

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

APRIL-JUNE 2023

Master Gardener Volunteer
Spring Plant Sales 2023 1

Cornell Climate Stewards
Trainings Begin – Apply by
April 4th! 3

The Role of French Fries
in Plant-based Diets 4

Gardenside Talks 7

Join Us in Welcoming . . . 7

Farm to School Update 8

Slow-cooked Chili 10

Ground Beef Basics 11

4-H Happenings 13

The 4-H Afterschool
Newspaper Club Report 16

Program Events 19



Master Gardener Volunteer Spring Plant Sales 2023

We are pleased to announce that both counties will be featuring plant sales this spring. It is the middle of March as we write this, and the Master Gardener Volunteers have already begun preparations



Some seeds need special preparation and/or a longer time to germinate—especially some of the native plants we hope to have this year. Here are some newly emerging plants from Otsego Master Gardener Volunteer Kim L'Heureux: native monarda, agastache, Italian Giant parsley, and salvia.

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

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. 2, April-June 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

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

www.cceschoharie-otsego.org

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

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

MGV Spring Plant Sales, continued from page 1

so that plants will be ready for you to purchase. Plant sale proceeds support the outreach and educational efforts of the Master Gardener Volunteer programs.

Times and exact venues have not yet been set, please check back at our website for more details as the dates approach.

Schoharie County Saturday, May 6, 2023

The plant sale this year is being held in partnership with SUNY Cobleskill and will be held on the campus.

Otsego County Saturday, May 20, 2023 • 9 a.m.-3 p.m.

Tentatively set to be held at the Education Center on Lake Street in Cooperstown, but please watch for updates as construction may require us to relocate to an alternate site in Cooperstown.

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



NEWSLETTER SUBSCRIPTION

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



Cornell Climate Stewards Trainings Begin – Apply by April 4th!

To support the goals of the Climate Smart Communities program, Cornell Cooperative Extension Schoharie and Otsego Counties (CCESO) is offering a 12-week online Climate Stewards Volunteer Training to engage local climate stewards in spearheading projects in Schoharie and Otsego communities.

The trainings are held via Zoom from 6:00 p.m. to 8:00 p.m. on Thursday evenings. They began March 30th and will end on June 15th. **Interested folks who missed the first session can still apply and will be offered a make-up class.**

New York State is a national leader in climate change action, and the Cornell Climate Stewards volunteer training program provided through CCESO will help support the state's innovative Climate Smart Communities (CSC) program.

In addition to the online trainings, CCESO's Climate Steward trainees will also have opportunities to participate in in-person programs and activities to advance the goals of CSC in Schoharie and Otsego Counties.

The New York State CSC program is an effective and adaptable program that helps communities take proactive steps to encourage climate resilience and sustainability. Cornell Climate Stewards Volunteers will receive comprehensive training on climate change science, while also learning about how to plan and implement solutions in local communities.

The Cornell Climate Stewards training program covers topics such as climate science, impacts, mitigation, adaptation, public communication, interacting with local and state government, creating and planning local projects, and climate justice. Volunteers will also learn how to develop and organize community projects, write grants, and much more! Participants will become part of a growing community of trained Cornell Climate Stewards Volunteers who meet to share ideas, network, and support local Climate Smart Community efforts.

Apply to become a certified CCE Climate Stewards Volunteer today! The registration fee is \$25.00, and scholarships are available. For more information contact Liz Callahan at 518-234-4303 ext. 116 or email eac283@cornell.edu.



AGRICULTURE & FOOD SYSTEMS PROGRAM MANAGER

This new and exciting full-time, full-benefits position will work with agricultural producers, related service providers, and a variety of agriculture and community stakeholders to enhance the sustainability, growth, and development of agriculture and value-added agriculture enterprises in Schoharie and Otsego Counties. S/he will be responsible for developing, implementing, and evaluating programs; providing resources to support and grow agricultural economic development initiatives; helping farmers improve the marketing of their farm products (including agritourism); facilitating access to agricultural technical assistance programs; enhancing and sharing agricultural data; and supporting the sustainability of agriculture infrastructure and farmland protection.



The ideal candidate will use related experience to serve farmers, and to build connections among farm and non-farm partners that are key to helping Schoharie and Otsego County farmers adapt to changing circumstances and sustain a resilient and sustainable food industry. The position will work from both our Cobleskill and Cooperstown offices.

Resumes with cover letter and three references should be submitted online by April 10, 2023. The position will remain open until a qualified pool of candidates is obtained. Read the full position announcement for more information and to apply at www.tinyurl.com/AgFoodSysMgrCCESO



The Role of French Fries in Plant-based Diets

Have you been wondering about whether a plant-based diet would be right for you?

“Plant-based” has been a buzzword in social media the past couple of years, and some information says that the plant-based eating pattern is the miracle cure to our health woes. Is that to be believed?

Plus, are you confused about whether there any difference between plant-based, plant-rich, plant-forward, vegetarian, vegan, pescatarian, flexitarian, and whole-food eating patterns?

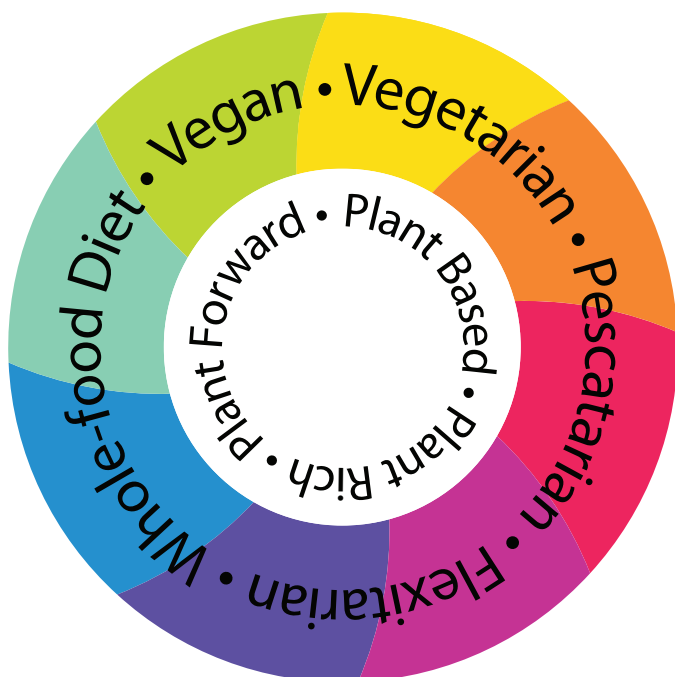
Let’s dive right in and explore, including the role of French fries in these diets.

A Spectrum of Eating Patterns

The words describing these eating patterns are evolving, which is why there are so many from which to choose. The following definitions may not suit all those who claim to follow that eating pattern but most folks would agree with the general intent.

Plant-based, plant-rich, and plant-forward are mainly interchangeable and cover a spectrum of eating patterns:

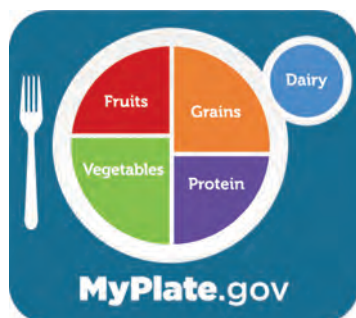
- Vegetarians eat mainly plants but may eat eggs and dairy (lacto-ovo vegetarians) and honey.
- Some vegetarians may also eat fish or other seafood—those are pescatarians. This is very similar to the Mediterranean diet.
- Vegans eat no animal products at all—so no meat, seafood, dairy, eggs, honey, or fats derived from animals (like butter or lard)—and sometimes do not wear or own any products made from animals.
- Flexitarians are also known as semi-vegetarians. They incorporate some meat into their diet though their diet is mainly plants.
- Whole-food diets focus on eating nutrient-dense foods with little or no processing. It does not eliminate meats or animal products, but does emphasize the inclusion of whole fruits, whole vegetables, whole grains, nuts, seeds, and legumes.



Plant-based Eating Patterns and the Dietary Guidelines for Americans (DGA) 2020-2025

Plant-based eating may seem fashionable, but it's important to recognize that the DGA supports the ideas behind these eating patterns—and has for years. It's built into the MyPlate messages!

1. Make half your plate vegetables and fruits (whole is a healthier choice than juice).
2. Make {at least} half your grains whole grains.
3. Vary your proteins and keep them lean (remember to include beans, tofu, nuts, and seeds).



Research has shown that the DGA/MyPlate eating pattern can help prevent obesity, many cancers, strokes, and chronic diseases like diabetes, high blood pressure, and heart disease. Any of the plant-based diets can be a healthy choice—if done right!

Which brings me to . . .

The Delightful Potato

Potatoes are from a plant, so they can be part of any of these eating patterns, right?

Nutritionally speaking, they've got good things to offer us:

- naturally low in fat (like most vegetables)
- fiber (especially if you keep the skin on)
- vitamins C and B-6, and minerals like potassium, magnesium, and even a bit of iron.
- . . . plus, they're delicious steamed, boiled, baked, roasted . . . and fried.

Fried. Deep fried. French fries.

Hmmm.

The DGA also tells us to limit the total amount of fat in our diet. Ditto added sugars and sodium.

In the GO-SLOW-WHOA system for classifying foods (based on the colors of traffic lights), frying—which adds a lot of fat to foods—is one of the ways that a GO food becomes a WHOA food. Another way is to add a lot of sugar or sodium.



GO	WHOA
Potatoes	French fries
Apples	Apple pie
Peaches	Canned peaches in heavy syrup
Lowfat milk	Ice cream milkshake
Lean ground beef	Beef hot dogs
Pasta made from whole wheat	Croissants and doughnuts

French fries—or a doughnut—may be made from plants, but that does not automatically make it a healthy choice. The best plant-based choices are nutrient dense—that is, they have fiber, vitamins, and minerals—and aren't empty calories with a lot of fat, added sugar, and sodium.

Ok, I'm Convinced . . . How Do I Get Started?

Going whole hog (pun intended) is not likely to make changes stick. For best results, eating more healthily should be seen as a lifestyle change, not a temporary diet. Here are some ideas:

If you (and your family) usually eat a lot of meat, consider starting by making one day meatless. Already doing Meatless Monday? Add one more day into the mix.

Does a whole meatless day seem too overwhelming? Start with just one meal: how about breakfast? Have oatmeal with fruit and nuts. Or on the next Taco Tuesday dinner, make them filled with beans instead of beef or chicken.

Continues on page 6

Plant-based Diets, continued from page 5

Focus on incorporating more whole veggies and fruits by following the MyPlate proportions—aim to make half your plate veggies and fruits at every meal.

Lower the amount of highly processed foods by replacing them with something minimally processed: instead of potato chips with cream cheese dip, offer baby carrots and celery sticks with hummus.



You can get what you need nutritionally by following a plant-based diet, though it may require a little mindfulness on your part. Those who choose not to eat any animal products do have some special concerns nutritionally—for example, vegans need to be sure to choose effective non-animal sources of vitamin B12 (perhaps by adding in fortified cereals or nutritional yeast) and to get enough calcium (replacing dairy milk with soy milk is one option) and protein (faithfully incorporating beans, lentils, and soy-based products is a sensible approach).

Need Some Help Getting Started?

Our nutrition educators—whose classes are based on MyPlate—would love to work with you. These fun, supportive, interactive classes can be in a group setting or one-on-one, and in person or using Zoom. They provide up-to-date nutrition information with tips you can incorporate right away at home, and there is at least one delicious, healthy, affordable recipe featured in each class. EFNEP is for income-eligible families and youth; contact Michelle Leveski, mml39@cornell.edu or 518-234-4303 ext. 115. Healthy Connections is for folks not eligible for EFNEP: contact Kimberly Ferstler, kmf239@cornell.edu or 518-234-4303 ext. 120. Or fill out our online form to let us know of your interest: www.tinyurl.com/FreeNutritionClassesForAll



4-H PROGRAM COORDINATOR

Cornell Cooperative Extension of Schoharie & Otsego Counties is seeking a self-motivated, detail-oriented person to provide program coordination and support for the Association's 4-H Youth Development Programs in both Schoharie and Otsego counties. In addition to normal administrative support duties and multimedia design and outreach work, this employee will assist with events such as the Otsego and Schoharie County Fairs, club activities, workshops, and fundraising efforts. Candidate should enjoy working with children, volunteers, and the public. The position is mainly an interior stationary position, occasionally requiring the ability to move objects weighing up to 30 pounds, standing for extended periods of time, or walking and working in outdoor weather conditions. Full benefits are available including health insurance and pension. Reimbursed travel is required.



Resumes with cover letter and three references should be submitted online by April 10, 2023. The position will remain open until a qualified pool of candidates is obtained. Read the full position announcement for more information and to apply at www.tinyurl.com/4HCoordAsstCCESO



Gardenside Talks

BY FRANCINE STAYTER, MASTER GARDENER VOLUNTEER



The Otsego County Master Gardener Volunteers have added something new to their education and outreach: Gardenside Talks. These online evening talks are geared towards the public and feature experts in the field addressing timely topics for home gardeners—and all folks interested in plants and the environment—in an informal but informative way.



Dr. Stephen Reiners, along with a panel of doctoral students, spoke on "Understanding Plant Varieties."

The first Gardenside Talk, "Understanding Plant Varieties: How New Plants Come to Be," was held on March 1, 2023 and featured plant scientists from Cornell AgriTech. Dr. Stephen Reiners, Professor, School of Integrative Plant Science, Horticulture Section,

at Cornell AgriTech, brought together a panel of doctoral students in plant breeding—Marlie Lukach, Ricky Tegtmeier, Seren Villwock, and Karl Kunze—for an interesting and enlightening talk about the process involved in the creation of new plants.

On June 8, 2023, the Otsego Master Gardeners will host the next Gardenside Talk, "Bringing Nature Home to New York," featuring Dr. Douglas Tallamy. Tallamy, T.A. Baker Professor of Agriculture and Natural Resources at the University of Delaware, has written a number of books, including *Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard*, *The Nature of Oaks: The Rich Ecology of Our Most Essential Native Trees*, and *Bringing Nature Home: How You Can Sustain Wildlife with Native Plants*, as well as over 100 research papers.

Tallamy advocates for developing home gardens and landscapes that bridge the gaps between parks and preserves in providing habitat for native species. His research leads to suggestions for what we—individually and collectively—can do to support functioning ecosystems that will support humans, and other creatures, long term. There is an interconnectedness between animals and plants

that have evolved together that underpins our survival. Tallamy not only helps us understand that interconnectedness but shows us ways we can support it where we live, one yard at a time.



Dr. Douglas Tallamy will lead the next Gardenside Talk, "Bringing Nature Home to New York."

You can find the most up-to-date information about upcoming Gardenside Talks at www.cceschoharie-otsego.org/events or www.facebook.com/CCEOtsegoMG

Join Us in Welcoming . . .

Hi! My name is Nicole Thompson—but you may recognize me by my maiden name, Nicole Haugh. In February, I joined Cornell Cooperative Extension of Schoharie and Otsego Counties (CCE SO) as the new Finance and Human Resources Assistant.



I've lived in Cobleskill for the majority of my life and graduated from Cobleskill-Richmondville High School in 2012. I continued my education at SUNY Cobleskill and graduated with honors in 2016 with a Bachelor of Business Administration.

As a child and young teen, I was involved with 4-H and still have some of my sewing projects 20 years later. In my senior year of high school, I volunteered with the 4-H After School Program at Cobleskill-Richmondville Central School. I think that having grown up in Schoharie County will help me succeed in my position with CCESO by helping me better understand the financial values and community outreach within the association.

I am looking forward to being involved daily in such an established organization within Schoharie and Otsego counties and to continue to support the CCE mission of "enabling people to improve their lives and communities through partnerships that put experience and evidence-based knowledge to work."

Farm to School Update

In the beginning of January, our Farm to School Coordinator, Shannon Sears, worked with agriculture and family consumer science educators at Cobleskill-Richmondville High School (CRHS) to set up a tasting that showcased potatoes for the Harvest of the Month program. Around 200 staff, faculty, and students participated in the taste test which featured potatoes prepared two different ways: garlic roasted potatoes and creamy potato soup.



Garlic roasted potatoes were a hit at CRHS.



Creamy potato soup was also a contender.

The garlic roasted potatoes were a major hit with everyone and several taste testers came back for seconds. With the overwhelming response to the garlic roasted potatoes, the goal is to encourage the school's food service director to add them into the school's regular lunch menu.



Some Ryder Elementary students tried real maple syrup for the first time.



Shannon with the students during the tasting. Photo courtesy of Katerina Weingarten, Communications Specialist at CRCSD.

On February 8th, Ryder Elementary held their first Harvest of the Month event for the year, showcasing real maple syrup. The maple syrup was generously donated by Nate Johnson at Cave Country Maple Broilers (located in Howes Caves, New York). Every student was able to try the locally produced maple syrup—including those that brought their lunch that day—paired with a French toast stick. In total, 219 students tried the maple syrup, and some said it was their first time having real maple syrup. When the students were surveyed after the tasting, 200 voted that it “Tastes Great!” while only 19 were “Not a Fan.” With this data, it is safe to say that real maple syrup was a hit!

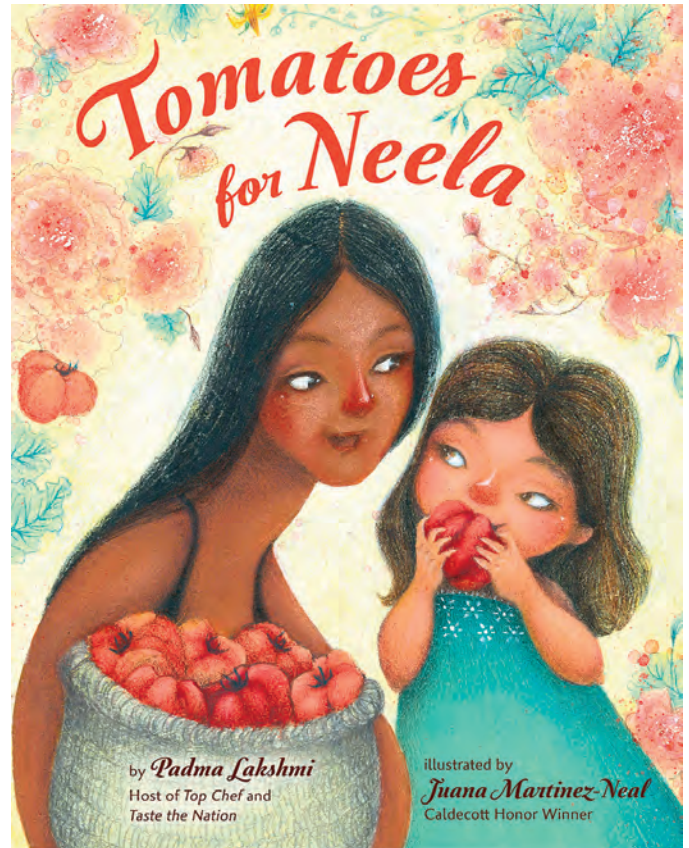


The voting booths were open . . .



. . . and most everyone said it "Tastes Great!" Photo courtesy of Katerina Weingarten.

During the month of March, local schools participated in Ag Literacy Week, a program organized by New York Agriculture in the Classroom. In honor of this year's book, *Tomatoes for Neela*, written by Padma Lakshmi and illustrated by Juana Martinez-Neal, each school offered a meal in the cafeteria—and curriculum in the classroom—showcasing tomatoes.



The book featured in Ag Literacy Week 2023

To get in touch and stay up to date on Farm to School, contact Shannon Sears at srs422@cornell.edu or 518-234-4304 ext. 114. You can also follow LocalFoodsHealthySchools on Facebook.



4-H Afterschool Youth Activity Leaders

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



WWW.cceschoharie-otsego.org/employment-volunteering/employment-opportunities Send your resume and completed application to Susan Salisbury at sms248@cornell.edu

SLOW-COOKED CHILI

Serves 10

Is chili better in a slow cooker? Chili is perhaps the ideal slow-cooker dish because its flavor improves with a long, slow simmer.



Nutrition Facts	
10 servings per container	
Serving size	1 1/4 cup
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 620mg	27%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Calcium 104mg	8%
Iron 3.6mg	20%
Vitamin A 180mcg	20%
Vitamin C 36mg	40%

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

Ingredients

- 2 pounds lean ground beef
- 2 (16-ounce) cans red (kidney) or white (cannellini) beans, rinsed and drained
- 2 (14½-ounce) cans diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce
- 2 medium onions, chopped
- 1 green pepper, chopped
- 1 garlic clove, minced
- 2 tablespoons chili powder
- 1 teaspoon pepper
- Vegetable oil spray

Directions

1. Prepare skillet with vegetable oil spray. In same skillet, brown ground beef and drain.
2. Transfer to a slow cooker. Add the remaining ingredients.
3. Cover and cook on low for 8 to 10 hours (or on high for 4 hours).



Glass of Sunshine flavored water

Notes:

Garnish individual servings with cheese, if desired.

Also try serving chili over brown rice, baked potato, or nachos.

This refreshing "Glass of Sunshine" (small photo) will hit the spot as a companion to the chili! For maximum taste, be sure to prepare this delightful flavored water ahead of time.

www.foodhero.org/recipes/glass-of-sunshine-flavored-water



Join Cornell Cooperative Extension's Nutrition Programs

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



Find us on the web at cceschoharie-otsego.org or on Facebook at EFNEP CCE Schoharie & Otsego Counties

Call today to enroll or for more information 518-234-4303



Give Them More
of the
Good Stuff!

Ground Beef Basics

Shop and Save

- Ground beef is often red on the outside because of exposure to oxygen. A darker color on the inside is normal and not a sign of spoilage.
- Watch for ground beef on sale. Stock up if you can cook or freeze within a couple of days.
- Large packages of ground beef may cost less per pound than small packages.
- Try ground beef that is 15% fat or less. Lower fat meat may cost more per pound but you are buying less saturated fat.

Never leave ground beef at room temperature for more than 2 hours

3 ounces of lean beef supplies nearly half the protein most people need in a day.



Food Hero Baked Meatballs

Keep it Safe!

- Cook, refrigerate or freeze ground beef soon after buying.
- Thaw frozen meat in the refrigerator. Allow 12 hours for 1 pound and use a container to catch liquids. Cook or re-freeze within 1 or 2 days.
- For faster thawing (1 pound in 1 hour), cover leakproof package with cold water; weigh it down to keep under water. Add new cold water every 30 minutes. Cook right away.
- Microwave thawing is safe if the meat is cooked right away.
- Keep raw meat away from fruits and vegetables.
- Wash hands with soap and water before and after touching raw meat.
- Use hot soapy water to wash all surfaces and utensils that touch raw meat.
- Meatloaf, meatballs and hamburgers are safely cooked when the inside temperature reaches 160 degrees F. Check the middle with a food thermometer.

Store Well Waste Less

- Refrigerate raw ground beef and use within 2 days for best quality.
- Freeze raw ground beef for longer storage:
 - Divide into recipe-sized amounts.

- Flatten into 1-inch thick pieces for quick freezing and thawing.
- Package in airtight wrap or containers. Remove as much air as possible, label and date. Use within 4 months for best quality.
- Refrigerate cooked ground beef for 3 or 4 days. Freeze for longer storage; use within 4 months for best quality.



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. 2021 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.

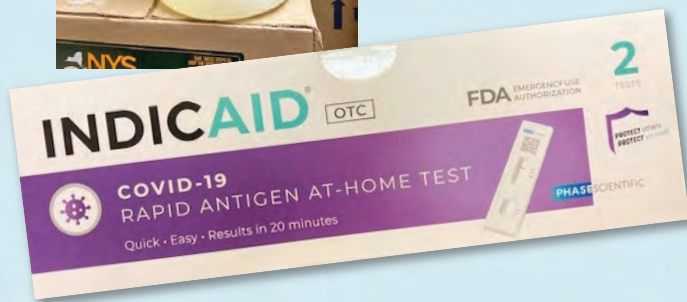
Share on:





FREE

At-home COVID tests and gallon-size hand sanitizer



Available while supplies last

Pick up Monday to Friday,
8:30 a.m.-4:30 p.m.

The COVID tests are courtesy of the NYS DOH and expire June 2023.

The gallon bottles of hand sanitizer can be used with the pump or to refill smaller bottles.

Cornell Cooperative Extension | Schoharie and Otsego Counties

Cobleskill office: 173 South Grand St. / 518-234-4303

Cooperstown office: 123 Lake St. / 607-547-2536



Horticulture & Natural Resources Educator



This new, substantive, part-time position with full benefits includes coordinating educational programs and program activities for adults, youth, and community groups, both on-site and off-site, in the areas of consumer horticulture and natural resources in both Schoharie and Otsego Counties. This individual is also responsible for assisting with administrative aspects, including programing promotion.

An essential component of the position is the coordination—including the training and supervision—of the Master Gardener Volunteer Program (MGVP) in both Schoharie and Otsego Counties. The MGVP are a corps of trained volunteers who work in partnership with CCE to deliver educational outreach throughout the community.

The person in this position will also collaborate with regional CCE colleagues within the Master Gardener Volunteer Training Program, Cornell Garden-Based Learning, Invasive Species Management, and Community Integrated Pest Management.

The ideal candidate will have a bachelor's degree in horticulture or natural resources (master's degree applicants are welcome), experience in teaching in non-formal educational programs, and the ability to work flexible hours.

Resumes with cover letter and three references should be submitted online by April 17, 2023. The position will remain open until a qualified pool of candidates is obtained. Read the full position announcement for more information. Apply at www.tinyurl.com/HortNatResEduCCESO

4-H Happenings



This winter has been packed with opportunities for youth in the 4-H programs in both Schoharie and Otsego Counties. Between statewide virtual series, in-person workshops, club meetings, and county events, youth have been busy learning and working toward their 4-H interests and project areas.

Statewide 4-H Opportunities

Beginning in January, youth were invited to attend a four-part online series that focused on teaching youth about fish that live in New York State. The “Deep Dive into New York State Fisheries” program was developed in coordination with Cornell University, Cornell Shackleton Point Biological Field Station, SUNY Cobleskill, NYS Department of Environmental Conservation, and Cornell’s Youth in Nature and Outdoor Education Program Work Team. Program sessions were jam-packed with educational fun and unraveled the mysteries of salmon, trout, sturgeon, and dogfish sharks.

REGISTER NOW!
BIT.LY/WINTER-ANIMALCRACKERS

ANIMAL CRACKERS
2023 VIRTUAL WINTER SERIES

JANUARY 12 & 26
Lambing & Kidding

FEBRUARY 9 & 23
Rabbits & Cavies

MARCH 9 & 23
Poultry/Meat Birds

4-H NEW YORK

The virtual Animal Crackers series was held this past winter, and the annual in-person program at Cornell will be held May 6th.

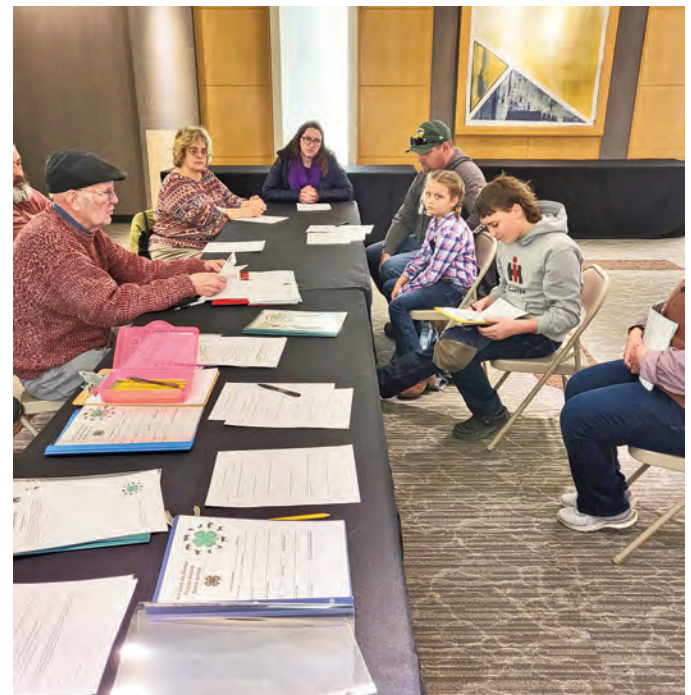
The NYS 4-H Animal Science Department hosted a six-part virtual Animal Crackers winter series that focused on specific animal topics including lambing and kidding, rabbits and cavies, and poultry and meat birds. In May, Cornell University will host its annual in-person Animal Crackers event which will

focus on hands-on activities highlighting dairy, sheep, poultry, rabbit, and cavy biology and management. Animal Crackers is always a highlight for youth in Schoharie and Otsego Counties who are interested in learning about animals!

A third virtual education opportunity for 4-H youth this winter was the NYS 4-H Livestock Summit. This is an annual program hosted by Dutchess County 4-H, and it invited youth to “Amp Up Your Stock Talk.” This year it was an eight-session series that covered a wide variety of topics including meat and wool judging, artificial insemination, cattle fitting, judging reasons, prospect selection, and safe trailering.

Local 4-H Opportunities

Both Schoharie and Otsego County 4-H programs are offering the Earn-an-Animal program to youth again this year. The 2023 Earn-an-Animal program is underway, with applications in review and interviews taking place. The 4-H Earn-an-Animal program allows youth to earn funding towards a project animal to raise and show as their own. Youth accepted into the program learn how to care for the animal that they have selected and develop planning, time management, organizational, and record-keeping skills.



At the Earn-an-Animal interviews

Continues on page 14

4-H Happenings, continued from page 13

4-H Dairy Quiz Bowl practices have begun, and each county 4-H program is busy putting together teams for the district competitions. Dairy Quiz Bowl participants are eager to showcase their knowledge of the dairy industry, ruminant nutrition, calf health, food safety, crops, and other relevant topics in this *Jeopardy*-style team competition!



Hands-on practice for the Dairy Quiz Bowl!

Over the past few months, Schoharie County 4-H has been focusing on family and consumer science programming, while Otsego County 4-H has been preparing for one of its largest annual programs, 4-H Public Presentations.



Hand crocheting with bulky yarn



Learning about the "Go-Slow-Whoa" system of categorizing drinks



The Apple Cinnamon Wrap-and-Roll recipe, which is like a sweet quesadilla, got a thumbs up.

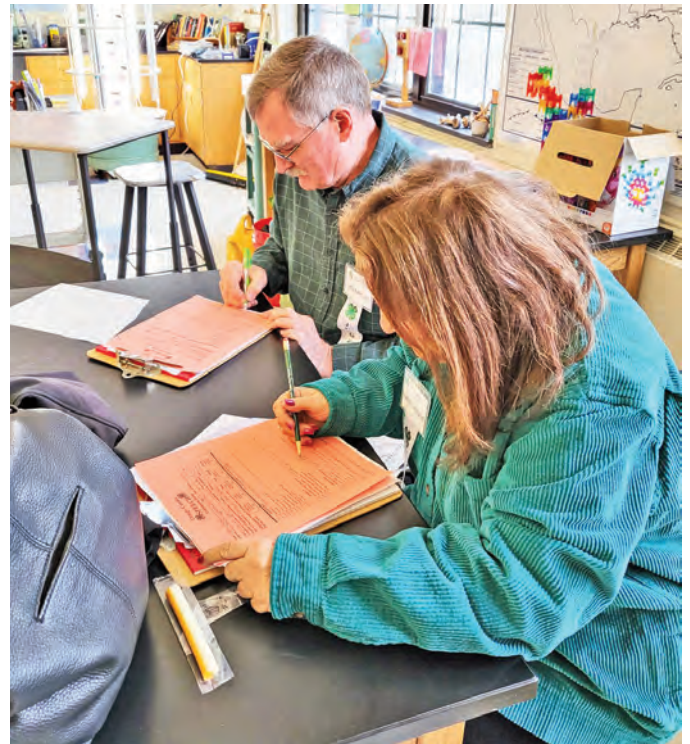
In January, Schoharie County 4-H held a clothing and textiles workshop for youth interested in learning how to crochet. Youth discovered how to make winter scarfs using different crochet techniques. In February, Schoharie County 4-H partnered with CCE Nutrition Educator Kimberly Ferstler to offer a food and nutrition workshop focusing on eating and drinking less added sugar. 4-H youth were 'sweet enough already' as they learned about many different drinks containing added sugar and their healthier options. The workshop ended with youth preparing and enjoying a healthy snack: Apple Cinnamon Wrap-and-Roll.

Public Presentations in Otsego and Schoharie Counties

In February, Otsego County 4-H held its annual Public Presentation Day event. In preparation for this event, youth worked toward choosing a presentation topic, organizing their thoughts, and creating posters and visual aids. When presentation



Youth of a variety of ages gave Public Presentations in Otsego County in February.



A pair of adult volunteers evaluate each presentation and provide feedback.

day arrived, the youths gave their presentations in front of an audience including a panel of evaluators. With Public Presentations a fond memory, Otsego County 4-H is now working toward preparing for upcoming springtime programs. Schoharie County 4-H is currently planning for its Public Presentations Day which is scheduled for April 1, 2023.

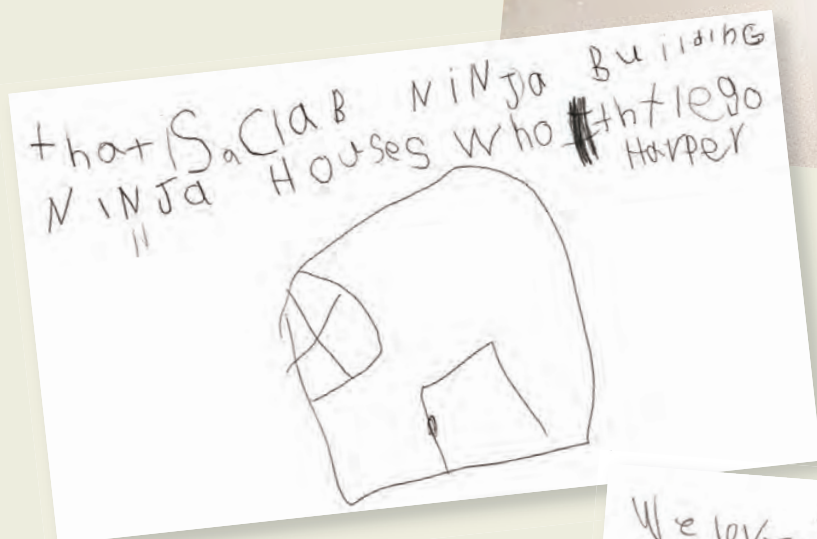
Why are 4-H Public Presentations so important? Public speaking is one of the most important life skills members learn in 4-H. To many people, the thought of preparing a speech and delivering it to an audience is terrifying. However, 4-H youth members—throughout New York and across the country—have an advantage in public speaking. Through the 4-H Public Presentations program, youth learn how to plan, organize, and structure an effective presentation. They learn how to express themselves clearly, with confidence, creativity, and poise, in a variety of speaking situations. Alumni of 4-H will tell you that this experience allowed them to stand head and shoulders above their colleagues in every realm – school, career, and personal life. The 4-H “learn by doing” motto is the focus of the Public Presentation program’s educational approach. Schoharie and Otsego County 4-H are certainly continuing “to make the best better” as they continue to foster youth in their development of life-long skills.

The 4-H Afterschool Newspaper Club Report

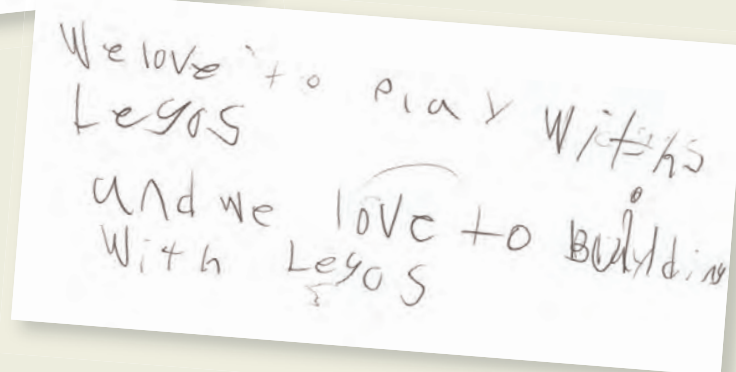


While we were sad that “Mr. D”—who helped start the newspaper club—chose to move on to other opportunities, we are happy to report that we have a pair of new hires filling out the program’s staffing needs. Miss Savannah and Miss Beth have integrated seamlessly alongside Miss Valentina and Miss Sue, and the children have been having a wonderful time with the everyday offerings of projects, activities, crafts, games, homework help, and nutritious snacks.

The newspaper club has continued to be active, and following are their reports on a few choice items. We hope you enjoy their offerings.



Legos have been popular with children for decades, and our current group is no exception. Legos are wonderful because they tap into a child's creativity, while also working on fine motor skills, hand-eye coordination, problem solving, and attention to colors and shapes.





Another popular activity is Freeze Dance. The children enjoy the music, and it's a great opportunity to be creative with physical movements, be mindful, and practice self-control.

FREEZE
DANCE



We love to play music for freeze dance, there is a lot of good players, in freeze dance.

We thought a worm
was on the roof
but it a gummy worm

A small mystery was solved! The children noticed something on the ceiling and wondered how a worm—not usually an indoor creature—got there. It turned out to be a gummy worm! (We still think it's worth wondering how THAT got there.)

We had a worm on the roof

Agritourism Workshops Monthly!



Free!

**Noon-1:00 p.m.
via Zoom**

Are you thinking of starting an agritourism business, or are you currently operating one? Join our monthly, lunch-hour workshop virtual series and learn how to grow your agritourism business!

The first session will cover the basics of running an agritourism operation. The following sessions will focus on specific topics to help aspiring agritourism entrepreneurs grow their knowledge and profit through this exciting on-farm business.

January 17: What is Agritourism and Starting an Agritourism Business

February 20: Where Is Agritourism Allowed?

March 20: Protecting Your Agritourism Operation: Liability and Insurance

April 17: Customer Service for Agritourism

May 15: Tax Considerations for Agritourism

June 19: Agritourism Pricing Workshop: How to Figure Out What Your Customers Will Bear

July 17: Marketing Your Agritourism Operation

August to December topics will be released later this year.

PRE-REGISTRATION REQUIRED: tinyurl.com/AgritourismWorkshopsCCE

All workshops will be recorded and links shared. After registering, you will receive a confirmation email containing information about joining the meeting.

Contact Lindsey Pashow with any questions, lep67@cornell.edu or 518-569-3073.

Sponsored by Cornell Cooperative Extension Agritourism Program Work Team

PROGRAM EVENTS

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

Dairy Day - RESCHEDULED

Tuesday, April 11, 2023, 10:00 a.m.-3:00 p.m.

If you registered previously for the March 14th date (rescheduled due to snow), you are still registered. New registrations must be received by March 31st. This event, held at the Otesaga in Cooperstown, includes a trade show, buffet lunch, and three talks with time for questions for the panelists: 11:00 a.m., What Does the Data Say About High Production and Profitability? (Nicole Tommell, CNYDLFC Team Area Ag Business Management Specialist); 11:30 a.m., Brumar Farm Team, Fort Plain (Bruce, Marcy & Eric Matis, Shawn Lasher, nutritionist, Dr. Lisa Tobler DVM); 1:45 p.m., Woodlawn Dairy Farm Team, Richfield Springs (Tim & Mike Cantwell, Kienan Gridley, nutritionist, Dr. Erika Osborne DVM)

Cooking With Kids

Thursday, April 13, 2023, 4:30 p.m.-5:30 p.m.

Additional dates in the series: April 20, 27, May 4, 11, 18
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.

It's Tax Day, Have Some Food on Us

Saturday, April 15, 2023, 11:00 a.m.-noon

Join our nutrition educator, Kimberly, at the Sharon Springs Free Library for a fun, interactive class that will feature the hands-on preparation—and tasting!—of a delicious, affordable, healthy dish. All ages welcome, and advance registration is requested. Contact the library at 518-284-3126 or shs@mvls.info.

Spring Garden Day at Earth Fest

Saturday, April 15, 2023, 10:00 a.m.-4:00 p.m.

Earth Fest is being held this year at the Milford Central School. Be sure to visit the Master Gardener Volunteer table in the gym for children's activities, seasonal resources, and good garden talk, including "Vegetable Garden Basics," "Building Better Butterfly Gardens for Monarchs and Other Pollinators," "Managing Deer Damage in Home Landscapes," and "Growing with the Oneonta Community Garden." The Earth Fest will also include an information fair, vendors, food, kids' activities, and more. See more information at occainfo.org

Verdant Views: Global Climate Stories

Tuesday, April 18, 2023, 1:00 p.m.-2:30 p.m.

In honor of Earth Day 2023, this special edition of Verdant Views will feature current Fellows in Cornell's Hubert H. Humphrey Fellowship Program, sharing stories of the challenges and choices they face in their home countries, and actions being taken in response to this global crisis. Includes participants from Tanzania, Laos, Zimbabwe, and Brazil. Learn more and register at events.cornell.edu/event/verdant_views_global_climate_stories_5088

Growing Micro-Greens at Home

Tuesday, April 25, 2023, 1:00 p.m.-3:00 p.m.

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

Schoharie County 56th Annual Maple Festival

Saturday, April 29, 2023, 9:00 a.m.-4:00 p.m.

Come visit our table at this family-friendly event and learn how you can sign up for free cooking and nutrition lessons for the whole family! Held at the Fairgrounds in Cobleskill, there will be maple products of all kinds, samples, pancakes, demonstrations, crafters, food trucks, and entertainment.

Annual Plant Sale – Schoharie County

Saturday, May 6, 2023

The Schoharie County Master Gardener Volunteers Plant Sale is being held in partnership with SUNY Cobleskill and will be held on

the campus. Times TBA. Plant sale proceeds support the outreach and educational efforts of the Master Gardener Volunteer program.

Annual Plant Sale – Otsego County

Saturday, May 20, 2023, 9:00 a.m.-3:00 p.m.

The Otsego County Master Gardener Volunteers Plant Sale is tentatively set to be held at the Education Center on Lake Street in Cooperstown, but please watch for updates as construction may require us to relocate to an alternate site in Cooperstown. Plant sale proceeds support the outreach and educational efforts of the Master Gardener Volunteer programs.

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

Tuesday, May 23, 2023, 6:30 p.m.-8:30 p.m.

Meetings are held at the Extension Center in Cobleskill and simultaneously at the Education Center in Cooperstown at 6:30 p.m. on the 4th Tuesday of every odd month. Meetings are open to the public in person and via Zoom.

Memorial Day (offices closed)

Monday, May 29, 2023

Juneteenth (offices closed)

Monday, June 19, 2023

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 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

Grow/Conserve Your Own National Park

Thursday, June 8, 2023, 5:00 p.m.-8:00 p.m.

This talk by Dr. Doug Tallamy will be held at the Clark Sports Center in Cooperstown and streamed simultaneously via Zoom. Registration required.

Sustainable Landscapes and Integrated Pest Management Annual Conference

Thursday, June 15, 2023, 9:00 a.m.-4:00 p.m.

Attend virtually or in person at Cornell Agri-Tech in Geneva. Sliding-scale pricing. Includes speakers and hands-on demonstrations that show and tell how to create a more sustainable, environmentally friendly landscape while reducing the impacts of pests. Learn more at cals.cornell.edu/new-york-state-integrated-pest-management/outreach-education/events/annual-conference.

Otsego County Fair

Wednesday, August 2 to Sunday, August 6, 2023

Schoharie County Sunshine Fair

Tuesday, August 8 to Sunday, August 13, 2023

Family Farm Day

Saturday, August 26, 2023

Improving Soil Health

Tuesday, October 3, 2023, 1:00 p.m.-3:00 p.m.

A presentation at The Gathering Place (127 Kenyon Road, Cobleskill) by the Master Gardener Volunteers

Visit our website, www.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.

Cornell Cooperative Extension | Schoharie and Otsego Counties