

Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

JULY/AUGUST 2019

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Extension Happenings . . .

Representative Delgado visits Cornell Cooperative Extension at its Ryder Elementary Afterschool site to learn about the unique partnership created between 4-H youth development and our licensed afterschool programs currently offered at Cobleskill-Richmondville and Schoharie Central Schools. Learn more about Representative Delgado's visit on page 4.



Representative Delgado visits with 4-H Afterschoolers.



An EFNEP family learning together.

Celebrating fifty years of nutrition education, Cornell Cooperative Extension stays strong with its Expanded Food and Nutrition Education Program. Read about EFNEP on page 2.



The 7th Annual Family Farm Day returns to the tri-county region on August 24. Fifty-seven family farms are opening their doors to welcome you, your family, friends, and neighbors. See more about Family Farm Day 2019 on page 3.



Ox Kill Farm—Family Farm Day 2018

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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.

Vol. 2, No. 4, July/August 2019. Published six times per year by Cornell Cooperative Extension Schoharie and Otsego Counties

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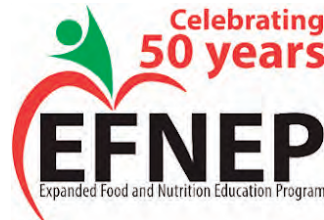
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New York State College of Agriculture and Life Sciences, New York State College of Human Ecology, and New York State College of Veterinary Medicine at Cornell University, Cooperative Extension Associations, county governing bodies, and U.S. Department of Agriculture, cooperating.

EFNEP Celebrates Fifty Years



This year the Expanded Food and Nutrition Education Program, EFNEP, celebrates fifty years in New York State, with Schoharie County Extension having the distinction of offering the first county program in New York. EFNEP grew from a national awakening of the cost of poverty and poor nutrition on Americans and quickly became the largest nutrition education program in the nation. During these fifty years, over 1.3 million New York families and 320,000 enrolled adults have participated.

Today, USDA continues to administer the EFNEP program, which targets limited-resource families with children. Access to good nutrition and diet is essential for the healthy development and well-being of children.

Using education as a change agent for young, eligible families, EFNEP brought adults into focus. Through CCE's community educators, they deliver numerous hands-on, experiential lessons on food safety, food resource management, cooking, physical activities, and food security—the stretching of the household food resources to last through the month.

Congratulations to EFNEP for its 50th year of educational programming. And in addition, we congratulate Michelle Leveski, CCE Schoharie and Otsego Counties' EFNEP Educator, who was recently peer nominated with five other educators from New York for special recognition at EFNEP's national anniversary celebration. To learn more about EFNEP, visit our website, or call Michelle Leveski at 518-234-4303, Ext 115.



Nutrition Program Educator, Michelle Leveski, nominated for national award.

Plan Your Route – Family Farm Day Returns!



We are excited once again to have a full pallet of family farms participating in 2019 in all three counties – Schoharie, Otsego, and Delaware. Save the date – August 24! Visiting hours have been extended from 10 a.m. to 5 p.m. to provide more time

Use the Farm Guide as your resource to visit as many farms as your schedule permits. Track your farm visits on the FFD Passport – obtain an event tote bag while supplies last. By all means, bring a cooler for perishable food purchases made during the day and please remember that pets are not allowed on farms. You are certain to have a spectacular day!

Participating Farms in FFD 2019

Schoharie County

Abba's Acres
Bohringer's Fruit Farm
Buck Hill Farm
Central Bridge Farms
Cowbella Creamery at Danforth Jersey Farm
Heather Ridge Farm
Highland Hollow
Hooper Feeds
Hoofbeats Holistic
Jubilee Farms
Maple Hill Farms
Parsons Vegetable Farm
Sap Bush Hollow Farm
Slate Hill Flower Farm
Sterling Farms LLC
Stone House Farm
Summit Naturals
SUNY Cobleskill Campus Farms
Van-Dale Farms
Wellington's Herbs & Spices

The Old Sugar Mill Maple Farm
The Ortensi Farm
Pail Shop Vineyards
Perennial Field
Poplar Hedge Farm
Pond Hollow Farm
Stannard's Maple Farm
Straw House Herbs
Tanner Hill Herb Farms
Tauzel Farms

Delaware County

Birdsong Farm Community Garden
Brookside Maple and Farm
Byebrook Farm
Dan Finn Farm
Del-Rose Farm/The Farmer's Wife
Dirty Girl Farm
Eternal Flame Farm
Glenanore Farm LLC
Homegrown Farmstead
Humdinger Holsteins & Farm Store
Joleanna Holsteins & Covered Bridge Farm Market
La Basse Cour and Kortright Handworks
Maplewood Farm & Orchard
Palmer Family Farm
Riverdale Farm & Forest
Roam On The Range
Stamford Farmers' Cooperative
Weathered Hill Farm LLC

Otsego County

Ambrosia Farms & Garden
Exeter Park Produce and Gardens
Fly Creek Cider Mill & Orchard
Heartsease Hill
Hickling's Fish Farm, Inc.
Kingfisher Lavender
Lundin Christmas Trees, LLC
Middlefield Orchard
Muddy River Dairy



Central Bridge Farms - Family Farm Day 2018

to complete your farm tour. Look for our new Farm Guide in late July in print or online at www.family-farmday.org.

Family Farm Day (FFD) is one of the most important agritourism events in our region, providing visitors and local residents an opportunity to venture out and visit firsthand our working family farms. Area businesses and event partners generously sponsor this event, while participating farms work hard to open their gates for free, welcome visitors, showcase and sell products, and provide tastings, tours, and educational activities and demonstrations.

You will find so much among the unique and the unusual. Explore fish farming, beekeeping, maple syrup making, cheese making, milk bottling, sheep wool processing, cashmere goats, orchards, feed mills, cider making, produce, and so much more.



Hickling's Fish Farm – Family Farm Day 2017

Representative Antonio Delgado Visits Afterschool Program



Representative Antonio Delgado, (NY-19), observed afterschool projects and conversed with children, youth, and staff at CCE's 4-H Afterschool Program at Ryder Elementary on May 30. CCE operates licensed afterschool programs in Cobleskill and Schoharie schools with a third program planned for Middleburgh.

High on his agenda was his interest in afterschool programs and a desire to understand how the federal programs can support youth



Representative Delgado with Afterschool Program Coordinator, Susan Salisbury.

educational opportunities. Following the in-school youth program and some innings of playground kickball with 4-H Afterschoolers, Mr. Delgado spoke in a roundtable with Don Smyers and Susan Salisbury from CCE, Carl Mummenthey, Superintendent of Cobleskill-Richmondville Schools, David M. Blanchard, Superintendent of Schoharie Central Schools, school principals, and school senior staff members. Roundtable participants discussed the need for additional federal support of 4-H and Cooperative Extension through federal Smith-Lever appropriations, education, equity, agriculture, and economic development for New Yorkers. CCE thanks Rep. Delgado for his dedication to learning more about the needs in his district; our host school, Ryder Elementary; and Superintendents Mummenthey and Blanchard for their enthusiasm for the Afterschool Program.



Representative Delgado discusses the value of afterschool programming at the roundtable discussion.



Representative Delgado poses with 4-H kickball teammates and CCE staff."



Crochet club busy with projects under the guidance of club leader Mrs. Davenport.

Paying It Forward: Art, Tradition, and a Piece of Yarn...

Cornell Cooperative Extension's 4-H Afterschool Program is a blend of traditional 4-H and quality afterschool care. One of the unique aspects of this partnership is the inclusion of 4-H clubs as part of the daily programming. An example is Crochet Club open to all afterschoolers, kindergarten through eighth grade, at the Cobleskill-Richmondville site. The club leader, Mrs. Davenport, believes the students are a true blessing and teaches them the basics of crocheting, stressing the importance of safety while fostering creativity. Learning the chain, single, and double crochet stitches turns 'down time' into 'productive time.'

After learning the basics, each afterschooler chooses the project they want to make from winter headbands, mittens, and scarves to holiday decorations and bracelets, even a blanket for a pet. Mrs. Davenport says, "The children are amazed by what they can make out of a straight piece of yarn. Once I spark their imaginations, they come to me and ask if they can make one. Some club members even have a competition going on who can create the longest chain."



Chain competition continues.

continued on page 6

Paying It Forward, continued from page 5

This year, in addition to other projects, crocheting bracelets has been very popular with club members. They made red, white, and blue bracelets for veterans; pink and white bracelets for cancer patients; shared multicolored bracelets on the sign-out table for afterschool parents; and even presented three bracelets hot off the crochet hooks to United States Representative Delgado, when he came to visit the Afterschool Program in May.



US Representative Anthony Delgado appreciating crocheted bracelets he received from Crochet Club when visiting the 4-H Afterschool Program at Cobleskill-Richmondville Central School.

Crochet club leader, Mrs. Davenport, further observed, “The club members enjoy making things with their hands. While crocheting, their body and mind rest from today’s busy world. Several parents have even commented to me that their child seems to be able to sit and concentrate better while doing their homework since they started crocheting.”

For several years now, interested club members even participate during the summer by demonstrat-

ing at the 4-H exhibit at the local County Fair. Afterschoolers work on their crochet projects showcasing their knowledge and abilities to other children and adults attending the fair. The most rewarding part for their leader is when they pay it forward by asking a child, passing by, if they would like to learn to make a bracelet. Then, motioning them to sit beside them, they teach the child to make a bracelet. Parents are amazed, and both children have a smile as big as the Sunshine Fair. Crochet Club isn’t stopping there. They already have plans for next year to make baby booties for an Indian reservation in South Dakota, further paying it forward.



4-H Afterschool Program crochet club demonstrating their skills at the 2018 Schoharie County Sunshine Fair, look for club members at the 4-H exhibit in Progressland again this year.

Crochet Club is just one example of the enrichment brought to the 4-H Afterschool Program by the inclusion of 4-H clubs. There also are the Snake Club, Chess Club, Science Club, Nature Club, Lego Club, and many more. These club experiences empower the youth who participate and those they touch for a lifetime.

NEWSLETTER SUBSCRIPTION

To subscribe to “CONNECTIONS,” the bi-monthly e-newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties, visit our website, <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.



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.

AVID Training

ASSESSING VEGETATION FOR IMPACTS FROM DEER

A method to collect data on deer impacts



Photo: Halliburton Forest

Saturday, September 21
9am to 12pm
CCE Extension Center
123 Lake St., Cobleskill

The workshop is free and open to the public. Space is limited; pre-registration is required. To register or for more information, visit

https://reg.cce.cornell.edu/AVID-Training_243

Or contact Tracey Testo at tet35@cornell.edu or call **518.622.9820**

AVID is a method for volunteers, foresters, landowners, and others to **Assess the Vegetation for Impacts from Deer**. Wildflowers and/or tree seedlings are selected and measured each year for several years to evaluate the impact of deer browsing. Field data collected across New York State will be used to track tree, shrub, and wildflower response to deer browsing over time. Knowledge of how deer impacts change through time will help guide deer management decisions at local and state levels. This workshop is sponsored by CCE Schoharie and Otsego Counties, and is led by educators from CCE Columbia and Greene Counties.

Cornell Cooperative Extension
Columbia and Greene Counties



Cornell Cooperative Extension
Schoharie and Otsego Counties

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The Asian Jumping Worm: Master Gardeners Adapt!



The jumping worm has emerged as an invasive species around NYS. Several CCE Master Gardener (MG) programs, including Schoharie and Otsego Counties, have adopted measures to assist the public with identification, prevention, and control. Likewise, they, too, are implementing various measures to minimize the potential spread of the worm while hosting plant sales that generate program revenues from perennial divisions collected from numerous sources – a traditional sharing activity experiencing a paradigm shift that comes with new instructions.

About the Jumping Worm

(Asian) Jumping Worms (*Amyntas* spp.) threaten forests by dramatically altering soil structure and chemistry. After the worms impact an area, native forest plants, soil invertebrates, fungi, birds, and other animals disappear from the forest because the area can no longer support them. In residential and urban areas, they can harm ornamental plantings and turf, and because they don't need to mate to reproduce.

According to a CCE fact sheet, the worms are smooth, glossy gray or brown, and grow 1.5" to 8" inches long. A distinguishing mark is the clitellum, a narrow band around the body that is cloudy-white to gray colored and smooth to the body, unlike other species which have a raised and colored band. They jump and thrash wildly when handled, moving more like snakes. It can even shed its tail in

defense. Jumping worms leave distinctive grainy soil full of worm castings. The soil becomes granular and looks like dried coffee grounds, the result being a reduction in the all-important soil structure. The best time in the year to find them is late June and early July. Adults die in the winter, but their young survive in tiny cocoons, less than 1/10" in diameter, the color is similar to soil colors, and are very difficult to see. Cocoons can be spread in plants and landscaping material.

Preventive Measures

Otsego MG Apprentice Mark Boshnack conducted some research among regional MG programs that revealed overall a broad approach to minimizing the risk of spreading the worm, the most prevalent being public education. "We let people know there is a problem," said Linda Svoboda Horticulture Program Leader at CCE Broome Co. "At the Memorial Day plant sale(s), we give (hands-on) demonstrations about how to bare-root perennials to clean worms and dispose of the material properly." MGs, indeed, are letting people know about the problem and what their respective organizations are doing to prevent its spread.

Master Gardener Actions

- Import bare-root plants from upstate NY growers that they are confident are free from the worms; continue to look for more growers with plants free from worms;
- Purchase perennials and annuals from select wholesale growers;
- Increasingly use plugs and/or commercial (sterile) growing medium to propagate plants from seed and cuttings;
- Provided signage to instruct growers on ways to prevent the spread of the worms;
- Spring plants sales are preceded by hands-on demonstrations on how to clean worms and cocoons from plant roots;
- MGs familiar with the topic inspect plant roots from their Association gardens intended for fall plant sales;



Photo courtesy of Wisconsin DNR

continued on page 10

Asian Jumping Worm, continued from page 9

- Diversify funding stream with plants sales not serving as the sole source of revenue.

Public Information Fact Sheets

- Sell, purchase, or trade compost that has been heated to appropriate temperatures for a duration that reduces pathogens (and worm eggs);
- Always check when moving plants and gardening materials that could harbor unwanted weed seeds, insects, or worm eggs/cocoons;
- Err on the side of caution in spring and buy bare-root stock when possible.
- Key Advice: “If you are concerned about bringing home something unwanted such as weeds, insects, or other creatures with your plants,

Freezing It Right

Successful Steps for Freezing Foods Workshop, held Thursday, June 6, was informative and hands-on. See our participants blanching vegetables, freezing fruit, and making freezer jam. For information about freezing, visit our website cceschoharie-otsego.org, click on Family, Nutrition & Health and then click on Food Preservation.

then here is what you can do to help stop the spread of invasive species. Unpot your plants over a tarp or basin to capture that soil, gently rinse off the plant roots with a hose or soak them in a pail of water to remove all the soil, and then immediately place your plants into their intended garden spaces. Rinse out the container to remove all soil. Bag and dispose of (to a landfill) all soil from that container. Please do not compost or dump into wooded areas.” (Cutler Botanic Gardens, CCE Broome Co.)

For more information about the Jumping Worm, visit our website at <http://cceschoharie-otsego.org/environment/invasive-species/invasive-insects/jumping-worm-amynthas-spp>. For more information on invasive species, please visit New York Invasive Species Information @ <http://nyis.info/>.



Participants read first about freezing vegetables.



Getting ready to blanch the broccoli.



Slicing apples for freezing.



Preparing fruit for freezer jam.

CHICKEN LENTIL SALAD

A great meal for a summer day

Serves 4



Ingredients

- 2/3 cup lentils
- 1 1/2 cups water
- 1/4 cup light mayonnaise
- 2 Tablespoons chopped green onion
- 1 cup cooked chicken, diced
- 1/2 cup celery, diced
- 1/2 cup cucumber, diced
- 1/4 cup green pepper, diced
- 4 cups salad greens

Directions

1. Thoroughly rinse dry lentils in cold water: removing any damaging pieces and foreign material, drain.
2. Place lentils in a heavy saucepan, add 1 1/2 cups water. Bring to a boil; reduce heat and simmer, covered, for about 20 minutes. Do not overcook lentils, should be tender, with skins intact.
3. Drain immediately and refrigerate until cool.
4. In a small bowl, stir together mayonnaise, and green onion.
5. In medium bowl, combine, chilled lentils, chicken, celery, cucumber, and green pepper with mayonnaise dressing, and toss.
6. Cover and refrigerate for an hour or more to allow flavors to blend.
7. Arrange salad on salad greens before serving, 1 cup of greens and 1/4 of Chicken Lentil Salad per plate.

Know the facts . . .

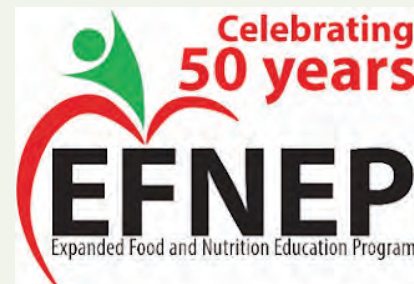
- When chicken has reached 165 °F as measured using a food thermometer, it is safe to eat. A pink color in safely cooked chicken can be due to the hemoglobin in tissues that forms a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more often in young birds, and it is safe to eat as long as the appropriate internal temperature is reached.
- The lentil is a legume that grows in pods containing one or two lentil seeds commonly called pulses. Lentils are rich in many nutrients including protein, fiber, folate, vitamin B6, thiamin, niacin, pantothenic acid, riboflavin, vitamin K, iron, magnesium, phosphorus, potassium, zinc, manganese, and selenium. There are many different varieties and colors of lentils, including brown, yellow, black, orange, red and green. The most common lentils used in the United States are green and brown, since these varieties are best at retaining their shape after cooking. Unlike most other legumes (beans), lentils do not need to be soaked before cooking; just rinse and cook according to the directions on the package.
- For our companion recipe, Fresh Fruit Pizza, go to cceschoharie-otsego.org/connections. Find the recipe link in the 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: EFNEPCCESchoharieOtsego.

Nutrition Facts

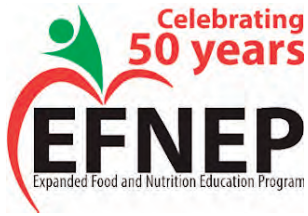
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 180mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 22g	
Vitamin A 45%	Vitamin C 20%
Calcium 2%	Iron 20%
*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:

- If desired add a dash of hot sauce to the dressing in step 4 of the instructions.
- If desired add dried cranberries to salad in step 5 of the instructions.
- If you don't have leftover chicken, you can cook a chicken breast or use meat from a rotisserie cooked chicken from the store.



Sodium: How Much Is Too Much?



With all the recommendations we hear about lowering sodium intake, do we really need sodium? The short answer is yes. Sodium is

an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly. But you need the right amount and you might be getting more than you think, even if you never pick up the salt shaker! So how much is too much? According to the American Heart Association, the average American consumes 3400mg of sodium per day. The USDA's recommendation for daily sodium intake is 2300mg or less for healthy individuals; and 1500mg or less for individuals who have high blood pressure, are 51 years of age or older, are of African American descent, currently have diabetes or kidney disease, or are overweight. The problem with overconsumption of sodium over time is that it has been linked to the development of high blood pressure, cardiovascular and kidney problems, and other health issues.

We tend to think of “salt” and “sodium” as the same, but they are not. Salt is a chemical compound made up of two minerals, sodium and chloride. Together, when added to food it gives a “salty” taste. There are approximately 2300mg of sodium in one teaspoon of salt, but sodium is an essential mineral that is naturally in and added to foods in other ways and does not always taste salty. According to the American Heart Association, nine out of ten Americans consume above the recommended amount of sodium each day with 70-75% of the sodium coming from pre-made, processed, and restaurant foods. Salt can be hidden in every-



thing from breads, meats, and cheese to what we drink. Even the food we make at home can be high in sodium depending on the ingredients used.

So, what can you do as a consumer to cut back on the amount sodium you and your family consume daily?

- Read and compare sodium content on the nutrition facts label of products before you buy them. Different brands of the same product can have varying amounts of sodium. Serving size plays a role as well, so be sure to factor this information into your decision.
- Look for other label claims while shopping: “low sodium” is less than 140mg sodium per serving; “reduced sodium” is a minimum of 25% less sodium than the regular version of this food per serving; or “no salt added” is a product that may not be sodium free. These labels just indicate that no salt was added during manufacturing. One caveat, a product labeled “lightly salted” does contain at least 50% less salt than the regular version, but may not be “low sodium” if a serving size has over 140mg of sodium per serving.
- When using the Daily Value information on the Nutrifacts label, choose foods with a low sodium content or less than 5-6% Daily Value (DV) or 140mg of sodium or less. Foods with a DV of 10% or less, 230mg of sodium, are considered lower sodium, and those with a DV of 40% or more, 920mg of sodium, are considered higher sodium.
- Look closely at labels of processed foods such as frozen dinners, pizza, and canned soups as some have over 1000mg of sodium per serving.
- Cheeses also can be high in sodium, so try low sodium, reduced sodium, or reduce the amount that you use.

Nutrition Facts	
ABOUT 24 servings per container	
Serving size 1/2 CUP (130g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 476mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

- Eat fewer cold cuts and cured meats as they have lots of hidden salt!
- Use condiments with care; read that label!
- Sea salt is not a lower sodium alternative to table salt; both have 40% sodium by weight, so use sparingly.
- Choose fresh and frozen vegetables when possible. Even celery (with one of the highest sodium contents at 104mg per cup) qualifies as a low-sodium food.
- When buying canned vegetables, choose low sodium or no salt added varieties. Drain and

rinse vegetables and canned beans that contain salt to reduce the amount of sodium.

- When you can cook from scratch, use low sodium ingredients adding herbs and spices for flavor instead of reaching for the salt shaker.

To recap, sodium is an essential nutrient that is needed in our diet, but it is easy to over consume. Try one or more of the suggestions outlined above to help you and your family get the right amount of sodium. For more information on how to become a healthier you, please contact Michelle Leveski, EFNEP Nutrition Program Educator at 518-234-4303, Ext. 115.



The State Departments of Environmental Conservation (DEC) and Agriculture and Markets announced that New York State's Sixth Annual Invasive Species Awareness Week (ISAW) will be held July 7-13. Initiated in 2014, ISAW is an educational campaign featuring statewide events that encourage New Yorkers to help protect the state's resources from the negative impacts of invasive species. The week's theme is "Early Detection: Explore, Observe, Report," shining a spotlight on the importance of detecting infestations of invasive species early, which can increase the success of response efforts put in place.

"Invasive species can cause serious damage to our farms and crops," said State Agriculture Commissioner Richard A. Ball. "Public education, awareness, and vigilance are key components to preventing the establishment and spread of invasive species in New York State. These events help inform the public and encourage people to watch for and report these pests."

Here are five ways for you to take action during NY Invasive Species Awareness Week:

1. To conduct research to learn more about NY's regulated and prohibited invasive species, try visiting cceschoharie-otsego.org, catskillinvasives.com or nyimainvasives.org to get started.

2. Attend a training to learn how to identify or manage invasive species.

3. Check your property for signs and symptoms of invasive species.

4. Manage invasive species if they have become established on your property.

5. Tell a friend or neighbor about invasive species and the importance of gardening/landscaping with native plants. Native plants are a part of the balance of nature that has developed over hundreds or thousands of years in a particular region or ecosystem. Note: The word native should always be used with a geographic qualifier, that is, native to New England, for example. Only plants found in this country before European settlement are considered native to the United States.

If you don't know where to start your invasive species adventure, check out the fact sheet on the Spotted Wing Drosophila on page 14 from the Integrated Pest Management Program at Cornell University. For those who prefer to venture online, read about the Brown Marmorated Stink Bug at <https://extension.psu.edu/brown-marmorated-stink-bug>. In the spirit of New York's Invasive Species Awareness Week, remember to share what you learn with others.

INVASIVE SPECIES & EXOTIC PESTS

Spotted Wing Drosophila *Drosophila suzukii*

Juliet Carroll, New York State Integrated Pest Management Program, Cornell University

Spotted wing Drosophila (SWD) is a vinegar or fruit fly of East Asian origin. It has been in Hawaii since the 1980s, but was first discovered in California in 2008. By 2010, it had made its way into Florida, Utah, the Carolinas, and Michigan and into New York by 2011. Today, it has spread throughout most of the continental US. It can directly infest the fruit of many plants, but is most attracted to raspberries, blackberries, blueberries, day-neutral strawberries, elderberries, cherries, and other late-season, soft-flesh fruits — cultivated and wild.

Damage

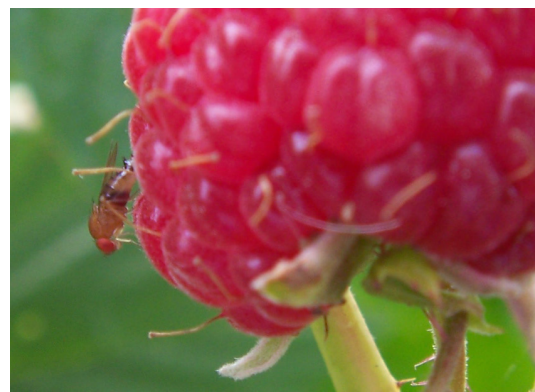
SWD deserves notice because, unlike her relatives, which lay eggs on over-ripe or rotting fruit, she can lay eggs inside fresh fruit, often before harvest. Aside from the tiny, superficial scars left by the female's ovipositor (her egg-laying device), most damage occurs when larvae feed inside the fruit, breaking it down and causing juice to leak out. After only a few days, the fruit skin becomes dimpled or wrinkled, forming craters in the fruit. Damaged fruit is more prone to decays and rots. It is possible, however, for early-stage larvae or eggs to leave no visible impact on the fruit. Without control measures, late season raspberries, blackberries and blueberries can suffer upwards of 80% crop loss.

Description

Just as one could imagine from the insect's common name, male SWD have a single black spot on the tip of each wing. Females lack this particular trait, making them more difficult to identify, but both genders have distinct golden brown torsos and red eyes. What sets female SWD apart from other fruit flies are the dark brown to black, saw-tooth edges that line either side of her ovipositor. While SWD generally have striped abdomens like so many other fruit flies, females tend to have a wider black band at the very end. SWD are a medium sized fruit fly, about 1/8 inch (2-3 mm) long.



Adult male spotted wing drosophila. Photo: Tim Martinson, Horticulture, Cornell University



Adult female spotted wing drosophila on raspberry. Photo: Juliet Carroll, NYS IPM Program, Cornell Univ.

Life Cycle

Female SWD use their ovipositors to cut through the surface of the fruit into the flesh to lay their eggs. They lay approximately 1-3 eggs per fruit, 7-16 eggs per day, and about 350 eggs during their life span. Damage is initially a tiny pinhole on the fruit's surface, but after 5-7 days of the larvae feeding inside, the skin collapses and the fruit may leak juice, turn soft and begin to rot. The larvae typically exit the fruit to pupate on the ground, taking anywhere from 3-15 days for adult flies to emerge. As adults, the lifespan of SWD can be as long as 3-9 weeks or, in mid-season at optimal conditions, as short as 8-14 days. In its native land of Japan, SWD has roughly 13 generations per year, and upwards of 10 per year are predicted to occur in the United States, depending on local climate.

Management

Practicing IPM against SWD means using the best combination of:

- trapping to know when SWD has arrived at the fruit planting;
- carefully monitoring the ripening fruit crop;
- sanitation — immediate disposal of over-ripe or infested fruit;
- sanitation — clean harvesting fruit;
- pruning and weed management to maintain good air and sunlight penetration into the planting;
- protecting the crop with insecticide treatments or exclusion netting;
- refrigeration of harvested fruit.

Commercially produced traps and lures are now available (e.g. Scentry and Trece). The Suzuki Trap bait is fairly selective for SWD and can be used in simple traps made from deli cups. Because SWD have such small defining features, the only real way of knowing whether or not there are any in the trap is to look at all of the specimens under a dissecting microscope. Once fruit are ripe and SWD has been found in the planting, treatments every seven days with insecticides labeled for use against SWD may be needed. Clean harvesting and sanitation will help reduce the rate of SWD population buildup — before discarding fruit either freeze it or solarize it in a clear plastic bag to kill eggs and larvae. Refrigerating harvested fruit at 33-38°F will kill or slow development of eggs and larvae in fruit. Learn more about IPM tactics against SWD on the Cornell Fruit Resources web page on SWD management, fruit.cornell.edu/spottedwing/management.

For More Information

Spotted Wing Drosophila, Cornell Fruit Resources, fruit.cornell.edu/spottedwing

Spotted Wing Drosophila blog, NYS IPM Program, blogs.cornell.edu/swd1

Spotted Wing Drosophila in the Northeast, NE IPM Center, northeastipm.org/about-us/publications/ipm-insights/spotted-wing-drosophila-in-the-northeast



Spotted wing drosophila larvae among raspberries. Photo: Susan Gwise, Jefferson County CCE.



Vinegar trap. Photo: Juliet Carroll, NYS IPM Program, Cornell University

Calling Beef Producers for Next Feeder Calf Sale



The Central New York Beef Producers, a collaborative group of beef marketers, are getting the word out in preparation for their December Feeder Calf Tele-Auction Sale. This endeavor's roots go back to February 2015 when Dr. Mike Baker, Cornell Extension Beef Specialist, presented to local producers the concept of collaborative marketing by pooling larger lots of calves of similar type, size, and quality for a tele-auction sale. Years later this group continues to exemplify their motto "Growing and improving." The group's objectives are to foster producers working together, support breeding and managing market-quality calves, provide consistent communications to maintain production protocols, and to increase producer participation and lot sizes for the auctions.

Participating producers pay an annual \$50 fee per farm no later than September 1, 2019 (late annual fee of \$75 from Sept. 2-Oct 1) to support activities of the group and agree to assist with set-up for delivery (cattle pick up) and teardown, as needed. New and returning producers interested in the program are encouraged to contact any of the Advisory Committee members or program advisors listed at the end of this article for more information. The next CNY Beef Producer Sale (tele-auction) will be Friday, December 6, 2019. Participating producers must follow established policy and procedures.

Policy and Procedures for beef producers seeking to market calves with the Central New York Beef Producer Program:

- Adhere to published vaccination and management schedule for fall 2019 (see Schedule).
- Producers must be Beef Quality Assurance certified and administer vaccinations subcutaneously, following all label instructions.
- Calves will be graded and video recorded approximately three weeks prior to sale for accurate description and promotion purposes.
- Steers will be properly castrated and heifers guaranteed open.
- Dehorning and castration must be complete pre-weaning and healed at time of grading.
- Calves will be tagged with NYS 840 tags and CNY tags prior to delivery.
- Big prices may be adjusted when the average weight of any lot sold increases above the advertised weight (as follows) to protect buyers from experiencing substantially larger-than-anticipated cash outlays:
 - If the average weight of the entire lot offered increases by 25 to 49 pounds, the sale price will be reduced \$.04 per pound.
 - If the average weight of the entire lot increases by 50 pounds or more, the sale price will be reduced by \$.06 per pound.

Vaccination and Management Schedule

Vaccine	Disease	Dose
CattleMaster Gold FP5*	IBR, BVD, PI3, BRSV	3 weeks prior to weaning
Bovi-Shield Gold 5**	IBR, BVD, PI3, BRSV	At or following weaning
One Shot Ultra 7*	M. haemolytica, 7-way Clostridial	2 doses 4-6 weeks apart
Ivermectin Pour On*	Internal and external parasites	Prior to weaning

*Killed products. Safe for calves nursing pregnant cows

**Modified live, not to be given to calves nursing pregnant dams

SCHEDULE FOR 2019

CattleMaster Gold FP5	Oct. 24
One Shot Ultra 7 – initial	Oct. 24
Ivermectin Pour On	Oct. 24
Weaning (minimum 30 days prior to pick-up)	Nov. 14
Bovi-Shield Gold 5	Nov. 23
One Shot Ultra 7 – booster	Nov. 23
TELE-AUCTION SALE DATE	Dec. 6
Cattle Pick-up Date (location TBD)	Dec. 14

For more information or questions regarding Central New York Beef Producers or about the requirements for the December Feeder Calf Sale, please contact any of the Advisory Committee members or program advisors listed below.

CNY BEEF PRODUCERS ADVISORY COMMITTEE

Kurt Lawton, Schoharie, NY (Chair)	518-312-7774
Harold Palmer, Maryland, NY (Co-Chair)	607-638-9013
Dan Hammons, Otego, NY	607-783-2230
Ron Maidens, Laurens, NY	315-717-6357
Dave Stanton, Franklin, NY	607-434-7570
John Vanderwerken, Central Bridge, NY	518-231-8087

PROGRAM ADVISORS

Ashley McFarland, PAS, Area Livestock Specialist, Central New York Dairy, Livestock, and Field Crops Team, Cornell Cooperative Extension Herkimer County, 5657 State Rte 5, Herkimer, NY 13350
Office- 315-866-7920 (x228), 315-604-2156 (c), am2876@cornell.edu

Michael J. Baker, PAS, PhD, Beef Cattle Extension Specialist, Cornell University, 114 Morrison Hall, Ithaca, NY 14853. 607-255-5923 (office) 607-255-9829 (fax), mjb28@cornell.edu



Lead Science Instructor Doug Reilly instructing 4-H members Anya and Polly at the planetarium.

Scientists in the Making: Girl's STEM Club

Young women now can realize their dreams of becoming a scientist! During the school year, a girl's STEM club (Science, Technology, Engineering, and Math) meets on Wednesdays, 3:30-5:30 p.m. at the A.J. Read Science Discovery Center on the SUNY Oneonta campus.

STEM topics are offered in six-week blocks, with fun hands-on science exploration. The lead Science Instructor is Doug Reilly, Director of the Science Center. Doug is assisted by three to four college interns, women scientists in their own right! So far, two sessions have been completed: Wearable Technology; Astronomy and Planetariums.

Wearable Technology, the National 4-H Science Day curriculum, provided the hands-on activities for the first session. The "science" included electricity, circuits, soldering, and sewing.



4-H members created LED masks during the Wearable Technology session.

In the recent session of Astronomy and Planetariums, the young women learned about more than stars and planets. Each member was introduced to

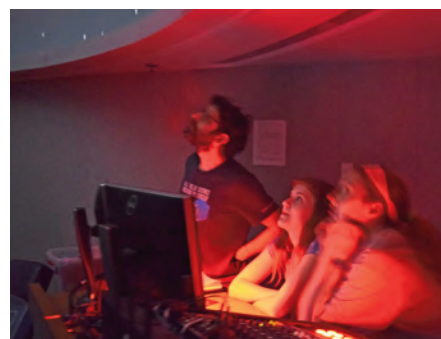
the technology of programming the SUNY Oneonta Planetarium and operating the system. In the closing program, each club member reported on their favorite planet complete with sound tracks.



4-H members preparing for the presentation of the planets.

Recognizing the importance of encouraging young women to pursue STEM, the Otsego County 4-H Program, the A.J. Read Science Discovery Center and SUNY Oneonta will continue to work together to offer the After School Girl's STEM Club.

Support provided by the A.J. Read Science Discovery Center of SUNY Oneonta allows the After School Girl's STEM Club to be offered at no cost. The After School Girl's STEM Club is open to youth grade 7 and up. Look for the new and exciting STEM topics starting in September!



Lead Science Instructor Doug Reilly with 4-H members Anya and Polly star gazing at the planetarium.

PROGRAM EVENTS

The 72nd Annual Junior Livestock Show

Sunday, July 7, 5:00 p.m. - Tuesday, July 9, 5:00 p.m.
Since 1947, The Farmers' Museum has collaborated with Cornell Cooperative Extension's 4-H Program to produce the Junior Livestock Show, the second largest 4-H youth competition in New York State. 4-H youth from nine counties have the opportunity to show their dairy cattle, beef cattle, dairy goats, sheep, and swine. Admission is free and open to the public. On Sunday night there is a \$10 per person chicken barbecue and at 7:30 p.m., there will be a free ice cream social for the participants and the public. For more information about the Junior Livestock Show, contact Meg Preston at 607-547-1452. Iroquois Farm Showgrounds, 1527 Co. Hwy. 33, Cooperstown, NY

Invasive Species Awareness Week: July 7-13

While we can all work every day to combat invasive species, Cornell Cooperative Extension of Schoharie and Otsego Counties encourages everyone to mark July 7 to July 13 as Invasive Species Awareness Week. During this week, we encourage you to learn to identify and combat invasive species that may put your environment at risk. Visit cceschoharie-otsego.org, catskillinvasives.com or nyimainvasives.org for more information and related events in the area.

Schoharie Lily Festival

Saturday, July 13, 8:00 a.m. - 3:00 p.m.
Schoharie Lily Park, 119 Fort Road, Schoharie, NY

2019 Otsego County Fair

The Otsego County Fair is an exciting time for 4-H'ers. Come see their project work on display in Martin Hall and their project animals in the 4-H Animal Barns. Visit the Otsego Master Gardener's and the Ag and Horticulture displays newly located in Martin Hall. Tuesday, July 30 through Sunday, August 4, daily 10:00 a.m.-9:00 p.m.
Otsego County Fairgrounds, 469 Mill Street, Morris, NY

2019 Cobleskill Sunshine Fair

Be sure to visit CCE in Progressland where Schoharie Master Gardeners and 4-H'ers will have their exhibits on display with prize-winning baked goods, photos, drawings, crafts, and more. Stop by the 4-H Animal Barns (Tuesday-Sunday) and 4-H Horse Barns (Tuesday-Thursday) to visit 4-H'ers and their prize-winning animals. Gates open Tuesday, August 6, at 9:00 a.m., exhibit buildings open at 11:00 a.m., and close on Sunday, August 12, 10:00 p.m.; gates close at 11:00 p.m.
Schoharie County Sunshine Fairgrounds, 113 Sunshine Drive, Cobleskill, NY

7th Annual Family Farm Day 2019

Saturday, August 24, 10:00 a.m.-5:00 p.m.
This event provides a unique opportunity to discover so much of what our local agriculture has to offer. Bring a cooler or insulated bag to take home delicious, local, farm-fresh products that you may purchase during your visits. Pets are not allowed on farms. Create your own experience by choosing to visit one or more of the 57 participating farms in Schoharie, Otsego, and Delaware Counties. Use the 2019 Family Farm Day Farm Guide to plan your day.

The Great New York State Fair 2019

The Great NYS Fair runs August 21-September 2. The Fair is a 13-day showcase of agriculture, education, and technology. Plan ahead to experience all you hope to see, hear, and taste. For more information, visit their website nysfair.ny.gov.
Great NYS Fairgrounds, 581 State Fair Blvd., Syracuse, NY

SAVE THESE DATES

Lunch-break Workshop with Otsego Master Gardeners

Take a break, bring your lunch, and join the Otsego Master Gardeners on Wednesday, Sept. 11, noon-1 p.m. The topic is Soil Health / pH Testing. Session is free and open to the public. Please call to let us know you are coming, 607-547-2536.
CCE Education Center, 123 Lake Street, Cooperstown.

Assessing Vegetation for Impacts from Deer Workshop

Saturday, September 21, 9:00 a.m.-noon
AVID is a method for volunteers, foresters, landowners, and others to Assess the Vegetation for Impacts from Deer. (See page 8 for details.) The workshop is free and open to the public. Space is limited; pre-registration is required. To register online, visit https://reg.cce.cornell.edu/AVID-Training_243, or contact Tracey Testo at tet35@cornell.edu, or call 518-622-9820.
CCE Extension Center, 173 South Grand Street, Cobleskill.

Central New York Beef Producers Tele-Auction Feeder Calf Sale

Friday, December 6, time TBA
The Feeder Calf Tele-Auction Sale is offered as an alternative method for smaller producers to market quality preconditioned calves. Sale is Friday, December 6; cattle pick-up is December 14, location to be announced. (See page 16 for details.) For more information, contact Ashley McFarland, PAS, Area Livestock Specialist, CNY Dairy, Livestock, and Field Crops Team, 315-866-7920 (x228), 315-604-2156 (c), am2876@cornell.edu

See our website, cceschoharie-otsego.org for additional events not listed.

Continue the Connections experience! Be sure to read our next issue coming out in September. We will be highlighting 4-H'ers and their awards received at their respective County Fairs, sharing more on Farm Transition Planning, providing new recipes from our EFNEP program for your family to try, and more...

Help Us Make a Difference!



Making a donation is as simple as going to cceschoharie-otsego.org and clicking this button:



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