

Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

SEPTEMBER/OCTOBER 2019

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Stanton Family farm on Route 145 shows support for '97 milk'.

Spreading the '97 milk' Message

The '97 milk' ad campaign that began in January in Lancaster, Pennsylvania, with a farmer's painted message on a round bale advocating "Drink Local WHOLE Milk 97% Fat Free" has found local support in Schoharie County. The Stanton Family Farm and Duane Spaulding of Hooper Feeds, Central Bridge, have carried on with the message that supports dairy farmers increasing sales of higher fat percentage fluid milk. You can see a 20-foot sign on a tractor-trailer at the Stanton Farm on Route 145. Duane Spaulding worked with the True American Signs Company to make a window decal for the back window of his truck. Duane's commitment to the message goes beyond his enthusiastic support for dairy farmers, as he feels there are also health benefits in consuming whole milk products, which he experienced personally.

Recent studies have also supported the benefits in choosing whole milk products for both managing weight and reducing cardiovascular disease. This does conflict with the mainstream nutrition message to consume lower fat dairy products after age two. When you consider nutrition is a science, it is not surprising that new information can change previously held concepts. If there are concerns about a diet high in fat, it might be more appropriate to watch out for the burgers, doughnuts, ramen noodles (yes they have fat before you put the butter on them), and hot-dogs we consume rather than the recommended amount of dairy, even the 97% fat free variety. For more information about the campaign and its message go to www.97milk.com.



Duane Spaulding points out the '97 milk' message.

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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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Cornell Small Farms Program Launches New Website

The Cornell Small Farms Program was established in 2001 as a program of Cornell University's College of Agriculture and Life Sciences (CALS) to increase research and extension for small farms. They support farmers at all phases of farm business development by offering projects that provide numerous in-person educational opportunities throughout the state for farmers to learn more deeply on specific aspects of farm business and production. Visit their updated website www.smallfarms.cornell.edu, where you can view their project pages to learn more about upcoming trainings and their events page for a calendar of upcoming workshops, trainings, and other events for farmers hosted by CCE offices and other organizations. They also offer more than 20 online courses to help farmers improve their technical and business skills.



Their suite of online courses for aspiring, new and experienced farmers has moved to a new, more user-friendly platform. Now registrants have permanent, year-round access to their course content and the tiered pricing based on household income makes access to the courses more equitable.

Experienced farmers and extension educators guide students through about six-week-long courses that include weekly live webinars, videos, and resources. From the comfort of your own home, connect with instructors and other farmers and access all the content at a flexible pace. If you aren't able to attend the webinars in real-time, they are always recorded for later viewing. Visit their website to learn more about and register for classes.



Family Farm Day: Local Communities Embrace Family-Friendly Welcome

Fifty-five farms welcomed visitors during the 7th Annual Family Farm Day (FFD), Saturday, August 24. Visitors near and far explored local farms throughout Schoharie, Otsego, and Delaware Counties to see, touch, and taste firsthand farm-fresh products, activities, and tours, all for free! Many thanks to our sponsors and farmers whose participation made possible an opportunity to build awareness about our local agriculture and develop new clientele.

The 2019 Farm Guide, designed by Cathleen Berry, was made available to nearly every household in the region and was accessible also online. “We think our visitors appreciated the added convenience and that it helped increase overall attendance at participating farms,” said David Cox, CCE Ag Program Leader and Family Farm Day Coordinator. “By accounts at time of publication, most all farms were quite busy, some with hundreds of visitors, and were pleased to see the interest building over the years they have been participating in FFD.” Save the date for 2020 – Saturday, August 29. See you then!



Marie Lange (center in tent) greets visitors and describes various lavender products at Slate Hill Farm.



Melissa Hatalsky (center left) at Hoofbeats Holistic describes its unique approach to teaching children how to handle and care for horses while having fun, building confidence, and learning about themselves.



A very busy day for Dave & Benaye Rayinsky at Highland Hollow.

STUFFED PEPPERS WITH GROUND TURKEY

A flavorful harvest medley

Serves 6



Ingredients

6 medium bell peppers
1 tablespoon vegetable oil
1 pound lean ground turkey
1 medium onion, chopped
2 stalks celery, chopped
½ teaspoon parsley, dried
1 cup minute brown rice
1 cup water or chicken stock
1 4-ounce can tomato sauce
salt and pepper to taste

Directions

1. Wash peppers. Carefully remove the top of each pepper and remove seeds.
2. Place each pepper top down in saucepan filled with an inch of water. Steam for 4 minutes and remove from heat.
3. In a large frying pan, add oil and brown onion and celery until tender. Add ground turkey and cook until brown. Pour in broth (or water), add rice, and simmer for 5 minutes.
4. Fill each pepper with turkey mixture and set into a casserole dish. Pour tomato sauce over all and cover. If browning is desired, remove cover during last 15 minutes of cooking.
5. Bake at 350° F for 40 minutes.

Know the facts . . .

- Bell peppers, also known as sweet peppers, are native to Mexico, Central and South American regions, from where they were shared worldwide by Spanish and Portuguese explorers during 16th and 17th centuries. They are widely grown in many parts of the world as an important commercial crop.
- Bell peppers belong to the nightshade family of plants. Aside from the more common green color, bell pepper are available in other colors, red, orange, yellow, white, and purple. There are even black and brown bell peppers, although these might be difficult to find. Red, orange, and yellow bell peppers are the ripened versions of the green bell pepper, and they are the only member of Capsicum genus that does not produce capsaicin, a lipophilic chemical that can cause a strong burning sensation (or simply the hot taste) when it comes in contact with mucous membranes. The pulpy white inner cavity of the bell pepper (usually cut off and discarded) is a rich source of flavonoids and can be eaten if desired.
- Green bell pepper is an excellent source of vitamin C at 117 milligrams per cup (more than twice the amount of vitamin C found in a typical orange). The vitamin C and carotenoid content of bell peppers tend to increase while the pepper is reaching its optimal ripeness with red peppers having twice the vitamin C content of green peppers.
- For our companion recipe, **Golden Harvest Crescent Rolls**, 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: EFNEP CCE Schoharie and Otsego Counties.

Nutrition Facts

Serving Size 1 pepper
Servings Per Container 6

Amount Per Serving

Calories 230 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 320mg **13%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 16g

Vitamin A 6% • Vitamin C 200%

Calcium 4% • 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:

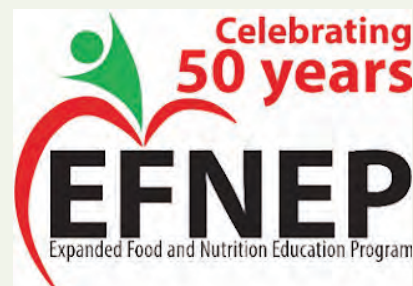
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes:

- Lean ground beef or lean ground chicken can be used in place of ground turkey.
- As an option, use large hollowed out tomatoes in place of peppers for stuffing, omitting step 2 and reducing cooking time to 20 minutes.
- Enjoy cheese? Sprinkle tops with parmesan cheese in step 4 before cooking.



5 Reasons to Support Your Local Farmers' Markets



Healthy-connections.us Nutrition Educator Allyson Wyman sharing samples of Healthy Corn Dip and nutrition information on a sunny day at Festival Farmers' Market in Cobleskill. Photo by Regina Tillman/TBG

Farmers' Market season is coming to an end but that doesn't mean you should pass it by! The fall is a perfect time to stock up on fresh, local fruits and vegetables. The *healthy-connections.us* program, a new and free nutrition education program offered at Cornell Cooperative Extension in Schoharie and Otsego Counties, spent some time at the Festival Farmers' Market located on Main Street in Cobleskill. While offering a healthy snack and information on how to incorporate farmers'

market produce into meal planning, the program educator was able to observe and participate in this wonderful market. Here are five 5 reasons you should support your local farmers markets.

1. Fresh Produce. You can't get any fresher unless you grow it yourself. Produce that you buy at a farmers market is usually harvested when it's at the peak of its nutritional value. Supermarket produce can be harvested before it is ripe and hasn't had a chance to develop all of the vitamins and minerals. This allows for a longer shelf life but you may not be eating as many nutrients as you think. Speaking of shelf life, when you buy directly from a farmer the produce hasn't been sitting on a store shelf for days, sometimes weeks. Fresh foods not only taste better, but they are better for you as well!

2. Support Local Farms. Small farms are disappearing from our communities. It's becoming increasingly difficult for our small town farms to compete with larger farms. Supporting farmers' markets is a great way to show your support for our small town farmers and farms. When you spend your money in your own community, it supports the local economy and preserves land for agricultural use.

3. Save Money.

When you shop at a farmers' market, you are buying directly from the farmer, giving the farmer your full economic support. Another way to save money at a farmers' market is buying in bulk. When you know what is in season and can stock up on produce to can, freeze, or store for months to come. If you would like more information on canning or freezing produce, be sure to contact Cornell Cooperative Extension of Schoharie and Otsego Counties.



4. Get to Know your Farmer. The fact that you can talk to the farmer directly is another major benefit to shopping at your local farmers' market. Any questions you have about how the food was grown or harvested can be easily answered, and they may also have tips for storing and using the produce you buy. Farmers may offer varieties that cannot be found in local supermarkets.

5. It's fun! Bring the kids and make memories that can last a lifetime. Some children only have a vague idea about where their food comes from and how it gets to their plate. Getting them involved in the process of shopping for fresh local produce educates them. Fostering a connection between children and farmers allows for a deeper appreciation of the farming process. Use it as a learning experience to talk about why eating locally grown food is so important for our bodies, communities, and the planet.

These are just a few of the many reasons to shop at farmers markets. If you are looking for additional resources to help you shop at farmers' market be aware that the Schoharie County Office for the Aging distributes Farmers' Market Coupons to seniors who qualify; Schoharie County Community Action Program (SCCAP) through their WIC (Women, Infant, and Children) clinic offers Farmers' Market Checks to those receiving services; and you can also use your EBT card at participating markets (call Hunger Solutions NY at 518-436-8757 for information).

For recipes and information on how to prepare foods you buy at the markets contact Cornell Cooperative Extensions free Nutrition Education Programs- *healthy-connections.us* and EFNEP at (518) 234-4303x120.



Size doesn't matter.



Garlic: Grow Your Own

BY SCHOHARIE MASTER GARDENER SCOTT MILLS

Garlic is both a vegetable and an herb. I consider it an easy to grow vegetable. Garlic is easily planted, providing a simple and plentiful harvest, and is easily stored, being not as perishable as other vegetables. In fact, it stores well for several months. Since garlic is a key ingredient in many dishes, we enjoy cooking and eating it and sharing it with neighbors, friends, and family.

I also enjoy planting garlic since it is planted in the fall when other gardening tasks have slowed. For garlic, this means that you will see early green in your garden in April or May, possibly even growing through the snow. Last, but not least, garlic has few pests.

Try planting several different varieties, some of which are spicier than others. There are many varieties you may choose: "German White," "German Red," and "Spanish Roja" all grow well in this area. Garlic should be planted in mid-October here in the Northeast. Start with solid, plump garlic cloves. You can get them from local garlic growers, at garlic festivals (which will have many growers/varieties), garden stores, or best of all, from your own stock. Using your own has benefits over bought stock since they cost nothing and are acclimated to your soil. Do not plant grocery store garlic; it is often treated to prohibit sprouting.

Now for the easy part, you just plant a whole clove, root side down and about 1.5 inches deep, in your prepared plot. The size of your plot determines how many cloves of garlic you can plant.



Plant root end down.

You can prepare your plot in many ways, planting in single or double rows or, as I like, in a grid pattern. A single row with plants six inches apart and 20-25 feet long can yield about five pounds of garlic bulbs. I used to plant in a six-inch grid, but I like an eight inch spacing better.

If you can, plant in 3 or 4 ft. wide beds. This way you will never need to walk in the planted areas thus avoiding soil compaction. The plants should be in full sun for best yields. Well-drained



Garlic planted in a grid pattern in 4'-wide plot.

soil with lots of compost is also important since the root systems do not grow far or deep. Composted soil with water will fuel optimal plant growth. A soil pH of 6.5 is ideal. If you do not mulch, be sure to keep beds adequately watered. Garlic does not like competition; they need all the nutrients they can get—remember they have a shallow root system. When you have completed planting, it is best to mulch with good clean straw. Do not use hay. You can go mulch-less, but you will need to weed more often.

Now you are done for a few months. See, it is easy to grow garlic. Your first reward will be green plants poking out of the mulch in the early spring. Have no worries about the cold, frost will not hurt this crop.

So far all you have had to do was plant the garlic and mulch it. This next stage is also very low maintenance: Just watch it grow. Pull weeds if need be. The garlic will grow taller and taller and require almost no work.

Around Father's Day, you will see garlic producing scapes or flower stalks. This is garlic trying to reproduce by seed as all plants are programmed to do. The scape is at the top of the garlic, growing and curling with a seedpod forming at its tip. Now you will have to do some work, but you will be rewarded for it. As the scapes appear, you will pinch or cut them off. This allows the plant to put all its growth into the bulb and not the seed. The reward is in the scapes' own tastiness. They can be eaten right away or frozen for future use.

Now you can take a few weeks off until harvest time, sometime in July. The harvest time can vary year to year depending on when planted, the varieties planted, and of course, the weather. Generally plan to harvest mid-to-late July in this area. The



Harvest time.

exact time will require monitoring. Look for the lower two or three leaves of the plant to yellow and fall over. When harvesting, do not pull garlic from the bed; instead, use a garden fork to loosen the soil and lift out the bulbs



Reap the bounty.

before the tops are completely yellow. Brush off any remaining soil and let the bulbs cure in a shady, well-ventilated and dry spot for a few weeks. I hang mine in bunches so all sides are aired out. Once the bulbs are dry, you can store them. Remove any remaining soil; trim off the roots and tops. Keep as many of the outer layers of skin on as you can for best storage. You can peel the skin away to a fresh clean bulb when you use or give them away. You will be able to store them in a cool dry place for months.

Now get ready to plant again for next year. Reserve some of the largest and best-formed bulbs for the fall when you will plant again. If you do this season after season, the garlic will be acclimated to your garden soil and climate and begin producing larger bulbs. However, where garlic is concerned, size is not everything. Different varieties grow to different sizes, and while the larger cloves may go further in recipes, they will not necessarily taste better. They are all good, so enjoy the bounty!

Here are some local fall garlic festivals that you might enjoy. For more information, check the festival websites.

- **18th Annual Mohawk Valley Garlic and Herb Fest, Little Falls, NY**

September 14, 10 a.m.-5 p.m. A \$5 donation is suggested/\$15 family or groups, free shuttle parking is provided; for more information go to <https://mvghf.com>

- **Sunnycrest Garlic Festival, Sharon Springs, NY**

September 28 and 29, 9 a.m.-5 p.m. for more information go to <https://www.sunnycrestorchards.com/events>

- **Hudson Valley Garlic Festival, Saugerties, NY**

September 28, 10 a.m.-6 a.m. and 29, 10 a.m.-5 p.m., for more information go to <http://hvgf.org>

Climate Smart Farming in the Northeast: Six Key Strategies for Farmers

In the Northeastern United States, climate-related risks such as extreme rainfall, drought, heat stress, changing disease and pest pressure, and unpredictable weather patterns pose serious threats to farmers' livelihoods. The average annual temperature in the Northeast has increased by approximately 2.4°F, and annual precipitation has increased by 4.9 inches over the last 120 years.

The frequency of extreme rainfall events (e.g., 2 inches of rain in a 24-hour period) has increased 71% between 1958-2012 (NOAA/NCDC). The length of the frost-free growing season has increased by 10 days, on average. These changes are projected to continue and increase in the future, and will pose threats to soil conditions, farm buildings, livestock health, as well as crop and animal productivity and quality.

Despite these risks, farmers can make changes to their practices and systems which will reduce the severity of these climate impacts. Climate change may create opportunities for new enterprises as warmer temperatures lengthen the growing season, while the variability and unpredictability will remain a challenge.

The Six Key Strategies listed below are actions that farmers can take to reduce risks and improve the sustainability of their farm. Many of these best management practices may not be new to farmers, but taken together they can help increase resiliency on the farm over the short and long-term.

1. Focus on Soil Health

Warming temperatures and extreme rainfall or drought will increase the potential for soil moisture stress to affect all crops. Healthy, well-structured soil that is protected by vegetation captures more water and is less susceptible to surface runoff, compaction, and erosion during heavy rain events. The following actions build soil health and resiliency to climate-related risks:

- Reduce tillage frequency and intensity, and transition to low-till or no-till planting methods where feasible.
- Increase organic matter inputs through cover crops, crop residues, manures, and compost.
 - Use winter and summer cover crops between main crops to maximize soil surface protection.
 - Use tillage methods which preserve plant residues on the soil surface. The goal is to minimize time with no plants covering the field.



- Develop a rotational plan to maximize the use of perennial crops in the rotation to avoid some or all tillage requirements.
- Reduce soil compaction by minimizing equipment passes over fields.
- Avoid fall tillage and bare winter fallow whenever possible.

2. Efficiently Manage Water Resources and Risks

Effective water management is critical in order to better handle the increased frequency of extreme precipitation events, storms, floods, and lengthening periods of short-term drought that are hitting the Northeast. Actions to improve water management include:



- Improve irrigation efficiency by using the latest technologies, such as micro-, subsurface, or drip irrigation; utilize reclaimed water if possible to conserve water during droughts.
- Install tile drainage in fields to remove excess water and control runoff.
- Expand or improve water supply systems to meet future demand, and increase water storage capacity by constructing deeper wells and ponds.
- Time fertilizer and manure applications based on weather forecasts.
- Construct over-sized and covered manure pits to minimize overflow risks during heavy rainfall events.
- Plant or manage riparian buffers along streams and ponds to capture remaining runoff, and integrate agroforestry into farming systems to increase water-use efficiency during dry periods.

3. Utilize Integrated Pest Management

Competition from weeds and increased threats from known and new invasive insects, weeds, and pathogens have increased in the warming climate. Employ these strategies to manage risks of pests and disease:



- Stay abreast of new threats and be aware of life cycles and how pests spread.
- Conduct regular scouting for weeds, insects, and pathogens, and control them with proven strategies.
- Use crop varieties and livestock lineage with resistance to pests and pathogens.
- Implement cultural and biological controls for pests whenever possible.
- Correctly use appropriate pesticides when pest or pathogens exceed economic thresholds.
- Practice sanitary farming practices (e.g. clean equipment in-between fields) to reduce the spread of pests and pathogens.

4. Diversify Farm Enterprises, Species, Crop Varieties, and Breeds

Diversifying farm enterprises, crops, and animals is a self-insurance policy for managing uncertainty in

a constantly-changing environment. Choosing a diversity of crops or animal species builds financial resiliency by reducing overall losses due to extreme weather events and market fluctuations. The following recommendations urge consideration of options to reduce these risks:

- Be open to change. Choose a variety of commodities, farm products and services that insulate against weather, environmental, market, and geopolitical threats.
- Diversify crop production by extending crop rotations and intercropping with multiple species or varieties.
- Select crop varieties based on maturity dates and genetics to match anticipated season length, rainfall and drought patterns, and pest/pathogen pressures.
- Consider controlled environment agriculture to extend the growing season, diversify operations, and decrease weather risks.



5. Reduce Livestock Stress from Extreme Temperatures

Heat waves, without cooling periods at night, increase the potential for heat stress on dairy cattle and other livestock and poultry. In dairy cattle, this can negatively affect milk yield, productivity, and animal health. In all livestock and poultry, heat stress can negatively impact average daily gains, feed efficiency, productivity and animal health. Heat stress can have both immediate and life-long impacts to young animals. Employ these strategies to reduce environmental stress:

- Ensure that dairy facilities are well ventilated and have proper cooling mechanisms in place. This includes calf housing, lactating and dry cow facilities, and access to shade while on pasture.
- Use fans and sprinkler systems controlled with automatic sensors to reduce the risk of heat stress on all animals.
- All animal classes should have access to fresh, clean water.
- Monitor and adjust diets for daily intakes. Rations should be balanced to meet animal needs at a reduced intake during periods of heat stress.



6. Engage in Farm Planning and Adaptive Management

Building resilience against climate-related threats requires careful planning and review of farm operations and the whole business. Baseline data is required to make whole-farm management decisions. These practices can help increase the sustainability of the farm:

- Develop an adaptation plan to identify your risks and practices to remediate them.
- Conduct a whole-farm energy audit to increase energy efficiency and opportunities for renewable energy sources.



- Utilize precision farming apps and weather and climate tools (such as climatesmartfarming.org) to make more informed crop production decisions.
- New and renovated farm buildings should be energy efficient and designed to withstand predicted weather conditions, including severe heat, heavy rainfall, wind, and snow loads.
- When purchasing new farm equipment, select options to maximize fuel efficiency and decrease labor and time constraints.
- Consider purchasing crop insurance to reduce economic risks.

For Further Information

- Cornell's Climate Smart Farming (<http://climatesmartfarming.org>) provides research based information, resources and decision tools to help farmers in New York and the Northeast to:
 - Increase farm resiliency;
 - Sustainably increase productivity and farming incomes;
 - Reduce GHG emissions through energy efficiency and renewable energy.
- Find your local Cooperative Extension Office: <https://nifa.usda.gov/land-grant-colleges-and-universitiespartner-website-directory?state=All&type=Extension>
- Find your local USDA office: <https://www.farmers.gov/connect>
- FAO Climate Smart Agriculture Sourcebook: <http://www.fao.org/docrep/018/i3325e/i3325e.pdf>
- NOAA National Climatic Data Center: <https://www.ncdc.noaa.gov/cdo-web/>
- USDA Adaptation Resources for Agriculture Workbook: https://www.climatehubs.oce.usda.gov/sites/default/files/adaptation_resources_workbook_ne_mw.pdf



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Developed by members of the Cornell Climate Smart Farming Team: Tyler Brewer (Cornell '19), Allison Chatrchyan, Sarah Ficken, Laura McDermott, Kim Morrill, and Kitty O'Neil. We gratefully acknowledge the input received from five external reviewers of the document.

The Cornell Climate Smart Farming Program delivers trusted, research-based information, tools, and training for agricultural stakeholders in the Northeast. Cornell CSF is a program of the Cornell Institute for Climate Smart Solutions.

Cornell CALS
College of Agriculture and Life Sciences

For more information visit us at www.climatesmartfarming.org, or contact us at cicss@cornell.edu

FARM SOURCE THRIVE

Otsego.info

Advancing the goals of the Agriculture and Farmland Protection Plan, adopted by Otsego County Board of Representatives, September 2017

AN INITIATIVE OF

Otsego Board of Representatives
and the Ag and Farmland Plan
Implementation Committee

Cornell Cooperative Extension
Schoharie and Otsego Counties

Center for Agricultural Development
and Entrepreneurship

Otsego County Soil and Water
Conservation District

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Otsego County farmers and other
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FARM

Improving access to farmland and the development of new educational programs attract new and beginning farmers to the area. Agricultural organizations, non-profits, municipalities, and other government entities provide educational opportunities, networking tools, and farm-friendly public policy to ensure the success of local farms. A robust support network for farmers, including efforts to preserve farmland, is essential for growing the agricultural sector.

SOURCE

Consumers, restaurants, and markets source their agricultural, food, and value-added products from Otsego County farms and businesses, improving demand for local foods and products. The ease for people, markets, and institutions to access Otsego County foods and agricultural products is a principal goal, whether from local or regional farmers' markets, farm direct, food processors, or through innovative programs like Farm-to-School.

THRIVE

Thriving farms and agribusinesses create a ripple effect throughout the region. Local farms which produce high quality foods and other products increase opportunities for special events, community groups, related businesses, and agri-tourism attractions. These new features contribute to the quality of life of local residents, attract new visitors, and increase overall revenue in the county.



Central New York Feeder Calf Sale

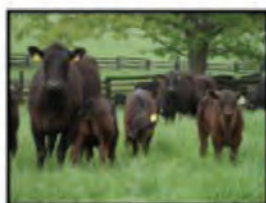
2019 Tele-Auction

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



Contact program advisors or active members for more information:

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*Growing
and
Improving*

Cornell Cooperative Extension
 Central New York Dairy, Livestock and Field Crops

PROGRAM EVENTS

Sayre House Museum Garden Reopening

Friday, September 6, 7 p.m.

Barb Malera, President of Harvesting History, presents "American Originals: plant developments that America has shared with the world." GMHA fiddlers will provide entertainment.

Sponsored by the Milford Historical Association and CCE Master Gardeners of Otsego County.

Event is free and open to the public.

81 North St, Milford, NY.

Lunch-break Workshop with Otsego Master Gardeners

Wednesday, September 11, noon - 1:00 p.m.

Take a break, bring your lunch, and join the Otsego Master Gardeners on Wednesday. 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**. 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.

Sexual Harassment Law Requirements-Train the Trainer

Tuesday, September 24, 6:00 p.m. - 8:00 p.m.

This CCE Central New York Dairy, Livestock, and Field Crops training will provide up-to-date farm-focused training materials as well as tips on how to conduct a successful farm-based sexual harassment meeting. Registration is \$25 per farm, which will include a USB for each farm as well as printed materials. Please remember this is for **EMPLOYERS** only, CNYDLFC team members will not be training employees. Prerequisite:

All farms MUST bring a COPY of their Sexual Harassment Policy and Complaint form to participate. To register online visit

<http://cnydlfc.cce.cornell.edu/events.php>. If you need assistance, please call Nicole @ 315-867-6001 or nt375@cornell.edu

Farm Credit East, 7397 NY 80, Cooperstown, NY

National 4-H Week- "4-H Inspires Kids to Do"

Sunday through Saturday, October 6-12, 2019

Take advantage of this important week to recognize the remarkable 4-H youth in our communities. Look for 4-H displays, or visit our website cceschoharie-otsego.org to see the incredible experiences that 4-H offers young people.

Fall Tractor Supply 4-H Paper Clover Campaign

Wednesday through Sunday, October 9-20, 2019

Each spring and fall, Tractor Supply raises money for 4 H programs through the sale of Paper Clovers in their stores. 100% of funds raised benefit 4-H. 90% fund state level scholarships to 4-H camps and leadership experiences and 10% supports National 4-H Council for administration. Be sure to visit your local Tractor Supply store to purchase a paper clover. The money raised by the purchasing of paper clovers will directly benefit the Schoharie and Otsego Counties' 4-H programs. Contribute during the 2019 fundraisers by: 1) Donating in-store at the register or at a 4-H Club display, 2) Donating online at checkout when making a purchase on tractorsupply.com (Donations will be assigned to states based on the shipping location). 3) Donating by phone when you call TSC Customer Solutions at 877-718-6750.

2019 Lights on Afterschool

Thursday, October 24, from 4:00 p.m. - 5:30 p.m.

This nationwide event celebrates the important role afterschool programming plays in the lives of students, their families and their communities. Cornell Cooperative Extension Schoharie and Otsego Counties and Susan Salisbury, Program Coordinator, extends an invitation to parents, family members, neighbors, and community members to visit our program sites to learn more about the 4-H Afterschool program from students and staff and too show support for this important program. Come see all the great things the children are working on!

Afterschool Program sites:

Cobleskill-Richmondville Central School- Elementary Cafeteria at Ryder

Middleburgh Central School- Elementary School Cafeteria

Schoharie Central School- Elementary School Cafeteria

EFNEP—Parent & Child Hands-on Cooking and Sneaker Program Lesson Series

Wednesdays, 4:30 - 5:30 p.m. on October 30, November 6, 13, 20, 27, and December 4.

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. Michelle Leveski, EFNEP Nutrition Program Educator, will be teaching the lessons. Every family enrolling in and completing the lesson series will receive one \$40 certificate for athletic footwear from the Shoe Department Store sponsored by Bassett Research Institute's 5210 initiative. Call the Cobleskill Office at 518-234-4303 to pre-register by October 28. Lesson series is free. Class size is limited. Children should be age 4 and older.

CCE Extension Center, 173 South Grand Street, Cobleskill.

SAVE THIS DATE

Central New York Beef Producers Tele-Auction Feeder Calf Sale

Friday December 6

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

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





Lights on 2018 at the Cobleskill-Richmondville 4-H Afterschool program.

You're Invited to the 2019 *Lights on Afterschool*

Launched in October 2000, Lights on Afterschool is the only nationwide event that celebrates afterschool programs and their successes in the lives of children, families, and communities. Since then in every October, one million Americans come together for the nation's largest rally for afterschool programs, celebrated with more than 8,000 events worldwide.

On Thursday October 24, we invite you to visit any of the open houses for Cornell Cooperative Extension's 4-H Afterschool programs as part of the nationwide rally for afterschool programs. From 4:00 to 5:30 p.m. stop in and visit our sites at Schoharie Central School elementary cafeteria, Middleburgh Central School elementary cafeteria,

or the Cobleskill-Richmondville Central School elementary cafeteria at Ryder. Come see the many activities children are engaged in.



The Afterschool Alliance organized Lights on Afterschool nationally to draw attention to how afterschool programs support students. Our local programs integrates traditional afterschool activities with 4-H through experiential learning in science, sewing, communication, community service, and through club activities.

Last year our 4-H Afterschool Programs served over 120 children in Schoharie County, providing them a safe and secure, fun learning environment. This year with the opening of a new site at Middleburgh Central School, we value the opportunity to serve even more youth.

Everyone is welcome: parents, family members, friends, neighbors, and community members. The event reminds us all of the universal need for quality afterschool programs. For more information, contact Susan Salisbury, Afterschool Program Coordinator, at 518-234-4303 ext. 122 or at sms248@cornell.edu.



Schoharie 4-H Afterschoolers showing the awesome shirts they created.

The Reopening of the Sayre House Museum Garden

Friday, September 6, 2019, 7 p.m.
81 North Main Street, Milford, NY

American Originals

PLANT DEVELOPMENTS AMERICA SHARED WITH THE WORLD

Featuring a Lecture by Barbara Melera

A look at the contributions America has made to the lives and/or gardens of all the people of the planet, as well as the unique role American horticulture played in the founding of The United States of America.



Barbara Plantholt Melera is president of Harvesting History, a new horticultural company founded in 2016 specializing in horticultural and agricultural products featuring largely heirloom and open-pollinated varieties. For thirteen years, Ms. Melera was president and CEO of The D. Landreth Seed Company, the oldest seedhouse in America, established in 1784 and the fourth oldest US corporation.

Free and Open to the Public

ALSO FEATURING THE GMHA FIDDLERS

*Sponsored by
The Greater Milford Historical Association and
Cornell Cooperative Extension Master Gardeners of Otsego County*



Cornell Cooperative Extension | Schoharie and Otsego Counties

AVID Training

ASSESSING VEGETATION FOR IMPACTS FROM DEER

A method to collect data on deer impacts



Photo: Haliburton 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



The Rider's Club, 3rd generation 4-H.

My Half Century with 4-H

Cooperative Extension's 4-H program is over 100 years old. It has become one of our nation's largest youth development organizations. My personal 4-H story began over fifty years ago when my sister and I joined a small 4-H Club that met at the town hall in North Blenheim, NY. I have fond memories of the times shared with my fellow 4-Hers and many of the projects we did. One experience that stands out in my mind was the time we made Christmas wreaths as a club fundraiser, because at the time it was really hard for me to do. Garnering orders for and making those twenty-five wreaths, really brought home the life lesson that hard work pays off. A lesson learned that I still benefit from today.

My story did not end there; years later when my two children reached 4-H age I became a 4-H parent and leader experiencing the other end of the 4-H spectrum where I got to share back passions, interests, and experiences. One of the neatest things that happened during that time was Public Presentations



2019 Schoharie County Public Presentation Event.

started again in Schoharie County. Our club was involved in making a training video for other 4-Hers in our county to learn how to do a public presentation. It brought the youth leadership role to the forefront, where youth teach other youth important life skills. Thirty years later this event is still an integral part of the 4-H experience here in Schoharie County.

Just when I might have retired from my 4-H experience grandchildren came along and ten years later our club is still going strong. Starting over again as a 4-H leader for my oldest grandchildren, then over the years expanding to include the younger grandchildren who reached cloverbud age and who have now transitioned to regular 4-H, along with cousins, and friends enriched my life right along with theirs. Parents have joined on as project leaders growing our club even stronger.



Parents in action as 4-H project leaders.

Bird's in Your Backyard (twice), Sewing 1 and 2, Cooking projects 1 and 2, Photography 1 and 2, and Horses are some of the projects our club has pursued. Multiple service projects, public presentations, horse quizbowl and hippology competitions, and other 4-H events have helped to round out the club experience. Horse shows, and many projects judged at our County Fair have recognized members of our club with ribbons, trophies, recognition for State Fair, and even a scholarship for college.

My favorite part is still watching the 4-Hers lead by sharing their knowledge and experience. In our club older members pass on their experiences to younger members and younger members have the



Members of The Rider's Club participating in a service project as a part of Tractor Supplies 2018 Fall Paper Clover Sale- a national fundraising campaign for the 4-H program.



Club members ready and waiting for English and Western classes, the horse show goes on rain or shine.

opportunity teach new information to older members. As my older grandchildren age out of 4-H, I start to think my 4-H story may be drawing to a close, but wait there is always those future great grandchildren who might need a 4-H leader...



A veteran 4-Her teaches club members the importance of quick release knots when working with horses.



A young 4-H member sharing new information on helmet safety with club members.

Do you have a connection with 4-H? Would you like to share your 4-H story with the Connections readership? Email Jan Ryder, Assistant Editor, at jrc28@cornell.edu if you would like to share your 4-H story in an upcoming edition of Connections.

NEWSLETTER SUBSCRIPTION

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

Project Recognition

Every year 4-Her's in both Schoharie and Otsego Counties showcase their work and dedication they have put into their 4-H projects throughout the year at their respective county fairs. It results in ribbons, best of show awards, reserve and championship titles, and opportunities to go on to the Great New York State Fair. This year was no different. Congratulations to all the 4-Her's who entered project work from Cloverbuds to senior 4-Her's and all those in-between.

Also thanks to all the parents, club leaders, and volunteers who work behind the scene to support their 4-H youth in their accomplishments. It would be impossible to list every award earned by the over 600 4-Her's in Schoharie and Otsego Counties, but read on to see some of the highlights of those earned.

2019 Schoharie County Sunshine Fair 4-H Awards

Progressland- Chosen for the Great New York State Fair

Communication & Expressive Arts

Savannah Traverse- Poster*

Hannah Vedder- Scrapbook

Fine Arts & Fine Crafts

Hannah Sulas- Etching*

Madelyn Palmer- Fine Arts and Crafts

Visual Arts-Photography

Dalton Oliver - String art frame*

Jillian Burton- Chalk Hands



Consumer & Family Science

Ava Burton- Cannoli Cake*

Haley Lawyer- Apple Pie

Thomas McConnelee- Frosted Cashew Cookies

Miriah Foland- Pumpkin Dog Treats

Isabella Swartout- Maple Syrup

Cassie Miller- Chili Sauce

Brooke Lincoln- Strawberry Jam

Clothing & Textiles

Alyssa Coons- Quilted Horse Wall Hanging*

Alex Badger- Minecraft Pillowcase

Jillian Burton- American Girl Duct Tape Dress

Hobby Crafts

Savannah Traverse- String Art*

Sydney Seegers- Thermos Sleeve

Gardening & Horticulture

Case Yacobucci- Jalapeno Peppers*

Brooke Lincoln- Indoor Succulents

Andrew McConnelee- Dill

Madison Lape- Corn

Ben Walrath- Hay

Claudia Walrath- Tomatoes

Case Yacobucci- Tomatoes

Science & Technology

Ronald Cook III- Wooden Cat Tree*

Alex Badger- Disbudding Box

Madison Lape - Bird House with Stone Deck

Environmental Education

James Liddle Jr. - Recycled Can Planter*

Olivia Parrish- Citizen Science Poster- Zooniverse

Alex Badger- Recycled Can Planter

**Chosen as Best of Show in each category.*



PARADE OF CHAMPIONS

4-H Beef Champions

Showmanship	Champion	Anna King
	Reserve	Nathan Hay
Aberdeen and Red Angus	Champion	Anna King
	Reserve	Anna King
All Other Breeds	Champion	Nathan Hay
	Reserve	Nathan Hay
Heifer	Grand Champion	Anna King
	Reserve	Nathan Hay
Cow and Calf	Grand Champion	Nathan Hay
Market Animal	Grand Champion	Levi Szentmiklosy
Best of Show	Grand Champion	Anna King

4-H Horse Champions

Showmanship	Champion	Hannah Vedder
	Reserve	Claudia Walrath
English	W/T* Champion	Emily Mazzariello
	Grand Champion	Makayla Ryder
	Reserve Champion	Claudia Walrath
Western-	W/J** Champion	Elizabeth Ehtner
	Grand Champion	Claudia Walrath
	Reserve Champion	Hannah Vedder
Gymkhana	W/J** Champion	Elizabeth Ehtner
	Grand Champion	Ashley Moorhead
	Reserve Champion	Julianna Perillo

*W/T - Walk/ Trot **W/J-Walk/Jog



4-H Dairy Champions

Showmanship	Champion	Joyce Kennedy
	Reserve	Kelsey Campbell
Holstein	Grand Champion	Stephen Ullman
	Reserve	Sean Shults
Jersey	Grand Champion	Levi Szentmiklosy
	Reserve	Olivia VanEvera
Ayrshire	Grand Champion	Joyce Kennedy
	Reserve	Hannah Cater
Brown Swiss	Grand Champion	Sean Shults
	Reserve	Sean Shults
Guernsey	Champion	Jacob Enyart
	Reserve	Jacob Enyart
Milking	Champion	Levi Szentmiklosy
Shorthorn	Reserve	Levi Szentmiklosy
Produce of Dam	Champion	Levi Szentmiklosy
Bred and Owned	Champion	Sean Shults
Best of Show	Junior Champion	Joyce Kennedy
	Senior Champion	Stephen Ullman
	Supreme Champion	Stephen Ullman

4-H Swine Champions

Showmanship	Champion	Nathan Hay
	Reserve	Mollie Goblet-Schubert
Purebred	Grand Champion	Nathan Hay
	Reserve	Nathan Hay
Market Hog	Grand Champion	Mollie Goblet-Schubert
	Reserve	Nathan Hay
Bred and Owned	Champion	Luke Enyart
Best of Show	Grand Champion	Nathan Hay
	Reserve	Mollie Goblet-Schubert





4-H Dairy Goat Champions

Showmanship	Champion	Alex Badger
	Reserve	Brooke Lincoln
Oberhasli	Champion	Levi Szentmiklosy
Nigerian Dwarf	Champion	Brooke Lincoln
Toggenburg	Champion	Olivia VanEvera
Recorded Grade	Champion	Griffin Pizza
Best of Show	Champion	Olivia VanEvera
	Reserve	Brooke Lincoln

4-H Meat Goat Champions

Showmanship	Champion	Case Yacobucci
	Reserve	Shawna Whiteman
Best of Show	Champion	Shawna Whiteman
	Reserve	Lucas Shaw

4-H Sheep Champions

Showmanship	Champion	Emma Lacko
	Reserve	Mollie Goblet-Schubert
Wool Breed	Champion Ram	Emma Lacko
	Champion Ewe	Emma Lacko
Natural Color	Champion Ewe	Emma Lacko
Southdown	Champion Ewe	Mollie Goblet-Schubert
	Champion Ram	Mollie Goblet-Schubert
Market Lamb	Champion	Mollie Goblet-Schubert
Ewe	Champion	Mollie Goblet-Schubert
Ram	Champion	Emma Lacko
Best of Show	Champion	Emma Lacko



4-H Rabbit Champions

Showmanship	Champion	Shawna Whiteman
	Reserve	Brooke Lincoln
Six Class	Champion	Elizabeth Zurek
	Reserve	Savannah Traverse
Four Class	Champion	Ronald Cook
	Reserve	Alexandria Lincoln
Best of Show	Champion	Ronald Cook
	Reserve	Alexandria Lincoln

4-H Poultry Champions

Showmanship	Champion	Claudia Walrath
	Reserve	Ben Walrath
Best of Show	Champion	Jackson Shaw
Production	Reserve	Jackson Shaw
Best of Show	Champion	Ben Walrath
Exhibition	Reserve	Jackson Shaw

4-H Dog Show Champions

Showmanship	Champion	Brooke Haslun
	Reserve	Mollie Goblet-Schubert
Obedience	Champion	Mollie Goblet-Schubert
	Reserve	Brooke Haslun



2019 Otsego County Fair 4-H Awards PARADE OF CHAMPIONS

Alpacas

Joy Attanasio	Champion
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Beef

Vincent Bellaccio	Senior Showmanship
Nick DeBoer	Best Bred and Owned, Market Steer
Trevor Decker	Champion Crossbred Heifer
Vanessa Erkson	Champion White Park
Gavin Fetterman	Supreme Beef Champion, Reserve Champion, Best Bred and Owned Heifer, Champion Market Steer, Champion Hereford Heifer
Emily Hammond	Master Showman Beef, Reserve Champion Cow/Calf, Champion Bull Calf
Kendra Hammond	Reserve Champion Bull
Meredith Hammond	Champion Cow/Calf



Dairy

Abbie Ainslie
Aidan Ainslie

Austin Ainslie
Alexi Baran
Mikenna Buriello
man
Luke Byma
Carson Dutcher

Isabella Garlick
Evelyn Kersmanc
Joleen Lusk
Tyler March
Ricky Pegg
Dalton Proskine

Kaleigh Spencer

Brianna Taber

Jack Vunk
Julia Vunk

Master Intermediate Showman
Master Showman, Reserve Grand
Champion
Supreme Champion
Junior Champion
Reserve Intermediate Master Show-

man
Junior Champion/Supreme
Junior Champion, Best Bred & Owned,
Reserve Grand Champion, Senior
Champion, Grand Champion and
Reserve Junior Champion
Reserve Junior Champion
Grand Champion Jersey
Champion Dairy/Beef
Reserve Junior Champion
Reserve Grand Champion Dairy/Beef
Reserve Junior Champion, Reserve
Grand Champion

Junior Champion, Reserve Master
Showman, Reserve Grand Champion,
Reserve Supreme Junior Champion
Junior Champion Best Bred & Owned,
Grand Champion

Senior Champion, Grand Champion
Grand Champion, Senior Champion,
Senior Champion Grand Champion



Goats

Jo-Jo Attanasio
Hannah Audette
Chase Burkhart
Trent DeBoer
Cameron Jones

Evelyn Kersmanc

Winnie Shephardson
Megan Wilmot

Reserve Champion Senior Doe
Reserved Champion
Grand Champion Alpine
Reserve Grand Champion Market Goat
Junior Champion, Best Junior Doe in
Show, Grand Champion Nigerian
Dwarf, Reserve Grand Champion
Nigerian Dwarf
Senior Champion Doe, Champion
Market Kid
Dairy Goat Best in Show
Master Dairy Goat Showman, Reserve
Champion Recorded Grade, Junior and
Overall Champion, Junior and Overall
Champion Full Blood Doe, Best in
Show



Poultry

Joy Attanasio
Rosa Dancga

Trent DeBoer
Daniel Johnson
Maxwell Pullis
David Sellick

Reserve Master Showman
Best in Show Overall, Champion and
Reserve Waterfowl (Duck)
Best Meat Bird Trio
Best Bantam in Show
Master Showman, Best Turkey
Best Large Fowl in Show

Rabbit

Daniel Johnson
Seth Keever
Angel Mravlja

Best Otter Mini Rex
Champion Breed
Best of Breed

Sheep

Connor Kane
Summer Mayne

Supreme Ram, Supreme Ewe,
Supreme Flock
Reserve Champion of Breed-Border
Leicester



Kaitlyn Miller	First for Ewe and Lamb, Champion in Overall Ewe Went to Champion Drive
Karley Miller	Champion Oxford Ewe,
Kassidy Miller	Reserve Supreme Champion Ram,
Maxwell Pullis	Champion Southdown Ram & Ewe
	Grand Champion Market Lamb,
	Supreme Sheep of Show, Reserve Showman, Reserve Champion Market Lamb
Kylie Tophoven	Champion of Natural Color
Grace Wing	Champion Ewe for Borden Leicester, Best Bred and Owned

Swine

Garrett Proskine	Master Showman Champion Breeding Gilt, Best Bred and Owned
Megan Wilmot	Grand Champion Market Hog, Supreme Overall Swine

4-H Sportsmanship Award 2019 Otsego County Fair

Beef	Vanessa Erkson
Dairy	Sean Kersmanc
Goats	Cameron Jones
Horse	Western- Ethan Barnes
	English-Carly Layman
	Gymkhana-Bryton Bice
Rabbits	Daniel Johnson
Poultry	Maxwell Pullis
Sheep	Connor Kane
Poultry	Megan Wilmot

George Mravlja Memorial Award-Mentor Award goes to two adults that go out of their way to help 4-H youth—Patrick and Christina Miller

The Bryce Miller Perseverance in Dairy Showmanship goes to Carson Dutcher

Martin Hall Best Over All (non-animal entries)

Communicative Arts

1st	Anya Mulik	Club Banner
2nd	Homesteaders 4-H Club	Club Banner

Food and Nutrition

1st	Sayre Connors	Decorative Bread
2nd	Grace Adelmann	Rock Candy

Fine Arts and Crafts

1st	Sophia Lesko	Drawing of a Dog
2nd	Madisyn Reyome	Waterfall Painting

Hobby Crafts/Home Environment

1st	Austin Ainslie	Welded Log
2nd	Ivy Stensland	Pallet Project/Dog Bowl

Wearable Art

1st	Hanna Austin	Knitted Fingerless Gloves
2nd	Hannah Bonczkowski	Tie Dye Collection

Visual Arts/Photography

1st	Marijke Kroon	Photo of Crocs
2nd	Sayre Connors	Heavily Edit Photo (The Great Wall)

Vegetables

1st	Vanessa Erkson	German White Garlic
2nd	Aidan Ainslie	Lettuce

Plants/Flowers

1st	Collette Corkery	Lemon Tree
2nd	Abbie Ainslie	Container Garden

STEM/Entomology

1st	Sayre Connors	Wood Burning (4-H Grows Here)
2nd	Hanna Austin	Beeswax Candles

Junior Chef Contest – Pasta Picnic

Angel Mravlja	Blue
Leeann West	Blue
Noelle Mulik	Blue
Megan Hunter	Blue
Beth Hunter	Blue
Malinda Beachy	Red
Emma Peck	Red
Lindsay Turnball	Red





A Time for Sharing



CCE 4-H Afterschool Program Crochet Club demonstrating at the 2019 Cobleskill Sunshine Fair.



CCE 4-H Afterschool Program Crochet Club demonstrating at the 2019 Cobleskill Sunshine Fair.

4-H Afterschool impacts youth even when the program is on hiatus. Members and the leader of the 4-H Afterschool crochet club from the Cobleskill-Richmondville site participated in a demonstration at the 4-H booth at the 2019 Cobleskill Sunshine Fair. This is not the first time this club has volunteered their time to exhibit skills they learned while in program throughout the school year. Supported with the guidance of their leader, Elaine Davenport, children demonstrated making bracelets, necklaces, and even a jump rope to adults and children who stopped by the booth to watch. The members spoke to the audience about crochet club, sharing their personal experiences. They also generously left the extra bracelets that they created at the 4-H booth for anyone who wanted one.



Continue the Connections experience! Read our upcoming November/December issue, where we'll highlight 4-Hers and their awards earned at The Great New York Fair, report on the association annual meeting, healthy holiday recipes from our EFNEP program, and much more.

**Is your farm ready for the *NEW* NYS
Sexual Harassment Law Requirements?
Join us for a "Train the Trainer" Evening!**

In January 2018, Governor Cuomo signed into law the need for all employers to be fully compliant in Sexual Harassment training for their employees. This includes all employers that have one or more employees at their farm or business. Each business must have a policy in place and training completed by October 9, 2019.

Please join us for up-to-date farm-focused training materials (English and Spanish) as well as tips on how to conduct a successful farm-based sexual harassment meeting.

Registration is \$25/per farm, which will include a USB for each farm as well as printed materials.

Please remember this is for **EMPLOYERS only**. CNYDLFC team members will not be training employees.

Prerequisite: *** **All farms MUST bring a COPY of their Sexual Harassment Policy and Complaint form to participate***** If you need assistance, please call Nicole @ 315-867-6001 or nt375@cornell.edu

Register and pay by credit card online at <http://cnydfc.cce.cornell.edu/events.php> or fill out the form below and mail with your check to CCE Herkimer by noon on September 23, 2019.

Each meeting will be 6 - 8 PM		
Date	Location	Address
Tuesday, September 24	Farm Credit East	7397 NY-80, Cooperstown, NY 13326
Thursday, September 26	CCE Madison County office	100 Eaton St, Morrisville, NY 13408
Monday, September 30	Montgomery County Annex Building (CCE Fulton/Montgomery office)	20 Park St, Room 214, Fonda, NY 12068

Sexual Harassment "Train the Trainer"

Registration is required by noon on September 23.

Register online and pay by credit card at <http://cnydfc.cce.cornell.edu/events.php>
or fill out the registration form below and mail with your check payable to CCE to:

Cornell Cooperative Extension of Herkimer County, 5657 State Route 5, Herkimer, NY 13350.

Choose Location (Circle One): **Cooperstown 9/24** **Morrisville 9/26** **Fonda 9/30**

Farm Name _____

Name _____ Number attending: _____

Address _____ City _____ NY Zip _____

Phone _____ Email _____



Help Us Make a Difference!



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



Cornell Cooperative Extension Schoharie and Otsego Counties is a 501(c)(3) non-profit organization. Your contribution is tax deductible to the extent provided by law.

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