

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

OCTOBER-DECEMBER 2022

Together We Grow Community Garden	1
Sharing the (AAS) Harvest	3
Ag Energy NY Expands its Offerings	5
Climate Stewards	5
Family Farm Day 2022	6
(Farm to) School is Back in Session	8
Groundbreaking for "Grow With CCE" Learning Garden	9
Seed Saving Workshop	10
Harvest Moon	10
Cornell AgriTech Tour	10
Please Welcome our Leadership Development Intern	11
Find Your Farmer! Fill Your Freezer!	12
Making Connections this Summer	14
Fried Rice with Chicken	15
New Cooking-Nutrition Education Opportunities in Jefferson and Gilboa-Conesville through CROP	16
Methods to Modify Behavior	17
Master Gardening Training	21
2022 Vegetable Variety Trial Garden Project	22
4-H Happenings	24
New Semester and "Old News" from the 4-H Afterschool Newspaper Club	27
Transitions	30
Program Events	31



Planting was a multi-generational effort, including Master Gardener Chris Barrington and the family of Dr. Mandeep Virk-Baker.

Together We Grow Community Garden

Recently, CCE Schoharie and Otsego Counties (CCE SO) was presented with a Certificate of Congressional Recognition for our collaborations with Together We Grow Community Garden and its related projects. Master Gardener volunteer Chris Barrington and nutrition educator Kimberly Ferstler, along with a number of other stakeholders, spoke briefly at the garden's inaugural event on August 16th.

Together We Grow Community Garden was newly housed in Gilbert Lake State Park for the 2022 growing season and was spearheaded by Dr. Mandeep Virk-Baker, Assistant Professor of Foods and Nutrition at SUNY Oneonta. Dr. Virk-Baker reported in early September that the garden had already donated 332 lbs. of freshly harvested produce to area food pantries.

The nutrition educators at CCE SO also collaborated with Dr. Virk-Baker earlier this year to bring two Community Food



Continues on page 2

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

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

Community Garden, continued from page 1



People who attended the garden's inaugural event included Dr. Mandeep Virk-Baker (2nd from the left), staff at Gilbert Lake State Park and the Oneonta Home Depot, volunteers of the Hunger Coalition of Otsego County, and volunteers and staff of CCE SO.

and Cooking Days to the public (held at the SUNY campus) and a series of cooking-nutrition education classes to the afterschool program at the Laurens Central School.

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

Farm to School: LocalFoodsHealthySchools



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

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Sharing the (AAS) Harvest

The Master Gardener volunteers in Otsego County have donated some of the food they have harvested from the All-America Selections (AAS) trials they grew this year. All of the vegetables seen in the accompanying picture were grown in two barrels and six pots, located on the greenery strip between the Cornell Cooperative Extension building in Cooperstown and the road.

The Master Gardeners have been working on a plan for a new teaching garden for many years and this year they did not use the raised beds in the parking lot in order to be prepared for the beginning of the Grow With CCE construction project.

Instead, all the plants for the AAS garden were grown either in pots at the Extension association grounds or in the home gardens of the Master Gardeners. As of mid-September, there are still about 30 pots that they are caring for on the CCE grounds in Cooperstown. They hope to be able to donate more vegetables this season, including a blue pumpkin called Blue Prince.

There are also many flowers in the Otsego County Master Gardener AAS display and they welcome anyone who would like to stop by and take a look while the season allows. Most of the plants are labeled, and there is open access to the grounds. The red petunia in the background of the photo (at right) was also an AAS winner, Carmine Velour (a Wave petunia).



Shown here are some goodies that made it to the Cooperstown Food Pantry: "Mini Love" melon, "Red Kingdom" mizuna, and "Just Sweet" peppers. The All-America Selections will be on display at the Cooperstown office for as long as the weather permits.



Join Us!

You are cordially invited to our

Annual Meeting

Tuesday, October 25, 2022, 6:30 PM - 8:00 PM

Grab a snack and let's get together to see what our programs have been up to this year and to give appreciation for the hard work our staff and volunteers do for our communities. Mark your calendars and we hope you'll join us! Follow the link below to register. An email confirmation with the Zoom invite will be sent when you register.

reg.cce.cornell.edu/2022AnnualMeeting_243

Tentative agenda:

- Welcome—Kristin Pullyblank, 6:30 p.m.
- Staff Introductions—Liz Callahan
- Employee Milestone Recognitions
- Board of Directors Introduction
- Annual Business Meeting
- Minutes of the 2021 Annual Meeting (PDF)
- 2022 Association Annual Report
- Program Overview Presentations
- Closing Remarks

Cornell Cooperative Extension | Schoharie and Otsego Counties



Ag Energy NY Expands its Offerings

Ag Energy NY is a resource hub and outreach campaign for farm energy efficiency across New York State. Ag Energy NY aims to help all farms improve energy efficiency, reduce costs, and become more adaptable and resilient.

Historically, programs about farm efficiency focused on greenhouses and dairies. This year, Ag Energy NY is expanding that scope to assist other farm sectors. In addition to vegetable and livestock farms, outreach will also include maple sugaring, poultry and eggs, grain processing, and vineyards and orchards.

A great place to start is the mobile-friendly website, www.AgEnergyNY.org. There, farmers can learn about relevant technologies and techniques, organized by farm sector; review incentives and grants to help fund upgrades; and sign up for a consultation or for program announcements to learn more and get farm-specific advice.

One-on-one consultations can include:

- Guidance and resources about reducing energy use on farms.

- Assistance finding and applying for grants, loans, and rebates to make equipment upgrades.
- Connection with service providers who can provide farm-level expert insights and next steps.

Energy-related best-practice fact sheets for the following areas are currently available:

- Animal heat mats
- Animal waterers
- Refrigeration (for livestock farms)
- Refrigeration (for vegetable farms)
- Ventilation (for livestock farms)
- Ventilation (for vegetable farms)
- General operations (for vegetable farms)

Ag Energy NY is a pilot program of CCE Tompkins County in partnership with NYSERDA (New York State Energy Research and Development Authority) and is brought to local farms in our area by agreement with CCE Schoharie and Otsego Counties. In addition to the website, you can learn more about this program by contacting CCE Schoharie and Otsego Counties or reaching out to the Ag Energy NY team at (607) 327-4089 or AgEnergyNY@cornell.edu.



Coming in 2023: Training Residents to Be Community Climate Stewards

The Cornell Climate Stewards Program provides cutting-edge, research-based training for volunteers who support their community's "Climate Smart Communities" commitments by planning and implementing climate change education, mitigation, and adaptation projects planned and implemented at the local level. Members of the CCE Schoharie and Otsego Counties staff are undertak-

ing the extensive Cornell Climate Steward Program training this fall. In the spring of 2023, CCE Schoharie and Otsego Counties will recruit volunteers interested in completing the Climate Stewards Training. If you are interested in participating in the program, please contact us at schoharie-otsego@cornell.edu or 518-234-4303 (Cobleskill) or 607-547-2536 (Cooperstown).



Flowers greet guests at Maplewood Farm and Orchard in Bovina Center

Family Farm Day 2022

BY LAUREN ANDERSON, CCE SO STAFF

Warm sunshine, rolling hills, and a gentle late-summer breeze set the stage for a phenomenal 10th Annual Family Farm Day (FFD). Visitors toured farms throughout Schoharie, Otsego, and Delaware counties, making connections and learning about local agriculture. The aroma of fresh-baked cookies and maple syrup filled the air while guests enjoyed samples and met some of the animals. There were smiles all around on this beautiful day in the picturesque countryside of rural New York, with family, friends, and fun for all ages.

Early feedback from visitors and farms alike has been overwhelmingly positive. One farm owner called it “a banner day,” and many visitors wished there had been enough time to stop at every farm on the map. Farms were provided with giveaway items including t-shirts, tote bags, hats, and cookbooks. New this year, visitors collected stickers at each farm stop to put in their “passport,” which could be redeemed for prizes after FFD at a county CCE office. Visitors who completed a survey at a farm stop were entered into a drawing for a grand prize gift basket containing \$50 worth of Family Farm Day merchandise and local farm products.

I began my tour in Delaware County this year with a scenic drive down N.Y. State Route 10. The farm stand at Del Rose Farm in Bloomville smelled of fresh-baked pies while customers browsed a great selection of produce for sale. At Burn Ayr Farm in Delhi, Scottish Highland cows with their calves entertained guests, and everyone learned a little about what it takes to raise this slow-growing beef breed.

Birdsong Farm Community Garden in Delhi featured rows and rows of raised garden beds in a stunning setting, plus a bustling farmers’ and craft



Scottish Highland cattle at Burn Ayr Farm in Delhi



Birdsong Farm Community Garden in Delhi

market with live music. I was excited to try a sample of a “Yellow Crimson” watermelon, which has bright yellow flesh and tastes very similar to a typical watermelon, but a little sweeter.



I couldn't resist investing in a bottle of pure New York maple syrup to make these Chocolate Maple Pecan Bars.

After lunch, I stopped at Brookside Maple and Farm in Delancey, where I took a tour of the sap house and saw how they produce their pure maple syrup. Brothers Matthew and Micah collect sap up to three times per day and store it in massive holding tanks. I learned about using reverse-osmosis systems to remove water and concentrate the sugar in sap before boiling it, which saves a lot of energy. They hope to reach 10,000 taps soon and are planning to invest in a third reverse-osmosis tank to keep up with sap production!

My next stop was East Brook Community Farm in Walton, where I toured the farm, saw their new hoop house, and purchased some vegetable seeds for my home garden. I also picked up a container of ground cherries for the ride home, a hard-to-find treat! Speaking with the farmers, I learned that Fam-



The hoop house at East Brook Community Farm in Walton

ily Farm Day brought an increase in visitors aside from their regular customers and CSA members, and that most visitors made a purchase.



Taking a tour at Stone House Farm in Sharon Springs

On my way home, I made my final stop at Stone House Farm in Sharon Springs. The store was full of guests shopping for maple sugar, maple cotton candy, maple drops, and of course, pure maple syrup. Their fresh maple-sugar candy was simply irresistible! I picked up recipes for Maple Dream Bars and Maple Pecan Pie, toured the facility, and look forward to coming back for breakfast in the sap house this spring.

(Farm to) School is Back in Session



Salad Bars to Schools

Our Local Foods, Healthy Schools Farm-to-School Program has been assisting the Cobleskill-Richmondville, Schoharie, and Berne-Knox-Westerlo Central School Districts in applying for the Salad Bars to Schools grant, which is offered through a partnership including the Chef Ann Foundation. This grant provides fully funded equipment, plus food safety training, to implement a salad bar in a district's schools. This creates another avenue to increase student participation in the school lunch program and provide education about choosing more local, nutritious items during the school lunch period. At Cobleskill-Richmondville High School, dining services will be collaborating with our nutrition and agriculture programs to tie Farm to School into the curriculum. The Schoharie and Berne-Knox-Westerlo Central School Districts hope to have a salad bar in each of their schools and to bring in a BOCES dietician periodically to educate students on the benefits of eating from the salad bar.

Harvest of the Month activities at each of the three participating school districts will highlight items specifically for the salad bar in order to solicit feedback from the students as to what products they would like to see featured once the salad bar arrives.



Farm to School is in full swing as the 2022-23 school year kicks off. National Farm to School Month will be celebrated in each of the five school districts (Berne, Schoharie, Sharon Springs, Duanesburg, and Cobleskill-Richmondville) in October, and each school will be featuring Harvest of the Month items. Sharon Springs will be serving up New York State apples, and the other four districts' items were set to be determined towards the end of September.

30% New York State Initiative

Each school district will be tracking their local purchases in an effort to meet the requirements of the 30% NYS Initiative. This program encourages schools to purchase at least 30% of their lunch ingredients from New York State producers. Districts meeting the 30% threshold can apply to have their state reimbursement increase from \$0.056 to \$0.25 per lunch served. These larger reimbursements give directors more flexibility in their budget to expand their local offerings, buy from more area farms, and provide students with more nutrient-dense items.

How You Can Help

Upon approval of the grant application, the waiting period for installation is approximately 12-14 months. Parents and others in the community will have the ability to donate to speed up the process. If interested in contributing to any of the districts, be on the lookout on our Facebook page (@Local-FoodsHealthySchools) for more information on where to find the Salad Bars to Schools donor link when it goes live.





Executive director Liz Callahan (left) and Board president Kristin Pullyblank (right) do the honors at the ground breaking ceremony.



Groundbreaking for “Grow With CCE” Learning Garden

The official groundbreaking for the “Grow With Cornell Cooperative Extension” initiative was held on Friday, September 16th in Cooperstown. It was well attended, and speakers included former State Senator Jim Seward, Otsego County Representative Andrew Marietta, CCE Schoharie and Otsego Board President Kristin Pullyblank, and Master Gardener Volunteer Pati Grady.

This happy occasion was the result of years of planning and dedication. When done, this project will transform the grounds of the Association’s office in Cooperstown into a center for garden-based learning. The gardens will showcase raised beds, low-maintenance and native plants, pollinator gardens, annual and perennial flowerbeds, vegetable and kitchen gardens, and small fruit planting demonstrations. Planned



Pati Grady, Otsego Master Gardener Volunteer and “Grow With CCE” project leader, welcomed attendees and spoke about the history of the project.



The event was well attended, but everyone was too excited to sit down.

improvements to the site include adding necessary infrastructure and improved parking and lighting; creating a rain garden to demonstrate surface water remediation before it leaves the site; a garden house for instruction, preparation, and storage; garden fences, benches, and gateway arbors; hardscape pavers for connection to public walkways and the Education and Outreach Center; and educational signage and places for quiet reflection and active gardening.

Generous donations have made this project shovel ready, and further contributions are always welcome to help bring the project to completion. You can learn more and donate here: cceschoharie-otsego.org/master-gardener-program/grow-with-cornell-cooperative-extension.

Seed-saving Workshop



The Otsego Master Gardener volunteers held a seed-saving workshop on September 22, 2022 in the Cooperstown office on Lake Street. Folks who attended learned the benefits of seed saving, which plants are best suited for seed saving, and how to store them. They were also guided in the identification and collection of seeds from the gardens on the grounds of the Cooperstown office.



4-H Afterschool Youth Activity Leaders Wanted!

The 4-H Afterschool Program is seeking activity leaders for our program located at Schoharie Central School. An Activity Leader works with elementary or middle school-aged children. Activities include homework tutoring, academic enrichment, 4-H in-school clubs, and recreation. Experience with youth development programs is required. An Associate's Degree is desirable. Employment is contingent upon meeting the requirements of New York State's School-Age Child Care Regulations. The program operates every day that the elementary school is in session, Monday through Friday, 2:00 p.m. to 5:30 p.m. Applications can be found at cceschoharie-otsego.org/employment-volunteering/employment-opportunities. Send your resume and completed application to Susan Salisbury at sms248@cornell.edu.



Harvest Moon



Saturday, September 24th was beautiful weather for our Harvest Moon event which featured the Schoharie County Master Gardener Volunteer plant sale. Mums, bulbs, perennials, and houseplants were for sale in support of the Master Gardener Volunteer program, and the MG volunteers were on hand to answer gardening questions. Indoors in our meeting room, free presentations on seed saving, growing garlic, forcing bulbs, winter sowing, and eating locally were offered.

Cornell AgriTech Tour



Cornell AgriTech offered a USDA-ARS Apple, Grape, and Tart Cherry Germplasm Collection Tour to the public on September 17, 2022 at McCarthy Farm in Geneva, NY. Liz Callahan was able to tour the same farm as part of a gathering of CCE Executive Directors. Cornell AgriTech offers food and agriculture research events like tours, field days, and classes. Learn more and sign up for their newsletter at cals.cornell.edu/cornell-agritech.

Please Welcome our Leadership Development Intern



SUNY Oneonta and the New York Council of Nonprofits, Inc. partnered this year in a unique internship program that supports both student learning and the diverse non-profit organizations of the Oneonta community. Student applicants were trained and matched with Oneonta area nonprofits. The program provides these students with the chance to develop their skills in many areas including communications, marketing, accounting, and fundraising. They will also learn how board members advise and support organizations by serving as contributing board members in this two-semester (Fall 2022 and Spring 2023) program.

Larsen Laramé was chosen to work with CCE Schoharie and Otsego Counties. He hails from Rockland County and is a fourth-year political science student.

Regarding this internship, he wrote: “I’ve had the opportunity to attend a good selection of classes along with having spent a season wrestling for the Oneonta Dragons. During my time at CCE, I intend to do the same: build relationships and connections, founded on a desire to help move the organization—and our common goals—forward. As an introduction to the organization, I’ve already sat for a nominating committee meeting; this goes to the point of my role as a leadership intern. I’m excited about the potential to gain experience on complex, community-focused issues through applying myself to learning opportunities. My time with CCE will hopefully allow me to display my talents for writing, creative thinking, and problem solving, and apply them to areas I’m knowledgeable about—but I’m always ready to learn more. In my free time, movies, music, and sports make up much of what I’m passionate about, along with my family and friends.”

Cooking with Kids

Wednesdays

October 19, 26 • November 2, 16, 23, 30 • 4:00-5:00 p.m.
First United Presbyterian Church
2 Walling Ave., Oneonta

Join us for a 6-8 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.

The program is free for income-eligible families. Children 4+ welcome. Registration is required.

For More Information or to Register:
Michelle Leveski, EFNEP Nutrition Educator
518-234-4303 x115 • mml39@cornell.edu

**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.



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



Find Your Farmer! Fill Your Freezer!

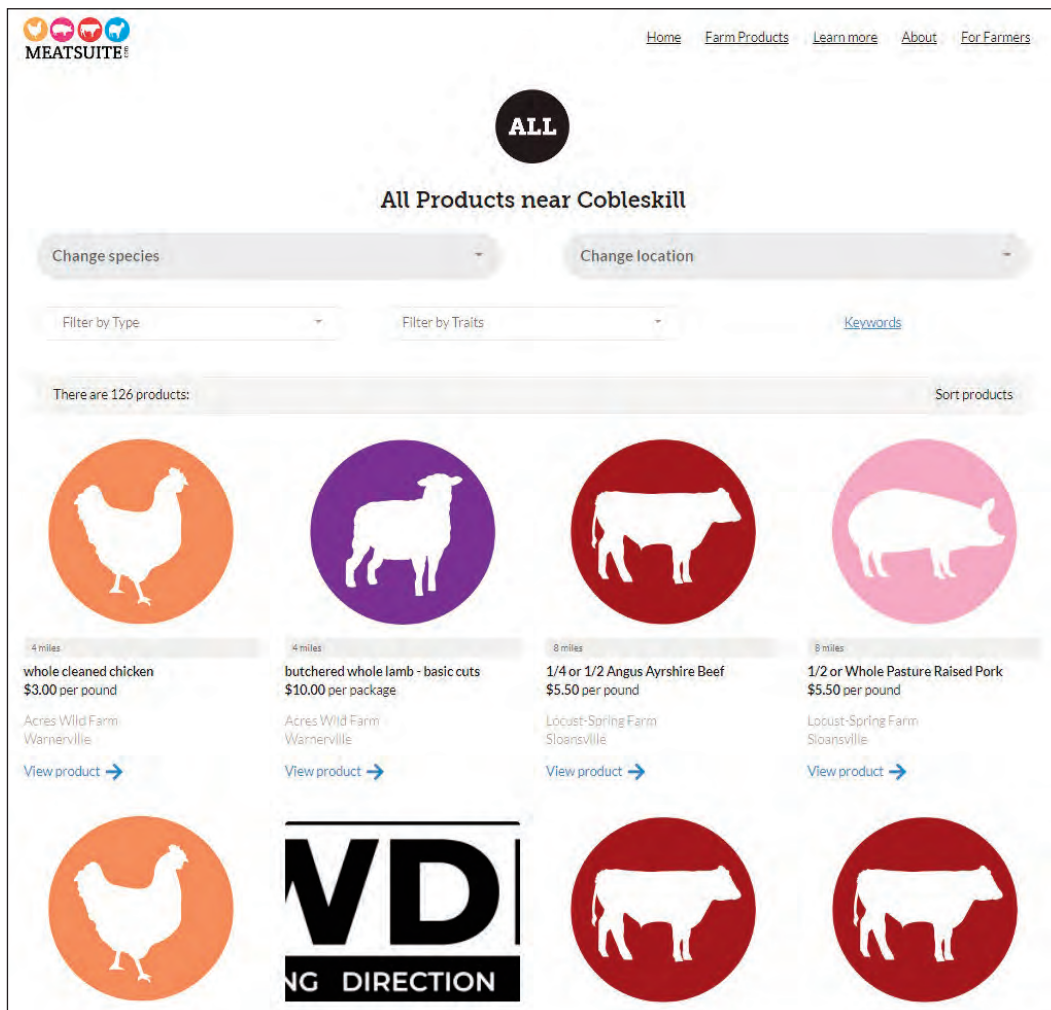
MeatSuite is a free online tool that debuted in 2013. A new version, focusing on searching for products rather than farms, launched in June 2022.

This user-friendly tool is for both consumers and farmers across New York State (and also North Carolina) and was designed to increase “freezer trade,” the sale of whole, halves, quarters of animals, and bulk bundles of meat. It is meant to be a platform to connect eaters to the farms that fit their needs and preferences when sourcing locally raised meats.

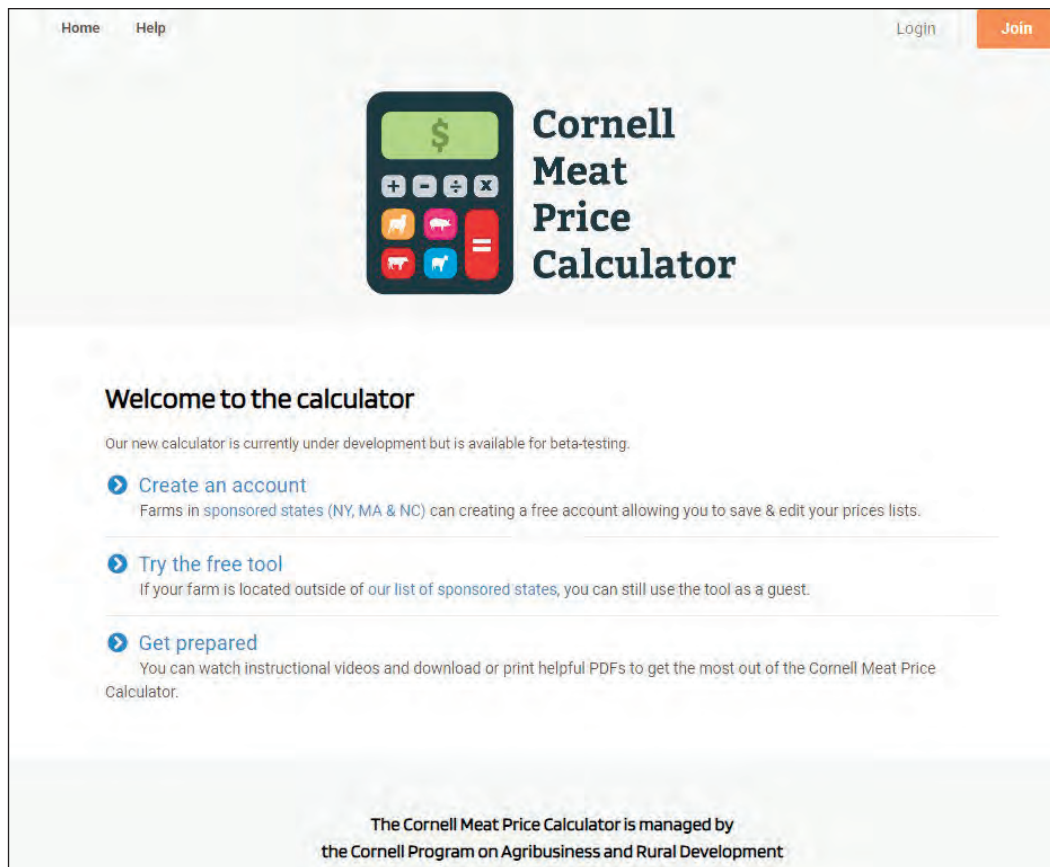
Buying locally and in bulk can save money over buying by the piece, plus it will challenge eaters to try new cuts and recipes. It also benefits farms by being a more efficient way to sell.

Why should consumers use MeatSuite?

- MeatSuite allows you to search for products...
- in your neighborhood (by providing a zip code)
 - by species (10 different categories are currently available: rabbit, chicken, turkey, beef, pork, lamb, goat, bison, duck, and goose)



A search results list for all products near zip code 12043



Home page for the Cornell Meat Price Calculator, a handy tool for farmers using MeatSuite

- by product type (by the pound or by the package).
- by product attributes (certified organic, pasture raised, grass-fed/no grain, heritage breed, animal welfare approved, halal available, and certified humane)

A search results list will be created that provides the farm name, location, distance, short product description, and price (by pound or package). Once you have a list, you can then further refine your results including by keyword, or change species or area.

When you click on “View Product,” if the farm has provided the information when they created the listing, you can learn how each farm raises their livestock and about their farming practices. You can check availability by sending a message through the website or reach the farm directly by any contact information they provided (email, phone, or website). If you are using a smartphone, there is a one-button option for calling the farm, if they provided that information.

The website also provides helpful information like definitions for commonly used claims (like “natural”), common cattle breeds, types of livestock

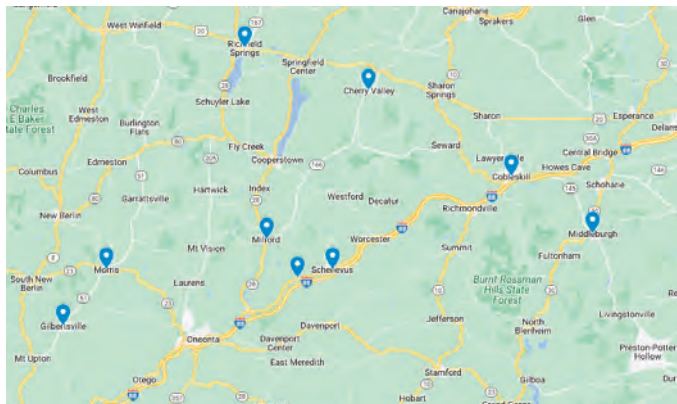
feeds, all about weights (live vs. hanging, factors that influence weights), USDA and NYS regulations for meat sales, and a link to Iowa State University Extension and Outreach’s “Beef and Pork Whole Animal Buying Guide.”

Why Should Farmers use MeatSuite?

Farmers are encouraged to use this free tool to market their meats. In addition to connecting to potential new customers, MeatSuite offers the use of the Cornell Meat Price Calculator. The calculator comes with a set of “Get Prepared” PDFs and videos to help you maximize its use: a list of data to gather, a simple form to help keep you organized during weigh-in, a “Pricing Pep Talk” for those concerned about price comparisons to grocery stores, and a series of short videos demonstrating the calculator.

Farmers are also encouraged to create listings as robust as possible for their farm and their products. An additional bonus for farms that do not regularly check email: there is an option to receive a text notification when the MeatSuite message system is used to contact the farm (no worries, that cell phone number is kept private).

Making Connections this Summer



Just like many folks, we were excited that the combination of the receding of COVID-19 and the widely available vaccinations plus the good weather brought so many opportunities to be out and about. This summer, in addition to the customary programming events offered by our ag/horticulture, 4-H, and nutrition educators, we took advantage of the season to reconnect with our communities by doing outreach at many local events.



At the Butternut Valley Harvest Festival in Morris, you could have sampled some cucumber-ginger flavored water while learning about the Master Gardener Volunteer training opportunity and snagging a map for Family Farm Day.



Nutrition Educator Kimberly Ferstler at Festival Farmers' Market in Cobleskill

We hope we saw you at:

- Butternut Valley Harvest Festival
- Cherry Valley Farmers' Market
- Community Block Party (Cobleskill)
- Cooperstown Farmers' Market (Tuesday)
- Cooperstown Farmers' Market (Saturday)
- Eastern Otsego Farmers' Market
- Festival Farmers' Market
- Gilbertsville Farmers' Market
- Lantern Hill Community Health Fair
- Meet Me on Main Street Health Fair (Oneonta)
- Middleburgh 4th Friday (September)
- Milford Farmers' Market
- Morris Farmers' Market
- Oneonta Farmers' Market
- Pridefest (Oneonta)
- Ready, Set, Connect (Schoharie County Office for the Aging)
- Reconnect for Good Health (The Gathering Place 50+ Community Center)
- Richfield Springs Farmers' Market (Thursday)
- Richfield Springs Farmers' Market (Saturday)
- Schoharie County Health and Safety Fair
- Senior Resource Fair (Otsego County Office for the Aging)
- Slop-o-Rama (A Sensory Extravaganza at the Pickin' Patch Emporium)



At the county fairs, we offered lots of useful information you could take home on agricultural, horticultural, and nutrition topics.



Did you try our interactive Food Knowledge Quiz at the county fairs?

FRIED RICE WITH CHICKEN

Quick and easy...tasty and delicious

Adapted from *Eating Smart, Being Active*

Serves 6



Fruit Sorbet

Ingredients

2 tablespoons vegetable oil
3 cups cooked and cooled brown rice
1 carrot, diced (peeling optional)
½ green pepper, diced
½ medium onion, diced
½ cup broccoli, diced
2 tablespoons soy sauce
½ teaspoon black pepper
½ teaspoon garlic powder
2 eggs
¾ cup diced, cooked chicken
(or other meat)

Directions

1. Wash all vegetables.
2. Collect, dice, and measure all ingredients before starting to prepare the recipe.
3. Heat oil in a wok or large skillet over medium heat.
4. Add cooked rice, and cook for 5 minutes, stirring regularly.
5. Stir in carrot, green pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender but still crisp.
6. Remove rice and vegetable mixture from skillet. Put on a clean plate.
7. Break the eggs into a small bowl and beat with a fork.
8. Reduce heat to medium low. Add the eggs to the wok/skillet and scramble.
9. Once the eggs are cooked, add back the vegetables and rice and stir.
10. Add cooked chicken and stir until thoroughly heated.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Know the facts . . .

- Fried rice first developed during the Sui Dynasty in China, and all fried rice dishes can trace their origins to Chinese fried rice.
- Fried rice is a dish of cooked rice that has been stir-fried in a wok (traditionally) or frying pan and is usually mixed with other ingredients such as eggs, vegetables, seafood, or meat. It can be served either as a main dish or side dish.
- Stir-fry means to cook at a high temperature while stirring constantly.
- In addition to being quick and easy, stir-frying is also healthy. It results in tender-crisp vegetables that retain more nutrients than if they were boiled. Plus, stir-frying requires only a small amount of oil so the fat content is low.
- Fried rice is a great way to use your leftovers.
- Try rice options like brown, white, or basmati.
- For a low-carb option, try using riced cauliflower (cauliflower grated into rice-like bits).
- Can you freeze leftover fried rice? Yes! For best results, reheat in a frying pan or microwave with a bit of chicken broth.
- Try ending your meal with this delicious Fruit Sorbet! This recipe offers 3 flavor options: Peach; Pineapple; Pineapple-Banana (s3.amazonaws.com/assets.cce.cornell.edu/attachments/58716/Fruit_Sorbet.pdf?1662994672).

Nutrition Facts

6 servings per container	
Serving size	1 cup (196g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 340mg	15%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 322mg	6%

*The % Daily Value 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.

30% calories from fat

Notes:

Preparation time is about 10 minutes.
Cooking time is about 15 to 20 minutes.

This is a great recipe if you have leftover cooked rice or chicken. If you don't have these on hand, cook them before starting the recipe. Cook the necessary amount of rice according to package directions. Cook ¾ cup of raw, small pieces of meat in 2 teaspoons of vegetable oil over medium heat until fully cooked.

Be creative! Use any fresh, frozen, or cooked veggies. If you use cooked vegetables, add them in step #9 instead of step #5.



New Cooking-Nutrition Education Opportunities in Jefferson and Gilboa-Conesville through CROP



We are pleased to announce that we have newly partnered with CROP (Creating Rural Opportunities Partnership) to deliver our nutrition education programs to the afterschool programs in the Jefferson Central School District and Gilboa-Conesville Central School District in the 2022-23 school year.

The CCE Schoharie and Otsego Counties nutrition education staff will offer two sets of classes: one series for students and their parents together, and another just for the students. Every class creates a supportive environment and involves an interactive lesson—on topics like Added Sugars or Eating More Fruits and Vegetables—plus some kind of food experience. Ideally, the food experience means kids help create—and then taste!—a delicious, healthy dish. The recipes always include af-

fordable ingredients and use typical kitchen tools, so hopefully they become new favorites they can make again at home.

CROP provides afterschool programs for children in kindergarten through eighth grade with assistance from community partners, operates in 14 area school districts, and is funded through the 21st Century Community Learning Centers grant. The program is based on need, including children whose families qualify for free and reduced lunch, children who may be academically at risk, children with disabilities, and children who may go home to an empty house after school. The main objectives of the program are to provide academic improvement for students, provide youth development and personal/social enrichment for students, and help working families by providing literacy and other educational related activities to families. Offerings include tutoring, arts, clubs, technology, nutrition classes, field trips, recreation and games, and family nights and workshops.

You can learn more about CROP at www.uncboces.org/CreatingRuralOpportunitiesPartnershipCROP.aspx




Explore ...

Connections

The News Magazine of Cornell Cooperative Extension of Schoharie and Otsego Counties

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Methods to Modify Behavior

Part 5 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.

There are countless training methods from the tried-and-true classics to modern commercial systems marketed by big-name trainers. What works for one horse or trainer may be completely wrong for another individual, and every horse person should take from each method the pieces which are most helpful to them.

When evaluating a training method, I highly encourage you to avoid any sort of pain- or fear-based methods. When you attempt to control a horse with the threat of pain or fear, you create a nervous animal that won't look to you for help in an emergency. There will always be something scarier than you are, and all you'll have done is taught the horse to yield to the scariest thing in the room.

While it's entirely possible to train an animal that doesn't like you, it's more enjoyable for everyone involved if you can make a friend along the way.

Training Methods

Flooding is not a method I recommend except in extreme circumstances when all other methods have failed, and only under professional supervision. The horse is put into a situation where an aversive stimulus becomes 100% inescapable and is left to "figure it out" with the humans at a safe distance. It is likely the horse will panic in a fight-or-flight sense, and there is risk of physical injury in addition to psychological damage. This is always a traumatic experience for the horse. It does not teach the horse that there is nothing to fear, only that they can't escape.

Positive Reinforcement (R+) is when something desirable (a reward) is added to reinforce the behavior immediately preceding it, increasing the chances that the behavior will be repeated. Because horses are almost always hungry, food can be a very reliable motivator. Other commonly used rewards include food treats, verbal praise, touch

(petting, scratches, mutual grooming), closeness, and acceptance.

Positive reinforcement is a highly effective, low-stress method of explaining complicated skills while strengthening the relationship between horse and handler. It's a good way to start a conversation with horses that are overly sensitive or reactive to pressure, and it's great for the horses that have lost interest in their jobs because training becomes a game rather than a chore.

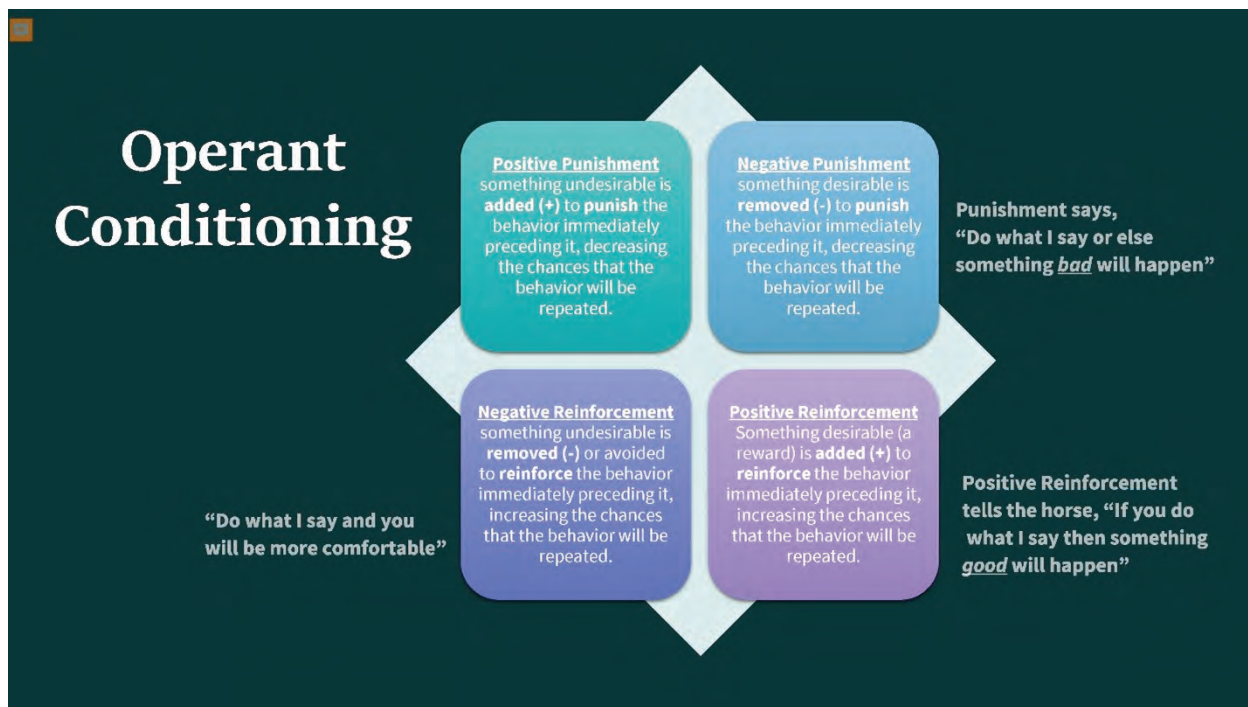
Positive Punishment (P+) is when something undesirable is added to punish the behavior immediately preceding it, decreasing the chances that the behavior will be repeated. For positive punishment to be most effective, the animal must believe that their actions directly caused the undesirable result. When someone hits a horse for biting, that's Positive Punishment because they're applying something the horse doesn't want to discourage a behavior.

Positive punishment is very common in the horse world but is not the most effective method. It is something I try to reserve for dangerous behaviors which require immediate correction. Additionally, animals become desensitized to punishment when it is overused so restricting its use preserves its effectiveness.

Negative Reinforcement (R-) is when something undesirable is removed or avoided to reinforce the behavior immediately preceding it, increasing the chances that the behavior will be repeated. Riders and handlers use negative reinforcement in everything from halter training to teaching aids to a ridden horse. Riders use their lower leg to apply pressure (a mild irritant) to the horse's sides, then remove the pressure when the horse responds by moving forward, reinforcing the behavior.

The key takeaway for Negative Reinforcement is that the release of pressure is what rewards the horse. If you're putting pressure on the horse to tell them what to do, and you aren't releasing the pressure when they respond or allowing them to escape

Continues on page 18



from your stimulus, then you're just pushing the horse around. Removing pressure is the "Negative" in negative reinforcement; if you don't have a good, clear release of pressure, you don't have negative reinforcement.

Negative Punishment (P-) is when something desirable is removed to punish the behavior immediately preceding it, decreasing the chances that the behavior will be repeated. If you enter a stall with a bucket of grain to feed the horse and they behave aggressively towards you, walking away with their meal would be negative punishment.

Conditioning creates an association between a stimulus which was previously neutral and an anticipated result. Much like the classic example of Pavlov's dogs salivating at the sound of a bell, horse owners are very familiar with the sound of nickers and bucket banging when the horses hear the lid come off the grain bin! The sound of the grain bin itself isn't exciting, but the promise of a meal forthcoming gives the sound meaning. Handlers and riders regularly create conditioned responses to pressure and verbal cues.

Desensitization and habituation are methods used to reduce overreaction to a stimulus.

Desensitization reduces the problem stimulus to a non-threatening level and gradually increases the intensity, while ensuring the horse does not react

negatively. An example would be introducing a horse to a tarp by starting with a folded tarp held still in your hands, then gradually unfolding and moving it around until the horse no longer reacts to the appearance, sound, or movement of the tarp.

In **habituation**, the problem stimulus is present in full intensity in the environment, but the horse is not restricted from approaching or retreating (in contrast to flooding) and is allowed to investigate and interact with the stimulus on the horse's own timeline. For example, if the horse is afraid of banners, you may install one on the horse's pasture fence and allow him to become habituated to it. With time, the stimulus will become "part of the landscape" and no longer excite the horse or elicit a negative reaction. Regularly move the banner to new places or replace it with similar "scary" items to keep the horse investigating new things in a safe environment.

Rewards

All rewards are not created equal! Some horses will work for praise and scratches, while others just don't want to be touched. Some will enthusiastically accept any food offered to them, while others are only encouraged to work by the promise of their all-time favorite food.

If the horse has 24/7 access to hay, using hay as a reward is nothing special. A piece of carrot that is offered only during training could be very moti-

vating, though! Restricting the animal's access to the reward is how it retains its value.

Reward Schedules

When you're first training a behavior, you'll almost always use a **Continuous Reward Schedule**, where you reward the behavior every single time the animal makes an attempt. Regardless of whether they perform the behavior well, you reward it to create enthusiasm and willingness. Continuous reward schedules create behaviors that occur consistently but must be rewarded every time, and the quality of the behavior may not always be the best.

Variable Reward Schedules reward the animal at random intervals. The trainer doesn't need to reward a behavior every time it occurs, and the animal never knows when the reward is coming, but they always think, "Maybe this time." If the animal loses interest in the behavior while using a variable reward schedule, return to using a continuous reward schedule to solidify the behavior or reassess the desirability of your reward.

Differential Reward Schedules address behavior quality by delivering a reward in proportion to the quality of the behavior. If the animal performs a behavior well, the trainer rewards them with lots of enthusiasm and excitement and gives them extra portions of their favorite food treat. If the trainer asks for the behavior again and the animal only completes half of what was asked, the handler may only offer a brief pat or a small piece of food as a reward. If the animal wants the best rewards, they must perform the behavior being asked particularly well.

Unsolicited Behaviors

Once an animal learns that they can get a reward for a certain behavior, they tend to offer the behavior without being asked. Unsolicited behaviors like this can become problematic so they should NOT be rewarded—but don't punish them. Ignore the behavior you didn't ask for and either request an incompatible behavior or wait for them to seek your direction. They will soon learn that the reward only comes from completing the behaviors when you ask for them.

Positive Reinforcement (R+) Training

A behavior must occur before it can be rewarded and shaped. Some behaviors occur naturally without human intervention, while others require some



You can use a carrot to bribe some horses, but bribery is not a lasting lesson.

creativity from the handler to set the horse up for success. For naturally occurring behaviors, all the handler has to do is wait for it to happen. The handler then captures the behavior by rewarding it. Through repetition and consistency, rewarding creates an association with a cue so the behavior can be requested later. Clicker and target training can be used to entice the horse into performing an unusual behavior for the first time, and shaping allows the handler to refine the behavior.

Bribery

Bribery involves enticing the animal to do something with a direct, immediate promise of reward. Holding an apple in front of your horse's nose to lure them onto the trailer is bribery. This can be very effective but leads to inconsistent behavior. While bribery certainly has its place, it is not a lasting lesson and does not create a learned behavior. You'll always need an apple to load your horse and if he isn't hungry, he isn't loading.

Clicker Training

First, a conditioned association is created between the sound of the clicker and a desired reward. As you work around the horse, use the clicker at random intervals and immediately deliver a treat. This is called "loading the clicker." The sound is then used to mark the desired behavior, giving the horse immediate affirmation, and bridging the gap between the completion of a desired behavior and the delivery of the reward. A clicker can be substituted with any distinct, easily audible sound that you can produce consistently. You can snap your fingers, whistle, or choose a word as

Continues on page 20



Target training

your marker, but you must use a consistent pitch and tone of voice.

Target Training

A wide variety of behaviors can be produced through creative use of a target. Target training creates an association between an object, or “target,” and a reward. Some examples would be teaching the horse to stand on an object on the ground, or to touch a particular item with their nose. Target training is an excellent choice for behaviors during which you cannot touch or lead the horse through a movement. The target is moved or placed in such a way to encourage the horse to perform a behavior, like navigating an obstacle at liberty or performing tricks without a handler.

Capturing

Capturing is when a trainer rewards a behavior as it happens naturally, at the same time creating an association with a cue or command with which to request the behavior in the future. If you want to teach your horse to lay down, you may lead them to a soft, sandy spot and wait for them to roll. When they start to lay down, give the cue you want to use and reward the behavior (clicker training is helpful here to keep the trainer at a safe distance while the horse rolls).

Shaping

Shaping involves rewarding subtle changes in behavior in the pursuit of more complex behaviors. The trainer rewards every small effort from the horse and ignores all other behavior, allowing the horse to figure out what the trainer wants without threat of punishment. Over time, the trainer becomes increasingly discriminating in what they will reward (similar to a differential reward schedule),

encouraging the horse to develop or build on the existing behavior. Shaping is an ideal method to describe complicated tasks without overwhelming the horse.

For example, say you want to teach your horse to pick up a hat from the ground and pass it to the rider, a challenge occasionally seen on competitive trail rides. To start, place a hat on the ground and lead the horse near it. Keep your body language completely neutral; do not interact with the horse unless necessary, avoid facing them directly, don't make direct eye contact, keep still and quiet. When the horse shows any interest at all in the hat (a quick glance is enough!), reward copiously, then return to neutral. Next, require the horse to take a step towards the hat to earn a reward. Then sniff or touch the hat, bite the hat, pick the hat up, and so on.

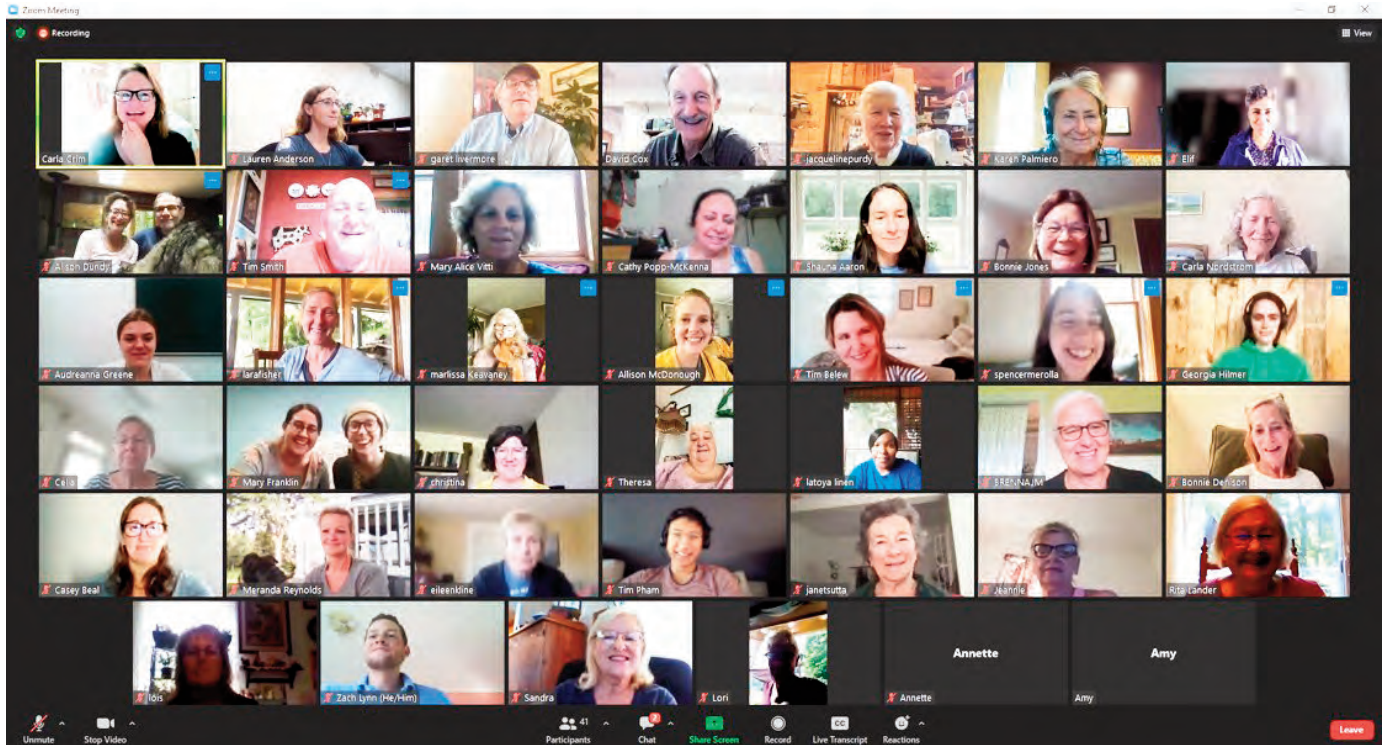
Extinction

Extinction removes the reward to reduce the prevalence of a behavior. For example, if the horse knows the handler carries treats in their pockets, they may begin to show food-expectant behaviors (nudging, biting clothing, being pushy). To remedy this, the handler ignores the horse and does not respond to their requests for attention/treats. They may stop carrying food treats on their person altogether. With time, the horse learns that treats are not gained by investigating your pockets and discontinues the undesired behavior. Be aware that when using extinction, the behavior often escalates before it improves—so patience and consistency are key!

Differential Reinforcement of Incompatible Behavior (DRI)

My favorite method for eliminating unwanted behaviors is Differential Reinforcement of Incompatible Behavior—which is requesting an incompatible behavior in place of an undesired behavior. Particularly in high-energy or high-anxiety situations, punishment can lead to stress and tension, or even cause increased aggression. When you request an incompatible behavior rather than punishing the animal, it puts you in a position to praise the animal for a correct response, which also prevents the unwanted behavior. To be effective, the reward for performing the incompatible behavior must be greater than the reward received from the unwanted behavior.

Master Gardening Training



Over 40 enthusiastic gardeners tuned in via Zoom to Week One of the Central New York Master Gardener Volunteer (MGV) Training 2022. Training was facilitated by CCE Educators Carla Crim (CCE Delaware County), Garett Livermore (CCE Herkimer County), and David Cox (CCE Schoharie and Otsego Counties). Upon course completion in March 2023, trainees will serve as MGV Apprentices while completing service hour requirements within a two-year period. CCE has welcomed aspiring Master Gardener Volunteers from Chenango, Delaware, Herkimer, Otsego, and Schoharie counties to the biennial, 20-session training since 2006. Many thanks to these folks and all our current MGVs. The program can't run without them!

FALL PAPER CLOVER SALE



October 5th-16th
Funds support 4-H camp and leadership activities



2022 Vegetable Variety Trial Garden Project



The Vegetable Variety Trial Garden (VVTG) is a state-wide CCE program for Associations and community partners who planned to cultivate vegetable demonstration gardens. This project—a companion to the Vegetable Varieties for Gardeners program—was under the guidance of Laurie VanNostrand in 2022; all counties reported their findings to her. The information she received is used to understand the growing conditions all over New York State: how we are similar and how we differ.

The 2022 theme was “Cultural Roots of the Americas,” and trial selections featured vegetables with connections to Central America, South America, the Caribbean, and indigenous peoples of New York.

Participating counties chose either a nine-bed design or a six-bed design. The Master Gardener Volunteers of Otsego County choose the nine-bed design—but due to the renovation of the garden space at the Cooperstown office grounds (the “Grow With CCE” initiative), three MGVs instead chose to grow the vegetables in their home gardens.

MGV Kelley Rourke grew the pan-American herbs in her garden in Cherry Valley, which included huacatay, culantro, and epazote. She also grew the pepper varieties informed by the Caribbean coastline: “Willing’s Barbados,” “Aji Dulce,” and “Aji Amarillo.”



Field Pea “Rouge et Noir”



Potato “Magic Molly”

MGV Peter Coleman grew the fingerling potato ‘Magic Molly’ in his garden in Schenevus. This potato is a staple grown in South America. He harvested about five pounds and noted, “These were easy to grow with minimal water and attention. They had a striking purple color and were delicious with butter and salt.”



Acorn Squash “Royal Ace PM F1”



Sunflower "Ring of Fire"

MGV Mary Ellen Calta grew the remaining six beds in her raised beds in Springfield Center.

Caribbean Coastline inspired varieties included a field pea called "Rouge et Noir" and a leafy green called amaranth (which is known in the Caribbean as callaloo).

Related to Central America, the "salsa bed" included a pepper variety ("Mad Hatter F1"), a tomato variety ("Pony Express F1"), and a bunching onion variety ("Parade"). There was also a summer squash, "Hurakan F1."

The "Herbs for People and Pollinators" bed included a variety of sage ("Fanni"), winter thyme, oregano vulgare, and a parsley variety called "Krausa."

In the bed inspired by the First Peoples was an acorn squash variety ("Royal Ace PM F1"), a sunflower called "Ring of Fire." and a bean variety ("Eastland").

Mary Ellen Calta commented: "This is an excellent program from Cornell for the trial of vegetables in all the zones across New York State. We received signage, design plans, and all seeds and transplants required to successfully carry out this project. As Master Gardeners, we planted, maintained, and harvested these vegetables, flowers, and herbs. The signage must be displayed in each garden and available for the public to see. Photos were taken and submitted to Cornell during the growing season."



Squash "Hurakan F1"

Of the "Hurakan" squash, she said: "This plant produced beautiful fruits early, and then the plant suffered from the extreme heat and drought. About 12 squash were produced and they were flavorful and easy to eat raw. We had an open house in our garden in July and these were offered with a dip; the public found them to be flavorful and crisp."

Milk Quality, Understanding That PPD! & a Peek Into Future Prices

Tuesday, October 11, 2022, 10:45 a.m.-2:30 p.m at the Quality Inn in Oneonta (5602 NY-23)



Dr. Christopher Wolf, E. V. Baker Professor of Agricultural Economics, Cornell University
Dr. Mike Zurakowski, DVM - Quality Milk Production Services, Cobleskill, NY

\$10 per person includes lunch

RSVP to Kim Holden 607-865-7090 or kmh19@cornell.edu

11:15 a.m. How is your milk price determined & understanding that PPD!

12:00 p.m. Lunch

12:45 p.m. How to lower your SCC and keep it low. Some quality premiums do exist and some handlers have instituted low SCC requirements.

1:45 p.m. What to expect from future market conditions and the likelihood of Dairy Margin Coverage (DMC) payments.

4-H Happenings



Summer 2022 was packed with opportunities in the Schoharie and Otsego County 4-H programs. Youth members were busy learning and developing their skills.

In both counties, youths prepared their projects for exhibit at their respective fair and their animals for competition. There were multiple showmanship

workshops in which youths were able learn from experienced showman not only how to properly care for their animal, but how to show their animal to its best advantage.



4-H youth animal handlers attended the 74th Annual Farmers' Museum Junior Livestock Show held July 10th to 12th in Cooperstown. This year, the show went back to its full three-day, all-species event. Youth handlers were very pleased to be able to get into the show ring and present their animals.

Otsego County 4-H members attended a gardening workshop at Gretna Gardens plant nursery in Otego. The youths learned hands on about designing mixed flower and herb arrangements for container gardens. Other plant combinations such as a pizza garden, bug repellent mix, and different ways a vegetable garden could be planted in a container were included in the workshop as well.



At the 2022 Farmers' Museum Junior Livestock Show

At the July 2022 fishing workshop at the Cobleskill Reservoir

In late July, Schoharie County 4-H youths participated in an interactive 4-H fishing workshop at the Cobleskill Reservoir. Youth attendees who were new to fishing were able to learn the proper and safe way to fish, those who were experienced fishermen brushed up on their skills, and everyone learned about conservation and the importance of ensuring healthy fish populations.

With the start of August, 4-H youths were thrilling with anticipation for the 2022 Otsego County Fair and Schoharie County Sunshine Fair. The fairs officially started for many 4-H members when they presented their non-animal projects to be judged and then put on display within Martin Hall and the Progressland building. Projects ranged from sewing, food, fine arts, and photography to engineering, horticulture, and woodworking. Wonderful evaluators encouraged, critiqued, and judged each one of the approximately 600 (maybe more!) items entered by our hardworking and talented youths. During the fair weeks, many 4-H youths presented their 2022 Public Presentations on the 4-H stages.



Displays and Public Presentations at the Sunshine Fair

At the Otsego County Fair, 4-H members competed in the Great 4-H Cook-Off in Martin Hall. Youths were presented with a variety of healthy ingredients—they didn't know in advance what the ingredients would be—and prepared and designed a dish for judging. Both teams earned blue ribbons for their overall creativity and adherence to the rules while creating a balanced, healthy, delicious snack.



Morsels from the Great 4-H Cook-Off at the Otsego County Fair

New this year on the Schoharie County Sunshine fairgrounds was the 4-H Community Garden located outside of the Hall of Agriculture. 4-H youth gardening program participants, as well as dedicated adult volunteers, spent many hours planting or transplanting various plants, flowers, and herbs into the garden, as well as preparing the area for display during fair week.

Continues on page 26



Some highlights from the animal activities at the two county fairs this year

There was no shortage of 4-H animals at the fair this year. Youth animal shows highlighted the results of hours of animal husbandry, practice, patience, and skills of 4-H youths. Spectators were able to cheer on 4-H youths during the many animal species shows which included poultry, rabbit, beef cattle, dairy cattle, goat, sheep, swine, horse, and dog.

Soon after the end of the county fairs, the New York State Fair began. 4-H non-animal projects that were chosen for State Fair during county fair evaluations were delivered to the



Taking down displays at the county fairs...

...to put them up at the State Fair.



State Fairgrounds, re-evaluated at the state level, and put on display within the 4-H Youth Building. 4-H youths from both counties

participated in the following contests: dairy cattle judging, dairy challenge, and Livestock Skillathon, in addition to the numerous animal shows.

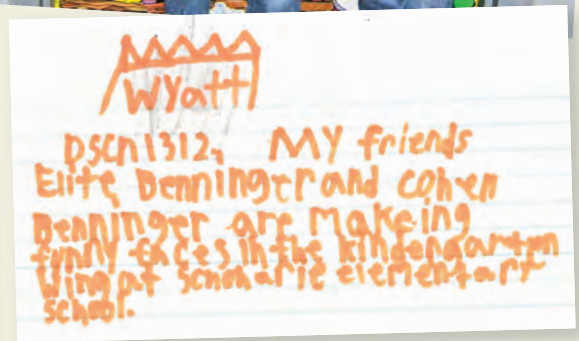
CCE Schoharie and Otsego Counties is proud of the 4-H youths and all the hard work they put into their projects and animals. Now that the fair season is a fond memory, it is time to forge ahead with the 2022-23 4-H year. Enrollment is in full swing, bringing with it the addition of new volunteers, clubs, and youth members. Both counties look forward to the start of the new 4-H year and for the continued positive youth development through hands-on, learn-by-doing educational experiences for youth within each community.

New Semester and “Old News” from the 4-H Afterschool Newspaper Club



School is back in session and so, too, is the 4-H Afterschool Program in the Schoharie Central School District. We’re happy to report that our wonderful activity leaders, Miss Valentina and Mister D, have returned for this year, and as of writing we are seeking a third person because this year’s roster is full! The group of enrolled children has some returning faces but also includes a bunch of new smiles—many kindergarteners have joined, and we are looking forward to a great year.

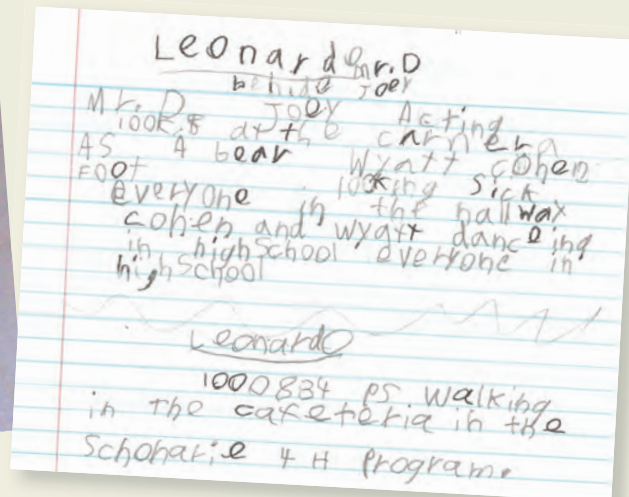
It was too soon to gather materials from the new cohort, so please enjoy these offerings from last Spring’s Newspaper Club. We expect the Newspaper Club to re-form and hope to continue to report about the fun happenings through the voices of the children themselves.



The kindergarten wing inspired some silliness from Cohen and Elliott.



More silliness, this time from Joey.



Continues on page 28



Sparkly, bright pink crafts made Bella and Aubrey smile.

100070707
 Wise, A. O. H. P.
 A. H. D. A. U. D. T. E. X.
 kann pos
 .4ne fur h
 program.

Elizabeth
 Wyatt Aubrey teddy Cohen
 Eliot posing for a photo
 Cohen dancing and Wyatt sitting
 down. Mor kids dancing
 at the school at 4 age



Rocking out in the hallway

Joey
 Cohen, Wyatt was dance the
 fortnite. dance, Cohen and Aubrey
 was look in a classroom and Joseph
 Wyatt, Eliot was in the background



1000824 Elizabeth
 hs 1-9-005 A flower with the
 help of miss valentina A the
 4th program in Schoharie.

Miss Valentina helping make flowers



More dancing, this time in the gym

Audrey
 1000813 Wyatt
 poses dance in the
 Schoharie 526 PM

The gym is also great for football and other sports.



Eliot 1000830
 Cohen throws
 Football
 in the Schoharie
 oxm



After all that activity, it's time to rest.

Audrey
 Audrey and
 Wyatt
 Cohen
 Eliot
 Everett
 tee in a bag



Transitions

We wish to acknowledge this time of transition in the teams in both our Cobleskill and Cooperstown offices.

Happily, we can report that Lauren Anderson will be moving from her role as Finance and Human Resources Assistant to Program Coordinator. Lauren has been a vital member of our support staff, and we are excited that we are able to offer her a position that more closely suits her training and interests.

In addition to this change, a few other staff members moved on to other opportunities in August and September. We wish them all the best, and when the hiring process is completed we are looking forward to basking in the high energy that new employees always bring to an organization.

We are exceedingly grateful that David Cox, who retired from the Ag/Horticulture Educator position in December 2020, has agreed to return temporarily during this time of change to fill in some of the gaps created by the departures.

We are also taking this opportunity to re-envision the empty positions with an eye to streamlining and refining roles to better serve our communities. This is a thoughtful process and, although the positions are not posted yet, when they are finalized they will be listed on our website at cceschoharie-otsego.org/employment-volunteering/employment-opportunities.



PROGRAM EVENTS

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

4-H Dog and Handler Skills Class for Youth

Sunday, October 2, 2022, 2:00-3:30 p.m. (mandatory orientation class)

4-H is offering a dog and handler course for youths aged eight to eighteen who want to learn how to work with their dogs in a hands-on, learning, fun environment. This six-week program teaches youth responsibility, communication, patience, and sportsmanship and is focused on beginner dog sports for rally, obedience, agility, and showmanship. The dog and handler will learn foundational skills that build techniques that are clear and kind and use positive reinforcement through fun activities. A mandatory orientation class will be held on Sunday, October 2, 2022, at 2 p.m. at the Cornell Cooperative Extension Education Center, 123 Lake Street, Cooperstown. The cost of the course is \$40. Participating dogs must be at least three months of age. Youths must be at least eight years old. For more information or to register, call our Otsego County office at 607-547-2536 ext. 225 or email Teresa Adell at tla47@cornell.edu.

4-H Paper Clover Sale

Wednesday, October 5th through Sunday, October 16th, 2022
Purchase a paper clover for \$1 at your local Tractor Supply—or add it to your purchase online—to directly support local and state 4-H programming. See page 21.

Indigenous Peoples' Day (offices closed)

Monday, October 10, 2022

Cooking With Kids (Cobleskill)

Tuesday, October 11, 2022, 5:00-6:00 p.m.

Additional dates in the series: October 18, November 1, 8, 15, 22

Join us after school at the CCE Extension Center in Cobleskill (173 South Grand Street) for a six-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 after completing six classes. Registration is required. If interested, please contact Michelle Leveski at 518-234-4303 ext. 115 or mml39@cornell.edu. See page 11.

Milk Quality, Understanding that PPD! & A Peek into Future Prices

Tuesday, October 11, 2022, 10:45 a.m.-2:30 p.m.

This event at the Quality Inn in Oneonta (5602 State Route 23) includes talks by Dr. Christopher Wolf, Professor of Agricultural Economics at Cornell University and Dr. Mike Zurakowski, DVM at Quality Milk Production Services in Cobleskill. The \$10 cost includes a buffet lunch. Learn more and register at cnydfc.cce.cornell.edu/event.php?id=1954. See page 23.

Cooking With Kids (Oneonta)

Wednesday, October 19, 2022, 4:00-5:00 p.m.

Additional dates in the series: October 26, November 2, 16, 23, 30

Join us after school at the United Presbyterian Church in Oneonta (31 Main Street, "The Red Door Church") for a six-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 after completing six classes. Registration is required. If interested, please contact Michelle Leveski at 518-234-4303 ext. 115 or mml39@cornell.edu. See page 11.

Cornell Cooperative Extension of Schoharie and Otsego Counties – Annual Meeting

Tuesday, October 25, 2022, 6:30-8:00 p.m.

You are cordially invited to attend our 2022 Annual Meeting which will be held virtually via Zoom. Grab a snack and let's get together to see what our programs have been up to this year and to give appreciation for the hard work our staff and volunteers do for our communities. Mark your calendars and we hope you'll join us! Follow this link below to register: reg.cce.cornell.edu/2022AnnualMeeting_243. An email confirmation with the Zoom invite will be sent when you register. See page 4.

Veterans' Day (offices closed)

Friday, November 11, 2022

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

Tuesday, November 22, 2022, 6:30-8:30 p.m.

Meetings are open to the public. You can join us three ways: in person at our Cobleskill office, in person at our Cooperstown office, or online via Zoom. If interested in attending, please check with your local office (Cobleskill, 518-234-4303; Cooperstown, 607-547-2536) to confirm the day and location of the meeting.

Thanksgiving (offices closed)

Thursday and Friday, November 24 and 25, 2022

Winter Holidays (offices closed)

Friday and Monday, December 23 and 26, 2022

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 or 518-234-4303 ext. 120.

SAVE THE DATE

National Seed Swap Day

Saturday, January 28, 2023

Swapping seeds is essential to biodiversity. National Seed Swap Day happens every year on the last Saturday in January. The Master Gardener Volunteers of Cornell Cooperative Extension Schoharie and Otsego Counties are tentatively planning to hold events that day.

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

CCE in Action!



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE



Here is how you can support CCE outreach:

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



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

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