A YEAR IN REVIEW 2021

Coös County

### Food and Agriculture
- 52 farm businesses received technical assistance, leading to greater profitability and environmental stability

### Natural Resources
- 4,000 acres improved
  - Consulted with 100 landowners who manage almost 4,000 acres
  - 400 additional acres protected by conservation easements

### Community and Economic Development
- Launched the Coös County Trail Stewardship Research Project
  - With support from the Tillotson Foundation, identified best stewardship model for human-powered trails in the North Country

### Youth and Families
- 345 people reached through healthy living programs aimed at preventing chronic disease
  - Coordinated the Androscoggin Valley Farm to School network to increase healthy food access
  - Offered chronic disease and pain self-management courses and Walk with Ease program to older adults to curb opioid misuse and improve health
  - 4-H gardening program taught youth about growing food and nutrition

### State Contributions
- $446,342*

### County Contributions
- $233,163

*In 2021, for every $1.00 that Coös contributed, UNH provided $1.66 of statewide resources.

**State Values of Volunteer Time (NH): $28.54; independentsector.org/
Economic Expertise

- Dairy specialists worked with ten farms to identify and initiate changes to improve milking parlor efficiencies, increasing production and quality while supporting animal comfort
- Extension’s crop weather monitoring stations and plant disease forecasting tools were utilized by 76 apple growers to make informed decisions and avoid unnecessary pesticide applications
- Extension forestry specialists trained 201 forest industry professionals

Community Development

- Community and economic development specialists helped expand a makerspace and business incubator in Concord and helped generate facade improvements to five downtown buildings in Pittsfield
- Efforts to increase tourism and nature economy have included a regional branding and marketing campaign to promote the Sugar River Region in Sullivan, a plan to expand biking trails in Northfield and neighboring towns, and installation of signage to guide trail users to downtown businesses and services in Bristol

COVID-19 Response

- With N.H. Department of Agriculture, secured $500,000 USDA-NIFA State Department of Agriculture Farmer, Rancher Stress Assistance Network grant to raise awareness, provide education and offset costs related to farmers’ mental health
- With $225,000 in funding from the Extension Foundation, provided research-based information to North Country and Strafford County communities to support informed vaccination choices
- Provided hands-on training to teach community members how to build a greenhouse at Winnisquam Middle School; this led to a gardening curriculum for students during hybrid learning
- With $680,000 from a USDA grant, provided agriscience-based remote learning experiences to 800 rural elementary school children

Lifelong Learning

- Food safety specialists provided certification opportunities to food service workers from schools, hospitals, food pantries and other public establishments
- Natural resources specialists brought together 85 communities for a land conservation conference called Saving Special Places
- The 4-H Virtual Club reached 220 youth and summer programming reached over 400 children

Extension specialists worked with 2,483 NH businesses