

# Trimble County Extension

## May 2023 ~ Newsletter



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

*4-H Youth Development  
Family & Consumer Sciences  
Agriculture and Natural Resources*

Trimble County  
43 High Country Lane  
Bedford, KY 40006  
Phone (502) 255-7188  
<http://trimble.ca.uky.edu>



## *Farmers Market Kick - Off*

May 4, 2023

3:00 - 7:00 p.m.

Courthouse Square  
Bedford, KY

- Community Event!
  - Local producers!
  - Giveaways
  - Games!
- Trimble Cattlemen selling burgers



**Join us every Thursday!**  
**Courthouse Square ~ Bedford, KY**



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Agriculture & Natural Resources

Summer is right around the corner! This time of year, we tend to schedule less in office events due to the demands of farming, crops and home gardens. However, that does not mean we are not here to meet your needs. I am more than happy to come out to your farm or home for any hands-on questions you may have.

Be sure to reach out, and we can schedule a visit!

Contact Information: (502) 255-7188 or regina.utz@uky.edu

*Regina Utz*

Agent for Ag & Natural Resources

### Upcoming Events & Dates

#### MAY

##### May 4: Trimble County Farmer's Market Kick-Off!

Trimble Courthouse square, 3:00 -7:00 pm Weekly on Thursdays thru October

##### May 8: Trimble County Cattlemen's Meeting

Reproduction and Record Keeping with Dr Les Anderson

Trimble County Extension Office, 6:00 pm

##### May 9: OAK Farmer Field Day- Pastured Livestock for Soil Health

Faul Family Riverside Farm, Sulphur, KY 1:00 – 4:00 pm. Registration Required!

<https://www.oak-ky.org/field-days>

##### May 13: Pond Management Field Day

1606-A Grange Drive, La Grange, KY, 10:00 am

##### May 14-19: International Grasslands Congress

Northern Kentucky Convention Centre, Covington, Kentucky

##### May 18: Third Thursday Thing- Aquaculture

KYSU Harold R. Benson Farm, 10:00 am -OR- [www.youtube.com/kysuag/live](http://www.youtube.com/kysuag/live)

##### May 30: Beekeeping Basics- Pt. 1

Trimble County Extension Office, 6:00 pm

#### JUNE

June 10, 12-16: Trimble County Fair at Trimble County Park

## 4-H Youth Development

*Robb R. Ham III*  
Extension Agent for 4-H Youth Development



### 4-H Horse Club

May 9, 2023 6:30 p.m.

Trimble County Extension Service

### 4-H Livestock Club

May 16, 2023 6:00 p.m. Vet Check Day

Trimble County Park ~ 2 hour meeting

## Family & Consumer Sciences

*Jane E. Proctor*  
Agent for Family and Consumer Sciences

### Trimble Thimbles Sewing Group

Saturdays, 11:00 a.m.

at the Trimble County Senior Center (County Park)

3240 Hwy 421N • Bedford, KY 40006

Experienced or beginner, all are welcome!

### Simply Sharing Homemaker Group

Wednesday, May 17, 2023 9:30 a.m.

Field Trip: Little Mount Lavender

Call to rsvp: (502) 255-7188 by May 15, 2023

We're walking across Kentucky this summer!  
417 miles! June 1 - August 1, 2023

All Ages are welcome!

We'll start you off with these "steps":

- Join as a team or solo
- Participants receive a weekly newsletter
- All physical activity types count as "steps."
- The first 10 people to register will receive a free t-shirt!
- Register by May 12th online at:  
[tinyurl.com/963yftu8](http://tinyurl.com/963yftu8)  
- call (502) 255-7188  
- scan qr code at right  
- or in-person at

Trimble County Extension Service,  
43 High Country Lane, Bedford, KY.



UK College of Agriculture,  
Food and Environment  
Family and Consumer  
Sciences Extension

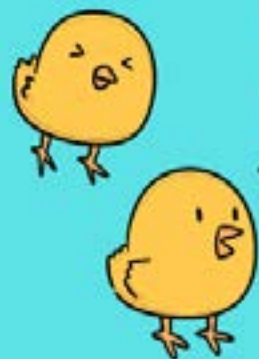
## Raising Backyard Poultry

Raising and caring for your flock!

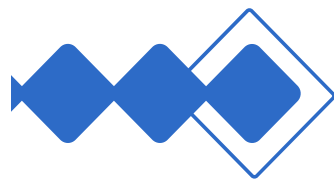
May 24, 2023 6:00 p.m.

Trimble County Extension Service

Please call (502) 255-7188 to  
rsvp for the program by 5/22.







COOPERATIVE EXTENSION



# Report to the people Trimble County 2022

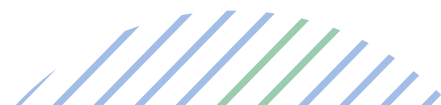


## Agriculture & Natural Resources

### Beekeeping Basics

As a result of an Agriculture and Natural Resources interest survey, this past February, a Beekeeping Basics class was offered in Trimble County. This was the first step in the direction of creating a Trimble County Beekeeping Association. The program was taught by the Oldham County Beekeepers Association President. With his wealth of knowledge, we were able to help multiple families explore a new opportunity. While this was targeted at new beekeepers, there were many seasoned beekeepers in attendance. One of them said, "you can never learn too much about beekeeping!" The speakers brought in real equipment to pass around for people to look at for reference.

There were 34 people in attendance. Many of them being there to get the basic skills and decide if they were ready to tackle this project. Completed surveys at the conclusion of the program indicated that half of the attendees are interested in forming a Beekeeping Association in Trimble County. Some other good things we found out from the survey offered was that there are people that attended that are already raising bees, but with no prior knowledge. Through the survey we were able to find out that eight people have never attended an Extension program before. This was super exciting to know that we are able to continue to reach a wider audience in our community!



## Family and Consumer Sciences

### Food & Recipe Club

Research is clear that a diet rich in fruits and vegetables can help protect against several chronic diseases, such as obesity, type 2 diabetes, heart disease, and some cancers. Kentucky falls below the national averages with only 8% of adults meeting daily recommendations for fruits and

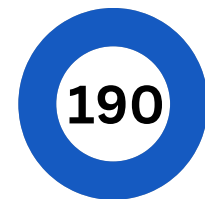


6.3% meeting recommendations for vegetables. In response to these statistics, the Trimble County FCS Extension agent offered a paper mail recipe club for calendar year 2022. It featured the Plate It Up! Kentucky Proud recipes and other Extension-supported recipes and encouraged the consumption of locally produced fruits and vegetables. More than 100 people have joined the recipe club and have received up to 10 recipes monthly. After the program, approximately 93% of participants reported being more likely to buy a fruit or vegetable after receiving the recipe cards.

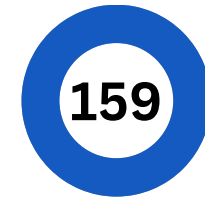
## PROGRESS OF OUR PROGRAMS



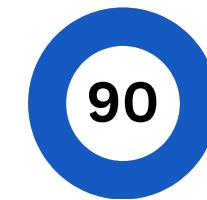
Number of 4-H volunteer hours of service contributed



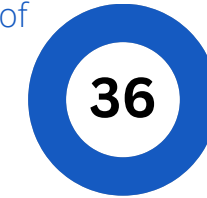
Number of people who gained information on beef nutrition, animal health, genetics, reproduction and/or facilities and equipment



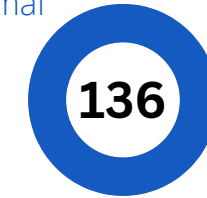
Number of individuals who reported preparing more healthy home-cooked meals



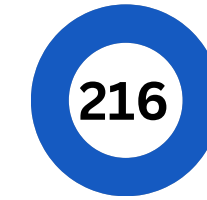
Number of youth who participated in overnight, 4-H summer camp



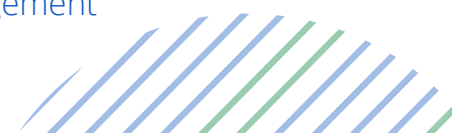
Number of people who increased knowledge of horse health, nutrition and care



Number of people who have collected soil samples for testing



Number of individuals who gained knowledge related to financial management





## 4-H Youth Development



### Ham Curing Project

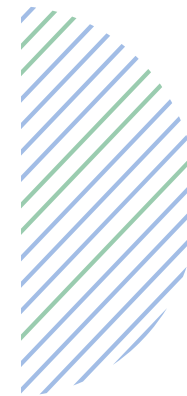
Trimble County's 2023 Ham Curing Project currently has six youth and 23 adults participating which is an increase of 141% over the previous year's program. The 4-H Country Ham project begins in January when each participant receives one or two raw hams. The 4-H members choose their hams, trim them from the hock, weigh them, apply cure mix to them, wrapped them tightly in paper and placed them in socks to hang until spring in the ham house.

In May, the participants will return and scrub their hams clean, wash them, and place them back in ham socks to hang a little longer through the summer sweat. In the meantime, the 4-H members are preparing for their speech/essay to present at the 4-H Country Ham Day at the Kentucky State Fair; each member will write their own speech based on their experience with the 4-H Country Hams Project this year.

For the final step in August, the Trimble County 4-H members will clean their hams once more, weigh each of their hams and selected which ham they believed to be the best to send to the Kentucky State Fair to be judged and exhibited. Three of the 4-H youth are returning participants, while three are new to the program. All have expressed interest in continuing beyond this year.

### *DID YOU KNOW . . .*

The University of Kentucky Cooperative Extension Service serves as a link between the counties of the Commonwealth and the University of Kentucky to help people improve their quality of life and build better communities. As part of a Land Grant University, we are guided by the values of learning, discovery and engagement. The University of Kentucky Cooperative Extension Service has agents and support staff working in all 120 counties who serve as local resources to provide this service.



### OUR MISSION

The University of Kentucky Cooperative Extension Service provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future.



Website: <http://trimble.ca.uky.edu/>



Facebook: @Trimble County Cooperative Extension



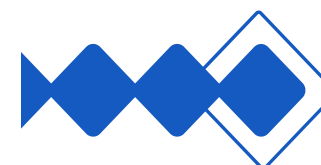
YouTube: Trimble County Cooperative Extension

### CONTACT US

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[trimble.ext@uky.edu](mailto:trimble.ext@uky.edu)



### WE ARE HERE TO HELP

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



Trimble County

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Bedford, KY 40006-0244

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