

# Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

## SEPTEMBER/OCTOBER 2020

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## "The Show Must Go On"

*Presenting a Virtual Showcase for 4-H Youth*



Each summer the Schoharie County Fair and Otsego County Fair provide the opportunity for 4-H members to showcase their project work, animals, and skills. With the absence of both fairs this summer, CCE of Schoharie and Otsego Counties has collaborated to present a Virtual Showcase for 4-H youth. Through this showcase, 4-H youth are able to present their animal and non-animal projects, including animal showmanship, to their clubs, friends, and families. Open to all 4-H members ages 5-19, the Virtual Showcase allows for participation from all 4-H youth in many 4-H project categories.



*Showcase preview of a 4-H member animal project.*

"Youth should be recognized for their efforts," said 4-H Educator, Catherine Roberts. "Our showcase is unlike the fair experience, but we've endeavored to create a memorable record for youth this year. We don't want this opportunity to be lost

in celebrating youth accomplishments," concluded Roberts.

The collaboration between Schoharie and Otsego County 4-H means that 4-H'ers do not have to miss out on showcasing projects they



*Showcase preview of a 4-H member non-animal project.*

*Continues on page 2*

## "The Show Must Go On", continued from page 1

have been working on all year. The Virtual Showcase provides a safe way for members to be a part of something special while at the same time keeping 4-H a part of their lives amidst the pandemic.

"I am looking forward to putting all the project submissions into our amazing virtual showcase for the community to view. Our showcase will display how 4-H members learn by doing, from cooking projects to raising beef, and developing skills that will last a lifetime." said 4-H Educator, Teresa Adell.

Once assembled by CCE, the Virtual Showcase for each county will be presented on the Association's webpage [cceschoharie-otsego.org](http://cceschoharie-otsego.org) for viewing by 4-H'ers and the community. Be sure to start looking for it mid-September and beyond.

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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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## 4-H Afterschool Program Update

The 4-H Afterschool Program is committed to re-opening when our local schools resume regular classes. We are currently taking applications for enrollment in the 20-21 school year for our Cobleskill-Richmondville and Schoharie sites. Application forms can be found at <http://cceschoharie-otsego.org/4HAfterschool> by choosing Afterschool Forms from left-hand column.

"When the 4-H Afterschool Program reopens, we will be following all the guidelines for NY State Education that the Office of Family and Children Services, Department of Health, and Center for Disease Control put in place due to the COVID-19 virus," assured Susan Salisbury, 4-H Afterschool Program Coordinator. "We are looking forward to a new and exciting school year."

Go to our 4-H Afterschool web page at <http://cceschoharie-otsego.org/4HAfterschool> for additional updates as time progresses.



# CCE and You

BY DON SMYERS, EXECUTIVE DIRECTOR

The COVID-19 pandemic has impacted us all, and the future is uncertain in the course it will take and how we can navigate through it. Real challenges will find us within our community, family, and farm enterprises.

While medical researchers are examining human health interactions with the virus, Cornell Cooperative Extension and the faculty and researchers at Cornell College of Agriculture and Life Sciences, among other institutions, are engaged in understanding the novel corona virus and its impact on agriculture.

Researchers are focused around food production, harvesting, packaging, marketing, and on people who handle and consume foods, all of which collectively we refer to as our food system. Resources and links to additional resources are posted on our website, [cceschoharie-otsego.org](http://cceschoharie-otsego.org), in our *Connections* magazine, and in our email news, *Connections Extra*.

Cornell Food Safety Institute has led the way for safe food handling and processing. If you haven't looked through its content yet, take a tour through the links on our website.

During these unsettling times of the pandemic, CCE provides other resources for individuals. Consider these activities that can support youth, families, and farm enterprises.



The Master Gardener Program begins with a new training class this fall. Registration information is found in this issue. The program is one of the most popular programs offered by CCE. The Master Gardener Program provides expert instructors in many topics of home horticulture, who encourage participants to explore all areas of interest. Master Gardeners are volunteers, and numerous opportunities are provided to participants to explore service to CCE and our communities.

Our 4-H program is part of the largest youth development movement in the world. It focuses on informal education, community service, and public speaking and demonstrations offered through numerous fun projects that encourage youth to explore team and personal approaches to growth.



The 4-H Afterschool Program is conducted in Schoharie and Cobleskill-Richmondville Central Schools. It builds on the strengths of 4-H while delivering a safe, secure environment for youth immediately following the school day. Please call for more information.

Agriculture and ag business programs cover areas of topical interest to the ag community, including family farm transfers,



Annie's Project for farm woman entrepreneurs and managers, and numerous other topics. The Ag program includes the Eastern New York Commercial Horticulture Team and the Central New York Dairy, Livestock, and Field Crop Team, whose educators provide technical expertise to producers.

Our EFNEP and Healthy Connections programs provide hands-on learning in stretching family budgets with serving nutritious



meals. Seeking healthier weight management is one of many other topics covered.

Please call our educators or me, if we may be of help to you, your family, or farm enterprise at 518-234-4303 or 607-547-2536.



# 4-H Happenings



## Otsego County Happenings

Otsego County 4-H recognizes our 2020 high school graduates. We congratulate the 2020 graduates and wish them well, as they move forward in life! Take this opportunity to get to know them better.



Nick Collins

Nick Collins is from Oneonta, N.Y. His favorite memory of being with the theatre guild was during a rehearsal where someone meant to say "go around the gate" but said "go around the gloop," and I walked around Joseph (Willy Wonka inside joke . . . haha). His hobbies include metal detecting,

building computers, and playing baseball. He shipped to Fort Jackson for basic training in July (joining the Army National Guard) and his Advanced Individual training will be at Fort Gordon, Georgia. When he comes home in March 2021, he will be attending a fire academy to become a firefighter.

Rebekah Witter is from Brookfield, N.Y. Her favorite memory of theatre guild is when Ben shoved Joseph through the curtains and knocked the "bed" over during Peter Pan! Her hobbies include painting, playing guitar, reading, and writing. Her plans were to work construction with her father's company this summer, and then it's off to SUNY Oneonta for Business Marketing with a theater minor.



Rebekah Witter

David Sellick, a member of the Garrattsville Graywolves 4-H Club, is a graduate of Cooperstown High School and OHM BOCES. He has received his welding certification from BOCES. David's 4-H projects have included poultry,



David Sellick

beef, and woodworking. He has shown chickens and beef animals at the county fair. David served as club recreation leader. His hobbies include flying his drone and tractor pulling. As most of you know, a big part of tractor pulling is building and maintaining the engines. David will be building on this skill as he begins his college career at SUNY Cobleskill in the Diesel Technology program.



Gavin Fetterman

Gavin Fetterman, also a member of the Garrattsville Graywolves 4-H Club, is a graduate of Otego Central School and DCMO BOCES in Masonville. Gavin

has always shown horses and been part of the show circuit for equine. He started his 4-H career after winning a Holstein raffle calf while attending the Delaware County Fair showing his horse. He joined the Garrattsville Graywolves 4-H Club and became an active member showing dairy, attending the showmanship clinic and calf sale, and later on Dairy Discovery. With no milking facilities, Gavin decided to sell his dairy animal before she calved. He then went on to show beef animals. In 2019 Gavin's hard work led him to winning the Supreme Champion at the Otsego County Fair with his Hereford steer. Gavin is always a good sport, joining in any of the club group activities, including woodworking, cooking, and sewing. He is known to bake a pretty darn good apple pie! He served in several different club officer positions including club president. In addition to 4-H, Gavin has played baseball and run track and cross country on the Otego School athletic teams. This fall he will be running cross country at SUNY Delhi as he pursues a career in Electrical Technology.

The Otsego County 4-H Earn-An-Animal Project gives youth the opportunity to get started with a 4-H livestock/agribusiness project, purchase a quality animal, and learn business practices. Youth receive grant money they will apply to the purchase price of an animal that they will raise and show. The hands-on experience of this project allows youth to learn important life and science skills it takes to



Otsego County 4-H member Robert Kennedy with Earn-an-Animal dairy calf.

complete a 4-H livestock project. This year four Otsego County 4-H members have completed the Earn-an-Animal Project: Elyza Schuberl, with a dairy calf, Richard Pegg, with a beef calf, Joy Attanasio, with a goat, and Robert Kennedy, with a dairy calf. All participants have returned their project records to the 4-H office and await the

final approval of the Otsego County Earn-an-Animal committee.



Sonja Galley with dog Reese, Madison Hayes and Quinn Lyte.

During the months of July and August Otsego County 4-H members attended the Otsego County 4-H Dog Training program. Sonja Galley, 4-H Dog Training class instructor, was able to hold in-person dog classes following COVID-19 policies and procedures. Instruction included introduction to grooming and handling, obedience, rally, and agility. Two very important skills that were worked on were the focus of the handler and focus for a prop or obstacle. New Otsego County 4-H Dog Training classes will start in the fall; watch the *Power of Youth* for more details.



The Otsego County 4-H program will hold Leader meetings on reenrollment for the new 4-H year starting October 1st. Otsego County 4-H Club organizational leaders will also be receiving training on

how to hold in-person club meetings during the COVID-19 pandemic if they choose too, 4-H Clubs are also allowed to hold virtual meetings.

### Schoharie County Happenings

Schoharie County 4-H would like to acknowledge our 2020 high school graduates. We congratulate

the 2020 graduates and give them our best wishes as they move forward in life!

Anna King has been a 4-H member for 9 years. She is a graduate of Cobleskill-Richmondville Central School and plans to pursue an AS in Animal Science and a BS in Agriculture at SUNY Cobleskill.



Anna King



Makayla Ryder

Makayla Ryder has been a member of The Rider's 4-H club for 11 years. She is a graduate of Cobleskill-Richmondville Central School and will attend SUNY Delhi for Veterinary Technology with the goal of continuing her education to become a veterinarian.

Jeremy Wayman is a member of the Happy Hoofsters 4-H club. He is a graduate of Middleburgh Central School and plans to pursue a degree in Wildlife Management at SUNY Cobleskill.



Jeremy Wayman

As the weather grows cooler and the leaves begin to turn, our Schoharie County 4-H program begins to look forward to a new year. This past summer has certainly provided opportunities to develop new skills and tactics, as well as interfacing with more educators across the state, in order to deliver programs to our members. New programs have been launched and traditional programs are being modified to engage and educate our youth.

In July and August, several of our 4-H dairy enthusiasts participated in a series of Virtual Dairy Judging classes. This program was developed and administered by Herkimer County 4-H and utilized three dairy judging experts from Cornell University to present a very detailed and interactive tutorial. This was accessed by some 70 youth across the state! Schoharie County participants came away with greatly increased knowledge and connections to adults and youth who share similar interests.

*Continues on page 6*



#### 4-H Happenings, continued from page 5

Looking ahead, Schoharie County will have youth participating in a Wildlife Quiz Bowl program being offered by Warren County 4-H called WHEP-Xpedition. This is a regional event which looks to prepare youth for possible participation in an annual national competition. On August 28, youth will form teams of two and represent our county in a virtual quiz game. This will be an opportunity to engage our members in a project area that has not been available in the past. This is a great example of opportunities that have expanded during this time.

Fall brings with it reorganization events that will certainly look different from previous years. We will be conducting 4-H Club Leader training before reenrollment begins in order to distribute necessary paperwork, discuss how to hold in-person club meetings during the COVID-19 pandemic, and encourage the option of virtual club meetings. We have developed an online Jeopardy! game that can be used as an ice breaker in a first meeting but can be edited for use in future meetings with topic-specific questions. This gives youth the ability to interact with fellow club members in a fun and edu-

cational way without being face to face. Our priority is first, the safety of our members, and second, delivering meaningful programming to our youth.



Starting in August, Schoharie County 4-H began sending out “4-H News Blasts” to 4-H members, families, and club leaders to keep them up to date with upcoming news and events. The News Blast is an addition to the Schoharie County 4-H Newsletter. This is a new virtual way not only to help remind the 4-H community of 4-H news, but provide accurate event updates as they occur.

**Be sure to check out the 4-H Virtual Showcase beginning in mid-September!**





*A deer tick sequestering on a blade of grass.*

## Some Like It Hot, and Some Don't

In past articles we have learned that ticks have become year-round residents in our northeast environs; they're even out looking for a meal when our winter temperatures rise above 40°F.

Although, when it comes to getting ticked, this year's hot, dry, summer weather may have made us a little complacent. That's because higher temperatures with lower humidity cause ticks to be driven into a physiological state called aestivation. This physiological process has evolved over millions of years to help ticks conserve energy and moisture by lowering their metabolic rate causing them to stay still when conditions turn hot and arid. Sensing a threat of desiccation, ticks burrow into brush or grass and enter a state of dormancy so they can survive periods of heat with low humidity.

But as temperatures moderate with the end of summer and beginning of fall, their dormancy will come to an end, and ticks will again be sequestering atop leaves, twigs, or blades of grass, outstretching their hooked legs to snag unfortunate animals or humans for a blood meal.

So it's time to rev up our 'getting ticked NY' prevention strategies, when doing outside activities for work or play. 1) Resume those daily tick checks; 2) be sure to dress for the part (light colored clothing with long sleeves and pants tucked into socks—you could even wear tick-killing clothing); 3) use repellents; 4) steer clear of hitchhikers (when you come inside put your clothes in a clothes dryer and run it on high heat for 20 minutes to kill ticks and simi-

lar critters); 5) and don't forget to protect your pets. Now put your knowledge to the test and continue to enjoy the great outdoors!

**Test Your Tick Knowledge:** (find the answers on page 13)

1. A tick's lifespan is about \_\_\_\_\_.
  - a. three months
  - b. ten months
  - c. twenty-four months (two years)
  - d. thirty-six months (three years)
2. The best way to remove a tick is to \_\_\_\_\_.
  - a. swab it with nail polish
  - b. hold a hot match to its behind
  - c. pull it straight up with fine-point tweezers
  - d. smother it with petroleum jelly

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*Makayla with her seventeen-hand warmblood Rocco.*



## Endless Possibilities

BY MAKAYLA RYDER

My 4-H journey started at my grandma's dining room table when my brother and I said, "Grandma we are so bored, can we do something other than play cards and mancala?" That night my brother Logan, my cousin Krista, and my grandma, Jan Ryder, made up our club name—The Rider's Club—we came up with this from our last name, but switched the y out for an i because we all rode different types of things, for Krista and I that would be horses, and for my brother bikes and 4-wheelers. My brother and I also had these two really cool go-karts that we rode all of the time, so needless to say I rode both horses and motor vehicles, but I fell in love with horses way more than 4-wheelers and go-karts.

After entering our club name and information, we started our first club project, Birds in Your Backyard. We all made different types of bird feeders; mine was in the shape of a house. Now eleven years later, that bird feeder is still use in my grandma's backyard, visited by a variety of birds and even squirrels. From there we went onto new projects like baking and sewing. A couple years later I started entering horses in the fair with the Thundering Hooves 4-H Club. My first pony, Lady, was a star. She loved the fair, and so did I. We entered in western, English, jumping, gymkhana, basically any class that we could enter in. This year was supposed to be my last year. I would have shown my seventeen-hand warmblood Rocco.

I was going to show him last year but unfortunately Rocco was diagnosed with grade two bleeding gastric ulcers in July of 2019. I learned a lot from that experience and used my newfound knowledge to present at this year's public presentations. Rocco and I overcame that big bump in the road last year even after dealing with a fetlock injury in February.



*Lady and Makayla loving the show.*



*A tired showgirl resting with her trusty pony between events during a long day of showing in all those events they entered.*



Last year's chaos showed that this year is just another bump in the road that we all can overcome. After hearing that school would now be online, that graduation might not happen, worrying about my first year of college and



*A recovered Rocco; what a team!*

college costs, as well losing my best friend of over ten years this past month, I thought that I couldn't get through the rest of this year. But what I've learned from 2020 is that I can, we all can. This year has been unimaginable for everyone. We've gotten this far, and I know that we can make it to the final count down. What also was tough was hearing that the Sunshine Fair was cancelled for this year. Another great week full of endless possibilities with our fellow 4-Her's lost.

Even though we learned that we wouldn't have our week of exhibiting and fun, that didn't mean that our 4-H project year was over. As president of The Rider's Club, I led alongside our leader Jan Ryder, and co-leader, my mom, Connie Ryder, creating activities for our online 4-H meetings. This allowed us to follow COVID-19 restrictions and guidelines, making it possible for our club members to gather materials for our activities and participate in virtual 4-H meetings. Out of all of the bad 2020 has given us, 4-H has helped show us how to focus on the good. We may not have been able to participate in our local fair, but we were still able to complete 4-H activities and projects and have a new opportunity to display our projects this year in a 4-H Virtual Showcase. Learning that when life gives you lemons, make fair lemonade. Look on the sweet side of things, rather than focusing on the sour side of it all.

So, what has ten plus years of 4-H taught me? An even better question, what has 4-H not taught me? To that I say not a whole lot. 4-H has taught me communication skills (public presentations), the importance of community service, equine skills, showmanship, and exhibiting skills when participating in our local fair and the state fair, and most importantly leadership skills. If you had asked me four years ago to lead a 4-H group, I more than likely

## What is Your 4-H Story?

Did you grow up as 4-H member or were you a 4-H Leader and would willing to share your story about the impact 4-H made in your life? We know **Connections** readers would be interested in your **My 4-H Story** and we would be pleased to feature it in an upcoming issue of Connections. Please contact Jan Ryder, Associate Editor, by emailing her at [jrc28@cornell.edu](mailto:jrc28@cornell.edu) so your story can be told.

would have said no. Four years ago I could barely present in public presentations. This year, even though I was nervous, which actually is very healthy and normal as I have learned from my college-level high school class in public speaking, I was more than happy to be presenting about something I am passionate about. I could make a whole list on all that I have learned through 4-H, but we'd be here for a long time. So anytime you know of someone who has a kid, give them a pamphlet and a little information about 4-H, letting parents know their kids will learn so much through 4-H.

This coming year I will be taking all that I have learned from the past eleven years in 4-H and thirteen years in school to SUNY Delhi. There I will be majoring in Veterinary Science Technology (B.S.). and while



*On to my next adventure!*

there I may have the opportunity to study abroad in South Africa with other veterinary students. After that I hope to go to veterinary school in hopes of earning a doctorate degree in veterinary medicine. Check back in in 8-10 years to see if I can treat your furry friends. If there is anything that I took from 4-H, it's that it is never too late to try something new. Who knows, you may excel at it, or maybe you will decide you would like to try something else. This is the glory of 4-H, there are endless possibilities, and that is just the sprinkle on top of all of the fun and great memories that it has to offer. No matter what, remember when life gives you lemons, make fair lemonade and go along for the ride because you'll never know what life has to bring you.



*A flavorful mixture of roasted vegetables.*



## Life's Solutions—Keep It Fresh

We all know it's important to eat our veggies. The challenge often comes in how to prepare them. Nothing brings out the flavor profile of vegetables more than roasting. Roasted vegetables achieve a caramelization factor that leads to vegetables that are crisp on the outside, while being tender on the inside with a sweetened flavor that tantalizes the taste buds.

Almost any vegetable can be roasted. The only variation necessary is the length of cooking time. The range in temperatures for roasting vegetables are between 350°F and 425°F. Higher temperatures shorten the roasting time required, but vegetables that are cut small or are delicate do better at lower temperatures for a longer time period. The following are approximate cooking times for roasting vegetables cut into 1-inch pieces at 400°F – 425°F. Don't forget to toss the vegetables half way through the suggested cooking time:

- **Asparagus** – 20 minutes
- **Bell peppers** – 20 minutes
- **Broccoli** – 25 minutes
- **Brussels sprouts** (halved) – 25 minutes
- **Butternut squash** – 30 minutes
- **Cabbage** (cut into 1-inch thick slices) – 30 minutes
- **Carrots** (cut into 1-inch chunks or whole baby carrots) – 30 minutes
- **Cauliflower** – 25 minutes
- **Corn** (cobs left whole with husks) – 40 minutes

- **Green beans** – 20 minutes
- **Kale** – 15 minutes (it doesn't need to be in a single layer)
- **Onions** – 35 minutes
- **Potatoes** – 45 minutes
- **Sweet potatoes** – 30 minutes
- **Tomatoes** (grape or cherry) – 15 minutes
- **Yellow squash** – 20 minutes
- **Zucchini** – 20 minutes

If the vegetable you want to roast isn't listed here, just pick the timing required for a vegetable with a similar density. For instance, if you were roasting radishes (halved or whole), they would be similar in density to carrots, so you would roast them for approximately 30 minutes.

There are three ways to roast mixed vegetables. First and easiest, you can roast the individual vegetables on separate trays and combine them after they are cooked. This method may require reheating the combined dish at the end. Second, you can pair together “vegetable friends” — ones that roast at roughly the same rate. For instance, you could roast cauliflower and broccoli together or butternut squash with cabbage. Combine them on the same baking sheet and roast them together. If the baking sheet is getting crowded, split the vegetables between two sheets to prevent steaming instead of roasting. When using two sheets, be sure you put the top rack in the upper third of the oven and the lower rack in the bottom third of the oven.



This will allow the heat and air to circulate better to help the vegetables become tender and caramelized. If the baking sheets are only an inch or two apart, the bottom vegetables will steam rather than roast. Be sure to rotate baking sheets between the racks halfway through to ensure even roasting at the same time as you toss the vegetables. Third, you can add different vegetables to the baking sheet in stages — start roasting the hardest, longest-cooking vegetables first, and then add softer, quicker-cooking vegetables later on. If the baking sheet starts to get full, split the vegetables between two pans, so you don't crowd them. Doing it this way allows the vegetables finish roasting around the same time, and remember: a little extra roasting time is unlikely to hurt.

Try this Life's Solution, and intensify the taste by roasting up your favorite vegetables using the following directions. Be sure to do a large batch, if you want leftovers. They can be refrigerated 3 to 4 days in an airtight container and be reheated in a 450°F oven for 4 or 5 minutes before serving. Leftover roasted vegetables can also add a burst of flavor to your favorite soups, casseroles, quesadillas, omelets, pizzas, and grain bowls (directions for making a grain bowl can be found in "Life's Solutions—Making the Most From What You Have" at <https://bit.ly/3iAvppy>).

## HOW TO ROAST ANY VEGETABLE

Serves 4-6

### Ingredients

1-2 lbs. of any vegetables, cut to a like size  
1-2 tablespoons oil or vegetable oil spray  
½ teaspoon salt (optional)  
¼ teaspoon pepper  
½-1 teaspoon additional seasonings of your choice (you might want try a seasoning mix described in "Life's Solutions—Tasteful Additions" at <https://bit.ly/3gRti06>).

### Directions

1. Arrange oven rack to the middle of the oven then pre-heat to 425°F.
2. Prepare vegetables by washing, peeling (if desired), and cutting into uniform pieces, so they cook evenly. If your vegetables still have some moisture after washing, be sure to pat them as dry as possi-



*No matter what size you cut your vegetables be sure to use a single layer with space between your vegetables.*

ble; the drier the vegetable, the better it will roast.

3. Put the vegetables in a large bowl. Add the oil and toss to coat. Vegetables should be lightly coated and glistening but not doused in oil, or spray with vegetable oil spray.

4. Spread the vegetables out on a rimmed baking sheet or in a baking dish. Make sure they are in a single layer with a little space in between. Use two baking sheets if needed to prevent crowding. Sprinkle vegetables with salt, pepper, and seasonings.

5. Estimate your cooking time based on the vegetables you are cooking and the method you chose if roasting combined vegetables.

6. Place the vegetables in the oven and begin roasting. Toss vegetables halfway through the cooking time, if using two racks, rotate baking sheets at this time. Continue roasting until the vegetables are easily pierced with a fork or knife and they are showing crispy, browned bits at the tips and edges.

7. Remove from oven and transfer the vegetables to a serving dish.

If you are interested in more recipes, nutrition information, or classes, visit our website at [www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org) or contact Michelle Leveski, Nutrition Program Educator by calling 518-234-4303, ext. 115 (please leave a message), or emailing her at [mml39@cornell.edu](mailto:mml39@cornell.edu). To read more articles like this, subscribe to the "Life's Solutions" blog at <http://blogs.cornell.edu/efnep-schoharie-otsego>.

# Growing our Local Food System, One Farm at a Time

In the wake of the COVID-19 shut-down, there is increasing demand for strong, local food systems throughout New York. But, well before the pandemic's arrival impacted our food system, local farms were working to expand their market reach.



Chicory Creek Farm began production in 2016 with organic produce and pasture-raised chicken and pork. The young owners targeted local markets with a plan to expand production capacity as the business grew. The difficulty, of course, for young folks getting started in business, is building enough assets or capital reserves to acquire the equipment and buildings necessary for expansion.

Fortunately, with the help of the Otsego County Planning Department and Cornell Cooperative Extension, these young farm owners were able to qualify for funding for their expansion plans. They received a Micro-enterprise Grant through the Otsego County Planning Department to purchase several pieces of equipment to improve every step of production from planting to sales. Crop production has significantly improved with the new planting and weeding equipment, and the display coolers allowed them to open an on-farm market in time to supply customers during the COVID-19 shut-down. Last year, with assistance from Cornell Cooperative Extension, they were able to qualify for a N.Y. Grown and Certified Food Safety grant through the N.Y. State Department of Agriculture and Markets. This funding helped them remodel the pack house for a fully enclosed modern facility to meet Good Agricultural Practices (GAP) certification standards and qualify for the N.Y. Grown and Certified program. The grant helped them improve post-harvest handling efficiency and greatly increased storage capacity. This allowed Chicory

Creek to expand their markets through the N.Y. Grown and Certified program. Both grants significantly improved production capacity and marketing opportunity. This year these farmers have hired their first employee, and next year, they will increase field production by 25%.



Chicory Creek Farm's on-farm market.

*"Every day that we get to use a new piece of equipment or work in our new pack house we are grateful for the assistance we received from Otsego County and Cornell Cooperative Extension. Without these grants, it would have been much harder to expand production this year and find new markets with our GAP certification. Our efficiency has increased tenfold by having a functioning pack house that is much safer and cleaner than our previous set-up, and the tractor implements have dramatically improved our field production," said Kate Rice-Mitchell of Chicory Creek Farm.*

Dream Weaver Farm is another example of a young farmer looking to diversify and expand her operation. Theresa Pullis did her homework and put together a plan for improving production efficiency and building much-needed on-farm storage facilities. The N.Y. Grown and Certified Food Safety grant seemed a perfect fit and, again, Cornell Cooperative Extension was able to provide valuable assistance to the owner with navigating the grant-writing process. The grant helped her to purchase state-of-the-art livestock-handling equipment to reduce animal stress and improve safety for both the animal and the workers. The equipment increases the efficiency of handling and caring for the beef



herd and results in higher-quality meat. The grant also helped cover most of the cost to construct and install on-farm cold storage and handling facilities. These facilities are critical components of maintaining proper “cold chain” handling of meat products for compliance with GAP certification standards and eliminate expensive transportation costs. The improvements will allow the farm to increase sales through production and handling efficiencies, as well as diversify into vegetable crop production.



Cattle chute used to handle livestock.

*“Growing up on a farm, my brothers and I would dread the days when Dad needed help sorting or loading the beef cows. His best-laid plans would usually end in frustration because we just were not handling them properly. Now, raising a family of my own and striving to become a certified Beef Quality Assurance Producer, I knew changes had to be made. There was a growing demand for quality beef raised with integrity, and with the*

*addition of the safe-handling equipment we could meet those needs! Sorting, loading, and restraining cattle for routine herd health is now effortless. There was just such a huge transformation in their disposition and ours! Our operation is further streamlined with the construction of a walk-in cooler and freezer. I can quickly sort and pack orders without jeopardizing the quality of the meat. I am forever grateful to Cornell Cooperative Extension, not only for their assistance with this project but for their continuous support, wealth of knowledge, and Human Resources they bring to the table. I had the opportunity to work closely with Jim Barber, Cornell Cooperative Extension Schoharie and Otsego Counties Ag and Farmland Implementation Specialist, and now consider all the folks at Extension valued members of the Dream Weaver Team, and together we can succeed this family farm to the next generation,” said Theresa Pullis of Dream Weaver Farm.*

Rural economies are heavily dependent on a strong agricultural economy. Revenues generated through the local food system circulate repeatedly through rural communities, which provides a significant multiplier effect within the economy. Cornell Cooperative Extension is here to provide education, support, and assistance to area farmers to help them succeed.

These young farmers attest to the bright future of a diverse farm sector in Otsego County, and CCE is here to help.

Contact Jim Barber, Farm-Source-Thrive Otsego Agriculture and Farmland Implementation Specialist, at 607-547-2536, ext. 227 or [jrb248@cornell.edu](mailto:jrb248@cornell.edu), if you would like more information or have questions.



### Answers to Test Your Tick Knowledge questions from page 7

If you chose c for both your answers, you were correct.

1. c. A tick's lifespan is upward of two years.
2. c. The best way to remove a tick that is latched on is to use pointy tweezers firmly grasping the tick as close your skin as you can get, and then pulling upward gently and steadily to remove it.



*Get a jump start on making a good idea a reality by participating in the To Market, To Market six-week class this Fall.*

## Coming in October: “To Market, To Market: New Product Development”—Register Today!

This exciting six-week class will help you develop a product or service from start to finish! CCE Agriculture Educators David Cox and Jim Barber have partnered with area Farm Business Management Specialists Mariane Kiraly and Nicole Tommell and Agriculture Economic Development Specialist Laura Biasillo to offer “To Market, To Market,” a six-part series virtually and in person at four regional locations to make your learning experience comfortable, safe, and flexible.

Participants will learn how to develop and screen an idea, analyze current trends, determine pricing, manage marketing and distribution, access funding, test a prototype, consider legalities, manage risk, navigate regulations, and much more. A logical, process-oriented curriculum will lead to dynamic

business plans that create new economic opportunities in the region.

This series will run Tuesdays, October 6, 13, 20, 27; November 3, 10, from 9 a.m. to noon. Choose to attend virtually or in person at locations in Binghamton, Hamden, Cooperstown, Cobleskill, and Norwich, if health regulations allow. The cost is \$25 per person for entire series. Pre-registration is required by October 1, 2020, at [https://reg.cce.cornell.edu/to-market\\_212](https://reg.cce.cornell.edu/to-market_212).

For more information, contact David Cox, 518-234-4303, ext. 119, [dgc23@cornell.edu](mailto:dgc23@cornell.edu); or Jim Barber, 607-547-2536, ext. 227, [jrb248@cornell.edu](mailto:jrb248@cornell.edu). “To Market, To Market” is supported by the 2019 Chobani Community Impact Fund.





# GARDEN BARLEY SOUP

Serves 10

*A satisfying soup made from the bounty of the harvest . . .*

Source: [cceschoharie-otsego.org/recipes/schoharie-otsego-recipes](http://cceschoharie-otsego.org/recipes/schoharie-otsego-recipes)



## Ingredients

- 1 large sweet potato, peeled and cubed
- 1 cup corn, fresh or frozen
- 1 cup carrots, diced
- 1 cup cut green beans, fresh or frozen
- 3 celery ribs, thinly sliced
- 1 small onion, chopped
- 1 cup green pepper, chopped
- 2 cloves garlic, minced
- 6 cups water
- 2 (14½-ounce) cans vegetable broth
- 1 cup medium pearl barley, raw
- 1 bay leaf
- 1 teaspoon fennel seed, crushed (optional)
- ¼ teaspoon black pepper
- 1 (14½-ounce) can diced tomatoes

1-2 teaspoons of seasonings of your choice (ex: basil, dill, celery salt, or one of the seasoning mixes described in "Life's Solutions- Tasteful Additions" at <https://bit.ly/3gRti06>)

## Directions

1. In a 5-quart slow cooker, combine first eight ingredients. Stir in the water, broth, barley and seasonings. Cover and cook on low for 8-9 hours, or until barley and vegetables are tender.
2. Stir in tomatoes; cover and cook on high 10-20 minutes or until heated through. Discard bay leaf before serving.

## Know the facts . . .

- Hulled barley (or covered barley) is eaten after removing the inedible, fibrous, outer hull. Once removed, it is called dehulled barley (or pot barley or scotch barley). Considered a whole grain, dehulled barley still has its bran and germ. Pearl barley (or pearled barley) is dehulled barley which has been steam processed further to remove the bran. It may be polished, a process known as "pearling."
- Barley is rich in both soluble and insoluble fibers. Fiber levels found in barley are extraordinarily, high thanks to having the fiber nutrients present throughout the whole grain, unlike most other grains in which fibers are only concentrated in the outer bran layer only. A half cup of uncooked hulled barley has 17.3 grams of fiber, while a half cup uncooked pearl barley still has 15.6 grams of fiber.
- If you would like to try our companion recipe for **Brown Bread**, go to [cceschoharie-otsego.org/connections](http://cceschoharie-otsego.org/connections) and find the recipe link in the left menu. This bread is traditionally cooked in a metal coffee can, but it can be made in any small loaf pan. Our recipe also calls for baking in a foil-covered pan rather than steaming.
- For practical nutrition information, subscribe to the "Life's Solutions" blog, at <http://blogs.cornell.edu/efnep-schoharie-otsego>. If you are interested in even more nutrition information, helpful tips, or classes, you can contact Michelle Leveski, EFNEP Nutrition Program Educator by calling 518-234-4303, ext. 115. Please leave a message, or email her at [mml39@cornell.edu](mailto:mml39@cornell.edu), or join us on Facebook: EFNEP CCE Schoharie and Otsego Counties.

## Nutrition Facts

Serving Size 1 1/2 cup  
Servings Per Container 10

Amount Per Serving

**Calories 130**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 460mg**      **19%**

**Total Carbohydrate 29g**      **10%**

**Dietary Fiber 6g**      **24%**

**Sugars 4g**

**Protein 4g**

**Vitamin A 90%**      • **Vitamin C 40%**

**Calcium 4%**      • **Iron 6%**

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

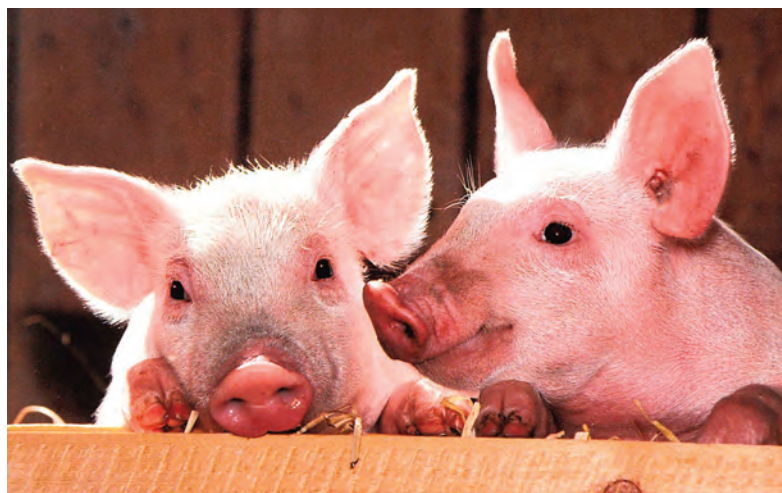
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Notes:

- Other leftover, fresh, or frozen vegetables may be substituted or added to the soup.
- The soup can also be cooked on stove top in a large pot. Combine all the ingredients except the tomatoes. Start on medium-high heat, then lower heat to medium when soup starts to simmer, stirring occasionally, and continue cooking for 45 minutes to 1 hour add the tomatoes during the last 15 minutes of cooking time.





*Pssst! I heard we're going online!*



## Family Farm Day 2020 Grows into Farm-Sourced Food Guide, Online!

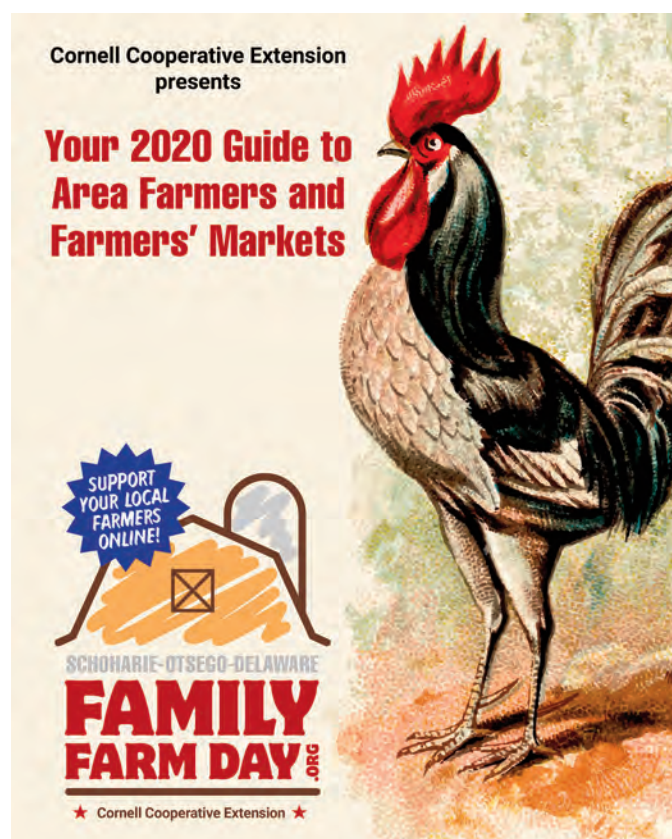
“With the necessity of cancelling Family Farm Day this year, we created an opportunity to keep farms and farmers’ markets foremost in the public eye, to promote awareness of agriculture, and to build stronger farm sales,” said David Cox, CCE Ag and Hort Program Leader.

“Since COVID-19 hit hard in March, customer interest in our local food supply has grown considerably,” said Cox. “Farms and farmers’ markets have been selling most everything produced, and sales should continue robustly for the season.”

“People are coming every day for u-pick of whatever I have,” said Willy Bruneau, Middlefield Orchards. “It’s great for them and for our business . . . I love it!”

As a result of the confluence of these two forces—food availability during a pandemic and being unable to offer farm tours as in past years, CCE decided instead to produce a farm guide, listing participating farms with products offered and their contact information. The guide is hosted on CCE’s **Family Farm Day webpage** [cceschoharie-otsego.org/farm-listings](https://cceschoharie-otsego.org/farm-listings).

“We’re promoting farm product sales **ONLY** this year, not farm visits,” said Cox, “encouraging customers to initiate the contact for farm-product purchasing. We’re using social media to promote the listing and keep it refreshed during the season.”



2020 FFD Online Farm Listing cover page – “Support Your Local Farmers Online!”

Visit [cceschoharie-otsego.org/farm-listings](https://cceschoharie-otsego.org/farm-listings) for the complete Online Farm Guide. For more information, contact CCE Schoharie and Otsego Counties at 518-234-4303, ext. 111 or by email at [schoharie@cornell.edu](mailto:schoharie@cornell.edu).



# 'Tis the Season

for canning,



freezing,



making jams and jellies,



pickling,



and dehydrating!



**W**hether you're preserving your own harvest or you've purchased locally grown fruits or vegetables, canning, freezing, and dehydrating can be effective ways to serve foods that taste harvest-fresh at a later date. To ensure that the products you serve are safe, it is important to follow tested guidelines for safely preserving foods by these methods.

Cooperative Extension Schoharie and Otsego Counties offers up-to-date resources, recipes, Extension factsheets, and tutorial videos at [cceschoharie-otsego.org/food-preservation](https://cceschoharie-otsego.org/food-preservation) to assist in answering questions and concerns you may have about your chosen method of food preservation.

# Closing Your Garden Doesn't Mean Forgetting About it Over Winter

BY DEBORAH BECHTOLD, SCHOHARIE COUNTY MASTER GARDENER

Reprinted from *Connections* September/October 2018



It seems like we were just planting seeds; how can it be fall already? So, as you begin to think about closing your garden, this is a time also to take a close look at your garden. Make a rough sketch with plant locations. Evaluate good spacing, proper plant location, tall plants in the right location, bushy plants maybe needing more space. Or, like my garden, it's time for the tomatoes to have their own space! You can also decide (and write down) if you did or didn't like the species of plants you had, e.g., plum, cherry, or round tomatoes.



*Take a close look and make a plan for next year.*

Now that you've decided on a rough plan for next year, it's time to prepare to close this year's garden. Once your garden is at the end (or you're at the end), begin by picking any last vegetables and clearing your plants out of the garden. Pull plants out and place them in your compost bin, unless they have disease. In that case, you'll want to bag them and dispose of them in the garbage, if possible.

If you have manure/compost that is ready to use, now is a good time to place it in the garden along with grass clippings and leaves. No need to rototill; let the frost help you through this process. It's possible never to rototill again, if you have a manageable garden. You can layer your compost, manure, grass, and leaves; then, in the spring, go ahead and plant. Be sure to keep your weeds out of the compost so you don't encourage more weeds.

Garlic loves to go in mid-September to mid-October. Take your largest garlic cloves, paper on, point



*Ready for a winter's nap.*

up, and plant approximately 6 inches apart. Cover with straw and let it grow until July when the scrapes have come up and the leaves are starting to die.



*Have your soup and eat it too while catching up on your gardening reading.*

Once you've closed up your garden, head inside and make a delicious pot of vegetable soup and start reading all your gardening books and magazines for next year. Oh, and don't forget to write down your ideas, cut out pictures, take notes, and make a garden notebook. You can divide your book into Vegetables and Perennials, Landscape and Hardscape. Don't limit yourself, especially if you like to write down ideas or cut them out and think outside the garden box. There's nothing like getting to spring and trying to remember where you saw or put that great garden idea from last fall.

Good luck, and remember that if you plant it, it will grow!





*Master Gardener Paul Mendelsohn inspires gardening at an early age at the 2019 Spring Garden Day at Earth Fest.*



## Master Gardener Volunteer Training Stays the Course Online!

Like many other course offerings since the advent of COVID-19, CCE Master Gardener Coordinators found a simple solution for the required 50-hour in-person training: half the class-time for twice as many sessions, all online. The new class schedule accommodates Zoom conferencing (as per COVID-19 protocols), running consecutive Mondays, September 21 through March 15, 2021, except for holidays—twenty sessions altogether, all from 9:00 to 11:30 a.m.

“Despite the course adjustments, we are very pleased at the response,” said David Cox, CCE Ag/Hort Program Leader. “By the time this article is published, we could have a few dozen participants from all four counties, an ideal size class for this program.”

Trainees will participate from home or, as an option, from respective CCE county offices with COVID-19 safety protocols observed. Participants will need access to a computer with audio and camera components for interactive discussions. The cost is \$150 per person, including all materials.

This Master Gardener Volunteer Program is open to anyone in Delaware, Herkimer, Otsego and Schoharie Counties with a genuine interest in flora

and food gardening and a willingness to share their knowledge, experience, and enthusiasm with constituents in his/her local communities—a unique opportunity for comprehensive training in the science and art of horticulture and to become a Master Gardener Volunteer in a popular statewide and national public service program.

Although the original application deadline has passed, it may not be too late to apply. If you interested in becoming a Master Gardener Volunteer, contact your local CCE asap for more details.

- Delaware: Carla Crim, 607-865-6531, [ceh27@cornell.edu](mailto:ceh27@cornell.edu)
- Herkimer: Garet Livermore, 315-866-7920, [herkimer@cornell.edu](mailto:herkimer@cornell.edu)
- Schoharie and Otsego: David Cox, 518-234-4303, ext. 111, [schoharie@cornell.edu](mailto:schoharie@cornell.edu)

Information about the Master Gardener Volunteer Training program can be found at: <http://cceschoharie-otsego.org/gardening/master-gardener-volunteer-training>.

# Local Herbalist Presents New Edition on *Rubus*



BY OTSEGO MASTER GARDENERS CAROLYN HOPPER AND SUSANNA MEMBRINO

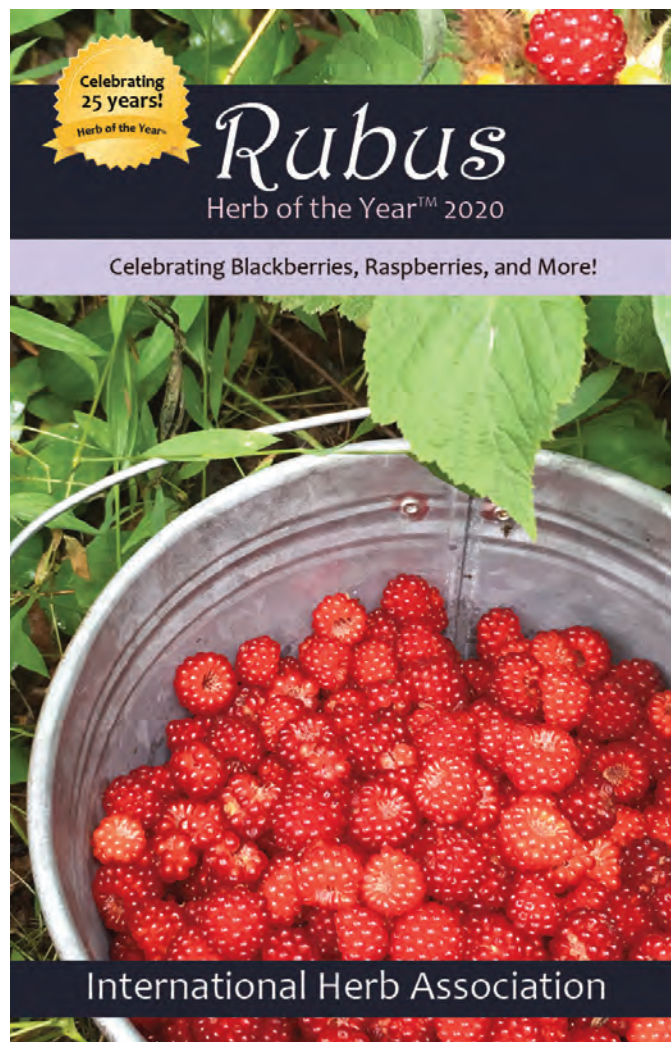
Gert Coleman, editor of the annual International Herb Association's book on the 2020 Herb of the Year, gave a talk to an informal Community Garden Discussion Group on August 12 at Tanner Hill Herb Farm in the roaming hills between Cooperstown and Fly Creek. Socially distanced in Kathryn Mollach's front yard and shaded by a nice old maple, the group learned about *rubus*, this year's prima donna herb, i.e., blackberries, raspberries, and dewberries.

Ms. Coleman's informative and humorous talk included recipes, folk tales, and fairy tales. Remember Sleeping Beauty asleep and surrounded by impenetrable brambles? You can add raspberries to vinegar, let it steep for a day or three, and make a smooth and interesting vinegar for salads. A blackberry vinegar is said to help arthritis, pre-arthritis, and gout. Add a cup of berries to a cup of brandy, cover it, and leave it for at least six weeks to make a delicious brandy.

Kathryn Mollach noted, "Our Garden Club is fortunate to have many talented members who are seasoned and well-versed in all variations of the horticultural spectrum. We are so pleased that now it includes Gert Coleman, who has written/edited several *Herb of the Year* books. Her presentation was our first club meeting of the year. It was so good to be able to gather together again."

Asked what was the most exciting part of writing her book, Ms. Coleman said, "Several parts of producing the *Herb of the Year* book are exciting and fulfilling; from corresponding with prominent herbal experts to researching an herb and watching it unfold into social, economic, historical, and cultural aspects. Most of all, though, I think it is the pleasure and companionship I developed with *rubus*, learning about its defensive thorns, its flowers celebrated in Celtic ballads, and the abundance and delight of eating and drinking its juicy fruits. *Rubus* grows all over my property and I feel its presence in every season."

Brambles, as we also call them, consist of two kinds of canes: primocanes, young canes that bear no fruit the first year; and floricanes that deliver the



goods, in this case, berries. Canes can be cut back in the spring or fall, but remember that this year's floricanes are next year's fruit bearing canes, so cut back only the older canes that are simply sapping energy from the plant.

Blackberry leaves are dark green, whereas raspberry leaves are green on top and have a silvery underside. You can harvest the leaves all year, dry them for three or four days, and steep them along with mint in water to make a tea that is used as an astringent that tones the intestines and acts as an anti-inflammatory throughout the body. Raspberry leaf tea supports the female reproductive system and tones the uterus.

*Rubus, Herb of the Year 2020* is available at [iherb.org](http://iherb.org), the International Herb Association's website, for \$21.



Sample recipes from *Rubus, Herb of the Year 2020*:

### **Blackberry Brandy\***

*My grandmother always had a bottle of blackberry brandy on hand for whatever ailed you. A small glass was prescribed for anything from an aching back to a headache to cramps!* - Karen O'Brien

Makes 2+ cups

- 2 pints blackberries
- 1 pint brandy

Place cleaned and dried blackberries into a quart jar. Cover with brandy. Cap and set aside for six weeks. Strain out the blackberries using a coffee filter. The best way to do this is to use a wide-mouthed funnel with a mesh strainer in it, setting the coffee filter into that. Slowly pour the liquid in, letting it drain. Rebottle. The berries can be used as a topping for ice cream, on pound cake, or over waffles. They will keep a couple of weeks refrigerated.

### **Wild Blackberry Brandy\***

*I've made this recipe for years from the wild berries growing wild in Otsego County. From Dottie Aufmuth who owned a liquor store decades ago in Fly Creek, New York.* - Kathryn Mollach

- 1 quart wild blackberries
- 3/4 cup sugar
- 1 teaspoon whole cloves
- 1/2 teaspoon whole allspice
- 2 cups brandy

Mix together in a glass container. Turn every day for four days. Store in a cool dark place for two months. Strain and serve.

### **Blackberry Shrub\***

Place raspberries in a wide-mouthed jar, and cover with good apple cider vinegar. Let sit for a few days. If you wish to hurry it along, you can place the raspberries and vinegar in a pan and simmer gently for 15 minutes. Strain; keep the liquid, and discard the spent fruit. Measure the amount of liquid you have, and add it to a large pan. For each cup of liquid add an equal amount of sugar, or half as much honey. Stir well, and bring to a gentle boil. Skim it if necessary. Pour into bottles or jars and store in a cool pantry or cupboard until needed.

To Use: Stir two to four tablespoons of shrub concentrate into a large glass of cold or sparkling water. More or less may be added to taste.

*\*Recipes reprinted with permission of the International Herb Association; Gert Coleman.*

## **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.

# DESIGN YOUR SUCCESSION PLAN

**Empowering Farm Families / Farm Business Partners  
to Get Started on their Succession Plans**

**How will your family farm or ranch business operate  
in the future when the owner retires or is gone?**

**Are you currently working with another generation  
who may be questioning their role(s) in the future  
farm or ranch business, or are you yourself  
questioning your current role?**



Cornell Cooperative Extension is seeking farm producers to participate in a new offering of this excellent four-session curriculum to be held online on October 8, 15, 22, and 29, from 6:30 to 8:00 p.m. The cost is \$60 per farm, allowing two people per farm. All workshop materials are included.

Although this program is offered to farms throughout the Mohawk Valley and Southern Tier Economic Development Districts, being an online webinar, any farm in NYS is invited to participate. Preregistration is required by Friday, September 30.

**For more information, contact any one of the following:**

David Cox, CCE Schoharie & Otsego, 518-234-4303, ext. 119 / dgc23@cornell.edu  
Jim Barber, CCE Schoharie & Otsego, 607-547-2536, ext. 227 / jrb248@cornell.edu  
Bonnie Collins, CCE Oneida, 315-736-3394, ext. 104 / bsc33@cornell.edu  
Laura Biasillo, CCE Broome, 607-584-5007 / lw257@cornell.edu  
Nicole Tommell, CNYDLFC Team, 315-866-7920, ext. 230 / nt375@cornell.edu  
Gabriel Gurley, FarmNet, 800-547-3276 / rg523@cornell.edu

*CREATE A  
SHARED VISION  
FOR YOUR  
FARM BUSINESS!*

**Cornell Cooperative Extension**



# PROGRAM EVENTS

Due to New York State's response to the COVID-19 pandemic, our programming has become more fluid and is being brought to you primarily online. Go to our website [cceschoharie-otsego.org](https://cceschoharie-otsego.org) to see the most up-to-date listings offered. Check us out on Facebook: **Cornell Cooperative Extension Schoharie and Otsego Counties.**

## CCE Education Center Offers Self-Guided Garden Tour

This year the Otsego Master Gardeners have prepared their gardens for a self-guided tour instead of the annual Open House normally held this time of year. The gardens at 123 Lake Street in Cooperstown are in full bloom; visitors are welcome at any time to take a self-guided tour that showcases the All American Selections (AAS) trial garden, the Cornell Vegetable Variety Garden Trial (VVGTT), and the Deer Resistant Plant Trials. All plants are labeled, and a brochure is available that includes plant identification. For family fun, use the brochure for a "Find the Plant" challenge. For more information, contact CCE Schoharie and Otsego Counties, 607-547-2536, ext. 228, or email [mastergardener-otsego@cornell.edu](mailto:mastergardener-otsego@cornell.edu).

## September is National Preparedness Month

Tuesday, September 1, 2020, 12:00 p.m. – Wednesday, September 30, 2020, 12:00 p.m.  
National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved than this September. The 2020 NPM theme is: **"Disasters Don't Wait. Make Your Plan Today."** Week 1: September 1-5 Make A Plan, Week 2: September 6-12 Build A Kit, Week 3: September 13-19 Prepare for Disasters, Week 4: September 20-26 Teach Youth About Preparedness. Learn more about each week by visiting [Ready.gov](https://ready.gov). #BeReady

## To Market, To Market Lesson Series

Tuesdays, October 6, 13, 20, 27; November 3 and 10, 9:00 a.m.–noon  
To Market, To Market is a six-part series; choose to attend virtually or in person at locations in Hamden, Cooperstown, Cobleskill, and Norwich, if health regulations allow. A logical, process-oriented curriculum will lead to dynamic business plans that create new economic opportunities in the region. The cost is \$25 per person for entire series. Pre-registration is required by **October 1st** at [https://reg.cce.cornell.edu/toMarket\\_212](https://reg.cce.cornell.edu/toMarket_212). For more information, contact David Cox, 518-234-4303, ext. 119, [dgc23@cornell.edu](mailto:dgc23@cornell.edu); or Jim Barber, 607-547-2536, ext. 227, [jrb248@cornell.edu](mailto:jrb248@cornell.edu).

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

Thursday, September 10, 6:30 to 9:00 p.m.  
Meetings are open to the public. If interested in attending, please check with the office at 607-547-2536 to confirm the day and location of the meeting.

## Design Your Succession Plan Workshop Series

Thursdays, October 8, 15, 22, and 29, from 6:30 to 8:00 p.m.  
Create a shared vision for your farm business! Cornell Cooperative Extension is offering farm producers to participate in this excellent four-session workshop to be held online. The cost is \$60 per farm, allowing for two people per farm. All workshop materials are included. Although this program

is offered to farms throughout the Mohawk Valley and Southern Tier Economic Development Districts, being an online webinar, any farm in NYS is invited to participate. Preregistration is required by Friday, September 30. For more information, contact any one of the following:  
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Laura Biasillo, CCE Broome, 607-584-5007 / [lw257@cornell.edu](mailto:lw257@cornell.edu)  
Nicole Tommell, CNYDLFC Team, 315-866-7920, ext. 230 / [nt375@cornell.edu](mailto:nt375@cornell.edu)  
Gabriel Gurley, FarmNet, 800-547-3276 / [rg523@cornell.edu](mailto:rg523@cornell.edu)

## Forcing Bulbs

Wednesday, October 14, 2020, noon to 1:00 PM  
Interested in learning about forcing bulbs? Join this Zoom presentation by Susan Jones, Master Gardener, and enjoy outdoor blooms indoors. Preregistration is required for this free, informative Zoom meeting by October 13th at [https://reg.cce.cornell.edu/Forcing\\_Bulbs\\_243](https://reg.cce.cornell.edu/Forcing_Bulbs_243).

## SAVE THESE DATES

*At the time of this publication, these events remain scheduled; any changes will be noted on our website; be sure to check prior to the events.*

## Master Gardener Volunteer Training 2020

Classes begin on Monday, September 21, and run through March 15, 2021, running consecutive Mondays from 9:00 to 11:30 a.m. except for holidays – 20 sessions altogether. The schedule of classes and locations will be posted soon. The new class schedule accommodates Zoom conferencing; trainees may participate from home or from respective CCE county offices with COVID-19 safety protocols observed. The cost is \$150 per person, including all materials. **Although the original application deadline has passed, it may not be too late to apply.** If you interested in becoming a Master Gardener Volunteer, contact your local CCE asap for more details. For more information, contact your county CCE: Delaware: Carla Crim, 607-865-6531, [ceh27@cornell.edu](mailto:ceh27@cornell.edu)  
Herkimer: Garet Livermore, 315-866-7920, [herkimer@cornell.edu](mailto:herkimer@cornell.edu)  
Schoharie and Otsego: David Cox, 518-234-4303, ext. 111, [schoharie@cornell.edu](mailto:schoharie@cornell.edu)

## CCE's Annual Meeting Planned—a Virtual Event

The year has been extraordinary, like no other in our memories, and out of necessity, we'll be conducting CCE's Annual Meeting virtually. Mark your calendar for Thursday, November 5, 2020, at 6:30 p.m. for the online meeting. The 4-H Showcase of Youth Projects will be shown with annual accomplishments and the Association Annual Business Meeting. Elections for the expiring positions of Board Directors and Advisory Committee members will be held through November 5. Look for more information soon on how to participate. We hope you'll join us for this virtual event.

**Visit our website, [cceschoharie-otsego.org](https://cceschoharie-otsego.org), to see additional events not listed.**

# CCE in Action!



## Here is how you can support CCE outreach:

Making a donation is as simple as going to [cceschoharie-otsego.org](https://cceschoharie-otsego.org) and clicking this button:



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