

Knob Creek at Abraham Lincoln's Boyhood Home
Photo courtesy of ALBNHP




 Cooperative
Extension Service

LaRue County 2024-2025

REPORT TO THE PEOPLE

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**Did
you
KNOW?**

The Abraham Lincoln
Birthplace National Historical
Park preserves two farms,
the Sinking Spring Farm &
Knob Creek Farm in LaRue
County.




**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

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FAMILY AND CONSUMER SCIENCES

2024-2025



Cooking Up Life Skills with Exceptional Education Students

Through a partnership with LaRue County Schools, the LaRue County Cooperative Extension Service collaborated with exceptional education teachers, therapists and instructional assistants to provide life skills instruction for their students at LaRue County High School through hands-on cooking lessons in the kitchen with a strong focus on nutrition. Both the Family & Consumer Sciences Extension Agent and Nutrition Education Program Assistant teamed up to provide these lessons.

The participants ranged in age from 14-21 and were current students at LaRue County High School in either the Exceptional Education classroom or Community Work-Based Experience classroom. With hands-on cooking lessons provided every other week for a series of 8 classes, important life skills were taught that included math through measuring ingredients, understanding proportions and following sequence in a recipe; time management through prioritizing and patience; teamwork through assigning tasks and coordinating to get to the end result; nutritional knowledge through instilling healthy eating habits and learning to make informed decisions about their nutrition. Lesson plans from the Teen Cuisine curriculum were utilized to accomplish these tasks.



4-H YOUTH DEVELOPMENT

2024-2025



LaRue County 4-H has found success in poultry judging since 2021 with members making up Kentucky's team competing at nationals for the past four years. The 2024 Kentucky Poultry Judging Team consisted of three LaRue County 4-H members and placed eighth nationally.

4-H Project Clubs Teach Youth Life Skills

4-H is offered in a variety of ways in LaRue County. School Clubs are offered to 4th through 6th graders and a monthly cloverbud club reaches five to eight year-olds. A Teen Club is offered for high schoolers, while a new before school club at LaRue County Middle School provides opportunities for 6th through 8th graders. Project clubs offer hands-on skill building in specific content areas. Local volunteers lead clubs holding monthly meetings. Clubs elect officers, providing youth with leadership experiences. 4-H members may choose to participate in one or multiple project clubs based on their interests. Project clubs offered in LaRue County include: Canoe and Kayak Club, Cooking Club, Dog Club, Gardening Club, Livestock Club, Shooting Sports Club, and the Wranglers Horse Club. One focus for all project clubs is community engagement. Each club selects and plans one or more service projects annually based on the needs in the community.



In the 4-H pledge, members pledge their "hands to larger service." In LaRue County 4-H, clubs complete various community service projects each year. Members discuss the needs in their community and vote on a project to help those in need or to help improve their community.



AGRICULTURE AND NATURAL RESOURCES

2024-2025

Power of Produce - POP Club - A New Adventure

With an overall food insecurity rate of 12.9% in LaRue County, the percentage of food insecurities among children in LaRue County rose to 13.9% according to the latest Community Needs Assessment.

Therefore, the LaRue County Cooperative Extension Service prioritized the LaRue County Farmers Market as a way to provide the community with local fresh fruits and vegetables and increase accessibility to the county's youth through the development of POP (Power of Produce) Club. POP Club is a program that provides a fun opportunity for children under 17 to engage in the local food system through conversations directly with farmers, educational activities and exposure to local fruits and vegetables through sample tastings.

POP Bucks were made possible through a local sponsorship donation by Farm Credit Mid-America. Since the development of POP Club, the LaRue County Farmers Market has seen an increase in market shoppers as well as the number of vendors selling at the market.



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Pictured left to right: Misty Wilmoth, Susan Riggs, Haley McCreery, Adam Thomas, Marla Stillwell, Marcy Ward