

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

JANUARY/FEBRUARY 2021

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NYS Annie's Project Co-leaders David Cox and Bonnie Collins host a display at the NY Ag Society Annual Forum, January 2018.

Ag Program Leader David Cox Retires, Established Legacy of Innovative Programs

December 31 brings the close of 2020, and the day David Cox, Ag Program Leader, celebrates the last day of his Extension career before retirement. David joined CCE Otsego County in 2001, working with program responsibilities in ag economic development and horticulture, including the Master Gardener program, before moving six years later into a new Extension role to demonstrate farm plastics recycling. The recycling program reached its zenith with the introduction statewide of six modified bailers used to bundle farm plastics from bunk silos, greenhouses, and film-mulched field rows. The used plastics were destined for secondary markets rather than being discarded in landfills or burned on farms, although demand challenges continue to plague market acceptance.

In 2009, David joined CCE Schoharie County as Ag Program Leader, two years prior to the Schoharie and Otsego County Associations consolidating into the present



David Cox in action with farm plastics recycling.

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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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David Cox, continued from page 1

organization. Cooperative Extension has changed since his first days in Cooperstown, reflecting the broad societal shifts that have been underway. “Early on, it wasn’t unusual to receive hand-written letters from producers asking for information and assistance,” David, said. “We’d respond with printed Extension publications and a follow-up letter or phone call.

“That has changed. Emails have since replaced letters, and extension publications have moved from print to the Internet. And now, because of the pandemic, the hyper-accelerated adoption of computer conferencing programs has changed the way we communicate. Meetings have become routinely virtual, and online programs are attracting larger audiences with distance no longer an obstacle.



David Cox recycling plastics

“Despite new technology, one thing hasn’t changed,” David cautioned. “Extension clients want information interpreted in how it can fit with farm operations. Soils and climates and markets and business networks impose unique constraints and impact how information might be used.”

With technical production expertise left in the hands of the regional dairy, livestock, and field crops team and to the commercial horticulture team for greenhouse, high-tunnel, organic and conventional fruit and vegetable production, an important need for agricultural economic development became a key element of David’s work. In working with new and seasoned farmers, entrepreneurs, agritourism advocates, and volunteers, David created linkages locally between opportunities and regional and state expertise.

“The information needs of producers and agribusiness owners have become more fractured than ever,” David added. “Entrepreneurs are entering niche enterprises that require greater support covering an increasing number of topics.”

During his tenure, David initiated two programs of importance, Annie’s Project and Family Farm Day. Annie’s Project drew statewide interest under the direction of David Cox and Oneida County Farm Business Educator, Bonnie Collins.

“The need to support women in agricultural management and ownership has increased dramatically, as borne out from farm and demographic studies,” stated David. To bring the Extension program to New York, David and Bonnie wrote several successful USDA risk-management grants.



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE



Annie’s Project provides a structured curriculum on business management from a risk-management perspective. “Since its first offering in Schoharie and Oneida Counties, the program has grown to train more than 700 farm women,” he stated.

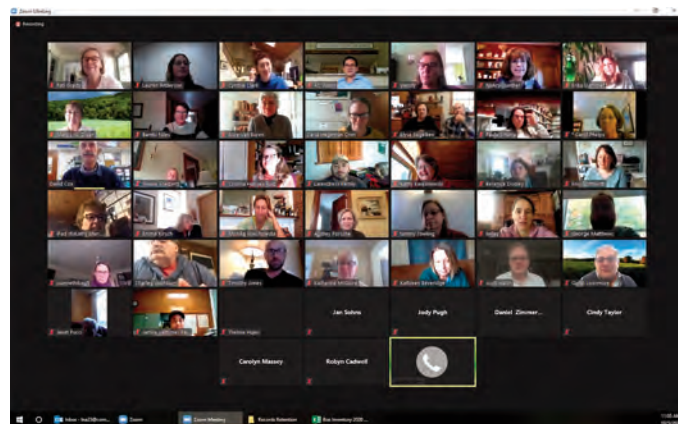
In another undertaking, Family Farm Day grew from David’s interest in seeing agritourism supplement local tourism events that addressed consumers’ interest in operating farms.

Offered for Schoharie County farmers initially, Family Farm Day grew to include farm venues in neighboring Otsego County, and most recently in Delaware County. In 2019, more than sixty-five farms hosted visitors for the one-day event across the three counties. The event encourages family farm outings, especially for young families.



David Cox at home ready for those new opportunities.

While retirement closes one door, David reports that he’ll be ready for new doors to open with his interest in food security, land preservation, and farmers’ markets. CCE salutes David Cox for his accomplishments. We hope you will extend your congratulations to him, as well.



2020/2021 Master Gardener training is happening online.

Candidate Search for Ag Program Leader Opens Soon

CCE of Schoharie and Otsego Counties will soon announce the employment posting for an Ag Program Leader. Candidates should possess good time management, computer, teaching, and people skills. The individual must be knowledgeable in agriculture, agricultural business and marketing, or related skills. An M.S. or related degree is required. The complete position description will be posted on the association website at cceschoharie-otsego.org when opened. If you enjoy working with members of the agricultural community and have a passion for local agricultural development, we would like to hear from you. Individuals with questions may contact Don Smyers, Executive Director, CCE Schoharie and Otsego Counties, by emailing him at drs269@cornell.edu.





Year-round vegetable production in field and high tunnel.

Bring Your Vision to Fruition

Whether entering the food business with a new idea or transitioning the family farm into a new enterprise, your success will depend on good planning, objective assessment, and assistance.

All around our region, people are looking for and finding ways to tap into the demand for local food products. And there are public and private partners who are interested in supporting local businesses and developing a robust local farm and food industry. Along with this tremendous opportunity comes the risk and challenges of starting a new business. It is very important that you have a realistic understanding of where you want your business to end up and all the steps you will need to take to take it there.



Value added with a farm distillery.

The first step is to look at what others are doing and try to determine if your idea is practical and achievable. Once you have the vision of what you want, you will need to assess your current resources, both physical and personal. Then, plan for acquiring what you will need to see your vision through.



Retail greenhouse production.

No one knows your talents and resources better than you, but knowing where to turn for the other information and resources can be challenging. Cornell Cooperative Extension (CCE) can help you navigate the challenges and achieve your goals, from planning, to production, to marketing. CCE can help you find the information you will need at every step of the process.

We can connect you with professionals to help you determine your production needs and marketing costs. CCE has professionals to offer advice on growing crops or producing livestock. We can put you in touch with people who can help you to develop a business plan. We can help you find which licensing and inspection requirements you may need and connect you with agencies and organizations that can help you find the resources you need, such as land, finances, equipment, food processing, and markets.

If you are looking for how to get started on your new project, I encourage you to contact your local Cornell Cooperative Extension office or explore our website. We also provide hands-on learning through a number workshops and webinars throughout the year.

Let us help you get started turning your vision into a business.



Field grown cut flowers.

To contact Jim Barber, Agriculture Implementation Specialist, email him at jrb248@cornell.edu, or call the Cooperstown office at 607-547-2536, ext. 227.

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

The team provides educational programming and support. Although currently not meeting in person due to COVID-19, they are offering online trainings, continue to share their newsletter, and encourage participants and partners reach out to them by cell phone, email, and text.

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: COVID-19 Resources, 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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New CNYDLFC Area Field Crops Specialist Shares His Background



My name is Erik Smith, and in August, I began as the new Field Crops Specialist for the Central New York Dairy, Livestock, and Field Crops team (CNYDLFC). It's not easy to try and meet folks and make connections "virtually" as we've had to do these days, but the talented, outgoing farmers and extension colleagues we have in this beautiful region have made me feel at home.

While I'm new to the area, I'm a Finger Lakes native who is privileged to be able to continue to live and work in Upstate NY. And while I wasn't raised on the family farm, it was a big part of my upbringing, and seeing my grandparents and uncles ply their trade with such skill and enjoyment has been the inspiration for my career path. My parents did their part too, as they kept what I would call a small hobby farm with large vegetable gardens and innumerable fruit trees, as well as horses, chickens, and even a few ducks along the way.

I began my undergraduate studies at SUNY Oswego as a meteorology major, but switched to biology after spending a few summers as a field research assistant at the New York State Agricultural Experiment Station in Geneva (now Cornell AgriTech). After graduating from Oswego, I earned my Master's and Ph.D. in agricultural Entomology, studying Integrated Pest Management (IPM) of insect pests, plant pathogens, and weeds. And I was even able to reincorporate meteorology into my education by researching the effects of weather conditions on the movements of insect pests and crop pathogens.

As a postdoctoral researcher, I studied the biological control of root-feeding insect pests by using entomopathogenic nematodes—microscopic worms that parasitize insects such as corn rootworm, alfalfa snout beetle (in the north country), and other root-feeding pests.

However, my most recent experiences prior to joining CNYDLFC have been halfway around the world, in the tiny city-state of Singapore. Even in one of the most densely-populated cities in the world, I still managed to find work in agriculture,

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



first as a plant pathologist and IPM specialist for the Singapore government, working with ornamental nurseries and vegetable farms, both land-based and high-tech vertical farms, then, as a Research Fellow at the National University of Singapore, where I was the project manager for the Black Soldier Fly lab and the campus food waste recycling project. Black soldier flies don't feed as adults, but are voracious as larvae (ahem - maggots), growing rapidly on nearly any organic matter. We used them to convert cafeteria food waste into plant fertilizer and compost for vegetable production research. As an industry, the larvae can also be used as livestock feed (for chicken, fish, etc.) or pet feed.

No matter where I am or what system I'm working in, my greatest enjoyment has come from educating and helping my community. In my position as a member of CNYDLFC, I look forward to developing programming that addresses some of the major challenges facing our farmers: weeds, insect pests, nutrient management, and climate change. These challenges are often linked in various ways, so I will work toward providing farmers with the information they need to confront these challenges holistically. Central New York is well known for its dairies and its horses, so forage crop management will be another important focus of mine. But just as important will be emerging crops, such as malting barley, hemp, hops, and others as they come along.

Specifically, I am working toward continuing the yearly Alfalfa First-Cutting Forage Quality Updates, our weekly Growing Degree Day updates, as well as our traditional winter meetings. This year we will have a virtual Corn Day program, as well as a soybean event and a forage event, with more details coming soon. Visit our website at cnydlfc.cce.cornell.edu for details.

I'm looking forward to working with you all and looking forward to spring! To contact me call 315-219-7786 or email me at eas56@cornell.edu.



Spotted lanternfly adult. Photo by NYSIPM staff.

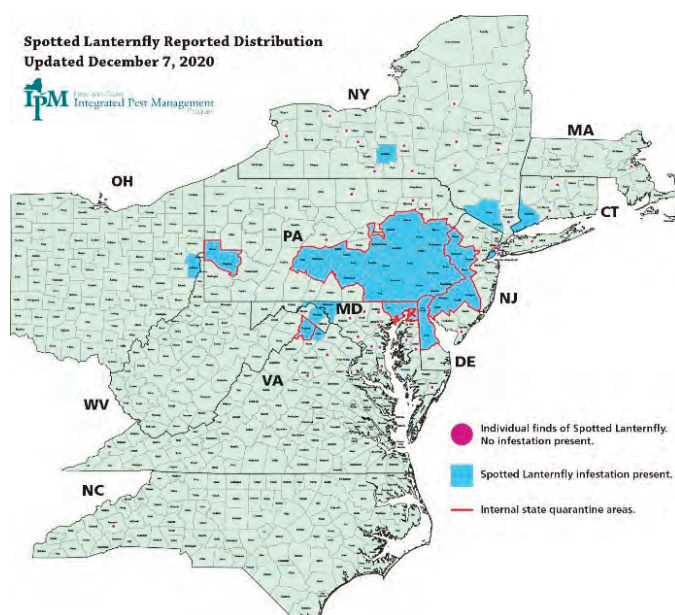
Spotted Lanternfly, What You Can Do!

An Invasive Pest Threatening Grapes and Other Crops Found in Ithaca, NY

A population of spotted lanternfly (SLF) has been found in Ithaca, New York, just off the Cornell University campus. They were found on their favorite host plant, another invasive species, Tree of Heaven (*Ailanthus altissima*). However, SLF also feeds on many other trees and plants, which, unfortunately, includes grapevines. With New York State's important Finger Lakes grape-growing region and wine industries so close to Ithaca, state agencies and pest-control experts are particularly concerned about this pest's impact in the region.

SLF is not a fly, but rather a large planthopper. Adults are about an inch long. SLF does not bite or sting and is not a threat to people, pets, or livestock. For most New Yorkers, it will be no more than a nuisance pest. Nymphal and adult SLF have piercing-sucking mouthparts that drill into plant phloem. SLF's excrement—a sappy liquid called honeydew—makes things sticky and becomes a breeding ground for sooty mold, an annoying black fungal growth.

While SLF is native to Asia, it was first found in the U.S. in Pennsylvania. As the pest has begun to spread to neighboring states, knowledge and experience from Pennsylvania's SLF researchers and specialists has been benefiting New York. Pennsylvania agriculture experienced losses of entire grapevine plants in some vineyards, and their economists estimate a potential combined annual loss to their state of \$324 million and 1,665 jobs. Because SLF is a significant agricultural pest, research is underway as Cornell investigates biological control and other management options.



SLF Reported Distribution as of December 7, 2020.

The NYS IPM Program (NYSIPM) and the Northeastern IPM Center, in conjunction with the state's Dept. of Ag & Markets and Dept. of Environmental Conservation, have been preparing for SLF's potential arrival in NYS for the last few years. In that time, educational resources have been developed to help recognize this insect and prevent its spread. Partnering with affected states, a map is maintained that tracks its spread and quarantines across the Mid-Atlantic and Northeast region.

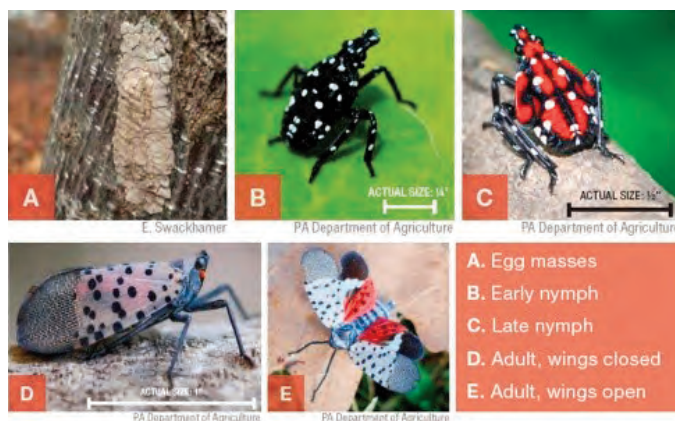
WHAT YOU CAN DO! If you think you see a spotted lanternfly, report it to NYS Dept. of Ag & Markets, using the SLF Public Report at: <https://survey123.arcgis.com/share/a08d60f6522043f5bd04229e00acdd63>

Continues on page 8

Spotted Lanternfly, continued from page 7

So you know what to look for, learn how to properly identify spotted lanternfly and understand its life cycle, its host plants, and how to monitor and manage it by visiting **StopSLF.org** and/or Spotted Lanternfly IPM. From fall through spring, look for egg masses. In late spring and early summer, look for the nymph stages. In late summer through fall, look for adults.

Some resources on egg masses: For “What Should You Do with Spotted Lanternfly Egg Masses?” See <https://extension.psu.edu/what-should-you-do-with-spotted-lanternfly-egg-masses>. Also, “How to Remove Spotted Lanternfly Eggs.” See <https://extension.psu.edu/how-to-remove-spotted-lanternfly-eggs>. Both resources are from Penn State.



Life stages of SLF: egg masses, early nymph, late nymph, and adults.

Article adapted from Northeast IPM Center Website Posting, November 2020.

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
- COVID-19



Did you know that the Eastern NY Commercial Horticulture Program's team is your partner for success?



Cornell Cooperative Extension
Eastern New York Commercial Horticulture

Go to its website:

<https://enych.cce.cornell.edu>

for more information and to enroll in their services.



You Say Tomato, We Say Master Gardener Kathy Koch

BY FRANCINE Z. STAYTER, OTSEGO COUNTY MASTER GARDENER



Katherine McIntosh Koch has been an Otsego Master Gardener (OMG) since 2005, and she has been growing tomato plants for the Annual Master Gardener Plant Sale ever since. Master Gardeners grow wonderful plants for our annual fundraiser, but Kathy is known for growing the greatest variety of fabulous tomatoes each year. To many, she is known as the OMG Tomato Queen.

The Beginning Gardener

Kathy's parents always had a large garden they started from seed in order to provide fresh produce for their eight children. Kathy remembers her love of gardening began when she was six. Her dad prepared a sunny spot so that she could plant some flower seeds. Every morning she'd run out to check for progress. "One day I saw it—the miracle of the seed—it had sprouted!" The feelings of curiosity and wonder are ones she still feels each time a seed sprouts today.

As an adult, Kathy spent three years living in Germany while her husband served in the US Army. They lived in an apartment in a home shared with three generations of a German family. Kathy was young and lonely for her own family, but she and the grandmother bonded over Oma's impressive garden. Translation book in hand, they'd talk gardens and compare to what Kathy's family grew in the US. Nearly every day before noon, Oma would

come to the door to beckon, "come Katie, essen." Kathy was invited to eat with the family. She remembers that food was wonderful with nearly everything raised, grown, or made there. Tomatoes were the one vegetable they did not grow in spite of Kathy's efforts to convince them how delicious tomatoes were.



One portion of Kathy's vegetable garden.

When Kathy and her husband returned to NY with young children, she brought gardening traditions from both her family and now Germany with her so that she could feed her family the best possible food. Each spring she grew her favorite vegetables, fruits, and flowers, and then preserved as much as she could to keep them going until next spring.

Growing and Changing as a Gardener—The Tomato Quest

In 2005, Kathy read an article offering Master Gardener training. As one who loved to garden, the mission of gaining knowledge and sharing knowledge resonated with her. The course offered by Cornell Cooperative Extension gave her an opportunity to become part of a community of people as interested in gardening as she. The group support and expanded points of view have provided constant sources of learning across the years.

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Kathy Koch, continued from page 9

Despite years of gardening, Kathy spent years searching to find tomato varieties that tasted like the ones she enjoyed in her childhood, but to no avail. The older varieties were being replaced with newer varieties touted as bigger and better, but to her, they lacked the taste she craved. She became a collector of catalogs, reading all she could find. In a Seed Savers catalog she discovered heirloom tomato seeds and the efforts of dedicated gardeners who had the foresight to save seeds and preserve varieties, some as far back as 1850. This had an enormous impact on Kathy.

In her first year as a MG, she participated in the Northeast Organic Farming Association of New York (NOFA-NY) tomato seed trial. This proved to be a powerful learning experience which allowed her the freedom to decide what methods she would use to grow the tomatoes. Participants were required to keep records of all that was done daily from seed start to harvest results and everything in between. She started her seeds in her bow window using a heating pad with a timer. She used melted snow in buckets for water because her home used a water softener. "Primitive ambition using what was on hand worked out." The seed trial dictated that no plants could be sold until the following year after the trial. The next year those varieties with the best characteristics were offered at the MG plant sale. To this day Kathy still grows varieties of tomatoes from that trial—Cosmonaut Volkov, Valencia, and Saucy.

The Seed Selection Process Today

Kathy researches catalogs and internet sites offering organic or open pollinated seed from companies that have taken the Safe Seed Pledge or are participants in OSSI (open source seed initiative). She also reviews recommendations from Cornell (www.gardening.cornell.edu/homegardening/sceneea10.html). Before she orders, she confirms which seed varieties she saved from the previous year and verifies quantities of each. She's learned that the seed saved from a plant that has grown in her garden is now a seed born here and will be better adapted to this region right from the start. She then breaks down the varieties she'll grow into four categories:

1. Those favorite tomatoes she must grow in her garden—her must haves!

2. The favorites of family and friends.

3. All the varieties that she has seed for to ensure a good selection for the annual Master Gardener Plant Sale in order to offer a huge variety to our Otsego County community.

4. Trial varieties that she grows the first year in her garden, before being offered at the Plant Sale.



A flat of mixed tomato plants hardening off.



The dwarf tomato plants are only about 3' tall, but the tomatoes are full sized.

Kathy does her own seed trials so that she can offer an informed opinion on the characteristics of a particular variety because she has grown and tasted them. There are so many varieties to grow that she is forever inspired.

Using 2019 as a typical year, since 2020 was not, Kathy grew 18 flats of heirloom and dwarf tomato plants. Of that number, 414 plants were grown for the Plant Sale, others were grown for friends, family, and Kathy's garden.

Kathy grew 32 tomato plants for her own garden, along with abundant vegetables to feed the family through the year. Several years ago, Kathy was given a small greenhouse by a fellow Master Gardener who was no longer using it. The greenhouse has been a boon.



Kathy's greenhouse is thriving despite the unexpected late spring storm.

Some Favorites

Even though Kathy is an experienced gardener, she keeps a seed starting notebook every year. She consults this for methods that were successful, and to avoid mistakes made in previous years. She keeps notes on the germination process. She's found differences in growth habits from one variety to another and how that impacts where the tomatoes will be planted and the need for support. In addition, she keeps a small pocket notepad to jot notes as she is in the garden. She uses the pocket pad to remind her of actions, events, and any results, positive or negative. The strategies learned from the NOFA-NY plant trials are ones she has made her own.

In 2020, Kathy grew 12 varieties that were new to her. Of those, four varieties were dwarf tomato plants from The Dwarf Tomato Project started by Craig LeHoullier (www.craiglehoullier.com). While the plants are only about 3 feet tall, the tomatoes are full sized and just as delicious as fruit from full-sized plants. Some new variety standouts from 2020:

- Italian Heirloom – a huge, over-one-pound tomato with outsized flavor
- Orange Banana – this gets sweeter as it ripens to deep orange
- Tastywine – a dwarf open-pollinated heirloom with great flavor and yield
- Rose de Berne – a delicious relative of Brandywine that is disease and crack resistant and ripens a month earlier than Brandywine
- Cosmonaut Volkov – high yielding with great flavor that grows well in containers
- Valencia – a meaty, orange tomato with few seeds. Great for sandwiches and sauce.

Kathy spent years searching for varieties of tomatoes that recreated the taste she loved in childhood. Through her research and experimenting, she has found an abundance of tomatoes to

match those wonderful taste memories and to expand her tomato taste palate. Her success is multi-generational. In her own words, “These days, my children are avid gardeners who can taste and appreciate the difference in home grown produce, and the grandkids agree as well. I cannot be prouder of them all. The tradition continues!”



Kathy Koch,
Otsego Master
Gardener

Our OMG Tomato Queen has never stopped learning, nor has the thrill that comes from watching the planted seeds emerge as green sprouts dimmed for her. We can look to Kathy as a lover of growing and of learning more to celebrate the joy of gardening. Thank you, Kathy. You can find her tomato plants at future OMG Plant Sales.

If you want to know more about seed selection for flowers and vegetables, the OMGs will be holding **Making Sense of Seed Catalogs—Ask the Experts** as part of their Lunch and Learn Virtual Series on January 13, 2021, from noon to 1:00 p.m. Check our Facebook page at www.facebook.com/CCEOtsegoMG for details of the Lunch and Learn Zoom workshop series and OMG Plant Sale.

(Any mention of commercial products in this article does not infer a recommendation.)



Need Answers About Gardening or Horticulture?

The Helpline is working remotely and is ready to answer your gardening questions regardless of the season!

If you live in Schoharie or Otsego County, New York, our trained Master Gardener Helpline volunteers can answer your questions on flowers, fruits, herbs, houseplants, lawns, plant health and nutrition, plant identification, pruning, soils, trees and shrubs, vegetables and more!



There are many ways to communicate with the Helpline volunteers. Email us at mastergardener-otsego@cornell.edu, or call 607-547-2536, ext. 228. If you email us, please include your phone number and mailing address. Also include a photo of your problem to help us with diagnosis.



Gardens are inherently beautiful, and the gardens at the Education and Outreach Center will enhance the NYS Rt. 80 gateway through the north end of Cooperstown. Illustration by Anne Wilfer

Grow with Cornell Cooperative Extension Campaign Promises New Educational Gardens

The Grow with Cornell Cooperative Extension (CCE) campaign is underway with the promise to re-develop the outdoor site of CCE's Cooperstown Education and Outreach Center located at 123 Lake Street in Cooperstown. The goal is to fund new educational gardens that demonstrate to residents and visitors how they can adopt newer, more productive methods for home fruit, vegetable, and floral gardening. With the gardens, CCE and Master Gardener Volunteers will instruct residents on topics of gardening and landscape practices, such as raised beds, composting, low-maintenance plants and cultural systems, annual and perennial flowerbeds, vegetable and kitchen gardens, and small fruit demonstration. The gardens will help support programming focused on sustainability, the selection of growing systems and plants, and use of reduced inputs to create productive gardens for the 21st century gardener.

"These times are financially challenging for many of us, but our knowledge of agriculture, local foods, and serving limited-resource residents has given us insights to our approach to make a difference here in Otsego County," stated Don Smyers, Cornell Cooperative Extension Executive Director and member of the campaign committee.

"CCE serves a broad audience by providing expertise in food production, food safety, and land stewardship; family life through its 4-H youth development program; and improved healthy eating for limited-resources families. The Expanded Food and Nutrition Education Program (EFNEP) serves Otsego County residents, especially families with children."

"Gardens are more than for beauty alone," Don Smyers added. "They help to fulfill a yearning for

self-sufficiency by residents who wish to grow more of their own food, however modest in quantity; to engage in a fulfilling, healthier outdoor lifestyle with appropriate physical activity; and to provide floral beauty around homes. Parents want their children to experience a better connection with the natural world around them; to experience the rewards of honest labor and harvest; and for many, to build stronger relationships between adults and children within multi-generational families that become increasingly valued."

Contributions can be made on the organization's secure GoFundMe campaign link found on CCE's main webpage at cceschoharie-otsego.org, where more information is provided about the project. Click on the news story and follow the page to the GoFundMe button. Individuals may also contribute by sending a pledge form or donation to CCE, 123 Lake St, Cooperstown, NY 13326. Naming opportunities are available for larger contributions.

"We have received numerous contributions thus far, but we have a distance to go to bring the campaign to a successful conclusion," reported Don Smyers. "We hope to bring the campaign to a conclusion in the next several weeks, but we need help." The committee is calling upon all residents who value gardens, those with passion for gardening, and parents with children who want their children to learn about the food in their communities to contribute.

Contact Don Smyers, Executive Director, at drs269@cornell.edu for more information. CCE is a 501(c)3 non-profit organization and all contribution are tax deductible to the fullest extent allowed by law.



This photo by Unknown Author is licensed under [CC BY-NC](#)

Clima-whatta?

BY KIMBERLY FERSTLER

As a person in the world, I am concerned about climate change. As a nutrition educator, I am concerned about fad diets. A month ago I would never have put these two things together, but recently I learned a new word: climatarian.

“Climatarian” is a linguistic play on the word vegetarian and describes someone whose diet focuses on reducing CO₂ emissions as a way to contribute less to a leading cause of climate change.

Though this word is new to me, the *New York Times* included it in its 2015 list of top food-related words (along with the word “zarf,” which apparently is the paper sheath that adds a protective layer to those sometimes unbearably hot disposable coffee cups), and one of its earliest uses was in 2009 in an Audubon.org op-ed which referenced an article of theirs from the same month called “Low Carbon Diet.”

Nutrition educators are trained to look at fad diets and pop culture eating trends with a skeptical eye, and I wasn’t going to exempt this one from a closer inspection. I started in the obvious place, Wikipedia.org, which told me, “Climate-centered diets don’t involve strict rules so much as mindfulness about food production, such as where food comes from and where it goes. The core principles involve eating locally, reducing meat consumption or choosing lower-impact meats, and eliminating food waste wherever possible.”

Wait! Was I a climatarian and didn’t even know it? Was this a food trend this nutrition educator could give the thumbs up to if a client asked about it?

Though somewhat radical in its conception—eat “land-efficient” foods, eat less feedlot beef, eat drought-hardy crops, buy local, buy organic, and cut down on food waste—the practical aspects of feeding oneself this way definitely overlap with some of the advice I regularly dispense:

- All your food and beverage choices matter.
- Eat more fruits and vegetables.
- Eat a variety of vegetables.
- Vary your protein to include non-meat sources.
- Eat fewer processed foods.
- Limit food waste by having meal plans for food shopping and leftovers.

However, it looks like a climatarian could still put themselves at risk of diabetes or heart disease—or even scurvy, honestly—as that food pattern doesn’t say anything about eating a balanced diet from all food groups or limiting saturated fat or sodium or even sugar: being a climatarian is not a free pass to put tablespoons of your hand-tapped, solar-heater boiled maple syrup into all your beverages!

So, yes, all you potential climatarians: be mindful of the source of your food if you are able to, but please make sure your planet-healthy food choices are also person-healthy food choices.

Climatarians and all other eaters who are interested in learning more about person-healthy food choices, increasing fruit and vegetable intake, limiting sugar, meal planning and budgeting, food safety, and the value of physical activity in a healthy lifestyle are welcome to sign up for FREE classes through Healthy Connections. Contact Kimberly Ferstler at kmf239@cornell.edu or 518-234-4303, ext. 120.

OVEN FRIED FISH

Serves 4

Get the crisp without the extra fat . . .

Source: Schoharie-Otsego Recipes-cceschoharie-otsego.org/recipes/schoharie-otsego-recipes



Ingredients

2 tablespoons cornmeal
 ¼ cup dry bread crumbs
 ¼ teaspoon salt
 ¼ teaspoon paprika
 ½ teaspoon dried dill weed
 Dash of pepper
 1 pound fish fillets
 ¼ cup buttermilk
 2 tablespoons butter, melted
 Vegetable oil spray

Directions

1. Preheat oven to 450°F. Lightly spray baking pan with vegetable oil spray.

2. In a medium bowl mix together the cornmeal, bread crumbs, salt, paprika, dill weed, and pepper; set aside.
3. Cut each fillet in half or quarters.
4. Measure buttermilk into a shallow bowl. Dip fish in buttermilk, then in breading mixture, coating all sides.
5. Place fish in pan; drizzle with butter. Bake 10 to 20 minutes depending on the thickness of the fillet pieces or until fish flakes easily with a fork.

Know the facts . . .

- The best way to tell if your **fish is done** is by testing it with a fork inserted at an angle at the thickest point and twisting gently. The fish will flake easily when it's done, and it will lose its translucent or raw appearance. A good rule of thumb is to cook the fish to an internal temperature of 145°F.
- For a healthy heart, the American Heart Association and the Dietary Guidelines for Americans recommend eating two 3.5 oz. servings of fish per week.
- The potato is the world's fourth largest food crop, following rice, wheat, and maize, and in October 1995, the potato became the first vegetable to be grown in space.
- You shouldn't wash your potatoes prior to storing as it would only speed up their decay. Save the washing for right before you cook them.
- Use rosemary when cooking roasted meats, and as a flavoring with vegetables or sauces. When using the herb in food the leaves should always be chopped finely unless you are using whole sprigs, which can be removed from the cooked dish. Rosemary mixes well with other herbs like thyme, parsley, and chives.
- If you would like to try our companion recipe for **Herb Roasted Potatoes**, go to cceschoharie-otsego.org/connections and find the recipe link in the left menu.
- 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, or join us on Facebook: EFNEP CCE Schoharie and Otsego Counties.

Nutrition Facts

Serving Size 1 portion
 Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 480mg **20%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 20g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 4%

*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	Less than	300g	375g
Dietary Fiber		25g	30g

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

Notes:

- It is best to use a flaky white fish, such as cod, haddock, catfish, tilapia, bass, grouper, halibut, or snapper. These are mild-flavored fish that cook quickly and season very well.
- You may substitute ½ cup nonfat or low-fat yogurt for the buttermilk.
- Just before serving a squeeze of fresh lemon juice can be a nice accent flavor, and a slice of lemon can be an attractive garnish.





Life's Solution—Take a Closer Look

At the beginning of the new year many of us make a New Year's resolution to eat healthier, and even if you didn't, it wouldn't hurt to take a closer look at what's in your cupboard and fridge.

Ultra-processed foods have become commonplace in many of our daily lives from fast food to what we serve in our own kitchens—so common that many of us considered them everyday foods using them to nourish our families and ourselves. Ultra-processed foods aren't new; nutrition educators have been calling them red light foods for years. But the term ultra-processed is new. This term was popularized by a group of South American researchers a few years ago who developed a food classification system called NOVA that categorizes foods according to the extent and purpose of food processing, rather than in terms of nutrients. Their research showed that people with an overabundance of ultra-processed foods in their diet were at greater risk for developing a variety of health issues. It splits foods into four categories:

1) **Unprocessed** or 2) **minimally processed foods** (cooking or freezing are processes): think vegetables, grains, legumes, fruits, nuts, meats, seafood, herbs, spices, garlic, eggs, and milk. Make these real, whole foods the basis of your diet.

3) **Processed foods**: When ingredients such as oil, sugar or salt are added to foods and they are packaged, the result is processed foods. Examples are simple bread, cheese, tofu, canned tuna or

beans, canned vegetables, and canned fruit. These foods have been altered, but not in a way that's detrimental to health. They are convenient and help you build nutritious meals. See? Not everything in a package is bad for you!

4) **Ultra-processed foods**: Here's the category where almost 50% of our calories come from and where we should cut back. These foods go through multiple processes (extrusion, molding, milling, etc.), contain many added ingredients and are highly manipulated. Examples are soft drinks, chips, chocolate, candy, ice-cream, sweetened breakfast cereals, packaged soups, chicken nuggets, hot dogs, fries, and more.

The basic problem with ultra-processed foods is that some have not been designed with health in mind. Manufacturers prefer to make taste, cost, safety, shelf life, and mouthfeel the priority. Heavily processed foods often include unhealthy levels of added sugar, sodium, and fat. These ingredients make the food we eat taste better, but too much of them may lead to serious health issues like obesity, heart disease, high blood pressure, and diabetes.

Try this life's solution—take a look in your kitchen. You're likely to find a whole host of processed foods. From granola bars high in processed sugar to sodas, sports drinks, and sweet treats, ultra-processed foods are virtually everywhere. Now make the commitment to eliminate a few of the ultra-processed foods you found in your

Continues on page 16

Life's Solution, continued from page 1

cupboard or fridge; it can have a huge impact on your overall health. From increasing energy levels to combating chronic disease there are many reasons to start incorporating healthier whole or less processed foods into your daily diet, and don't forget those New Year's resolutions you're working towards.

Cooking at home is a great proactive way to eat less ultra-processed foods. Start one meal or snack at a time. This could be as simple as replacing your afternoon snack with this easy and quick to make Peach Cranberry Salad or some grapes and nuts instead of a packaged granola bar.

Peach Cranberry Salad

Makes 4 servings

Ingredients

- 4 canned peach halves
- ½ cup whole homemade or canned cranberry sauce

Instructions

1. Place a peach half on each salad plate.
2. Spoon 2 tablespoons cranberry sauce into the center of each peach.

Notes:

- Use peaches canned in fruit juice or light syrup.
- Serve fruit on a bed of fresh spinach, lettuce, or shredded cabbage.
- Make an individual serving with half a peach and 2 tablespoons of cranberry sauce.
- Top each salad with 1 tablespoon of chopped walnuts or pecans.

Nutrition facts per serving: Calories: 80; Total Carbohydrates: 21g; Fiber: 2 g; Sugar 15 g, Protein: 1 g; Total Fat: 0 g, Saturated Fat: 0 g; Trans Fat: 0 g; Cholesterol: 0 mg; Sodium: 15 mg



For other healthy recipes and tips on reducing dependence on ultra-processed foods, you could try one of the online classes offered by our EFNEP or Healthy Connections nutrition education programs. Visit our website at cceschoharie-otsego.org or contact Michelle Leveski, EFNEP Nutrition Program Educator, at mml39@cornell.edu or 518-234-4303 ext. 115 (please leave a message) or Kimberly Ferstler, Healthy Connections Nutrition Educator, at kmf239@cornell.edu or 518-234-4303, ext. 120. To read more articles like this subscribe to the “Life’s Solutions” blog at www.blogs.cornell.edu/efnep-schoharie-otsego.

NEWSLETTER SUBSCRIPTION

To subscribe to **Connections**, the bi-monthly e-newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties, visit our website, www.cceschoharie-otsego.org. Click on “Connections,” button in the lower right corner, and fill out and submit your subscription. It’s free, and by subscribing you are assured of receiving future issues, without missing any news or programs of the Association. Printed copies are also available at the Association offices in Cobleskill, Cooperstown, and Oneonta. Cornell Cooperative Extension Schoharie and Otsego Counties does not share readers’ personal information with third parties. Our emails are to keep you up to date with current events. If you do not wish to receive our notices, you can unsubscribe at any time.

I Pledge My Head . . .

BY CONNIE RYDER



My 4-H story began later than many. I joined 4-H as a teen and although I only got to enjoy being a 4-Her for a short period of time, the impact was enough for me to want to involve my own children later.

4-H began for me when my mom saw a foal for sale at the Sunshine Fair. That purchase would lead her to a friendship with the sellers' sister, Bonnie Goss, who still owns and operates Goss's Hosses in Middleburgh today. At the time she had many kids of all ages taking lessons, and my sisters and I were fortunate enough to join in. Our horse ownership grew until we had enough horses for each of us girls to ride, and so we participated in 4-H alongside the

other riders at Bonnie's. The friendships my sisters and I have with Bonnie and some of those girls is one that still exists today and has survived more than twenty years since I was a 4-Her.

The part of the four "H's" that has stuck with me is "my Head for clearer thinking." As I have involved my kids in 4-H, I have wanted them to retain a piece of each "H". Though as a parent, the theme of using your head throughout life was probably one of the most important for me and has had the most impact on my own life.

While 4-H helped to teach me things like commitment, hard work, responsible pet ownership, and even business methods, the hardest lesson I learned was safety. As a 4-H leader in a horse group, one of my most-stressed points was on safety. I learned the hard way (and quite literally) how to use my head for thinking, and because of this have always been a proponent for wearing riding helmets. I fell off a horse during my teen years and got a concussion that has most likely been the cause of migraines that I will have for life.

So, while I value those ribbons and trophies, and even those other life lessons I was lucky enough to receive, it is the helmet that I value the most and what I hope someone else will value for having read this. Helmets may not be pretty, but it's what's underneath that counts. Help set the trend—teach the next generation as I have tried to do with my own kids, and wear a helmet.



The Price sisters ready for the show!



My niece Maryn teaching her fellow 4-H club members all about helmet safety at one of our 4-H club meetings in 2019.

4-H Happenings

Otsego County Happenings



For the months of October and November 2020, ten Otsego County 4-H members attended Dog Training given by instructor Sonja Galley. Each Sunday the group split into two classes, the beginners and the advanced, and learned how to teach their dogs tricks.

The Otsego County 4-H Dog Program ended the fall session with eight novice trick dog titles, five canine good citizens, and one intermediate trick dog title. “What a way to start the 4-H year!” says Instructor Sonja Galley.

4-H members and their dogs received the following titles:

Rebecca and Molly: Novice trick dog

Kendra and Dexter: Novice trick dog

Aniya and Harley: Novice trick dog

Ivy and Bingo: Canine Good Citizen (CGC)* and novice trick dog

Ava and Foxy: Canine Good Citizen (CGC) and novice trick dog

Margaret and Trooper: Canine Good Citizen (CGC), novice trick dog, and farm dog

Quinn and Rey: Canine Good Citizen (CGC), novice trick dog, and farm dog

Madison and Piper: Canine Good Citizen (CGC), novice, intermediate trick dog, and farm dog

*Canine Good Citizen (CGC) award is achieved when the handler and their dog have completed

training and passed 10 essential skills tests—accepting a friendly stranger, sitting politely for petting, appearance and grooming, out for a walk (walking on a loose lead), walking through a crowd, sit and down on command and staying in place, coming when called, reaction to another dog, reaction to distraction, and supervised separation.



Otsego County 4-H Livestock Auction kicks off a new year.

In November more than twenty Otsego County 4-H members attended the Otsego County 4-H Livestock Auction Orientation event to sign up and learn participant responsibilities. Some responsibilities are to raise high-quality animals, maintain records on them, and practice good animal husbandry. 4-H members may choose from the following list of livestock animals—beef, dairy beef, swine, sheep, goat, rabbit, and poultry to market at the auction.

Otsego County 4-H Livestock Chairperson Mike DeBoer reviewed details of the program including animal identification requirements, weigh-in procedures, and species details. Participants sign a Quality Assurance Pledge and a NYS 4-H Livestock Raisers Commitment to Excellence. One of the practices they must adhere to is good animal husbandry—learning the best way to house, feed, manage and care for animals. Participating in this program gives 4-H youth learning opportunities in the Agricultural Business field that they may use in their future career choices.



Schoharie County Happenings

Everything Under the Sun Club has completed multiple hands-on projects utilizing the Zoom platform. Every member was given a project description and supply list ahead of time. They dialed into a Zoom meeting together, and each built a gingerbread house at one meeting and made cinnamon ornaments in another. Each youth had an adult nearby to assist if necessary. Refer to the happy faces attending the virtual meeting in the picture above for proof of their success!

Other clubs have continued to meet using Cooperative Extensions strict COVID-19 safety policies and have created fall arrangements and holiday crafts. Our leaders are taking the responsibility of keeping our youth safely engaged very seriously.

Schoharie County 4-H Year End Achievement Night has taken on an entirely new look. All of our 4-H members will still be recognized according to their involvement throughout this past year. Members will receive certificates for their participation and will be highlighted in the Special Edition

Achievement Newsletter which will be distributed before the holiday break. The Special Edition Achievement Newsletter will also be available digitally through the Association's webpage. Catherine Roberts has certainly created a unique and meaningful way to close the chapter on the 2019-2020 4-H year.

As we move forward into the 2021 year, here is a bit of encouragement concerning the importance and value of 4-H in a changing and sometimes difficult world. In a recent article found within the nationally distributed newspaper, the *Epoch Times*, 4-H was mentioned as an invaluable tool for parents and guardians as they try to supplement their children's educations, columnist Jeff Minick stated,

"4-H clubs offer all sorts of programs for students, ranging from agriculture to computers and electronics. Though once associated with rural communities, 4-H can now be found in towns and cities across the nation. Consider checking out this amazing resource. Several families I've known highly praise 4-H for the many gifts it has given to their children."

Learn By Doing

The 4-H Influence

“No matter what activity Afterschoolers engage in, the 4-H influence is experienced, best expressed by the 4-H slogan- Learn by Doing,” said 4-H Afterschool Coordinator, Susan Salisbury. “I continually see this in reports and pictures provided by staff, and when I speak to the 4-H Afterschoolers and their families themselves.”

Here’s just of some of the activities engaged in by the 4-H Afterschoolers recently.



The pledge of allegiance and the 4-H pledge start off the 4-H club activities for the Schoharie Afterschoolers. Lego® club and craft club are in full

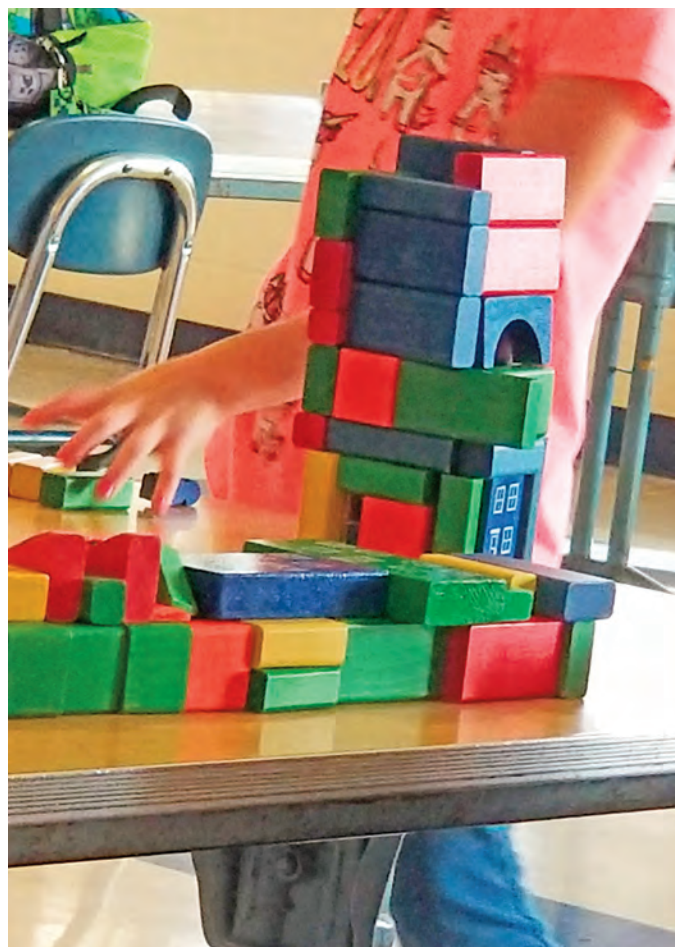


swing. Actively engaged in continuing their service project for their school community, the Schoharie 4-H Afterschoolers updated their bulletin board to celebrate the holiday season.

The importance of physical activity is a challenge met by Cobleskill 4-H Afterschoolers as they stay active with scooter races in the gym. While science club experiments have occupied much of their time, 4-H Afterschoolers still find time to have fun using their imaginations and ingenuity to build enclosures for “wild” animals and participate in Lego® club.



Clearly 4-H Afterschoolers put the 4-H slogan into action. Whether doing homework, club activities or just plain having fun, they continue to 'Learn by Doing.'



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 online. Go to our website cceschoharie-otsego.org to see the most up-to-date listings offered. Check us out on **Facebook: cce schoharie-otsego**

Tuesdays@2:00—an Online Cooking and Nutrition Lesson Series

Tuesday, January 5, 2021, 2:00-3:00 p.m., National Soup Month
Tuesday, January 12, 2021, 2:00-3:00 p.m., Martin Luther King's Birthday
Tuesday, January 19, 2021, 2:00-3:00 p.m., National Popcorn Day
Tuesday, January 26, 2021, 2:00-3:00 p.m., National Hot Tea Month
Tuesday, February 2, 2021, 2:00-3:00 p.m., Groundhog Day
Tuesday, February 9, 2021, 2:00-3:00 p.m., National Pizza Day
Tuesday, February 16, 2021, 2:00-3:00 p.m., Susan B. Anthony's Birthday
Tuesday, February 23, 2021, 2:00-3:00 p.m., Washington's Birthday
Tuesday isn't so bad...it means you survived Monday! Tuesdays@2:00 makes it even better! Every Tuesday at 2:00pm there's reason to celebrate with food, recipes, and nutrition information you can use every day. Eaters from **teens to seniors** are welcome to join these fun, interactive, **FREE nutrition classes**. Come to one, some, or all of them. Preregister at cceschoharie-otsego.org/Tuesdays@2 or contact Kimberly Ferstler for more information at kmf239@cornell.edu or call 518-234-4303, ext. 120.

Nutrition and Wellness Online Series

Wednesdays- January 13, 20, 27, February 3, 10, and 17 at 4:30 p.m. via Zoom
This six lesson online Nutrition and Wellness series explores ways to help make healthy eating affordable, great for those 2021 New Year's resolutions. Let's talk low-cost, quick, and healthy meals, and how to keep your family healthy and active! Join us! All you need is a reliable internet connection and an hour a week. EFNEP is a **FREE nutrition education** program for families with children. **Receive a \$40 gift certificate** to the Shoe Department **upon completion** of 6 lessons, stipend for certificate awarded by Bassett 5210 Initiative. If interested please contact Michelle Leveski at 518-234-4303 ext. 115 or Email: mml39@cornell.edu to preregister by January 12, 2021.

Lunch & Learn Virtual Series: Making Sense of Seed Catalogs—Ask the Experts

January 13, 2021, Noon to 1:00 p.m.
A panel of Master Gardeners will simplify the maze of seed catalogs and how best to utilize their value. Joining us also to discuss access to the Cornell Recommended Vegetable Varieties 2021 for Gardeners and how to become involved in the corresponding citizen science program is Ashley Helmholdt, Extension Associate, Cornell Garden-Based Learning Program.

Cornell Cooperative Extension of Schoharie and Otsego Counties—January Board of Directors Meeting

Thursday, January 14, 2021, 6:30-9:00 p.m.
Meetings are open to the public. If interested in attending, please check with the office at 518-234-4303 to confirm the day and location of the meeting.

The Taste of the Hills—Maple Syrup for Beginners

January 19, 2021, 6:00-7:30 p.m.
Make your own syrup on a micro scale. Join Aaron Wightman, Co-Director of the Cornell Maple Program, while he covers why sap flows, sap collection options, the basics of processing, filtering, and grading. Workshops are free; registration is required for all online events. To register or for more information about a Schoharie Master Gardener event, please contact Lauren Anderson at lina23@cornell.edu, or call 518-234-4303, ext. 111.

Seventh Annual Seed Swap—POSTPONED

January 30, 2021
Regretfully, the Seventh Annual Seed Swap will not be held virtually or in person by the Otsego Master Gardeners or the Schoharie Master Gardeners on this date due to the health and safety concerns posed by COVID-19. We look forward to rescheduling to a more favorable time.

Making Sense of Seed Catalogs—Ask the Experts: Lunch and Learn Virtual Series

January 13, 2021, Noon to 1:00 p.m.
A panel of Master Gardeners will simplify the maze of seed catalogs and how best to utilize their value. Joining us also to discuss access to the Cornell Recommended Vegetable Varieties for 2021 will be Laurie VanNostrand, Master Gardener Educator, CCE Wayne County, and Coordinator of the annual Cornell Vegetable Varieties Garden Trials and the Vegetable Varieties for Gardeners website. Workshops are free; registration is required for all online events. To register or for more information about an Otsego Master Gardener event, please contact Madelyn Sanchez at msanchez@cornell.edu, or call 607-547-2536, ext. 231.

Timing Your Garden Plantings—Plant Phenology: Lunch and Learn Virtual Series

February 10, 2021, Noon to 1:00 p.m.
Otsego Master Gardener Mary Ellen Calta will inspire gardeners with a basic chronology (phenology) of starting your garden plants that will benefit from the growing season, especially your harvest. Phenology is the study of the timing of the biological events in plants and animals such as flowering, leafing, hibernation, reproduction, and migration. Workshops are free; registration is required for all online events. To register or for more information about an Otsego Master Gardener event, please contact Madelyn Sanchez at msanchez@cornell.edu, or call 607-547-2536, ext. 231.

Cornell Cooperative Extension of Schoharie and Otsego Counties—February Board of Directors Meeting

Thursday, February 11, 2021, 6:30-9:00 p.m.
Meetings are open to the public. If interested in attending, please check with the office at 518-234-4303 to confirm the day and location of the meeting.

Healthy Bees and You!—An Online Introduction to Beekeeping Workshop

February 27, 2021, 10:00-11:30 a.m.
Always interested in the history and science of beekeeping? Considering making the commitment to starting your own apiary this year? Gareth Livermore, Executive Director, Master Gardener Coordinator, CCE Herkimer Co., and beekeeper will introduce you to bee biology, products of the hive, and basic beekeeping practices and planning. He will also discuss pertinent print and online resources to continue your learning about beekeeping. Workshops are free; registration is required for all online events. To register or for more information about a Schoharie Master Gardener event, please contact Lauren Anderson at lina23@cornell.edu, or call 518-234-4303, ext. 111.

SAVE THESE DATES

At the time of this publication, these events had not been canceled. Any changes will be noted on our website; be sure to check prior to the events.

Tuesdays@2:00—an Online Cooking and Nutrition Lesson Series

Tuesday, March 2, 2021, 2:00-3:00 p.m., National Nutrition Month
Tuesday, March 9, 2021, 2:00-3:00 p.m., International Women's Day
Tuesday, March 16, 2021, 2:00-3:00 p.m., National Frozen Food Month
Tuesday, March 23, 2021, 2:00-3:00 p.m., National Chip and Dip Day
Tuesday, March 30, 2021, 2:00-3:00 p.m., National "Something on a Stick" Day
Tuesday isn't so bad...it means you survived Monday! Tuesdays@2:00 makes it even better! Every Tuesday at 2:00 p.m. there's reason to celebrate with food, recipes, and nutrition information you can use every day. Eaters from **teens to seniors** are welcome to join these fun, interactive, **FREE nutrition classes**. Come to one, some, or all of them. Preregister at cceschoharie-otsego.org/Tuesdays@2 or contact Kimberly Ferstler for more information at kmf239@cornell.edu or call 518-234-4303, ext. 120.

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

OTHER EVENTS IN THE REGION



Opportunity to Heat Smart Mohawk Valley

Includes Schoharie, Otsego, and surrounding counties:

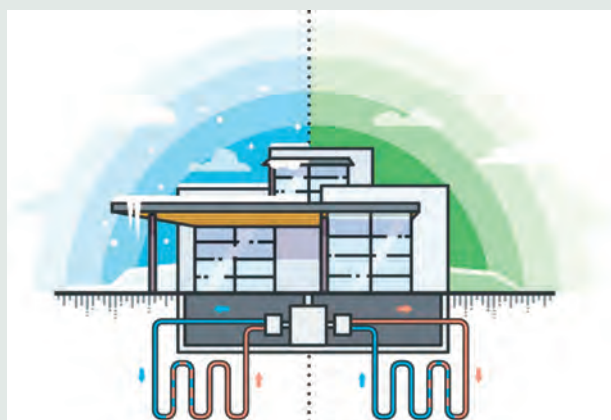
Check out the future of building heating and cooling! Join us virtually for an introduction to clean heating and cooling options for your home and business. Learn how air-source heat pumps, geothermal, pellet stoves, and wood-gasification boilers can replace your old fossil fuel heating system, save you money, and make your home more comfortable.

The presentations will be hosted by experienced home energy professionals who have performed hundreds of energy audits across upstate New York and have a detailed understanding of how clean heating and cooling technologies work. These presentations include a description of each technology, real-world energy savings data from local installations, a current list of incentives available to purchase these systems, and where to find local installers.

Workshops are **FREE**; registration is required for on-line events. To register or for more information about **Heat Smart Mohawk Valley**, please contact Bennett Sandler campaigndirector@occainfo.org, or CCE Herkimer County herkimer@cornell.edu.

- | | |
|---------------------|---|
| January 21, 11 a.m. | GJGNY Energy Study for Small Businesses and Not-for-Profits |
| February 12, 7 p.m. | Residential Get Heat Smart in Herkimer County** |
| February 24, 7 p.m. | Residential Get Heat Smart in Old Forge/Adirondack Region** |
| March 16, Noon | Private Schools—12 Energy Study |

****NOTE:** Webinars are not restricted to residents in one locality. The Old Forge session will focus more on using these technologies in the Adirondack climate, but the incentive for everyone is the connection to free energy audits and rebates on HVAC purchases through NYSEDA (NYS Energy Research & Development Authority).



Rooted in Resilience

2021 NOFA-NY Winter Conference—Online January 16-23, 2021

Organic farming is rooted in health—of the soil, the farmer, and the community. And health is the foundation of resilience. The NOFA conference theme, *Rooted in Resilience*, reflects the ability of organic systems to embrace challenges: no matter whether it's a global pandemic, unprecedented weather, a new pest, or the loss of an important market.

For nearly four decades, their conference has convened farmers, homesteaders, soil scientists, seedkeepers, and ag-vocates to work together and learn from one another. The mutual support and the generous exchange of knowledge is a hallmark of the NOFA-NY community. And now, they've seen the power of the that: their CSAs, farmers markets, and local co-ops have been models of food security throughout the COVID-19 pandemic. Their conference is an opportunity to leverage that power and learn directly from the experts: you! One registration = 90+ workshops and events!

Register at <https://registration.socio.events/e/nofany>. Pricing for the event based on registration. Preregister by January 15, 2021.

Workshop sessions and events will run for eight days so you can get even more content than you would at the in-person conference. They will be hosting their conference on **Socio** in order to keep all of their events in one place and to make it as easy as possible to navigate. Through the app you can join sessions on your computer or phone, create your schedule, get reminders, message other participants, and more! The app will remain open to all conference participants, sponsors, and exhibitors until February 23, 2021, meaning you'll have more than a month to enjoy all that the conference has to offer! And, if you miss a session, no worries! You can view recordings on the app.



CCE in Action!



Here is how you can support CCE outreach:

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



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