

COOKING CLUB FOR YOUTH

What's cooking in 4-H? Ms. Jenn has expanded the cooking level to a multi-level skills development program. For the 2023- 2024 4-H year, Cooking Club has 69 members-aged 9 to 17. Each of the 6 levels meets monthly for 10 months to learn new food/kitchen safety, nutrition, food science, and cooking techniques while making tasty recipes appropriate for their level. They are encouraged to enter their binders and foods from their level in the county fair- and they may go on to State Fair.

You can catch these kiddos not only in the kitchen, but they give back through various community service projects including baking tasty treats for the Falmouth Christmas celebrations and running the coffee booth at the Kentucky Wool Festival.

Sign-ups are in August, so be on the lookout to get cookin' with 4-H.



It's not just girls in the kitchen. These young fellows are learning valuable skills in the kitchen, as well as proper measuring techniques.

FOR MORE INFORMATION, VISIT OR CONTACT US TODAY!

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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REPORT TO THE PEOPLE

PENDLETON COUNTY 2023

◆NEWSLETTER◆

Reduce, Reuse and Recycle with the Pendleton County Extension Office

Did you know the PCEO has a large recycling bin located behind the building for community use?



The average person generates over **4** pounds of trash every day and about **1.5** tons of solid waste per year.



Ninety-eight percent of Rumpke's recycled materials are purchased domestically and not exported.



Recycling **one** aluminum can saves enough energy to listen to a full album on your iPod. Recycling **100** cans could light your bedroom for two whole weeks.

Reduce, Reuse, and Recycle are terms we use often at the Pendleton County Extension Office! Behind our office building, a recycling bin is located by the sheds; this is not only for our use, but is open to the public as well! We strive to provide alternatives to increased waste, and this recycling bin option gives us the perfect opportunity to do so. The Extension Office staff encourages others to help keep our community clean!

You can do this by recycling items such as clean paper, cardboard, empty plastic bottles, newspapers, and aluminum cans! Things you cannot recycle are Styrofoam, plastic bags, food waste, paper towels, clothing, or batteries. Recycling is a great way to help reduce pollution in the air, water, and in our environment within our county. Our recycling bin is always open to everyone, and we hope you take advantage of this opportunity to Reduce, Reuse, and Recycle!

KY COOPERATIVE EXTENSION'S MISSION

The Kentucky Cooperative Extension Service serves as a link between the counties of the Commonwealth and the State's land grant universities to help people improve their lives through an educational process focusing on their issues and needs. We emphasize:

- valuing diversity and capitalizing on its potential to strengthen programs;
- being locally-driven, flexible, and responsive;
- identifying and supporting high priority statewide programming thrusts;
- educating people to solve problems, make decisions, and embrace change;
- applying knowledge and research-based information;
- accomplishing work through collaboration, volunteerism, and leadership development;
- fostering an empowered and contributing people;
- developing youth, adults, families, and communities; and
- fostering effective lifelong use of personal and natural resources.

READ MORE 

4-H YOUTH DEVELOPMENT

Kentucky 4-H began offering the 4-H country ham project in the 1990s with less than 40 participants for the first year. Now, the state of Kentucky has 1100 4-H youth and 84 counties participating in the 4-H country ham project.

This year Pendleton County offered the country ham project to 4-H age youth along with clover buds, and adults. In January, they receive their hams and are responsible for washing, trimming, and applying a curing mixture to each ham. In addition to the curing process, youth must complete six hours of training in the 4-H livestock certification program to be eligible to submit their ham to the state competition.

New to the county was letting clover buds participate on a smaller scale to help them prepare for when they become old enough to participate in 4-H and partnering with the county Ag agent to coordinate the adult education program, while also securing a few pastured hams from a local farmer. Pendleton County had a total of 28 adults participate in the country ham project.



Ham class members work on preparing their hams for their custom curing rub.

AGRICULTURE & NATURAL RESOURCES

The Sprouts Kids Club is a farmers market-based children program at the Pendleton County Farmers' Market (PCFM), that seeks to teach children about fruits and vegetables, local food systems, and healthy food preparation through fun activities.

What makes Sprouts unique is that it puts the buying power into the hands of children, giving children the opportunity to be the consumers and connect with farmers the same way regular market shoppers do. After participating in the lesson & craft, children receive Five \$1 tokens to spend with the farmer of their choice. In 2021, there were over 223 participants, not including the special StoryWalk event, which had over 150 participants in one Saturday. 2022 has seen an average of 45 kids per week at market.

Sprouts is a program of the Pendleton County Extension Office, lead by the Agriculture Agent. Various community groups have assisted with leading the educational program/craft. New for 2022, the Pendleton County FFA Students are leading the educational sessions and Pendleton County Farm Bureau is supporting the token program with a \$1,000 donation.



Sprout kiddo and PCFM Mascot, Keagan Hayslette, shows off his carrot purchase and Sprouts tokens at the PCFM.

FAMILY & CONSUMER SCIENCES

The preschool camp program allows participants to work on improving early childhood development skills and increasing kindergarten readiness. 41 children participated in this program. As a result of the program in a six week follow-up evaluation, 76 % of children knew their full name or were able to write it correctly, 67 % of parents or caregivers reported their child could follow simple rules and routines without reminders, and 61 % reported an improvement in child's ability to play with other children. In regard to physical activity, 67 % of participant's parents or caregivers noticed their child continuing in tasks that were challenging. In addition to individual behavior change 61% more willing to try new food, 58% separated from their parents more quickly, 78% demonstrated more confidence in simple motor skills such as using scissors or tracing items and 88% reported their family conducted activities learned from preschool at home. In regard to increasing early literacy, 52% reported increasing the amount of time reading together, 45% identified words in books and 67% now holds the book right during story time.



Preschool camp participants engage in an activity to learn colors, shapes, and develop cognitive skills.

COMMUNITY & ECONOMIC DEVELOPMENT

The Northern Kentucky Family and Consumer Science Agents offered a common read with its central insight focused on that the key to leadership lies not in what we do, but in who we are - it proves to have powerful implications not only for organizational leadership, but in listeners' personal lives as well.

Empowering Extension Homemaker leaders, nurturing family development, and providing professional development for all who participated was the key focus of our four part zoom lead common read on "Leadership and Self Deception" by Arbinger Institute. The goal was to foster healthy communication and understanding within our organization.

Our average attendance for our four night zoom session was 38 participants. On a 90 % return rate on a six week follow-up evaluation the following data was shared:

- 92% of the participants have applied their improved interpersonal skills learned to their work, organization, or family relationships
- 76% stated they had increased self-awareness
- 66% stated they were more aware of others' needs
- 63% strived to take ownership of my own words and actions
- 58% said they had become a better listener
- Over half felt they had improved their ability to work well with others