

Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

MARCH/APRIL 2020

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Vertical gardening used to disguise a wooden fence

2020 Trends in Gardening



BY ELIZABETH BROWN, SCHOHARIE MASTER GARDENER

This time of year can be tough for gardeners in upstate New York. The days are starting to get longer, but the first crocus leaves haven't sprouted yet. We spend our time reflecting on what grew well last year, looking through seed catalogs, making lists, and planning for the upcoming growing season. Our public libraries are full of books for inspiration. Trade magazines and websites offer suggestions for what's hot for the new year.

People are realizing the restorative effects of being in nature. In fact, did you know that some doctors are prescribing time outdoors to their patients as a way to help with chronic disease and increase health and happiness? Gardening activities for 2020 are focused on making the most of what you have and creating spaces that are good for all involved—gardeners, local wildlife, and the earth as a whole.

Continues on page 2

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OUR MISSION

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

Vol. 3, No. 2, March/April 2020. Published six times per year by Cornell Cooperative Extension Schoharie and Otsego Counties

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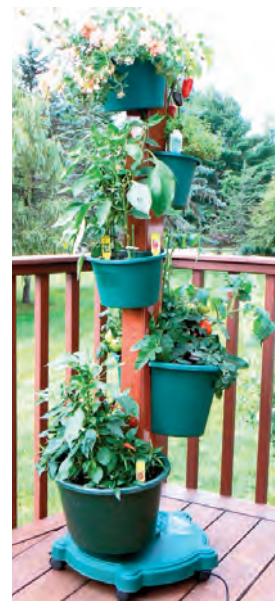
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New York State College of Agriculture and Life Sciences, New York State College of Human Ecology, and New York State College of Veterinary Medicine at Cornell University, Cooperative Extension Associations, county governing bodies, and U.S. Department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

Here's a compilation of the trends that are most doable for our area.

- **Gardening vertically** – Whether you rent a small apartment with a windowsill or own an acre of land, there are ways to grow vertically. Propagate plants in wall vases; arrange wall planters in your kitchen for growing herbs or microgreens; or fill a few wall planters with trailing plants for a waterfall of greenery. Many veg-



Cukes growing up a trellis

A "tipsy pot" vertical garden

etable varieties are specific for growing on a trellis—think cucumbers, pole beans, squash. The upright plants get good air circulation and sunlight while using less ground space.

- **Houseplants** – They continue to be popular as people recognize their mood-enhancing effects in addition to contributions to décor. They absorb carbon dioxide and release



Spider plants are easy houseplants to grow.

oxygen, making plants and people great partners. Plants also increase the humidity indoors, which is a gift during drier months when the heat is on. Keeping houseplants also helps to purify the air in our homes by removing some toxic vapors and chemicals such as carbon monoxide and formaldehyde by plant leaves alone. As with simply being in nature, being around plants has been shown to improve concentration, memory, and productivity.

- **Focus on foliage** – Flowers may come and go as the growing season wears on, but foliage remains vibrant nearly nonstop. Include low maintenance annuals such as coleus for a pop of color all



Low-maintenance coleus provide color all season long

season long. The gray fuzzy leaves of lamb's ear are a good neutral no matter what color palette you choose for your flowers. Hosta leaves come in all sizes, colors, and shapes suitable for any size garden.

For shrubbery, consider those with interesting shaped leaves or non-traditional colors such as bronze or yellow leaves.

- **Secluded places and garden nooks** – Make an outdoor space with a sitting area where you can relax after a busy day. It can be as simple as a comfy chair on your porch with a potted geranium in a pretty pot, or as elaborate as an arbor for climbing



A simple potted mum on a deck becomes a sanctuary

roses to shade a wicker loveseat. Anything in between is good, as long as you can take a few minutes to sit and enjoy being outside. Make it your personal retreat for relaxation. Consider plants with fragrances to add to the ambiance. Adding a water feature, like a bubbling birdbath, takes it up a notch by including the sense of sound to the sights and smells of your outdoor oasis. Spending time outside is a great way to immerse yourself in the beauty of plants and take a time out from the stresses of the real world.

- **Composting for a more sustainable garden** – Although sustainable gardening isn't new, we are happy to see that it's a movement that continues to gain traction. Over the last few years, we've seen gardeners switching to natural methods of pest control and



Turn your vegetable food scraps into compost

taking steps to support local pollinators. One more way to garden sustainably is through composting. Here are some of the reasons composting is on the top of our to-do lists: it reduces waste that could end up in already overflowing landfills, it provides plants with the nutrients they need to thrive, it enhances the fertility of garden soil, and it can be done on both large and small properties.



The end result of compost is soil full of healthy nutrients, also known as black gold.

- **Bringing the foodie experience full circle** – Growing your own food is continuing to increase in popularity as people become more concerned than ever with what they eat and how it's grown. Moreover, it's no secret that the best way to be sure you are getting top-quality produce is to grow it yourself. We're excited to see vegetable gardening merge with the outdoor entertaining trend. For example, hosts take dinner guests out to the garden to pick fresh ingredients and then make a meal together. It can be as simple as sprinkling fresh basil and other veggies on top of a pizza before barbecuing it or picking some fresh sprigs of mint for an iced tea.



Pick some fresh herbs to add to a cool beverage

Regardless of what type of gardening you do, be sure this season to take the time to stop and smell the roses!



Flooding in the Schoharie Valley resulting from Hurricane Irene in 2011



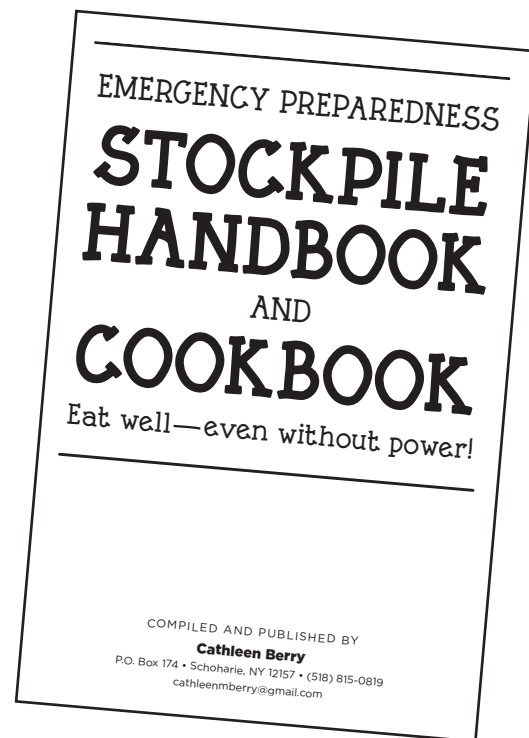
Are You Prepared to Handle an Extended Power Outage?

Power outages can strike anytime, anywhere. One minute you are watching television or cooking dinner, and the next minute you are in the dark. Electricity is something that most of us rely on every day. From heating homes and water to running cooking appliances and refrigerators, we take for granted that these conveniences will always be there.

Most of us don't worry too much if the electricity is out for just a few hours or even a day, but would you know what to do if the power was out for an extended period? Do you have an adequate stockpile of supplies like food and water? Would you have questions like "what types of food should I stockpile" and "how can I afford to do it?" This can be a daunting experience without the proper information and guidance. One resource that may provide you with information that can give you the peace of mind that comes with being prepared for the unexpected is the *Emergency Preparedness Stockpile Handbook and Cookbook*, compiled by Cathleen Berry, a resident of Schoharie County. You can get a free copy of this booklet by emailing her at cathleenmberry@gmail.com.

For more information on emergency preparedness, food safety, or if you would like to learn more

about nutrition through the Expanded Food and Nutrition Education Program (EFNEP) cooking/nutrition classes (either in a group or in your home) or the Healthy-Connections Program, please contact nutrition educators Michelle Leveski at 518-234-4303 ext. 115 or Allyson Wyman at 518-234-4303 ext. 120.



Decisions, Decisions— Oh, What to Plant?



What are you planning for your garden?

With the new growing season around the corner, whether you are a new gardener or an experienced one, it is time to start gathering seeds for planting in your garden. You might have attended an annual Seed Swap event in January, or be perusing the multiple seed catalogs mailed out each year by seed producers, or be planning a trip to a local garden store for a hands-on approach, or be looking ahead to where to buy certain vegetable varieties already started for purchase later in the season.

No matter which approach you take, the planning component of your home garden needs to be in full swing. First decide what vegetables you want to grow; so many choices, from aubergine (eggplant) to zucchini. Then begin sleuthing out which variety will grow best in your home garden. For example, Black Beauty and Ichiban are varieties of eggplant and Gold Rush and Elite F1 are varieties of zucchini that will do well in New York gardens. Each variety has characteristics common to the vegetable they are, along with a twist that makes it slightly different. These differences influence taste, yield, appearance, and adaptability to environmen-

tal conditions, like heat and moisture and resistance to diseases and pests. This may get even trickier in coming years, as home gardeners will be facing some of the same challenges farmers are experiencing because of climate change.

You may be asking yourself which vegetable varieties will grow best in my garden? If you are an experienced gardener you probably have a good base of knowledge about what works for your garden, or as a new gardener, you may just want to do some experimenting on your own. Keep in mind though, there are always new varieties coming out on the market, and sometimes a little advice can be helpful. That's why Cornell Garden-Based Learning puts out a yearly report designed to help gardeners with the challenges of seed selection. The Selected List of Vegetable Varieties for Gardeners in New York State 2020 provides information on vegetable varieties that should be well adapted for New York State community, school, and home gardens. We have this report available for you on our website at www.cceschoharie-otsego.org/resources/vegetable-varieties-for-2020.

You can visit the Cornell Garden-Based Learning website www.vegvariety.cce.cornell.edu for more detailed descriptions and seed sources of more than 7,000 vegetable varieties, including those listed in the report. You can also compare varieties, read ratings and reviews by fellow gardeners, and you are encouraged to offer your own observations of which varieties perform best in your garden. It is recognized that varieties not listed in this report may be satisfactory or even perform better under certain conditions. For more information on home gardening contact our Schoharie and Otsego Master Gardeners at 518-234-4303 or 607-547-2536 respectively, or visit the Cornell Garden-Based Learning Horticulture School of Integrative Plant Sciences Cornell University at www.gardening.cornell.edu.

NEWSLETTER SUBSCRIPTION

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Riding on "Minuteman" at a schooling show

The Difference a Year Makes

I was in my surly, sad, introverted preteen years, and I distinctly remember collapsing at the kitchen table whining to my mother one evening that horses were the only thing that made me happy. I had taken riding lessons for years, but hadn't participated in any horse clubs, or become friends with many of my riding acquaintances. My mother, probably very concerned that I was not a well-adjusted child, attempted to have a rational conversation. I resisted. And resisted. Finally, she mentioned 4-H. I had no idea what that was. She went on and on about how she had grown up with friends who were 4-H'ers and they all raised animals, including horses. "Well, I don't have a horse because you and Dad won't let me!" Not wanting to go down that rabbit hole, my mom calmly called up one of her acquaintances who had a daughter, Abi, involved in the "horse" 4-H club at our local Audubon Center. Not really liking to socialize, the idea of joining a group was terrifying to me. The dealmaker was that Abi had a pony. Maybe, just maybe, I thought to myself, I could make a new friend. And just maybe, I could get a chance to ride a horse outside of the "lesson ring."

So, I joined 4-H. A group of 20 young people (mostly girls, but a few boys) met every couple weeks on Sunday evenings to discuss all things horse. I remember traveling to a regional dressage

champion's home and learning about dressage, an equine activity I previously had no interest in. I remember learning about T-Touch for horses. I remember mastering proper grooming techniques. But mostly I remember our poster presentations that we had to prepare for the district public presentation competition. Not really understanding that I was in the "horse-themed" 4-H club and believing I was pretty much the only one there without a horse (probably not a true statement, but it was how I felt), I felt my area of expertise was not in horses but in . . . (wait for it) . . . rabbits.

I had raised a couple litters of backyard rabbits, so I knew everything about rabbits. So while all my 4-H peers presented on different horse-y subjects, I talked about breeding Dutch rabbits. And rather than facing ridicule or degradation, my presentation was well received. I earned a blue ribbon and was able to go on to the regional competition. My 4-H leaders were thrilled—they didn't care that the topic wasn't on horses. They understood the true point of 4-H. They came to my house and helped me refine my presentation, so I could do the best that I could at the regional competition.

While I only stayed in 4-H for a year—after all, I did solidify my friendship with Abi, got to ride her pony on many occasions, and we continued our



Oreo Cookie and one of her babies

friendship well into college. I am sure the experience of being immersed in a structured group of like-minded adolescents led by compassionate, nurturing leaders, helped develop a variety of personal and social skills, especially finding the self-confidence that was buried deep within me. The experience helped shape who I am today and I am sure that it helped get me (and my poor mother) through those rocky early teenage years.



Kristin Pullyblank currently serves on the Board of Directors for Cornell Cooperative Extension Schoharie and Otsego Counties and at a recent board meeting volunteered to share her 4-H story. Even thirty years later, she feels that one year in 4-H made a significant impact on her life. **Did 4-H make a difference in your life? Would you like to share your story?** Contact Jan Ryder, Associate Editor, at jrc28@cornell.edu or call 518-234-4303, ext. 112 to have your 4-H story featured in a future edition of *Connections*.

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

Educational programming and support are offered through workshops to on-farm events and includes one-on-one consultations working with farmers on:

DAIRY: Business, Calf Care, Dairy Replacements, Health, Milk Quality, Modernization/ Facilities, New Technologies, Nutrition, Precision Feeding, and Reproduction

LIVESTOCK: Beef, Business, Goats, Sheep, and Swine

FORAGES: Hay and Silage

GRAINS: Barley, Corn, Malting Barley, Oats, Soybean, and Wheat

OTHER TOPICS: Forage Quality, Pests, Soil, Hemp, and More



For more information contact any of the specialists, or visit their website <https://cnydfc.cce.cornell.edu>



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State Awards CCE Farm-to-School Initiative



In the Governor's announcement, New York State Agriculture Commissioner Richard A. Ball said, "One of New York agriculture's best success stories is its Farm-to-School (FTS) program. Through the support of the program, our school districts are taking incredible steps to serve fresh fruits and vegetables and locally produced meats and dairy products from New York farmers, bringing thousands of students food and beverages that not only taste good but that are good for them."

CCE Schoharie and Otsego Counties (CCE) is among sixteen projects statewide awarded funding for Farm-to-School programs that will increase the use of New York farm products in schools and boost the agricultural economy. Funding for the Farm-to-School program is a key component of the Governor's 2020-21 Executive Budget and supports the Governor's 'No Student Goes Hungry' initiative.

The Farm-to-School program increases the volume and variety of locally grown and produced food in schools, provides new markets for New York's farmers, improves student health, and educates young people about agriculture. The program also supports the expansion of the NY Thursdays Program, a school meal initiative that uses local, farm-fresh foods on Thursdays throughout the school year.

"We are thrilled to be among those projects accepted for this round of funding," said David

Cox, CCE Ag Program Leader. "We are especially grateful to Aletha Sprague and her colleagues at the Mohawk Valley Population Health Improvement Program (MVPHIP), a Bassett Healthcare program, and Maureen Blanchard, Project Director from the Creating Healthy Schools and Communities program out of SUNY Cobleskill, for their initiative that led to a strong collaborative application. Likewise, our partnership with CR-BOCES is especially exciting, as we pilot a consolidated procurement process designed to reduce the cost of fresh, local foods, thus offsetting schools' limited financial resources."

CCE will utilize \$100,000 for the "Local Foods-Healthy Schools" project to collaborate with Capital Region BOCES to develop and implement a pilot Farm-to-School program in five component school districts to benefit 4,018 students. The five component schools are Cobleskill-Richmondville Central, Duanesburg Central, Middleburgh Central, Schoharie Central, and Sharon Springs Central Schools. In this program, CCE will focus within a framework of the three Cs of Farm-to-School Programs: the cafeteria, the classroom, and the community. CCE will coordinate a team that solidifies FTS programming into the schools' culture, ensuring ownership of the program by stakeholders, including cafeteria staff, teachers, administrators, parents, and the community, that altogether leads to program sustainability. Our goal is to achieve the New York State Initiative of 30% NYS farm products usage in all five component schools within two years.

Farm-to-School Coordinator

Cobleskill, NY

Cornell Cooperative Extension Schoharie and Otsego Counties

Cornell Cooperative Extension Schoharie and Otsego Counties is accepting applications for the position of Farm-to-School Coordinator.

The Farm-to-School Coordinator will implement the Plan of Work as accepted by the NYS Department of Agriculture & Markets Farm-to-School Grant Program.

A Bachelor's degree is required; Master's degree is preferred.

To learn more about the position and to apply, please visit:

www.cceschoharie-otsego.org

Cornell Cooperative Extension Schoharie and Otsego Counties provides equal program and employment opportunities.



The Source Otsego Online Farmers' Market Is Growing

Last year, CCE Schoharie and Otsego Counties ran a late-season test pilot of a new online farmers' market. The program let customers shop from local food producers, then pick up their orders at convenient times and locations. The system worked well, and plans are underway to incorporate what we learned from the pilot project into an expanded program this summer.

The Source Otsego online farmers' market is designed to provide farmers and consumers a convenient way to connect. It is not always easy for folks who want to buy from local producers to find the time to drive to the farm or shop at the farmers' market. Some farmers struggle with being off the farm for a full day to sell their products. This program lets the farmer drop off the order at one of the designated sites and return to the farm. The customer chooses the pick-up site they want to use and picks up their order on the designated day.

The Source Otsego online platform lets farmers create a profile telling customers about their farms. The producer then creates a list on the portal of the products they have available to sell with the quantities and the prices. Customers can browse the Source Otsego online market for specific farmers they enjoy shopping from or browse by products they are looking for. When they find what they want, the customer selects from the available locations where they will pick up their order and purchase it through the website. The transactions are directly between the customer and the producer. Customers who used this market during the pilot

were very happy with the convenience and quality of product. A satisfied customer had this to say:

"I was very excited to have access to Otsego County's online Farmers' Market this past fall. Being able to order fresh produce and meats from my phone and pick up at a convenient location was a treat for me, since I very seldom am able to get to a local farmers' market on the weekends. The quality of items I purchased was excellent, and the purchasing website was user friendly. I certainly hope this pilot program can grow and continue to offer this opportunity to farmers and consumers in the future."

Cornell Cooperative Extension Schoharie and Otsego Counties, is gearing up the Source Otsego online farmers' market for the 2020 season. We will make a few adjustments in the program and build on the successes as we bring customers and producers together in this unique market space.

Beginning with a workshop in the spring, we will help farmers and food producers interested in joining the online market learn how the program works. From there, we will work with our project partners to improve this unique market opportunity, serving producers and customers in and around Otsego County. Contact Jim Barber, Farm-Source-Thrive Otsego Agriculture Implementation Specialist, at 607-547-2536 ext. 227 or jrb248@cornell.edu for more information or questions. Watch for more updates as the season gets underway, and remember to shop locally grown and produced.

Are you a commercial tree fruit, small fruit, or vegetable grower managing...

- Food safety standards and practices
- Variety evaluation and market development
- Pest management and diseases
- Conventional or organic growing practices
- High- and low-tunnel production
- Soil health
- Business management

Did you know that the Eastern NY Commercial Horticulture Program's team of specialists is here for you?



Go to their website:
<https://enych.cce.cornell.edu>
for more information and
to enroll in their services.

Join Cornell Cooperative Extension's Nutrition Programs

EFNEP and Healthy Connections



- ✓ Build habits of healthy eating and activity for a lifetime
- ✓ Learn to make meals that save time and money
- ✓ Try out new dishes and skills
- ✓ Practice food safety and reduce food waste when selecting, prepping, and storing food

Where adults and youth learn by doing!



Whether participating in a group class, one-on-one lesson, or a nutrition event, these programs can make a difference for your family and you!

To learn more about these programs or to sign up, contact our Nutrition Program Educators:



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EFNEP Nutrition Program
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Healthy Connections Nutrition Program
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QUINOA AND BLACK BEAN SALAD

A light, refreshing, savory salad high in protein that can be a main or side dish

Serves 6

Source: USDA ChooseMyPlate Recipe www.choosemyplate.gov from the US Department of Health and Human Services, National Institutes of Health-National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables



Ingredients

- ½ cup quinoa (dry)
- 1½ cups water
- 1½ tablespoons olive oil
- 3 teaspoons lime juice
- ¼ teaspoon cumin
- ¼ teaspoon coriander (ground, dried cilantro seeds)
- 2 tablespoons cilantro, chopped
- 2 medium scallions, minced
- 1 (15.5 ounce) can black beans, rinsed and drained
- 2 cups chopped tomatoes
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 2 green chilies, minced (to taste)
- Black pepper (to taste)

Know the facts . . .

- Quinoa (pronounced "keen-wah") is considered an "ancient grain," having been cultivated for thousands of years in South America. Cooked and eaten like many other grains, botanically speaking, it is a relative of spinach, beets, and chard and is actually a seed rather than a grain.
- Quinoa should be rinsed before cooking to remove its natural bitter coating (called saponin); even though most boxed quinoa is pre-rinsed, you may want to give it a second one. Cooked like rice, you put the rinsed quinoa and water into a saucepan, bring the water to a boil, reduce the heat, cover the pan, and then simmer the quinoa until cooked, about 15 minutes, for extra flavor, you can cook it in stock.
- Quinoa is high in protein; it is one of the few plant-based sources of protein that contains all nine essential amino acids that our bodies can't produce on their own. In addition, it is high in fiber and vitamin B6, an excellent source of magnesium, a good source of iron, and gluten free.
- Quinoa comes in several varieties; white, red, and black are most common. Red quinoa holds its shape better after cooking, making it ideal for cold salads and black quinoa has a slightly earthier taste than other varieties.
- Uncooked quinoa can be stored as long as six months in the refrigerator when sealed in an airtight container. (You can also store it at room temperature, but it won't keep quite as long).
- Soda bread is a variety of quick bread traditionally made in many cuisines in which sodium bicarbonate (otherwise known as "baking soda") is the leavening agent used instead of the traditional yeast. Although the Irish didn't invent soda bread, it is most often identified with them. The bread rises as a result of the reaction of the acid of a liquid like buttermilk or lemon juice with a base like baking soda. Its crust is marked with a cross-shaped slice, which is both decorative and functional, allowing the bread to rise to the proper shape. The crumb (the texture inside the loaf) is moist and a little crumbly, the taste faintly sweet.
- For our companion recipe, **Soda Bread**, go to cceschoharie-otsego.org/connections. Find the recipe link in the left menu. For variations, you can add 2 teaspoons of caraway seeds and/or 1 cup of raisins to this recipe.
- 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.

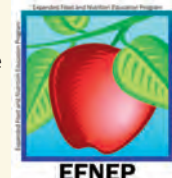
Nutrition Information

Serving Size: 1 cup (254g)

Nutrients	Amount
Calories	199
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	154 mg
Total Carbohydrate	32 g
Dietary Fiber	9 g
Total Sugars	4 g
Added Sugars Included	0 g
Protein	9 g
Vitamin D	0 mcg
Calcium	64 mg
Iron	3 mg
Potassium	628 mg

Notes:

- Other beans—cannellini, black-eyed peas, or chickpeas—can be substituted for the black beans.
- Can serve this salad on a bed of mixed greens or shredded lettuce.
- Other vegetables—corn, snow peas, cauliflower, cucumbers, and more—can be added.
- For an alternative dressing, you can use these ingredients in place of those listed in step 3: 3 tablespoons red wine vinegar, 3 tablespoons olive oil, 2 teaspoons cumin, and 2 teaspoons lemon pepper.



Ticks and Lyme Disease



Active Above 40°

Anytime the temperature is above 40°F ticks can be active, particularly in the spring, fall, and during mild winters. Ticks are vectors of a number of diseases, including Lyme disease. Ticks attach to any part of the human or animal body and begin transmitting disease within 24-48 hours. If you are planning to be outdoors having fun or working, the following fact sheet from the CDC provides guidance in dealing with this invasive pest.



For more information about Lyme disease, visit <http://www.cdc.gov/Lyme>

How to prevent tick bites when working outdoors

Ticks can spread disease, including Lyme disease. Protect yourself:

- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin.
- Take a shower as soon as you can after working outdoors.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

How to remove a tick

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

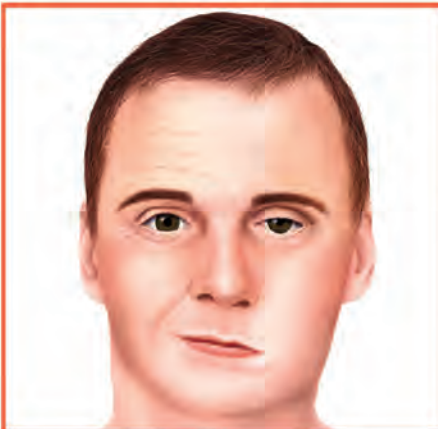
Note: Do not put hot matches, nail polish, or petroleum jelly on the tick to try to make it pull away from your skin.



If you remove a tick quickly (within 24 hours) you can greatly reduce your chances of getting Lyme disease.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector Borne Diseases | Bacterial Diseases Branch





Facial paralysis.



Bull's eye rash on the back.



Arthritic knee.



When to see your doctor

See a doctor if you develop a fever, a rash, severe fatigue, facial paralysis, or joint pain within 30 days of being bitten by a tick. Be sure to tell your doctor about your tick bite. If you have these symptoms and work where Lyme disease is common, it is important to get treatment right away.

If you do not get treatment, you may later experience severe arthritis and problems with your nerves, spinal cord, brain, or heart.

Antibiotics are used to treat Lyme disease

Your doctor will prescribe specific antibiotics, typically for 2-3 weeks. Most patients recover during this time. You may feel tired while you are recovering, even though the infection is cured.

If you wait longer to seek treatment or take the wrong medicine, you may have symptoms that are more difficult to treat.

Looking ahead to recovery

Take your antibiotics as recommended. Allow yourself plenty of rest. It may take time to feel better, just as it takes time to recover from other illnesses.

Some people wonder if there is a test to confirm that they are cured. This is not possible. Your body remembers an infection long after it has been cured. Additional blood tests might be positive for months or years. Don't let this alarm you. It doesn't mean you are still infected.

Finally, practice prevention against tick bites. You can get Lyme disease again if you are bitten by another infected tick.

Additional information

1. <http://www.cdc.gov/Lyme>
2. The Clinical Assessment, Treatment, and Prevention of Lyme Disease, Human Granulocytic Anaplasmosis, and Babesiosis: Clinical Practice Guidelines by the Infectious Diseases Society of America
<http://cid.oxfordjournals.org/content/43/9/1089.full>
3. Tick Management Handbook (Connecticut Agricultural Experiment Station, New Haven)
http://www.ct.gov/caes/lib/caes/documents/special_features/tickhandbook.pdf

For more information please contact Centers for Disease Control and Prevention
1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-63548
Email: cdcinfo@cdc.gov Web: www.cdc.gov



Master Gardener Training

BECOME A MASTER GARDENER VOLUNTEER!

Join us for Master Gardener Training - Fall 2020

The CCE Master Gardener Volunteer Program is accepting applications for new volunteers through August 14, 2020. Our next training begins on September 21, 2020. The cost for this training is \$150.

Feel free to contact us anytime!

What is the Master Gardener Program?

- An integral component of Extension's outreach program, educating home gardeners, consumers of horticultural products, youths in after-school programs, physically and mentally challenged individuals, and senior residents.
- Neighbors teaching neighbors about landscapes, vegetables and fruits, herbs, houseplants, beneficial and harmful insects, plant diseases, Integrated Pest Management (IPM), native plants and pollinators, soils, composting, invasive species, and more.
- A corps of volunteers trained by Cornell Cooperative Extension in the horticultural sciences and the art of gardening.

Cornell Cooperative Extension provides equal program and employment opportunities. Accommodations for persons with special needs may be requested by contacting Cornell Cooperative Extension Schoharie and Otsego Counties prior to the program.

Cornell Cooperative Extension
Schoharie and Otsego Counties

Find us on Facebook!



PROGRAM EVENTS

Otsego Master Gardeners present: Bio-intensive Gardening

Wednesday, March 11, noon – 1:00 p.m., take a break, bring your lunch, and join the Master Gardeners. Experienced and aspiring gardeners will enjoy a lively discussion with Carla Crim, Horticulture Educator and Home Garden Specialist with CCE Delaware County. Ms. Crim will present the basics on organic gardening system that focuses on achieving maximum yields from a minimum area of land or garden space, while simultaneously increasing biodiversity and sustaining the fertility of the soil. Program is free, but registration is appreciated. Call 607-547-2536, ext. 0, or visit online at www.cceschoharie-otsego.org/gardening.
CCE Education Center, 123 Lake St., Cooperstown

Cornell Cooperative Extension Schoharie and Otsego Counties – March Board of Directors Meeting

Thursday, March 12, 6:30 p.m.
Meetings are open to the public. If interested in attending please check with the office at 518-234-4303, ext. 0 to confirm the day and location of the meeting.
CCE Extension Center, 173 South Grand Street, Cobleskill

Invasives – They're All Around Us!

Wednesday, March 18, 1:00 p.m.
Schoharie Master Gardener Scott Mills will present an overview of the top 20 most prevalent invasive plants (and a few animals), including options for management and control. Program is free. Registration by March 16 is appreciated, call 518-234-4303, ext. 0 or online at www.cceschoharie-otsego.org/gardening.
CCE Extension Center, 173 South Grand Street, Cobleskill

The Cobleskill Area Home and Garden Show

Saturday and Sunday, March 28 and 29, 2020, 11:00 a.m. – 4:00 p.m.
The Schoharie County Chamber of Commerce is hosting the Cobleskill Region Home & Garden Show, Adults/\$5, under 14/free. Visit www.schohariechamber.com for more details. The Schoharie Master Gardeners will be on hand to address your horticultural questions.
Cobleskill-Richmondville High School, 1353 State Rt. 7, Richmondville

Cornell Cooperative Extension Schoharie and Otsego Counties – April Board of Directors Meeting

Thursday, April 9, 6:30 p.m.
Meetings are open to the public. If interested in attending, please check with the office at 607-547-2536, ext. 0 to confirm the day and location of the meeting.
CCE Education Center, 123 Lake St., Cooperstown

Assessing Vegetation for Impacts from Deer (AVID)

Saturday, April 18, 9:00 a.m. – noon
AVID is a method for volunteers, foresters, woodland and landowners, and others to recognize and monitor evidence of deer impact in their woods. This workshop led by Tracey Testo, Natural Resource Educator, CCE Agroforestry Center, begins with an introduction indoors, followed by a field/woods walk nearby. Program is free. Pre-registration by April 16 is required. Call 518-234-4303, ext. 0 or online at www.cceschoharie-otsego.org/gardening.
CCE Extension Center, 173 South Grand Street, Cobleskill

Earth Festival 2020

Saturday, April 18, 11:00 a.m. – 3:00 p.m.
The 15th Annual Earth Festival is an environmentally focused, interactive event sponsored by the Otsego County Conservation Association. Held annually on or near the traditional Earth Day (April 22), this year's theme is 'Reduce,' and the event's ongoing purpose is to keep Otsego County citizens informed about environmental activities that are taking place in their region and to act as an avenue for increased involvement. It is a gathering for learners of all kinds. **Otsego County Master Gardeners** will be available with seasonal and topical information. For more information, visit www.occainfo.org
Milford Central School, 42 Main Street, Milford

Schoharie County Maple Festival 2020

April 25, 9:00 a.m. – 5:00 p.m.
The Schoharie County Maple Festival celebrates the end of the maple syrup season! Come out and enjoy maple vendors, crafters, food, entertainment, baking contest, and the crowning of the new Maple King/Queen or Prince/Princess. So much family fun!
Cobleskill Fairgrounds, Cobleskill

Otsego Master Gardeners present: Eat Your Yard!

Wednesday, April 8, noon – 1:00 p.m., take a break, bring your lunch, and join the Master Gardeners. Carol Phelps, Master Gardener, will be presenting this scrumptious backyard adventure. Program is free, but registration is appreciated. Call 607-547-2536, ext. 0, or online at www.cceschoharie-otsego.org/gardening.
CCE Education Center, 123 Lake St., Cooperstown

SAVE THESE DATES

Planning Your Garden - Manageable Garden Design for Food and Floral

Saturday, May 9, 10:00 a.m. – 11:00 a.m.
A gardener has dreams of fresh vegetables every night of the season and knows all those gorgeous flowers in garden centers must find a place in the landscape. By mid-summer, if dreams were too big, gardening is not an enjoyable hour of puttering, but an endless chore to keep it all looking respectable. Carol Phelps, Otsego Master Gardener, will teach this hour long workshop that will help participants focus their gardening enthusiasm so it stays enjoyable all season long. Program is free. Pre-registration is required by calling 607-547-2536, ext. 0, or online at www.cceschoharie-otsego.org/gardening by May 7.
Huntington Library, 62 Chestnut Street, Oneonta

Schoharie Master Gardener- 25th Annual Spring Plant Sale

Saturday, May 16, 9 a.m. – noon
Check out our new selection of annuals, perennials, herbs, hanging baskets, and more!
Extension Center, 173 South Grand Street, Cobleskill

Otsego Master Gardener- Annual Spring Plant Sale

Saturday, May 23, 9 a.m. – noon
Come for the best selection of perennials, annual flowers, vegetables, herbs, and ground covers that do well in Otsego County.
Education Center, 123 Lake St., Cooperstown

Otsego County Fair 2020

Tuesday, August 4 – Sunday, August 9
The Otsego County Fair has grown substantially since its inception. The first exhibition, held from October 2-4 in 1877, had by all accounts strong attendance, but over the years has grown to an average attendance of over 30,000.
48 Lake St., Morris

Cobleskill Sunshine Fair 2020

Tuesday, August 11 – Sunday, August 16
The 144th Sunshine Fair - it's "Miles of Smiles" at the largest community event in Schoharie County.
113 Sunshine Drive, Cobleskill

Family Farm Day 2020

Saturday, August 29
Look forward to experiencing working farms in Schoharie, Otsego, and Delaware Counties at our Eighth Annual Family Farm Day on August 29, 2020.

Master Gardener Volunteer Training 2020

September 21 – November 16, 2020
Want to become a Master Gardener Volunteer? Plan to attend the Fall 2020 training to be held on Mondays, 9 a.m. to 3 p.m., for nine consecutive weeks starting September 21. Cost is \$150/person. The schedule of classes and locations will be posted shortly. For more information, contact David Cox, Agriculture-Horticulture Program Leader, 518-234-4303, ext. 119, or visit our website at <http://cce.schoharie-otsego.org/gardening/master-gardener-volunteer-training>.

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

Happenings with Schoharie and Otsego Counties 4-H



The Rider's Club (Schoharie County 4-H) fundraising at Tractor Supply Company's fall 2019 4-H Paper Clover Sale

Tractor Supply 2020 Spring Paper Clover Promotion

Wednesday April 29 through Sunday May 10

Each spring and fall, Tractor Supply helps raise money for 4-H programs through the sale of Paper Clovers in their stores. In the 2019 campaign, they raised more than 1 million dollars nationwide. Ninety percent of funds raised go back to state and local 4-H programs to support scholarships for camp and leadership activities. Be sure to visit your local Tractor Supply store to purchase a paper clover. The money raised by the purchasing of paper clovers will be a direct benefit to the Schoharie and Otsego Counties' 4-H programs. If you would like to support your county's 4-H program, you can contribute during the 2020 fundraisers by:

1) Donating in store at the register or to a 4-H club fundraising there.

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.

The 4-H Paper Clover campaign dates for this fall will be October 7 – October 18.

Happenings in Schoharie County 4-H

Earn-an-Animal

The 4-H Earn-an-Animal program is in its sixth year in Schoharie County. This program encourages 4-H youth to purchase an animal by providing funding. The youth must track all the costs associated with purchasing, housing, feeding, and caring for the animal. Youth must submit an application that includes questions pertaining to their ability to care for an animal,

prior experience, and how they intend to use the animal upon maturity. The animal can be processed for meat or other products or bred for herd development. The application also requires the youth to get references from adults. Each youth is required to show their animal at The Farmers' Museum's Junior Livestock Show and the Schoharie County Sunshine Fair. After all requirements have been met and the youth have turned their records into the 4-H Educator, the youth receives the allotted monies earned. This year, the applications were due on January 10. The Earn-an-Animal committee interviewed three candidates on January 30, and all were accepted into the program. This year, Levi Szentmiklosy will be raising a beef cow, Garret Hempstead will be purchasing a dairy cow, and Brady Canning will be raising layer hens. They will attend an orientation meeting in March to continue the process.

Cooking Clinic

On January 11, four youths met with Teresa Adell, Schoharie County 4-H Educator, in the Extension Center to participate in a hands-on Cooking Clinic. The goal of the clinic was to present nutrition information, give youths an opportunity to prepare a healthy lunch, and then to share the meal together. The menu consisted of tropical fruit salad, pumpkin peanut butter dip with veggies, creamy rice pudding, and easy Monte Cristo grilled sandwiches. The 4-H members were enthusiastic chefs and satisfied diners!



Successful previous year Earn-an-Animal graduate, Brooke Lincoln with her beef-breed cow



Successful previous year Earn-an-Animal graduate, Lucas Shaw, with his meat goat



4-H Chef Ransom Echnert stirring a watched pot



Otsego County 4-H 2020 Leaders Lunch

Happenings in Otsego County 4-H

Leaders Lunch Celebrated 4-H Making a Difference

Otsego County's Annual 4-H Leaders Lunch was held on Saturday, February 1, at Brooks' BBQ's The Roost Banquet Room. This event was held to recognize the contributions Otsego County 4-H Leaders make in local 4-H clubs, county 4-H committees, and their community. New 4-H leaders were recognized: Julie Adelman, Nancy Layton, and Jen Dibble of the Hartwick 4-H Theater Guild club; Krista Kuiper and Kevin Segit of the Glimmerglass Gallopers club; and Holly Peterson and Lisa Lalonde of the Forces of



New 4-H Leaders: l-r, rear: Clyde (guest speaker), Nancy, Krista, Kevin; front: Jen, Julie, Holly

Morris club. The following 4-H leaders and volunteers were recognized for years of service: Tammy and Luke of the Homesteaders club; Amy Doody and Mike Wolfe of the Springfield High Meadows club; Sharla Woodrow of the Milford Round'em Up Ranchers club; and Katie Gale of the Sunset Riders club for one year. Bridgette Shepardson of the America's Funniest 4-H Club; April Erkson of the CV Springfield Apple Blossoms club; Nicole VanDewerker of the Whatever Floats your Goat club/officer training; and Carol Ainslie of the Fields & Flats club for five to six years. Beth Bartlett, Public Presentation Coordinator and Kathy Scalisi, Horse Committee and Superintendent for fifteen years.

The guest speaker Clyde Van Dyke, a former 4-H member from Broome County, the 2019 National 4-H Youth in Action winner, and currently a fresh-

man attending SUNY Delhi majoring in Computer Technology, shared his 4-H story of *Why 4-H and 4-H Leaders Are So Important*.

Clyde shared that he was told at a young age that he likely would not graduate from high school or ever be successful. Facing many challenges, he didn't have the support he needed and lacked the confidence to get out of his comfort zone. But when his friend brought him to the 4-H Tech Wizards Afterschool program, his life changed dramatically. In 4-H, he learned to communicate, collaborate, and lead when he was introduced to a geospatial program. Clyde created maps that visualize data to help spark action in the community.

"Without 4-H, I would've slipped through the cracks. 4-H gave me the motivation and the resources I needed to overcome the mindset that I couldn't succeed," said Clyde. "In 4-H, I learned how to communicate with others—especially with teachers—so I could ask the right questions and get the help I needed to do well and graduate from high school. Now, I can show other kids the path for success and the skills they can gain from 4-H, too."



Congratulations to Clyde with thanks Hawaiian style

Otsego County Dairy Promotion Dairy Ambassadors, Jr. Princess Madisyn and Ambassador McKenna were also on hand to serve a delicious milk and maple syrup punch. Special thanks are extended to Rob Yurkewecz, Farm Credit East Branch Manager, for financial support.



Jr. Princess Madisyn and Ambassador McKenna were on hand to celebrate Otsego County's 4-H Leaders annual luncheon at Brooks' House of Bar-B-Q.

A Time for Every Season

Patti Zellmer, Otsego County 4-H Educator said, "In the 60's the folk

Continues on page 18

band, the Byrds, had a hit, *Turn, Turn, Turn*, the more familiar lyrics . . .

*'To everything . . .
turn, turn turn; there is a
season . . . turn, turn
turn; and a time to every
purpose under heaven.'*



Patti Zellmer

With that, I am announcing that my season as a 4-H Educator is coming to an end. I will be retiring at the end of April. This is my ninth year in Otsego County. Altogether, I have completed 25 years as a 4-H Educator, imagine . . . 25 county and state fairs! Although my retirement may seem like a surprise, it's a new season for me. For those of you who didn't know, I am an Ordained Elder in the Free Methodist Church. I am returning to a call to ministry and will be serving full time as an Associate Pastor at New Life Oneonta Free Methodist Church. I'll be in the

neighborhood! Come visit me any Sunday, 10 a.m. at the Foothills Performing Arts Center. Thank you for your dedication to the 4-H members of Otsego County and the privilege I've had to work with you through the seasons and over the years. 'To everything there is a season, and a time to every purpose under heaven.' Ecclesiastics 3:1"

Schoharie County 4-H Educator Teresa Adell will transition to become the 4-H Educator in the Otsego County 4-H Program. The anticipated start date for Teresa is early May. It's a new season for the Otsego County 4-H Program!



Teresa Adell

If you are interested in or want to know more about Cornell Cooperative Extension's 4-H programs, visit our website at cceschoharie-otsego.org or call the Cobleskill office at 518-234-4303 or the Cooperstown office at 607-547-5180.

4-H Resource Educator

Cobleskill, NY

Cornell Cooperative Extension Schoharie and Otsego Counties

Cornell Cooperative Extension Schoharie and Otsego Counties is accepting applications for the position of 4-H Resource Educator.

The 4-H Resource Educator develops and delivers timely, relevant, and innovative programs for youth, utilizing the application of evidence-based knowledge and leadership techniques.

A Master's degree is required.

To learn more about the position and to apply, please visit:

www.cceschoharie-otsego.org

*Cornell Cooperative Extension Schoharie and Otsego Counties
provides equal program and employment opportunities.*



"Future farmers"



Welcome Farms and Sponsors to FFD 2020!

Save the Date! On Saturday, August 29, 2020, help us celebrate our 8th Annual Family Farm Day (FFD), expected to include 50-60 farms from Schoharie, Otsego, and Delaware Counties. Our signature agritourism event continues to thrive. Responses from visitors and participating farms have been overwhelmingly positive, with a majority of farms and visitors returning each year.

Planning has begun! We welcome participation from eligible farms and sponsors. Complete information and event details will be posted on the FFD webpage at www.familyfarmday.org. Farm registrations will be open through March 31, and for sponsors, through April 30. All previous FFD farm participants will receive (via U.S. mail) a complete FFD packet of registration materials in lieu of the March winter meetings. Sponsors will be receiving a separate notification for their participation. Farms new to FFD, returning farms with questions, and sponsors are encouraged to contact FFD Coordinator David Cox at 518-234-4303, ext. 119, or email David at dgc23@cornell.edu.

FFD provides local farms and related businesses the opportunity to introduce current and new customers to diverse, high-quality products, generate farm-gate sales, build long-term customer bases,

and share the ever-evolving farm stories that keep agriculture in the public dialogue.

Any of the following active farm enterprises in Schoharie, Otsego, and Delaware Counties that meet participation requirements are eligible to participate in FFD:

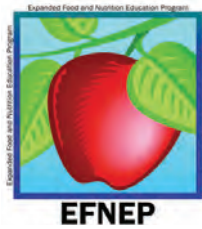
Food crops: large and small fruits—berries, apples, grapes; all varieties of vegetables and herbs; chickens, ducks, geese, eggs; dairy products—milk, cheese, and yogurt; livestock—beef, pork, venison, lamb, goat, rabbit, fish; hops and barley for craft brewing; honey and maple products.

Field/fiber crops: plants, livestock for feed, fiber, or hides: hemp, alpaca, sheep, goat, rabbit, or cattle.

Farm-related business processors: cideries, wineries, breweries, beekeepers, farm stands, agritourism operations, food/feed processors, equine boarding/training, and value-added producers.

CCE collaborates each year with our colleagues at CCE Delaware County, county tourism departments, local chambers of commerce, Farm Bureaus, and local farmers to produce an exciting and educational family-friendly event. Save the date! Bring family, friends, and neighbors to learn where your food comes from. See you then!

CCE in Action!



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE



Here is how you can support CCE outreach:

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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