

Ag Science Day Camp

With a majority of today's U.S. consumers three to four generations removed from agriculture, many do not have a good level of knowledge about agriculture and food production. Research shows that consumers know more about movies (40 percent), politics (45 percent), history (47 percent) and music (51 percent) than they do about food production (40 percent). The same research indicates that only 22 percent of Americans trust that the agriculture industry is transparent about its food production practices. (Sullivan, Higdon & Sink (2013). "Food Think: Building Trust in What We Eat. Plants are essential to the balance of nature and in people's lives.)



Trigg County 4-H Youth Development Agent partnered with Genesis Express for a week long Agriculture science summer day camp. 27 Youth and 8 volunteers met for 5 sessions on agriculture. These session included presentations from local farmers, lessons on nutrition and exercise, and a bean growing experiment. We walked to the local farmers where the NEP assistant spoke to the group about healthy choices and they were given SNAP-Ed and Plate it Up! Kentucky Proud recipes along with a Chop, Chop magazine. The youth

were also able to help in the community garden planted by the 4-H Leadership club that is located at Genesis Express, and they were able to take home items from the garden to 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 employment opportunities within the agriculture community.

In closing statements made by the youth participant 100% of the youth learned more about growing a garden, farming, health, and nutrition. Five youth indicated their desire to work in the agriculture industry in the future.

Farm Safety Day

The Trigg County Cooperative Extension Service in partnership with the Progressive Ag Farm Safety Day, local Businesses and Volunteers have worked to provide the 4th Graders for Trigg County with an opportunity to learn about farms, equipment and the industry that generates 58.8 Million for Trigg County's Economy. With most of our available land used for agriculture the public is going to encounter agriculture and Ag equipment, the danger lies in the fact that most of our population even in rural Trigg county is 2-3 generations removed from the farm. Most people just aren't in



tune with the dangers found on the farm, even those of us involved in production Ag need a reminder from time to time too.



The ANR, FCS and 4-H Agents all work together to make this day a success. We have been fortunate to have had the same host farm for at least 15 years- Mr. Bill Mize, has hosted farm safety day each fall and looks forward to it each year. The lineup changes from year to year but typically includes food, power, fire, water, PTO/ tractor, ATV, and Grain bin Safety. Although we call this day Farm Safety Day it really is a good general safety day for our kids. While all these hazards are found on farms, many are also found in their backyards as well.

Community Gardens



The Trigg County Cooperative Extension Service in partnership with the Trigg County Senior Citizens Center have worked to provide our community members with many opportunities to improve their quality of life by encouraging healthy habits. One of these projects is a community garden located by the pavilion at the senior center. 2023 will be the eighth year of the garden project started at the Trigg County Senior Citizens center.

Since starting the project we have grown our garden to include Berries, beans, cucurbits, and sweetcorn. Community members helping with the garden also learned about how to use plastic ground covers for weed control, learned how to ID several common garden weeds, diseases and pests.

We also were able to host some of our FFA students as a part of their SAE at the garden, they assisted with planting, weeding, harvesting and cleanup in the fall. 2021 brought us many new visitors and many new gardeners to our community gardens.



A second Garden was started in 2021 at Genesis Express and was used extensively by our 4-H Ag club. As well as the after school programs offered by genesis.

Some of the vegetables grown in the garden were also incorporated into recipes and demonstrations by our Snap- Ed instructor and our FCS agent. Everyone involved with any part of the project has



reported that they've enjoyed working in the garden, and learning more about the plants there. It has been a great way to get some of our citizens back outside and moving during the summer months, the produce they take home is also a bonus.

Homebased Micro processing Workshop

Cadiz and Trigg County has a small but active Farmers Market that is open on Wednesday and Saturday mornings from April through October. We have two main produce vendors that are Amish. These vendors also sell value added items such as cut flowers and home canned goods. One vendor has been a certified Homebased Microprocessor for several years. After some informal discussions with the other vendor it was ascertained that he was not certified. The FCS agent in Trigg County made it a goal to provide this vendor with the opportunity to become a certified Homebased Microprocessor. A HBM workshop was scheduled through AnnHall Norris, Food Preservation and Safety Specialist at UK and invitation letters were mailed to potential producers, including this particular Farmers Market vendor. The vendor responded and was one of 3 who participated in the workshop and passed the tests necessary to become certified. This Farmers Market vendor can now exhibit that certification at his booth to assure customers that he understands how to preserve food safely. Customers at the Cadiz/Trigg County Farmers Market appreciate the value of having a relationship with the farmer who grows their food. The HBM program allows that relationship to continue and build which is advantageous to the customer and the vendor.

Skillet Cooking

Americans are used to a world of plenty with overwhelming options available. However in the past few months and years we have found that is not necessarily the case. Financial instability and supply chain issues may limit choices. Our county and Pennyryle Area Homemakers are also feeling this pinch. Many have cookware at home that they have bought or been handed down that they would like to learn more about its use and care. Others

need to replace old, damaged cookware and want reliable information that will help them make good choices. With this in mind, the Lyon County and Trigg County Family and Consumer Sciences agents collaborated on a lesson they called Skillet Cooking that served as the June Homemaker lesson. This lesson was taught as a hybrid of in-person and Zoom formats. It was taught as a 2-hour workshop instead of the usual 1-hour lesson because of the extent of the information. It also included food demonstrations and recipe tasting.

A pre-survey done through a Zoom poll and paper and pencil showed that 88% of participants reported average to good knowledge about the different types of frying pans, the different types of cast iron, and the use and care of frying pans and cast iron skillets before the workshop started. Responses to our post survey done in the same manner showed that 100% of the participants reported excellent knowledge in the same areas. 88% reported that they would try a new type of frying pan or skillet and 100% reported that they would now clean and care for their frying pans and skillets in an appropriate manner to extend the life of the pan. Comments from participants included "I realized I need to season my skillet" and "I will take better care of my skillets and frying pans." Overall, it was a successful workshop.

Beef Solutions/ KBN Cooperation



2023 Marks the 3rd year of Trigg County Extension partnering with the Kentucky Beef Network through Beef Solutions. KY Cattlemen's Ground Beef is a branded beef launched by Beef Solutions a partner with the Ky Cattlemen's association. Most cattle producers have heard of Ky Cattlemen's Ground beef, seen it on the shelf at

Krogers or read about it in the Cow Country News. Beef Solutions buys cull cows from Ky farm families who are all BQCA trained producers, committed to excellent animal husbandry practices and in turn retails the meat through grocers.

This allows an opportunity for consumers to connect more with livestock producers in the state, promotes the good practices our producers are already doing to the public, and provides a healthy wholesome high quality product to consumers easily available at their local grocery store. Producers get the benefit of a few extra dollars per head on their cull cows because they are being sold directly into the food chain.

Trigg, Lyon, Christian and Caldwell counties all sold cattle to Beef solutions in 2022. Tractor trailer loads organized by Trigg County Extension were marketed in our 2022 year through Beef solutions. For a total of 124 head of cows owned by 28 producers. These cows came from Trigg and 3 surrounding counties.

The ANR agent and extension office Staff assistant headed up organizing loads with the help of our local KBN representative. Producers were provided live weights and dressing percentages on their cattle this will assist them in the future in deciding what might be the best ways to market their cattle- even the culls. It gave them an opportunity to better understand pricing of cull cattle both in this program and at the stockyards as well. Most producers reported that they thought their cattle brought around \$150 per head more than they would have at the stockyards the same week.

Price analysis with Farmers who shared their payment information with Extension showed a %15 premium over local cull market prices. At the average Cow wt. 1141#, price (1.82) /# dressed wt. and dressing 49% putting together these loads for producers got them an average price of \$1017 per head for their culls and added about \$19,000 to our local producer's bottom line- for cows they were culling anyway. All producers who participated reported being satisfied with the prices received and were planning or willing to send cattle again. The interest in sending cull cows through the Beef Solutions program has grown

tremendously in our area given our current pasture and hay situation I expect 2023 to be another good year for this program.



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