

EXTENDING KNOWLEDGE

Changing Lives

IN HOPKINS COUNTY

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



New Horticulture Extension Agent in Hopkins County

There is finally a new Horticulture agent in the town of Madisonville. Erika Lyons started working for the Hopkins County Cooperative Extension Office back in September. She is originally from Pennsylvania and only recently moved to Kentucky. Erika received her Bachelor of Science degree in Environmental Science from Messiah College and her Master of Science degree in Horticulture at Virginia Tech. Her specific area of interest is in floriculture crops. Erika enjoys spending her spare time gardening, hiking, and bird watching. She is looking forward to meeting new people and becoming more involved in the Hopkins County community.



Horticulture

The 2015 Spring Lawn and Garden Fair

This past April, the Pennyroyal Master Gardeners sponsored the Spring Lawn and Garden Fair at the Hopkins County Extension office. Nearly two-thirds of the Pennyroyal Master Gardeners came out to volunteer for the event. This fair is a community event that offers many great opportunities to educate people on different gardening topics. Seven speakers, which included Master Gardeners, taught informational classes to the public that included the following topics: winter care for lawn and shrubs, gardening 101, how to

Priority Program Efforts

- A total of 167 people are now involved in addressing significant community issues
- 698 youth made an impact in their community through service projects
- 38 local residents implemented practices that promote sustainable agriculture
- 27 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 890 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 549 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1122 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 466 youth and adults demonstrated informed and effective decision-making skills

dry gourds, and grapes. The fair also provides support for local businesses with the presence of lawn and garden vendors stationed around the Extension office. This past year, there were about 15 different vendors in attendance. In addition, the fair also offers informative demonstrations, plant sales, and other activities. The Lawn and Garden Fair has continued to grow every year with more than 330 people attending the event this past spring and hopes to continue to expand in the future.

Family and Consumer Sciences

Seed to Plate

Hopkins County ranks 4th in the state for obesity, and contains multiple areas within the county that are considered “food deserts”, where there are no establishments from which to purchase healthy food choices. In an effort to educate residents about options for healthy food choices, the FCS Agent and ANR Agent combined resources and knowledge to lead a family-friendly hands-on educational experience entitled “Seed to Plate”, to educate both children and adults on the benefits of choosing vegetables and fruits as a part of a healthy diet, and how to grow and prepare



Participants work together to make peach freezer jam.

likelihood to grow fresh produce at home.

Slow Cooking for Fast Meals

In an effort to increase individual’s knowledge and skill of preparing healthy meals at home in a timely fashion, multiple classes focusing on utilizing a Slow Cooker were taught by the Hopkins County Extension

their own fruits and vegetables at home. Post-program surveys indicated an 81% increase in participant likelihood to purchase and cook fresh produce on a more frequent basis, 27% increase in likelihood to utilize the Hopkins County Farmer’s Market, and 18% increase in likelihood

Agent for Family and Consumer Sciences, in conjunction with the SNAP-Ed program assistant. The classes included slow cooker safety, strategies for converting stove-top or oven meals to be able to cook in a slow cooker, examples of healthy meals to cook in a slow cooker, and tastings of multiple slow cooker recipes. In total, over 50 individuals participated in one or both of the classes. As a result of the classes, all participants indicated an increase in knowledge and skill relating to slow cooker usage, and responded via survey that they were able to implement the knowledge and skills learned in the class in their daily routine.

Hopkins County Homemakers Give Back

In the past year, the Hopkins County Homemaker Association has gone above and beyond to provide needed goods, services, and funds to our community. During the past year, Homemakers donated over \$1,800.00 to various organizations, including the Hopkins County Library, UK Ovarian Cancer Research Fund, Pennies for Friendship, and Baptist Health Madisonville. Members also participated in the Library Cupcake Wars, gave a \$1,000 scholarship to a local student, and made blankets for medically fragile children in Hopkins County. Individual clubs also donated to local food banks, clothing drives, and participated in recycling programs.

4-H Youth Development

Hopkins County 4-H Teens Achieve Excellence!

The 2014/15 program year marked several milestones for an All-Star cast of graduating and recently graduated 4-Hers. The year was highlighted by successes from Amanda Morrow, Blake Dickerson, Landon Withers, and Amelia Iliohan.

All 4 teens have achieved success in the 4-H Achievement program; both Blake and Aman-



Amelia Iliohan 2015 State 4-H Secretary

da had received their 4-H Gold honor the previous year and both Landon and Amelia earned theirs the 14/15 project year. Only thirty 4-Hers in the State of Kentucky earn their Gold Level, after an extensive application and interview process each year. Hopkins County has been fortunate enough to have four in the last two years. Not only did they earn their Gold but Amanda, Blake, and Amelia all earned the right to interview for the prestigious Emerald Award. Only the top ten Gold recipients each year are eligible to compete for the Emerald, which is awarded to only the top four in the state! While none received their Emerald this past program year, Blake, Landon and Amelia will all have the opportunity to interview again in the 2015/16 program year.

To cap off an impressive year, Amelia Iliohan also campaigned for a State 4-H Office. She was slated to run for State Secretary and after running a very efficient campaign, was elected to be the Kentucky State 4-H Secretary for the 2015/16 program year. Amelia is just the second Hopkins County 4-Her to be elected to a State 4-H office, the other being Josh Pruitt, who served as State 4-H President.



The sewing project is a traditional program that builds youth development.

A Stitch In Time

The 4-H Sewing project is a very traditional 4-H program, which still provides youth and adults with many learning opportunities and skill devel-

opment. Individuals who learn to sew are developing skills for a fulfilling, stress-relieving hobby.

The Hopkins County 4-H program partnered with volunteer leaders at the Larry Carney Center, youth community center, to host a sewing camp. The lead volunteer inquired about Extension being involved in having such an event for local youth. Her goals included: sparking creative interests, relationship development, mentoring, expose youth to opportunities for service with their community, positive alternatives, developing life skills, allow an outlet for at risk youth and provide a positive safe environment for learning. The Extension service proved to be the perfect fit partner for such an endeavor. Five volunteer leaders met to plan, prep and practice for the one day sewing camp.

9 youth attended the 6 hour day camp along with 5 volunteer leaders who assisted the youth in practicing sewing on buttons, choosing fabric, equipment and equipment parts, simple small stitches by hand and how to use a sewing machine. The youth practiced what they learned through instructions, while completing a 4-H sewing project. They each made their own laundry bag. All youth provided positive feedback about the event and the 4-H Agents and lead volunteer are currently working and planning to make this a continuing program throughout the year.

The youth continued to attend sewing workshops. 6 youth practiced their new skills while constructing a completed skirt. Each youth will enter their project in the county fair.

Agriculture and Natural Resources

Hopkins County Ag Extension Today

If one were to give a “2015 State of Agriculture” address in Hopkins County, KY the speech would be all inclusive, cover a wide variety of topics, and highlight the bountiful harvest that was produced by Hopkins County’s producers this year. Critics

would agree that many records will be set both nationally and locally in regards to both crop production and comparisons of total farm revenue from 2014 to 2015. Agriculture Extension efforts continued to provide programming throughout the 2015 calendar year that provided both economic production data and time sensitive information relevant to all production areas. Programs that were implemented during the 2015 season were the Multi-County Poultry Litter Project, Tri-County Grain Improvement Series, 2014-2015 Hay Quality Contest and Comparison Project, Unmanned Aerial Vehicles in Agriculture Programming, and Cover Crop Studies.



Allan Legrand harvests corn from the 2015 Hopkins County Poultry Litter plot.

Poultry litter and other alternative means of soil fertility have been used in Hopkins County. Questions have always been raised regarding the comparison between these types of soil amendments and conventional fertilizers. With that said, Hopkins County was selected as one of four counties to host poultry litter test trials. Comparisons will be made between poultry litter and traditional commercial fertilizers in order to solve the above mentioned question.

In addition to poultry litter research, the Tri-County Farm Management Series was implemented. The Series, which totaled 9 research plot in Hopkins, McLean, and Webster counties included representation from many of the regions seed corn companies including Stine, Pioneer, Agrigold, Channel, and Dynagrow. Grain Sorghum research was also a pivotal part of the 2015 study. 2015 was once again a fantastic year to conduct hybrid research. Participation and cooperation between Herring Farms and Roberts

Farms was crucial to the success of the research conducted and was much appreciated.

While Hybrid research was critical, the “Unmanned Aerial Vehicles in Agriculture” programming reached audiences that were both new to products such as the DJI Phantom UAV, but also Extension. Multiple meetings were conducted across the state with producers from many production areas attending the presentations. Attendees were instructed on the integration of both technology and smart phone technology into their day to day operations. Efficiency, time management, and return on investment were all key concerns and allowed for enhanced program options for future classes. Producers from Webster, Hopkins, and McLean counties attended the meeting and the programming has been well received on a state-wide basis.

In conclusion, to wrap up the “2015 State of Hopkins County Agriculture” Speech, one would come to the conclusion that it is a strong one. From innovative producer meetings to emerging technologies, the goal of Agriculture Extension remains to push the bounds of both efficiency and education for our clientele.

<p>COOPERATIVE EXTENSION SERVICE</p> <p>UK UNIVERSITY OF KENTUCKY® College of Agriculture, Food and Environment</p>	<p>The Hopkins County Cooperative Extension Service</p> <p><i>Extending Knowledge, Changing Lives</i></p> <p>For more information, contact us at: 75 Cornwall Drive Madisonville, KY 42431-8780 (270) 821-3650 Fax: (270) 825-5011 www.ca.uky.edu</p>
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