

Connections

The News of Cornell Cooperative Extension Schoharie and Otsego Counties

JANUARY/FEBRUARY 2020

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The Guide to Farming in Otsego County Can Help

Use the Guide to Farming in Otsego County to find alternatives, seek out expertise, locate resources, find information and training, and make connections whether you are a farmer, food producer, or agribusiness in Otsego County.

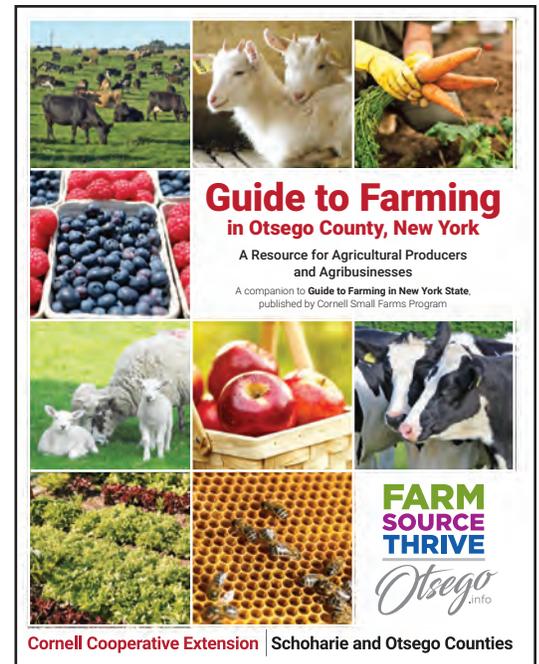
It is often a daunting task, looking for information you hope will make the job of running a farm operation a bit easier. Too often, searching for the information you need—when you need it—becomes time consuming. It is time you would prefer to spend on farming or, better yet, with your family.

Like finding the right tool in the shop or document in your file cabinet, the key to saving time is an organized system that helps you find what you are looking for. Whether you are under the gun to find answers in the middle of the growing season or setting aside time for long-range planning, anything that saves you time will save you money and frustration.

Similarly, finding agricultural information and resources can be daunting. Cornell Cooperative Extension Schoharie and Otsego Counties has assembled the *Guide to Farming in Otsego County, New York*, a comprehensive list of agencies and organizations compiled in a format that makes information easy to find.

During the growing season, you need to prioritize your time and effort on the work that keeps the farm operation running. The focus is nearly always on the daily and seasonal chores to be accomplished, mindful that fieldwork is done when the weather is good and repair and preparations when poor weather persists.

So when unexpected circumstances arise that threaten the normal operation of the farm, you need to find solutions as quickly as possible.



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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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The Guide to Farming in Otsego County Can Help, continued from page 1

My market channel just went out of business – now what?

The ***Guide to Farming in Otsego County*** can help you find alternatives.

Something unusual is going on with my crops! I am having water issues on a part of my farm where I never had them before!

The ***Guide to Farming in Otsego County*** can help you find the experts.

Winter months are the time when farmers begin to plan for the future. As fundamental as ordering seeds and supplies or as dramatic as exploring opportunities to expand, transition, or start anew, often, what holds someone back from taking on changes is that first step of knowing where to start. Is there funding available to help with the maintenance or expansion of my operation? Can I get a grant or loan for this project?

The ***Guide to Farming in Otsego County*** can help direct you to those resources.

I am not making any money with my current production enterprise. What are my options? The next generation on the farm wants to transition to a completely different enterprise. We need technical advice, business training, and production guidance.

The ***Guide to Farming in Otsego County*** can help you find professional advice.

What are the opportunities for diversification or transition to new enterprises? How do I start on-farm processing?

The ***Guide to Farming in Otsego County*** can help you find the information.

What licenses will I need in order to take on that new enterprise?

The ***Guide to Farming in Otsego County*** can help you locate the right agency.

Farmers know that to be successful, they need to be aware of what is happening in the industry. How do I connect with other farmers outside my current circle?

The ***Guide to Farming in Otsego County*** can help connect you to a network of farmers.

How do I comply with the new regulations?

The ***Guide to Farming in Otsego County*** can help you find the training.



How about folks who want to start a farm of their own; for example, growers who have been renting land or working for another farm and are ready to become their own boss, or farmers who decided to move on to something else. I'm ready to buy

my own farm, how do I find land to fit my needs? I'm ready to sell my farm, but I want it to stay in agriculture. How do I find farmers interested in getting started?

The **Guide to Farming in Otsego County** can help make those connections.

No matter what agricultural information you are looking for, the *Guide to Farming in Otsego County* can help you locate what you need. The *Guide* consists of two sections designed to help the user find the agricultural information or services they are looking for. Part One lists organizations and briefly describes the variety of services they provide. Part Two is a table that helps the user search for the specific resources and services they are looking for. The compilation of the *Guide* is part of CCE Schoharie and Otsego County's ongoing efforts to implement the Otsego County Agriculture and Farmland Protection Plan.



The Guide helps to lead you to the answers, information, and resources you need.

CCE's goal is to make it easier for farmers to find the resources they require, the answers they seek, and assistance they need to be successful. You can find a digital version of the *Guide to Farming in Otsego County* at <http://cceschoharie-otsego.org>. If you have questions or would like to offer suggestions for future editions of the *Guide to Farming in Otsego County*, you can contact Jim Barber, Farm, Source, Thrive Otsego Agriculture Implementation Specialist, at 607.547.2536 Ext. 227 or jrb248@cornell.edu.

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. 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.

With spring just around the corner, the **March/April** issue of **Connections** will have more from our Master Gardeners. If you are interested in becoming one, look into our 2020 Fall Master Gardener Training. Also featured will be new recipes from our nutrition programs for you and your family to try, and another inspired My 4-H Story.

Join Cornell Cooperative Extension's Nutrition Programs

EFNEP and Healthy Connections



- ✓ Build habits of healthy eating and activity for a lifetime
- ✓ Learn to make meals that save time and money
- ✓ Try out new dishes and skills
- ✓ Practice food safety and reduce food waste when selecting, prepping, and storing food

Where adults and youth learn by doing!



Whether participating in a group class, one-on-one lesson, or a nutrition event, these programs can make a difference for your family and you!

To learn more about these programs or to sign up, contact our Nutrition Program Educators:



Michelle Leveski
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Educator
518-234-4303 Ext. 115
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Allyson Wyman
Healthy Connections Nutrition Program
Educator
518-234-4303 Ext. 120
afw42@cornell.edu



Try practicing the mindful eating tips in this article with the recipes featured in this issue of Connections on page 13.

Mindful Eating in the New Year

As we enter the New Year, many people think about healthier living. While eating healthy and hitting the gym are always popular options, mindfulness can be helpful in your sticking to new goals. But what is mindful eating? It is listening to your body and giving attention to the foods and drinks that you consume. Here are some ways to practice a more mindful approach to eating.

Slow Down

Nutrition experts suggest that eating slower and more deliberately may lead to better weight management. It takes approximately twenty minutes for hormonal signals from our stomach to tell our brain that we feel full. If you eat too quickly, you may not feel those signals until you have already over-indulged. Try eating using your non-dominant hand, setting a timer for twenty minutes and taking the full time to eat your meal, taking smaller bites that are chewed thoroughly, and putting your eating utensils down between bites.

Focus on the Food

Eating while you are driving, watching TV, or being emotionally distracted can cause mindless eating. If possible, try making mealtime a quiet time. Put down your cell phone, and turn off your TV. Reflect on the process it took to produce the foods you are about to consume. Take time to appreciate how much effort it took to grow, harvest, ship, and prepare your meal. Doing so will allow you to reflect on the healthfulness of your meal. Is it made mostly from scratch, or is it a processed and possibly a less healthy meal?

Be Self Aware

As children, many of us were taught to ignore our personal fullness cues and eat until there was nothing left on the plate. However, relying on visual cues, instead of listening to our own bodies, can lead to overeating. Try taking smaller portions at meals than you normally would, and allow yourself time before returning for seconds. Using a smaller plate can help with portion control as well. If you are out to eat, request that half the meal be placed in a to-go container for you to enjoy another time. These simple tricks can lead to big changes over a period of time.

While there are many factors that play into attaining healthy lifestyles, eating mindfully can help you get back in touch with your body, eat more healthfully, and create a positive atmosphere around mealtime.

For more information about mindful eating and how it can help you, contact Cornell Cooperative Extension's Nutrition Education Program educators at 518.234.4303 ext 120.



Are you a commercial tree fruit, small fruit, or vegetable grower managing...

- Food safety standards and practices
- Variety evaluation and market development
- Pest management and diseases
- Conventional or organic growing practices
- High- and low-tunnel production
- Soil health
- Business management

Did you know that the Eastern NY Commercial Horticulture Program's team of specialists is here for you?

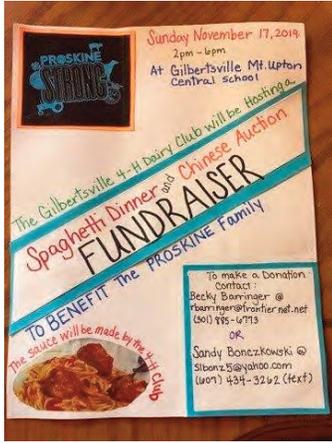


Go to their website:
<https://enych.cce.cornell.edu>
for more information and
to enroll in their services.

Happenings with Otsego County 4-H



In an update to the article “To Our Extension Family” in the 2019 November/December issue of *Connections*, 4-Her Garrett Proskine, who suffered a head injury from a farm accident on October 11, 2019, is home and doing well.



On Sunday, November 17, the Gilbertsville Dairy 4-H Club sponsored a spaghetti dinner and auction fundraiser to help support the Proskine Family. The 4-H community, friends, and family came out in force. 4-H Leader Becky Baringer reported they served over 300 dinners

and forty pounds of pasta! They raised a little over \$6000 through this one of several efforts coordinated on behalf of Garrett and his family. “It is gratifying, said Becky, “seeing the communities come together to support one another in need.”



In January, Otsego County 4-Hers will begin preparation for the upcoming county Public Presentation events in February and March. Public Presentations are encouraged for 4-Hers of all ages, as it provides a great opportunity to develop and hone public speaking skills. Bridgette Shepardson, 4-H Area Public Presentation Coordinator, shared these encouraging words about participating in this event with Otsego County 4-H members:

“I’ve so enjoyed the benefits of my 4-H public presentation experience over the course of my adult life . . . but I didn’t feel that way at my first presentation! My first presentation was in Edmeston when I was nine or ten, and I was terrified. I can’t even remember the topic now to tell you the truth, but my dad kept most of my posters, which are great to look back on. Public presentations definitely got less fearful as I got older, and by the time high school rolled around, I had little trouble speaking in front of an audience. This really set me apart in school and became a place I could earn good grades even while having a difficult time with test taking, and helping me at church youth retreats, where I was talking about more meaningful

topics with so much less stress than some of my peers. Later in the ‘real world,’ my having such extensive public speaking experience meant easier job interviews, and I’ve even ended up using my experience in my job as a youth minister. Honestly, I’m so thankful I was pushed into presenting. My life and work wouldn’t be the same if I hadn’t had the instruction and experience of 4-H presentations. I’ve noticed now, as a 4-H leader and even in my job, what a dramatic difference there seems to be between students who have had the training and the experience of 4-H presentations versus students who haven’t, and the results speak for themselves. It’s an invaluable program we are so lucky to have.”



The Gilbertsville 4-H Dairy Club



Raising good quality meat is a goal of 4-H members in the 4-H Auction Project. While genetics plays a role, the feeding plan is especially important for quality meat. The true test of quality meat is best observed when processed. The result of a good feeding plan will be evident in a processed carcass.

The 4-H Auction Committee sponsored a field trip to the SUNY Cobleskill Meat Lab on Columbus Day. Betsy Jenson, Meat Laboratory Manager, and her staff provided a full tour of the Processing Laboratory to 4-H youth and their parents. Visitors were able to observe a beef animal and six hogs “on the hook.”



SUNY Cobleskill Meat Lab tour: (l-r) Rear: Arleigh Johnson, SUNY Cobleskill Meat Lab Technician; Betsy Jenson, Manager; Nick, Evelyn, Sean; and Michael Lapi, SUNY Cobleskill Visiting Instructor. Front: Trent

If you would like to know more about the Otsego County 4-H program, you can visit our website, cchescholarie-otsego.org, or contact Patti Zellmer, 4-H Program Leader, at 607.547.2536 or psz2@cornell.edu.



4-H Afterschool Program staff at the Cobleskill site 2018-2019

4-H Afterschool: a Staff Perspective

Cornell Cooperative Extension's 4-H Afterschool Program is a blend of traditional 4-H and quality afterschool care that works well. Part of what makes it work is the framework provided by 4-H, our nation's largest youth development organization. An equally important piece to this is the individual commitment of the staff who work in the program. Their dedicated effort on behalf of the students and their families helps to create the teamwork that makes this program successful. In order to highlight this dedication, we asked staff what the Afterschool Program means to them. Here is what they had to say.

Morgan T., ASP activity leader, had this to say...

"ASP is friends, understanding diversity, and new experiences."

Hannah S., ASP activity leader had this to say...

"The Afterschool Program means growth and opportunity, among many other amazing things. I'm so thankful to be able to work with such a diverse group of children and to have formed some of the

bonds that I have. I love walking into work and having a handful of kids run up to hug me or tell me about their days or even just to greet me and say hello. Seeing them laugh, smile, and seemingly not have a care in the world seriously fills my heart with joy. The Afterschool Program has given me the chance to help kids grow and learn, and in turn, I'm able to watch their growth and maturity. It has been a wonderful experience, and this program honestly has given me many memories and opportunities that I will cherish for years to come."

Diane E., ASP activity leader, had this to say...

"I enjoy the interaction with the children, providing them a safe place to stay after school until their parents can pick them up, playing games, doing crafts, or just coloring, and listening to them as they express themselves in different situations. I enjoy having a positive effect on their growth as persons. In addition, I am a very important part of helping parents and children for a few hours a day, until they can go home."

Erika A., ASP activity leader, had this to say...

“The Afterschool Program means a lot to me, because it has helped me know what I want to do in my future. I am so glad that I have the opportunity to work with children, as I gain experience daily. It even helped me getting into college. I enjoy working with children more and more. Ever since I started working with the Afterschool Program, I realize I want to work with children in the future.”

Sue T., ASP activity leader, had this to say...

“My first experience with the program was as a parent. The program was very valuable to me as a single, working parent. Knowing the Afterschool Program provided a safe and fun environment for my child while I was working put my mind at ease. Becoming a staff member at the Afterschool Program has been an opportunity to give back. I try to provide fun and enriching activities for the children while being a fair and nurturing role model. I really try to get to know each child so I can relate to him or her individually. I also try to establish a rapport with the parents daily so they feel comfortable with their children being here. Using the 4-H guidelines for clubs, I get the opportunity to challenge, encourage, and stretch the children’s abilities. I get a lot of satisfaction watching them troubleshoot and problem solve during club activities. I enjoy seeing them become excited about coming to program and engaging in clubs. I really believe in the Afterschool Program and feel it is very important to the children, their parents, and the staff.”



Susan Salisbury, 4-H afterschool coordinator, had this to say...

“This quote from Benjamin Franklin sums up the essence of our program for me. ‘Tell me and I forget. Teach me and I remember. Involve me and I learn.’ It echoes the 4-H motto: learn by doing. 4-H Afterschool Programs are so much more than quality daycare.”

The sentiments represented in these statements made by the staff carry through the program reaching children and their families alike. It builds the basis for a sense of strong teamwork. Stay tuned for our next Afterschool Program exploration, a parent’s perspective.

If you would like more information about the 4-H Afterschool Programs, visit our website at cceschoharie-otsego.org, or contact Susan Salisbury, 4-H Afterschool Coordinator, at 518.234.4303, ext. 122 or sms248@cornell.edu.





The Rider's Club 4-H Achievement Night 2019



My 4-H Story—A Decade of Learning, Changing, and Growing

BY KRISTA RYDER

I started in 4-H as an Independent member in October 2009. In the spring of 2010, my cousins joined with me, and we started The Rider's Club, so named because we loved riding horses and bikes. In my first year at the Schoharie County Sunshine Fair, I entered a birdfeeder that I made as part of the Birds in Your Backyard project. I received blue and best-of-show ribbons, and it was chosen for State Fair, where I also received blue and best-of-show ribbons for my entry. My success even led to an opportunity to sell birdfeeders.

The next year I was able to follow my passion for horses and I joined a second club, Thundering Hooves, a horse club, which I maintained membership in for a number of years. During those years, I was able to participate in many horse-related activities that helped me build my knowledge and ex-

perience with horses. While participating in the club, I was able to show many horses.

We took club trips to Kentucky, Massachusetts, and Pennsylvania, attending various horse events. Through my club leader, I had the opportunity to announce at two non-4-H horse shows. Our club also attended many local horse clinics, covering many topics, and hosted clinics on natural horsemanship. It was in this club that I met one of my best friends. Living on opposite ends of the county, we would never have met otherwise.

At the same time, I was still a member of The Rider's Club. In this club, my cousins and I explored other interests, doing projects in sewing, cooking, crafts, photography, public presentations, and more. Overtime this club grew to include my younger cousins and other club members. Over the years, I took advantage of playing leadership roles in both



Combo, one of the horses I showed while with Thundering Hooves.



Showing Bella at the 2017 Schoharie County Sunshine Fair.



Showing Shawnee at the 2018 Schoharie County Sunshine Fair.



Here I am as a "show mom" with fellow members of The Rider's Club at the 2019 4-H Horse Show because Shawnee couldn't show due to an injury.

clubs, taking on the roles of treasurer, vice president, and president. Three years ago, The Rider's Club became a horse club, so I opted to participate in just one 4-H club. On September 30, 2019, I aged out of 4-H after 10 years.

While I was in 4-H, I learned about horses. I was able to put this knowledge to work when I participated in 4-H hippology, horse judging, and horse quiz-bowl competitions. I competed numerous times at regional and state levels in both hippology and horse quiz bowls.



Schoharie County Senior Hippology Team after we won first place at the 2019 Regional Competition.

When I think back, I first joined 4-H because I wanted to enter projects and show at the fair, and I have to say it has remained one of my favorites in 4-H. It gave me the opportunity to be eligible for and receive a scholarship for college. My ten-year 4-H experience also provided many opportunities to meet people and have experiences I never would



The Region 5 B Senior Horse Quizbowl Team just before we competed at the 2018 State Competition.

continued on page 12



My heart horse Shawnee and me.

have had otherwise. One of my favorite experiences was attending Schoharie County 4-H Vet Science Camp, where we learned about a variety of animals and even participated in a few hands-on dissections. By far the best thing that happened because of 4-H is that I met the person who I bought my heart horse, Snip the Moon (Shawnee), from. When I purchased Shawnee, she was not the horse I was looking for, but since then, she has proved repeatedly that she was the horse I needed.



Teaching younger club members in The Rider's Club how to tie quick-release knots.

4-H has provided the most valuable extra-curricular experience I have had. Throughout my 4-H career, teaching and mentoring younger club members was something I enjoyed, while at the same time providing leadership experience. Even though I am no longer an active 4-H member and am busy with college and work, I am happy to be a part of 4-H by helping with the Schoharie County Senior Horse Quiz Bowl Team and The Rider's Club.



Share Your 4-H Story

Child poet Mishaal Jave Dawar writes about the joy of youth in her poem “Memories, Childhood Memories” and laments that youthfulness is “Gone without looking back.” She closes her poem by writing:

*“Only one thing left,
To treasure,
To keep.
Memories.
Childhood Memories.”*



In that spirit, we invite you as a 4-H alumnus to share memories—your childhood memories of experiences, people, and activities that became your 4-H life. We want to share your story by featuring it in an upcoming issue of *Connections*. We are calling the series, *My 4-H Story*. For more information, please contact Jan Ryder, Associate Editor, at 518.234.4303 Ext. 112 or email her at jrc28@cornell.edu.

PUMPKIN CHILI

A quick, thick chili to warm you

Source: Dinner Tonight-Texas A & M Agrilife Extension

Serves 6



Nutrition Facts

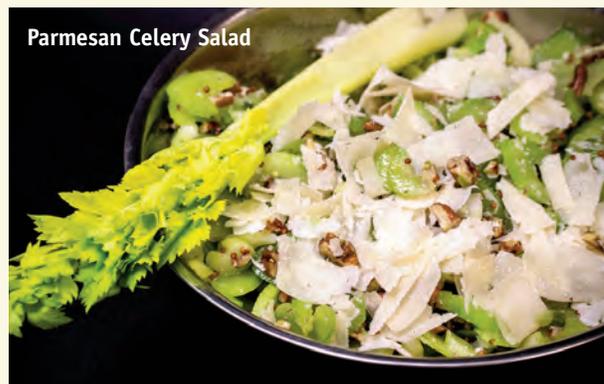
Serving Size		Servings Per Container 6	
Amount Per Serving		Calories from Fat 72	
Calories 238			
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 3g			
Cholesterol 40mg		13%	
Potassium 736mg		21%	
Sodium 438mg		18%	
Total Carbohydrate 23g		8%	
Dietary Fiber 7g		28%	
Sugars 6g			
Protein 23g		46%	
Vitamin A 242%		Vitamin C 90%	
Calcium 7%		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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

- 1 tablespoon olive oil
- 1 cup yellow onion, chopped
- 1 cup green bell pepper, chopped
- 1/2 cup jalapeño, seeded and chopped
- 1 tablespoon garlic, minced
- 1 pound extra-lean ground beef
- 1 (14.5 ounce) can diced tomatoes with the liquid
- 1 cup water
- 1 (15 ounce) can pumpkin puree
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (15 ounce) can kidney beans, rinsed and drained
- Salt and pepper to taste

Directions

1. Heat oil in a large pot over medium-high heat.
2. Add onion, bell pepper, jalapeños, garlic, and cook, stirring frequently until tender.
3. Add lean beef and cook until browned.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt, and pepper, and bring to a boil.
5. Reduce heat to medium-low and add beans.
6. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve.



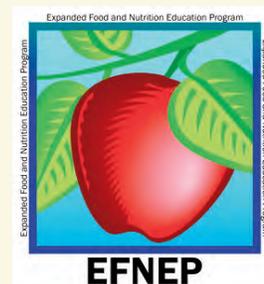
Parmesan Celery Salad

Notes:

- For a less spicy chili, substitute 1/2 cup red bell pepper, chopped; for the 1/2 cup jalapeño, seeded and chopped.
- For a hotter, spicy chili, substitute 1/2 cup serrano pepper, seeded and chopped, in place of the 1/2 cup jalapeño, seeded and chopped.

Know the facts . . .

- Pumpkin can be used for more than pie. It can be an unexpected ingredient in chili or spaghetti sauce or the star ingredient in soup or hummus and more.
- A five-pound pumpkin yields approximately 4 cups of cooked mashed pumpkin and freezes well. It is low in calories and carbohydrates, rich in potassium, and high in vitamin A and fiber.
- Cultivation of celery is believed to have started 3000 years ago in the Mediterranean region, where it was initially used as medicine. It was used in the treatment of a multitude of ailments including toothache, insomnia, hypertension, anxiety, arthritis, rheumatism, and purification of the blood. It was first used as a food in the 16th century in Italy.
- Celery is low in calories, high in fiber, and has significant antioxidant nutrients, including vitamin C, beta-carotene, and manganese. The antioxidant nutrients also include many phytonutrients that fall into the category of phenolic antioxidants and have been shown to provide anti-inflammatory benefits.
- For our companion recipe, **Parmesan Celery Salad**, go to cceschoharie-otsego.org/connections. Find the recipe link in the left menu.
- Join our Expanded Food and Nutrition Education 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.



PROGRAM EVENTS

Catskill Regional Agriculture Conference

January 9, 2020, 10:00 a.m. - 3:30 p.m. \$25/person
Cornell Cooperative Extension of Delaware County, in partnership with the Watershed Agricultural Council, will host the 17th Annual Catskill Regional Agriculture Conference. Top-notch speakers will be presenting timely information about dairy, livestock, vegetable production, and grazing management. Please visit at <https://ccedelaware.org/ag/crac> or call Kim at 607.865.7090 for more information. Registration requested by January 3, 2020. Farrell Hall, SUNY Delhi, Delhi, NY

EFNEP—Parent & Child Hands-on Cooking Class

Wednesdays, 4:30 - 5:30 p.m. on January 15, 22, 29, and February 5, 12, and 19
Or Thursdays, 4:30 - 5:30 p.m. on January 16, 23, 30, and February 6, 13, and 20
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. Michelle Leveski, EFNEP Nutrition Program Educator, will be teaching the lessons. Every family enrolling in and completing the lesson series will receive one \$40 certificate for athletic footwear from the Shoe Department Store sponsored by Bassett Research Institute's 5210 initiative. Call the Cobleskill Office at 518.234.4303 to pre-register by January 10. Lesson series is free. Class size is limited. Children should be age 4 and older.
CCE Extension Center, 173 South Grand Street, Cobleskill.

Schoharie and Otsego Master Gardener Volunteers Host National Seed Swap Events

Saturday, January 25, 2020, 10 - 11:00 a.m. Free and open to the public.
The last Saturday in January is National Seed Swap Day. The mission is to conserve and promote crop diversity in local communities through a planned event at which neighbors gather to exchange seeds and chat about their plans for the upcoming season. Participation is free, and you do not have to donate or have seeds to share to attend. The Schoharie and Otsego Master Gardeners invite you to join them at the following Seed Swap events:
- Middleburgh Public Library, 323 Main St., Middleburgh
- Huntington Memorial Library, 62 Chestnut St., Oneonta

Tree & Small Fruit for Homeowners

Saturday, February 8, 10 a.m. - noon.
Join Laura McDermott, Fruit Specialist from the Eastern NY Horticulture Program, for an indoor version of her annual workshop about large and small fruit for homeowners. Topics include variety selection for northern climates, pruning techniques, and disease and pest management. Cost is \$10.00/person, payable at the door. Registration is required by Thursday, 2/6, at <http://cceschoharie-otsego.org/events>, or call 518.234.4303 x111.
CCE Extension Center, 173 South Grand Street, Cobleskill

Suggestions for a Calendar Planting for Your Gardens

Wednesday, February 12, 12-1:00 p.m. Free and open to the public.
Otsego Master Gardener Mary Ellen Calta will lead a discussion about utilizing a garden planting calendar to plan for the 2020 gardening season.
CCE Education Center, 123 Lake Street, Cooperstown, NY

SAVE THESE DATES

Cobleskill Home & Garden Show

Saturday & Sunday, March 28 & 29, 2020
Schoharie Master Gardeners will be on hand to address your horticultural questions.
Cobleskill-Richmondville High School, 1353 State Rt. 7, Richmondville, NY 12149

Family Farm Day 2020

Saturday, August 29
Look forward to experiencing working farms in Schoharie, Otsego, and Delaware Counties at our Eighth Annual Family Farm Day on August 29, 2020.

Master Gardener Volunteer Training 2020

September 14 - November 16, 2020
Want to become a Master Gardener Volunteer? Plan to attend the Fall 2020 training to be held on Mondays, 9 a.m. - 3 p.m., for ten consecutive weeks starting September 14. The schedule of classes and locations will be posted shortly. For more information about the Master Gardener Volunteer Training, contact David Cox, CCE Schoharie and Otsego Counties, at 518.234.4303 x119, or visit our website at <http://cceschoharie-otsego.org/gardening/master-gardener-volunteer-training>.

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



Cornell Cooperative Extension
Capital Area Agriculture and Horticulture Program

6th Annual Hudson Valley Value-Added Grain School: Ancient Grains and Heritage Corn

Speakers from Bread Alone, Small Valley Milling, All Souls Tortilleria, and Cornell will discuss spelt, emmer, einkorn, and heritage corn—their production practices and markets.

Diversify Your Markets

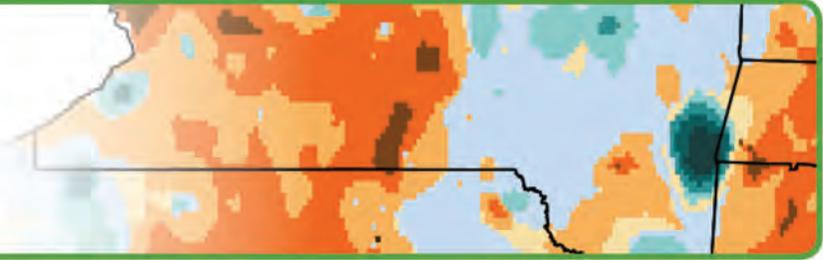
Friday, February 7, 2020 - 9:30am-3:45pm
Pegasus Restaurant 10885 Route 9W, Coxsackie, NY

\$40 Pre-register by February 5th

Agenda & Registration at

<http://ulster.cce.cornell.edu/grainschool2020>

Or contact Courtney, CCE Ulster Co. at
cmc534@cornell.edu, 845-340-3990 ext. 311



The Cornell Climate Smart Farming Website

The CSF Website was built to serve farmers, extension educators, and agricultural consultants in the Northeastern United States, and provides powerful, free, and user-friendly decision tools, resources and other CSF-specific features at: www.climatesmartfarming.org.

Decision Tools, Resources, and Extension Support in a Changing Climate



The CSF homepage is laid out vertically in easy-to-navigate key sections. You can scroll from top to bottom to explore our:

CSF News Updates, "About Us" Page, and Contact Information

CSF Decision Tools

CSF Cooperative Extension Team

CSF Resources and Best Management Practices

CSF Online Farmer Forum

Multimedia: Photos and Farmer Videos

Search Bar and Social Media Links

The Climate Context for Your Farm

Farms in the Northeast are increasingly dealing with the challenges of extreme weather, climate variability and change. The Climate Preparedness page of the CSF website outlines the impacts of issues such as flooding and extreme rainfall, short-term drought, heat stress, freeze risk, and pest and disease pressures, and provides suggestions for possible solutions.

How is the changing climate affecting your farm?



Climate

Tools

Team

Resources

Forum

Videos

Climate Preparedness Makes Good Business Sense

The earth's climate is always in flux, but today's rate of change is far beyond what previous generations of farmers have had to face. Climate change is already posing new challenges, such as increased risk of flooding, summer heat stress, and more intense pest and weed pressures. Some farmers are beginning to plan to minimize the risks and capitalize on opportunities. In the Northeastern United States, there will be plenty of both. Making business decisions based on future scenarios is always a complex endeavor, and is muddled even more by

CSF Decision Tools

The CSF Tools provide science-based, location-specific, and practical information to help farmers and other agricultural professionals make the most informed decisions about their production systems based on historical climate conditions, current weather forecasts, and future outlooks. The tools use 2.5-mile resolution gridded data, allowing for accurate estimates of on-farm conditions for any location in the Northeast. Tools from partner organizations such as the NRCC and NEWA are also available below the current CSF-developed tools. Please send any feedback or questions about these tools or the CSF Website to cicss@cornell.edu.

Climate Smart Farming Tools

Climate

Tools

Team

Resources

Forum

Videos

CSF Apple Stage / Freeze Damage Probability



Charts model development stage plus T10, T50 & T90 Apple hardiness temperatures vs. daily minimum observed/forecast tempera-

CSF Growing Degree Day Calculator



Plots Growing Degree Days (GDD) to help predict plant development and pest/disease outbreaks, and provides a climatological context.

CSF Grape Hardiness & Freeze Risk



Charts hardiness temperature vs. daily observed/forecast temperatures for several varieties of grapes.

CSF Water Deficit Calculator



Monitors current and forecasted soil water deficit at your location to allow efficient water management and smart scheduling of irri-

1 2 →

Cornell Climate Smart Farming delivers trusted, research-based information and decision-making tools to agricultural stakeholders in the Northeast. Cornell CSF is a program of the Cornell Institute for Climate Smart Solutions.



Cornell University
College of Agriculture
and Life Sciences

For more information visit us at <http://climatesmartfarming.org>, or contact us at cicss@cornell.edu

Cornell Cooperative Extension Central New York Dairy, Livestock, and Field Crops Team



Educational programming and support are offered through workshops to on-farm events and includes one-on-one consultations working with farmers on:

DAIRY

Business, Calf Care, Dairy Replacements, Health, Milk Quality, Modernization/Facilities, New Technologies, Nutrition, Precision Feeding, and Reproduction

LIVESTOCK

Beef, Business, Goats, Sheep, and Swine

FORAGES

Hay and Silage

GRAINS

Barley, Corn, Malting Barley, Oats, Soybean, and Wheat

OTHER TOPICS

Forage Quality, Pests, Soil, Hemp, and More

For more information contact any of the specialists, or visit their website <https://cnydfc.cce.cornell.edu>



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Participants at 2019 Seed Swap, Kinney Memorial Library, Hartwick, NY

Seeds to Swap

Some practical reasoning led to the establishment of National Seed Swap Day as the last Saturday in January. According to smalltowngardener.com, the event needs to be held within two weeks of the official date in order to be considered as an official participant.

The national effort started in 2006 through the work of *Washington Gardener* magazine editor Kathy Jentz. Her actions resulted in the Seed Swap Day's inclusion in the national calendar from a Creative Living Podcast video on YouTube. She noted, "It coincides with a time in the calendar when seed catalogues are arriving and gardeners are starting to think about their future plans. We needed something in the winter to get together during the bleak January and February gray days. Held in conjunction with the U.S. National Arboretum, swapping seeds provides a low-cost way for gardeners of all levels to share stories and seeds."

Locally, two participating events sponsored by the Master Gardener programs in Schoharie and Otsego Counties are free and open to the public. Gardeners at any level are welcome, with or without seeds to donate or swap.

In Schoharie County, National Seed Swap Day event will be held at the Middleburgh Library, located at 323 Main Street. Schoharie Master Gardener Susan Carver started the program in 2015, having learned about the national event when she was the director of the Fairview Public Library in

Margaretville. "It seemed like such a great idea and luckily my fellow Master Gardeners agreed. Local businesses and individuals donate materials for the exchange. Participants really seem to enjoy collecting new seeds for their gardens and visiting with neighbors and friends."

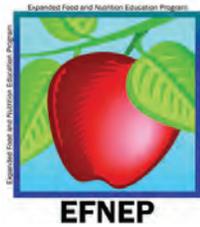
In Otsego County the event is being held this year in the city of Oneonta at the Huntington Memorial Library, located at 62 Chestnut Street. Master Gardener Program Leader David Cox said, "For the first two years, starting in 2017, it was held at the Kinney Memorial Library in Hartwick. The library staff was very helpful in making it a success, and I am hopeful that holding it in a more centralized location in the county will allow more people to attend." A participant in the Otsego event is Master Gardener Ellen Alex, who noted, "It's an opportunity to share gardening with like-minded people. Donations of seeds from local businesses and gardeners have helped make the event a success."

For more information, visit the website at <http://cceschoharie-otsego.org/events>.

Prepared by Otsego Master Gardener Mark Boshnack



CCE in Action!



Here is how you can support CCE outreach:

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



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

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