

# 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.



*Fourth grade students attend the annual Safety Day program hosted by the Hardin County Cooperative Extension Service.*

### **Hardin County Cooperative Extension Service**

Through collaborations, partnerships and educational programming, the Hardin County Cooperative Extension Service made over 170,000 contacts during the 2014-2015 programming year. Hundreds of volunteers were utilized over 10,000 times giving countless hours to the residents of Hardin County.

Extension programs in Hardin County continuously partner with organizations in our community to bring high quality, research based information to residents in new, innovative ways. Our mission is to bring the information to our clientele so that they will make beneficial lifestyle changes regarding health, finances, land use, conservation, leadership, agricultural and horticultural practices, and youth development.

## PRIORITY PROGRAM EFFORTS

- A total of 142 people are now involved in addressing significant community issues
- 300 youth made an impact in our community through service projects
- 650 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 2,300 citizens acknowledged utilizing leadership development skills learned through Extension programming
- A total of 375 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 750 youth and adults demonstrated informed and effective decision-making skills

## Agriculture and Natural Resources

**Agents: Doug Shepherd and Matt Adams**



The Agriculture and Natural Resources program in Hardin County continues to thrive serving our farmers with their grain, livestock and soil needs. In the 2014-2015 programming year, over 20,000 contacts were made by the Agriculture and Natural Resources program. Educational programs, farm visits, tours and courses like the Master Cattleman program are offered each year to the residents of Hardin County to assist them with their agriculture needs.

### *Farm City Day*

Annual Farm-City Day has been held in Hardin County since 1970. Each year hosting the event is rotated between the rural and urban segments. The rural segment is coordinated by the Extension Farm-City Committee, and the County Chamber of Commerce manages the event on the years the urban segment hosts. This year the rural segment hosted the event which involves a morning fellowship time, then morning tours highlighting that segment industry, and then a luncheon program. Extension leadership solicited some \$6800+ to conduct all aspects of this event. The morning tours were attended by some 120 folks, who toured Hardin County's first distillery (Boundary Oak), in the modern age; and Meadowview Farms, a diversified grain, cattle, swine, and tobacco farming operation.



*Hardin County's first distillery, Boundary Oak, welcomed Farm-City Day attendees with their signature mason jar balloon.*

Producers experienced a new state-of-the-art grain harvesting, handling, and processing operation at the farm, and then got to learn and see how that grain is used to produce a high value-added product locally. Dean of the UK College of Agriculture, Food and Environment spoke on the value of the Land-Grant University System to the 200+ in attendance at the

noon luncheon and program. The program received rave reviews on educational value and content.



*Leaders in both the agriculture and city sector listen to Master Distiller Brent Goodin at the 2015 Annual Farm-City Day event.*

## Family and Consumer Sciences

**Agent: Dayna Parrett**



During the break without an agent, assistant Holly Powell continued various programming throughout the county. Since the hiring of new Family and Consumer Sciences Agent Dayna Parrett in June of 2015, programming has increased and many new partnerships have been formed. The Family and Consumer Sciences Program strives to provide Hardin County residents with educational opportunities on nutrition, financial stability, child development and more, in an effort to increase the number of self sufficient, sustainable families in our community.

*Holly Powell, FCS Assistant, reads to a group of children*



### *Cradle School*

Hardin County Schools and United Way of Central Kentucky sponsor "Cradle School," a program for children birth to five who do not meet the guidelines for preschool. Parents or caregivers bring children to the school once a week where children participate in age appropriate play and learning. The Family and Consumer Sciences Extension Program partners with Cradle School teachers to offer nutrition and child

development activities. Lessons are targeted at the children and are reinforced with the parents and caregivers who attend throughout the year.

### *Hardin County Homemakers*

The Hardin County Extension Homemakers' organization prides itself on giving back. Their generosity extends to volunteering their time, raising money for scholarships and celebrating their successes. They are proud to volunteer their time at the local hospital, various churches, nursing facilities, Habitat for Humanity, United Way, Hosparus, the Wounded Warrior Project and Feeding America to the tune of 18,500 hours in 2014. To pay an employee, it would cost these organizations over \$425,000 in salaries alone. They host craft two bazaars to raise money for their scholarship fund. This year they awarded ten \$500 scholarships and three \$250 mini-grants. With sixteen clubs and 550 members, the Hardin County Homemakers celebrated the formation of the newest club: The Homemakers in Progress (HIP). This group is mostly under 40 years of age looking for Family and Consumer Science education. They are one of the county's bigger clubs with almost 40 members. They have attended some of the traditional homemaker lessons, but have arranged other speakers on topics of interest to the group. They also provided some projects and activities for the county like canvas painting, arm knitting and scrap-booking demonstrations.

*Members of the Homemakers in Progress make homemade gifts after learning about the financial benefits of such projects.*



## **4-H Youth Development**

**Agents: Bonnie Jolly and Marla Stillwell**

*Bonnie Jolly Marla Stillwell*

The 2010 census showed that there were just over 22,00 youth aged 5-19 in Hardin County. By 2020, it is

projected that this will increase by almost 3%, and by 2050, there will be an additional 4,000 youth in our community. In an effort to meet the growing needs of our county, the 4-H Youth Development program in Hardin County has worked tirelessly to continue to provide the traditional clubs and services they always have, in addition to adding more clubs and groups.

### *Clover Bud Club*

An estimated 5,500 of the youth in Hardin County are between the ages of 5 and 8 years old. This age group is referred to as Clover Buds in 4-H. 4-H prides itself on being "a community of young people across America who are learning leadership, citizenship and life skills," and Hardin County 4-H continues to expand their programs by providing these opportunities to Clover Buds. The Clover Bud program in Hardin County is planned and implemented by the 4-H agent and 4-H volunteer and designed as a club where parents are required to accompany their child. The club's monthly activities included the importance healthy eating, science, engineering and technology especially rocketry and community service. The club progressed throughout the year providing the Clover Buds and their families with opportunities they may not get anywhere else. Average attendance at the club meetings and activities was about 20 parents/youth. After another successful year, Hardin County Clover Buds attended Clover Bud Camp, where youth learned additional life skills and family development. Agents have seen an increase in 4-H participation from these families, as they began to enroll their older children in various programs after being introduced to 4-H through Clover Buds.

### *Country Ham Project*

The curing of country hams in Kentucky is a long standing tradition that is sometimes forgotten and taken for granted with the fast food generation of today's youth. For over 5 years Hardin County 4-Hers have taken part in the Country Ham project as a cooperative program with Adair County 4-H. Starting in January, youth brave the sometimes frigid weather as they learn to select and prepare their "green" hams. Working with parents and adult volunteers' participants weigh the appropriate amounts of cure and brown sugar to apply as they prepare hams for hanging in the ham house. Later in the spring youth observe, evaluate and record the changes that have

taken place as they clean, re-sock and re-hang their hams till final removal in August. The information gathered is used to help them plan and prepare their speech. Hardin County participants are required to present their speech as part of the county talk meet and again at the KY State Fair country ham contest. As a result of their participation youth develop a sense of determination and responsibility during the eight month ham curing process. They acquire an appreciation for a long standing tradition while learning the importance of value added to a raw commodity. The culminating experience is the self-confidence gained from preparation, practice and presentation of their speech in addition to enjoying the fruit of their labor.



*Hardin County 4-H youth clean their hams as part of the Country Ham Project.*

**Horticulture**

**Agent: Amy Aldenderfer**

The Hardin County Horticulture Program has been assisting residents of Hardin County for over 20 years. The agent and many volunteers who assist throughout the year offer guidance, identification and diagnoses for various plant and pest problems, as well as suggestions for homeowner’s looking to start a vibrant landscape or home garden.

*Haycraft Urban Garden*

The Haycraft Urban Garden (HUG) community garden 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.

The grant provided for an AmeriCorps team to build raised bed boxes 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. Extension’s role for this project has been the general manager for the neighborhood residents. This includes coordinating efforts to replace fencing, design the garden layout, secure building materials, manage volunteers and provide tools for the construction and garden preparation.

*An Extension volunteer maintains the space at the Haycraft Urban Garden this summer.*



The Cooperative Extension Service also supplied plants and seeds to fill the gardens. The Lincoln Trail Area Master Gardeners played a major role in recruiting families to plant vegetables in the raised beds, then mentoring families, and sharing recipes for the vegetables that are harvested. Some residents have planted more produce to share with those in the neighborhood that don’t get out much or cannot grow a garden of their own, for whatever reason. Most gardeners are reducing their summer food bills by 35% by growing their own food. More than half report that their families are eating more fruits and vegetables than last summer.

<p>COOPERATIVE EXTENSION SERVICE</p> <p><b>UK</b> UNIVERSITY OF KENTUCKY College of Agriculture, Food and Environment</p>	<p><b>The Hardin County Cooperative Extension Service</b></p> <p><i>Extending Knowledge,</i></p>
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