

2024

TRIMBLE COUNTY
EXTENSION SERVICE

KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

REPORT TO THE PEOPLE



Did you know . . .
**53% of land in
Trimble County is farmland**

2024 Program Efforts:

- 320 producers conducted soil samples
- 20 people improved or maintained on farm record keeping practices
- 30 producers conducted hay testing
- 110 number of individuals who reported improved knowledge, opinion, skills or aspirations regarding the safe storage, handling, preparation and /or preservation of food
- 89 number of volunteers addressing community issues by assessing needs, developing programs and/or implementing solutions
- 90 youth, teens, and adults attended 4H Camp

Trimble County Extension Office Staff

Jane Proctor

Family and Consumer Sciences Agent

Ralph R Hance III

4-H Youth Development Agent

Regina Utz

Agriculture and Natural Resources Agent

Leslie Cutshaw

Staff Assistant

Tammy Nixon

Part Time Staff Assistant

Contact Us

Trimble County Cooperative Extension

43 High Country Lane

PO Box 244

Bedford, KY 40006

ph 502.255.7188

www.trimble.ca.uky.edu

Facebook:

@ Trimble County Cooperative Extension

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Step Into Nature

As of August 30, 2023, Kentucky has the sixth-highest obesity rate in the U.S., with 48.78% of its population affected. The state also ranks second for obesity among adult men and 18th among adult women, and 32% of residents are physically inactive. Research shows that healthy eating and regular exercise can improve health and reduce chronic diseases. In response, the Trimble County Extension Service launched the Step Into Nature hiking program to promote physical activity and an active lifestyle. Each hike featured discussions on health topics, such as the benefits of hiking, along with UK Health Bulletins. The program was led by the Family and Consumer Science agent, with local landowners providing hiking locations. All of the participants reported learning the importance of physical activity and enjoying the social and mental health benefits of connecting with others while exploring different areas of the county.



Savor the Flavor

Studies show that individuals who cook at home are more likely to consume recommended portions of fruits, vegetables, lean proteins, and whole grains. Gaining culinary skills increases the likelihood of choosing homemade meals. To encourage home cooking, the Trimble County Extension Office launched the Savor the Flavor initiative, focusing on diverse cooking methods and flavor enhancement techniques. This program aimed to equip participants with practical skills for preparing flavorful meals. Despite common cooking uncertainties, many participants expressed a desire to improve their culinary skills and try new flavors. The workshop attracted 38 attendees, with 29 completing post-workshop surveys. All participants expressed a commitment to making changes. Key takeaways included learning to peel ginger efficiently, exploring stir-fry dishes, incorporating more vegetables, and experimenting with new ingredients and techniques.



Agriculture Funding Workshop

On June 11, 2024, Trimble County Extension Office hosted the Agriculture Funding Workshop. In collaboration with multiple entities across the state, the Workshop was presented to bring awareness to the consumers of the county of what funding avenues and business building avenues were available. The presenters included, Kentucky Department of Agriculture, KADF, UK Extension, NRCS, FSA, Trimble County Conservation, KCARD, & KSU.

There were over 60 people in attendance at the event. This has helped people be able to have options and opportunities they never thought possible on their farms. About 40% of attendees were new/beginning farmers. This is a program that will be available for years to come.

Celebrating Women in Agriculture

On March 7, 2024 the Trimble County Agriculture and Natural Resources agent, hosted the first Celebrating Women in Agriculture at the Trimble County Extension Office. The purpose of this event was to help encourage, educate, and introduce women throughout the county and surrounding areas. There are a lot of women getting more and more involved in agriculture. During this program, we had two speakers that talked about their journeys in agriculture.

There was a group of 24 women listening to our speakers. After the meeting ended, we had a lot of positive feedback. One producer said she was “so excited to meet other women in the community who had similar interests.” She had just moved to the area and didn’t know where to get started on finding information and people who could help her get started on her own property goals. After this meeting, she was able to connect with others.





Chick Embryology

Chick embryology sparks children's natural curiosity about living things and aligns with both Kentucky Department of Education and National Science Standards. This year, the project expanded to include both county elementary schools, along with homeschool groups visiting the library's incubator. In all there were 325 youth served by this program. In which the agent provided equipment, supplies and materials.

Students gained knowledge in key areas:

- (1) Life Cycles – understanding birth, growth, reproduction, and death in animals.
- (2) Basic Needs – recognizing that animals require a habitat, food, air, and water for survival. Students also developed skills in: (1) Calendar Tracking – marking each day during the 21-day incubation process. (2) Writing – creating reports and defining terms like “oviparous” (egg-laying animals). (3) Sequencing – illustrating the chick development process.

It was a successful, engaging project.

4-H Livestock Club

Trimble County is a rural area along the Ohio River, located midway between Louisville and Cincinnati, with 95% of its residents living in rural areas and only 5% in urban settings. The Trimble County 4-H program, rooted in agriculture, has focused primarily on farming topics. However, as fewer children grow up on farms, the program is shifting towards a broader focus, including science, education, and urban topics, while still maintaining its agricultural roots.

The Trimble County 4-H Livestock Club teaches children how to raise and show animals like cattle, sheep, goats, and swine. This year, 19 participants joined the program, including eight Clover Buds (ages 5-8). The club is led by one certified livestock volunteer.

Members must complete six hours of educational sessions on topics such as breed identification, feeding, and disease recognition to be eligible to show their animals at the County Fair. In 2024, 19 participants raised a record \$48,725 at the livestock auction, surpassing previous years' totals.

