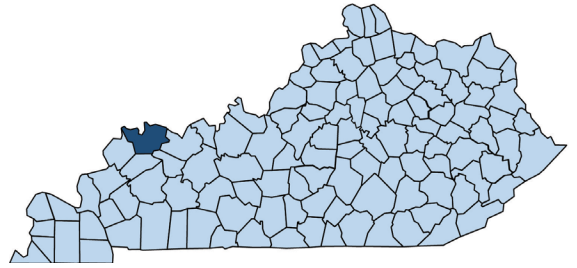


REPORT TO THE PEOPLE



Henderson County 2021



DID YOU KNOW... Henderson County's Happy Knitters had the highest volunteer community hours in the state with 5,795.



Website: henderson.ca.uky.edu



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Family and Consumer Sciences



Nutrition Education provided to local food pantry by UK Extension.



Horticulture

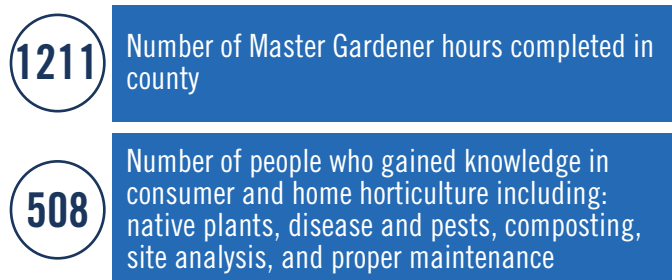
During Covid-19, the KY Horticulture agents led by Andrea Stith and Amy Aldenderfer started the Horticulture Webinar Wednesdays as an alternative to in-person horticulture lessons. All webinars were recorded and posted to the Kentucky Hort News. With 13 sessions, there have been 1,087 participants (80 to 140 attended each session). The audience is composed of Master Gardeners, Extension personnel, farmers, and others wanting to learn something new.

Henderson County Horticulture participated with a webinar on Lawn Care. 150 participants were contacted post webinar and asked what practices they planned to implement. They learned the importance of mowing height, how to mow, proper fertilization timing and amount, adjusting turf expectations, weed identification, proper seeding times, soil testing, timing of weed control; 87% have raised their mowing height; 70% stated they plan on taking a soil test and following the recommendations.

A true partnership was created with the Christian Community Outreach food pantry, Henderson County Diabetes Coalition (HCDC), and the Henderson County Cooperative Extension. The FCS Agent met with the food pantry staff about their needs and applied for a FCS Extension mini-grant. The grant of \$1,430 was used to purchase food equipment, recipe holders, kitchen utensils, insulated bags, and cutting boards. The FCS Advisory Council and the HCDC saw a need to show clientele how to prepare the food they were receiving. The councils purchased a TV for the food pantry to showplace FCS cooking demos. Clientele could watch FCS cooking demos while waiting in line to receive their food or they could take a memory stick home containing the food demos. A couple of incentives to watch at least 5 videos were: receive a gift card to a local grocery store provided by the food pantry and receive a voucher to the Farmers Market provided by the HCDC.



Henderson County's Webinar Wednesday.



4-H Youth Development



Henderson County Country Ham entries.

265

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming

240

Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products

Nutrition Education

Henderson County 4-H offered a 2-day cooking camp involving UK Snap-Ed resources, 4-H Curriculum, and a UK Poultry Specialist. By the end of the camp, 14 participants, ages 9-14 (having no previous cooking experience), learned how to safely make healthy recipes they could take home and share with their families. They learned to master a variety of cooking techniques that included proper hand washing, how to hold a knife correctly, and proper cutting procedures.

The youth also learned several useful benefits- to read food labels, to identify if foods were safe to eat, to know that some foods are good fuel for their bodies, the different parts of a chicken, how to safely handle raw chicken (including deboning a chicken thigh), the safe temperature to cook poultry and turkey, the definition of lean protein, physical activity, and how nutrients impact the body. They also ate more fruits and vegetables while at the day camp.

The KY 4-H Country Ham Project has over 750 participants from 65 counties. Participation in this project gives each 4-er valuable skills that include learning the process of research, communication, organizational skills, and technical merit. In March, 2020 came COVID and many 4-H programs were altered including the KY State Fair and this project. The tradition of curing 2 hams and giving a speech at the KY State Fair changed.

At the state level, speeches were replaced by essays and hams were judged regionally. At county level, hams could not be finished with the producer so they were brought to the extension office. Each youth (wearing masks and social distancing) scheduled a time to finish their hams and choose one to send to the fair for judging (40%-essays and 60%-hams). Even with all the changes, 11 Henderson County youth finished the project. One youth received various awards including Overall Smoked Division winner.



4-H Youth learning how to safely handle raw chicken.

105

Number of youth who participated in education related to family and consumer sciences

51

Number of youth who completed a 4-H Family and Consumer Science Project

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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... 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



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