

# Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

## JULY-SEPTEMBER 2022

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All student photos courtesy of Peter Lorizzo, CRCS D

## Farm to School (FTS) Happenings

In the month of May, we featured our first Harvest of the Month taste-test event for the students at Ryder Elementary School in Cobleskill. Cook Manager Jessica Hill prepared a six-ingredient, from-scratch apple crisp for the Pre-K through 2nd grades, highlighting New York State apples from Yonder Farms in Albany, New York.



Lindsey Garner, with Jessica Hill in the back, providing a student with a sample of the apple crisp



Apples were the first featured FTS Harvest of the Month

After receiving a sample, students were given a ticket to vote on whether they enjoyed the dish and would like to see it featured monthly on their lunch menu. By dropping the ticket in either the thumbs-up or thumbs-down jar, they were able to cast their vote. Many went a step further and ran back up to the table to share their opinion that the dish should be served every day!



Continues on page 2

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Taste testing the apple crisp.

The final tally was 171 students voting “yes,” that they would like to see it on the menu, and only 10 students voted “no, thank you.” The students that

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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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participated in the taste test and were willing to try something new were given an “I love local” or “Eat Local” sticker. All students, regardless of participation, were offered worksheets containing games and fun facts about New York State apples and miniature apple erasers.



*The voting jars*



*Fresh apples were also available.*



*Apple sauce was also a popular choice.*

The event was meant to engage the students while educating them about local produce available to them through their school cafeteria year-round. The goal is to feature tasting events every one to two months highlighting a different New York State product in a creative, simple way. To read more about the apple crisp event, visit the school’s website: [crcsd.org/news/what\\_s\\_new/at\\_ryder\\_a\\_farm\\_fresh\\_menu](http://crcsd.org/news/what_s_new/at_ryder_a_farm_fresh_menu)

### Other Farm to School Events

To celebrate National Dairy Month, on Tuesday, June 7th, Cobleskill-Richmondville High School students from Deb Hall’s culinary classes teamed up with our FTS program to conduct a taste test for their peers during the lunch period. The sampling included mini pancakes with from-scratch whipped cream featuring New York-produced heavy cream, topped with local strawberries, and finished with maple syrup from Mickel Hollow Farm in Warnerville, New York.



*June was National Dairy Month!*

Ryder Elementary featured macaroni and cheese on their menu Wednesday, June 8th, made with New York-produced milk and cheese, as well as using New York-produced milk for milk and cookies in the classroom. This was their New York Harvest of the Month showcase item.

Sharon Springs Central School kicked off their Harvest of the Month program with butter lettuce purchased locally from Parsons Vegetable Farm.

To learn more about and stay up to date on our Farm to School Program, contact Lindsey Garner at [lhg45@cornell.edu](mailto:lhg45@cornell.edu) or 518-234-4303 ext. 114. You can also visit our Facebook page @LocalFoodsHealthy Schools.



*Butter lettuce was the Harvest of the Month at Sharon Springs Central School.*



## New York Farm Directory Launching

As part of Cornell Cooperative Extension's role in strengthening New York State agriculture, we are helping to spread word of the New York State Department of Agriculture and Markets' plans to launch a statewide online Farm Directory. The Farm Directory, which launched in mid-June, connects consumers to producers of farm products and promotes New York farms. The creation of the Farm Directory derives from Section 16(52) of the New York State Agriculture and Markets Law, requiring the Department to create a directory of every farm in New York State.

### *Info for consumers*

The Farm Directory appears on the New York State Department of Agriculture and Markets' website at [agriculture.ny.gov/farming/farm-directory](http://agriculture.ny.gov/farming/farm-directory). It shows information for each listed farm, which can include the farm name, farm type, point of contact, addresses, telephone number, email address, website, social media, and a listing of all available products produced by the farm. Other categories of interest to the public, like the farm's inclusion in the New York State Grown & Certified Program and designations of organic, halal, or kosher certified may also be noted. Website visitors can sort or search the directory by any field.

### *Info for farms*

Farms should have received a package in the mail outlining the Farm Directory purpose, a survey to collect information on the farm to be included in the Directory, and a return envelope.

Since not every farm offers products directly to the public, each farm can indicate whether it is open to the public, or if there is another means that the farm's product can be accessed. This might include listing a distributor, a brand name that the farm's product is marketed under, or a specific consumer-facing website where the public can determine where to purchase products in a retail location. The information available on the directory for each farm can be tailored to meet the individual needs of each business, and farmers are able to update their information as desired.

If you choose not to have your farm participate in the Directory, you are required by law to notify the New York State Department of Agriculture and Markets of this decision by opting out. Farms may opt out by returning the provided survey or indicating it through the online survey linked at the website above.

Farms that initially opt out can later contact the New York State Department of Agriculture and Markets if they wish to be included at any point. Also, farms can contact the New York State Department of Agriculture and Markets if they wish to opt out after initially choosing to participate in the Directory.

For questions or additional information on the Farm Directory, please contact the New York State Department of Agriculture and Markets at (518) 485-1050 or [FarmDirectory@agriculture.ny.gov](mailto:FarmDirectory@agriculture.ny.gov).

# Mark Your Calendars!



Family Farm Day (FFD) is back and celebrating its 10th anniversary on August 27, 2022!

This highly anticipated event began in Schoharie County in 2013 and evolved into a tri-county sensation including Otsego and Delaware Counties. Every August, the participating farms help to celebrate local agriculture by opening their doors to the public. This year, visitors are able to choose from 33 different farms to visit during Family Farm Day.

Come enjoy demonstrations, tours, samples, and tastings of local foods and beverages, and, of course, plenty of shopping! Experience the diversity of our participating farms while supporting local small businesses. This event helps the public become more acquainted with the practice of farming, and in turn starts a relationship with their local farmers, their business, and lets the public learn about where their food comes from. “People are becoming more conscious of the foods they consume and the impacts of sourcing their food locally,” said Jessica Holmes, Agriculture and Horticulture Educator for Cornell Cooperative Extension of Schoharie and Otsego Counties.

You can pre-plan your tour online at **FamilyFarmDay.org** or pick up a copy of the 2022 FFD Farm Guide at your county Cornell Cooperative Extension (CCE) office, your local farmers’ market, or newsstand.

As part of your journey, enjoy local restaurants, distilleries, wineries, breweries, and stores that source from local farmers. You may even want to stay for the weekend to experience the beauty of the area! We are also offering pre-order FFD t-shirts to the public; contact your local extension office to purchase one.

Family Farm Day is an agritourism collaboration between CCE Schoharie and Otsego Counties, CCE Delaware County, Delaware County Tourism, Destination Marketing Corporation—Otsego & Schoharie County Tourism, as well as local chambers of commerce, county Farm Bureaus, local farmers, and sponsors.



## Share Your 4-H Story

*“4-H taught me to not give up when things get too hard.”*

These words from a 4-H'er reflect the deep impact that the 4-H program has had and continues to have on individuals who participate. For every experience, there is a story...

In that spirit, we invite you as a 4-H alumnus to share your story, your childhood memories of experiences, people, and activities that became your 4-H life. We want to share your story by featuring it in an upcoming issue of *Connections*. We are calling the series My 4-H Story. For more information, please contact Kimberly Ferstler, Associate Editor, at 518-234-4303 ext. 120 or [kmf239@cornell.edu](mailto:kmf239@cornell.edu).





# Harvest Noon

September 24th  
173 S Grand St. Cobleskill  
Noon-3pm  
Keynote Speakers  
Master Gardener Plant Sale  
Pumpkins, Perennials, Mums, and More!

Cornell Cooperative Extension Schoharie and Otsego Counties

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## You are Cordially Invited to Become a Master Gardener!

Master Gardener training is open once again at Cornell Cooperative Extension (CCE). If you live in Schoharie, Otsego, Delaware, or Herkimer County and have a genuine interest in horticulture, this opportunity is for you!

Master Gardeners are trained in the art and science of horticulture, ornamental landscapes, and food gardening. Training involves CCE instructors providing workshops—typically featuring hands-on learning—and, in return, volunteers work with CCE educators to provide outreach programs to their respective county's residents. Many volunteers address home-gardening questions, while others participate in community gardening projects, educational workshops, or annual plant sales.

This year training will be offered via Zoom on consecutive Mondays from 9:00 a.m. to 11:30 a.m. Classes begin on September 19, 2022, and run through March 13, 2023, except for holidays—twenty sessions altogether. In-person learning experiences may be offered but will not be mandatory. The cost of the program training is \$150. Interested individuals are asked to apply by Friday, August 19th. Some space may be available for late applicants, but we recommend that you apply now to ensure your enrollment in this very popular program.

For details about the 2022 Master Gardener Volunteer training, visit the Cooperative Extension Master Gardener Volunteer Program page for your county. For Schoharie and Otsego Counties, you can find it at [cceschoharie-otsego.org/master-gardener-program](https://cceschoharie-otsego.org/master-gardener-program). If you have questions related to the program in Schoharie or Otsego Counties contact Jessica at [jmh452@cornell.edu](mailto:jmh452@cornell.edu) or 518-234-4303 ext. 119.

# Got Woods? The New York Master Forest Owner Program

BY REBECCA LEONE, CCE INTERN

Our forests are precious. They harbor ecosystems, supply resources, and hold aesthetic value for the people who experience them. They sustain life and the biological diversity so desperately needed by our planet.

Did you know that 61% of New York State is covered by forests? With 18.6 million acres, New York State recognizes the importance of forest maintenance. Almost 14 million acres of these forests are privately owned by more than 700,000 individual landowners. It is estimated that less than a quarter of these holdings are managed despite the educational programs and services available.

Stewardship of private forests is necessary and involves management practices that ensure ecologically sound forest productivity. The New York Master Forest Owner (MFO) Program aims to help spread knowledge, increase stewardship, and help our forests.

## *What is the New York Master Forest Owner Program?*

The Master Forest Owners Volunteer Program provides private owners of New York State forestlands with the information and encouragement necessary to manage their forest holdings wisely. The program's experienced and highly motivated volunteers are available to meet with forest owners in their woodlots to discuss the owner's objectives and how to find the assistance they need.

Master Forest Owners have received training from Cornell University's Department of Natural Resources that complements their experience as forest owners. All MFOs are graduates of a four-day training program, where they learn about sawtimber, wildlife management, forest economics, and ecology. The MFOs continue to receive information updates, attend refresher classes, and maintain contact with natural resource managers from private, public, and academic organizations.

## *If you want a visit from a volunteer*

As of writing, more than 140 MFOs are available statewide, ready to assist neighbor woodland owners with the information needed to start managing

## NY Master Forest Owner Program



their woodlands. A visit from a MFO is free and can be requested online by a landowner. Whether you want help creating a management plan or just have a few questions about your woodlot, the Master Forest Owners are available to help.

## *If you want to become a Master Forest Owner*

Whether you are a landowner with a forested area or you are just passionate about our state's forests, you have the opportunity to join the MFOs. The purpose of the position is to provide private forest owners with unbiased information that is based on research or reliable experience through a neighbors-teaching-neighbors educational program. Qualifications to be eligible for training include: an enthusiasm for acquiring and sharing forestry and natural resource knowledge and skills, an interest in teaching others, and a willingness to host people and/or groups at your property to discuss your forest management objectives.

## *How you will benefit*

Besides the title of Master Forest Owner, benefits of the program include the satisfaction of serving your community, interaction with people in your community with similar interests, and gaining a deeper understanding of the science and art of forestry and its allied sciences.

For more information on contacting or becoming a Master Forest Owner, visit the MFO website at [blogs.cornell.edu/ccemfo](https://blogs.cornell.edu/ccemfo) or contact Cornell Cooperative Extension of Schoharie and Otsego Counties at [schoharie-otsego@cornell.edu](mailto:schoharie-otsego@cornell.edu) or 518-234-4303 (Schoharie) or 607-547-2536 (Otsego).



# Encouraging Agriculture in Otsego County

BY HELEN POWERS-LIGHT, OTSEGO COUNTY AGRICULTURAL IMPLEMENTATION SPECIALIST AND 4-H PROGRAM ASSISTANT

Agriculture plays a crucial, deeply-rooted role in Otsego County. The county's economic diversity is based in access to valuable natural resources and in beautiful agricultural landscapes that draw tourists. When you look closely, it is not hard to see that many facets of Otsego County's unique economic profile are tied to farming in one way or another.

As Cornell Cooperative Extension of Schoharie and Otsego's Agriculture Implementation Specialist (AIS), I work to support the protection and expansion of agriculture in Otsego County. When I stand back and look at Otsego County's agricultural diversity, I can't help but notice how well-suited the natural landscape is for small- to medium-scale livestock production, with its rolling fields and meadows and plentiful access to quality fresh water.

Due to my passion for, and background in, livestock production, I believe that supporting and expanding livestock production in Otsego County is a crucial part of protecting our farmland and local agriculture. If you have ever taken a drive down the backroads in Otsego County, I'm sure you have noticed the numerous small farms producing local grain-fed and grass-fed beef, sheep and goat herds used for both meat and dairy production, small flocks of poultry, and hogs rutting up stone-filled soil. The role of agriculture is impossible to miss, and it has been sustaining our communities for over 200 years.

In my role as AIS, I am working to protect our precious and invaluable farmland and agricultural communities. In addition to supporting small- to medium-scale livestock production, my attention is focused on another important local resource: our youth. I know that I wouldn't be where I am today without the numerous adults who kindled and protected my passion for agriculture while I was grow-



*The breeding of beef-on-dairy calves is being used on small-to-medium farms in Otsego County to replace normal dairy breeding protocols.*

ing up in Otsego County. I think that without offering the same support to the youth in our communities, we may be severing the living roots that keep energy and life flowing to the agriculture within the county.

With this key observation noted, I am cultivating ways to encourage and support the involvement of local youth in agriculture and livestock production within the county, and I'm collaborating with Otsego County's Agriculture and Farmland Protection Plan Implementation Committee. I hope you will follow along to support our efforts!

You can reach me at [hnp23@cornell.edu](mailto:hnp23@cornell.edu) or 607-547-2536 ext. 227



## Eggshell Colors

BY REBECCA LEONE, CCE INTERN

While seeing white or even brown eggs in the grocery store is common, did you know that there are around seven different colors that an egg can be? The color of these shells is thanks to pigments deposited during the process of shell formation. Nature has allowed chickens to develop diverse eggshell colors for multiple purposes. Whether it be for protection against predators or just a symbol of their breed's individuality, it all comes down to a chicken's genetics to determine what pigments the eggs will have.

### *How does an egg achieve its color?*

Different eggshell colors come from pigments deposited onto the shell as the egg forms in the hen's oviduct. The oviduct is a tube-like organ found along the hen's backbone between the ovary and the tail. An ovum (yolk) forms in the hen's ovaries. Once the ovum is fully formed, it leaves the ovary and works down the oviduct. When in the oviduct, the ovum goes through a five-stage process to help ensure the yolk is secure. During the fourth stage of the process, the shell gland deposits pigments onto the shell which produces the shell color. Different breeds of chickens can deposit different pigments onto their shells during the process, changing the exterior, and sometimes interior, color of the egg. The entire egg-forming process takes a little longer than 24 hours.

### *White-shelled eggs*

While many different chicken breeds can produce a white shell, the most commonly raised breed in the U.S. for white-shelled egg production is the

White Leghorn. The White Leghorn breed is notable for its egg production, producing more than 300 white-shelled eggs a year! So why are these eggs white? All eggshells are made up of calcium carbonate. This compound allows them to be strong and is naturally white in color. For white-shell laying breeds, the result of their white eggs is due to not depositing any pigments during formation.

### *Brown-shelled eggs*

The second most common eggshell color to see in a grocery store is brown. The eggs may be different shades of brown, and you may also notice that stores tend to price them higher. You may have wondered, are they priced that way because they are better for you? People who prefer brown eggs often believe that they are healthier and more natural than white eggs. However, the truth is that all eggs are nutritionally very similar in value and the only reason why the brown eggs may be priced higher is due to brown-laying breeds laying fewer eggs than white-laying breeds. Some of these brown-laying breeds include Plymouth Rocks and Rhode Island Reds. The brown exterior of the shell is formed when a pigment known as protoporphyrin is deposited onto the shell. Protoporphyrin is deposited late in the egg-forming process, which allows the outer shell color of the egg to change to brown, but does not penetrate the interior.

### *Blue- and green-shelled eggs*

Blue- and green-shelled eggs are a delight to see. Whimsical looking and rarer to find in a store, these eggs are both pretty and healthy. With the Amerau-

cauna breed, the pigment oocyanin is deposited on the egg earlier in the egg-forming process, penetrating both the exterior and interior of the shell making both blue. Other breeds such as Araucan, Dongxiang, and Lushi also produce blue or blue-green eggs. Olive-green eggs are even rarer and can only be created when a brown-laying breed is crossed with a blue-laying breed. The hen produces pigment that penetrates the shell, resulting in a greenish-hued egg. The darker the brown pigment, the more olive-colored the egg can appear.

### Other breeds of note

Other chickens that lay colored eggs include the Barred Rock (pale brown), Welsummer (red-brown), Maran (chocolate brown), and Easter Egger.

“I believe Easter Eggers lay the most fun and interesting eggs,” said Garrett Webb, a Texas 4-H member in Fancy Feathers 4-H. “Each bird lays a different colored egg. The eggs can be blue, green, pink, or a blue-green mix.”

### Speckled eggs

Maybe you’ve bought eggs before only to go home and see that some of them have speckles on the shells. As it turns out, the speckles on eggs are just extra calcium deposits. One reason for this phenomenon is when the egg-shaping calcification process is disturbed while the chicken is forming the egg. Another possible reason is a defect within the chicken’s shell gland. Either way, don’t worry about these imperfections; your speckled eggs are fine to eat.

### In conclusion

Whether they’re blue, green, pink, light brown, dark brown, cream, olive, or white, eggs and their shells are the results of a fine-tuned natural process. The next time you go pick up a fresh carton, try a color you haven’t tried before. Appreciate the work that goes into creating the egg and its shell, and remember that whichever colored eggs you eat, they are all yummy and nutritious.

## Should You Take Down Your Bird Feeders?

As of June 3rd, the New York State ban on fowl auctions, sales, meets, and swaps was lifted. New York State has not had a detection of HPAI (highly pathogenic avian influenza) since April 6th. Some people are still concerned about the 2022 outbreak of avian influenza, or bird flu, that is affecting domestic poultry, waterfowl, raptors, and some shorebirds in the U.S. and Canada. They would like to know if they should take down their bird feeders to help prevent the spread.

The current strain (H5N1) causes heavy losses to poultry. The Cornell Lab of Ornithology reports that, though it is always recommended that you keep bird feeders and waterers cleaned regularly to prevent myriad diseases, there is no official recommendation to take down feeders UNLESS you also keep domestic poultry.

The reasoning behind this is that, according to the Cornell Lab of Ornithology, “the key intervention is to keep songbirds away from poultry; it’s less important to keep songbirds away from each other.” Songbirds are much less likely than poultry,

or even other wild birds such as raptors or waterfowl, to contract and shed the virus. With this low risk, it is the vulnerable poultry who should be treated with an abundance of caution.

You can keep up to date with the latest HPAI news at [www.allaboutbirds.org/news/avian-influenza-outbreak-should-you-take-down-your-bird-feeders](http://www.allaboutbirds.org/news/avian-influenza-outbreak-should-you-take-down-your-bird-feeders) and [agriculture.ny.gov/animals/poultry](http://agriculture.ny.gov/animals/poultry). Learn about best biosecurity practices at [www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/defend-the-flock-program/defend-the-flock-program](http://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/defend-the-flock-program/defend-the-flock-program).





Give Them More  
of the  
Good Stuff!

## Spinach Basics



### Shop and Save

✿ Fresh spinach is available year round. Find spinach grown in Oregon at local markets in spring, fall and sometimes winter.

✿ Look for spinach leaves that are bright green and crisp. Avoid leaves that are yellow, wilted or limp.

✿ Baby spinach is harvested young, when the leaves taste mild and the stems are tender.

✿ A package of fresh, washed spinach might cost more than a bunch of spinach, but is a good buy when you need to save time.

✿ When choosing a package of fresh spinach, look before you buy. Avoid spinach with yellow or slimy leaves or moisture that you can see.

✿ Frozen and canned spinach can save you money and time. Use them in side dishes, sauces, soups and smoothies.

Spinach is a good source of iron and potassium. It is also high in vitamins A, C and K



1 pound fresh spinach  
= 10 to 12 cups raw  
= 1 cup cooked  
10 ounce package  
frozen spinach  
= 1 ½ cups cooked

### Store Well Waste Less

✿ Rinse spinach just before using. Wet leaves spoil quickly.

1. Fill a bowl with cold water and swish loose leaves around.
2. Let leaves sit in the water to allow dirt to settle.
3. Lift leaves from water into a strainer. Pour out dirty water and rinse the bowl.
4. Repeat steps 1 through 3 until there is no dirt on the bottom of the bowl.
5. Pat leaves dry if needed.

✿ Refrigerate fresh spinach in a plastic bag. Plan to use within 5 days. Check packaged spinach for a 'best used by' date.

✿ Freeze extra spinach for longer storage. For best color and flavor, blanch leaves for 2 minutes before packaging.

✿ Use frozen spinach within 10 to 12 months.



Cultures all around the world enjoy spinach because of its mild flavor and the many ways it can be prepared.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Share on:



# Spinach Basics

## Pasta with Spinach, Tomatoes & White Beans

### Ingredients:

- 8 ounces whole wheat pasta, any shape
- 2 (15-ounce) cans Italian-style diced tomatoes
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 10 ounces fresh spinach, washed
- ½ cup crumbled feta cheese (optional)

### Directions:

1. Cook pasta in a large pot of boiling water until al dente.
2. Combine tomatoes and beans in a large non-stick skillet. Bring to a boil over medium heat. Reduce heat and simmer 10 minutes.
3. Add spinach to the sauce. Cook for 2 minutes or until spinach wilts, stirring constantly.
4. Serve sauce over pasta, and sprinkle with feta cheese, if using.

Makes six 1-cup servings.

### Notes:

Any kind of pasta may be used. Use frozen spinach in place of fresh.



Get more recipes or learn about our free nutrition/cooking classes at [ccschoharie-otsego.org/nutrition-health](http://ccschoharie-otsego.org/nutrition-health)

Go to [FoodHero.org](http://FoodHero.org) for easy, tasty spinach recipes

## Spinach and Chicken Italian

### Ingredients:

- 1 cup **tomato pasta sauce**
- 1 pound **chicken breast** cut or pounded into ½-inch thick slices
- ¼ teaspoon each **salt** and **pepper**
- 1 package (10 ounces) **frozen spinach**, thawed and drained or 4 cups fresh spinach leaves
- ¾ cup shredded **mozzarella cheese**

### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F .
3. Pour ½ cup of pasta sauce in a large baking dish. Lay the chicken pieces over the sauce, then sprinkle salt and pepper on the chicken. Top with remaining pasta sauce, spinach and mozzarella.
4. Bake for 30 to 40 minutes until the chicken is cooked through and the cheese begins to turn brown. A food thermometer inserted into the center of a chicken piece will read 165 degrees F when it is done.
5. Refrigerate leftovers within 2 hours.

Makes 7 cups

**Prep time:** 10 minutes

**Cook time:** 30 minutes

## Quick Fix

- Use fresh spinach in salads, sandwiches or wraps.
- Add fresh or cooked spinach to so many recipes: dips, pasta, sauces, scrambles, smoothies, soups and stir-fries!
- Steam or sauté spinach as a quick side dish - sprinkle with vinegar, hot sauce or grated cheese.



**Kids Can!** When kids help make healthy food, they are more likely to try it. Show kids how to:

- **rinse spinach leaves.**
- **gather ingredients and tools for cooking.**
- **safely handle sharp lids when opening cans.**

# Cooking with Kids

**Tuesdays**  
July Thru Aug

July 12, 19, 26  
August 9, 16, 23  
4:30-5:30 p.m.  
CCE Extension  
Ctr. 173 S. Grand  
St. Cobleskill, NY

Join us for a 6 week series of interactive, hands-on fun. Bring the kids and come prepare a dish with us while learning practical nutrition information you can use at home.

This series is free for income eligible families. (Kids 4 and older) Registration is required.



## For More Information or to Register:

Michelle Leveski  
EFNEP Nutrition Educator  
518-234-4303 ext.115  
mml39@cornell.edu

Receive a kid's  
knife set and  
cookbook upon  
completing  
6 classes.  
(one per family)



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

***EFNEP is a free nutrition education program for families with children***

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. Please contact the Cornell Cooperative Extension of Schoharie and Otsego Counties office if you require an accommodation.

# Start 'Em Young! Kids in the Kitchen



Good nutrition and cooking skills are important for adults, but they aren't magically bequeathed us when we turn 18! If you want your kids to eat well now—and have the skills and knowledge they'll need to continue eating well when they strike out on their own—start inviting them to help in the kitchen as soon as possible.

Getting your picky eater involved in food prep means they will be less likely to reject what is made. Give praise to effort, rather than perfect results: practice makes perfect and builds self-esteem. These are also great opportunities to practice math and reading skills while spending quality time together.

Set up a lower surface at which they can work (countertops may be too high, and stools can be unstable). Remember at all ages to instill food-safety basics: washing hands, pulling back hair, keeping surfaces clean, checking for allergens, avoiding double dipping when using tasting spoons, not licking unwashed hands that touched raw meat and poultry, cooking foods fully, and putting food away promptly.

## **Age-appropriate tasks**

These suggested tasks are general guidelines; children develop at different rates. Give them supervision, especially if you're giving them a new task.

### **Age 2-3:**

- Wipe tables, and put things in the trash
- Hand things to an adult, such as during and after grocery shopping
- Tear lettuce or greens for salad, snap green beans, squeeze citrus fruits
- Rinse veggies, fruits, and canned beans
- Scoop mashed potatoes, stir batter
- Help “read” a recipe and add ingredients
- Name and count foods
- Identify adult-only tasks: hot surfaces and sharp knives!

### **Age 4-5: everything above plus...**

- Help set the table
- Help collect ingredients
- Help measure dry and liquid ingredients
- Peel eggs, crack eggs, use an egg beater
- Use cookie cutters
- “Paint” cooking oil using a pastry or basting brush
- Set a timer
- Crumble cheese
- Mash soft foods

### **Age 6-7: everything above plus...**

- Scoop out avocados
- Use a peeler
- Help load the dishwasher
- Shuck corn
- Use plastic knives to slice and chop soft foods like fruits
- Use kitchen scissors to cut herbs or green onions

### **Age 8-9: everything above plus...**

- Use a can opener
- Pound chicken and meats on a cutting board
- Put leftovers into containers
- Help check the temperature of meats with a food thermometer
- Preheat an oven
- Use a blender with assistance
- Form meatballs
- Help plan a meal (including food shopping)

### **Age 10-12: at this age, they might be able to work independently in the kitchen sometimes**

- Pour batter and flip pancakes
- Boil pasta
- Microwave foods according to instructions

*Continues on page 16*

### Start 'Em Young, continued from page 15

- Follow a recipe on their own, including reading each step and measuring ingredients properly
- Slice and chop vegetables

### Teenagers: if they've been helping in the kitchen for years...

- Young teens should then be able to make simple meals for themselves, and maybe even make a side dish for the family.
- Older teens should have the skills, knowledge, and experience to safely execute meals from planning to putting away leftovers. They're ready to feed themselves when they fly the nest, and impress friends and please potential life partners!

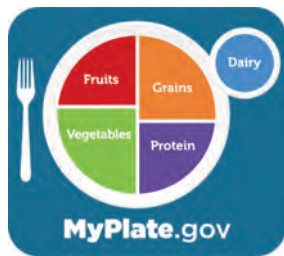
### Setting the table . . . with MyPlate

It's also important to help kids make healthy food choices. Did you know that the MyPlate messages are meant for everyone age 2 and older? Your child's plate may be smaller than yours, but the rules for healthy eating are the same:

- Make half your plate vegetables and fruits (a bit more veg than fruit)
- Eat the rainbow
- Make at least half the grains you eat each day whole grains
- Vary your lean protein
- Have dairy (or soy milk) each day for calcium
- Limit added sugars and fats (especially saturated fats)

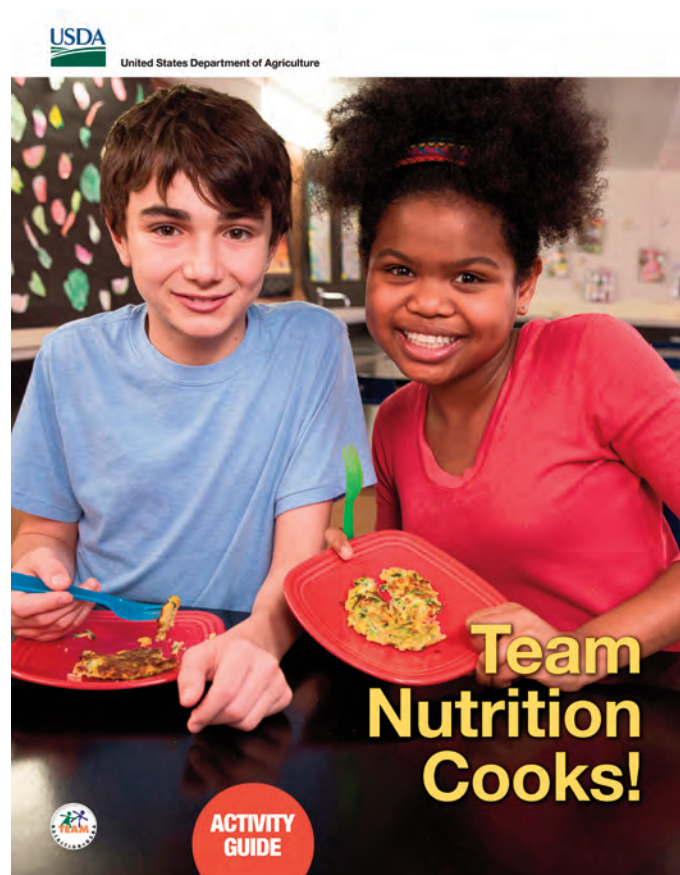
You might be surprised that the recommended number of calories may not be much lower for your child than for you, and your teen might need more calories than you. It's based not just on age and sex, but activity level and any weight-change goals you have.

Basically, your 5-year-old who doesn't seem to be able to sit still, their tween sibling who has discovered gaming and can't be peeled away from the sofa, and grandma who keeps meaning to start a regular physical activity plan but hasn't yet might all need the same number of calories! Everyone in the family can get a customized recommendation using the MyPlate Plan app ([www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan)).



### ONLINE RESOURCES FOR KIDS IN THE KITCHEN: recipes and more!

There are many well-meaning resources related to kids in the kitchen. Here are a handful of free websites with reliable science- and research-based information.



### Team Nutrition

The USDA created a series of lesson plans for kids ages 8 to 12 using cooking-based nutrition activities for an afterschool setting. It's great for at-home use, too, because they also created family handouts that include readable information about skills and food safety, guidance for parents, and two renderings of the recipe that is featured in each lesson: a traditional version and a "look and cook" version that younger siblings can understand. There are also well-produced accompanying videos of kids creating the recipes with the guidance of adults: applesauce, scrambled eggs with spinach, corn and zucchini pancakes, grain bowls, and salad with homemade vinaigrette dressing. Find these resources here: [www.fns.usda.gov/tn/cooks](http://www.fns.usda.gov/tn/cooks).



# Friendship Pocket

## 1 Pick a Protein Food



Fold a slice of turkey or ham. Put it in the pita pocket.

## 2 Veggie Time



Tear lettuce or spinach.

## 3 Greens Are Good



Add greens to pita.

## 4 Choose a Cheese



Put cheese inside pita.

## 5 Fruit Is Fun



Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

## Ingredients

### Grain

whole-wheat pita bread



### Protein Food

turkey or ham



### Vegetable

lettuce or spinach



### Dairy

low-fat yellow or white cheese



### Fruit

apple slices or grapes



May 2014 • FNS-469A • USDA is an equal opportunity provider and employer.

Discover **MyPlate** • <http://teamnutrition.usda.gov>

## Look-and-cook recipes from “Discover MyPlate”

For the younger crowd, the USDA created a curriculum called “Discover MyPlate” geared towards kindergarteners. The look-and-cook recipes from this series—Friendship Pockets, Crunchy Rainbow Wraps, Fruit-a-licious Breakfast Cups, and Food Group Friends—were collected at the USDA website. They are available in both English and Spanish, and can be downloaded and printed for free: [www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes](http://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes)

## How Dad Got Sick

This comic book, created more than a decade ago by the USDA, has a boy explaining why it’s so important to follow food safety guidelines. The comic is out of print, but a pdf can be viewed



and printed from this Oregon school’s website: [www.reynolds.k12.or.us/sites/default/files/fileattachments/nutrition\\_services/page/39471/secondary\\_t12-8\\_how\\_dad\\_got\\_sick.pdf](http://www.reynolds.k12.or.us/sites/default/files/fileattachments/nutrition_services/page/39471/secondary_t12-8_how_dad_got_sick.pdf).

## Chefs in Training

From the National Institute of Health comes this handy list of recommended kitchen tasks for kids with accompanying recipes to practice with: [healthyeating.nhlbi.nih.gov/chefTraining.aspx?linkId=3](http://healthyeating.nhlbi.nih.gov/chefTraining.aspx?linkId=3).

## Food Hero Cooking Show

Twenty-six episodes of kids helping adults create healthy, tasty, affordable, flexible—and quick—meals: [www.foodhero.org/food-hero-cooking-show](http://www.foodhero.org/food-hero-cooking-show).



Continues on page 18

## Shake up tasty snacks

With these recipe-activities from Penn State Extension, kids get to shake up ingredients in bags and jars to help create tasty, healthy snacks. Just add music! [bkc-od-media.vhost.psu.edu/documents/Lunches72.pdf](http://bkc-od-media.vhost.psu.edu/documents/Lunches72.pdf).

## Recipes for cooking with kids

More recipe ideas, broken out into categories like “Cool Drinks” and “Microwave Magic,” from the University of Nebraska-Lincoln: [food.unl.edu/recipes-cooking-kids](http://food.unl.edu/recipes-cooking-kids).

## Kid Eats

Short (under three minutes each) sped-up videos of mainly kids—with some help or supervision from adults—making recipes like hummus, salsa, and banana breakfast cookies. Includes a helpful preliminary video featuring knife skills for kids. [kideatscooking.com](http://kideatscooking.com).



Parents and grandparents are welcome to make our classes a family event!

## IN-PERSON RESOURCES FOR KIDS IN THE KITCHEN

Did you know our nutrition educators gladly welcome children (along with a registered adult) in our free nutrition education/cooking series?

Classes are offered in person at our Cobleskill, Cooperstown, and Oneonta outreach offices, at spaces provided by partner organizations around both counties, and via Zoom. We are also able to work one on one with families!

Contact us to let us know about your interest. We look forward to working with you! Michelle Leveski, [mml39@cornell.edu](mailto:mml39@cornell.edu), 518-234-4303 ext. 115, or Kimberly Ferstler, [kmf239@cornell.edu](mailto:kmf239@cornell.edu), 518-234-4303 ext. 120.

# What's Bugging You? First Friday Zoom Events

New York State Integrated Pest Management (IPM) has been sponsoring short talks geared towards the general public on various pest-related topics since March 2021.

Join them live on the first Friday of every month from 12:00-12:30 p.m. EST on Zoom, where experts share practical information and answer questions on using IPM to avoid and solve pest problems and promote a healthy environment where you live, work, learn, and play.

Each 30-minute talk ends with an IPM Minute on a different pest-related topic. The Minute provides a specific action you can take in the next few days to help you avoid pest problems.

You can register for any or all of the Zoom sessions at [nysipm.cornell.edu/whats-bugging-you/first-friday-events](http://nysipm.cornell.edu/whats-bugging-you/first-friday-events). After you register, you will receive a Zoom link the week of the event. Live captioning will be available for all events. You will have the opportunity to request additional accommodations when you register.

## New York State Integrated Pest Management



July's topic is Identification of Common Garden Tomato Diseases with an IPM Minute, Tips to Avoid Damage by the Squash Vine Borer. August's topic is Dos and Don'ts for Ladybugs in the Garden with an IPM Minute, Risks Associated with Pest Control Home Remedies. Past topics and Minutes include Avoid Getting and Spreading Bed Bugs, Identifying Sources of Clothes Moths, and Rolling out the Red Carpet for Good Bugs in your Garden.

While at the website, you can also find a lot of information including articles on typical pests found in New York State and how to identify what pest you are dealing with.

# Creating Safe Horses

## Part 4 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 two horses of her own: a thoroughbred and an Appaloosa.*

Most of the population has no need for a competitive, upper-level show horse, but anyone can get along with a safe, well-adjusted horse who has good manners on the ground and under saddle. Teaching the horse how to interact with humans safely and politely may be the most important step you can take to ensure a good future for your animal, should they ever leave your care.

### **The right horse for the rider**

Horses have such a wide variety of temperaments, personalities, and ways of going, that there is a horse and discipline for everyone! Unfortunately, this also means that not every mount is appropriate for every rider. Selecting the right horse sets the basis for a productive, stress-free relationship.

Temperament is often described on a scale of 1 to 10, with a “1” horse being as calm, quiet, and non-reactive as a carousel horse, and a “10” being a high-energy, coiled spring, ready-for-lift-off kind of ride. In general, the temperament of the horse and rider should even each other out, with the goal being a combined temperament score of about 5 for everyday leisure riding. Calm horses for anxious riders, and calm riders for anxious horses!

Inexperienced riders on green horses creates another recipe for disaster. It is not uncommon to hear about a new horse owner who went out and bought an untrained, or “green broke,” horse so the two of them could learn together, only to discover they now have a lot more horse than they can handle. A well-trained horse who knows their job can ignore minor mistakes made by a beginner rider, allowing the rider to focus on developing confidence, strength, coordination, and fine motor control. As you progress, you create new neural pathways within your brain to further develop your fine motor control. This allows the rider to stay in sync with the movements of the horse’s back without bouncing, while isolating specific body parts to cue the horse

independently. Learning to ride well takes time, and a steady mount that knows their job will make the process safer and more enjoyable for everyone.

### **Knowing when to fold**

Horses are a very expensive hobby that require their owners to commit a good deal of time and energy to their upkeep. Many owners cannot afford to keep more than one horse. So, what is a person to do when they no longer look forward to riding their horse for one reason or another?

You won’t get along with every horse you meet. Sometimes the partnership just doesn’t click with a horse the way you had hoped. Sometimes life throws you a curveball and your circumstances change unexpectedly. Maybe you purchased a young horse to bring along, but they’ve made it clear their talents are for a different discipline. Or perhaps you’ve been injured and no longer feel safe riding your hot horse the way you used to. When a rider is over-horsed, it can wreak havoc on their confidence.

Making the decision to sell a horse is never an easy one, but if the thought of riding your horse causes you stress or anxiety, it may be time to consider a different mount. Another rider may be better suited to the horse’s level of training, and



*There are usually warning signs before a horse resorts to bucking.*

**Continues on page 20**

another horse may better suit your individual riding goals. Consider a professional's opinion as to whether you and your horse can overcome your differences and settle in together, or if you'd be safer, happier, or more at ease on a different horse.

### **Preventing fireworks: Making good choices**

You often hear, “the horse exploded and bucked the rider off!” or “He blew up without any warning” to describe a horse whose stress level has passed its tipping point. Before this happens, a nervous or excited horse will show signs of tension in their body, expression, and behavior. Their breathing quickens, their muscles tense, and they may sweat, paw, or fidget. The white of the eye becomes visible, the nostrils flare, the ears pivot on high alert, and the horse overreacts to everything. These are signs of a horse that is overstimulated and struggling to cope, and, if pushed too far, their instinct will take over, and they will resort to fight or flight. The result could include aggression, bolting, throwing a rider, or running over a handler. It benefits no one to swing a leg over a horse in this state. Some wise decisions could save you from a visit to your local emergency room and save the horse from a traumatic experience.



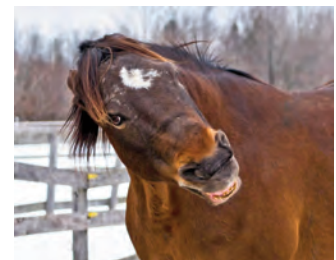
*Consider if this behavior is a common occurrence with your horse.*

When dealing with a horse with excess energy, trying to contain the energy by holding the horse back can cause the tension to escalate. Instead, give the horse an outlet for their pent-up excitement. Often, putting them to work can diffuse the situation. Giving them a task to complete distracts them from their worries and allows them to utilize their energy in a safe and productive manner. Alternatively, offer them some turn-out time to let them get it out of their system before coming back to try again. It never hurts to come back another day if things aren't going well. If your horse feels like a coiled spring, and you find yourself thinking “this might be a bad idea” as you're climbing aboard, it probably is.

Most horses have moments or days like this from time to time. Provided this isn't a regular occurrence, ignore the behavior and continue to work on the positive aspects of your relationship. If you find your horse is regularly tense, there is likely an aspect of your training or the horse's environment that needs to be addressed.

### **Mouthy young ones**

Have you ever seen two horses playing “halter tag,” where the goal is to grab and pull on the other's halter (or face!)? Horses, especially foals and adolescents, often nip and bite at their herd



*Mouthing and biting can be playful between horses, but dangerous around humans.*

mates to initiate play. It's important to teach young horses that certain types of play are dangerous and unacceptable around humans. Hitting or striking the horse's head or face for biting can make the horse head shy, as well as inadvertently encourages the unwanted behavior. Be careful not to engage in this perceived play by "playing" back!

If you know the horse that you're handling is prone to biting or being mouthy, be prepared! When the horse turns to bite, be ready to block them, then redirect them. Ask them to walk or trot in-hand, back up, or send them out for a couple of circles on a lunge line (if appropriate for their level of development and training). Tell the horse what TO do—rather than what NOT to do—to avoid an adversarial environment.

With a horse that mouths at the handler's hand on the lead rope, a sharp pinch on the lips or nostril can be effective discouragement. Because the horse received the punishment (a pinch) when they entered your space uninvited—instead of you entering their space to deliver the punishment (a strike)—this is unlikely to make the horse head shy or fearful. In severe cases, a grazing muzzle attached to the halter can be used during early training to help protect the handler.

### **Spooking and confidence issues**

The ideal method to give confidence to a spooky or hesitant horse is to set them up for success, then praise them liberally for every small step in the right direction. Never punish a horse for spooking! If your horse spooks at something scary and promptly receives a strike with a crop from the rider, you'll have taught the horse that there really WAS something of which to be afraid. You'll have reinforced their fear and done nothing to build confidence and trust.

When approaching a potentially spooky object or situation, the rider or handler must control their emotions to avoid contributing to the horse's fear. Lead by example: approach calmly, confidently, and try not to react if/when the horse does. Be sure to keep your own breathing even and your muscles loose and relaxed, and praise similar behavior in the horse.

Give them all the time they need to come to terms with the frightening object. Allow them to stand and take a good look at it, rewarding them for

approaching the object and for showing calm body language (lowering their head, relaxing their muscles, sighing/blowing, softening their facial expression). Encourage them to approach and retreat, smell, and interact with the object. Be patient and encouraging while keeping your own emotions in check. Once the scary object has been thoroughly investigated and the horse is no longer concerned, give them a scratch and move on as if nothing happened.

To prepare at home, take time to slowly and patiently introduce the horse to a variety of potentially scary objects and situations, and work through any issues that arise to establish a routine. By doing this, you teach the horse to look to you for guidance and protection when they're afraid, and you'll have a better chance of overcoming their flight instinct in an emergency.



*Provide a calm demeanor and reassurance to an anxious horse.*



*Horses: Teaching you to remain calm in the face of certain death because only one of you gets to freak out at a time, and it's never your turn.*

### **Desensitize the horse to humans**

Humans are often the most unpredictable aspect of the horse's environment. We regularly desensitize our horses to potentially frightening objects and scenarios, but we rarely think about desensitizing the horse to our own actions.

*Continues on page 22*

Someone who regularly works with nervous, flighty, or timid animals is more likely to adopt a consistently calm, quiet, and purposeful manner than a casual horse owner or enthusiast. In this case, the average Joe has the upper hand! The quiet person's animal is accustomed to their calm handling and less likely to cope with a high-energy, high-anxiety environment than an animal regularly handled by someone whose actions are less contained.

### New owner, new home, new behaviors

It seems everyone has heard of an inexperienced horse owner who goes out and buys the perfect horse, only for the horse to behave very differently once in the new owner's care. Some people will then accuse the seller of being dishonest or drugging the horse, when generally the behavioral changes stem from changes in the horse's environment: new home, new diet, new social groups, new

handler/rider, etc. In addition to environmental and management changes, inexperienced owners often overlook small behaviors which become long-term habits or build into a more serious problem.

Consider an electric fence. The fence wire itself isn't strong enough to contain a 1000-pound horse, but an electric shock creates an association between the boundary and the painful sensation. The horse learns that the fence always shocks them if they touch it, so they quit challenging it.

What if the power goes out? Depending on how strong the association is, the horse is unlikely to test the fence during a brief loss of power. If the fence remains unpowered for days or weeks, however, eventually they will figure it out and take advantage of the situation.

Now picture a well-educated horse in the care of a professional trainer. The horse's behavior is likely to be evaluated and addressed daily—that is, the electric fence is on, ready to zap! When the trainer's horse is ridden by a student in a lesson, the horse is unlikely to change from their usual behavior. Occasional rides by a beginner are like brief power outages without long-term repercussions. But when the horse is sold to an amateur owner and no longer maintained by the trainer, that same horse is likely to test their boundaries in earnest. An amateur owner with little knowledge of behavior usually has several "gaps in their fence," and horses tend to find them quickly! When purchasing a new horse, it helps to work with an experienced trainer who can guide you through the purchase and help the horse adjust to their new home and lifestyle.



What happens if the electricity goes off?

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



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

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

**LIVESTOCK** Beef, Business, Goats, Sheep, and Swine / **FORAGES** Hay and Silage

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

**OTHER TOPICS** Forage Quality, Pests, Soil, Hemp, and More

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



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# Scram! Invasive Species and What You Need to Know About Them

BY REBECCA LEONE, CCE INTERN

From June 6 to 12, 2022, New York observed its annual Invasive Species Awareness Week (ISAW). The week began as an annual educational campaign coordinated by the Invasive Species Council, the Invasive Species Advisory Committee, the eight PRISMs (Partnership for Regional Invasive Species Management), and their partners. Initiated in 2014, the week-long campaign features numerous state-wide events focused on invasive species.

Understanding how these species spread and negatively impact the environment can help slow their spread, aid in their containment, or lead to their eradication. The species include aquatic and terrestrial plants and animals, and microorganisms.

Invasive species in New York are categorized on a tier scale from 1 to 5. Each tier is used to label how likely or unlikely it would be to eradicate the species in a given region.

- Tier 1 species are labeled for their high future potential to spread and establish. This means that the species listed under Tier 1 may not yet be introduced, but if they were, they could quickly become an aggressive invasive species. Most of those species listed in Tier 1 include invasive species in neighboring states that have the potential to move into New York. The goal for the management of species in Tier 1 is early detection and prevention. While you probably will not see the species in Tier 1 yet, it is good to know what they look like in order to aid in reporting and prevent their spread.

- Tier 2 species are known to occur in low population but have a high impact potential. Identification and reporting are very important for this tier, so that any known control methods can be used. If an area is reported in time, and the control methods are implemented correctly, eradication is attainable.
- Tier 3 species are too high in abundance in an area for eradication to be likely, so containment as a management strategy is stressed. Unless adequate funding or effective control methods become available, Tier 3 species have a high chance of becoming Tier 4—especially if reports are not promptly called in.
- Tier 4 species are too high in abundance for eradication on a regional scale to be likely. Even with outside funding sources, Tier 4 looks to long-term localized suppression or containment as its management strategy.
- Tier 5 are species that need more research, mapping, or monitoring to understand their invasiveness. This includes naturalized species and cultivated-only species that are known to be invasive in other regions but are not yet invasive here. Invasiveness may change with environmental or genetic changes.

All tiers should be monitored on a regular basis to make sure that the species is assigned correctly. Sometimes a species' invasiveness might change, either with the success of a containment or the

*Continues on page 24*

failure. When this changes, it is important to correctly reassign the species to a tier based on the new data.

Excellent sources of information about invasive species in New York State:

- New York Invasive Species Information webpage: [nyis.info/species-information](http://nyis.info/species-information)
- Catskill Regional Invasive Species Partnership (CRISP): [catskillinvasives.com](http://catskillinvasives.com)
- New York Natural Heritage Program: [nynhp.org/invasives/species-tiers-table](http://nynhp.org/invasives/species-tiers-table)
- New York State Department of Environmental Conservation (DEC) list of Nuisance and Invasive Species: [dec.ny.gov/animals/265.html#Terrestrial](http://dec.ny.gov/animals/265.html#Terrestrial)
- DEC Forest Health: [dec.ny.gov/lands/4969.html](http://dec.ny.gov/lands/4969.html)

### **How you can help**

With the knowledge of some invasive species in our region, the hope is that reporting will become more commonplace. Report what you find, and you may just save a whole area from a future infestation.

Take high-resolution photos of the insect or entire plant (stem, leaves, flowers, and seeds). Provide the photos and detailed directions to the infestation (GPS coordinates and street address are a plus) and estimate the number of plants/insects found.

Another small but meaningful action that can be practiced is respecting the “Burn It Where You Buy It” rule. Many invasive insects (including the ones talked about below) can spread through the moving of firewood. Instead of traveling with firewood, burn only local firewood (purchased within 50 miles of where you plan to burn it), or plan on buying it at your destination if you are traveling.

Continue to monitor and scout for invasives whether you are going on a neighborhood walk or hiking through the peaks.

Clean, drain, and dry your watercraft, and keep your fishing and hiking gear clean.

Below is a selection of some of the more common invasive species in our area that are in Tiers 2 or 4.

### **Giant hogweed: Tier 2 eradication**

Do not touch this plant! Giant Hogweed's sap causes phytophotodermatitis (hypersensitivity to

ultraviolet light) which can result in scars, blisters, and even blindness. If you come into contact with this plant, seek medical attention! Wash the affected area thoroughly with soap and water, and keep the area away from sunlight for 48 hours. If you think you have giant hogweed on your property, use the key on the DEC Giant Hogweed Identification page ([dec.ny.gov/animals/72766.html](http://dec.ny.gov/animals/72766.html)) to try to make a positive identification. Other plants that look similar are also shown on this page. Try to identify without getting too close or touching it. Report the sighting by emailing the DEC or calling the Giant Hogweed Information Line: 845-256-3111.

### **Wild parsnip: Tier 4 local containment**

Do not touch this plant! Wild parsnip is very persistent on sites that remain disturbed or bare such as paths, roadsides, and utility rights of way. Prevent the spread by avoiding mowing areas with wild parsnip when viable seeds are present, as mowing equipment readily spreads seed to new areas. There are no state or federal programs to remove wild parsnip in New York State because the plant is so widespread. If you are interested in removing wild parsnip on your own property, please be sure to wear long sleeves and pants, as well as gloves, and avoid any contact with the sap of the plant. While wild parsnip roots are edible, the plant produces a compound in its leaves, stems, flowers, and fruits that causes intense burning, rash, severe blistering, and discoloration on contact with skin when exposed to UV light (phytophotodermatitis). Affected skin can be sensitive to sunlight and discolored for up to two years after initial contact, similar to, but not as severe as, contact with giant hogweed. If you come in contact with wild parsnip sap, you should immediately cover the exposed skin to prevent the reaction to sunlight. The skin should then be washed with warm water and a mild soap. If the blistering becomes severe, seek medical attention. There is no cure for the burns resulting from contact; however, a topical or systemic cortisone steroid may relieve discomfort. Report an infestation to [iMapInvasives.org](http://iMapInvasives.org).

### **Japanese knotweed: Tier 4 local containment**

Japanese knotweed is a perennial herb that was introduced in the late 1800s from Eastern Asia as an ornamental plant. A part of the buckwheat family, it has also been used as a means to control soil erosion along streams, rivers, and other areas of water.



One of the best ways to prevent Japanese knotweed from colonizing an area is to ensure that disturbed habitats are rehabilitated with native vegetation. Plant natives wherever you can in spaces that are most susceptible to knotweed, such as disturbed areas and riparian buffers. Do not mow this plant because even small pieces left behind can sprout and spread, making the spread worse. If all of the root system isn't removed, re-sprouting can occur. Report infestations to [iMapInvasives.org](http://iMapInvasives.org).

#### ***Emerald ash borer: Tier 4 local control***

The emerald ash borer is a beetle native to Asia. It was likely introduced in the mid 1990s in ash wood used in shipping containers or wood pallets. The adult beetle has a shiny emerald green elytra (protective hard wings) with a coppery red abdomen. When identifying whether an ash tree is infested, look for the "D" shaped exit holes in the bark that the adults leave behind. Adults are active and commonly seen from May to September but are most prevalent in June and July. Ash species (white, green, and black) comprise almost 8% of all trees in New York State and are a very common street tree in communities. It was widely planted to replace native elms lost to Dutch Elm Disease. If the affected ash tree is on your property, you will have the option of having the tree removed before it eventually dies and falls. Report infestations to [foresthealth@dec.ny.gov](mailto:foresthealth@dec.ny.gov).

#### ***Hemlock woolly adelgid: Tier 4 local control***

The hemlock woolly adelgids (HWA) are usually identified by the white "woolly" masses of wax

which are produced by females in late winter. HWA has a complex life cycle that involves two different tree hosts; HWA in New York remain in the same spot for the rest of their lives due to the lack of a suitable spruce for the second part of their life cycle. If you see the "woolly" masses, at this point it's usually too late for the infected tree, but it should still be reported to protect the infestation of any surrounding or nearby trees; email [foresthealth@dec.ny.gov](mailto:foresthealth@dec.ny.gov). Winter is the optimal time to detect HWA as the ovisacs are easier to see on the needles.

#### ***Asian longhorned beetle: Tier 2 eradication***

The Asian longhorned beetle (ALB) larvae bore into a variety of hardwood species like maple, horse chestnut, willow, sycamore, and birch. Adult beetles chew their way out through round holes approximately 3/8-inch in diameter, emerging from June through October. The development of these galleries and exit holes from the adults weakens the integrity of infested trees and can eventually result in death of severely infested trees. It is thought that if the beetle spreads beyond its current range, millions of acres of hardwoods could be killed, potentially causing more damage than the combined impact of Dutch elm disease, chestnut blight, and spongy moths (formerly known as gypsy moths). Currently, the only solution is to chop down and chip the infected trees. To date, more than 72,000 trees have been deforested due to ALB invasion. Early detection is therefore vital to containing the spread of this species. Call 1-877-STOP-ALB if you spot ALB.

# Save the Date . . .

## 4-H Livestock Auction

### Saturday, August 6, 3:00 p.m.

### Otsego County Fairgrounds

#### OFFERING

Beef, Swine, Sheep, Goats,  
Rabbits, and Turkeys



# 4-H Happenings



## Otsego Happenings

Many of the 4-H clubs in Otsego County have been busy at work.

The Garrattsville Graywolves met and did a creative arts activity: string painting. They used a variety of strings—floss, baling twine, yarn, and braided rope—to see how the different materials produce different effects.



Art projects with the Garrattsville Greywolves.

The Kids and Kritters Cloverbud and 4-H club completed a lesson on animal feed identification. They learned about the seven major grains used in animal feed and which animals would consume those feeds.



The Kids and Kritters club learning about animal feed.

The Helping Hands 4-H Club tried their hands at Muffin Tin Magic. They created a wide variety of foods from appetizers to main dishes to desserts. They did a great job and learned that almost anything can be made in a muffin tin.



Muffin Tin Magic made by the Helping Hands club.

In April, the Otsego County 4-H program and the students of SUNY Oneonta's Dr. Valerie Rapson's Physics and Astronomy class offered an Earth and



Earth and Space Exploration Day . . .



. . . in collaboration with SUNY Oneonta . . .

Space Exploration Day for 4-H members from surrounding counties. 4-H members learned about how to become citizen scientists. They also learned about Earth and other planets through hands-on learning experiences at the A.J. Read Science Discovery Center in the Physical Science Building on campus. Attendees were also able to view a planetarium show about our universe at the SUNY Oneonta Planetarium.



. . . at the A.J. Read Science Discovery Center



Gardening clinic at Gretna Gardens.

Otsego County 4-H members attended the 4-H Gardening Clinic held at Gretna Gardens in Otego. They created a variety of flower and herb arrangements to plant and grow at home and to show at the Otsego County Fair.

### **Schoharie Happenings**

Schoharie County 4-H youth have been busy working on projects and attending clinics in preparation for summer 4-H opportunities—including the Schoharie County Sunshine Fair!



*April sunshine was perfect for the dog training series.*



*Canine projects will continue into the summer.*

In April, Schoharie County 4-H held a dog-training series. 4-H participants were eager to work on dog and handler basic obedience and expand their canine knowledge. 4-H youth will work with their canine projects throughout the summer and will have the opportunity to showcase their knowledge and skills at the Schoharie County Sunshine Fair youth dog show. Schoharie County 4-H is offering a second dog-training program in July.

Schoharie County 4-H celebrated Earth Day and Arbor Day by planting trees in conjunction with the 4-H Million Trees Program. Through this program, youth participants took an active role in learning about trees and climate change, as well as giving back by planting and maintaining trees within the community.



*At the Sow, Grow & Show gardening series*



**Continues on page 28**

#### 4-H Happenings, continued from page 27

Throughout April and May, youth have been growing various plants and experimenting with different garden practices through the Schoharie County 4-H Sow, Grow & Show gardening series. This series covers the planting, transplanting, and direct sowing of various plants, flowers, and herbs. Youth participants have the opportunity to exhibit the produce and flowers they grow through this program at the Schoharie County Sunshine Fair. The fourth and final session of this series will give youth the opportunity to participate in the new 4-H Community Garden at the Schoharie County fairgrounds.



Five Schoharie youths attended Animal Crackers at the Cornell Campus.

There have been multiple animal-science programs available for youth throughout the spring. On May 7th, five Schoharie County 4-H youth traveled to Cornell University to participate in the annual Animal Crackers event. This year, four species were highlighted: bovine, caprine, equine, and canine. On May 14th, Capital District 4-H put on their annual Small Animal School. Sessions provided youth the opportunity to learn about the general care, nutrition, health, breeds, and showmanship of poultry, rabbits, and cavy. There have also been multiple large animal clinic opportunities for Schoharie County 4-H youth. In May, youth were given the opportunity to participate in a dairy cattle and dairy goat clinic. A beef and swine clinic will be offered as well in the coming weeks. Animal clin-

ics cover fitting, showmanship, and ring etiquette. In addition, 4-H youth were invited to attend a one-day large animal showmanship clinic that was hosted by Saratoga County 4-H. This clinic covered sheep, goat, dairy cattle, beef cattle, and horse showmanship.



Practicing showmanship with large . . .



. . . and even larger animals

4-H youth in both counties are eagerly waiting to show off their animal knowledge and showmanship skills at the 2022 fairs. The Otsego County Fair will be held August 2nd through 7th, and the Schoharie County Sunshine Fair will be held August 9th through 14th. An update of fair-time festivities will be included in the next 4-H Happenings article.

# What to Know About Leasing Your Land for Solar Development—in New York (and Pennsylvania)

Are you a farmer or landowner who has been approached about, or is considering, leasing your land for solar development? Watch this four-part series—recorded earlier in 2022—to be better prepared to make decisions about whether leasing makes sense for you, and if you do decide to lease, how to negotiate an outcome that accommodates your long-term plans.

The program does not advocate for or against leasing land for solar and was developed by the New York and Pennsylvania Farm Bureaus, Penn State Extension, and Cornell Cooperative Extension. It explores why solar is rapidly expanding in New York and Pennsylvania, the overall trends driving this emergence, and the contractual details which will be a part of an option/lease agreement landowners might be offered to sign. It also includes a short immersive virtual solar tour to better inform participants of the various elements of solar facilities and what they look like during and after installation.



- Session 1: Utility-Scale and Community Solar in New York & Pennsylvania ([extension.psu.edu/utility-scale-and-community-solar-in-new-york-and-pennsylvania](https://extension.psu.edu/utility-scale-and-community-solar-in-new-york-and-pennsylvania))
- Session 2: Leasing Your Land for Solar Development ([extension.psu.edu/leasing-your-land-for-solar-energy-development](https://extension.psu.edu/leasing-your-land-for-solar-energy-development))
- Session 3: Evaluating Key Contract Terms ([extension.psu.edu/evaluating-key-contract-terms-when-leasing-your-land-for-solar-energy-development](https://extension.psu.edu/evaluating-key-contract-terms-when-leasing-your-land-for-solar-energy-development))
- Session 4: Solar Leasing Questions, Answers, and Wrap-up ([extension.psu.edu/solar-leasing-questions-answers-and-wrap-up](https://extension.psu.edu/solar-leasing-questions-answers-and-wrap-up))

## Join Cornell Cooperative Extension's Nutrition Programs

### EFNEP and Healthy Connections



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

*Where adults and youth learn by doing!*



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

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



**Michelle Leveski**  
EFNEP Nutrition Program  
Educator  
**518-234-4303 Ext. 115**  
[mml39@cornell.edu](mailto:mml39@cornell.edu)



**Kimberly Ferstler**  
Healthy Connections Nutrition Program  
Educator  
**518-234-4303 Ext. 120**  
[kmf239@cornell.edu](mailto:kmf239@cornell.edu)

# Presenting: The 4-H Afterschool Newspaper Club!

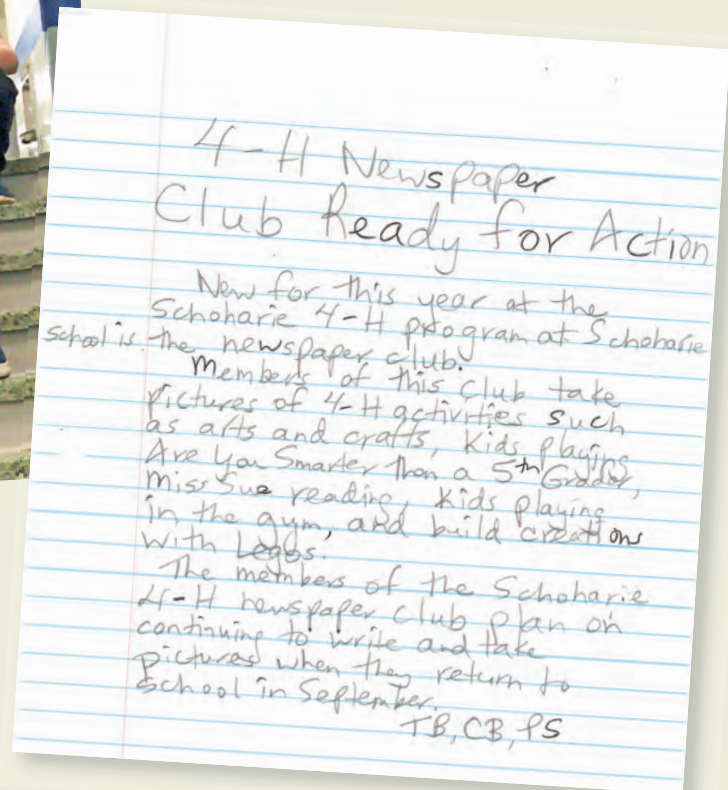


If you read the May-June 2022 issue of *Connections*, you may remember that we announced the children formed a newspaper club. They have been hard at work for several months documenting—and sometimes creating—newsworthy stories.

As promised in our last issue, the children's voices will shine through here as they report on what has been happening in the 4-H Afterschool Program in the Schoharie Central School. We hope you enjoy their efforts!



Some members of the newspaper club exploring the hallways to scout out stories



Delta  
 Aubrey  
 LOOK IN  
 A CAMERA

Aubrey's beautiful glasses are definitely newsworthy!



Joey and William put on a play (aka made a movie)



dark Man aka Joey William  
 We make a movie so we are famous and the fun in the 4-H Program in Schoharie about a superhero. It was super cool.

✓ Preston  
 100-0709  
 William Clark and  
 Joey Sweet performed  
 a movie in the program

✓ William Clark.  
 100-0709  
 William Clark and Joey  
 Sweet performed  
 a movie in the 4  
 H. 100-0714 This is  
 part of the movie.

Continues on page 32



The spring bulletin board (William was a little confused about the theme)

✓  
Cohen 1000822  
This is the spring billboard  
at Schoharie schools 4H program

by William  
We made a board of  
arts and crafts. For  
santepachriks day. At  
the 4h program.

Eleitiser  
Zeit  
Behinder  
He. raise his car  
At for the

Inflating the balloon car



Caleb Eleitiser  
blowing a balloon car  
at 4-H arts and crafts  
Program in Schoharie  
school.  
by Caleb





DSCN10102.Png  
 ✓  
 BELLA LILLARD IS  
 COLORING A TEDDY BEAR AT  
 WAAH PROGRAM AND AUBREY  
 KUHN.

*Bella coloring a teddy bear before cutting it out and putting it together*

✓  
 MR. A  
 100 0835  
 Aubrey K makes a flower  
 with Miss Valentina in the  
 Cafeteria of the Schoharie  
 4-H program.



*Working with the wonderful Miss Valentina*



✓  
 CALEB  
 100 CARR Tedy 1000806  
 Elliot and shoe. looking  
 at something in the  
 gym.

*What are they looking at? It's a mystery!*

# Costa Rica Agritourism and Cultural Study Tour

Those involved in or interested in berry production or a general interest in agriculture are invited to participate in a Costa Rica Agritourism and Cultural Study Tour hosted by Laura McDermott, and organized by Explorations by Thor, a well-respected international travel company that specializes in agricultural tours.



The tour will embark on December 3rd and return on the 11th, 2022.

The tour allows attendees the convenience of a completed itinerary including hotels, most meals, and in-country transportation. Guests will visit a wide variety of Costa Rican agriculture while still having time for cultural highlights. The itinerary includes San Jose, a coffee plantation, a chocolate factory, berry farms, a papaya farm, a strawberry farm, a pineapple tour, a large-scale farm of palm oil, sugarcane, dragon fruit, and quarter horses, a rice mill, the Center for Tropical Agronomy Research & Education including its botanical garden, Guapiles in the heart of the banana-growing region, the largest hydroelectric dam in Central America, La Paz Waterfall Gardens, Irazu Volcano, dining at a local's home in Alajuela, the best beaches in Costa Rica, and a wildlife tour in the wetlands. The final day will be a completely free day and will end with a farewell dinner in Hermosa Beach.

Participants need to arrange their own transportation into the San Jose, Costa Rica, airport on December 3rd and out of the Liberia, Costa Rica airport on December 11th. Hotel rooms, most meals, transportation, bilingual guide(s), tours/technical visits, and gratuities for driver and guide are all included. Estimated pricing per person, based on double occupancy, is \$2,450.

Reservation/payment deadlines: August 1, 2022, \$250 non-refundable deposit; October 15, 2022, remaining balance. The single supplement is \$575. Minimum capacity of 20 people must be met. An invoice for the deposit, due on August 1st, will be sent as soon as the trip meets the 20-traveler minimum.

Many countries throughout the world have removed the COVID vaccination mandates required for entry. We are following these new policy changes and have decided to lift the vaccination requirement for this tour until further notice. Those not fully vaccinated (less than three shots total) are still required to have a negative COVID test prior to international travel and must show a negative COVID test upon entry. At this time, Costa Rica does not require unvaccinated travelers to quarantine. The United States still requires a negative test upon re-entry. All travelers (vaccinated and non-vaccinated) are subject to quarantine if they get a positive COVID test before they attempt to re-enter the United States.

For more information, please contact Laura McDermott at [lgm4@cornell.edu](mailto:lgm4@cornell.edu). For specific tour information and help with air travel, contact Explorations by Thor at [info@explorationsbythor.com](mailto:info@explorationsbythor.com) or 859-459-0500.



# PROGRAM EVENTS

Go to our website [cceschoharie-otsego.org](http://cceschoharie-otsego.org) to see the most up-to-date listings offered.

## What's Bugging You? First Friday Events

Friday, July 1, 2022, Noon-12:30 p.m.  
Additional dates in the series: August 5, September 2, October 7, November 4, December 2  
At these monthly Zoom events, experts will share practical information and answer questions on using integrated pest management to avoid pest problems and promote a healthy environment where you live, work, learn, and play. Learn more and register at [nysipm.cornell.edu/whats-bugging-you/first-friday-events](http://nysipm.cornell.edu/whats-bugging-you/first-friday-events)

## Cooking With Kids

Tuesday, July 12, 2022, 4:30-5:30 p.m.  
Additional dates in the series: July 19, 26, August 9, 16, 23  
Join us after school at the Extension Center's large meeting room (173 South Grand Street, Cobleskill) for a 6-week series of interactive, hands-on fun. Bring the kids and come prepare a dish with us while learning practical nutrition information you can use at home. This series is free for income-eligible families. Each family will receive a kid's knife set and cookbook upon completing six classes. Registration is required. If interested, please contact Michelle Leveski at 518-234-4303 ext. 115 or [mml39@cornell.edu](mailto:mml39@cornell.edu).

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

Tuesday, July 26, 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.

## All-America Selections Open House

Friday, July 29, 2022, 4:00 pm.-7:00 p.m.  
All-America Selections (AAS) is the oldest independent testing organization of flower and edible varieties in North America. After a full season of anonymous trialing by volunteer horticulture professionals, only the top garden performers are given the AAS Winner award designation for their superior performance. AAS Display Gardens provide the public with an opportunity to view the newest AAS Winners in an attractive well-maintained setting. Come visit the AAS Display Garden grown by the Otsego County Master Gardeners at the CCE Education Center at 123 Lake Street in Cooperstown.

## Otsego County Fair

Tuesday, August 2 through Sunday, August 7, 2022  
Morris, New York  
Get more details at [otsegoountyfair.org](http://otsegoountyfair.org)

## Otsego County 4-H Livestock Auction

Saturday, August 6, 2022, 3:00 p.m.  
At the Otsego County Fair! Offering beef, swine, sheep, goats, rabbits, and turkeys.

## Schoharie County Sunshine Fair

Tuesday, August 9 through Sunday, August 14, 2022  
Cobleskill, New York  
Get more details at [www.sunshinefair.org](http://www.sunshinefair.org)

## Master Gardener Volunteer Training

Applications due by Friday, August 19, 2022  
Classes run Monday, September 19, 2022 through March 13, 2023  
Training offered via Zoom. Read more in our article on page 7 or at [cceschoharie-otsego.org/master-gardener-program/master-gardener-volunteer-training](http://cceschoharie-otsego.org/master-gardener-program/master-gardener-volunteer-training)

## Family Farm Day

Saturday, August 27, 2022, 10:00 a.m.-4:00 p.m.  
Join in on the 10th Annual Family Farm Day festivities, which include open house events at farms in Schoharie, Otsego, and Delaware Counties. Plan your day at [familyfarmday.org](http://familyfarmday.org)

## Harvest Moon

Saturday, September 24, 2022, 12:00-3:00 p.m.  
Featuring the Schoharie County Master Gardener Plant Sale, including pumpkins and mums for sale. Plus keynote speakers and more festivities, all at the Extension Center, 173 South Grand Street in Cobleskill.

## Cornell Cooperative Extension of Schoharie and Otsego Counties – September Board of Directors Meeting

Tuesday, September 27, 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.

## What's For Dinner?

*This series is offered regularly both in person and via Zoom; contact Kimberly for specific dates.*  
Join our nutrition educator, Kimberly, for a six-week in-person 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 participants to create a dish—together in person which they can then sample, or have for dinner if at home via Zoom. All ages are welcome (basic reading skills and the ability to help create the dish will make it a more satisfying event for the participating children). The classes are free for all participants. Registration required. Please let us know in advance if you have any food allergies. If interested, contact Kimberly Ferstler at [kmf239@cornell.edu](mailto:kmf239@cornell.edu) or 518-234-4303 ext. 120.

## SAVE THE DATE

Our Annual Meeting will be held in October, tentatively in Cooperstown.

*Visit our website, [cceschoharie-otsego.org](http://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](http://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**