

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

MAY/JUNE 2022

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Welcome to the New Executive Director!

Please join us in welcoming Elizabeth (Liz) Callahan, our new Executive Director! Just prior to this undertaking, she was the Executive Director of Hanford Mills Museum in East Meredith. She also served as the director of the Delaware County Historical Association in Delhi and as the Program Coordinator for the Regional Council of Historical Agencies. Through this work, she has been active in building the capacity and the sustainability of the region's cultural resources, non-profits, and communities for more than a quarter century.



Elizabeth (Liz) Callahan

Liz grew up in western New York where she participated in 4-H programs in North Boston, New York, and graduated from Nardin Academy of Buffalo. She has been a resident of Otsego County for more than 30 years. Before moving to the area in 1991 to pursue a master's degree in history museum studies from the Cooperstown Graduate Program, she served as a VISTA volunteer and worked in enrollment management at LeMoyne College in Syracuse, from which she earned a BA in English/Communications.

Liz lives in Cooperstown with her husband, Bill Francis, a senior researcher at the National Baseball Hall of Fame and Museum, and their son Daniel Francis, the gallery manager of the Cooperstown Art Association. Their daughter, Matilda Francis, graduates this month from St. John's University in Queens. In her free time, Liz enjoys cooking, reading, kayaking, swimming, hiking, and traveling.

A Note from the New Executive Director

Since I moved to Otsego County, my professional and community service activities have been dedicated to the sustainability of the region's rich rural culture and wonderful communities. I have always been awed by the resources that Cornell Cooperative Extension has provided to our communities and by



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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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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.

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the important role it plays in our region. I am honored to join an organization that is committed to nurturing the vitality of communities throughout Schoharie and Otsego Counties.

I am excited to partner with the dedicated staff and volunteers who are bringing our Association's outstanding programs and relevant resources to local residents. In addition to its foundational programs—including 4-H—our Association has exciting projects taking root: the "Local Foods, Healthy Schools" Farm to School program, the "Grow with Cornell Cooperative Extension" learning-through-gardening project, and timely local initiatives to address climate change through renewable energy.

I look forward to working with you and your neighbors to support the vibrancy of our communities.

— Liz Callahan, Executive Director

FIND US ONLINE

Visit us at cceschoharie-otsego.org

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Main association news: [CCESchoharieOtsego](#)

Nutrition education: [EFNEPCCESchoharieOtsego](#);
[HeathyConnectionsCCESchoharieOtsego](#)

Master Gardeners: [CCEOtsegoMG](#); [CCESchoharieMG](#)

4-H: [schohariecounty4H](#); [otsegocounty4H](#)

Ag education and programs: [CCESchoharieandOtsegoAG](#);
[AnniesProjectNYS](#); [FamilyFarmDay](#)

Farm to School: [LocalFoodsHealthySchools](#)

Follow us on **Instagram**:

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Follow our **blog**:

Nutrition education: [Life's Solutions](#):
blogs.cornell.edu/efnep-schoharie-otsego



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Farewell from the Outgoing Interim ED

It has been a pleasure working with the Cornell Cooperative Extension of Schoharie and Otsego Counties (CCE SO) community during this time of transition. Although my time with CCE SO has not been long, I have come to greatly appreciate the numerous ways we interact and assist our counties, who are trying to move forward and negotiate difficult issues in an ever-changing landscape. I look forward to seeing the ways our Association continues to grow under new leadership, and I will always be advocating for the important work that CCE SO does.

— Marilyn Wyman, Interim Executive Director



*Earlier Date
for 2022!*

Master Gardener

**PLANT
SALE**

Sat. May 21st, 9 a.m. - 3 p.m.

123 Lake Street,
Cooperstown, NY

Proudly Featuring:

A wide variety of
vegetables, annual
flowers, herbs, and
perennials at reasonable
prices

Perennials started from
seed or propagation to
prevent the spread of
jumping worms

Blight-resistant and
heirloom tomatoes

Gardening experts
happily giving advice

Varieties known to grow
well in Otsego County

Photos of mature plants
on display

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



2021 Family Farm Day fun at Lavender Manor Farms, Cobleskill



Family Farm Day Celebrates its 10th Anniversary in 2022!

Family Farm Day (FFD) returns this year with a new time: Saturday, August 27, 2022, from 10 a.m. to 4 p.m.

FFD is a collaborative tri-county event which connects consumers to local farmers. Visitors look forward to entertainment, food, educational opportunities, and a diverse selection of high-quality, local goods available for purchase. Farms and agricultural businesses open their doors to the public for a behind-the-scenes look at where and how their foods and other products are produced.

Participating farms and visitors alike benefit from the long-term connections formed during Family Farm Day.

Visitor Information

Summer will be here before we know it! Get ready to spend time outdoors, share stories and experiences with neighbors, and learn more about local agriculture. Keep an eye on our website—**FamilyFarmDay.org**—as the day draws nearer, to view participating farms, download a copy of the farm guide, and plan your route with our interactive map!

Farm Participation Information

Registration for participating farms began on April 11th and ends May 5th. Registration forms,



Family activity at Wayward Lane Brewing & Hop House, Schoharie

eligibility information, important dates, contacts, and agritourism resources can be found online at **FamilyFarmDay.org**.

If you are new to FFD and would like to register as a participating farm or agribusiness, and for all other general FFD questions, please contact Jessica Holmes, Agriculture & Horticulture Educator for CCE Schoharie and Otsego Counties at 518-234-4303 ext. 119 or jmh452@cornell.edu.

For FFD questions pertaining to your county, please contact your local extension:

- Delaware County: Carla Hegeman Crim, Horticulture and Natural Resource Educator, ceh27@cornell.edu
- Otsego County: Helen Powers-Light, Agriculture Implementation Specialist, hnp23@cornell.edu
- Schoharie County: Jessica Holmes, 518-234-4303 ext. 119 or jmh452@cornell.edu

Sponsorship Information

Interested in becoming a sponsor for Family Farm Day in 2022? Your \$50 donation could cover one farm's cost to participate in the event while promoting your business to thousands of people! Larger donations receive an ad in the Farm Guide. Advertising this year will target areas as far as Albany, Newburgh, Binghamton, and Utica using print and social media formats. Check the website for sponsorship information or contact Jessica Holmes for details.

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

Welcome to the New Otsego County Agriculture Implementation Specialist!



In mid-February we welcomed Helen Powers-Light as the new Otsego County Agriculture Implementation Specialist, a role based in our Cooperstown office. "We are just so pleased to have Helen join our CCE team. Having a personal background and familiarity with the regional agricultural landscape provides Helen with the skills to hit the ground running and help Otsego County continue to develop its agricultural future," said Marilyn Wyman, CCE Schoharie and Otsego Counties Interim Executive Director.

The revised Agriculture and Farmland Protection Plan (AFPP) was adopted by Otsego County in 2017 and was designed to protect, conserve, and enhance farmland and farm businesses. Through Helen's work with the AFPP Implementation Committee, she will be responsible for coordinating educational and agricultural economic development efforts within Otsego County. "Agriculture plays a critical role in the health and wellbeing of our local communities. Devoting efforts to support and promote agriculture is vital with the ever-changing volatile markets the farmers and producers face each day," said Helen.



Helen with one of her prize-winning LaMancha goats at the Otsego County Fair

Helen's primary background is livestock and dairy farming. She grew up in the Hartwick area and was exposed to agriculture at a young age through her family members, several of which were multi-

generational farmers and large-animal veterinarians. At the age of seven, Helen entered the Otsego County 4-H program and began developing her show-quality herd of LaMancha dairy goats. For the next 18 years her passion for agriculture continued to grow, which led her to SUNY Cobleskill where she earned her Associates in Applied Sciences degree in Animal Industries and Bachelor of Technology degree in Agricultural Business Management.



Aine the cow wearing flowers matching the bridal bouquet

Helen credits her years in 4-H, along with the devoted volunteers and professionals within the program, for her success in her livestock showing career and professional development, which led her to her current position within Cornell Cooperative Extension.

Helen's current goals for her work with the AFPP Implementation Committee include developing wider access to processing centers for processed meat and dairy products, creating strategic streamlined support for producers to get their products processed in such facilities, and growing public education efforts to highlight the benefit of buying local to support our community's economic development.

If you would like to connect with Helen, you can reach her at 607-547-2536 ext. 227 or hnp23@cornell.edu.

Companions in the Garden

BY REBECCA LEONE, CCE INTERN



Companion planting is a term that many gardeners have heard about but may have struggled to understand or even attempt in their own garden. This article will strive to dispel myths, create insight, and shine a light on companion planting as something that gardeners of any level can do.

What is Companion Planting?

Famed horticulturist and author Robert Kourik defines companion planting as “a specific type of polyculture when two plants are grown together because they are thought to have a beneficial, synergistic improvement on the growth of each other.”

This definition shows the clear difference between companion planting and its similar cousin, intercropping. Intercropping is a practice where the goal is to increase the overall yield that an area can produce by planting multiple crops close together. While intercropping can be a great starting point, companion planting takes the idea a step further by thinking about the relationship each plant has with the soil and the plants around it. Companion planting is all about balancing the give and take of your garden to end up with a harmonious flow between each grouping of crops.

Beans, a Practical Example

One of the first and best examples is beans. Beans are a great crop to grow for the home gardener: they are high in vitamin K and contain calcium to help maintain healthy bones.

They are an interesting crop in their growing habits with an almost magical ability to help the plants around them with one trick: nitrogen fixing. Nitrogen-fixing plants pull nitrogen out of the air with the help from a common bacteria called rhizobium. They then convert it into a form of nitrogen that plants can absorb. This allows the soil that the nitrogen-fixing plants are grown in to be naturally replenished with usable nitrogen. Remembering that beans fix nitrogen is an important key in deciding where they should be planted and what they should be planted next to.

Besides the wonders of nitrogen fixing, beans like to climb a support as they grow. Most gardeners would set up a trellis, fence, or cage, but a companion

gardener thinks differently. Instead, planting the beans next to sunflowers, maize, strawberries, cucumbers, or cabbage will create a symbiotic relationship for both the beans and the plants they are near.

Planting next to the tall crops gives the beans the structure they need to climb, and in return, they supply fixed nitrogen to the plants around them.

For the strawberries, cucumbers, or cabbage, the root systems differ from beans. With different root systems, competition for space and nutrients is diminished, and the beans continue to supply new nitrogen creating a mutually beneficial relationship.

Bad Companions

The complexities of companion planting for beans does not end there. Now that we know what they get along with and why, what about the plants they don't get along with? Anything in the allium family such as onions, leeks, chives, or garlic are the enemies of your beans. While the allium family is delicious, they exude an antibacterial compound as they grow that kills the rhizobium on the roots and halts their nitrogen-fixing capabilities. While this won't kill the beans, it can greatly decrease the yield of plants growing nearby that rely on the extra available nitrogen that they receive from the beans.

Additional ideas

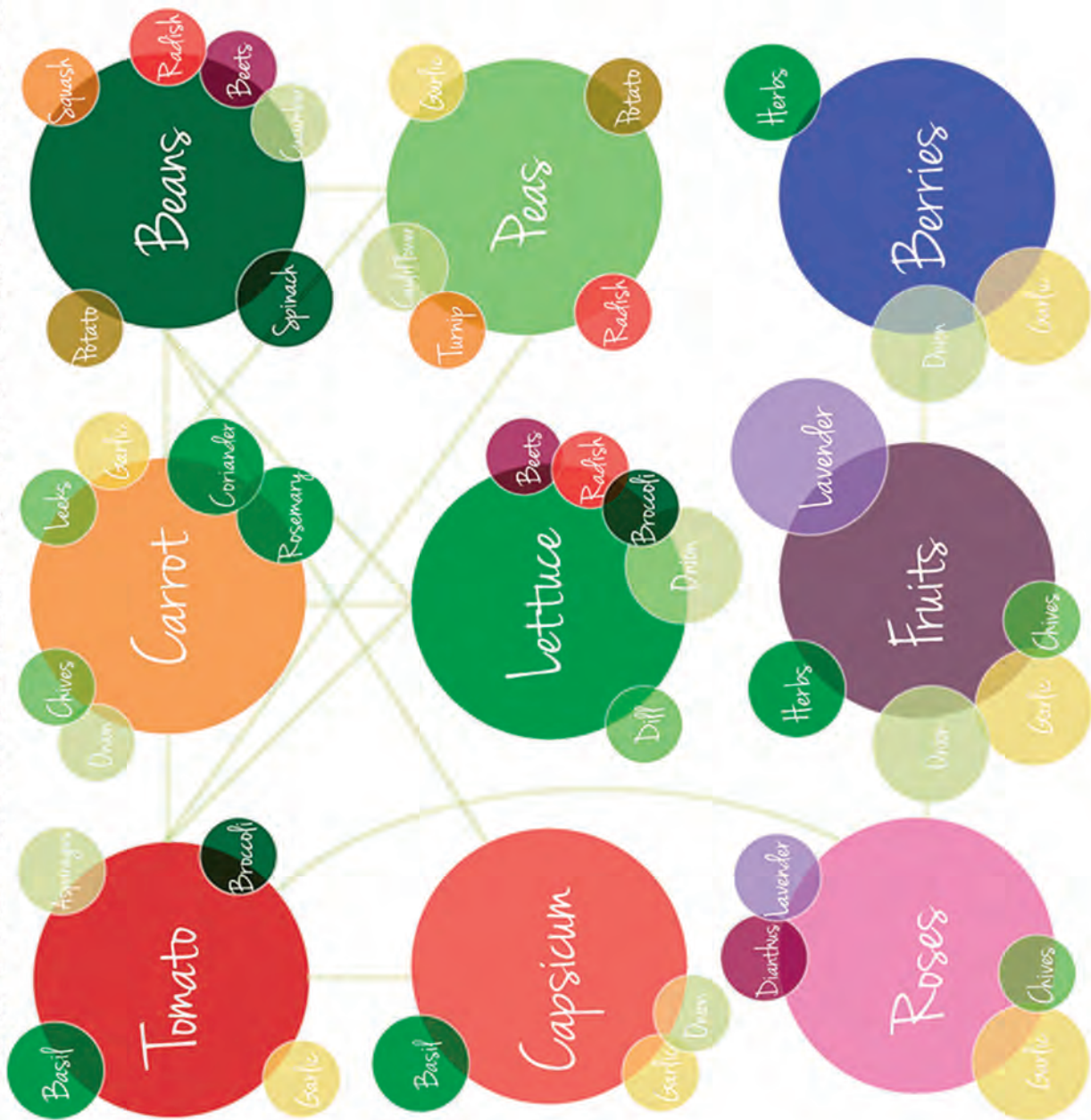
Another great example to showcase companion planting is planting the cruciferous family next to onions, garlic, ginger, potatoes, or other aromatic crops. The cruciferous family consists of crops like broccoli, cabbage, cauliflower, and kale, and when planted next to their companion plants, they are said to improve in flavor.

Be careful when planting the cruciferous family next to tomatoes, pole beans, peppers, or strawberries, as these are all “heavy feeders.” “Heavy feeders” refers to plants that tend to need higher levels of the same nutrients as a plant near them, essentially competing for the available resources in the soil.

Companion planting doesn't always involve edible crops helping other edible crops. A common example of an ornamental plant being utilized is planting

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HOME GARDEN COMPANION PLANTING IDEAS



Nasturtium
Nasturtium helps to deter nasty pests, like whitefly, caterpillars, and beetles and is a sacrificial plan for aphids. Nasturtiums are also edible: leaves, flowers and seeds!

Lavender
Lavender is not only beautiful and fragrant, its a tough hardy plant that helps to repel bad insects like whitefly and moths, and draw in good insects, like bees.

Mint
Mint is a tasty and helpful garden companion. Helps to deter nasty pests like moths, aphids, ants and rodents. Many varieties are highly invasive, so container planting is a good option.

Chives, Garlic, and Onions
Onions, chives, and garlic help to deter pests, improve soil, and reduce systemic diseases.

Other flowering plants that can help to reduce garden pests and/or draw pollinators into your home garden:



GREEN in real life...

GRAPHIC CREATED BY GREENINREALIFE.BLOGSPOT.COM

Companions, continued from page 6

marigolds near your vegetable rows to ward off rabbits and other critters. Flowers like nasturtium are not just an attractive addition to your ornamental garden, but can help deter whitefly, caterpillars, and beetles. The beautiful geranium flower, known for its distinct smell and bright colors, can be a great companion to plants that are prone to suffering from worms—plants like corn, roses, grapes, and cabbage. With companion planting, adding a pop of color to your garden has never been this rewarding.

Final Thoughts

As the planting season starts and gardeners look for new ideas, consider companion planting for

your garden this spring. With a little patience and forethought, the benefits of rearranging how you plant your crops will be present year after year. A few changes, like planting your lettuce next to your carrots or strawberries rather than near your celery or parsley, can mean a positive difference in taste and quality. Look over the accompanying infographics (pages 7 and 9) for some ideas.

Plants, just like us, can only grow to their full potential with the right companion. Remember while planning your upcoming garden which plants have a preferred friend to have by their side. As the popular plant quip goes, “Plants are the best companions and friends to have. They always end up rooting for each other.”



Mark your calendar!

Tractor Supply Company Spring Paper Clover is April 27–May 8, 2022

Tractor Supply proudly began our partnership with 4-H in 2010, and we have since helped raise more than \$14 million through our Paper Clover fundraisers. The success of these campaigns has impacted over 69,000 students by providing them with hands-on learning experiences through projects in STEM, agriculture, healthy living, and civic engagement.

100% of funds raised through our two Paper Clover fundraisers directly benefit 4-H and the kids and teens they work with, with 90% of donations directly supporting 4-H youth in the state it where it was raised and the remaining 10% supporting national 4-H programming.

Visit tractorsupply.com/4h for more information



COMPANION PLANTING

IN NATURAL ECOSYSTEMS, PLANTS PERFORM FUNCTIONS THAT CAN EITHER HELP OR PREVENT OTHER PLANTS TO GROW. THE SAME IS TRUE IN OUR GARDENS. CERTAIN PLANTS GIVE NUTRIENTS BACK TO THE SOIL, WHILE OTHERS NEED TO TAKE UP NUTRIENTS. PLANT AROMAS AND FLOWERS CAN ATTRACT POLLINATORS OR DETER PESTS. BELOW IS A CHART TO HELP YOU UNDERSTAND WHICH PLANTS GROW WELL TOGETHER AND WHICH TO PLANT FAR APART!

PLANT	GOOD COMPANIONS	BAD COMPANIONS
BEANS	MAIZE, SUNFLOWERS, LAVENDER, CABBAGE, CUCUMBER, STRAWBERRIES, BRINJAL	ONION, GARLIC, FENNEL
BEETROOT	BEANS, ONIONS, GARLIC, LETTUCE, CABBAGE	
BRINJAL	CALENDULA, MARIGOLDS, MINT, PEAS	
BROCCOLI, CABBAGE, CAULIFLOWER, KALE	AROMATIC PLANTS, DILL, SAGE, ROSEMARY, POTATOES, BEETROOT, CELERY, GARLIC, ONIONS, GERANIUM	TOMATOES, POLE & RUNNER BEANS, PEPPERS
CARROTS	LETTUCE, CHIVES, LEEKS, ROSEMARY, SAGE, PEAS, WOODWIND	STRAWBERRIES, FENNEL, CABBAGE
LETTUCE	CARROTS, RADISH, STRAWBERRIES, CUCUMBER, BEANS	CELERY, PARSLEY
MAIZE	SUNFLOWERS, AMARANTH, BEANS, PEAS, & OTHER LEGUMES, PUMPKIN, SQUASH, CUCUMBER, MELONS, & OTHER CUCURBITS, PARSLEY	CABBAGE, TOMATO, CELERY
ONION/ GARLIC	CARROTS, BEETROOT, STRAWBERRIES, TOMATOES, LETTUCE, CABBAGE	PEAS, BEANS, PARSLEY, LEEKS
PEAS	LAVENDER, CARROT, TURNIP, RADISH, CUCUMBER, MAIZE, BEANS, GROWS WELL WITH MOST VEGETABLES & HERBS	ONION, GARLIC
PEPPERS	TOMATOES, GERANIUM, BASIL, CARROT, ONION	BEANS, KALE, CABBAGE FAMILY
POTATOES	CORIANDER, MARIGOLD, BEANS, MAIZE, CABBAGE FAMILY, BRINJAL	PUMPKIN, CUCUMBER, SQUASH, MELONS, SUNFLOWERS, TOMATOES
SPINACH	STRAWBERRIES, BROAD BEANS, PEAS	POTATOES, FENNEL, CABBAGE FAMILY
TOMATOES	BASIL, OREGANO, PARSLEY, CHIVES, NASTURTIUM, ONIONS, CARROTS, CELERY, CALENDULA, GERANIUM, BORAGE	GENERAL PEST DETERRANT, PLANT THROUGHOUT GARDEN
CALENDULA	TOMATOES - REPELS TOMATO WORM!	COMPOST ACTIVATOR. USE LEAVES TO MAKE COMFREY TEA FERTILIZER!
COMFREY	FAST-GROWING NUTRIENT ACCUMULATOR. PLANT ALONG EDGES & USE LEAVES FOR MULCH	REPELS CABBAGE MOTH. PLANT ON BORDERS TO KEEP FLYING PESTS AWAY!
CHILE PEPPER	CABBAGE, MAIZE	USE MARIGOLD LEAVES TO MAKE AN ORGANIC GENERAL INSECTICIDE SPRAY!
MARIGOLD	PLANT FREELY THROUGHOUT THE GARDEN - REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES & MANY MORE.	REPELS WHITE FLIES & SPIDER MITES
NASTURTIUM	TOMATOES - IMPROVES FLAVOR!	DETERS CABBAGE WORM
THYME	CABBAGE	DETERS CABBAGE MOTH, BEAN BEETLES & CARROT FLY!
ROSEMARY	CARROTS, CABBAGE, SAGE, BEANS	KEEPS ANIMALS OUT! ALSO REPELS WHITE FLY
WORMWOOD/ ARTEMESIA	AROUND GARDEN EDGES	PLANT NEAR AROMATIC HERBS TO ENHANCE ESSENTIAL OIL PRODUCTION
YARROW	PLANT FREELY THROUGHOUT THE GARDEN. REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES, AND MANY MORE!	

A DIVERSE GARDEN IS AN ABUNDANT GARDEN. HAPPY PLANTING!

Cooking with Kids

Tuesdays or Wednesdays

May 17, 24, 31
June 7, 14, 21

May 18, June 1,
8, 15, 22, 29

Join us in person!
4:30-5:30 p.m. at the
CCE Extension Center,
173 S. Grand St, Cobleskill
Registration is required.

Join us after school for a 6-week series of interactive, hands-on fun. Bring the kids and come prepare a dish with us while learning practical nutrition information you can use at home.

This series is free for income eligible families.

More Information & Registration:

Michelle Leveski
EFNEP Nutrition Educator
518-234-4303 ext.115
mml39@cornell.edu

Receive a kid's
knife set and
cookbook upon
completing
6 classes.



Cornell Cooperative Extension
Schoharie and Otsego Counties

EFNEP is a free nutrition education program for families with children

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension of Schoharie and Otsego Counties office if you require an accommodation.





Farm to School Has Officially Kicked Off!

Under the solid management of Lindsey Garner, our Farm to School program has made a strong start. The first step was visiting each of the school districts to meet with the Food Service Directors at Berne, Schoharie, Sharon Springs, Cobleskill-Richmondville, and Duanesburg Central School Districts. We were able to discuss the program in depth, meet the staff, and tour their facilities.

An important focus of these meetings was taking inventory of local items already incorporated into their school lunch menus, as well as identifying where there may be additional opportunities to implement New York products. One of the primary goals of the program is to assist each district in achieving the N.Y. 30% Initiative. By spending 30% of their school lunch cost on N.Y. food products, they will boost their state reimbursement from \$0.056 to \$0.25 per meal, which in turn will generate additional revenue to serve even more local, healthy foods to students from New York farms.

The next round of visits to the districts will be focused on positioning them for success by introducing purchase-tracking templates to determine the percentage at which they are starting—in comparison to the 30% threshold required for the



increased reimbursement. Each district utilizes slightly different procurement strategies, which puts them at various starting points.

We found that all districts in the program are currently purchasing N.Y. dairy, apples, and some in-

season produce. Moving forward, we plan to assess the local landscape to find new potential procurement sources by connecting with farms/vendors to pull in more items—such as additional fruits and vegetables, grains, and animal proteins—and expand dairy options.



In the upcoming weeks, we will also be building Farm to School teams in each of the districts. The teams will be comprised of advocates both within and beyond the cafeteria to strengthen the foundation of the program. These folks will aid in the implementation of taste tests, educational components, special events, and additional activities to further our initiative. During our visit to Cobleskill-Richmondville High School, we were able to speak to one of the culinary classes to let them know about the program and our hopes for future collaboration. They were excited to get involved!

To get in touch and stay up to date on Farm to School, contact Lindsey Garner at lhg45@cornell.edu or 518-234-4303 ext. 114. You can also follow the program on Facebook by searching @LocalFoodsHealthySchools.

STRAWBERRY SHORTCAKE

Serves 8

It's strawberry season: strawberry shortcakes are most assuredly one of the best ways to celebrate the arrival of warmer, sunnier days!



Strawberry fruit smoothie companion recipe—see Know the Facts below.

Ingredients

Shortcake

1¼ cups flour
½ cup enriched cornmeal
3 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt
¼ cup butter
½ cup 1% milk
1 egg, beaten
Vegetable-oil spray

Fruit Topping

4 cups sliced strawberries
2 tablespoons sugar

Directions

1. To make the fruit topping, place sliced strawberries in layers in a container. Sprinkle each layer with some of the sugar. Set aside.
2. Heat oven to 450°F. Prepare a 9-inch round cake pan with vegetable-oil spray.
3. Combine dry ingredients. Cut in butter until mixture resembles fine crumbs.
4. Stir in milk and egg, mixing just until blended.
5. Spread dough evenly into prepared pan.
6. Bake 10 to 15 minutes or until golden brown.
7. Cut into 8 pieces. Serve warm with fruit topping.

Know the facts . . .

- Strawberries are a member of the rose family.
- Strawberries are the first fruit to ripen in the spring.
- On average, there are 200 seeds in a strawberry, and it is the only fruit that wears its seeds on the outside!
- Strawberries are delicate and require gentle handling to prevent bruising.
- Not only are strawberries delicious to eat, but they are also rich in antioxidants, folate, manganese, dietary fiber, and especially vitamin C.
- Vitamin C (ascorbic acid) is water soluble, and the body does not store it. To maintain adequate levels of vitamin C, people need to consume food that contains it every day.
- Vitamin C is a powerful antioxidant that can neutralize harmful free radicals, along with playing a big role in controlling infections, healing wounds, and can help promote a strong immune system. Vitamin C can help increase iron absorption when included along with iron-rich foods.
- Eight strawberries will provide 140% of the recommended daily intake of Vitamin C for kids.
- According to the USDA, Americans eat 3.4 lbs. of fresh strawberries a year.
- Try eating strawberries in a fruit parfait, on your oatmeal, or in your pancakes. However you decide to eat them, strawberries can be part of a healthy diet.
- Check out these other yummy ways to include strawberries: Strawberry Yogurt Pops - cceschoharie-otsego.org/resources/strawberry-yogurt-pops; Fruit Smoothie - cceschoharie-otsego.org/resources/fruit-smoothie.

Nutrition Facts

Serving Size 1 piece
Servings Per Container 8

Amount Per Serving

Calories 230 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 410mg **17%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 4g

Vitamin A 4% • Vitamin C 80%

Calcium 8% • Iron 10%

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

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

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

Notes:

You may use other fruit toppings: try rhubarb sauce, raspberries, applesauce, fruit cocktail, or your favorite fruit.



It's that time of the year, and there is nothing like spotting those fresh-picked, sweet, delicious strawberries at your local farmers' market!

Unless you're planning to eat or use your fresh strawberries within a day of bringing them home, the refrigerator is the best place to store them. Only wash them when ready to eat!

4-H Afterschool



"Wearing o' the green" at Stewart's

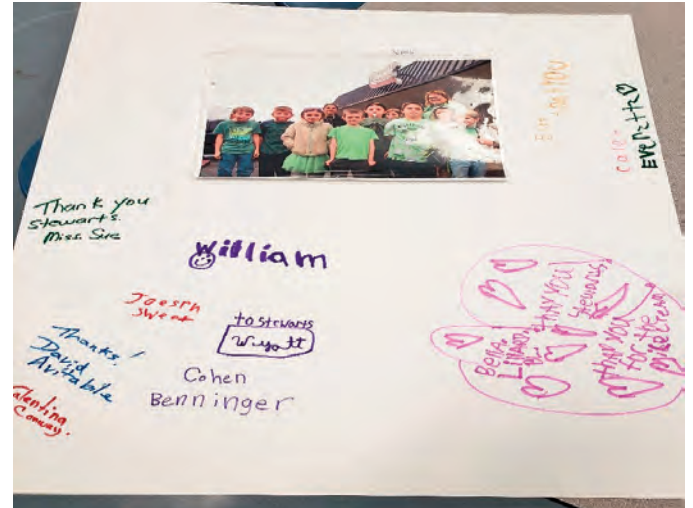
The 4-H Afterschool program took a field trip to the local Stewart's for ice cream on St. Patrick's Day. Unfortunately, a few of our friends were unable to make it.

On our walk to the shop, we took the opportunity to explore our neighborhood, too. It was lovely weather. We talked about the trees and looked to see if they were budding yet. On some buildings, we saw indications of how high the floodwaters were. The kids realized how deep the water had been when they stood next to the water mark lines and discovered they couldn't reach up high enough to reach them. We also stopped to watch how a Stewart's gas truck delivers fuel.



It's easy to be on your best behavior when the reward is ice cream!

At the shop, the children patiently waited in line for their turn, paid for their ice cream, and politely ordered the flavor they wanted. They all sat down to enjoy their ice cream. Everyone agreed it was yummy.



The thank-you card

The kids worked on a thank-you card for Stewart's. They would like to go again.



Some members of the newspaper club sniffing out a news story and practicing taking pictures

In other exciting news, the children have formed a newspaper club! They are learning how to find a story in addition to the technical aspects of cameras and how to take good pictures. The club will be working on stories that we hope to publish in upcoming issues of *Connections*. Stay tuned!

Do You Need Afterschool Childcare in the Schoharie School District?

In order to respond to the needs of parents working from home or part time, we are now offering fixed part time enrollment for 2022 in the popular 4-H Afterschool program.

For more information or to enroll, contact Susan Salisbury at:

sms249@cornell.edu / 518-234-4303 x 122

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



4-H Happenings



Schoharie Happenings

The 2022 4-H Public Presentations event took place on Saturday, March 19th. In preparation for this event, 4-H Educator Catherine Roberts held a public-speaking workshop where youth participants learned the parts of a presentation, discovered how to organize their thoughts, and gained experience speaking in front of others. Additionally, the workshop featured tips about selecting a topic and how to create an effective poster and visual aid.



This year, we had 33 youths give presentations. Like last year, some youths decided to participate virtually; but the majority were back in person, presenting in front of our panel of evaluators. Regardless of the avenue by which each youth participated, the experience of giving a presentation has certainly helped them gain the important skills of speaking clearly and with confidence along with the ability to plan, organize and structure an effective presentation.



Members of the Schoharie Dairy Quiz Bowl teams

The 2022 Capital District 4-H Dairy Quiz Bowl event took place on Saturday, March 26th. Schoharie County 4-H had both a Junior and Senior team in attendance. After a full morning of competition, the Senior team took 3rd place and the Junior team took 1st place within their levels! A number of Schoharie County youth were invited to the State Dairy Quiz Bowl event, which took place on Saturday, April 23rd at Cornell University.



The 2022 Public Presentations in Schoharie County, shown in progress and afterwards with the well-earned Certificates of Completion



The 2022 spring Dog Training series has begun.

The start of the 2022 Dog Training Program is underway, with a spring Dog Training series that took place throughout April. Through the dog program, youth learn dog and handler basic obedience and

canine knowledge, including showmanship. This program also helps youth prepare for the dog show at the Schoharie County Sunshine Fair. In addition, this year there is a special Trick Dog Clinic scheduled in May for program participants.



In Schoharie club news, members of the Everything Under the Sun club have been busy completing 4-H activities including flower arrangements, jewelry making, clay gnome ceramics, and maple syrup making.



The Everything Under the Sun club with some of its activities and projects



The Little Cluckers and their St. Patrick's Day-themed thank you cards for veterans

Also, members of the Little Cluckers 4-H poultry club gathered together to write 'Shamrocks for Veterans'—St. Patrick's Day-themed thank you cards for local veterans.

Otsego Happenings

In February and March, 21 Otsego County 4-H members participated in 4-H Public Presentations in Cooperstown and Oneonta. Members presented on various topics including "Parts of the Horse" and "Common Breeds of Dairy Goats."



One of the 21 presenters from Otsego County

In March, members of the Otsego County Dairy Bowl team competed against other 4-H Dairy Bowl teams in the South Central District 4-H Dairy Bowl. Otsego youths were part of the Novice, Junior, and Senior teams. The top 4 placing members will go on

Continues on page 17

Achoo! Bird Flu: What It Is and How to Prevent It

BY REBECCA LEONE, CCE INTERN



Photo courtesy of USDA

As of March 25th, New York has banned all fowl shows and exhibitions until further notice. This ban has been a necessary step to safeguard against the spread of avian flu. For more information, visit the New York State Department of Agriculture and Markets website.

What is Bird Flu?

Just like us humans, birds can suffer from the flu. Currently, a form of the Bird Flu virus called Highly Pathogenic Avian Influenza (HPAI) is spreading rapidly nationwide.

The original virus is thought to have been around since the 1800s but has since spread globally with multiple outbreaks. The highly pathogenic strain H5N1 was found to have outbreaks in the U.S. since 1924 and has seen more recent spikes in case counts. A 2017 USDA report estimated that outbreaks that year had a \$3.3 billion impact on the U.S. economy. \$1.6 billion of that was from the direct loss of poultry flocks that had to be killed.

Altogether, 50.5 million commercial birds were lost between December 2014 and June 2015. The virus has been considered one of the largest concerns for poultry farmers due to the drastic measures needed to eradicate it once a flock has it. Cases of the disease in the past couple of years have led to backyard and commercial flocks being euthanized on more than 200 farms in 15 states. The current outbreak has impacted 17 states so far, including six flocks in New York State, and is rapidly expanding nationwide.

What Are the Signs My Flock Has It?

The first symptoms of the virus show up as sneezing, low egg production, loss of appetite, lethargy, swelling around the eyes, and drooping wings. If you suspect your flock has these symptoms, contact your local Extension agent, local veterinarian, State veterinarian, the USDA at 866-536-7593, or N.Y.S. Department of Agriculture & Markets at 518-457-3502. After you report the symptoms, someone may contact you about collecting a blood sample for a diagnostic laboratory to confirm that it is HPAI.

How Does It Spread and How Do I Prevent It?

The best way to prevent your flock from contracting this deadly virus is through biosecurity. This includes doing everything possible to prevent your own flock from getting sick, as well as preventing it from spreading to your neighbors. Any birds outside of your flock can potentially have the virus and spread it before you have a chance to stop it, so it is best to keep your birds safe by having no contact with other flocks or wild birds. An example of this strategy would be to avoid using bird feeders that attract local birds. Here are some other ways you can practice good biosecurity for your flock:

- If you have visitors, do not let them near your birds.
- Avoid visiting poultry farms or homes with backyard poultry.
- If you have been near other birds, it is important to wash your shoes and clothing (including hats) and have a shower before going near your flock.
- Limit sharing your equipment, tools, and poultry supplies with neighbors or other bird owners.
- If you have taken your birds to a fair or poultry show or recently bought new birds, keep them separate from the rest of the flock for at least two weeks after the event.

While these ways don't guarantee that your flock won't get sick, they will greatly reduce the possibility of them contracting HPAI.

My Flock Was Just Confirmed With HPAI. What Happens Now?

Unfortunately, a positive test for HPAI will mean that the entire flock must be euthanized to protect against spreading the virus. Since there are no known cures for HPAI, and the virus itself is fatal, the control of the spread to neighboring flocks and wild birds is paramount and must be dealt with quickly.

After your flock is euthanized, if you meet the APHIS (USDA Animal and Plant Health Inspection Service) requirements, you will be paid for the cost of the birds. Your area will be put under quarantine. During this quarantine, other local backyard and commercial flocks will be tested for the virus.

You will need to clean and disinfect your poultry house, tools, and areas that were in contact with the infected flock. After disinfection, and once the area has been deemed safe and no longer at risk of HPAI, you will be cleared by the state veterinarian and you may continue your production by purchasing new birds.

Things to Remember

With spiking case numbers in the most recent years, the poultry industry needs diligent caretakers that make their birds' health a priority. Keeping clean poultry houses, avoiding contact with other birds, promptly reporting symptoms, and knowing the early signs will continue to be the best way to decrease the risk of your birds contracting and spreading this deadly virus.

4-H Happenings, continued from page 15



Members of the Otsego County Dairy Bowl teams

to compete in the state events held at Cornell University and the New York State Fair.

Also in March, 4-H Dairy project members and volunteers held the yearly Dairy Calf Sale at Hosking's Sale Barn. Over 20 youths participated, and 20 calves were sold. Chairperson Dan Menendez did an amazing job coordinating the very successful fundraiser which helps support the Otsego County 4-H Dairy program.



The 2022 Dairy Calf Sale was a success!

In Otsego club news, the members and families of the Springfield High Meadows 4-H club held their February club meeting with a tour at Dygert Farms Creamery.



The Springfield High Meadows club toured the Dygert Farms Creamery.

Ten Otsego County 4-H members are participating in the Earn-an-Animal program in 2022. This program allows youths ages 8-18 to earn funding towards a project animal to raise and show as their own. They not only learn how to care for their animals, but they will experience the process of researching, selecting, and purchasing an animal.

This summer, 26 Otsego County 4-H members will be participating in the Otsego County 4-H Live-stock Auction. It will be held at the Otsego County Fair on Saturday, August 6th at 3:00 p.m. 4-H members accepted into the program will further develop their planning, time management, organization, and recordkeeping skills.

Branching Out

BY REBECCA LEONE, CCE INTERN



Families are like branches of a tree: they may grow in different directions, yet the roots connect them to each other. For the Kersmanc family, being in 4-H can be considered a part of their connected roots. Every member of the Kersmanc household has been involved in 4-H in some capacity over the years. As Sean Kersmanc prepares to branch out for college in the fall, the family has been reflecting on the past events they have shared with him.



At the Otsego County Fair—it was the first time Sean and Evelyn Kersmanc showed pigs.



At the Farmers' Museum Junior Livestock Show a few years ago, getting ready to show Jerseys—Sean, left; Evelyn, right; Elyza Schoeberl, center

Sean Kersmanc, a student at Worcester Central High School, is the eldest child of Jennifer and Rich Kersmanc. Along with his sister, Evelyn, the two

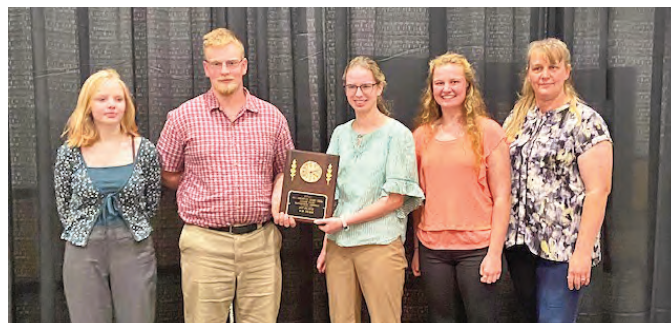
siblings have been involved in 4-H for the last 7 years, after their aunt created a 4-H club in the area. Sean is currently a senior and has recently been accepted into the Animal Science Program in the College of Agriculture and Life Sciences (CALS) at Cornell University for Fall 2022.

While most of his 4-H experience has been dedicated to dairy, his club has been involved in many other opportunities that 4-H has to offer. One of his favorite workshops was a maple syrup production class. After this workshop, Sean became passionate about maple. This evolved into a personal hobby that both he and his father, Rich, now share. While maple syrup production started as a pastime for the two of them, their ambition grew their operation to 3,000 taps! Besides creating quality local syrup, the pair has recently started producing maple fudge. They plan to sell their products throughout the local area and continue the operation when Sean returns from college.



Sean posing with one of his favorite things in the world: a tractor

When asked about his recent achievements, Sean mentioned a family trip to Harrisburg, Penn. There, he participated in the National Junior Dairy Management Competition and brought home 2nd place. Sean has shown cows for many years and considers it one of his favorite hobbies within 4-H. He is especially proud of winning 4th place with the National Team at the Regional Dairy Bull Contest, which was held in Kentucky last November. “When a spot opened up, I was asked to go,” Sean said. He recalled this memory as an “amazing time.”



The winning Junior Dairy Management competition team this past fall—Evelyn, Sean, Annika Donlick, and Holly Neifergold, with their coach Megan White

Because 4-H has been a constant in the Kersmanc household for many years, it makes sense that it has aided in the creation of family memories. Sean's mother, Jennifer, shared that some of her favorites involved "attending all the different competitions and shows together."

Sean had only nice things to say about his younger sister, Evelyn. According to Sean, his sister has had a love of raising meat goats for years, and there seems to be no signs of stopping. "She has at least 30 goats by now, it's crazy," he joked. While Evelyn is more invested in her meat goats than Sean is, the two agreed that being in 4-H together has helped their sibling relationship. Sean commented that the family is always "super busy, but [they] lean on one another when they need to."

Reflecting on his personal experiences within 4-H, Sean hopes that current and future 4-H members will not hesitate to speak up for programs and events that they would like to see offered. For himself, he wished his 4-H time included a more in-depth Meat Livestock program, as that was a topic he always wanted to learn more about. Sean has especially high praise for the Dairy Bull program and hopes that the curriculum continues to grow and teach its members. He looks forward to majoring in dairy management in college and points to 4-H as a space where he was encouraged to grow his passion for dairy.



Sean with his prizes from the Junior Dairy Management competition this past fall: 1st place Team, 2nd place Individual, and high score on Feeds



Sean with his young friend, Caleb, the son of his 4-H Leader—Sean and Caleb have a great bond and Sean helps Caleb whenever possible.

While his family will surely miss Sean as he branches out, they are extremely proud of all his achievements and what his future looks like. His post-college goals include creating his own dairy operation (consisting of at least 1,000 cows!), producing maple syrup, continuing to show cows, and staying involved in 4-H. There is no doubt that Sean will reach all these goals: his work ethic shows through his daily efforts on the family farm and in his 4-H events.

For the Kersmanc family, 4-H has been—and continues to be—the roots that connect them to one another. Thinking about the future of 4-H, Sean stated he would love to see more kids become involved in the different opportunities that it has to offer. To anyone not already in 4-H, he offers this prediction from his own experience: "4-H will take you places you never expected."

WHAT'S FOR DINNER?

COOKING + NUTRITION LESSONS

Thursdays at 5 p.m. for 6 weeks beginning
May 26th at the Cobleskill office

More info or register at
cceschoharie-otsego.org/whats-for-dinner-in-person



Become a More Effective Trainer

Part 3 of the Everyday Equine Behavior Modification Series: Methods to Create, Change, or Eliminate Behaviors

BY LAUREN ANDERSON

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

The Importance of Timing



Timing is key when it comes to training horses. To learn to communicate effectively with a 1000+ lb. animal without verbal language skills is an enormous task. Is it the handler's responsibility that their requests are understood, not the horse's job to decipher muddled cues and to "figure it out." Correctly timing your cues, rewards, and punishments is what communicates your wishes clearly. Inaccurate timing can confuse the horse, teach them to ignore your requests, or even inadvertently train them to do the opposite of what you want.

The sooner you can deliver a desired reward following a behavior, the stronger your reinforcement will be. In general, you have only a matter of seconds to reward before the horse begins to lose the association between the behavior and the subsequent reward. Sometimes it is not possible to reward a behavior soon enough. In this case, you can use an audible "marker" to bridge the gap. Clicker training is a popular example and will be discussed in a later article.

Like a poorly timed reward, a punishment delivered too late following a behavior is just as ineffective. I once witnessed an incident at a horse show where a horse that was being lunged got away from the handler and went on a galloping parade around the fairgrounds. Show management paused the class in the arena and it was "all hands on deck" to catch the loose horse. After a few minutes, he lost interest in his solo journey and allowed a competitor to approach. The horse, now a bit tired from the excitement of his escapades, calmly allowed himself to be led back to his owner/handler, who promptly hit the horse in the face with the lunge whip!

In their frustration, this handler decided to try to punish the horse for getting loose. Instead, they punished him for coming back. That poor horse had NO idea why he was being struck—the punishment came far too late—and the owner's actions likely reinforced the horse's resolve to avoid being caught next time!

Avoid Accidental Cues

An issue many riders face is learning how NOT to cue the horse unintentionally. While riding, it's easy to bump their side accidentally with your leg or allow the motion of the horse's back to be transferred through your arms to the reins by way of bouncing hands. This extra motion creates ambient "noise" for the horse to sift through when "listening" for your aids. The horse won't respond to a light squeeze from your leg if he's used to constantly being bumped or pulled on. Proper equitation isn't just about looking pretty! When you can control your body and maintain a consistent position, it will mean something to the horse when your position changes. Like the boy who cried wolf, a horse will quickly learn to ignore "cues" from an unbalanced rider flopping around on their back—but the same horse can recognize and respond to subtle shifts in a balanced rider's posture. A balanced rider also has a better chance of repeating their cues consistently!

"Good Boy" Means Nothing to Most Horses

Have you ever walked up to a horse, pet him, and said, "Good boy?" Why? What were you rewarding the horse for? Existing? Horses must think "Good boy" is just what humans say to horses! If you choose to use a word or phrase to cue or praise the horse, make sure it's something he doesn't hear all the time!

Influencing Energy Level

Horses often learn best when slightly aroused, in the sense that they are alert and attentive with a slightly elevated heart rate, as opposed to standing



Horses can feel our emotions.

half-asleep in their stall. Before you begin working the horse, use some in-hand work, light lunging, turnout time, etc. to get them moving without triggering a fear response. Charging around a round pen in a panic is counterproductive to learning. The goal is to get their blood circulating, not to fry their nerves. If at any point you find yourself with a frantic horse, take a step back and release pressure.

I truly believe that horses can feel our emotions. They mirror what we bring to the table, good or bad, and nervous people tend to make for nervous horses. The calmest horse can get worked up around a high-energy, high-anxiety person, while a quiet, steady handler can help calm and reassure a nervous animal.

Lead by Example

Make a conscious decision to model the energy level and mental state you want from your horse. If they don't mimic you, you can first match his energy to get "in sync" before changing your own energy level to influence the horse.

For example, imagine you're lunging a horse in preparation to ride, but the horse just wants to run, buck, and play. They aren't responding to your normal cues to ask for specific gaits and transitions, and their body language is tense and inattentive. You don't want to allow them to get it out of their system by tiring themselves out, because you don't want to overwork them or risk injury.

Instead, first raise your energy level to match theirs: take a deep breath, exaggerate your movements, speak loudly, move quickly, etc. Make a few requests of the horse on the lunge line: move faster, move slower, change directions, all while maintain-

ing that high energy. Then, without warning, allow your energy level to plummet; let out a big sigh, and with it, release any tension you're holding in your body. Let your movements become small, slow, and intentional. Drop your eyes, lower the whip, and take a step back from the horse to release pressure. The sudden change will often draw the horse's attention to you. At this point allow the horse to do pretty much anything he wants for a moment, provided he does it calmly! They can continue to walk or trot in a circle on the lunge, they can stop and stand, or they can come into the center before resuming the lesson.



Too much energy on the lunge line

Set Reasonable, Attainable Expectations

Do not expect perfection from the horse, or nothing they do will be ever good enough—especially while learning new skills. Instead, expect them to interact with you safely, ask them to give you their best effort, and reinforce good behavior with a desirable reward.

Make the Right Answer Easy

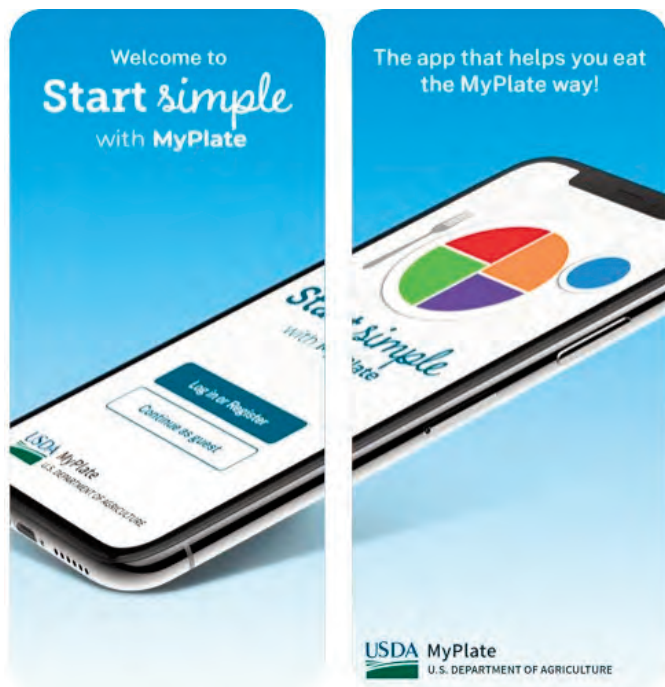
Avoid asking yes-or-no questions whenever possible. Give the horse two options, one being the "correct" answer and the other being more difficult or uncomfortable. The goal is for the horse to perform the desired behavior by choice, either out of convenience or in anticipation of a reward, rather than to avoid the consequences of disobedience.

For example, when asking a horse to load onto a trailer, the handler may use a whip to tickle or tap the horse's hindquarters while asking them to move forward into the trailer. The whip is not used to hurt or scare the horse, only to create a mild annoyance to discourage them from planting their feet and refusing to move. This provides the horse with direction (what you want) and a decision between two choices. They can either stand where they are and tolerate the tickling of the whip, or they can step forward into the trailer and away from the irritant.

Keep It Simple

I Tried out the *Start Simple with MyPlate* App

BY KIMBERLY FERSTLER, HEALTHY CONNECTIONS NUTRITION PROGRAM EDUCATOR



Are you one of the many people who would like to eat healthier?

If so, my first suggestion is to sign up for the nutrition/cooking classes offered by CCE Schoharie and Otsego Counties. Our nutrition educators would be happy to register you for one of our group classes, or work with you one on one!



Maybe the thought of trying to fit another weekly commitment into your schedule is overwhelming. But you still have that wonderful goal, and I'd still like to help you!

Here is my second suggestion: give the Start Simple with MyPlate app a try. You can use this app in your spare moments on your own schedule, and it will give you some of the support, information, and goals you might have gotten in our classes.

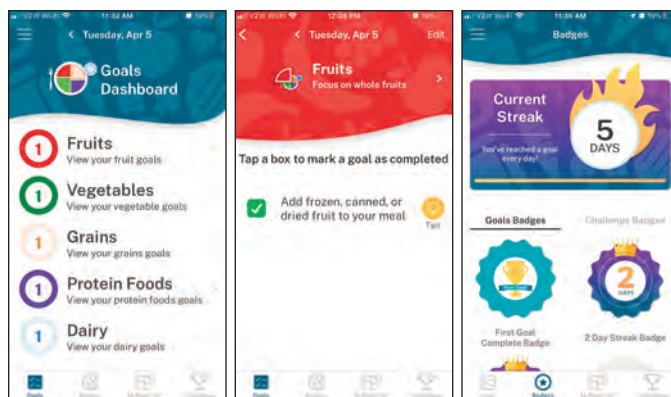
What to Know Before You Get Started

The app was developed by the USDA, is free, is in English, is rated suitable for ages 4+, and is about

40 MB to download. There are no in-app purchases. You can manage notifications (including daily reminders and challenge reminders) if they become annoying rather than helpful.

You can use the app as a guest, but if you want it to remember your information—for example, the results of your MyPlate Quiz—you'll need to set up an account that will ask you to verify your email address through an emailed link.

The app is mainly informational, and will not allow you to set specific, individualized goals—so no calorie counting, no listing of every item you've eaten that day, no special diets, no tracking of your weight. It is, as its name says, a place to start simply.



Goals for the day: the bold colors show goals that were met, the pastel colors not yet

Sample goal from the fruit group. Note the "Tips" icon to the right.

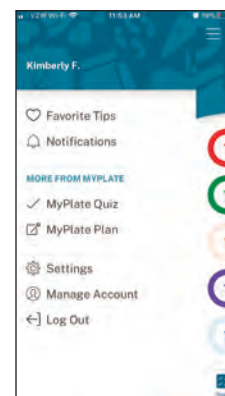
I'm on a 5-day streak. Hope I can keep it up!

The app has three main areas:

1. Simple daily/weekly goals
2. Tips to help you reach the goals
3. Earning badges to help keep you motivated

Get Started! The MyPlate Quiz

After you have downloaded the app, the first thing you might be prompted to do is take the MyPlate Quiz. If it doesn't automatically prompt you, open the main menu from the icon at the top left of the app, and choose the MyPlate Quiz.



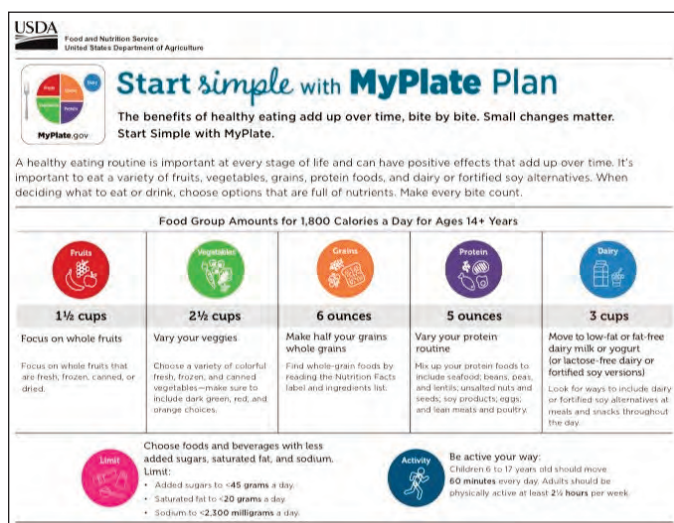
The main menu, where you can access your favorite tips, latest notifications, and settings

The quiz is not about testing your knowledge, but about looking closer at your food and eating habits. How often do you eat vegetables? How about fruits? Do you regularly eat non-meat proteins? Do you have dairy every day?

The results of the quiz will show you the areas you're already doing well with, and areas that might need more attention. For example, my results said I was doing very well overall—I was rated a “MyPlate Hall of Famer”—but might need help in Vegetables because I don't eat enough of the dark green vegetables subgroup.

Next – Get your MyPlate Plan

The next thing I recommend doing is getting your MyPlate Plan. Plates come in all sorts of sizes. This plan will give you more individualized goals for total amounts of each food group to eat each day.



The printable version of my MyPlate Plan

Click on the “MyPlate 101” icon in the bottom menu of the app. The page that it opens begins with the overarching MyPlate message and goes on to offer information on each of the food groups: what's included in that group, how much people of different ages need each day, sample portion sizes of specific foods in each group, and the health benefits.

Scroll past that information when you're ready to click on the “Get Your MyPlate Plan” button. This link will open a browser window where—after you click on the Start button—you are asked to provide your age, sex, weight, height, and activity level. It

will then give you a recommended number of calories to maintain your current weight, and (possibly) to achieve a healthy weight.

Clicking on one of the recommended calorie links will bring you to a page with Your MyPlate Plan. Go ahead and “Download your MyPlate Plan” to open a version suitable for printing, emailing, or saving. Please note that you

can open the Get Your MyPlate Plan app from the **MyPlate.gov** website if it is easier for you to print and save from your laptop rather than this app.

Simple Goals

Each day, you will be prompted to set at least one goal per food group for the day. You can choose what goal you'd like, or you can click on the “Pick for Me” button. Goals are deliberately general, so you'll be able to complete them in many ways.

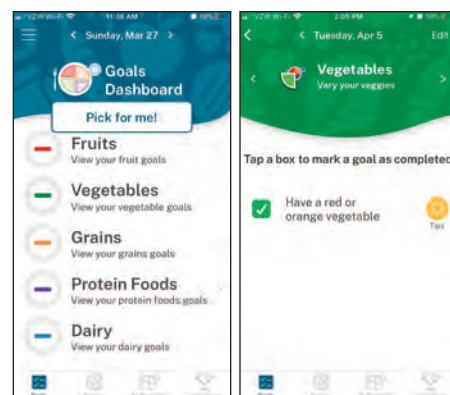
Example goals include:

- Start your day with fruit
- Add frozen, canned, or dried fruit to your meal
- Have a red or orange vegetable
- Have a whole grain at dinner



Provide your age, sex, height, weight, and activity level to get a more personalized MyPlate Plan

Based on my MyPlate Plan answers, I can choose the plan to maintain my weight or achieve a healthy weight (in my case, losing a few pounds).



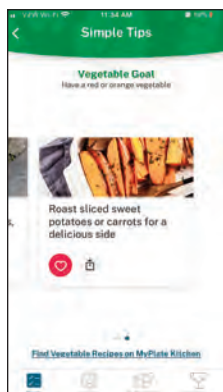
You can let the app pick your daily goals.

A sample vegetable group goal: Have a red or orange vegetable.

Continues on page 24

- Have a seafood dish this week
- Have dairy with another food group

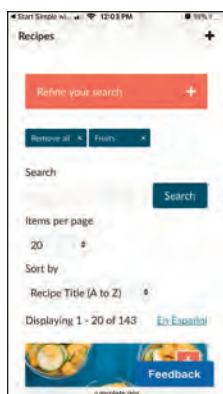
Tips – Help in Reaching the Goals



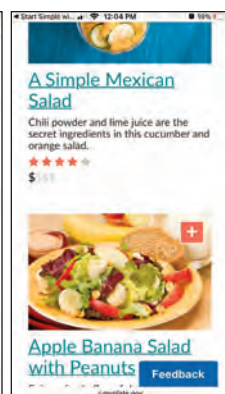
A tip to reach the “Have a red or orange vegetable” goal

Even though the goals are very broad, if you’re stumped on a tempting way to meet them, you can get some tips and recipe ideas. Click on the Tips icon to the right of any goal. This opens a Simple Tips screen with three tips you can swipe left/right to see individually.

You can save your favorite tips to refer to later. Just click the “heart” icon and look at them later by choosing “Favorite Tips” from the main menu.



In the MyPlate recipes you can refine or sort your search results.



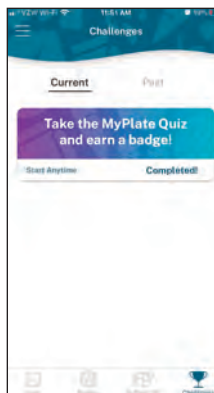
Scrolling through the potential recipes, getting hungry!

Interested in recipes? At the bottom of the Simple Tips page, there is a link to Find Recipes on MyPlate Kitchen. This will open a browser page with recipes related to the goal’s food group. You can then further refine (by course, nutrient goal, cooking equipment needed, cuisine/flavor profile, and/or cost) and sort (by title, cost, or rating) the results. These recipes can also be accessed directly at myplate.gov/myplate-kitchen/recipes.

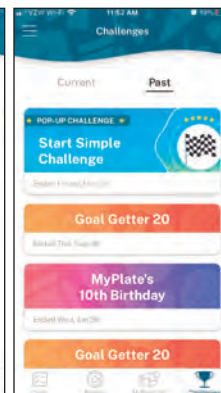
Badges – Staying Motivated!

If earning badges inspires you, this app does not disappoint. You can win the First Goal Complete badge by completing just one goal in any food group. Want to earn a badge right away? Choose a goal you’re meeting already and check it off as done! If you fill out the MyPlate Quiz as I recommended, that will get you a Challenge badge, too.

Other goal badges get progressively harder. There is a 2-Day Streak badge, for meeting at least 1 food group goal 2 days in a row. Similarly, there is a 5-Day Streak Badge. Each food group has a badge, which you earn by meeting at least one goal in that food group 4 days in a row. Perhaps the hardest badge to earn is the MyPlate badge, where you have to meet at least one food group goal in all 5 food groups in a single day.



I got a Badge right away just for completing the MyPlate Quiz.

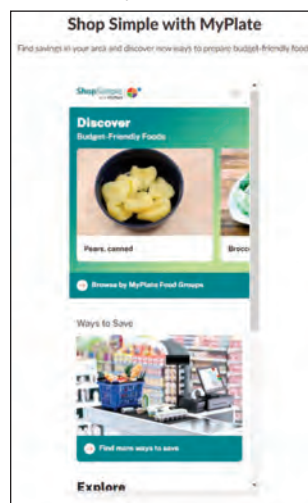


Oops, missed the latest Pop-Up Challenge.

Most of the badges can be earned multiple times, and you can share them on Facebook if you’d like. Periodically, pop-up Challenges are offered, too, providing you with fresh ways to earn badges.

Shop Simple with MyPlate

On a budget? Another related tool you might find useful is Shop Simple with MyPlate. This can be used on your mobile device or computer. Its focus is highlighting budget-friendly foods and recipes, finding local farmers’ market and retailers that accept SNAP, and providing other tips for saving money on food. Access the tool here: myplate.gov/app/shop-simple.



Scrolling through the options in Shop Simple with MyPlate

Reach out to our nutrition educators with comments, questions, or to let us know about your interest in our free nutri-

tion/cooking classes: Michelle Leveski, mm139@cornell.edu, 518-234-4303 ext. 115, or Kimberly Ferstler, kfm239@cornell.edu, 518-234-4303 ext. 120.

PROGRAM EVENTS

Go to our website cceschoharie-otsego.org to see the most up-to-date listings offered.

Tractor Supply Spring Paper Clover Sale

April 27 through May 8, 2022, at your local Tractor Supply. When you purchase a Paper Clover from Tractor Supply, you directly support 4-H programming in your area, including scholarships to 4-H leadership and camp events. 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.

Cooking With Kids

Tuesday, May 17, 2022, 4:30-5:30 p.m.

Additional dates in the series: May 24 & 31, June 7, 14 & 21

Join us after school at the Extension Center's large meeting room (173 South Grand St, Cobleskill) for a 6-week series of interactive, hands-on fun. Bring the kids and come prepare a dish with us while learning practical nutrition information you can use at home. Receive a kids' knife set and a cookbook on completing six classes. This series is free for income-eligible families. Registration is required. If interested, please contact Michelle Leveski at 518-234-4303 ext. 115 or mml39@cornell.edu.

Otsego County Master Gardener Plant Sale

Saturday, May 21, 2022, 9:00 a.m.-3:00 p.m.

CCE Education Center, 123 Lake St., Cooperstown. A wide selection of vegetables, annual flowers, herbs, and perennials that are known to grow well in Otsego County—including blight-resistant and heirloom varieties—will be on sale at reasonable prices. Master Gardeners will be available to answer questions and give advice. Sale proceeds support the outreach and educational efforts of the county's Master Gardener volunteer program. Please note that the Schoharie County Master Gardeners are not having a plant sale this spring.

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

Tuesday, May 24, 2022, 6:30-9:00 p.m.

Meetings are open to the public. This meeting is tentatively set to be held at the CCE Education Center, 123 Lake St., Cooperstown. If interested in attending, please check with the office at 518-234-4303 to confirm the day and location of the meeting.

Pests and Diseases in the Vegetable Garden

Wednesday, May 25, 2022, 6:00-7:00 p.m.

Learn about identification, prevention, and controlling the battles we face in the garden. Join Jessica Holmes, Agriculture and Horticulture Educator, and Becca Leone, Horticulture Intern as they dive into the complex world of garden pests and diseases. This class will be held at the Extension Center's large meeting room (173 South Grand St., Cobleskill). Register online at our website.

What's for Dinner?

Thursday, May 26, 2022, 5:00-6:00 p.m.

Additional dates in the series: June 2, 9, 16, 23, & 30. Join our nutrition educator, Kimberly, for a 6-week in-person 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 participants to create a dish together which they can then sample. All ages are welcome, age 8 and older recommended (basic reading skills and the ability to help create the dish will make it a more satisfying event for the participating children). The classes are free for all participants. Classes will be held in the Extension Center's large meeting room (173 South Grand St., Cobleskill). Mask wearing is requested, and other protocols will be based on current CDC guidelines. Registration required. Please let us know in advance if you have any food allergies. If interested, contact Kimberly Ferstler at kmf239@cornell.edu or 518-234-4303 ext. 120, or register online at our website.

Memorial Day

Monday, May 30, 2022 - The offices will be closed in observance of Memorial Day.

Juneteenth

Monday, June 20, 2022 - The offices will be closed in observance of Juneteenth.

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

Tuesday, June 28, 2022, 6:30-9:00 p.m.

Meetings are open to the public. This meeting is tentatively set to be held at the CCE Extension Center, 173 South Grand St., Cobleskill. 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

Otsego County Fair

Tuesday, August 2, 2022 through Sunday, August 7, 2022

Otsego County 4-H Livestock Auction

Saturday, August 6, 2022, 3:00 p.m. - at the Otsego County Fair

Schoharie County Sunshine Fair

Tuesday, August 9, 2022 through Sunday, August 14, 2022

Family Farm Day

Saturday, August 27, 2022, 10:00 a.m.-4:00 p.m.

Join in on the 10th Annual Family Farm Day festivities, which include open house events at farms in Schoharie, Otsego, and Delaware Counties.

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

Community **IPM**

Dealing With Wildlife and the New York Laws That Protect Them

Joellen Lampman and Lynn Braband, New York State Integrated Pest Management Program, Cornell University

When we think about pests, bugs and mice are the first things that typically come to mind. But what if larger critters such as squirrels, bats, woodchucks, deer, or pigeons become troublesome? IPM works for them too. You must, however, be aware of laws that apply to nuisance wildlife and how they might affect your IPM plan.

In New York, the regulatory players involved are the New York Department of Environmental Conservation (DEC) and the U.S. Fish and Wildlife Service (migratory birds and federally endangered and threatened species). Through these agencies, every wildlife species in the state has a legal classification. What is of upmost concern is determining whether your nuisance is classified as “unprotected” or “protected.”

Legal Classification: Unprotected

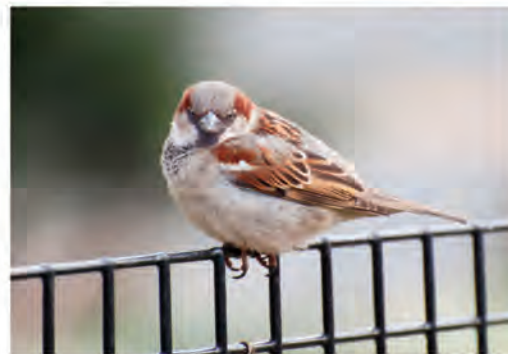
Unprotected mammals include shrews, moles, bats (except Indiana bats, which are federally protected), chipmunks, woodchucks, red squirrels, flying squirrels, voles, mice, and Norway rats. Unprotected bird species include rock doves (feral pigeons) without legbands, house sparrows, and European starlings.

An unprotected species can legally be taken by the property owner at any time of year and by any means as long as other laws (i.e., pesticide regulations, firearm discharge ordinances, trespassing laws, etc.) are not violated. The DEC defines taking as pursuing, shooting, hunting, killing, capturing, trapping, snaring or netting wildlife and game, or performing acts that disturb or worry wildlife.

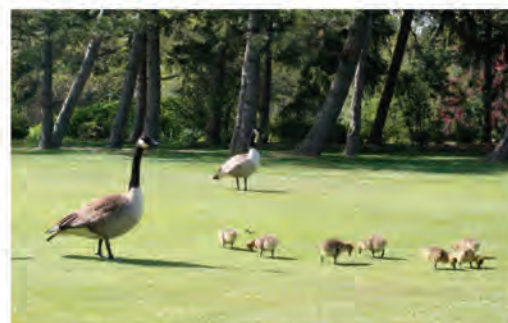
Some might consider it too cruel to take an animal and decide that capturing your nuisance pest with a live trap is best. Before heading to the hardware store, however, recognize that you cannot release an animal off your property without a permit. An unprotected animal can be released on the same property where it was captured or must be killed and buried or cremated.

Legal Classification: Protected

For some protected species, if an individual animal is causing damage (not merely being a nuisance), it can be taken by the property owner. Mammals that fall under this category include opossums, raccoons, weasels, and gray squirrels. (Skunks may legally be taken if they are only a nuisance, even if they are not causing damage.) But the animal, dead or alive, cannot be transported off the landowner's property without a nuisance wildlife control permit obtained from the DEC.



Unprotected bird species, such as house sparrows, can be taken under any circumstances as long as other regulations are followed. These invasive species can be a nuisance as well as outcompete native bird species, such as Eastern bluebirds. Photo: D. Fletcher



Canada geese are protected by the Migratory Bird Treaty Act, but there are still things you can do to manage them. Harassing them (such as with dogs or lasers) does not need a permit. Interfering with their nest — such as oiling their eggs — does need a permit. When in doubt, contact the DEC. Photo: J. Lampman, NYSIPM

A few mammals (including bear, beaver, deer, mink, and muskrat), most birds, and (currently) all reptiles and amphibians are not only protected but cannot be captured or removed from the property without special case-by-case permits.

Animals with a legal hunting or fur trapping season can be taken as long as the proper hunting or trapping license has been obtained.

Nuisance Wildlife Control Permits

Nuisance wildlife control permits are issued to people who have gone through the prescribed application process. Details on what type of permit you need can be found at on the DEC website. These permits allow protected species to be taken in any number, at any time, and from any location — with permission of the landowner — within the state. Permits must be renewed annually. Private nuisance wildlife control operators, pest control operators dealing with nuisance wildlife, municipal animal control officers, and some wildlife rehabilitators must obtain the proper permits.

NOTE: This document is for information only. If you have a question concerning the legal status of a species or contemplated action, contact the Wildlife section of the regional office of the DEC. For more information, visit the [DEC's webpage on nuisance wildlife](http://www.dec.ny.gov/animals/7005.html) (<http://www.dec.ny.gov/animals/7005.html>).



Voles are an example of a non-protected wildlife species. They chew the bark off woody plants and their above ground tunnels can be seen in turfgrass after snow melt. Photo: © cyric



All reptiles and amphibians are not only protected, but cannot be captured or removed from the property without special case-by-case permits. Photo: J. Lampman, NYSIPM

Helpful Links

[Beasts Begone! A Practitioner's Guide to IPM in Buildings](#)

[Best practices for nuisance wildlife control operators in New York State](#)

[Identify If You Need a Permit or License](#)

nysipm.cornell.edu/publications/beasts/

nwco.net/default.asp

dec.ny.gov/animals/81531.html



New York State

Integrated Pest Management
Program



Cornell Cooperative Extension

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www.nysipm.cornell.edu

CCE in Action!



Here is how you can support CCE outreach:

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



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

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