

# Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

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## Everyday Eats for Better Health

Do you have an interest in nutrition and want to learn more? Would you like a chance to share your knowledge and passion about cooking with others? Then take the time to visit the Every Day Eats blog at <http://blogs.cornell.edu/adoptinghealthyhabits/>. This blog is just one of the ways Cornell Cooperative Extension Schoharie and Otsego Counties Expanded Food and Nutrition Education Program (EFNEP) shares nutrition information with EFNEP participants. It's also available for anyone interested in ideas about engaging in healthy lifestyle choices with their families. With posts like "Nutrition in a Nutshell", "Seasons Change, So Do Your Fruits and Veggies", and "Let's Get Prepping", the Every Day Eats blog, authored by undergraduate nutritional sciences students and their professor, along with Cornell Cooperative Extension Associates at Cornell University, is there for you to learn and share with others.

"Day to Day Eats" as they call themselves, shares posts to help make healthy eating more affordable both dollar- and time-wise. There are tags like food safety, fruits, healthy habits, kids in the kitchen, outside the kitchen, physical activity, prep master, quick tips, and vegetables covering topics new and familiar. This blog provides recipes and resources designed to help you and your



continued on page 2

family make healthy meals and get moving, and at the same time encourages you to make suggestions for posts you'd like to see, or to share stories and pictures from your own experiences.

You can visit the blog whenever you choose or subscribe by email. If you subscribe by email you can sign up to get a notification every time something new is posted.

Authors of this blog want to share their love of food by providing up-to-date nutrition information, creative tasty recipes that are healthy, and a chance to hear and learn from you about what works well for you and your family. This blog helps encourage a community of sharing that can become a healthy part of your everyday life, a place you can come back to time and again, to learn and share with others. Visit the blog and take an active step in eating well and living a healthy lifestyle.

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## OUR MISSION

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability, and social well-being. We bring local experience and research-based solutions together, helping New York State families and communities thrive in our rapidly changing world.

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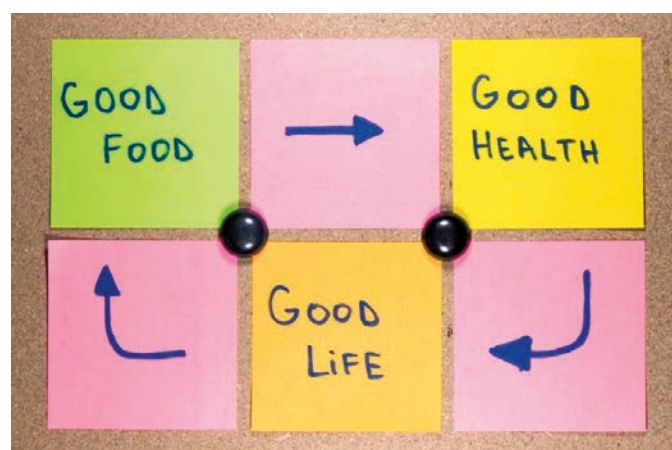
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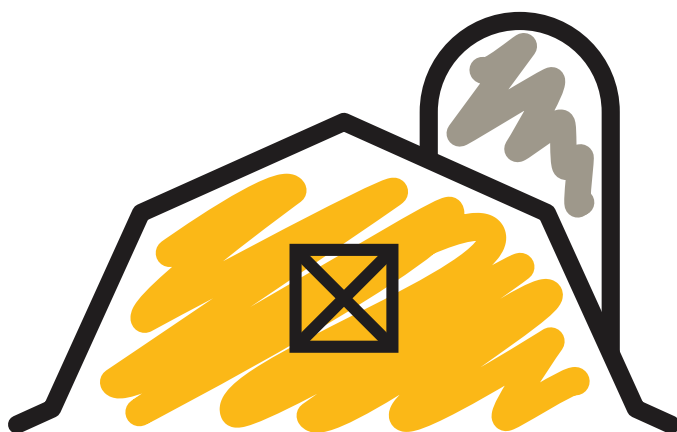


## NEWSLETTER SUBSCRIPTION

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# Save the Date!

## Attention Schoharie and Otsego (and Delaware) Farms!



SCHOHARIE-OTSEGO-DELAWARE

**FAMILY  
FARM DAY**

**AUGUST 24, 2019**

**FamilyFarmDay.org**

Planning for Family Farm Day (FFD) is underway for year seven in Schoharie County, four in Otsego, and two for Delaware. By all accounts, 2018 went very well, the ideal weather being a key factor along with a diversity of farms, extensive publicity, and the addition of Delaware County farms and county tourism. Participating farms continue to benefit from widespread publicity and excellent farm product sales, while visitors build awareness about agriculture, local farming, real food, and a multitude of farm products. And best of all, they get to meet with you!

The FFD Planning Committee takes nothing for granted in building and maintaining a signature event made possible only with your participation and the generosity of our sponsors. Please save

these dates to attend the annual FFD Winter Meeting(s) in respective counties:

### **Schoharie**

Wed., March 20, 1-3:00 p.m., CCE Extension Center, 173 S. Grand St., Cobleskill

Contact: David Cox, 518.234.4303, dgc23@cornell.edu for more information.

### **Delaware**

Thursday, March 21, 1-3:00 p.m., CCE Extension Center, 34570 SR 10, Hamden

Contact: Mariane Kiraly, 607.865.6531, mk129@cornell.edu for more information.

### **Otsego**

Friday, March 22, 1-3:00 p.m., CCE Education Center, 123 Lake St., Cooperstown

Contact: Lyn Weir, 607.547.8886 or lyn@lynweir.com for more information.

These meetings are multi-faceted to address your issues and concerns, our survey data, lessons learned, subsequent improvements, guidelines, timelines, and a preview of the 2019 Farm Guide - everything's on the table! Look for more information in the March-April Connections issue.

Meanwhile, coming up quickly on January 11, 2019, for those interested in agritourism in general, not just FFD, please see page 8 for a six-week program in Agritourism Risk. Registration is open until January 9. While agritourism has become an increasing popular method to build customer base and create new income streams, it adds an additional source of risk to the farm business. Take advantage of this opportunity to address risk in this upcoming free workshop series.

Family Farm Day is a collaborative event produced by Cornell Cooperative Extension Schoharie and Otsego Counties, Cornell Cooperative Extension Delaware County, Schoharie County Chamber of Commerce, Otsego County Chamber of Commerce, Cooperstown Chamber of Commerce, Delaware County Chamber of Commerce, Schoharie County Tourism, Otsego County Tourism, Delaware County Tourism, Schoharie, Otsego, and Delaware County Farm Bureaus, and Schoharie, Otsego, and Delaware County farms.

# The Story of Two Brothers



In the beginning (1911-1918) all county Farm Bureaus were primarily educational. The name "Farm Bureau" was born in Broome County where Extension Service first took form. In those days, Farm Bureau was Extension Service and has remained so in New York State. Soon after the beginning (1917-19) county Farm Bureau executive committees found there were many problems of vital interest to farmers that were beyond the ability of a single county unit to tackle. In 1917, all county Farm Bureaus joined their efforts and formed a federation to study and act in the legislative interests of New York farmers. This was the New York State Farm Bureau Federation.

In 1919, under the leadership of the New York State Farm Bureau Federation, the American Farm Bureau Federation was organized. Its purpose was to promote and safeguard the interests of the American farmers. It has grown into America's most powerful and influential farm organization.



In the following years (1925- 1940) like two growing brothers, the Farm Bureau and Extension Service developed into husky young men. One (The Extension Service) found himself a public organization that was fully occupied with bringing the land grant college information to the people and in helping farm people to help themselves. The other (The Farm Bureau) found himself in state and national legislative problems, often forced to take a firm and aggressive stand.

And then brother New York Farm Bureau Federation found that he could not develop into a hard-hitting, dynamic organization because he would embarrass his beloved brother, the Extension Service. Extension, being a public-supported organization, could not directly influence legislation.

Therefore, the New York Farm Bureau Federation studied the problem and recommended that an independent Farm Bureau be established. It would have

no legal connection with the Extension Service. Therefore, it would be unhampered in taking any firm and aggressive stand that seemed in the interests of New York farmers.



A special Extension Service committee of farm people also studied the problem and recommended a re-organization. They recommended that the county Extension membership organization be continued. It gives more local control, gives farm people a sense of ownership, and assures that the Extension program would be more responsive to the needs of local people.

In 1955 the New York Farm Bureau, Inc., was formed to replace the New York State Farm Bureau Federation. County Farm Bureau delegates insured adequate finance through setting the membership fee at \$20. Already Farm Bureau has organized Farm Family Life Insurance Company. It has placed over 20 million dollars of financial protection on New York farms. A casualty company is now being organized to "manufacture" auto and truck insurance at cost. Farm Bureau can be expected not only to develop a dynamic legislative program, but farm services, such as insurance, that will become important tools for modern-day farming. New and independent county Farm Bureaus have been organized and are planning membership campaigns for this fall.

Also, in 1955 the New York State legislature enacted legislation which changes the name of the county organization that sponsors cooperative Extension work. The new name, effective January 1, 1956, will be County Extension Service Association and will have agricultural, home demonstration and 4-H club departments. The old name was County Farm and Home Bureau and 4-H Club Association.

Brother Extension Service changed his name, but he will continue to carry on an up-to-date educational program to meet the needs of the people within a county.



In 1956 the new and independent county Farm Bureau will organize legislative and policy committees, program committees, and others. It can be expected to take much more action upon local, county, state, and national problems. The county Farm Bureau can be worth exactly as much as the farmers of a county want it to be. They can make it worth \$100 or \$1 based upon what effort and enthusiasm they are willing to put into it.

Also, in the year ahead the Agricultural Extension Service, with its "new name," will give serious study to its objective and its program. It will likely expand its work in marketing, develop leadership programs, and encourage a more effective organization than ever before.



**A Look at the Future:** For many years in New York State, the county Farm Bureau and Extension Service were Siamese twins. Sometimes it was difficult to tell one brother from the other. An operation was performed at the wish of each brother. The operation was successful! Each brother has an important mission to perform. Each brother needs your continued support and good will. Each will need, additional leaders, leaders with ability, foresight, integrity and most of all, enthusiasm.

A look into the crystal ball indicates that the Agricultural Extension Service will continue to be the center of agricultural information in each county. It will become even more important for the welfare of rural and urban people.

The same crystal ball indicates that New York farmers will support the new Farm Bureau. The new Farm Bureau can and will do whatever its members want, if they are willing to put their shoulders to the wheel and make it work. This has been the experience in many other states that have developed outstanding county Farm Bureau units. The destiny of the county Farm Bureau and the county Extension Service is in your hands. You will determine their future!

*Reprinted from the Otsego County Farm News, January 1956.*

## EMPLOYMENT OPPORTUNITY

Position Available:

### Nutrition Program Educator

**Cornell Cooperative Extension  
Schoharie and Otsego Counties**

Cobleskill, New York

A grant-funded employment opportunity for an individual desiring to teach nutrition education to residents in Schoharie, Otsego, and Montgomery Counties. Applicant must be able to travel and engage with residents of all socio-economic levels and ages. An Associate's degree or equivalent is required, or a High School Diploma/GED and one year transferable program experience can substitute for Associate's Degree.

Applicant will be responsible for hands-on teaching of individuals and groups, client recruitment, program marketing, and record keeping. Applicant must have a valid driver's license and reliable vehicle. The position is part-time 32 hours per week with full benefits and is housed at the Extension Center, CCE, Cobleskill, New York.

For more information about the position  
and for applying, visit our website  
[www.cceschoharie-otsego.org/jobs](http://www.cceschoharie-otsego.org/jobs)



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# As 2018 Came to an End



The students, families, and staff of Cornell Cooperative Extension Schoharie and Otsego Counties 4-H Afterschool programs at Schoharie and Cobleskill sites were busy ringing in the holidays. Children began the busy season by making and

hanging decorations in their respective schools. Allowing them to share holiday joy with others before taking their decorations home to spread the cheer there.



*Snowflakes and penguins deck the halls in Cobleskill.*



*Billowy snowflakes abound in Schoharie.*

The good cheer continued as the “apprentice elves” made gifts to take home for their families to celebrate the holiday season.



*Afterschoolers in Schoharie made snow globes for gifts from plastic cups, artificial snow and their pictures.*



*Afterschoolers in Cobleskill made Christmas Wreath picture frames for their gifts.*

During this busy time the children at the 4-H Afterschool program in Schoharie hosted a guest visitor with an expertise in gingerbread building. With supplies abounding children, and their parents learned how to construct festive gingerbread houses.



*Gingerbread building supplies abound.*

As 2019 takes off, stay tuned to upcoming additions of Connections for more news on the exciting happenings occurring at the 4-H Afterschool programs.



Leonard building with his Mom.



Wyatt building with his Grandma.

## Otsego County Microenterprise Assistance Program



# GRANT FUNDS FOR AGRICULTURAL BUSINESSES

**Do you need up to \$35,000  
to open or expand your small  
agricultural business?**

Otsego County has funding for a Microenterprise Program to assist small businesses with five or fewer employees. Either the owner or new hire(s) must have low-to-moderate incomes. Eligible applicants may receive a grant up to \$35,000 for equipment, inventory, working capital and other uses. Funding is competitive. New businesses are encouraged.

## Applications Due January 31, 2019

Otsego County has hired **Thoma Development Consultants** to administer this program. Please contact Thoma at (607) 753-1433 for further information or to **request an application**. Please share this information with other persons or businesses that may be interested.

# MANAGE YOUR RISK

*in an  
agritourism  
business*

Series begins  
**Friday, 1/11/19**  
10 a.m.-12:30 p.m.



Bringing visitors to your farm can create new income streams as trends indicate that nature and agricultural tourism is on the rise in the Catskills region. Agritourism can also be a source of risk to the farm business. Five seminars will teach how to manage risk followed by a panel of successful agritourism operators. In-between each seminar, participants will build on their knowledge to develop their own risk management plan. The five areas of risk that will be presented are: legal, marketing, human resource, financial and weather/production risks. This 5-county program will be offered simultaneously in Delaware (the host county), Schoharie, Otsego, Sullivan, and Ulster via Zoom technology. The program is sponsored by the Northeast Extension Risk Management Education agency and the five Cornell Cooperative Extension Associations.

## Schedule:

Friday 1/11	Introduction to Risk Management; Financial Risk
Friday 1/18	Production/Weather Risk
Friday 1/25	Legal Risk
Friday 2/1	Marketing Risk
Friday 2/8	Human Resources Risk
Friday 2/15	Agritourism Panel

There is no fee to attend; participants may bring their own lunch. Snacks and beverages provided.

RSVP by January 9, 2019

For more information contact:

David Cox, CCE in Schoharie Co., 518.234.4303 (x119)

Jim Barber, CCE in Otsego Co., 607.547.2536 (x227)



NORTHEAST  
EXTENSION  
RISK MANAGEMENT  
EDUCATION

Cornell Cooperative Extension  
Schoharie and Otsego Counties

# PROGRAM EVENTS

## EFNEP—Parent & Child Hands-on Cooking Lesson Series

Join your children/child in this 6 - 8 lesson series focused on cooking healthy meals and exercising with your family. Find answers and tips about eating more fruits and vegetables affordably and enjoying being active together. The lessons will be taught by Michelle Leveski, EFNEP Nutrition Program Educator. Tuesdays, 4:30-5:30 p.m. on January 8, 15, 22, 29, and February 5, and 12 at the Extension Center in Cobleskill, NY; free. Call the Cobleskill Office at 518-234-4303 to pre-register by January 7, for the Tuesday classes. Class size is limited. Children should be age 4 and older.

## Manage Risk in Your Agritourism Webinars

Cornell Cooperative Extension Schoharie and Otsego Counties once again will join its neighboring Extension Associations to present a six-part webinar about managing agritourism risk, culminating with a panel discussion of successful agritourism operators and facilitators. Between each session participants will be able to develop their own risk management plans. The five areas of risk addressed are: legal, marketing, human resource, financial, and weather/production risks. The CCE Schoharie and Otsego sessions will be held simultaneously at the Extension Center, 173 South Grand St., Cobleskill and the Education Center, 123 Lake St., Cooperstown; six Fridays, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, each day from 10 a.m. to 12:30 p.m. There is no fee to attend; all materials are included. Registration is required. Call 518-234-4303; email [schoharie@cornell.edu](mailto:schoharie@cornell.edu); or register online at [www.cceschoharie-otsego.org/MRYAB](http://www.cceschoharie-otsego.org/MRYAB). **Registrations will be accepted through Wednesday, January 9, 2019.**

## Schoharie County Master Gardener Volunteers Host National Seed Swap Event

The National Seed Swap Day is designated as the last Saturday in January. The mission is to conserve and promote crop diversity in local communities through a planned event at which neighbors gather to exchange seeds and chat about their plans for the upcoming season. The Schoharie County Master Gardeners invite you to join them at Seed Swap. Saturday, January 26, 2019, 10:00 a.m. – 11:00 p.m. at the Middleburgh Public Library, 323 Main Street, Middleburgh, NY; free.

## Otsego County Master Gardener Volunteers Host National Seed Swap Event

The National Seed Swap Day is designated as the last Saturday in January. The mission is to conserve and promote crop diversity in local communities through a planned event at which neighbors gather to exchange seeds and chat about their plans for the upcoming season. The Otsego County Master Gardeners invite you to join them at Seed Swap. Saturday, January 26, 2019, 10:00 a.m. – 11:00 p.m. at the Kinney Memorial Library, 3140 Co. Hwy.11, Hartwick, NY; free.

## Otsego County 4-H Drone Discovery Day

The "WORLD" of Drones has arrived! Youth ages 12-16 are invited to Discover Drones and drone technology Saturday, February 9, 9:00 a.m.-noon, at the Schenewus Central School. The event is FREE; but you must register to receive your "ticket". Registration is limited to allow for the optimum hands-on experience. First come, first served. **NOTE: you must have a "ticket" to enter the event. REGISTRATION opens January 1.** Go to [https://reg.cce.cornell.edu/4-H-Drone-Discovery-Day\\_243](https://reg.cce.cornell.edu/4-H-Drone-Discovery-Day_243)

## SAVE THESE DATES

### Design Your Succession Plan Workshop Series

This workshop series empowers farm families /farm business partners to start on their succession plans. A second round of this excellent, interactive 4-day curriculum is in planning for spring 2019, dates to be announced. This program is offered to farm owners and their families throughout the Mohawk Valley Economic Development District, including Oneida, Herkimer, Otsego, Schoharie, Fulton, Montgomery, and surrounding counties. Pre-registration will be required. For more information, contact Alicia Terry at 518-295-8792, or email [aliciaterry@co.schoharie.ny.us](mailto:aliciaterry@co.schoharie.ny.us), or David Cox at 518-234-4303 (x119), [dgc23@cornell.edu](mailto:dgc23@cornell.edu)

### The Hartwick 4-H Theatre Guild's spring production of "Peter Pan"

This 2019 youth directed performance by the Hartwick 4-H Theatre Guild will be performed in April at the Hartwick Community Center in Hartwick, NY. Plan to join them for an enjoyable experience. Performances are on April 5 at 7 p.m. and April 6 at 2 p.m. & 7 p.m. at the Hartwick Community Center, 450 County Road 11, Hartwick, NY

### Family Farm Day 2019—Saturday, August 24

Workshop series that empowers farm families /farm business partners to start on their succession plans. We currently are seeking producers who are interested in participating in the second round of this excellent, interactive four-day curriculum during the winter of 2019. This program is offered to farm owners and their families throughout the Mohawk Valley Economic Development District, including Oneida, Herkimer, Otsego, Schoharie, Fulton, Montgomery, and surrounding counties. *For more information, contact Alicia Terry at 518-295-8792, or email [aliciaterry@co.schoharie.ny.us](mailto:aliciaterry@co.schoharie.ny.us), or David Cox at 518-234-4303 (x119), [dgc23@cornell.edu](mailto:dgc23@cornell.edu).*

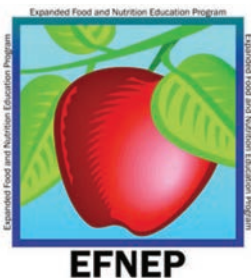
### Family Farm Day 2019—Saturday, August 24

Look forward to experiencing working farms in Schoharie, Otsego, and Delaware Counties at our 7th Annual Family Farm Day coming to you August 24, 2019!

**Go to our website <http://cceschoharie-otsego.org> to see additional events not listed.**

*Hope you're enjoying this issue of Connections!*

Be sure to read our next issue of the year coming out in March. We will be sharing news about two more invasive species, the Hartwick 4-H Theatre Guild's spring production of Peter Pan, providing new recipes from the EFNEP program for your family to try, and more...



# Interested in **FREE** Parent and Child Cooking Classes?

**Join Cornell Cooperative Extension Schoharie and Otsego Counties' Expanded Food and Nutrition Education Program Helping your family eat better for less!**

## **Would you like to:**

- Learn how to use food labels to make healthier choices?
- Explore more ways to make physical activity family time?
- Share a learning experience with your child or children?



**Enroll in our 6-8 EFNEP lesson series of interactive, supportive classes. Learn with others in a group or meet one-on-one with our nutrition educator.**



## **The program also teaches ways to:**

- Plan nutritious affordable time-saving meals your family will love
- Eat more fruits and vegetables
- Prepare delicious dishes with less salt, sugar, and fat

**Call today to enroll or for more information 518-234-4303**

Find us on the web at [cceschoharie-otsego.org](http://cceschoharie-otsego.org) or on Facebook at EFNEP CCE Schoharie & Otsego Counties

# CHICKEN PARMESAN

*Baked, not deep fried*

Serves 6



## Ingredients

- 6 skinless, boneless chicken breast halves
- 1 cup fine, seasoned breadcrumbs (uses about ½ cup, discard leftovers)
- 2 egg whites, slightly beaten
- 1 (8-ounce) can herbed tomato sauce
- 2 tablespoons Parmesan cheese, divided
- 3 ounces part skim mozzarella cheese, shredded
- vegetable oil spray

## Directions

1. Trim visible fat from breast halves. Place a chicken breast half between two sheets of heavy-duty plastic wrap or freezer bag; flatten by pounding to ¾ inch thickness with a meat mallet. Repeat step with remaining breast halves.
2. In a bowl slightly beat egg whites, then dip in flattened chicken breasts. In another wide bowl, add breadcrumbs, then dip egg-washed chicken breasts in the breadcrumbs, coating both sides; discard leftover breadcrumbs.
3. Prepare a large nonstick skillet with vegetable oil spray; place over medium heat until hot. Add chicken

and cook on both sides until slightly browned.

4. Place chicken in a 9x12 inch or larger baking dish. Pour tomato sauce over chicken. Sprinkle with 1 tablespoon parmesan cheese.
5. Bake at 350°F for 25 minutes. Remove from oven, top chicken with mozzarella cheese, sprinkle with one tablespoon reserved parmesan cheese, and bake an additional 5 minutes or until cheese melts.

## Know the facts . . .

- Skinless chicken breasts are the leanest part of the bird and a good source of protein, vitamin E, B vitamins, and minerals.
- Parmesan cheese is a hard cheese that requires only 3 ingredients- milk, salt and rennet, and is aged from 5 months to 2 or more years. Authentic parmesan cheese comes from Italy.
- Mozzarella cheese is a semi-soft cheese that requires 4 ingredients- milk (buffalo or cow's milk), rennet, citric acid, and salt. It is a fresh cheese and is not aged.
- For our companion recipe, **Confetti Slaw**, go to [cceschoharie-otsego.org/connections](http://cceschoharie-otsego.org/connections). Find the recipe link in left menu.
- Join our **Expanded Food and Nutrition Education Program (EFNEP)** and cook with your kids at Cornell Cooperative Extension or in the privacy of your own home. Contact us or join us on Facebook: EFNEP CCE Schoharie and Otsego Counties.

## Nutrition Facts

Serving Size 1/2 breast  
Servings Per Container 6

Amount Per Serving

**Calories 160**    **Calories from Fat 45**

% Daily Value\*

<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	

**Protein 21g**

Vitamin A 8%    •    Vitamin C 8%

Calcium 15%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

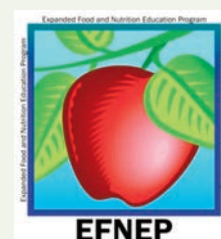
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

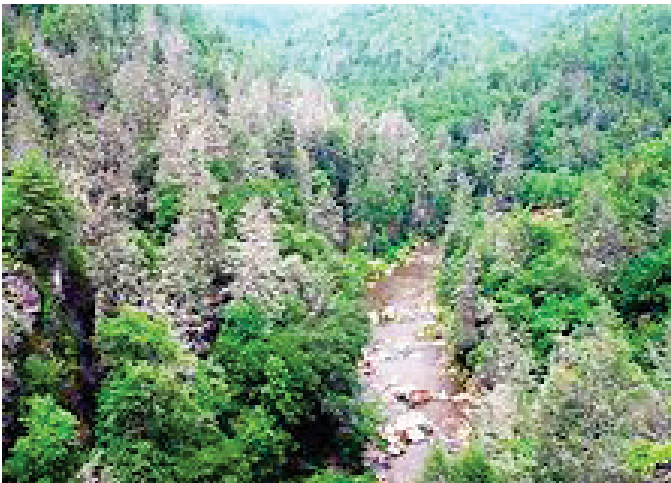
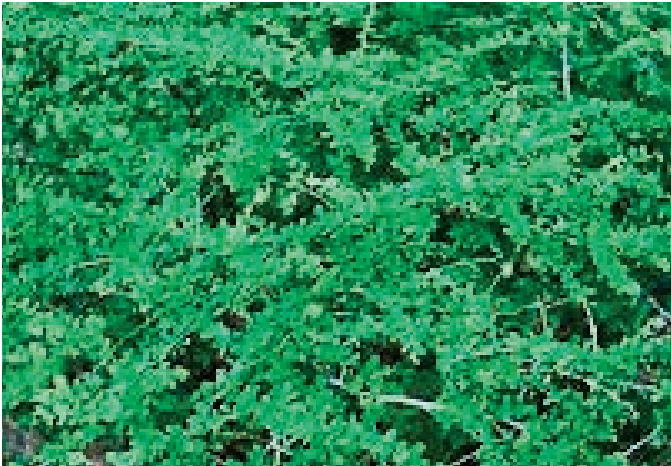
## Notes:

- Can substitute 1 cup homemade marinara sauce for 8-ounce can herbed tomato sauce.



**BE ON THE LOOKOUT:**

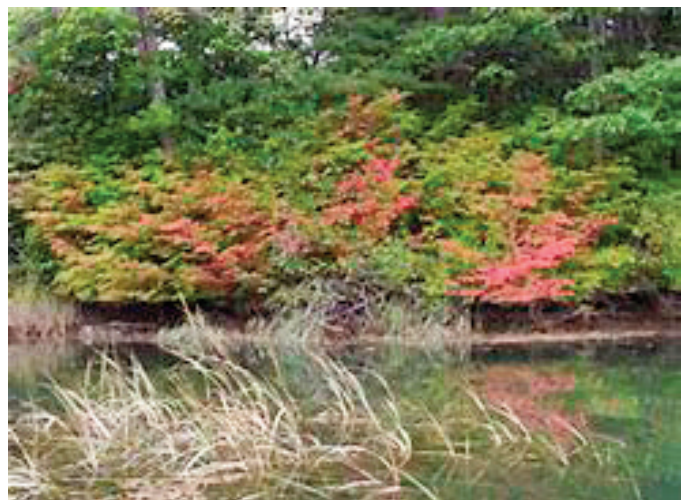
## **Japanese Barberry and Hemlock Woolly Adelgids Easily Detected in Winter**



There are over 50,000 invasive species of plants and insects in the United States. These invasives are not native to the ecosystem and can cause harm to the economy, human health, and or the environment. Two such invasives, one a plant and one an insect, were introduced to this country from Japan where they are native species, the Japanese barberry (*Berberis thunbergii*) and the hemlock woolly adelgid (HWA). Their introduction to this country was not similar.

The Japanese barberry was purposefully introduced in the late 1800's and was not considered a problem until the 1980s. As an ornamental plant widely used in landscaping, it was desirable for its looks, resistance to deer browsing, hardiness, low maintenance, and adaptability to many environments. Many of these desirable characteristics are what makes these plants an invasive problem now

that Japanese barberry has spread to road sides, pastures, streambanks, and forests with no natural predators or diseases to check their growth. This spread has caused competition with native plants that are often shaded out, allowing Japanese barberry to take over an area. The plant attracts and supports earthworms also not native to North America another invasive species creating yet more stressors to the native plant ecosystem. Probably most concerning for human health is that Japanese barberry bushes provide the perfect habitat for white footed deer mice that can carry the black legged deer tick and for the black legged ticks themselves. This habitat supports all the tick's life stages from nymph to adult. These ticks often carry the bacteria responsible for Lyme and other tick-borne diseases. Recent studies done by the University of Connecticut Agriculture and Experi-



ment Station (CAES) found twelve times more infected ticks in forests infested with Japanese barberry- 120 diseased ticks per acre compared to just 10 per acre in unspoiled forests.

Unlike Japanese barberry the hemlock woolly adelgid, or HWA, an invasive insect that attacks North American hemlocks was thought to have been accidentally introduced from Japan; and was first observed in the eastern United States in 1951 near Richmond, Virginia. These aphid-like insects are very small and often hard to see and pose a serious threat to forest and ornamental hemlock trees in eastern North America. These pests are native to Japan and possibly China, and rarely achieve pest outbreak densities or inflict significant damage to host trees in their native habitat because natural enemies and host plant resistance help keep HWA populations in check. Without these checks and balances present in our country these pests have now spread along the East Coast from Georgia to Maine and now occupy nearly half the eastern range of native hemlocks. All species of hemlock are vulnerable, but severe damage and death typically occur in eastern and Carolina hemlocks only. The HWA feeding severely damages the canopy of the host tree by disrupting the flow of nutrients to its twigs and needles.



Tree health declines, and mortality often occurs within four to ten years. Eastern hemlock is the fourth most common tree species in New York State forests. Loss of these hemlock stands would negatively affect the existing ecosystem and cause economic hardship. HWA was first observed in New York State in 1985 in the lower Hudson Valley and on Long Island; in 2011 it was discovered at Minekill State Park and the New York Power Authority Blenheim-Gilboa property in Schoharie County; and most recently it was found in the Adirondack Park.

Now is the time to look for these invasives and make a plan to challenge them.

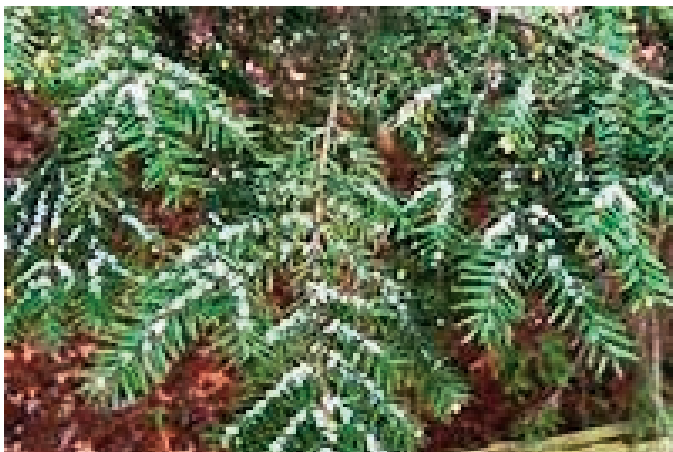
Winter is a great time to identify where you have Japanese barberry on your property because the bright red, egg-shaped berries remain on the stems well into the winter season.



Once you make an assessment, you can eliminate this invasive plant from your environment. Early spring is an ideal time for this project because the ground is moist. Be sure to wear thick gloves and protective clothing to protect yourself from the plant's sharp spines. Bushes up to three feet high can be pulled by hand, larger plants will require a spade for removal. Cutting and mowing can also help limit the spread, but know if you choose this the method, you will need to do it repeatedly as the plant will re-sprout from the roots. It can be more effective if it is the first step of a two-part control effort where re-sprouts are treated with herbicides or burned with a propane torch later in the season. Mow, cut, or torch in the late summer and apply herbicides in the fall to minimize damage to desirable plants. Be sure to follow all safety recommendations when torching or applying herbicides. When pulling or cutting follow these recommendations for disposal of the plant material. Before flowering, small seedlings can be pulled and left with the roots exposed to dry out - once fully dead and dried they can be composted or left on site. Larger plant material (without fruits or seeds) can be chipped and used as mulch on site, but only added to compost once fully dead and dried. You can dry plants by covering above and below with dark tarps for several weeks. During or after flowering, **DO NOT COMPOST**. Instead minimize the movement of the plants on the site to prevent unnecessary dispersal. Leave them at the site. Brush piles may be made from dried material, however if material contains flowers or seeds, cover the pile to prevent spread by birds and other organisms. Dried plant material can also be burned, but only in accordance with all federal, state, and local laws and ordinances.

Lastly, plan to plant native plants in place of the Japanese barberry when you remove them. High-bush blueberry (*Vaccinium corymbosum*), dwarf fothergilla (*Fothergilla gardenia*), New Jersey tea (*Ceanothus americanus*) and Virginia sweetspire (*Itea virginica*) all make excellent replacement candidates. This will help prevent another invasive from getting a hold and create a stronger ecosystem.

With HWA, detection is the first line of defense. Winter is the easiest time to detect HWA as the ovisacs are the most apparent and the lack of leaves on other trees makes observations easier.



The first signs of HWA are the presence of white, woolly ovisacs on the underside of twigs, most often on the newest growth. The ovisacs with their white, waxy wool are most easy to observe visually or with binoculars January through June. Other signs of infestation are needle loss, branch die back, and gray tinged foliage.

If you believe you have found HWA here is what the New York State Department of Environmental Conservation recommends you do.

- Take pictures of the infestation signs as described above (include something for scale such as a coin or ruler).

- Note the location (intersecting roads, landmarks or GPS coordinates).
- Fill out the hemlock woolly adelgid survey form.
- Email report and photos to DEC Forest Health [foresthealth@dec.ny.gov](mailto:foresthealth@dec.ny.gov) or call the Forest Health Information Line at 1-866-640-0652
- Contact your local Partnership for Regional Invasive Species Management (PRISM) by visiting <http://www.nyis.info/>. (Link leaves DEC's website)
- Report the infestation to iMapInvasives at <http://www.nyimainvasives.org/>. (Link leaves DEC's website)
- Slow the spread of HWA in our forests by cleaning equipment or gear after it has been near an infestation, and by leaving infested material where it was found.

To report HWA or get more information call 1-866-640-0652, e-mail [foresthealth@dec.ny.gov](mailto:foresthealth@dec.ny.gov), visit [www.dec.ny.gov/animals/7250.html](http://www.dec.ny.gov/animals/7250.html). Two approaches for managing HWA infestations are chemical insecticide and the use of natural enemy predator species as a biological control. Chemical insecticides can be used to treat an infected tree or as a prevention measure in a high-risk infestation area. They are useful for treating individual, ornamental, or high value trees, but are not practical or economical for a forest setting. In July 2018 treatment of a stand of hemlock in Vale Cemetery in Schenectady, NY, cost \$540. Pesticides must be applied by a licensed pesticide applicator. Biological controls have been used over the last ten years with beetles and fungal pathogens having promising results, but further study is needed. Ideally the most effective approach is integrated pest management. With research on natural enemies of HWA continuing, chemical insecticides can keep trees healthy and free of infestation until natural enemies take over.

Just like integrated pest management, it is going to take all of us working as a team to combat invasive plants and insects in our region. Make a plan to remove Japanese barberry from your property, be on the watch for Hemlock Woolly Adelgids in hemlocks in surrounding areas and reach out to the professionals with your observations and for assistance.

Awareness and action are what will make a difference in dealing with invasive species that challenge us now and in the future.

# DESIGN YOUR SUCCESSION PLAN

## Empowering Farm Families / Farm Business Partners to Get Started on their Succession Plans

**How will your family farm or ranch business operate  
in the future when the owner retires or is gone?**

**Are you currently working with another generation  
who may be questioning their role(s) in the future  
farm or ranch business, or are you yourself  
questioning your current role?**



CCE and the Schoharie County Office of Agricultural Development are seeking producers to participate in a second round of this excellent, interactive four-day curriculum during the winter of 2019. Our objective is a minimum of six producers (farms) prior to determining a session schedule.

The cost will be \$95 per farm, allowing two people per farm. Additional farm team members will be \$60 each and are encouraged to attend. All workshop materials are included.

This program is offered to farms throughout the Mohawk Valley Economic Development District, including (but not limited to) Oneida, Herkimer, Otsego, Schoharie, Fulton, and Montgomery Counties.

*CREATE A  
SHARED VISION  
FOR YOUR  
FARM BUSINESS!*

### For more information

(Schoharie & Otsego) David Cox, 518.234.4303 (x119) / dgc23@cornell.edu

(Schoharie) Alicia Terry, 518.295.8792 / aliciaterry@co.schoharie.ny.us

(Otsego) Jim Barber, 697.547.2536 (x227) / jrb248@cornell.edu

**Cornell Cooperative Extension | Schoharie and Otsego Counties**



Schoharie County Office of  
Agricultural Development

# James Barber Joins Farm, Source, Thrive Otsego



Cornell Cooperative Extension Schoharie and Otsego Counties is pleased to introduce its new Agriculture Implementation Specialist for Otsego County, Jim Barber.

Supporting the Farm, Source, and Thrive

Otsego brand that represents the efforts of the Otsego County Ag and Farmland Protection Plan, Jim said, “I see this position as an opportunity to serve farmers at the ground level. I hope to use my years of experience farming and in public service, to build connections with farm and non-farm partners. Partnerships at all levels are key to helping Otsego County farmers adapt to changing circumstances and create a resilient food and fiber industry.”

The vision for Otsego County agriculture is to maintain, grow, and initiate new agricultural concepts, practices, and opportunities that are achievable; and to help strengthen existing and new farming operations in order to preserve and nurture the viable farming sector of the County, today and in the future.



Jim brings a wealth of experience from the public and private agricultural sectors. He is the fifth generation to operate his family’s 450-acre farm in the Schoharie Valley. He married Cindy soon after they graduated from Cornell University’s College of Agriculture and Life Sciences. They raised their three children on the family farm. Together, they worked to shepherd the farm through a gradual transition from a commercial dairy, hay, and wholesale vegetable operation, to its current incarnation as a highly diversified farm including a 200-acre vegetable operation, 14,000 sq. ft. greenhouse space, another 14,000 sq. ft. of high tunnels, and a distillery producing award winning vodka and gin from potatoes grown on the farm.

As was his father, Roger Barber, before him, Jim has been an active participant and leader in several community and agricultural boards and organiza-

tions. Jim was elected as President of the NY State Vegetable Growers Association, District Director for NY Farm Bureau State Board of Directors, and President of NY Farms, an organization he helped found to bring together non-traditional partners in the food system to work toward common goals. He also served on the Cornell College of Agriculture Advisory Board, his local school board, and several other committees.

In 2007, Jim was appointed as a Special Assistant to the NYS Commissioner of Agriculture. In this position he worked on marketing and environmental issues and served as the Commissioner’s liaison to the fruit and vegetable industry.

In 2009, he was appointed by President Obama as NY State Executive Director for the USDA Farm Service Agency. During his service there, he directed significant efficiency improvements to the delivery of farm loans and farm programs, while managing the NY Farm Service Agency through significant budget cuts and staff reductions. Jim’s appointment in the USDA ended with the change in Presidential Administrations and he returned full-time to the family farm. In December Jim began his new role as Otsego County Ag Implementation Specialist.

With Jim’s guidance, the Farm, Source, Thrive Otsego initiative will continue to provide a pathway for Otsego County to increase successes and sustainability of its farms and agricultural sectors.

If you are a farmer, potential partner, or would simply like to learn more about the plan, please contact Jim at [jrb248@cornell.edu](mailto:jrb248@cornell.edu) or call 607-547-2536 ext. 227.



# The label tells a story.



New York State's agriculture industry is one of our great assets. Keeping it growing and thriving is one of the most important things we can do.



## Learn how to become New York State Grown & Certified

Show New Yorkers that your products meet farm-safe protocols and environmentally responsible practices by joining the New York State Grown & Certified program.

### To qualify, producers must meet certification criteria:

- Products are grown and produced in New York State
- Farms participate in a third-party food safety verification program, if applicable
- Producers participate in an environmental management program



### Funding opportunity

New York State Department of Agriculture and Markets has provided funding to assist producers to meet the obligations to participate or remain in the NYS Grown & Certified program. Producers may apply for up to \$50,000 per farm; applicants are required to contribute 10% of the total grant award in the form of cash equity.

### For more information and application materials

Schoharie and Otsego County producers should contact:

David Cox, Ag/Hort Program Leader, 518-234-4303 (x119), [dgc23@cornell.edu](mailto:dgc23@cornell.edu) (Schoharie)

Jim Barber, Otsego Ag Implementation Specialist, 607-547-2536 (x227), [jrb248@cornell.edu](mailto:jrb248@cornell.edu) (Otsego)

**Cornell Cooperative Extension** | Schoharie and Otsego Counties

# Challenge Grant Funds Help ENYCHP Purchase and Deploy Laser Scarecrows

BY CHARLES BORNT, CCE ENYCHP VEGETABLE SPECIALIST



*Laser scarecrow unit deployed in a field of sweet corn in Albany County.*

Each year at our grower advisory meetings and during the growing season, growers continually are frustrated with not being able to control birds in their sweet corn and list this as one of their top 5 production issues. While at the 2017 New England Fruit and Vegetable Conference in NH, CCE ENYCHP educator Chuck Bornt learned of a new technology for reducing bird damage in sweet corn called “laser scarecrows” that researchers at the University of Rhode Island were evaluating. These units use a small laser beam, similar to what you would see at a concert or show, attached to a rotating arm. A circuit board and programming chip varies the output of the unit so that birds do not get habituated to it. The birds can see the green laser light on the corn foliage and it creates enough uncertainty on the bird’s part that they will not enter the corn. I contacted Dr. Rebecca Brown who is the lead researcher working on this project and asked if we could also work with them to apply this tech-



*All it takes is a couple kernels that have been bird pecked to make this ear unmarketable.*

nology here in the ENY region. She was very happy to assist us but indicated that she did not have the funds to supply us with units and that we would have to purchase them from her. With that, Laura McDermott and I wrote and submitted a Challenge Grant to the members of the ENYCHP AMG for purchasing 5 laser scarecrow units and other necessary supplies for evaluating the use of this technology in reducing bird damage in sweet corn and blueberries. Upon approval of this Challenge Grant, 5 units were purchased and built in the spring of 2018 by ENY technician Natasha Field and myself. Unfortunately, only 4 worked properly and were deployed in a blueberry planting in Ulster County and several plantings of sweet corn in Albany and Orange Counties. Preliminary results indicate that there was a slight reduction in bird damage in blueberries, but erratic laser functioning did not allow us a true picture. The units in Albany and Orange Counties did however appear to reduce bird damage by an average of 70%. The interesting part is that all three growers believe that the laser scarecrows were effective in reducing damage to their crops. However, we all have concerns about the durability of the current laser scarecrow units and have reached out the researchers at URI to help improve the units for 2019. This work has also led to the co-authoring of a Northeast IPM grant between the CCE ENYCHP and University of Rhode Island for 2019.

*Reprinted with permission from the ENYCHP 2018 Third Quarter Report*

# Seeds—Swap and Save



Prior to the mid-eighteenth century, everyone saved seeds from their gardens and farm fields because there were no commercial seed companies. The only way to grow new plants or plant varieties was to get the seeds from a neighbor, friend, or family member. This sharing and swapping helped spread varieties of plants that grew well in particular regions.

The first commercial seed producers were Claude Geoffroy and her husband Pierre Andrieux, who formed the Andrieux Seed Company in Paris in 1742. Here in the United States, the Shaker Seed Company started selling seeds in 1794. The Shakers are credited with developing the seed envelope, packaging that continues today.

Commercial seed producers took off in the nineteenth century. Today, most of us grow plants from commercial seed houses. However, the idea of swapping and sharing seeds continues with people sharing seeds at the annual National Seed Swap Day (NSS) at the end of January. NSS was started by Washington Gardener magazine in 2006 to encourage people to share rare heirloom varieties of vegetables and flowers.

## Swapping Seeds

The Master Gardener Volunteers of Cornell Cooperative Extension Schoharie and Otsego Counties joined in on the National Seed Swap in 2015 and continue the tradition this coming January with free seed swaps on Saturday, January 26 from 10 to 11 a.m. at both the Kinney Memorial Library, 3140 County Hwy.

11, Hartwick and the Middleburgh Library, 323 Main St, Middleburgh. Participants are welcomed to bring seeds from their garden in labeled containers to the swap, but they are not required to bring seeds because there will be donated seeds on hand.

## Saving Seeds

If you didn't use up all the garden seed you bought, collected, swapped, or were gifted with this year, much of it can be stored for use in next year's garden, depending on the plant species. Seeds of some plants, such as corn, parsley, onion, viola (pansies), verbena, phlox and salvia are not very long lived, lasting only one or two years at best. Other seeds, including beans, carrots, lettuce, peas, radishes, snapdragon, cosmos, sweet William, and zinnia will remain viable (capable of germinating) for three to five years.

Seeds need to be kept cool, dark, and dry so that they retain stored carbohydrates and minimize fungal infection. You can keep your seeds in their original packets to preserve their labeling information. If you transfer the seeds to another container, be sure to label them with at least the plant name and the year the seed was purchased. Seeds you collect yourself can be stored in plain envelopes, sealable jars or other containers. Either way, be sure the seed is as dry as possible before placing in storage.

Store in airtight containers in a cool, dark area such as the refrigerator (not the freezer), or a cool closet where they will not freeze. A layer of powdered milk or uncooked rice at the bottom of the container will absorb excess moisture. Use a paper towel to separate the seed from the absorbent material.

If you are concerned about whether the seeds you have saved will grow, you can run a germination

*continued on page 20*

test prior to planting. To test for germination, place a counted number of seeds between paper towels, moisten the seeds, and place in a container. Cover the container or place in a plastic bag to prevent drying out. Maintain the container at a temperature of 70 to 75 degrees. At the end of two to three weeks the seeds will have had ample time to germinate. This will help you determine how viable (capable of sprouting) the seed is and how much extra

you may need to plant to get the desired amount of plants to grow.

The following chart listing storage life for common garden species will help you decide which seeds to save. However, the conditions that the seeds are stored in dramatically affects how well they will germinate next year, as much or more so than their species.

<b>Plant</b>	<b>Expected Storage Life (Years) Under Favorable Conditions</b>	<b>Plant</b>	<b>Expected Storage Life (Years) Under Favorable Conditions</b>
<b>Vegetables*</b>		<b>Annual Flowers**</b>	
Bean	3	Ageratum	4
Carrot	4	Alyssum	4
Corn, Sweet	3	Aster	1
Cucumber	5	Calendula	5
Kohlrabi	3	Celosia	4
Lettuce	6	Coleus	2
Muskmelon	5	Cosmos	3
Okra	2	Dahlia	2
Onion	1	Dianthus	4
Parsnip	1	Geranium	1
Pea	3	Hibiscus	3
Pepper	2	Hollyhock	2
Pumpkin	4	Impatiens	2
Radish	5	Lobelia	3
Spinach	3	Marigold	2
Squash	4	Nasturtium	5
Tomato	4	Nicotiana	3
Turnip	4	Pansy	1
Watermelon	4	Petunia	2
		Phlox	1
		Poppy	4
		Salvia	1
		Verbena	1
		Vinca	1
		Zinnia	5

*Source: Purdue Consumer Horticulture*

For more information, visit [www.cceschoharie-otsego.org/gardening](http://www.cceschoharie-otsego.org/gardening), or email [schoharie@cornell.edu](mailto:schoharie@cornell.edu)

By Susan Carver and Leslie Rigley, Schoharie County Master Gardeners

# New Master Gardeners Volunteer-Ready

CCE welcomes Master Gardener Volunteer (MGV) Trainees, Class of 2018, at participating county offices following completion of a required ten-week training program. The program includes a core qualifying course in horticulture and related topics, field trips, and workshops that enhance expertise and ability to communicate with the public information about ecological gardening (and related topics) consistent with Cornell University and Cornell Cooperative Extension.

Topics presented by various CCE educators, specialists, and SUNY Cobleskill faculty included:

- Adult Learning
- Community Engagement
- Soils, Composting, and Vermiculture
- Botany Basics, Seed Starting, and Plant Propagation
- Woody Plants, Pruning, and Plant Pathology
- Beekeeping and Entomology
- Weed- ID and Control and Lawn Care
- Permaculture and Vegetable Gardening
- Organic Vegetable Gardening, Large and Small Fruits
- Invasive Species, IPM Around the Home, and Nuisance Wildlife
- Edible Landscaping and Bio-Intensive Gardening

MGV Apprentices are expected to complete fifty hours of volunteer activity in their first

year, allowing an opportunity to learn about the program and a variety of ways to volunteer. Program areas may include a MG helpline, CCE grounds display and maintenance, plant sales, community and/or school gardens, regular monthly meetings, and team workshops in education and outreach, to name a few.

Also for 2018, we welcome Carla Crim, Horticulture Educator at CCE Delaware County and MGV Class of 2016, whose versatile horticultural background helped to cover many of the training workshops. And, we give a fond farewell to Bernie Armata, CCE Executive Director and Agriculture & Horticulture Educator in Herkimer County, who just retired in December. Bernie was among the original developers of a new MGV Training program in 2003 that allowed residents a much better opportunity to participate locally, and which in turn helped to build stronger MGV programs in the region. We wish Bernie all the best while he (and his wife, Barb) devote their time as a nationally recognized trainers of shepherding Border Collies. "Thanks, Bernie, for all you did for us and your constituents!"



**First Row** (l to r): Eric Roberts, Otsego; Helen Crichton, Herkimer; Ellen LaSalle, Otsego (Class of '12); Diana Cozzens, Otsego; Carla Crim, CCE Horticulture Educator, Delaware; **Second Row** (l to r): Bernie Armata, CCE Executive Director/Agriculture & Horticulture Educator, Herkimer; Judy Morse, Delaware; Laura Sanford, Delaware; Pamela Hart, Schoharie; Elizabeth Kaden, Delaware; Bonnie Seegmiller, Delaware; **Third Row** (l to r): Jessica Furlong, Delaware; Sharon Giammaria, Herkimer; Carolyn Hopper, Otsego; Mark Boshnack, Otsego; David Cox, CCE Agriculture/Horticulture Educator, Schoharie-Otsego; **Fourth Row** (l to r): Mary Ellen Calta, Otsego (Class of '16); Robert McMann, Otsego

# Otsego County 4-H Drone Discovery Day



York Drones (CNY Drones), presented by Bob and Lisa Payne. Hands-on sessions will include the science of flying, aeronautical navigation, meeting a pilot, and exploring career opportunities. Presenters include Don Zaengle, high school science and drone teacher and FAA drone pilot; John Gustafson, commercial and drone pilot; Doug Reilly, Director of the A.J. Read Science Discovery Center at SUNY Oneonta and FAA drone pilot; and students of the Schenevus science/drone program.

The event is FREE; but, you must register to receive your ticket. Registration is limited to allow for the optimum hands-on experience. First come, first served. Please note, you must have a ticket to enter the event.

## REGISTRATION opens January 1

[https://reg.cce.cornell.edu/4-H-Drone-Discovery-Day\\_243](https://reg.cce.cornell.edu/4-H-Drone-Discovery-Day_243)

The “WORLD” of drones has arrived! Youth ages 12-16 are invited to discover drones and drone technology on Saturday, February 9, from 9 a.m. to noon, at the Schenevus Central School.

The day will start with a show and tell exhibit of drones and continues with a visit from Central New

York Drones. 4-H Drone Discovery Day is sponsored by Cornell Cooperative Extension, Otsego County 4-H in partnership with the Schenevus Central School, A.J. Read Science Discovery Center, John Gustafson and CNY Drones.

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that Amazon will donate a portion of the purchase price to your favorite charitable organization. Choose to support **Cornell Cooperative Extension Assn Schoharie & Otsego Counties** and you'll be able to see your donations grow automatically every month!

*You can also give your support directly to CCE Schoharie and Otsego Counties using the form below:*

### I want to help make a difference!

I would like to make a contribution of: ☐ \$250.00 ☐ \$100.00 ☐ \$50.00 ☐ \$25.00 ☐ Other \$\_\_\_\_\_

Make checks payable to **CCE Schoharie and Otsego Counties**, 173 South Grand St, Ste 1, Cobleskill, NY 12043.

Contributions by credit card can be made online at [cceschoharie-otsego.org/donate](https://cceschoharie-otsego.org/donate), which links to a secure website.

### Ask if your employer has a matching gift program!

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