

# Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties



## Family Farm Day

At the peak of summer, 56 local farm families and business owners in Schoharie, Otsego, and Delaware Counties will open their gates to welcome visitors, showcase and sell products, and provide tastings, tours, and educational activities and demonstrations.

Family Farm Day (FFD) is one of the most important agritourism events in our region, encouraging visitors to see firsthand our farms and other area businesses. Businesses and event partners generously sponsor this event, which allows farms in the three counties an opportunity to participate and visitors a day on the farms . . . all for **free!**

You can find the unique and the unusual. Explore fish farming, bee-keeping, maple syrup making, cheese making, milk bottling, sheep wool processing, cashmere goats, orchards, feed mills, cider making, and so much more. We are certain you will have a spectacular day!

By mid-summer over 25,000 full-color FFD Farm Guides, which feature all participating farms and sponsors with maps and even GPS coordinates, will have been distributed throughout the region, including to CCE offices, ensuring fun for family farm day adventurers. The guide will be available also online at [www.familyfarmday.org](http://www.familyfarmday.org).

Use the Farm Guide as your resource to participating farms. Visit as many farms as your schedule permits. Track your farm visits on the FFD Passport, and earn, while supplies last, an FFD tote bag after completing three farm visits and a short Visitor Survey. By all means, bring a cooler for perishable food purchases made during the day.

This year's participating farms are:

### Schoharie County Farms

Barbers Farm  
Bohringer's Fruit Farm  
Brookworks Farm  
Buck Hill Farm  
Central Bridge Farms  
Heather Ridge Farm  
Highland Hollow  
Hooper Feeds  
Maple Hill Farms  
Ox Kill Farm

Parsons Vegetable Farm  
SUNY Cobleskill Campus Farm  
Sap Bush Hollow Farm  
Schoharie Valley Farms  
Slate Hill Flower Farm  
Stone House Farm  
Summit Naturals  
Van-Dale Farms  
Wellington's Herbs & Spices

### JULY/AUGUST 2018

|   |    |
|---|----|
| Family Farm Day   | 1  |
| Come See Us at the Fair!  | 3  |
| Growing with GROW   | 4  |
| Become a Master Gardener Volunteer!                             | 6  |
| Who You Gonna Call? Master Gardener Helpline!                   | 7  |
| Otsego County 4-H Paint Party Day                               | 7  |
| New Otsego County Ag Plan Program Events                        | 8  |
| Twelve-step Program for Canning                                 | 9  |
| Welcome Interns!  | 10 |
| Cornell Cooperative Extension Seeks Volunteers                  | 12 |
| 4-H Lego Robotics   | 13 |
| See the Show!   | 13 |
| Wrap and Roll with EFNEP  | 14 |
| What Happened in Afterschool This Year?                         | 15 |
| Know that Invasive? FREE Identification Services offered at CCE | 16 |
|   | 18 |

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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.

*Family Farm Day, continued from page 1*

## Otsego County Farms

Ambrosia Farms & Garden Center  
Exeter Park Produce and Garlic  
Fly Creek Cider Mill & Orchard  
Heartsease Hill  
Hickling's Fish Farm, Inc.  
Hulse Hill Farm  
Ideuma Creek Alpacas  
Kingfisher Lavender  
Let it Grow  
Lundin Christmas Trees LLC  
Middlefield Orchard  
Muddy River Dairy  
NY Upstate's Creations  
Pail Shop Vineyards  
Poplar Hedge Farm  
Stannard's Maple Farm  
Tanner Hill Herb Farm  
Tauzel Farms

## Delaware County Farms

Bovina Valley Farms & Creamery  
Brookside Maple and Farm  
Byebrook Farm  
Covered Bridge Farm Market & Joleanna Holsteins  
Crystal Brook Farms  
Del-Rose Farm/The Farmer's Wife  
Dirty Girl Farm  
Eternal Flame Farm  
Glenanore Farm LLC  
Homegrown Farmstead  
La Basse Cour  
Maplewood Farm & Orchard  
Mountain View Dairy  
Palmer Family Farm  
Riverdale Farm & Forest  
Roam On The Range  
Sherman Hill Farmstead  
Stamford Farmers' Cooperative  
Weathered Hill Farm LLC

Family Farm Day is produced collaboratively by Cornell Cooperative Extension Schoharie and Otsego Counties, Cornell Cooperative Extension Delaware County, Schoharie County Chamber of Commerce, Otsego County Chamber of Commerce, Cooperstown Chamber of Commerce, Delaware County Chamber of Commerce, Schoharie County Tourism, Otsego County Tourism, Delaware County Tourism, Schoharie, Otsego, and Delaware County Farm Bureaus, and Schoharie, Otsego, and Delaware County farms.



# Come See Us at the Fair!

Cornell Cooperative Extension Schoharie and Otsego Counties will be at both the Otsego County Fair and the Schoharie County Sunshine Fair! We invite you to join us. Be sure to make CCE part of your fair experience.

Our Master Gardener Volunteers will have informational displays as well as being in person to answer questions. If you miss them at the fairs, you can always call the respective county Master Gardener helpline: 518-234-4303 ext. 124, Schoharie County; and 607-547-2536 ext.228, Otsego County.

The Agriculture program will highlight upcoming activities including those from the Dairy, Livestock, and Field Crops program and the Eastern New York Commercial Horticulture program. Local agriculture programs will be emphasized, too.

It's both a joy and informative to see the work 4-H youth put into their projects throughout the

year and display at their county fair. You can even follow some of the Best of Show winners to the New York State Fair for an even bigger fair experience. And, look for our 4-H Afterschool program for what youth have accomplished in Schoharie and Cobleskill-Richmondville Schools.

This year our Family Consumer Science display focuses on our Mother Hubbard's Cupboard Recipe Collection. With a stocked pantry and this recipe collection, you can prepare a variety of meals for your family. Check out our display and pick up a recipe to take home and try.



## PASTA SALAD WITH HAM

Source: Cornell Cooperative Extension Schoharie and Otsego Counties

Serves 4



### Know the facts . . .

- Pasta was first eaten in China not Italy. According to the International Pasta Organization there are more than 600 shapes of pasta produced throughout the world. The third President, Thomas Jefferson, is credited with introducing pasta in America in 1789.
- Many vegetables are actually as good as or better than whole grains as a source of dietary fiber.
- For the companion recipe, Light Vinaigrette Dressing, go to our website [cceschoharie-otsego.org](http://cceschoharie-otsego.org), click on Connections Newsletter button. Find the recipe link in left menu.
- Join our Expanded Food and Nutrition Education Program and cook with your kids at Cornell Cooperative Extension or in the privacy of your own home. Contact us, or join us on Facebook: EFNEP CCE Schoharie and Otsego Counties.

### Ingredients

2 cups pasta, cooked  
 ¼ cup celery, chopped  
 ½ green or red pepper, chopped  
 1 cucumber, cubed or sliced  
 1 medium tomato, chopped, or  
 1 cup cherry tomatoes  
 1 medium carrot, thinly sliced  
 ¾ cup garbanzo beans, canned,  
 drained, and rinsed  
 ½ cup reduced fat cheddar  
 cheese, shredded or cubed  
 4 ounces cooked ham, cubed  
 ½ cup Italian dressing, lite

### Directions

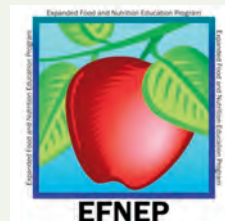
1. Cook pasta according to package directions. Run under cold water to cool, then drain and reserve.
2. Prepare vegetables as directed in ingredient list.
3. In large bowl, combine pasta, celery, green pepper, cucumber, tomato, carrot, garbanzo beans, cheese, and ham, stirring gently to mix.
4. Add salad dressing at this time and toss, reserving 2 tablespoons of dressing to be added at serving time to refresh the salad. Let chill at least one hour before serving.

### Notes:

- Can use whole grain pasta.
- May substitute meat of your choice. Meat may also be omitted.
- May substitute dressing of your choice in place of the lite Italian dressing.
- Can also add additional vegetables: cauliflower, radishes, onion, mushrooms, jicama, snow peas etc.

## Nutrition Facts

|  |           |                          |                                  |
|--|-----------|--------------------------|----------------------------------|
| Serving Size 1 1/2 cup   |           | Servings Per Container 4 |                                  |
| Amount Per Serving   |           |                          |                                  |
| <b>Calories</b>  | 320       | Calories from Fat        | 90                               |
|  |           | % Daily Value*           |                                  |
| <b>Total Fat</b>   | 10g       |                          | 15%                              |
| Saturated Fat  | 3g        |                          | 15%                              |
| Trans Fat  | 0g        |                          |                                  |
| <b>Cholesterol</b>   | 25mg      |                          | 8%                               |
| <b>Sodium</b>  | 900mg     |                          | 38%                              |
| <b>Total Carbohydrate</b>  | 42g       |                          | 14%                              |
| Dietary Fiber  | 6g        |                          | 24%                              |
| Sugars   | 6g        |                          |                                  |
| <b>Protein</b>   | 16g       |                          |                                  |
| Vitamin A  | 80%       | Vitamin C                | 50%                              |
| Calcium  | 25%       | Iron                     | 15%                              |
| *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                    | 300 mg                           |
| Sodium   | Less than | 2,400mg                  | 2,400mg                          |
| Total Carbohydrate   |           | 300g                     | 375g                             |
| Dietary Fiber  |           | 25g                      | 30g                              |
| Calories per gram:   |           |                          |                                  |
|  |           | Fat                      | 9    Carbohydrate 4    Protein 4 |



# Growing with GROW



In 2016 the Otsego Master Gardeners began the Goal-oriented Rural Outreach Work (GROW) Initiative as a way to extend Cornell Cooperative Extension garden-based learning across the 1007 square miles that make up Otsego County.

Using a model from the National Extension Master Gardener Program, the Otsego Master Gardeners developed the GROW Initiative to allocate up to \$225 of funding to support collaboration between Master Gardener(s) and a community group who desired to undertake a project that would enhance, beautify, and/or educate their communities through work that promotes and extends the horticultural, Garden-Based Learning and environmental practices of Cornell Cooperative Extension.

Each Master Gardener/Community collaboration is asked to submit a proposal for work that would achieve a particular goal. A GROW committee reviews the proposals and makes recommendations. Successful proposals provide a roadmap of what the group wants to accomplish and why, and how the collaboration will work to achieve the goal. The projects supplement the outreach of Master Gardeners in a purposeful and planned way and serve as a springboard for future independent development by the community partners.

**Here are GROW projects that have been supported:**

2016:

Master Gardeners Joan Rielly and Tina McGurrin collaborated with the Worcester Free Library in a two-fold project: to demonstrate how to grow plants in raised beds and planting the garden with plants that would attract and support pollinators. Joan and Tina did workshops, created raised beds, put together a pollinator-focused reading list, and helped the group select pollinator-friendly plants for the beds.

In Laurens, Master Gardener Mary Ellen Crawford col-



laborated with the Laurens Historical Society to refurbish and expand the garden at the Laurens Public Library. The group wanted to focus on herbs used for cooking, preserving, and medicine. Mary Ellen provided guidance on how to grow, use, and store herbs. During Laurens History Day, the Historical Society shared this knowledge for growing and using herbs in foods, as medicines, and in everyday life during public demonstrations and garden tours. Samples of foods and drinks made with the herbs drew crowds. The project was featured in The Daily Star.



Tina McGurrin and Joan Rielly led the Joy of Life Garden GROW project in Worcester in collaboration with St. Joseph's Catholic Church. They undertook the restoration of a somewhat neglected garden. Working with Tina and Joan, the group researched appropriate plants and selected those with theological connections. From that research they also created an informative brochure on the plants in the garden. The garden became the work of the broader Worcester community as residents donated materials and dropped by to help. What once had been a weedy hillside, became a community spot for walks, contemplation, and a site for celebratory photos. The garden was featured in The Evangelist newspaper.



In 2016, Master Gardener Terry Centofante collaborated with Kim Noling, garden coordinator at the Oneonta Community Garden, to implement a no-till approach to gardening through greater use of composting. Master Gardener Carol Phelps spoke with gardeners about making and using compost in their plots by making use of their green waste. The grant funding was used to construct composting bins and a holding bin that could be used by all community gardeners.

2017:

Master Gardener Terry Centofante again collaborated with Oneonta Community Garden coordinator Kim Noling to build a demonstration garden using no-till raised beds. Terry and Kim worked with others using the garden to show the benefits of the raised bed. This demonstration garden was planted. The produce from the garden is donated to The Lord's Table, an Oneonta feeding program that offers a free hot meal every weeknight to all who come through the doors. The raised bed continues to be used for this purpose in 2018.



Master Gardener Chris DeCesare and Oneonta Girl Scout Troop 30132 received a GROW grant to create a cancer memorial and survivor garden in Fortin Park. This project was important to these girls since, “everyone in our troop knows what it feels like to have someone important to us going through cancer.” Chris spent fall and winter 2017 working with the troop on planning and designing the garden. Chris helped the girls learn about using sensory elements in garden design and how to select appropriate plants for the space. In spring 2018, they began the groundwork by laying out the path in the shape of a cancer ribbon, and adding some perennials to the beds around the path. Their leader says that the girls are learning a lot about the hard work and dedication that

it takes to do a project, but are excited about seeing their ideas come to fruition.



In 2018, Master Gardener Francine Stayer collaborated with Linda Burns, coordinator of the St. Mary's Food Pantry in Oneonta, to develop St. Mary's Grows. The goal is to provide a healthy gardening experience for people who because of age, income, physical limitations, or lack of access to transportation might not be able to garden. The participants often have limited access to fresh produce. The selected recipients planted heirloom organic tomato plants in containers and received instruction on how to care for the plants. Francine and Linda will visit the recipients periodically during the summer to bring plant food and see how the gardens are growing.



The various GROW projects are one way the Otsego Master Gardeners are using the funds they've raised to reach out across the county and help people of all ages help themselves to positive horticultural experiences. We invite you to come GROW with us.



# Become a Master Gardener Volunteer!

Are you interested in becoming a Master Gardener Volunteer? Cornell Cooperative Extension Associations in Chenango, Delaware, Herkimer, and Schoharie and Otsego Counties seek residents who have a genuine interest in horticulture and wish to serve as outreach ambassadors in their home counties, sharing information with community members and engaging in community projects.

Master Gardeners are trained in the art and science of horticulture, chiefly around the themes of ornamental landscapes and food gardening. The Master Gardener Programs are local, state, and national programs directed by state land-grant institutions—Cornell University for New Yorkers—to enhance the ability of County Cooperative Extension organizations to share knowledge, experience, and enthusiasm with residents through trained volunteers.

Training for the program will begin Monday, September 10, and will continue for ten consecutive Mondays through November 12, except Columbus Day week when class will be held Tuesday, October 9. Classes are at the First Presbyterian Church on Church Street in Cooperstown. The cost of the program training is \$150. Individuals are invited to apply by Friday, August 17, but some space may be available for late applicants. Apply now to ensure your enrollment in this very popular program.

The CCE Master Gardener instructors provide hands-on training for volunteers through a comprehensive series of garden-based topics. In return for this training, volunteers work with CCE educators to provide outreach education and programs to respective county constituents. Many volunteers address home-gardening questions while others participate in community gardening projects, educational workshops, and annual plant sales.

For details about the 2018 Master Gardener Volunteer training or to receive an application, contact David Cox, CCE Schoharie and Otsego Counties, at 518.234.4303 ext. 119, or email [Schoharie@cornell.edu](mailto:Schoharie@cornell.edu), or visit [cceschoharie-otsego.org/gardening/master-gardener-volunteers/master-gardener-volunteer-training-2018](http://cceschoharie-otsego.org/gardening/master-gardener-volunteers/master-gardener-volunteer-training-2018).

## Master Gardener Volunteer Training Topics:

- Cornell Garden-Based Learning Program
- Soils, Composting, and Vermiculture
- Basic Botany, Seed Starting, and Plant Propagation
- Tour of Fernleigh Greenhouses, Cooperstown
- Woody Plants and Pruning
- Beekeeping, Entomology, Plant Pathology
- Weed Identification and Control, Lawn Care
- Permaculture and Vegetable Gardening, Perennials and Pollinators, Edible Landscaping
- Organic Vegetable Gardening, Large & Small Fruits
- Invasive Species, Catskill Regional Invasive Species Program (CRISP)
- IPM—Integrated Pest Management (Around the Home), Nuisance Wildlife



**Master Gardener Volunteer Training Fall 2018** Now recruiting residents in Schoharie and Otsego Counties. Sessions run Mondays, Sept. 10–Nov. 12, First Presbyterian Church, Cooperstown.

**Master Gardener**  
Cornell Cooperative Extension

**What is the Master Gardener Program?**

It's an integral component of Extension's outreach program educating home gardeners, community gardeners, consumers of horticultural products, youth in after-school programs, physically and mentally challenged individuals, and nursing home residents.

It's neighbors teaching neighbors about landscapes, vegetables and fruits, herbs, houseplants, beneficial and harmful insects, plant diseases, Integrated Pest Management (IPM), wildlife management, soils, birds, composting, water conservation, invasive species, and more.

It's a corps of volunteers in New York State who are trained by Cornell Cooperative Extension in the horticultural sciences and the art of gardening.

**Want to Become a Master Gardener Volunteer?**  
Join us for Master Gardener Volunteer Training Fall 2018!

**In Schoharie County:**  
(518) 234-4303 (x 119) / 296-8310  
or email [schoharie@cornell.edu](mailto:schoharie@cornell.edu)

**In Otsego County:**  
(607) 547-2536 (x 0)  
or email [otsego@cornell.edu](mailto:otsego@cornell.edu)  
[cceschoharie-otsego.org/gardening](http://cceschoharie-otsego.org/gardening)

**Cornell Cooperative Extension  
Schoharie and Otsego Counties**  
Cornell Cooperative Extension provides equal program and employment opportunities. Accommodations for persons with special needs may be requested by contacting Cornell Cooperative Extension Schoharie and Otsego Counties prior to the program.

# Who You Gonna Call? Master Gardener Helpline!



Do you have a question about growing a vegetable garden? Wish you knew the name of that pesky weed that keeps popping up in your flower bed? Wonder what that funny looking insect is that is crawling across your shoe? Find the answer by calling the Master Gardener Volunteer Helpline!

Master Gardener Volunteers answer these questions and more. Dedicated volunteers answer numerous questions about plant, tree and lawn care, vegetable and flower gardening, and home and garden pest management.



*If CCE's Schoharie County Master Gardener Volunteers are out working in the garden leave a message and they will get back to you.*

To contact the helpline in Otsego County, call 607-547-2536 extension 228 or email [mastergardener-otsego@cornell.edu](mailto:mastergardener-otsego@cornell.edu). If a Master Gardener Volunteer is not available to take your call, please leave a voice message, and your call will be returned. For help in Schoharie County, call 518-234-4303 ext. 124 or email [schohariemastergardeners@cornell.edu](mailto:schohariemastergardeners@cornell.edu).



*In Otsego County call the helpline or speak to a Master Gardener Volunteer at community events.*

## Otsego County 4-H Paint Party Day



Martin Hall on the Otsego County Fairgrounds is where 4-H members display their non-animal project work and give performances. It also houses the 4-H store. It has been the face of 4-H for many years. This year, Martin Hall needs "TLC."

4-H is giving Martin Hall a makeover! On July 14, CCE is hosting a 'Painting Party' at the Otsego County Fairgrounds. The event will be held from 10:00 a.m. - 2:00 p.m. Paint, brushes, drinks and ice

cream sundaes will be provided! All help is greatly appreciated. Let's get Martin Hall looking its best for the Fair!

**BRING:** Work clothes, bagged lunch, enthusiasm, and extra helpers!

The club that has the most service hours wins \$100 Shop 4-H dollars! Extra helpers count towards your club's hours.

# New Otsego County Ag Plan

BY SHANNON KIRCH



*Shannon Kirch, Otsego County Agriculture and Farmland Protection Plan Implementation Specialist*

Last September, Otsego County adopted a new Agriculture and Farmland Protection Plan to maintain, grow, and explore new agricultural opportunities, and to help strengthen existing and new farming operations. In April, I was hired by Cornell Cooperative Extension Schoharie and Otsego Counties as the Otsego County Agriculture and Farmland Protection Plan Implementation Specialist to manage the plan, and I could not be more thrilled. I did not grow up on a working farm, but I did grow up with backyard chickens, instilling in me the value and joy of a fresh egg laid just hours before you crack it. Personally, I can't imagine living anywhere you don't pass at least one farm stand complete with fresh eggs on your way home from work. Luckily, I bet that is the case for most of you, even if you don't realize it.

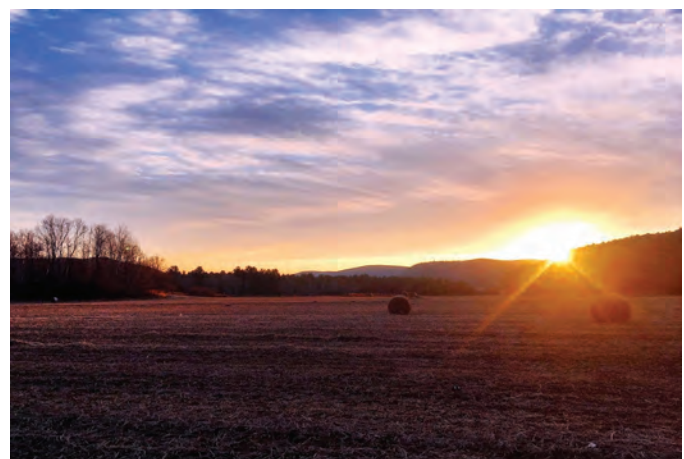


It may come as a surprise, but the 2012 Census of Agriculture indicated that Otsego County had more land in farms than either Delaware or Schoharie counties with a whopping 180,750 acres. The coun-

tryside is dotted with farms ranging from large dairy operations to small diversified vegetable growers. Even if you live on Main Street in Oneonta, fresh local food is just a short drive away, or walk if it's Saturday morning! We are lucky to live in such an abundant and diverse food shed. However, if we want it to thrive in the future, we need to take action now.

Between 2002 and 2012, Otsego County lost 40% of its dairy farms while less than half of all farm operations experienced net income gains in 2012. With rising property taxes, increasing regulations, and increased competition from the national and global markets, the cards are stacked against our local farms. Additionally, the average age of our farmers is over 58 years old. The new Ag Plan has six main initiatives that work to address these issues and more. A few main focuses for 2018 include securing additional funding for various proposed projects through state and private grant opportunities, building organizational capacity within the county to make sure we are taking advantage of any opportunities already available, and helping our farmers better market their products by aggregating and connecting with the local community.

If you are a farmer, potential partner, or would simply like to learn more about the plan, please feel free to contact me, Shannon Kirch, at [swk38@cornell.edu](mailto:swk38@cornell.edu) or 607-547-2536 ext. 227. I look forward to working with all of you!





# PROGRAM EVENTS

## The 71st Annual Junior Livestock Show

Since 1947, The Farmers' Museum has collaborated with Cornell Cooperative Extension's 4-H program to produce the Junior Livestock Show, the second largest 4-H youth competition in New York State. 4-H youth from nine counties have the opportunity to show their dairy cattle, beef cattle, dairy goats, sheep, and swine. Admission to the show is free and the public is welcome to attend. For more information about the Junior Livestock Show, contact Meg Preston at 607-547-1452.

*Sunday, July 8, 5:00 p.m. - Tuesday, July 10, 5:00 p.m.  
Iroquois Farm Showgrounds, 1527 Co. Hwy. 33, Cooperstown, NY*

## Invasive Species Awareness Week: July 8 - 14

While we should all work every day to combat invasive species, Cornell Cooperative Extension of Schoharie and Otsego Counties encourages everyone to set aside July 8 to July 14, as Invasive Species Awareness Week. During this week we encourage you to learn to identify and combat invasive species that may put your environment at risk. For area events happening during the week, check our website [cceschoharie-otsego.org](http://cceschoharie-otsego.org).

## EFNEP—Parent & Child Hands-on Cooking Lesson Series

Join your children/child in this 6 - 8 lesson series focused on cooking healthy meals and exercising as a family. Find answers and tips about eating more fruits and vegetables affordably and enjoying being active together. The lessons will be taught by Michelle Leveski, EFNEP Nutrition Program Educator.

*Tuesdays, July 10, 17, 24, 31 and August 7, and 14, at 4:30-5:30 p.m.; free.*

*Or Wednesdays, July 11, 18, 25, and August 1, 8, and 15, at 4:30-5:30 p.m.; free.*

*Call Cobleskill Office at 518.234.4303 to pre-register by July 6. Class size is limited. Children 4 and older.*

## Second and Third Season Gardening Workshop

Otsego County Master Gardener Volunteers are pleased to offer the workshop "Second and Third Season Gardening." Sometimes the best comes late in the season. Barbara Melera, advisor to Harvesting History, will present the workshop. Harvesting History is a seed and agricultural products company offering mostly heirloom varieties. The speaker will provide gardeners with a helpful list of vegetables, flowers, and herbs for mid-summer and fall planting which are uniquely suited to mid-summer or fall planting. Instructions for successful planting, tricks for maximizing harvest, and clues for when and how to harvest will be shared.

*Thursday, July 12, at 6:30 p.m. - 8:30 p.m. Workshop fee is \$10*

*Cornell Cooperative Extension Education Center, 123 Lake St., Cooperstown*

*Space is limited and pre-registration is requested by July 8.*

*For more information or to register online, please visit [cceschoharieotsego.org/events/2018/07/12/second-and-third-season-gardening](http://cceschoharieotsego.org/events/2018/07/12/second-and-third-season-gardening) or call the Otsego Office at 607-547-2536 ext. 0.*

## CRISP'S Monitoring and Managing Ash (MaMA) Training Workshops

The Catskill Regional Invasive Species Program (CRISP) is pleased to announce two single-session Monitoring and Managing Ash (MaMA) Training Workshops on July 23, and 24, 2018. Attendees will learn how to contribute to ash conservation in the Catskills and the Northern Foothills. There is no fee to participate, but registration is required. For more information and to register for either workshop, call 518-234-4303, or email [schohaire@cornell.edu](mailto:schohaire@cornell.edu) by Friday, July 20.

*Monday, July 23, 1:00 p.m. - 4:00 p.m., Cornell Cooperative Extension Schoharie and Otsego Counties, the Extension Center, 173 South Grand St., Cobleskill 12043.*

*Tuesday, July 24, 1:00 a.m. - 1:00 p.m., Otsego County Conservation Association (OCCA), Mohican Farms, 7207 St Hwy 80, Cooperstown, 13326 (~8 miles north of the Village).*

## Otsego County Fair 2018

Come see us at the fair in Martin Hall and the 4-H Animal Barns.

*Tuesday, July 31, 10:00 a.m. - Sunday, August 5, 9:00 p.m.  
Otsego County Fairgrounds, 469 Mill Street, Morris, NY*

## Schoharie County Sunshine Fair 2018

Come see us at the fair in Progressland and the 4-H Animal Barns.

*Tuesday August 7, gates-9:00 a.m. and exhibit buildings 11:00 a.m. - Sunday August 12, exhibit buildings 10:00 p.m. and gates 11:00 p.m.*

*Schoharie County Sunshine Fairgrounds, 113 Sunshine Drive, Cobleskill, NY*

## The Great New York State Fair 2018

The NYS Fair runs August 22 - September 3. To help you experience all you hope to see, hear, and taste, plan ahead; visit their website [nysfair.ny.gov](http://nysfair.ny.gov) for more information.

*Great NYS Fairgrounds, 581 State Fair Blvd., Syracuse, NY*

## Family Farm Day 2018

Create your own experience by choosing to visit one or more of the 56 registered farms in Schoharie, Otsego and Delaware Counties. Use the 2018 Family Farm Day-Farm Guide to plan your day. Enjoy the adventure!

*Saturday, August 25, 10:00 a.m. - 4:00 p.m.*

## SAVE THESE DATES

### Master Gardener Volunteer Training

*Fall 2018, September–November*

*Ten consecutive Mondays, September 10 - November 19, 9:00 a.m. - 3:00 p.m. (w/one hour lunch)*

Attend the fifty-hour course in general horticulture designed for Master Gardener Volunteer Trainees held at the First Presbyterian Church in Cooperstown. Some classes may be held at SUNY Cobleskill.

Call 518-234-4303 in Cobleskill or 607-547-2536 ext. 0 in Cooperstown

**Applications due on or before August 17.**

**Go to our website <http://cceschoharie-otsego.org> to see additional events not listed.**

# Twelve-step Program for Canning

“Canning is science, not creative cooking!” Jan Ryder, Cornell Cooperative Extension Master Food Preserver, cautioned participants at a recent hands-on canning workshop hosted by Schoharie County Master Gardeners. During the workshop, Jan demonstrated the boiling water technique for high acid foods and the pressure canning method for low acid foods. Participants were introduced to the twelve steps of canning, an approach for preserving food safely and confidently.



Jan continued in her instructions to participants, “When it comes to the science of food preservation, it’s important to know that many of the organisms that can make food unsafe can’t be seen, smelled or tasted (and would be unsafe to do so), so it is even more important to follow guidelines exactly to ensure safe, wholesome foods when finished.” Heating food to the proper temperature is key. For boiling water canning, heating to 212°F is essential. For pressure canners, attaining 240° to 250°F is a must. Even using the correct jar with the specified

quantity of product and processing for the appropriate time is important because it is the internal temperature of the product that is crucial. It’s because of these factors that Jan reframed her admonition: Canning is not creative cooking.

How did participants respond to the workshop? Here are some reflections shared by participants:

“I came to the canning workshop to learn safe canning methods. This workshop scored a 10 on the evaluation from me!”

“I saw my mom can, and I wanted to see what canning was about. Things have changed, but with what I learned from tonight’s workshop, I am planning to can tomatoes and tomato sauces, and I know I have to acidify them for them to be safe.”

“I feel more confident to try canning foods that I was afraid to do before using the 12 Steps to Canning as a guide.”

Here are the twelve steps Jan recommends for canning wholesome, safe foods:

## Twelve Steps Program for Canning

1. Follow recommended food safety practices. Clean hands, surfaces, and utensils.
2. Use **proven, validated recipes** from USDA National Center for Home Food Preservation, State Cooperative Extension Services, or canning manufacturers, and follow the directions exactly for preparing, packing, and processing ingredients.
3. Have all ingredients ready (only the amount you have time to process), including syrups or liquids you might add, and check equipment beforehand. Clean or sterilize canning jars and discard jars with nicks on the sealing rim.



4. Prepare lids according to manufacturer's directions on package. Be sure ring bands are in good condition. When using, tighten screw bands until firm but not too tight. Turn until closed, then gently tighten another quarter turn.
5. Use proper canning process and recommended processing times from a reliable resource for food you are preserving.
6. Know the altitude where you are canning. Review altitude charts for the canning process you are doing. Make any required adjustments in process times or pressure.
7. Use a **Boiling Water Canner** for *processing high-acid foods*, i.e., fruits, rhubarb, sauerkraut, pickles, tomatoes (acidified only), chili sauce, and some salsas (depending on ingredients, use a reliable recipe and follow recommendation for processing). Temperature of the water in canner should be 140° F for raw pack and 180° for hot pack. Water in canner should cover tops of jars 1-2 inches. Then cover with lid, and bring to a boil at 212°F (unless following the exception for pickling in which the recipe calls for a low-temperature pasteurization treatment of 180°-185°F for 30 minutes). Start processing time when water begins to boil. When processing time is up, remove canner from heat. After 5 minutes remove jars from canner with a jar lifter.
8. Use a **Pressure Canner** for *processing low-acid foods*, i.e., vegetables, meat, fish, seafood, poultry, tomatoes combined with low acid foods and soups (not thickened). Two inches of water is needed in bottom of the canner. Temperature of the water in the canner should be 140°F for raw pack and 180°F for hot pack. Secure canner lid with regulator weight off or petcock open. Bring up to heat and vent canner for 10 minutes. Close petcock or place regulator weight at correct pounds of pressure. Begin timing process when correct pressure is reached on the gauge or regulator weight begins to jiggle or rock as recommended. When timing is complete remove canner from heat. Let canner cool on its own—do not force cool—approximately 30 minutes for pints and 45 minutes for quarts (and on newer models when the lock opens), then open petcock or remove regulator weight. Wait 10 minutes, open lid, and remove jars with a jar lifter.
9. Be careful not to tip canning jar when removing it from the canner with a jar lifter. Place jars in a draft free place on a rack or towel at least an inch apart.
10. As jars cool you may hear a ping, the sound indicating a vacuum seal has been achieved. When cool check all jars visually for being sealed. If a jar did not seal, do not force it; instead reprocess it immediately or refrigerate or freeze it.
11. After 24 hours remove ring bands. Clean, dry, and store them for next year's canning. Wipe jars with a clean cloth. Store filled jars in a cool, dark, dry place.
12. For best quality, consume canned foods within one year, after which time significant losses occur in nutritional value and quality.

Lastly, rely on the most recent recommendations for processing. Directions and recipes from older references may no longer be recommended as safe or reliable especially anything prior to 1986. Whether you're an experienced canner or someone learning a new skill the recommendations outlined in this article will help you to produce a safe, quality home canned product.



# Welcome Interns!

CCE welcomes two summer interns, Veronica Pitt and Kate Preston, both students at SUNY Cobleskill. We strive to create unique internships that offer opportunities for student personal and professional growth. Through their writing of articles and newsletters, creating program brochures, designing and delivering educational programs under the supervision of staff, assisting educators in all program areas, shadowing educators, attending staff meetings, assisting staff, youth, and volunteers at our county fairs, and helping with office duties, we want students to complete their internships with memorable on-the-job learning and positive life memories. Welcome Veronica and Kate, we are pleased to have you aboard.

## A Changing Vision

My name is Veronica Pitt. I am enrolled at SUNY Cobleskill, working toward my bachelor's degree in animal science. When I first started college, my passion was horses, having loved them ever since I was a little girl. They are beautiful animals, and with so much power behind them, I believe it's what makes them great. So I took my passion and decided to attend college. I started at SUNY Cobleskill with the goal of getting an associate's degree in equine studies and planned to work with horses when finished. My long story short, I changed my mind and ended up loving the campus, the faculty, and the students I met along the way. That helped me decide to stay after receiving my associate's and to continue my education toward a bachelor's.



CCE Intern Veronica Pitt lending a hand with EFNEP Parent Child Cooking Class.

At this point in my college career I am at the internship stage, which means I have to complete intern hours to finish my bachelor's degree. The most difficult part of this process was deciding where I wanted to intern. After looking at a few places and

applying to some, the process of elimination began to determine which internship site was going to provide me with the greatest opportunities and benefit my future the most. After great consideration and going through the "what ifs," I chose Cornell Cooperative Extension Schoharie and Otsego Counties.

I chose CCE because I wanted to get more out of my experience. Things like networking, working with experts in many different fields of study, and participating in workshops conducted at Cornell Cooperative. Although I originally started college with the idea that I was to work with animals once I graduated, but I am very excited to see where this opportunity takes me. Not only do I get to learn so many new things during this experience, but also I can apply that knowledge where needed, and even help educate others. There's even a chance that I will take my education even further and get a master's degree in agricultural education. The possibilities are endless.

## 4-H Inspired!

My name is Kate Preston, and I am an intern at the Cooperstown office of CCE Schoharie and Otsego Counties. I have just finished my second year at SUNY Cobleskill, studying agricultural business. I will finish my bachelor's degree in spring 2019, when I hope to pursue a master's degree in agricultural communications!



Need caption

Since age ten, I have been a 4-H member and a member of the Otsego County Dairy Goats Club for eight years, where I raised and showed dairy goats throughout the state. Not only have I showed show dairy goats, but during my last couple years, I showed beef cattle as well.

For my degree, I must complete an internship. I decided to complete part of my internship with Cornell

Cooperative Extension because I love 4-H and the experiences it has given me. Without 4-H, I don't believe I would be pursuing the degree that I am. I am thankful for the opportunities that 4-H has given me. I have been impacted by so many great people in this program, and I want to give back to the program. During

my youth, 4-H provided me many learning opportunities, and I want to see similar opportunities available for others. As a 4-H member, public presentations was not my strong suite, but I am grateful now that I participated. I am excited and thankful that I can spend my summer with CCE!

## Cornell Cooperative Extension Seeks Volunteers

Cooperative Extension seeks dedicated volunteers who are interested in serving on the organization's board of directors or program advisory committees. Twenty-eight residents from Schoharie and Otsego Counties provide organizational oversight by serving on the board of directors or on one of three advisory committees in program areas of agriculture and horticulture, 4-H youth development, and family and consumer science. To learn more about open positions for 2019, contact Don Smyers, Executive Director, by calling either the Cobleskill or Cooperstown office.

Since 1914 in Otsego County and 1916 in Schoharie County, CCE has continued its century-long mission of providing know-how and resources that improve the lives of New Yorkers by engaging directly with families and youth at their homes, on their farms, and in their communities. This association with the resources of Cornell Colleges of Agriculture and Life Sciences and Human Ecology, other Land-Grant Universities throughout the fifty states, the New York Agricultural and Cornell Experiment Stations, the United States Department of Agriculture as the federal parent organization of cooperative extension, and other county extension offices as cooperating partners allow CCE to create value for county residents.

For a county Extension client, whether an agricultural producer, a home gardener, a child or youth participating in 4-H youth development, a resident seeking means for stretching family resources through our Expanded Food Nutrition Program, perhaps a school food service manager wanting the farm-to-school initiative locally, or a resident seeking informational resources for his or her family, Cornell Cooperative Extension educators in Cobleskill and Cooperstown and regional team educators provide knowhow for the profitability and sustainability of producers and for the growth and betterment of youth, families, and communities.

CCE offers many programs and resources in our core areas of agriculture and horticulture, 4-H youth development, family and consumer science, and agricultural economic development. We invite you, as a customer or perspective volunteer, to learn more about Cornell Cooperative Extension programs and governance by visiting our website, [cceschoharie-otsego.org](http://cceschoharie-otsego.org).

## 4-H Lego Robotics



*Left to right: 2017 4-H Campers, Gavin, Alex, and Christian build a Lego robot!*

Discover robotics at the 4-H Lego Robotics Camp, July 23-27, at the Greater Plains Elementary School in Oneonta! Children in sixth, seventh, and eighth grades are invited.

Youth will design, build and program a variety of robotic devices with LEGO EV 3 kits and LABVIEW Software. Youth will learn to use motors, touch sensors, light sensors, gears and pulleys, and more! The camp instructors are members of Oneonta FIRST Robotics Team 4203 and their mentors. The Otsego County 4-H Program is very happy to partner with Robokronos, Team 4203 to offer this STEM-friendly event.

# See the Show!



Luke Enyart shows his Holstein at the 2017 Show.



Nathan Hay shows his swine at the 2017 Show.



Alex Badger receives a Chobani Agricultural Leader Scholarship at the 2017 Show.

Looking for fun in July? Attend the 71st Annual Junior Livestock Show on Sunday, July 8, 2018, 5:00 p.m. to Tuesday, July 10, 2018, 5:00 p.m. at the Iroquois Farm Showgrounds in Cooperstown, NY. The Junior Livestock Show is the second largest 4-H youth competition in New York State. Since 1947, The Farmers' Museum in Cooperstown, New York, has collaborated with Cornell Cooperative Extension's 4-H program to produce this show. 4-H youth living in a nine-county region have the opportunity to show their dairy and beef cattle, dairy goats, sheep, and swine. Admission to the show is free and the public is welcome to attend.

The Junior Livestock Show begins Sunday evening, July 8, at 5:00 p.m. with a chicken barbecue for the public and show exhibitors. The cost for the barbecue dinner is \$10 per person. At 7:30 p.m., an ice cream social is open to participants and the general public – free of charge.

On Monday, July 9, at 9:30 a.m., judging begins for animals and showmanship classes, which test the handler's ability to present their fit and well-groomed animals in the way that best shows off their conformation. At 5:00 p.m. the New York Center for Agricultural Medicine and Health leads a discussion on safe spaces on the farm. Prizes are awarded at 6:00 p.m. for the best posters displayed in the visitor tent in the *Farm Safety for Kidz* poster contest.

On Tuesday, July 10, judging begins at 9:00 a.m. At 2:30 p.m., the Grand Champions in the dairy, beef, dairy goat, sheep, and swine divisions will join the winners of the F. Ambrose Clark Livestock Trophy, The Farmers' Museum Cup, and The Farmers' Museum Dairy Goat Cup in a Parade of Champions.

Whether you attend one event or the entire show, the 71st Annual Junior Livestock Show will give you a chance to see 4-H in action! For more information about the Junior Livestock Show, contact Meg Preston at 607-547-1452.



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# Wrap and Roll with EFNEP



Nutrition Educator Michelle Leveski has been offering CCE's Expanded Food and Nutrition Program- EFNEP in an innovative way for the last couple of years. She calls it her Parent & Child Cooking Classes- it started with

a one-time six lesson series, and has grown to a course that is offered multiple times a year. These group classes offer both parents and children a unique chance to share a hands on learning experience together. Classes provide information on healthy eating, making affordable nutritious recipes, learning ways to incorporate physical activity in a family way, and chances to share and learn from each other. Parents have found that sharing this experience with their children has been both rewarding and fun. The aim for the program is for all the participants to take what they have learned and use it in their day to day lives. Here is what some of them had to say:

"My children were totally against trying new foods at home. That's all changed since we went to the Cooking Classes. At class they were more open to trying something new because they got to help make it with me. They have helped to make these foods again at home and even want to try other new foods."

"When making food choices at home, my kids say 'Mom, remember what we learned in our cooking classes'."



*Wrapping and rolling.*

"Mom and I made the Fried Rice recipe again at home, we even added more vegetables. It was so good I took the leftovers to school for my lunch!"

Clearly this lesson series is making a difference for people. Here are some of the participants at one of the lessons making some yummy Apple Cinnamon Wrap and Rolls.



*Big sister shows a technique.*



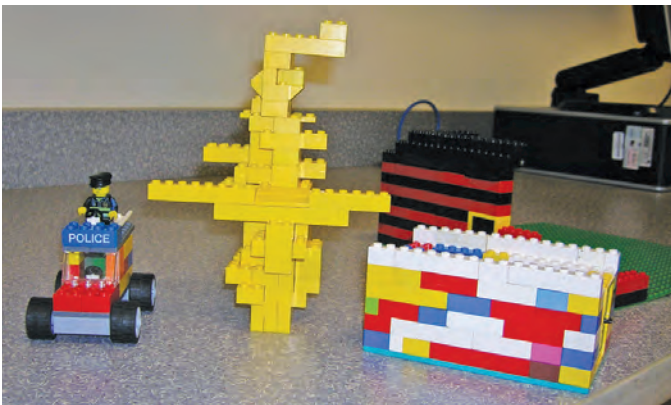
*Mom lends a hand.*

If you and your children would like to participate in future EFNEP Parent & Child Cooking Classes check out the events page in Connections for dates and times or visit our website [www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org), or like us on Facebook: EFNEP CCE Schoharie and Otsego Counties. Preregistration for the series is required, children must be 4 or older, and lessons are free of charge. Call 518-234-4303 to register or for more information.

# What Happened in Afterschool This Year?

A lot happened in Afterschool this year, and we would like to share some of the highlights and projects that 4-H Afterschoolers took part in. Our year began at the open of the 2017-2018 school year at both the Cobleskill and Schoharie Schools. Students and staff, in addition to the everyday snack, homework, recreation, and club and social time, participated in some special projects and events.

Starting in September and continued throughout the year, several Lego construction projects occurred at both schools. Our students are definitely the future builders of America.



By October it was games galore, a chance to win, build social skills, and participate in cooperative play.

In November the Cobleskill site had a special visit from some “slithery critters.” A staff member, who is also a SUNY Cobleskill student, was able to bring snakes from campus for the afterschoolers to interact with, allowing them to learn about snake behavior and habitat.

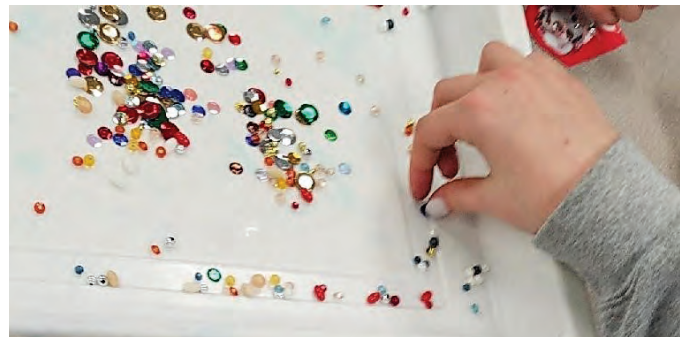
In December at the Schoharie School, the future builders took part in the construction of individual gingerbread houses, using supplies donated by a community member.



The building continued in the Schoharie School in January with the construction of a house of cards. Similar construction occurred at the Cobleskill School, as well.



In February a special 4-H bead project taught by 4-H Educator Teresa Adell was conducted at the Schoharie School. With beads abounding, students could take projects home with them and could enter them in the Cobleskill Sunshine Fair later in the year if they chose to.



In March, to have their share of all things crawling, afterschoolers at the Schoharie School made caterpillars from art supplies.





April brought about the age-old hunt for the elusive Easter Egg, a challenge met by students in the Schoharie School.



May brought out creativity from afterschoolers at both schools when they made special Mothers' Day gifts- bee planters, needlepoint, and slates picture frames, for all the moms.



June saw the end of the school year, the close of afterschool sites until fall, and the beginning of summer. Afterschoolers got one last special treat in this month, an end-of-the-year party, made extra special because Stewart's Shops donating ice cream and all the fixings to make sundaes to both sites.

We are currently accepting registration for the 2018-2019 School year for the Afterschool Program at both sites. Contact Afterschool Coordinator Susan Salisbury at 518-234-4303 or [sms248@cornell.edu](mailto:sms248@cornell.edu) for more information.



## Know that Invasive? FREE Identification Services offered at CCE

To combat the spread of invasive species, especially those not well established in our region, educators and trained volunteers at Cornell Cooperative Extension Schoharie and Otsego Counties (CCE) are identifying invasive species and providing control recommendations. The service is free and offered in partnership with the Catskill Regional Invasive Species Partnership (CRISP). Samples can be dropped off during regular business hours, Monday – Friday, 8:30 a.m. to 4:30 p.m. at the Cobleskill office. You may also email a clear photo along with your contact information to [schoharie@cornell.edu](mailto:schoharie@cornell.edu).

Invasive species have entered the U.S. through various means, both accidentally and intentionally. Many of the invasive plants causing problems today, like Japanese knotweed, were originally imported as ornamentals. Global trading has also brought the entry of exotic species into the county. Zebra mussels, for example, arrived in the ballast water of ships. Spotted wing Drosophila, a vinegar fly native to East Asia and first detected in 2008 in California, has now traveled widely across the U.S., damaging berries, grapes, cherries, and other softer-fleshed fruit.



*Adult Jumping Worm. Photo courtesy of Wisconsin Cooperative Extension.*

Although only a small percentage of introduced species are recognized as invasive, the damage is significant. Some species of concern in our region are jumping worms, spotted lanternfly, hydrilla, slender false brome, Japanese angelica-tree, Himalayan balsam and giant hogweed. If you think you have giant hogweed on your property, avoid physical contact. Call CCE at 518.234.4303 for more assistance.

Cornell Cooperative Extension is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.

### NEWSLETTER SUBSCRIPTION

To subscribe to "CONNECTIONS," the bi-monthly e-newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties, visit our website, [cceschoharie-otsego.org](http://cceschoharie-otsego.org). Click on "Connections," then click on the button in the upper right corner, and complete the registration. 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 reader's 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 anytime.