Allen County is very diverse in its agriculture production. According to the 2017 agriculture census, Allen County is ranked #1 in the state for vegetable production as well as #1 in cattle production in terms of dollars sold. To say the least, we are a very agriculture dependent county.

In response to the large production of agriculture that Allen County has to offer with the help of the agriculture council members, stakeholders and the Allen County Extension Agent for Agriculture a very successful field day was planned and executed. This field day was held in September where six University of Kentucky College of Agriculture Food and Environment specialist and Governor’s Office of Agricultural Policy Executive Director Warren Beeler presented material. The materials presented were diverse and fit the needs of anyone from homeowners, backyard gardeners to large scale agriculture producers. Topics included: vegetable disease occurrence and management, fruit tree production, IPM of fruits and vegetables, hemp production, rotational grazing and beef production.

A total of 208 stakeholders and producers attended the field day. Written surveys were taken and indicated that the field day topics, speakers and in general was a very successful and education day. Many individuals plan to implement and/or make management changes on their farms due

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something they learned from the presentations. This field day is just the beginning to what is planned to be an annual event to help stakeholders and producers in our community.

Wildlife Habitat Improvement Program

Allen County has very a diverse terrain that allows wildlife to thrive. The woodlands and water habitats such as Barren River Lake result in a large number of hunters and fisherman in the area. According to the 2017 agriculture censes, 21% of the county is woodland habitat with 32% being pasture land and 44% in cropland. Local stakeholders expressed an interest in attending wildlife programs to gain knowledge of managing and improving our local resources.

In response, the Wildlife Habitat Improvement Program (WHIP) was designed by the Allen County Extension Agent for Agriculture and Natural Resources to increase stakeholder’s knowledge of managing wildlife, improving habitat and basic land & wildlife management. This series has monthly meetings from August through February where speakers present on various topics. Some of the program topics included: aging and scoring whitetail deer, the importance of habitat improvement, hunting laws and regulations, trapping and food plots for wildlife. This program has received positive feedback and has grown to be a popular Extension program.

A total of 134 stakeholders attended the WHIP series. At the conclusion of the WHIP series written evaluations indicated that 100% of the participants gained knowledge and most plan to implement wildlife, habitat and land management strategies within the next year due to information received in this program series. One individual commented “You are doing a great job, I really appreciate this program and I hope you continue this series next year”. Other participants wish to continue this series as well and even showed interest in creating a wildlife program council to help with program topics, ideas and field days.

The Hello Bites

In Allen County, youth of all ages have room to improve their rates of fruit and vegetable consumption, and Allen County Cooperative Extension Service provided the opportunity for them to do so. Community partners (Allen County Cooperative Extension Office, Allen County Health Department, Allen County School System, Need More Acres Farm, the Core of Scottsville, and Dugas Park) came together to form a C.H.A.T (Community Hunger Action Team) to increase vegetable consumption for Allen County youth.
Nancy Owens, SNAP-Ed assistant, taught a seven-session series using the Farm to Table curriculum where children cooked with and tasted new vegetables. Prior to the sessions, 10% of families surveyed offered new vegetables at home, and 90% did not because they knew their kids would not like them. Together with The Core of Scottsville, Allen County Cooperative Extension held classes each Friday in June and July. During the final class session, a mini Farmer’s Market was set up, and children “shopped” for vegetables. Children also increased their water intake during class, and increased physical activity by walking to and from the Extension Office. 78 children participated, and 52 completed all 7 sessions of the program.

During the program, 100% of youth tried the Hello Bites (at least one bite of a new vegetable), and 75% of children said they would continue to try new foods after the program ended. The C.H.A.T partners plan to provide even more sampling and in-depth experiences to youth in the future.

**Diabetes Management**

The incidence of diabetes in Kentucky is higher than the national average; 13% versus 9.1%, respectively. Diabetes is costly to the economy and in quality of life for those who live with the disease daily. In 2016, diabetes cost Kentucky $5.16 in total medical cost, lost work, and wages. In Allen County, incidence of diabetes matches the state rate, but risk factors are high. According to kentuckyhealthfacts.org, 39% of adults are obese (Kentucky rate is 34%), and 46% are physically inactive (Kentucky rate is 32%).

Allen County Cooperative Extension has offered a Dining with Diabetes Class series to target community need. Dining with Diabetes is a national extension curriculum focused on diabetes education accompanied by hands-on preparation and sampling of diabetes-friendly recipes that are similar to traditional meals. Partnership with Allen County Health Department increased participation by recruiting 7 community members new to extension programming. Med Center Scottsville sponsored all recipe ingredients in order to provide a sampling of an entrée, side, and dessert for each of the four class sessions.

12 participants attended the first session, with a variety who have diabetes, care for a loved one with diabetes, or who have a pre-diabetes diagnosis. Though the program continues in November and December, we look forward to continuing community partnerships, offering more programming that targets chronic disease prevention and management, and learning how Dining with Diabetes had a long-term positive impact on the participants.

**Expanding 4-H Programming Through Food and Nutrition**

4-H believes that equipping our community kids with experiential learning opportunities and valuable life-skills is key for ‘making the best better!’ The IncrEDIBLES 4-H Cooking Club was developed in the Fall of 2018 in part by Allen County 4-H and the Allen County SNAP-Ed Program. The objective of the club is to provide an educational opportunity for youth to learn how to prepare in-expensive, after-school snacks/meals that can be prepared by youth.

Through numerous Cooking Club lessons, thirty-two youth gained new kitchen skills from cooking techniques to knife skills, as well as kitchen safety to mathematical application in the kitchen. Nine volunteers provided expertise and hands-on guidance for cooking in the kitchen. Each cooking lesson builds on the skills learned in the last cooking classes. Snacks and meals included some of the following fun and easy to make dishes:
Omelets To-Go, Easy Pizza, One-Pot Spaghetti, Chicken Stir-Fry and many more!

In addition to life-skill development, 4-H also focuses on developing leadership and civic minded community leaders. All 4-H members are encouraged to give back to their communities through community services efforts. Just in the past year, the IncreEDIBLES Cooking Club put their new skills to use by baking goodies for Thank You Trays dedicated to four emergency service departments and creating Valentines Day Cards for over 70 nursing home patients. Members of The IncreEDIBLES Cooking Club not only gained life-skill through their involvement in the Cooking Club, but members also learned to give back to their community through service learning.

S.E.T. Day Camp

As a part of our Allen County 4-H initiative to expand 4-H programming into new project areas, brand-new SET (Science, Engineering and Technology) Day Camps were developed to provide youth with quality science hands-on learning experiences. During these two SET Day Camps, 18 participants learned about the similarities of human and animal sciences through a variety of dissection labs.

Recent 4-H Alumni, Tristan Skipworth, shared his own passion for healthcare and biology with participants during two day-long SET Camps. Youth not only gained value able scientific experiences through dissecting animals to better understand human health, but the participants also practiced the following life skills: teamwork, critical thinking and contributing to a group effort.

After completion of the workshop series, 14 youth indicated that this was their first experience with animal dissections. When asked whether youth planned on later entering the medical field as a career, 6 youth indicated they did plan to pursue a career in animal science, human sciences or medical field. As a result of these SET Day Camps, 18 youth responded that after completion of the workshop series, they have a better understanding of the relationship that animal science and human science share.

Extension At a Glance

- 402: Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 278: Number of youth that have confidence speaking in front of groups
- 284: Number of youth that report making healthy lifestyle choices
- 76: Number of people who increased knowledge of wildlife habitat, management, or damage identification or control
- 46: Number of producers who successfully completed Kentucky Pesticide Applicator Training
- 53: Number of participants engaged in commercial horticulture programming
- 13: Number of volunteers who have participated in formal volunteer education (KVF, Certification, Re-Certification, organized county or district Volunteer Development Activities)
- 23: Number of youth who are more aware of preparing and eating healthy, local food
- 234 youth received 6 hours of nutrition education related to improving diet quality.
- 141 high school students learned about money personalities using the Money Habitudes game.
- 6500 viewers were reached monthly with Plate it Up Kentucky Proud recipe cooking demonstration TV segments.

It Starts With Us.

Healthy Families. Healthy Homes. Healthy Communities.