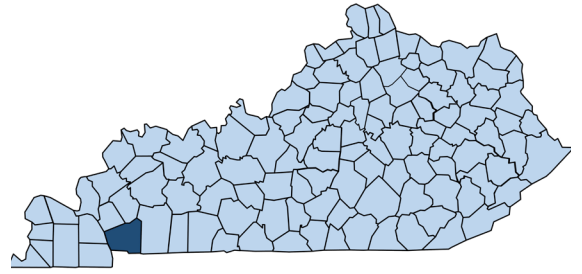


REPORT TO THE PEOPLE



Trigg County 2021



DID YOU KNOW... Trigg County 4-H Youth Development has 2 teen leaders currently serving on Kentucky State Leadership



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



Facebook: <https://www.facebook.com/Trigg4h>

For More Information, Please Contact us at:
Trigg County Extension Office • 270-522-3269 • trigg.extension@uky.edu
2657 Hopkinsville Road, Cadiz, KY, KY 42211

4-H Youth Development



4-H Youth Development partnered with a local youth center to bring a better awareness of agriculture to youth.

20

Number of youth who know how to follow a recipe to make something to eat.

53

Number of youth who applied the skills they learned in 4-H to home, school, or community.

Agriculture and Natural Resources

In an effort to help local cattle producers improve their calf management and potentially get higher prices at market the local ANR agent worked with UK specialist Dr. Kevin Laurent to conduct the Post Weaning Value Added Program in Trigg County. Incentives are provide to producers to capture cheap, easy weight gain on calves after weaning them and sell them for a premium.

The county's program started with three producers in 2019--all showing a profit. There are currently two producers enrolled in the program for 2021 and two more planning to enroll. The PVAP program helped convince producers who were considering new practices in calf marketing to implement those practices. Their continued participation is proof positive that it does work. One participant who has been selling at two or more CPH sales every year said, "I haven't always been happy with what our CPH calves sold for, but I used to be unhappy with what my calves brought."

Trigg County 4-H Youth Development Agent partnered with Genesis Express for a week long agricultural science summer day camp. Twenty-seven youth and eight volunteers met for five sessions. Sessions included presentations from local farmers, lessons on nutrition and exercise, and a bean growing experiment. The camp also included a walking tour to the Cadiz/Trigg County Farmers Market and working in the 4-H Leadership Club community garden as well as picking fresh produce for their families.

The goal of the camp was to teach Trigg county youth about agriculture in our community, and allow them to see the role that agriculture has in our daily lives. We educated them on the different employment opportunities within the agriculture community. All of the youth participants stated they learned more about growing a garden, farming, health, and nutrition. Five youth indicated their desire to work in the agriculture industry in the future.



Cattle production is an important part of the Trigg County Agricultural landscape.

67

Number of producers adopting practices that improve profitability.

818

Number of participants engaged in home and consumer horticulture.

Family and Consumer Sciences



Teaching food preparation and healthy eating to youth and adults is an important part of the FCS program in Trigg County.

225

Number of participants gaining access to Extension programming at local farmerâ€™s markets.

81

Number of individuals who report intention to cook more.

Nutrition Education

From March through August the SNAP-Ed Assistant provided educational opportunities and materials to the youth and families in the local schools. Partnering with the school's food service director in March, 1000 MyPlate nutrition pages were placed in the 939 Primary and Intermediate students' take-home folders. In June the Assistant partnered with the school summer feeding program.

At a total of 12 stops 1,398 meals, 48 nutritional publications, 120 healthy snack recipes and 20 calendars were given to youth and their families. During July, the assistant promoted Eat Smart to Play Hard by visited the local Farmers Market on Wednesdays and holding weekly Wally Cat scavenger hunts. Nutrition lessons were shared with the both youth and adults. Thirty youth and 40 adults participated with numerous nutrition publications and recipes being handed out. Thirty-four youth received a \$5.00 market buck to shop in the farmers market at the end of the summer.

Once COVID 19 restrictions eased, many of our FCS clients still chose to limit leaving their homes because of the continual changes in information about the virus and how to stay safe. These led many to stay home and cook and bake more than in previous years and clients requested more food preparation classes, especially for baking. The FCS agents from Lyon, Todd, and Trigg counties collaborated on a series of three classes entitled Ready, Set, Bake! Instruction was done through Zoom.

Each class presented information about the role ingredients played in baking, how leavening agents worked, and how to evaluating the final product. The lessons also included a demonstration by each agent. Recipes and materials were sent to each client. Thirty participated in the series. 100% agreed that they had a better understanding the concepts and techniques taught. 100% also stated that they would cook and bake more at home.



The NEP summer program included a nutrition lesson and farmers market tour for the Agriculture Science day camp.

44

Number of youth and adults graduating from NEP programs in 2021

31

Percentage of graduates showing improvement in food resource management

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



Twitter: @UKExtension



YouTube: @UKAgriculture

... just a few ways Extension supports Kentucky

- *23,971 Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.*
- *4,890 Kentucky producers adopting new technologies in agriculture production.*
- *3,399 Kentuckians who improved or maintained health from participating in gardening.*
- *3,898 Kentucky families who supplemented their diets with foods they grew or preserved.*
- *4,161 Kentuckians participating in community trail projects.*

COOPERATIVE EXTENSION



**University of Kentucky
Cooperative Extension**
S-107 Ag Science Center North
Lexington, Kentucky 40546-0091
(859) 257-4302

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.