

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

JULY-SEPT 2026

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**2026
Annual
Meeting**

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Family Farm Day Returns August 29

Mark your calendar for Cornell Cooperative Extension's 14th Annual Family Farm Day on Saturday, August 29, from 10 a.m. to 4 p.m. Across Schoharie, Otsego, and Delaware Counties, farms and agricultural businesses will open their doors to welcome visitors for a behind-the-scenes look at local agriculture.



From livestock and fresh produce to flowers, honey, farm stores, and hands-on activities, each stop offers a unique experience. Meet the farmers who grow your food, learn about different farming practices, sample local products, and enjoy family-friendly activities along the way.

With dozens of participating locations throughout the region, Family Farm Day is the perfect opportunity to visit multiple farms and discover the diversity of agriculture in our communities. Plan your route, gather your family and friends, and spend the day exploring the farms, foods, and people that make our region thrive.

Pick up a paper guide at one of the CCE offices or a local brochure rack. You can also visit: www.familyfarmday.org to view the guide and see the participating farms! If you have any questions, please contact Kelley Doolin at 518.234.4303 ext. 122, or kmd322@cornell.edu.

Become a Cornell Climate Steward!

Are you interested in helping your community become more resilient to the impacts of a changing environment? Join the Cornell Climate Stewards program!

Communities across NY are experiencing warming temperatures, rising sea levels, and extreme weather events, but often have limited capacity to take action. The **Cornell Climate Stewards** program trains and empowers volunteers to support their communities with this work.

Participants learn about the science and best practices for addressing the issues affecting their communities and undertake a local volunteer stewardship project. Previous projects have included organizing a public education event, creating pollinator gardens, and supporting a local resilience taskforce – there are many options to choose from!

Modeled after other popular Extension volunteer programs, e.g. the Master Gardener program, participants receive training and support from educators at their local Cornell Cooperative Extension office. Join over 200 stewards and educators in over 25 NY counties today!



Scan to learn more about Cornell Climate Stewards

climatestewards.cornell.edu



Interested in training to become a climate steward volunteer?
Please reach out to Michaela at mef396@cornell.edu or call at 518-234-4303 ext. 114

Funding for the Cornell Climate Stewards program was provided from the Environmental Protection Fund as administered by the New York State Department of Environmental Conservation.

EQUAL OPPORTUNITY

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

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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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Main association news: CCESchoharieOtsego

Master Gardeners: CCEOtsegoMG;
CCESchoharieMG

4-H: schohariecounty4H; otsegocounty4H

Ag education and programs:

AnniesProjectNYS; FamilyFarmDay

Farm to School: LocalFoodsHealthySchools

Follow us on **Instagram**:

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.

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!

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 ext. 122 to learn more about CCESO's agriculture program, or to sign up to receive the **Connections EXTRA!** email bulletin.

Vol. 9, No. 3, July-September 2026

Published regularly by Cornell Cooperative Extension
Schoharie and Otsego Counties

Elizabeth Callahan, Editor

Cathleen Berry, Associate Editor, Design, and Layout

Nicole Thompson, Proofreader

173 South Grand Street, Suite 1
Cobleskill, NY 12043
518-234-4303

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.

Stakeholder Forum on Clean Energy

Cornell Cooperative Extension Smart Energy Choices – Mohawk Valley invites community members, business owners, nonprofit organizations, service providers, and local leaders to share their perspectives on clean energy investments, opportunities, and challenges within Fulton, Montgomery, Herkimer, Oneida, Schoharie, and Otsego Counties. The Clean Energy Stakeholder Forum aims to foster a meaningful conversation about participant experiences with clean energy and discuss future investments, and initiatives.

The free forum will be held on Thursday, July 23, 2026 at 6:00 p.m. at Herkimer College, 100 Reservoir Rd, Herkimer, NY. and will provide an opportunity for participants to share their experiences with clean energy. Those attending in person or virtually who stay for the entire forum will receive a gift card within 60 days of the forum.

For more information, visit <https://www.mohawkvalleyenergychoices.org/events> or register online at https://reg.cce.cornell.edu/MV_StakeholderEngagement-2_230.

USDA Resources for Rural Homeowners

The United States Department of Agriculture (USDA) provides leadership and guidance on a variety of issues related to farming, food safety, nutrition, natural resources, and rural development. Did you know that the USDA's Rural Development (RD) has programs that can help you make significant energy efficiency and home repair upgrades? RD offers incentives, grants, and loans to rural homeowners, businesses, and communities to improve their economies, quality of life, and sustainability.

RD's Single Family Housing Repair Loan and Grant Program, also known as the Section 504 Home Repair Program, provides loans to very low-income homeowners to make repairs and improvements to their homes and provides grants to very low-income seniors (ages 62 or older) for health and safety upgrades. Loans are repaid over a term of 20 years, and the interest rate is fixed at a low 1%. The maximum amount for a loan through this program is \$40,000, and the maximum amount for a grant is \$10,000. The Section 504 program was created with the intent to help rural homeowners stay in their homes and keep them in good condition to improve family connections, to increase community resilience, and to support the local economy. To get started, to check application approval times, and to find a USDA home loan specialist near you contact the state Rural Development office at 315.477.6400 ext.3. Applications are open year-round!

USDA RD also provides several programs to promote energy efficiency in rural areas. The Rural Energy for America Program (REAP) can provide grants and loans to eligible rural small businesses

and agricultural producers to make energy efficiency improvements to their properties and equipment. Funds may be used for the installation and purchase of renewable energy systems like biomass, wind, geothermal, solar, and hydropower and for the purchase and installation of energy efficiency improvements like insulation, lighting, doors, and windows. Loans may cover up to 75% of total eligible project costs, and grants may cover up to 50%. Interest rates for the REAP loan vary. REAP may also be able to provide rural small businesses and agricultural producers with an energy audit and Renewable Energy Development Assistance (REDA) grants. This program is limited to one energy audit and one REDA per fiscal year at a maximum aggregate amount of \$100,000. If you are interested in applying for a grant, loan, or energy audit, or if you have any questions about the program, contact the State Rural Development Energy Coordinator, Gary Pereira, at gary.pereira@usda.gov, or 315.570.2233.

If you are interested in getting involved in any of these programs, you must be income eligible, and you must live in an eligible rural area. To check your eligibility for any USDA RD program, go to eligibility.sc.egov.usda.gov. USDA Rural Development has a variety of other programs to assist, grow, and improve rural communities. Browse these programs here to learn more <https://www.rd.usda.gov/programs-services/all-programs>. Interested in learning about other ways you can make your home more energy efficient? Contact the Mohawk Valley Regional Clean Energy Hub at 315.736.3394 or energyandenv@cornell.edu.

Schoharie County 4-H Memories Wanted

We are looking for past 4-H photos and memories to help create a special “Traveling Down Memory Lane” display at the Schoharie County Sunshine Fair, August 11–16, 2026.

This year’s fair theme is part of the celebration of the fair’s 150th anniversary. We would love your help gathering photos that highlight 4-H memories, projects, friendships, fair traditions, and the impact 4-H has had in Schoharie County over the years. Photos may include 4-H fair exhibits, animal projects, club meetings, community service, awards, or any special 4-H memory. Please submit photos by Friday, July 17, 2026, using the survey link below. You may upload up to five photos at a time and include a short caption with any details you know, such as the year, people pictured, event, or location. You may submit additional photos by starting a new survey.

Submit photos here: https://cornell.ca1.qualtrics.com/jfe/form/SV_8limiBRpWqeKEwm

Submitted photos may be used in the 4-H display at the Schoharie County Sunshine Fair and for future 4-H and Cornell Cooperative Extension



educational, promotional, and program-related purposes.

Thank you for helping us celebrate the history and memories of 4-H. We hope you’ll visit us in Progressland this August and take a walk down memory lane with us!

Cornell Cooperative Extension
Smart Energy Choices – Mohawk Valley

NEW YORK STATE | **NYSDERDA**
Regional Clean Energy Hub

JOIN OUR STAKEHOLDER FORUM

- We invite you to share your experiences, insights, and ideas related to clean energy.
- Light refreshments available in person at Herkimer College
- Stipend provided to those who attend in person or virtually
- Registration is required**

July 23, 2026
6:00 PM
Herkimer College & Virtually

Register by scanning the QR Code or by calling (315) 736-3394 x 260

Everyone is welcome. Your voice matters!

Resilient Ag in the Mohawk Valley Workshop

About the Event
Join us at Cornell Cooperative Extension Herkimer County for the Resilient Agriculture in the Mohawk Valley workshop led by Dr. Kitty O’Neil, Cornell Cooperative Extension Harvest New York Agricultural Climate Resiliency Specialist.

The goal is to help gardeners and farmers grow healthy, thriving gardens through practical planning and management strategies that address climate-related risks, promote plant health, and build long-term soil vitality.

- OPEN TO RESIDENTS IN HERKIMER, SCHOHARIE AND OTSEGO COUNTIES.
- THE WORKSHOP IS FREE, BUT REGISTRATION IS NEEDED.
- LIMITED TO 20 PARTICIPANTS

JULY 22 2026
6:00PM

CCE HERKIMER COUNTY
5657 STATE ROUTE 5
HERKIMER, NY 13350

LINK TO REGISTER:
[HTTPS://PUB.CCE.CORNELL.EDU/EVENT_REGISTRATION/MAIN/EVENTS_LANDING.CFM?EVENT=RESILIENTAGMV_221](https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=resilientagmv_221)

Farm To School

The 2025-2026 school year has been a whirl wind for the Farm to School Program! CCESO had the pleasure of collaborating with schools in both Otsego and Schoharie counties to expand the program. This included 45 taste tests throughout the school year that reached almost 3,000 students in eight school districts: Cherry Valley-Springfield Central School, Cooperstown Central School, Edmeston Central School, Gilbertsville-Mt. Upton Central School, Gilboa-Conesville Central School, Schenevus Central School, Sharon Springs Central School, and Worcester Central School.

Now that school is out and summer is here, we will be planning next year's Farm to School programs, lessons, and activities. CCESO hopes to be adding more schools to the list of those participating in Farm to School next year. The summer is also a great time to learn about the opportunities CCESO offers during tabling events and county fairs. Farm to School will be represented at the Otsego County Fair and the Schoharie County Sunshine Fair. Please stop at the CCESO information tables to say hello and maybe learn something new!

Recently our Farm to School Coordinator, Mariah Goodwin, had the opportunity to participate in Cornell Cooperative Extension's Master Food Preservation Training. The course included virtual sessions as well as two days of in-person lectures, demonstrations and hands-on practice to cover how to safely preserve foods through methods including freezing, drying, pickling and canning. Mariah had a great experience and would recommend the course to anyone who gets the chance to take it. This course is not always available, but other food preservation workshops might be. Food

preservation is a great skill to have if you have a garden and want to enjoy your harvest year-round! But don't forget to use USDA approved methods and recipes to ensure you have a safe product! If you have any questions or need help finding resources, you can contact our office or Mariah directly at mog27@cornell.edu.



Oh, Deer!



The lettuce in the CCESO Grow Garden at 123 Lake Street, Cooperstown, looked full and delicious in early June. Master Gardener Volunteers had plans to demonstrate best practices for harvesting lettuce that was going to be donated to the Cooperstown Food Pantry. However, our local deer population beat us to it! The deer also helped themselves to strawberries, carrots, beets, potatoes and tomatoes.

While we have experienced some deer damage in the past, this was by far the most devastating. Deer populations throughout the state remain high and issues in urban areas are particularly devastating for gardeners, eating four to ten pounds every day! Deer have been frequent visitors to the CCESO property in Cooperstown, from small fawns to full grown adults.

Here are some tips we learned from this experience:

- **Plant Deer Resistant Plants:** Turnips and kale were spared during this visit, as were several ornamental plants. Planting unpalatable plants can minimize the impact. Rutgers University Cooperative Extension has an excellent resource for Landscape Plant rated by Deer Resistance. Plants are rated as “Rarely Damaged” “Seldom Severely Damaged” “Occasionally Severely Damaged” and “Frequently Severely Damaged.” <https://extension.rutgers.edu/deer-resistant-plants>



Deer loved the beets, but left the row of onions and turnips.

- **Fencing:** Deer can jump over a 4 ft. fence. Using poles and deer netting, the fence was raised to 8 ft. high. Fencing needs to be strong and secure so that deer cannot jump through it.

We hope that the fencing will prevent further invasion from the deer.

Resources for Deer Management:

- Cornell IPM “Deer”: <https://cals.cornell.edu/integrated-pest-management/outreach-education/whats-bugging-you/deer>
- Minimizing Deer Damage in Vegetable Crops: <https://cyp.cce.cornell.edu/submission.php?id=235>
- Managing White-Tailed Deer in Suburban Environments: <https://dwr.virginia.gov/wp-content/uploads/suburban.pdf>



The “Jewel” Strawberry leaves were stripped, but they left the fruit!



Otsego Master Gardener Volunteer Maribeth Ashcroft secures the openings around the new 8 foot fence.



CCESO Horticulture Program Assistant, Carol Kennedy and Otsego Master Gardener Volunteer Maribeth Ashcroft standing next to the 4 foot fence for scale.



Otsego Master Gardener Volunteers Susanna Membrino and Mary Ellen Calta work together to extend the height of the garden fence to 8 feet.

Grow a Row is Growing to Fight Hunger



CCESO Grow a Row is a community-driven initiative that encourages gardeners to plant an extra row—or grow a little extra—of fruits or vegetables to donate to local food pantries and hunger relief organizations. By sharing fresh, locally grown produce, participants help combat food insecurity and increase access to healthy food across Schoharie and Otsego Counties.

To date, 51 community members have registered to be growers and 34 food pantries have signed up in Otsego and Schoharie Counties! These gardeners plan to grow a little extra this year to harvest and donate. This growing network of community gardeners is united by a shared commitment to increasing access to fresh fruits and vegetables while making good use of the abundance our gardens often provide.

Interested in Being a Grower?!

More growers mean more food for our neighbors in need.

Whether you sign up to be a Grower with the CCESO program or not, please consider donating any extra produce to your local food pantry. Resources, include a pantry map, can be found on the CCESO website: <https://cceschoharie-otsego.org/gardening/grow-a-row>.

Learn More at Upcoming Programs and Events

To help support growers and food pantries throughout the growing season, please join us for the following opportunities:

- **Preserving Herbs with Gert Coleman on Wednesday, August 12, 2026**, at 6 pm at the CCESO Grow Garden (123 Lake Street, Cooperstown, NY). To register, visit https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Havest_Preserve_Herbs_243

Questions?

Grow a Row is a small commitment that can make a big difference. This is the inaugural year, so please

PLANT	HARVEST	DONATE
<p>SIGN-UP TO BE A GROWER</p> <p>As a Grower, you join a growing network of community gardeners united by a shared commitment to increasing access to fresh fruits and vegetables while making good use of the abundance our gardens often provide.</p> <p>CCESO Master Gardener Volunteers and staff will provide Growers with gardening education and support throughout the growing season and help to facilitate connections with food pantries.</p> <p>Growers can be home gardeners, school gardens, community gardens, and farms!</p>	<p>NO MINIMUM REQUIREMENTS</p> <p>Grow and donate what you can—there are no minimum donation requirements and no commitments.</p> <p>TRACK DONATIONS</p> <p>Donated produce is tracked by the Grower or the Food Pantry.</p> <p>COMMUNITY</p> <p>Opportunities for Growers to network & build community with other Growers</p>	<p>FIND A DONATION SITE</p> <p>Growers can locate produce donation sites using an interactive map. This map will show participating food pantries, their location, hours, contact info, and type of produce accepted.</p> <p></p> <p>https://cceschoharie-otsego.org/grow-a-row</p>
<p>MORE INFORMATION OR TO SIGN-UP AS A GROWER</p> <p>HTTPS://CCESCHOHARIE-OTSEGO.ORG/GROW-A-ROW</p> <p></p>		

don't hesitate to reach out if you have any questions, concerns, or IDEAS! We want this program to be a rewarding experience for growers, an easy process for food pantries, and most importantly help ensure more families in Schoharie and Otsego Counties have access to fresh, nutritious, locally grown food.



If you have questions or need additional information, please contact Marcie Foster, Horticulture and Natural Resources Educator, mkf48@cornell.edu or 607.547.2536 ext. 235.



CCESO staff, Carol Kennedy, bags kale and arugula from her home garden to donate to the Cooperstown Food Pantry.



Many food pantries have refrigeration space to store fresh local produce.

Vegetable Variety Trial Garden 2026: Cultural Roots of the Mediterranean!



CCESO Master Gardener Volunteers are once again participating in the Cornell Vegetable Varieties Trial Garden (VVTG). Cornell Cooperative Extensions and affiliate gardens across NYS plant and maintain trail vegetable and demonstration techniques for ecological gardening. They then rate the trail varieties on the Vegetable Varieties for Gardeners website (<http://vegvariety.cce.cornell.edu>).

The information gained from the trial is used for updates to the “Selected List of Vegetable Varieties for Gardeners in NYS,” a resource from Cornell Garden Based Learning that counties and vegetable gardeners can use to know what varieties have been shown to do well in varying conditions across NYS.

The 2026 trial theme, Cultural Roots of the Mediterranean, features vegetables grow from seed and provided by Hudson Valley Seed Company. Trial garden plants can be viewed at either CCESO office:

Grow Garden (Otsego)
123 Lake Street, Cooperstown, NY

VVTG Trial Garden (Schoharie)
173 S. Grand Street, Cobleskill, NY

Plants include:

‘Cesare’s Canestrino Di Lucca’ Tomato: This rare heirloom sauce tomato from Italy is a large indeterminate plant at 72 inches tall. Due to size, it should be trellised. While its highest use is for sauce, it’s also a fresh-eating tomato, especially great for salads or other uses in which a drier-fleshed fruit is desired. Note: tomatoes were badly damaged by deer and it’s unclear how they will perform this year.

‘Firminio’s Plum’ Tomato: This is a smaller semi-determinate plant with vines at 42 inches tall. Should be grown on a tall stake or large cage. In addition to being a great paste tomato, it’s also excellent roasted on a sheet pan with olive oil, salt, garlic, and rosemary. Note: tomatoes were badly damaged by deer and it’s unclear how they will perform this year.

‘Cocozelle’ Zucchini (*Cucurbita pepo*): This yellow and green striped zucchini is a bush-type plant that produces squash that are delicious sautéed on

their own or included in a ratatouille. As will all zucchini, this squash is best when picked small. If you harvest plants regularly, when the fruit is at a fairly young stage, the plants can continue to produce additional squash for weeks, even months.

‘Keystone Giant’ Pepper (*Capsicum annuum*): This sweet bell pepper is a reliable heirloom that produces softball sized fruit with thick, juicy walls perfect for stuffing. Will ripen to red, which is when it will be at its sweetest.

‘Listada di Gandia’ Eggplant (*Solanum melongena*): This variety is a Spanish heirloom. Large plants produce beautiful purple and white striped, firm and dry fruits. These eggplants are of such great quality that there is no need to salt them to extract liquid or bitterness.

‘Hot Portugal’ Pepper (*Capsicum annuum*): A sweet and spicy pepper with long thin flesh. It ripens quickly and is best when allowed to ripen on the plant. Great fresh: sautéed in soups, stews, or

Cornell Cooperative Extension
Cornell Garden-Based Learning



Cultural Roots of the Mediterranean

Lettuce and Carrot Bed



‘Reine De Glaces’ Lettuce (*Lactuca sativa*)
A historic French heirloom with jagged, dark green leaves. It’s notably frost-hardy, allowing for extra early spring sowing, and is also extremely slow to bolt. You can harvest the mildly flavored outer leaves as baby greens, or wait until the head firms up completely to enjoy the crispy center, renowned for its clean crunch and subtle, complex bitterness.
Growing Tip: Succession planting every 2-3 weeks will ensure a prolonged harvest.



‘Scarlet Nantes’ Carrot (*Daucus carota*)
This improved heirloom from France is now one of the most uniform and easy to grow open-pollinated carrot varieties. The rounded ends of the six-inch roots have even been known to grow well in heavier soils. Crisp texture, deep orange color, and good storage make this a home garden favorite.
Growing Tips: Grow in friable, fertile, deeply worked soil. Seeds can take up to 10 days to germinate. Once up, mulch to decrease competition from weeds.

With special thanks to 

Rate these and other varieties, find seed sources, and more at:
  
<http://vegvariety.cce.cornell.edu>



added to stir fries for some heat. Dry and crush, to make chile flakes.


‘Florence’ Fennel (*Foeniculum vulgare*): Bulbing fennel, known as both Florence Fennel and Finnochio, deserves a home in every garden. Not only do the bulbs make a sweet, mildly flavored, positively gourmet treat, but they’re also beautiful: the swollen, celadon bases burst vertically into a mist of fine-leaved, breeze-blown stems, providing airiness and brightness and shape. Like many of our garden crops, its origins lie in the Mediterranean basin, and most recipes for fennel come from Italian cuisine. Raw, chopped fennel adds a celery-like crunch and licorice flavor to salads, or fennel can be cooked until soft and meltingly delicious. It is

most abundant in mid-summer, which explains its popularity as a grilled vegetable.

‘Red Long of Tropea’ Onion (*Allium cepa*): Hailing from Tropea, Italy, this variety is a favorite among multiple generations of gardeners and farmers. A favorite onion for fresh eating all summer long. Vertically elongated bulbs are vigorous and possess a lovely pinkish - red hue. Although not a storage onion, the sweet, mild, bulbs can be harvested with their tops in late summer, braided, and hung up like garlic for a few months of fresh eating.


Part of the trial will also include succession planting! Once the ‘Spring Broccoli Raab’ bolt, we will plant with ‘Garnet Stem’ Dandelion.

Cornell Cooperative Extension
Cornell Garden-Based Learning



Cultural Roots of the Mediterranean

Herbs for People and Pollinators






‘Gigante d’Italia’ Parsley (*Petroselinum Hortense*)
This heavy-yielding variety produces big, flat parsley leaves with unmistakable tang. Wonderful in gremolata: chop finely, then mix with lemon zest, garlic, and olive oil; salt to taste. Can also be chopped fine and added to soup just before serving.



‘Italian Large Leaf’ Basil (*Ocimum basilicum*)
Is also known as Neapolitan basil and is just as good as Genovese basil for making classic Italian pesto. Its big tender leaves are also perfect for use in salads and sandwiches.
This variety is bigger and bushier than many other basil types and is good for garden or container plantings.

Growing Tips:
Parsley: Harvest large outer leaves and allow new inner leaves to mature for continual harvest. Note: This plant is biennial; with the protection of a cold frame or snow cover, it comes back the following spring and can be harvested for about a month before it goes to seed. Allowing parsley to flower will support pollinators. Parsley is attractive to the Black Swallowtail butterfly.
Basil: For fresh basil all season long, succession plant at one-month intervals. Pinch off tallest growth to keep basil from flowering; flavor becomes too strong once in bloom. Consider leaving a couple of plants to flower for the pollinators!

With special thanks to 

Rate these and other varieties, find seed sources, and more at:
Vegetable Varieties for Gardeners  
<http://vegvariety.cce.cornell.edu> 

Cornell Cooperative Extension
Cornell Garden-Based Learning



Cultural Roots of the Mediterranean

Greens Succession Planting Bed



‘Spring Broccoli’ Raab (*Brassica rapa*) Is technically a tasty turnip top. Its small florets are edible, but in Italian cuisine the whole stem with leaves is used and valued for its bright, sharp broccoli-like flavor. For a great homemade pizza topping, sauté the Raab stems with minced garlic.
Growing Tips: Succession sow 2 weeks apart for a steady harvest. Best when grown in cooler temperatures to keep flea beetle damage low and encourage leafy growth. Grow in rich soil and keep watered.

Followed by



‘Garnet Stem’ Dandelion (*Cichorium intybus*) An Italian heirloom chicory cultivated for tall, leafy greens that can be grown all season, though warmer temperatures enhance bitterness. Young leaves add texture and bite to salads. It’s also a great addition to braised mixed greens!
Growing Tips: This plant is quick growing and can be cultivated like baby lettuce, though it is a bit more resilient and the same planting can be cut multiple times. Harvest as a baby leaf or allow to reach full size for abundant leafy greens, summer plantings are prone to bolting when fully mature and are much more bitter than plantings made in the spring and fall when sweetened by the cold.

With special thanks to 

Rate these and other varieties, find seed sources, and more at:
Vegetable Varieties for Gardeners  
<http://vegvariety.cce.cornell.edu> 



2026 Annual Meeting

Our 2026 Annual Meeting is in the works! Plans are underway, and more details will be shared soon. Please check back for updates as we finalize event information.

<https://cceschoharie-otsego.org/events/2026/10/21/2026-annual-meeting>

What's Growing at the CCESO Grow Garden?



Grow a Row Bed! Showcases the square foot gardening method of planting. All produce grown from this bed will be donated to the Cooperstown Food Pantry.



Scarlet Sage is blooming in the Cut Flower Bed! Check back through the summer to see what's in bloom.



The garlic scapes were cut mid-June. MGVs plan to harvest the bulbs in mid-August.



Otsego Master Gardener Volunteers, Jackie, Heidi, and Maribeth plant succulents in the Oasis of Small Things themed bed.



The Victory Garden Bed has a variety of vegetables that were planted in the Family Gardening Workshop in May. These plants will be harvested and donated to the food pantry AND used to make Victory Garden Soup.



A variety of herbs are growing in the Herb Bed including parsley, thyme, basil, dill, and calendula.

Cooking with Kids

Tuesdays 4:30 - 5:30pm

September 29

October 6, 13, 20, 27

November 10

Wednesdays 4:30 - 5:30pm

September 23, 30

October 7, 14, 21, 28

November 4

Where?

CCE Extension Office

173 S. Grand St. Cobleskill, NY 12043

Join us for a 6-8 week series of interactive, hands-on fun.

Bring the kids and come prepare a dish with us while learning practical nutrition information you can use at home.



This series is free for income eligible families (kids 4 and older). Registration is required.

For More Information or to Register:

Nelta Miller
EFNEP Nutrition Educator
518-234-4303 ext.115
nbm53@cornell.edu

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



Cornell Cooperative Extension
Schoharie and Otsego Counties

EFNEP is a free nutrition education program for families with children



Summer Quick Tips

Cornell
Cooperative
Extension

Healthy Snacks for a Busy Summer!



Summer can be a busy time for families - filled with sports, day camps, reunions, picnics, and other fun activities. But being on the go doesn't mean you have to skip out on healthy snacks. With a little planning, bringing your own can be simple and satisfying! Here are some easy, nutritious snack ideas:

1. Veggies and Dip - Choose your family's favorite vegetables. Wash, cut, and pack them in reusable containers along with a low-fat dip. Add an ice pack to keep them fresh.
2. Infused water - bring reusable water bottles and add a slice of orange, lemon, or another fruit for a refreshing twist!
3. Whole Fruits - Fruits like apples, bananas, or grapes make great grab-and-go snacks. Wash them ahead of time and pack in a reusable bag.
4. Homemade Popcorn - Pop popcorn on the stove or in an air popper. Try fun toppings like grated parmesan, salt and pepper, or your favorite spice blend. Pack individual portions in reusable containers.



Farmer's Markets

During July, there is a bounty of fresh vegetables and fruit available at your local farmer's market. Look for beets, broccoli, green and yellow beans, lettuce, fresh herbs, cherries, peaches, and blueberries. Don't forget to use your WIC fruit and vegetable benefit, Farmer's Market Nutrition Program checks, and your EBT card.

This material is funded by Expanded Food and Nutrition Education Program



Building Healthy Habits Recipe

Fruit Pizza

Serving size ½ muffin plus fruit

Ingredients

- 1 English muffin - try whole grain
- 2 tablespoons reduce-fat cream cheese (see notes)
- 2 tablespoons sliced strawberries
- 2 tablespoons blueberries
- 2 tablespoons crushed pineapple

Directions:

1. Wash hands with soap and water.
2. Rinse fresh fruits under running water before preparing.
3. Split open the English muffin and toast the halves until lightly browned.
4. Spread cream cheese on both halves.
5. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
6. These are best when served immediately.
Refrigerate leftovers within 2 hours.

Notes:

- Use any combination of fruit for topping the pizza, such as apples, raisins, pears, or peaches.
- No cream cheese? Try peanut butter or sunflower seed butter.
- Sprinkle with nuts or seeds for added crunch.



Nutrition Facts: Serving size: ½ muffin plus fruit, 23% calories from fat; calories: 120; total fat: 3g; saturated fat: 1.5g; sodium: 170mg; total carbohydrate: 19g; added sugars: 0g; Protein: 4g; Calcium: 114mg; Potassium: 149mg, Vitamin C: 8mg Vitamin A: 25mcg
Source: FoodHero.org



Kids' Book Nook

With your child, visit your local library and borrow "Munch, Crunch, Healthy Snacks" by David Michaels. This book encourages kids to enjoy tasty, healthy snacks. After reading together, discuss with your child their favorite healthy snack!

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

Please contact:
Nelta Miller
nbm53@cornell.edu
518-234-4303 x115

Building Healthy Habits BHH



4-H Happenings



Earlier this year, 4-H youth enthusiastically demonstrated their knowledge of dairy and horse science by participating in district-level 4-H Quiz Bowl competitions. In April, youth from Otsego and Schoharie Counties who placed as top individuals at their district events advanced to the New York State Dairy Quiz Bowl competition at Cornell University. A Schoharie County 4-H member also attended the New York State Livestock Quiz Bowl competition at Cornell. Additionally, youth who gave outstanding 4-H Public Presentations at the county level attended the South-Central District Public Presentations and Capital District Public Presentations events, both held in April. Congratulations to all youth participants for their 2026 Quiz Bowl and Public Presentations achievements!

production livestock skills and important life skills through friendly competition. In preparation for the contest, youth attended a tour of the SUNY Cobleskill Meat Processing Laboratory, where they observed beef and swine carcasses and learned to identify various cuts of meat. In addition to the Skill-A-Thon, Schoharie County youth also participated in a Livestock Judging contest held the same day. Looking ahead, 4-H members will have the opportunity to compete at the state level in the Livestock Skill-A-Thon and Livestock Judging contests during the Great New York State Fair in late August and early September.



Otsego County 4-H Skillathon

Schoharie County 4-H Dairy Quiz Bowl Participants

In April, youth from the Otsego and Schoharie County 4-H programs participated in their district Livestock Skill-A-Thon contests, held at Broome County Cornell Cooperative Extension and SUNY Cobleskill Ag & Tech. The Livestock Skill-A-Thon evaluates participants' knowledge and understanding of animal science and livestock management practices while providing opportunities to develop



Meat Processing Lab Tour at SUNY Cobleskill Ag & Tech



Schoharie County 4-H members identify feed samples during the 4-H Livestock Skill-A-Thon contest.



Schoharie County 4-H Livestock Judging Participants



A Schoharie County 4-H member identifies cuts of meat during the 4-H Livestock Skill-A-Thon contest.

Both the Otsego County 4-H and Schoharie County 4-H programs held horticulture workshops in April in collaboration with the Otsego and Schoharie County Master Gardener Volunteers. These hands-on workshops were designed to help 4-H youth of all ages plan and prepare their horticulture exhibits for the upcoming county fairs. During the workshops, participants explored examples of horticulture exhibits, learned about fair exhibit requirements, and created a sample project to take home.

Cornell University’s Animal Crackers “All Creatures Great and Small” event was held on May 2. Youth participants enjoyed a variety of fun, hands-on, science-based learning experiences led by Cornell University faculty, staff, students, professional producers, and industry experts. This year’s program featured engaging sessions focused on horses, sheep, swine, and dogs, providing youth with opportunities to explore animal science concepts, learn about animal care and management, and interact with experts from across the agricultural industry.



A Schoharie County 4-H member evaluates beef cattle during the 4-H Livestock Judging contest.



Schoharie County 4-H youth participants at the 4-H Animals Crackers event

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The 4-H Capital Days event, held May 17–19, provided youth with the opportunity to visit New York State’s capital, learn about state government, and connect with fellow 4-H members from across New York. During the event, youth participants visited the Assembly and Senate Chambers, toured the Capital building learning all about its history, and visited the NYS Court of Appeals. In addition, they met with their Assemblyperson to share their 4-H experiences and discuss the impact of 4-H programs in their communities. The experience helped participants develop a greater understanding of civic engagement, government processes, and the importance of sharing their voices as young leaders.



Schoharie County 4-H member at NYS 4-H Capital Days



4-H youth participants and chaperones visit with Assemblyman, Chris Tague, at the NYS Capital Days event

Schoharie County 4-H Happenings

From March through May, CCESO, in collaboration with SUNY Cobleskill Ag & Tech, offered the 4-H Tractor Safety Course, a National Safe Tractor and Machinery Operation Program (NSTMOP). This hands-on certification program prepared youth to safely operate tractors and agricultural machinery. Nineteen youth participants learned how to safely operate tractors and agricultural equipment through a combination of classroom instruction and hands-on training. Upon successful completion of this course, youth received a Tractor Safety Certification, enabling 14- and 15-year-olds to be employed in an agricultural operation outside of a farm owned and operated by their parents or guardians. We extend our sincere appreciation to Mark Fletcher for instructing this course to SUNY Cobleskill Ag & Tech, the New York Center for Agricultural Medicine and Health (NYCAMH), and the Schoharie County Farm Bureau for their generous support and contributions, which helped make this program possible.





Youth participants receive instruction during the 4-H Tractor Safety Course.

The Schoharie County 4-H program is offering a series of animal showmanship clinics. These hands-on learning opportunities provide 4-H youth the chance to work directly with animals, sharpen their showmanship skills, and receive guidance from experienced volunteers, which help them build confidence and prepare for upcoming animal shows and fairs!



Youth participants during the 4-H Dairy Cattle Showmanship Clinic at Ridgedale Farm.



Youth participants during the 4-H Rabbit Showmanship Clinic at the Schoharie County Fairgrounds

Otsego County 4-H Happenings

Otsego County 4-H Clubs have been busy meeting and working on 4-H projects.

The Crafty Chipmunks 4-H Club met in March and made dog treats to donate to Superheroes Humane Society as a community service project. The treats were fun to make and a way to support the good work Superheroes does for our community. In

April the club completed a woodworking project, building little wooden shelves, practicing using glue and screwdrivers. Many club members also attended the gardening workshop.



Crafty Chipmunks 4-H Club

In March the **Ewes & Friends 4-H Club** worked on making potholders for their sewing projects. In April they attended the Show & Grow workshop put on by CCESO's Master Gardener Volunteers.



Ewes & Friends 4-H Club

The Garrattsville Graywolves 4-H Club met in April to work on a budgeting program. The group played a "Price is right" style game, "Budget Is Right," where round one was writing down the price of the item and the person closest without going over won. In round two, "Want or Need" participants had to decide if each product was a want or a need. The club also talked about the importance of budgets as they started and worked through projects.

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The **Springfield High Meadows 4-H Club** met in March and visited Top Notch Livestock to learn about their pig operation and learn how to show, breed, raise a show pig along with the areas they run into having farrowing pigs.



The Springfield High Meadows 4-H Club

In March the **Gilbertsville Dairy 4-H Club** learned to hand sew a simple stitch and a back stitch. Then they sewed pouches and filled them with lavender, rose petals, and jasmine. In April the club met at Attanasio's farm and learned about planting hardy seeds, and saw the garlic sprouts they planted in the fall, and planted beets, carrots, onions, spinach, kale, peas and potatoes.

The **Fields & Flats 4-H Club** visited Larry's Meats in March and learned how to butcher a hog.



The Fields & Flats 4-H Club

In March the **No Goats No Glory 4-H Club** took a field trip to McFarland's farm where they learned about how show pigs are raised. In April Dr. Morgan, DVM, talked to the club about keeping goats healthy. In May the 4-H youth learned how to safely handle their animals including how to tie an over-hand slip knot for quick releasing. They also reviewed body parts of the dairy goat and practiced safe animal handling skills.

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 showing as potential buyers bid on their animals during the auction.



The No Goats No Glory 4-H Club

This spring the Otsego County 4-H program organized a 4-H Dog & Handler Skills class series, including fundamental skills that build communication techniques that are clear and kind and use positive reinforcement through fun activities. In June the Otsego County 4-H program held a Child Care "Babysitting" clinic at CCESO's Education Center in Cooperstown. 4-H members learned how to run a babysitting business, including child development, first aid and safety, nutrition, toys and activities and how to keep business records. Participants put together a "Babysitting Magic Bag."



Otsego County 4-H Dog Program



Otsego County 4-H Child Care Workshop

PROGRAM EVENTS

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

Independence Day (observed, offices closed), Friday, July 3, 2026

Fenimore Farm 78th Annual Junior Livestock Show, Sunday, July 5 through Tuesday, July 7, Iroquois Farm Showgrounds, River Road, Cooperstown, NY

For more information about the Show, please visit <https://www.fenimorefarm.org/junior-livestock-show>

Schoharie County Sunshine Fair Jr. Department Entry Deadline, Tuesday, July 7

All entries must be submitted to the Fair Office. Entries cannot be submitted to the 4-H Office.

Otsego County Fair Entry Workshop, Saturday, July 11, 10 a.m. Martin Hall, Otsego County Fairgrounds, Morris, NY
Learn how to fill out fair entries. For more information contact 4-H Educator, Teresa Adell tl447@cornell.edu

Family Gardening Program (Part 2), Wednesday, July 15, 4:30-6:30 p.m., GROW Garden, CCECO, 123 Lake Street, Cooperstown, NY
Focused on beginner gardening topics and tips to grow food and family bonds. This event is ideal for families with children between 3 and 11 years old. Sign up for each child who is attending so we can be sure to have enough supplies! Free. To register visit: https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Family_Gardening_Workshop_Pt-2_243

4-H Rabbit Showmanship Clinic, Saturday, July 18, 4:00 p.m. Progressland, Schoharie County Fairgrounds, Cobleskill, NY
Hands-on clinic will cover the basics of 4-H Rabbit Showmanship, open to 4-H youth of all ages! Youth may bring their own rabbit, animals must be healthy and show no signs of illness. Pre-registration required by July 16. For more information or to register, contact cmr336@cornell.edu or 518.234.4303 ext. 113.

Grow Garden Open House, Thursday, July 23, 4:30-6:30 p.m. GROW Garden, CCECO, 123 Lake Street, Cooperstown, NY
Join Otsego Master Gardener Volunteers for a tour of the gardens. Bring the whole family for food, gardening, and kids' activities. Free. To register visit: https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Grow_Garden_Open_House_243

CCE Smart Energy Choice Mohawk Valley Clean Energy Stakeholder Forum, Thursday, July 23, 6:00 p.m., Herkimer College, 100 Reservoir Rd., Herkimer, NY
Free. For more information visit <https://www.mohawkvalleyenergychoices.org/events>. Registration required by calling 315.736.3394 ext. 260 or at https://reg.cce.cornell.edu/MV_StakeholderEngagement-2_230

Otsego County Fairgrounds Clean Up, Saturday, July 25, 10:00 a.m. Martin Hall, Otsego County Fairgrounds, Morris, NY
Help clean up Martin Hall and the animal barns in preparation for the Otsego County Fair. Potluck lunch.

Board of Directors Meeting, Tuesday, July 28, 6:00-8:00 p.m. Held synchronously at CCECO's Extension Center (Cobleskill) and Education Center (Cooperstown). Open to the public in person and via Zoom.

Martin Hall Evaluations, Saturday, August 1, 1:00-4:00 p.m. Martin Hall, Otsego County Fairgrounds
Non-animal projects to be evaluated and ready for display. Entry deadline is July 18. For more information contact 4-H Educator, Teresa Adell tl447@cornell.edu.

Otsego County Fair, Morris, NY, August 4 through August 9

Schoharie County Sunshine Fair Junior Department Non-Livestock Evaluations, Saturday, August 8, 1:00-4:00 p.m. Progressland, Schoharie County Fairgrounds, Cobleskill, NY.
For more information, contact Catherine at cmr336@cornell.edu or 518.234.4303 ext. 113.

Schoharie County Sunshine Fair, Cobleskill, NY, August 11 through August 16

Harvesting & Preserving Herbs for Cooking, Wednesday, August 12, 6:00-7:00 p.m., GROW Garden, CCECO, 123 Lake Street, Cooperstown, NY

Join Master Gardener Volunteers and herbalist Gert Coleman for a hands-on workshop to learn to harvest, process, and preserve culinary herbs—including maximizing flavor, potency, and shelf life. To register visit: https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Harvest_Preserve_Herbs_243

The Great New York State Fair, Syracuse, NY, August 26 through September 7

Family Farm Day, Saturday, August 29, 10:00 a.m.-4:00 p.m. Visit participating farms across Schoharie, Otsego, and Delaware Counties! Plan your visit online using the interactive map at FamilyFarmDay.org or pick-up the 2026 FFD Farm Guide at participating CCEs or area brochure racks.

CCECO Grow Garden Open House, Saturday, August 29, 10:00 a.m.-2:00 p.m., GROW Garden, CCECO, 123 Lake Street, Cooperstown, NY
In celebration of Family Farm Day, join Otsego Master Gardener Volunteers for an open house at the GROW Demonstration Garden. Bring the whole family for food, gardening, and kids' activities. To register visit: https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Open_House_Family_Farm_243

Labor Day (offices closed), Monday, September 7

Safe Canning Methods Using Boiling Water Bath, September 9, 1:00-2:30 p.m., CCECO Extension Center, 173 S. Grand Street, Cobleskill, NY

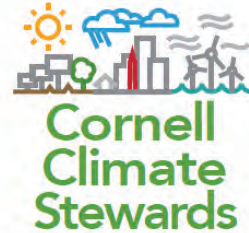
Join Master Food Preserver Theresa Kaya for a demonstration of boiling water bath canning, and a review of safe canning procedures. Free and open to the public. Members of S.C.H.O.O.L. can register directly through that program. Non-members can register through the CCECO website https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Canning_Demonstration_243 or contact Marcie Foster at mkf48@cornell.edu or 607.547.2536 ext. 235.

Making and Preserving Jam Workshop, Tuesday, September 15, 6:00-8:30 p.m., CCECO Extension Center, 173 S. Grand Street, Cobleskill, NY

Come learn the magic behind making sweet preserves and the basics of boiling water canning. If time allows there will also be a demonstration on how to make freezer jam. We will use USDA tested and approved techniques and recipes. Take home a jar! Fee: \$15 per person. Class size is limited, register by September 11th. To register visit: https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Canning_Demonstration-2_243

Board of Directors Meeting, Tuesday, September 22, 6:00-8:00 p.m. Held synchronously at CCECO's Extension Center (Cobleskill) and Education Center (Cooperstown). Open to the public in person and via Zoom.

CCE in Action!



Expanded Food & Nutrition Education Program – Nelta Miller, nbm53@cornell.edu

Healthy Connections Nutrition Education – Michelle Leveski, mml39@cornell.edu

SNAP-Ed – Maegan Freeman, 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, maf396@cornell.edu; Carlotta Batchelder, cmb529@cornell.edu

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