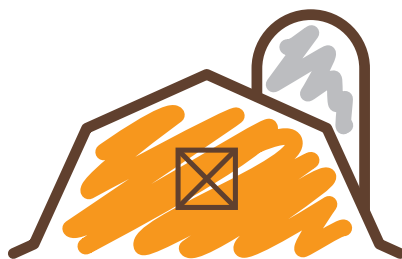


Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

JULY–SEPTEMBER 2023

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SCHOHARIE-OTSEGO-DELAWARE

**FAMILY
FARM DAY**.ORG

SAT, AUG. 26, 2023

★ Cornell Cooperative Extension ★

See page 15 for more information

Welcome, Welcome, Welcome!

We are thrilled to announce that three new staff members were recently hired. Each of these newly re-envisioned roles will have a presence and impact in both counties. Please read about them below and join us in welcoming them!

Nancy Brumaghim, 4-H Program Coordinator

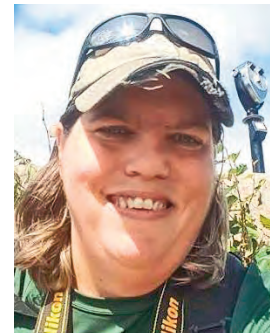
Hello, everyone. My name is Nancy and I am the new 4-H Program Coordinator, working with Catherine Roberts in Schoharie County and Teresa Adell in Otsego County. I was born and raised in Schoharie County and have been involved in many projects and programs. I graduated from the former Cobleskill High School and from the College of Saint Rose with a masters in Special Education. Working with youth has always been in my heart and soul.

Some of you may recognize me from the Schoharie County Youth Bureau or Harmony Acres. While I was not involved in 4-H as a youth, I have participated as a judge for Public Presentations and for the Art and Craft division of the county fair youth entries. Through these, I have learned about the 4-H program and those involved in it. I have met some great people along the way. I look forward to continuing to learn more about 4-H, assisting with programming, and getting to meet all of you.

You can contact Nancy at nb622@cornell.edu or (518) 234-4303 ext. 117 (Cobleskill) or (607) 547-2536 ext. 227 (Cooperstown).

Erich Keena, Agriculture & Food Systems Program Manager

Hello, Schoharie and Otsego County residents and agricultural producers. My name is Erich Keena, the new Agriculture & Food Systems Program Manager. My strong interest in—and great appreciation for—agriculture and food systems started with childhood trips to visit relatives on their farms in and around Sparta, North Carolina.



Continues on page 2

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OUR MISSION

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

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Welcome, Welcome, Welcome, continued from page 1

It continued while growing up with a fairly large family garden at our house in the suburbs of the capital region.

As I got older, it developed into a goal to eventually own my own homestead or small farm. While planning for college, I chose to major in Agricultural Business Management at SUNY Cobleskill. Part of the draw was how Schoharie County's landscapes reminded me of Sparta and our trips down there.

My time at SUNY Cobleskill afforded me many unique learning exchanges and opportunities. This included touring agricultural operations across the country on field studies trips and studying abroad in Costa Rica and China. I interned with the late Hon. Bill Magee's office at the New York State Assembly, who at the time chaired the Assembly Committee on Agriculture.

FIND US ONLINE

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[HeathyConnectionsCCESchoharieOtsego](#)

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

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

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

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

Farm to School: [LocalFoodsHealthySchools](#)

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blogs.cornell.edu/efnep-schoharie-otsego



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After graduating, I worked in China, first at an ag commodity import/export company and then as a teacher. More recently, I worked at CCE Oswego County and the USDA Onondaga County Farm Service Agency.

I am very excited to be serving Schoharie and Otsego counties in my new role and look forward to meeting you while working to promote and advance the counties' agricultural activities. I hope to make and broaden connections in the interest of both counties as I implement programs and collaborate on initiatives that fit the goals of the counties. I intend to begin a master's degree program in marketing soon and bring what I learn to the counties' agricultural producers through focused programming.

You might see me out and about at a meeting or at one of our many outreach or education programs. If you do, feel free to say hi!

You can contact Erich at ejk247@cornell.edu or (518) 234-4303 ext. 119 (Cobleskill) or (607) 547-2536 ext. 226 (Cooperstown).

Marcie Foster, Horticulture & Natural Program Educator

I am thrilled to join Cornell Cooperative Extension Schoharie and Otsego Counties as the Horticulture and Natural Resource Educator. I am a lifelong resident of Otsego County. I graduated from Cooperstown High School and currently live in the Town of Middlefield.



After graduating from SUNY New Paltz and spending time in the Arizona desert doing archaeology, I returned to my hometown of Cooperstown to pursue a career in conservation. For thirteen years I worked in a variety of positions at Otsego Land Trust, assisting with land protection efforts and promoting public lands such as Deowongo Island and Brookwood Point.

In my free time I enjoy gardening, paddleboarding, rock climbing, and going on adventures with my husband, daughter, and new puppy.

You can contact Marcie at mkf48@cornell.edu or (518) 234-4303 ext. 124 (Cobleskill) or (607) 547-2536 ext. 235 (Cooperstown).



**ConnectALL
Office**

There's Still Time to Take the NYS Internet Access Survey!

You can help ensure that Otsego and Schoharie Counties are included in the plans for over \$1 billion in public and private investments that will be made available to connect New Yorkers in rural and urban areas statewide to broadband.

All you need to do is complete the statewide survey from the New York State's ConnectALL Office, available here: **broadband.ny.gov/tell-us-about-your-internet-experience**.

The New York State Digital Equity Plan was announced in January 2022 and is still in development. Information you share in the survey will help develop the New York State Digital Equity Plan and ensure equitable Internet access for all including affordable Internet service, devices, skills training,

and digital support. It's your chance to make your voice and needs heard on this important topic!

It should take about 15 minutes to complete the survey, and every household in New York State is encouraged to complete it. The survey is available in 11 languages and is completely anonymous: it collects demographic information (e.g., race/ethnic background, age, household income level) to make sure all demographic groups and places are represented, but personally identifiable information (e.g., name, email, address) is not.

Data from this survey will be retained for one year following the approval of the State's Digital Equity Plan, then destroyed.



Otsego County Master Gardener Volunteer Plant Sale a Huge Success!

BY MG VOLUNTEERS **PATI GRADY & CAROL PHELPS**, PLANT SALE CO-CHAIRS, AND **FRANCINE STAYTER**

On May 20, 2023, the Otsego County Master Gardener Volunteers hosted our most successful plant sale ever. The annual, daylong event is the Master Gardeners' largest fundraiser. It features native and hard-to-find annual and perennial species that thrive in our region. Sixteen Master Gardener Volunteers started plants from seeds during the winter months of 2023. These seedlings comprised the 277 varieties of more than 4,000 plants offered for sale. Top sellers were heirloom and late-blight-resistant tomatoes, native perennials, and herbs.



The culmination: helping customers choose from a diverse selection of healthy seedlings that grow well in our area.

Beyond selling plants, the sale brings our corp of association-trained Master Gardener Volunteers, who share local experience and evidence-based knowledge face to face with an ever-growing audience eager to learn the value and benefits of gardening.

Roots of this year's success

This year's sale could be the result of improved efficiencies on many fronts: early planning; a large turnout by 27 Master Gardener and other commu-

nity volunteers, both before and on the day of the plant sale; delegating more tasks to committee sub-chairs; an expanded plant inventory; better plant and directional signage; the efficient layout of plants for sale; parking assistance at the plant sale from volunteers; one-way traffic in the parking lot at the plant sale; a registration table where customers' names were entered into a raffle to win a hanging basket; and a more streamlined check out. Extension staff were on hand throughout the day, behind the scenes, and interacting with customers.



The plant sale was a success because of the efforts of the many volunteers! From soil preparation to transporting seedlings to each day-of-sale task, the collaborative work was both great fun and highly productive.

Continues on page 6

Extensive media coverage also contributed to the success of the sale. Our sponsor, Five Star Subaru, produced and distributed television ads which reached a large regional audience. Additionally, we expanded our social media presence: 25 Facebook and Instagram posts generated more than 17,000 views (not including repeated views)!

The social media game plan in action

The posts took four tracks to keep building interest on various levels:

First track – the countdown. This began early with a countdown on March 28th announcing 53 days until the plant sale to tickle interest. This was followed by a sneak peek on April 1st to continue the interest. On April 29th, now within weeks of the sale, we ran a “Save the Date” poster. On May 19th, as we neared the plant sale, we brought followers along with us on the road as we transported the plants from all corners of the county to the plant sale.

Second track – directly advertising the plant sale. Posts for that track, “We Grow for You,” provided opportunities to see the plants from seed starting, to growing, to being transplanted, to being on the road to Cooperstown. That focus gave followers a chance to see the process and watch the hands-on work of the Master Gardener Volunteers. A rainy day, April 30th, was an opportunity to see some perky yellow petunias that were blooming and on May 4th to see a collection of aromatic herbs that would be available. When we had the unexpected freeze on May 18th, we were able to show followers how the plants were being protected.

Third track – local-area-based gardening information. This track featured information connected to plants being offered at the plant sale. For

example, the post on April 2nd was a how-to on creating a hummingbird garden and a listing of plants that successfully feed hummingbirds, especially those that would be available at the plant sale.

The fourth track wove together the three other tracks. The posts featured two themes: “We grew the best for you” and “Plant sale as a comprehensive source for plants known to do well in this region.”

During the campaign, we increased our reach and added 21 followers while improving our response rate. The success of the social media marketing campaign came from connecting what we were growing to our area, and it was enhanced by real-time photos—taken by Master Gardener Volunteers—that increased believability.



Support from CCESO staff was also essential!

Facebook was only one part of the Team Plant Sale effort. Please watch “Kudos to Team Plant Sale” here: fb.watch/120juP6XOI/.

Who You Gonna Call? Master Gardener Helpline!

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

Master Gardener Volunteers answer these questions and more. Dedicated volunteers answer a range of questions about plant, tree and lawn care,

vegetable and flower gardening, and home and garden pest management.

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

Farm-to-School Update

During the past few months, schools in the Farm-to-School Program (FTS) offered tastings. These are a terrific way to introduce new food items to students. By participating in tastings, schools can collect data from students on what items they like before making a financial decision to offer that item on a regular basis. Food items that have been featured have created great dialogues on where food comes from and how that food item is prepared.

School-specific tastings:



Issa's Pita Chips (made in Buffalo, New York) and hummus were tasted at Berne-Knox-Westerlo Central School District and Schoharie Central School District.

- In April, **Berne-Knox-Westerlo Central School District** and **Schoharie Central School District** had tastings offering hummus with Issa's Pita Chips. Students were excited to learn that Issa's Pita Chips are made in Buffalo, New York. Many of the students didn't know what hummus was or what it was made from, making the tasting a great learning opportunity.
- The middle- and high-schoolers at **Sharon Springs Central School** had their taste buds challenged during our smoothie tasting. The students had the option to choose a strawberry or blueberry smoothie. The students who tried the blueberry smoothie were asked what they tasted,



The students at Sharon Springs Central School could not tell there were nutritious leafy greens in their delicious blueberry smoothies.

and most students responded saying blueberries. They were amazed to learn that

the smoothie also contained fresh greens. Along with the smoothie tasting, the cafeteria offered caprese salads during lunch, featuring fresh greens, tomatoes, basil, mozzarella, and balsamic dressing.

- At the end of April, the students at **Cobleskill-Richmondville High School** were busy preparing for the Harvest of the Month tasting of Mediterranean pizza samplers. The pizza crust was tortillas made by the food service class. The farm-to-table class created the sauce for the pizza: a basil pesto made using school-grown basil. The students from both classes helped to serve the pizzas to their fellow classmates during the lunch periods. The students were excited to be able to eat something that they helped grow and cook.
- **Milford Central School** and **Duanesburg Central School District** offered fresh smoothies to their students the second week of May, featuring New York State milk and yogurt. The smoothie flavors offered included strawberry-banana, blueberry, cucumber-spinach, and watermelon-cucumber. In conversations with tasters, they were surprised that the smoothies contained vegetables, as well as fruit. Smoothies are a fantastic way to meet nutritional needs while enjoying a refreshing beverage.



Learning took place at The Maple Experience.

- **Berne-Knox-Westerlo Elementary School** students were able to participate in the Maple Experience in early May. During the experience,

Continues on page 8



students learned about tapping trees and the importance of keeping your maple trees healthy from Kristina, the Maple Experience Coordinator. Students also gained knowledge from a local maple producer, Randall Grippin, who operates Mountain Winds Farm a mile from the school. Mr. Grippin talked to the students about his operation and the process of turning sap into maple syrup. At the end of the tour, everyone was able to try a sample of maple syrup supplied by Mr. Grippin. The students enjoyed the experience.

- At the end of May, **Berne-Knox-Westerlo Central School** hosted a school-wide luau that featured recipes supplied by the FTS program: tomato-cucumber salad and fried rice. At the event, we were able to serve the salad and talk to students about what other recipes they might want to try. This event also gave us the opportunity to talk with other school staff members about the Farm-to-School Program and local food procurement.
- In the last week of May, **Sharon Springs Central School** utilized new equipment that was purchased to evaluate their idea for a smoothie bar. The test run was held during the afterschool program's end-of-the-year celebration. The students were able to try a variety of flavors and enjoyed the refreshing beverages on that sunny day! The Food Service Director hopes to implement a smoothie bar during the next school year.
- On June 2nd, **Berne-Knox-Westerlo Central School's** Future Farmers of America chapter held Ag Day at the school for the Pre-K thru 5th grade students. Students who attended were able to meet farm animals, go on a tractor ride, and learn about where food comes from. At our station, we



Want to try the tomato-cucumber salad yourself? You can find the recipe here: www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/tomato-and-cucumber-salad.



Quizzing the students during Ag Day at Berne-Knox-Westerlo . . .

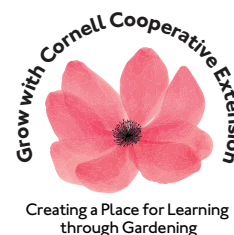
quizzed students on where food comes from and how vegetables are grown. Additionally, we had conversations with students about what vegetables or fruits they would like to have available to them in the cafeteria. In coordination with our station, the cafeteria helped us with a tasting held in the classroom. The tasting was a quiche made with local, farm-fresh eggs, asparagus, potatoes, and multicolored carrots from Schoharie Valley Farms. The students were excited to try something new and to eat local food items.



. . . and later they got to try quiche made from local eggs and veggies.

We look forward to collaborating with schools to offer more New York State products and to continue to participate in tastings. With the summer months approaching, we have begun to make goals with our schools for the next school year. We are currently working on making connections between local producers and our schools. Our goals are to help schools to be able to offer more local New York State products for the next school year and to continue to grow our program.

To learn more about Farm to School Program at CCE Schoharie and Otsego Counties, contact Shannon Sears at srs422@cornell.edu or call (518) 234-4303 ext. 114.



A Walk Through the Grow With CCE Garden Activity Center

BY MASTER GARDENER VOLUNTEERS **PATI GRADY AND CAROL PHELPS**

Visitors to the Master Gardener Volunteers plant sale were given a bonus: the chance to walk through the recently constructed raised and in-ground, fenced beds that comprise Phase One of our new demonstration and educational gardens.



Please join the Otsego Master Gardener Volunteers for a Garden Open House and a tour of the All-America Selections Garden Display! Everyone is welcome!

Thursday, July 27, 2023, from 4 to 7 pm (rain or shine)
Cornell Cooperative Extension Education Center
123 Lake Street, Cooperstown, NY

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Ten years in the making, the project has dramatically transformed the Cornell Cooperative Extension Schoharie and Otsego Counties Cooperstown Education Center by expanding and resurfacing the parking lot, upgrading electric and water infrastructure, and improving pedestrian access.

The Master Gardener Volunteers expect to embark soon on Phase Two, including the construction of a garden house—for plant preparation and storage—and a rain garden. The rain garden will flank the entrance to the display garden and enhance the visitor experience with a mixture of herbaceous perennials, shrubs, trees, and grasses selected to provide ornamental interest throughout the growing season and beyond.



This photo is of a nesting duck who settled in the All-America Selections part of the garden. The Master Gardener Volunteers were careful to respect her privacy and not disturb her in hopes she'll stick around.



Her egg, coincidentally, ended up right next to an eggplant seedling.

But it will play much more than just an ornamental role: it has an important environmental function of capturing and filtering storm water runoff from the parking lot.

The public is welcome to visit the Grow With CCE Garden Activity Center, which can be viewed from the sidewalk and parking lot at any hour—and if you go into the garden, please be sure to close the gate behind you! Donations to finish and maintain the gardens are always welcome!



We're almost there!

Grow with Cornell Cooperative Extension



Creating a Place for Learning through Gardening

Watch our new gardens grow!

What's next? Your donation will help CCE finish the gardens and garden house!



FOR MORE INFORMATION
<https://tinyurl.com/growwithcce>



Donate

Cornell Cooperative Extension | Schoharie and Otsego Counties

You can donate online using PayPal, credit card, or debit card, or send us a check along with your pledge form. Learn more here: cceschoharie-otsego.org/master-gardener-program/grow-with-cornell-cooperative-extension.

FROZEN YOGURT BARK

Serves 18

An easy-peasy frozen treat!

Adapted from: Iowa State University Extension and Outreach - Spend Smart Eat Smart



Nutrition Facts	
18 servings per container	
Serving size	1 piece
Amount Per Serving	
Calories	30
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 0mg	0%
Potassium 75mg	2%
*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 cups nonfat vanilla yogurt (or any other flavor)
6 strawberries, chopped
2/3 cup raspberries (broken apart)
2/3 cup blueberries
3 tablespoons coconut flakes
2 tablespoons sliced almonds

Directions

1. Line a baking sheet with wax paper or parchment paper.
2. Spread yogurt thinly (1/4 inch or less) and evenly on pan.
3. Sprinkle strawberries, raspberries, blueberries, coconut flakes, and sliced almonds on top of yogurt. Press down gently to make sure the berries, coconut, and almonds are in the yogurt.
4. Freeze for at least 3 hours.
5. Soften on the counter for about 5 minutes. Cut or break bark into pieces. Serve or store in the freezer in an airtight container for up to 2 months.

Know the facts . . .

- There are an average of 200 seeds in a single strawberry. The average raspberry contains 100 to 120 seeds.
- Blueberries are native to North America and were picked by Native Americans at least 13,000 years ago.
- Fruits are an excellent source of essential vitamins and minerals (including potassium, fiber, vitamin C, and folate), are high in dietary fiber, and most are low in fat, sodium, and calories. Fruits do not have cholesterol.
- Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes. According to USDA guidelines, an adult consuming a 2000-calorie diet should have two cups of fruit each day.
- Almonds are a tree nut native to the Mediterranean region. These calorie-dense seeds were referenced in the first book of the Bible and are a good source of fiber, monounsaturated fats, and vitamin E.
- The USDA recommends most people have three servings of dairy each day, which can include yogurt. Yogurt and other dairy products are a good source of calcium, phosphorus, and B vitamins. Individuals with lactose intolerance who cannot tolerate dairy products may be able to eat some yogurt because of its lower concentration of lactose.

Notes:

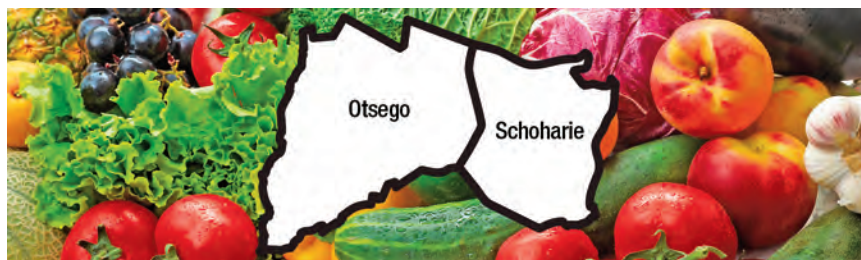
Try adding different ingredients such as sliced bananas or mini chocolate chips.

To make a smaller batch, use half the amount of each ingredient.



Companion recipe: try another delicious treat featuring strawberries and blueberries: Fresh Fruit Pizza (cceschoharie-otsego.org/resources/fresh-fruit-pizza)





Nutrition Education for All!

Have you been thinking about eating healthier? Do you wish your family didn't groan at your attempts at healthy dinners? Wondering about ways to make your food budget go further now that the prices of just about everything have gone up?

Then you are the perfect candidate to sign up for one of our nutrition education series!

"You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients."
—**Julia Child**

"Good nutrition will prevent 95% of all disease."
—**Linus Pauling**
Two-time Nobel Prize Winner

Nutrition education? Sounds boring!

No way, dude! Our classes are fun and interactive and they involve free food! Every participant—no matter their level of knowledge and skill—can build on it.

We add some useful nutrition information and/or cooking tips to your know-how, while you get to practice your cooking skills when the class makes a delicious, healthy, affordable dish together. And yeah, you get to taste it!



Folks from age 5 to 95 can come together to learn and make an easy, delicious, healthy recipe like the Healthy Corn Dip shown in the closeup.



We also give a nod to the importance of physical activity as part of a healthy lifestyle, and together the group has a little fun with a short game—even if you don't have a child, bring your inner child to the class.

Who can participate?

Everyone and anyone in Schoharie or Otsego counties!

Cornell Cooperative Extension Schoharie and Otsego Counties (CCESO) offers two nutrition education programs:

- EFNEP is a federally funded program that has been around for more than 50 years. It works with income-eligible families and youth. You will often see this program being offered through the “Cooking With Kids” series.



- Healthy Connections was set up to work with folks who aren't eligible for EFNEP. That includes older adults and other folks without minor children in their home and families above the income threshold. Partial funding for this program comes from RHENSOM (Rural Health Education Network of Schoharie, Otsego, and Montgomery), and you might see the “What's For Dinner?” series advertised.



How much will these classes set me back?

Not even a penny!

All our nutrition education classes are at no cost to participants. All we ask is that you attend regularly (classes run once a week for four-to-six weeks) and fill out the paperwork we use to show our funders that we are reaching the community and making a difference.



During the pandemic it was even more important to talk about good nutrition.

Sounds great! But I bet it's not near me and/or at a time I can attend.

We do our best to meet people where they are, across both counties. We offer classes in our office spaces in Cobleskill and Cooperstown and also in partner spaces throughout both counties. For example, in the past year or so, some of our classes were held in:

- Oneonta (“Red Door” Church and The Frances Rowe House)
- Richfield Springs (Community Center)
- Middleburgh (Reformed Church)
- Wells Bridge (firehouse)
- Sharon Springs (library)
- Worcester-Schenevus (library)
- Hartwick (library and Head Start Center)
- Springfield (library)
- Garrattsville (firehouse)
- Unadilla (library)
- Schoharie (library)
- Zoom!
- Private homes!!

Continues on page 14



Our straightforward, clear approach gets smiles and the thumbs up from all our participants.

Many of our classes are set in the early evening (4:30/5:00) in hopes that folks who work can join us. We've also been known to offer the occasional Saturday or night-time class. In order to be as accessible as possible, we are also able to offer in-home visits. And we can use Zoom in group and one-on-one situations.

Basically, if you are interested, we will do our best to find a time and place that works for you.

A special note to parents and teachers

We have special curricula designed for classroom and afterschool settings. If you're interested in having us come to your or your child's school, please reach out to us to help make this happen. We are already active in various schools around both counties and would be happy to connect to yours!



Our CHFFF curriculum provides afterschool enrichment for grades 3 through 8, with time for fun physical activities and guided hands-on cooking in addition to a short nutrition lesson. We can also work with K-2 and high school, and do lessons modified for the classroom.

UPCOMING CLASSES – Join us in person . . .

Middleburgh

- Wednesdays at 4:30 p.m. beginning July 5th at the Reformed Church (178 River St.)

Cobleskill (in our office at 173 S. Grand St.)

- Mondays at 4:30 p.m. beginning September 18th
- Wednesdays at 5:00 p.m. beginning September 13th

Oneonta

- Wednesdays at 4:30 p.m. beginning July 26 at the First United Presbyterian Church (“Red Door Church,” 382 Main St.)
- Thursdays at 5:00 p.m. beginning September 14th at Rowe House (31 Maple St.)

Some classes allow online registration. Find more information at our website, cceschoharie-otsego.org/nutrition-health.

Or contact a nutrition educator

- Michelle Leveski (EFNEP) – mml39@cornell.edu or (518) 234-4303 ext. 115
- Kimberly Ferstler (Healthy Connections) – kmf239@cornell.edu or (518) 234-4303 ext. 120

We look forward to working with you on your journey towards healthier eating!

Family Farm Day: Save the Date!

Now in its 11th year, Family Farm Day (FFD) returns once again on Saturday, August 26, 2023 from 10:00 a.m. to 5:00 p.m.!

This signature event is a tri-county annual agritourism extravaganza that includes Schoharie, Otsego, and Delaware Counties and provides opportunities for the public to celebrate the importance of agriculture and connect with local agricultural businesses.

Participating farms welcome visitors, offering demonstrations, samples, and tastings of their food and beverage products, as well as tours of their facilities and operations. This summer, visitors will have their choice among 38 unique farms to visit!

“The silver lining of the pandemic’s effects on local food systems is still evident, with consumers highly interested in where their food comes from and how to acquire it. FFD not only allows for those consumers to find out where nearby agricultural producers are located and learn about them, but also affords participating farms the opportunity to expand their customer base and share their stories and vision,” said Erich Keena, Agriculture & Food Systems Program

Manager at CCESO. “It is a great event that helps increase public awareness of agriculture and builds lasting relationships between producers and consumers, increasing interest and engagement in local agriculture.”



Plan your trip online at FamilyFarmDay.org using our interactive map. You can also get a printed copy of the 2023 FFD Farm Guide at your local CCE office, farmers’ market, or brochure stand. We recommend that visitors stop at locally sourced restaurants, breweries, distilleries, wineries, and stores as part of their adventure.

FFD is an agritourism collaboration between CCESO, CCE Delaware County, the destination marketing efforts of Otsego, Schoharie, and Delaware Counties, as well as area chambers of commerce, county Farm Bureaus, local farmers, and generous sponsors.

The 4-H Afterschool Newspaper Club Report



As the school year wraps up, some of the kids' favorite activities are arts and crafts and playing board games. Here is the Newspaper Club's report on both.

We like
to play
chess and
to play
nice

I like playing chess
my favorite
part is
setting
up the
board. I think
it helps with
my math.

DO WE!



Many of the children have gotten quite proficient in chess and enjoy reminding Miss Sue of the rules.

"I like playing chess. My favorite part is setting up the board. I think it helps with my math."

KIDZ
 ART & CRAFTS IS FUN!!



We do arts & crafts at
 4H. We make caterpillars
 like this one.

*These colorful caterpillars are
 one of the kids' favorite arts-and-
 crafts projects.*



*One of the popular board games
 is Trouble. Who doesn't love the
 excitement of the Pop-O-Matic?*

We Play
 Games at
 4H

4-H Happenings



In April, 4-H youth from both Schoharie and Otsego Counties wrapped up the 4-H Dairy Quiz Bowl and 4-H Public Presentations programs. Youth who placed as top individuals at their district quiz bowl events attended the New York State Dairy Quiz Bowl competition at Cornell University. In addition, youth who gave outstanding public presentations at the county level attended the South Central District and Capital District Public Presentations events. Congratulations to all youth participants for their 2023 Dairy Quiz Bowl and Public Presentations achievements!



Ribbons won at the Dairy Quiz Bowl



Presenting at the district level Public Presentation event

In early May, youth from both counties attended Cornell University's Animal Crackers "All Creatures Great and Small" event. Youth participants were provided with fun, hands-on, science-oriented learning experiences from Cornell University faculty, staff, and students, professional producers, and industry experts. This year, the program highlighted dairy, sheep, poultry, rabbit, and cavy species.



The Tractor Supply Company Spring 4-H Paper Clover Sale was April 26th through May 7th. With the support of Tractor Supply Company, Paper Clover donations were collected to help provide program scholarships for 4-H youth interested in



Seated and hands-on learning took place at Animal Crackers 2023.

attending 4-H camps and other leadership events. Thank you to all who donated and who helped make the Spring Paper Clover Sale possible!



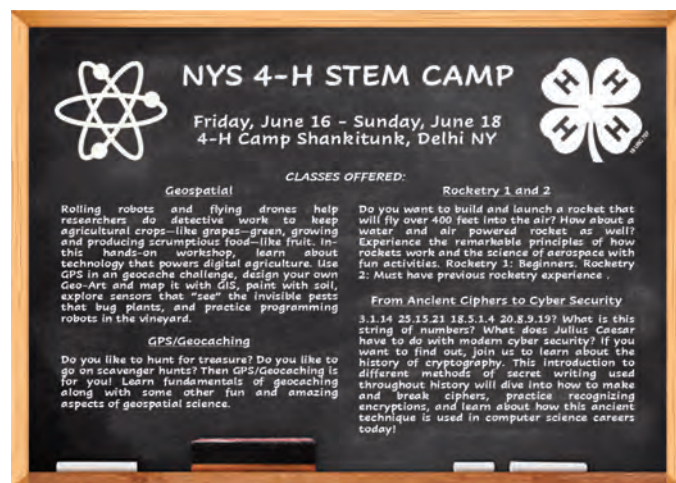
Youth set up at the local Tractor Supply Company to collect donations for 4-H program scholarships.

The 4-H Dog Programs in both Schoharie and Otsego Counties are underway. Through these programs, 4-H youth handlers build foundational skills, communication techniques, and canine knowledge with their canine partners. Each program consists of a series of classes that use positive reinforcement in a variety of fun exercises and activities.



The Dog Programs in both counties are actively holding clinics teaching foundational skills to both the youths and their canine friends.

4-H members looked forward to the New York State 4-H STEM Camp which took place June 16-18 at 4-H Camp Shankitunk. This year, there were four courses for campers to choose from: geospatial, GPS/geocaching, rocketry, and ancient cipher/cyber security.



Four classes were offered at the NYS 4-H STEM Camp at Camp Shankitunk in Delhi.

Otsego County Happenings

In March, Otsego County 4-H dairy project members helped to put on the Otsego County 4-H Dairy Calf Sale, which was held in conjunction with Hosking Sales Spring Premier All Breed Sale. 4-H youth worked to prepare their animals both before and during the sale with clipping, feeding, and watering. Youth members led their calves into the showring as potential buyers bid on their animals during the auction.



Youth at the Otsego County 4-H Dairy Calf Sale in March 2023.

In April, Otsego County 4-H members attended the New York State 4-H Capital Days event in Albany with other 4-H teen members across the state. Participants had the opportunity to meet and interact with legislators while visiting the Assembly and Senate

Continues on page 20

4-H Happenings, continued from page 19

Chambers, New York State Court of Appeals, and the Capitol Building. Youth learned about career opportunities in government and gained a better understanding of state and local government policies.



Otsego County 4-H members were part of the group that attended the New York State 4-H Capital Days event in Albany in April.

In May, the Otsego County 4-H Horse Committee held its 4-H Horse Camp at the Otsego County Fairgrounds. 4-H youth participants had a day of fun practicing showmanship, hunt seat, and western and gymkhana games, while learning new horsemanship skills. Horse evaluations also took place in preparation for the horse show at the Otsego County Fair.



Otsego County 4-H members also spent time learning about and doing projects related to gardening . . .

. . . and astronomy.



Otsego County 4-H members also gathered to complete a variety of activities to learn more about gardening and astronomy.

Schoharie County Happenings

With the start of warmer weather came the start of the Schoharie County 4-H Sow, Grow & Show Gardening Program. Through this series of informational and hands-on classes, youth learned about the planting, transplanting, and direct sowing of various plants, flowers, and herbs.



Plants that youth started during Sow, Grow, and Show might be transplanted into the youths' home gardens or the 4-H Garden at the Schoharie County Fairgrounds.

Plants that are started during classes are transplanted into the youths' home gardens, as well as the 4-H Garden located behind the Hall of Agriculture at the Schoharie County Fairgrounds. Produce and flowers grown by 4-H youth will be on exhibit throughout the 2023 fair, both within the Progressland Building and the 4-H Garden.



Throughout the year, youth work to prepare their 4-H animals for the showing at The Farmers' Museum Junior Livestock Show and the Schoharie County Fair. Each spring and summer, there are a



This goat clinic is preparing youth for The Farmers' Museum Junior Livestock Show as well as the county fair.

variety of clinics offered to Schoharie County 4-H youth that teach animal fitting and showmanship, breed knowledge, and safe handling. In addition to county-wide showmanship clinics, state and district opportunities are available including Animal Crackers and the Capital District 4-H Small Animal School. Keep a lookout for clinic opportunities focusing on dairy cattle, beef cattle, swine, goat, sheep, horse, poultry, rabbit, and dog species.

Participants Inspired by OCMG Gardenside Talk

BY MASTER GARDENER VOLUNTEER FRANCINE STAYTER

On June 8th, the Otsego County Master Gardeners sponsored the second Gardenside Talk, *Bringing Nature Home to Our Gardens and Communities*, featuring Dr. Douglas Tallamy. He spoke to the group live via Zoom. Attendees could watch from home or could join a Watch Party at the Clark Sports Center to view the talk.



Dr. Tallamy spoke about the importance of food webs—the complex and interconnected feeding relationships that are essential for the planet's health. He is the founder of Homegrown National Park (www.homegrownnationalpark.org), a grassroots call to action to regenerate biodiversity and ecosystem function by planting native plants and creating ecological networks.

The theme for the Otsego Master Gardener Volunteers' education and outreach this year is Gardening for the Greater Good. Dr. Tallamy provided numerous ways all of us can work to achieve that goal. Here are a few of the comments from emails we received:

"He really got me thinking about how a focus on native plants has such an impact on the entire food web. I'm embarrassed to say I never thought of it that way—how an oak, for example, is a source of food for so many caterpillars, which then feed so many species of birds and beneficial predators, while giving us more butterflies in our landscapes."

"It is no exaggeration to say that, thanks to the Educator Outreach Committee of Master Gardeners of Otsego County, my life and the life in my backyard on the Susquehanna in Unadilla have been and will continue to be changed."

Thank you to our fellow Master Gardener Volunteers for raising plants for our plant sale that provided the funding, the Clark Sports Center for providing a wonderful space for our Watch Party, and the Cooperstown Cheese Company and the Cooperstown Price Chopper for providing refreshments for the Watch Party.

HOW TO RENEW YOUR NY STATE OF HEALTH INSURANCE WITH MICHELLE

01



Michelle received her renewal notice in the mail. Her notice stated she must take action and renew by a specific date.



02



Her notice detailed different ways to renew, such as logging in to her account at nystateofhealth.ny.gov, speaking with a Certified Enrollment Assistor, or calling [1-855-355-5777](tel:1-855-355-5777).

03



Michelle needed to update her account with any changes that may affect her health insurance coverage - like income, family or address.



04



She visited nystateofhealth.ny.gov and clicked the 'Get Enrollment Help' button to find a Certified Enrollment Assistor. The assistor provided her with free renewal support.

05



Michelle was able to renew her Medicaid health plan and avoid a gap in coverage.



PROGRAM EVENTS

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

Independence Day (offices closed)

Tuesday, July 4, 2023

What's For Dinner?

Middleburgh: Wednesdays beginning July 5, 2023, 4:30 p.m.-5:30 p.m. at Middleburgh Reformed Church, 178 River Street

Cobleskill: Wednesdays beginning September 13, 2023, 5:00 p.m.-6:00 p.m. at the Extension Center, 173 South Grand Street

Oneonta: Thursdays beginning September 14, 2023, 5:00 p.m.-6:00 p.m. at Rowe House, 31 Maple Street. Join us for a six-week in-person series of classes to learn about both the "why" of eating healthily and the "how." One hour a week includes a nutrition lesson and time for participants to create a dish together which they can then sample. 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, you can learn more and register at our website, or contact Kimberly Ferstler at kmf239@cornell.edu or 518-234-4303 ext. 120.

The Farmers' Museum 75th Junior Livestock Show

Sunday through Tuesday, July 9-11, 2023

More than 160 youth handlers and 450 animals from a nine-county region will be included in this year's modified shows. The event truly is a celebration of youth in agriculture as it tests the skills of youth handlers ages eight to eighteen who present animals (dairy cows, beef, swine, dairy goats, meat goats, and sheep of various breeds) that they own, care for, and have prepared for competition.

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

Tuesday, July 25, 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 other odd month. Meetings are open to the public in person and via Zoom.

Cooking With Kids

Oneonta: Thursdays beginning July 26, 2023, 4:30 p.m.-5:30 p.m. at the First United Presbyterian Church ("Red Door Church"), 381 Main Street.

Cobleskill: Mondays beginning September 18, 2023, 4:30 p.m.-5:30 p.m. at the Extension Center, 173 South Grand Street.

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.

Garden Open House

Thursday, July 27, 2023, 4:00 p.m.-7:00 pm (rain or shine)

Please join the Otsego Master Gardener Volunteers for a Garden Open House and a tour of the All-America Selections Garden Display! Everyone is welcome! Cornell Cooperative Extension Education Center, 123 Lake Street, Cooperstown, NY

Otsego County Fair

Tuesday through Sunday, August 1-6, 2023

The first day will be an agriculture day featuring harness racing, ag exhibits in the barn areas, open karaoke, vendors, and free admission. The midway will open at 2:00 p.m. on Wednesday, August 2nd.

Schoharie County Sunshine Fair

Tuesday through Sunday, August 8-13, 2023

Creating a Natural Habitat in Your Yard: Birds, Butterflies, and Beauty

Wednesday, August 16, 2023, 6:30 p.m.

This is a talk being presented by the Otsego County Master Gardener Volunteers.

Family Farm Day

Saturday, August 26, 2023, 10:00 a.m.-5:00 p.m.

Thirty-seven farms will be opening their doors this year across Schoharie, Otsego, and Delaware Counties! Plan your visit online using the interactive map at FamilyFarmDay.org or look for the FFD 2023 Farm Guide at your local CCE office or local business. Be sure to bring coolers or insulated grocery bags to take home delicious, local, farm-fresh products purchased throughout the day!

Labor Day (offices closed)

Monday, September 4, 2023

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

Tuesday, September 26, 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 other odd month. Meetings are open to the public in person and via Zoom.

SAVE THE DATE

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

CCE in Action!



Here is how you can support CCE outreach:

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



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

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