



EXTENDING KNOWLEDGE

Changing Lives

IN LARUE COUNTY

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



Left - Weekly LaRue County Farmers Market held in June & July during 2016 season. Right - Some Extension staff assisted local Farm Bureau leaders to hold a Farm and Food Appreciation Dinner on the downtown Hodgenville square during summer AgStravaganza activities.

Promoting Local Foods - The Farmers Market and local Agribusinesses provide access to nutritious foods grown in the area, while supporting the livelihood of our local producers.

During the summer of 2016, eleven producers and three local food vendors participated in some part of the eight-week LaRue County Farmers Market which reached an average of 200 consumers per week.

The Food & Nutrition (EFNEP) Assistant set up at six of the Farmers Market events reaching around 1,200 persons. She promoted eating more local fruits and vegetables to consumers. Extension resources were also shared on food preparation, food safety, and food preservation. After tasting recipe samples, 90% of consumers stated they would try the recipe at home.

The Farm & Food Appreciation Dinner showcased local produce and Kentucky food products. It helped promote Plate It Up KY Proud recipes, which are created through a partnership between the Cooperative Extension Service and the KY Department of Agriculture.

Priority Program Efforts

- A total of **190** people are now involved in addressing significant community issues
- **425** youth made an impact in their community through service projects
- **35** local residents implemented practices that promote sustainable agriculture
- **186** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **93** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **525** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **365** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **440** youth and adults demonstrated informed and effective decision-making skills
- **29** individuals incorporated new or additional conservation practices.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

FAMILY & CONSUMER SCIENCES

Expanded Food and Nutrition Education Program (EFNEP) promotes Accessing Nutritious Foods LaRue County EFNEP Assistant along with the Agriculture Agent assisted 40 boys at **Life Connection** residential facility in preparing and planting a raised bed garden. Seventy-five percent of the group had never planted a garden before. The boys planted and cared for the garden and in return were able to enjoy a variety of fresh vegetables. The vegetables were prepared and served by the facility staff. As a result, the boys tried many vegetables new to them. Through twice a month hands-on recipe demonstrations by the EFNEP assistant, the boys also increase their knowledge of food preparation and food safety, which will be needed when they are released from the facility after age 18.



Used Kentucky State University mobile kitchen at Food Pantry demonstration featuring winter squash.

Shepherd's Pie Food Pantry serves an average of 125 households per week in LaRue and surrounding counties. The EFNEP Assistant conducts nutrition classes twice a month. By offering recipe samples, participating families have increased the amount of vegetables they take home by 70%. Families are taught how to plan and prepare meals to stretch food dollars and eat for better health.

Some recent comments from participants are:

“She has given me info on foods that are healthy and those I have bought that are not. I now eat healthier. My doctor has commented on my improved health.”

“She has introduced lots of recipes to my family so they eat more veggies.”

“My children are now eating vegetables thanks to her recipes and food samples. This has been a blessing for our family as we are now eating healthy foods.”

Empowering Community Leaders

FCS Advisory Council promotes communication on local needs and resources. It helps promote networking in the county between service providers, volunteers and educational resources. The council helps direct where Family & Consumer Science resources are used and facilitates communications between service providers covering LaRue County. This increases awareness of issues facing local families and allows us to partner on how we address them and stretch our community resources.

Partnership between Resource Providers

An example given by the contact at a local food pantry, “You will be interested to learn that the resources made available at this meeting are useful to us at Shepherd's Pie. We try to incorporate them into our program whenever possible. ...specific leads from your office and other groups we learned about through the quarterly council meeting have made a difference for our clients.”

-Food Pantry Supervisor

Making Healthy Lifestyle Choices

Diabetes Education Outreach: According to the 2015 KY Diabetes Report, in 2013, Diabetes was the 7th leading cause of death in Kentucky. Both Type 1 and Type 2 Diabetes are associated with long term complications that threaten quality of life. The Extension Service partnered with the District Health Department to offer six hours of education on Diabetes Management. This information was shared through three classes to nine persons who are dealing with the disease themselves or have a family member with this condition. All attendees expressed the class will help them solve problems that come about in daily life as they deal with their diabetes.

2016 Walking Challenge: In the Spring, 69 persons participated on 13 walking teams, walking around 27.6 million steps and travelling 13,798 miles over the six-week challenge. Participants helped motivate each other through a Facebook group page.

Securing Financial Stability

Onsite Classes for Employees: We partner with Nationwide Uniform to offer monthly nutrition classes and quarterly financial management classes.

4-H YOUTH DEVELOPMENT

LaRue County participants first started the 4-H country ham project in 2014 with 5 participants, traveling to Meade County to cure their hams. Participation has grown each year with 11 participants in 2015 and 19 in 2016. Participants are also increasing their communication skills. They each present a speech at the county and state level about the ham project.

In 2016, grant funds totaling \$3500 were secured to help make the ham house possible in LaRue County. The project is open to adult and cloverbud participants as well.



4-H Country Ham participants pose for a picture just before the live auction held at Lincoln Days.

A 4-H Country Ham Auction was added in 2015 in conjunction with Lincoln Days. At the first auction, in 2015, all participants sold a ham and the auction prices ranged from \$110 to \$210 with a total of \$1,770 being raised. Eighty percent of that money went to the 4-Hers and 20 percent for ham project expenses. In addition, the local Farm Bureau Federation donated \$420 to cover half of the expenses for the ham participants to purchase their hams for the 2016 project. Seventeen 4-Hers sold their hams in the auction held at Lincoln Days in 2016 with prices ranging from \$100 to \$300. The total auction brought in \$3,435 with 80% going to the 4-Hers. The average sale price was just over \$200. The local Farm Bureau Federation also donated \$500 toward the 2017 project to be divided among participants to go toward their registration fee.

4-H Camp is an excellent opportunity for youth to learn to live in a group setting. For many, it is their first time away from home. They learn responsibility because they have to keep up with their own belongings. Living in the cabin setting teaches them

to work together as a team. Camp offers youth the opportunity to try new things to find out where they may have interest and skill. For many campers, it is the first time they have been in a canoe or went down a zip line. Many campers shoot a rifle or a bow for their first time at 4-H Camp. Camp also provides excellent leadership opportunities for the teen leaders, as well as the adult leaders. 4-H Camp is a longstanding tradition in LaRue County for many families.



Kimberly Vasquez enjoyed canoeing at 4-H Summer Camp.

4-H School Clubs and Project Clubs offered to LaRue County Youth

In LaRue County, youth have many choices when it comes to 4-H clubs. All 4th, 5th and 6th graders in public school are involved in a 4-H school club. A 4-H Teen Club is also offered to 7th – 12th graders and a Cloverbud 4-H Club is offered for 5 -8 year olds. In addition, youth can choose to be involved in one or more of the eleven 4-H project clubs. The project clubs normally meet monthly either in the evening or after school. Project Clubs offered are: Shooting Sports, Horse, Livestock, Rabbit, Poultry, Dog, Cooking, Gardening, Arts and Craft Explorers, Sewing, and Canoe and Kayak.

“We are learning so much in the monthly 4-H Club meetings. I had no idea 4-H has so much to offer. I’m really glad we got involved.”

- 4-H Parent

AGRICULTURE & NATURAL RESOURCES

Crop Production Systems - Grain Crops

Acres dedicated to grain production in the county continue to dominate the landscape. Grain seed companies continue to release new technology packages and hybrids that are available for purchase. Local, unbiased, research based variety trials showcase how they perform in LaRue County under local growing conditions and management.



2016 Grain Field Day attendees learn about double crop soybean varieties.

The LaRue County Cooperative Extension Service, in cooperation with a participating farmer and local seed dealers, continues to conduct our annual County corn and soybean variety trials. In September 2016, a field day was held and 70 people attended to observe a visible comparison among the 30 corn replications and 28 soybean replications.

Harvest results were compiled and then distributed to over 150 producers, posted to the LaRue County Extension Service Website, shared on social media, featured in the local newspaper's Farm & Home page. County Corn variety yields in 2016 were excellent with an average of 240 bushels per acre. The double crop soybean plot averaged 67.3 bushels per acre. The county test plot was a little higher than county yields, but comparable to other early planted corn and double crop soybeans throughout the county.

Crop Production Systems – Industrial Hemp

LaRue County is home to several progressive, forward thinking farmers. A few of these farmers decided to pursue the production of hemp for grain. These farmers grew the first crop of industrial hemp since before World War 2, and naturally, there were many local citizens and farmers that were curious to learn more about the crop.

The LaRue County Extension Office reached out to specialists at the University of Kentucky and Western Kentucky University to discuss weed control, fertilization, planting, and harvesting techniques. We also had a local hemp processor

there to speak about marketing options and the different hemp varieties that they were using throughout the state. We then allowed the farmers who were raising hemp in the County to share some of their learning experiences thus far with the crop.

A total of 66 individuals attended the Grain Field Day. Afterwards, many farmers walked out into the hemp fields behind our event location to observe the plants and have questions answered by University specialists. We had attendees from five different counties and several stated that they found this more convenient than traveling to Lexington or Bowling Green for similar field days. A feature story on the event was also spotlighted on the front page of the local newspaper which goes out to 4,500 people.

Beef Production

LaRue County has over 13,000 head of beef cows, making cattle one of the largest farm income sources in the County. Advances in beef management have occurred as a result of programs associated with the Agricultural Development Fund.

Monthly educational meetings were held in conjunction with the County Beef Association. Average attendance was 74 producers. Topics included the Hay Baleage, Farm Estate Planning, Winter Cattle Nutrition, Pasture Improvement, Pasture Maintenance, and Tips for Buying and Selling Online.

In addition, seven local producers also participated in an area Applied Master Cattlemen Program where they experienced hands-on lessons about forage establishment, advanced nutrition management, and advanced genetics selection.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

LaRue County

*Extending Knowledge,
Changing Lives*

For more information,
Please contact us at:
P.O. Box 210,
807 Old Elizabethtown Rd.
Hodgenville, KY 42748-0210
(270) 358-3401
Fax: (270) 358-9418
larue.ca.uky.edu



College of Agriculture,
Food Science, and
Sustainable Systems