



RUTGERS

New Jersey Agricultural
Experiment Station

2022

Second Quarter Report



Cooperative Extension of Hunterdon County

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Family and Community Health Sciences

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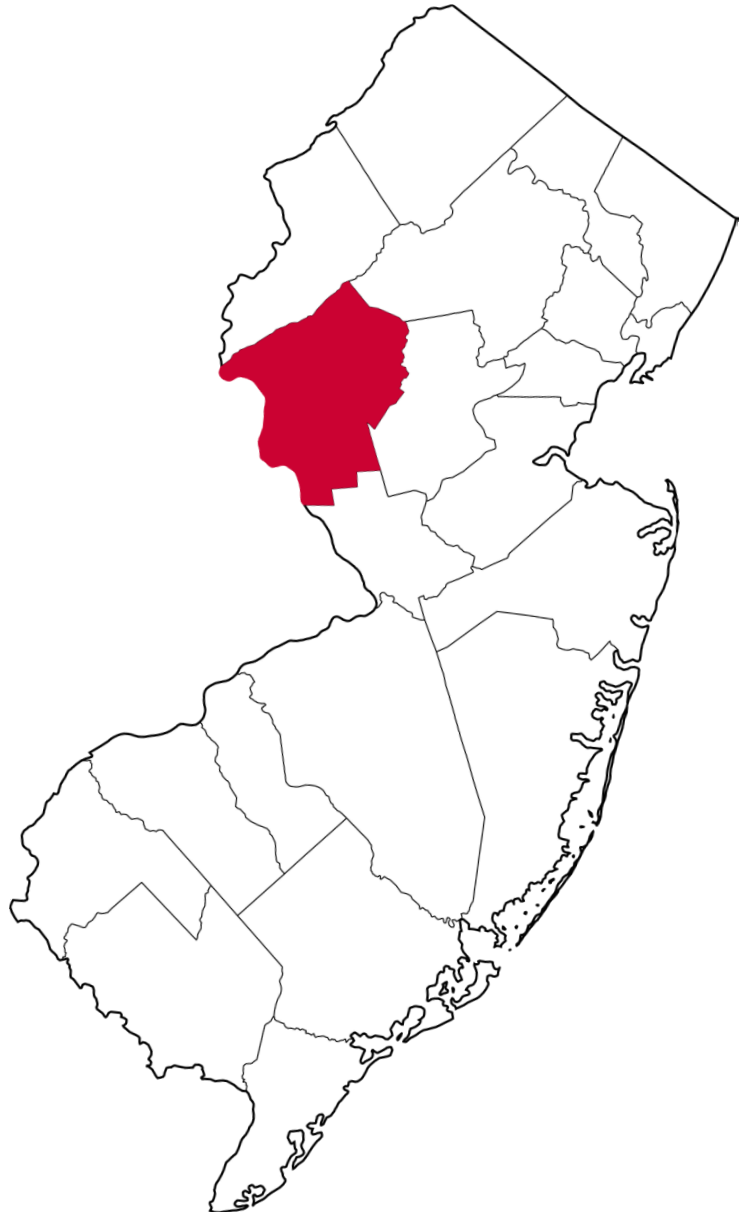
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2022 Family and Community Health Sciences

Sandra Grenci, MS, RDN, LDN, CDCES

FCHS Educator, County Agent II



Staying healthy, eating right, being active, raising healthy families, and enjoying a good quality of life!
Family and Community Health Sciences helps people meet these goals.

Virtual Groups/Classes:

The first cohort for this 12-month program finished on April 12, 2022. We had 100% retention of all 15 participants and are on track to obtain the next level of CDC Certification. Participant outcomes included: **43%** achieved $\geq 5\%$ weight loss; **46%** achieved $\geq 4\%$ weight loss plus ≥ 150 mins/week physical activity; **26%** reported reductions in HbA1C.

Two new Lifestyle Coaches were trained to lead Cohort 2, which began on April 27, 2022. 14 participants were enrolled, primarily from Salem, Cumberland, Warren, and Middlesex Counties.

Additional Virtual Sessions taught: 2 Cohort consent sessions, 5 cohort curriculum classes, and 1 "office hours" special session.



Take Control of Your Health Chronic Disease Self-Management Program (with Hunterdon County Senior Services):

This 6-week virtual series completed on May 6, 2022 with 7 participants who learned skills and strategies to better manage their health.

Webinars/Trainings:

6/21/22 Rutgers Library System Staff Wellness Program: Healthy Eating Patterns for Chronic Disease Prevention (with S.Mathur); 7 attendees

6/29/22 Wellness Wednesdays with FCHS: Healthy Eating Patterns for Chronic Disease Prevention (with S. Mathur); 101 attendees.



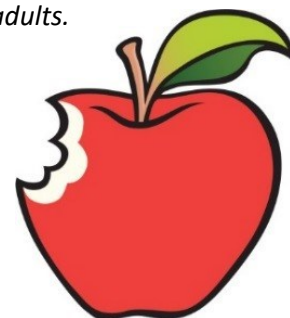
In-Person Classes:

5/13/22: Hunterdon County Department of Health Brunch & Learn (2 sessions): Myths and Facts about Senior Nutrition; 10 participants

6/7/22 and 6/8/22: Whitehouse Elementary School, 4 Kindergarten and 4 Second Grade classes (with the Hunterdon County Master Gardeners); Healthy Snacks and My Plate Menus; 160 children and 10 adults.

Other Trainings:

4/28/22 and 5/5/22: FCHS Master Food Preserver Hands-On Training Days (with D. Minch): 5 volunteer trainees and two FCHS staff completed 2 days of hands-on training in canning, freezing, and dehydrating foods.



2022 4-H Youth Development

Sherrie Peterson, 4-H Program Assistant

4-H Then, Now and Forever is the Theme of the 2022 4-H & Agricultural Fair

The Second Quarter of 2022 was mostly spent in preparation of the Hunterdon County 4-H & Agricultural Fair. Live-stock, rides, food, fun, and entertainment is what we look forward to at the County Fair. The first Hunterdon County fair was held in 1848, the beginning of a longtime tradition. It was an opportunity for farmers to exhibit crops and livestock, and today has evolved into a lot more than that.

The fair was traditionally held at the Flemington Fairgrounds. At the close of the Flemington Fair in 1999 was the birth of the Hunterdon County 4-H & Agricultural Fair. **The mission of the Fair is to celebrate our agrarian heritage** by providing a county-wide Agricultural Fair for the residents of Hunterdon County and the surrounding area to promote agriculture, present educational exhibits, provide family entertainment, and offer competitive events for the agricultural community.



The fair is the most highlighted event within 4-H. It is not the fair itself that is so important to 4-H, but it is an important part of the 4-H program. It is a showcase of a year's worth of planning, preparing, and creating 4-H projects that make this a worthwhile program for our youth.

Through the years, the fair has given opportunities to local farmers to showcase agriculture, but it has expanded into much more for our 4-H youth. Youth have an opportunity to show livestock, stay the night and "campout" in the barns as Herdsmen, set up educational and promotional displays, perform on horseback, entertain the public with dog agility, give talks on the main stage, teach firearm safety, and showcase their projects which include robotics, art, crafts, horticulture, and foods.



The Hunterdon 4-H Program of **180 youth, 150 volunteers, and 20 clubs** participates in **35 4-H shows and events during the 5-day fair** which takes 365 days to plan. The fair helps develop many life skills in our youth. **Leadership, organization, time management, and public speaking are some of those skills.** 4-H members have the chance to educate fair-goers on a variety of topics as well as give back to the community with service projects held during the Fair. **4-H Youth provide 9,120 community service hours while 4-H Volunteers provide 4,500 service hours during the 5-day fair.**

The Fair is one of the most treasured traditions in Hunterdon County. It draws a huge crowd and brings our 4-H families, farmers and community together.



Join us at the Fair:

**August
24th—28th**



2022 Agriculture and Natural Resources

Megan Muehlbauer, PhD, County Agent III

2nd Quarter Highlights:

Megan will be attending the National Association of Agricultural Agents conference from July 17-July 22, 2022. She was part of a group who was a National Finalist for the Search for Excellence in Commercial and Consumer Horticulture for a project titled "Using Technology to Improve Extension Home Horticulture Programming".

Megan also served as the Northeast Region Vice-Chair of the Professional Excellence Committee.

This past month Megan presented two talks at the North Branch Hunterdon County Library as part of the Locally Grown Beverage Seminar Series.

She presented a talk titled "Hops and Barley: A Delicious Duo" where she discussed the process of growing barley and hops, as well as the research being done at Rutgers University on those two crops. Megan also presented a talk titled "Hunterdon Hard Cider" which was an overview of hard cider production in the United States and research being done on hard cider apples in New Jersey.



Japanese Beetle damage in the hazelnut plot at the Rutgers University Snyder Research and Extension Farm Pittstown, NJ.



Commercial Agriculture Updates:

It has been an extraordinarily dry summer, and the crop outlooks are very uncertain for growers without irrigation.

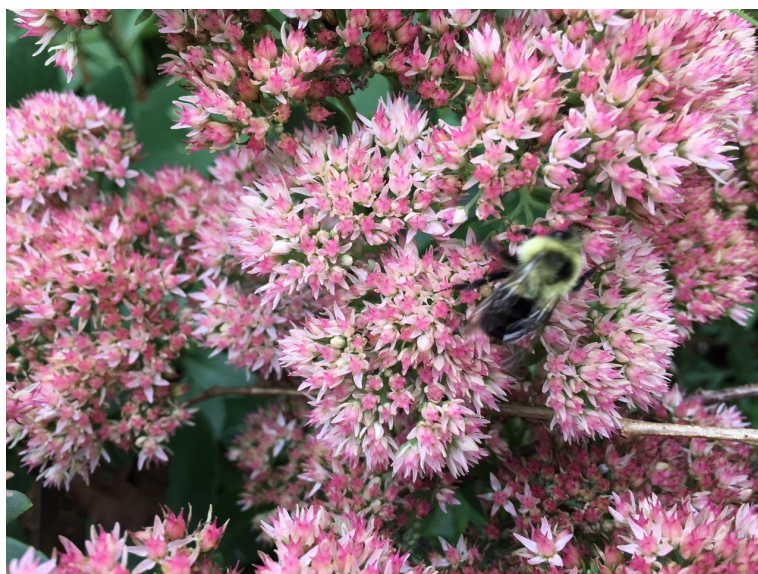
Rutgers Cooperative Extension grower meetings are in person and in full swing. Megan co-hosted two tree fruit/vegetable twilight meetings this spring and Alstede Farms Chester, NJ and Phillips Farm Milford, NJ (Pictured to the left). A wine grape twilight meeting/equipment demonstration was also hosted at Beneduce Vineyards in Pittstown, NJ.

2022 Home Horticulture

Rebecca Magron, Horticulture Consultant

The Second Quarter of 2022 saw the beginning of returning to in-person hybrid programming as the COVID-19 pandemic has brought about unprecedented times, difficult challenges to overcome, and a new way of connecting with program participants and residents.

During April through June, focus has been on keeping county residents and Master Gardener volunteers connected and engaged. Unique opportunities to adapt how we connect with each other and our audiences in virtual, in-person, and hybrid experiences have expanded accessible outreach to our residents while continuing to provide our educational services in new ways.



2nd Quarter Highlights:

- Over 200 phone calls and emails from County residents – questions answered, problems solved
- 47 social media posts on Facebook, reaching over 61,000 individuals
- Garden support outreach programs for The Anderson House, a residential treatment facility for women recovering from alcohol and drug addiction, reaching 16 residents during each 12 weekly visits
- 7 public presentations for Hunterdon County Libraries and Hunterdon County Senior Center reaching over 45 people
- Community outreach at local farmers markets and food bank events
- 3 Advanced Training continuing education program presentations for Rutgers Master Gardener volunteers, reaching over 100 attendees
- Weekly Garden Education visits to Whitehouse Station School reaching all students, grades K-3
- Weekly Garden Education visits to Hunterdon Central Regional High School, Life Skills program, Grades 9-12
- Rutgers Master Gardener volunteer virtual meetings, including 3 steering committee meetings, 4 citizen science meetings, 2 educational garden meetings
- 17 Rutgers Master Gardener Interns and County residents, graduated training classes and began their internships