

Report to the people *Trimble County 2023*



Agriculture & Natural Resources



Trimble County Farmers' Market

In January 2023, the Trimble County Agriculture and Natural Resources agent started researching a potential farmers' market in Trimble County. The ANR agent was talking with the Agriculture Advisory Council about needs in the county, a large one was a farmers' market. The community was best suited for markets on Thursdays, 3:00 -7:00 p.m. at the Courthouse in Bedford. The location was selected based on where the most traffic travels through at that time.

The market ran from May until October. There were 14 vendors signed up and a continuous set of 4-6 vendors set up weekly. There were events for kids to participate in and giveaways to support teachers. There were 6 entities in the community that were participants in the farmers' market. A group of 5 people make up the farmers' market committee. Together with the extension agent, they are in charge of how the market runs every week. The amount of customers each week varied from approximately 35-150 people. Plans are underway for the 2024 farmers market season.

Family and Consumer Sciences

Cultural Cook Along Program

More individuals from diverse backgrounds are calling Kentucky home. Learning about different cultures and customs is important for area residents as they learn to live with others from around the world.

A 3-part, hybrid cook-along-from-home series (via Zoom and in-person) was presented that focused on the countries and cultures of Spain, Italy, and France.

More than 100 adults from the general public registered to attend one or more of the on-line sessions, with 12-25 participants attending on-site in Trimble County. Those who attended learned about the foods being prepared, were introduced to food handling tips, and learned about the culture or country being featured.

Survey results revealed that:

94 percent indicated they learned about a culture or country they had not explored before.

100 percent shared they would try other culturally diverse recipes.

81 percent were inspired to cook other “from scratch” recipes.

49 percent indicated they learned cutting and chopping techniques.

54 percent shared they learned more about safe food handling including how to prepare items in advance to use later in a recipe.

72 percent tried foods they had never tried before including Gazpacho, Espinacas con Garbanzos, Tiramisu, and Lemon Ice.

PROGRESS OF OUR PROGRAMS

4509

Number of 4-H volunteer hours of service contributed

43

Number of youth who participated in leadership training

67

Number of people who gained knowledge of forage production, management and/or profitability which could include species, best management practices for species, forage harvest and storage, pasture renovation

225

Number of people who have collected soil samples for testing

159

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

31

Number of people who gained knowledge in consumer and home horticulture including native plants, disease and pests, composting, site analysis, and proper maintenance

4-H Youth Development



4-H Camp

4-H Camp has been an integral part of the Cooperative Extension Service program for over 100 years. Club members look forward to the fun and adventure of 4-H Camp. 4-H Camp can be a good learning experience for youth as well as for the adult volunteers.

In 2023, Trimble County took a total of 119 people to camp. The campers learned a number of valuable lessons and life-long skills while attending camp, such as group living, decision making, responsibility, honesty, conflict resolution, time management, and communication skills.

In addition, firearm safety skills were taught during rifle and archery classes. In all, campers had 12 different activities to choose from.

Trimble County is fortunate to have a dedicated group of volunteers who attend 4-H Camp each year. This year we had one adult volunteer with more than 15 years of volunteering at camp. Two of our adult volunteers have come completely through the program as campers, teens, and now adults. Teen leaders are very important in being able to relate to the campers and serving as role models. Each year, teens must apply and interview for their position as Teen Counselors. This process introduces them to the interview and application process, so that when they enter the workforce, they will be more prepared. As a result of 4-H Camp, youth are taking the skills learned at camp and implementing them into their daily life.

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Trimble County Extension Service Staff

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WE ARE HERE TO HELP

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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