

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

MARCH/APRIL 2022

Welcome to the New Farm-to-School Coordinator!	1
Please Also Welcome . . .	3
When is the Right Time to Plant my Vegetables?	4
Who You Gonna Call? Master Gardener Helpline!	5
Celebrating a World of Flavors	6
White Chili	9
Garden Journaling is a Good Idea!	10
Snowy Good Times for 4-H Afterschool	12
2022 4-H Day-old Pheasant Chicks Program	13
2022 4-H Otsego Dairy Calf Sale	13
4-H Happenings	14
The Horse-Human Language	16
Community Food & Cooking Days	19
Virtual Beginning and Ongoing Farm Series	20
Central NY Dairy Day	20
Upcoming Events	21
Monitor for Ticks	22
Program Events	23

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

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



Welcome to the New Farm-to-School Coordinator!

Our Farm-to-School (FTS) program is primed to begin anew, having been on hold since the outbreak of COVID-19 two years ago. In February, Lindsey Garner was hired as the new FTS Coordinator. “We are very excited to welcome Lindsey to our staff. She brings a wealth of experience and skills to the FTS position, as well as a genuine appreciation of the importance a FTS program brings to our rural community,” said Interim Executive Director Marilyn Wyman.

In her new role, Lindsey’s main initiative will be leading the “Local Foods-Healthy Schools” (LFHS) pilot program. LFHS is intended to develop—initially in collaboration with the Capital Region BOCES—a food procurement infrastruc-



Lindsey with her Schoharie shelter rescue, Waylon

ture that will assist local school districts to achieve and maintain the 30% New York State [school food budget] Initiative. Additionally, through improving local farms’ access to school systems (and other institutional buyers), farmers’ financial positions will be strengthened, and school children will consume healthy, local foods more often.

Lindsey brings eighteen years of experience in the food service industry, including serving as Sustainability Coordinator for Sodexo at SUNY Oneonta, recently as Northeast Operations Manager for the Steritech Group, and notably as Assistant Manager with Brock & Company Culinary Services at the Darrow School in New Lebanon, NY. “At the Darrow School, I played an integral role working with local farmers

Continues on page 2

PRODUCT ENDORSEMENT

Cornell Cooperative Extension and its employees assume no liability for the effectiveness or result of any product. Any reference to consumer or commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.



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



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

www.cceschoharie-otsego.org

OUR MISSION

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

Vol. 5, No. 2, March/April 2022. Published six times per year by Cornell Cooperative Extension Schoharie and Otsego Counties

Marilyn F. Wyman, Editor
Kimberly Ferstler, Associate Editor
Cathleen Berry, Design and Layout
Madelyn Sanchez, Proofreader

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

123 Lake Street
Cooperstown, NY 13326
607-547-2536
otsego@cornell.edu

www.cceschoharie-otsego.org

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

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

Welcome, continued from page 1

and purveyors to source a program that supported sustainability initiatives to feed the residential population. I also served as a member of the Chef's Consortium, a local nonprofit organization that plans and executes fundraising events showcasing local farms and supporting local communities."

Currently, Lindsey is enrolled with the Institute of Integrative Nutrition to obtain her health and wellness coaching certification, intending to educate the public about eating whole, locally sourced foods to optimize their health and vitality. "I'm so excited to serve as the coordinator for a program that aligns perfectly with the impact that I hope to make in this field."

Watch for an article from Lindsey in an upcoming issue of *Connections* that will go into more detail about our FTS program and the LFHS pilot program. In the meantime, if you would like to connect with Lindsey, you can reach her at 518-234-4303 ext. 114 or lhg45@cornell.edu.

FIND US ONLINE

Visit us at cceschoharie-otsego.org

Like us on **Facebook**:

Main association news: [CCESchoharieOtsego](#)

Nutrition education: [EFNEPCCESchoharieOtsego](#);

[HeathyConnectionsCCESchoharieOtsego](#)

Master Gardeners: [CCEOtsegoMG](#); [CCESchoharieMG](#)

4-H: [schohariecounty4H](#); [otsegocounty4H](#)

Ag education and programs: [CCESchoharieandOtsegoAG](#);

[AnniesProjectNYS](#); [FamilyFarmDay](#)

Follow us on **Instagram**:

Master Gardeners: [otsegomastergardener](#)

Family Farm Day: [familyfarmday](#)



Follow our **blog**:

Nutrition education: [Life's Solutions:](#)

blogs.cornell.edu/efnep-schoharie-otsego



NEWSLETTER SUBSCRIPTION

To subscribe to *Connections*, the bi-monthly e-newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties, visit our website, www.cceschoharie-otsego.org. Click on the red "Subscribe to Connections" button in the right-hand column, and fill out and submit your subscription. 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 readers' 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 any time.

Please Also Welcome . . .

**Helen Powers-Light, Ag & Farmland
Implementation Specialist**

**FARM
SOURCE
THRIVE**

Otsego.info

Helen joined us in late February, and we are excited to have her on staff! A lifelong resident of Otsego County and a graduate of the SUNY Cobleskill Business Management program, she will be working out of our Cooperstown office and can be reached at 607-547-2536 ext. 227 or hnp23@cornell.edu. Watch for a full introductory article in the next issue of *Connections*!

Rebecca Leone, Intern

We're also pleased to announce that we have an intern who will be with us through at least the beginning of summer! Rebecca hails from Buffalo and is currently a student at SUNY Cobleskill in the Plant Science Bachelors of Technology program. She expects to graduate in the spring and plans to continue her education to pursue a career as a professor in a plant science program at a university.



Rebecca Leone

"At school, my time is split between my classes and participating in clubs," explained Rebecca. "As President of the Plant Science and Sustainability Club, I oversee fundraisers, educational workshops, and club trips for my members. If I'm not at school, you can usually find me outside hiking, camping, or snowboarding."

Her work at Extension will include helping create new workshops for the Master Gardener program, participating in preparations for Family Farm Day, and writing for *Connections*. "I have a passion for sustainable agriculture and permaculture, which I plan to show through my upcoming articles," she said. "I am excited to show my dedication to the community that I have called home for the past year and a half."

Selected List of Vegetable Varieties for Gardeners in New York State 2022

The Cornell Research Based Learning: Food Gardening website has a lot of great resources and information on growing vegetables and herbs, fruit, polycultures, and agroforestry. Every year they generate a plant variety list for New York State gardeners. The list contains mainly vegetable—but also herb and fruit—seed varieties that are suggested to NYS gardeners for that growing year.

In the list are the seed varieties that have a high average rating from the Cornell Vegetable Variety Trials that are done every year statewide. There is also information about which varieties are resistant to problems common in New York State, such as mosaic viruses, bacterial leaf spot, fusarium, late blight, wilt, scab, thrips, and others.

For the full list of suggested varieties for 2022, please visit gardening.cals.cornell.edu/garden-guidance/foodgarden.



When is the Right Time to Plant my Vegetables?

Here are the steps to determine when it is best to plant your garden.

Know your first and last frost dates

In Schoharie and Otsego Counties, the last average frost date is May 26th for Cobleskill and June 6th for Cooperstown. The first average frost is September 17th for Cobleskill and September 14th for Cooperstown. These are very important dates in determining when to plant your vegetable garden.



Decide what kinds of vegetables you would like to plant. Are you direct seeding or transplanting? Are they warm- or cold-weather crops?

- **Cold-weather crops** are the first crops planted in your vegetable garden, from a few weeks to months before the last frost date. They need the cool temperatures to germinate and mature. Cold-weather crops need to be harvested before the heat of the summer and can be replanted in

the fall for another round of crops. Some vegetables, such as brussels sprouts, may even benefit from a light frost. If you are direct seeding, you may put seeds in the ground much sooner than a transplant. Cold-weather crops include asparagus, beets, broccoli, Brussels sprouts, chives, cabbage, carrots, cauliflower, kale, leek, lettuce, onion, parsnips, peas, radishes, spinach, Swiss chard, and turnips.

- **Warm-weather crops** are vegetables that need higher soil and air temperatures to grow and produce fruit. Typically, temperatures need to be consistently over 50°F—even at night—to plant your warm-weather crops safely. You may also want to consider covering some of the more sensitive crops, such as tomatoes and peppers, with a frost blanket if it gets under 60°F at night. With warm-weather crops you are often able to get only one crop per season, whereas with cold-weather crops you can often have two (spring and fall). To produce a sufficient crop, it is best to start seeds indoors or purchase transplants. You can direct seed in the soil when the time is right, but your crop might be delayed. Warm-weather crops include beans, corn, cucumbers, eggplant, melons, peppers, zucchini and summer squash, pumpkin and winter squash, sweet potato, tomato, and watermelon.

How do I determine when I can plant?

If you are transplanting, you would be considered safe to plant your cold-weather crop transplants the week of the last average frost, or even a week prior. Wait to plant your warm-weather crop

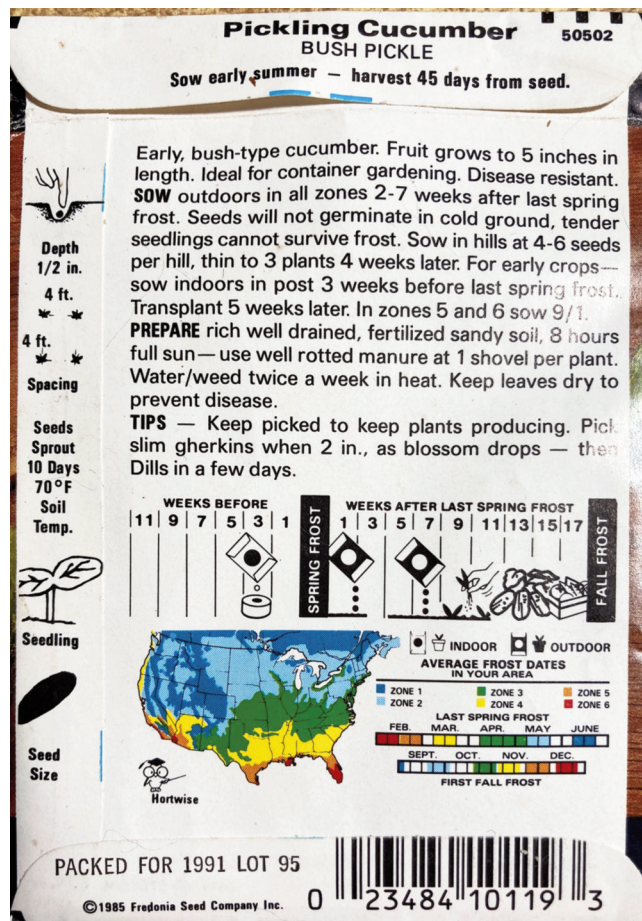


transplants until it is consistently over 50°F—however, keep in mind some warm weather crops, such as peppers, tomatoes, and basil, are more sensitive and prefer over 60°F.

If you have seeds, take a look at the back of the packet. It will often have all of the information you need. If it doesn't, take a look at the brand's website.

As you can see in the image to the right, the seed packet provides the number of weeks needed to be sown indoors before the last frost and when to sow outdoors before the last frost. It also provides the germination temperature, planting depth, days to germination, spacing, and the amount of sun needed.

To keep yourself organized and on track, make yourself a planting schedule to follow and check off as you go.



If you have any questions regarding your vegetable garden, please contact Ag & Horticulture Educator Jessica Holmes at jmh452@cornell.edu or 518-234-4303 ext. 119.

Who You Gonna Call? Master Gardener Helpline!

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

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

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



Call the Otsego or Schoharie County helpline or speak to a Master Gardener Volunteer at community events.



Celebrating a World of Flavors

March is National Nutrition Month®. This annual campaign was created by the Academy of Nutrition and Dietetics in 1973 as National Nutrition Week and was launched with a presidential proclamation, TV and radio public service announcements, news releases, and bumper stickers—all featuring the theme “Invest in Yourself—Buy Nutrition.” In 1978, Nutribird—with a body shaped like lettuce and a beak like a carrot—was introduced. Other persuasive themes that have been used over the years

NUTRIBIRD says:



“Eat a balanced diet every day!”

include: 1985 – Food: It even sounds nutritious. 1994 – Nutrition fuels fitness. 2002 – Start today for a healthy tomorrow. 2017 – Put your best fork forward. And this year—Celebrate a world of flavors.

Our World of Flavors

We are lucky in our area to have access to foods produced locally to internationally. Some local farms grow 40 different kinds of vegetables, a local orchard might offer 15 varieties of apples, and the supermarket brings us the tastes of tropical climates and faraway lands. There are many fresh choices year-round: if it’s not in season locally, it’s probably in season somewhere else in the world. Canned, frozen, and dried options are also readily

available, and sometimes more wallet friendly. They’re nutritious choices along with fresh—but watch for too much added salt and sugar in those lightly processed foods.

All this together gives us the possibility of the comfort of familiar choices, but also the chance to try something new. Thirty years ago, avocados and hummus were not common in kitchens across the U.S.—who knows what goodies are waiting for their time to shine? In the meantime, take a look at our lists here to check in with your old favorites and maybe discover a new favorite.

Even More to Explore

Using herbs, spices, and vinegars for flavor can help to keep our sodium intake down while boosting the delight of mealtime. When reaching for condiments—which are often high in salt (and sometimes fat and sugar!)—try to find low-sodium versions, or keep to a recommended serving size.

No More Boring Chicken

With a world of flavors to explore, if you’re bored with chicken, be bored no more! Here are some ideas to jazz up chicken night at your home. Pre-made spice blends can be found for many of these, though you might have the individual spices in your spice rack to make your own combinations.



The mild taste of chicken pairs well with an infinite array of flavors!

Need a recipe? Check out the healthy recipes at sources like the CCE Schoharie and Otsego Counties website (cceschoharie-otsego.org/recipes), **My Plate.gov** (myplate.gov/myplate-kitchen/recipes), and the American Heart Association (recipes.heart.org).

- **Chicken Shawarma** – A Middle Eastern dish that features black pepper, cumin, garlic, coriander, paprika, and sometimes other spices.
- **Jerk Chicken** – A spicy Caribbean dish with the flavors of hot peppers, allspice, ginger, cinnamon, and thyme, among others.

- **Southwest Chicken** – Think fajitas, with garlic powder, cumin, and chili powder.
- **Sweet and Sour Chicken** – The sweet can be from pineapple juice instead of sugar, the sour is usually vinegar, and they may be combined with soy sauce, ginger, tomato paste, and onion.
- **BBQ Chicken** – A creative version of BBQ sauce from the American Heart Association calls for unsweetened apple sauce, sugar-free peach preserves, and apple cider vinegar, along with meat (they used pork) seasoned with thyme, garlic, chili powder, paprika, and black pepper.
- **Sriracha-glazed Chicken** – The heat from this spicy Asian sauce can be tamed a bit by adding the sweetness of fruit to your dish or drinking some low-fat milk along with it.
- **Chicken Satay** – The sauce that tops this traditional skewered Thai dish often features peanut butter in addition to garlic, fish sauce, and soy sauce.

Is your favorite missing from our list? We'd love to hear what it is! Reach out to our nutrition educators with comments, questions, or to let us know about your interest in our free nutrition/cooking classes: Michelle Leveski, mm139@cornell.edu, 518-234-4303 ext. 115, or Kimberly Ferstler, kmf239@cornell.edu, 518-234-4303 ext. 120.

Vegetables



Golden beets have a sweeter, less "earthy" flavor than their red counterparts.

Probably in your kitchen

Corn
Tomatoes
Spinach
Carrots
Cucumbers
Potatoes
Broccoli
Green beans
Onion
Sweet potatoes
Pumpkin
Cabbage
Bell peppers
Zucchini
Celery
Black beans

Also fairly common

Kale
Buttercrunch lettuce
Radicchio
Asparagus
Rhubarb
Butternut squash
Turnips
Eggplant
Chives
Cauliflower
Beets
Brussels sprouts
Rutabagas
Mushrooms
Radishes
Chickpeas
Sugar snap peas
Acorn squash

More unusual

Collards
Kohlrabi
Swiss chard
Arugula
Jicama
Sunchoke
Chayote
Parsnips
Leeks
Watercress
Golden beets
Green tomatoes
Purple potatoes
Blackeyed peas
Bok choy
Fennel
Tomatillos
Okra
Artichokes
Broccoli raab

Vinegar

Probably in your kitchen

Distilled white vinegar
Red wine vinegar

Also fairly common

Apple cider vinegar
Balsamic vinegar
White wine vinegar

More unusual

Malt vinegar
Rice vinegar
Black vinegar

Continues on page 8

Fruits



Probably in your kitchen

Macintosh apples
Bananas
Oranges
Watermelon
Grapes
Strawberries
Blueberries
Peaches
Cherries
Cantaloupe
Raspberries

Also fairly common

Apricots
Kiwi
Blood oranges
Mango
Pineapple
Tangerines
Blackberries
Plums
Pears
Honeycrisp apples
Golden raspberries

More unusual

Loganberry
Kumquat
Persimmon
Elderberries
Papaya
Guava
Starfruit
Figs
Pawpaw
Custard apple
Dragon fruit
Huckleberry
Haskap berry

You can probably guess which of these is starfruit, even if you've never tasted it.

Grains



Probably in your kitchen

Wheat-based breads, pastas, and flours
Rice
Oats

Also fairly common

Barley
Millet
Quinoa
Buckwheat
Wild rice

More unusual

Farro
Amaranth
Teff
Sorghum
Spelt

Sorghum (also known as milo) is the third-largest cereal grain in the United States. Often used in livestock feed, it's also a nutritious, gluten free, whole grain option for humans.

Herbs and Spices



Probably in your kitchen

Black pepper
Cinnamon
Oregano
Garlic powder
Onion powder
Vanilla extract

Also fairly common

Pumpkin pie spice
Herbes de Provence
Lemon pepper
Cumin
Chili powder
Thyme
Ginger
Rosemary
Bay leaves

More unusual

Garam masala
Za'atar
Chinese five spice
Jamaican jerk
Japanese curry

Using herbs, spices, and vinegar for flavor in place of salt can help keep sodium intake down.

Condiments



Probably in your kitchen

Ketchup
Mustard
Hot sauce
Salsa
Relish
Mayonnaise

Also fairly common

Sriracha
Miso
Pesto
Soy sauce
Tzatziki
Worcestershire sauce

More unusual

Nutritional yeast
Chutney
Vegetemite
Fish sauce
Harissa
Piccalilli

Pesto is easy to make at home. Traditional recipes use basil, but try other leafy greens like spinach, chard, or kale. "Got Pesto!" by cogdogblog is licensed under CC0 1.0.

WHITE CHILI

Hot or mild—a crowd pleaser for all ages

Source: Iowa State University

Serves 5



Ingredients

- 1 whole boneless, skinless chicken breast (2 breast halves), cubed
- 1 cup onion, diced
- 4 cups reduced-sodium chicken broth
- 2 cans (15 oz. each) white beans (cannellini, great northern), drained and rinsed
- 2 cans (4 oz. each) diced green chiles
- 1½ cups frozen corn
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano

Helpful Hint:

To freeze chili, allow it to cool completely in the refrigerator, then place it in 1- to 1½-cup portions in freezer bags. Flatten the bags for easy storage in the freezer.

Directions

1. Spray a large saucepan with nonstick cooking spray and place over medium-high heat. Add cubed chicken and diced onion. Cook, stirring occasionally, for 5 minutes.
2. Add chicken broth, white beans, diced green chiles, frozen corn, garlic powder, ground cumin, and oregano to the saucepan. Heat until boiling. Reduce heat to medium.
3. Cook until chicken is cooked to 165°F (about 15–20 minutes). Stir occasionally while cooking.
4. If desired, use a potato masher to slightly mash beans to thicken the chili.

Know the facts . . .

- Chili has been a part of the American diet for more than 100 years and has evolved, resulting in a variety of interesting versions you and your family can choose from.
- Most people have a mental picture of what chili looks like to them: beef, red tomato-based sauce, kidney beans, and toppings like shredded cheese, sour cream, and jalapeño peppers—don't forget the heat!
- There are many versions of chili besides the traditional red chili. Here are just a few:
 - White Chili.** Instead of the traditional ground beef and tomato base, chicken and chicken broth are used along with white beans (like cannellini beans) and green chiles. This is the recipe we chose to highlight.
 - Vegetarian Chili** is made with no meat and contains lots of hearty beans.
 - Chile Verde** is a comforting Mexican-American slow-roasted stew with melt-in-your-mouth tender chunks of pork in a savory green sauce made with green tomatillos and roasted green chiles.
 - Springfield Chilli** (yes, with an additional "l") is the Illinois version of chili. Made with bacon, ground turkey, tomatoes, and beans, it's cooked in a can of beer and topped with oyster crackers and shredded cheese.
 - Texas Chili** is a spicy stew made without any beans. It contains meat (usually ground beef), tomatoes, peppers, onions, aromatics, and flavorful spices.
- Don't be in a hurry—slow cooking is the key to chili's deep, rich flavor. The longer it simmers, the more the flavors will meld together. In fact, chili is just the kind of thing you want to make a day ahead: it gets better with a night in the fridge. Chili can be cooked slowly on a stovetop or in a slow cooker.
- Chili can be made using a variety of meats, like hamburger, turkey, chicken, or pork.
- If you like a vegetarian chili, try experimenting with different bean types: kidney, great Northern (white kidney), pinto, black, or even chickpeas.
- Raw meat and chili don't go together! Always brown meat before adding, and make sure chicken is cooked thoroughly (no pink showing), unless using a slow cooker. Follow the recipe directions for a slow cooker.
- When adding fresh vegetables, sauté first to soften and bring out all their wonderful flavors.
- If you are someone that likes heat in your chili, try sliced fresh jalapeños or serrano peppers, ground cayenne pepper, or red pepper flakes.
- Try chili as a topping to spice up foods like potatoes, pasta, rice, hot dogs, French fries, or tortilla chips.
- Feeding a bigger group? Give this pair of recipes a try: Slow Cooked Chili (cceschoharie-otsego.org/resources/slow-cooked-chili) and Easy Corn Bread (cceschoharie-otsego.org/resources/easy-corn-bread)

Nutrition Facts

5 servings per container	
Serving size	1 1/2 cup
Amount Per Serving	
Calories	350
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 600mg	26%
Total Carbohydrate 51g	19%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 32g	64%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.6mg	20%
Potassium 940mg	20%

*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:

Serve with low-fat shredded cheese; sour cream or plain yogurt; or chopped vegetables like avocados, peppers, and onions.



Garden Journaling is a Good Idea!

BY PAULA SINATRA, SCHOHARIE MASTER GARDENER



Photo by Artsy Crafty on StockSnap

Greetings fellow gardeners!

Another winter is finally coming to a close and spring is on the horizon! Now is the time to get ready for starting seeds indoors, or even outdoors under cold frames if you have them. This is also the best time to clean up the garden shed and give your favorite tools some love by getting them cleaned, sharpened, and organized before you need them. Something else that you can do right now—and the focus of this article—is to start a garden journal.

A garden journal is an essential tool for a successful garden experience, because it will help you keep track of where things went right, where you made mistakes, what plants were successful, which ones were not, and much more. Writing this information down for future reference will help you make more informed decisions year after year, and this will make gardening much more successful and fun. In addition, keeping a journal can help you save time and money in the future by reminding you how many of each type of plant you really need and which plants took up more space in the garden than they were worth in yield or usefulness. Another wonderful benefit of a journal is to have something to pass on to your kids or grandkids who pick up your love of growing things!

So how does one get started with a garden journal, and what should it include? A garden journal can be anything from a simple lined notebook to a printed journal that you can purchase. I like to use a regular planner with a calendar and modify some

of the sections to fit my garden needs. An internet search for “garden journal” will yield a LOT of results, from printed books to downloadable templates. If you have the time and ability, you might also create your own journal using a spreadsheet program such as Microsoft Excel or Word. There is a tremendous array of options, but whatever format you choose for your journal, you need to decide what information is most important to you and then choose a journal that meets your needs. Here is a list of some types of information that you might want to include in your journal:

- **Garden layout:** This is simply a drawing of your garden beds with some space to write in the names of the plants you plan to put in them. Simple graph paper works great for this, or you can find some fancy (and seriously helpful!) garden planner programs online. The purpose of having a layout is to plan for the type, location, and quantity of plants to put in each bed. Not only will this help eliminate wondering where you are going to put all the plants you started or bought, but it will also help you to know how—and whether—to amend the soil in each bed. Your layout doesn’t have to be absolutely to scale, but it should help you determine how many plants you can have according to their space requirements. An internet search for “garden layout planner” will give you some great ideas.

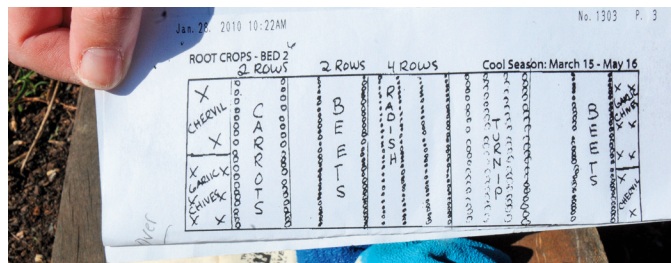


Photo courtesy of USDA

- **Plant information:** Your journal should include some basic information about all the different plants you grow. This should include the plant name, the source, and notes on performance. Including the scientific genus and species is helpful for crop rotation, which goes by plant families. It’s also fun and helpful to include photos. Planting, growing, and harvesting information is very

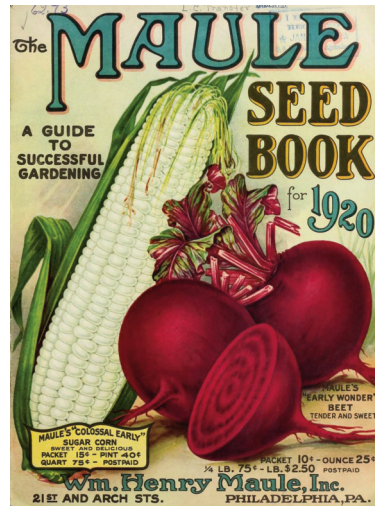
helpful to have on hand, including preferred germination and growing temperatures. You'll want to include space to write about your experiences with growing each different plant you try. Even if you try something that you didn't like, write that information down and keep it, so that you will know in the future not to buy that plant or variety again.

- **Seed information:**

If you start plants from seed, you will want some pages in your journal to write down information about the seeds. At a minimum, you will want the plant name and variety, the source and/or seed company name, how many seeds you planted, and the seed year. You will also want a place to record the dates for planting, germination, and transplanting. You might also want to record the germination rate and harvest date. I like to record a separate number for how many actual plants I put in the garden. A section for plant description is helpful for new varieties, so that you know what to expect as the plant matures.

- **Crop rotation:** Crop rotation is important for preventing pest and disease problems. It is generally accepted as a best practice to avoid planting the same plant families in the same spot for a few years. One easy way to do this is to keep each year's garden layouts in your journal. Or, you can also have some pages where you list, by year, what crops were grown in what beds.

- **Calendar:** Having a full calendar with monthly and weekly layouts is very helpful for recording all kinds of information. Use the monthly layouts to record projected planting times as well as projected harvest dates once the actual planting is done. It is also helpful to include USDA frost dates on the monthly pages. Keeping records of the weather is also very helpful for tracking trends and learning how things like cold, wet spells or warm, dry spells affect different crops. You can write a brief description of the weather



on the monthly calendar or make more detailed descriptions on the weekly pages. The weekly pages are great for writing down the details on many different garden chores, such as when seed starting was done, when plants were put out in the garden, when different plants started blooming, when you saw the first ladybug or Japanese beetle, when you saw the first signs of blight on the tomatoes, etc.

- **Harvest data:** Keeping harvest records is an invaluable way to determine which varieties are the best performers in your garden. Having some pages in your journal to record data on harvesting is especially important if you do a lot of canning or freezing. You will want to make sure that your harvest data includes how much you got from each variety of plant. Get a scale, and weigh your produce as you harvest it. Not only will this help you to know whether you have enough for a full batch for canning, but it will help tremendously for next year when you need to know how many seeds to start or how many plants to get. Make notes on how many pounds of produce went into X number of jars or freezer bags.
- **Soil care:** It is a good idea to keep records of the amendments that go into each bed. You could give each bed a number or describe it by location. Record some details on what work was done, including tilling, fertilization, and other soil work. This is also a good place to record any pH tests or nutrient tests that you have done.

Don't forget to have plenty of **note pages** to write down your successes and failures. Be sure to note what things you really wanted more of, or could have had less of, and what things you really want in the future. These notes are often some of the most valuable information for improving on our gardening techniques and wisdom year after year.

Journaling your ideas and experiences is one of the most important tools for success in the garden. It's also quite fun to sit down with last year's journal in the middle of the winter, remembering what you really enjoyed or what you could have lived without. It also makes shopping for plants and seeds a lot more fun since your journal takes the guesswork out of deciding what varieties to get or how much you need.

Happy gardening and happy journaling everyone!



Bella and the other children enjoyed sledding

Snowy Good Times for 4-H Afterschool

The 4-H Afterschool Program recognizes that both indoor and outdoor opportunities are important for children. After the snow stopped falling, the children geared up and went outdoors to enjoy one of the best winter recreational pastimes: sledding!



Children enjoying time in the snow

They unleashed their creative juices with free play in the snow, as well.



Children listening to a book being read during snack time

Indoors, it was time to warm up, relax with a story, and have a healthy snack.

Since September, there had been an ongoing Lego club with all kinds of inventive things—a hospital, helicopters, submarines, homes—that were left out so kids could continue to work on them throughout the weeks. Lego Club started fresh again in February.

The ever-changing Bulletin Board's theme in January was "Space" and the children used their imagination to decorate the board with shuttles, stars, moon, planets, and even space aliens they made using blown-up photos of their faces.

The 4-H Afterschool Program in the Schoharie school district still has room to welcome additional children, including slots for fixed part time enrollment. Please contact Susan Salisbury if interested at sms249@cornell.edu or 518-234-4303 ext. 122.

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.

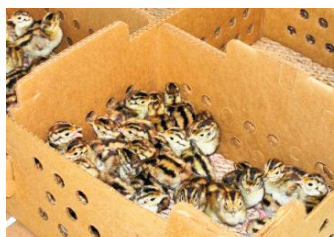
For more information or to enroll, contact Susan Salisbury at:

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



2022 4-H Day-old Pheasant Chicks Program

The NYS Department of Environmental Conservation is once again distributing day-old pheasant chicks for rearing and release projects. The rearing and release of pheasants requires a great deal of responsibility by 4-H youth, and a leader and the qualified 4-H youth must be familiar with the Pheasant Rearing Guide, available at the 4-H office.



How you will receive the day-old pheasant chicks



The chicks must be properly cared for, including a brooding facility and a covered outdoor rearing pen.



Pheasants must be released at an adequate site no later than December 1st.

Chicks must be pre-ordered on or before March 24, 2022, and are available in orders of 25 chicks. For more information, contact Teresa Adell at tla47@cornell.edu or 607-547-2536 ext. 225.

2022 4-H Otsego Dairy Calf Sale



The 2022 Otsego County 4-H Dairy Calf Sale this year will take place at Hosking Sales LLC in New Berlin in conjunction with their Spring Premier All Breed Dairy Sale on Saturday, March 26th at 10:00 a.m.



The Otsego County 4-H Dairy Calf Sale serves two main purposes: to educate our youth and to raise funds for our dairy youth programs. It is part of our overall strategy to cultivate and nurture excitement in the next generation of dairy enthusiasts.

If you would like more information, please contact one of the following: Dan Menendez, 315-985-0613; Mike Wolfe, 315-717-8478; Brad Ainslie, 315-251-0284; or Teresa Adell, Otsego County 4-H Educator, 607-547-2536 ext. 225 or tla47@cornell.edu.



4-H Happenings

4-H youth in Schoharie and Otsego Counties began 2022 with a variety of virtual programming opportunities.

The first opportunity was a Zoom series all about the mammals that live in New York State. Coordinated by the Cornell University Youth Nature and Outdoor Education Program Work Team, this series was open to 4-H youth of any age from all over the state.

The second opportunity was a 4-H Virtual Live-stock Summit series, open to 4-H youth interested in pursuing meat animal projects. Each session featured a different industry expert on market animal topics including showmanship, marketing, selection, and stock health.

4-H dairy cattle youth in both counties are gathering to strengthen their knowledge in preparation for the District Dairy Quiz Bowl events in March. Members of the quiz bowl teams are planning to attend Virtual Dairy Quiz Bowl practices coordinated by NYS 4-H. This virtual gaming practice series will cover educational topics including calf and heifer care, mastitis and milk production, dairy nutrition and crops, and dairy reproduction. In addition to virtual practices, youth teams will begin attending regular county-led practices as well.

Virtual educational opportunities for extension educators have been available, too. On January 27th, 4-H educators in both Schoharie and Otsego Counties attended the NYS 4-H Horse Program Virtual Educator In-Service. Topics covered during this training included 4-H horse evaluations, helmet safety, equine careers and engagement, NYS 4-H horse contests, and the NYS 4-H Horse Show.

Otsego Happenings



Springfield Meadows 4-H'ers making holiday crafts

December in Otsego County was busy with holiday season-themed projects. The Springfield Meadows 4-H Club worked on making wreaths and ornaments. The Garrattsville Graywolves made wreaths and swags from local fresh greenery.



The gorgeous fresh greenery wreaths made by the Garrattsville Graywolves

Also in December, Otsego County 4-H members attended a basket-weaving workshop. They learned how to make a plain-woven basket with round reeds, which could be great for holiday giving . . . or keeping for storing favorite items. The baskets used round wood bases with drilled holes, an odd number of spokes, and a simple round reed border.



Learning to make a simple woven basket

Schoharie Happenings

In Schoharie, 2021 wrapped up with multiple holiday programs and activities. In December, a Fine Arts clinic was offered in collaboration with Harmony Acres in Cobleskill, where youth created holiday craft items including a winter-themed snow globe. 4-H youth came together to decorate a 4-H themed float for the Cobleskill Holiday Parade—a big thank you to the 4-H clubs and youth members who decided to spread cheer and share with the community what 4-H has to offer!

With COVID-19 safety precautions strictly in place, Schoharie 4-H clubs have also been holding meetings this winter and completing activities including holiday wreath-making and rabbit and poultry showmanship clinics.

Our Schoharie County 4-H Youth Development Program has also begun preparation for its county-wide 4-H Public Presentation event. The event is planned for March. Public speaking—and learning how to express one's thoughts clearly—is one of



The 4-H float all lit up at the Cobleskill holiday parade



An eye-catching chicken at the poultry showmanship clinic



A holiday crafts clinic was held at Harmony Acres in Cobleskill

the most important life skills members learn in 4-H. Alumni credit 4-H Public Presentation as the edge that places them above their peers in both college and professional careers. Like last year, the Schoharie County 4-H Public Presentation event will have virtual participation opportunities.

Although 4-H has had to change how programming is delivered and presented, the core principles remain constant: giving youth the tools to grow, learn, and become active and engaged in their communities. That never changes!





The Horse-Human Language

Part 2 of the Everyday Equine Behavior Modification Series: Methods to Create, Change, or Eliminate Behaviors

BY LAUREN ANDERSON

Lauren Anderson is an administrative assistant at CCE Schoharie and Otsego Counties. She has a bachelor's degree in animal science and has three horses of her own: two thoroughbreds and an Appaloosa.

We communicate with our horses primarily through body language, and each individual horse or human has their own “dialect.” When a horse changes owners/riders/handlers or begins to work with a new trainer, it takes time for the horse to become accustomed to how the new person “speaks” to them.

It's Not What You Say, It's How You Say It

Horses generally don't understand our spoken language beyond a small vocabulary of commonly used words, but they are very adept at gathering information from the things we say! The cadence, pitch, volume, and tone of the handler's voice help the horse to determine whether you're happy, excited, angry, or anxious. Slow, relaxed speech at a lower pitch can have a calming effect, while loud, agitated speech may excite the horse.

Signaling Behavior

Horses utilize signaling behavior to try to communicate with their handlers. Do you know how to “listen?”

If you visit your horse with a crinkly treat wrapper in your pocket, you're likely to see some obvious

signs that the horse wants what you have! They will likely look at your pocket, prick their ears towards the sound, lean or move towards you, nudge you or mouth your clothing, and may vocalize (nicker) to try to convince you to hand over the treat.

If you acknowledge and encourage **safe and polite** signaling behavior, you create a two-way conversation which maintains an active, engaged student. Any potentially unsafe behavior such as biting, kicking, shoving, or threatening—pinned ears, showing teeth, etc.—should be corrected and redirected immediately.

Mutual grooming is a bonding behavior where horses simultaneously scratch each other with their lips or teeth, commonly around the withers and back. It is a show of affection and appreciation between herd mates, but it can become dangerous if the horse isn't gentle with their human friends! Some people prefer to discourage this behavior entirely, while others allow the horse to “lip” them in moderation during grooming, so long as the horse doesn't use their teeth. If the behavior escalates beyond your comfort level, stop grooming/scratching, pull away, and make a noise as if to say, “That hurt! Too much!” Firm, enthusiastic grooming will encourage the same from the horse, so when allowing mutual grooming, keep your own contribution gentle, and expect the same from the horse.

Respond to the Horse's Thoughts, Not Just Actions

Responding quickly to a horse's actions yields consistent results, but you can prevent a behavior before it happens if you can identify a thought process in its early stages. If you recognize that the horse is becoming distressed, you can take actions to diffuse the situation. Don't wait for the horse to blow up to make a change! On the flip side of that coin, when you're teaching a difficult new behavior, you can reward the horse for thinking about making the right choice rather than waiting for them to complete the behavior.

Determine the Best Reward for the Individual

Many training methods rely on some sort of reward system to increase the frequency of a desired behavior. All rewards are not created equal, though, and individuals will place different values on different rewards. Some animals will seemingly work for anything, while others require some trial and error to find the most effective reward. If you ask a ticklish horse to work in exchange for scratches and pats, you'll find he has little motivation to do his job well; a food reward may be more appropriate.



Once you find an appropriate reward for your horse, you must restrict it to retain its value. For a horse with 24/7 access to hay, a handful of hay is not a special treat. A piece of apple or carrot which they only receive on special occasions could be very valuable though!

In my experience, riders and handlers often reward the horse for a job well done with a big loud pat on the neck. Many horses are conditioned to recognize the action as affirmation from the rider, but it isn't a reward in itself—instead, it often elicits a mild stress or fear response (their head raises, neck tenses, eyes/nostrils widen, and ears go back).

Start Small

Nearly everything we do with horses starts small in some way. When you want to saddle and ride a young horse for the first time, you don't start with the saddle and rider; you start with a towel or lightweight saddle pad. The same applies to the way we communicate through pressure-and-release while riding.

When signaling the horse, be careful not to apply strong pressure abruptly, so as to avoid a defensive reaction. Begin with light pressure applied gradu-



If we want to teach a horse to jump four-foot fences . . .



. . . we first start with six-inch obstacles.

ally, then give the horse time to respond. If the horse doesn't react, you may repeat the cue with medium pressure, and wait again for the horse to respond.

Request or Punishment?

Be careful not to blur the line between a cue or aid, and punishment. When lunging a horse, how do you ask them to move forward? Do you yell and swing a whip at them, or have you taught them to walk forward on cue with a soft sound, a gentle touch, or a subtle motion? When riding, how do you signal to your horse that you would like them to stop? Do you pull back on the reins without warning? Generally, do you give the horse a chance to respond to your request before you escalate?

"Kick and pull" riding and training rarely produces horses which are soft and responsive to subtle cues. When the rider begins an aid at full intensity, the horse learns to respond only to strong signals, which leaves no option to escalate if the need arises. No one wants to find themselves

Continues on page 18

galloping across a field out of control, hauling on the reins with all their might, trying to stop a runaway without brakes!

Horses are incredibly sensitive. A nearly 360° field of vision allows them to always keep an eye on their surroundings, and they generally will pick up on very small movements. Their hearing is similar to a human's, though horses can hear higher-pitch sounds than we can. They react when an insect which weighs less than a gram lands on their coat.



Blurring the line between cues/aids and punishment



If your horse can feel a fly land on them, they can feel—and learn to respond to—gentle pressure cues.

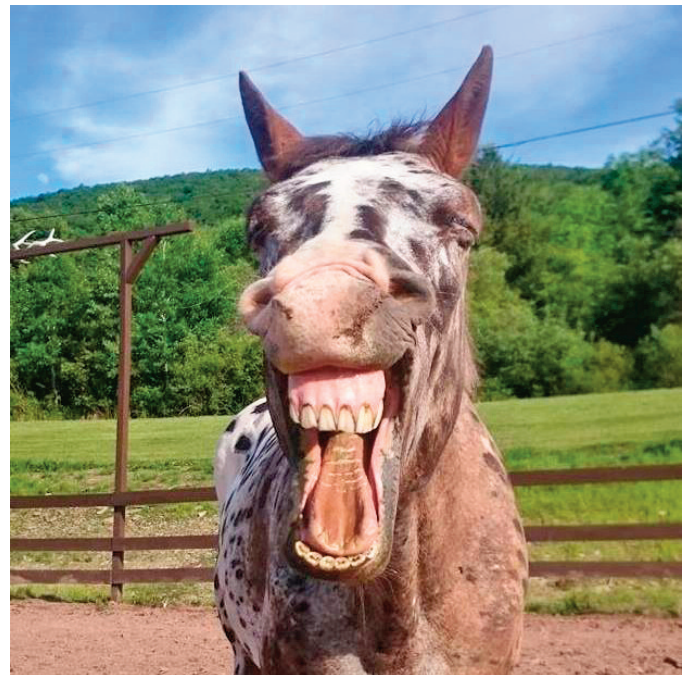
If they do not keep this sensitivity in mind, it is easy for humans to get caught in the trap of giving stronger and stronger cues or aids—when the horse simply doesn't understand. If a stranger were to ask

you a question in a language which is foreign to you, you would likely react, but you wouldn't respond as the speaker is expecting. You might look at the speaker with a questioning or confused expression, perhaps shrug your shoulders, or look around you for context. You would be reacting to the sound of their voice and the knowledge that someone is speaking to you. Their body language and tone of voice would imply the questioning nature of their words, so you would know that they want something from you, but you would be incapable of responding to the speaker's request, due to a lack of effective communication. If the speaker were to respond by repeating their question louder, you would still be just as incapable of responding accurately, but now you'd likely get upset because you're confused AND being yelled at!

In the same way that you were unable to answer the stranger's question to their satisfaction, neither will your horse the first time you "ask" them something they aren't familiar with. You may see confusion or tension, they may look around or appear to be distracted, or they may attempt to figure out what you want. If their first response is to take a guess, great! Thank them and move on to shaping the behavior. If, instead, they react negatively, or give you their best statue impression, you won't gain anything by intensifying. In this scenario you will need to get creative: determine, for that situation, the method most suitable to describe the correct response to the horse—without creating tension. Asking another trainer to step in and help "translate" is always a good option, if you encounter difficulties while teaching a new concept or maneuver. Sometimes your student just needs to have the same information presented in a different manner for the lesson to click!

Don't Forget to Breathe!

The best cure for frustration is laughter. If you find yourself becoming impatient, angry, tense, or holding your breath, take a break, and find something to laugh at.



Laughter is the best medicine.

Food. Cooking. Fun!

Saturdays, March 26 & April 30, 11:00 a.m. - 1:00 p.m.
SUNY Oneonta Human Ecology Building Foods Lab #139

All are invited to join in on the fun and learning during these **FREE** collaborative events. Help create & taste a delicious, healthy dish, and get nutrition and cooking tips you can put to use immediately in your own kitchen.

Attend one day or both, and we welcome children ages 8+ to participate. Register at:

<https://tinyurl.com/Community-Cooking>



Community

Food & Cooking



Days

Presented by:

Dr. Mandeep K. Virk-Baker,
PhD, MPH, MSc, RD, FAND

Assistant Professor, Foods & Nutrition
Dept. of Human Ecology, SUNY Oneonta

For more information, contact:

Kimberly Ferstler

Healthy Connections Nutrition Educator
kmf239@cornell.edu / 518-234-4303 ext.120

**SUNY
ONEONTA**

**Cornell Cooperative Extension
Schoharie and Otsego Counties**



Virtual Beginning and Ongoing Farm Series

Marketing Ag Products

March 2, 6:30 p.m.



Sophie Ano, SUNY Cobleskill professor, Ph.D., Department Chair for Business, Food, Service and Agriculture, will be discussing the basics of marketing your farm or food business using social media and other outlets.

Conservation Easements for Agriculture

March 9, 6:30 p.m.



May Leinhart, Otsego Land Trust Stewardship Associate, Master's degree in Geography, will talk about private conservation easements, state and local tax credits and options farmers and landowners have in conserving their property.



Farmland Succession Planning

March 16, 6:30 p.m.

Farm Net Business Management Specialist Gabriel Gurley will discuss the fundamentals of farm succession and how to develop a succession plan.

What's New at NYSAMP?

March 16, 7:30 p.m.

The New York State Agricultural Mediation Program (NYSAMP) is "More than Mediation." Welcome to an overview of NYSAMP and the ways it can serve farmers, their families and their businesses, presented by Christine Tauzel. We look forward to seeing you!



Fee: \$10 per class, \$25 for all

Register: tinyurl.com/FarmSeries

Questions? Contact Jessica Holmes
jmh452@cornell.edu, 518-234-4303 ext. 119

Central NY Dairy Day



Tuesday, March 8, 10:45 a.m. to 2:00 p.m.

FREE. Pre-register: cnydfc.cce.cornell.edu/event.php?id=1774

10:45 a.m. Trade Show Opens (available again 12:00–12:30 p.m.)

11:15 a.m. Dry Period Heat Stress Effects on the Cow
Dr. Geoffrey Dahl, University of Florida, Gainesville

12:30 p.m. Heat Stresses Lifetime Impacts on the Unborn Calf
Dr. Jimena Laporta, University of Wisconsin, Madison

1:15 p.m. Are we Doing all the Right Things with our Colostrum?
Dr. Robert Lynch DVM, Cornell Pro-Dairy, Ithaca

Upcoming Events

Cornell Cooperative Extension Schoharie and Otsego Counties **Agriculture and Horticulture**

February

Maple Syrup Production for Beginners

Geared toward new maple producers
February 2, 6:00-8:00pm

Farm Business Development

February 23, 6:30pm

Otsego County Seed Swap

St. James Church, Oneonta
February 20, 8:30am-Noon

Schoharie County Seed Swap

CCE Extension Center, Cobleskill
February 26, 10:00am-Noon

March

Marketing Agricultural Products

March 2, 6:30pm

Farmland Evaluation

March 9, 6:30pm

Farmland Succession Planning

March 16, 6:30pm

What's New at NYSAMP?

March 16, 7:30pm

Maple Weekend

March 19-20, 26-27

Capital District Flower & Garden Show

Hudson Valley, March 27-29

April

Starting a Vegetable Garden

via zoom

April 5, 6:30-7:30pm

Equine Behavior Modification

via Zoom

April 21, 6:30-7:30pm

May

Otsego Master Gardener Plant Sale

123 Lake Street, Cooperstown

May 21, 9am-3pm

Schoharie Master Gardener Plant Sale

173 South Grand Street, Cobleskill

Date TBD

June

Sharon Springs Garden and Flower Festival

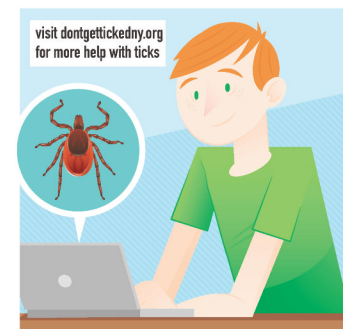
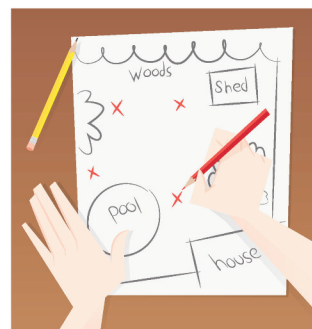
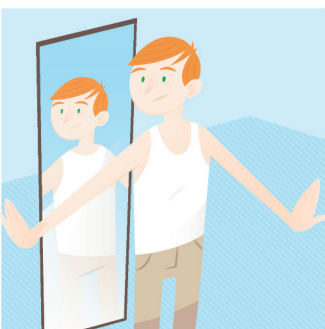
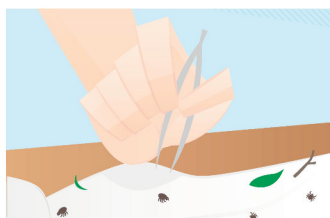
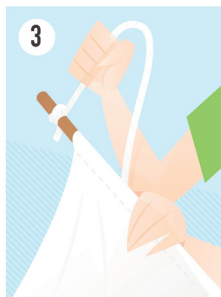
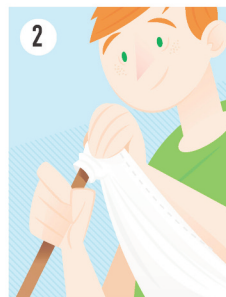
June 11-12

Please check our website to register for programs! <http://cceschoharie-otsego.org/>

Cornell Cooperative Extension | Schoharie and Otsego Counties

MONITOR FOR TICKS

in your own backyard



dontgettickedny.org • nysipm.cornell.edu



PROGRAM EVENTS

Go to our website cceschoharie-otsego.org to see the most up-to-date listings offered.

Eating Well for Cancer Prevention

Tuesday, March 1, 2022, 6:00-7:00 p.m.

Eating a healthy diet and early detection are cancer prevention tools that are in your hands. Come to the Richfield Springs Community Center, 6 Ann Street, to learn about the basics of colon cancer and no-cost screening services available from the Cancer Services Program and stay to help prepare and taste a delicious, healthy dish made with budget-friendly ingredients and typical kitchen tools. The talk and food preparation should take about an hour total. It will be a fun, supportive, and interactive time! Participants will automatically be entered into a free raffle for a gift card. Walk-ins welcome or pre-register at reg.cce.cornell.edu/EatingWellForCancerPrevention_243.

Virtual Beginning and Ongoing Farm Series - Marketing Ag Products

Wednesday, March 2, 2022, 6:30 p.m. via Zoom

Sophie Ano, SUNY Cobleskill professor, Ph.D., Department Chair for Business, Food, Service and Agriculture, will be discussing the basics of marketing your farm or food business using social media and other outlets. Fee: \$10 per class, \$25 for all four. See March 9 and 16. Please register at tinyurl.com/FarmSeries. For more information contact Jessica Holmesjmh452@cornell.edu, 518-234-4303 ext. 119

Otsego 4-H Public Presentations

Saturday, March 5, 2022, 9:00 a.m.-noon at the Cooperstown Education Center, 123 Lake Street, Cooperstown; 1:00-4:00 p.m. via Zoom Presentations by participating 4-H youth will be offered both virtually and in person. For more information, please contact 4-H educator Teresa Adell, 607-547-2536 ext. 225 or tl447@cornell.edu.

Central NY Dairy Day

Tuesday, March 8, 2022, 10:45 a.m. to 2:00 p.m. See page 20. FREE. Pre-register: cnydfc.cce.cornell.edu/event.php?id=1774

Virtual Beginning and Ongoing Farm Series - Conservation Easements for Agriculture

Wednesday, March 9, 2022, 6:30 p.m. via Zoom

May Leinhart, Otsego Land Trust Stewardship Associate, Master's degree in Geography, will talk about private conservation easements, state and local tax credits and options farmers and landowners have in conserving their property. Fee: \$10 per class, \$25 for all four. See March 2 and 16. Please register at tinyurl.com/FarmSeries. For more information contact Jessica Holmesjmh452@cornell.edu, 518-234-4303 ext. 119

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

Thursday, March 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 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.

Virtual Beginning and Ongoing Farm Series - NY FarmNet Farmland Succession Planning

Wednesday, March 16, 2022, 6:30 p.m. via Zoom

Farm Net Business Management Specialist Gabriel Gurley will discuss the fundamentals of farm succession and how to develop a succession plan. Fee: \$10 per class, \$25 for all four. See March 2 and 9. Please register at tinyurl.com/FarmSeries. For more information contact Jessica Holmesjmh452@cornell.edu, 518-234-4303 ext. 119

Virtual Beginning and Ongoing Farm Series - What's New at NYSAMP?

Wednesday, March 16, 2022, 7:30 p.m. via Zoom

The New York State Agricultural Mediation Program (NYSAMP) is "More than Mediation." Welcome to an overview of NYSAMP and the ways it can serve farmers, their families and their businesses, presented by Christine Tauzel. We look forward to seeing you! Please register at tinyurl.com/FarmSeries. For more information contact Jessica Holmesjmh452@cornell.edu, 518-234-4303 ext. 119

Schoharie 4-H Public Presentations

Saturday, March 19, 2022

Presentations by participating 4-H youth will be offered both virtually and in person. For more information, please contact 4-H educator Catherine Roberts, 518-234-4303 ext. 113 or cmr336@cornell.edu.

2022 4-H Otsego Dairy Calf Sale

Saturday, March 26, 2022, 10:00 a.m. See page 13.

Community Food & Cooking Days

Saturday, March 26, 2022, 11:00 a.m.-1:00 p.m.

Additional date: Saturday, April 30, 2022, 11:00 a.m.-1:00 p.m.

Food. Cooking. Fun! People of all ages are welcome to join in on the fun and learning during this collaborative event. Help create—and taste—a delicious, healthy dish. Meet us at the SUNY Oneonta Foods Lab #139 in the Human Ecology Building and get nutrition and cooking tips you can put to use immediately in your own kitchen. See flyer on page 19.

What's for Dinner? (via Zoom)

Monday, April 4, 2022, 5:30-6:30 p.m.

Additional sessions in the series: April 11, 18, 25, May 2 & 9

Join our nutrition educator, Kimberly, for a 6-week virtual series of classes to learn about both the "why" of eating healthy and the "how." One hour a week includes a nutrition lesson and time for a cook-along dish. All ages are welcome! In each class, you can choose to cook along and prepare something for dinner. Each recipe will be easy to prepare using typical kitchen tools. The recipe for each week will be shared about a week in advance, so you'll have plenty of time to purchase ingredients and gather equipment. The recipes generally make 4-6 servings. Companion recipes will also be sent. Please note that the companion recipes may NOT be part of the cook-along. The classes are free for all participants, but you need to provide the ingredients and kitchen. A reliable wi-fi connection is recommended. Registration required. If interested contact Kimberly Ferstler at kmf239@cornell.edu or 518-234-4303 ext. 120. Register directly at cceschoharie-otsego.org/whats-for-dinner

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

Thursday, April 14, 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 Street, Cobleskill. If interested in attending, please check with the office at 518-234-4303 to confirm the day and location of the meeting.

Everyday Equine Behavior Modification

Thursday, April 21, 2022, 6:30-7:30 p.m.

Manage and prevent unwanted behavior in your barn. Determine the cause of the behavior, create a plan to address it, and take steps to prevent it in the future. Topics will include how management can influence behavior, capturing and shaping behaviors, and how to eliminate unwanted behavior through positive reinforcement training.

Budget Bites

This series is offered regularly both in person and via Zoom; 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 by preparing a dish with us. For more information or to register, contact Michelle Leveski at 518-234-4303 ext. 115 or mml39@cornell.edu.

Cooking with Kids

This series is offered regularly both in person and via Zoom; contact Michelle for specific dates.

Home with the kids? Try out new recipes while having fun with the family. Join us in person or just gather some ingredients at home to prepare a meal with us! This fun, interactive series of cooking lessons is free to income-eligible families. If interested, please contact Michelle Leveski at 518-234-4303 ext. 115 or mml39@cornell.edu.

SAVE THESE DATES

Master Gardener Plant Sales

Otsego County: Saturday, May 21, 2022, 9:00 a.m.-3:00 p.m., at the CCE Education Center, 123 Lake Street, Cooperstown
Schoharie County: date TBD, at the CCE Extension Center, 173 South Grand Street, Cobleskill

Visit our website, 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.

Cornell Cooperative Extension | Schoharie and Otsego Counties