

# Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

## MAY/JUNE 2021

It's Baaaaaack . . .	
Family Farm Day 2021	1
Program Events	3
From Grey Wolves to	
Farm Dog of the Year	4
Horse Hacks	6
Bring Your Vision to Fruition	10
Asparagus Tomato Stir-Fry	12
The Versatile Chickpea	13
4-H Happenings	16
Connections . . .	18



## It's Baaaaaack!...Family Farm Day 2021

The 9th Annual Family Farm Day (FFD) will return on Saturday, August 28, 2021.

“Following the 2020 shutdown,” said David Cox, Interim FFD Co-Coordinator, “we are back to the foreseeable farm-visit future. As rapid immunization rates continue to unfold, we anticipate the public will be ready for any number of outdoor experiences, FFD among the best known in the region.”

Don't miss the  
Master Gardener Volunteers  
of Otsego County's

## Annual Plant Sale



Saturday, May 29  
9 a.m. to 3 p.m.

See page 9 for more information



At Wellington's Herbs and Spices on FFD 2018; photo courtesy of Ballard-Dolensek

Continues on page 2

## EQUAL OPPORTUNITY

Cornell Cooperative Extension actively supports equal educational and employment opportunities. No person shall be denied admission to any educational program or activity or be denied employment on the basis of any legally prohibited discrimination involving, but not limited to, such factors as race, color, religion, political beliefs, national or ethnic origin, sex, gender/gender identity, transgender status, sexual orientation, age, marital or family status, protected veterans, or individuals with disabilities. Cornell Cooperative Extension is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.

## PRODUCT ENDORSEMENT

Cornell Cooperative Extension and its employees assume no liability for the effectiveness or result of any product. Any reference to consumer or commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.



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

123 Lake Street  
Cooperstown, NY 13326  
607-547-2536  
e-mail: 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.

Vol. 4, No. 3, May/June 2021. Published six times per year by Cornell Cooperative Extension Schoharie and Otsego Counties

Don R. Smyers, Editor  
Kimberly Ferstler, 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

123 Lake Street  
Cooperstown, NY 13326  
607-547-2536  
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

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

## Family Farm Day 2021, continued from page 1

FFD provides an opportunity for connection between the non-farming community and local farms and related businesses. The public can visit participating farms and businesses, attend their fun events, and purchase locally produced high-quality products; and in turn, farms and businesses can build long-term customer bases, and share their ever-evolving farm ‘stories’ that keep the importance of agriculture in the public awareness.

“The public’s response in 2020 for local foods and farm products was phenomenal,” continued Cox. “Even though farm visitation was greatly curtailed, local producers answered their customers’ calls through online sales, delivery options, CSA subscriptions, and farmers’ markets.”

Jim Barber, Cornell Cooperative Extension (CCE) Ag Implementation Specialist and FFD Co-Coordinator, said, “Producers are planning for 2021 to be another year of high demand for local food and farm products. One aspect of the COVID-19 shut down has been to increase public awareness of our food systems and increasing demand for locally produced



SCHOHARIE-OTSEGO-DELAWARE

**FAMILY  
FARM DAY**.ORG

**AUGUST 28, 2021**

★ Cornell Cooperative Extension ★

food. Family Farm Day is all about building public awareness and producer clientele. We are hopeful many farmers once again will host the public on their farmsteads for FFD, if not during the season.”

“Our signature agritourism event will continue to thrive,” said Mariane Kiraly, Farm Business Specialist for CCE Delaware County and FFD Co-Coordinator. “The feedback from visitors and participating farms has been overwhelmingly positive over the years. We are thrilled to be back this year. So, mark your calendars for August 28!”

### **How Farms (and Sponsors) Can Participate**

While registrations are in progress, be sure to check the FFD website at [www.familyfarmday.org](http://www.familyfarmday.org) for current enrollment information and timeframe, including eligibility, registration, contacts, and agritourism resources.

Farms that participated in previous years may register directly. Newcomers to FFD please contact your respective county coordinator to confirm eligibility:

- in Schoharie County, contact David Cox at 518-234-4303, ext. 119 or [davidgcox39@gmail.com](mailto:davidgcox39@gmail.com)
- in Delaware County, contact Mariane Kiraly at 607-865-6531 or [mk129@cornell.edu](mailto:mk129@cornell.edu)
- in Otsego County, contact Jim Barber at 607-547-2536, ext. 227 or [jrb248@cornell.edu](mailto:jrb248@cornell.edu)

Family Farm Day is an agritourism collaboration among CCE Schoharie and Otsego Counties, CCE Delaware County, Delaware County Tourism, Destination Marketing Corporation—Otsego & Schoharie Co. Tourism, as well as local chambers of commerce, county Farm Bureaus, local farmers, and loyal sponsors.

## 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](https://www.facebook.com/cce.schoharie-otsego)**

### **4-H Paper Clover Sale at Tractor Supply**

The Spring Paper Clover sale began April 28, 2021, and ends Saturday, May 9, 2021

Purchase a Paper Clover through Tractor Supply to directly support 4-H programs, including scholarships to 4-H leadership and camp events. Purchases can be made in store, online during checkout, or by phone. 90% of your purchase goes to local and state 4-H programs, and 10% goes to national 4-H programming. Go to <https://www.facebook.com/CCESchoharieOtsego>

### **Cooking With Kids**

Tuesdays, from 4:30-5:30 p.m., beginning May 4, 2021

Additional sessions in the series: May 11, 18, 25, June 1 & 8

Home with the kids? Try out new recipes while having fun with the family. Just gather some ingredients and come 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 the certificate awarded by Bassett 5210 initiative. If interested, please contact Michelle Leveski at 518-234-4303, ext. 115 or email [mml39@cornell.edu](mailto:mml39@cornell.edu)

### **What’s For Lunch?**

Wednesdays, from 11:00 a.m.-noon, beginning May 5, 2021

Additional sessions in the series: May 12, 19, 26, June 2 and 9

Join our nutrition educator, Kimberly, for a six-week virtual series of classes to learn about both the “why” of eating healthy and the “how.” One hour a week includes a nutrition lesson and time for a cook-along dish. All ages are welcome! In each class you can choose to cook-along and prepare something for lunch. Each recipe will be easy to prepare using typical kitchen tools. The recipe for each week will be shared about a week in advance, so you’ll have plenty of time to purchase ingredients and gather equipment. The recipes generally make 4-6 servings. Companion recipes will also be sent. Please note that the companion recipes will NOT be part of the cook-along. The classes are free for all participants, but you need to provide the ingredients and

kitchen. Reliable Wi-Fi connection is recommended. Registration required. If interested contact Kimberly Ferstler at [kmf239@cornell.edu](mailto:kmf239@cornell.edu) or 518-234-4303, ext. 120.

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

Thursday, May 13, 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.

### **Otsego County Master Gardener Spring Plant Sale**

Saturday, May 29, 2021, 9:00 a.m.-3:00 p.m.

Cornell Cooperative Extension Education Center, 123 Lake St., Cooperstown. A wide variety of plants—flowers, vegetables, and herbs—specifically chosen to do well in Otsego County will be available. Masks and social distancing are required. Planting advice is happily given. Cash or checks preferred; credit cards accepted. Proceeds support the education and outreach efforts of the Master Gardener Volunteer Program. See our website for more information ([CCESchoharie-otsego.org/OMG-Plant-Sale](http://CCESchoharie-otsego.org/OMG-Plant-Sale)) or contact 607-547-2536, ext. 228. The Farmers’ Museum Heritage Plant Sale is next door on the same day.

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

Thursday, June 10, 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

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.**



*Sonja at the Otsego County Fair in 2008, teaching a young 4-H'er how to milk a cow*

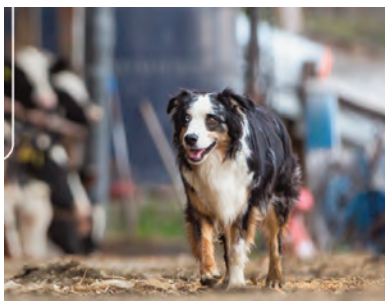
## From Grey Wolves to Farm Dog of the Year

BY COLLEEN BADGER, 4-H ADMINISTRATIVE ASSISTANT

Otsego County's Sonja Galley recently gained national notoriety with her 5-year-old Australian Shepherd, Bindi, but folks in and around this area have been the recipient of Sonja's gifts and talents for years. Bindi was named 2021 Farm Dog of the Year by the American Farm Bureau, and her owner has been using her knowledge and passion for dog training to educate 4-H youth in Otsego County since 2016.



*Sonja and Bindi. Photo courtesy of Nestle Purina PetCare*



*Bindi. Photo courtesy of Nestle Purina PetCare*



*Sonja with Bindi, teaching about foot placement/body awareness skills*



*Sonja with her first cow, Josie (2006)*

Sonja Galley's early experience in 4-H gave her the ability and opportunity to find unique areas of interest and to excel in those disciplines. She grew up on Silver Spoon Dairy Farm and joined the Garrattsville Grey Wolves 4-H Club when she was 8 years old. The Grey Wolves was an all-purpose club, doing a variety of projects such as woodworking and cooking. Sonja's first project animals were chickens. She raised and showed them for two years until she received her first dairy calf from her parents. From then on, that was her focus.

She competed in Dairy Bowl, Dairy Judging, and Dairy Challenge, and also participated at the Cooperstown Junior Livestock Show and the Otsego County Fair. Sonja recalled that her calf won Best in Class the very first year she showed at the Junior

Livestock Show, but did not win that title again until her very last year of eligibility. “Dairy is very competitive at Cooperstown,” she chuckled. At the Otsego County Fair, Sonja was Master Showman in 2003. She mainly showed Holstein cows, but, thanks to a 4-H Earn-An-Animal award, dabbled in Jerseys. She even tried showing Ayrshires, but always returned to her Holsteins.

As with many farm kids, 4-H was a significant part of Sonja’s youth. She recalls Public Presentations as one of the most important life skills 4-H develops. As a participant, like most kids, Sonja did not appreciate the value of preparing, practicing, and giving a presentation in front of a panel of judges. However, looking back, she clearly sees the benefits: the experience and confidence she gained served her well while participating in the National Forensic League, and serving as the 2004 New York State Dairy Princess.



Sonja (center), the NYS Dairy Princess, toasting with the alternates

Sonja graduated from Virginia Tech, and it was there that she became interested in dog training. She took a dog-herding class and adopted an Aussie as a companion animal. In 2011, she adopted another Aussie, her first registered one, and began to get serious about training. After graduating and returning to Otsego County, she stumbled upon Glen Highland Farm. It was a border collie rescue that offered a summer camp which included training herding dogs, herding lessons, and obedience, agility, and frisbee classes. Sonja participated in their summer camp, and was hooked.

In early 2014, Sonja began taking dog-training classes from the Hinman Hollow Sport Dogs dog-training program. The instructor approached her regarding the need for a 4-H Dog Program in the county; Sonja responded by giving classes. “It was a

learn-as-you-go process,” she admits, but she now runs a thriving 4-H Dog Program in Otsego County. “The Canine Good Citizen and the Novice Trick Titles prepare the foundation to build the skills needed to successfully compete in an Obedience Rally event,” she says. Her classes are usually limited to five youth and their dogs, and the structure of each class is determined by the needs of those particular individuals. 4-H youth can register with the American Kennel Club (AKC) for free—they can then earn various AKC titles and have the title processing fee waived. She relies on positive reinforcement for both youth and dog: it has been scientifically proven to work, and she has seen the results for herself.



Sonja, 4-H'er Molly, and Ziva (Bindi's mom) at an agility work-



Sonja with 4-H'er Molly and Molly's border collie, Shelby



Sonja with Reese (Bindi's sister) instructing 4-H'ers

As if running a full-scale dairy operation and teaching dog-training classes were not enough, Sonja also sits on the New York State 4-H Dog Committee. This committee promotes and oversees all statewide 4-H dog programs. Sonja is deeply committed to the development of 4-H youth and the many skills gained through participation in this program. Otsego County can be very proud of Sonja, and 4-H is richer for Sonja Galley’s presence—which will no doubt continue to grow through her efforts.

Interested in the Otsego County 4-H Dog Programs? Contact Teresa Adell at [tla47@cornell.edu](mailto:tla47@cornell.edu) or 607-547-2536, ext. 225 for more information.



# Horse Hacks

## Ingenious Ideas for Horse Owners and Stable Managers

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.*

Consider these tips to work smarter, not harder, around the farm. Easily organize tack and supplies, save money on electricity, and never forget to turn off the hose again!

**Tip #1:** Cheap plastic shower caps make perfect bucket covers to keep pests like flies and rodents out of your horse's grain while it soaks.

**Tip #2:** Turn a 5-gallon bucket into a DIY wall-mounted saddle rack with rodent-proof storage. Attach the bottom of the bucket to the wall using screws and large washers, place your saddle on top and store your helmet, saddle pad, brushes, or other supplies in the bucket. Save the bucket lid to keep things clean!



*DIY saddle rack*

**Tip #3:** Wear nitrile exam gloves over winter knit gloves to keep them dry and add warmth

**Tip #4:** Create duct tape tabs on items that are hard to handle with gloves.

**Tip #5:** If you lose the pull tab on a zipper, add a key ring or make a loop with a zip tie—this also makes zippers easier to use while wearing gloves.

**Tip #6:** Use strips of Velcro to hang polo wraps, sport boots, and gloves on your tack room or trailer wall, inside cabinet doors, or in the lid of your tack trunk.



*Velcro keeps lightweight items handy*

**Tip #7:** Hang girths from a section of an old stirrup leather nailed to the wall.

**Tip #8:** Hang a hay-bale cutter from a retractable dog leash so it does not get lost.

**Tip #9:** Never forget to turn off the hose again! Keep a plastic coil bracelet—often sold as a key ring—on your water spigot. Put the bracelet on when you turn on the water and return it to the spigot when you turn it off.



*No more overflowing buckets*

**Tip #10:** Heating water buckets and stock tanks in the winter consumes a lot of electricity! Build a box around your water trough and fill the space with tightly packed straw for insulation. Insulating sleeves are commercially available for 5-gallon buckets or can be made at home with reflective insulation material—often sold under the brand name Reflectix—and duct tape.

**Tip #11:** Turn your tack or feed room wall into a chalkboard with chalkboard paint. Track feeding schedules, riding lessons, farrier visits, etc.

**Tip #12:** Easily improve your horse's water quality and taste. RV or marine water filters are inexpensive and simply screw onto a standard garden hose.



*Help them stay happily hydrated*

**Tip #13:** Do you have an old push broom lying around? Remove the handle and create a scratching post in your pasture. You can also use outdoor carpeting or old street sweeper brushes.

**Tip #14:** Steel bridle/halter hooks in barn aisles can cause serious injuries if a horse runs into them. Explore some safer alternatives such as tennis balls, slices of landscape timbers, empty tuna or cat food cans, and dummy doorknobs.

**Tip #15:** Keep panty liners and diapers on hand for dressing wounds, wrapping hooves, applying poultices, or icing legs—wet and freeze, then apply

for approx. 10 minutes using a bandage or polo wrap to hold in place.

**Tip #16:** Don't throw away old hairbrushes and toothbrushes; use hairbrushes for manes and tails, and toothbrushes for cleaning tack.



*Safety isn't expensive; it's priceless*

## DIY WOODEN SADDLE STAND

Our wall-mounted saddle rack hack is pretty awesome, but if you need something more portable (like for your truck, or for when you are cleaning and conditioning your tack), consider making this wooden saddle stand.

Go to our website for detailed plans and instructions: [www.cceschoharieotsego.org/resources/wooden-saddle-stand-plans](http://www.cceschoharieotsego.org/resources/wooden-saddle-stand-plans)



# 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 of specialists is here for you?**

## Cornell Cooperative Extension Eastern New York Commercial Horticulture



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

# Join Cornell Cooperative Extension's Nutrition Programs

## EFNEP and Healthy Connections



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

*Where adults and youth learn by doing!*



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

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



**Michelle Leveski**  
EFNEP Nutrition Program  
Educator  
**518-234-4303 Ext. 115**  
mml39@cornell.edu



**Kimberly Ferstler**  
Healthy Connections Nutrition Program  
Educator  
**518-234-4303 Ext. 120**  
kmf239@cornell.edu



*Plant Sale*

*Plant Sale*

*Plant Sale*

## Master Gardener Volunteers of Otsego County

### *Annual Plant Sale*

Saturday, May 29, 2021 – 9 a.m. to 3 p.m.  
Cornell Cooperative Extension Education Center  
123 Lake St, Cooperstown – 607-547-2536 x228



#### **Featuring:**

- Wide variety of perennials, annual flowers, vegetables, and herbs known to grow well in Otsego County.
- Hand-dug perennials, bare-rooted, and potted in a sterile potting mix. Stop the spread of Jumping Worms.
- Many deer-resistant & blight-resistant plants

😊 Master Gardeners happily giving advice 😊

**Masks & social distancing required.**

Cash or checks preferred – credit cards accepted

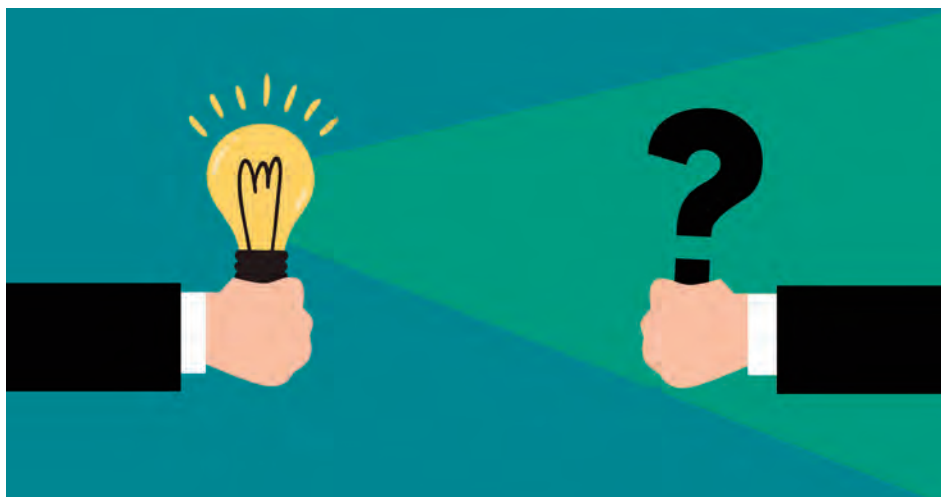
Visit the Master Gardener Plant Sale and The Farmers' Museum Heritage Plant Sale next door on the same day!

Plant sale proceeds support the education and outreach efforts of the Master Gardener Volunteer Program of Otsego County.



**Cornell Cooperative Extension** | Schoharie and Otsego Counties

*The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work. Cornell Cooperative Extension Schoharie and Otsego Counties provides equal program and employment opportunities. Accommodations for persons with special needs may be requested by contacting Cornell Cooperative Extension Schoharie and Otsego Counties prior to the program.*



## Bring Your Vision to Fruition

BY JIM BARBER

In my last article, I identified three key steps in the process of taking on a new farm enterprise.

### Step One

Start by thinking about your target customer. Where do they live? Do they need to travel to get to you, or do you need to take your product to them? Is there a certain demographic you hope to serve? Is your product an item or service they need or that they want?



To answer a lot of these questions, it is a good idea to look around at what others are selling. It is important to learn from the competition and decide what will be different about the product you will be offering. Are you looking to take advantage of current trends in the marketplace, or are you planning to offer something unique?

This will help you determine what the demand for your product might be and how much your target customer may be willing to pay.

This brings up the differences between need vs. want vs. demand. People **need** bread and they may **want** jelly. Customers are often willing to pay more for items they **want** vs. items they **need**. However, the discretionary item is purchased less often. The margin you receive on something people **want** is often higher than on something they **need**, though you will sell a lot more bread than jelly. **Demand** is related to the number of customers willing to purchase your product. It is important to understand that simply because there is a real **need** for a product, such as gluten-free bread, there may be very limited **demand**.

### Step Two

Once you have the vision of what you want to achieve, you will need to assess your current resources, both physical and personal.

People often consider physical resources to be:

- the land, buildings, and equipment they already have or can have access to

But physical resources also include:

- cash or good credit
- proximity to markets
- natural resources, such as a beautiful landscape

Personal resources are the skills and personality traits you will rely on to run your business. These resources are harder to define and require a very honest assessment of what you like or don't like, the skills you are good at, and which you will need to

hire or acquire. The beginning of a project is very exciting and motivating, but running the business, cleaning the equipment, or driving to markets can become very mundane.



Questions to ask yourself include:

- Do I like to work with customers and co-workers?
- Am I good at organizing and motivating myself?
- How about a team of employees?
- Can I create a plan of action and stick to it?
- Do I love crunching numbers, or do I hate bookwork?
- Am I good at adapting to unforeseen changes in plans? In a business, unexpected things happen all the time; sometimes weekly, sometimes daily, and sometimes hourly.

### Step Three

Make a plan for how you will see your vision through.

In the next article in this series we will look in detail at the steps to take to develop a plan for acquiring what you need and managing the risks for seeing your vision through.



### TO MARKET TO MARKET – a Video Reference

On the CCE Schoharie and Otsego website, you can find links to the video recordings of a workshop series titled “To Market, To Market,” which several offices of Cornell Cooperative Extension hosted last fall for a group of entrepreneurs embarking on a wide range of new enterprises. These workshops explored, in more detail, the steps for product development from start to finish.

[www.cceschoharie-otsego.org/farm-business-development/to-market-to-market](http://www.cceschoharie-otsego.org/farm-business-development/to-market-to-market)

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

## 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](http://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.

# ASPARAGUS TOMATO STIR-FRY

Serves 4

*A recipe to win over even those shy of the distinctive taste of springtime “sparrow grass”*

Source: [fcs-hes.ca.uky.edu/recipe/asparagus-tomato-stir-fry](http://fcs-hes.ca.uky.edu/recipe/asparagus-tomato-stir-fry)



## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 95mcg	<b>480%</b>
Calcium 40mg	<b>4%</b>
Iron 3mg	<b>15%</b>
Potassium 450mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

- 3/4 lb. fresh asparagus
- 1/4 cup chicken or vegetable broth
- 1 tbsp. light soy sauce
- 1/2 tsp. ground ginger
- 1 clove garlic, minced
- 1/4 tsp. black pepper
- 1 tsp. cornstarch
- 4 green onions
- 2 roma tomatoes
- 1 1/2 cups fresh mushrooms
- 1 tablespoon olive oil

### Directions

1. Trim asparagus and cut into 1-inch pieces.
2. Combine broth, soy sauce, ginger, garlic, pepper and cornstarch in a small bowl to make sauce.
3. Chop green onions and tomatoes into 1/2-inch pieces.
4. Slice mushrooms.
5. Pour oil into a wok or large skillet and preheat over medium-high heat.

6. Add asparagus and green onions; stir-fry 4 minutes.
7. Add mushrooms; stir-fry 1 additional minute or until asparagus is tender-crisp.
8. Add sauce (if using wok, push vegetables to the outer sides). Cook until thick and bubbly.
9. Add tomatoes.
10. Stir well and heat through.

### Know the facts . . .

- Asparagus comes in three different colors: green (most common), white (is green asparagus kept underground to keep chlorophyll from forming; milder in flavor), and purple (nuttier and sweeter taste than green).
- Asparagus has only 4 calories per spear and is very low in sodium. It is a good source of fiber, vitamins A, B1, B2, B3, B6, B9, C, E, and K, calcium, magnesium, zinc, iron, phosphorus, potassium, copper, manganese, and selenium.
- Asparagus is also rich in rutin, a powerful antioxidant which has been shown in some studies to improve circulation, increase anti-inflammatory activity, and reduce symptoms of irritable bowel disease.
- Green onions, also known as scallions or bunching onions, are another springtime favorite and can be used interchangeably with spring onions (immature onions harvested early).
- Try our companion recipe, **Strawberry-Kiwi Flavored Water**, for a fun summertime refresher. Go to [www.cceschoharie-otsego.org/connections](http://www.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 [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 [mml39@cornell.edu](mailto:mml39@cornell.edu), or join us on Facebook: EFNEP CCE Schoharie and Otsego Counties.

### Notes:

- Stir-frying is a quick way of cooking meant to keep veggies somewhat crisp and just a little tender; be sure not to overcook!
- This dish works nicely as a salad alternative, or light main dish if you add some grilled chicken. Put it over a bed of brown rice for a heartier meal.
- Watch this recipe being prepared at [www.youtube.com/watch?v=sNgPF2HV1-Q](http://www.youtube.com/watch?v=sNgPF2HV1-Q)





## The Versatile Chickpea

### *Chickpeas: They're Not Just for Hummus Anymore*

Do you have cans of chickpeas in your pantry? Even if you don't, you may have noticed in the past couple of years that chickpeas have become a new food trend.

In stores you can now find chickpea pasta, chickpea puffs (that look like cheese doodles), chickpea chips, tortillas made with chickpeas, flavored dried chickpea snacks (similar to wasabi peas), even “dessert hummus” flavored with vanilla or cocoa or cinnamon.

### *Yay!*

This is happy news, as the chickpea—also known as garbanzo beans or ceci—deserves more attention. It is a legume, and offers the nutrients protein, fiber, folate, iron, manganese, copper, and phosphorus, while being low in fat. They are a nourishing addition to a healthy diet—the kind of diet that supports weight management, controls blood sugar, and may reduce the risk of heart disease and cancer.

Plus, they are affordable; are available canned, dried, and as flour; are a vegetarian/vegan option for protein; and are a gluten-free option for baking.



*Dried chickpeas*

### *History*

Chickpeas have long been a staple of Middle Eastern, Mediterranean, and Indian cuisines. Archaeologists have found evidence of domesticated chickpeas in Neolithic settlements in Turkey and Jericho, dating from about 8000 BC.

By far, most of the world's chickpeas today are grown in India. But they're increasingly grown domestically—mainly in Montana, Washington, Idaho and North Dakota—to feed the growing American interest in hummus. In 1994, about 30k acres were harvested in the U.S.; by 2018 it was up to 859k acres—reflecting similar growth in hummus sales: \$5 million in the mid-90s vs. \$800 million in 2018.

### *Hummus*

Hummus comes in many flavors—plain, lemon, roasted red pepper, jalapeño, caramelized onion, and many more—and is readily available in supermarkets. Eaters have been following advice to replace ranch dressing and mayonnaise with it. hummus is delicious as a spread on sandwiches and as a dip for veggies and chips. Does pasta sauce give you heartburn from its acidity? Try using hummus on your pasta instead.

Hummus is easy to make at home with just a few ingredients. Give this recipe for “plain” hummus a try: [cfacaa.human.cornell.edu/dns.fnec/files/recipes/pdfs/Thonney\\_Hummus.pdf](http://cfacaa.human.cornell.edu/dns.fnec/files/recipes/pdfs/Thonney_Hummus.pdf). A video of making a similar hummus recipe is here: [www.youtube.com/watch?v=EfPR4N-Ma9k&t=2s](https://www.youtube.com/watch?v=EfPR4N-Ma9k&t=2s).

*Continues on page 14*

## The Versatile Chickpea, continued from page 13

**Tip:** Don't have tahini (ground sesame seeds)? Use peanut butter or vegetable oil in place of it in hummus recipes.



Some flavors of store-bought hummus

### A Note on “Dessert Hummus”

The mild flavor of chickpeas does well in both savory and sweet settings. Sweetened mashed chickpeas are now being offered for sale in many places, marketed as “dessert hummus.” Vanilla, Sugar Cookie, Pumpkin Pie, Snickerdoodle, Brownie; you can find these and more in the store, and as recipes you can make at home. You'll still get all the chickpea goodness...but with added sugar. So just like it's recommended that you not eat the whole bag of oatmeal raisin cookies, you probably shouldn't eat the whole tub of dessert hummus either.

### Beyond Hummus

Whole, cooked chickpeas are a great addition to salads, tossed in pasta, added to soups, and even in tacos. Try stuffing them in a baked sweet potato! Places and ways that you use beans can often be replaced with chickpeas—think chickpea burgers (here's an easy, tasty recipe: [tinyurl.com/csz5dwar](http://tinyurl.com/csz5dwar)) or even in chili. Feeling adventurous? There are lots of healthy Indian recipes that use chickpeas: Chana Masala (chickpeas in a spicy gravy) and Chana Saag (curried chickpeas with spinach) come to mind.

For a quick snack using a toaster oven: put some chickpeas on a whole wheat tortilla, sprinkle with

shredded low-fat cheese, place in toaster oven (toaster setting to medium) until cheese is melted, top with some salsa, and enjoy!

Dried chickpeas can be ground into flour. In Indian cuisine it's called gram flour, and you can



Making a quick snack with chickpeas





Ready to eat, yum!

find it in the ethnic aisle or specialty store, but Bob’s Red Mill brand has been offering this flour since at least 2017, and you might find it in your gluten-free section of the store, too.

Try replacing ¼ to ½ of the flour in your favorite recipe with chickpea flour. Chickpeas don’t have gluten, but its flour is dense and has binding qualities, so you can replace a larger amount in recipes that don’t require much leavening: muffins, cakes, flat breads, pancakes, and batter for fritters.

Raw, uncooked-but-soaked chickpeas are the main ingredient in falafel, a deliciously spiced ball or nugget traditionally served in pita bread with yogurt sauce, tomato, and lettuce. Try out a baked falafel recipe instead of fried for a boost in healthiness; you can go here for a recipe: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/falafel-yogurt-sandwich](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/falafel-yogurt-sandwich)



Falafel sandwich, photo courtesy of MyPlate.gov

### Beyond Chickpeas

As mentioned earlier, chickpeas can stand in the place of beans in many recipes. But it goes the other way, too! If you don’t love chickpeas, try replacing them in a hummus recipe with navy beans or great northern beans to make a white bean dip. You can also find white bean flour and black bean flour to add to your pantry as higher fiber, higher protein swaps for flour.

*Our nutrition educators offer fun, interactive, supportive classes—in both group and individual settings—covering healthy eating topics such as: up to date nutrition information; cooking quick, affordable, healthy meals; the importance of physical activity; managing a food budget; feeding picky eaters; and more. Contact 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; or learn more at [www.cceschoharie-otsego.org/nutrition-health](http://www.cceschoharie-otsego.org/nutrition-health)*

## MARK YOUR CALENDAR!

Tractor Supply Company Paper Clover

April 28 - May 9, 2021



Tractor Supply Company Paper Clover has provided 165,000+ scholarships for youth to attend 4-H leadership and camp events since 2016. Visit [tractorsupply.com/4h](http://tractorsupply.com/4h) for more information.



When you purchase a Paper Clover from Tractor Supply, you directly support 4-H programming in your area. Whether you buy in person, online at checkout, or by phone, 90% of the funds go to local and state 4-H programming, and 10% to support national 4-H efforts.

# 4-H Happenings

## Otsego Happenings

Otsego County 4-H clubs have been meeting using COVID-19 guidelines—working on projects, and learning about weaving baskets, judging cows, and leading and worming horses. The Otsego County 4-H Horse and Dairy Bowl teams have been practicing for the upcoming district competitions.



*Basket weaving projects*



*Learning about horses*



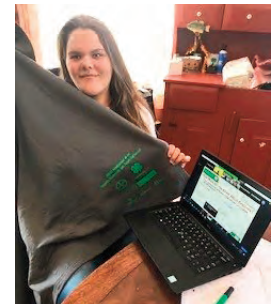
*Learning about dairy cow breeds*



*Learning about judging cows*

Congratulations are due to Abbie Ainslie, Vanessa Erkson, and Collin Erkson. They have been accepted into the Otsego County 4-H Earn-an-Animal program. They will be receiving financial assistance in purchasing and caring for an animal to raise for breeding or marketing.

Vanessa Erkson, a member of the Cherry Valley-Springfield Apple Blossoms, earned a scholarship to attend the 4-H Agriculture Summit on the weekend of March 5-7, 2021. COVID-19 restrictions made the summit virtual this year, but Vanessa still had a wonderful experience. Here's what she had to say: "The 4-H Agricultural Summit was the highlight of my year, even if it was online. I learned so much about new environmental studies and technologies and different careers available. Meeting with people across the country and Canada opened my eyes to peoples' different ideas and opinions. I would recommend this summit to anyone interested in anything related to agriculture. Even online, it shows that agriculture can truly progress with the rest of the world." Vanessa thanked CCE for giving her the opportunity to experience this once-in-a-lifetime event—and get some cool swag!



*Vanessa Erkson attending the virtual 4-H Ag Summit*

## Schoharie Happenings

The past months have been consumed with Public Presentations preparation, execution, and evaluations. The Schoharie County 4-H educator, leaders, and youth have been wonderfully flexible and embraced the temporary changes caused by COVID-19 restrictions, overcoming technological and communication obstacles.

Conducting Public Presentations as a virtual event provided an opportunity for youth to learn





4-H member Ben presenting on the topic of 'Poultry Showing' during the live Zoom event



4-H member Chloe presenting on the topic of 'War Horse, Sergeant Reckless'

skills that are necessary for the 21st century. We face a world where some interactions are becoming exclusively digital. Having to deliver a Public Presentation in some kind of virtual form forced our youth to come up with topics that could be clearly communicated while physically separated from their audience and problem-solve ways to change the traditional poster board into something visually appealing via a computer screen.

The registration process began back in early February with a goal set for a March 20, 2021, virtual Public Presentation event. Both a live Zoom and prerecorded option were offered to our youth. Leaders enthusiastically encouraged their youth to choose a topic and sign up: more than fifty 4-H members completed Public Presentations this year! We certainly lived up to our motto: Learn By Doing.

Six volunteers donated many hours to view, evaluate, and give verbal or written feedback to participants. This work began on March 20th, but continued into early April due to the volume of presentations we received. Our volunteer evaluators included a professor at SUNY Cobleskill, a C-RCS high school teacher, a former 4-H leader and local business professional, and three Schoharie County 4-H graduates. We are so appreciative of their efforts!

We also wish to thank heartily all of the terrific youth who participated in Public Presentations 2021 and their supportive and loving families. It is because of all the participants—the youths, their support systems, and the dedicated evaluators—that the Public Presentations were so successful this year.

Though there are benefits to giving a virtual Public Presentation, we look forward to getting back to being in-person. Many adults who participated in 4-H as youths rate Public Presentations as the most long-lasting and impactful experience of their 4-H careers. The experience of



4-H Cloverbud Ella demonstrating 'How to Make a Cupcake'



4-H member Levi presenting on the topic of 'The Six Major Dairy Goat Breeds'

standing in front of evaluators and facing down your fears, after having spent hours developing and practicing your presentation, helps grow important skills; plus the camaraderie between 4-H members, and the encouragement and enthusiasm given by the evaluators. We plan to continue the tradition of 4-H Public Presentations despite any challenges that may arise.



4-H member Lilah demonstrating 'How to Set a Table'

If you would like to view this year's presentations, here is the link to our online 4-H Public Presentations folder: [www.tinyurl.com/wev275ud](http://www.tinyurl.com/wev275ud)



*I'll miss this view*

## Connections . . .

BY JAN RYDER

Connections: those ties to people, places, and things that matter most to us; experiences and explorations that make our lives richer.

It's been my pleasure as Associate Editor to help produce *Connections—The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties*. I am even more pleased that it will continue to be available to you, the CCE readership—with Kimberly Ferstler taking over as Associate Editor—as I once again will be retiring from the CCE staff, ready now to pursue other connections—family, friends, walks with my dog, sewing, travel, and the like.



*A fall walk with my dog, family, and friends*

My connection to CCE started in childhood after my family moved to Schoharie County from central New York. I remember my mom learning to make things in Home Demonstration (an earlier Extension education program offered to homemakers): a whipped wax candle, and, more importantly to me at the time, a purple corduroy jumper just for me—super special because my mom was not a seamstress.



*Chickadee square for my 'Sister Quilt,' a favorite*

Then there was my own connection when I joined 4-H. As I shared in a previous story, “My Half Century with 4-H” (*Connections* Volume 2, #5 Septem-



*My 'Sister Quilt,' sewn with love*



Camping with my husband

ber/October 2019), one of the lessons I learned during my 4-H experience was that hard work pays off.

In 1983, having recently graduated from college with a young family to help support, I put that lesson learned into action for CCE when I took a position with the Expanded Food and Nutrition Education Program (EFNEP) as a Nutrition Aide, now Nutrition Educator. Continuing to learn, teaching program families, and my relationships with fellow CCE staff over the years has brought a richness to my life that formed myriad connections I couldn't have imagined.

Even after retiring in 2014 after thirty years, I was still connected to CCE through my volunteer role as a 4-H Leader and Horse Quizbowl Coach for my grandchildren. It was because of this connection that I actually returned to the CCE staff, when a former board member reached out to me about CCE's need for a temporary receptionist in 2017. While in that position it came to my attention that, due to staffing and program demands, CCE had stopped producing their newsletter, *The Scoop*. I believe that a newsletter makes an important connection between our community and the Association. So, when the temporary receptionist position ended and I was about to leave CCE again, I suggested to Don Smyers, Association Director, that he hire me part-time to produce a newsletter for the Association.



Eleven years of fun as a 4-H leader for my grandkids and their friends

He agreed, and his continued commitment has brought *Connections—The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties* into its fourth year of publication for our CCE community. So, for that, and the opportunity afforded me, I want to say thank you to Don, the Board, and the staff of CCE. So many of the connections in my life weaved in and out of my relationship with CCE, and even though I am once again leaving, I know my commitment and connection to the Association will continue. I plan to attend many of the events and educational programs offered throughout the year. Just like you, I will get to read about them in *Connections*.



Lots of hours spent coaching the 4-H'ers on the Schoharie County Horse Quizbowl team. I sure learned a lot right along with them.

# CCE in Action!



★ Cornell Cooperative Extension ★



**FARM  
SOURCE  
THRIVE**

*Otsego*.info



**ANNIE'S PROJECT**  
EMPOWERING WOMEN IN AGRICULTURE



Creating a Place for Learning  
through Gardening



Cornell Cooperative Extension | Schoharie and Otsego Counties



## 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.

**Cornell Cooperative Extension | Schoharie and Otsego Counties**