

Connections

The News Magazine of Cornell Cooperative Extension Schoharie and Otsego Counties

OCT-DEC 2026

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CCESO's Annual Meeting



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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.

More than eighty 4-H members from across Otsego and Schoharie counties showcased their animals at the 78th annual Fenimore Farm Junior Livestock Show in July. 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.

In August, 4-H youth were eager to participate in the Otsego County Fair and the 150th Schoharie County Sunshine Fair. This year, more than 250 youth from throughout Schoharie and Otsego Counties exhibited more than 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.

In celebration of the 250th anniversary of the founding of the United States, many 4-H'ers incorporated patriotic red, white, and blue themes into their displays. 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



**Celebrate
National
4-H Week!**

Oct. 4 - 10, 2026

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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

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Subscribe to CCESO's "Connections EXTRA!" email bulletin to receive news about agricultural events and opportunities. Gardeners can also subscribe to *The Dirt*, a newsletter from our Master Gardener Volunteers, featuring research-based gardening tips, seasonal checklists, and guidance for our region. Contact us at schoharie-otsego@cornell.edu or 518-234-4303 ext. 119 to learn more or to sign up to receive **Connections EXTRA!** or *The Dirt*.

Cornell Cooperative Extension Schoharie and Otsego Counties

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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

Nicole Thompson, Proofreader

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

schoharie@cornell.edu

www.cceschoharie-otsego.org

123 Lake Street
Cooperstown, NY 13326
607-547-2536

otsego@cornell.edu

Office hours both locations:

8:30 a.m.–4:30 p.m. Monday–Friday

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4-H Happenings, continued from page 1

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 the sounds and smells of 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 the hard work all of the 4-H youth put into their projects and animals. Now that the fair season is a fond memory, it is time to forge ahead with the 2026-2027 4-H year. Enrollment is in full swing with the re-enrollment of our current members, and the addition of new 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.

4-H Happenings—Otsego County



Otsego County 4-H members at the Fenimore Farm Junior Livestock Show held in July



4-H Gilbertsville Dairy Club at the Otsego County Fair Fireman's Parade



Otsego County 4-H members at the 4-H Poultry Show



4-H member Kendra at the Otsego County Fair Dog Show



Otsego County swine exhibitors at the 4-H Swine Show

Continues on page 4



2026 Livestock Auction 4-H participants



4-H Dairy Show at the Otsego County Fair.

4-H Happenings—Schoharie County



Schoharie County 4-H members at the Fenimore Farm Junior Livestock Show held in July



4-H member Kira, gives a Public Presentation on "Our Solar System"



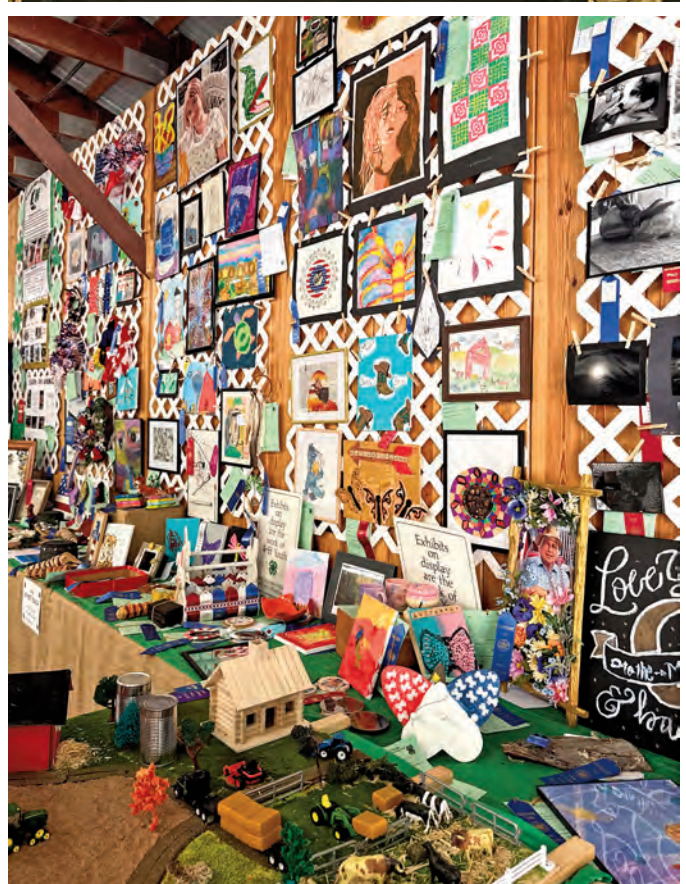
4-H members at the Sunshine Fair animal shows



More 4-H members at the Sunshine Fair animal shows



Schoharie County 4-H non-animal project display at the New York State Fair



4-H member non-animal exhibits on display at the Schoharie County Sunshine Fair

The 'Grow a Row' Campaign Blooms in Its First Year!



Grow a Row is a community-driven initiative encouraging local gardeners to grow (even a little) extra fruits or vegetables to donate to area food pantries. By sharing fresh, locally grown produce, our participants are directly combating food insecurity and increasing access to healthy food across Schoharie and Otsego Counties.

In this spectacular inaugural year, the campaign has energized local growers and pantries alike. We are thrilled to report that 34 food pantries and 57 local growers signed up for the program! While final data and harvest weights are still rolling in, the incredible momentum shows immense promise for the years ahead.

Here are a few inspiring success stories from our first season:



Success Story: Unadilla Food Pantry Localizes Gardening Efforts

The Unadilla Community Food Pantry is empowering residents to grow fresh food right at home. Long before CCESO launched the regional campaign, the Unadilla team was already laying groundwork to ramp up local vegetable gardening initiatives.

The Porch Produce Planter Program Sprouts Early

Originally slated for a Spring 2027 launch, incredible community backing allowed the pantry to fast-track its vision by an entire year.



Unadilla Porch Planter Produce Program working with residents on planting tomatoes in buckets



Unadilla Food Pantry received 70 lbs. of produce in one day!

Thanks to generous donations, the Unadilla Food Pantry coordinated tomato bucket planting day with food pantry clients to teach people how to grow their own produce even without a traditional lawn or garden space. The program was hugely successful with approximately 20 participants.

Building on this momentum, the Unadilla Food Pantry was among the first in the region to enthusiastically sign up for the Grow a Row campaign. By promoting the program locally, they inspired backyard gardeners to dedicate extra rows of crops to hunger relief.

Grower Spotlight: Meet Alicia Watson

Alicia has tinkered with gardening in the past, but this year she decided to go all out. She started a brand-new vegetable garden with her two boys—and WOW, has it been flourishing!



Not only has Alicia provided fresh produce for her family, neighbors, and friends, but she has also been sharing her extra harvest with a local food pantry in Middleburgh.

That is exactly what Grow a Row is all about: growing a little extra and sharing it with neighbors who need it most. Thank you, Alicia, for growing, sharing, and giving back! We wish you and your boys a beautiful, bountiful remainder of the growing season.

4-H Club Gets to Gardening Bug!



Otsego 4-H Club, The Crafty Chipmunks, also joined the Grow a Row team. As a club, they grew and donated produce to the Salvation Army in Oneonta.

Horticulture and Master Gardener Volunteer Highlights



Otsego and Schoharie Master Gardener Volunteers were busy this year with a variety of programs and events.



CCESO Master Gardener Volunteers coordinated two Seed to Supper classes this year. Seed to Supper is a beginner gardening series that focuses on teaching people how to plant food on a budget. Here CCESO Staff, Carol Kennedy, teaches participants how to plan their garden.



Schoharie Master Gardener Volunteer, Pam Hart, teaches a class about growing microgreens in collaboration with the Schoharie County Home of Ongoing Learning (SCHOOL) Program.



CCESO Staff, Mariah and Carol, attending the Golding School to teach 7th graders how to grow microgreens.



Otsego Master Gardener Volunteers hosted Tomato Palooza in September. Twenty varieties of tomatoes were sampled and voted on. The winning varieties will be grown by Master Gardener Volunteers and sold at the 2027 plant sale.



Schoharie and Otsego Master Gardener Volunteers team up with 4-Hers to demonstrate horticulture related projects that can be shown at Fair.



Schoharie Master Gardener Volunteers, Liz Brown and Berni Dooley, coordinated kid's activities at the Sunshine Fair. Kids learned how to make suncatchers using pressed flowers.



CCESO board members Christine Edwards and Betsy Jensen joined the jam-making project.

What's Growing in the CCESO Grow Garden?



A Season of Growing, Learning and Community



From Winter to Spring

The CCESO Grow Garden at the Cooperstown Extension office includes raised-bed demonstration gardens, a rain garden, pollinator and shade gardens, composting exhibits, a pavilion and propagation area. The season began with winter views and a March garden waiting for spring cleanup. More than 20 new Master Gardener Volunteers joined with experienced Master Gardeners to do the work of preparing, planting and maintaining the gardens.



Preparing and Planting

In April, volunteers removed winter mulch, cut back plants left for pollinator food and shelter, transplanted perennials, and refreshed beds with topsoil and compost. Square-foot and Grow a Row beds were prepared. By late May and June, families and Master Gardener Volunteers were planting potatoes, vegetables and demonstration beds.



Challenges and Recovery

Mid-June brought setbacks when deer browsed many young plants. Volunteers quickly installed additional 8-ft. fencing. Thankfully the garden recovered! The first produce reached the food pantry in May and a new succulent garden was planted. Demonstration beds dedicated to herbs, All-American Selections, Grow a Row, a Victory Garden, Cut Flowers, and the Cornell Vegetable Varieties Trial Garden were planted.



Summer Learning in the Garden

Summer turned the garden into an outdoor classroom with programs on herbs, family gardening, harvesting, and preserving. CCESO also hosted the Fenimore Farms STEAM campers at the garden, where they harvested garlic and seeds, learned composting, painted old DVDs as deer deterrents, started microgreens and made salsa with roasted vegetables.



Otsego Master Gardener Volunteers led two Family Gardening Workshops at the CCESO Demonstration Garden. In the first session families joined together to plant a Victory Garden. In the second session, participants harvested produce and made refrigerator pickles.



For the second year in a row, Otsego Master Gardener Volunteers partnered with the Fenimore Farm and Country Village STEAM camp program. Camp participants learned about the geography behind gardening, harvesting garlic, seed saving, and composting.



Local herbalist led a workshop on Harvesting and Preserving Herbs at the CCESO Grow Garden in Cooperstown.

A Place for Community

July also brought a lively garden open house with music, tours, seed sharing, rock painting, food and door prizes. In August, new and experienced Master Gardeners gathered for a social event.

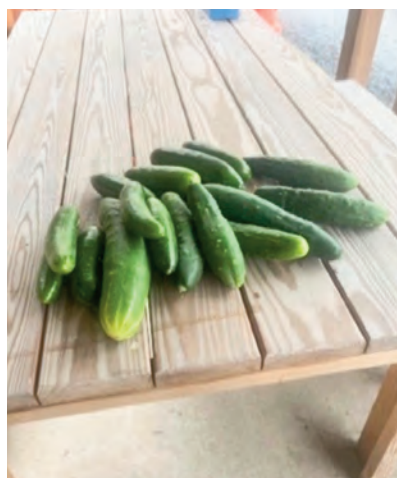


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Beauty, Harvest and Giving

Throughout the season, the garden produced flowers, plants and bed designs that delighted the community. We grew vegetables and herbs that fed the community as repeated harvests were delivered to the food pantry, and by the end of the season the garden had donated more than 100 pounds of fresh produce—a fitting result of months of volunteer work, education and community participation.



Replacing Home Equipment

Replacing home appliances can be an expense we are often not expecting! But when it comes time to make those swaps, it can be wise to keep some things in mind that may lead to long term savings. Let's go over some considerations for choosing an energy efficient model, whether it's a new heating and cooling system, a hot water system, or even something as simple as a refrigerator!

Get a No-Cost Home Energy Assessment

Beginning with a free home energy assessment, also known as an energy audit, is a great way to better understand your home's energy performance and opportunities for upgrading equipment. The assessment is performed by a NYSEDA qualified contractor who analyzes where your home is wasting energy, whether systems are working properly, and which energy upgrades would offer the best return on investment.

In New York State you can get a free energy audit through either Empower+ or Comfort Homes depending on income eligibility. Our energy advisors here at the Mohawk Valley Energy Hub are happy to walk you through the process!

Choose Energy-Efficient Appliances

Have you ever heard of ENERGY STAR®? Established by the US Environmental Protection Agency (EPA) in partnership with the US Department of Energy (DOE) in 1992, this certifies that your appliance fits energy efficient specifications. Essentially, if you see an appliance with an ENERGY STAR sticker on it, it's sure to be an efficient model!



Additionally, income-eligible New Yorkers can receive rebates through the Appliance Upgrade Program to lower the upfront cost of a heat pump clothes dryer (all-electric and more efficient than a conventional dryer), plus any required electrical upgrades to install the equipment.

Upgrade to Clean Heating and Cooling

If your heating or cooling equipment or hot water system needs to be replaced, now is the time to consider upgrading to heat pumps. These all-electric clean heating and cooling systems are a safer, more efficient choice for your home, with no combustion of fossil fuels, fuel storage, or carbon monoxide emissions. Heat pump technology also delivers domestic hot water heating via heat pump water heaters.

Heat pumps are also growing in popularity, consistently outselling gas furnaces. Both heat pumps and heat pump water heaters are eligible for New York State rebates. Our energy advisors are happy to go over all of them with you.

There are many things to consider before replacing home equipment! Several different rebate and grant programs exist in NY State that can help lower the financial burden of some of these replacements, and choosing ENERGY STAR appliances turns your replacement into an upgrade!

Do you have any questions about some of the programs mentioned? Reach out to us at the Mohawk Valley Regional Clean Energy Hub at (315) 736-3394 or energyandenv@cornell.edu.

Welcome Intern Michael Rodriguez

Hi everyone! My name is Michael Rodriguez, and I'm so excited to be joining Cornell Cooperative Extension Schoharie & Otsego as the 2026–2027 Nonprofit Leadership intern. I'm currently a student at SUNY Oneonta majoring in Communication Studies. My career goal is to become a college advisor or a counselor for students. I want to be able to support students and help them navigate their academic and personal goals. I see this internship as a great opportunity to develop my communication and interpersonal skills while also seeing what it's like to work with a community. Through my work this year with CCESO, I hope to connect with others and contribute to meaningful community programs. I'm grateful for the opportunity to be part of CCESO and look forward to learning and growing throughout my internship.



Gardener Corner: Fall Cleanup of Perennial Beds



BY DEB BANKS, OTSEGO MASTER GARDENER VOLUNTEER

Autumn is a busy time for gardeners. Garden clean-up, seed saving, bulb planting, and plant protection all loom ahead. By the end of it, some of us are looking forward to winter to have a rest.



In some ways, garden clean-up has gotten easier in recent years. For starters, we have learned not to remove fallen leaves from the garden. They provide a home for caterpillars and many other animals, and decompose to feed the soil. They can be raked off the grass right into garden beds, where they also give some protection for your perennials in winter. However, shredding the leaves with your lawnmower is not recommended, as it shreds all those small animals already living among the leaves. It's best to leave your leaves intact.

Another way you can reduce your fall work load and also benefit wildlife is to leave many of your perennials standing through the winter. This shelters beneficial insects, such as ground-nesting bees. Some perennials such as coneflower, sedum, and black-eyed Susan offer seeds for birds to eat, and the stalks provide places to perch or to hide. Leaving the foliage in place gives extra protection to the crown of the plant in winter. Spent foliage also adds a subtle beauty to the garden in winter, with spiky seedheads and sweeps of ornamental grass that move in the wind giving more pleasure than a stark, bare landscape.

Some work is still needed. You should deadhead or cut down the perennials that reseed profusely.

That may include Penstemon, summer phlox, veronica, great blue lobelia, and Japanese primrose. You can probably name four or five other plants that are the big offenders in your own garden. Don't let them go to seed. Of course, some re-seeders are always welcome, such as foxglove, sweet pea, and hollyhock. If you find you never get "volunteer" plants and would welcome some of them, you may be mulching too thickly for the seeds to germinate successfully.

You should remove diseased foliage, such as the leaf spot on bearded irises and the powdery mildew sometimes found on summer phlox, ninebark leaves, bee balm, and roses, among others. Peonies are prone to several diseases, and their foliage should always be removed in the fall to limit the spread of disease. Do not put diseased foliage in the compost. It should be placed in the trash or piled in a distant spot on your property.

Some gardeners also clear foliage that looks especially bad after frost. Hosta leaves come to mind. Ultimately, what you choose to leave in the garden is a personal decision. You might enjoy visiting a local public garden in late fall or early winter to get another perspective on winter landscapes.

There are other garden chores in the fall. You might save seed from a few species, such as poppies, Nigella and columbine. Empty your outdoor containers and store the pots for the winter. Continue weeding until the falling leaves hide everything.



If you have been shopping at the fall plant sales, your finds may still be sitting in the shade waiting for your attention. Any hardy perennials, shrubs, or trees in containers should go into the ground as soon as possible, to give them time to grow some new roots before winter. Supply extra water each week until the ground freezes and mulch them well. Newly planted perennials also appreciate being covered with straw or evergreen branches in early winter, to prevent them from heaving out of the ground during repeated freeze and thaw cycles. Remember to remove the covering in the spring.



If your houseplants spent the summer outside, prepare them for a return to the house when nighttime temperatures consistently drop below 50°F. First inspect your plants for insects. A gentle spray of water will dislodge many pests such as aphids. For more determined invaders like scale, a bath using insecticidal soap may be needed, drenching both the leaves and the soil. Do a limited test of any product a day earlier to confirm it can be tolerated by your plant.

You may also have tender perennials and tubers that need to come inside, such as dahlias, caladiums, gladiolas, and cannas. Wait until the leaves yellow or until after the first mild frost. Dig up the plants, trim off the tops, shake or wash the dirt off, and let them dry for up to a week. Then store them in a cool dark place in sawdust, leaves, or vermiculite. Check on them every month or two and sprinkle them lightly with water if they are drying out.

If deer and rabbits are a problem for you, get out your garden's armor in fall, including cages made of welded wire fencing, rolls of chicken wire, or netting. Repellent sprays or chunks of Irish Spring soap dangling in mesh bags won't repel a herd of starving deer in winter. You may want to cage the most vulnerable shrubs and small trees, including witch hazel, Fothergilla, and the tastier evergreens. You and your neighbors no doubt have other species to add to this list, based on your own gardening experience.



Finally, remember to enjoy the season. Admire any late-bloomers in your garden, like asters, great blue lobelia, sedum, colchicums, and Japanese anemones. Walk through your neighborhood to check out what other plants look amazing in your area. Enjoy the leaf colors, especially now that you're doing less raking.



Interested in more garden related articles? Subscribe to *The Dirt!* <https://cceschoharie-otsego.org/gardening/the-dirt-newsletter>

Seed to Supper Creates Community

BY CAROL KENNEDY



Roy Bartoo in the CCESO Grow Garden

Roy's Story

"When life is complicated, the garden gives you a respite. It's just me, God, and the garden."

— Roy Bartoo

At 90 years young, Roy Bartoo of Oneonta was the oldest participant in CCESO Seed to Supper program at the Milford United Methodist Church—but his enthusiasm for gardening and learning was as strong as anyone's.

Seed to Supper is a free gardening series of classes, led by trained Cornell volunteer facilitators, that helps people learn practical ways to grow healthy food on a budget. Participants learn how to plan, plant, care for, harvest, and use vegetables while also enjoying healthy snacks, recipes, gardening resources, and plants to take home.

For Roy, however, the program became about much more than growing vegetables.

As the primary caregiver for his wife, Roy doesn't always have many opportunities to get away from the responsibilities of daily life. He joined Seed to Supper because he enjoys being outdoors and thought gardening might help him stay positive. He was right.

"Just being outside is relaxing," Roy says.

A Love of Plants That Started Long Ago

Roy's interest in plants goes all the way back to childhood. He remembers saving the few coins he

had to buy potted plants at the local five-and-dime store. Most eventually died—with the memorable exception of one hardy cactus—but his interest in plants never completely disappeared.

Life became busy. Roy earned a degree in education, built a career, raised a family, and eventually became a professor at SUNY Oneonta. Yet he always wished he knew more about gardening.

So when he saw a flyer for Seed to Supper, he signed up right away.

The program soon became a bright spot in his life. Roy enjoyed learning about gardening, but he valued something else just as much: the people.

For someone who spends much of his time caregiving, getting together with others provided companionship, relaxation, and a welcome change of pace. He enjoyed the classes so much that he said he would happily have attended two or three times a week.

Learning by Growing

Roy put what he learned into practice at home, growing tomatoes, potatoes, peppers, cucumbers, and even a birdhouse gourd that seemed determined to take over.



Not everything succeeded. His garlic and beans struggled, but—as every gardener eventually learns—that is part of gardening too.

One particularly successful lesson involved refrigerator pickles. Roy liked the pickles we made in class so much that he went home and used the recipe to pickle his own cucumbers and other vegetables.

Roy also found a gardening method that works well for him. Rather than maintaining a large in-ground garden, he uses a small 2-by-4-foot raised bed on his deck. He even added wheels so he can move it around to catch the best sunlight.

His advice to beginning gardeners is simple: start small and keep it manageable.

For older gardeners especially, Roy believes raised beds can make gardening much more accessible.

More Than a Garden

During our conversation, I asked Roy what advice he would give someone who feels that life has become too complicated or overwhelming to make time for a garden.

His answer captured what Seed to Supper had come to mean to him.

“When I’m in the garden, life isn’t complicated. I can focus on the garden and forget about all the other stuff I should be doing or should have already done.”

Of course, he joked, everything is still waiting when he goes back inside.

But for a little while, the garden gives him something precious—a chance to set those worries aside.

“It was just me, God, and the garden,” Roy said. “And those three are a combination that are pretty hard to beat, soothing the soul and the mind simultaneously.”

Roy is already thinking about how Seed to Supper could become even better. He would like to see more hands-on activities, perhaps having participants work together to design or build a raised bed. In fact, he is considering developing a prototype himself over the fall and winter to share with a future class.

That seems fitting for someone who came to Seed to Supper hoping to learn how to garden and discovered something more: a place to learn, grow, connect with others, and find a little peace when life becomes complicated.

NUTRITION PROGRAMS AT CORNELL COOPERATIVE EXTENSION

Hands-on Learning For Healthier Living

Our EFNEP, Healthy Connections, and SNAP-Ed programs help adults and youth learn by doing. Through hands-on activities, practical lessons, and real-life skill building, participants gain tools that support a healthier lifestyle.

Learn in the way that works for you:

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Online or in person

Contact our Nutrition Program Educators to learn more about these programs or to sign up!



Nelta Miller
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What You'll Learn

- ✓ Prepare meals that save time and money
- ✓ Try new recipes and build confident cooking skills
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- ✓ Build lifelong healthy habits through interactive activities



Michelle Leveski
Healthy Connections
Nutrition Program Educator
☎ 518-234-4303 x120
✉ mml39@cornell.edu





Winter Quick Tips

Cornell
Cooperative
Extension

Ways to Save at the Store

With grocery prices still being high, saving money on food may be important to your family. Follow these tips to help save money when going to the store.



1. Try not to shop when you are hungry. If you are hungry, you will be tempted to buy extras that are not on your list.
2. Buy fresh fruits and vegetables in small amounts that you are sure you can use while they are still fresh.
3. When they are on sale, buy larger quantities of fresh fruits and vegetables you use often. (Examples- onions, potatoes, apples). Fruits and vegetables sold in larger bags are usually cheaper and many can be stored for quite a while.
4. Choose vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat foods are convenient but cost more. Fruits and vegetables with special sauces and flavorings added usually cost more, and certainly have more fat and calories.

Feeding America



How can I find free holiday meal boxes?

- Contact your local food bank or pantry about free holiday meal boxes near you. Not every location offers these programs, but all provide ways to help families celebrate the holidays. They offer free groceries, fresh produce, and holiday food support in your area. The best way to learn about your options is to visit their website.

Who can receive food at a food pantry or meal programs?

- Anyone who needs extra help affording food can visit a food pantry or meal program. Some pantries or programs may have additional requirements, like living in a certain area.

Find your local pantry or holiday meal box by visiting:
www.feedingamerica.org/find-your-local-foodbank

This material is funded by Expanded Food and Nutrition Education Program, USDA, and NIFA



Building Healthy Habits Recipe

Rice Bowl Southwest Style

Serving size 1 cup

Makes 2 cups

Ingredients:

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked brown rice
- 1 cup protein (beans, chicken, beef, tofu, or salmon)
- 1/8 teaspoon of each - garlic powder, oregano, cumin
- 2 tablespoons salsa, shredded cheese or low-fat sour cream

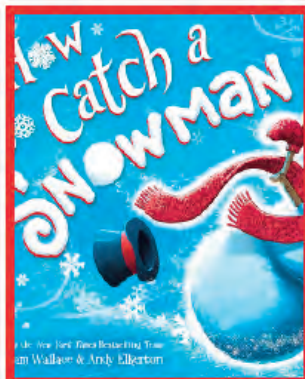
Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. In a medium skillet, heat oil over medium heat. Add vegetables and cook until tender-crisp or about 3-5 minutes.
4. Add cooked rice; cooked protein, garlic powder, oregano, and cumin, if desired. Heat through.
5. Divide rice mixture between 2 bowls. Top with salsa, cheese or sour cream and serve warm.
6. Refrigerate leftovers within 2 hours.

Notes: For a spicier dish, add chili powder, red pepper flakes, or taco sauce.



Nutrition Facts: Serving size: 1 cup, calories: 320; total fat: 12g; saturated fat: 3.5g; sodium: 410mg; total carbohydrate: 35g; added sugars: 0g; Protein: 19g; Calcium: 33mg; Potassium: 250mg, Vitamin C: 44mg Vitamin A: 52mcg
Source: FoodHero.org



Kids' Book Nook

With your child, visit your local library and borrow "How to Catch a Snowman" by Adam Wallace. After reading the book, ask how your child would catch a snowman!

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



Family Farm Day Highlights





CCESO Staff Doing Great Things



Otsego County 4-H educator Teresa Adell was recognized as Fair Person of the Year for her outstanding, dedicated service to the Otsego County Fair.



Staff Carlotta Batchelder, Mariah Goodwin, and Carol Kennedy install CCESO's scarecrow at the Fenimore House Scarecrow Village.

Ticks and the Pest Management Professional

Your Views and Experiences

Harm from ticks is growing across New York State. Cornell University is conducting a survey to understand what **pest management professionals** think about:

- Ticks and tickborne diseases
- Pest management companies' role in controlling ticks.



What will you get?

Include your email at the end of the completed survey for a chance to receive one of three gift certificates worth \$50.

How does this survey help?

This information will help determine what resources pest management professionals might need to protect themselves from tickborne diseases and provide tick control services.

How do I take the survey?

To take the online survey, scan the QR code or visit <https://tinyurl.com/CornellTickSurvey> and complete the questionnaire.



Your participation in this survey is voluntary. Your identity will be kept confidential and the information you give us will never be associated with your name. If you have any questions, you may contact Joellen Lampman at jzk6@cornell.edu or 518-441-1303.

THANK YOU FOR YOUR HELP!

Cornell
IPM

New York State
Integrated
Pest Management



NEVBD Training & Evaluation Center

Farm To School

Fall is here and it's back to school! After a busy summer we are getting back into the swing of things. Our Harvest of the Month program is up and running, bringing attention to foods that are grown, harvested, and produced in New York State, every month. Students get exposed to these foods through their school meal programs and taste tests, giving them the opportunity to try new dishes and learn more about where each food comes from. The harvest for September was summer squash, which includes zucchini, crookneck, yellow zucchini, pattypan, and more. Our upcoming harvests are apples in October, carrots in November, and pears in December.

To help with the promotion of these foods, we have posters (pictured) and fact sheets that school staff and educators can use and share to help students learn more about them. These are only a small portion of resources available, there are loads of educational resources for Farm to School programming that can be used by anyone—school staff, educators, or parents. Our Farm to School program

reaches beyond the cafeteria, it also includes the classroom and the community to reach as many students and families as we can. That being said, it can take a lot of time and help to make this program thrive. Whether it is lending a helping hand or sharing knowledge, you could become part of the team that helps students in your district learn more about agriculture and healthy food. Just visit our website <https://cceschoharie-otsego.org/farm-to-school> or contact our Farm to School Coordinator Mariah Goodwin at mog27@cornell.edu to learn more, and find out how you can get involved!



**Regional Navigator:
Webinar Series**
This program is FREE!

12:00 PM - 1:00 PM

Webinar Schedule		
06 OCT	"Agricultural Assessment"	NYS Office of Real Property
20 OCT	"Land Use Zoning Explained"	Pace University
03 NOV	"Land Conservation Programs Overview"	• Upper Susquehanna Coalition • Broome County Soil and Water Conservation District • Otsego Land Trust
17 NOV	"Designing a Land Lease for You"	Sam Rose - Cornell Small Farms
01 DEC	"Accessing State or County Owned Land"	• Field Human - Hylight Farms LLC • NYS Office of General Services • Finger Lakes National Forest - Grazing Program • Wesley Thistle - Ontario County

You can attend any and/or all of the programs in the series

REGISTER HERE: https://cornell.zoom.us/join/register?w=701826&om=admit_FV90

Questions? Contact Mariah Neuber - mnh77@cornell.edu (607) 584-5018

Broome County

PLEASE JOIN THE BOARD OF DIRECTORS & STAFF OF
**Cornell Cooperative Extension
Schoharie & Otsego Counties**

AT OUR FREE

Annual Meeting

Wednesday, October 21, 2026 6-8 PM

Craven Lounge Morris Conference Center
SUNY Oneonta

CCESO's brief Annual Business Meeting
(You may attend the business meeting via Zoom)

Enjoy Hors D'oeuvres

Learn about our innovative
education & outreach activities

Win door prizes

RSVP requested but not required

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. 119



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

PROGRAM EVENTS

October is National Farm To School Month!

National 4-H Week, October 4 through October 10. Celebration includes "Go Green Day" (Monday, October 5) and Thankful Thursday (Thursday, October 8).

Columbus Day (offices closed), Monday, October 12

Agricultural Assessment Agritourism Webinar, Tuesday, October 13, Noon to 1 p.m., via Zoom. Free. Questions can be directed to Lindsey Pashow (CCE Harvest NY) at lep67@cornell.edu or 518-569-3073. https://cornell.zoom.us/webinar/register/WN_Vva8X-mARbGZxG7NS27_FA#/registration

4-H Information Night, Thursday, October 15, 6 p.m., CCESO's Cooperstown Education Center, 123 Lake Street, Cooperstown. 4-H is gearing up for a new year of fun and learning! Otsego County 4-H programs are open to new members ages 5-19 and adult volunteers wanting to join/start a 4-H club. Come see what we are all about! For more information or to register contact 4-H Educator Teresa Adell tla47@cornell.edu

Business Structures 101 Harvest NY Business Development & Marketing Webinar, Tuesday, October 20, Noon to 1 p.m., via Zoom. Free. Questions can be directed to Lindsey Pashow (CCE Harvest NY) at lep67@cornell.edu or 518-569-3073. https://cornell.zoom.us/webinar/register/WN_16QeE482RVa9kRwkYo0Z5Q#/registration

CCESO's Annual Meeting, Wednesday, October 21, 6 to 8 pm, Craven Lounge, Morris Hall, SUNY Oneonta, 108 Ravine Pkwy, Oneonta. Free. RSVP requested (not required). To request a link for the Zoom meeting email neh57@cornell.edu or call (518) 234-4303 ext. 119, or RSVP for the in-person event https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=2026_Annual_Meeting_243

4-H Information Night, Thursday, October 22, 6 p.m., CCESO's Cobleskill 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. Come see what we are all about! For more information or to register contact 4-H Educator Catherine at cmr336@cornell.edu

4-H Information Night, Thursday, October 22, 6 p.m., Rowe House, 31 Maple Street, Oneonta. 4-H is gearing up for a new year of fun and learning! Otsego County 4-H programs are open to new members ages 5-19 and adult volunteers wanting to join/start a 4-H club. Come see what we are all about! For more information or to register contact 4-H Educator Teresa Adell tla47@cornell.edu

4-H Achievement Night, Friday, November 6, 6 p.m. Potluck Dinner, 7:00 p.m. Awards Ceremony, 42 W Main St, Milford, NY 13807. The Otsego County 4-H program's annual achievement awards event. This is to recognize those who were enrolled in the 2025-2026 4-H year for their achievements. For more information or to register, contact Teresa at tla47@cornell.edu

4-H Shooting Sports Archery Workshop, Saturday, November 7. Beginners at 9:00 a.m., Novice at 11:00 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. For more information or to register, contact Nancy at nb622@cornell.edu

Online Platforms Agritourism Webinar, Tuesday, November 10, Noon to 1 pm, via Zoom. Free. Questions can be directed to Lindsey Pashow (CCE Harvest NY) at lep67@cornell.edu or 518-569-3073. https://cornell.zoom.us/webinar/register/WN_Vva8X-mARbGZxG7NS27_FA#/registration

Veterans' Day (offices closed), Wednesday, November 11

Market Evaluation Harvest NY Business Development & Marketing Webinar, November 17, Noon to 1 p.m., via Zoom. Free. Questions can be directed to Lindsey Pashow (CCE Harvest NY) at lep67@cornell.edu or 518-569-3073. https://cornell.zoom.us/webinar/register/WN_16QeE482RVa9kRwkYo0Z5Q#/registration

4-H Achievement Night, Friday, November 20, Time TBD. Ryder Elementary School, 143 Golding Dr, Cobleskill, NY 12043 The Schoharie County 4-H program's annual achievement awards event. This is to recognize those who were enrolled in the 2025-2026 4-H year for their achievements. For more information or to register, contact Nancy at nb622@cornell.edu

4-H Officer Training, Saturday, November 21, 1 p.m., Rowe House, 31 Maple Street, Oneonta. 4-H members will learn the specific duties of their offices, basic parliamentary procedure and essential leadership skills. For more information or to register contact 4-H Educator Teresa Adell tla47@cornell.edu

Board of Directors Meeting, Tuesday, November 24, 2026, 6 p.m., held synchronously in the meeting rooms at CCESO's Cobleskill Extension Center (173 S. Grand St, Cobleskill) and the Otsego Education Center (123 Lake St, Cooperstown), and via Zoom link below, which guests may also use to join meeting. Meetings are open to the public.

Thanksgiving Weekend (offices closed), Thursday and Friday, November 26 and 27

Tractor Supply Company Paper Clover Fundraiser for 4-H, November 27 through December 13. Stop by your local Tractor Supply and purchase a Paper Clover to help support the 4-H Program, funds raised are used for scholarships to 4-H Camp and Leadership Events.

Deep Dive Agritourism Insurance Agritourism Webinar, Tuesday, December 8, Noon to 1 p.m., via Zoom. Free. Questions can be directed to Lindsey Pashow (CCE Harvest NY) at lep67@cornell.edu or 518-569-3073. https://cornell.zoom.us/webinar/register/WN_Vva8X-mARbGZxG7NS27_FA#/registration

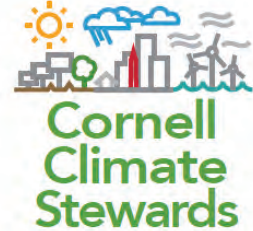
Overview of Market Channels (Pros, Cons & Requirements for Participation), Harvest NY Business Development & Marketing Webinar, December 15, Noon to 1 p.m., via Zoom. Free. Questions can be directed to Lindsey Pashow (CCE Harvest NY) at lep67@cornell.edu or 518-569-3073. https://cornell.zoom.us/webinar/register/WN_16QeE482RVa9kRwkYo0Z5Q#/registration

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

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

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

CCE in Action!



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

Healthy Connections Nutrition Education – Michelle Leveski, mml39@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

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