

REPORT TO THE PEOPLE

2024-2025

 Cooperative
Extension Service

Monroe County Cooperative Extension Service

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We're part of the University of Kentucky and Kentucky State University off-campus information network. We deliver research-based information, education, and solutions to improve communities, local economies, and healthier lives for Monroe County citizens.

Monroe County is the only county of the 3,144 in the United States named for a President where the county seat is named for his Vice President. The county was formed in 1820 for James Monroe and the county seat for Daniel Tompkins.

Website: ca.uky.edu/monroe



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Monroe County,
Kentucky



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Agriculture and Natural Resources

Adam Huber, Agriculture Natural Resources Agent



Ag Appreciation Field Day

Agriculture awareness and appreciation are always important topics to farmers. Educating the public on the importance of farming is vital to preserving the future of agriculture.

The Monroe Co. Farm Bureau and the Cooperative Extension Service hosted an Ag Appreciation Day for youth. The students were transported to Triple K Farms on school busses. The host spoke about his farming experiences, and then a cow milking demonstration was presented to everyone. Each teacher then rotated their class of students among the seven learning stations. The sessions were dairy, beef, poultry, bees, equipment, healthy foods, and drones.

All the 4th graders enrolled in Monroe Co. schools were invited to attend, and 124 youth enjoyed the farm field day on August 28, 2024. The students loved being able to pet the livestock and play on the tractors, sprayer, and combine! The Monroe County ANR Agent, Adam Huber, and KSU ag agents presented the drone demo. The Monroe County 4-H Agent and Program Assistant also demonstrated how to make Strawberry Sorbet. The students gained knowledge about the valuable contributions of agriculture to their lives. They obtained a greater awareness of what it takes to produce their food, fiber, and fuel.



Family and Consumer Sciences

Stephanie Hestand, Family and Consumer Sciences Agent

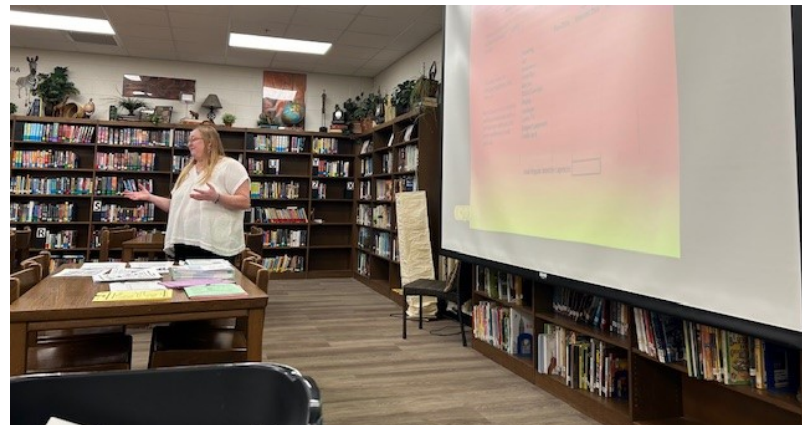
Cooking Through the 2024 Calendar with Senior Citizens

According to the United States Department of Agriculture, as people age over the age of sixty, they need certain unique needs in their diet such as getting special nutrients in their body to help maintain a healthy diet and ways to help lower the risk of developing chronic diseases.

The Monroe County Family and Consumer Science Agent started presenting the Cooking Through the 2024 Calendar program to the Monroe County senior citizens at the facilities of Tompkinsville Senior Center and Fountain Run Senior Center. The program includes presenting a nutritious recipe that includes vegetables and fruits. The participants at the senior citizen centers visit these facilities on a regular basis. About seventy-three percent of the participants who are in this age range of 60 years and older from the Monroe County senior centers report that they are not eating enough fruit and vegetables in their daily diet to get the nutrients that they need.

The Monroe County Family and Consumer Science Agent visits these facilities and presents the recipe for the month with a food demonstration, tips and tricks for preparing the recipe and includes ways to make the recipe a balanced meal or snack by adding all the five different food groups with myplate.com guidelines. Each participant gets to sample the recipe and give feedback to the other participants about the taste of the recipe.

One hundred percent of the participants have reported that they gained confidence in the kitchen or recipe inspiration from the program and want to share the recipe with family and friends. Eighty nine percent of the participants plan on making the recipes for themselves or for their families to help add more fruits and vegetables to their diets. Along with Cooking Through the Calendar, the Monroe County Family and Consumer Science Agent presents Wits Workout Activities with the participants at the Senior Centers. Wits Workout are brain health activities that are providing participants opportunities to engage in intellectual challenges and helps them to work socially in a group setting.



4H Youth Development

Tina Hogue, 4-H Youth Development Agent



Community & Economic Development

Monroe County 4-H is building tomorrow's leaders today. 2024 was filled with experiences for our youth to grow and showcase these leadership skills.

Throughout the year, teen leaders work with younger 4-H'ers as mentors to help them navigate the 4-H experience. Also, teens are actively involved in clubs as teen leaders. Monroe County Cloverbud and Tabletop Farmer Clubs are both led by teen leaders. These youth help in every aspect of leading the club. They plan meetings, activities, and encourage younger 4-H'er to be involved in the many opportunities available.

In June, Monroe County was thrilled to have the largest delegation at the Kentucky 4-H Teen Conference. The 22 delegates from Monroe County participated in classes that provided an opportunity to learn more about topics which were of interest to them. Also, they participated in community service activities in and around Lexington. Monroe County 4-H attended 4-H Camp in July. At camp, youth leadership skills were on full display. 4 of the 5 adult volunteers served as teen leaders in the previous year. Also, 7 youth assisted at Teen Counselors. Another 5 youth were Counselors in Training. Monroe County youth are anxious to move through the progressive experiences offered at camp beginning as campers, then CITs, teen counselors, and finally adult leaders.

Three youth attended Kentucky Issues Conference in November at Dale Hollow State Park. These youth began the process of planning projects to bring to Monroe County in 2025. Youth will work with the William B Harlan Library to expand the library's reach into community. Youth will also work with leaders in agriculture for an event showcasing it's important to Monroe County. 4-H is helping prepare the youth of Monroe County be the leaders of tomorrow.

Working collaboratively with the Monroe County Tourism Commission, Monroe County 4-H held the 2nd Annual Toy Show on October 18-19, 2024 at the Monroe County Extension Office. The partnership with the Tourism Commission helped the event grow to a two-day event. Vendors from across Kentucky, as well as 2 other states, filled the extension office for this event. Monroe County 4-H Tabletop Farmer Club sponsored this event. They worked hard to provide the promotion of the event. Youth created a social media campaign, designed billboards, and utilized regional radio to promote the event. Individuals from the region shopped the booths during the two days. Businesses in Monroe County enjoyed the benefits of this event as well. Vendors and shoppers alike visited local businesses for food and other shopping experiences. Also, vendors stayed in local hotels fulfilling the mission of the Tourism Commission which is "heads in beds".

To grow this event, Monroe County 4-H Tabletop Farmer Club members worked together to create an evaluation questionnaire. They distributed, collected, and reviewed the evaluation. By using the information collected, they have already begun the process of planning the 3rd Annual Monroe County Toy Show.



Top left: 4-H Agent Tina Hogue at Summit with State Teen Council members Liberty Proffitt, Bethany Barber and Kennedy Walden.

Above: Tabletop Farmers with Tina and youth leader Bethany Barber

Top Right: 4-H Camp participants at West KY 4-H Camp

Bottom left: Cloverbud Club led by youth leader Kennedy Walden
Bottom right: Monroe County delegation at the 100th Teen Conference

