautification of Cabell County Courthouse lawn took place thanks to a collaboration with the Cabell County Commission and Master Gardeners to revitalize the heirloom rose garden and create a seasonal flower garden.
- One new online 4-H club, The Bookworm Club, was developed to read bedtime stories to youths. Over the course of the six-week series, we had 2,696 views and 70 post likes.
- Two undergraduate interns from Marshall University received professional experience and college course credit for work and study in our office.

## Agriculture and Natural Resources

### *Youth Agriculture*

- Local principals were provided with the information for students to complete the ATV Safety Institute e-course when schools were closed in spring 2020.
- Online 4-H project workshops were taught on record keeping, poultry and rabbit projects.

### *Educational Workshops*

- A Gardening 101 virtual course reached 100 households.
- Mid-Ohio Valley AgZooms Pesticide Training had 30 adult participants.
- Farmers Market Nutrition Voucher Training
- Pesticide training at the Huntington Housing Authority

### *Cabell County Master Gardeners*

Had 15 individuals sign up for the 2020 MGIT Course. Three completed their certifications after completing the course online and tests.

After losing two Presidents, we were able to keep the group together and continue to host monthly meetings via Zoom.

- Completed 418.5 hours of volunteer work
- Completed 720 hours of educational hours
- Total value \$30,974

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### *Soil Samples*

Disseminated 332 soil test results. Up from 234 in 2019 and 129 in 2018.

### *Research Garden*

#### Cucurbit Downy Mildew Research

- Grew 6 varieties:
  - Silver Slicer Cucumbers,
  - Kabocha Squash,
  - Thunder Acorn Squash,
  - Butternut Squash,
  - Cantaloupe and
  - Watermelon.
- Harvested:
- 3 bushels of cucumbers,
- 1 bushel of cantaloupe,
- 1 bushel of acorn squash,
- 1/2 bushel of butter and kabocha squash.

Produce donated to Grow Wayne, Extension volunteers and staff, Cabell County Courthouse employees.

### *Current research: Fall 2020-Winter 2021*

Cabbage varieties have been distributed to two high tunnel cooperators in Barboursville and LeSage.

### *WVU Extension Garden Calendars*

More than 1,400 garden calendars were distributed throughout the county.

## Families and Health

### *Community Education*

- We worked with a local church to establish a community garden on 1.5 acres of land. Families from Cabell and Wayne counties participated in educational events to learn proper techniques of growing, harvesting and preparing produce.

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### *Freedom House*

- Procured lumber, soil and plants from Lowes for three raised-bed vegetable gardens for Freedom House. With the help of volunteers, the raised beds provided the women the opportunity to learn a new skill.
  - When asked about the raised beds, a Freedom House resident said, “It was fun to garden and watch everything grow during quarantine. It was especially rewarding during the pandemic, because it kept my mind busy.”

### *FARMacy*

- 10 counties, including Cabell, received a grant from Walmart to address the food insecurity problem in West Virginia. Low income students gained access to locally grown produce and had opportunities to participate in programs at their doctor’s offices.
- A partnership with Ebenezer Medical Center, Marshall University Food Pantry, and Marcum Terrace Food Pantry helped improve the availability of fresh produce to Cabell County citizens.