



Caldwell County  
Extension Office

*Martin-Gatton College of Agriculture, Food and Environment*

# Report to the People 2024



**DID YOU KNOW....**There are 1,200 horses in Caldwell County residing on 190 equine operations. The total value of Caldwell County's equine and equine-related assets is just over \$5.1 million.

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YouTube: [@Caldwell County Cooperative Extension Service](https://www.youtube.com/@CaldwellCountyCooperativeExtensionService)



Life Simplified Podcast: <https://lifesimplifiedpodcast.podbean.com>

**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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Disabilities  
accommodated  
with prior notification.

# Agriculture and Natural Resources

## Pastures Please

Horses are natural grazers, and the availability of high-quality forage can provide almost year-round nutrition for most horses in Kentucky, if managed correctly. Equine producers in Western Kentucky experienced an extended drought in 2022 that left pastures in a sad state of repair. In 2023, the Pennyriple Area hosted the Eastern Kentucky, "Pastures Please" program. This program was offered to equine operations to better equip producers to properly maintain and utilize pasture resources. With the drought being the main topic, agents and specialists tailored the program to include Weed Control after a Drought, Rescuing Pastures by Seeding Annuals, and Managing Pastures after a Drought. 35 equine owners from 8 different counties attended Pastures Please. Participants led discussions and received specific information to utilize on their unique operations. Participants were polled on knowledge gained that would be used in their operations. 100% of participants stated that they plan to implement at least one pasture management topic discussed.



*Equine owners receive specialized training on best management procedures.*

75

Number of people who used Extension diagnostics services to identify insects and/or pests.

68

Number of people who used Extension resources to identify plant disease.

# Family and Consumer Sciences

## Life Simplified

Family and Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston County work together to produce the Life Simplified Podcast. The goal is to make life a little easier for listeners by turning research-based information into everyday life hacks. Topics include mental health, physical health, relationships, resource management, and parenting. To date, over 50 episodes have been released. The podcast has been downloaded over 1500 times. When asked what they had changed because of an episode, listeners mentioned trying to balance responsibilities, being more mindful of the things that matter most, making more of an effort to increase peace by decluttering, setting healthy boundaries, and being more intentional in relationships.



## TOP 10 MOST DOWNLOADED EPISODES



Download on your favorite podcast app!

Episode 1	MEET THE HOSTS	Episode 12	ORGANIZE YOUR SPACE
Episode 2	SELF-CARE RESET	Episode 5	RESET RELATIONSHIPS
Episode 3	RESET YOUR FINANCES	Episode 16	BUILDING FOCUS
Episode 4	RESET YOUR PHYSICAL HEALTH	Episode 7	HEALTHY BOUNDARIES
Episode 15	WHAT IS MENTAL LOAD	Episode 25	STAYCATIONS

1431

Number of hours Caldwell County Homemakers volunteered in extension and community activities and events.

166

Number of middle school students who reported improved knowledge regarding the safe preparation of food following a series of food preparation sessions.

## 4-H Youth and Development

### Camp Jekyll – A Live Learning Experience

Youth in our community do not have the opportunity or resources to experience diverse ecosystems and environmental education that is different from their own. 42 youth from nine Western Kentucky counties were able to experience facets of environmental education by attending Camp Jekyll 4-H Environmental Camp. Camp Jekyll is situated on the Georgia coastline. This camp focuses on educating youth about marine ecosystems. Classes the youth took part in are Beach Ecology, Maritime Forest Ecology, Salt Marsh Ecology, Shark and Fish Dissection, Environmental Issues, Sloughing, and Comparing the North and South End Beaches. This trip and environmental focus lines up perfectly with Kentucky 4-H beliefs and brought together a diverse group of youth, who had many positive experiences, both personally and educationally. Of the 42 youth that were surveyed, 86.11% feel that they gained more independence because of this trip, and 97.14% have a deeper understanding in how to conserve natural resources.



*Youth at Camp Jekyll 4-H Environmental Camp learn about the marine ecosystem.*

174

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H natural resource programming (PRACTICE).

100

Number of youth who indicated they are interested in learning more about science, engineering, or technology projects (KOSA).