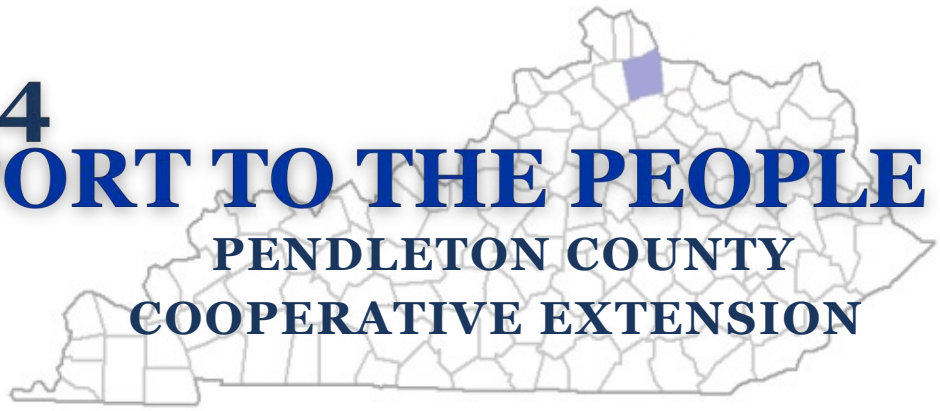


2024 REPORT TO THE PEOPLE

PENDLETON COUNTY COOPERATIVE EXTENSION



Pendleton County fosters 878 farms,
99% of which are reported as family farms.

These farms cover 91,304 acres of fertile land
along the Licking River in Northern Kentucky.

“We pass on, viewing the cornfields, every stock laden with large ears, many of the ends of the large ears peeping out of the husks - clearly showing a beautiful crop. Many of the farmers are seeding, though the ground is very dry, but they rely on God’s promise of seed time and harvest, cold and heat.”

~Covington Journal Correspondence,
re: Pendleton County,
Saturday, October 30, 1875~

KENTUCKY  
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES





MEET OUR EXTENSION AGENTS AND PROGRAM ASSISTANTS



The Pendleton County Extension Office provides invaluable resources and expertise to local farmers and agricultural businesses. Guided by our **Agriculture and Natural Resources Agent, Lindie Huffman**, PCEO offers a variety of services from soil health assessments to crop management techniques in an effort to help personalize each client's experience and to enhance productivity and sustainability in agriculture.

Lindie pursues her personal mission of "Keeping farmers farming, and Keeping families fed!" as she revolutionizes the idea of *Extension* by building relationships that cultivate capacity in others through acts of service, community development, and education.



The Pendleton County Extension Office is committed to empowering families and individuals with essential life skills, and at the heart of that is our *Family and Consumer Science* program. Spearheaded by our **Family and Consumer Science Agent, Kenna Knight**, community members of all ages participate in workshops that promote everything from nutrition education to financial management.

Kenna answered the calling to serve her community through extension, and, driven by her faith, she continues to do this by building engaging programs that both introduce and promote the educational tools that empower patrons to lead healthy, fulfilling lives.



The Pendleton County Extension Office is committed to cultivating the next generation of confident community leaders through our *4-H Youth Development Program*. Our **4-H program is lead by 4-H Youth Development Agent, Lydia Gosney**, who brings a wealth of knowledge and fosters a program that continuously inspires young minds to form leadership & responsibility goals. The 4-H program employs a variety of learning strategies, from hands-on projects in STEM fields to leadership camps and community service initiatives.

Lydia is driven to provide the same opportunities to youths in her community that she was given as a 4-H participant. She exemplifies servant leadership as she promotes and leads the 4-H program.



Kaye Johnting
Program Assistant



Jennifer Brett
Program Assistant
4-H, FCS



Aissatou Gallagher
Program Assistant
4-H, Horticulture

Community Builds Extension

Extension Grows Community

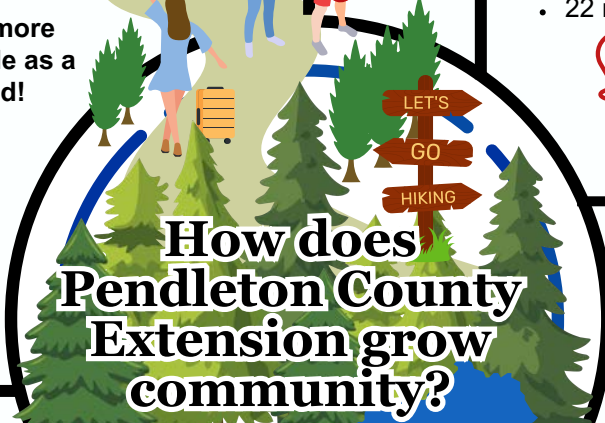


1 By Supporting Small Business

- 35 community members received certification to sell or provide samples @ the Farmers Market
- 32 Marketers selling at the PC Farmers Market
- 53 Vendors sold at the Winter Wonderland event
- 65 clients trained on food safety/ handling/ processing/liability/marketing
- 109 individuals reported that they were more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate it Up! KY Proud! recipe.

2 By Growing Tomorrow's Leaders

- 75 Youths experienced improved social skills and/or self-efficacy
- \$1,600 donated from Extension Homemaker's Winter Wonderland event to local scholarships
- 190 4-H Youth Development enrollments (including CloverBuds)
- 200+ families participated in the Christmas StoryWalk
- 54 local youths are learning self-sufficient life skills through 4-H Cooking Club
- 9 new 4-H gardeners ready to grow tomorrow's market goods



3 By Encouraging Stewardship

- 85.07 tons of recyclable materials collected
- 45 community members collected soil samples
- 21 Farmers collected hay samples
- 26 Farmers developed or updated an Ag Water Quality Plan
- 659 soil samples were collected and analyzed in 2024
- Over 100 CAIP applications were submitted for cost-share opportunities

4 By Building Relationships

- 45 participants in PENco Hiking Club
- 34 community travelers bonded through shared, new experiences across 12 states on the Agricultural and Cultural Heritage Tour
- 178 visitors participated in the Pendleton County Farm Tour
- 7500 KEHA volunteer hours for Extension events

5 By Providing Healthy Engagements

- 221 community partners have gained awareness of the problem and impacts of substance use in the community as a result of Extension efforts
- 202 Individuals have gained increased knowledge of how to respond to mental health concerns
- 508 participants reported the adoption of physical activity practices
- 22 miles hiked by PENco Hiking Club



HEALTH & WELLNESS

We are fundamentally and profoundly committed to the promotion of whole-body health and wellness for community members of all ages.



From Borders to Breakthroughs: Transforming Lives Through Group Travel

The Agricultural and Cultural Heritage Tour through New England offered 34 Pendleton County residents an affordable, life-changing journey of discovery across 12 states. For many, it was their first ocean view, their first taste of oysters, or their first witnessing of the majestic Niagara Falls. Beyond new experiences, the supportive group setting helped participants overcome personal challenges, find renewal, and build meaningful connections. This transformative travel fostered resilience, cultural appreciation, and strengthened bonds, proving the lasting benefits of stepping beyond familiar borders.

Early Childhood Education: StoryWalks & Kindergarten Readiness Camp

Childhood education is prioritized through many initiatives at PCEO like StoryWalks & the Kindergarten Readiness Camp. StoryWalks are held multiple times annually and blend literacy, physical activity, & access to fresh produce. They engage over 200 families per event. Kindergarten Readiness Camp has ran for 4 years, and supports 40 students annually with targeted activities to enhance school preparedness. Together these programs significantly improve early childhood literacy and kindergarten readiness in Pendleton County.



Food as Health - Addressing Food Insecurity & Common Diet-Sensitive Chronic Conditions

PCEO hosted the four-lesson *Food as Health* series for seniors and middle-aged adults with a goal of providing interactive information about preventing/managing common diet-sensitive health conditions while also respecting the fact that many in our community face limited resources and food accessibility. On average, 32 individuals participated in each lesson. The four lessons were Food as Health, FAH for Heart Disease, FAH for High Blood Pressure, FAH for Heart Disease, and FAH for Diabetes. Each session culminated with the opportunity to practice hands-on recipe making and provided participants with the encouragement they needed to make healthy recipes that could easily meet dietary restrictions.

COMMUNITY & ECONOMIC DEVELOPMENT

Let us always remember our role in building a diverse economy that emphasizes the importance of entrepreneurship, small business, and community development!



Cattleman's Ball Celebrates Local Farms, Builds Community, and Invests in the Future

In August 2024, the Pendleton County Beef Cattle Association (PCBCA) and the UK Cooperative Extension Service launched the first-ever Cattleman's Ball. This lively event welcomed 100 guests to savor local ribeyes purchased with a \$750 grant and raised over \$4,000 for scholarships benefiting future farmers. With music, dancing, and door prizes, the ball also promoted mental health and community spirit. Buoyed by success, the PCBCA is already planning for 2025, cementing local agriculture's bright future.

Pendleton Farms Are Fun - A New Chapter in Agricultural Collaboration

Pendleton Farms Are Fun (PFAF), established in November 2024, is a collaborative initiative born from Pendleton County's agricultural history. Formed by local farmers and supported by the Pendleton County Extension Office, PFAF promotes agricultural awareness, joint marketing, and farmland preservation. Through successful initiatives like the Mistletoe & Farm Markets: A Holiday Farm Trail, PFAF connects farmers with consumers and strengthens community ties, ensuring that farming remains a vital part of Pendleton County's future.



Game Changer - How Hunters for the Hungry Impacts Local Families

Through the Hunters for the Hungry program, Pendleton County Extension and its partners have made a significant impact in addressing local food insecurity. This year alone, 2,300 pounds of deer meat were donated to local food pantries, with an economic impact of over \$3,600 to our community through processing partnerships. As part of the broader Pendleton County Hunger Helpers initiative, this program exemplifies our ongoing commitment to supporting those in need and combating hunger in our county.

Crafting Community - How Winter Wonderland Boosts Local Businesses

Winter Wonderland provides a meaningful platform for local small businesses and crafters while simultaneously supporting the educational aspirations of Pendleton County's youth. The annual event raised \$1,600 for scholarships benefiting local high school seniors, helping to foster the next generation of leaders. Additionally, it offers small business owners valuable opportunities to expand their reach, boost sales, and connect with the community.



ENVIRONMENTAL STEWARDSHIP

What a treasure it is to teach and encourage environmental stewardship through programs and practice - at home, on the farm, and throughout our diverse Kentucky communities!



The PENco Hiking Club - Stepping Forward Together

The PENco Hiking Club has hiked over 22 miles across 7 trips through rain, shine, and even a hurricane! Since 2022, more than 45 participants have come together to promote wellness, friendship, and environmental education. Each hike encourages physical fitness, mental health, and appreciation for Kentucky's natural beauty. Through local trail exploration and community engagement, the club fosters connections and highlights conservation, all while supporting local tourism and businesses. In partnership with Kentucky's park systems and other extension services the PENco Hiking Club continues to grow community through all-terrain adventure education.

Recycling & Sustainability in the Home: Environmental Consciousness Starts with Me!

150 participants attended a comprehensive sustainability lesson designed as a train-the-trainer session, covering topics like solar energy, recycling, and carbon monoxide safety. As a result, 80% of attendees reported recycling more frequently and included items that they previously did not know were recyclable. 40% explored solar energy options for their home, and 45% took action to install carbon monoxide detectors. This program continues to have a tangible impact through the effective promotion of ideas like recycling crayons, batteries, cardboard, and other recyclable household waste and replacing home safety devices.



Growing Connections - The Pendleton County Farm Tour's Year Two Success!

Year two of the Pendleton County Farm Tour soared above last year's momentum, hosting 178 visitors (up from 167) for an adventure across thriving local farms. Attendees discovered new treasures, forging deeper ties with the people and practices fueling our bountiful region. Farmers saw higher sales, expanded networks, and boosted business growth, ensuring an even brighter future for Pendleton County. With each personal connection, the tour celebrates our flourishing agricultural legacy and fosters economic vitality.

LIFE SKILLS

What better way to be of service to your community than to afford the instruction of life skills that ensure a lifetime of self-sufficiency?



4-H Cooking Club - We Have a Certain Set of Skills!

The 4-H Cooking Club program consists of 8 groups in 6 levels at 2 locations and reaches over 50 youth each month from September to June at PCEO. The 4-H curriculums let the youth build on what they learn and hone their skills as they progress. All levels participate in food-related community service projects throughout the year, in addition to their monthly meetings. Older groups provide meals for other programs & participate in fundraisers for a year-end food industry related field trip that teaches how many different types of jobs are food industry related and different ways that food fits into our lives. With food insecurity at 14% for the state, Pendleton County being considered a “Food Desert,” and 40% of Pendleton County’s adult population being obese, teaching youth the skills to cook with what they have and to make healthier food choices gives them the power to change their lives and those of their loved ones for the better.

Ham It Up! - Crafting Life Skills and Cultural Appreciation Through the 4-H Country Ham Project

The country ham project represents a traditional method of preserving pork that embodies both agricultural heritage and an opportunity to develop a multitude of life skills for Pendleton County 4-H members. 17 members practiced the curing and aging process in addition to earning 6 educational hours that were spent refining their communication & presentation talents, enhancing their critical thinking & marketing strategies, as well as deepening their insights into food safety & farm-to-table initiatives. This project not only fosters the learning and development of life skills, but also promotes local economies by encouraging the production and consumption of high-quality, regionally sourced food products. The 4-H Country Ham project thus sponsors the idea of “back home” community and the historical preservation thereof by linking local youth, agriculture, and traditional culinary practices.



Passing It On - 4-H Livestock Judging Raises the Next Generation of Agricultural Leaders

The Pendleton County 4-H Livestock Judging Program provides youth with hands-on experience in evaluating livestock, developing critical thinking, and honing decision-making skills. Participants learn to articulate their opinions confidently and respectfully, enhancing their public speaking and communication abilities. Through mentorship opportunities, teamwork, and exposure to real-world agricultural practices, the program fosters leadership and a deep understanding of the farming industry. Upward of 30 4-H members work with the 4-H agent, club leader, local farmers, and parents on these leadership skills—critical thinking, collaboration, and effective communication—in preparation for the roads that lead to success.

Pendleton County

Cooperative Extension Office



<https://pendleton.ca.uky.edu/>



pendleton.ext@uky.edu



859-654-3395



facebook.com/pendletoncountyextensionoffice
facebook.com/pencoagent
facebook.com/pendletonky4h



45 David Pribble Dr
Falmouth, KY 41040



Grow with Us!

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.