

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

OCTOBER-DECEMBER 2025

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Cooperative Extension
Schoharie & Otsego Counties

ANNUAL MEETING

Tuesday, October 21 • 6-8 PM

Upper Champlin Hall
at SUNY Cobleskill
108 Otsego Ave., Cobleskill

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Family Farm Day 2025

On August 23 and 24, families, friends, and curious explorers fanned out across Schoharie, Otsego, and Delaware Counties for the 13th Annual Family Farm Day. For two days, rolling hills and country roads led the way to barns, orchards, fields, and farmstands. 45 farms opened their gates and welcomed visitors with wide smiles and plenty of local flavor.

Every farm offered its own experience. Some invited visitors into barns where cows chewed contentedly, while others led tours through vegetable fields heavy with late-summer abundance. Children and adults alike met goats, sheep, and chickens, and many took the chance to chat with farmers about what it takes to keep a farm running day after day. At several stops, samples of maple syrup, honey, or cheese gave people a literal taste of the region.

Saturday was picture-perfect, with sunshine and blue skies setting the tone for exploration. By Sunday, rain clouds rolled in, but the damp weather didn't keep visitors away as families showed up with umbrellas in hand.

Many visitors said they appreciated the chance to speak directly with farmers, asking questions about soil health, animal care, or how long it takes to produce a gallon of maple syrup. Those conversations highlight something Family Farm Day has always been about: education. When people see firsthand the dedication behind each harvest, they begin to understand that farming isn't just a livelihood, it's a way of life that sustains entire communities.

Family Farm Day serves as both a celebration and a reminder of just how important agriculture is to the identity and future of Schoharie, Otsego, and Delaware Counties.



Read more on page 3

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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

Cornell Cooperative Extension Schoharie and Otsego Counties

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Farm to School: [LocalFoodsHealthySchools](#)

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Master Gardeners: [otsegomastergardener](#)

Family Farm Day: [familyfarmday](#)



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.

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.

Subscribe to CCESO's "Connections EXTRA!" email bulletin and follow CCESO's agriculture-focused social media profiles to receive timely news about agricultural events and opportunities. CCESO's agricultural social media pages include a general agriculture profile on Facebook [@CCESchoharieandOtsegoAG](#) as well as Family Farm Day-specific Facebook and Instagram profiles [@FamilyFarmDay](#). Contact us at schoharie-otsego@cornell.edu or 518-234-4303 x111 to learn more about CCESO's agriculture program, or to sign up to receive the **Connections EXTRA!** email bulletin.

SEND YOUR COMMENTS

CCE Schoharie Otsego offers unbiased, research-based education and outreach to improve the lives of all residents of both counties. We want to hear how CCESO's resources have helped you, and we welcome feedback about how we can improve. Please send your comments to the CCESO offices in either county, or contact Executive Director Liz Callahan at eac283@cornell.edu. Thank you!

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Elizabeth Callahan, Editor

Cathleen Berry, Associate Editor, Design, and Layout

Kat Cordero, Kianny Lugo, Proofreaders

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

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Family Farm Day, continued from page 1

As muddy boots were rinsed off and coolers were filled, the weekend closed with smiles, stories, and snapshots tagged #FamilyFarmDay. For many, those memories are souvenirs of a day well spent. For the farmers, they're reminded that their hard work is valued and supported.

To everyone who joined us: thank you for making Family Farm Day 2025 a weekend to remember and for helping keep local agriculture strong all year long.



PLEASE JOIN THE BOARD OF DIRECTORS & STAFF OF

**Cornell Cooperative Extension
Schoharie & Otsego Counties**

At our free

Annual Meeting

Tuesday, October 21, 2025 6-8 PM

Upper Champlin Hall at SUNY Cobleskill
108 Otsego Ave, Cobleskill

- PARTICIPATE IN ANNUAL BUSINESS MEETING*●
- ENJOY HORS D'OEUVRES ●
- LEARN ABOUT OUR INNOVATIVE EDUCATION & OUTREACH ●
- DOOR PRIZES ●

RSVP requested but not required

*You may attend the business meeting via Zoom

To RSVP to attend, to register for the Zoom link or for more information:
scan the QR code, email neh57@cornell.edu, or call (518) 234-4303 ext. 111



Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.

Changes to CCESO's Constitution Will Be Voted on at Annual Business Meeting

Attendees at Cornell Cooperative Extension of Schoharie and Otsego Counties (CCESO) annual business meeting on October 21st will vote on the adoption of a new constitution. The proposed change to the Association's constitution moves the composition of the Association's Board of Directors from a mixture of at-large directors and directors elected from the ranks of the Association's Program Advisory Committees to a Board of all at-large, directly elected directors. CCESO's Board composition will continue to include six (6) directors from each county and an elected official from each county. The Association's Program Advisory Committees will continue to meet with CCESO staff and Board liaisons who will provide program reports to the Board of Directors.

A slate of directors will also be voted on at the business meeting. If you are interested in serving on CCESO's Board of Directors contact Executive Director Liz Callahan at eac283@cornell.edu or 518-234-4303 ext. 116. Residents of Schoharie and Otsego Counties who are 18 years old or older are encouraged to participate either in-person or virtually in this important process. To review the pro-

posed constitution, and the Association's current constitution, visit the Annual Meeting page at www.cceschoharie-otsego.org, visit CCESO's offices in Cobleskill and Cooperstown, or call 518-234-4303 ext. 111.

Cornell Cooperative Extension of Schoharie and Otsego Counties (CCESO) 2025 Annual Meeting will be held on Tuesday, October 21, 2025 at 6 pm, in Upper Champlin Hall at SUNY Cobleskill. After the business meeting participants attending in person are invited to enjoy a free reception that will feature hors d'oeuvres and refreshments. Attendees can mingle and chat with CCESO's staff, Board members and Program Advisory Committee members, volunteers, and program participants. Don't miss this opportunity to learn more about CCESO's innovative educational programs and relevant outreach activities, to meet new staff members, and to win door prizes, too! RSVPs are requested, not required.

To RSVP to attend the meeting in person, or to register to participate in the meeting via Zoom, visit the Annual Meeting page at www.cceschoharie-otsego.org, email neh57@cornell.edu, or call 518-234-4303 ext. 111.

Fall Ecological Gardening

Fall ecological garden tasks fit into three categories: (1) closing down the growing season, (2) preparing for the cold, dry winter, and (3) preparing for the onset of spring. These practices will ensure a proactive and ecological approach to gardening in the seasons to follow.

- **Leave the leaves; embrace the mess!** Dried flower heads, fallen leaves, plant stalks, and other garden debris provide important habitat for overwintering invertebrates and birds—valuable allies to our ecological garden. Save most of your garden cleanup until daytime temperatures consistently reach 50°F.
- **Test, don't guess!** Collect and submit a soil sample to identify your soil quality challenges,

such as needed adjustments to pH or nutrient levels, lead contamination, or other possible issues. This will help fine-tune and minimize your soil amendment use and give you the information you need to build healthy, biologically active soil.

- **Cover Crops:** Cover crops are an inexpensive and efficient way to rebuild soil fertility and organic matter while protecting your soil from winter damage. There are different cover crops for different purposes such as adding soil nutrients, feeding soil microbes, or keeping weeds at bay. Some cover crops will need to be planted in mid-summer, but you can sow seeds of some cover crops into early fall.

Master Gardener Volunteers



This summer the Otsego Master Gardener Volunteers and CCESO staff built a new Lasagna Bed Garden for native pollinator plants at CCESO's Otsego

Education Center in Cooperstown. The bed is a collaboration between CCE Master Gardeners and Fenimore Farms and Country Village, with much of the material for the layers coming from the Farm.



What is a Lasagna Bed? Also known as sheet mulching, the lasagna bed technique involves the layering of "brown" materials (leaves, straw, and wood shavings) that are high in carbon and "green" materials (manure and blood meal) that are high in nitrogen. This layering technique allows for the pile to compost in place while creating a nutrient rich garden bed ready for planting.

Steps in Preparing a Lasagna Bed

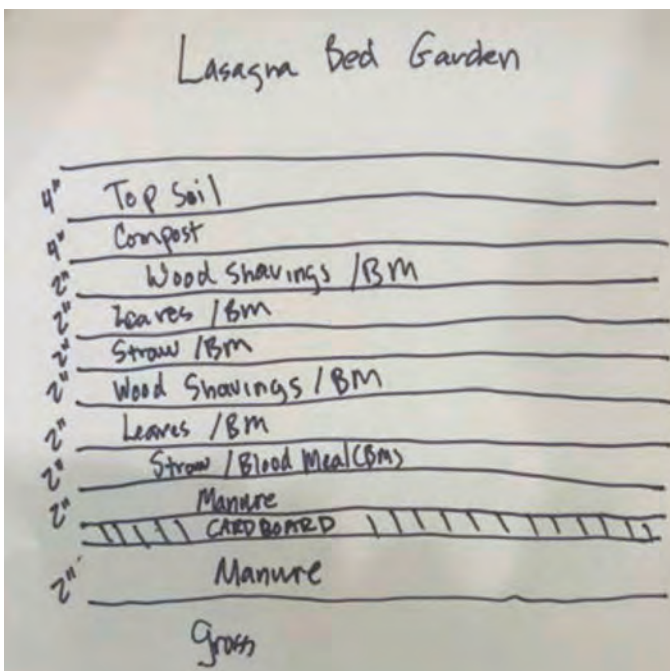
Prepping the base

- Set up the area for the bed and if covered with grass use a garden fork to aerate it



Adding the layers

- Begin with a layer of compost, next cover with cardboard, and then with another layer of manure.
- These first layers are followed by layers of straw, wood chips and leaves.
- Into each of these layers blood meal is added to increase nitrogen.
- Each layer must be soaked with water to help with decomposition and release of nutrients.





Cardboard layer



Straw layer



Wood chips layer



Leaf layer



Watering the layers

Kianny Lugo, Leadership Development Intern

Hello everyone! My name is Kianny Lugo, and I'm excited to be joining Cornell Cooperative Extension Schoharie & Otsego as a Leadership Development intern. I'm currently a senior at SUNY Oneonta, majoring in Sociology with a concentration in Human Services and a minor in Communication Studies.



My career goal is to become a social worker, and I see this internship as a wonderful opportunity to build skills that align with that path. Social work and the mission of CCESO go hand in hand, both focus on connecting people with resources, supporting families, and strengthening communities. By working with CCESO, I hope to gain valuable experience in outreach, education, and community engagement that will prepare me to better serve others in the future.

Thank you for welcoming me. I'm looking forward to the journey ahead!



Cornell Cooperative Extension
Smart Energy Choices – Mohawk Valley

Join us for a FREE Weatherization Workshop

October 14th, 1 to 3 pm - Schoharie County Office for the Aging, Schoharie, NY

November 22nd, 11 am to 1 pm - Southside Mall Community Room Oneonta NY

December 15th, Noon to 2 pm - The Gathering Place, 5506 State Highway 7 Oneonta NY

- Learn how energy is wasted in your home
- Access programs to reduce your energy use
- Receive a FREE home energy savings kit (worth \$40!!!!)

Visit our website to learn more and register:
<https://www.mohawkvalleyenergychoices.org/events>



Contact for more info:
Michaela Fisher
Energy Educator
518-234-4304 ext.114
maf396@cornell.edu



Registration is required and space is limited







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Our Sensational Open House

During the summer months, the Otsego Master Gardener Volunteers (OMGV) invite the public to a monthly Evening in the Garden program in the Demonstration Garden at the Otsego Education Center in Cooperstown. The Evening in the Garden that had been planned for August was held instead on September 10. We delayed our August program because tomatoes across Otsego County were so slow to ripen. By mid-August we had only 5 - 6 confirmations of ripe tomatoes in the Demonstration Garden gardens and in the gardens of OMGVs. Even into early September, many people responded, "My tomatoes are still green!"

We asked Dr. Steve Reiners of Cornell AgriTech's School of Integrative Plant Science's Horticulture Section what was causing so many experienced gardeners to lament a lack of ripe tomatoes by the start of September. He explained that this summer we got the worse possible weather for tomatoes. High temps in July and August caused issues with fruit set. Then, for those fruit that did set, high temps caused issues with flavor and skin thickness. Finally, cooler temps over the past few weeks are slowing ripening. Any night that the temperature is in the 50s and below slows ripening significantly. The gardeners waited and chanted and by the first week in September, tomatoes were ripening across the county!



The event was an Open House for our Cornell Vegetable Varieties Trial Garden (VVTG), along with our Annual Tomato Tasting event. The first activity of the program was the dismantling of the Potato Tower, an alternative, space saving technique that Professor Steve Reiners introduced to Otsego Master Gardener Volunteers Tina McGurrian and Celia Oxley at a VVTG workshop. The purpose of a Potato Tower is to grow a larger quantity of potatoes in a very

small, vertical space by allowing tubers to form along the entire length of the plant's stem. The tower is constructed of wire mesh, straw, compost, and soil. Tina and Celia constructed the tower in May and planted 4 pounds of assorted potato varieties.



Celia and Tina and the potato tower

Thanks to Tina, Celia, Carol Kenndy and John Membrino, the dismantling of the Potato Tower was an exciting, interactive start to the evening. Cheers and applause as each potato was discovered. About 20 pounds were harvested that night.





Dismantling the potato tower

A portion of our CCE Demonstration Garden is devoted to Cornell's Vegetable Variety Trial Garden. This part of a Citizen Science project to test the performance of different vegetable varieties across New York State. Each year focuses on a particular theme. The 2025 theme highlighted the "Cultural Roots of the African Diaspora" featuring vegetables brought by people displaced by the Trans-Atlantic slave trade as well as later voluntary and involuntary migrants. The vegetables reflect the cultural, intellectual and social connections that reinforce links between these communities and Africa. The vegetables showcased include White Velvet Okra, Plate de Haiti Tomatoes, Moses Mith Yellow Cabbage, Collards, Sea Island Red Peas, Cowpea, Scent Leaf Basil, Intore African Eggplant, Thelma Sanders Sweet Potato, Fish Pepper and Buena Mulata Pepper.

OMGvs Tina McGurrin and Celia Oxley headed this project and presented information about the origin and health benefits of each. Participants were able to feel and touch Scent Leaf Basil, Okra and Garden Eggs. We tasted Okra, Plate de Hati tomatoes, Sea Island Red Peas, Cowpeas, Intore African Garden Egg Eggplant. Engaging the senses made the learning that much richer, especially when you have Carol Kennedy's fantastic breads to slather with garden-based Tomato Sauce, Roasted Garlic Spread and top off with a piece of cheese. Tina's Field Peas and Rice casserole and Francine's Garden Egg Eggplant Stew were hardy and tasty. Tina's Thelma Sanders' Spice Cake, Darleen's Beet Cake, Tina's Blueberry Pound Cake, and Francine's Tomato Cake ended the program on a sweet note.

Our dancing and chanting around our tomato plants worked magic. By the time of the Tomato Tasting, we had 25 varieties of tomatoes to sample. We sampled cherry and saladette sized toma-



The tomato table



Garden Egg eggplants



Tina and Celia VVTG

atoes, slicing tomatoes of all shapes and colors, and cooking tomatoes. People took the evaluations very seriously. Favorites included Sun Gold, Sweet 100, Tomatiko, Purple Zebra, Rose de Berne, and Korean Long. Otsego Master Gardener Volunteers were also there to talk about the tomatoes we grew and share tips. And when it was done, everyone was able to take home a tomato.

It was a night to gather and celebrate gardens, gardeners, culture, and heritage—a feast for the senses and a sense of community.

Paint & Purpose

For more than 75 years Cornell Cooperative Extension Schoharie Otsego's (CCESO) Otsego Education Center has housed Extension's work to promote community vitality and resilience in our region. CCESO is working to rehabilitate the Otsego Education Center with repairs to its wood clapboards and trim, and with a fresh coat of paint.

During this season of giving, please consider supporting to the rehabilitation of CCESO's Otsego Education Center, or CCESO's programs or operations. A contribution, at any level, will have a great impact. You may designate your gift or allow us to determine where it is needed most. Please take a moment to make a gift today! There are many ways to donate to CCESO. You can donate by visiting www.cceschoharie-otsego.org, or by mailing a check or money order to CCESO, 123 Lake Street, Coopers-town, NY 13326 or 173 South Grand Street, Cobleskill, NY 12043.

FTS Program Harvest of the Month

Harvest of the Month (HOTM) is an integral part of our Farm to School Program. Each month HOTM highlights a different locally grown food and allows students to learn more about it. Schools participating in HOTM are featuring this food item on their menu 2-3 times per month and are also offering a tasting of this item once a month. Students are being exposed to fresh, healthy, locally sourced products and trying them prepared in new ways.



Mariah Goodwin, CCESO's Farm to School Coordinator, provides promotional posters to participating schools, like this one for October's HOTM, along with "Fun Fact" flyers that include the food's history, and how to grow, store, or use it.

To learn more about our Farm to School Program visit www.cceschoharie-otsego.org/farm-to-school or contact Mariah at mog27@cornell.edu. On Facebook search Local Foods, Healthy Schools: Schoharie & Otsego Counties and follow us for fun facts about food!

FOR SALE

Six (6) NEW MARVIN ELEVATE AWNING WINDOWS CN4923

SPECS: RO size = 49" x 23 5/8"; Stone White exterior, white interior; low E2 with argon; stainless perimeter and spacer bar; 7/8" SDL with space bar 10 light 5W2H; white hardware, screen with white surround; 4-9/16" jambs. BRAND NEW (still in packaging). Retail value: \$8,000.

Asking \$4,000 (a fair offer will be considered).

Contact Marcie Foster by emailing mkf48@cornell.edu or calling 607-547-2536 ext. 235.





LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



NATURAL



KOSHER



FREE-RANGE



ORGANIC



FRESH



FROZEN

*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.
This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.

Microwave:
Cook immediately after thawing.

How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?
It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean



Wash your hands for 20 seconds with soap and warm water.



Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED



SO DON'T WASH YOUR TURKEY!!

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.





Keep dishes that touch raw food separate, too!



Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.



Thickest part of breast
Innermost part of wing
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge
3-4 days

Safe frozen,
but use within 2-6 months for best quality.



Last day Thanksgiving leftovers are safe from the fridge.



Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
[Visit foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleKaren.gov for questions in Spanish.





The holiday season is upon us! The celebration, the cheer, and yes, the FOOD!!! Did you know that 1 in 6 people get food poisoning each year? Most cases, while uncomfortable for those affected, go away without medical treatment; however, some cases can be fatal. The infographic “Let’s talk turkey” offers some information to reduce the risk of food poisoning. For more information, visit [food safety.gov](http://food.safety.gov), USDA.gov, or CDC.gov.

Schoharie and Otsego County 4-H Happenings



Throughout the summer, Schoharie and Otsego County 4-H youth have been preparing project work for exhibit at the fair and their animals for competition.

Eighty 4-H members from across Otsego and Schoharie counties showcased their animals at The Fenimore Farm (previously known as the Farmers' Museum) Junior Livestock Show held July 6th through the 8th. The Fenimore Farm works with Cooperative Extension County 4-H educators and clubs throughout Central New York to produce the show. The Junior Livestock Show is certainly a salute to youth in agriculture as 4-H'ers work to sharpen their skills and enhance their knowledge as they care for and prepare their dairy, beef, swine, sheep and goats for competition.

With the start of August 4-H youth were eager to participate in the 2025 Otsego County Fair and Schoharie County Sunshine Fair. This year, over 250 youth from throughout Schoharie and Otsego Counties exhibited over 2000 projects at the fairs. Each fair officially started for many 4-H members when they presented their non-animal projects to be judged and displayed within Martin Hall and the Exhibit Hall buildings. Wonderful evaluators encouraged, critiqued and judged items entered by hardworking and talented 4-H youth. Projects ranged from sewing, food, fine arts and photography to engineering, horticulture and woodworking. Each youth exhibit was arranged by discipline with the finished product being a colorful and diverse display of all things 4-H. Throughout the week, some youth participated as teen leaders to assist with youth building activities while others practiced their public speaking skills by delivering presentations to fairgoers. There was no shortage of 4-H animals at the fair this year. The animal show rings were bustling with livestock and horses being showcased in front of judges. Each show highlighted the results of hours of practice, patience and skills of 4-H youth. Spectators were able to cheer on 4-H youth during the many animal species shows which included; poultry, rabbit, beef, dairy, goat, sheep, swine, horse and dog.

Soon after the end of the county fairs, the New York State Fair began. Both Otsego and Schoharie County 4-H programs were well represented by 4-H youth who showcased their animals, participated

within contests, and exhibited non-animal projects within the 4-H Youth Building.

Cornell Cooperative Extension of Schoharie and Otsego Counties is so proud of 4-H youth and all the hard work they put into their projects and animals. Now that the fair season is a fond memory, it is time to forge ahead with the 2025-2026 4-H year. Enrollment is in full swing, with the addition of new volunteers and youth members. Schoharie and Otsego County 4-H programs are looking forward to the start of the new 4-H year and are determined to continue to provide hands-on, learn-by-doing educational experiences for youth within the community.





Jordan and Michaela presenting on BioFuel at the Schoharie Sunshine Fair!

**JUMP START
YOUR 4-H
EXPERIENCE**

HEAD

INFORMATION NIGHT
TUESDAY, OCT 7TH - 6:00 PM
COBLESKILL EXTENSION CENTER

4-H is gearing up for a new year of fun and learning! Schoharie County 4-H programs are open to **NEW MEMBERS** ages 5-19 and are looking for **ADULT VOLUNTEERS** wanting to start a 4-H club.

COME SEE WHAT WE'RE ALL ABOUT!

HEART

REGISTRATION REQUIRED:
Contact Kat Cordero at the Schoharie County 4-H Office by October 8th

HANDS

+518-234-4303 x117
kc2299@cornell.edu

HEALTH

Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.

It's Paper Clover Time!

Nov. 28 - Dec. 14, 2025

Funds support scholarships to 4-H camp and leadership activities.



Winter Quick Tips

Cornell
Cooperative
Extension



Ideas for Low-Cost Holiday Meals!

High food prices may impact holiday meals this year.

Some low-cost ideas for holiday meals include:

1. Make a list of the ingredients you need, then check your cupboards, refrigerator, and freezer to see what you already have and then cross those items off your list.
2. Serve water infused with fruit or vegetables or try seltzer if you prefer carbonated drinks.
3. Prepare less food. Maybe you can make smaller amounts, or decrease the number of dishes you plan to serve. Make sure to still include family favorites!
4. Trim protein costs. Buying a whole turkey is less per pound than a turkey breast. Include a soup or casserole that has protein- the amount of protein will be less than if you are serving slices of meat, poultry, or fish.
5. Choose recipes with fewer ingredients.
6. Refrigerate leftovers within 2 hours of serving. This ensures that the food will be safe to eat later.

Cultural Corner

Kwanzaa

This African American holiday celebrates seven principles. The principles are named in Swahili, the language most spoken in Africa. These principles are: Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kuumba (creativity), and Imani (faith)

What's in Season

Look for apples, brussels sprouts, beets, pears, carrots, and winter squash.



This material was funded by Expanded Food and Nutrition Education Program.

Recipe

Chicken (or Turkey) Pot Pie

Makes 6 servings, one serving is 1/6th of recipe

Ingredients

- 1 and 2/3 cups frozen mixed vegetables
- 1 cup cooked chicken, diced (or try leftover turkey)
- 1 can (10.75 ounces) condensed cream of chicken soup, reduced sodium
- 1 cup baking mix, reduced fat
- 1/2 cup milk, fat-free
- 1 egg

Directions

1. Wash your hands with soap and water.
2. Pre-heat oven to 400 degrees F.
3. Mix vegetables, chicken, and soup in ungreased, 9-inch pie plate.
4. Stir baking mix, milk, and egg in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

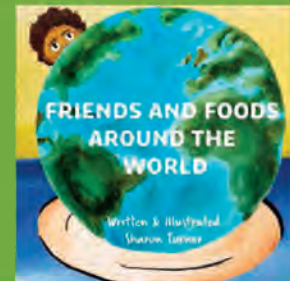


Nutrition Facts: Serving Size: 3/4 cup Calories: 189, total fat: 4g, saturated fat: 1g, 19% calories from fat, sodium 716mg, carbohydrate: 26g, protein: 13g, Calcium: 86mg, Iron: 2mg, Potassium: 256mg
Source: The Texas A&M University System



Kids' Book Nook

With your child, visit the local library and check out "Friends and Foods Around the World" by Sharon Turner. Talk with your child about their favorite food from the book.



Sign up for a **FREE** class!

All Schoharie and Otsego County residents are eligible for our fun, interactive, supportive nutrition education classes.

Nelta Miller

nbm53@cornell.edu

518-234-4303 x120

Building Healthy Habits BHH



Fun at the Otsego County Fair



Join Cornell Cooperative Extension's Nutrition Programs EFNEP, Healthy Connections and SNAP Ed



Where adults and youth learn by doing!

- ✓ Building 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



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

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



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



Nelta Miller
Healthy Connections
Nutrition Program
Educator
518-234-4303 Ext. 120
nbm53@cornell.edu



Maegan Freeman
SNAP Ed Nutrition Program
Educator
716-816-6019
mef265@cornell.edu

Fun at the Schoharie County Sunshine Fair



Hands-on Workshops and Discussions

Over the next few months CCESO will announce the dates of hands-on workshops and discussions designed to support local farms and agricultural business goals. Sessions will cover berry pruning, tree fruit pruning, Annie's Project, farm certifications, and more. Dates and details will be announced soon, so keep an eye out for updates and be sure to join our Connections Ag Email List to stay connected to all upcoming opportunities. Upcoming programs offered by partners at FarmNet, the New York Center For Agricultural Health and Medicine (NYCAHM) and CCE include:

Retirement Accounts for Farmers

Zoom program hosted by NY FarmNet on October 8, 2025 from 1 p.m. – 2 p.m.

Most farmers don't have retirement savings outside the farm. That makes it tough to retire and even harder to pass the farm on. This webinar will show you why retirement accounts matter, how even small contributions make a difference, and which accounts fit your situation. We'll also bust some common retirement planning myths.

Attendees will learn: which retirement plans work best for farm businesses; how tax credits can offset startup and employer costs; and how to use different types of investments for long-term security.

To register visit www.tinyurl.com/4e78pnff or contact Michael Robertson at 1-800-547-3276.

If I'm Not Here Tomorrow: Estate Planning for Young Farm Families with Children

Zoom program hosted by NY FarmNet on November 5, 2025 from 1 p.m. – 2 p.m.

Estate planning sounds complex and expensive - but it doesn't have to be. A few simple steps now can save your family a world of stress later. In this webinar, we'll cover estate planning essentials related to wills and trusts, powers of attorney, guardianship plans, and business continuity documents. We'll also talk about planning for a variety

of situations so that if the worst happens, you'll know your family and business are taken care of. You'll also learn what to think about if you've got teenagers, and how to prepare for aging parents.

Attendees will learn: the documents every farm family needs (and what they do); simple steps to name guardians and how to set aside money for their care; and ideas for sharing your values—not just your assets—with the next generation.

To register visit www.tinyurl.com/22ukmb59 or contact Michael Robertson at 1-800-547-3276.

Cover Crop Field Meeting

Cornell Willsboro Research Farm, 48 Sayward Ln, Willsboro, NY on October 21 from 3 p.m. – 5:30 p.m. (rain date: October 22)

Thinking about upping your farm's cover cropping game? New technology for seeding and crop tracking, research-driven recommendations for high tunnel cover cropping, cold tolerant varieties for North Country climates, and farmer expertise will be shared at this field event.

The program will include winter cover cropping in high tunnels; winter pea variety trial and Cornell cover crop breeding; cover crop drone seeding demonstration; a farmer-to-farmer discussion and updates on regional cover crop and soil health initiatives. Participants may earn DEC pesticide recertification credits (1 credit in categories 1A, 10, 21, 22, and 23).

Light refreshments will be served. In the event of strong winds or heavy rain on the 21st, we will hold the event on the 22nd in order to conduct a drone seeding demonstration. This event will be held outdoors, with some walking required on uneven terrain. \$10 registration fee. Please reach out to Elisabeth Hodgdon (eh528@cornell.edu or 518-650-5323) with questions and requests for accommodations. Requests for accommodations must be received no later than October 14.

PROGRAM EVENTS

Visit cceschoharie-otsego.org to see the most up-to-date listings offered.

October is National Farm to School Month! Visit farmtoschool.org to learn more on how you can celebrate and get access to free National Farm to School Month materials like posters, stickers, bookmarks and more!

Schoharie County 4-H Information Night, Tuesday, October 7, 6:00 p.m. at the Extension Center, 173 South Grand St., Cobleskill. 4-H is gearing up for a new year of fun and learning! Schoharie County 4-H programs are open to new members ages 5-19 and adult volunteers wanting to join/start a 4-H club. For Information or to register, contact Kat at kc2299@cornell.edu or 518-234-4303 ext. 113 by October 6.

Retirement Accounts for Farmers, Wednesday, October 8, 1-2 p.m. via Zoom. See page 18. Hosted by NY FarmNet, to register visit www.tinyurl.com/4e78pnff or call Michael Robertson at 800-547-3276.

Federal Holiday (offices closed) Monday, October 13, 2025

Smart Energy Choices Weatherization Workshop Tuesday, October 14, 1-3 p.m., Schoharie County Office for the Aging, 113 Park Place Schoharie, NY. Free weatherization workshop where participants will learn about cost-saving programs to reduce energy use, receive a free home energy savings kit (\$40 value) and a free meal. (See page 7). To register visit **Cornell Cooperative Extension | Schoharie County Weatherization Workshop** or contact Michaela Fisher for more information: 518-234-4303 ext. 114.

Cover Crop Field Meeting, October 21, 3-5:30 p.m. (rain date: October 22), Cornell Willsboro Research Farm, 48 Sayward Lane, Willsboro, NY. See page 18. Contact Elisabeth Hodgdon (eh528@cornell.edu or 518-650-5323) with questions and requests for accommodations. Registration fee is \$10 per farm.

CCESO Annual Meeting, Tuesday, October 21, 6-8 p.m., Upper Champlain Hall, SUNY Cobleskill. Free. RSVP requested (not required). To request a link for the Zoom meeting, email neh57@cornell.edu or call 518-234-4303 ext. 111, or RSVP for the in-person event via this link: https://reg.cce.cornell.edu/2025_Annual_Meeting_243

If I'm Not Here Tomorrow: Estate Planning for Young Farm Families with Children, November 5, 1-2 p.m., via Zoom. See page 18. Hosted by NY FarmNet, to register visit www.tinyurl.com/22ukmb59 or call Michael Robertson 1-800-547-3276.

Veterans' Day (offices closed) Tuesday, November 11

Schoharie County 4-H Achievement Night, date and location TBD. The Schoharie County 4-H program's annual achievement awards event. This is to recognize those who were enrolled in the 2024-2025 4-H year for their achievements. For more information or to register, contact Kat at kc2299@cornell.edu or 518-234-4303 ext. 117.

4-H Shooting Sports Archery Workshop, Saturday, November 22, 10 a.m., Middleburgh Rod & Gun Club. 4-H members, ages 8 and older, will learn basic rules of safety, proper equipment selection and care, and beginning shooting techniques. Pre-registration required by Nov 15 (or when the class is full, whichever comes first). For more information or to register, contact Kat at kc2299@cornell.edu or 518-234-4303 ext. 117.

Smart Energy Choices Weatherization Workshop Saturday, November 22, 11 a.m.-1 p.m. in the Southside Mall Community Room, 5006 State Highway 23, Oneonta. Free weatherization workshop where participants will learn about cost-saving programs to reduce energy use, receive a free home energy savings kit (\$40 value) and a free meal. (See page 7). To register visit cceschoharie-otsego.org, or contact Carlotta Batchelder for more information: 607-547-2536 ext. 224.

Cornell Cooperative Extension Schoharie and Otsego Counties November Board of Directors Meeting, Tuesday, November 25, 6:30 p.m.

Thanksgiving Weekend (offices closed) Thursday and Friday, November 27 and 28

Tractor Supply Company Paper Clover Fundraiser for 4-H November 28-December 14

4-H Fine Arts & Crafts Workshop, December 6, CCESO Extension Center, 173 South Grand St, Cobleskill. Contact Kat at kc2299@cornell.edu for more information.

Smart Energy Choices Weatherization Workshop Monday, December 15, Noon-2 p.m. at the Gathering Place, 5506 State Highway 7, Oneonta, NY. Free weatherization workshop where participants will learn about cost-saving programs to reduce energy use, receive a free home energy savings kit (\$40 value) and a free meal. (See page 7). To register visit cceschoharie-otsego.org, or contact Carlotta Batchelder for more information: 607-547-2536 ext. 224.

Christmas Eve and Christmas Day (offices closed) Wednesday and Thursday, December 24 and 25

New Year's Day (offices closed) Thursday, January 1, 2026

CCE in Action!



Expanded Food & Nutrition Education Program – Michelle Leveski, mml39@cornell.edu

Healthy Connections Nutrition Education – Nelta Miller, nbm53@cornell.edu

SNAP-Ed – Maegan Freedman, mef265@cornell.edu

4-H Youth Development Program – Catherine Roberts, cmr336@cornell.edu; Teresa Adell, tla47@cornell.edu

Horticulture & Natural Resource Educator – Marcie Foster, mkf48@cornell.edu

Agriculture & Food Systems Educator – Kelley Doolin, kmd322@cornell.edu

Community Energy Educator – Michaela Fisher, mef396@cornell.edu; Carlotta Batchelder, cmb529@cornell.edu

Farm to School – Mariah Goodman, mog27@cornell.edu