



# Report to the People 2024

## Russell County Cooperative Extension Service

### Developing Culinary Skills in Youth

Life skill development is a benchmark for the 4-H program. Cooking is one of those needed life skills. Russell County 4-H offered a series of cooking classes to youth ages 9-13 in the fall of 2024. The youth learned basic cooking skills such as reading recipes, measuring wet and dry ingredients, proper mixing techniques, proper use of kitchen utensils, correct use of a stove top and oven, as well as kitchen safety.



### Lake Cumberland Area Cattle A.I./Pregnancy Check Schools



In rural areas of Kentucky, farmers face significant challenges in managing cattle reproduction. Limited access to large animal veterinarians and veterinary supplies hinders the ability to utilize modern reproductive technologies, such as artificial insemination (A.I.) and on-site pregnancy checks.

In response to these challenges, McCreary, Pulaski, Russell, and Casey counties launched a collaborative outreach initiative: Lake Cumberland Area Cattle A.I. Schools and Pregnancy Check Schools, hosted by local stockyards and cattle producers. The program attracted 50 participants from diverse backgrounds across the four counties.

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## Homesteading Series in Russell County: Fostering Self-Sufficiency

In recent years, there has been a growing interest in homesteading practices, particularly in rural areas like Russell County. As residents seek sustainable and efficient ways to manage their homes and farms, the demand for practical knowledge has intensified.

In August, a Homesteading series was launched to address these emerging needs within the community. This series included hands-on classes that covered a variety of essential skills: making breakfast sausage, starting sourdough bread, building rain barrels, canning meat, and container/herb gardening. The workshops were designed to provide practical, actionable knowledge that participants could immediately implement in their own homes.



Family and Consumer Sciences adult crochet class



Master Clothing Volunteers teach youth and adults how to sew

*Serving  
our  
Community*

## We Impact Russell County!

350 people increased knowledge of farm health and safety practices.

166 individuals reported improved knowledge of safe food storage, handling and preservation of food.

430 youth participated in community service projects.

### Russell County Extension Office Agents and Staff

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