

Extension *Express*

GOODBYE MISS JANET

Fifteen years later with tons of fun along the way it is with a heavy heart that it is time we say goodbye to Miss Janet. Janet has been such an important part of the Cooperative Extensions 4-H family it is difficult saying farewell but we wish her all of the best as she goes ahead to make new memories and finds new 4-H adventures.


Janet Pfromm began working at Chenango County CCE in 2005. Janet brought her knowledge of farming and love of 4-H with her. Her years studying at Cornell and working as a summer intern with Wayne County 4-H gave her a unique opportunity to become Chenango County's 4-H Coordinator.

As our 4-H Coordinator she provided strong leadership to the county livestock program enriching youth opportunities to participate in Dairy Bowl, Dairy Judging, county and regional showing opportunities. She also has been responsible for growing the afterschool programs by leaps and bounds, which expanded from a few contacts to twelve contacts in any given week. Her positive energy and genuine care for kids made each person she came in contact with whether youth or adult feel important and a part of something great, the 4-H family!

Janet has been instrumental in adding new opportunities for Chenango County youth including but not limited to: livestock auction at the fair, Master Showmanship Competition, Fun and often crazy activities every evening at the fair, expanded Afterschool programs, Outdoor Adventure Program, Shooting Sports Program, 2020 Ag-Stravaganza.

The two greatest things Janet has given Chenango County 4-H is her energy and love of kids. She will typically spend fourteen hours a day at the County Fair making sure all of the animal shows are running smoothly and spending each evening bubble wrestling or participating in pie in the face activities. Janet has been tireless in her desire to provide opportunities for youth in Chenango County.

We wish Janet Pfromm well, as she leaves her Chenango County legacy behind to begin a new adventure with a pair of red snake boots in true Janet style, as the 4-H Agent in two counties in Kansas.

Janet you will be missed! 



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4-H News



DEEP DISH APPLE CRANBERRY PIE

Do you love cranberries? This Holiday Season try making this delicious deep dish apple cranberry Pie recipe from Snap-Ed. The combination of cranberries and apples is sure to hit the spot for that cranberry lover in your family.

Shop and Save

- Look for cranberries that range in color from light to dark red and are plump, glossy, and firm. White berries mixed in with the red do not need to be discarded. They are mature and have a milder flavor.
- Avoid berries that are shriveled, soft or decaying.
- Fresh cranberries are available from October through early January.
- Dried cranberries are often available in bulk food sections. They might be less expensive and you can buy small amounts.
- Frozen cranberries are available all year. Or buy fresh cranberries when they are in season and freeze your own.

Store Well Waste Less

- Store fresh cranberries in their original packaging or a tightly sealed plastic bag for up to 2 months in a refrigerator crisper. Remove any soft or decayed berries to help them store longer.
- Rinse fresh cranberries just before using.
- Fresh cranberries can be frozen and stored for up to 1 year. Freeze in the original plastic packaging as purchased or transfer to freezer bags for longer protection. They do not need to be thawed before using.





Deep Dish Apple Cranberry Pie

Source: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/deep-dish-apple-cranberry-pie>
 Prep time: 15 minutes, Cook Time: 60 minutes Makes: 10 Servings

Ingredients:

- 4 apples (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cup sugar
- 1/4 cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

Directions:

1. Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
3. Bake at 375 degrees for about an hour. Serve warm. Refrigerate any leftovers.

Joke: How do you draw food art?
 Answer: With crayon-berries!

Joke: How does a scarecrow drink his cranberry juice?
 Answer: With a straw!



Nutrition Facts

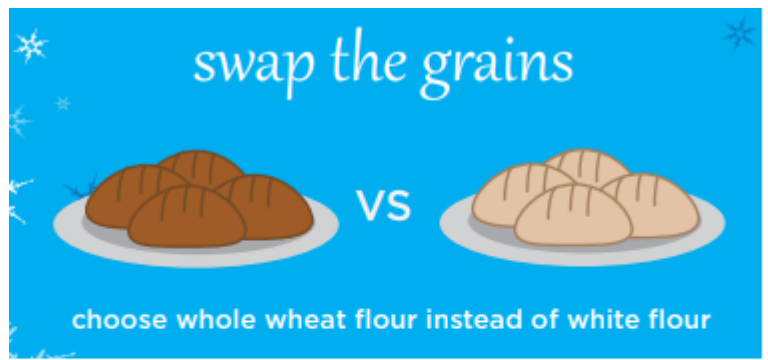
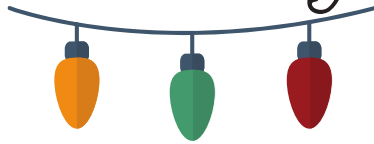
10 servings per container	
1/10 of the recipe	
Serving size	(1g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 27g	
Includes 14g Added Sugars	28%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 137mg	2%

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

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program-SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit snapedny.org



Happy Holidays!



Whole Wheat Quick Bread

Source: foodhero.org

Prep time: 10 minutes, Cook Time: 45 minutes Makes: 8 Slices

Ingredients:

- 1 cup all-purpose flour
- 1 ½ cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¾ teaspoon salt
- 2 cups buttermilk
- 2 tablespoons oil
- 3 tablespoons brown sugar



Directions:

1. Preheat oven to 350 degrees. Lightly oil or spray the bottom of an 8" x 8" baking pan.
2. In a large bowl combine both flours, baking soda, baking powder, and salt. Mix well.
3. In another bowl, combine buttermilk, oil and brown sugar. Be sure sugar has no lumps.
4. Add liquids to flour mixture. Stir together until dry ingredients are just moistened.
5. Pour into prepared baking pan and smooth into corners.
6. Bake for 40 to 45 minutes. Top should look golden brown.
7. Cool slightly and remove from pan. Slice with a serrated knife.
8. Wrap leftovers in plastic wrap and store at room temperature.

Nutrition Facts

16 servings per container	
Serving size	1 piece (54g)
Amount per Serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 250mg	11 %
Total Carbohydrate 17g	6 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 2g Added Sugars	4 %
Protein 4g	
Vitamin D 0mcg	0 %
Calcium 67mg	6 %
Iron 1mg	6 %
Potassium 107mg	2 %
Vitamin A 5mcg	1 %
Vitamin C 0mg	0 %



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CCE UPDATE



Good Bye Mr. Milk

by Ken Smith
CCE Chenango Co. Executive Director



Ken Dibbell, known around New York as "Mr. Milk", passed away recently. It was my pleasure to help Ken for many years in his tireless efforts to promote better milk prices for small dairy farmers. Ken was a vocal supporter of small, family owned dairy farms. He loved to write letters to Congress, to the newspaper, to New York State Ag and Markets, to the local milk cooperatives, but Ken could not type. So for many years I would type up Ken's letters for him. It led to many lectures about the "Cornell Big Farm Virus!!!", as he called the trend toward larger and larger dairy farms. It also led to a lot of laughs as he shared stories about his youth in Stowe, Vermont, shooting pickerel in spring with a 22 rifle, gathering sap with his grandfather and a team of horses, skipping school for a week when he had the flu and his other misadventures.

Ken was a fixture at Agriculture meetings around the County and his recounting of his grandfather's route on Tuesdays in town delivering milk and maple syrup, before a stop at the local barbers, was well known to all, but as many times as we heard it, we still felt affection for the story and for the man telling it. We miss Ken at the meetings, and wish him a fond farewell. He is in a place now where he is no doubt more content and where farm gate milk prices are more to his liking.

A MOMENT in 4-H HISTORY

by Rhonda Turrell

It wasn't to long ago that Janet Pfromm received a call from Dale Goodrich wanting to share with 4-H a little glimpse of the rich 4-H history that he grew up with through his mothers quilt legacy. Off Janet and I went to meet up with Dale and see what he wanted to share. We were delighted to find two wonderful quilts that she had hand quilted. As we listened to Dale share a few of his memories we were excited to be able to bring the quilts back to the office so that we could photograph them. On the back of each beautifully handcrafted quilt there was a brief description of what each represented. What an amazing treasure!

Violet Goodrich from Sherburne, NY was the 4-H Leader of the Sherburne Sharpshooters. One of the quilt discoveries was an awesome quilt made in 1979, each block representing a project or activity of the Sherburne sharpshooters 4-H Club. There were over 200 names of the club members that she had handstitched in the borders around the blocks.

Then again in 1981 Violet made a beautiful Holstein Cow Quilt for her son, Dale. The markings of the each cow was traced from the registration papers of cows owned by Dale.

A wonderful legacy from a dedicated 4-H Leader.

Thank you Dale for sharing not only the amazing handcrafted quilts but the rich memories that ran through Chenango Counties 4-H program. May this thread of history remain in Chenango County for years to come.



The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 years, offering free tax help to who need assistance in preparing their own tax returns.

People who generally make \$57,000 or less

- Qualifications – Must have earned at least \$1, but less than \$15,820 (\$21,710 married filing jointly) with no qualifying children
- \$41,756 (\$47,646 married filing jointly) with one qualifying child
- \$47,440 (\$53,330 married filing jointly) with two qualifying children
- \$50,954 (\$56,844 married filing jointly) with three or more qualifying children

Persons with disabilities; and Limited English-speaking taxpayers

While the IRS manages the VITA and TCE programs, the VITA/TCE sites are managed by IRS partners and staffed by their volunteers who want to make a difference in their communities.

VITA/TCE services are not only free, they are also a reliable and trusted source for preparing tax returns. All VITA/TCE volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information. In addition to requiring volunteers to certify their knowledge of the tax laws, the IRS requires a quality review check for every return prepared at a VITA/TCE site prior to filing. Each filing season, tens of thousands of dedicated VITA/TCE volunteers prepare millions of federal and state returns. They also assist taxpayers with the preparation of thousands of Facilitated Self-Assistance returns.

Chenango County Families:

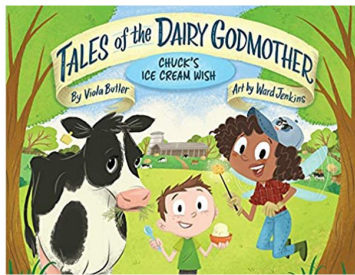
607-334-5841 x1118

Chenango County Senior Citizens:

607-337-1770

Agricultural Literacy Week

March 15-19, 2021



Help your students make the connection between local farms and the food that they eat!

With the help of his Dairy Godmother, Chuck is taken—poof!—on a memorable and delicious adventure to a dairy farm. He finds out exactly where ice cream comes from and gains an even deeper love and appreciation for his favorite food!!

This informative book introduces children to dairy farming & paints a warm & modern picture of the care going into food production.

- Each school will receive a complimentary book of *Tales of the Dairy Godmother; Chuck's Ice Cream Wish*, by Viola Butler.
- Each classroom will receive complimentary lesson plans from NY Ag in the Classroom that align with New York learning standards.

To sponsor a book, please contact or mail sponsorship to:
Rhonda Turrell, 4-H Secretary
607-334-5841 x1111 or rlt236@cornell.edu

For more information on Agricultural Literacy Day, visit:
www.agclassroom.org/ny



HAPPY

HOLIDAYS



2021 Pheasant Project

Since 2006, Chenango County has reared and released over 13,000 pheasants into the wild for all to enjoy. Thank you for your past involvement in this project!

We are currently taking orders for the 2021 Project and hope to have 1,000 pheasant chicks reared this project year!

All orders, no matter the size, will be taken in lots of 25 birds.

A free-will donation of \$5 per order will be accepted to cover the mailing costs of this great program. Orders due March 20, 2021.

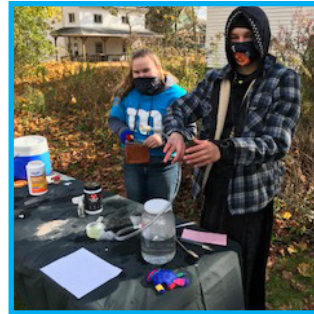
Please contact Rhonda Turrell to place your order or to request more information, 607-334-5841 x1111 or rlt236@cornell.edu



4-H NEWS

4-H BOO BASH

Thank you to everyone who volunteered, sponsored and attended the 4-H Boo Bash on Halloween! We had a wonderfully scary time of Halloween science, crafts, and munchkin march! Thanks to the following: Kelly Ames, Fidelis; The Whaley Family, Jill and Emilee Bennett, the Van Alst Family, Louise Butcher, and Miss Nancy!



4-H FALL & WINTER MAKE & TAKES

Chenango County 4-H held fall and winter craft make & take days for members to drop in and get crafty. Projects included gratitude cards, giving plates, owl/turkey centerpieces, glass etching, burlap wreaths, gift bags, fleece scarves, luminary jars and fabric postcards.



NEW 4-H OPPORTUNITY

Erica is excited to start an after-school program for 4-H'ers, meeting alternately at our CCE building and Friends of Rogers, in Sherburne. We will have fun with hands-on activities, science experiments and art projects. Space is limited to 10 kids, ages 8 and up. We will be wearing masks at all times. Registration is required, please email Erica at elc97@cornell.edu

The program will kick off in February!

Wednesday February 3rd, from 3:30 to 4:30 at CCE in Norwich

Wednesday February 17th, from 3:30 to 4:30 at Friends of Rogers in Sherburne

Wednesday March 3rd, from 3:30 to 4:30 at CCE in

Wednesday March 17th, from 3:30 to 4:30 at Friends of Rogers

OTHER 4-H PROGRAMS:

Maple Project! Join us at Schmidt's Scattered Maple Farm later in January. We will learn about the sugarbush and help install spouts and a new line for sap. Please email Erica for more info and to sign up, at elc97@cornell.edu

Mini Craft Camp

Friday February 12 at CCE. 9am to 11am. Please email Erica for more info and to sign up, at elc97@cornell.edu

UPCOMING 4H PROGRAMMING

DAIRY BOWL AND HORSE BOWL PRACTICES

Come to the CCE Office on Tuesday & Friday nights this winter to learn more about cows and horses! Rhonda Turrell will be leading horse bowl practices Friday from 6-7pm and Victoria Peila will be leading dairy bowl practices Tuesdays 7-8pm. All practices will be hands-on and will cover the basic animal biology through industry events. To register, please email Rhonda, rlt236@cornell.edu.

4-H OUTDOOR ADVENTURE

Email Erica to sign up for the following:

Hike and Shelter Build! Tuesday, December 29th, 10am to 1pm at Whaupanaucou State Forest.

Snowshoeing adventure! Saturday, January 23rd, 10am to 12pm. Location TBD. We have snowshoes.

Learn how to ice fish! Saturday, February 6th, 10am to 12pm. This is a joint program with Friends of Rogers, at Rogers Center in Sherburne.

Learn to cross country ski! Friday, February 12th, 1:30 pm to 3:00pm, at Rogers Center in Sherburne.

Calendar

Jan 12, 19, 26	- Dairy Bowl Practices @ CCE, 7pm.
Jan 15, 22, 29	- Horse Bowl Practices @ CCE, 6pm.
Feb 1	- 4-H Sewing Scholarship Applications Due
Feb 2, 9, 16, 23	- Dairybowl Practices @ CCE
Feb 5, 12, 19, 26	- Horse Bowl Practices @ CCE, 6pm
Mar 1	- 4-H Livestock Scholarship Applications Due
Mar 2, 9	- Dairybowl Practices @ CCE
Mar 5, 12	- Horse Bowl Practices @ CCE
Mar 15-19	- Ag Literacy Week



4-H INCUBATION & EMBRYOLOGY PROGRAM

The 4-H Incubation and Embryology Program is a great way for schools and families to help young people observe the mystery of life and learn some of the principles of reproduction. The project provides an opportunity for youth to work with living, growing chick embryos. A secondary but equally important objective is to provide leaders and teachers with an interesting and unique educational tool. Not only is the embryology project fun, but it also opens many opportunities for learning.

Delivery for eggs is Monday, April 19. Orders must be received by March 1. For more information and to receive an order packet, please contact Erica Clark, 607-334-5841 or elc97@cornell.edu.

4-H LIVESTOCK SCHOLARSHIPS

Applications for those members, and non-members willing to join 4-H, looking to get into a livestock project area are being accepted for the annual 4-H Livestock Scholarship Program. This program annually awards youth members beef, dairy, meat/dairy goats, sheep, and swine project animals that may be sold through the annual 4-H Livestock Auction or may serve as foundation animals for a members herd or flock. Applications can be found on the 4-H website and must be returned by March 1.

ANNUAL MEETING UPDATE

Due to covid restrictions, this years Chenango County Cooperative Extensions Annual Meeting was held December 1st at 1:00pm via zoom. The guest speaker was CNY Team specialist Erik Smith. Ron Meeks, Brittany Fairchild, Elise Robonson, and the Chenango County Board of Supervisors were recognized for their service to the 4-H program. The staff at CCE thanks all who participated in this years meeting and looks forward to another year of programming.



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Norwich, NY 13815

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[twitter.com/ccechenango](https://www.twitter.com/ccechenango)

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Cornell Representative

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Robert Davis Patti Von Mechow
Nate Funk Jordan Fleming
Mike O'Reilly

The Cornell Cooperative Extension of Chenango County Board meets every third Tuesday of the month at 7 PM in the Satellite Room at 99 North Broad Street, Norwich, NY. Please feel free to join us!

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