

# Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

## MARCH/APRIL 2021

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*The rain garden will run the length of the entire garden, designed to capture hillside and parking surface runoff.*

## The *Grow with CCE* Campaign Nears Funding Goal

Cornell Cooperative Extension of Schoharie and Otsego Counties reached an important milestone in contributions received for the *Grow with Cornell Cooperative Extension* campaign, according to Don Smyers, Executive Director of the Association. The capital campaign was launched in November to redevelop the grounds of the organization's Education and Outreach Center at 123 Lake Street in Cooperstown into teaching and educational gardens.

"Presently, we have exceeded 70% of our goal, which is especially rewarding in light of the December holidays and the COVID pandemic," said Mr. Smyers. "Our success demonstrates the investment in planning conducted by Master Gardener Volunteers and staff, and the value the gardens will bring for residents living throughout the county."



"We are excited to announce that Price Chopper-Golub Foundation has awarded the organization a grant to develop and demonstrate the value of rain gardens. The rain garden will be installed in a buffer zone between the parking pavement and a pedestrian entryway into the gardens."

Rain gardens demonstrate an important environmental benefit. These gardens capture the surface water runoff from impervious surfaces, such as pavement, and slows it for ground absorption before the suspended soils are carried off into creeks and waterways.

"Good land practices benefit everyone, including supermarkets which seek locally produced foods for their markets. The gardens are in close proximity to Otsego Lake and the headwaters of the Susquehanna River which flow into the polluted Chesapeake Bay. The potential

*Continues on page 2*

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173 South Grand Street, Suite 1  
Cobleskill, NY 12043  
518-234-4303  
e-mail: [schoharie@cornell.edu](mailto:schoharie@cornell.edu)



123 Lake Street  
Cooperstown, NY 13326  
607-547-2536  
e-mail: [otsego@cornell.edu](mailto:otsego@cornell.edu)

[www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org)

## 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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*Don R. Smyers, Editor*

*Jan Ryder-Carter, Associate Editor*

*Cathleen Berry, Design and Layout*

*Madelyn Sanchez, Proofreader*

173 South Grand Street, Suite 1  
Cobleskill, NY 12043  
518-234-4303 or 518-296-8310  
[schoharie@cornell.edu](mailto:schoharie@cornell.edu)

123 Lake Street  
Cooperstown, NY 13326  
607-547-2536  
[otsego@cornell.edu](mailto:otsego@cornell.edu)

[www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org)

Office hours both locations: 8:30 a.m.–4:30 p.m. Monday–Friday

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## The Grow with CCE Campaign, continued from page 1

for soil loss, albeit on a small scale for this demonstration site, is minimized, but the benefit tells the story of proper land and water management. The principles are the same, be it large parcels or gardens,” Mr. Smyers emphasized.

“We’re encouraged that others see the value of the project and have supported the garden capital campaign. I am excited that the end goal is in sight through the generosity of many, and we hope others will help us over the goal line,” he added.

Individuals and businesses are asked to visit CCE’s website, [www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org), and follow the front page link to *Grow with CCE*, and learn how they may contribute to the campaign, or they may email Don Smyers at [drs269@cornell.edu](mailto:drs269@cornell.edu) for more information.



SCHOHARIE-OTSEGO-DELAWARE

**FAMILY  
FARM DAY**.ORG

**AUGUST 28, 2021**

★ **Cornell Cooperative Extension** ★



*In its 108th year, the Association's first organizational board of directors meeting was conducted electronically via Zoom.*

## Association Governance Organizes for 2021

**Board embraces long-standing mission to serve rural and agricultural communities and family life**

On January 14, the 108th annual organizational meeting of CCE Schoharie and Otsego Counties was called to order by outgoing President Jason Stone, although unlike past years, the board of directors meeting was conducted virtually. The board is comprised of twelve elected members and two appointed county representatives. Six of the board members are elected at-large, with three members representing Schoharie County and three representing Otsego County. The remaining six are elected from the advisory committees, two each from Agriculture, Horticulture, and Natural Resources; 4-H; and Family and Consumer Sciences; collectively known as program directors.

Elected at-large board members are James Bryant, Sarah Goodrich, and Raymond Luhrman from Schoharie County and Jason Stone and Vali Vargha from Otsego County. Program directors elected from advisory committees are Bill Woodward, Pati Grady, and Kristin Pullyblank representing Otsego County and Maureen Blanchard and Betsy Jensen representing Schoharie County.

Elected by the board are officers James Bryant, president; Sarah Goodrich, treasurer; Kristin Pullyblank, vice-president; and Jason Stone, secretary. Two elected county officials are appointed to the board, Andrew Marietta representing Otsego County and Alex Luniewski from Schoharie County.

Since the founding of the organizations in 1914 and 1916 in Otsego and Schoharie Counties, respectively, their constitutions and names have changed with the times, but the purpose has not. The 1939 association constitution stated, "The objects of this Association are: to provide a countywide organization for the purpose of supporting and maintaining county farm and home bureaus and 4-H clubs; to conduct demonstrations and educational work in agriculture and home economics; to foster all educational, material, and special interests that have bearing on the welfare and the progressive improvement of the farms, the homes, and the communities; and to cooperate with the Extension Service of the New York State Colleges of Agriculture and Home Economics at Cornell University, which represents the United States Department of Agriculture and the State of New York . . ."

On January 1, 1956, the two county associations adopted revised constitutions again, renaming themselves Otsego County Extension Service Associations and similarly, Schoharie County Extension Service Association for its sister organization. The change was required because of new state legislation, NYS County Law Section 224, which enabled the organization as subordinate governmental agency under the auspices of Cornell University. The legislation defined the mission of the organiza-

*Continues on page 4*



### Association Governance, continued from page 3

tion as educational, separating the advocacy of farming and family life solely to what would become a new private successor organization, New York Farm Bureau, Inc.

Subsequently, the organizations assumed yet other names, for example, Cooperative Extension of Otsego County, and then a rebranding to Cornell Cooperative Extension of Otsego County. On January 1, 2011, the Association was created through the consolidation of CCE Otsego County and CCE

Schoharie County, becoming Cornell Cooperative Extension of Schoharie and Otsego Counties, the organization as it is known today.

And much like in its earlier days, the 2021 board of directors again identified the association's primary program areas as agriculture, 4-H youth development, and family nutrition. Energy and economic development goals are fitted within the three primary program areas. Times have changed, but the need for strengthening rural counties, family life, and the agricultural sector remains vital.

## Do You Have Dedicated Pantry Space?

One of the things we have learned from the pandemic we are experiencing is that it can be extremely helpful to have a stockpile of foodstuffs in our homes. Dedicated pantry space can bring this goal to fruition.

If you are lucky, you may already have a room in your house that acts as a pantry like the one pictured below, if not there are other alternatives. You could set up a couple shelving units in a spare bedroom or

closet, so that the space can serve a dual purpose. Don't have the extra space? Not to worry. You can use rollaway storage totes like the one pictured here and tuck it under your bed. You can also use a storage cabinet, or just dedicate one of your kitchen cabinets to accommodate your pantry stores.



*A dedicated pantry room.*



*If your bed is too low for a storage tote you can raise it by putting blocks under all four bedposts.*



Although dedicated pantry space is the goal to having a stockpile of foodstuffs, using freezer space wisely can also be helpful in adding to stockpile of foods in your home ready and available to make meals without a trip to the market. Whether a deep freezer or the one over your refrigerator, try to keep it full and organized.



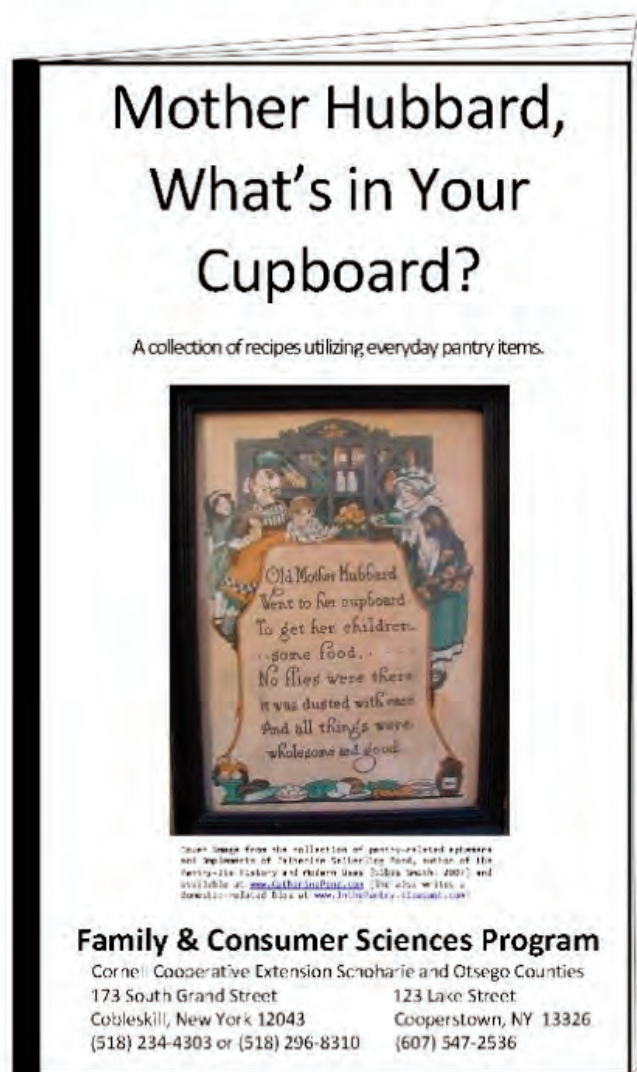
*It helps to have a freezer inventory that you update as you use and add items.*

Now for some basic food pantry rules:

- Ideally your pantry space is clean, dry, dark and cool—preferably away from any heat-producing appliances.
- Meet the challenge of organization, use a pantry inventory that you continually update, and keep shelves straightened up.
- You want to organize your pantry foodstuffs by placing older containers in front to use first—practice FIFO- first in first out.
- Some foods can be stored together, and some should not. Onion and garlic can be stored together, but neither should come in contact with potatoes; doing so hastens spoiling. Be sure to keep flours away from strong-smelling items (like cumin and curry powder), so that they don't absorb any of the flavors.
- You may want to put foods for long-term storage in containers rather than in just the packaging they come in to prevent pantry pests. For more about this see the article on page 6 “Indian Meal Moth: A Common Kitchen Pest.”
- Also be alert for any signs of food spoilage. Know the recommended food storage times for the

items in your pantry so your stockpile does not go to waste.

To further assist you with your goal of using a dedicated pantry space, the featured recipes in this issue of *Connections* come from CCE's “Mother Hubbard, What's in your Cupboard?” recipe collection. Along with recipes this pantry friendly collection features a checklist of ingredients necessary to make all of the recipes and food storage charts to help you store the food properly for the recommended time. Try these recipes with your family, enjoy it as is, or feel free to be creative. For the complete “Mother Hubbard, What's in Your Cupboard?” recipe collection go to [www.cceschoharie-otsego.org/nutrition-health/mother-hubbards-recipes](http://www.cceschoharie-otsego.org/nutrition-health/mother-hubbards-recipes), and with your dedicated pantry space, you can make your pantry recipe ready.





# Community IPM

## Indian Meal Moth: A Common Kitchen Pest

The Indian meal moth is a pest of stored food products, especially grains. Moths are typically introduced to a home in packaged dry pet food, and are not observed until adults emerge and are seen flying around the kitchen. The larvae (caterpillars) of this moth create silk webbing in their food source, which can be seen when opening an infested package. Once this moth has been identified, it is usually possible to eliminate them without pesticides.

### Did you know ... ?

- **Troubled Youth:** Indian meal moth larvae are responsible for all the damage caused by this insect. Larvae feed on and contaminate food sources, while adults do not feed at all.
- **Global Problem:** Indian meal moths originated in the Old World, but are now distributed worldwide. They are the most common moth pest of stored food.
- **Secondary Pest:** Indian meal moths can infest nuts and other food items stored by rodents in chimneys, attics, crawl spaces and wall voids.

### Identification

Adult Indian meal moths are easily recognized by the color of their wings. A white band near the head is contrasted by the bronze color of the wing tips. The adults are about 3/8 inch long and fly in the evening when they are attracted to light sources, such as a television. When squished on a light colored surface, these moths leave a bronze or red color from scales on the wings (not blood).

Food contaminated by larvae contains silken webbing. Larvae are off-white in color, about 2/3 of an inch long with a brown head. Larvae spin silken pupal cases in protected areas such as corners and gaps. These are sometimes mistaken for spider webs in corners of rooms.

### Biology

Female Indian meal moths can begin to lay eggs within 24 hours of emerging as an adult. Eggs are placed on or near food source such as unsealed grains and cereals. After hatching, larvae disperse to find food. Due to their small size, larvae can enter packages through small cracks and infest food items. The preferred food item of this pest are cereals and grains, but dried fruits, powdered milk, cornmeal, flour,



Indian Meal Moth, *Plodia interpunctella*. Photo: G. Alpert.



Indian meal moth larvae, adult and webbing on a food source. Photo: Clemson University, USDA Cooperative Extension Slide Series, Bugwood.org



Indian Meal Moth showing its curled mouthparts. Photo: G. Alpert.



raisins, prunes, nuts, chocolate, candies, health food, seeds, bird seed, dry dog and cat food, fish food, graham crackers, dried red peppers, and pastas might also be attacked. While feeding, larvae create a tunnel of silk that accumulates food particles as camouflage.

When enough food has been consumed, larvae leave the infested item in search of a dark, secure place for pupation. The amount of time required for larval development depends on food and temperature availability, but is usually about two weeks. Larvae pupate in cracks and crevices associated with kitchen cabinetry, or even at the wall/ceiling or wall/floor junction. Larvae will spin a silken pupal case, and typically emerge as adults at night one week later. Adults live for one to three weeks, with females depositing between 100 and 400 eggs each. Adult moths do not feed on stored food items, instead having coiled mouthparts for drinking.

## Management

Indian meal moths can be effectively controlled without the use of pesticides. This begins with proper identification of the pest, and removal of infested items. Follow the steps below to manage Indian meal moths and other stored food pests.

1. Identify your pest: look for adult moths, off-white larvae or silken webbing in food items, and silken pupal cases in cracks and crevices.
2. Examine and dispose of infested items by sealing

them in a plastic bag and discarding outside the home. Infested items can include any dried food item, but especially bags of pet food, stored seeds, and nuts that have been kept for an extended period of time. If the source of infestation is not obvious, consider food items that might have been cached by rodents such as squirrels or mice.

3. Food items can be placed in a freezer for one week to sanitize and eliminate the possibility of contamination.
4. After purchase, food items should be stored in sealed containers with a tight-fitting lid. This prevents an item from becoming infested.
5. Shelves and drawers where food items are stored should be vacuumed to remove caterpillars, moths, or spilled food items that could provide nourishment. Crumbs found in cracks and crevices of these areas can provide sufficient nourishment for larval development.
6. Employ a first-in, first-out policy for stored-food items. Empty containers completely and wash before re-filling.
7. Use of pheromone traps to survey for moths may not be applicable in residential settings. Only when a problem is unresolved would you want to use these traps to identify the source. Because Indian meal moths naturally exist outdoors, adult males can be attracted indoors by traps.

Prepared by Gary Alpert, Museum of Comparative Zoology, Harvard University. Updated 2015 by Matt Frye, New York State Integrated Pest Management Program, Cornell University.



**Cornell University**  
Cooperative Extension



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[www.nysipm.cornell.edu](http://www.nysipm.cornell.edu)



# Pandemic Gardening—Think Raised Bed

BY DEB BECHTOLD, SCHOHARIE COUNTY MASTER GARDENER



It was approximately a year ago when things as we knew them changed. Temporarily, hopefully, gone are some of the freedoms we were used to—spontaneous visits, shopping, working in an office, large and small gatherings, and more. But there was some good to come of this—a resurgence of gardening! It was as much therapy as it was necessity.

Raised bed gardening can make it easier, if you are choosing this therapy. So let's do a quick exploration of this method of gardening.

Here are some questions to ask yourself before starting:

- Where is the sunniest location in my yard?
- What will I build the beds with, and can I recycle, or do I need to purchase new materials?
- What dimensions should my bed be? Here are a couple things you need to consider in the planning phase. Be sure the middle of your bed will be a comfortable reach for you. Know how long an expanse can be covered with the materials you are choosing to build with without bowing.
- Do I have soil, or will I need to purchase a topsoil or a garden mix? For more information on this topic explore this resource on our website at [www.cceschoharie-otsego.org/gardening/compost-resources](http://www.cceschoharie-otsego.org/gardening/compost-resources).
- Do I have access to aged manure to start? Fresh manure may be too "hot" and will rob the soil of nitrogen.

Now it's time to plan your raised bed garden.

Decide if you have items on hand to recycle to build your bed—corrugated metal roofing, synthetic lumber, decay-resistant wood boards—cedar, black cherry, oak (bur, chestnut, post, white), black locust, osage orange, or redwood, stones, concrete blocks, or bricks can be used for the sides. Even large metal or plastic troughs with drainage holes are an option if your building skills are limited. Plan to use landscape fabric or other porous cloth as a bed liner to help retain soil, but avoid non-porous plastic, as it can retain too much water and discour-



*Raised beds can be one board high or more. The choice of design and materials used are up to you—the gardener.*

age beneficial insects and worms. For improved drainage you can use crushed rock or pea gravel at the bottom, particularly in beds more than 18 inches tall, where the bed is in an area of the yard with poor drainage, or when the bed has a solid bottom. When filling a raised garden bed with rocks or crushed rocks, it should be at least three inches in depth, but it can be more to raise the garden bed up higher.

Consider the one or two locations in your yard you plan to use. Be sure that they are close enough to a convenient water source, when you're in the middle of cooking and need that one item from the garden.

Decide what you like to eat and want to plant. Keep in mind plants require different spacing—this type of gardening does not support quantity plantings—100 radishes versus 30 tomato plants would require a much different garden setting. Also note that ONE zucchini plant can produce enough to feed a small country, but will take up 3'x3' spot. That little plant in the 2" by 2" pot has super grow-



ing powers. So be sure to research the spacing needs of what you plan to grow, if you don't have previous experience.

You can begin your compost pile with kitchen scraps (no meat or fats), in a small area close to where you plan to put your raised beds. Utilize the link mentioned earlier for composting ideas and suggestions. Online calculators can help with the amount of soil needed for your garden.

Now with your plan in place, you know what you have on hand to use, and you can begin pricing out materials you will need to purchase. To get a further head start on the season, start your own "garden fund." This way the startup costs won't bust your budget when you begin construction.

Always remember you can start small and expand next year. It's a big commitment of your time

and resources. Soon you'll be researching what to do with abundant zucchini and how to freeze stuffed jalapeño poppers. Be resourceful, talk with friends and family, make a plan, and have fun! Your garden can be your best friend, listen to your problems and not judge you by what vegetables you spend the most "thyme" with.

For more information and questions go to our website at [www.cceschoharie-otsego.org/gardening](http://www.cceschoharie-otsego.org/gardening), or you can contact Schoharie County Master Gardeners by emailing them at [schoharie@cornell.edu](mailto:schoharie@cornell.edu), or contact the Otsego County Master Gardener Helpline by emailing them at [mastergardener-otsego@cornell.edu](mailto:mastergardener-otsego@cornell.edu), or call 607-547-2536, ext. 228. If you email them, please include your phone number and mailing address. Also include a photo of your problem to help them with diagnosis and information.

## Have you checked out Life's Solutions yet?



[www.blogs.cornell.edu/efnep-schoharie-otsego](http://www.blogs.cornell.edu/efnep-schoharie-otsego)

*Sometimes just a little bit of information makes all the difference when faced with challenges . . .*



Cornell Cooperative Extension Schoharie and Otsego Counties has shared some of Life's Solutions over the past year to help families and individuals meet this need. Here are some topics we've written about:

**When Someone Eats the Last Slice:** how to make bread without yeast

**Bigger Isn't Always Better:** all about zucchini

**Kitchen Gifting:** holiday gift ideas from the kitchen for adults, kids, and dogs

**Show Them Some Love:** delicious, healthy, affordable dessert recipes

And many more!

Articles are added 1-2 times per month, so be sure to check back periodically.

Have a topic you'd like to see covered? Let us know, we'd love to hear from you!

You can contact Kimberly Ferstler at 518-234-4303, ext. 120 or email [kmf239@cornell.edu](mailto:kmf239@cornell.edu)



*Making a good idea a reality was the focus of the fall To Market To Market workshop series.*

## Plan Before You Start

Business owners and entrepreneurs are continually looking for ways to tap into new markets, reach more customers, and increase their revenues. If you are thinking about adding a new product or enterprise to your current operation, make sure you evaluate each step of the process before you start. Having a “winning idea” is just the first step. Don’t stop there. You have a lot of work to do before making the business commitment to bring that idea to market.

Last fall, Cornell Cooperative Extension of Schoharie and Otsego Counties hosted To Market, To Market: New Product Development, a series of workshops that walked participants through the process of bringing a product to market, from start to finish.

1. New Product Strategy
2. Idea Generation
3. Idea Screening
4. Business Analysis
5. Development
6. Test Marketing
7. Production and Commercialization

Future issues of *Connections* will be featuring articles summarizing elements of that workshop series. The link to recordings of the complete set of workshops can be found here: [www.cceschoharie-otsego.org/to-market](http://www.cceschoharie-otsego.org/to-market).



### Product Idea

Having a strategy and putting in the work to understand the market will help you avoid mistakes or missed opportunities. This is also key to developing a logical and clear business plan to keep

you on track. One of your first considerations is to decide if you want to engage in developing a product using resources already available to you, or if you will need to acquire those resources, whether they are managerial, material, or financial. A sound business plan can help you identify the resources you will need.



Whether you already have a clear idea of what you want to do, or just know you need to do something, the process should begin with generating ideas, or if you already are sure what you want to do, you will need to carefully and objectively evaluate that idea.

The first step is to determine if there is genuine market demand for the product or service you want to develop.

Research what is already on the market for the product you would like to develop. Is your idea substantially different or better? Is it unique? Is it cheaper? Also, take a look at current market trends. Are those trends temporary, such as a reaction to current circumstances like the COVID-19 shutdown? Or do they seem to be a long-term shift in consumer interests?

Are you looking to fill a customer’s “need” or a “want?” People need milk and butter. They may want jam, but purchasing something they “want” will come after they have what they “need.”

Counter intuitively, customers are often willing to spend more on something they “want,” say a premium, fancy jam vs. something they need.



Be careful not to confuse “need” or “want” with market “demand.” Your idea could certainly be something that is unique, and you know there are people who want or need that product—but is there a large enough market for that product to generate the demand you will need to be profitable.

This is where it is important think about who your target customer is. Where do they live? What income levels or cultural background will influence their purchase decisions?

Be sure to do these evaluations objectively, and do not be afraid to change your plans or even your idea. If appropriate, it is often helpful to dis-

cuss your ideas with others outside your business, to help you think about different aspects you may not have considered.



To do

When you are confident with the product you have decided to bring to market, the next step is to analyze your business and develop a plan. We will review those steps in future articles.

If you have questions or need more information, you can contact Jim Barber, Agriculture Implementation Specialist, by emailing him at [jrb248@cornell.edu](mailto:jrb248@cornell.edu) or call and leave a message him at the Cooperstown office at 607-547-2536, ext. 227.

## 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](mailto: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.





*Sound hooves—happy horse and rider working as a team, able to take what comes their way, Honey Moo and Lauren sailing over a stone wall.*

## No Hoof, No Horse

BY LAUREN ANDERSON

*Lauren Anderson is an administrative assistant at CCE Schoharie and Otsego Counties. She has a bachelor's in animal science and has three horses of her own, two thoroughbreds and an Appaloosa.*

Does your horse often get sore or tender-footed? Do his hoof walls flare or his soles appear flat with little concavity? We have all heard the old saying, “No hoof, no horse,” and for good reason. Our horses are athletes, and they need a strong, healthy foundation to perform their best. Although some horses appear to be genetically predisposed to laminitis or founder, our everyday management practices may be the real culprit.

### **What is Laminitis?**

Laminitis is a very painful condition which occurs when the blood supply to the laminae in the hooves is interrupted. Laminae are the connective tissue that secure the hoof wall to the coffin bone, supporting the overall structure of the hoof. As inflammation weakens this attachment, and the hoof wall begins to “flare” and separate from the hoof.

As separation first occurs at the solar surface, cavities in white line become compacted with mud and manure, leading to abscesses and opportunistic infections like White Line Disease or Seedy Toe, further weakening the laminae. Wet, muddy conditions, particularly common in spring, soften the hoof and exacerbate the problem.



*This horse's feet have extensive flaring and subsequent white line disease due to chronic mild laminitis. This case will be managed with shoes and dietary changes to improve hoof quality.*

### **What Causes Laminitis?**

Any systemic inflammatory event can bring about an episode of laminitis. Nutrient overload, which occurs when an equine consumes a large amount of nutrient-dense feed, is an emergency requiring veterinary intervention. Horses can literally eat themselves to death if offered free-choice grain! Transitioning to pasture can also be risky, and



horses accustomed to eating hay often present with loose stools, digestive upset, and inflammation when not introduced to pasture properly. Fever, colic, disease (Potomac Horse Fever, endocrine disorders, etc.), a retained placenta in mares after foaling, and the use of bedding containing black walnut are all known triggers.

### **What is Founder?**

Though laminitis and founder are sometimes used interchangeably, the term founder generally refers to severe cases of laminitis where the hoof wall has detached enough to cause rotation and/or sinking of the coffin bone within the hoof capsule. The amount of sinking and degree of rotation (visible with radiographs) help determine severity, treatment options, and prognosis. In extreme cases the coffin bone will protrude through the sole. Radiographs are an invaluable diagnostic tool when treating laminitic or foundered animals, as they allow your farrier to trim the hoof more accurately and apply corrective shoes if required.

Mechanical founder occurs when an external force causes inflammation and separation of the laminae. Overwork and excessive concussion, particularly on hard surfaces to which the animal is not accustomed, may cause a horse to founder with or without underlying predisposing factors. Favoring a limb due to injury leads to added stress on the uninjured limbs, and overgrown hooves are subject to rotational forces as the horse moves, so keeping up with regular trims is especially important if your horse is at risk or has shown signs of laminitis in the past.

### **Detection**

Have you ever noticed rings or ridges around your horse's hooves? Like the rings on a tree stump, the rings on a hoof tell a story. The hoof wall is formed at the top of the hoof and grows downward, until the entire wall is replaced after approximately a year. By looking at the quality of the hoof, we can gain insight into the horse's past and present health.

Small, mostly smooth rings are completely normal. These often indicate seasonal fluctuations in forage quality. Larger ridges, though, often point to a more damaging systemic event. Sometimes routine vaccinations or a small infection will cause a ridge to form, but if you see multiple ridges, you should suspect chronic laminitis.

Other visual signs may be less obvious. Chronic laminitis causes stretching of white line, often accompanied by bruising or blood specks in the laminae (visible during a trim). The hoof may also take on a dished or slipper-like appearance, especially if the hoof becomes overgrown.



*Pictured is a horse with chronic laminitis before and after a trim. Note the ridges around the hooves, dished shape, and excessive heel growth.*

In an acute laminitic episode, often the first symptoms are varying degrees of lameness or reluctance to work, heat in the hoof/hoooves, pronounced digital pulse, and evidence of toe pain when hoof testers are used. There is a distinct stance often associated with laminitis in which the horse shifts its weight to the hind legs as much as possible and stand on the heels of the front feet to avoid pressure on the toes. If you suspect acute laminitis, icing or cold hosing the hooves (snow can be helpful here if you have any left!), standing the animal on soft, deep bedding, and allowing/encouraging them to lie down are helpful until your vet arrives.

### **Pars Pituitary Intermedia Dysfunction (PPID)**

Untreated endocrine disorders are a factor in many chronic laminitis cases. PPID, also known as Equine Cushing's Disease, is common in horses in their mid-teens or older. Many equines with Cushing's also have insulin dysregulation, which predisposes older horses to laminitis. The benign tumors on the pituitary gland caused by Cushing's over-

*Continues on page 14*



*Wooden clog “shoes” reduce sinking of the coffin bone and reduce discomfort by supporting the frog and reducing strain on the hoof wall caused by movement. This 30+ year old pony was also on prescription treatment for Cushings – note the long, curly hair coat.*

secrete hormones, causing a wooly hair coat, delayed shedding, loss of topline/muscle wasting, weight loss, loose stools, chronic skin conditions, infections, and changes in behavior. If your horse is mid-teens or older and you suspect Cushings, speak with your vet about having blood drawn. If ACTH levels are elevated, prescription medication can correct hormone imbalances.

### **Equine Metabolic Syndrome (EMS)**

In contrast to Cushings, EMS is an endocrine disorder more often found in younger animals. Horses and ponies with EMS tend to be “easy keepers” and are often overweight with regional adiposity, characteristic fat deposits that form along the crest of the neck, around the dock of the tail, behind the shoulder blade, and around a stallion or gelding’s sheath or mare’s udder.

### **Management**

Exercise, nutrition, and weight control are paramount when it comes to managing or preventing laminitis and metabolic issues. Movement and exercise increase circulation in the lower limbs. One way that you can increase your horse’s movement is by placing their food, water, and shelter in differ-

ent areas of the turnout space. There are a multitude of websites which describe track systems and turnout configurations that attempt to mimic a horse’s natural environment.

Be sure to provide a dry place to get out of the mud year-round as well. If you do not have a barn, you can create a dry area by building it up with stone or wood chips or with the use of commercial mud mats. Sometimes a drain may need to be installed to move excess water away from your dry area, and if deep mud has already formed in your turnout, it is best to scrape the topsoil before attempting to build up the area. Regular removal of manure, waste hay, and other organic matter also helps prevent mud buildup.

### **Nutrition and Feeding**

For many, the idyllic image of a herd of horses grazing peacefully on a lush green pasture is the picture of tranquility. But for horses at risk for laminitis, the combination of wet mud and spring grass can quickly lead to hoof pain and inflammation. When transitioning from hay to pasture, it is important to do so gradually. Sugar levels in pasture grass fluctuate, but you can help ensure consistent forage quality by allowing your horse only to graze at certain times and/or using a grazing muzzle to limit consumption. Sugar levels in grass regularly rise during the day and fall at night. Cool, sunny weather also triggers a spike, especially in spring and fall, while warm, overcast days see a much less dramatic increase. Monitor hooves for pain, heat, or an increased digital pulse when transitioning to pasture or when grass is short and sparse.

Struggling, overgrazed pasture is very high in sugars, and dry lots must be completely barren of vegetation. Patches of weeds or grass under a fence line may defeat the purpose of using a dry lot altogether. Dandelions are particularly high in NSC and can be difficult to eradicate.

Keeping your horse’s weight under control is vital, but if your horse is overweight, it is important not to try to starve the extra weight off. Increase exercise as appropriate, and feed adequate amounts of a low-NSC diet (low sugar/low starch) consisting of primarily grass hay. Have your hay analyzed to determine nutrient content, and adjust the horse’s diet accordingly. If your hay is too rich, soaking it before feeding can remove excess sug-





*A grazing muzzle does not prevent the horse from grazing, only limits how much they can consume.*

ars. Soak for 60 minutes in cold water or 30 minutes in warm water and drain the water (which now contains the sugars you do not want your horse to eat) before feeding. Do not allow soaked hay to sit long enough for mold to grow and discard any uneaten hay.

### ***Learn More***

Recommendations from your veterinarian and farrier are invaluable when it comes to meeting your horse's diet, hoof care, and general maintenance needs. Equine nutritionists are readily available, and some feed companies have nutritionists on staff to answer questions and make suggestions.

As a rule of thumb, most equines should have their hooves trimmed every 6-8 weeks year-round. During these routine visits your farrier will assess the growth, balance, and overall health of the hoof and address any pathologies that may be present. If you are in search of a qualified farrier in your area, visit **[www.americanfarriers.org/search](http://www.americanfarriers.org/search)**.

## **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 [www.cnydfc.cce.cornell.edu](http://www.cnydfc.cce.cornell.edu)**



**Nicole Tommell**  
Farm Business Mngt.  
Specialist  
c: 315-867-6001  
nt375@cornell.edu



**Dave Balbian**  
Area Dairy Mngt. Specialist  
p: 518-312-3592  
drb23@cornell.edu



**Ashley McFarland**  
Area Livestock Specialist  
p: 315-866-7920 Ext 228  
c: 315- 604-2156  
am2876@cornell.edu



**Erik Smith**  
Area Field Crop Specialist  
c: 315-219-7786  
eas56@cornell.edu



# Dietary Guidelines for Americans 2020-2025: What's New . . . and What Isn't!

BY **KIM FERSTLER**, NUTRITION PROGRAM EDUCATOR

On December 29, 2020, the updated Dietary Guidelines for Americans (DGA) were released, and many nutrition professionals across the country breathed a sigh of relief after months of anticipation.

## *Did you know?*

These guidelines are very important, not just informationally for individuals, but because they are the foundation for federal and state food-, nutrition-, and health-related policies and programs, such as SNAP, WIC, and National School Lunch Program.

## *Now for a little history about the DGA . . .*

The federal government has been providing dietary advice to Americans for more than 100 years—the first Recommended Dietary Allowances (RDAs) were published during WWII—but it wasn't until the 1970s that the Senate Select Committee on

Nutrition and Human Needs was created.

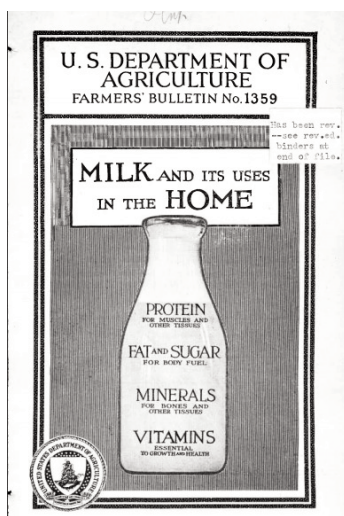
To address both hunger and to investigate how nutrition was related to the “nation’s killer diseases,” the committee released the Dietary Goals for the United States in 1977. In 1980, the United States Department of Agriculture-USDA and United States Department of Health and Human Services-HHS jointly released the first DGA. These recommendations were met with some controversy—for example, the guidelines recommending limiting saturated fat intake could affect meat sales—and in response Congress established the Dietary Guidelines Advisory Committee.

The job of this committee, made up of nationally recognized scientific experts in nutrition and medicine from outside the federal sector, is to review the latest research and provide a report to the USDA and HHS. The DGA, which is required to be updated every five years, is based on this report; the result: recommendations based on established facts.

## *What's new for 2020-2025?*

The 2020-2025 DGA is the first to include recommendations for children under the age of two years, and for pregnant and lactating women. Here are some highlights:

**Under age 2:** breastfeed for at least 6 months (12 months is ideal); if using donor human milk, ensure it is pasteurized; add complementary foods starting around 6 months, including typical allergens, but add whole cow's milk at around 12 months; no





added sugars under age 2; keep sodium for age 1 to 3 to less than 1,200mg/day; supplement with 400 IU of Vitamin D per day, and watch iron and zinc levels, plus Vitamin B12 if mom is vegan.

**Pregnant and lactating women:** many pregnant women should take a supplemental vitamin created for that stage; iodine and choline are nutrients of concern; vitamin concerns return to “normal” after birth, including iron as a concern once menstruating again; follow caloric and nutrient intake guidelines for each trimester, and weight gain recommendations.

### ***What hasn't changed?***

To be honest, a lot hasn't changed since 1977.

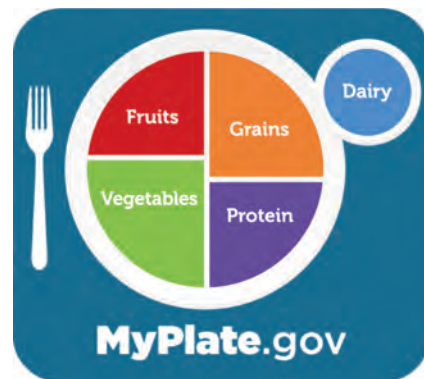
The basic advice to stay within your calorie needs, eat from all the food groups, and limit saturated fat, added sugars, and sodium has stayed the same for over forty years.

Some things have changed over the years—cholesterol consumption comes to mind—but these four principles from the new DGA probably won't change with the release of the next DGA:

#### ***Make Every Bite Count***

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

Or, in everyday terms:



#### ***Start Simply with MyPlate***

- Make half your plate fruits and vegetables
- Focus on whole fruits
- Vary your veggies
- Make half your grains whole grains
- Vary your protein routine
- Move to low-fat or fat-free dairy
- Choose foods and beverages with less added sugars, saturated fat, and sodium

#### ***Ready to make a personal change?***

If you're ready to start eating more healthily, you can read the DGA yourself **[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)**.

**Or better yet, we'd love to help you!** Ask us about our supportive, fun, interactive, FREE nutrition education classes. We can work with families and individuals; in group or private settings; all from the comfort of your own home via Zoom. See **[www.cceschoharie-otsego.org/nutrition-health](http://www.cceschoharie-otsego.org/nutrition-health)** for more information, or contact our nutrition educators: Michelle Leveski, [mml39@cornell.edu](mailto:mml39@cornell.edu), (518) 234-4303, ext. 115; or Kimberly Ferstler, [kmf239@cornell.edu](mailto:kmf239@cornell.edu), 518-234-4303, ext. 120.

## **NEWSLETTER SUBSCRIPTION**

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# CREAM OF CARROT SOUP

Serves 5

*A bowl of deliciousness even the Easter Bunny would love . . .*

Source: Mother Hubbard, What's in Your Cupboard? Recipe Collection-cceschoharie-otsego.org/nutrition-health/mother-hubbards-recipes



## Ingredients

- 1 cup diced carrots
- ½ cup boiling water
- 2 tbsp. onions, minced
- 3 tbsp. melted butter
- 3 tbsp. flour
- 2½ cups (2 12-oz. cans) evaporated skim milk

## Directions

1. In a small sauce pan combine carrots and water, cover. Simmer over

medium heat until carrots are tender. Set aside.

2. In a medium sauce pan melt butter, then add minced onions, and cook onions in butter until tender. Add flour, mixing until smooth. Then add milk slowly, stirring constantly. Continue stirring while cooking on low heat until thickened.
3. Add carrots and the water from small sauce pan, stirring to combine. Heat thoroughly, and serve.

## Know the facts . . .

- Evaporated milk is shelf-stable milk made by heating milk until about 60 percent of its water content has evaporated. It is then homogenized, packaged, and sterilized. The result is a dense, creamy, ultra-concentrated milk that can be canned and stored for 9 to 12 months. If you substitute **evaporated milk** for **regular milk** in a recipe, it will be richer and creamier. It works well in smoothies, creamy soups and chowders, savory sauces, and oatmeal. Cup for cup it is higher in lactose (milk sugar) and milk proteins than regular milk.
- A medium-sized carrot has 25 calories, 6 grams of carbs, and 2 grams of fiber. It is excellent source of vitamin A, providing more than 200 percent of your daily requirement in just one carrot, because it is loaded with beta-carotene, a natural chemical that the body changes into vitamin A. Though often thought of as an orange vegetable carrots were originally purple or white.
- If you would like to try our companion recipe for **Cornmeal Rolls**, go to [cceschoharie-otsego.org/connections](http://cceschoharie-otsego.org/connections) and find the recipe link in the left menu.
- Cornmeal is dried and ground corn, ranging in texture from fine to coarse. Most commercial cornmeal is made from either yellow or white dent corn and milled via steel rollers, which gives it a uniform texture but not as fine as wheat flour, but in Mexico, very finely ground cornmeal is referred to as corn flour.
- For practical nutrition information, subscribe to the "Life's Solutions" blog, at [www.blogs.cornell.edu/efnep-schoharie-otsego](http://www.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 [mm139@cornell.edu](mailto:mm139@cornell.edu), or join us on Facebook: EFNEP CCE Schoharie and Otsego Counties.

## Nutrition Facts

Serving Size ¾ cup  
Servings Per Container 5

Amount Per Serving

Calories 170      Calories from Fat 45

% Daily Value\*

Total Fat 5g      8%

Saturated Fat 3g      15%

Trans Fat 0g

Cholesterol 15mg      5%

Sodium 200mg      8%

Total Carbohydrate 21g      7%

Dietary Fiber 1g      4%

Sugars 16g

Protein 10g

Vitamin A 100%      Vitamin C 6%

Calcium 40%      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		300g	375g
Dietary Fiber		25g	30g

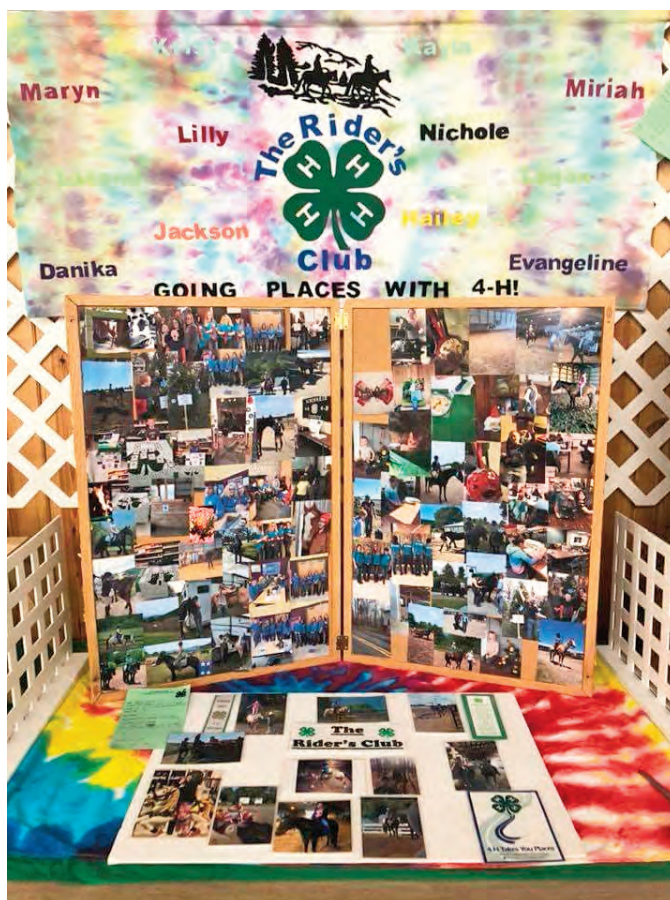
Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Notes:

- Season with salt and pepper if desired.
- You can use diced canned carrots in place of fresh, just reserve ½ cup of liquid omitting the ½ cup of boiling water and cooking described in step 1.
- You can add a variety of other cooked vegetables to create a **Cream of Vegetable Medley Soup**, just add ¼ cup of liquid for each additional cup of vegetables.







*The Rider's Club 4-H Club display at the Sunshine Fair 2019*

## Shared Experiences, Individual Outcomes

This 4-H Story is about two young people, two brothers who spent six and five years respectively in the same 4-H club.



*Jackson and Leland Ryder enjoying the 2019 Sunshine Fair after the 4-H Horse show.*

### **Jackson's Story**

In the six years that I was in The Rider's Club, our club did a lot, except in the last year when COVID-19 hit. I started out as a Cloverbud, and through some of the projects we did, I learned you can make some

pretty amazing things from simple items. One craft project we did was shell art. I made a bird just using shells and glue. It felt like I had made something special out of almost nothing.

I liked that even though 4-H club members often did the same projects, we could still choose to do it the way we saw it individually. It wasn't just a carbon copy of what everyone else did, even when my brother and I went to a 4-H Workshop where everyone was painting the same bird picture.



*Jackson's Blue Bird painting at the 4-H Fine Arts Workshop.*



*Leland's Red Bird painting at the 4-H Fine Arts Workshop.*

*Continues on page 20*



## My 4-H Story, continued from page 19

All the different 4-H projects we did helped me figure out how to be more creative just by putting my mind to what I wanted to do. My experiences in 4-H reinforced to me that hard work pays off.

Our club looked forward to showing our projects at the fair. When being judged I had to learn how to describe what I made to the judges. It was cool—because you could explain to them why you did it your way. I liked the money I made, but more than that, I liked knowing what people thought about the things I made.



Left: Cat activity box project Jackson made.

Above: Schoharie County Sunshine Fair awarded blue ribbon effort.

Below: Cat tested.



Public presentations gave me a chance to teach other people how to make things I learned about in projects or how to do stuff I liked to do. What was even neater was at the same time I got to learn stuff too.

Also I probably wouldn't have learned to cook as well if not for my 4-H club experiences. I started cooking the first year when I was a Cloverbud. Our club did a Chopped Chosen competition with a mystery



Jackson at Public Presentations the year he did one on dirt bikes along with other club members Leland, Makayla, and Maryn.

basket containing chicken and beans, and surprisingly, I won with my Chick-a-bean Muffin. Each year I got to make something to be judged at the fair; the first year I was eligible my Surprise Corn Muffins were chosen for State Fair, but even after that I just liked showing what I had learned to make.

In the future I will still remember how good I felt about my Public Presentations about dirt bikes and my State Fair prize-winning Surprise Corn Muffins. The presentations really made me feel proud of myself.

### Leland's story

In the five years that I was in The Rider's Club, I got to do a bunch of different projects—crafts, cooking, and horses, and I got to make a lot of things—a wooden car, a marshmallow shooter, a tie-died t-shirt, a baseball pillow, shell art ornaments, club displays, and lots more.



Leland and fellow club members working on a craft for a club display.



Doing Public Presentations was stressful. The part that was stressful was I didn't know if people would like it. I liked getting ready for it though, and when I did a presentation on Canine Careers, I got to do some background research at a program my mom took me to at SUNY Cobleskill, where I got to meet a working dog in person. Doing Public Presentations has made me less shy about talking to people.



*Leland meets a working dog at SUNY Cobleskill.*

The first time our club did our service project at Tractor Supply Company doing the 4-H Paper Clover fundraiser, I didn't think it would be fun, but it was. We got to meet new people and also some we knew—not surprising, we live in a small town—it was the best part. Plus, we got to help raise money to support 4-H in our county.



*TSC Fall 2018 paper clover sale fundraiser—the first time for Leland.*

4-H horse shows were fun, but stressful, because you weren't sure your horse would do what it was supposed to do. Being in 4-H helped me be confident and happy. When it came to showing my other projects I was just happy people liked them. I didn't care about the ribbons or the money.

In the future, I think what will stay with me the most is the confidence that I have now to know that I can do things. The project that really reinforced this was when we made marshmallow shooters, because I didn't think it was possible to make them out of PVC pipe, but then I did—the impossible became possible. The best part of 4-H for me was the new people I met.



*The 4-H Horse Show must go on.*



*PVC marshmallow shooters are possible.*

## Outcome

Although both Jackson and Leland Ryder chose not to go forward with 4-H when The Rider's Club retired at the end of September 2020 due to older members aging out and distance issues created for other members due to COVID-19, they certainly have and will continue to reap the benefits provided to them by having participated in 4-H.



# 4-H Happenings

## Schoharie County Happenings



Winter brings with it a natural inclination to slow down and, quite frankly, hibernate! For 4-H youth, however, that has not always been the case. Aside from school responsibilities, sports' activities, and farm and family chores, these youths are often involved in Quiz Bowl practices, STEM, sewing or cooking clinics, club fundraisers, and community service projects. Most of our youth are highly motivated, super-involved young men and women.

This year has changed some of that and, possibly, there is a lesson to be taken away from COVID-19 related slowdowns. Our youth may be taking advantage of this time to try a new skill, research starting a small business, purchase a new breed of livestock, prepare to grow new crops in their gardens, practice showmanship skills with existing livestock, or finally tackle that 4-H scrapbook. Or, perhaps, they have been catching up with their family members, instead of running from one event to the other. All are worthy uses of their time.

Via email, we have heard from members with tales of new pursuits. One such young lady took it upon herself to create a poster promoting 4-H to her peers. She then asked her teacher at school if it could be put up in the classroom. The request was accepted, and we now have a marketing tool in a local school.



Promotional poster created by 4-H member Madison.

That is a great example of individual initiative and creativity. Another young man, long interested in forging, took lessons from a master blacksmith and has now purchased his own forge, tools, and materials to pursue that passion. 4-H youth will always find opportunities to continue growing and learning, regardless of obstacles and restrictions.

The 4-H office has received applications from, and will be soon be interviewing, youth for our Earn-an-Animal program. These youths will have to demonstrate a willingness to learn about the livestock they choose, provide adequate housing and nutrition, participate in breed-specific clinics, keep detailed financial and growth records, and create educational outreach materials to be shared at the county fair. It is a labor-intensive program that is meant to teach life skills that reach far beyond one animal. Through generous donors, we provide reimbursement for the cost of purchasing the animal, once all requirements are met. Awards are as follows: beef and dairy cattle \$500; swine, sheep, and goats \$150; poultry and rabbits \$50. We are very excited to meet with and encourage our young farmers.





In the upcoming months, 4-H will be creating a whole new way to hold one of our premier events. Public Presentations have always been an important learning tool for our youth and a true highlight of our year. This year, we will be putting together a virtual event that will give our 4-H'ers an opportunity to develop not only their public speaking skills, but also skills relative to creating video presentations and speaking via video feed. As always, creating a new platform will present challenges, but it is also exciting to provide unique learning opportunities for youth.

Although 4-H has been forced to change what and how programming is delivered and presented, the core principles remain constant—giving youth the tools to grow, learn and become active and engaged in their communities. That never changes!

### **Otsego County Happenings**

Otsego County 4-H members have been working on their 4-H projects—community service, learning about trees through the 4-H project “Know Your Trees,” and meeting as a club to learn about horses just to name a few.



*4-H club hands-on learning about horses.*

As the year progresses, 4-H members also commit to events like...

### **The Otsego County Earn-an-Animal program**

This program gives 4-H members from across the county the opportunity to apply to earn an animal and receive funding towards a project animal to raise and show as their own. This program requires

dedication from the youth member and support from their guardians. Youth accepted to the program will not only learn how to care for their animal, they will experience the process of researching, selecting, and purchasing an animal. Through the 4-H Earn-an-Animal Project, 4-H youth will further develop their planning, time management, organization, and record keeping skills.

4-H members have also been busy preparing to participate in Horse and Dairy Quiz Bowl events. Otsego County 4-H youth spend hours studying and honing their knowledge on the required subjects, so they are ready to participate with their team members on game day.

### **Horse Quiz Bowl**

By participating in this educational project, 4-H'ers learn many aspects of the horse and how to work as a team member. Topics include equine anatomy, conformation, feed and nutrition, evolution, breed characteristics, reproduction, horse management, way-of-going, tack and equipment, styles of riding, and the exhibition of horses.

This accumulated knowledge is tested in the form of a contest, similar to a "College Quiz Bowl" competition. At the contest, 4-H'ers must work together with three other team members to answer questions to the best of their ability. The knowledge and skills gained in the participation of this project are carried on to all other aspects and projects of the New York 4-H Horse Program, such as Hippology, and possibly into the career or work field. Events take place on a regional, state, and national level.

### **4-H Dairy Quiz Bowl**

In this “quiz bowl” competition all the questions deal with dairy topics. Teams of four members compete with each other in giving oral answers to questions posed by a moderator. Teams receive points for correct answers and may lose points for incorrect answers. The team with the highest final score is the winner. The contest is organized on a double elimination basis with winning teams advancing into further rounds until a champion team emerges.

Competing in the 4-H Dairy Quiz Bowl encourages a 4-H member to develop a more complete knowledge of dairy animals and related subjects. This contest provides an educational dairy program for all dairy project members, including those who may

*Continues on page 24*

#### 4-H Happenings, continued from page 23

not own a dairy project animal, and provides a way to develop alertness and self-confidence.

#### Joint 4-Happenings



Otsego and Schoharie 4-H members have been attending **NYS 4-H Fly By**—a four-week series on learning about Bird Identification, Birds of Prey, Gamebirds and Waterfowl, and Avian Citizen Science Projects. This series is coordinated by the



BASE  CAMP

4-H STEM CHALLENGE

Cornell University Youth and Outdoor Education Program Work Team.

Otsego and Schoharie 4-H members have also been attending NYS Mars Base Camp STEM Challenge. The race to land humans on Mars is on! The 2020-2021 4-H STEM Challenge will explore sending a mission to Mars with this activity, Mars Base Camp. Developed by Google and Virginia Cooperative Extension, Mars Base Camp is a collection of activities that teaches kids ages 8-14 STEM skills like mechanical engineering, physics, computer science, and agriculture.



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# Learning by Doing Continues at 4-H Afterschool



4-H Afterschoolers wanted to share their vision that we are all unique just like snowflakes.

Continuing their service project for their school community, the Schoharie 4-H Afterschoolers have transitioned their holiday bulletin board to one celebrating the late winter season using snowflakes they created to celebrate everyone's individual uniqueness.

At Radez, 4-H Afterschoolers showed innovation when they decided to share their arts and crafts in a new and different way. They created their own Art Wall of Fame, enjoying the challenge of adding pictures to it daily, even displaying a piece of Perler Bead art.



The Art Wall of Fame showing 4-H Afterschoolers' passion, insight, and resourcefulness.



It takes great hand eye coordination, hand dexterity, and a sense of color to create these melty bead masterpieces. Even though everyone can use the same form, each 4-H Afterschooler imparts their own vision to the artistry of what they create. After the beads are laid out on the form they are ironed to melt them together to hold their shape and add further definition to the creation.



Artist at work.

Another way 4-H Afterschoolers express their artistic talents while getting a tactile experience is with shaving cream art. Using this medium the artist can use their ingenuity and creativity to make a picture, and with a swipe of their hand add to their picture, subtract from the scene, or erase it to create a clean canvas to start over.

4-H clubs are part of the Learn by Doing experiences at the 4-H Afterschool Programs. In Lego® Club at Cobleskill the 4-H members decided they wanted to use their Legos® to represent a football field. They applied an entrepreneurial spirit work-

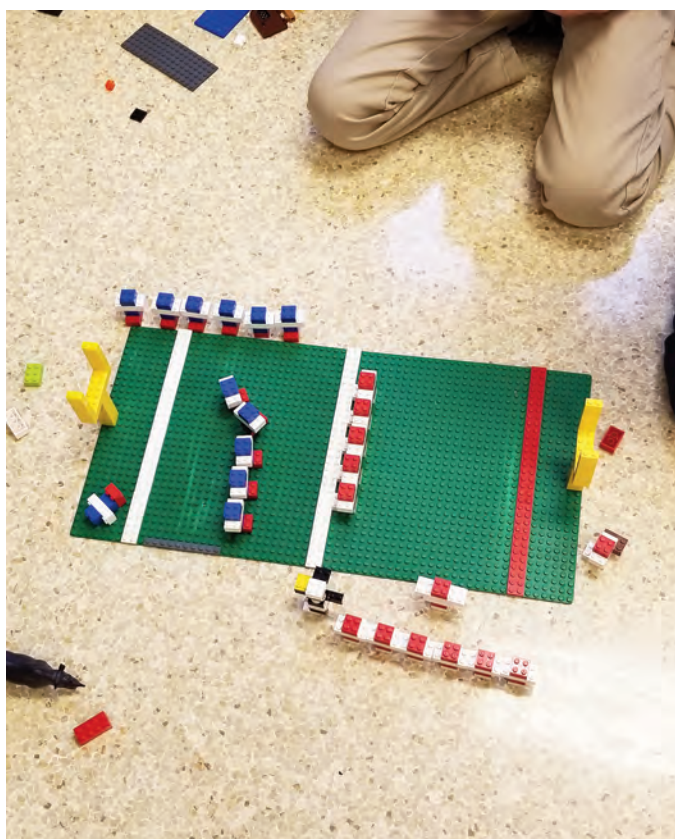
*Continues on page 26*





More artists at work.

ing together cooperatively to create different parts of the field. Their determination and perseverance paid off. After they took turns putting their individual parts together the creation on a whole came to fruition, complete with a referee and players.



Joint project from planning to fruition.

Even when busy learning by doing sometimes it just all about having fun, so in their free time some of the 4-H Afterschoolers have been applying their insight to putting puzzles together tapping into an innate sense of curiosity about what the picture will turn out to be.



Puzzles complete, curiosity satisfied.



An inquisitive puzzler in action.

In our next issue of *Connections* with the children looking forward to spring, spring activities, and more time outdoors there will be much more to share about the 4-H slogan—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 [www.cceschoharie-otsego.org](http://www.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, March 2, 2021, 2:00 p.m.-3:00 p.m., National Nutrition Month  
Tuesday, March 9, 2021, 2:00 p.m.-3:00 p.m., International Women's Day

Tuesday, March 16, 2021, 2:00 p.m.-3:00 p.m., National Frozen Food Month

Tuesday, March 23, 2021, 2:00 p.m.-3:00 p.m., National Chip and Dip Day

Tuesday, March 30, 2021, 2:00 p.m.-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 [www.cceschoharie-otsego.org/Tuesdays@2](http://www.cceschoharie-otsego.org/Tuesdays@2) or contact Kimberly Ferstler for more information at [kmf239@cornell.edu](mailto:kmf239@cornell.edu) or call 518-234-4303, ext. 120.

### **Cornell Cooperative Extension of Schoharie and Otsego Counties-March Board of Directors Meeting**

Thursday, March 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.

### **Tree and Small Fruit Pruning**

Saturday, March 20, 2021, 9:00 a.m. to noon

This popular, annual program is open to the public. Because of the pandemic, it will be conducted in-person (socially distanced) at an area orchard or electronically via Zoom TBD. Laura McDermott, CCE's Eastern New York Commercial Horticulture team educator, will lead the program. Call CCE Schoharie County at 518-234-4303 for more details and to register.

### **Cooking with Kids Lesson Series**

Wednesdays, March 24, 31, April 21, 28, May 5, and 12, 2021. Classes are virtual and will be at 4:30 p.m.

Home with the kids? Try out new recipes while having fun with the family. Just gather some ingredients and prepare a meal with us! This fun, interactive series of virtual cooking lessons is free to income-eligible families. 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, EFNEP Nutrition Educator, 518-234-4303 ext. 115 [mml39@cornell.edu](mailto:mml39@cornell.edu). EFNEP is a free nutrition education program for families with children.

### **Cornell Cooperative Extension of Schoharie and Otsego Counties-April Board of Directors Meeting**

Thursday, April 8, 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.

## 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.*

### **Family Farm Day 2021**

Saturday, August 28, 2021

We're back! Experience working farms in Schoharie, Otsego, and Delaware Counties

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

# Earth Festival is Back!

*—in modified form in support of Earth Day 2021—*

Otsego County Conservation Association will be holding a three-day Earth Festival that will include online educational programs and webinars, outdoor scavenger hunts, and an environmental trivia night.

**Thursday and Friday, April 22 and 23, 2021**

Festivities will be held online.

**Saturday, April 24, 2021, 11:00 a.m.-2:00 p.m.**

OCCA will be sponsoring a special recycling collection event in Cooperstown. Empire Recycling's Confidata shredding service will be available to provide free document shredding for residents. Other items to be collected include clean, white expanded polystyrene foam products; used inkjet cartridges and small (i.e., handheld) electronics; used toothpaste tubes and oral care packaging; and more. This event will be held at the Meadows Office Complex on County Highway 33W in Cooperstown and will run from 11:00 a.m. to 2:00 p.m. The event will be drive-through style, and is free. To ease congestion, OCCA is *requiring advanced registration*. Visit [occainfo.org/earth-festival](http://occainfo.org/earth-festival) to choose a time.

**Volunteers are needed to help with this event.** Volunteers will be tasked with helping unload recyclables from cars and sorting and packing items for shipping. COVID protocols will be followed. **For more information on the event, visit [www.occainfo.org/earth-festival](http://www.occainfo.org/earth-festival) or contact Jeff O'Handley, Program Director, Otsego County Conservation Association at 607-282-4087.**

# CCE in Action!



## Here is how you can support CCE outreach:

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



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

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