

REPORT TO THE PEOPLE

METCALFE COUNTY



Martin-Gatton
College of Agriculture,
Food and Environment

JAN UARY 2025



METCALFE COUNTY WAS ORGANIZED IN 1860, AND WAS NAMED FOR GENERAL THOMAS METCALFE, THE TENTH GOVERNOR OF KENTUCKY.



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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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4-H YOUTH DEVELOPMENT

Metcalfe County 4-H youth and adults have been very successful at the area, state, and national levels. Metcalfe County 4-H set a County record at the Kentucky Volunteer Forum with thirty-five attendees, of those thirty-five 6 adults and fourteen youth won 24 different awards.

Awards won by Metcalfe 4-H Youth

- 14 youth-received 10 year member awards
- Teen Camp Volunteer
- Community Service Award
- 2 youth-received The Conrad Feltner Leadership Award

Awards won by Metcalfe 4-H Adults

- IDEA (Inclusion, Diversity, Equity, Accessibility)
- Certified Shooting Sports Achievement Award
- Achievement Award for Adult Camp Volunteer
- Leadership Development Award
- Conrad Feltner Adult Award
- National 4-H Hall of Fame

One Metcalfe County 4-H Volunteer was inducted into the National 4-H Hall of fame for her amazing work for 50 Years in Metcalfe County 4-H.

The Mammoth Cave 4-H Area Banquet was held at the National Corvette Museum in Bowling Green, KY. Metcalfe County 4-H had over 140 in attendance. Eighty-two youth and six adults received 233 total awards at the area, state and national levels. The contests and programs are listed below:

Emerald Award finalist, Gold Achievement, Leadership, Camp, Communications, Community Service, Dairy, Forestry, Large Tractor, Lawn Tractor, Market Goat, Shooting Sports, Kentucky State Fair, Cloverville, Art, Crafts, Burley Tobacco, Country Ham, Crochet, Crops, Electricity, Foods, Food Preservation, Home Environment, Horticulture, Jewelry Making, Plant Science, Photography, and Wood Working.

Over the past few years, we have been able to see our youth and adults grow to become stronger leaders, and learn more about themselves as well as win awards. Our program continues to grow with our strong youth and adults.

10-year member states, "4-H has helped to change my life for the best. 4-H also has given me the opportunity to become a more confident and well-rounded individual which I could never have become without 4-H."

National Hall of Fame Member states " 4-H has so many positive aspects and I see a continued bright future for 4-H. The program is always working to stay current and adding new projects to continue to attract many students. 4-H has something for everyone and they are staying true to the motto "to Make the Best Better". "I find that many say the awards and ribbons they received meant so much to them, but the experiences provided far more important and valuable lessons for life."



<https://www.facebook.com/MetcalfeCounty4H>

AGRICULTURE AND NATURAL RESOURCE

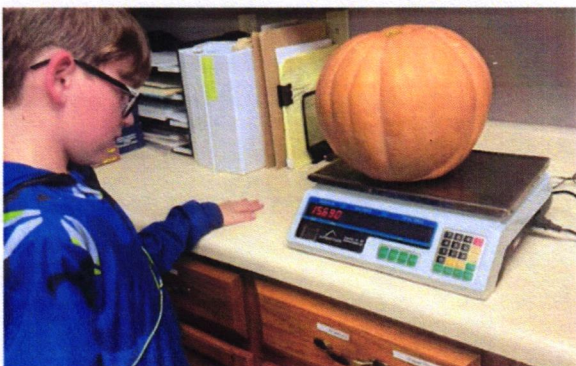


Pumpkin Productivity

Pumpkin production in Kentucky has gradually increased over the past several years. This increase is due largely to producers transitioning from other crops, farm diversification, and agritourism venues. The Metcalfe County ANR agent has been involved in pumpkin production since 1994 and has been able to take experience coupled with Extension research and help producers throughout Kentucky to have successful crops.

The Metcalfe County ANR agent has presented at the KY Fruit and Vegetable Conference, local field days, area field days, virtual workshops, several consecutive years on multiple TV stations and worked directly with 15 pumpkin producers throughout the state on a weekly basis throughout the growing season.. He also did a feature story for KY Farm Bureau Magazine in 2024. The combination of the above efforts has resulted in several hundred growers being reached. Producers have been able to gain and apply knowledge in the areas of budgeting, variety selection, disease and insect control, fertility, plant spacing, plot design, marketing and insurance options. Growers reached consist of beginners, experienced producers and those in between.

A large grower recently stated that growing pumpkins has allowed him to replace income lost from tobacco and has enabled him to add another viable revenue stream to his farm. He stated that he attributes his success to the help, knowledge and guidance he has received from Extension. While not every growing season will yield a successful crop, using research based information and applying it to production methods will always insure that crops will perform at their peak potential for the given year.



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Family And Consumer Science



In Metcalfe County, 34.8% of adults report NO leisure-time physical activity, and 41.3 % have a BMI of 30kg/m² or higher. Kentucky ranks in the top five nationally for childhood obesity. Benefits of physical activity according to the CDC include improved quality of life, reduced anxiety, reduced risk of depression, slowed weight gain or weight loss, and improved physical function.

The Metcalfe Co. FCS Extension Agent offers physical activity programs regularly within our community. Stretching/strengthening exercise, weekly with adult participants at the library. Hatha Yoga based exercise with the 21st Century afterschool program. Stories, Songs, and Stretches active story hour with Head Start, and gross motor development activities with Elementary preschool students.

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The Kentucky Nutrition Education Program provides educational opportunities for limited resource individuals to acquire knowledge, develop skills and change behaviors that lead to improved health and well-being. Participants learn how to make healthier food choices, food budgeting and security, kitchen and food safety and improve physical activity for overall better health. Metcalfe County NEP enrolled and graduated more than 85 adults in Healthy Choices for Everybody curriculum in 2024. Graduates showed 95% positive change in diet quality, 86% showing more physically active and 95% improvement in food safety. We also enrolled and graduated more than 290 youth in our various youth curriculums that showed 95% improved diet quality and 95% showed being more physically active. This is a huge milestone

Nutrition Education Program



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