Extending Knowledge
Changing Lives

IN HARDIN COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Hardin County: Reaching Out and Changing Lives

The Hardin County Cooperative Extension Service continues its mission to bring research-based information from both land grant Institutions (University of Kentucky & Kentucky State University) to local individuals and families. This publication helps us reflect on the past year, and it is apparent that Cooperative Extension continues to make strides in serving the diverse group of clientele in Hardin County. Whether you consider yourself Rural or Urban, Live in West Point or Upton, Reside on the Farm or in an Apartment Complex, we have developed programs for you. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development. Highlighted in this report are just a few of the programs we offered last year. We hope that you will take time to take a look at what we have to offer and we look forward to seeing you at one of our programs soon!

Priority Program Efforts

- 118 youth made an impact in their community through service projects
- A total of 142 people are now involved in addressing significant community issues
- 79 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 6,264 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- 737 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
HCCA, Forage, Stocker, Tobacco Field Day

After a need to demonstrate new haying practices was found, an afternoon and evening Field Day was held on two adjoining farms with 133 registering on site. Most of the major farm equipment dealers provided various pieces of hay equipment to demonstrate that latest in forage harvesting. Brandon Sears, Madison County Agent hosted a baleage stop, Carol Hinton, Breckinridge Ag Agent manned a tobacco field stop, and Kevin Laurent, UK Livestock Associate, along with host farmer gave presentation at the stocker operation stop. One of the balers demonstrated sold the next day to one of the field day attendees. Also some eight or so allied industry organizations and companies set up booths in the trade show held in conjunction with this event. Both attendees and allied industry personnel were very vocal about expressing their appreciation on the quality of the event and the educational information shared.

Who Dat Tree taught the basics of tree identification.
4-H Dollars and Sense

It's never too early to start learning how to manage your money. This year, the "4-H Dollars and Sense" activity was a favorite lesson taught within the 4-H school club program at several elementary school clubs in Hardin County, 19 to be exact. The “4-H Dollars & Sense” program was designed to introduce elementary school students to concepts in budgeting and economics. This program is a spin-off of the popular Reality Store program. This program focuses on 4th-6th graders in the school system and the 4-H agent led over 500 4th and 5th graders in the activity. Students received an allowance for a given month and then had the opportunity to spend that allowance at the booths provided. At the end of the program, the goal was for the students to realize that proper budgeting is not always an easy task; difference between needs and wants; making wise financial choices impacts what they have to show for the amount of money they spent. Many positive comments were heard from the youth such as, "are we going to do this activity again next month?" "This was fun!" "I need more money!" "I'm saving my money...can I make a deposit in the bank? How does that work exactly?"

4H Members learn the concepts in budgeting and economics

Teaching Life Skills to Youth: Food Preparation

According to the American Heart Association, "teaching youth how to prepare their own food will give them a skill they can use for a lifetime, they will be more likely to eat healthier as adults, and build self-confidence"(Cooking With Your Children; Web MD; May 30, 2008.) Every year, staff members of the Hardin County Extension Service coordinate a variety of youth cooking lessons, classes, clubs, day camps and programs in an effort to teach nutrition, healthy living, food preparation skills and creating one-of-a-kind youth-adult partnerships by teaching them how to cook and prepare healthy foods for themselves and their families. We have two ongoing monthly, youth cooking 4-H clubs that involve over 30 youth annually not to mention the two 4-H youth cooking clubs held at Ft. Knox within the Child, Youth and School Services programs. In 2013-2014, three Super Star Chef day camps were held using the Super Star Chef curriculum involving over 30 youth. A new 4-H afterschool club was created this year at North Middle School in Radcliff with the goal of teaching youth in an underserved community about the importance of knowing how to cook basic foods for themselves and learning how to do it healthfully. In addition to what 4-H has done and will continue to do, our agents/assistants reported in 2013 that 1,378 children and youth were reached through Extension programming related to eating healthy foods.

4H Members learn to prepare healthy meals.

“Are we doing this activity again next month?”
-Hardin County 4-H Participant
**Haycraft Urban Garden**

The Haycraft Urban Garden (HUG) started as an appropriation of the Improved Health Outcomes Program (iHOP) Grant received by the Lincoln Trail Health Department in collaboration with the City of Elizabethtown, the Lincoln Trail Health Department and the Cooperative Extension Service. This grant envisions that a community’s health status can be improved through convenient and structured opportunities for physical activity and nutrition education.

The grant provided for an AmeriCorps NCCC team to come and build the raised bed boxes, layout the garden and fill them with compost supplied by the Public Works Department of Elizabethtown. The Team also removed old fencing, weeds and trees from around the property and helped spread the mulch between the boxes. The City of Elizabethtown has provided the land and the water access, with spigot, and time from the Public Works department employees to help remove debris.

Extension’s role for this project is to be the general manager for the neighborhood residents. This includes coordinating efforts to replace fencing, manage the water hoses. Extension has also supplied plants and seed (usually leftover from other programs) to fill the gardens. The Lincoln Trail Area Master Gardeners also have played a major role in recruiting families to plant vegetables in the raised beds; mentor the families in growing vegetables and share recipes and techniques in cooking and preparing the fresh vegetables that are harvested. The Master Gardeners also plan to have several harvest parties to celebrate the first year of the garden.

The residents enjoy being out with their neighbors. Some have even planted more produce to share with those in the neighborhood that don’t get out much or can’t grow a garden of their own, for whatever reason. I have seen this neighborhood rally around the garden.

*Volunteers and families worked hard preparing and planting the Haycraft Urban Garden*

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