Cornell Cooperative Extension
Schoharie and Otsego Counties

Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

MARCH/APRIL 2018

State Senator James Seward Addresses 4-H Leaders; 4-H Salutes Daily Star Reporter Mark Boshnack

At the annual gathering of Otsego County 4-H leaders held on Saturday, January 20, in Oneonta, State Senator James Steward addressed 4-H leaders on the value of 4-H, telling his personal story of values he had learned as a 4-H youth member. Following his keynote address, Senator Seward presented Mark Boshnack, retired Daily Star reporter and honored 4-H luncheon guest, with a Certificate of Appreciation from the New York State Senate.

During his keynote, Seward recounted his youthful days as a member of a local 4-H club, the Jolly Junctioneers, when he engaged in various projects including poultry management, gardening, and electrical handyman. As a club member, he had participated in a talent show and in public presentations, when on one occasion he addressed the knowledge required in grading eggs.

In a retrospective look, Senator Seward offered his wisdom about important life and leadership skills he had learned in 4-H, stating, "Those skills, without question, are ones I use every day as a state senator, including skills useful in conducting meetings."

Keynote speaker, Senator Jim Seward, and Honored Guest, Mark Boshnack

At the luncheon, Mark Boshnack was recognized as a "Friend of 4-H" by CCE educator Patti Zeller for his many articles on 4-H. A January 19, Daily Star Brightside column wrote of Mr. Boshnack by quoting him, "I covered 4-H as part of my beat as a reporter but first saw the value of the program when raising two children in Franklin," he said. "Not only did I see the impact the activities had on them, but I also helped the local group with programming for a brief time." Mr. Boshnack had joined the Daily Star in 2000.

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

123 Lake Street
Cooperstown, NY 13326
(607) 547-2536
e-mail: otsego@cornell.edu

http://cceschoharie-otsego.org

Our Mission

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

Vol. 1, No. 2, March/April 2018 / Published six times per year by Cornell Cooperative Extension Schoharie and Otsego Counties

Don R. Smyers, editor
Jan Ryder-Carter, assistant editor
Cathleen Berry, design and layout

173 South Grand Street, Suite 1
Cobleskill, NY 12043
(518) 234-4303 or (518) 296-8310
E-mail: schoharie@cornell.edu

123 Lake Street
Cooperstown, NY 13326
(607) 547-2536
E-mail: otsego@cornell.edu

http://cceschoharie-otsego.org

Office hours both locations: 8:30 a.m.-4:30 p.m. Monday-Friday

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

A Letter from the Executive Director

BY **DON SMYERS**, EXECUTIVE DIRECTOR

Association Board Members Seated

Elected in 2018, board President and Vice-President, Vali Vargha and Sarah Goodrich.

At the association annual organizational meeting held in January 2018, at-large and program directors were seated on the board of directors. Twelve association members serve on the board, six as at-large directors and six as program directors. Serving on the board of directors are Nick Castellanos, Sarah Goodrich, and Cindi Shelley, at-large from Schoharie County, and Vali Vargha, Bill Johnson, and David Ingalls, at-large directors from Otsego County. In addition, two program advisory committee members were elected from each of the three program advisory committees, six in total, to serve on the board as program directors. They are Elizabeth Goblet-Schubert, Maureen Blanchard, and Ann-Marie Kyes from Schoharie County and Kristin Pullyblank, Deb Dutcher, and Jason Stone from Otsego County.

Elected as officers were Vali Vargha, President; Sarah Goodrich, Vice-President; Ann-Marie Kyes, Treasurer; and Cindi Shelley, Board Secretary.

In addition, two liaisons have been appointed by county governments, Andrew Marietta for Otsego County and Chris Tague for Schoharie County. Danielle Hautaniemi, State Extension Specialist, was appointed board liaison to CCE by Cornell Cooperative Extension Director, Chris Watkins.

The Board of Directors has set ten organizational meetings for the year, alternating the meeting locations between the Extension Center in Cobleskill

and the Education Center in Cooperstown. The next meeting is scheduled for Wednesday, March 21, in Cooperstown at 6:30 p.m. Meeting days are posted on the association's webpage, at the Extension offices, or can be learned by calling either of the two offices.

Elections and Governance

Governance is important in any organization, and no less so than for CCE Schoharie and Otsego Counties with the association's service area representing two counties, encompassing 1623 square miles, nearly 36,000 households, and 1527 farms with 279,000 acres. When two Cooperative Extension organizations, Schoharie County and Otsego County, consolidated on January 1, 2011, to become a single organization, both boards had wrestled in creating a new, larger organization that ensured broad representation for all residents of the two counties.

The governance structure, which had been approved by balloting of association enrollees, provides for a board of directors with twelve members. Six would be elected from each county. Half of the board members would be elected directly through balloting of enrollees and designated as at-large members, three from each county. The remaining six board members would be elected from and by the membership of the three program-advisory committees—Agriculture, Family and Consumer Science, and 4-H Youth Development, two from each committee, one being from each county.

Sincerely,
Don Smyers
Association Executive Director

Potato and Corn Chowder

A hearty soup for a meal or a side

Source: Cornell Cooperative Extension Schoharie and Otsego Counties

Serves 6

Ingredients

4 cups raw, peeled, and diced potatoes
¼ cup finely chopped onion
1½ cups water
1½ cups evaporated skim milk
1 (16-ounce) can corn, drained
2 tablespoons butter
½ teaspoon salt
Dash of pepper

NOTES:

- *Leftover chowder reheats well, but a small amount of liquid may be added to thin the chowder if desired.*
- *Fresh corn, cooked and cut from the cob, can be substituted for canned corn.*

Directions

1. Peel and dice potatoes; peel and finely chop onion.
2. In a covered saucepan, cook potatoes and onion in water over medium heat until tender (about 15 minutes), stirring occasionally.
3. Remove pan from stovetop and place on a hot pad; mash the potatoes in the cooking liquid. Do not drain.
4. Slowly add milk to the mashed potatoes, stirring until smooth.
4. Add corn, butter, and salt and pepper. Stir to combine.
4. Return pan to stovetop and simmer uncovered over low heat for 15 minutes to blend flavors, stirring occasionally.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 6

Amount Per Serving	
Calories 340	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 530mg	22%
Total Carbohydrate 64g	21%
Dietary Fiber 5g	20%
Sugars 14g	
Protein 10g	

Vitamin A 8% • Vitamin C 30%
Calcium 20% • Iron 4%

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

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

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

Know the facts . . .

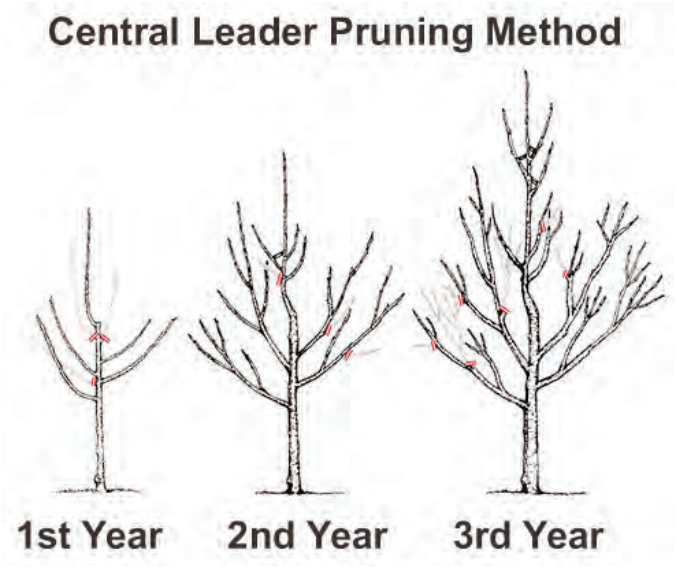
- Potatoes are grown in all 50 states and on every continent, except Antarctica. In October 1995 they became the first vegetable grown in space.
- Potato is an excellent source of vitamin C, a good source of potassium and vitamin B6, and contains phytonutrients and healthy carbohydrates. It is fat- and cholesterol-free.
- Corn contains fiber, potassium, vitamins A and C, protein, and healthy carbohydrates. Check the nutrition facts label for the fiber in a serving of chowder.
- This recipe for Potato and Corn Chowder can help you reach your "Choose My Plate" goal in making half of your plate fruits and vegetables.
- For a companion recipe, try Peach Cranberry Salad, pictured with the Potato and Corn Chowder. It is found on our website, http://cceschoharie-otsego.org. Select "resources" on the top red bar, click on the Family and Consumer Sciences section, and download the cookbook, *Mother Hubbard, What's in Your Cupboard*, where you will find the salad recipe on page 12.
- Would you like to make delicious and healthy meals for you family, but you're on a limited income? You are invited to participate in our EFNEP program, an educational program designed for you! Contact us or join us on Facebook, EFNEP CCE Schoharie and Otsego Counties.

Love Those Apples? Prune Those Trees!

BY **PAUL MENDELSOHN**, OTSEGO COUNTY MASTER GARDENER

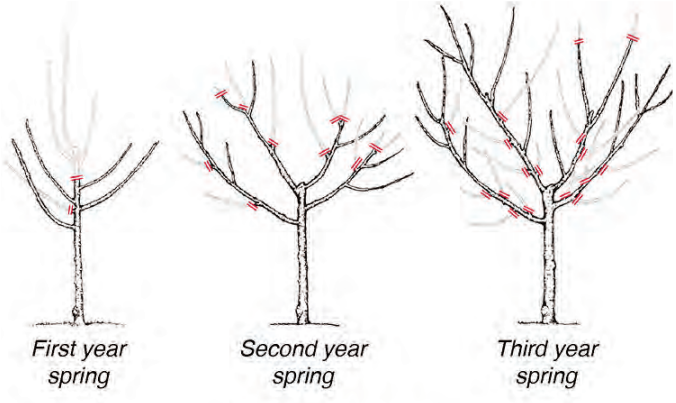
Looking for a reason to get outdoors on those early warm days of March? Pruning your trees is a glorious way to both enjoy that early sun and maintain the height and shape you're looking for. Once they're thinned out, you'll find your trees easier to care for when you're inspecting or treating them for insect and disease damage and easier to prune excess apples from if your tree overproduces in spring.

Begin with a sharp pruning saw and a pair of pruning shears. Bypass shears are recommended, but I find that a sharp pair of bypass or anvil pruners will do nicely. If you've got a tall tree—or hope to have a tall tree—a pole pruner is a great investment, and many of us would rather work from the ground than on a ladder. A detachable saw blade at the end of the pruner can be a great help, as your tree grows.



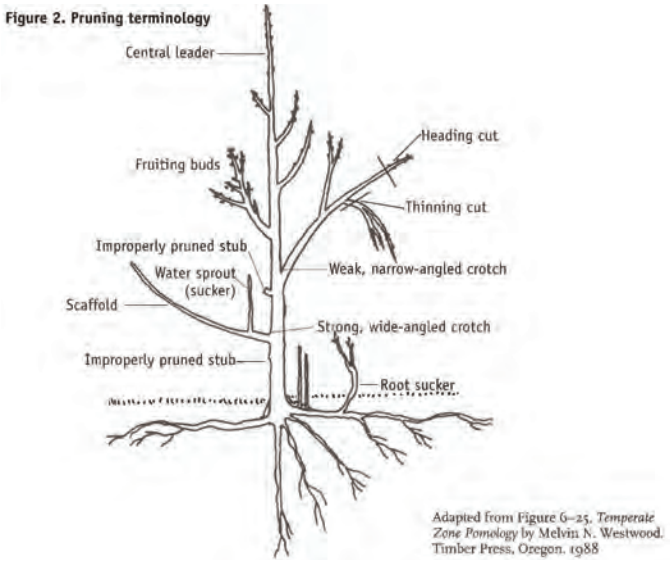
For healthy trees and for good fruit production, you must maintain open access to sunlight for all foliage. An open canopy also allows the leaves to dry more quickly. Moisture brings an increased threat of disease. There are two schools of thought about shaping apple trees: the "central leader" shape is a Christmas tree-like form, allowing lower branches to continue to spread, while the upper branches will be shorter, allowing light to the lower limbs.

The "open center" plan allows for the tree to branch out into a few leaders and make more round shape, while still maintaining a path for sunlight to all areas. Take care, here, not to allow more than one division of vertical growth in the trunk every 7-8 inches. Branching of several limbs from the same point risks allowing horizontal pockets to form between limbs, which will then collect water, encouraging insects and wood decay.



Open center pruning

If you've got a young tree, you may want to keep some lower limbs as a temporary measure, before it's reached the height where you want the limbs to begin because you'll need the leaves to produce the sugar needed for this year's growth. If you're attempting to resurrect an old tree, you may need a few years of careful planning and pruning. To begin to restore the original shape, start by remov-



"Choose three or four well-spaced scaffold limbs, then head them back, as shown at left. At the end of the second dormant season, select secondary scaffolds, as shown on second tree, and head them back. In the third year and to maintain a mature tree at a convenient height for harvesting and tending, cut the secondary limbs back each year, as shown above."

ing any vertical limbs that may have formed from the water sprouts.

Have the outline of a plan before you begin. Spend a couple of minutes viewing the tree from all angles, visualizing what the removal of any major limb will leave. Look for the shape you want and locate the limbs you wish to promote. Begin by removing any dead or damaged wood, which serves no purpose and may harbor spores or insect eggs. Next, remove any water sprouts (suckers) or new growth heading straight up. You want your branches, generally, to form an angle of roughly sixty degrees, forming the 10 or 2 o'clock position. Next, look for places where branches are crossing one another; they should not be touching and should grow away from the trunk of the tree. Now, as you inspect again from a distance, you'll likely see there's still more foliage than you need. An old rule of thumb, here (pardon me, feline friends) is that the foliage should be open enough to throw a cat through the middle of the tree. OK, maybe we'd best think of a basketball. Most varieties of apple trees add a lot of growth, most years—more than, say, plums or pears—and you can cut up to a third of a tree's growth in a year. You may be faced, at this point, with a lot of hard choices between equally viable, smaller shoots. Just consider the angle, the competition for sunlight and the balance in the shape of the tree.

Bear in mind the difference in cutting strategies. You will likely start with some "thinning" cuts that remove entire limbs at the point where they branch from the trunk or larger limb (take care to avoid cutting the swelled collar where the limb begins). Before cutting any large limbs that may break and tear out good wood/bark before you finish sawing, make an undercut about half way through—a little further out on the limb, on the underside. Then you can cut off the stub by making a clean cut at the beginning of the limb to be removed.

In shaping and thinning, you'll also want to be making "heading back" cuts, which remove only a portion of the shoot. Unlike the thinning cuts, the heading back cuts will encourage new growth near the point where they've been cut.

While tar-like sealants were popular several years ago, the conventional wisdom today is that your tree's new wounds will heal over more quickly and create better protection if simply left to dry out.

Fighting disease and insect damage is a topic for another day, but keeping eggs and spores from overwintering is always advised. So, disposal of trimmings and debris below the tree can help—especially if the finished tree is otherwise going to be protected with a fungicide or pesticide.

Your tree will thank you with colorful buds in spring, a healthy and attractive canopy in summer, and, if this spring brings good pollination followed by frost-free weather, fresh fruit in the fall.

For further information consult the "Cornell Guide to Growing Fruits at Home" at https://ecommons.cornell.edu/bitstream/handle/1813/67/Cornell_Guide_to_Growing_Fruit.pdf.

Schoharie Master Gardener Outreach

Look for Schoharie Master Gardeners at the following locations. They look forward to answering your questions.

- **2018 Cobleskill Area Home & Garden Show** Saturday, March 3, 10:00 a.m.–4:00 p.m. and Sunday, March 4, 11:00 a.m.–4:00 p.m., Cobleskill-Richmondville High School, State Rte. 7, Cobleskill, NY
- **53rd Annual Schoharie County Maple Festival** Saturday, April 28, Schoharie County Sunshine Fairgrounds, 113 Sunshine Drive, Cobleskill, NY
- **Dairy & Berry Day** Saturday, June 16, Veterans Memorial Center Park, 514 West Main Street, Cobleskill, NY
- **Call our Schoharie MGV Helpline** 518.234.4303 Ext. 124

Otsego Master Gardener Outreach

Look for Otsego Master Gardeners at the following locations. They look forward to answering your questions.

- **Spring Garden Day/OCCA Earth Festival** Saturday, April 21, 10:30 a.m.–2:00 p.m., Milford Central School, Milford, NY
- **Cooperstown and Oneonta Farmers' Markets** occasional spring and summer Saturdays, once a month
- **Call our Otsego MGV Helpline** 607.547.2536 Ext. 228 **or email** mastergardener-otsego@cornell.edu

6th Annual Family Farm Day!

Saturday, August 25, 2018

Calling Schoharie, Otsego, and Delaware Farms!

With Family Farm Day (FFD) celebrating its sixth year, we are pleased to welcome Delaware County farms. The FFD Planning Committee invites all farms interested in participating in FFD 2018 to attend the Annual Winter Meeting to be held in respective counties. (Dates and-times below.) The purpose is for farms to address concerns, issues, logistics, etc., and our opportunity to have everyone signed up early and timely. For 2018 Guidelines and Procedures and the Farm Registration, visit the website at www.familyfarm day.org/farms. Online registration is now available. Deadline is Friday, March 30.

Please let us know you're coming. Attendance is *not* required to participate in FFD, but your timely participation and response are essential to keep on schedule. If you or someone from your farm cannot attend your county's meeting, feel free to attend another session.

Delaware Thursday, March 1, 1–3:00 p.m.,
CCE Extension Center, 34570 SR 10, Hamden
Contact: Mariane Kiraly, 607.865.6531,
mk129@cornell.edu for more information.

Schoharie Friday, March 2, 1–3:00 p.m.,
CCE Extension Center, 173 S. Grand St., Cobleskill
Contact: David Cox, 518.234.4303,
dgc23@cornell.edu for more information.

Otsego Wednesday, March 7, 1–3:00 p.m.,
CCE Education Center, 123 Lake St., Cooperstown
Contact: Lyn Weir, 607.547.8886 or
lyn@lynweir.com for more information.

Become a Sponsor!

We welcome your participation as a sponsor at any level. Visit our website at www.cceschoharie-otsego.org/agriculture/familyfarmday/sponsors for complete information and online registration. Or, contact your Sponsor Coordinator listed below. Deadline is Friday, March 30.

Contributing as a sponsor allows you to advertise your business in FFD published materials, our website, in articles and blogs, and on social media—giving you visibility among the 50-60 participating farms from all three counties, as well as the hundreds of families and thousands of tourists who will travel to our area from central, eastern, and southern New York State, including New York City, northern New Jersey, and southwestern New England.

Our tourism partners support our promotional efforts, helping to maximize your business' visibility, marketing, and outreach. We distribute more than 30,000 full-color Farm Guides that feature all participating sponsors and farms, including maps and GPS coordinates to ensure timely travel throughout the region. FFD is one of the most important and growing agritourism events in our region, enabling communities near and far to support our local farms and other area businesses. Your generous sponsorship also allows all our farms an equal opportunity to participate, while ensuring that visitors enjoy all that our three counties have to offer. Thank you!

Delaware Ray Pucci: 607.746.2281,
rpucci@delawarecounty.org

Schoharie Phoebe Schreiner: 917.280.7898,
phoebekschreiner@gmail.com

Otsego Deb Taylor: 607.293.1026,
debcoop@stny.rr.com

Cornell Cooperative Extension

Experience Competition, the 4-H Way!

Beginning in late winter and early spring through fall, 4-Hers from both Schoharie and Otsego Counties begin preparing and practicing for the opportunity to engage and compete in a number of regional, state, and national competitions. The competitions are designed to showcase their skills and abilities developed through their 4-H projects and interests. Although all the competitions are based on attitudes of friendliness, cooperation, and fairness, they vary on project area and format.

Public Presentations and Horse Communications engage 4-Hers in public speaking where they share a project or topic they have researched, or in the case of Horse Communications, a horse related topic. The presentation can be delivered as a demonstration, illustrated talk, formal speech, recitation, or dramatic interpretation in front of a live audience while being evaluated by judges.

Horse Quiz Bowl and Dairy Quiz Bowl are team challenges designed to showcase the 4-Hers' knowledge of subject-matter related to their project animal. Teams answer questions in a gameshow format. Recall and the ability to articulate an answer are key. It becomes a learning experience for both the competitors and their audience.

A six-year veteran of Horse Quiz Bowl competitions, 4-H member Krista said, "I enjoy Horse Quiz Bowl, and have learned a lot. It's given me a wealth of knowledge about horses. I am like a walking dictionary of random horse facts."

Dairy Judging Contest and Horse Judging allow 4-Hers to demonstrate knowledge and reasoning ability regarding chosen animals. Youth evaluate and place animals in a ranking order based on breed characteristics and then present oral reasons for their decisions.

Otsego County 4-H Dairy Quiz Bowl participants face off in a friendly competition with Otsego County Representatives.

Hippology and Dairy Challenge are team contests that allow individuals to exhibit their knowledge of animal science and husbandry. Both contests use a station format to test knowledge, individually and as a team.


2017 Schoharie Junior and Senior Horse Quiz Bowl Teams.

Coach Jan Ryder said, "As a Horse Quiz Bowl coach for a number of years and moving up with the team through novice, junior, and senior levels, I am constantly amazed by what 4-Hers know. I have enjoyed watching and helping them learn more, and they have taught me as well."

How is your knowledge on cows and horses? Give the 4-H bowl experience a try! See if you know the answers to these Quiz Bowl questions:

1. (novice dairy) What is a major buffer for a dairy cow that helps maintain rumen pH?
2. (novice horse) How many cervical vertebrae do all horses have?
3. (junior dairy) What is the name of the section of a cow's back located between the chine and the rump?
4. (junior horse) Sweeny is the atrophy or shrinkage due to a nerve injury to the muscle on which area of a horse?
5. (senior dairy) What is the common name for ruminal tympany?
6. (senior horse) Which joint in the horse corresponds to the human knee?

Find the answers on page 10 of this issue of "Connections." How did you do?

These competitive activities through which youth learn team sportsmanship and agricultural knowledge, become fun, experiential, "learn by doing" challenges, creating a lifetime of skills and attitudes for 4-H youth.

Program Events

Beef Producers Forum

Regional Beef Producers are invited to meet with a panel of buyers and sellers who have participated in the Central New York Tele-Auctions and discuss future plans of CNY Beef Producers' sales. There will be a live video onnection with Scott Baker, Senior Extension educator in Virginia. Free

Tuesday March 6, at 6 p.m.

Call Otsego Office at 607.547.2536, Ext. 0 to pre-register by March 5. Farm Credit East, Branch Office, 7397 State Highway 80, Cooperstown, NY

Tick Update

Ticks are a major public health issue. Join us for the latest in Tick ID and preventative measures. This informative session will be led by Joellen Lampman, NYS IPM Program at Cornell University. Free

Tuesday, March 6, at 3:30 p.m.

Call the Cobleskill Office at 518.234.4303 to pre-register by March 5. Extension Center, 173 South Grand Street, Cobleskill, NY

Plant This, Not That!

Find out how you can help New York's future look greener by selecting native-friendly plants for your garden instead of invasive plants. This workshop will be led by Schoharie Master Gardener Susan Carver. Fee $5

Schoharie Master Gardener Workshop

Saturday, March 10, at 10-11 a.m.; cost $5/person, payable at the door. Susan Carver, Schoharie Master Gardener. Call the Cobleskill Office at 518.234.4303 to pre-register by March 9.

Extension Center, 173 South Grand Street, Cobleskill, NY

Large and Small Fruit Pruning

This special hands-on outing will be held at Bohringer's Fruit Farm in Middleburgh, NY. Wear appropriate early spring dress and footwear as this event will be held rain, snow, or shine. Personal pruning tools are welcome. This learning experience will be led by Laura McDermott, Fruit Specialist, Eastern NY Commercial Horticulture Program. Fee $10

Saturday, March 17, at 10 a.m.–12:00 p.m.; cost $10 per person, payable at the door

Laura McDermott, Fruit Specialist, Eastern NY Commercial Horticulture Program. Conducted at Bohringer's Fruit Farm, 3992 St. Rt. 30, Middleburgh, NY; rain, snow, or shine. Call the Cobleskill Office at 518.234.4303 to pre-register by March 16.

Healthy Hives: Update for Beekeepers

Discover the latest updates on hive health, pest management, and the new Pollinator Network at Cornell University. Beginners are welcome. This workshop will be led by Christine O'Dell, Lecturer, SUNY Cobleskill, Department of Plant Science; Beekeeper/Board Member, Catskill Beekeepers. Fee $5

Thursday, March 22, at 6-7:30 p.m.; cost $5 per person, payable at the door

Beekeeper Christine O'Dell, Lecturer, SUNY Cobleskill, Department of Plant Science; Call the Cobleskill Office at 518.234.4303 to pre-register by March 21. Extension Center, 173 South Grand Street, Cobleskill, NY

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. Families attending 6 lessons will receive a $30 gift certificate for athletic footwear from our community partner Bassett Research Institute's 5210 Initiative. Free

Wednesdays, April 4, 11, 18, 25, and May 2, and 9; at 4:30-5:30 p.m.; free

Call Cobleskill Office at 518.234.4303 to pre-register by April 3. Class size is limited. Extension Center, 173 South Grand Street, Cobleskill, NY

Hartwick 4-H Actors' Guild Performance of "The Lion, the Witch, and the Wardrobe"

This 2018 youth directed performance by the Hartwick 4-H Actors' Guild will be performed in April at the Hartwick Community Center in Hartwick, NY. Join them for an enjoyable experience.

Friday and Saturday, April 13, and 14; performance at 7 p.m. on Friday; 6 p.m. on Saturday.

Hartwick Community Center, 450 County Road 11, Hartwick, NY

Central New York Beef Producers Spring Tele-Auction Sale

The Feeder Tele-Auction sale is offered as an alternative method for smaller producers to market quality pre-conditioned calves. The sale starts at 2 p.m. on April 13. Delivery is Saturday April 28. See the article in this edition of "Connections" for more information.

Friday, April 13, at 2 p.m.

Pre-registered buyers can participate by bids over the phone or in person. Buyers need to be preregistered prior to sale time on April 13.

Education Center, 123 Lake St., Cooperstown, NY 607.547.2536, Ext. 0

Saturday, April 28, in the morning for animal delivery

Schoharie County Sunshine Fair Grounds, 113 Sunshine Drive, Cobleskill, NY

Spring Garden Day 2018: "Try Something New"

At the Otsego County Conservation Association's Earth Festival, Master Gardeners will host their Spring Garden Day. Two workshops of your choice are included. Workshop fee is $10

Published author Gert Coleman will present "Herbs 101: Introduction to Herbs." This hands-on presentation will cover growing, cooking with, and preserving herbs. She will explore herb health benefits and cultural history. Her books will be available for purchase.

Otsego Master Gardener Kim L'Heureux will demonstrate Seed Starting. Kim has successfully grown plants for many gardens.

Connie Tedesco owner/operator of The Fernery, an area native plant nursery, will speak on "Native Plants: Gardening with Nature." She will distinguish between "native" vs. "invasive" plants, how to select native plants, and how to integrate them in landscapes. Connie is also an active researcher and a volunteer curator at the Hartwick College Hoysradt Herbarium.

Program Events

Chris Grady and Nick Laskovski will present "Growing Shitake Mushrooms." Participants will take home a starter kit. Class size is limited, and there will be an additional cost for this workshop.

Saturday, April 21, 10:30 a.m.–2 p.m.
Milford Central School, 42 West Main Street, Milford, NY
Pre-register to attend for workshops; cost $10 with an additional fee for Shitake session. Presented by Otsego Master Gardeners in conjunction with OCCA's Earth Festival. Visit our website in early March for registration information, http://cceschoharie-otsego.org

SAVE THESE DATES

Schoharie Master Gardener Spring Plant Sale
Saturday, May 19, 9 a.m.–12:00 p.m.
Extension Center, 173 South Grand Street, Cobleskill, NY

Otsego Master Gardener Spring Plant Sale
Saturday, May 26, 9 a.m.–12 p.m.
Education Center, 123 Lake St., Cooperstown, NY

12 Steps to Successful Canning—Boiling Water and Pressure Canning Techniques
Wednesday, June 20, 6–9 p.m., Cost $35 per person, payable in advance
Jan Ryder and Leslie Rigley, Cornell Cooperative Extension Master Food Preservers. Call Cobleskill Office at 518.234.4303 to pre-register by April 3. Class size is limited. Extension Center, 173 South Grand Street, Cobleskill, NY

Family Farm Day 2018
Saturday, August 25
Experience working farms in Schoharie, Otsego, and Delaware Counties

Master Gardener Volunteer Training
Fall 2018, September–November, one day per week training workshop for ten consecutive weeks
Call 518.234.4303 in Cobleskill or 607.547.2536 ext. 0 in Cooperstown to be placed on a notification list.

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

Getting Local Foods on School Lunch Plates

"Creating an Easier Path to Farm Fresh Food," a conference conducted by Cornell Cooperative Extension's Schoharie Valley Farm to School Project, was held on January 4, on the SUNY Cobleskill campus, where conference participants heard messages on bringing local foods to public schools. More than fifty farmers, school business office and food service managers, and representatives from community-based organizations attended.

Conference organizer, CCE Farm to School Coordinator Regina Tillman, stated, "My objective was to dial it up, so to speak, in order to get more schools into procuring locally grown and produced foods, removing obstacles one at a time. And, I think that from the evaluations submitted after the conference, that the initial approach was successful and will serve as my model for future workshops."

Conference speaker, Jason Evans, Ph.D., Chair of the Department of Agriculture and Food Management and Director of the Institute for Rural Vitality at SUNY Cobleskill, summed it up, "Farm to school programing has potential to impact farm and food producers in Schoharie County and to meaningfully affect lifelong dietary habits of children. There remains a lot to learn about these systems and how to optimally plan and implement them. However, investing in learning and developing best practices will pay off many times over."

The conference was the culmination of work that commenced in 2007 through Cornell Cooperative Extension's Schoharie Valley Farm to School Project, which strives to connect children with the source of food, the farm. One of the project's dual missions is to develop greater local knowledge of food, agriculture, and nutrition, thus encouraging healthy choices and lifestyles toward the long-term wellbeing of children. The second mission is to advocate for a local food supply system that supports the economic viability of small- to medium-sized farms through farm direct sales to schools. For more information, visit our Facebook page at www.facebook.com/svFarm2SchoolProject.

Do you "#KnowYourBeef"?

Find it on Facebook or at www.facebook.com/hashtag/KnowYourBeef

BY **MACKENZIE WARO**, CCE HARVEST NY LIVESTOCK PROCESSING AND MARKETING SPECIALIST

Do you know the hashtag, #KnowYourBeef, and all the resources available at your fingertips? The National Cattleman's Beef Association, www.beefusa.org, is a gold mine of resources when looking for production, industry updates, and history. The NCBA is beef's lobby group; if you want your voice heard, become a member and voice your concerns.

And what about the national slogan, "Beef. It's What's for Dinner"? This advertising slogan and campaign was launched in 1992 to promote the benefits and incorporate beef into a healthy diet. The program is funded by the Beef Checkoff, www.beefitswhatsfordinner.com. The site offers free resources, from recipes and cooking suggestions to cut sheets and beef cutting guides. This site also offers beef cutting videos, which can be shared through social media. This resource is great to send to consumers if you are out of ideas or need new ideas. But it is a great resource to refer to at least weekly for ideas as to marketing your beef products.

What is the Beef Checkoff Program? The Beef Checkoff Program is a producer-funded marketing and research program designed to increase domestic and international demand for beef. This can be done through promotion, research, and new product development and a variety of other marketing tools. As mandated by law, checkoff dollars must be invested in programs to increase consumer demand for beef and to enhance producer profitability. The Beef Act defines six program categories: promotion, research, consumer information, industry information, foreign marketing, and producer communications. Each time a beef or dairy animal is sold in New York, one dollar should be collected and remitted to the New York Beef Council, www.nybeef.org. Fifty cents will stay in New York for beef producers to promote the state's beef industry.

The New York Beef Council works on producer education, nutritional education, and consumer education. It is important that you submit payment, even if the cattle are sold privately. The payments are collected not only when butchered, but also every time cattle are sold. This will help grow the New York beef industry's awareness and education.

When using #KnowYourBeef in social media, your beef message will become part of the online conversation at the national checkoff, "Beef. It's What's For Dinner." Follow the New York Beef Council and Harvest NY on Facebook, Twitter, and Instagram!

MacKenzie Waro, a CCE Harvest New York specialist in the association's Cooperstown office, works with members of the state's livestock supply chain, focusing on meat processing to strengthen New Yorkers' competitive position in agriculture. She may be reached by email at mlw55@cornell.edu.

Experience Competition, the 4-H Way!

Quiz Bowl Answers

1. saliva, 2. seven, 3. loin, 4. shoulder, 5. bloat, 6. stifle

Newsletter Subscriptions

To subscribe to "CONNECTIONS," the bi-monthly e-newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties, visit our website, http://cceschoharie-otsego.org, and follow the link for 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, or Oneonta.