

Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

NOVEMBER/DECEMBER 2019

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Board Member Katerina — Enjoying dinner are staff with board member Katerina Weingarten.

Association Holds Annual Meeting and Salutes Educational Impacts throughout Communities

On Wednesday, October 23, Cornell Cooperative Extension Schoharie and Otsego Counties held its annual meeting and dinner at Justine's Restaurant in Cobleskill. An annual meeting provides for the reporting of the association to customers of Extension, as well as to funders and county legislators. In its business meeting, the Association conducts balloting for the governing members of the organization. This year, keynote speaker Max Finberg of Growing Hope Globally addressed the guests following the dinner.

In New York, the enabling legislation for County Associations is specified in County Law Section 224, which created County Extension offices as independent organizations requiring its own bylaws, board of directors, and governance processes. The legislation, adopted in 1955 by New York State Legislature, created a unique system for delivering County Extension expertise to residents.

Financial Health Report

During the federal reporting year of October 1, 2018 through September 30, 2019, the Association reported income of \$1.282 million dollars. Of the total, 35% of revenues originated through county appropriations;

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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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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.

34% from state funds; 7% from federal sources; and 24% from program participation fees, grants and contracts, contributions, and other sources. Funding has been stable during the past few years and few changes are expected for 2020.

Recognition of Staff Anniversaries and Outgoing Board Members

During a recognition ceremony, two outgoing at-large board directors were recognized. Dr. Bill Johnson was recognized for six years of service. He resides in Edmeston, Otsego County, and has held board offices of Vice President and President. David Ingalls, of Milford, Otsego County, was recognized for three years of service as an at-large director.



Sarah Goodrich, Board President, and Don Smyers, Executive Director, present outgoing board member Dr. Bill Johnson a certificate of appreciation for his work while serving on the Board of Directors from 2014 to present.

Three staff members were recognized for milestones in their years of service with CCE. They were Robin Henson, Administrative Assistant, in Cooperstown for ten years of service; Randine DiMarco, Afterschool Program Lead in Cobleskill, five years, and now retired; and Serena Pevlor, Afterschool Program Activity Leader, five years.

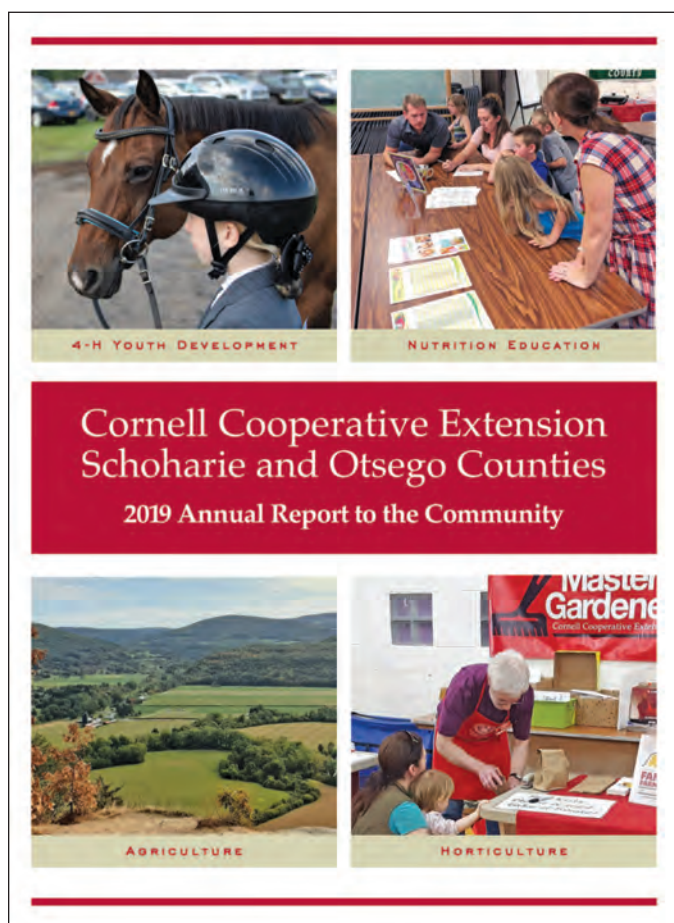
Elections

In balloting for open positions beginning January 1, Jim Bryant and Sarah Goodrich were elected as at-large Directors. Jim Bryant has served on the board and is returning after a three-year hiatus. Sarah Goodrich was elected to her second three-

year term. Betsy Jenson and Karli Johnson were re-elected to three-year terms on the Ag Advisory Committee. Several positions remain open, including board positions and positions on the Ag and Family and Consumer Sciences advisory committees. Interested residents are encouraged to call the Executive Director to apply.

Annual Report to the Community

Don Smyers pointed to the 2019 Annual Report to the Community, bringing attention to the new format compared to prior years' reports. The format is shorter, easier to read through, and focuses on individual Extension participants as illustrative of personal successes attained over the course of the year.



The 2019 Annual Report to the Community includes stories of program outcomes that participants have experienced.

With this format, CCE educators described program outcomes through storytelling, a technique gaining favor by many organizations. Outcomes are told through the lenses of individuals, where personal or farm business obstacles are recounted and successes are realized in meeting the challenges.

The narratives are true, the participants real; only the names of the individuals, at their requests, were masked to preserve their anonymity. Since the outcomes are authentic, storytelling is hoped to create more memorable and persuasive outcomes in telling about the Association.

Readers are encouraged to review the report, linked at CCE's home page at www.cceschoharie-otsego.org. Click on About Us, then Association Annual Reports.

Guest Speaker, Max Finberg



Guest Speaker Max Finberg, CEO and President of Growing Hope Globally, inspired the audience with accounts of his organization's work with farmers to impact global hunger.

The evening was capped off with an inspiring account of one organizations' work in helping hungry people worldwide grow their own food through project investments, largely funded from members of agricultural communities. The speaker, upstate native Max Finberg, is CEO and President of Growing Hope Globally. Max has held several appointments, including directorship of the United Nations World Food Program. The organization has implemented more than 169 growing projects in rural U.S. communities and has helped two million people around the world. More about the organization's story can be found on its website, <https://www.growinghopeglobally.org>.

TACO SALAD

A healthy twist on the conventional salad served on a fried taco shell

Serves 6



Ingredients

¾ pound lean ground beef
½ cup chopped onion
1 teaspoon garlic powder
2 teaspoon chili powder
1 (15½-ounce) can cannellini beans, drained and rinsed
2 cups chopped fresh tomatoes, or 1 (28-ounce) can diced tomatoes, drained
1 medium-sized head of lettuce, shredded
6 ounces low-fat cheddar cheese, shredded
½ cup Italian salad dressing, light
Vegetable oil spray

Directions

1. Spray large skillet with vegetable oil spray.
2. In the prepared skillet combine first four ingredients, cook until browned. Remove from heat; drain.
3. Place cooked ingredients in a large bowl, cover and refrigerate until cool.
4. Once cooled add beans, tomatoes, lettuce, and cheese, tossing well.
5. Just before serving, add salad dressing, tossing gently. Serve immediately.

Whole Wheat Holiday Bread



Know the facts . . .

- Tomatoes originally came from Peru, where its Aztec name translated to mean plump thing with a navel. Wolf Peach is the literal translation of the scientific name of tomatoes – *Lycopersicon lycopersicum*.
- For tomatoes that are not quite ripe, do not put them in the refrigerator. Unripe tomatoes need to stay at room temperature, ideally in a single layer out of direct sunlight, stem side down while they finish ripening.
- Using drained, diced, canned tomatoes is a viable alternative in many recipes when fresh tomatoes are not available.
- For our companion recipe, **Whole Wheat Holiday Bread**, 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 2 cups

Servings Per Container 6

Amount Per Serving

Calories 280 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 570mg **24%**

Total Carbohydrate 21g **7%**

Dietary Fiber 7g **28%**

Sugars 6g

Protein 24g

Vitamin A 25% • **Vitamin C 20%**

Calcium 20% • **Iron 15%**

*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:

- Salad dressing may be served on the side.
- If desired serve salad with baked tortilla chips.
- Kidney beans, black beans, garbanzo beans, or black-eyed peas can be substituted or combined with the cannellini beans.



A Rainbow a Day Can Help Keep the Doctor Away



You may have heard the saying “eat from the rainbow everyday,” but do you really know the meaning behind those words? Why is it important to get a variety of colorful vegetables in your diet? Many people tend to stick to a limited array of vegetables that they are familiar with and know their family likes. In truth, our bodies benefit from getting a variety, and for optimal health, you need a rainbow of nutrients and colors. Eating a medley of colorful vegetables can be an easy way to get a complete range of many of the vitamins and minerals your body needs to thrive.

The different colors represent an abundance of specific nutrients that as part of a healthy diet can help reduce the risk of chronic diseases, such as stroke, certain cancers, type 2 diabetes, heart disease, and high blood pressure. Vegetables are low in calories, high in fiber, and great for weight management. Moreover, they taste yummy!

Experience the rainbow:

Red/Orange vegetables- beets, red and yellow bell peppers, tomatoes, acorn squash, butternut squash, carrots, pumpkin, and sweet potatoes are good sources of vitamin A, potassium, and fiber.

Dark green vegetables- spinach, broccoli, bok choy, collard greens, turnip greens, kale, and Brus-

sels sprouts are some of the healthiest foods you can eat; packed full of vitamins, minerals, and antioxidants like folate, carotenoids, vitamins C and K, and the minerals iron and calcium.



Starchy vegetables- corn, green peas, lima beans and potatoes are higher in calories than other vegetables. They are a good source of carbohydrates you use for energy and full of fiber. Beans and peas come in many types- black, garbanzo, kidney, lima, navy, pinto, soy, white, black-eyed peas, split peas, and lentils. These vegetables are also starchy vegetables and are a good source of protein, fiber, minerals, and folate.

Other vegetables include artichokes, asparagus, cabbage, green peppers, celery, cucumbers, tomatoes, onions, and others. These vegetables vary in their nutrient content and provide unique contributions to your diet, so eating a variety is key.

Here are some ways to incorporate more vegetables in your diet with ease:

- Add veggies to your eggs, omelets, and casseroles.
- Start your day with a fruit and vegetable smoothie.
- Salads are always a good way to add more veggies to your diet; bring one for lunch.
- Try vegetable based soups and stews.
- Add chopped or pureed veggies to sauces.
- Eat a veggie burger.

The USDA recommended amount of vegetables you should eat depends on your age, sex, and level of physical activity. For more information, please visit www.choosemyplate.gov. If you would be interested in learning more about Cornell Cooperative Extension's nutrition education programs **EFNEP- the Expanded Food and Nutrition Education Program** or **Healthy-Connections** contact nutrition educators Michelle Leveski or Allyson Wyman at **518-234-4303**.

Enjoy the rainbow!

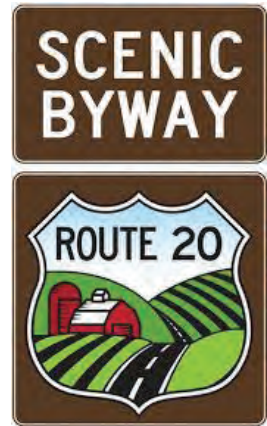
CCE Board Member Takes the Challenge

According to the Route 20 Association of New York, “It’s all about the drive, rolling hills, spectacular views, working landscapes, tranquil communities, and deep history. That’s US Route 20, the longest highway in the United States stretching 3,365 miles coast to coast from Kenmore Square in Boston, Massachusetts to the junction of US 101 in Newport, Oregon. US Route 20 is also New York State’s longest highway, 372 miles from the border with Massachusetts to the border of Pennsylvania. In New York State, 108 miles of Route 20 runs from Duanesburg (Schenectady County) on the east to LaFayette (Onondaga County) on the west and is designated as a New York State Scenic Byway because of its spectacular beauty and unique history to the westward migration of the state and the nation.”

On Saturday August 17, 2019, Board member Maureen Blanchard participated in the Route 20 Road Challenge, a twenty-year annual relay event that began in 1999 celebrating the Route 20 Scenic Byway. The Route 20 Challenge consists of 24 different races in communities along Route 20 from Duanesburg to Lafayette where runners and walkers participate, frequently to benefit a local organization. To celebrate this milestone, Bill Kosina from Richfield Springs organized and coordinated volunteer runners to run the 108 miles of Route 20 in thirty-five legs between these two communities. Runners began at each end running three to four mile segments, although one group of women training for a marathon elected to run a twenty-mile leg, eventually meeting up in West Winfield at Cleavers Banquet Hall.

Maureen ran Leg 9 of the race from Wal-Mart Distribution in Sharon Spring to the western edge of Leesville. Along the way, she passed Parson’s Farm and Dairyland and took some pictures, especially noting that the 2019 Family Farm Day was coming up! Even though the event has passed, be sure to save the date for the 2020 Family Farm Day’s 8th annual event on August 29, 2020. Maureen ran her leg

with Mechia Murphy from Hamilton, NY. In her own words Maureen had this to say, “While Mechia was able to run up the hills coming out of Sharon Springs, I took it a little more slowly but still covered the distance. Being able to participate in this event was awesome and although I didn’t get to the party at the end, it was a great experience and had great people running.” Thank you, Maureen for your leadership on CCE’s Board of Directors and your inspiration to others.



*Maureen points out the upcoming 2019 Family Farm Day. Be sure to mark your calendars for the **8th Annual Family Farm Day on August 29, 2020.***

Start the New Year with Connections! In our upcoming January/February issue, there will be information about our ag teams, another personal My 4-H Story, and more delicious recipes from our nutrition programs.



An adult male ring-neck pheasant.

A Good Start

The Department of Environmental Conservation (DEC) has been offering a Day-Old Pheasant Chick program officially since 1919. This year marked the program's 100th anniversary. The program helps to promote small-game hunting in New York State by providing pheasant hunting opportunities. DEC produces the chicks at the Rogers Environmental Education Center and distributes more than 30,000 chicks annually. Anyone who meets the project guidelines can apply to raise and release ring-neck pheasant chicks. Check the DEC website www.dec.ny.gov, then search day-old chick program for details.

Raising pheasant chicks can be a rewarding experience providing a connection to nature that you can rarely get in other ways. Large portions of participants are sportsmen and sportswomen, conservation groups, and 4-H'ers. The Schoharie and Otsego Counties 4-H programs helped to distribute 2,250 pheasant chicks this year. This story is about 25 of those chicks. 4-H Afterschool Activity Leader, Sue Thorington, and her partner Mike Winegard decided to participate in the program. This is their story...

"I found out about the opportunity to raise pheasants when Schoharie County 4-H educator Teresa Adell came to the Cobleskill-Richmondville 4-H Afterschool Program site and explained the Day-Old Chick Program, I was intrigued," explained Sue.

Although she had raised chickens before, Sue had never raised pheasants, so she did some additional research. She realized with a few doable

modifications that her chicken house would be a suitable place to raise the chicks. At that point, she decided to take on the challenge of raising ring-neck pheasants for later release through the Day-Old Chick Program sponsored by DEC and in partnership with 4-H.

Getting the chicken house modified for pheasant chicks was the first task Sue and Mike took on. They blocked off a 4x8 section with plywood creating a brooder house for the chicks within the hen house. They lined the plywood on the inside with cardboard to create rounded corners and provide additional insulation. In the research Sue did, she had learned that if there are sharp corners chicks will often pile in and some can suffocate. They set up two heat lamps at staggered heights, because the chicks were due the end of May.



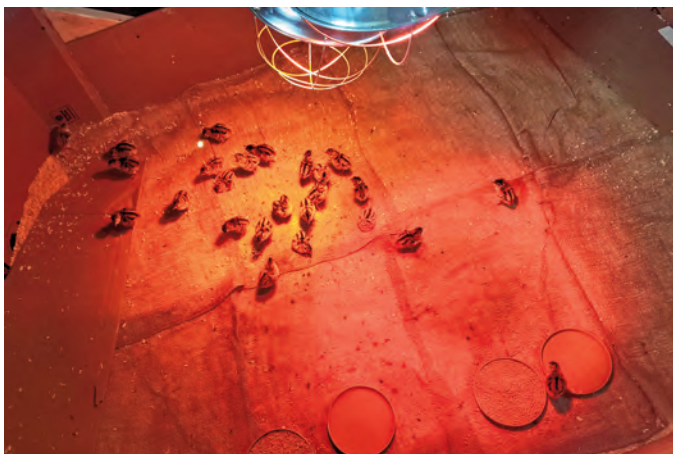
Pheasant chicks in a box.

Continues on page 8

A Good Start, continued from page 7

“All 25 chicks came in a box smaller than a shoebox, and one could fit in the cupped palm of my hand,” Sue said enthusiastically.

Now it was time for daily care. In her in-depth research before taking on the challenge of rearing pheasant chicks, Sue had found a recommendation for covering the shavings on the floor with burlap as small chicks might eat the shavings intended for bedding causing them to become impacted and die. Sue noted that the chicks did peck at the bedding, so immediately covered her shavings with burlap changing it out when it became soiled. By the third week, she found this precaution was no longer necessary. Sue used shallow lids for water and feed in the first two weeks, introducing the more traditional feeders after the chicks gained some size. Another observation Sue made initially was that the chicks seemed to have trouble eating the game crumble feed, which resembled Grapenuts™ cereal in texture. She solved that problem by grinding their feed in a food processor to make the grain more palatable for the baby chicks. All this attention to detail may be why Sue and Mike lost only one chick on day three to unknown causes when the mortality rate for chicks is often higher.



Baby chicks in brooder house.

“The first couple of weeks were the toughest, but after, it was easier. Plenty of fresh water every day is key to successfully raising chicks to the release point,” shared Sue.

During this period, Sue and Mike were also getting an outside wire enclosure set up. Taking precautions to discourage predators, they buried the wire eight inches into the ground and covered the top wire of the cage with pine branches to camou-



Outdoor flight pen.

flage the chicks from above. They naturalized the habitat inside the pen by adding piled branches and stumps to make a safe place to hide if the chicks were startled. They hung branches and even planted living trees so the chicks could practice roosting as they would in the wild.



Pheasants exploring their new habitat.



Headed back inside.

At four to five weeks, the chicks were let out into the pen where they could experience their new habitat. By week six, they were big enough to switch their food from crumble to pelleted feed. Sue also observed that two wild hen turkeys often paced around the outside of the flight cage. During week seven, Sue began to supplement their feed with thrown mixed birdseed to encourage the chicks to source and scavenge food. At about eight weeks the research was again proven true by Sue's first-hand experience.

"The males started getting aggressive. It seemed to happen overnight, one day they were fine and the next they had feathers missing and were bloody. It was time for release," said Sue.

Release was not immediate like it sounded, but a process. Sue continued to offer food and water in the pen with the outside door open, so the pheasants could exit on their own.

"Once the door was opened, some were very brave and left right away, while others needed the



Release day!

security of the enclosure a while longer. They kind of developed at their own pace, just like kids," Sue observed.

The pheasants left the hen house over a two-day period, staying in the yard area for about a month, while gradually increasing their range from the hedgerow to the woods. During this time, the two hen turkeys returned acting as surrogate moms leading them into the woods at night to roost and back in the morning to feed.

"One morning on the way to work I got to watch them cross the road. One hen stood in the road while the chicks began to cross, the other hen stayed in the woods with the rest of the chicks only crossing herself when the last one crossed," Sue said with amazement.

Although Sue rarely sees the pheasants now as she lives in a relatively open area, she does get to hear about them from her neighbors. One neighbor with a more protected yard sees them at a feeder



Some in and some out.

he has out for other birds. Another reported seeing a small group of pheasants joining with his free-range guinea hens.



Pheasants visiting the edge of the neighbor's property.

"Overall, it was a fun experience, and it is nice to hear my neighbors say they enjoy seeing more pheasants in the wild. I hope some of the birds we released breed in the wild. I know it's a good area for pheasants, because I have seen wild pheasants in the past. I plan to raise more next spring, and one of my neighbors may as well. Truly a lot of enjoyment came from watching them, but I also feel good about giving them a good start."



In October this pheasant was at the neighbor's for this picture and then moved on with his hen to visit Sue's yard.

My 4-H Story—Treasured Memories

BY COLLEEN BADGER

My 4-H story is more about the generation before me and after me than it is about myself. My father and my children were immersed in 4-H, but for unknown reasons, as children, my siblings and I never were part of 4-H.

My father, Ron Pearce, grew up on a large, working dairy farm in Auburn, Cayuga County. As full-time farmers, there were no vacations or days off.



The winter of 1944 was very snowy, even by Central New York standards. This is my grandfather and dad delivering the milk by horse-drawn sled because roads were completely closed for days on end.

Like most farm kids, my dad and his four brothers worked alongside my grandpa. For one week every summer, though, the boys were able to go to 4-H camp on Otisco Lake. His recollections of that week were full of fun, mayhem, and mischief. He also showed Holsteins at the Cayuga County Fair, now known as The Big 6. Dad eventually went off to Cornell, earning Bachelor's and Master's degrees in Agricultural Economics and served as the Milk Market Administrator for New York State and later the Administrator for the NY-NJ Milk Market. We lived in a subdivision in Voorheesville. Dad never suggested we kids get involved in 4-H while we were growing up but always encouraged us in sports and academics.

Fast forward to the summer of 2000 and I was a Navy wife with three little girls. My husband was transferred to the Naval Nuclear Power facility in West Milton, Saratoga County, and we moved into a home in Charlton. Almost immediately, I contacted the 4-H office in Ballston Spa and enrolled my 8- and 12-year-olds. They joined a club focusing on crafts,



Abigail giving a Public Presentation.

shooting sports, and leadership development. It was a terrific four years filled with public presentations, fashion revue, archery, craft meetings, and the wonderful Saratoga County Fair. Our next long-term duty assignment (one and a half years) was in Washington State. Although 4-H was run very differently, we managed to get connected to



Abigail posing before working a shift as a Junior Superintendent at the Saratoga Co. Fair.



Gretchen showing off her Oberhasli at a Junior Goat Show.



Madelynn with her prize Oberhasli at the Schoharie County Sunshine Fair.



Alex with his Junior Recorded Grade champion at the Schoharie County Sunshine Fair.

an archery club, and the girls continued to participate in general 4-H activities. In 2006, my husband retired from the Submarine Service, and we made Cobleskill our home, buying a little land for a small farm. Here, the two younger girls, and eventually our son, have been a part of Critter Fusion and Animal Aggies 4-H clubs.

They have shown dairy goats, beef, rabbits, and pigs, and have participated in public presentations, career explorations, Camp Shankitunk, shooting sports, The Farmers' Museum Junior Livestock Show, Legislative Interns, Sunshine Fair, New York

State Fair and many, many 4-H clinics. They have been chosen to represent Schoharie County at District Public Presentations and have received monetary scholarships from the Chobani Corporation at the Junior Livestock Show. They have gained invaluable experience and confidence through all the wonderful programs offered by 4-H. Their involvement developed leadership skills and a poise that has served them well into college and adulthood.

Throughout my children's 4-H involvement, I have gladly served in many capacities. I have volunteered as a project, activity, and organizational leader. Several years ago, I was asked to join the 4-H Advisory Committee, which serves as a steering committee for 4-H programs. My current position as the program assistant to our 4-H Educator, Teresa Adell, gives me the opportunity to promote 4-H to youth and their families here in Schoharie County and offer encouragement and assistance once they are enrolled. I believe strongly that 4-H is unique in what it offers young people and am passionate about getting them involved. Through my 4-H story, I have made wonderful friends, important contacts, and treasured memories.

If you would like to share your 4-H story in a future issue of *Connections*, please contact Jan Ryder at jrc28@cornell.edu or call 518-234-4303, ext. 112.



Gretchen at the New York State Capital Building after participating in Legislative Interns.



Madelyn at The Farmers' Museum Junior Livestock Show when she won a Chobani scholarship.



Alex accepting his Chobani scholarship at the Junior Livestock Show.



Customers can sign up on the WhatsGood website or download the WhatsGood App to shop for locally sourced products.

New Online Farmers' Market Introduced in Otsego County

Farmers looking to expand direct sales to consumers now have a new opportunity.

Farm, Source, Thrive Otsego has teamed up with the web company, WhatsGood, <https://sourcewhatsgood.com>, to give farmers and those living or working in Otsego County access to an online farmers' market. The website links customers to local food producers through an online shopping experience.

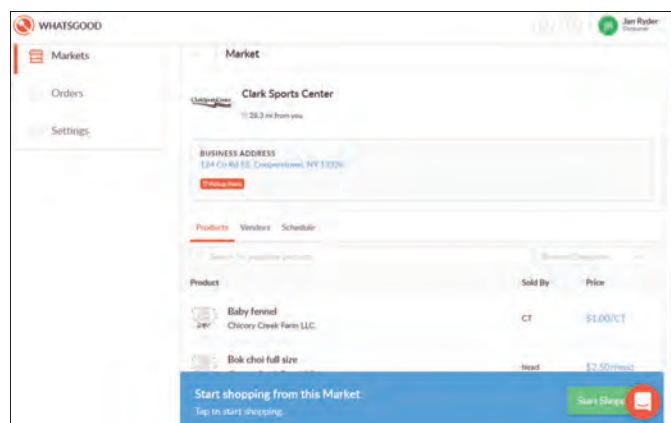
This type of market helps customers find locally grown produce, saves their time, and provides convenient local pickup points. In traditional markets, the farmer has a full-day commitment at the market with uncertain sales. With online marketing, the farmer delivers filled orders of known quantities through designated delivery markets and to specific pickup points.

HOW IT WORKS

For farmers, the first step is to create a profile on the WhatsGood website, telling customers about their farms and what they offer. The producer creates a list of the products they have available to sell through this portal, listing the quantities and the prices.

Customers, when shopping locally, can browse the various Otsego County pickup points, specific farms, or products they are looking for on the WhatsGood website. When they fill their online market basket, customers are buying directly from the producer(s).

The local delivery market you choose may be a traditional farmers' market or a pickup site hosted



When you click on the available market you want to shop at, you can order from the products listed by vendor.

by organizations collaborating with Farm, Source, Thrive Otsego. The delivery market you choose determines your pickup point. The customer can essentially order ahead of time and have the product ready for pick up.

In addition to the local farmers' markets, there are currently four Farm, Source, Thrive Otsego partner delivery markets and pickup points:

- The Arc Otsego Day Services Building, 63 Lower River St., Oneonta.

Farmers can drop off product between 8:00 a.m. and noon, and customers can pick up orders between 1:00 p.m. and 6:00 p.m.

- The Clark Sports Center, 124 County Hwy 52, Cooperstown.

Farmers can drop off product between 7:00 a.m. and noon, and customers can pick up orders between noon and 8:00 p.m.

- Pathfinder Village, 3 Chenango Rd., Edmeston.
Farmers can drop off product between 8:00 a.m. and noon, and customers can pick up orders between noon and 5:00 p.m.
- Richfield Springs Food Co-op, 96 Main Street, Richfield Springs.

Farmers can drop off product between 9:00 a.m. and noon, and customers can pick up orders between noon and 1:00 p.m.

The four mid-week pickup points operate every Thursday, now through December 19. **Important note:** The pickup point date for the week of Thanksgiving will be Tuesday, November 26. If the deliver market and pickup point you are hoping to use is not yet listed on the WhatsGood website, that means producers have not yet set up delivery to that site. Please keep checking. The list of vendors will keep growing over time, and delivery market choices should increase. Each delivery market on the WhatsGood website lists which vendors are serving that pickup point and the products available. Vendors set their own cut-off times for taking orders.

Available Markets	Distance	Next Market Day
Clark Sports Center 124 Co Rd 42 Cooperstown, NY 13306 Pickup Here	28.3 mi	Thursday, 12:00 PM - 8:00 PM
Cooperstown Farmers' Market 101 Main St, Cooperstown, NY 13326	28.7 mi	Saturday, 8:00 AM - 2:00 PM
Oneonta Farmers' Market Main Plaza, Oneonta, NY 13820	32.4 mi	Saturday, 9:00 AM - 1:00 PM
The Arc Otsego Day Services Building 43 Lower River St, Oneonta, NY 13820 Pickup Here	34.3 mi	Thursday, 1:00 PM - 6:00 PM
Pathfinder Village 3 Chenango Rd Edmeston, NY 13335 Pickup Here	41.9 mi	Thursday, 12:00 PM - 4:00 PM
Spa City Sunday Farmers' Market 17 E. River Street, Spa City, NY 13820	50.5 mi	Sunday, 10:00 AM - 3:00 PM

Signing into the website takes you to the available Markets page with those closest to your registered address first on the list.

Folks interested in shopping through this online farmers' market should sign up at <https://source.whatsgood.com>. Farmers interested in selling, should contact Jim Barber, Otsego County Ag & Farmland Implementation Specialist at Jrb248@cornell.edu or call 607-547-2536 x227.

"I sincerely hope buyers and sellers will take advantage of this opportunity to shop, sell, and support our local economy," said Jim Barber.

Patti Zellmer Awarded 4-H Meritorious Service Award



Going for the Green, Derby theme recognition dinner at the NYSACCE4-HE State Conference in Saratoga, NY, October 9, 2019. (L-R) 4-H Educator, Brenda Carpenter presents Patti with the MSA Award and gifts.

Otsego County 4-H Educator, Patti Zellmer, was awarded the 4-H Meritorious Service Award for New York State on October 9. On November 7 she will be awarded that honor at the national level—the National MSA will be presented at the National

Association of Extension 4-H Agents (NAE4-HA) Conference at the Greenbrier, White Sulphur Springs, West Virginia, with more than 1,200 4-H professionals from across the country.

Patti has served as a 4-H Educator for 22 years in three rural New York counties. Her 4-H career began in Sullivan County in 1984, as the first female 4-H Program Leader in Sullivan County. In 2003, after having completed graduate divinity studies and twelve years in full-time ministry, Patti returned to the 4-H profession as the 4-H Program Leader in Ulster County, where she continued until 2010. Currently, Patti is completing her eighth-year in leading the Otsego County 4-H program.



Patti has held numerous leadership roles at the district, state, and national levels. Her greatest joy, Patti says, comes from seeing 4-H members develop into confident young adults through their relationships and experiences in 4-H. Congratulations, Patti, for earning a well-deserved recognition. Previously, Patti had been awarded the NAE4-HA Distinguished Service Award.



Healthy canopy.

The Quest for Lingering Ash

(Article by Scott Mils, Schoharie Master Gardener; adapted from website sources from the NYS Department of Environmental Conservation, Cornell University Departments of Entomology and Natural Resources, and the Ecological Research Institute.)



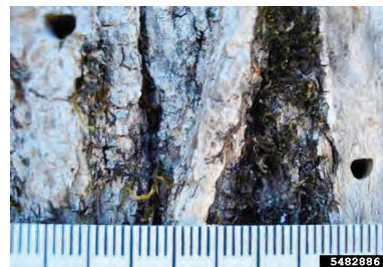
Emerald Ash Borer. Photo By: David Cappaert, Bugwood.org.

Heartache...

The emerald ash borer (EAB) is a green beetle native to Northeastern Asia that feeds on most ash trees. Outside its native range, the EAB is an invasive

species highly destructive to ash trees in North America. The insect was first identified in Michigan in 2002, but was likely introduced into that area as early as the 1980s. It is believed to have been introduced from overseas in shipping materials. Since its introduction, the EAB has spread primarily through flight or transported in products of ash bark, such as firewood or nursery stock. Although they fly less than a half-mile upon emergence, human transportation easily gives them a much wider range into new areas, making it much more difficult to manage.

Prior to its discovery in the US, very little was known about the EAB, thus resulting in most of the biological research taking place in North America. Females lay eggs in bark crevices and larvae feed un-



EAB bore holes in Ash bark. Photo By: Kenneth R Law, USDA APHIS PPQ, Bugwood.org.



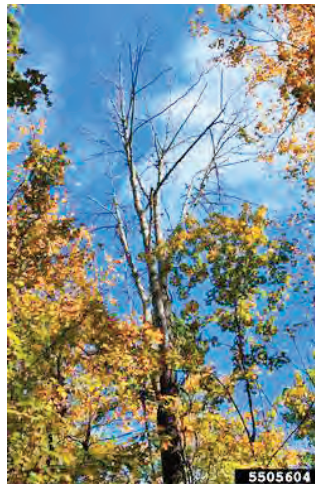
Damage in cambium layer from larval feeding. Photo By: Eric R Day, Virginia Polytechnic Institute and State University, Bugwood.org.

derneath the bark to emerge as adults in one to two years. The most significant damage occurs in the cambium layer from larval feeding; serpentine feeding galleries from the larvae disrupt the flow of nutrients and water, limiting the transport to the leaves that is necessary for survival, eventually killing the tree. Stressed trees often attempt to regenerate through stump sprouting, called epicormic growth, and also are likely to generate higher than normal seed crops as a stress response. Within two to four years, the tree will die.

EAB threatens to eliminate the entire North American ash population. Ashes that grow in pure stands, whether occurring naturally or in our landscapes, are more prone to attack than isolated trees or ashes in mixed forest stands. Thus far, tens of millions of ash trees have died. Estimates note well over eight billion ash trees throughout North America, all of which are in jeopardy. The loss of ash trees in an



Epicormic branches on Ash developing after attack by EAB. Photo by: Joseph O'Brien, USDA Forest Service, Bugwood.org.



Dead ash tree in central Ohio. Photo by: Steven Katovich, Bugwood.org

ecosystem can have far reaching consequences, such as increased numbers of invasive plants, changes in soil nutrients, and adverse impacts on species that normally feed on ash trees.



Ash trees killed by EAB in 2011 in a woodlot on Michigan University Campus. Photo by: Leah Baur, USDA forest Service Northern Research Station, Bugwood.org.

The costs for managing surviving ash can fall on homeowners or local municipalities and is estimated in the tens of billions of dollars. Local governments in North America are attempting to control EAB by monitoring its spread, diversifying the planting of (street) trees species, and applying appropriate systemic insecticides and biological controls. The invasive beetle has traveled well beyond its original core area in Michigan—north into Ontario, south to Louisiana, west to Colorado, and east to Massachusetts.

... and Hope

To monitor the progression of the EAB, surveys are being used to look for new infestations in areas

where EAB has not yet been detected. Initially, it was thought that even with quarantines, biological, and chemical controls, the EAB could not be stopped, leading landowners and loggers to remove all the ash trees before they were infested, fearing the loss of future profits. However, dedicated professional and citizen scientists have found what are called 'lingering ash.' Clearly over 95% of the ash trees in an ash stand may perish, but a small percentage that remains may survive having a genetic resistance to the borer—survivors known as the lingering ash, from which there is hope to eventually repopulate North America.

One such group in the Hudson Valley is the Ecological Research Institute (ERI), which manages a program called MaMA, Monitoring and Managing Ash (<http://www.monitoringash.org>), a collaboration with the US Forest Service, NYS Dept. of Environmental Conservation, Cornell Cooperative Extension, local land trusts, colleges, and universities.

MaMA is a comprehensive framework of steps taken at each biological stage of the EAB to promote ash species conservation and EAB mitigation. In addition to scientifically informed guidance for ash management, the program includes a citizen science component that can help discover the crucial lingering ash. Twig samples and scions (a young shoot or twig of a plant), taken from the lingering ash can be used via grafting and selective breeding to yield trees with increased EAB resistance, offering the best hope for restoring ash in both natural woodlands and planted landscapes.

To that end, ERI contacted the Schoharie Master Gardeners to help set up a monitoring plot in the county, presumably in the path of the EAB that is spreading north. With the help of Ken Hotopp, a local forester and former Extension Educator, we identified a plot with an ample number of ash trees with which to establish a monitoring plot.

Forty white ash were tagged, measured for diameter, rated for health, and its location noted by GPS coordinates. Fortunately, no signs of EAB were found. In about twelve months, Schoharie Master Gardeners will return to the site to re-evaluate each tree, and again will enter the information into the database. Should the EAB invade this plot and lingering ash are revealed, the genetic diversity may contribute to the repopulation of ash tree species in North America.

PROGRAM EVENTS

Schoharie Master Gardeners' Holiday Workshop - Make It and Take It

Monday, November 25, 6:00 p.m. - 7:00 p.m.; fee \$30
Brighten your holiday table; take this hands-on opportunity to make a holiday centerpiece with Jess Beretz from Farmhouse Floral Designs in Middleburgh. Pre-registration is required, call 518-234-4303, ext. 111 or register online <http://cceschoharie-otsego.org/events/2019/11/25/make-it-and-take-it-mg-holiday-workshop> by November 22.
CCE Extension Center, 173 South Grand Street, Cobleskill.

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 and time 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

SAVE THESE DATES

EFNEP—Parent & Child Hands-on Cooking Class

Wednesdays, 4:30 - 5:30 p.m. on January 15, 22, 29, and February 5, 12, and 19
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. Call the Cobleskill Office at 518-234-4303 to pre-register by January 10. Lesson series is free. Class size is limited. Children should be age 4 and older.
CCE Extension Center, 173 South Grand Street, Cobleskill.

Schoharie and Otsego Master Gardener Volunteers Host National Seed Swap Events

Saturday, January 25, 2020, 10:00 a.m. - 11:00 p.m.; free.

The last Saturday in January has been designated as National Seed Swap Day. The mission is to conserve and promote crop diversity in local communities through a planned event at which neighbors gather to exchange seeds and chat about their plans for the upcoming season. The Schoharie and Otsego Master Gardeners invite you to join them at the Seed Swaps.
Middleburgh Public Library, 323 Main Street, Middleburgh
Huntington Memorial Library, 62 Chestnut St., Oneonta

Family Farm Day 2020

Saturday, August 29

Look forward to experiencing working farms in Schoharie, Otsego, and Delaware Counties at our 8th Annual Family Farm Day coming to you August 29, 2020!

Master Gardener Volunteer Training

Fall 2020, September–November

Want to become a Master Gardener Volunteer? Plan to attend the fall training workshops, one day per week for ten consecutive weeks starting September. For more information about the 2020 Master Gardener Volunteer Training, contact David Cox, CCE Schoharie and Otsego Counties, at 518.234.4303 ext. 119 or visit website.

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

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.



Proskine Family: Amy, Dalton, Lauren, Garrett, and Zach.

To our Extension Family,

On Friday, October 11, 4-H member Garrett Proskine, a seventeen-year-old senior at Unadilla Valley was in a traumatic farm accident. He is the oldest son of Zach and Amy (Hill) Proskine, Gilbertsville, NY.

Garrett was airlifted to Upstate Medical Center in Syracuse. He is suffering from a severe brain bleed and skull fracture that has him remaining in stable but critical condition. He is currently sedated to allow his brain to relax and help reduce swelling. Garrett has already undergone two surgeries. The next step will be to bring him out of sedation slowly.

Many efforts are underway to help Garrett and his family. Here are some opportunities to support the Proskine family. Give what you can where you can, including your prayers.

Gofundme- <https://www.gofundme.com/f/prayers-for-garrett-proskine>. Funds raised will go toward medical costs. Hannah Vidler is the organizer.

Gilbertsville Dairy 4-H Club- rbarringer@frontiernet.net. **Spaghetti Supper and Chinese Auction benefit** for the Proskine Family. Gilbertsville Mt. Upton Central School from 2:00 – 6:00 p.m. on Sunday, November 17, 2019. To make a donation, contact Becky Barringer, rbarringer@frontiernet.net cell 301-885-6773, Facebook messenger, or Sandy Bonczkowski

via email slbonz5@yahoo.com or text cell at 607-434-3262.

Round 'em up Ranchers 4-H Club- sharla.woodrow@gmail.com. Sending a care package with gift cards for gas and places to eat while Proskines are in Syracuse. ALL 4-H Clubs/members are welcome to contribute. We would love to send a big package with other clubs. Pam and Sharla Woodrow are the organizers.

Spaghetti dinner or pancake breakfast- in Gilbertsville - pwoodrow@milfordcentral.org. Pam Woodrow is the organizer.

Team Garrett, Custom Ink- <https://www.customink.com/fundraising/shirts-for-strength>. Shirts for Strength, all funds raised will be paid directly to Zach and Amy Proskine for medical expenses. Chelsie Fuller is the organizer.

Proskine Strong- mapledownshaystraw@gmail.com. T-shirt fundraiser, all proceeds will go directly to Garrett Proskine and his family. Shirts must be ordered. Call or Text Sheri Boardman (413) 770-3064 or Miranda Hill (607) 373-2996.

Cards and letters- send Garrett an encouraging word:

Garrett Proskine
P. O. Box 175
Gilbertsville, NY 13776



The Great 4-H'ers

4-H'ers exhibited projects and project animals at the 2019 Great New York State Fair in August and September. The work shown represents the culmination of their project year. We congratulate all who participated this year, and here are their results:

Schoharie County 4-H NYS Fair Selections and Results 2019

Communications and Expressive Arts

Savannah Traverse- English Lop Poster- Blue
Hannah Vedder- Scrapbook- Red
Olivia Parrish- Citizen Science Poster -Red

Consumer and Family Sciences



Consumer and Family Sciences- Strawberry Jam- Brooke Lincoln.

Ava Burton- Cannoli Cake- Blue
Haley Lawyer- Apple Pie- Red
Thomas McConnelee- Frosted Cashew Cookies- Blue*
Miriah Foland- Pumpkin Dog Treats (chosen, not shown)
Isabella Swartout- Maple Syrup- Blue
Cassie Miller- Chili Sauce- Blue
Brooke Lincoln- Strawberry Jam- Blue

Fine Arts and Fine Crafts

Hannah Sulas- Scratch Board Rooster- Red



Fine Arts and Crafts- American Eagle String Art- Savannah Traverse.

Savannah Traverse- American Eagle String Art- Blue*

Sydney Seegers- Leather Thermos Sleeve- Blue

Textile & Clothing

Alyssa Coons- Quilted Horse Wall Hanging- Blue*
Alex Badger- Minecraft Pillowcase- Blue
Jillian Burton- Duct Tape Dress for Doll- Blue

Visual Arts Photography

Dalton Oliver- String Art Frame- Blue
Jillian Burton- Chalk Hands Photo- Blue



Textiles and Clothing- Quilted Horse wall Hanging- Alyssa Coons.

Horticulture

Case Yacobucci- Jalapeno Peppers- Red
Brooke Lincoln- Indoor Succulents (chosen, not shown)



Science and Technology-Cat Tree- Ronald Cook III.

Andrew McConnelee-
Dill- Red
Madison Lape- Aloe
Plant- Blue
Madison Lape- Corn-
Blue
Ben Walrath- Hay- Blue
Claudia Walrath-
Cherry Tomatoes- White
Case Yacobucci- Toma-
toes- White

Science and Technology

Ronald Cook III- Cat Tree- Blue
Alex Badger- Goat Disbudding Box- Red
Madison Lape- Birdhouse w/Stone Deck- Blue
Claudia Walrath- Bird House- Blue
**Special recognition.*

Otsego County 4-H 2019 State Fair Results

Dog Show Results

Ava Lesko:
Grooming & Handling: Blue Rally Novice B: Red
Pre-novice Agility: Blue, 3rd Place
Sophia Lesko:
Grooming & Handling: Blue Rally Advanced:
Blue, Reserve Champion Open Agility, Blue,
Champion
Megan Perrine:
Rally Novice A: Blue, 4th
Drill Team: Sophia Lesko (captain), Megan
Perrine, Ava Lesko, Ivy Stensland, Lilly Perrine,
3rd Place

Rabbits

Megan Perrine:
BIS - Mini Rex - Otter Sr. Buck
BOB - Mini Rex - Otter Sr. Buck BOB - Nether-
land Dwarf - Broken Sr. Doe
BOSB - Netherland Dwarf - Chestnut Sr. Buck
BOB - Holland Lop - Solid Jr. Buck
Lillian Perrine:
BOSB - Mini Rex - White Jr. Doe
BOSB - Holland Lop - Solid Sr. Doe

Mini Rex

BOSV- Broken (Megan)
BOV- Castor (Megan)
BOSV- Castor (Lillian)
BOV- Chin (Lillian)
BOV- Otter (Megan)
BOV- White (Lillian)
BOSV- White (Megan)

Holland Lop

BOV- Solid (Megan)
BOSV- Solid (Lillian)
BOV- Broken (Lillian)
BOSV- Broken (Megan)

Netherland Dwarf

BOG- Self (Megan)
BOSG- Self (Lillian)
BOG- Agouti (Megan)
BOG- Tan (Lillian)
BOG- AOV (Megan)



Makayla sleuthing out the answer.



Hannah hard at work.



Logan figuring it out.

NYS State Hippology Contest at the Great State Fair

Three members of the four-member Schoharie County Senior Hippology team, who came in 1st place in their Regional Hippology contest, attended the 2019 State Hippology contest at the State Fair. After an intensive five-hour contest covering a multitude of horse-related subjects, the senior team came in 10th place in the State.



Hannah Wetsell, Makayla Ryder, and Logan Ryder—Schoharie County Senior Hippology Team.

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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