

Report to the people *Trimble County 2022*

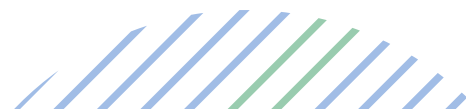


Agriculture & Natural Resources

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!



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

1,771

Number of 4-H volunteer hours of service contributed

90

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

36

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

190

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

136

Number of people who have collected soil samples for testing

159

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

216

Number of individuals who gained knowledge related to financial management

4-H Youth Development

Ham Curing Project



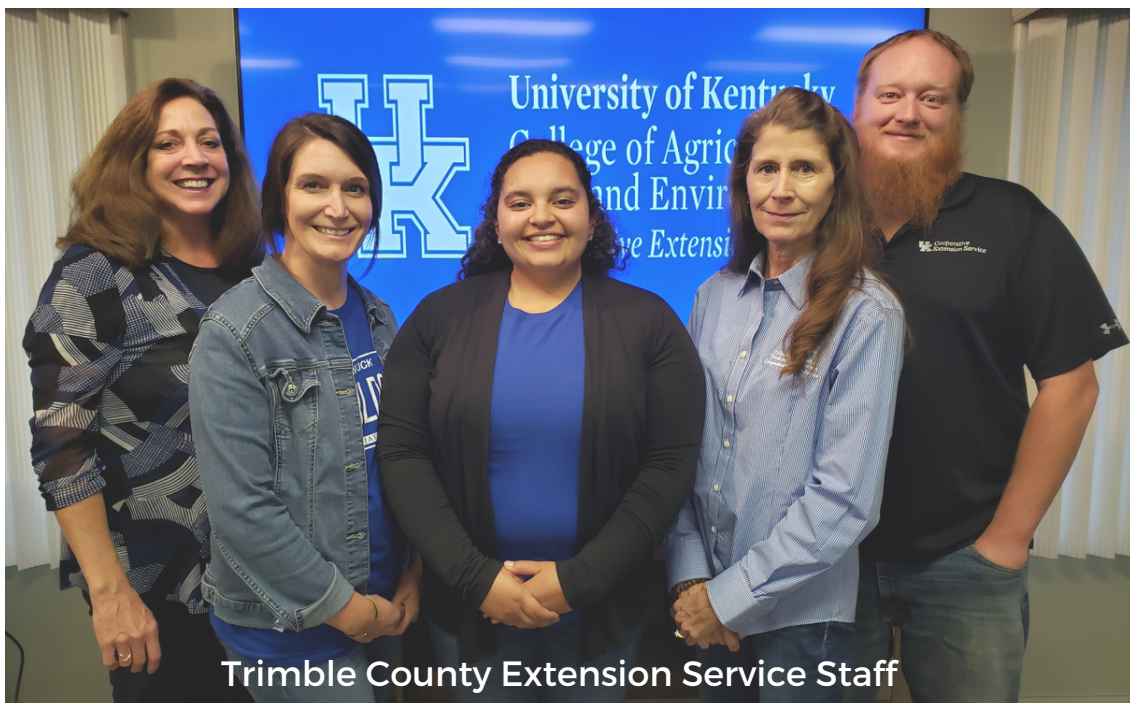
Trimble County's 2023 Ham Curing Project currently has six youth and 23 adults participating which is an increase of 141% over the previous year's program. The 4-H Country Ham project begins in January when each participant receives one or two raw hams. The 4-H members choose their hams, trim them from 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.

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Trimble County Extension Service Staff

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