

2022-2023  
LaRue County



## REPORT TO THE PEOPLE



 Cooperative  
Extension Service

### DID YOU KNOW?

IN LARUE COUNTY,  
168 4-H CLUB  
MEETINGS ARE HELD  
ANNUALLY OR  
APPROXIMATELY 14  
PER MONTH.

*For more information, please contact us at:*

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SCAN ME

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



## 4-H Country Ham Recipe Contest

LaRue County was well represented in the first-ever Kentucky 4-H Country Ham Recipe Contest.

Participants developed their own unique recipe which was submitted in the first step of the contest.



In the second step of the contest, participants submitted a video of them making their recipe at home. Jake Marksbury, Ella Thomas, and Ben Falk all advanced to the finals which included making their recipe on stage in Cloverville during the Kentucky State Fair.

Ella Thomas was the Breakfast recipe champion with her country ham quiches. Ben Falk was the dessert recipe champion with his country ham s'mores.

# 4-H YOUTH DEVELOPMENT



## 4-H Country Ham Project Has Record Number of Participants

### Participant Testimonial:

"I was excited to learn about a process that my grandparents learned and used to cure their hogs years ago. Country ham curing is no longer a necessity, but it is a tradition and part of our heritage in Kentucky."

The 4-H country ham project has involved one-hundred and seventy youth participants in LaRue County over the past ten years. For many participants, the county contest is the very first speech they ever present. An auction is held at the conclusion of the project at the annual Lincoln Days Festival. The eighth annual auction was held in the fall of 2022. Over the past eight years, the auction has raised \$19,381 with \$15,504 going directly to the youth and additional funding going to help with the expenses for the ham project. The LaRue County Farm Bureau Federation has donated a total of \$3,885 over the past eight years to help with the country ham registration fee for participation fees.

## LaRue County Recipe Club

Recent challenges have prompted families to rethink where their food comes from and to consider cooking more at home. In an effort to educate the community about locally grown produce and to provide meal ideas and recipes, the LaRue County Recipe Club was created to encourage families to make more meals at home and to use healthful, nutritious recipes that utilizes locally grown produce. So just as the growing season began, the LaRue County Extension Service offered for the first time a unique opportunity to subscribe to the free recipe club in which seasonally appropriate recipes featuring KY Proud produce are mailed monthly. These recipes also highlight produce grown and sold at the LaRue County Farmers Market during the season which is June–early August. The LaRue County Farmers Market is offered every Thursday during the summer months from 10am–2pm as well as several special market days on 4th of the July and some Saturdays and is located in the LaRue County High School parking lot.

Registration for the club was simple. An online registration was used and participants were then mailed a monthly set of recipes along with supplemental information that accompanied the recipes. The subscription included tried and true recipes from the Plate it Up Kentucky Proud program, Cook Wild Kentucky collection, and Nutrition Education Program calendar. Over 120 local participants registered for the Recipe Club and have reported that the recipes have been helpful in providing meal ideas and seasonally appropriate information on local produce available.

The goal of this recipe club was two-fold, to encourage more families to cook at home and to support local producers in the products they grow and sell at the local farmer's market. The LaRue County Farmers Market offer fresh, safe, high-quality products and unique opportunities for consumers to mingle with farmers to learn more about their way of life. Providing this opportunity for our community places an emphasis on consuming more fruits and vegetables and to link consumers with the farm.



## FAMILY AND CONSUMER SCIENCES







# AGRICULTURE AND NATURAL RESOURCES

## Growth of Small Ruminants in the County

Small ruminant programs in LaRue County have grown in popularity as interest in raising small ruminants has continued to increase. Many small farmers with 50 acres or less are finding that they can make a profit by raising sheep and/or goats. Seventy five percent of participants who attend local programs report that they are more profitable from what they learn at meetings. One hundred percent report that they are better educated to provide more comfort and better care for their animals.

Many of the classes have involved multiple outside agencies and groups to help provide education. Dr. Jessie Lay and other representatives from Kentucky State University have presented great programs such as a hands-on parasitology course where we looked at parasites through microscopes. They also presented at an on-farm program to teach body condition scoring and deworming protocols. Other topics covered included lambing, marketing, grazing practices, and handling facilities. Seven participants received their Small Ruminant Quality Assurance training through this program which now enables them to potentially receive County Agriculture Investment Program grant money.

