

EXTENSION Today

IN HOPKINS COUNTY

In Hopkins County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Hopkins County Cooperative Extension Office is your connection to the University of Kentucky and the world.

You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.



in their yearly program. Youth nutrition programs are held monthly in Dawson Springs and in partnership with summer programs and camps.

Younger students in Hopkins county participated in LEAP; Literacy, Eating, and Activity for Preschoolers. This comprehensive nutrition education program was taught in 10 classrooms each month.

Master Food Volunteers in Hopkins County conduct food programs and assist agents with events involving nutrition education. This year the Farmer's Market Appreciation Day involved both the Master Food Volunteers and Master Gardeners Associations, Volunteers and Agents promoted fresh fruit and vegetable consumption to shoppers at the market.

Nutrition Education Involves Master Volunteers

A variety of food and nutrition programs were conducted by the Hopkins County Family and Consumer Sciences Extension Agent and Program Assistant in 2008.

In Madisonville, the Cross Creek Cooking Club meets monthly to try nutritious recipes, learn new cooking techniques, and learn about money saving shopping tips. A similar club, the Belmont Cooking Connections, meets in Dawson Springs each month. Kentucky Extension Homemakers Association members include two to three food and nutrition lessons

Reaching Out to Hopkins County



<i>Educational Programs</i>	
Programs presented	360
Total participants	9430
<i>Educational Contacts</i>	
Clientele visits	1367
Telephone consultations	3530
Newsletters distributed	11981
<i>Volunteer Development</i>	
Volunteers	626
Volunteer hours	5873
Clientele reached by volunteers	4873



Soybean research on the Basham Farm in Hopkins County.

Enhancing Farm Profitability

With soaring input costs farmers are evaluating ways to reduce expenses. Lowering the seeding rate of soybeans to a final stand of 100,000 plants per acre would mean a savings of \$10 per acre for most producers. Current research by the University of Kentucky College of Agriculture supports this practice. The recommendation was verified this summer with an on-farm field test conducted by Basham Farms and the Hopkins County Cooperative Extension Service. Yields were similar for five harvest populations ranging from 80,000 to 170,000 plants per acre when grown on a Belknap silt loam soil.

Successful Horticulture Programming

Two field days and eight workshops diversified the usual clientele of Hopkins County Extension. Over \$17,000.00 from KDA and Kentucky Division of Forestry was received in grant funding to create educational video for the Cooperative Extension Service. The Hopkins County Jail Garden continued its 3 acre vegetable garden and is produced over \$28,000.00 of fruits and vegetables for the inmates. Master Gardeners in Hopkins County volunteered over 1050 hours valued at \$20,485.50. MG's assisted in teaching horticulture workshops and landscaping 6 Habitat for Humanity homes. The Hopkins County Farmers' Market grossed over \$70,000.00 in the 2008 growing season. Kentucky proud grants from KDA were obtained for improved marketing and advertising. The Extension Horticulture Program coordinates the market as well as the

Farmers' Market Nutrition Program. Greenhouse construction, bee production, vegetables and mum production are a few of the operations that benefited from a \$12,500.00 Agriculture Diversification grant.

4-H Health Rocks! Program

A team of one adult volunteer and two teens attended and gained national certification in the 4-H Health Rocks! Curriculum in Little Rock, Arkansas. Hopkins County received \$3700 in grant funds to implement the curriculum by training and certifying more teams of teens and adults and coordinating an overnight camp for 150 youth, using the curriculum. Hopkins County coordinated the training and camp in conjunction with seven other counties, certifying over 30 new leaders and then organizing them to educate the youth at the camping program.

As a result of the program several counties gained certified teams and copies of the curriculum to utilize for their own county needs. Youth received a fun filled educational camping experience based on making healthy lifestyle choices.

Welcome New Employee

Sheryl Friend, who goes by Sherri, has joined our office team as the new 4-H Program Assistant. She came to us from the Hopkins County School Transportation Department, so working with kids is not new to her. She also served as a 4-H Camp Volunteer two years ago. Sherri is married with two girls and resides in Hanson. She has hit the ground running since she started in September, but she can't wait to implement her own ideas and add a little different spice to the overall 4-H program. She is on board for maximizing the future of Hopkins County 4-H.

The Hopkins County Cooperative Extension Service

We deliver information, education, solutions.
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