

# Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

## JANUARY-MARCH 2023

“Grow With CCE” Progressing Nicely	1
Become a Climate Steward Volunteer	5
Help Shape the Future of Schoharie County Agriculture	5
Thoughtfully Re-envisioning the Role of CCE SO in Local Agriculture	6
National Seed Swap Day 2023	6
Welcome to the New Farm-to-School Coordinator!	9
Farm-to-School Happenings	9
Lentil Basics	12
Cooking with Lentils	13
Fiber—and I Don’t Mean the Wool Kind	14
4-H Happenings	17
The 4-H Afterschool Newspaper Club Report	20
Program Events	23

## “Grow with CCE” Progressing Nicely

As you can see in the photos below and on the next two pages, the work on our “Grow with CCE” learning garden project on the grounds of our Cooperstown office is progressing nicely. The groundbreaking ceremony was held on September 16th, and since then much of Phase 1 has been done, including demolition and site preparation; excavation and grading; installation of electrical conduit, 1” poly waterline, TrueGrid, and irrigation lines; laying of the garden shed foundation; resurfacing of the driveway and parking lot; and the construction and installation of the planter boxes.



Many thanks to Epic Landscaping of Cooperstown (especially owner Kevin Green and project supervisor Frank Novak) and Scott Ubner of Ubner Excavation for their excellent work and service!

Upcoming tasks include the building of the garden house, the rain garden, and signage for the garden. We are grateful for the unexpected and generous recent donation of an additional \$20,000 for this transformational project.

Learn more about the gardens at our website: [cceschoharie-otsego.org/master-gardener-program/grow-with-cornell-cooperative-extension](https://cceschoharie-otsego.org/master-gardener-program/grow-with-cornell-cooperative-extension).

# SEED SWAP

Saturday, January 28, 2023

Participation is **FREE!**  
Attendees are encouraged (not required) to bring seeds to swap.

Cornell Cooperative Extension Schoharie and Otsego Counties



The new planters stand out in the snow.

See page 6

Continues on page 2

### EQUAL OPPORTUNITY

Cornell Cooperative Extension actively supports equal educational and employment opportunities. No person shall be denied admission to any educational program or activity or be denied employment on the basis of any legally prohibited discrimination involving, but not limited to, such factors as race, color, religion, political beliefs, national or ethnic origin, sex, gender/gender identity, transgender status, sexual orientation, age, marital or family status, protected veterans, or individuals with disabilities. Cornell Cooperative Extension is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.

### PRODUCT ENDORSEMENT

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



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

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

[www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org)



First came a pile of gravel . . .

### FIND US ONLINE

Visit us at [cceschoharie-otsego.org](http://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](http://blogs.cornell.edu/efnep-schoharie-otsego)



### OUR MISSION

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

**Vol. 6, No. 1, January-March 2023. Published regularly by Cornell Cooperative Extension Schoharie and Otsego Counties**

*Elizabeth Callahan, Editor*

*Kimberly Ferstler, Associate Editor*

*Cathleen Berry, Design and Layout*

*Madelyn Sanchez Taylor, Proofreader*

173 South Grand Street, Suite 1  
Cobleskill, NY 12043  
518-234-4303 or 518-296-8310  
[schoharie@cornell.edu](mailto:schoharie@cornell.edu)

123 Lake Street  
Cooperstown, NY 13326  
607-547-2536  
[otsego@cornell.edu](mailto:otsego@cornell.edu)

[www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org)

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

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

### NEWSLETTER SUBSCRIPTION

To subscribe to **Connections**, the e-newsletter of Cornell Cooperative Extension Schoharie and Otsego Counties, visit our website, [www.cceschoharie-otsego.org](http://www.cceschoharie-otsego.org). Click on the red "Subscribe to Connections" button in the right-hand column, and fill out and submit your subscription. It's free, and by subscribing you are assured of receiving future issues, without missing any news or programs of the Association. Printed copies are also available at the Association offices in Cobleskill, Cooperstown, and Oneonta. Cornell Cooperative Extension Schoharie and Otsego Counties does not share readers' personal information with third parties. Our emails are to keep you up to date with current events. If you do not wish to receive our notices, you can unsubscribe at any time.



*A blank slate . . .*

*. . . and then came the machinery.*



*. . . ready for the raised beds that will house native plants, flowers, kitchen gardens, and more!*





# AG ENERGY NY

A Project of Cornell Cooperative Extension

Some livestock farms can

Save up to  
**30%**



in energy costs with upgraded refrigeration.

Visit [AgEnergyNY.org](http://AgEnergyNY.org) to find References and Resources.



Lighting can account for 30% of a vegetable farm's energy costs.

Save up to  
**50%**

The farm could save 50% of those costs with more efficient lighting.

Visit [AgEnergyNY.org](http://AgEnergyNY.org) to find References and Resources.

Dirty shutters can decrease airflow up to 25%! Keep fans clean and maintained for maximum efficiency.

Save up to  
**60%**



A high-efficiency ventilation system could save farms a bundle.

Visit [AgEnergyNY.org](http://AgEnergyNY.org) to find References and Resources.

NY farms can cut energy use and costs with a free Agriculture Energy Audit



Visit [AgEnergyNY.org](http://AgEnergyNY.org) to learn about opportunities and incentives

Any NYS farm that is not eligible for the Ag Energy NY program is likely eligible for energy audits through EnSave, an additional NYSERDA program. See more information and apply at [nyserderda.ny.gov/All-Programs/agriculture-energy-audit](http://nyserderda.ny.gov/All-Programs/agriculture-energy-audit).

# Become a Climate Steward Volunteer

**Coming soon!** In 2023, Cornell Cooperative Extension Schoharie and Otsego Counties (CCE SO) will invite residents of Schoharie and Otsego counties to participate in the Cornell Climate Stewards Volunteer Program. The program will provide 12 weeks of online training for volunteers working with CCE SO. After completing the training, enrolled volunteers commit to working on an individual or group community climate action project for 40 hours over a one-year period.

The Cornell Climate Stewards Program provides cutting-edge and research-based training of volunteers who can support their communities to become “Climate Smart Communities” by planning and implementing climate change mitigation, adaptation, and education projects at the local level. The Cornell Climate Stewards Program builds stakeholder capacity to work toward a future where communities are resilient in the face of a rapidly changing climate and have reduced their impacts on the climate system.

After taking the training, volunteers will understand the importance of climate change and how climate change is affecting different communities globally, nationally, and locally—from experts at



Cornell and through peer-to-peer learning. They will also have knowledge of the basics of climate change science and the concepts of mitigation, adaptation, resiliency, and co-benefits, plus mitigation strategies at a household, national, and global level. Additionally, they will understand the need for climate action at the local level and how to interact with local government officials and organizations to work efficiently on climate change projects in their community. They will develop a detailed, robust, hands-on project plan for their community and recognize the elements in a volunteer project plan that are essential to success, including project contacts, project check-ins, planning the next steps in implementation, and logging of hours.

Are you interested in addressing climate change in Schoharie and/or Otsego county through the Climate Stewards Volunteer Program? Contact Liz Callahan at [eac283@cornell.edu](mailto:eac283@cornell.edu). You can also learn more about the program at [climatestewards.cornell.edu](http://climatestewards.cornell.edu).

## Help Shape the Future of Schoharie County Agriculture

The Schoharie County Office of Agricultural Development will be conducting a 2023 survey of all the farms in Schoharie County. It has been the better part of a decade since the last survey was completed.



Postcards—with the web address and locations where paper copies will be available—will be mailed out the first week of January. The survey will go live January 6th.

Anyone engaged in agriculture with sales of \$1,000 or more is strongly encouraged to participate.

The primary goal of the survey is to create a better record of the diverse types of agricultural operations in the county. It will also gauge producers’ thoughts on agricultural issues facing the county.

If you don’t receive the postcard, or if you have any questions, comments, or concerns about the survey, please reach out to Nick Kossmann, the County’s Development Specialist for Agricultural Business: 518-295-8785 or [Nickolas.Kossmann@co.schoharie.ny.us](mailto:Nickolas.Kossmann@co.schoharie.ny.us).

# Thoughtfully Re-envisioning the Role of CCE SO in Local Agriculture



Cornell Cooperative Extension Schoharie and Otsego Counties (CCE SO) has traditionally had two separate agriculturally-focused staff, one each based in the association's Cobleskill and Cooperstown offices. These roles' responsibilities have included working to enhance the sustainability, growth, and development of agriculture, agritourism, and value-added agriculture enterprises in their respective county.

In early 2023, CCE SO will begin recruiting a staff person who will work in both Schoharie and Otsego Counties to link local agricultural stakeholders—including farmers, food producers, commercial horticulture operations, agribusiness, and agritourism—with local and regional resources, and with the expertise of Cornell Cooperative Extension and Cornell University. The new staff person will also

collaborate with a variety of agriculture and community stakeholders, including local governments, aligned non-profits and agricultural service providers, agriculture advisory committees, and with each county's Agriculture Farmland Protection Board in the advancement of each county's Agriculture and Farmland Protection Plan.

The person undertaking this new role will be responsible for agriculture education, outreach, and initiatives; sharing resources to build capacity in both counties; promoting the sustainability of agriculture infrastructure and farmland protection by working closely with agricultural producers; and with existing and emerging entrepreneurs in production, processing, and other agriculture-related businesses.

## National Seed Swap Day 2023



Held on the last Saturday in January, National Seed Swap Day is designed to conserve and promote crop diversity in local communities. Every year, neighbors gather together to exchange seeds and chat about their plans for the upcoming growing season.

This year, Master Gardener Volunteers in Schoharie and Otsego Counties will each host a seed swap event on Saturday, January 28th. All are welcome, and participation is free. Attendees are encouraged—but not required—to bring seeds to swap. Seed selections will likely include vegetables, herbs, flowers, and more.

In Otsego County: 9:00 a.m. to noon at the Oneonta Farmers' Market, 24 Market St., Oneonta (located in the atrium of the Foothills Performing Arts and Civic Center).

In Schoharie County: 10:00 a.m. to 11:00 a.m. at the Middleburgh Library, 323 Main St., Middleburgh.

**SEED**

**SWAP**

**Saturday, January 28, 2023**

**Participation is FREE!**

Attendees are encouraged  
(not required) to bring seeds to swap.

**Master Gardener**  
Cornell Cooperative Extension

Cornell Cooperative Extension Schoharie and Otsego Counties

# Explore the Nutrition Education Programs at CCE Schoharie and Otsego Counties!

[cceschoharie-otsego.org/nutrition-health](http://cceschoharie-otsego.org/nutrition-health)

## Cooking with Kids

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.

*Virtual classes are also available!*



# WHAT'S FOR DINNER?

**HEALTHY EATING MADE CLEAR + SIMPLE**

**Cooking + Nutrition classes**

**FREE, supportive, fun, interactive classes. All ages welcome.**

**Recipes use affordable ingredients and typical kitchen tools.**

**In person:** Offered regularly in Cobleskill, Oneonta, and Cooperstown, plus in partner spaces throughout Schoharie & Otsego counties.

**Zoom:** Learn in the comfort of your own home. Plus, have a dish for dinner ready at the end of class!



# Resource Roundtable

## Energy Efficiency Rebates, Incentives, and Credits

Join us Wednesday, January 18th | 5:30 pm  
at SEEC 287 Main St

Program Overview includes:

- Residential NYSERDA Programs
- No and Low Cost Energy Residential Programs
- Energy Assessments for Homes and Businesses
- Commercial NYSERDA Programs
- NYS Clean Heat Rebate Program
- National Grid Incentives
- Energy Efficiency Tax Credits
- Agricultural NYSERDA Programs
- Agricultural Incentives
- & More!



Presented by:

Schoharie County Office of Agricultural Development



Register online at [seecny.org/events/resource-roundtable](https://seecny.org/events/resource-roundtable)



# Welcome to the New Farm-to-School Coordinator!

Please join us in welcoming Shannon Sears, our new Farm-to-School Coordinator. Shannon joined us in mid-November and dove right into the work—please see the program update article below.

Shannon wrote the following to introduce herself: “Hello everyone! I am so excited to join Cornell Cooperative Extension of Schoharie and Otsego Counties as the new Farm-to-School Program Coordinator.

“I grew up on my parents’ dairy farm, where we raised livestock and a herd of 45 registered Holsteins. I developed a passion for producing the food that helped feed our community and stewarding the land that we use to raise and grow that food.

“In 2020, I graduated from SUNY Cobleskill with a bachelor’s degree in Animal Science. I have worked in the dairy industry most of my life, both on-farm and in dairy processing. I look forward to helping our local schools bring farm-fresh, local food into their cafeterias and to assist in the classrooms.”



## Farm-to-School Happenings



The Local Foods, Healthy Schools Program provides the opportunity for school cafeterias to serve more local, farm-fresh food to students, offers education in the

classroom on where food comes from, and overall strengthens the local community. Currently, five schools are working with our Farm-to-School Coordinator on strengthening their program. The five school districts include Duanesburg Central School, Berne-Knox-Westerlo Central School, Schoharie Central School, Sharon Springs Central School, and Cobleskill-Richmondville Central School.

The program is intended to assist all five school districts in achieving the 30% New York State Initiative. Plus, it will help the schools establish a stronger economic position to maintain or exceed a higher level of New York State farm-product procurement through developing a farm-to-school infrastructure.



An additional feature of the program is Harvest of the Month. School cafeterias highlight a New York State product as part of the meal or in taste tests.



One school that has exceeded expectations with this part of the program is Duanesburg Central School. They feature a Harvest of the Month item twice a month. In November, they showcased broccoli and cauliflower from a local farm. The other schools in the program are currently working on their Harvest of the Month schedule for 2023.

At each school, a collaborative team has been put together to help further develop their farm-to-school program and address any challenges specific to that school.

Over the next few months, it is our goal to evaluate each school's progress towards the 30% Initiative and Harvest of the Month activities. Stay tuned for reports on our progress in the program!

To get in touch and stay up to date on Local Foods, Healthy Schools, contact Shannon Sears at [srs422@cornell.edu](mailto:srs422@cornell.edu) or 518-234-4304 ext. 114.

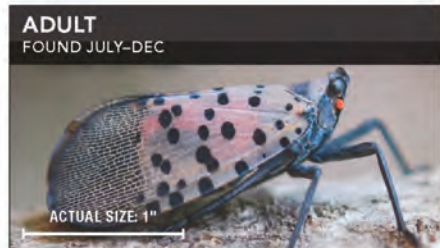


## SPOTTED LANTERNFLY

# Checklist for Residents

**Help keep spotted lanternfly from spreading.** Before you travel or move any items stored outdoors within or out of areas known to have the spotted lanternfly, check for and remove all stages of this harmful pest. Here's what to look for.

### LIFE STAGES



Above images by Pennsylvania Department of Agriculture

### COMMON EGG MASS LOCATIONS

Spotted lanternfly egg masses can be laid on any surface and need a careful eye for inspection! Below are some examples of egg masses on outdoor objects.



Brandon Zimmerman



Jenny Armstrong Powell



Heather Leach



Zil Feeder



Lori LaCava Beatrice



Lo Wilcox



# Do Your Part To Help Stop This Invader

**Look before you leave!** Any of the items below could carry spotted lanternfly to new locations. Use this checklist to inspect for spotted lanternfly before you travel or move these items from areas known to have it.

<input type="checkbox"/> <b>Vehicles</b> <ul style="list-style-type: none"><li>- Behind side mirrors</li><li>- Bumpers and wheel wells</li><li>- Under and inside vehicle</li><li>- Windshield wiper area</li></ul>	<input type="checkbox"/> <b>Children's Playthings</b> <ul style="list-style-type: none"><li>- Bicycles, scooters</li><li>- Kiddie pools</li><li>- Playhouses</li><li>- Sandboxes</li><li>- Yard games</li><li>- Other _____</li></ul>	<ul style="list-style-type: none"><li>- Window awnings</li><li>- Other _____</li></ul>	<ul style="list-style-type: none"><li>- Lawnmowers</li><li>- Sign and posts</li><li>- Storage sheds</li><li>- Tractors and trailers</li><li>- Trees, shrubs, and plants</li><li>- Yard decorations</li><li>- Other _____</li></ul>
<input type="checkbox"/> <b>Recreational or Camping Items</b> <ul style="list-style-type: none"><li>- Backpacks</li><li>- Bicycles</li><li>- Boats/boat trailers</li><li>- Campers</li><li>- Folding chairs</li><li>- Ice chests</li><li>- Motor homes</li><li>- Motorcycles</li><li>- Recreational vehicles</li><li>- Snowmobiles</li><li>- Sports equipment</li><li>- Tarps</li><li>- Tents</li><li>- Other _____</li></ul>	<input type="checkbox"/> <b>Outdoor Household Items</b> <ul style="list-style-type: none"><li>- Barrels</li><li>- Cardboard or wooden boxes</li><li>- Firewood</li><li>- Outdoor furniture/lights</li><li>- Outdoor poles</li><li>- Plant containers</li><li>- Propane or oil tanks</li><li>- Refrigerators/freezers</li><li>- Shutters</li><li>- Storage sheds</li><li>- Storm/screen doors and windows</li><li>- Trash cans</li></ul>	<input type="checkbox"/> <b>Building Materials</b> <ul style="list-style-type: none"><li>- Bricks/cinder blocks</li><li>- Cement mixing tubs</li><li>- Lumber</li><li>- Pipes</li><li>- Roofing materials</li><li>- Skid steers/forklifts</li><li>- Tools and toolboxes</li><li>- Workbenches</li><li>- Other _____</li></ul>	<p><b>Check yourself</b> for spotted lanternfly nymphs or adults before getting into any vehicle.</p> <p>If you find any life stage of spotted lanternfly, destroy it immediately. For egg masses, be sure to crush all eggs evenly. Or, you can place any life stage of spotted lanternfly in a container with rubbing alcohol or hand sanitizer to destroy it.</p>
	<input type="checkbox"/> <b>Yard and Garden Items</b> <ul style="list-style-type: none"><li>- Backhoes</li><li>- Barbecue grills</li><li>- Carts</li><li>- Cold frames</li><li>- Dog houses, rabbit sheds, chicken coops, etc.</li><li>- Fencing</li><li>- Garden tillers</li><li>- Garden tools</li></ul>		

**Learn More**  
[www.aphis.usda.gov](http://www.aphis.usda.gov)  
(search "Spotted Lanternfly")

USDA is an equal opportunity provider, employer, and lender.  
APHIS 81-35-043 | Issued November 2021





Give Them More  
of the  
Good Stuff!

# Lentil Basics



## Shop and Save

- Uncooked (dried) lentils are inexpensive. Purchase them pre-packaged or from bulk bins.
- Cooked lentils are available canned or frozen but may cost more. Rinse canned lentils under fresh water to lower the sodium content.
- Bulk bins are a great low-cost place to find different kinds of dried lentils. Remember to note the recommended cooking time for different types.
- International food markets may have many varieties of dried lentils.

### Lentil Math

1 pound = 2 ¼ cups dry  
1 cup dry =  
2 to 2 ½ cups cooked

Lentils are an excellent source of protein and dietary fiber.



Tasting for tenderness is the best guide to doneness.

## Types of Lentils



- Lentils do not need to be soaked, and cook more quickly than beans.
- Check the package or bulk bin for cooking time.

**Brown lentils**—flat shape; tan color; most common type; labeled as “Lentils”; cost the least; mild flavor; keep their shape unless cooked for a long time or at a rapid boil.

**Green lentils**—flat shape; pale green color; widely available; mild flavor; keep their shape.

**French green lentils (de Puy)**—small; dark green; peppery taste; keep their shape but have a slightly longer cooking time.

**Red lentils**—red, orange, or yellow; turn golden when cooked; mild, slightly sweet flavor. Red lentils are split, so they cook quickly but can become mushy.

**Black lentils (Beluga)**—small and round; black, shiny; strong earthy flavor; often more expensive; longer cooking time.

## Store Well Waste Less

■ Store dried lentils in an airtight container in a cool, dark, dry place. Use within 1 year for best flavor and less cooking time.

■ Cooked lentils can be refrigerated for up to 1 week or frozen for up to 3 months. Divide into recipe-sized portions for quick use.



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. 2018 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:



# Cooking with Lentils

## How to Cook Lentils

Cooked lentils add low-cost protein to meals. Use them in soups, stews, salads, tacos, wraps, lasagna, and rice bowls or mix with ground beef in hamburgers and meatballs. They also taste great on their own with some seasoning. Lentils are quick and easy to cook:

- 1 Sort the lentils to remove any shriveled lentils, stones or other seeds/plant parts. Just before using, rinse in a colander under cold running water.
- 2 Measure lentils and water or broth into a saucepan. Use 2 1/2 to 3 cups liquid for each 1 cup of lentils. Add any desired seasoning except salt.
- 3 Bring the water just to a boil.
- 4 Reduce the heat so the water barely simmers (a few small bubbles) and cover with a lid.
- 5 Simmer until tender, about 20-30 minutes for brown lentils. Add water as needed to make sure the lentils are barely covered. When lentils are tender, add salt (1/4 teaspoon/dry cup) if desired and adjust other seasonings.

## Lentil Taco Filling

### Ingredients:

- 1/2 cup chopped **onion**
- 1/2 cup chopped **bell pepper** (any color)
- 1/4 teaspoon **garlic powder** or 1 clove **garlic**, minced
- 1 teaspoon **oil**
- 1/2 cup dried **lentils**, rinsed
- 4 1/2 teaspoons **chili powder**
- 1 teaspoon ground **cumin**
- 1/2 teaspoon dried **cilantro** or **oregano** (optional)
- 1 1/4 cups **broth**, any flavor

### Directions:

1. In a large skillet, sauté the onion, bell pepper and garlic in oil until tender, about 3 minutes.
2. Add the lentils, chili powder, cumin and cilantro/oregano (if using). Cook and stir for 1 minute.
3. Add broth. Bring to a boil. Reduce heat, cover and simmer until the lentils are tender, 20 to 30 minutes for brown lentils, adding water if necessary to keep lentils covered.
4. Uncover; cook until mixture thickens, 5 to 10 minutes.
5. Use for tacos, wraps or salads.
6. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 10 to 15 minutes

**Cook time:** 30-45 minutes

Visit [FoodHero.org](http://FoodHero.org) for more recipes using lentils.



## Kids Can!

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

- find and remove small rocks or other seeds and plant parts from dried lentils.
- use a colander to rinse lentils under cool running water.
- wash or chop vegetables.

Lentils may look more attractive with a dash of paprika or a sprinkle of green parsley or cilantro.

# Fiber—and I Don't Mean the Wool Kind

When I say “fiber,” what is the first thing that comes to mind?



I'm guessing it will be wool or cotton or maybe polyester; or something similar to the definition found in Wikipedia, where they go on to describe natural and synthetic fibers that make up textiles, paper, optical fibers, asbestos . . .

But folks, what I want to talk about is dietary fiber. Because most Americans aren't meeting the recommended minimum fiber intake.

## Are you eating enough fiber?

The Dietary Guidelines for Americans have identified fiber as a “nutrient of concern” since 2005.

When I say “most Americans” are not eating enough fiber, I'm talking 95% (!) of us, according to the “What We Eat in America” National Health and Nutrition Examination Survey (NHANES) 2009-2010.

This is a major disconnect from our beliefs about our diet: 67% of us think we are eating an adequate amount of fiber, according to the 2013 International Food Information Council Functional Foods Consumer Survey.

In the “What We Eat in America” NHANES 2017-2020 Prepandemic, the data shows that, on average, people ages 2-19 are eating 14.1 grams of fiber daily, and age 20 and over are eating 16.6 grams. Peek ahead to see the “Recommended daily intake for fiber” charts and compare the numbers!

**67% of Americans  
THINK they are getting  
enough fiber.  
5% actually are!**



So, are YOU eating enough fiber? Let's explore this together.

## First off, what is dietary fiber, anyway?

Fiber is a carbohydrate that we are not able to digest or absorb. Dietary fiber comes from plant—not animal—sources: whole vegetables, whole fruits, and whole grains. Types of dietary fiber you may have heard of in ingredient lists include cellulose, inulin, pectin, and carrageenan—but getting fiber from whole foods is a better choice than extracts.

## Why is fiber so important?

Fiber rates as a “nutrient of concern” because it does so many good things for us when we get enough of it:

- It helps us maintain a healthy weight.
- It helps control our blood sugar levels.
- It helps lower cholesterol levels.
- It prevents constipation.

Fiber slows down digestion, which keeps blood sugar from rising too quickly, which can be especially important for those with diabetes. It also keeps us feeling fuller, so we don't get hungry between meals. Less snacking = less chance of excess calories. Soluble fiber (dissolves in water) forms a gel that binds to LDL cholesterol in the intestine and ferries it out of your system before it gets into the blood stream. Insoluble fiber acts like a scrub brush as it passes basically intact through your stomach, small intestine, and colon before it passes out of your body.

In short: *a high-fiber diet is associated with reduced risk of obesity, type 2 diabetes, cardiovascular disease, and cancer.*

## Recommended daily intake for fiber

As a general rule, you should be aiming for 14 grams of fiber for every 1000 calories. Your recommended calorie intake varies with your age, sex, activity level, and any weight-change goals. However, these handy charts are taken directly from the Dietary Guidelines for Americans 2020-2025 and are a good basic goalpost for which to aim.

## Daily Nutritional Goals, Ages 2 and Older

MACRONUTRIENTS, MINERALS & VITAMINS		Age-Sex Groups												
		M/F 2-3	F 4-8	F 9-13	F 14-18	F 19-30	F 31-50	F 51+	M 4-8	M 9-13	M 14-18	M 19-30	M 31-50	M 51+
Calorie Level Assessed	Source of Goal <sup>a</sup>	1,000	1,200	1,600	1,800	2,000	1,800	1,600	1,400	1,800	2,200	2,400	2,200	2,000
<b>Fiber (g)</b>	14g/ 1,000 kcal	14	17	22	25	28	25	22	20	25	31	34	31	28

## Daily Nutritional Goals for Women Who Are Pregnant, by Age Group and Trimester

MACRONUTRIENTS, MINERALS & VITAMINS		Age Group (Years)								
		14-18			19-30			31-50		
		Trimester								
		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Calorie Level Assessed	Source of Goal <sup>a</sup>	1,800	2,200	2,400	2,000	2,400	2,600	1,800	2,200	2,400
<b>Fiber (g)</b>	14g/ 1,000 kcal	25	31	34	28	34	36	25	31	34

## Daily Nutritional Goals for Women Who Are Lactating, by Age Group and Months Postpartum

MACRONUTRIENTS, MINERALS & VITAMINS		Age Group (Years)					
		14-18		19-30		31-50	
		Months Postpartum					
		0-6	7-12	0-6	7-12	0-6	7-12
Calorie Level Assessed	Source of Goal <sup>a</sup>	2,200	2,200	2,400	2,400	2,200	2,200
<b>Fiber (g)</b>	14g/1,000kcal	31	31	34	34	31	31

### Some good sources of fiber

As I mentioned earlier, the whole plants that we eat—veggies, fruits, and grains—are our sources of fiber. Some give us a bit more fiber than others, but “eating the rainbow” of veggies and fruits is the best idea: it gives a variety of vitamins and minerals while also providing fiber. Reminder: most teens and adults should be aiming for at least 2½ to 3 cups of veggies a day, and 1½ to 2 cups of fruit, so make half your plate veggies and fruits at every meal or snack.

Below are the amounts of fiber in some popular plant-based foods. You can explore more good sources of fiber at [dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-0](https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-0).

Food	Serving	Fiber
Popcorn	3 cups	5.8 grams
Ready-to-eat shredded wheat cereal	1 cup	6.2 grams
Whole wheat crackers	1 ounce	2.8 grams
Navy beans	½ cup	9.6 grams
Lentils	½ cup	7.8 grams
Broccoli	1 cup	5.2 grams
Carrots (cooked)	1 cup	4.8 grams
Baked potato (with skin)	1 medium	3.9 grams
Red bell pepper (raw)	1 cup	3.1 grams
Raspberries	1 cup	8.0 grams
Banana	1 medium	3.2 grams
Blueberries	1 cup	3.6 grams
Almonds	1 ounce	3.5 grams
Pumpkin seeds	1 ounce	5.2 grams

*Continues on page 16*

### YUMMY sources of dietary fiber

Getting fiber in your diet doesn't have to be complicated. Here are some simple ways to eat more fiber:

- Have baby carrots with hummus as a snack.
- For breakfast, make oatmeal topped with your favorite fruit.
- When making a sandwich, use whole wheat bread.
- Get your burrito filled with black beans instead of chicken or beef.
- Add a handful of beans to your green salad.
- When baking, replace half the white flour with whole-wheat flour.
- Order brown rice instead of white rice with your Chinese food takeout meal.
- Have some chips with salsa instead of onion dip.
- Have that slice of pizza with broccoli as a topping instead of pepperoni.

### What else should I know?

If you're not used to getting a lot of fiber in your diet, don't go whole hog right away, or you're likely to cause digestive issues (think gas, bloating, and cramps). Be gentle on your body, and increase your intake gradually.

Stay hydrated! When you increase your dietary fiber, be sure to also increase your water intake.

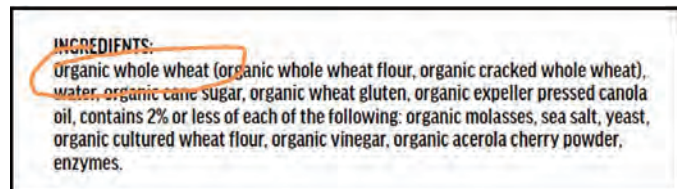
Fruit and vegetable juices do not contain fiber. Eat the whole fruit or vegetable instead. For example, to get fiber, eat an orange instead of drinking orange juice.

Not sure if that bread or cereal or crackers is a whole-grain product? Check the first ingredient. Most of the time, if it doesn't say "whole," it probably isn't—look for "whole wheat" or "whole-ground corn," for example.

- If it says "enriched flour," it's not whole grain.
- If the word "whole" is in the second (or third or fourth . . .) ingredient, it's also not a whole-grain product (it just contains some whole grains).



*This is not a whole-grain product, since the first ingredient does not say "whole." There are some whole grains in the product: whole-wheat flour is listed as the third ingredient, but did you notice there is more water than whole-wheat flour?*



*This product is whole grain, since the first ingredient is "whole wheat." This product also happens to be organic, but please note that a product being organic does not necessarily mean it is whole grain—see the other ingredient list as an example. Also, non-organic products can definitely be whole grain. Read the label to make sure!*

- Happily, some grain products are almost always whole grains: oats and quinoa, for example.
- Brown rice is whole grain, but white rice is not. Hulled barley is, and pearled barley is not.

Keep the skin on when you can.

---

Apples	1 cup	No skin = 2.4 grams	With skin = 3.7 grams
Potatoes	1 cup	No skin = 2.0 grams	With skin = 5.0 grams

---

### Want to learn more?

Getting enough fiber is just one part of healthy eating and a healthy lifestyle. Our nutrition education-cooking 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 individuals and families!

Contact one of our nutrition educators 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.



# 4-H Happenings



With the start of the new 4-H year, member enrollment has been in full swing with the addition of new youth members, adult volunteers, and 4-H clubs. Educators have been busy enrolling members and conducting club leader meetings and volunteer trainings. In celebration of National 4-H Week, our county 4-H offices held 4-H Informational Meetings for new 4-H families, while 4-H clubs promoted 4-H throughout the community.

The Tractor Supply Company Fall Paper Clover Sale was held from October 5th to 16th. With the support of Tractor Supply Company stores in Cobleskill and Oneonta, Paper Clover donations were collected to help make scholarships available to Schoharie and Otsego County youths who are interested in attending 4-H camps and other leadership events throughout the year.



... youth were able to simulate the operation of heavy machinery.



At the Agribusiness Career Conference . . .

The annual New York State 4-H Agribusiness Career Conference—conducted in collaboration with the State University of New York (SUNY) at Cobleskill and co-sponsored by the New York State Farm Bureau Foundation for Education—was held in late October. Youths from across New York State gathered at SUNY Cobleskill to learn about career opportunities within agriculture and the academic requirements of professional positions. This year's two-day conference featured mini-tours to farms and businesses in the local area, as well as seminars, guest speakers, and guided tours of the SUNY Cobleskill agricultural facilities.

At the start of 2023, our 4-H programs will be conducting 4-H Officer Training, re-starting the Earn-an-Animal and Livestock Auction programs, holding sewing and cooking clinics, and beginning to prepare for the 4-H Quiz-Bowl and 4-H Public Presentations programs. There will also be multiple animal-focused virtual workshops taking place.

## Schoharie County Happenings

During the past few months, 4-H Schoharie youth have been busy participating in their clubs.

In early October, the Animal Aggies club created a 4-H themed scarecrow to put on display within the community as part of a local food pantry fundraising effort. The club's participation in this community service project was in coordination with National 4-H Week.

*Continues on page 18*



One of the scarecrows made by the Animal Aggies club.



... and made fun tick-tack-toe sets ...



The Everything Under the Sun club went apple picking. ...



... and winter- and holiday-themed gnomes and wreaths.



*The Clover Bunnies learned about rabbit nutrition.*

month, club members gathered for an arts-and-crafts activity to make Tick-Tack-Toe boards out of painted wood pucks and stones. In preparation for the holidays, club members gathered in November to create gnome figures and make decorated wreaths out of evergreen branches.

The Clover Bunnies club also met regularly to learn about rabbit care and progress with their individual rabbit project animals. In November, club members met with a local animal educator to learn about rabbit health and nutrition.



*At the Schoharie county-wide 4-H Fine Arts Painting Workshop. A fine time was had by all.*

with Harmony Acres of Cobleskill. 4-H youth participants created a winter-themed painting of a cheerful snowman with a red cardinal perched on its carrot nose.



### **Otsego County Happenings**

4-H members across Otsego county have been working on various 4-H projects including building chicken coops, sewing, cooking, and practicing their 4-H Public Presentation skills.

The Otsego County 4-H Dog Program started dog and handler classes, where youth learn foundational skills that build communication techniques that are clear and kind and use positive reinforcement through fun activities.



*A happy pair of participating members of the Otsego County 4-H Dog Program*



*The Garrattsville Greywolves learned about composting.*

The Garrattsville Greywolves club spent November learning hands-on about two kinds of composting: traditional and vermicomposting.



*The Springfield High Meadows club made wreaths . . .*

In the month of December, members of the Springfield High Meadows club made wreaths and pinecone bird feeders. They also collected hygiene products to donate to their local food pantry.



*. . . and donated items to their local food pantry.*

# The 4-H Afterschool Newspaper Club Report



The 4-H Afterschool program in Schoharie has been busy this fall—from fun games indoors and outside to decorating the seasonal bulletin board—and the newspaper club was there to document it all. Here are some samples of what the children have been up to.



*The children enjoyed the vintage board game The Crocodile Hunter, which features a cranky motorized crocodile named Agro who roams around randomly looking for ankles to chomp—if your game token isn't on a safe spot, it might end up flying through the air!*

the DDY, aubrey, bella, Frankie play  
crocodile hunter Gemma Owen

Aubrey + bby xavier frank  
we are playing crocodile hunter  
at the 4-h program.



*These fun caterpillars are so colorful, they might not want to turn into butterflies.*

411 students made colorful  
caterpillars for fall at the  
Schoharie elementary school.



The children made turkey placemats for Thanksgiving dinner.

We made some  
Turkeys, Liam

As long as it's not too cold or inclement, the children go outside for some activity. One of their favorite outdoor spots allows them to pretend to take a trip in a jeep.



William, Ellie, they love to play  
on the jeep in the  
the 4h program,  
Joey

# Camping *or Glamping*

**DON'T BRING FIREWOOD WITH YOU!**



Photo USDA APHIS.



Spotted Lanternfly  
and many other  
destructive Insects  
and pathogens  
might come along  
for the ride.

**#DontMoveFirewood**



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

- Food safety standards and practices
- Variety evaluation and market development
- Pest management and diseases
- Conventional or organic growing practices
- High- and low-tunnel production
- Soil health
- Business management
- COVID-19



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

**Cornell Cooperative Extension**  
Eastern New York Commercial Horticulture



Go to their website: [www.enych.cce.cornell.edu](http://www.enych.cce.cornell.edu) for more information and to enroll in their services.

# PROGRAM EVENTS

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

## **New Year's Day (offices closed)**

Monday, January 2, 2023

## **Dr. Martin Luther King, Jr. Day (offices closed)**

Monday, January 16, 2023

## **Resource Roundtable on Energy Efficiency Rebates, Incentives, and Credits**

Wednesday, January 18, 2023, 5:30 p.m.

Join local experts to hear about consolidated resources tailored to Schoharie County that can help people take advantage of energy-related incentives that result in direct savings. Participate online or in person at SEEC Headquarters in Schoharie. See more information on page 8.

## **Gardening: Choose Your Own Adventure**

Saturday, January 21, 2023, 10:00 a.m.-11:00 a.m.

In the dark days of January, we sometimes find ourselves overwhelmed by the dazzling seed catalogs and online offerings. Everything looks wonderful, and it can be hard to decide what to pick or what to plant. Cornell has many resources that can help you make decisions to give you the right plants for the right place. In this workshop, we'll look at how to use some of these resources to help you choose your best gardening adventure from selecting from seed catalogs to seed starting to planting your 2023 garden. This hybrid presentation by Master Gardener Volunteer Francine Stayter will be held at the CCE Education Center in Cooperstown and will also livestream online.

## **National Seed Swap Day**

Saturday, January 28, 2023

*In Otsego County:* 9:00 a.m.-noon at the Oneonta Farmers' Market, 24 Market St., Oneonta (located in the atrium of the Foothills Performing Arts and Civic Center).

*In Schoharie County:* 10:00 a.m.-11:00 a.m. at the Middleburgh Library, 323 Main St., Middleburgh

Swapping seeds is essential to biodiversity. National Seed Swap Day happens every year on the last Saturday in January. See more information on page 6.

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

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.

## **Schoharie 4-H County-Wide Nutrition Education Workshop**

Tuesday, February 7, 2023, 6:30 p.m.-7:30 p.m.

All Schoharie County 4-H youths are welcome to attend this fun, interactive workshop where they'll learn about good nutrition and get some hands-on experience making—and tasting!—a healthy, delicious recipe.

## **Growing Culinary Herbs**

Saturday, February 11, 2023, 10:00 a.m.-11:00 a.m.

Presented by Master Gardener Volunteer Liz Brown at the CCE Extension Center in Cobleskill.

## **Seed Starting Tips for Gardeners**

Saturday, February 18, 2023, 10:00 a.m.-11:00 a.m.

This event is a presentation of the Master Gardener Volunteers. It will be held at the CCE Education Center in Cooperstown and will also be livestreamed.

## **Presidents' Day (offices closed)**

Monday, February 20, 2023

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

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.

## **Bio-Intensive Gardening**

Saturday, March 11, 2023, 10:00 a.m.-11:00 a.m.

This event is a presentation of the Master Gardener Volunteers. It will be held at the CCE Extension Center in Cobleskill.

## **Grafting Fruit Trees**

Saturday, March 18, 2023, 10:00 a.m.-11:00 a.m.

This event is a presentation by Master Gardener Volunteer Paul Mendelson. It will be held at the CCE Education Center in Cooperstown and will also be livestreamed.

## **Tree & Small Fruit Pruning**

Saturday, March 25, 2023, 10:00 a.m.-noon

(Snow date Saturday, April 1, 2023)

A presentation at Middlefield Orchards by Laura McDermott, Fruit Specialist, Eastern NY Commercial Horticulture Program.

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

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.

## **Cooking With Kids**

Join us after school 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 upon completing six classes. Registration is required. If interested in upcoming classes, please contact Michelle Leveski at 518-234-4303 ext. 115 or [mml39@cornell.edu](mailto:mml39@cornell.edu).

## **What's For Dinner?**

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 per 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

### **Spring Garden Day at Earth Fest**

Saturday, April 15, 2023

In conjunction with the Earth Fest at Milford Central School. Times, presenters, activities TBA.

### **Growing Micro-Greens**

Tuesday, April 25, 2023, 10:00 a.m.-11:00 a.m.

A presentation by Master Gardener Volunteer Pam Hart at the Gathering Place, 127 Kenyon Road, Cobleskill.

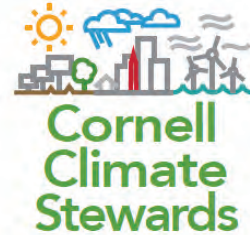
### **Annual Plant Sale**

Saturday, May 20, 2023

The Master Gardener Volunteer plants sales are to be held at the CCE Extension Center in Cobleskill and the CCE Education Center in Cooperstown. Times TBA.

*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