

Extension *Express*

RAMPING UP FOR THE CHENANGO COUNTY FAIR!

This year Chenango County Fair celebrates 175 years!

The Chenango County Agricultural Society's purpose is to: "Present the annual Chenango County Fair, providing the best public awareness of our major industry - AGRICULTURE- and a showcase for local livestock, products, and entertainment." Along with many wonderful opportunities the Ag Society "Provides an educational experience for youth programs through their coordination with Chenango County Cornell Cooperative Extension and the co-location of 4-H facilities."

The excitement mounts as all of the preparations are underway to make this one of the best Chenango County Fairs after two years of Covid struggles. Let's all come together to celebrate the rich history of the fair, the wonder and joy that a fair can bring to its community.

Be sure to visit 4-H grove as our 4-H'ers present their livestock, arts & crafts exhibits, and so much more. Enjoy food from Chapman Hall where the Leaders/Volunteer Association offers tasty food for fair goers.

COME JOIN US AS WE CELEBRATE THE CHENANGO COUNTY FAIR!

Please share in our important agricultural history as we pass along this rich fair legacy to our future generations as 4-H celebrates "TRADITIONS OLD AND NEW".

Send us your historic fair photos and/or short stories that we can post in the Case building. Send these to: rlt236@cornell.edu



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CALENDARS

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Events



Nutrition Educator, Neisa Pantalia made weekly visits to Greene middle school providing nutrition education. Pantalia partnered with Food & Consumer Science teacher Shelbe Furman, providing nutrition education through fun interactive lessons from a curriculum called CATCH. CATCH is designed to teach youth about nutrition, physical activity, and overall wellness.

Pictured to the left is 6th grader Macie Dunlap who took part in preparing the taquito recipe below and then went home and made it for her family on Mothers day! Macie's mom enjoyed the recipe and couldn't wait to share with Mrs. Furman the impact on her daughter the classes have made. This recipe has legumes which are an excellent source of fiber, protein, and are low-fat. Legumes also known as beans or pulses, are inexpensive, heart healthy and considered foreign to many youth today.

Check out more recipes @ snapedny.org

Black Bean Taquitos

Ingredients

- 4 oz light cream cheese
- 15 oz can of black beans, rinsed and drained
- 4 oz can of mild green chilies, rinsed and drained
- 2 green onions, sliced
- 15 (6 inch) corn tortillas
- 1 Tbsp oil



Directions

1. Mix cream cheese, green chilies, green onions, and black beans in bowl to create filling.
2. Place a couple tortillas on a plate with a damp paper towel over them and microwave for 15-20 seconds.
3. Heat oil in skillet on medium heat.
4. Place tortilla on cutting board one at a time and place 2 tbsp of filling on and roll up.
5. When you have five rolled place them in the pan seam side down. Cook on both sides until brown. Then place on clean plate.
6. Repeat until there is no filling left, recipe typically makes 15 taquitos.



Creamy Black Bean Taquitos - Step by Step Photos
Creamy Black Bean Taquitos are an easy, tasty, and inexpensive appetizer for football parties or just for

Nutrition Information

Calories 120 each taquito

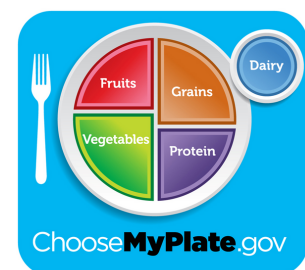
Fat 5g

Sodium 115mg

Carbohydrate 14g

Fiber 2g

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income.



SNAP-Ed provides purposeful education to diverse population's in neat and impactful ways!

COOKING MATTERS®

Our SNAP-Ed Nutrition Educators are wrapping up another successful school year that focused on a lot of in-school programming. Nutrition Educator, Whitney Kmetz worked diligently one day a week with Family and Consumer Sciences Teacher, Karen Mulligan to provide meaningful programming with two different curriculums, Serving up MyPlate Level 3 and Cooking for Teens. All students except in 6th grade learned about how to properly hold a knife, how to make recipe modifications, time management and many other skills. At the end of the school year children had an "Extreme Food Makeover Challenge" where they had to take an unhealthy recipe and make modifications to make it healthier. The children had a great time and it was quite the learning experience by all! The Serving up MyPlate curriculum for sixth graders integrates nutrition education into math, science, English language arts, and health. With this concept, it introduces children to the importance of eating from all five food groups using the MyPlate. Here are some examples of "Extreme Food Makeover Recipes" done by the children at SE!



CONTACT US

Want to join one of our free interactive nutrition sessions? Reach out to us today! Plus, you will get to enjoy a delicious recipe!!
Call- (607) 334-5841 ext:1132 or
Email- (Betty Clark) blc28@cornell.edu

CATCH®
COORDINATED APPROACH TO CHILD HEALTH

There is still time to sign up for these classes!!!

Contact Whitney Kmetz at: wdg43@cornell.edu to register today!

We will be hosting events for **youth aged 8-12 years old** at **Roots and Wings** using a curriculum called **CATCH**. Parents please **plan to stay**. CATCH focuses on **teaching children about the importance of physical activity and nutrition** with their overall wellness. And they will get to **prepare an easy recipe** to enjoy!!!

Check us out on these dates from 2-3pm:

Monday-July 11th

Monday-July 18th

Monday-July 25th

**SNAP-Ed
New York**
SAVE TIME. SAVE MONEY. EAT HEALTHY.

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 <https://www.snapedny.org/>

BUILDING POLLINATOR HABITATS WITH 4-H

by Alexis Woodcock, Grow Cook Serve Coordinator

As part of its "Kids in the Garden" series, Grow Cook Serve hosted 4-H participants at the Norwich Historical society for a pollinator workshop. 4-H'ers learned about the importance of pollinators in our home gardens and how they contribute to a healthier ecosystem. The participants played a game of garden charades and then built mason bee habitats to take home.



Here are a few tips from the United States Forest Service to create a pollinator paradise in your own back yard:

- Use a wide variety of plants that bloom from early spring into late fall.
- You can add to nectar resources by providing a hummingbird feeder.
- Go Native. Pollinators are "best" adapted to local, native plants, which often need less water than ornamentals.
- Observe pollinators when you walk outside in nature. Notice which flowers attract bumble bees or solitary bees, and which attract butterflies.
- Eliminate pesticides whenever possible.



SHOULD WE FEED SUPPLEMENTAL HAY TO ANIMALS ON PASTURE?

by Rich Taber,



In my travels around the countryside, I oftentimes see beef animals or sheep grazing; it is certainly that time of the year. What I find discouraging, however, is to see so many animals grazing on pastures that are stripped right down to bare soil. This is the result of animals continuously grazing the same pastures that have not been managed correctly. Ruminants, will graze regardless of how much grass is present. The reality is that many times the animals are expending more energy grazing than what they are netting in feed value from the depleted pastures. Two problems that can occur during the summer months, under grazing or over grazing. Under grazing is certainly the lesser of two evils. When pastures are overgrazed, the animals will not be getting their needed 2.5-3.0% forage dry matter intake to keep producing milk for the nursing young and to put on body condition. On my home farm, my cows will have lots of lush grasses available to them, but they will still gnaw on stripped down areas near the barnyard; it's in their nature. But they at least will go back to their lush grasses soon enough. This raises the question, should we feed the animals some additional feed if the pastures are not up to par? In a nutshell, yes! If you do not have grass available for the animals to graze, then they will need some supplemental hay fed to them. If you don't, then there will be weight loss, lowered milk production, and slow to non-existent weight gains.

You may counter with the argument that "Hay is expensive"! You are right about that! I have also found that animals are not all that enthusiastic about eating dry hay or baleage even when the grazing is all but nonexistent. The animals need to be fed however! The answer to this dilemma is to do as good a job as you can having grazing paddocks with grass available throughout the season and keep only the amount of animals your pasture can support. Animals really should not be in any given paddock for more than five days or so maximum before they need to be rotated into another one. This may be even more important when the inevitable midsummer "summer slump" occurs and grass growth slows down more drastically.

Keep your eye on your grass and your animals!



Paddock with plenty of grass



Avoid using your winter hay during the summer if possible.



4-H NEWS

Our 4-H'ers have been busy with Club, County, and Community Service activities. It's great to see youth active and impacting our communities!

PUBLIC PRESENTATIONS

4-H provides multiple educational opportunities for youth. One of the premier programs is the Communications Program better known as Public Presentations. This project area provide youth the opportunity to plan, research and present presentations to live audiences. Youth as young as five years old are encouraged to present their topics ranging from How to Make Chocolate Milk to The Solar System. Many 4-H graduates express how beneficial learning to give presentations has been in their college and professional careers.

Over the last two months we had two 4-H'ers go on to compete at the Regional General Presentations. Lily Marshman received a blue ribbon for her speech on "Farm Stress", and Shea Breese also received a blue for her illustrated talk about "Illustration and Character Development". Shea also had an opportunity to use her communication skill during a speech she gave for BOCES.

One representative from Chenango County went on to compete at the NY State Junior Equine Presentations. Abigail Mace took first place for her presentation called, "Grace, Skill, Endurance".

Great job ladies representing Chenango County 4-H!



Shea B.



Abby M.

4-H SEWING SPECTACULAR

The Sewing Spectacular was Held on May 4th at the Chenango Arts Council. The Arts Council was a great place where 4-H'ers could walk across the stage proudly displaying their sewing achievements. Approximately 60 parents, guests, and 4-H'ers came out to support our sewing program. This awesome turn out gave our 4-H'ers a real sense of accomplishment making the evening a true success!

We ended the evening with gifts for all of our sewers and refreshments provided by the Cottage Bakery. This event could only have happened because of the 18 wonderful volunteers that gave so willingly of their time to help the 31, 4-H'ers that attended this years sewing camp. This event was a wonderful culmination of our 4-H sewing program.



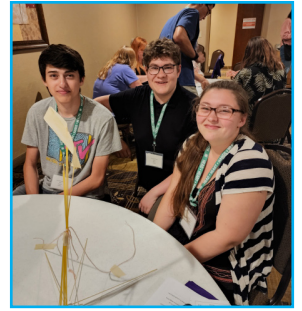
CNY 4-H LIVESTOCK RODEO – Sheep and Meat Goat Clinic

On April 30th youth from 8 different counties went to the Broome County Fairgrounds to learn about sheep and meat goats for an all-day hands-on clinic. Representing Chenango County 4-H at the event were David Palmer III, Amon Van Alst, Jake Beers, and Emma Jane Beers. During this clinic, youth learned about specialized livestock nutrition, caregiving, show preparations, and showing. Additionally, youth participated in showmanship contests to get direct feedback and tips from a local judge. What made this event extra special is that youth could either bring their own livestock or practice with one that was provided to them. This allowed youth who had not yet purchased animals to participate in the experience. Following the clinic each youth attending received a \$20 TSC gift card to purchase a tool or feed bag to support their personal progress. We hope you join us next year for this incredibly fun learning opportunity!



CAPITAL DAYS

This year's Capital Days marked the NYS 4-H Youth Development Program's first return to the Capital since the COVID pandemic had begun. It was remarkable! Representing Chenango County 4-H was Rachael Brandt who received a \$250 scholarship for her dedication to education, community, and personal growth. During the trip, NYS 4-H youth met with local legislators including Assemblyman Joe Angelino to achieve a better understanding of the NYS policy process, state and local government connections, create an awareness of career opportunities within government and public service, and share their 4-H stories. Youth were able to visit the Capitol Building, the Capitol Museum, various state departments, and tour the heart of Albany. Making the trip extra special, our group was invited to sit on the assembly floor while it was in session. To top it off each evening youth participated in youth delegate-led activities and contests. It was truly magical seeing the youth all sing Bohemian Rhapsody with locked arms as the second night ended. Please contact Craig to learn how you can make your own memories in this teen-focused event in 2023.



ANIMAL CRACKERS 2022 – All Creatures Great and Small

On May 7th TSC Scholarship recipient Noah Brandt attended the NYS 4-H Animal Crackers Program with Educator Craig for a fun, hands-on, science-oriented learning experience based on Animal Science topics. This annual workshop is for 4-H members interested in learning more about their favorite livestock, companion or pet animal species; the emphasis on different species groupings and activities varies annually. Participants learned about different aspects of animal care, interacted, and exchanged information with faculty, staff, students, professional producers, industry experts, and more, utilizing the unique facilities of Cornell University. Some of the species focused on this year included donkeys, horses, dairy goats, pack goats, canines, and cattle. Did you know donkeys can live over 50 years?! How cool is that fun fact we learned?



STATE DAIRY BOWL COMPETITION

After an incredible showing at this year's 4-H State Dairy Bowl competition, our South-Central Junior and Senior teams both placed 3rd overall! Representing Chenango County on the Junior Team was Elizabeth Vincent who played a crucial role in her team's success. Not 1, not 2, but 3 matches were determined by our South-Central team all getting their questions correct for bonuses. We are so proud of their teamwork and dedication to dairy education! We encourage any 4-H'er interested in learning about dairy cattle to join Megan, Victoria, and Craig next January for a program that involves games, tours, friendships, and hand-on learning that will last a lifetime!



CNY 4-H LIVESTOCK RODEO – Beef cattle clinic

On June 4th the second series of the CNY Livestock Rodeo clinic with a focus on beef cattle was held at the Cortland County Fairgrounds. Youth from many areas of central and southern NY made their way to the fairgrounds for the opportunity to hone their fitting, grooming, and showmanship skills. Representing our program was Chenango County 4-H'er Amon Van Alst and Cloverbud Rinoa Brown. Each worked with their selected mentors and cattle from the wash rack to the showing. Amon honed his clipping skills and Rinoa learned the basics of showing. Each of these youth represented us well and received \$20 gift cards to use towards their showing pursuits. We would love to have more youth attend with us in 2023!





SHOOTING SPORTS

Our shooting sports program moved outside in May. This gives us more space and opportunities for more training. Outdoor training help the participants learn to compensate for the wind blowing and the changing dynamics of sun light and shadows. Our dedicated instructors concentrate on skill development while being ever mindful of safety. For information about the Shooting Sports Program contact Richard arlt229@cornell.edu or call the office.

Outdoor Cooking

The outdoor cooking project made macaroni and cheese with a blue berry cobbler using the dutch ovens on charcoal. Next month they will be planning the items they want to demonstrate at the fair. Outdoor Cooking is for youth ages 12 and up. Let Richard rlt229@cornell.edu know if you are interested in joining this program. Our next meeting will be July 9th.

Build your Survival Skills Series:

Wild Edibles Hike & Cookout

4-H'ers foraged for wild edibles! They harvested leeks, onions and garlic mustard. They cooked a pesto for pasta and made grilled cheeses over the campfire! After exploring, harvesting, cooking and eating, everyone relaxed in the sunshine. A BIG THANK YOU to Rich Taber for hosting the program at his property. He had everything setup and ready to go for us! Thank you!!

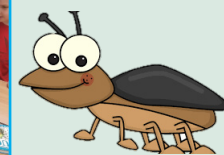
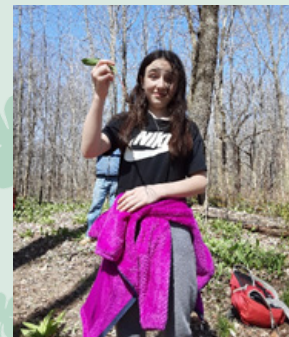
4H BOWMAN LAKE CAMPING TRIP

Our 4H Outdoor Adventure program had a great camping trip to Bowman Lake State Park on June 4-5. Nine campers and three parents enjoyed swimming, fishing, games and tie died t-shirts followed up by a great supper cooked over a campfire (foil wrapped burritos and s'mores). After a fun day outdoors, the campers retired to their tents and were serenaded by the calls of barred owls throughout the night. In the morning, after a delicious hot breakfast of "oatmeal bake", campers packed their tents and sleeping bags, bid each other good by and headed home. We are looking forward to the next trip!

4-H BUG CLUB

In May the Bug Club began with our awesome volunteer Jen C. She lead this series starting off showing her own bug collection and teaching the kids about different insects. Our next bug adventure was a field trip to learn about insects and how to sweep net for them. While exploring open fields, forests, and edge habitats looking for insects, we found, leaf hoopers, butterflies, moths, flies, beetles, and spiders.

On the final session in June. 4-H'ers learned how to properly pin insects and started their own collections! We can't wait to see their projects at the fair!





OUTDOOR COOKING (ages 12+) (2nd Sat./month)

Come join the outdoor cooking program as 4-H'ers learn to use alternate heat sources to cook using cast iron. They have been experimenting with different recipes and will be creating some of their own creations during the fair. Their next meeting will be on July 9th, 10:00am @ CCE. If you are interested in this type of program and would like more information contact Richard: rlt229@cornell.edu or call 607-334-5841 X 1115

TEEN COUNCIL (ages 14 and up)

The Teen Council meets on the second Tuesday of every month except during county fair week. The Teens primary focus is on Community Service, Leadership, and Civics. They do different activities centered around these goals all while doing things like team building exercises, planning their next community service project, problem solving activities, and more. If you are interested in joining or would like more information contact Richard: rlt229@cornell.edu or call 607-334-5841 X 1115

4-H Community Club

Rogers Center - July 6th, from 3:30 to 5pm

Join in our fun outdoor 4-H program, at Rogers Center in Sherburne, ages 8 and up. We will explore the property and different habitats. We will be learning about trail cameras and setting a couple up to see what animals we can find!

Email Erica to register at elc97@cornell.edu

4-H Outdoor Adventure

July 20th, from 3:30pm to 5pm

Learn about the insects and other animals that live under water! We will use various nets, magnifying glasses, and buckets to collect and observe these critters. Learn how scientists use these animals to determine water quality.

Kayaking & Community Service

July 27th, from 10am to 1pm

River Clean-up and Kayaking on the Chenango River! Ages 10+

Join us for a fun time on the water and help pick up litter along our route. Learn paddling techniques & play games, while we explore the beautiful outdoors! We have the kayaks, paddles and life jackets. Pack your lunch, we'll eat on the water!

4-H Fun Day

Chenango Valley State Park

August 30th, from 9am to 4:30pm

(rain date: Aug. 31)

Ages 10 and up.

Join us for a fun day of exploring this beautiful park! We will have games, activities, kayaking, a lunch cook-out and more! Transportation available from our CCE office.

Email Erica to register at elc97@cornell.edu

YOUR ADVENTURE AWAITS!

Youth Outdoor Program Series

Youth will participate in engaging programs, while exploring natural areas with trained staff.

- Gain life skills
- Learn about nature
- Enjoy hands-on activities
- Leave each place better than we found it



WHO:
This outdoor program series is for, Chenango County youth, ages 10 to 17

Register for one or all sessions:
Email Chenango County 4-H Educator,
Erica Clark, elc97@cornell.edu



Brought to you by:
Chenango County 4-H
and Chenango County
Youth Bureau

THESE EVENTS ARE FREE!

REGISTRATION IS
REQUIRED!

ELC97@CORNELL.EDU

Explorer Adventure: Learn to use compass & map while we explore, at Rogers Center in Sherburne Tuesday, July 5 from 3p to 5p

Survival Skills: Fire & shelter building basics, at Cook Park in Greene Monday, July 18 from 10a to 12p

Kayaking: Paddling trip at Guilford Lake in Guilford Tuesday, July 26 from 3p to 5p

Catch your Dinner: Introduction to fishing. Bring your fishing pole or use ours To Be Determined Wednesday, August 3 from 10a to 12p

Outdoor Photography: Photography tips & tricks for capturing nature & wildlife. Bring your own camera/ phone or use ours. Round Pond, Pharsalia Woods State Forest Wednesday, August 17 from 3p to 5p

Nature Emersion: Use your senses to explore, ID edible plants and more. Whaupanaucou State Forest Saturday, August 27 from 10a to 12p



Be sure to check the write ups about each activity listed for more details



July 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 4-H Community Club 3:30-5:00	7	8	9 Outdoor Cooking
10 Junior Livestock show	11 Junior Livestock Show 4-H Teen Council 6pm	12 Junior Livestock show	13 Leaders/ Volunteers Pre-fair picnic	14	15	16
17 4-H Shooting Sports	18	19	20 Outdoor Adventure	21	22	23
24 31	25	26	27 4-H Kayaking & Community Service	28	29	30

LEADERS/VOLUNTEERS ASSOCIATION MEETING-

The Leaders Association is a group of 4-H Leaders and Volunteers that meet approximately six times a year to aid in the success of 4-Hers throughout Chenango County. Their goal is to assist the extension educators, provide a forum in which leaders may discuss and exchange ideas, and raise money that will benefit 4-Hers' and leaders as determined by the Association. Past monies raised have gone toward College Scholarships, 4-H Camps, 4-H National Competitions, Startup monies for new clubs, Sewing Awards, and more. It is the mission of this Association to help in any way to promote 4-H in Chenango County.

CCE BOARD MEETINGS -

The CCE Board meetings are open to the public. These meetings are usually held on the third Tuesday of each month at 7pm, unless otherwise stated. You should call ahead if you are planning on attending. Contact Alice at: ama42@cornell.edu or 607-334-5841 x 1118

LIVESTOCK AUCTION COMMITTEE MEETING-

The Livestock Auction Committee is made up of a group of volunteers that provide support for 4-H youth interested in raising animals. The group offers Scholarships for 4-Hers to try their hand at raising species that they don't already have knowledge of. They also help in setting up the Livestock Auction at the Chenango County Fair. If you are interested in more information about this group please contact: Craig at: cbrown@cornell.edu or call: 607-334-5841 x 1112



August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 4-H Non-Perishable entries Judged
7	8 4-H Perishable entries Judged	9 4-H County Fair	10 Chenango County Fair	11 Chenango County Fair	12 Chenango County Fair	13 Chenango County Fair
14 Chenango County Fair	15	16	17	18	19	20
21 4-H Shooting sports	22	23	24 NYS Fair	25 NYS Fair	26 NYS Fair	27 NYS Fair
28 NYS Fair	29 NYS Fair	30 NYS Fair 4-H Fun Day 9:00 - 4:30	31 NYS Fair			





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Robert Davis Jordan Fleming
Joe Cornell

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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Building Custodian

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