

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

JANUARY/FEBRUARY 2022

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National Seed Swap Day 2022

Do You Need Afterschool Childcare in the Schoharie School District?

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

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

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

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Seed Swap Day!

National Seed Swap Day happens every year on the last Saturday in January. Cornell Cooperative Extension Schoharie and Otsego Counties is happy to be participating in the National Seed Swap on January 29, 2022.

Schoharie County: 10 a.m.–noon at 173 South Grand St., Cobleskill.

Otsego County: 9 a.m.–noon in the Great Hall at St. James Church, 305 Main St., Oneonta.

See page 23 for more information.

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OUR MISSION

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

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

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Outside playing freeze dance

4-H Afterschool Fun Indoors and Out

Even as the weather began to cool, the children enjoyed some recreation time outside. They came up with a socially distanced version of freeze tag, called freeze dance. See photo above.

Indoors, the children worked hard to make giant snowflakes. It required lots of cutting, following detailed directions, and first-rate folding skills to complete the snowflakes. They showed a lot of diligence through some of the more tedious parts of the project and were very pleased with their accomplishments!

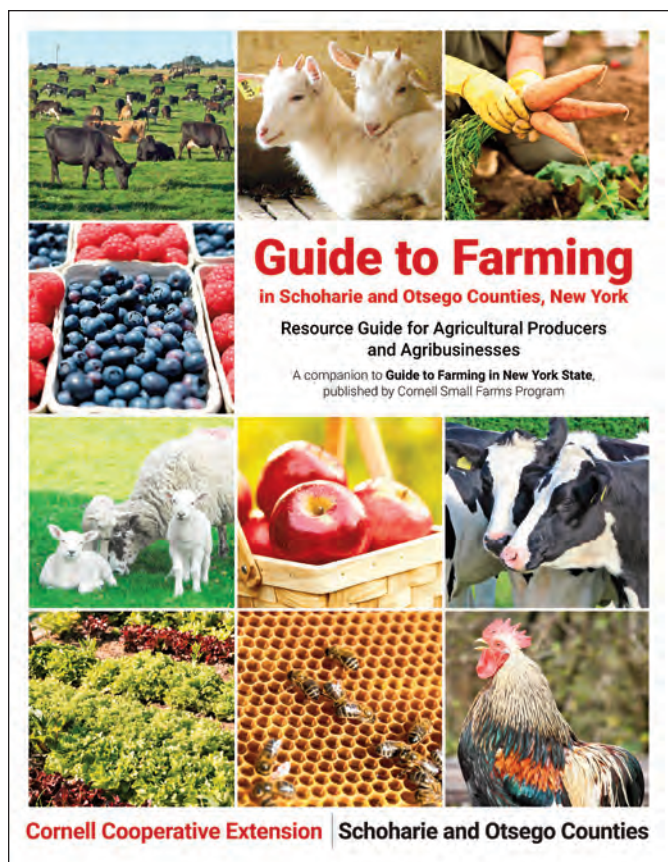


Snowstorm created by the children

As the seasons change, they continuously work on updating the bulletin board. The holiday season evergreen tree was created by tracing the handprints of staff and children in the program, cutting them out, and then layering them to create the look of overlapping branches.



The seasonal bulletin board showing off the latest creations



Supporting our Agricultural Diversity

BY **JIM BARBER**, AG & FARMLAND IMPLEMENTATION SPECIALIST

I am always impressed by the diversity of agricultural operations in our region of New York state.

Farmers and food-system entrepreneurs continually find ways to adapt their production to new and evolving market demands:

- Farms adding processing or cooperative marketing as a means to expand market opportunities
- Small farms providing research and education on regenerative agriculture as part of their business model
- Farms going in a totally new direction, such as Hickling's Fish Farm, which transitioned from dairy to become one of the largest fish hatcheries in the state.



Whether it is beginning farmers finding ways to produce profitable crops on small acreages through innovative production and marketing or multi-generation farms changing the focus of their operation to adapt to evolving markets and changing economic opportunities, it takes courage and determination.

CCE is here to support the efforts of everyone in the farm and food sector through information resources, applied research, educational programs, and community involvement.

One tool to help you find the information you need is the *Guide to Farming in Schoharie and Otsego Counties* (www.cceschoharie-otsego.org/resources/guide-to-farming-in-schoharie-and-otsego-counties). This resource guide is compiled in a two-part format that makes it easy for you to find the type of information you are looking for.

CCE also provides workshops and webinars on everything from dairy feed management or learning

how to grow hemp to maintaining and understanding financial records.

CCE also works to build awareness of the importance of agriculture to our communities and to our local economies through efforts such as tours for state and local policymakers, roundtable discussions with community stakeholders, and the annual Family Farm Day event.

Looking just a little way down the road, CCE is here to help farmers take advantage of the rising awareness that agriculture is an essential partner in creating systems to confront climate change and protect natural resources. Payments for Ecosystem Services



Partner Organizations and Programs		
CCE agriculture educators and specialists work closely with campus faculty primarily in the Cornell University College of Agriculture and Life Sciences, researchers with Cornell AgTech and the Cornell University Agriculture Experiment Station and other partners to drive sustainable development in New York communities.		
Cornell AgriTech	Cornell Craft Beverage Institute	Cornell Agricultural Experiment Station
Cornell Garden Based Learning	Cornell University Nutrient Management Special Program	Institute for Food Safety at Cornell University
New York State Integrated Pest Management Program	New York State Agriculture and Markets	Northeastern Integrated Pest Management Center
NY FarmNet	Produce Safety Alliance	PRO-DAIRY
School of Integrative Plant Science		



(PES) is one such approach. PES is being researched and studied through Cornell University to determine the environmental value of good practices and then compensate farmers for utilizing those practices.

Farming is hard work, and farmers must confront challenges every day, from bad weather to unforeseen market disruptions. Farming is also remarkably adaptable to opportunities across the spectrum of consumer demands. Figuring out the direction you want to go can be daunting. CCE is here to help find the path best suited to your operation and to assist you with all the resources available to us for making the journey down that path a successful one.

2/5/2022

REGISTER I'M INTERESTED

MONDAY, FEBRUARY 7, 2022

CCE

30 Hour Pesticide Training Course - February 2022

CCE HASSAU

30 Hour Pesticide Training Course - February 2022 FOR ORNAMENTALS AND TURF CATEGORY 3A ONLINE COURSE February 7, 8, 9, 10, 14 & 15 Siddam to...

2/7/2022

BUY TICKETS I'M INTERESTED

WEDNESDAY, FEBRUARY 9, 2022

CCE

Winter 2022 Greenhouse Grower School

CCE BROOME

Join a team of Cornell Cooperative Extension educators from across NYS for a hybrid Greenhouse Grower School taking place on Tuesday February 9th. The...

2/9/2022

BUY TICKETS I'M INTERESTED

THURSDAY, FEBRUARY 10, 2022

CCE

Horse Communications 2022

CCE ERIE

Horse Communications will be held at Revive Wesleyan Church, 4999 McKinley Parkway, Hamburg, NY 14075. The dates are: Thursday, February 10 in the evening...

2/10/2022

REGISTER I'M INTERESTED

4-H Happenings

Schoharie Happenings

At Schoharie County 4-H, we are looking toward our traditional winter activities. Clubs and county-wide offerings will be moving toward indoor project areas as the temperature drops and snow begins to fall. While still maintaining safety protocols, this winter appears to be more conducive for youth to gather for club meetings and project activities.



A fun all-ages indoor project from a past year

At the time of this printing, we have 11 clubs fully registered and 14 independent members. There are four clubs still gathering enrollment forms. Of these 15 clubs, four are brand new. Three are species-specific clubs, dedicated to rabbits, poultry, and dogs. The fourth club, located in the Gilboa-Conesville area, is an exciting addition! It has been many years since 4-H was active in that part of the county. This club will explore many project areas and has a robust enrollment already. Each of these enthusiastic leaders has been accepting new members and is very excited to offer in depth curriculum and instruction to interested youth.

The first countywide clinic we offered was a Fine Arts Clinic on December 11. Local business owner Nancy Brumaghim led youth as they created three holiday-themed crafts at Harmony Acres, her store in Cobleskill. Nancy has been a wonderful resource: she evaluated our arts department at the county fair and has already led the Animal Aggies club through a painting project.

Scheduled for December 7th was an informational meeting regarding the 2022 Earn-an-Animal and Livestock Auction programs. The Earn-an-Animal program requires youth to purchase a livestock animal, keep records of the costs and profits associated with raising it, create an educational poster to be displayed with the animal at county fair, and submit project records to the committee at the end of the 4-H year. If all requirements are met, the youth will receive a monetary award to help cover the cost of purchasing their animal. The Livestock Auction program gives youth the chance to raise an animal, maintain growth and cost records, and then sell it for profit during the 4-H Livestock Auction held on the last day of the Schoharie County Sunshine Fair. These are both terrific opportunities for youth to learn both the business and management sides of farming.

January is traditionally the month we have offered a textile clinic, and this year is no different. We will be holding clinics on sewing, knitting, crocheting, and embroidery on Saturday afternoons throughout the month. These are usually very popular workshops, indicating that some things never go out of style!



At a sewing clinic in a past year

We are very excited to resume our traditional activities but are also hoping to develop and offer some new programs. There is a real interest in science and technology that we are looking to delve into. 4-H continues to reach our youth with relevant and applicable programming in an ever-increasing number of project areas.

Otsego Happenings

4-H is gearing up for a year of fun, friends, and learning. The new 4-H year started October 1st. It's time for new 4-H clubs in New York state to start!

The Otsego County 4-H program is looking for adult volunteers and new members ages 5–19 to start a 4-H club; contact Teresa Adell by email (tla47@cornell.edu) for more information.

4-H Clubs Busy at Work

The members and families of the Otsego County 4-H club America's Funniest 4-H'ers have been revitalizing the poultry barn on the Otsego County Fairgrounds. They have been working hard cleaning up old spaces and building new spaces.



Cleaning up after the chickens

New York State 4-H Agribusiness Career Conference

The 44th Annual New York State 4-H Agribusiness Career Conference was held on October 22, 2021 at SUNY Cobleskill. The conference was co-sponsored by NYS 4-H, the State University of New York (SUNY) at Cobleskill, and the NYS Farm Bureau Foundation for Education. Otsego County 4-H members Sean Kersmanc, Chase Burkhart, and Evelyn Kersmanc spent the day on campus exploring opportunities within agriculture fields and also learned about the academic requirements for professional positions available in the various agribusinesses. The day included seminars, guest speakers, and a guided tour of the SUNY Cobleskill campus and agriculture facilities.



Sean, Chase, and Evelyn at the NYS Agribusiness Career conference

Career Exploration, by Emma Peck

"I was lucky enough to participate in the Career Exploration program through 4-H this past spring/summer. It kicked off with an opening ceremony via Zoom and included game nights and a college night where we were able to listen to and ask questions of current college students, as well as college professors. We were given the opportunity to choose various career choices to explore, some through live interactions and some through prerecorded sessions which were viewed at our leisure. I chose the Women in Science workshop. It gave each

Continues on page 8

4-H Happenings, continued from page 7

participant a chance to explore a variety of topics such as why certain stereotypes exist, why certain toys are geared toward boys or girls, and how we can overcome those. We explored some current women scientists and their extraordinary contributions, as well as the bright future of women in the science field. This opportunity gave me hope and a new desire for a possible career in the science field. The possibilities are endless, not to be held back by one's gender. I am very thankful."

4-H Livestock Auction and Earn-an-Animal Programs

An informational meeting for the 2022 4-H Livestock Auction and Earn-an-Animal programs was held for 4-H members interested in selling an animal in the 2022 4-H Livestock Auction and to earn funding toward a project animal to raise and show as their own. Livestock Auction species include: beef, goats, poultry, rabbits, sheep, and swine. The Earn-an-Animal program requires dedication from the youth member and support from their guardians. Youth accepted into the programs will not only learn how to care for their animals, they will experience the process of researching, selecting, and purchasing an animal. Participants accepted into the programs will further develop their planning, time management, organization, and recordkeeping skills.



Abbie Ainslie

My Earn-an-Animal Story, by Abbie Ainslie

"For my Earn-an-Animal, I chose a Holstein. I have been showing for as long as I can remember, and this year I did not have an animal for show season, so I knew that I would have to buy one. I bought a Holstein summer yearling. This project has taught me responsibility and ownership. I have also been able to track things that I've never even thought about before, such as her feed intake and her feed rations. I have already been to two shows with her, and I am very excited to see what the future holds for us."



At the NYS 4-H Dairy Bowl

National 4-H Dairy Quiz Bowl Contest

In November, Otsego County 4-H member Sean Kersmanc was part of the NYS 4-H Dairy Bowl team. He traveled to Louisville, Kentucky with three 4-H members from across the state to compete in the National 4-H Dairy Quiz Bowl Contest. The team placed second overall, and Sean placed fourth on the written test. The team was coached by Pro-Dairy Youth Specialist with Cornell University Debbie Grusenmeyer and dairy producer Matt Young. Congratulations to Sean and the NYS 4-H Dairy Bowl Team!





Unearthing a Passion for Vegetables

Andrew McConnelee is a freshman at SUNY Cobleskill, majoring in Plant Science. Along with strong parental support, he credits his involvement in various 4-H horticulture projects as helping to develop his passion for that field of study. Andrew is a thoughtful, cheerful, and hard-working young man who displays the very best of 4-H in all he does.

Andrew initially joined the Animal Aggies 4-H Club and participated in their various animal and environmental projects. Independently, he was cultivating a growing garden at home and finding that he really enjoyed this work. When Price Chopper initiated a program inviting 4-H youth to sell their locally grown produce at the stores, Andrew jumped right in. He participated in this program until Price Chopper discontinued it. Through this experience, Andrew realized that this was an area he was very interested in and might want to pursue as a career in the future.



Andrew in his abundant garden

Over time, Andrew chose to change his 4-H enrollment status to “Independent.” This allowed him flexibility to focus on specific agriculture project areas. His family became involved in raising Angus cattle, growing and baling hay, and harvesting and selling firewood. Andrew embraced all these endeavors and enjoyed working with his parents and brother.



Andrew and some calves from his family's herd of cattle

Andrew successfully completed the National Safe Tractor and Machinery Operation course given by Schoharie County 4-H in cooperation with SUNY Cobleskill during his 4-H tenure. This is a time-intensive and challenging program that teaches youth to operate farm equipment with safety and precision. Only a handful of 4-H youth successfully complete this certificate program each year.

Continues on page 10



Getting guidance at the National Safe Tractor and Machinery Operation course

Every summer, Andrew entered his 4-H projects in the Schoharie County Sunshine Fair. The bulk of his projects were vegetables and woodworking items. He enjoyed seeing other members' projects and seeing how the items were all displayed.

Andrew took pride in presenting healthy, vibrant vegetables and well-crafted, detailed wood pieces. His entries were often picked as "Best-in-Show" and sent to the New York State Fair.

Along with 4-H, Andrew participated in Future Farmers of America (FFA) at Cobleskill-Richmondville High School. This experience further cemented his interest in agriculture, and specifically horticulture.

Deciding on his field of study was a challenge; he chose between Plant Science, Animal Science, and Forestry. Each of these areas interested him, but he continually returned to his love of planting, cultivating, and harvesting. Getting his hands in the soil, tending the fragile sprouts, and producing nourishing vegetables was his real passion. He applied to SUNY Cobleskill's Plant Science department and was accepted into the program. To assist with the costs of college, Andrew applied for many scholarships. Two of those scholarships were a direct result of his 4-H involvement: he was awarded a Sunshine Fair Scholarship and the New York Corn and Soybean Growers Association Scholarship.

Andrew continues to keep ties to Schoharie County 4-H. He plans to volunteer with horticulture projects within our clubs and to help organize the 4-H plantings at the fairgrounds next summer. Developing technical and leadership skills in our youth is a critical part of 4-H. Andrew is an excellent example of that!

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
- COVID-19



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

Cornell Cooperative Extension
Eastern New York Commercial Horticulture



Go to their website: www.enych.cce.cornell.edu for more information and to enroll in their services.

STUFFED CABBAGE ALA CROCK POT

Serves 8

All day cooking without looking



Ingredients

- 1 small head of cabbage, chopped
- 1 pound lean ground beef
- ½ cup onion, chopped
- ½ cup UNCOOKED brown rice
- 1 (10¾-ounce) can of tomato soup
- 1 soup can of water
- vegetable oil spray

Directions

1. Chop cabbage, put in bottom of slow cooker.
2. On the stove, in a skillet prepared with vegetable oil spray, brown the meat and onion; drain if necessary.
3. Stir uncooked rice into meat and onion mixture. Pour over cabbage.
4. Pour tomato soup and can of water on top. DO NOT STIR.
5. Cook on high for 5-6 hours or on low for 8-10 hours.
6. Add more water if needed.

Know the facts . . .

- January is National Slow Cooker month.
- Are crock pots and slow cookers the same? The names are usually used interchangeably, but Crock-Pot is the name of a brand that first came on the market in the 1970s. It has a stoneware pot that is surrounded by a heating element, whereas a slow cooker is typically a metal pot that sits on top of a heated surface. There are many other brands that manufacture slow cookers.
- Are slow cookers safe? Yes, if used correctly. Food is cooked slowly at a low temperature, over several hours. The combination of direct heat from the pot, lengthy cooking, and steam destroys bacteria, making the slow cooker safe for cooking foods. But make sure to thaw your meats before putting in the slow cooker! See tips below.
- Slow cooking usually takes between 4–12 hours to be done, depending on whether you use the low or high setting.

Tips for using a slow cooker:

- Keep the lid in place during cooking. Removing the lid slows cooking time. Every time the lid is lifted, about 15-20 minutes of cooking time is lost.
- For minimal cleanup, rub the inside of the stoneware with oil or spray it with nonstick cooking spray before using it. Slow cooker liners also make cleanup a breeze.
- Liquids do not boil away in slow cookers. In most cases, you can reduce liquids by one-third to one-half when converting a non-slow cooker recipe for slow cooker use.
- ALWAYS defrost meat or poultry before putting it in the slow cooker. If you place frozen meat or poultry in a slow cooker, it can spend too much time thawing, allowing bacteria to multiply and make you sick. Using defrosted foods will also ensure your meal cooks evenly and all the way through.
- Cut large pieces of meat into smaller pieces before adding it to the slow cooker and make sure your slow cooker is half to two-thirds full to ensure foods cook thoroughly.
- Many vegetables cook slower than meat and poultry in a slow cooker; if using them, put them in first. However, add very soft vegetables like peas, tomatoes, or mushrooms during the last 45 minutes of cooking time.
- Add milk, cheese, and cream during the last hour to prevent curdling.
- Add grains such as pasta and rice at the end of the cooking process (or according to recipe) to avoid them becoming mushy. You can also prepare separately and add it just before serving.
- Be very careful when opening the lid, as the steam will be very hot and can cause burns.
- Don't reheat in a slow cooker. Reheat leftover foods on the stove or microwave (165 degrees F or above).

Advantages of using a slow cooker:

- Slow cookers can save money. The low heat helps less-expensive, leaner cuts of meat become tender and shrink less.
 - Having a meal at home in the slow cooker eliminates the temptation to order take-out which is often less nutritious and more expensive.
 - Saves time: slow cookers usually allow one-step preparation. Placing all the ingredients in the slow cooker saves preparation time and cuts down on cleanup.
 - Not only does a slow cooker use less electricity than an oven, using this cooking method in the summer can eliminate heating up your kitchen unnecessarily.
- Give this other yummy slow cooker recipe using chicken a try: www.cceschoharie-otsego.org/resources/chicken-ala-king.

Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.8mg	10%
Potassium 141mg	4%
Vitamin A	4%
Vitamin C	60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes:

- Ground turkey may be substituted for the ground beef.
- Alternative oven directions: use a covered casserole dish prepared with vegetable oil spray, follow the directions, cover, and bake at 350°F for 1 hour.





Growing Dwarf Citrus Plants in the Northeast

BY JESSICA HOLMES, AG & HORTICULTURE EDUCATOR

For those who live here in the Northeast, growing citrus is out of the question because of the cold winters, right? Wrong! Don't shy away just yet! If you have the right conditions, you can grow them indoors in your own home.

Some of the citrus plants that can be grown inside include, but are not limited to, Ponderosa and Meyer lemons, Calamondin and Otaheite oranges, and kumquats. Most varieties have an option of compact or topiary form, and typically range in container size from one to three gallons.

- The Meyer lemon is a very popular choice for an indoor houseplant that bears fruit. It produces medium-sized, sweet lemons with soft, thin skin.
- The Ponderosa lemon produces fruit a little bit larger than the Meyer lemon and has a sour taste, more like a true lemon.
- The Calamondin orange produces tiny fruit, one to two inches in diameter. They are very sour, but they can be used in many recipes and can be added in place of lemon in water for extra flavor.
- The Otaheite orange is technically not an orange, but a lemon-and-tangerine cross. The taste is often compared to a sweet lime.

- Another popular indoor citrus is the kumquat, which is about an inch in diameter with an oblong shape and sour taste.

The best way to grow citrus in your house is to maintain a temperature of 65 to 70°F during the day and 55 to 60°F at night. The room should be bright and allow for a few hours of direct sunlight. Make sure that your citrus plant is consistently moist but not soaked. It would be best if you didn't allow the plant's soil to dry out fully. Most homes have dry air, especially in winter; you may need to invest in a humidifier to use in the room with your citrus. Avoid rooms with a wood stove, if possible. You will want to fertilize your citrus from March through September; discontinue fertilizing during the winter months.

In the springtime, when temperatures are consistently about 50 to 55°F at night, you can slowly start to adjust them to the outdoors. Do this over two weeks, gradually increasing the light. This also goes for when you bring them back inside for the winter; gradually decrease sunlight for this period. Also, make sure to scout for any insects before putting the plants inside so they do not spread to your other houseplants.

Houseplants

Here are some attractive houseplants to consider adding to your home this winter, broken out by their required light conditions.

Shade

Snake Plant, *Dracaena trifasciata*
Marginata, *Dracaena marginata*
Christmas Cactus, *Schlumbergera*
Philodendron, *Philodendron*
Pothos, *Epipremnum aureum*
Ivy, *Hedera*
Jade, *Crassula arborescens*
Palms, *Arecaceae*
Peperomia, *Peperomia*



Peperomia

Full Sun

Chinese Evergreen, *Aglaonema*
Croton, *Codiaeum variegatum*
Rubber Plant, *Ficus elastica*
Fiddleleaf Fig, *Ficus lyrata*
Amaryllis, *Amaryllis*
Hyacinth, *Hyacinthus*
Geraniums, *Pelargonium*
African Violet, *Saintpaulia*
Peace Lily, *Spathiphyllum*
Citrus Plants
Dumb Cane, *Dieffenbachia*
Succulents and Cacti
Orchids, *Orchidaceae*



Fiddleleaf Fig

Partial Shade

Begonias, *Begonia*
Caladium, *Caladium*
Spider Plant, *Chlorophytum comosum*
Snake Plant, *Dracaena trifasciata*
Goldfish Plant, *Nematanthus*
Marginata, *Dracaena marginata*
Christmas Cactus, *Schlumbergera*
Rubber Plant, *Ficus elastica*
Fiddleleaf Fig, *Ficus lyrata*
Prayer Plant, *Maranta leuconeura*
Philodendron, *Philodendron*
Pothos, *Epipremnum aureum*
Peace Lily, *Spathiphyllum*
Wandering Jew, *Tradescantia zebrina*
Arrowhead Plant, *Syngonium podophyllum*

Jade, *Crassula arborescens*
Palms, *Arecaceae*
Peperomia, *Peperomia*



Goldfish plant



What's (So)up With You?

Hot soup is a delightful companion to cold weather. Soup is also a wonderful way to get a nutritious, well-balanced meal, as it can easily include vegetables, lean proteins, whole grains, and maybe even dairy or fruit, in an easy-cleanup one-pot meal. Plus, brothy soups are an excellent way to stay hydrated in the relatively low humidity of winter, and they freeze well.

Fun Soup Facts

Scientists think that people have been making soup for at least 20,000 years, based on shards of singed pottery found at an archaeological site in China. Historians think that restaurants began as roadside stands that sold soup.

Peoples all over the world have some kind of traditional soup: alphabet soup (American); matzoh ball soup (Jewish); tom yum (Vietnamese); bird's nest soup (Chinese); borscht (Russian); goulash (Hungarian); lentil soup (Middle Eastern); minestrone (Italian); maafe (West African); and fanesca (Ecuadorian). There is a never-ending beef noodle soup in a small restaurant in Bangkok that's been simmering for 45 years!

Our culture is steeped in soup references: phrases like "from soup to nuts" and "thick as pea soup;" the traditional children's story about how we are better when sharing, "Stone Soup;" the bestselling series of inspirational stories, *Chicken Soup for the Soul*; and even the TV series *Seinfeld* lifted soup's profile with its 116th episode, "The Soup Nazi."



A version of maafe, "African Sweet Potato Stew"

Homemade vs. Store Bought

However, not all soup is made the same.

Read the nutrition facts labels on canned soups or on fast-food menus. They often have way too much salt, and the creamy ones often have too much fat. Instead, give these recipes for homemade soup a try.

NUTRITION FACTS				
2 servings per container				
Serving Size		1 cup (242g)		
	Per Serving		Per Can	
Calories	100		230	
	% DV *		% DV *	
Total Fat	2.5g	3%	6g	7%
Saturated Fat	1g	4%	1.5g	9%
Trans Fat	0g		0g	
Cholesterol	25mg	8%	50mg	17%
Sodium	680mg	30%	1510mg	66%
Total Carbohydrate	13g	5%	29g	11%
Dietary Fiber	1g	4%	2g	9%
Total Sugars	1g		3g	
Incl. Added Sugars	0g	0%	<1g	1%
Protein	7g		15g	

Look at the sodium content for this popular name brand of vegetable soup..

Even if you're not a super soup person, there is definitely some kind of soup out there for you!

Soup Recipe #1: "Any Night" Speedy Beef Barley Soup

Traditionally, beef barley soups start with a slow-cook cut of beef. Here, it's replaced by ground beef and beef broth, making it a great choice any night.

Find a printable version with nutrition facts here:
www.cceschoharie-otsego.org/speedy-beef-barley



Beefy Vegetable Barley Soup with Garlic Toast by lynn.gardner is licensed with CC BY-NC-SA 2.0

Ingredients: ½ pound lean ground beef; 1 bay leaf; 2 cups water; 1 large carrot, cut up; 2 stalks celery, cut up; 1 small onion, chopped; 1 cup canned tomatoes; ¼ cup pearly barley; ½ teaspoon salt, optional; ⅓ teaspoon pepper; 2 cups beef broth, low sodium.

Instructions: Brown the meat in a deep saucepan. Add the bay leaf and the water; cover and heat until the water boils. Turn the heat to low and cook 20-30 minutes. Remove bay leaf. Add the rest of the ingredients; cover and bring the soup back to a boil. Turn heat to low and cook about 20 minutes or until vegetables and barley are tender.

Soup Recipe #2: "Slow cooker" Black Bean Hearty Soup

Most people would benefit from adding more beans to their diet. Prepare this soup the night before for a meal that will be waiting for you when you get home from work.



Find a printable version with nutrition facts here:
www.cceschoharie-otsego.org/black-bean-hearty-soup

Ingredients: 3 medium carrots, halved and thinly sliced; 2 celery ribs, thinly sliced; 1 medium onion, chopped; 4 garlic cloves, minced; 1 (30-ounce) can black beans, rinsed and drained; 2 (14-ounce) cans chicken broth, low-sodium; 1 (15-ounce) can crushed tomatoes; 1½ teaspoons dried basil; ½ teaspoon dried oregano; ½ teaspoon ground cumin; ½ teaspoon chili powder; ½ teaspoon hot pepper sauce (optional).

Instructions: In a slow cooker, combine all ingredients (plus hot sauce if using). Cover and cook on low for 9-10 hours or until vegetables are tender. Serve over ½ cup rice.

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Soup Recipe #3: "I Can't Cook" Vegetable Soup

Is your idea of cooking heating frozen dinners in the microwave? This soup is for you. Have you got some leftover rice from take-out or the last pickings of a supermarket rotisserie chicken? They would be perfect to add to balance out this soup. Or eat it with a slice or two of whole wheat bread with hummus or peanut butter.

Find a printable version with nutrition facts here:
www.cceschoharie-otsego.org/vegetable-soup

Ingredients: 1 (15-ounce) can chicken broth, low sodium; 1 (15-ounce) can diced tomatoes with Italian seasoning; 1 (16-ounce) package mixed vegetables, frozen

Instructions: In a 2-quart microwave dish combine chicken broth, tomatoes, and vegetables. Cover and microwave on high for 3 minutes. Remove the dish from microwave and serve.

Soup Recipe #4: "I Can't Believe it's not Cream" Cream of Carrot Soup

Delicious as cream-based soups can be, you might avoid them because of their high saturated-fat—and also calorie—content. Try this version, which cuts way back on saturated fat and calories by using evaporated skim milk.



Plus, this recipe is wonderfully flexible! You can use an equivalent amount of any vegetable in place of the carrots. And don't be afraid to double the amount of carrots (more veggies is always healthier!); just use a bit more water when you cook them

(just enough to cover them in boiling water; excess water will make a less creamy soup).

Find a printable version with nutrition facts here:
www.cceschoharie-otsego.org/cream-of-carrot

Ingredients: 1 cup diced carrots; ½ cup boiling water; 2 tablespoons onion, minced; 3 tablespoons butter; 3 tablespoons flour; 2½ cups evaporated skim milk

Instructions: In a small saucepan, combine carrots and water, cover. Simmer until carrots are tender. Set aside. In a medium saucepan, cook onions in butter until tender. Add flour, mixing until smooth. Then add milk, stirring constantly. Continue stirring while cooking on low heat until thickened. Add carrots (with water) from small saucepan. Heat thoroughly and serve.

Soup Recipe #5: "Appease your Sweet Tooth" Butternut Squash and Apple Soup

This naturally sweet soup will be a favorite with kids as well as adults.



Find a printable version with nutrition facts here:
www.cceschoharie-otsego.org/butternut-squash-and-apple-soup

Ingredients: 3 tablespoons butter; 1 large onion, chopped; 1 medium butternut squash (about 3 lbs.) peeled, seeded, and cut into 1-inch cubes; 6 cups chicken broth, low sodium; 4 apples, peeled, cored and chopped; ⅛ teaspoon nutmeg; 2 cups evaporated skim milk; 2 tablespoons packed brown sugar (optional; use if apples are a tart variety)

Instructions: In a large pot, melt butter over medium heat. Add chopped onion and sauté, stirring

occasionally, until tender and translucent (4-6 minutes). Add butternut squash and chicken broth. Bring to a boil; reduce heat to medium low. Simmer, stirring occasionally, until squash is tender (about 20 minutes). Add apples and nutmeg. Simmer, stirring occasionally, until apples are tender (about 15 minutes). Using blender or food processor, purée soup (in batches) until smooth. Return blended soup to pot; stir in evaporated milk. Season with brown sugar, if using, and pepper to taste.

What Else?

Stock and broth can both be used as bases for soups. They are similar in taste, but not the same. Traditionally, stock is made from simmering bones (along with veggies and herbs), whereas broth is made from simmering meat. Stock is often made with much less salt, so is usually a better choice when watching your sodium intake.

You can give soup as a gift: in a large jar, layer legumes like beans, lentils, or split peas, plus grains like barley, brown rice, or pasta elbows, along with herbs and dried broth/stock concentrate; don't forget to add a ribbon and recipe card.

Oh, and put those cans of less-than-healthy soup to a better use: if you don't have free weights, they're the perfect beginner-level exercise tool while doing arm curls, shoulder presses, and lateral and flexion arm raises.

If you are interested in more healthy soup recipes like Chicken Tortellini Soup, Curried Lentil Soup, and Super Soup Surprise, visit our website (www.cce.schoharie-otsego.org/nutrition-health) where you can also learn how you can participate in our free nutrition/cooking classes. Or contact our nutrition educators directly: Michelle Leveski, mml39@cornell.edu, 518-234-4303, ext. 115, or Kimberly Ferstler, kmf239@cornell.edu, 518-234-4303, ext. 120.

Have you checked out Life's Solutions yet?



www.blogs.cornell.edu/efnep-schoharie-otsego

Sometimes just a little bit of information makes all the difference when faced with challenges . . .



Cornell Cooperative Extension Schoharie and Otsego Counties has shared some of Life's Solutions over the past year to help families and individuals meet this need. Here are some topics we've written about:

When Someone Eats the Last Slice: how to make bread without yeast

Bigger Isn't Always Better: all about zucchini

Kitchen Gifting: holiday gift ideas from the kitchen for adults, kids, and dogs

Show Them Some Love: delicious, healthy, affordable dessert recipes

And many more!

Articles are added 1-2 times per month, so be sure to check back periodically.

Have a topic you'd like to see covered? Let us know, we'd love to hear from you!

You can contact Kimberly Ferstler at 518-234-4303, ext. 120 or email kmf239@cornell.edu



A social herd

Everyday Behavior Modification, Part 1:

Management-Related Behaviors—Methods to Create, Change, or Eliminate Behaviors

We tend to think of horse training as something that only happens when we're trying to accomplish a goal. But the truth is that horses don't stop learning when we stop consciously teaching. An owner may send a young horse off for training to be started under saddle, or we may plan a training session with the intention of desensitizing the horse to some frightening object, but we rarely stop to consider what our everyday actions teach the horse. Every time you handle, ride, drive, or interact with an animal, you are training them—for better or for worse.

Many Behaviors are Management-Related

The best method to control unwanted behavior is to prevent it. Once a horse develops an undesirable behavior, it can be difficult to break the habit. The horse has learned that this behavior makes them feel good, and the habit may become a life-long self-rewarding compulsion.

Sometimes a behavior is strongly linked to an environmental influence. In this case your training will

be much more effective if you address the external stimulus prior to addressing the behavioral aspect of the horse's actions.

Give them the best possible foundation on which to build their education by fulfilling your horse's need for socialization, limiting time confined to a stall, and by providing them with a balanced, forage-based diet.

Determine the Cause of the Behavior: Rule Out Pain First!

It is important to determine whether a behavior (or lack of a behavior) is caused by pain, fear, or stress, or if the behavior is being inadvertently reinforced or discouraged.

Your first consideration when faced with an undesirable behavior should always be, "Is there a medical cause for this behavior? Could I be missing a physical lameness, injury, or internal condition that is causing the animal pain or discomfort?" If you're unsure, stop here and consult a profes-

sional for an exam. Pain is more motivating than your reward can ever be, and chronic pain may result in aggression. For example, if you're trying to teach your horse to lift their hind feet for the farrier, but arthritis pain in their hocks is causing them to kick out, the arthritis must be addressed, rather than punishing the horse for kicking.



A farrier at work

To effectively modify a behavior, we need to first determine the cause by reading the animal's body language, evaluating their energy level and mental state, and by taking into consideration how the individual communicates and learns. The ability to "read the horse's mind," or to infer what the horse is thinking based on body language is a skill that is developed through years of experience interacting with horses.

Mealtime Stress

At feeding time, you may notice some horses kick the walls of their stall, paw, or they may "hover" a front leg (the horse bends a leg as if to paw but instead holds it in the air, sometimes making short pawing motions without contacting the ground). These are relatively common signs of tension or stress, which often occurs prior to—or during—meals due to food anticipation. It is often exacerbated by the release of digestive acids into an empty stomach. Punishing this behavior creates stress in an already-stressed horse and is likely to worsen the pawing habit.

General management changes which strive to alleviate stress at feeding time can reduce the prevalence of this type of behavior over time. Ensure the horse has a consistent supply of forage 24/7 to prevent empty stomachs, either by increas-

ing the quantity fed, feeding small amounts more frequently, or utilizing slow feed hay nets to slow consumption. Note: beware of wire, metal, or overly abrasive feeders as these can cause permanent damage to the teeth!



Fight!

Take steps to reduce competition and conflict when feeding in a herd setting. Space hay far enough apart to avoid arguments and provide more hay access points than the number of horses to reduce how often subordinates are driven from their meal. For example, if you have two horses in a field, place hay in three feeders/nets/piles instead of two. Avoid situations where one horse watches another eat first, such as at self-care facilities where each horse waits to eat until the owner arrives.

Stable Habits

Many undesirable behaviors in the stable (cribbing, chewing boards, kicking walls at feeding time, pacing, weaving, etc.) are caused by stress and can be reduced or eliminated in many cases. In a stall, movement is restricted, and round-the-clock access to forage is replaced with rich, concentrated feeds and grains fed twice a day. However, the horse's digestive system is designed to process high-fiber feed nearly continuously, aided by the horse's movement while foraging. This leaves the stomach empty between meals, which may trigger stress and starvation responses, putting the horse at risk for ulcers, colic, and other gastric upset.

When transitioning horses to "all-you-can-eat" hay, they may overeat in the beginning but generally slow down to a reasonable consumption rate once adjusted. Slow-feed hay nets made of soft

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A soft rope slow-feed hay net

rope material can help slow down the particularly voracious eaters and those on restricted diets. Large rocks placed in the horse's grain bucket slow their consumption of concentrates. Foraging-treat dispensers give the horse something to do when they must be confined and can help fulfill the desire to graze.

Some stable habits like cribbing, weaving, and stall walking can become compulsive behaviors, often called vices, which are much harder to control. Most vices are acquired to compensate for a deficiency of some sort. A horse may try to make up for a dietary fiber deficiency by chewing wood stall boards or fence posts, or a horse that is lacking certain trace minerals may be observed eating soil, tree bark, or feces. A confined horse with excess energy may walk in circles or weave in a stall, while a lonely horse may pace the fence line or show signs of depression (loss of appetite, lethargic demeanor, loss of body/coat condition).

Cribbing is a very common vice where the horse grasps an object (usually a fence, stall board, grain bucket, etc.), arches their neck, and contracts muscles in their neck to take air into the esophagus. I've personally seen two separate cases where a horse has broken their teeth and/or upper jawbone while cribbing, and the excessive wear on their teeth can diminish their ability to eat as they age.

Contrary to some theories, cribbing is not likely a learned behavior and horses have not been proven to begin cribbing after observing another horse performing the behavior. The cause of cribbing is strongly linked to a horse's diet, and multiple horses living under the same management



Vary your horse's forage types

conditions are more likely to acquire the same behavior. Increasing the total amount of forage offered through more frequent, smaller feedings, and varying forage types (pasture, long stem hay, hay cubes, beet pulp) can decrease the prevalence of cribbing behavior. Once it becomes a compulsion, though, cribbing is often most effectively controlled with a purpose-specific collar, as the behavior will often persist despite management changes.



Wood chewing does more than damage your fence!

In contrast to cribbing, some horses will chew, suck on, or eat wood from fences, stalls, etc. Wood chewing can cause damage to the horse's teeth and puts the horse at risk of impaction or digestive injury from swallowed splinters, and the sharp points left behind on the wood create an opportunity for other injuries. In my experience, wood chewing tends to be less compulsive than cribbing and more likely to be controlled by environmental and dietary changes. Poor-tasting coatings may be enough to discourage the behavior if addressed

quickly, while rubber or metal mechanical barriers provide permanent protection for surfaces.

Feral horses often travel upwards of 20 miles per day with their herd, grazing most of the time. A diet of concentrated grains and limited forage fed to a confined horse with limited social outlets leads to boredom, anxiety, and loneliness, and contributes to the adoption of vices. Some enrichments like toys, non-breakable mirrors, treats, and licks can provide entertainment to a stalled horse but cannot replace a balanced diet and ample turnout time with a well-matched social group.



A feral herd of horses

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

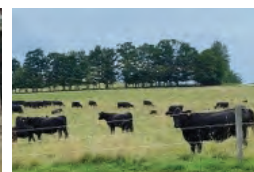
Hay and Silage

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 www.cnydfc.cce.cornell.edu



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Explore ... Connections

Cornell Cooperative Extension
Schoharie and Otsego Counties

The News of Cornell Cooperative Extension of Schoharie and Otsego Counties

Connections is the bimonthly electronic newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties.

Read about topics that are timely and relevant to you, whether your interests relate to being an individual or family, parent or youth, agricultural producer or home gardener.

Learn about upcoming events at Extension. See what's happening in 4-H, EFNEP (Expanded Food and Nutrition Education Program), Healthy Connections, Agriculture, Master Gardener, and 4-H Afterschool programs.

We also offer targeted newsletters:

- Connections EXTRA! (for ag/horticulture producers and marketers)
- Schoharie 4-H Newsletter
- Otsego 4-H Power of YOUTH Newsletter

Sign up at www.cceschoharie-otsego.org/connections-newsletter to receive your free subscription to *Connections* or any of our newsletters!

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PROGRAM EVENTS

Go to our website cceschoharie-otsego.org to see the most up-to-date listings offered. Due to New York State's response to the COVID-19 pandemic, our programming has become more fluid, and some is being brought to you online.

Budget Bites (held via Zoom)

Thursday, January 6, 2022, 5:00-6:00 p.m.

Other dates in this series: Thursdays, January 13, 20, 27, February 3 & 10

This series is also periodically offered in person; contact Michelle for specific dates.

This fun, interactive nutrition education series focuses on recipes using fruits and vegetables and is free to income-eligible families. Learn budget-friendly recipes and receive a \$30 or \$40 certificate for the Shoe Department upon completion of 6 lessons if eligible. Stipend for certificate awarded by Bassett 5210 Initiative. For more information or to register, contact Michelle Leveski at 518-234-4303 ext. 115 or email mml39@cornell.edu

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

Thursday, January 13, 2022, 6:30-9:00 p.m.

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

Martin Luther King, Jr. Day

Monday, January 17, 2022

The office will be closed in observance of the Dr. Martin Luther King, Jr. federal holiday.

What's For Dinner? (held in person)

Monday, January 24, 2022, 5:00-6:00 p.m.

Additional sessions in the series: January 31, February 7, 14, 28, March 7

Join our nutrition educator, Kimberly, for a 6-week series of classes to learn about both the "why" of eating healthy and the "how." About one hour a week includes a nutrition lesson and time for participants to create a dish together which they can then sample. The classes are free, supportive, fun, and interactive. Classes will be held in the large meeting room at CCE Schoharie & Otsego Extension Center (173 South Grand St., Cobleskill). Class will NOT be held on February 21 (Presidents' Day). COVID-19 protocols will be in place, including (but not limited to) the requirement to wear a mask in the building at all times when not tasting the recipe we create towards the end of the class.

People under the age of 18 are welcome to attend along with a registered adult, but please note that age 8 and older are recommended (basic reading skills and ability to help create the dish will make it a more satisfying event for participating children). Please let us know in advance if you have any food allergies. If interested contact Kimberly Ferstler at kmf239@cornell.edu or 518-234-4303 ext. 120.

National Seed Swap Day events (hosted by the Master Gardeners)

Saturday, January 29, 2022

Schoharie County: 10 a.m.-noon, at 173 South Grand St., Cobleskill

Otsego County: 9 a.m.- noon, in the Great Hall at St. James Church, 305 Main St., Oneonta

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 these local Seed Swap events.

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

Thursday, February 10, 2022, 6:30-9:00 p.m.

Meetings are open to the public. This meeting is tentatively set to be held at the CCE Extension Center, 173 South Grand St., Cobleskill. If interested in attending, please check with the office at 518-234-4303 to confirm the day and location of the meeting.

Presidents' Day

Monday, February 21, 2022

The office will be closed in observance of the Presidents' Day federal holiday.

Cooking With Kids

This series is offered regularly, and may also be offered as in-person classes; contact Michelle for specific dates.

At the time of this publication, these events had not been canceled. Any changes will be noted on our website; be sure to check prior to the events.

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

CCE in Action!



Here is how you can support CCE outreach:

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



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

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