

# Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

## MAY/JUNE 2019

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## CCE's Newest Offering, [healthy-connections.us](http://healthy-connections.us) Nutrition Education for All

Cornell Cooperative Extension Schoharie and Otsego Counties introduces **healthy-connections.us**, a new nutrition education program for residents of Schoharie, Otsego, and Montgomery Counties. This program will mirror CCE's current nutrition education program—EFNEP. Its addition, provided by a partnership with the Rural Health Education Network of Schoharie, Otsego, and Montgomery Counties—RHENSOM, will allow CCE to reach audiences not currently served by the EFNEP program.

The nutrition educator delivering this program is Allyson Wyman, who came to us from CCE Greene County's Taste of New York Capitol Region Welcome Center. Allyson grew up on a nature preserve with a love for animals in the Helderberg Hilltowns in Albany County. She is an ambassador for our environment, a mother of two, and a founding member of Country Classroom- an independent preK-8 children's school in Schoharie County. A need to address a dietary food restriction fostered and led Allyson to her passion for healthy eating. In her words, "You can't just exercise and think healthy thoughts when it comes to healthy living; understanding nutrition and its connection to eating healthy are the keys to success."



Nutrition program educator Allyson Wyman will offer this **free nutrition program** to individuals and groups of all ages in the three counties served. The program offers participants a hands-on opportunity to learn more about making healthy low-cost meals, how to save time and money with meal planning, using the food label to make better choices, and exploring

*continued on page 2*

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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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## CCE's Newest Offering, continued from page 1

new ideas for staying active. The *healthy-connections.us* program starts participants reaching goals by making small steps that can lead to healthier living.

If better health through nutrition is your goal, you can join the program and participate in a 4-6 lesson series where you can learn with others in a group, or you can schedule one-on-one lessons with our educator. The program is also available for a one-time group lessons, a one-on-one lesson, or special events. If you are interested in enrolling in the *healthy-connections.us* program, you can contact nutrition educator Allyson Wyman by calling 518-234-4303 or 518-296-8310, Ext. 120 or emailing her at [afw42@cornell.edu](mailto:afw42@cornell.edu).

## Interested in the *Small Farms Quarterly*?

Small Farms Quarterly is a newspaper for farmers, farm families, and anyone else interested in the quality of life that small farms provide. Its goals are to celebrate the Northeast region's smaller farms, inspire and inform farm families and their



supporters, help farmers share expertise and opinions with each other, increase awareness of the benefits that small farms contribute to society, share important research, extension, and other resources.

The *Small Farms Quarterly* is compiled by the Cornell Small Farms Program, based at Cornell University in Ithaca, NY. The program fosters the sustainability of diverse, thriving small farms that contribute to food security, health in rural communities, and the environment by encouraging small farms-focused research and extension programs.

*Small Farms Quarterly* is produced by Lee Newspapers, Inc., and is distributed four times a year as a special section of Country Folks. Publication dates are January 14, April 1, July 1, and October 7, 2019. For subscription information, contact Tracy Johnson, Lee Newspaper, Inc., P.O. Box 121, Palatine Bridge, NY 13428, call 888-596-5329, ext.146, or email [subscriptions@leepub.com](mailto:subscriptions@leepub.com).

Lee Publications also provides an online reader version of the *Small Farms Quarterly* with this link <https://www.leepub.com/published/SFQ/SFQ-190401/>



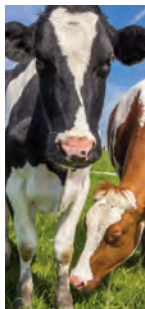
## Making Connections

Farm-Source-Thrive Otsego is all about making connections. The vision for Farm-Source-Thrive (FST) Otsego is to help facilitate efforts at every level to support the local farm and food system in Otsego County.

- Farmers connect with each other, to share ideas and experiences.
- Customers and farmers connect to build relationships that support each other.
- Farmers connect with their communities to work together on common interests.

### *Connecting Farmers with Each Other*

Cornell Cooperative Extension participates in and hosts many events bringing farmers together. Attendees at workshops and conferences share production techniques and marketing ideas with each other. Presentations from a variety of experts provide them with new information and opportunities regarding production and marketing. FST Otsego uses its farm network and connections to a wide array of organizations, to spread the word and bring people together.



### *Connecting Farmers with Customers*

Interest continues to grow among many types of customers who want to source their food, food ingredients, and other products from local farms. Connecting farmers to the people and businesses interested in sourcing locally can be the catalyst for real economic opportunity. Along with farmers' markets, farm stands and CSA's, there are increasing opportunities for producers to access more distant markets through food hubs and private entities engaged in aggregating and distributing farm products. However, it can be challenging for farmers to balance their time needed for tending livestock and producing crops with the time necessary to build and maintain market channels. Farm-Source-Thrive Otsego is engaged in an exciting new opportunity designed to facilitate local sales for farmers. We are offering a phone app—Source Otsego—that will enable retail and wholesale customers to learn more about your business, browse seasonal products, place orders and pay for products from their cell phone. This virtual farmer market can provide a new customer base to supplement traditional farmers' markets and other marketing channels around the county.



*continued on page 4*



## Connecting Farmers with the Community

Publicly funded grants can be a useful resource for farmers over a broad range of needs, from marketing, to infrastructure, to farmland and natural resource protection. This is an excellent example of the community recognizing the importance a strong farm economy plays in the sustaining the local economy. Many Cost of Community Services Studies have demonstrated that farms provide nearly three times more in property tax revenue to local communities than the cost of the services those farms require. Community investment in the long-term success of farm operations will yield long term revenue support for community operations, through farm property taxes. Farm-Source-Thrive Otsego will do its part to promote grant opportunities, disseminate information and where it can, assist farmers through the application process.



Farm-Source-Thrive Otsego also promotes the connections between a strong agriculture economy, farmland protection and a healthy environment. Farms will survive and farmland will stay in production, when agriculture is supported through economic development efforts. Well managed farmland plays an important, even desirable role in maintaining and enhancing our natural resources. FST Otsego supports efforts to provide farmers with economic opportunity along with resources and assistance focused on environmental stewardship.

The Farm-Source-Thrive initiative is a cooperative effort in Otsego County funded by the Otsego Board of Representatives and Cornell Cooperative Extension, with the support of several public and private entities in Otsego County. If you are interested in learning more about Farm-Source-Thrive Otsego, the work we are engaged in, or opportunities available, please contact Jim Barber: jrb248@cornell.edu or 607-547-2536 x227.

# 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



**Cornell Cooperative Extension**  
Schoharie and Otsego Counties

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 (Schoharie)

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

# Central NY Beef Producers' Fall Feeder Calf Sale Led to Higher Prices!



CNY Beef Producers Members: Maidens Family, Dr. Mike Baker, Hammond Family, Ross Family, Bill Gibson, MacKenzie Waro, Ashley McFarland, Harold Palmer Family, Mark Nelson, Jerri Keller, The Wall Family.

Obtaining higher prices for their cattle is one way beef producers can improve the profitability of their farm. Buyers are typically looking for a quantity of calves of the same breed and size in numbers greater than one farm can supply. By pooling their calves together into similar lots producers can take advantage of quantity purchases by buyers.

The Central NY Beef Producers have worked cooperatively with Livestock Specialist Ashley McFarland and State Beef Extension Specialist Dr. Mike Baker to conduct a feeder calf sale in the past four fall seasons. The group has set management protocols, valued by buyers that must be met for animals going through the auction. Calves are graded by a USDA certified grader. Those that do not fit into the standard grade will not be allowed in the sale. Animals in these sales have sold for a premium price because producers followed the specific protocols established.

Last fall's sale was the most successful one to date. Animal numbers were fewer than originally hoped for but the quality was the highest to date. The sale had record prices with producers averaging \$100 more per head than feeder cattle hub sale for that week in elsewhere in New York. The 44 calves, 21 steers, and 23 heifers sold for a high price of \$1.46/lb. (Av. Wt. for lot 734 lbs.), a low price of

\$1.01/lb. (Av. Wt. for lot 458 lbs.), and an average sale price of \$1.26/lb. (Av. Wt. for sale 656 lbs.)

The sale saved producers hard-earned dollars by reducing shipping costs and weight shrink and improving overall health. Pooled feeder calf sales provide producers a marketing advantage.

Additional 2019 news updates from Livestock Specialist Ashley McFarland:

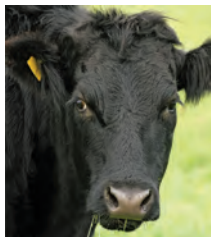
For all livestock producers, this is new for 2019: The USDA is planning to transition to 840 RFID tags and away from NUES tags to promote livestock traceability. For years the program has been providing these tags for free as a way to introduce these newer RFID tags with its technology. In order to allow all program producers a chance to receive tags, we are limiting the number of free RFID tag orders to 100 per producer per year. If you need more tags, please visit: [https://www.agriculture.ny.gov/AI/AI-489\\_OrderForm\\_Producer\\_Ear\\_Tags.pdf](https://www.agriculture.ny.gov/AI/AI-489_OrderForm_Producer_Ear_Tags.pdf)

New for 2019: Scrapie's program has changes rules and regulations! Click on this link to read more about the changes that could affect the way you practice. [https://www.aphis.usda.gov/animal\\_health/animal\\_diseases/scrapie/downloads/nsep-program-standards-final-rule.pdf](https://www.aphis.usda.gov/animal_health/animal_diseases/scrapie/downloads/nsep-program-standards-final-rule.pdf)





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.



**Cornell Cooperative Extension**

## 7th Annual Family Farm Day!

### Farms open doors to visitors throughout Schoharie, Otsego, and Delaware Counties!

**On August 24**, at the peak of summer, local farms and businesses use this opportunity to welcome visitors, showcase and sell products, provide tastings, tours, and a host of activities and demonstrations—all great reasons for visitors to come for the weekend. Sponsorship in FFD gives you visibility among the 50-60 participating farms from all three counties, as well as the hundreds of local families and thousands of tourists who will visit on Family Farm Day.

Our tourism partners support our promotional efforts, helping to maximize your business' visibility, marketing, and outreach. We will distribute full-color Farm Guides that feature all participating sponsors and farms, including maps and GPS coordinates to ensure timely travel throughout the region.

FFD is one of the most important and growing agritourism events in our region, enabling communities near and far to support our local farms and other area businesses. Your generous sponsorship also will allow all our farms an equal opportunity to participate, while ensuring that visitors enjoy all that our three counties have to offer. Thank you!

## Sponsorship Levels and Benefits

### Cultivator \$100

- Business name and/or logo recognition on sponsor page in Farm Guide.

### Sower \$250

- Eighth-page color display ad in Farm Guide

### Pollinator \$500

- Quarter-page color display ad in Farm Guide
- Recognition on Facebook and Instagram

### Harvester \$1,000

- Half-page color display ad in Farm Guide
- Recognition on Facebook and Instagram
- Link to business website on FFD webpage sidebar

### Sustainer \$1,500

- Full-page color display ad in Farm Guide
- First-come, first-served choice of Inside Front/Back, or Back Cover
- Recognition on Facebook and Instagram
- Link to business website on FFD webpage banner

***Special offer for exclusive sponsorship of FFD tote bags. Contact Coordinator for details!***

See next page for Sponsor Registration form.



## Display Ad Dimensions

Full page: 7.333"w x 9.792"h  
 Half page: 3.583"w x 9.792"h or 7.333"w x 4.833"h  
 Quarter page: 3.583"w x 4.833"h or 7.333"w x 2.375"h  
 Eighth page: 3.583"w x 2.375"h

Please provide files in JPG or PDF format at 300 ppi, and email to [schoharie@cornell.edu](mailto:schoharie@cornell.edu).

## Sponsorship Registration

Please check your sponsorship level:

- ☐ Cultivator \$100
- ☐ Sower \$250
- ☐ Pollinator \$500
- ☐ Harvester \$1,000
- ☐ Sustainer \$1,500

Select:

- ☐ Inside Front
  - ☐ Inside Back
  - ☐ Outside Back
- (First come, first served!)

Business name \_\_\_\_\_

Contact person \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_

To register online and/or pay by PayPal or credit card, visit [www.familyfarmday.org](http://www.familyfarmday.org), and follow the link to **Sponsors**.

Or, please complete, sign, and return this form to CCE Schoharie and Otsego Counties, 173 South Grand St., Suite 1, Cobleskill, NY 12043. **Registrations accepted through Friday, May 10, 2019.**

If including your payment, please make checks payable to CCE Schoharie and Otsego Counties. Otherwise, full payment is due by Friday, May 31, 2019.

For more information, contact our FFD Sponsor and Restaurant Coordinator, Ileana Montalvo, at [bunkerhomestead@gmail.com](mailto:bunkerhomestead@gmail.com), or call 607.588.6158.

**Thank you again for your support of  
 Family Farm Day and local agriculture!**

**Cornell Cooperative Extension**







# 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.**

## **Step Right Up and Earn a Pair of Sneakers!**

EFNEP is again partnering with Bassett Research Institute's 5210 Initiative to encourage EFNEP eligible families to eat healthier and to increase physical activity by joining the Parent and Child Cooking Class with the 5210's Sneaker Program for the next two class series starting Wednesday, May 15, and Tuesday, June 4. Adults with children completing six lessons are eligible to receive two certificates for athletic footwear from the Shoe Department Store, one a \$40 value for an adult, and one a \$30 value for a child, supporting the Initiative's goal that everyone has one or more hours of physical activity a day.

Check the Events page in this issue of *Connections* for information on registering for classes.



## **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 AND RHUBARB

A saucy combination

Serves 6



## Ingredients

- 1½ tablespoons cornstarch
- ¼ cup sugar
- 2 cups sliced rhubarb (½ inch pieces)
- 1½ cups cold water
- 6-8 chicken breasts or 1 whole chicken cut-up
- 1 tablespoon melted butter or olive oil
- ¼ teaspoon salt
- ½ teaspoon nutmeg

## Directions

1. Combine cornstarch, sugar, and cold water in a medium saucepan. Stir with a whisk or fork until well mixed. Add chopped rhubarb, cook over medium heat stirring occasionally until mixture boils. Continue cooking, stirring constantly for an additional 2 minutes. Set aside to cool.
2. Place chicken in a shallow baking dish. Brush with butter or oil and sprinkle with salt. Bake uncovered in 350° oven for 25 minutes.
3. Spoon rhubarb sauce over chicken. Sprinkle with nutmeg. Return to oven and bake 20 additional minutes. Check for doneness with a meat thermometer.
4. Serve immediately, spooning any sauce remaining in the pan over the chicken.

## Know the facts . . .

- One pound of rhubarb yields about three cups of chopped rhubarb or two cups when cooked.
- Stalk color doesn't indicate ripeness since some cultivars are green while others are red. Pull stalks from the crown rather than cutting as this is better for the plant. Remove the leaves with about one inch of the stalk as the oxalic acid contained in them is toxic to humans and animals. Do not harvest rhubarb from plants that have been frozen as the toxin can travel from the leaves into the stem when this happens. Once harvested with leaf removed, it is safe to freeze rhubarb for preservation.
- Rhubarb was grown in China and traded for medicinal purposes as early as the 16th century. It is a member of the buckwheat family and botanically a vegetable, although it's fame as a pie ingredient makes us think of it as a fruit. In 1947, the United States gave it the legal designation as a "fruit" to avoid higher tariffs imposed on vegetables.
- For our companion recipe, Corn Casserole, 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 piece  
Servings Per Container 6

Amount Per Serving

**Calories 300**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**    **8%**

**Saturated Fat 2g**    **10%**

**Trans Fat 0g**

**Cholesterol 135mg**    **45%**

**Sodium 260mg**    **11%**

**Total Carbohydrate 10g**    **3%**

**Dietary Fiber 1g**    **4%**

**Sugars 6g**

**Protein 53g**

**Vitamin A 2%**    • **Vitamin C 10%**

**Calcium 6%**    • **Iron 10%**

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

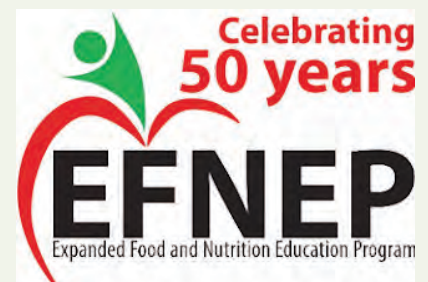
		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Notes:

- Fresh pork can substitute for chicken breast.
- When measured with a meat thermometer, chicken is done at an internal temperature of 165°F and fresh pork is done at an internal temperature of 145°F.



# PROGRAM EVENTS

## Girls' Stem Opportunity, Afterschool Makers Club

Wednesdays, 3:30 p.m.- 5:30 p.m., beginning May 8, and continuing for six weeks at the Science Discovery Center, SUNY Oneonta Campus. Otsego County 4-H program is partnering with the Science Discovery Center to present a girls' STEM opportunity, Astronomy—Go out of This World. Open to girls in seventh grade and up, the club will meet weekly to experience Science in the Lab. Call the Otsego office 607-547-2536 to preregister.

## EFNEP—Parent & Child Hands-on Cooking and Sneaker Program 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. Every adult signed up who completes the lesson series will receive one \$40 certificate(adult) and one \$30 certificate (child) for athletic footwear from the Shoe Department Store sponsored by Bassett Research Institute's 5210 initiative.

**Wednesdays**, 4:30 - 5:30 p.m. on May 15, 22, 29, and June 5, 12, and 19 at the Extension Center in

Cobleskill, NY; free. Call the Cobleskill Office at 518-234-4303 to pre-register by May 9.

**Tuesdays**, 4:30 - 5:30 p.m. on June 4, 11, 25, and July 9, 16, and 23 at the Extension Center in

Cobleskill, NY; free. Call the Cobleskill Office at 518-234-4303 to pre-register by May 31.

Class size is limited. Children should be age 4 and older.

## Lunchbox Workshops with Otsego County Master Gardeners

Take a break, bring your lunch, and join the Otsego County Master Gardeners on Wednesdays, from noon - 1 p.m.

**May 8:** GROW Initiative- Presenters, Francine Stayter and Carol Phelps, Otsego Master Gardeners

**June 12:** Culinary Herbs- Presenter, Gert Coleman, Vegetable & Herb Specialist

The sessions are **free** and open to the public. CCE Education Center, Cooperstown. Please call to let us know you're coming, 607-547-2536.

## Otsego County Master Gardener- Seed Starting Workshop for Children

Saturday, May 11, 10 a.m. to noon

Master Gardener Volunteers of Otsego County will lead children ages 7-11 in this free workshop where they can make a gift for mom. Kim L'Heureux and Pati Grady will demonstrate how to plant seeds. The project requires participants to bring a clean gallon milk or water jug. A Parent or responsible adult must stay with the child during the program. CCE Education Center, Cooperstown. Pre-register by noon on Friday May 10, call 607-547-2536 or register online.

## Schoharie Master Gardener- 24th Annual Spring Plant Sale

Saturday, May 18, 9 a.m. - 12 p.m.

Master Gardeners offer a variety of annuals, perennials, herbs, hanging baskets, seed potatoes, bareroot shrubs, and more! Extension Center, 173 South Grand Street, Cobleskill

## Otsego County 4-H Calf Sale

Sunday, May 19, Sale begins at 1 p.m.

Alexis and Julia invite you to the 4-H Calf Sale! Benefits from the sale help support Otsego County 4-H Dairy Program educational opportunities.

If you have any questions regarding the event contact Sonja Galley at 607-267-2011.

Otsego County Fairgrounds, Morris, NY.



## Nutrition and Cooking Class for Everyone

Tuesday, May 21, 4 p.m. - 5 p.m.

Join the healthy-connections.us program for its first class to learn practical hands-on steps for living healthier, held at the Extension Center, 173 South Grand Street, Cobleskill, NY. The class is free and available to all residents of Schoharie, Otsego, and Montgomery counties. Space is limited, call the Cobleskill Office at 518-234-4303 to pre-register for the class by May 14.

## Otsego Master Gardener- Annual Spring Plant Sale

Saturday, May 25, 9 a.m.- 1 p.m.

Come for the best selection of perennials, annual flowers, vegetables, herbs, and ground covers that do well in Otsego County. Education Center, 123 Lake St., Cooperstown, NY

## Schoharie County Master Gardener- Food Preservation: Successful Steps for Freezing Foods Workshop

Thursday June 6, 6:30-8:30 p.m.

Food Preservation Specialists, Jan Ryder and Leslie Rigley will present a hands-on workshop on freezing foods successfully, at Extension Center, 173 S. Grand St, Cobleskill. Cost is \$15/person, including all materials and supplies. Space is limited, call the Cobleskill Office at 518-234-4303 to pre-register or register online for the class by June 2.

## Dairy-Berry Day

Saturday, June 15 Centre Park, Cobleskill.

## SAVE THESE DATES

### 2019 Otsego County Fair

Tuesday July 30 - Sunday August 4

### 2019 Cobleskill Sunshine Fair

Tuesday August 6 - Sunday August 11

Be sure to visit the Schoharie County Master Gardeners in Progressland!

### 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!

## Lunchbox Workshop with Otsego County Master Gardeners

Take a break, bring your lunch, and join the Otsego County Master Gardeners on Wednesday, from noon - 1 p.m.

**Sept. 11: Soil Health/pH Testing**

The sessions are free and open to the public. CCE Education Center, Cooperstown. Please call to let us know you're coming, 607-547-2536.

To continue the *Connections* experience, read our next issue coming out in July. We will be highlighting Family Farm Day 2019, sharing information on the 2019 Invasive Species Awareness Week, providing new recipes from our EFNEP program for your family to enjoy, and more . . .

See our website, [cceschoharie-otsego.org](http://cceschoharie-otsego.org) for additional events not listed.





*Interns visiting with Earl VanWormer, Schoharie County Board of Supervisor's Chairman.*

## 4-H Legislative Intern Program Opportunity

The Legislative Intern Program engages Schoharie County students for experiencing firsthand how government works. Students discuss current governmental and citizenship topics, tour county offices and the New York State Capitol, and meet with elected officials and county department heads.

Do you know a student who might be interested? Registration opens in September, and the program runs October through May. The program is held one day a month, and students are expected to attend public meetings held for town and planning boards and for public hearings. Students are expected to attend all legislative intern sessions.

Students who are interested in government, citizenship, or careers in public service should contact their high school guidance counselors, principals, or school administrators for information. Applications are available through Schoharie County high schools or by contacting the 4-H Office at Cornell Cooperative Extension in Cobleskill at 518-234-3403 or 518-296-8310.

Students will participate in a combination of seminars, workshops, observations, role playing, and will conduct a mock department meeting, observe a day in court, and gain new understandings of how the correctional and probation systems interrelate in the judicial system. They will learn about elections, registering, and voting.

Interns visit the New York State Capitol and the Senate and Assembly chambers and local elected officials and department heads to round out their experiences. Students observe meetings of the County Board of Supervisors and participate in a mock supervisors meeting having the opportunity to run the county their way.



*Exploring the Capitol in Albany, touring the Senate and Meeting with Senator Seward.*

This year's intern cohort started their experience in October with visits from Earl VanWormer, Schoharie County Board of Supervisor's Chairman, Rich Shultes, Deputy Commissioner of Schoharie County Board of Elections, Sara Davies-Griffin, Republican Deputy Commissioner, Steve Wilson, Schoharie County Administrator, and Nancy Jo-Brumaghim from the Youth Bureau.

In November, they took on the task of collecting election results at polling places and reporting the information to the Capital District Election Service. They received informative visits from the following local county departments: Larry Caza, Office of the County Clerk; Valerie Manchester, PHN, Department of Health; Lisa Thom, Office of Real Property; Jim Richards, Information Technology Services, IT Department; and Tina Sweet, Department of Social Services.

January brought the opportunity to job shadow in different departments; a visit from Shane Nickle, Planning and Development Department; and an actual participation in the Peaceville Simulation.

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*A visit to the Schoharie County Sheriff's Department.*

March brought about visits to the Schoharie County Courts and the Schoharie County Sheriff's Department and visits from Dan Crandall, Schoharie County Highway Department, and Mark Roberts, Schoharie County Emergency Services.



*Interns having fun at the Highway Department.*



*Interns meet with Assemblyman Chris Tague in his office.*

In April the Interns explored the Capitol in Albany, touring the Senate and Assembly and meeting with Assemblyman Chris Tague and Senator Seward.

Students, parents, and teachers who are interested in this unique program and would like to learn more should contact CCE.

The program is sponsored by the 4-H program of Cornell Cooperative Extension.

## NEWSLETTER SUBSCRIPTION

To subscribe to *CONNECTIONS*, the free, bi-monthly e-newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties, visit our website, [cceschoharie-otsego.org](http://cceschoharie-otsego.org). Click on *CONNECTIONS*, then click on the button in the upper right corner and complete the registration. It's free, and by subscribing you are assured of receiving future issues, without missing any news or programs of the Association. Printed copies are also available at the Association offices in Cobleskill, Cooperstown, and Oneonta. Cornell Cooperative Extension Schoharie and Otsego Counties does not share reader's personal information with third parties. Our emails are to keep you up to date with current events. If you do not wish to receive our notices, you can unsubscribe at anytime.



# Ruminant or Non-ruminant?

## 4-H Quiz Bowlers Know the Answer



Youth who participate in 4-H Dairy and Horse Quiz Bowls and Hippology are very familiar with these terms, and many more. Teams study their chosen animal in advance of the competitions. These 4-hers can tell you that cattle are ruminants, horses are non-ruminants, and can answer questions like, “What is the most important nutrient for dairy cattle?” and “What is the anatomical term for the muscle that is used by the horse for shaking off flies?” In case you’re curious, the answers to these questions are water and the panniculus muscle, respectively. After lots of preparation youth participate in regional contests in hopes of moving on to state and even national level competitions.

This year 4-Hers from Schoharie County participated in all three of these regional events with the following results: one Junior Dairy Bowl team came in second with three team members placing in the top ten individually, an additional Junior Dairy Bowl team also participated. The Senior Horse Quiz

Bowl team came in second with three team members placing in the top ten individually allowing some of team members to advance to the state level competition in late April. The Senior Hippology team came in first place making the team eligible for the state level contest in August with three members placing in the top ten individually as well.

Otsego County sent four teams to the South Central 4-H District Dairy Bowl on March 9. Otsego County Junior 4-H Dairy Bowl Teams placed first and fifth. Otsego County Senior 4-H Dairy Bowl Teams placed first and third. Several Otsego County 4-H Dairy Bowl team members will advance to NY State 4-H Dairy Bowl hosted at Cornell, April 27. Special thanks to Head Coach Amy Proskine; Coaches: Sandy & Greg Bonczkowski, Ralph Rathbun, Jannette Johnson, Brad Ainslie (State). Assistants: Carol Ainslie, Hollie Pullis, Ellie Ainslie

Congratulations to all the 4-Hers in both counties who participated!



**Schoharie County 2019 Junior 4-H Dairy Bowl Team-2nd Place:** Levi Blood, Gus Mason-Captain, Luke Enyart, and Case Yacobucci.



**Schoharie County 2019 4-H Junior Dairy Bowl Team:** Jacob Enyart- Captain, Daisy Mason, and Jackson Reed.



**Schoharie County 2019 Senior 4-H Horse Quiz Bowl Team-2nd Place:** (front to back) Makayla Ryder- 3rd place, Logan Ryder- 9th place, Krista Ryder- Captain- 2nd place, and Hannah Wetsell.



**Schoharie County 2019 Senior 4-H Hippology Team-1st Place:** Hannah Wetsell- 4th place, Logan Ryder, Krista Ryder- 2nd place, and Makayla Ryder- 3rd place.



**Otsego County 2019 Junior 4-H Dairy Bowl Team-2** (front to back) Justin Wolfe, Maxwell Pullis, Abbie Ainslie, and Hannah Bonczkowski. **Not in picture Otsego County Junior 4-H Dairy Bowl Team 1-** Evelyn Kersmanc, Braeden & Xander Johnson, Ethan Hill.



**Otsego County 2019 Senior 4-H Dairy Bowl Team-1-** Garrett Proskine, Coach- Amy, Gavin Bonczkowski, and Sean Kersmanc. **Not in picture Otsego County Senior 4-H Dairy Bowl Team 2-** Austin Ainslie, Dalton Proskine, Aidan Ainslie, and Ashley Wolf.



## What Do Cornell Cooperative Extension's 4-H Afterschool Programs Offer?

### Parents get . . .

- A licensed Afterschool program with trained staff
- A program operating when school is in session
- A safe, secure environment for their children
- An opportunity to communicate with staff in-person and by email
- A program that provides a healthy snack and homework help if needed



Afterschoolers in action during a three legged race



4 H community service project

### Students get . . .

- Opportunities to make new friends
- To join 4-H with fun 4-H Club and STEM activities and even show in the Jr. Department at the Sunshine Fair
- To participate in active and quiet play with special field day events and cooperative games.
- To engage in multiple community service projects

CCE's 4-H Afterschool Program is currently offered at **Cobleskill-Richmondville Central School** and **Schoharie Central Schools** and beginning in 2019-2020 at **Middleburgh Central School**.

***Register now to secure your child's spot!***

**Call 4-H Afterschool Coordinator Susan Salisbury at 518-234-4303, Ext. 122 to request a registration packet for your preferred site.**





*4-H Afterschool snake club in action.*

## A Few of Their Favorite Things . . .

What do 4-H After-Schoolers say about their favorite activities in After-School? It is best summed up by the program motto: “We don’t sit, we do!” Read for yourself; here’s what they had to say.

Trent, kindergartner: “I like to play with hexabits. I like to play outside and I like snake club. I have made a lot of friends here.”

Nolan, kindergartner: “Ms. Sue, “Hola,” I can say hello in Spanish,” referring to his participation in Spanish club.

Blakely, kindergartner: “I like to draw and color.”

Wyatt, kindergartner: “I like planting club.”

Gabby, 1st grader: “I like to make undertale books. I like arts and craft club.”

Corbin, 1st grader: “I had fun in the Uno Tournament.”

Joey, 1st grader: “Dance club is fun.”

Abigail, 2nd grader: “I like dance club.”

Gabby, 2nd grader: “I liked making slime and play-doh ornaments.”

Rebecca, 3rd grader: “My favorite is the snake club, because we get to pet them.”

Caden, 3rd grader: “I really liked it when we made slime.”

Robbie, 3rd grader: “I like the people. I like computer lab and getting my work done.”

Michael, 4th grader: “What I like about 4-H After-school program is that we just don’t sit in the cafeteria, and we get to go outside or in the gym. Sometimes we play mumball at the end of the day. I liked science and snake club.”

Jordan, 5th grader: “I like computer lab, my friends here, snake club and getting my homework done.”

Zachary, 5th grader: “I like the writing club”

Kyle, 6th grader: “I like that we do crafts, that we have choices, computer lab, gym or outside. I do some homework here and I like that.”

It is clear to see there are some common themes, such as playing inside and outside, making things, sharing time with friends, working with computers, and getting homework completed, but even more re-occurring was the mention of clubs- actual 4-H clubs proving that the partnership between Afterschool and Cornell Cooperative Extension’s 4-H program is a unique success. Some Afterschoolers even get to try things they have never done before, when one child talked about a sports club experience of using



*Learning to snowshoe in sports club.*

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snowshoes for the first time, he said, “I can walk on snow in funny shoes.” 2nd graders Evan and Andrew, along with Max in 1st grade, and Teddy in Kindergarten have been learning and enjoying the challenge of the game of chess in chess club. Caroline and Evelyn in kindergarten have been exploring the creativity and joy of dance in dance club.

Not everything in 4-H Afterschool stays in school, it goes home too, after participating in activity where they made bread in a bag, one child said, “Mom let’s make pizza tonight; I made the dough.” It also reaches out into the community, as Afterschoolers get the opportunity to participate in 4-H service projects. Both the Cobleskill and Schoharie sites have youth engaged in making mats for the animals at the Schoharie County Animal Shelter. Just like in the traditional 4-H club experience the knowledge learned and the activities participated in during 4-H afterschool clubs will continue to enrich each child’s life long after they age out of the program, making the 4-H Afterschool Program more than just childcare.



*Working on the community service project for the Animal Shelter at Schoharie site.*

## April Programs Bring out Busy Home Gardeners



Home gardeners tackled the art of fruit tree care through a hands-on pruning workshop instructed by commercial fruit tree specialist Laura McDermott and sponsored by Schoharie County Master Gardeners. Owner, Joe Fydenkevez, and farm associate, Cindy Nally, of Bohringer’s Fruit Farm in Middleburgh hosted the popular program on April 6. With pruners in hand, twenty home orchardists were led through demonstrations of pruning and cultural techniques. Ms. McDermott, pictured above on the right, leads small fruit outreach efforts, serves as a liaison with grower organizations, and regularly participates in applied research and demonstration activities in her role with the Cooperative Extension’s Eastern New York Commercial Horticulture Program.



Schoharie County Master Gardeners Brenda Weaver and Suzann Kipp conducted a seed starting and straw bale workshop on April 13. Attending home gardeners learned hands-on with this increasingly popular method of small space gardening. The straw bale garden, pictured above, was one from similar workshop held last year.

Check out the events page in this issue of Connections for upcoming workshops and events with volunteer Master Gardeners.





Otsego Master Gardener Carol Phelps (left) helps young gardeners plant-a-seed at OCCA's Earth Fest, Saturday, April 13, at Milford Central School. Master Gardener Susan Jones, right, looks on.



### Master Gardeners' Corner

## Vegetable and Herb Gardening in Containers

REPRINTED FROM "CORNELL GARDEN BASED LEARNING" BY LORI J. BREWER, OCTOBER 2016

Container gardens are suitable for many lifestyles. Novice and advanced gardeners will enjoy the convenience of growing plants in places that might be thought of as impossible or unthinkable. Additionally, container gardens are an opportunity for creative expression in small spaces.



Photo from Bad Alley via flickr

### Consider the following when choosing a container:

- You can grow delicious food in something far less glamorous and expensive than planter boxes, hanging baskets, and terra cotta pots. Be creative as most any container can work. Do select one that has never held toxic material. Disinfect previously used container by scrubbing with a dilute bleach (about 10% standard bleach to 90% water).
- Though bigger is going to be better, you can grow some crops in containers as small as a cake pan. Match your plants to containers that will provide enough space for soil and the root system of the fully-grown plant.

- Your container must have drainage holes at the bottom. Then raise containers off the ground with a piece of wood or stone to allow free drainage. When the spaces in soil fill with water it leaves no room for air which is necessary for proper root growth. For containers like 5-gallon buckets, you can use a drill to add drainage holes in the bottom. If adding holes to a decorative container is not practical you may double pot by place the pot with drainage holes on a platform inside the decorative container.

Almost any vegetable and herb is possible to grow in a container. What crops do you want or like to eat? Which of these grow well in your area? Some crops have varieties especially suited for containers. In general, go for quick maturing (days to harvest) varieties as well as those labeled as bush, patio, dwarf or compact. Read the catalog description or seed packet to learn about overall plant size. Larger plants will need to be staked or grown on a trellis. You can maximize vertical space by placing containers with climbing vegetables next to something climbable like a post or railing. And you can plant quick growing small herbs, leafy greens and radishes around slower growing fruit bearing vegetables like tomatoes.

Learn about more about vegetable varieties at: [www.gardening.cornell.edu/vegetables](http://www.gardening.cornell.edu/vegetables)

### Know that every vegetable garden needs:

- Full sun 6 to 8 hours daily (root and leafy veggies will grow ok with 4 hours).
- Air circulation good with protection from high winds.

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- Soil well-drained, pH 6.2-6.8 and appropriate organic matter and nutrients.
- Water that is accessible and safe for use with edible crops.

While you would plant vegetable and herbs seeds or transplants in containers at the same time and in the same way you do in the garden do not use 100% garden soil in a container. It tends to compact too quickly. Line the base of the pot with paper towel, coffee filter or newspaper to prevent soil loss.

#### **Soil recipe for larger containers:**

- one-part mature compost
- one-part perlite
- one-part garden soil

It will be necessary to monitor the soil mixture of plants growing in containers as fine roots die when the soil dries out. Use your finger to see how moist or dry the soil is. If the first inch or so is dry, apply enough water so it reaches the bottom of the container with excess draining out the holes. You may need to water every day in the heat of the summer.

For most plants in containers the nutrients in the soil mixture at the time of planting will not be sufficient to feed the plant through the growing season. Nutrient solutions can be made by dissolving soluble fertilizers such as 10-20-10 in water or using liquid fish emulsion or seaweed. Always follow the directions on the label. Added nutrients once per week after plant is firmly established.

At the end of the growing season the soil mixture in containers should be replaced. The depleted soil can be added to the soil in a garden. If starting with fresh soil mixture every year is not possible you may try reusing the spent soil. Using the recipe above, substitute last years spent soil where the recipe calls for garden soil. All plant material should be removed from last year's soil and the soil should be heat treated as follows before using the soil again. Discard the old plant material, including roots, from last year's soil into the compost pile (except for diseased plants which should not go into compost). Put the soil you are going to reuse into a black plastic garbage bag (moisten if dried material is added), and place the bag in a sunny location. If the days are sunny and not too cold, the temperature inside the bag should reach 130 degrees in a week or two. This temperature will kill most disease organisms, weed seeds, and pests. Disinfect container by scrubbing with a dilute 10% solution of bleach.

#### **References:**

- “Successful Container Gardens”  
[urbanext.illinois.edu/containergardening](http://urbanext.illinois.edu/containergardening)
- “Container Gardens”  
[www.ext.colostate.edu/pubs/garden/07238.html](http://www.ext.colostate.edu/pubs/garden/07238.html)
- “Container Gardening”  
Oregon Food Bank Seed to Supper Program

#### **Learn more:**

[www.gardening.cornell.edu](http://www.gardening.cornell.edu)



## Vegetables Crops & Varieties for Container Gardening

Cool season: Mid March-May    Warm season: June - August    Extended harvest: September - October

Flowering Plants (tomatoes, beans, zucchini, etc.) require a minimum of 6 hours of sunlight per day

Edible Leaves (lettuce, collards, kale, etc.) require a minimum of 4 hours of sunlight per day

Edible roots (turnips, carrots, beets, etc.) require a minimum of 3 hours of sunlight per day

VEGETABLE	TYPE OF CONTAINER	RECOMMENDED VARIETIES	WHEN TO PLANT	NOTES
Asian Greens	minimum container depth: 4-6"	Mizuna, Mustards, PakChoi (Green Fortune), Tatsoi	cool season	Fast growing, shallow rooted
Basil	minimum container depth: 8"	Genovese, Globe, Largeleaf Italian, Purple Ruffles, Red Rubin, Siam Queen, Spicy Globe, Sweet Basil	warm season	Grows well with tomatoes
Beans, Green	5 gal. window box, minimum container depth: 6"	Bush types such as Blue Lake, Bush Romano, Contender, Greencrop, Kentucky Wonder, Montepellier, Tender Crop, Topcrop, Tricolor come as both bush and pole bean	warm season	Climbing types work too, if you have a good trellis support
Beets	5 gal. window box, minimum container depth: 10"	Chiogga, Detroit Dark Red, Early Red Ball, Early Wonder, Golden, Little Egypt, Scarlet Supreme	cool season	Can grow in partial sun
Broccoli	1 plant/5 gal. pot, 3 plants/15 gal. tub	DeCicco, Green Comet, Italian Green Sprouting, Super Blend	cool season	Choose early maturing, compact varieties
Brussels Sprouts	1 plant/5 gal. pot, 2 plants/15 gal. tub	Evesham, Jade Cross	plant in early Spring, matures late Fall	
Cabbage	1 plant/5 gal. pot, 3 plants/15 gal. tub	Discovery, Dwarf Modern, Early Jersey Wakefield, Little Leaguer, Red Ace	plant in Spring to mature mid Summer	Take a second crop off a cabbage plant by harvesting the first head, then cutting a cross on the remaining stem which will then produce 4 smaller heads
Carrot	minimum container depth: 8"	Baby Finger, Baby Finger Nantes, Danvers Half Long, Goldenhart, Little Finger, Minicor, Ox Hart, Royal or Red Cored Chantenay, Short & Sweet, Thumbelina, Tiny Sweet	Extended harvest, succession plant all season long	Smaller, shorter varieties grow best but you can eat the ones you thin, too.
Chard	1 plant/2 gal. pot, minimum container depth: 8"	Bright Lights, Parma Giant, Scarlet Charlotte	cool season	
Collard Greens	1 plant/2 gal. pot, minimum container depth: 8"	Any variety	cool season	
Cucumber	1 plant/3-5 gal. pot	Burpee Hybrid, Burpless Early Pik, Bush Champion, Bush Whopper, Crispy, Fanfare, Lemon, Marketmore 86, Parks Burpless Bush, Patio Pik, Pot Luck, Salad Bush, Salty, Spacemaster, Sweet Success	warm season	Look for bush variety as opposed to vining



<b>Eggplant</b>	1 plant/3 gal. pot	Asian Bride, Bambino, Black Beauty, Florida Market, Green Goddess, Ichiban, Long Tom, Mission Bell, Modern Midget, Slim Jim, Small Ruffled Red, Thai Green	warm season	
<b>Garlic</b>	8" deep container	Most varieties	plant in October to harvest in following July	
<b>Green Onion</b>	can be grown in a cake pan	Beltsville Bunching, Crystal Eax, Evergreen Bunching	Extended harvest, succession plant all season long	You'll have better luck growing these than full sized onions
<b>Kale</b>	1 plant/2 gal. pot, minimum container depth: 8"	Lacinato, Showbor dwarf	cool season	
<b>Lettuce</b>	minimum container depth: 4"	Bibb, Buttercrunch, Dark Green Boston, Grand Rapids, Little Gem, Oak Leaf (heat tolerant), Romaine, Ruby, Salad Bowl, Tom Thumb	succession plant all season long	If you eat it as baby lettuce, you can grow lettuce in a very shallow bowl, even a seed flat. Just cut the lettuce leaves and they will grow back. Can be grown in partial shade.
<b>Parsley</b>	minimum container depth: 8"	Evergreen, Gigante Italian, Moss Curled, Sweet Curly	Extended harvest, cool season	Can be grown in partial shade
<b>Peas</b>	minimum container depth: 6-12"	Super Sugar Snap, Oregon Giant (snowpea), Little Marvel, Sugar Bon, Sugar Mel, Laxton's Progress, Sugar Rae, Melting Sugar, Burpee's Blue Bantam, Early Patio, Snowbird	cool season	
<b>Pepper</b>	1 plant/2 gal. pot, 5 plants/15 gal. tub	Bell Boy, California Wonder, Canape, Jalapeno, Keystone Resistant, Long Red Cayenne, New Ace, Red Cherry, Sweet Banana, Thai Hot, Yolo Wonder	warm season	
<b>Potatoes</b>	pot should be at least 18" wide, start with 10" of soil in a 3 ft. deep container	Charlotte, Epicure, Irish Cobbler, Kennebec, Red Pontiac. Early (new) potato varieties are best.	Extended harvest, warm season	To sprout potatoes, stand them in a warm, dark place with the buds pointing upwards. Fill a pot half way with used soil, then place the sprouted potatoes sparsely in soil and cover with 1" of soil. Water well and wait for foliage to appear. Feel around for a tuber to see if they're ready.
<b>Radish</b>	minimum container depth: 4-6"	Burpee White, Champion, Cherry Belle, Comet, Early Scarlet, French Breakfast, Icicle, Scarlet Globe, Sparkler	cool season	Consider interplanting these in pots among other slower growing vegetables (such as carrots or tomatoes); they'll be ready to harvest by the time the other plants need more space. Can be grown in partial shade.
<b>Spinach</b>	minimum container depth: 8"	America, Avon Hybrid, Dark Green Bloomsdale, Melody	Extended harvest, cool season	
<b>Summer Squash</b>	1 plant/5 gal. pot	Baby Crookneck, Creamy, Diplomat, Dixie, Early Prolific Straightneck, Gold Neck, Golden Nugget, Gold Rush, Scallopini, Senator, (Green) Zucco, most Zucchini varieties	warm season	Squash can really vary on how compact the plants are. Try for these varieties or anything that lists compact growing.
<b>Tomatoes</b>	1 plant/5 gal. pot Bushel Baskets	Better Boy VFN, Burpee's Pixie, Early Girl, Patio, Pixie, Red Robin, Saladette, Small Fry, Spring Giant, Sugar Lump, Sweet 100, Tiny Tim, Toy Boy, Tumbler Tom (for hanging baskets)	warm season	Lean toward cherry tomatoes and small tomatoes as opposed to Beefsteak tomatoes. Also, varieties that are determinate will be a bush variety which works better for containers. If you grow an indeterminate variety, make sure you have something for the vines to grow on.



# Common Crop Chart

Crop	Planting Window	Footprint	Planting method	Height	Days to harvest	Some shade ok?	Single or 2-week
Basil	March-May	12" x 12"	Transplant or row	Medium	90-120	Full sun only	Succession
Beans, snap (bush)	May-July	12" x 12"*	Row or banded	Medium	60-70	Some shade ok	Succession
Beans, snap (pole)	May-June	4" x 4" trellised	Row or banded	Tall	70-90	Full sun only	Succession
Beets	March-June	4" x 4"	Row or banded	Short	50-80	Some shade ok	Succession
Broccoli	March-Aug	12" x 12"	Transplant	Medium	55-90	Full sun only	Single
Cabbage	April-June	12" x 12"	Transplant	Medium	80-90	Full sun only	Single
Carrots	March-July 15	3" x 3"	Row or banded	Short	70-90	Some shade ok	Succession
Cauliflower	April-July 15	12" x 12"	Transplant	Medium	90-150	Full sun only	Single
Chard	April-July	12" x 12"	Transplant or row	Medium	50-60	Some shade ok	Single
Cilantro	March-June	12" x 12"	Transplant	Short	60-90	Some shade ok	Succession
Collard greens	May-July	12" x 12"	Transplant	Medium	80-100	Some shade ok	Single
Corn (sweet)	April-June	12" x 12"	Row	Tall	70-110	Full sun only	Single
Cucumbers	May-June	6" x 6" trellised	Transplant or hill	Medium	55-75	Full sun only	Single
Eggplant	May-June	12" x 12"	Transplant	Medium	70-75	Full sun only	Single
Garlic	Sept-Oct	4" x 4"	Row	Short	220-300	Full sun only	Single
Herbs (perennial)	Fall or spring	24" x 24" variable	Transplant or hill	Medium	Perennial	Some shade ok	Single
Kale	May-July	12" x 12"	Transplant	Medium	60-70	Some shade ok	Single
Leeks	March-May	4" x 4"	Transplant or row	Short	120	Some shade ok	Single
Lettuce	March-Sept	6" x 6"	Row or banded	Short	65-80	Some shade ok	Succession
Onions	March-May	4" x 4"	Transplant	Short	100-120	Some shade ok	Single
Parsley	March-June	12" x 12"	Row or banded	Short	80-90	Some shade ok	Single
Parsnips	April-May	3" x 3"	Row or banded	Short	110-120	Some shade ok	Single
Peas	Feb-May	4" x 4" trellised	Row or banded	Medium	75-100	Some shade ok	Succession
Peppers	May-June	12" x 12"	Transplant or hill	Medium	80-100	Full sun only	Single
Potatoes	March-June	12" x 12"	Hill	Medium	70-120	Some shade ok	Single
Radishes	March-Sept	3" x 3"	Row or banded	Short	25-35	Some shade ok	Succession
Spinach	April & Sept	4" x 4"	Row or banded	Short	40-50	Some shade ok	Succession
Squash, summer	May-June	36" x 36"	Transplant or hill	Medium	55-70	Full sun only	Single
Squash, winter	May	6' x 6' vine	Transplant or hill	Medium	90-150	Full sun only	Single
Tomatoes	May	36" x 36"	Transplant	Tall	60-85	Full sun only	Single
Watermelon	June-July	12" x 12" trellised	Transplant or hill	Medium	55-85	Full sun only	Single

KEY	Planting method		Height	Short	Under 12"
	Transplant	Transplant into garden as a start		Medium	12" - 35"
	Row, banded, hill	See Chapter 3, "Direct Seeding"		Tall	36" or taller

Sources: <http://cceonondaga.org/gardening/food-gardening/lastplanting-dates> <http://www.gardening.cornell.edu/>

PLANNING YOUR GARDEN







Photo by: Theodore Webster, USDA Agricultural Research Services, Bugwood.org

## Wild Parsnip, aka Poison Parsnip

BY JAN RYDER

Wild parsnip (*Pastinaca sativa*) is a biennial invasive plant from Europe and Asia thought to have originally been brought to North America as a food-stuff, which escaped and became naturalized. The first year the plant appears as a rosette of basal leaves that winters over.



Wild parsnip basal rosette. Photo by: Jeff Stachler, The Ohio State University, Bugwood.org

During the second year the plants can grow up to five feet tall. It has a hollow, hairless, grooved stem that has celery-like, coarsely toothed compound leaflets, and resembles Queen Anne's Lace with a flat-topped flower cluster that is three-to-eight inches across and yellow rather than white.

The plant flowers in May and June, seeding in July and August. The plants produce many flat, brown seeds with a slightly wing-like shape that facilitates wind dispersal in the fall.

Spreading by seed, this plant can establish seed banks in the soil that are viable for up to four years.

Wild Parsnip grows in a broad range of habitats. In fact, you can see

it along roadsides across New York State, such as along my road. This is where I first encountered wild parsnip when weed whacking the ditches on my property on a beautiful warm and sunny day. The sap from wild parsnip is what gives it the pseudonym, poison parsnip. It contains psoralen, a furocoumarin, which is absorbed in the skin and when exposed to UV rays in sunlight (UV even comes through on cloudy days) causes a burn-like rash which can vary in degree from a severe sunburn-like reaction to blistering chemical burns. The symp-



Wild parsnip in flower. Photo by: Leslie J. Mehrhoff, University of Connecticut, Bugwood.org





Wild parsnip going to seed. Photo by: Rob Rutledge, Sault College, Bugwood.org

toms can occur within one-to-two days after exposure. Unaware of this toxicity, I worked with exposed skin. So, the blistering-itchy-burning rash was a surprise to me. Treating it like a normal itchy rash did not bring me relief, but the burning feeling made me think to try aloe which did help. This reaction, known as phytophotodermatitis, can also cause discoloration of the skin and increased sensitivity to sunlight that may last for years. The brown discolored scarring on my skin lasted over two years.



Reactions to wild, aka poison, parsnip.

After the fact, I found out there were some things I could have done to minimize my exposure. Number one wear protective clothing when weed whacking. Then if you know your skin has been exposed to sap from this plant wash the affected area immediately with soap and cold water and keep it covered for at least 48 hours to prevent a reaction. Just know if it gets in your eyes or a severe reaction occurs you need to keep the area out of the sunlight and see a physician.

I have since learned to identify this plant, and was surprised to see how widespread it is, even finding it when camping in the Adirondacks. Deter-

mined not to have this noxious weed on my property I investigated methods of removal. One of the most effective methods of removal is hand pulling before the plant goes to seed, so this is what I have chosen to do. Having learned the importance of protective clothing, I have “hazmat” suited up (if you try this be sure to wear safety glasses, waterproof gloves, and cover all exposed skin) every spring for the last three years and pulled every plant I could see. Each year I have had to pull less and less as the seed bank has begun to exhaust itself. I look forward to soon having wild parsnip free property although I will remain vigilant as I have seen it on my neighbor’s property, and the wind does blow.

Mowing can also work, and again it should be done when the plants first flower, but before they go to seed. Re-mowing may be necessary as some plants will re-sprout. When mowing again take precautions to prevent sap from contacting exposed skin or eyes. Chemical removal can also be done but it is difficult to mitigate damage to surrounding desirable plants.

One last caveat, wild parsnip is also toxic to livestock at all stages of growth even when cut and dried in a bale of hay. The toxic dose of wild parsnip is unknown, but photosensitivity can occur in animals exposed to sunlight after ingestion, because the plant’s chemicals circulate in the bloodstream.

So be sure to check your property for wild parsnip and do what you can to report and remove this pervasive invasive.

To report an Infestation if you believe you have found wild parsnip:

- Take a picture of the entire plant and close-ups of the leaf, flower and/or seed.
- Note the location (intersecting roads, landmarks or GPS coordinates).
- Report the infestation to iMapInvasives.

For more information, contact DEC Forest Health

at 845-256-3111, [ghogweed@dec.ny.gov](mailto:ghogweed@dec.ny.gov) or your local Partnership for Regional Invasive Species Management (PRISM).

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