

# Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

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## Extension Celebrates 2018

The 2018 Annual Meeting and Dinner for Cornell Cooperative Extension Schoharie and Otsego Counties was held at Templeton Hall in Cooperstown. This meeting brought together members, board directors, committee members, staff, volunteers, and other guests.

During the dinner, guests had the pleasure of watching several short scenes from the Hartwick 4-H Theatre Guild's 2018 production of *The Lion, the Witch, and the Wardrobe*. Otsego County 4-H Educator, Patti Zellmer, began her introduction of the director and cast by pointing out how drama enriches the 4-H experience. 4-H Guild Leader Thomas Murphy who shares his passion for theatre with over thirty 4-H members stated, "The production work, staging, and acting is youth directed with my assistance and guidance from their parents, which I find invaluable." The Guild's 2019 spring performance will be a traditional rendition of *Peter Pan* coming April 5 and 6, in downtown Hartwick, New York. After entertaining the audience with engaging scenes from their 2018 production, the actors took a bow and received a round of applause. When cast



Guest, Senator James Seward, with 4-H cast members of *The Lion, the Witch, and the Wardrobe* from the Hartwick 4-H Theatre Guild l-r, Front: Marta, Squirrel; Judy, Lucy; Rebekah, white witch; Jayson, Aslan Back: Rosa, Centaur; Senator Seward; Eva, Maugrim

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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.

## Annual Dinner, continued from page 1

members spoke to the audience after their performance, one youth expressed an interest in pursuing theatre beyond 4-H, another shared how acting helped overcome shyness, and when asked about their favorite production another had this to say, "They're all my favorite because there was something valuable to be learned from each experience."

Staff were recognized for milestone years of service, Michelle Leveski, nutrition program educator, for fifteen years; David Cox, agriculture program leader, ten years; Elaine Davenport, after-school activity leader, ten years; and Linda Sheets, facilities custodian in Cobleskill and Cooperstown, five years. A certificate of appreciation for his past work on the board and for his position as an agricultural program educator was presented to William Gibson, who will retire in December 2018. Bill thanked Executive Director Don Smyers for his support over the last six years. The board presented certificates of appreciation to Debra Dutcher and Anne Kyes for their volunteer services on the board and the 4-H advisory committee and in conducting program activities. Chris Tague was recognized for his service as liaison on the board, representing the Schoharie board of supervisors.



*Executive Director Don Smyers invited Board President Vali Vargha to introduce board members in attendance.*

Board Director President, Vali Vargha called the business portion of the Association Annual Meeting to order in which members approved the meeting minutes from 2017 and reviewed association accomplishments and financial support for 2018. With no new business being brought to the floor, the meeting was adjourned.

To close out the evening, keynote speaker Chuck Bornt, extension vegetable specialist, Cornell Cooperative Extension Eastern New York Commercial Horticulture team member, presented "Tales from



New York Vegetable Producers—Challenges of Invasive Species, Changing Customer Preferences, Threats of Trade Barriers.” The informative presentation described several invasives particularly impactful to vegetable and fruit production in New York State, including spotted wing *Drosophila* (soft fruits), *Allium* leaf minor (leeks, onions, and scallions), spotted lantern Fly (vegetables, woody plant, and ornamentals), Swede midge on Brassicas (broccoli, cabbage, and kale), oak wilt virus, and brown marmorated stink bug (field crops, fruit, and ornamentals). As to consumer preferences, Chuck has witnessed increased demands for local foods, for specialty products, often driven by media and the internet, and for more heirloom varieties, while also observing an increase in u-pick operations and CSAs, driven by consumer interest in the local farm experience. Chuck pointed out that the downside of longer production season is a 365-day operation with little down time, but conversely the upside is a greater opportunity for agritourism. As far as trade barriers, Chuck felt since vegetables and fruits

produced in New York go primarily to downstate and east coast markets that barriers are not an issue. On the other hand labor issues create some of the biggest problems faced by producers. Another concern Chuck expressed is the aging of producers without a next generation to succeed them.



Keynote speaker, Chuck Bornt, extension vegetable specialist, Cornell Cooperative Extension Eastern New York Commercial Horticulture Program, presenting “Tales from New York Vegetable Producers—Challenges of Invasive Species, Changing Customer Preferences, Threats of Trade Barriers”

## Dedication Recognized

On September 29, 2018, 4-H Educator Teresa Adell presented Arlene Vrooman with the 4-H Lifetime Achievement Award at her 90th birthday event held at the Schoharie Public Library in Schoharie. The award was presented in appreciation for her many years of service as a 4-H club leader of the Driftwoodettes and for her achievements in the creative arts. Arlene was a 4-H leader for over 20 years and touched the lives of over 55 club members. Many of her past 4-H members were in attendance at the event as they have continued with her in her quilt club after their 4-H years.



# Central New York Beef Producers Work Towards Sustainability



“Growing and improving,” said Bill Gibson, “is still is our dynamic motto because that’s what we’re doing.” These are bitter sweet words for Bill, CCE Educator and Coordinator of the CNY Beef Producers for the past five years. Bill will retire following the upcoming December livestock sale and

exchange. Considering the challenges of collaborative beef marketing, Bill has built a core group of beef producers. A key outcome has been to create a sustainable cattle marketing program, which meets the expectations of buyers.

Bill, along with colleagues Cornell Beef Specialist Dr. Mike Baker and CNY Livestock Specialist Ashley McFarland, and Central New York Beef Producers have proven be a formidable team. They are recognized by other producers and buyers for the production protocol that has brought higher prices for most of the animals sold in the tele-auctions.

Bill has helped the group organize itself to continue their success as collaborative beef marketers. During summer months, Bill met with the group to



Ron Maidens, Tom Ross, Ashley MacFarland, Brenda Hosking (above), Fred Ross, and Bill Gibson conclude Feeder Calf Exchange at Hosking's Sales. (Photo by Liz Tomlin, Country Folks)

establish official operating procedures and to select a group to assist with communications and decision making. The group has developed a trifold flyer used to communicate details for participation in pooled sales. The group has initiated an annual membership fee to become financial sustainable.

## New York State Grown & Certified Program: an Opportunity for Producers



The New York State Grown & Certified Program is designed to strengthen consumer confidence in New York products and assist farmers in meeting consumer demand for locally-grown foods, produced to new, higher standards. Certified producers can use a special New York State packaging seal that signals consumers of producer adherence to higher standards of food safety and environmental stewardship.

New York State Department of Agriculture & Markets has awarded a \$500,000 grant to implement the NYS Grown & Certified Program in the Mohawk Valley Region. Cornell Cooperative Extension Oneida County administers these funds for six counties: Fulton, Herkimer, Montgomery, Oneida, Schoharie and Otsego Counties, to help area producers meet the food safety and environmental standards.

The program is open to agricultural producers who want to become certified in the NYS Grown &



Certified Program. Eligible commodities are produce, dairy, eggs, beef, poultry, pork, Christmas trees, shellfish, maple, cut flowers, craft beverage ingredients, wine, spirits, beer, and cider. Applicants are required to contribute 10% of the dollar amount awarded in the form of cash equity. Eligible producers can apply for grant funding up to \$50,000 for farm business infrastructure improvements that directly impact a producer's ability to increase market opportunities for their products.

Cornell Cooperative Extension offices throughout the six-county Mohawk Valley Region will provide technical assistance to producers, includ-

ing assistance with Good Agricultural Practices (GAPs) training. Soil and Water Conservation District offices in the six counties also will assist grant recipients with the Agriculture Environmental Management (AEM) program.

For more information, Schoharie and Otsego County producers should contact David Cox, Agriculture and Horticulture Program Leader, 518-234-4303 (x119), [dgc23@cornell.edu](mailto:dgc23@cornell.edu), or visit [www.cceoneida.com/agriculture/buy-local/new-york-state-grown-certified](http://www.cceoneida.com/agriculture/buy-local/new-york-state-grown-certified). Cornell Cooperative Extension provides equal program and employment opportunities.

**COMING AGAIN IN JANUARY!**

## Manage Risk in Your Agritourism Business!



Farmers are acting on current Agritourism trends that indicate nature and agricultural tourism are on the rise in the broader Catskills region. Bringing visitors to farms builds customer base, creates new income streams, and adds an additional source of risk to the farm business.

Cornell Cooperative Extension Schoharie and Otsego Counties once again will join its neighboring Extension Associations to present a six-part webinar about managing agritourism risk, culminating with a panel discussion of successful agritourism operators and facilitators. Between each session participants will be able to develop their own risk management plans. The five areas of risk addressed are: legal, marketing, human resource, financial, and weather/production risks.

The CCE Schoharie and Otsego sessions will be held simultaneously at the Extension Center, 173 South Grand St., Cobleskill and the Education Center, 123 Lake St., Cooperstown on six Fridays, January 11, 18, 25, and February 1, 8, and 15, each day from 10 a.m. to noon. There is no fee to attend; all materials are included. Registration is required. Call 518-234-4303, or email [schoharie@cornell.edu](mailto:schoharie@cornell.edu),



or register online at [www.cceschoharie-otsego.org/MRYAB](http://www.cceschoharie-otsego.org/MRYAB). Registrations are accepted through Wednesday, January 9, 2019.

This five-county program is produced by CCE Delaware County as host county and is sponsored by the Northeast Extension Risk Management Education Center.

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 at 518.234.4303 by Wednesday, 1/9/19.

# Agricultural Teams Continue to Expand Extension's Scope

## **CNY Dairy & Field Crops Team**

The Central NY Dairy & Field Crops Program serves Chenango, Fulton, Herkimer, Madison, Montgomery, Otsego, Saratoga, and Schoharie Counties helping producers meet their goals and enhance farm profitability as the land resources in this region are naturally suited to dairy and field crop production. The team consists of a dairy specialist, a livestock specialist, a field crop specialist, and an ag business management specialist working the eight-county region.

The Central NY Dairy and Field Crops Program works with farmers on:

- Forage Quality
- Integrated Crop Management
- Water Quality and Environmental Compatibility with Crops
- Dairy Enterprise Performance & Management
- Dairy Replacement Enterprise
- Dairy Feeds and Feeding
- Dairy Livestock Environments
- Intensive Management Grazing
- Small farm technologies
- Direct Marketing and On-farm Processing
- Organic Dairy Transition
- Crop Insurance Education and more...

Educational activities provided by the team to the agricultural community emphasize not only technical subject matter but also resource management and problem solving. At every stage of the educational process achieving profitability while meeting personal and business goals is stressed.

For more information on or to contact the team go to their website [www.cnydfc.cce.cornell.edu](http://www.cnydfc.cce.cornell.edu).

## **ENY Commercial Horticulture Team**

The Eastern New York Commercial Horticulture Team serves the educational and research needs of the commercial vegetable, tree fruit, grape and berry industries in Albany, Clinton, Columbia, Dutchess, Essex, Fulton, Greene, Montgomery, Orange, Rensselaer, Saratoga, Schoharie, Schenectady, Sullivan, Ulster, Warren, and Washington Counties. The team's Specialists work together



with Cornell faculty and extension educators statewide to address the issues that impact the vegetable, tree fruit, small fruit, and grape industries. The Eastern New York Commercial Horticulture Program provides educational programs and information to growers and agri-business professionals, equipping them with the knowledge to profitably produce and market safe and healthful horticultural crops, and contributing to the viability of farms and the economic wellbeing of New York State. Specifically, the program focuses on food safety, variety evaluation, market development, pest management, and cultural practices. Growers and agri-business professionals must enroll in the program to benefit from its many educational offerings including a newsletter, direct mailings, and pest alerts.

Fruit and vegetable producers can contact the program for help with:

- Production practices (varieties, nutrition, irrigation, etc.)
- Season extension
- Soil management
- Diagnosing and managing pest problems
- Improving efficiency in production and harvest practices
- Improve food safety, navigate food safety regulations
- Starting a fruit or vegetable farm and more...

For more information or to contact the team go to their website at [www.enych.cce.cornell.edu](http://www.enych.cce.cornell.edu).



# Family Farm Day: Bigger and Better, Always an Adventure!



SCHOHARIE-OTSEGO-DELAWARE  
**FAMILY  
FARM DAY**

**AUGUST 24, 2019**

**FamilyFarmDay.org**

The 6th Annual Family Farm Day (FFD) featured numerous open houses among working farms in three counties nestled in the foothills of the Catskills (and western Catskills) this year included Delaware County farms among the 55 farms that took advantage of an important agritourism opportunity. Visitors from all over the region met with local farmers on their working farmsteads, observed authentic farm products being made, sampled and purchased farm-fresh products, and experienced demonstrations, tastings, and tours. An early assessment indicates between eight to ten thousand people roamed the region visiting their favorite farms and finding new ones. Hundreds of FFD tote bags were given out during the day...all for free!



*An aerial view of Central Bridge Farms.*



*A visitor perspective at Ox Kill Farm.*



*A visitor perspective at Mountain View Dairy.*

An Otsego County participating farmer had this to say after the event, “Thank you for all the effort you put into this. Making people aware of ag in our area during this time of transition is very important as farmers look for alternative income.”

A Family Farm Day visitor shared this, “We’ve gone every year! We love finding new farms and other new businesses.”

Cornell Cooperative Extension Schoharie and Otsego Counties is very grateful to the many participating sponsors, as well as Cornell Cooperative Extension Delaware County; Chambers of Commerce in Schoharie, Otsego, and Delaware Counties and their respective Tourism Departments, and, of course, our local farms who made FFD possible. Save the date – Saturday, August 24, 2019 for the 7th Annual Family Farm Day!



*A tour at Hooper Feeds.*



# Trained and Ready



The term “Master Gardener” has become synonymous with a knowledgeable individual, provided with in-depth horticultural training working to enhance their community. Master Gardeners are trained in the art and science of horticulture, chiefly around the themes of ornamental landscapes and food gardening. Our current class of fifteen Master Gardeners will complete their training November 12th. These individuals have a genuine interest in horticulture and wish to serve as outreach ambassadors in their home counties; six are from Delaware County, three are from Herkimer County, five are from Otsego County, and one is from Schoharie County.



CCE Delaware Co. Horticulture Educator Carla Crim dazzles class with Botany Basics.



Schoharie Master Gardener Brenda Weaver (center) and Otsego Master Gardener Carol Phelps (far right) engage Class of 2018 in 'hands-on' Composting and Vermiculture.



Director of Operations Mike Bounton (center rear) leads tour of the Fernleigh Greenhouses on Clark properties in Cooperstown.

CCE Associations in Chenango, Delaware, Herkimer, and Schoharie and Otsego Counties provided their training and CCE Master Gardener instructors provided hands-on training for volunteers through a comprehensive series of garden-based topics. Training topics included:

- Adult Learning / Community Engagement / Peer Education
- Soils / Composting / Vermiculture
- Botany Basics / Seed Starting / Plant Propagation
- Woody Plants / Pruning / Plant Pathology
- Beekeeping / Entomology
- Weed ID and Control / Lawn Care
- Permaculture and Vegetable Gardening / Soils / Edible Landscaping

- Organic Vegetable Gardening / Large and Small Fruits
- Invasive Species, Catskill Regional Invasive Species Program
- IPM (Around the Home) / Nuisance Wildlife

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. These individuals will be joining the Master Gardener teams in their respective counties ready to share information with community members and engage in community projects and outreach.



# PROGRAM EVENTS

## 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 with your 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, 4:30-5:30 p.m. on November 6, 13, 20, 27, and December 4, and 11 in the Home Economics Room at Middleburgh Central School Highschool; free. Call the Cobleskill Office at 518-234-4303 to pre-register by November 5, for the Tuesday classes. Class size is limited. Children should be age 4 and older.*

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## Central New York Beef Producers Tele-Auction Sale Date

The Feeder Tele-Auction sale is offered as an alternative method for smaller producers to market quality preconditioned calves. The sale takes place Friday December 7, at 2:00 p.m. online and by telephone. Cattle pick-up date is December 15. Pre-registered buyers can participate by bids over the phone or in person at Education Center, 123 Lake St., Cooperstown, NY 607.547.2536, Ext. 0. Buyers need to be preregistered prior to sale time on December 7. Preregistered buyers can also pre-bid online the week prior to the sale on the William Kent Inc. website: [www.williamkentinc.com](http://www.williamkentinc.com).

## SAVE THESE DATES

### Manage Risk in Your Agritourism Webinars

Cornell Cooperative Extension Schoharie and Otsego Counties once again will join its neighboring Extension Associations to present a six-part webinar about managing agritourism risk, culminating

with a panel discussion of successful agritourism operators and facilitators. Between each session participants will be able to develop their own risk management plans. The five areas of risk addressed are: legal, marketing, human resource, financial, and weather/production risks. The CCE Schoharie and Otsego sessions will be held simultaneously at the Extension Center, 173 South Grand St., Cobleskill and the Education Center, 123 Lake St., Cooperstown on six Fridays, January 11, 18, 25, and February 1, 8, and 15, each day from 10 a.m. to noon. There is **no** fee to attend; all materials are included. Registration is required. Call 518-234-4303, or email [schoharie@cornell.edu](mailto:schoharie@cornell.edu), or register online at [www.cceschoharie-otsego.org/MRYAB](http://www.cceschoharie-otsego.org/MRYAB). **Registrations are accepted through Wednesday, January 9, 2019.**

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## Design Your Succession Plan Workshop Series

Workshop series that empowers farm families /farm business partners to start on their succession plans. We currently are seeking producers who are interested in participating in the second round of this excellent, interactive four-day curriculum during the winter of 2019. This program is offered to farm owners and their families throughout the Mohawk Valley Economic Development District, including Oneida, Herkimer, Otsego, Schoharie, Fulton, Montgomery, and surrounding counties. *For more information, contact Alicia Terry at 518-295-8792, or email [aliciaterry@co.schoharie.ny.us](mailto:aliciaterry@co.schoharie.ny.us), or David Cox at 518-234-4303 (x119), [dgc23@cornell.edu](mailto:dgc23@cornell.edu).*

## Family Farm Day 2019—Saturday, August 24

Look forward to experiencing working farms in Schoharie, Otsego, and Delaware Counties at our 7th Annual Family Farm Day coming to you August 2019!

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



SCHOHARIE COUNTY

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# Vegetable Gardens of the Future

BY SUSANNA MEMBRINO, MASTER GARDENER OTSEGO COUNTY



Vegetable garden culture doesn't change much from year to year. Yes, some incremental changes are taking place now—organic farming, Integrated Pest Management, permaculture, more humane animal care, etc.,—many of which we learned about in Master Gardener training. But for the most part, rows of cabbages, carrots and beans and cages of tomatoes attest to our devotion to traditional gardening methods.

This is about to change. Around the world radical gardening and farming efforts brought about by the implacable forces of climate change, population growth, and advances in genetic engineering are driving change of a new dimension. Let us look a decade or two into the future.



*Climate Change Demonstration Garden at Cornell University.*

Cornell Botanical Gardens in Ithaca, New York, for the past few years has sponsored a demonstration vegetable garden exploring the consequences of an increase in average summer temperatures expected in the decades ahead. The control group consists of a typical household vegetable garden featuring onions, peppers, and wheat grown under today's weather conditions. Beside that garden stands a high tunnel (a metal frame covered by white plastic sheeting) in which the same vegetables are planted. Irrigation is the same for both. The sides of the high tunnel are opened and closed to keep the indoor temperature at around 5 degrees

above surrounding temps. Compared with those grown in the control garden, in general vegetables grown in the high tunnel have had larger yields and were lusher with leaves, taller, and earlier to mature. Check out the website to learn more. <https://www.cornellbotanicgardens.org/our-gardens/botanical/climate-change-garden>

In addition, Master Gardeners from the class of 2016 may remember a trip to SUNY Cobleskill greenhouses to view indeterminate tomato vines growing out of three-gallon containers of a custom medium rising 8 to 10 feet in the air attached to guide wires. When asked how they tasted, botany professor George Crosby declared them as good as anything he could grow in his own garden.



*SUNY Cobleskill greenhouses.*

To see how future gardens might work on a grand scale we must travel to Wageningen University research facility in the Netherlands, where small-scale independent vegetable farmers are already cranking out high quality vegetables in quantities hard to imagine, as profiled in September 2017's excellent National Geographic article by Frank Vivicano. Did you know that the Netherlands is the world's leading exporter of tomatoes by price? That it grows those tomatoes with a yield of 144,352 tons per square mile, almost five times as productive as the next most productive grower, the United States? That they export more peppers and cucumbers than any other country in the world? That an acre of land can produce one ton of soy protein, but that same acre can produce 150 tons of protein from pulverized grasshoppers?



By growing tomatoes in small blocks of spun basalt and chalk, guiding the vines up a wire to reduce wasted space, and growing them under LED lights 24 hours a day in a greenhouse controlled for temperature, humidity and water flow, growers have no need for genetically modified plants or much in the way of pesticides (cultivated insect predators take care of that). This is known as “precision farming.”



Tomatoes growing in the Netherlands.

One of the interesting aspects of recent studies is its emphasis on doing more with less and doing it in spaces small enough to integrate into the megacities of the future. The Dutch greenhouse operations, run for profit by small- to medium-sized farms,

are sizable enough to be seen from space, yet occupy land less than twice the size of Manhattan.

Vertical gardening, even multistory farming, is a popular topic. Imagine a multistory parking lot with garden beds around the perimeters of each story computer-regulated to maximize yield. And don't worry about pollution from the cars—they will all be electric. Growing vegetables closer to where they are consumed and growing them around the clock both contribute to the greening of the city, not to mention healthier eating and cleaner air.

One of the biggest challenges for future gardeners, bigger even than water scarcity, is the high cost of energy. More efficient lighting and better monitoring protocols have reduced energy consumption by 35% at the Cornell University Agricultural Experiment Station, according to the Cornell website [research.cornell.edu/research/controlled-environment-agriculture-metropolitan-areas](http://research.cornell.edu/research/controlled-environment-agriculture-metropolitan-areas). Arrays of solar panels and the possible reprocessing of biofuel byproducts also will bring down consumption costs. Perhaps someday the technology will become sophisticated enough to merge with photosynthesis itself to employ the cheapest, strongest, and most renewable source of energy of them all: the sun.



## NEWSLETTER SUBSCRIPTION

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# After-school Quality

Does participation in after-school programs make a difference?

The answer is yes. This is supported by a decade of research and evaluation studies that confirm youth who participate in a quality after-school program can reap a host of positive benefits academically, socially, emotionally, and in the areas of health prevention and wellness.

For these outcomes to occur and to ensure a quality program three important factors need to be present. First is access to and sustained participation in the program. Second is quality programming and staffing. The third is a strong partnership between the program, schools, parents, and other community organizations. Our 4-H After-school Programs at Cobleskill-Richmondville and Schoharie Schools meet these criteria.

After-school program Coordinator Susan Salisbury, had this to say, “I am proud of the 4-H

After-school program we have built. Our parent funding and partnerships with Cobleskill-Richmondville and Schoharie schools has allowed us to continue to offer this service to families in these school districts. Our staff is well trained and have even received additional training from Homeland Security on how to prepare for responding to an emergency. 4-H youth development’s focus on hands-on learning for our after-school students is what sets our program apart.”

Our 4-H After-school Program currently has over ninety students enrolled between two sites. Recently another school district in our area expressed an interest in a partnership to provide their students with a similar quality after-school program.

Continuing to provide our youth with a quality after-school experience will provide them with the tools to build and reinforce skills necessary for them to succeed in the 21st century global economy.



*After-schoolers heading for the finish line in a 3-legged race.*







*ABOVE Parachute play: the children enjoy their recreation time, using their cooperative skills to play with the parachute, by putting it up in the air and running underneath it.*

*BELOW Winter activity: sledding.*



*Learning by doing: starting to tie-dye.*

# The Results Are In



4-H youth from both Otsego and Schoharie Counties were chosen at their respective county fairs to participate in the 2018 Great New York State Fair in non-animal entries, animal entries, and a variety of 4-H competitions. This highly anticipated fair allowed 4-Hers to be further recognized for their accomplishments while serving as a showcase for the public to observe a wide variety of 4-H projects. Here are the recognitions from state fair:

## Otsego County 4-H NYS Fair Selections 2018

This year Otsego County exhibits joined Schoharie and Oswego Counties to be on display for the full 12 days of the New York State Fair! Brandon and Jayson Morning were the Teen Team for Otsego County. This year Andrew Lentner was chosen to join the state fair junior superintendent team. Outstanding exhibits were top in their class and received the coveted purple ribbon!

### Otsego County 4-H State Fair Results Youth Building

Havey Connors	Poetry Collection	Blue (Outstanding)
Martha Modinger	Argument Essay	Blue
Joy Attanasio	Alpaca Poster	Blue
Hannah Bonczkowski	4-H Club Banner	Blue
Elizabeth Layton	Coconut Crispies	
	Cookies	Blue
Jesse Attanasio	Coffee Cake	Blue
Sophia Lesko	Monarch Butterfly	Blue
Sophia Lesko	Drawing (Foxy Dog)	Blue
Sayre Connors	Pen Drawing	White
Havey Connors	Ink/Pencil Drawing	Blue
Etain LaLonde	Mixed Media Party	Blue
Hazel Lippitt	Acrylic Four Coasters	Blue
Judy Attanasio	Doll	Red
Judy Attanasio	Jewelry	Blue
Megan Perrine	Pottery Plate	Blue
Elizabeth Layton	Receiving Blanket	Blue
Judy Attanasio	Macramé Hanger	Blue
Judy Attanasio	Woodland Skirt	Red
Hannah Bonczkowski	T-shirt Pillow	Blue



Sean Kersmanc, Otsego County 4-Her, received Outstanding State Fair Exhibit for his Barley entry.

Hannah Bonczkowski	Tote Bag	Blue
Angel Mravlja	Four Photos of Butterflies	White
Melanie Lyons	Unedited Photo	Blue (Outstanding)
Hazel Lippitt	Unedited Photo	Red
Paige McCoy	Unedited Photo	Red
Marijke Kroon	Unedited Photo	Red
Megan Perrine	Unedited Photo	Red
Bailey McCoy	Unedited Photo	Red
Havey Connors	Slightly Edited Photo	Blue
Bailey McCoy	Slightly Edited Photo	Red
Paige McCoy	Slightly Edited Photo	Red
Melanie Lyons	Slightly Edited Photo	Blue
Bailey McCoy	Heavily Edited Photo	Red
Melanie Lyons	Slightly Edited Photo	Red
Havey Connors	Slightly Edited Photo	Red
Braydon Hascup	Leaf Collection	Blue
Jack Vunk	10 Wild Flowers	Blue (Outstanding)
Julia Vunk	10 Wild Flowers	Blue
Vanessa Erkson	Garlic	Blue
Elizabeth Layton	Floral Design	Red
Sean Kersmanc	Mixed Hay	Red
Sean Kersmanc	Barley	Blue (Outstanding)
Abbie Ainslie	Fairy Garden	Red
Maxwell Pullis	Lamp	Blue
Daniel Johnson	Testing Iodine	Blue
<b>Exhibit only:</b>		
Jo-Jo Attanasio	Duck Poster	Cloverbud
Charlotte Adelman	Clover String Art	Cloverbud
Gavin Kenyon	Book	Cloverbud

### Otsego County 4-H Animal Science Results

#### BEEF:

Beef Showmanship	Nick DeBoer - 7th
Beef Breed	Simmental - Nick DeBoer
	Yearling - Heifer, 2nd
	Senior Yearling - Heifer, 1st

#### DAIRY:

Dairy Showmanship	Alexis Wolfe	10, Holstein, Red
	Justin Wolfe	12, Holstein, Blue
	Julia Vunk	10, Guernsey, 3 Blue Master
	Jack Vunk	15, Ayrshire, 4 Blue Master
Dairy Breed Grand Champion	Jack Vunk	Aged Cow
Reserve Grand Champion	Carson Dutcher	Jr 3-Yr. Old Cow
Senior Champion	Jack Vunk	Aged Cow
Reserve Senior Champion	Carson Dutcher	Jr 3-Yr. Old Cow
Dairy Challenge Completion, Coach, Cathy Galley		
Sr. Second Place, Otsego 1, (Gavin, Aidan, Garrett)		



Dairy Challenge Team, (l-r) Gavin Bonczkowski, Aidan Ainslie, Garrett Proskine, Debbie Grusenmeyer, awards team. Aidan and Garrett, also members on the Dairy Judging Team, advanced to Nationals in Harrisburg.



Jr. Third Place, Otsego 1, Seventh Place, Otsego 2  
 Jr. Individuals: Hannah (5th), Evelyn (6th), Sean (8th)  
 Sr. Individuals: Aidan (6th), Garrett (7th), Gavin (12th)  
*Dairy Judging Completion*, Coach, Sonja Galley  
 Novice: Team placed 3rd; Alexis Wolfe 2nd  
 Jr.: Otsego 1, placed 1st, (Abbie, Ashlyn, Justin); Otsego 2 placed 7th (Dalton, Sean)

#### *Individual high scores*

Abbie Ainslie 3rd, Ashlyn Wolfe 5th, Dalton Proskine 6th Sr. Team

#### *Overall score*

2nd Otsego 1 1589 (Garrett, Cassie, Payton)

8th Otsego 2 1552 (Aidan, Gavin)

Garrett Proskine, Placed 5th, Harrisburg Team

Aidan Ainslie, Placed 8th, Harrisburg Team

Cassie Menendez, Placed 12th, Louisville Team

#### **DOG:**

<i>Showmanship</i>	Ava Lesko	Blue
	Sophia Lesko	Blue
<i>Beginner Rally</i>	Ava Lesko	Red with Foxy
	Sophia Lesko	3rd Overall Blue with Lady

*Champion Novice Agility* Sophia Lesko

#### **HORSE:** (class of 40)

Melanie Lyons	1st – Sr. Hunt seat equitation
	2nd – Sr. Hunt seat Pleasure
	4th – Sr. Hunt seat Trail
	4th – Sr. Hunt seat Showmanship
	4th – Sr. Texas T
	5th – Sr. Pole bending
	6th – Sr. Keyhole
	9th – Sr. Hunter Under Saddle
	12th – Sr. Sweetheart
	13th – Sr. Stake and Barrel

#### **RABBITS:**

Melanie Lyons	Best in Show – English Angora; Colored Doe
	Best of Breed – English Angora; Colored Doe
	Opposite of Breed – English Angora; Colored Buck
	Best of Breed – Jersey Wooly Agouti Buck
	Opposite of Breed – Jersey Wooly Tan Doe
Lillian Perrine	BOB (Best of Breed)- Holland Lop
	-Solid Sr. Buck - Calm's Poppy
	BOS (Best opposite sex) - Netherland Dwarf
	- Siamese Sable Sr. Doe - Calm's Blue Bell
	Many other first place and color variety wins as well.
Megan Perrine	RIS (Reserve in Show) - with her Otter Sr. Doe
	- Mini Rex - Calm's Clover Bug
	BOB(Best of Breed) - Mini Rex - Otter Sr. Doe
	- Calm's Clover Bug
	BOS (Best opposite sex) - Holland Lop
	- Broken Sr. Doe - Calm's Becca
	Many other first place and color Variety wins as well.



*Schoharie County 4-Her Olivia VanEvera places well in Dairy Youth Showmanship.*



*Schoharie County 4-Her Thomas McConnelee received Outstanding Exhibit for his Orange Yogurt*

## ***Schoharie County 4-H NYS Fair Selections 2018***

### **COMMUNICATIONS & EXPRESSIVE ARTS:**

Olivia VanEvera	Member Record Book	Blue
Tyler Lloyd	Member Record Book	Blue
Alex Badger	Non-Fiction Writing	Blue
Krista Ryder	Barn Poster	Blue

### **FOOD & NUTRITION:**

Michael Stoesser	Carrot Muffins	Blue
Thomas McConnelee	Orange Yogurt Bread	Blue

### **FINE ARTS & FINE CRAFTS:**

Jillian Burton	Australian Dot Drawing	Blue
Lillian Parish	Jellyfish Painting	Red
Savannah Traverse	Dream Catcher String Art	Blue
Olivia VanEvera	Owl Mug	Blue

### **HOBBY CRAFTS & HOME ENVIRONMENT:**

Haley Lawyer	Pillowcase	Blue
Haley Lawyer	Babysitter Kit	Blue

### **TEXTILE & CLOTHING:**

Shawna Whiteman	Feed Bag Tote-Goat	Red
Abigail Whiteman	Feed Bag Tote-Cat	Red
Nathan Kuehnle	Tote Bag	Red
Olivia VanEvera	Sewing Kit	Blue

### **VISUAL ARTS PHOTOGRAPHY:**

Rylee Fancher	Pergamon Photo	Red
Hannah Sulas	Apple Blossom Photo	Blue
Alexandria Lincoln	Bulldozer Photo	Red
Jenna Warner	Cow Photo	Blue
Jenna Warner	Dog Photo	White

### **HORTICULTURE:**

Claudia Walrath	Mixed Hay	Blue
Ben Walrath	Mixed Hay	Red
Brooke Lincoln	Garlic	Blue
Brooke Lincoln	Potatoes	Red
Andrew McConnelee	Green Bell Peppers	White
Case Yacobucci	Cucumbers	Red

### **SCIENCE & TECHNOLOGY:**

Adam Hockman	Saddle Rack	Blue
Ronald Cook	Fish Pole Holder	Red
Olivia VanEvera	4-H Member Sign Board	Blue
Savannah Traverse	Tic Tac Toe Board	Blue
Haley Lawyer	3-D Objects	Blue
Claudia Walrath	Fit Bit	Blue

### **DAIRY YOUTH SHOWMANSHIP:**

Olivia VanEvera	Class 2-10 yrs.	3 Blue Master
Karl Graulich	Class5-15-16 yrs.	11 Red
Sean Shults	Class 2-9 yrs.	1 Blue Master
Luke Enyart	Class 4-11&12 yrs.	10 Red

### **DAIRY CATTLE-BROWN SWISS:**

Sean Shults	Junior Champion
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### **DAIRY CATTLE-AYRSHIRE:**

Schoharie County	Junior County Herd	2nd place
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### **NOVICE DAIRY BOWL EXHIBITION:**

Case Yacobucci	Capitol District	2nd place
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***Congratulations to all for their accomplishments!***



# Bring Out the Best Since 1914



4-H is America's largest youth development organization and is delivered by a community of more than 100 public universities across the nation. Since the program's beginning in 1902, 4-H has been empowering young people with skills for a lifetime. The program began in 1914 in our counties; skills in areas like science, health, agriculture, and citizenship are built by hands-on project lessons presented by adult and youth leaders who provide a positive environment where youth can learn by doing.

This year the 4-H Programs in Schoharie and Otsego Counties had almost 500 youth enrolled in 38 clubs, in 4-H Afterschool, and as independent 4-H members with almost 200 adult volunteer leaders. According to a Tufts University study, these youth will be four times more likely to give back to the community, two times more likely to make healthier choices, and two times more likely to participate in Science, Technology, Engineering, and Mathematics (STEM) activities. The 4-H hands-on approach gives youth guidance, tools, and encouragement, putting them in the driver's seat to make great things happen. 4-H builds not only confidence, creativity, and curiosity, but also life skills such as leadership and resiliency to help them thrive today and tomorrow. 4-H empowers youth to be true leaders who are confident, know how to work with others, can endure through challenges, and will stick with a job until it gets done. In 4-H, true leaders aren't born they are grown.

In an article written for the Schoharie County 4-H Newsletter, 4-H graduate Kathryn Santoro wrote



*Firecrackers sharing their 'tour' of Greece at 4-H International Night.*

about her 4-H experience. Portions of the article are excerpted below:

"My 4-H career began when I was seven and I showed my chickens... My 4-H career has been more than showing, it has been growing as a person and helping others. My final year meant more to me than any other year in the past... There will always be younger kids who look up to you and want to be like you. Showing never gets easier, every year brings a different challenge, so persevere. Don't give up. Pass on your knowledge. Take the minute or two to answer a question a youngster has or help them before a show, because those moments are the ones that count the most. Those are the moments that will keep 4-H alive and thriving with new kids wanting to join every year."

We congratulate Kathryn on her experiences in 4-H. These are words from a true leader, 4-H grown.



*Otsego County 4-H Club Unadilla Bits and Bridles participating in a 4-H pie sale fundraiser at their local Tractor Supply Company store.*



*Schoharie County 4-H Club Green Tree members showing one of their projects.*



*The Rider's Club selling paper clovers during 4-H week at their local Tractor Supply Company store.*



# Mother Hubbard, What's in Your Cupboard? Recipe Collection



*Old Mother Hubbard went to the cupboard  
to get her poor Dog a bone;  
but when she came there,  
the cupboard was bare,  
and so the poor dog had none...*

Published in 1805, this stanza of an English nursery rhyme was written by Sarah Catherine Martin for the amusement of children and became very popular in its time, perhaps because of its presumed political commentary.

Our version of 'Old Mother Hubbard' is a poem written and illustrated by Catherine Sieberling Pond from her book *Pantry- Its History and Modern Uses*, published in 2007. Her poem begins:

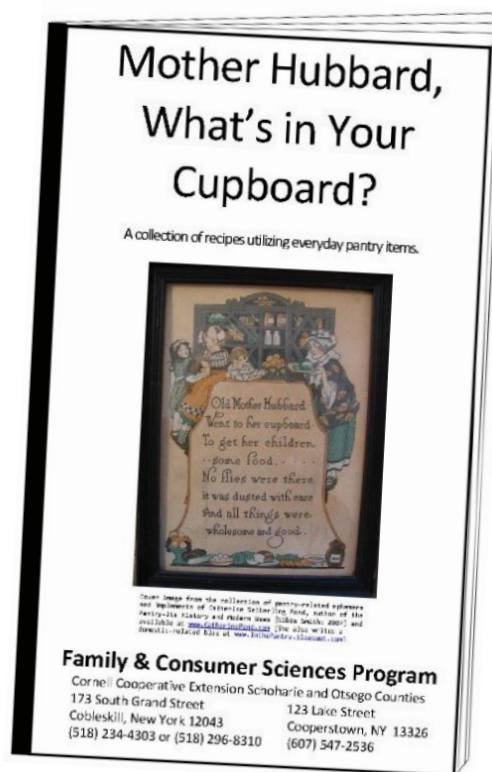
*Old Mother Hubbard  
went to the cupboard  
to get her children  
some food...*

This poem was not written for children or political commentary, but to symbolize how a well-stocked, recipe-ready pantry can make feeding your family healthy meals easier and more affordable.

The *Mother Hubbard, What's in your Cupboard? Recipe Collection* can assist you in reaching the goal of having a recipe-ready pantry. The information pages included with the recipes provide a checklist of ingredients necessary to make all the recipes in the collection. That doesn't mean you have to shop for these foods all at once. Use the food list and check off what you have on hand, and then decide which foods you will buy next time you are shopping. It's okay if it takes more than one trip to stock your pantry, cupboard, refrigerator, and freezer. There are also food storage charts provided to help

you store the food properly for the recommended time assuring your pantry will be recipe-ready. If your family doesn't like some of the ingredients in a recipe, make changes. For example, if you use canned chicken or beef to replace canned tuna, it can become a totally new family favorite dish. The notes sections on some of the recipes also provides suggestions for changing it up.

The featured recipe in this issue of Connections comes from this recipe collection. Try this recipe with your family, enjoy it as is, or feel free to be creative. For the complete *Mother Hubbard, What's in Your Cupboard? Recipe Collection* go to Cornell Cooperative Extension Schoharie and Otsego Counties website [cceschoharie-otsego.org/nutrition-health/mother-hubbards-recipes](http://cceschoharie-otsego.org/nutrition-health/mother-hubbards-recipes) and make your **pantry recipe-ready**.



# Making a Difference



The Expanded Food and Nutrition Education Program (EFNEP) reaches over a half million limited resource families and youth each year nationwide. Routinely, 80 percent or more EFNEP families report living at or below 100 percent of poverty, the rate varying with family size and income. Chronic disease and poor health disproportionately affects low-income audiences. Annual data confirms graduated participants improve their diets, improve their nutrition practices, stretch food dollars further, handle food more safely, and increase physical activity levels.

EFNEP is preparing to celebrate its fifty-year anniversary. Since 1969 EFNEP has been serving the community by reaching limited resource families and youth to provide nutrition education. In fact, the first EFNEP Educator in the New York State, Betty Baker, worked in Schoharie County. Our program continues to offer free, in-home or group-based nutrition lessons intended to help parents, children, and caregivers develop healthy eating and fitness practices to last a lifetime.

Association EFNEP program serves residents in Schoharie, Otsego, and Montgomery Counties and makes difference in peoples' lives. The hands-on experiential learning format used by EFNEP Educators sets the stage for improved behaviors. Program data clearly illustrates this impact on families. In 2017 for instance 102 families were reached by the program. Of these, 95% showed improvement in one or more nutrition practices (e.g. planning meals, making healthy food choices, preparing food without adding salt, reading nutrition



*Parent and child cooking class learning and doing.*

labels, or having children eat breakfast). The change in acceptable food safety practices exemplified step-based improvement. On entry in the program only 28% of participants demonstrated safe thawing practices and storing of foods properly. On program exit 93% of participants demonstrated improvements.

In 2018, even with one less nutrition program educator, 81 families and an additional 120 youth were reached with nutrition education lessons, with the program meeting or exceeding the quantitative criteria (caseload adult and youth, graduation percentage, and cost per graduate) hall marks of a quality EFNEP program. Behavior change similar to that reflected in 2017 is expected when the data is tabulated.



*Sharing and learning together.*



*The whole family learning together.*



These are some comments EFNEP participants made this year:

“My kids don’t usually like to try new foods, but they were willing to taste every recipe we have made in this class!”

“My kids now read the labels and ask me if it’s healthy or not.”

“The classes gave me a chance to try some of the healthy eating changes I had been wanting to make for myself and my family in a practical ways that worked.”

“When eating snacks, my children and I are making healthier choices.”

“The classes inspired us to exercise together for family time; we go on hiking trails a couple times a week.”



Kids can cook.

**Clearly EFNEP makes a difference!**

## SHEPPARD'S PIE

*a.k.a. Cottage Pie*

Serves 8

### Ingredients

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 tablespoons butter, melted
- 1 (14½-ounce) can creamed corn
- 1 (14½-ounce) can whole-kernel corn
- 1½ cups mashed potatoes, prepared
- Salt & pepper to taste
- Vegetable oil spray

### Directions

1. In a medium skillet, brown meat with onion. Drain meat mixture, set aside.
2. Melt butter, set aside.
3. Prepare 2-quart casserole dish with vegetable oil spray. Spread meat mixture evenly in bottom of casserole dish, cover with creamed corn. Then add corn and any optional vegetables. Spread mashed potatoes on top of corn, being careful not to mix potatoes with corn.
4. Drizzle butter over top of potatoes.
5. Bake in a 350°F oven for 25-30 minutes.
6. If desired place under broiler until lightly browned. Then serve while hot.



### Notes:

- Use fresh mashed potatoes or leftovers
- May add other leftover vegetables with creamed corn and corn.
- Serve with dinner rolls and tossed salad if desired.

### Know the facts . . .

- Sheppard's Pie should only be named as such if it contains lamb and “cottage” usually refers to one made with beef. The term “Cottage Pie” predated “Sheppard's Pie” by nearly a century, but each has been used synonymously with each other for a long time.
- Some potato varieties make better mashed potatoes than others. Yukon Golds make the most perfectly creamy, buttery mashed potatoes.
- For our companion recipe, **Chocolate Pumpkin Bars** go to [cceschoharie-otsego.org/connections](http://cceschoharie-otsego.org/connections). Find the recipe link in left menu.
- Join our Expanded Food and Nutrition Program (EFNEP) 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.

### Nutrition Facts

Serving Size 1/8 of casserole  
Servings Per Container 8

Amount Per Serving

**Calories 210**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**    **14%**

**Saturated Fat 4g**    **20%**

**Trans Fat 0g**

**Cholesterol 45mg**    **15%**

**Sodium 380mg**    **16%**

**Total Carbohydrate 18g**    **6%**

**Dietary Fiber 2g**    **8%**

**Sugars 4g**

**Protein 13g**

**Vitamin A 2%**    • **Vitamin C 8%**

**Calcium 2%**    • **Iron 8%**

\*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	Less than	300g	375g
Dietary Fiber		25g	30g

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





## Giving Tuesday... A day to give back!

We have two days for getting deals – Black Friday and Cyber Monday. On November 27, 2018, #GivingTuesday, we have a day for giving back. Together, people are creating a new ritual for our annual calendar. #GivingTuesday is the opening day of the giving season.

Every act of generosity counts, and each means even more when we give together. #GivingTuesday includes people of all ethnicities, reli-

gions and backgrounds. Everyone has something to give. You can give time or expertise, monetary donations large or small, simple acts of kindness, food or clothing. If you would like to learn more about the Global initiative of #GivingTuesday please visit [www.givingtuesday.org](http://www.givingtuesday.org)

## Give a gift that will grow!



Starting on Giving Tuesday **Facebook** and PayPal have teamed up to make your donations go even further! Every donation made to any not-for-profit will be matched up to 7 million total. That means **every dollar you donate to CCE Schoharie and Otsego Counties through Facebook on November 27 will be doubled!** Make your gift really count!



You shop. Amazon gives.

If you're doing some online shopping **AmazonSmile** is a simple and automatic way for you to support your favorite charitable organization **every time you shop on-line at no cost to you!** Log into your

usual Amazon account through [smile.amazon.com](http://smile.amazon.com) and you'll find the exact same low prices, vast selection and convenient shopping experience, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. Choose to support *Cooperative Extension Assn in State of New York Schoharie & Otsego Co* and you'll be able to see your donations grow automatically every month!

*You can also give your support directly to CCE Schoharie and Otsego Counties using the form below:*

## Celebrate the giving season. Help make a difference!

I would like to make a contribution of: ☐ \$250.00 ☐ \$100.00 ☐ \$50.00 ☐ \$25.00 ☐ Other \$\_\_\_\_\_

Make checks payable to **CCE Schoharie and Otsego Counties**, 173 South Grand St, Ste 1, Cobleskill, NY 12043.

Contributions by credit card can be made online at [cceschoharie-otsego.org/donate](http://cceschoharie-otsego.org/donate), which links to a secure website.

**Ask if your employer has a matching gift program!**

Name \_\_\_\_\_ Business Name \_\_\_\_\_

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

*That's all for this issue of Connections!*

Be sure to read our first issue of the year coming out in January. We will be sharing news from our ag teams, telling you about the invasive Japanese barberry, and the Hemlock wooly adelgid, gearing up for the farm planning sessions for Family Farm Day 2019, providing new recipes from our EFNEP program for your family to try, and more...