

# Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

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## Welcome to our New Ag & Horticulture Educator!

Please join us in welcoming our newest staff member, Jessica Holmes. Jessica joined us on June 17th, taking over the role vacated by David Cox when he retired at the end of last year.

Please watch for an introductory article from Jessica in the September-October 2021 issue of *Connections*. In the meantime, don't hesitate to reach out to her at [jmh452@cornell.edu](mailto:jmh452@cornell.edu) or (518) 234-4303 ext. 119.



## County Fairs 2021



At the time this newsletter went to press, plans for both the Otsego County Fair (August 3-8) and the Schoharie County Sunshine Fair (August 10-15) were going forward.

All schedules and activities are tentative and subject to change, but CCE Schoharie and Otsego Counties is planning the traditional 4-H events at both fairs, and our programs (4-H, Ag, and Nutrition Education) will have informational tables in the halls.

For the most up to date information, including the schedule of events, please check out these resources online:

[www.sunshinefair.org](http://www.sunshinefair.org)

[www.otsegocountyfair.org](http://www.otsegocountyfair.org)

# The Taste of Summer

The bounty of the local growing season is upon us. Here is an up-to-date list of the farmers' markets in Otsego and Schoharie counties. Please note that the Cooperstown and Oneonta markets run year-round.

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## OUR MISSION

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

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## OTSEGO COUNTY

### Cooperstown Farmers' Market

101 Main Street, Pioneer Alley  
July–September: Tuesdays, 12 p.m.–5 p.m.  
Year-round: Saturdays, 9/10 a.m.–2 p.m.

### Eastern Otsego Farmers' Market

8498 State Route 7, Schenevus  
May–October: Saturdays, 9 a.m.–1 p.m.

### Hidden Memories (Farmers'/Flea Market)

143 Main Street, Worcester  
May–October: Saturdays, 9 a.m.–2 p.m.

### Milford Farmers' & Crafts Market

3898 State Highway 28, Milford  
June–October: Sundays, 10 a.m.–2 p.m.

### Morris Farmers' Market

117 W Main Street, behind the firehouse  
May–October: Thursdays, 3 p.m.–5:30 p.m.

### Oneonta Farmers' Market

51–55 Market Street (next to Foothills PAC)  
Year-round: Saturdays, 9 a.m.–1 p.m.

### Richfield Springs Area Farmers' Market

Spring Park (across from Post Office)  
June–October: Thursdays, 2 p.m.–6 p.m.  
Saturdays, 8 a.m.–1 p.m.

## SCHOHARIE COUNTY

### Festival Farmers' Market

McCarthy Tire Center, Route 7, Cobleskill  
July–October: Saturdays, 10 a.m.–2 p.m.

### RevSpirits

1283 State Hwy. 10, Jefferson  
June–October 9: Saturdays, 1–5 p.m.

### Schoharie Fresh Online Farmers' Market

[www.schohariefresh.com](http://www.schohariefresh.com)  
Pickup: Fridays at SUNY Cobleskill Carriage House Café, 3 p.m.–5:30 p.m.

# 1 day + 3 counties + 41 farms + YOU = An Unforgettable Experience!



- Visit participating farmers
- Enjoy demonstrations, tastings, and tours
- Purchase fresh farm products
- Stay for the weekend



**Get the information to plan your trip at [FamilyFarmDay.org](https://FamilyFarmDay.org)!**





*Schoharie Master Gardeners giving new transplants some TLC.*

# Master Gardener's Corner: Success with your Succession Planting

BY ELIZABETH BROWN, SCHOHARIE MASTER GARDENER

Now that your vegetable garden is planted and flourishing, it is time to think about succession planting in order to keep the beds producing throughout the growing season.

## **What is Succession Planting?**

Succession planting is the practice of seeding crops at intervals of 7-21 days in order to maintain a consistent supply of harvestable produce throughout the season. The goal of succession planting is to make the most of your garden space and keep the beds growing and producing fresh harvests. There are several methods to succession planting:

**1. Staggered Planting:** Staggered planting is planting the same crop every few weeks so the vegetables produce a continuous harvest over a period of time. Instead of maturing all at once, a new crop will be ready as the earlier one finishes. Ideal crops for staggered planting include Asian greens, beets, bush beans, carrots, cucumber, leaf lettuce, radishes, kohlrabi, and summer squash.

**2. Companion Planting:** Companion planting is inter-planting two or more crops with different maturity dates together at the same time. One fast maturing crop grows and is harvested before the second crop needs the space. For example, sow

radish seeds around your squash plants. The radishes will mature before the squash vines shade them out.

**3. Harvest and Sow:** Harvest and sow means growing different vegetables in the same space over the gardening season. When one crop is finished, replace it with another crop. For example, after the spring salad greens are finished, pull the plants, add some compost, and reseed with bush beans. Once the bush beans are finished, replace with another round of quick maturing salad greens to grow in the cooler fall weather.

**4. Same Crop, Different Maturity Dates:** Planting several varieties of the same crop that mature at various times provides uninterrupted harvest throughout the growing season. Potatoes are usually categorized as early-, mid- and late-season. Different varieties of vegetables like corn, carrots, and tomatoes have different days to maturity. When these are planted at the same time, the varieties mature one after the other over the season.

## **Succession Planting Tips to Maximize Your Harvest**

For our area of upstate New York, succession planting begins in early spring with cool-season crops such as lettuce, spinach, kale, and other greens. Other early spring crops that can be di-



*Baby lettuce ready to plant.*

As the growing season transitions to frost-free nights, warm weather crops can replace spring crops. Even with our short summers, some warm-season crops such as bush beans, summer squash, and cucumbers can be succession planted three to four weeks apart and still have time to mature before the first frost. When the older plants begin slowing down or are affected by disease, the newer plantings begin producing.

As late-summer weather cools, and the summer crops finish, the space is replaced with cool season plants that can withstand light frosts, thrive in shorter daylight hours, and tolerate the cooler nighttime temperatures of fall. Again, we rely on lettuce, spinach, and other salad greens started as transplants and planted into the garden as space opens up.

### **Group Similar Crops Together**

Dedicating whole beds to crops in the same family or type of crop makes it easy to rotate the beds from season to season and to plan for succession crops. Usually, the crops in the same family share similar watering and fertilizing needs and mature at the same time.

While some growing beds are devoted to growing one major crop all summer until frost, others are planted with seasonal or quick maturing crops that finish sooner. I like to think of these growing beds as transitional beds. Once a crop in a transitional bed is finished, the plants are pulled, the bed is enriched with some compost, and the next quick maturing crop is transplanted or sowed for the following season.

### **Select Early Maturing Varieties**

Choosing varieties that mature quickly is key to succession planting. The earlier the plants grow and produce a harvest, the sooner they can be re-

placed with another crop. Some varieties mature earlier than others. For example, Mokum, Napoli, and Nelson carrots can be harvested in as little as 50 days, while others, including Danvers, Scarlet Nantes, and Sugarsnax, take an extra 20 days to reach maturity. Carrots can be harvested at baby stage or left to grow to full maturity.

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*Peas can be planted in late summer for a fall crop.*

Bush varieties of beans and peas produce quicker because they don't need additional time to grow long vines. They also tend to yield all at once making it easy to preserve, too. Check the seed packages for the estimated maturity date.

### **Grow Transplants**

You don't have to wait for a crop to be finished in the garden before starting the next succession planting. Sowing seeds and growing seedlings in pots and trays can give them a head start. When space opens up, you can transplant healthy seedlings instead of sowing seeds.

Some seeds will not germinate when it is hot. Start these under lights indoors, harden them off, and plant them into the garden when the weather is cooler. Water well and shade the transplants in the heat of summer.

Start the fall garden early by sowing seeds in July to be transplanted into the garden as the summer heat fades and gardening space opens up. Take into consideration that daily sunlight hours decrease in fall, slowing the plants' growth, so add a week or two to the expected maturity date on the package.

Good resources to use when planning for succession planting are [www.plantmaps.com](http://www.plantmaps.com) and [www.johnnyseeds.com](http://www.johnnyseeds.com). Let's keep our gardens growing well into the fall!



# FRESH TOMATO SALSA

Serves 6

*Whether you like it hot or not, fresh salsa is an anytime favorite!*

Source: A Harvest of Recipes with USDA Foods



## Ingredients

- 1 cup tomatoes (finely chopped)
- ½ cup apple (peeled and finely chopped)
- ¼ cup onion (finely chopped)
- 2 tablespoons lime or lemon juice
- 1 teaspoon garlic (finely chopped)
- ½ teaspoon olive oil or vegetable oil
- ¼ teaspoon salt
- 1 teaspoon fresh cilantro or parsley (chopped), optional
- 1 tablespoon cayenne pepper, or jalapeño chilies (chopped), optional

## Directions

1. In a medium bowl, combine tomato, apple, onion, and lime juice. Mix well.
2. Add garlic, olive oil and salt to bowl. If using cilantro, parsley, cayenne pepper, or jalapeño chilies, add them also. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve cold.
4. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

## Know the facts . . .

- **Salsa** is traced back to the Aztecs, Incas, and Mayans. The indigenous peoples created their own versions of **salsa** using tomatoes, chilies, and squash seeds.
- Salsa, by nature, is super **healthy**. It is low in calories, high in flavor, and is made of vegetables—most people do not eat enough vegetables!
- It is a **good source of vitamin C**. Lime juice, onions, and tomatoes are all rich sources of the antioxidant vitamin C. Vitamin C helps prevent heart disease and promotes healthy aging.
- It can **help stabilize blood sugar**. Fiber is found naturally in the cell wall of plants, so salsa is full of fiber without any added fat or sugar. This is a winning combination for anyone with Type 2 diabetes who is looking to add flavor to their food without raising their blood sugar. Fiber helps us feel satisfied after we eat, and it won't trigger a release of the body's insulin.
- It's **heart healthy**. Dietary cholesterol comes from foods that come from animals. Salsa only contains ingredients that are from plants, and is naturally cholesterol-free.
- As part of an overall healthy diet, eating vegetables—that are **lower in calories per cup** compared to other foods—may be useful in helping to lower calorie intake.
- Try our companion recipe, **Baked Tortilla Chips**, to accompany your salsa. Go to [cceschoharie-otsego.org/connections](http://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 [blogs.cornell.edu/efnep-schoharie-otsego](http://blogs.cornell.edu/efnep-schoharie-otsego). If you are interested in even more nutrition information, helpful tips, or classes, you can contact Michelle Leveski, EFNEP Nutrition Program Educator by calling 518-234-4303 ext. 115. Please leave a message, or email her at [mml39@cornell.edu](mailto:mml39@cornell.edu), or join us on Facebook: EFNEP CCE Schoharie and Otsego Counties.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/6 recipe (54g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>20</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 7mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 105mg	<b>2%</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.

## Notes:

Try adding salsa to your favorite food to add flavor without adding salt, sugar, or fat:

- Add to scrambled eggs or frittatas.
- Layer onto a grilled cheese sandwich.
- Add salsa as your secret ingredient to soup, stew, or chili.
- Stir into chicken, potato, or tuna salad.
- Add into meatloaf for a Mexican flair.
- Add salsa to burger meat mixtures, or slather on top.
- Kick up your mac and cheese with a dollop of salsa.





# Does Your Saddle Fit?

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.*

How long has it been since you've considered the fit of your horse's saddle? Six months? A year? More?

Saddle fit can vary wildly from saddle to saddle and brand to brand. Each horse is an individual athlete with a body that is constantly changing due to age, weight, activity level, and fitness. How well your saddle fits can change—and must be reassessed periodically!

Luckily, there are options available to fit just about every shape and size equine you can imagine. English saddles are often built using wool flocking to stuff the panels, which can be adjusted by a professional saddle fitter to fine tune the fit, provided that the tree itself is the proper shape and size. Occasionally, pads with shims can be used to compensate for hollows in the horse's back while they build muscle along their topline.

It is very important to not continue to use an ill-fitting saddle!

## How to Evaluate Saddle Fit

Though there are many aspects to proper saddle fit, there are a few simple ways you can evaluate how well your horse's saddle fits.

## Signs of Discomfort: Physical and Behavioral Changes

Possibly the most obvious sign of a poorly fitted saddle is a change in behavior while tacking, but a horse may be too tolerant and not show pain.

Another obvious place is under the saddle: watch for the appearance of scarring, sores, rub marks, or white hairs on the horse's back, withers, or girth area. A saddle that slips forward can cause the girth to rub behind/inside the elbows, so check carefully! Uneven distribution of rider weight can cause pinching, excessive pressure, and disrupt the horse's circulation, leading to bruising, saddle sores, muscle atrophy and wasting, and permanent spinal damage. If you see any of these signs, STOP using your saddle immediately!

A painful horse may be reluctant to work, react negatively to saddling/girthing, kick out or show resistance under saddle, or travel tense and inverted to try to protect its sore back. Changes in behavior while tacking up and/or under saddle can quickly become habitual if the cause is not addressed.

On the other hand, many horses will tolerate an uncomfortable or painful saddle without protest until irreversible injury has already occurred, so be careful not to assume they are comfortable just because your horse does not complain about their tack!

## Balance

When you place the saddle on your horse's back, first do so without any pads or a girth/cinch. Place the saddle slightly forward over the horse's withers and slide it back until it settles into the correct place. Do this a few times to be sure you have found the "sweet spot" before you assess balance. The front of the saddle tree should fall behind the scapula, and the rear of the panels/skirts should not extend past the last rib (see Skirt/Panel

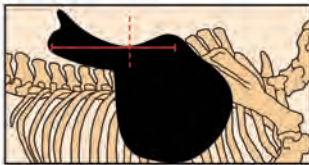
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## Does Your Saddle Fit?, continued from page 7

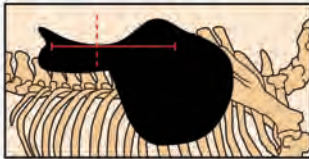
Length). Some saddles, particularly English jumping saddles, have flaps/areas of the skirts that extend over the horse's shoulder blades. The key is to ensure that the tree points (English) or the front of the bar (Western) are clear of the shoulders.

When looking at the saddle from the side, the front and rear of the saddle should be fairly level (not including the height of a tall cantle or saddle horn) and the lowest part of the seat should be the center. A saddle that tips forward or backward will make the rider feel tipped off balance and will create uneven pressure on the horse's withers or loins.



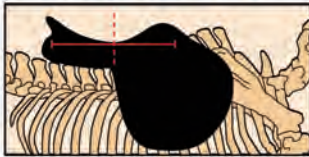
### Downhill

- Center of seat is forward of center
- Rider will feel tipped forward
- Rider's weight is concentrated at the front of the tree behind the scapula
- May indicate a saddle which is too wide
- Gullet may be in contact with withers



### Uphill

- Center of seat is to the rear of center
- Rider will feel tipped backwards
- Rider's weight is concentrated on the rear of the tree over the last ribs
- May indicate a saddle which is too narrow



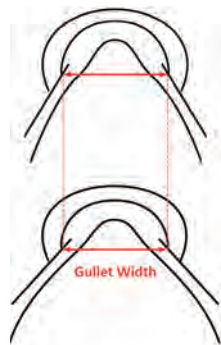
### Balanced

- Center of seat is lowest point
- Rider can maintain a neutral seat without fighting the balance of the saddle
- Rider's weight is distributed evenly along the length of the tree

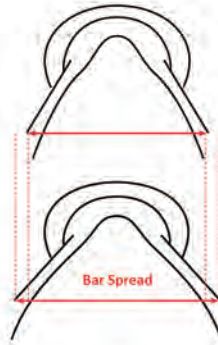
## Gullet Width and Height

The gullet width is the width of the saddle at the front of the tree where the skirts (Western) or panels (English) attach to the tree. Gullet width is the most common tree measurement provided when buying a saddle, but is only a small part of the equation—and is difficult to accurately measure on a finished saddle. A true gullet measurement is taken on a bare saddle tree before any leather is added. The gullet width can be a good starting point when looking for a saddle, but be aware that very differently shaped saddles can have the same gullet measurement.

Take note of how prominent your horse's wither is (the distance from the top of the wither straight down to the weight bearing surface of the rib cage below), and how long the wither is (how far down the horse's back the wither extends before meeting the flat part of the back). A high withered Thor-



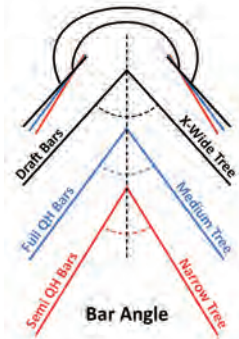
oughbred type horse will need a higher-profile "V" shaped gullet, while a low, rounded gullet would be better suited to a low withered stock horse or cob type (often called a "hoop tree" in English saddles).



When saddled with a rider aboard, there should be at least 2-3 fingers of clearance above the horse's withers. If the saddle does not have enough clearance, impact from the rider may cause the saddle tree to press on the spine. This often indicates a saddle which is too wide. On the other hand, an excessive amount of wither clearance could cause the saddle to pinch the horse's shoulder. This often indicates a saddle that is too narrow.

## Bar Angle

The steepness or flatness of your horse's back determines the bar angle you will need. A saddle with steep bar angles tends to be well-suited to a narrower horse, while a wide horse will need a wider bar angle.



## Adjustable Gullets (English)

English saddles with adjustable or changeable gullets can be useful if you need to fit two similarly shaped horses with different widths, or to adapt your saddle to a growing horse without purchasing a new saddle as often. Just be mindful that the other aspects of the tree are also suitable for your horse!

## Channel Width (English)

The channel on an English saddle is the space between the panels which provide clearance for the horse's spine. In addition to eliminating contact with the horse's spine, the channel should avoid the delicate connective tissues attached to the spinal processes. The channel width should be even from front to back. Watch out for older saddles with a wide channel at the front which narrows considerably towards the rear of the saddle. This is not desirable!

Modern research has proven that a channel that is too narrow in the back places stress on the delicate tissues surrounding the horse's spine. Due to selective breeding, modern horses are different in shape than their predecessors: they are wider in



general, which means vintage/older saddles tend not to fit today's horses.

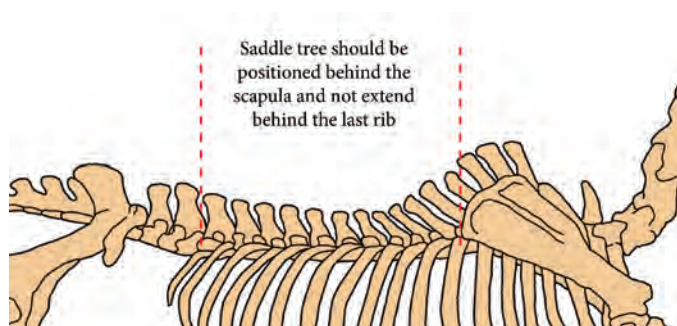
### Rock

Rock is the amount of curve in the underside of the saddle from front to back. A horse with a straight, flat back will need a flatter saddle, whereas a horse with a curvy or sway back will need more rock.

If your saddle has too much rock for your horse, you may notice the rear of the saddle lifting off the horse's back—particularly when the saddle is girthed and the horse is in motion, indicating pressure points towards the front of the saddle. If your saddle is too straight, it will “bridge” on your horse's back, creating pressure in the front and back with a gap in the middle. To check for bridging, place the saddle on your horse and slip your hand underneath the saddle in the middle under the seat. Run your hand front to back feeling for even pressure, or for any pressure points or gaps.

### Skirt/Panel Length

The total length of the saddle must not fall behind the last rib (18th vertebrae) to avoid applying pressure on the vulnerable lumbar spine and surrounding soft tissues. Some horses have a long, accommodating back while others with a short back can pose a challenge, especially when trying to fit a saddle with a larger seat. If your horse has a short back, look for a saddle with upswept panels (English) or short, round skirts (Western). Occasionally, a short-backed horse simply cannot accommodate a saddle with a seat large enough for its intended rider without risking physical harm. In this case, the rider will have to compromise with a smaller seat or even consider a different mount.



### Treeless Saddles

Due to their lack of a rigid tree, treeless saddles are often considered as an alternative when traditional saddles prove to be difficult to fit. Depending on the individual situation, this can be a great so-

lution, but treeless saddles have their own fit issues which need to be addressed.

The saddle tree is designed to distribute the weight of the rider across a larger surface to reduce pressure points. The tree also distributes the pressure of the girth/cinch and stirrups while creating a “channel” to keep pressure off the horse's spine. Because of this, treeless saddles require a special pad to make up for these deficits.

Not all saddle and pad combinations will work for every horse and rider team. It may require some trial and error to find the equipment that suits your horse best, and in the end, treeless is not for everyone but worth considering.

### My saddle does not fit! What now?

Ask for help from an instructor or knowledgeable friend, or contact a saddle fitter in your area to come evaluate your horse. There are independent fitters and also saddle fitters who represent certain brands, both of whom will come to your farm with various saddles to try on your horse. Your fitter may be able to adjust your saddle, recommend specific pads or shims to fine tune the fit or to compensate for areas in which your horse lacks muscle, or suggest a new saddle that will be more comfortable for both horse and rider.

When shopping for a new saddle it is nearly impossible to purchase a well-fitting saddle based on measurements and photos alone. Most tack shops and saddlers will allow you to take a saddle “on trial” before you make a purchase, giving you time to take it for a test ride, evaluate how well it fits your horse and yourself, and have the fit checked by an experienced person. Custom-built saddles are a more expensive option but often provide a perfect fit from the tree up that can be adjusted as your horse's shape changes.

When searching for a fitter, be sure to ask for their experience and qualifications. Legally anyone can call themselves a saddle fitter and there is no unified standard for education in the United States. Several saddle manufacturers and independent saddlers offer training courses, but they vary in quality and thoroughness. Look for a fitter with many years of experience who proudly lists their qualifications and can offer references from past clients. The Society of Master Saddlers in the UK has international listings and is a good place to begin your search ([www.mastersaddlers.co.uk](http://www.mastersaddlers.co.uk)).

# Caution: Hollow Western Saddle Trees

BY LAUREN ANDERSON

In an effort to produce very inexpensive saddles, some manufacturers use hollow “blow molded” fiberglass trees. These saddles are often imported and marketed for their light weight, or sold as beginner’s kits. I would not advise anyone to use them on a horse.

Hollow fiberglass is not strong enough to withstand the forces of normal use and have caused numerous accidents when parts of the tree fail. Nails and screws can pull loose from the tree or poke through the bottom of the saddle, or the tree can split entirely.

Tip: you can often find good quality used saddles for the same price as these hollow tree saddles. Aside from being safer, they are more comfortable for both horse and rider with much better longevity.

If you see fiberglass on your saddle tree, don’t panic! Good quality wooden trees are often laminated with fiberglass or wrapped with rawhide to protect them. If you’re unsure whether your tree is hollow, ask your local saddler or tack shop to check for you.



## 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**

### Budget Bites

Thursday, July 8, 2021, 5:00-6:00 p.m.

Additional sessions in the series: July 15, 22, 29, August 5, 12  
This virtual nutrition education class will focus on recipes using fruits and vegetables. This fun, interactive series is free to income eligible families. Participants who attend all 6 classes will receive a gift certificate for fresh fruits and vegetables at the Festival Farmers Market in Cobleskill. For more information or to register, contact Michelle Leveski at 518-234-4303 ext.115 or email [mml39@cornell.edu](mailto:mml39@cornell.edu).

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

Thursday, July 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.

### Otsego County Fair

Tuesday, August 3 to Sunday, August 8, 2021

Visit the informational CCE tables at the fair!

### Schoharie County Sunshine Fair

Tuesday, August 10 to Sunday, August 15, 2021

Visit the informational CCE tables at the fair!

### Family Farm Day 2021

Saturday, August 28, 2021

Experience working farms in Schoharie, Otsego, and Delaware Counties. Details of participating farms and events at [familyfarmday.org](http://familyfarmday.org)

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

August 2021 – this meeting is not generally held but is subject to board action.

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.

### Cooking With Kids

*This series is offered regularly; contact Michelle for specific dates.*

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 six 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)

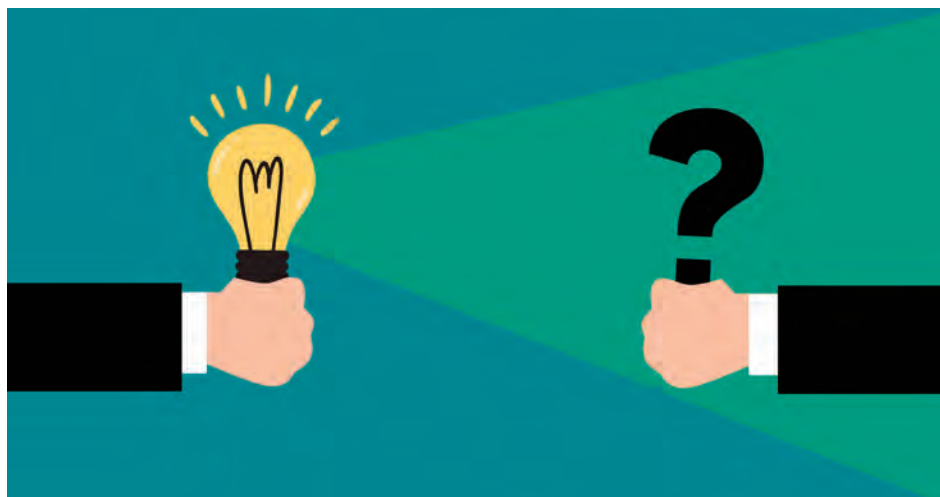
### What’s For Lunch? / What’s For Dinner?

*These series are offered regularly; contact Kimberly for specific dates.*

Join our nutrition educator, Kimberly, for a 6-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 or dinner. 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, and registration is required. If interested contact Kimberly Ferstler at [kmf239@cornell.edu](mailto:kmf239@cornell.edu) or 518-234-4303 ext. 120.

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





## Bring Your Vision to Fruition: Part III

BY JIM BARBER

All around our region there is increasing interest in supporting and expanding the local farm and food industry. Many farmers and food producers are looking for ways to tap into the growing demand for local food products.

Embarking on a new venture, while appealing in many respects, can be daunting. Cornell Cooperative Extension (CCE) can help you find the information you will need at every step of the process: from planning, to production, to marketing.

In the previous two articles, we identified important steps in new product development: how to assess your current resources, and key points to consider in analyzing market opportunities. In this article we will highlight the key elements of a plan to bring your vision to fruition.

### ***Your Business Plan***

A comprehensive business plan is a vital part of any new venture. If you need to acquire funding or other outside resources to bring your idea to market, the lender or investor will want to see your business plan. Even if you already possess all the physical and financial resources necessary, a well-constructed business plan will help keep the project organized and help avoid delays from unexpected obstacles.

A good business plan will include the elements we covered in the previous articles: the product and market analysis you have done in developing your idea, and your financial and personal resource assessment. It should also include: the cost projec-



tions for producing and marketing the product, and sales projections so you can create a reasonable pricing strategy. It can be very helpful to work with people who have experience in developing these projections; Cornell Economic Development Specialists and local Economic Development Agencies can provide valuable information and connect you with professionals to help guide you through this step in creating your business plan.

### ***Risk Management and Regulatory Compliance***

Beyond the financial and market elements of your business plan, you will need to include considerations for risk management and regulatory compliance. Understanding the various areas of risk in your business, and how to manage them, can have significant impact on the success of your new enterprise. These areas should be addressed

*Continues on page 12*



during the development of your plan so you are not caught unprepared.

Risk management is how you plan to soften the impact of circumstances, many of which can be outside your control. How well are you positioned to absorb unexpected costs or temporary loss of markets? For example, many businesses experienced this during the COVID-19 shut down. Do you have, or can you acquire, the liability insurance you will need? How will you fill the void if key personnel leave the business?



Compliance is understanding the rules and regulations which cover every aspect of your enterprise, from constructing the building, to production, to marketing. Knowing this information will ensure you have both the permits or licensing you will need, and in the correct timeframe. Don't be in a position where your ability to enter the market and begin making

sales is delayed because you do not have the proper permit or license. You will also need to understand the regulations which govern how produce is handled, how food is processed, and the required safety procedures that protect customers and employees. Again, CCE and state and local agency representatives can help guide you through the process.

### ***"To Market, To Market" – an Online Resource***



This series of articles provided a brief overview of the steps to bring new products or services to market. If you are considering such a venture, and are interested in a more comprehensive discussion, here is an excellent resource: "To Market, To Market" ([cceschoharie-otsego.org/farm-business-development/to-market-to-market](http://cceschoharie-otsego.org/farm-business-development/to-market-to-market)). On this web page you will find video recordings of the four-day workshop hosted last fall by CCE for a group of entrepreneurs embarking on a wide range of new enterprises. Each day's recordings are broken into handy topics with videos of manageable lengths (15-45 minutes each). On this same page you will also find recordings of a 5-part seminar on managing risk in an agritourism business.

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 the red "Subscribe to Connections" button in the right-hand column, 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.



# 4-H Happenings

## Schoharie Happenings



As warm weather arrives here in beautiful Schoharie County, our 4-H youth has begun to set their sights on traditional summer events. Among the most important are the Farmer's Museum Junior Livestock Show and the Schoharie County Sunshine Fair. This year, in particular, there is much anticipation and excitement after their absence in 2020.

The 73rd Junior Livestock Show will be held July 11th-13th as a truck-in event; there will be no overnight camping. Registration was due by June 1st via a new online platform. This was the first time the event has used technology in this way and may usher in a whole new era for its' organizers. Our very own Schoharie County 4-H Educator, Catherine Roberts, designed the registration page, as well as maintained the entries for 174 youth exhibitors. These 4-H'ers will be participating in at least one livestock species show; many will be attending multiple days since they show more than one type of livestock. COVID-19-related protocols will be enforced, with limitations on the number of spectators, but everyone is thrilled to be back!

The Schoharie County Sunshine Fair is scheduled for August 10th-15th. Although specific COVID-19 protocols are evolving, the fair board has indicated that the 144th Sunshine Fair will look very much like it always has. Youth livestock shows and horse competitions are scheduled and non-animal exhibits will be showcased in Progressland. The Fair Exhibitors Guide Book is available online at [sunshinefair.org](http://sunshinefair.org). The deadline for all entries is July 3rd, which means our young exhibitors are getting serious about finishing and perfecting their projects.

In preparation for these events, various livestock showmanship clinics will be held. Youth will be given the opportunity to learn from experienced showmen and sharpen their show-ring skills. Poultry, rabbits, sheep, and goats were planned for June 19th at the Show Barn on the fairgrounds. Horse clinics are scheduled for July 7th at S&J Ranch in Middleburgh. Dairy, beef, and swine clinics will follow on a to-be-determined date.



*Continues on page 14*



## 4-H Happenings, continued from page 13

Our 4-H youth have been involved in two in-person programs this spring. Both have been held following COVID-19 protocols at Hessian Hill Farm. The 4-H Dog Training Classes, taught by Liz Goblet-Schubert, have given participants and their canine friends the opportunity to learn basic obedience skills as well as fun tricks. During the “Sow, Grow and Show” gardening clinics, Lois Goblet led a group of gardening enthusiasts to learn how to plant, care for, and eventually harvest vegetables and flowers. These products will then be shown at the Sunshine Fair.



Much anticipation surrounds these programs among our youth. Having the ability to hold in-person classes safely has been exciting for everyone involved, and a real sign that Schoharie County 4-H is getting ready for an energized summer season. 4-H members are training, grooming, and fitting their animals, brushing up on relevant facts for competitions, finishing projects, and ironing show clothes. Watch out: 4-H is on the move again!

## Otsego Happenings

Otsego County 4-H members worked on their public presentation skills. They were able to present in person, virtually, and by submitting videos. The presentations included “How to Make a Healthy Snack” by Bethanee Barringer, and “Raising Chickens” by Gracelen Jones.



Bethanee Barringer





Gracelen Jones

The Otsego County Dairy Bowl team competed in the district competition at the Chenango County Fairgrounds in May. A huge thanks to all the volunteers who helped make this event fun and educational!



The results included local youth:

- Novice Team: 2nd place - Otsego/Broome
- Novice Individual: 4th place - Kristena Barringer; 5th place - Connor Doody
- Junior Team: 1st place - Otsego
- Junior Individual: 1st place - Maxwell Pullis; 10th place - Owen Pullis; 11th place - Tyler March



- Senior Team: 2nd place – Otsego; 3rd place - Chenango/Otsego
- Senior Individual: 2nd place - Aidan Ainslie; 3rd place - Abbie Ainslie; 5th place - Sean Kersman; 6th place - Elyza Schoeberl; 8th place - Evelyn Kersman

In the months of May and June, Sonya Galley led the Otsego County 4-H Dog Training program, teaching twelve 4-H members how to train their dogs.

Otsego County 4-H members attended the Virtual Forestry Weekend series in May, learning about tree identification, map and compasses, tree measurements, and plot evaluation.

Tractor Safety: Both Schoharie and Otsego County 4-H members had the opportunity to receive their USDOL Certificate of Training through the National Safe Tractor and Machine Operation Program taught by James Gregory, John Deere Tech Instructor from SUNY Cobleskill. Attendees learned through both classroom and hands-on experiences: safety basics, agricultural hazards, tractor and implements, and tractor maintenance.



Jackson Reed

Dairy Showmanship: Members of the Otsego County 4-H program came out to the Otsego County Fairgrounds to learn about dairy showmanship and practice their skills for the upcoming Otsego County Fair.



## ...You're Sweet Enough Already

You may already know it's not in the best interest of your health to have a lot of added sugar in your diet. The Dietary Guidelines recommends no more than 10% of your calories come from added sugar—that works out to 12 teaspoons for a 2000 calorie diet. But did you know that the average American gets 42 teaspoons of added sugars a day? That's a lot more than recommended. More than half of the added sugars a typical American consumes are from sugary drinks like soda, iced tea, fruit drinks, and energy drinks. These drinks can be delicious treats, but they are problematic when drunk every day with every meal:

- they're "empty calories" (calories with no other nutrition to recommend them)
- they tend to fill you up so they might keep you from drinking or eating something nutritious
- diets high in added sugars are associated with obesity, heart disease, diabetes, and tooth decay

So, what's someone with a sweet tooth supposed to do to get a fix???

Water and lowfat (or nonfat) milk are good options any time, but sometimes they just aren't that exciting to your taste buds. Here are some ways to make our friends water and lowfat milk more fun and flavorful.

### Fruited Water

Adding a lemon slice to your water is nothing new, and is a quick and easy way to add a little zing. Consider adding other fruits and herbs; be creative with your favorites, or take some ideas from this recipe



at our website for Strawberry-Kiwi Flavored Water ([cceschoharie-otsego.org/resources/strawberry-kiwi-flavored-water](http://cceschoharie-otsego.org/resources/strawberry-kiwi-flavored-water)) or from this YouTube video called 5 Refreshing Fruit Infused Waters ([youtu.be/KWKelUt91Ic](http://youtu.be/KWKelUt91Ic)) that has some inspired combinations like strawberry-watermelon-basil and lemon-cucumber-ginger.

### Sparkling Punch

If giving up soda will be hard for you because you will also miss the fizz in addition to the sweet taste, try this recipe at our website for Sparkling Punch ([tinyurl.com/jb5k6vs](http://tinyurl.com/jb5k6vs)). It's a simple recipe that combines seltzer with fruit juices. Like the fruited water, don't be afraid to experiment with other flavor combinations; just be sure that you're using 100% fruit juice, and not fruit punch or other fruit drinks that have added sugars.



### Orange Julius

As a teenager, there was a small booth in the food court called Orange Julius that made this drink, and I thought it was an exotic treat. It was also the official drink of the 1964 New York World's Fair, and a similar drink is sold by Gibeau Orange Julep in Montreal.

It turns out that it's not at all hard to make a copycat version at home using just a blender and lowfat milk, frozen orange juice concentrate, cold





water, and ice cubes. Here is the recipe at our website: [tinyurl.com/26b9vj7r](http://tinyurl.com/26b9vj7r). Add a teaspoon or two of vanilla extract for a little extra appeal.

### Pumpkin Spice Milk



I bet you're thinking: this isn't pumpkin spice season!

I promise you, this drink is lovely all year round, not just for autumn. Plus, it's a relaxing drink to help you settle down for the evening (warm milk!), and is a good way to help get one of the three daily recommended servings of dairy.

When you try out this recipe, do not allow milk to scald or boil; microwaving to warm the milk can also work. Make some for your friends and family, too; this recipe can easily be doubled (or tripled or quadrupled).

#### Ingredients:

- 1 cup lowfat milk or unsweetened soy milk
- 4 tbsp. canned pumpkin
- ¼ tsp. pumpkin spice
- ¼ tsp. vanilla extract

#### Instructions:

1. Add milk to small saucepan over low heat
2. As it begins to warm, add pumpkin and pumpkin spice; stir to combine.
3. When warmed and thoroughly combined, take off heat and add vanilla.
4. Drink warm.

If you don't have pumpkin pie spice, you can make your own. Combine 4 teaspoons of ground cinnamon, 2 teaspoons of ground ginger, ½ teaspoon of ground cloves, ½ teaspoon of ground nutmeg, and ½ teaspoon of ground allspice. Store in an airtight container.

If you are interested in more helpful tips or nutrition information, or to participate in our free nutrition/cooking classes, visit our website ([cceschoharie-otsego.org/nutrition-health](http://cceschoharie-otsego.org/nutrition-health)) or contact our nutrition educators: Michelle Leveski, [mml39@cornell.edu](mailto:mml39@cornell.edu), 518-234-4303 ext. 115, or Kimberly Ferstler, [kmf2349@cornell.edu](mailto:kmf2349@cornell.edu), 518-234-4303 ext. 120.

### Otsego County: Do You Have Corn or Soybean Fields?

The CNYDLFC team is looking for help from Otsego County farmers who would be willing to have traps for black cutworm and true armyworm placed near their corn and soybean fields. Please give Erik Smith a call at 315-219-7786 or email [eas56@cornell.edu](mailto:eas56@cornell.edu) if you're interested in helping monitor for these pests.





# 4-H History is Alive and Well in Schoharie County

BY COLLEEN BADGER, 4-H ADMINISTRATIVE ASSISTANT



Maynard Myers

*This is my dear friend, Maynard Myers, who, along with his spunky sister, Mary Jane Myers, welcomed our family to Schoharie County 13 years ago. I recently sat down with him to learn what 4-H had been like for him and Mary Jane. Maynard is a spry 84 and Mary Jane is 90. The pair grew up on two dairy farms: Myerbrie Farm in Barnerville where they raised Ayrshires, and Swissland Farm on Mineral Springs Road where they raised Brown Swiss. Maynard and Mary Jane are a treasure trove of local agricultural and historical information. Their 4-H Story should bring fond memories and smiles to many faces.*

In 1946, the family moved from Myerbrie Farm to Swissland Farm but continued to work both farms. It is about that time Maynard remembers being a member of the 4-H club his dad, Donald Myers, led. He chose a Brown Swiss calf to raise at the beginning of the season and began taking special care of her. He kept precise records of her feed intake and growth, even creating a line graph to illustrate her growth. Towards the end of the 4-H year, it was a club requirement to give an oral presentation about your project animal. Maynard recalls his club gathering around the calf's pen to listen to his presentation. His topic was, "How to Weigh a Cow." To demonstrate, he used a Weigh Tape to measure around his calf's heart girth. Fully grown Brown Swiss can weigh up to 1,800 pounds!



Maynard, his mother, and Mary Jane circa 1975



Donald Myers, their dad.

When fair time approached, Maynard and Mary Jane got busy halter training their animals, first with a rope halter and then with the leather-and-chain show halter. The fair used to be held in September and school would close for the week. There were so many 4-H entries that the smaller 4-H dairy barn as well as a large tent—placed where the pole barn is located today—were filled to capacity.

Mary Jane wrote the following anecdote:

"During the 1940s and 1950s, getting Brown Swiss cattle to the fairgrounds each year—a distance of two miles—was quite an adventure. Every year the cattle were housed in the same barn on the fairgrounds, the one closest to the back entrance. At that time, the people could pet the cows' heads and the cattle seemed to enjoy this special attention.



# My 4-H Story

"Before bringing the cattle to the fairgrounds, my family would put grain in the manger at the fair barn and make sure the doors were open. They would then return to Swissland Farm, halter about four of the older cattle who had been previously shown at the fair, and, together with approximately twelve other young cattle, begin their trek on foot to the fairgrounds. The haltered cattle were led and the younger cattle simply followed along. Three or four teenage boys would walk along with us to help keep the cattle in the road; the road was not as heavily traveled then as it is today. The cattle meandered along and behaved rather nicely until they reached the short winding hill just before the bridge over the creek by the fairgrounds. At this point, the cattle that had previously attended the fair became very excited and began to run. There was no way to hang on to them, so they were allowed to run free. They would run over the bridge, with their owners chasing them but unable to catch them. The cattle would turn into the fairgrounds on a dead run and go to the barn where they had previously been housed. The younger cattle were right behind them.

"When the family finally caught up with them, the cows were all in the barn eating grain from the manger, looking up at them as if to say, 'Where have you been?'"

"We took our Brown Swiss to the fair that way for many years and they never beat the cows to the barn."



*Two Brown Swiss calves*

Maynard recounted several events from fair history. In 1938 (before his time), a hurricane came through and flooded the fairgrounds. All the pigs, housed at the far end of the large dairy barn, were lost to the flood waters. A rope had to be tied between the 4-H barn and the Domestic Arts (current Hall of Ag) Building to assist people through the rushing water on the roadway.

During the Parade of Champions one year, Maynard's winning Ayrshire calf became spooked by a fluttering piece of paper right in front of the grandstand. His calf jumped and reared, startling all the animals around them and leaving Maynard in her dust.

Another year, Mary Jane and Pat Ottman were leading large cows around the track. As they approached the exit near the large barn, the cows broke loose, running fast down the roadway. After a while, the cows made their way back to the barn and found their stalls on their own.

Maynard remembers a dairy judge named Harold Vroman from the Syracuse area as a very fair and instructive man. Having to switch animals with another exhibitor was the most difficult part of Showmanship class, according to Maynard. One time, he had to switch for Harold VanWagonen's big Holstein. Duncan Bellinger showed Brown Swiss alongside the Myers and was their friendly competition.



*Mary Jane's champion Brown Swiss, Laura*

One year, Mary Jane's Brown Swiss, Laura, won Grand Champion of All Breeds. Mary Jane was going to sell her for a tidy profit after the fair, but Laura died suddenly one night. A necropsy discovered Hardware Disease was the culprit. They used magnets as a preventative measure after that.

Maynard listed folks he remembers from his 4-H days: Richard Hamm, Stanley and George Rickard, Phil and Mil Schyler, Hank Hebert, Arkle and Marjorie Rose, Uncle Sharon Mauhs, Ted Crummy, and 4-H Agent Don Burton.

*Maynard and Mary Jane Myers' 4-H experience was very typical for that era. They learned many practical skills as well as developed lifelong friendships. Those remain the byproducts of involvement in 4-H to this day. Maynard and Mary Jane are proud 4-H alumni and their roots go very deep in the Schoharie County soil. I am grateful for their friendship.*

# CCE in Action!



## Here is how you can support CCE outreach:

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