

Extension *Express*

VOLUME 15 ISSUE 4: JULY-AUGUST 2018

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MASTER GARDENER PLANT SALE

On June 9th, 2018, The Cornell Cooperative Extension of Chenango County Master Gardener Volunteers held their annual plant sale, this year at the Guernsey Memorial Library in Norwich. Due to pleasant weather, a great location, and the conjunction with the library book sale the plant sale was a big success. Proceeds from the plant sale will help further Master Gardener education and provide more programming opportunities.

A big thank you to the library and all the community members who came by the sale to support the Master Gardener program in Chenango County.



Pictured above: Lynne Lightowler-Buck, Bob Davis, Della Ericksen, Mary-Sue Smith, Shelley Werner, Judy Sellers

Join us for the Upcoming Programming!

Introduction to Food Preservation: Science and Safety: July 10th, 2018 6:00-8:00PM

Get an overview of the different techniques to preserve food safely, familiarize yourself with the equipment and learn the science behind safe food preservation techniques and approved recipes. This is a beginner class and cost \$5.

Preserving Blueberries: July 31st, 2018 6:00-8:00PM

Learn to safely turn fresh blueberries into jams, jellies syrup, and fruit leather. All materials and ingredients provided. This is a hands on class. Please wear closed toe shoes and bring an apron if you like. Cost \$15.

Salsa and Sauces: August 28th, 2018 6:00-8:00PM

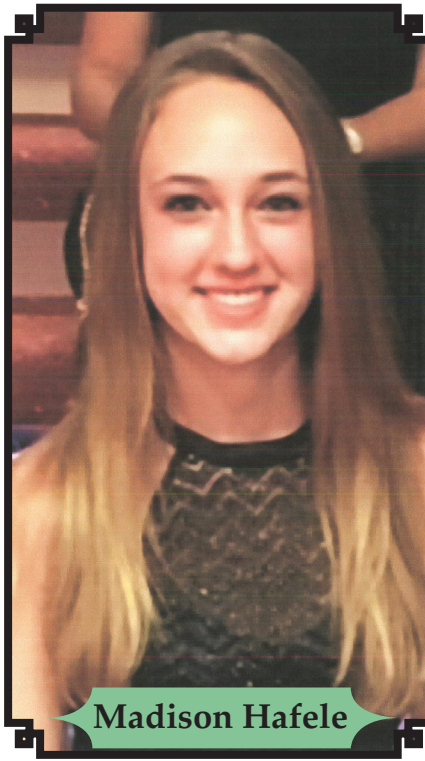
Discover how to make salsa, condiments, and sauces from seasonal ingredients and safely preserve them for later use. All materials and ingredients provided. This is a hands on class. Please wear closed toe shoes and bring an apron if you like. Cost \$15.

To register for any of these classes, contact Cindy Gardiner at (607) 334-5841 ext. 11



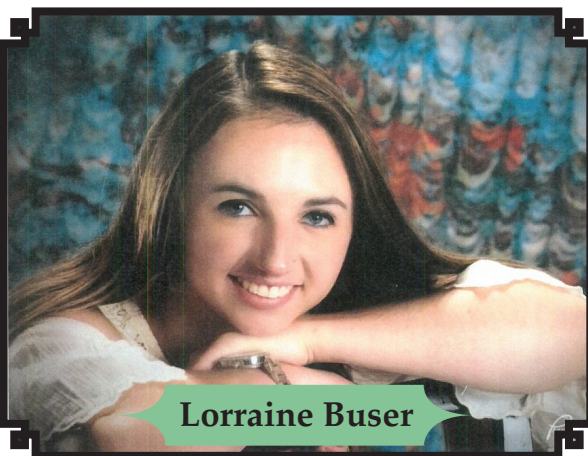
Alex Evans

Alex is a ten year Independent 4-H member. He has been active in the 4-H Dairy Showing contests at the county fair and the New York State Fair. Alex says *"Being in 4-H has taught me to have the confidence to present myself in front of a judge. I have learned that sometimes things do not always go the way you think they should, but it is okay as long as you have done the best you can do."* Alex will be attending SUNY Morrisville and studying Agricultural Engineering. Alex is the Leaders Association Scholarship Top Recipient



Madison Hafele

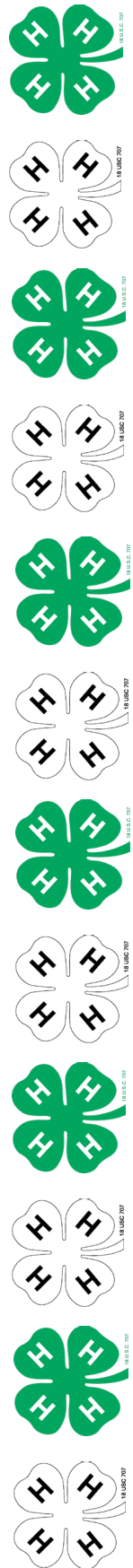
Madison is an eight year member of the Hidden Ponds Horse Lovers 4-H Club. As a club member she has held every office possible and is currently the club president. She has competed in Horse Bowl, Hippology and public presentations. Madison says, *"Being in 4-H has had such an unbelievable impact on my present life and future. It has given me the passion to be able to complete my goals and strive to help others in my future career."* Madison will be attending the University of Kentucky and studying Biology.



Lorraine Buser

Lorraine has been involved in Hidden Ponds Horse Lovers 4-H club for ten years. As a club member she has held the office of Vice President, Treasurer, and Photographer. She has competed in public presentations, drill team, quadrille team, horse bowl, hippology and horse shows. Lorraine says *"4-H has had a positive impact on my life. I have grown as an individual in many ways with each experience that 4-H has given me."* Lorraine will be attending SUNY Morrisville and studying Business Administration.

LEADERSHIP ASSOCIATION SCHOLARSHIP WINNERS



4-H OUTDOOR ADVENTURE RECAP!

April – Scavenger Hunt Hike

In April, adventurers went on a hiking expedition to play scavenger hunt bingo. Each 4-H member was equipped with a bingo sheet, and they had to find and photograph the items on their sheet. Items included nuts, animals, trees, holes, and more. Participants also learned compass basics when navigating back to our meeting spot.



May - Wild Edibles

May's Outdoor Adventure involved eating things from the backyard! 4-H members were able to learn about and taste-test common edible plants that can be found easily in your backyard or nearby wooded areas. Our brave members tasted burdock root, wild leeks, cattail, white pine needles, and dandelion. Participants also had the opportunity to cook a dish using the wild leeks (ramps). The ramps added some mild garlic flavor and the dish received all around thumbs up! Our members left feeling confident and excited that they could find these edibles in their backyard!

UPCOMING OUTDOOR ADVENTURES:

July 21, 2018 –Wayfinding Fun

Try your hand at navigation! We will be using our compasses and GPS units to find waypoints and geocaches! Learn how to use an electronic GPS unit. We will even try to hide our own cache for others to find! We will be meeting at 10AM at the Adams Farm on Williams Road (near Rogers). Wear long pants and close-toed shoes, please! 4-H members of any age welcome.

August 18, 2018 –Hike with Bullthistle Hiking Club

4-H is collaborating with the Bullthistle Hiking club for a fun hike! We will meet at 9AM in the parking lot behind the Howard Johnson. We will be hiking several miles and will be playing a game with a winning prize as we go and will have a small cookout along the way. 4-H members of any age welcome.



1st 4-H SURVIVAL SKILLS CHALLENGE, A SUCCESS!



Saturday, June 9th, the Chenango County 4-H youth joined together at Millbrook Park in New Berlin to Get Outdoors. Coincidentally, that same day people across the United States took part in National Get Outdoors Day. Thanks to the event sponsor Kerry and all their great volunteers, Chenango County Cooperative Extension was able to host the first 4-H Survival Skills Challenge.

4-H'ers were met with fantastic weather and challenging tasks throughout the days events. Participating teams rotated through five stations partaking in kayaking, wayfinding, foraging, fire starting, and shelter building. At each station a volunteer from Kerry used a scoring rubric to score the teams on many different aspects of outdoor survival, but most importantly teamwork. The competition was hard, but the teams worked harder. Not only did they learn about outdoor survival, but they enjoyed themselves too! 4-H'ers, parents, and volunteers concluded the day by enjoying lunch in the pavilion at Millbrook Park.

The 4-H Outdoor Survival Skills Challenge is a day full of the events 4-H'ers had the chance to partake in throughout the year.



Congratulations to our winning team made up of Cole W., Paige W., Anne B., and Loralee B.!

Over the last year, 4-H'ers have had the chance to participate in the outdoor programming provided by 4-H educator Christina Hall, going on kayaking trips, finding wild edibles, using GPS'es and much more.

KEEP GREEN AND KERRY ON.

The Norwich Community Garden welcomed helping hands from Kerry for a clean-up day on Friday, April 27th.

As Part of their Keep Green initiative, and in honor of Earth Day, employees from Kerry joined the Grow Cook Serve program of Cornell Cooperative Extension of Chenango County to help ready the garden for spring planting.

The volunteers from Kerry focused their efforts on the four plots occupied by the Grow Cook Serve program. The program endeavors to increase the capacity of food pantries in Chenango County by donating fresh produce grown at the community garden and gleaned from local farms. "As a volunteer program, this partnership with Kerry is a huge help and I can't wait to see how all this hard work will pay off come harvest season" said Alexis Woodcock, program coordinator for Grow Cook Serve.

In addition to weeding, tilling, removing plant debris, and making rows for planting for the Grow Cook Serve plots, Kerry helpers weeded around other plots, cleared garbage, and improved the appearance of the whole Community Garden.

"After a long a day of work, it was very satisfying to see all the progress made and it just wouldn't have been possible without the volunteers from Kerry." –Alexis Woodcock.

If you are interested in volunteering at the community garden or maintaining your own plot, please contact Alexis Woodcock at asw239@cornell.edu or (607) 334-5841 ext. 20.

Recently Kerry has become a huge supporter of efforts with Chenango County CCE, first getting involved with the Grow Cook Serve coordinator at the community garden, and now with our 4-H Outdoor Programs.



Leading to Better
158 State Hwy 320
Norwich NY 13815

Through sensory science and technology, Kerry develops and manufactures food and beverage solutions for popular brands throughout the world. Since its establishment in May 2015, the Kerry Employee Engagement Program's (KEEP) Green group, from the Norwich, NY manufacturing facility, has worked to support environmental sustainability initiatives both within the Kerry, Norwich manufacturing plant and in the local community.



4-H'ERS LEARN FIRST HAND AT GETTYSBURG

4-Hers from Chenango County and Seneca County joined up for a trip to Gettysburg on April 2nd, 3rd, and 4th. 24 4-Hers and family members participated. The group visited the battlefield including famous sites like Pickett's Charge, Little Round Top, the Peach Orchard, and the Wheat Field. The group also visited the Gettysburg National Museum and the Seminary Ridge Museum.

Though the weather was wet and cold, the group was fascinated to learn about this pivotal point in United States history. Ave Bauder, the Executive Director of Seneca County CCE, is an expert on the Civil War. His enthusiasm and encyclopedic knowledge of the battle and the men who fought it brought this and historic site to life for the group.

Before the trip, two eleven year old 4-H'ers wondered why they would want to go to Gettysburg in the first place. By the end of the trip they asked to stay another half-day to get a closer look at Little Round Top, the Devil's Den, and some of the monuments (they were interested in the one with an Irish wolfhound). They learned more about the Civil war in a couple of days, than they would have from weeks of studying textbooks. These two mostly enjoyed learning from the older 4-Hers who were experts on the fighters of the era, and playing "spoons" with the other kids back at the hotel at the end of the day.



ANIMAL CRACKERS AT CORNELL UNIVERSITY

Chenango County 4-H'er Sarina Bell and her mom Amy participated in the rabbit tract of Animal Crackers. Sarina had a really great time learning all about rabbits in this hands-on, statewide 4-H Program.



Thank you for your Donations and your Support!

H.P. Hood

Organic Valley

Teresa Mandracchia

Stewarts



Surviving a Zombie Apocalypse: a Weekend Filled With Outdoor Adventure

WHEN: Friday, September 28th to Sunday, September 30th

WHERE: 4-H Camp Bristol Hills
Canandaigua, NY

WHO: Youth ages 10 and up

Save the Date and join the Youth in Nature and Outdoor Education Program Work Team as they try to survive a zombie apocalypse. (Just pretend)

At the beautiful 4-H Camp Bristol Hills you will learn outdoor survival skills to keep safe when the invasion comes. Learn skills such as fishing, fire building, preparedness, packing, outdoor cooking, and more!

Although the zombies are coming, weekend participants will be safe in rustic cabins and have fantastic meals prepared for them in the dining hall. Storytelling and fun games will be part of the schedule.

Space is limited and registration is required! RSVP by Saturday, September 15th! Camp Fee: \$70, scholarships available.



Registration coming soon at
www.senecacountyce.org

For more information please contact
Susan at (315) 539-9251 or smc226@cornell.edu
or

Renee at (585) 991-5420 or rh445@cornell.edu



4-H GROWS HERE

4-H CALENDAR UPDATE

July 6 th -8 th	Afton Fair
July 6 th	4-H Drop-In Day, 1-4PM, CCE Kitchen
July 8 th -10 th	The Farmers' Museum Junior Livestock Show, Cooperstown, NY
July 13 th	4-H Drop-In Day: Cheesecake Chemistry, 1-4PM, CCE Kitchen
July 16 th	4-H County Fair Entries Due, CCE, 4PM
July 21 st	4-H Drop-In Day, 1-4PM, CCE Kitchen
July 23 rd	4-H Fair Clean Up, 9AM-3PM, Case Building
July 27 th	4-H Drop-In Day: Hydraulic Engineering, 1-4PM, CCE Kitchen
July 30 th	Livestock Pen Set Up, 7PM, Chenango County Fairgrounds
Aug 1 st	4-H State Fair Animal Entries Due, 4PM
Aug 4 th	4-H Domestic Projects Pre-Fair Judging, Case Building
Aug 6 th	4-H Perishable Projects Pre-Fair Judging, Case Building, 4-7PM
Aug 7 th -12 th	Chenango County Fair
Aug 20 th	4-H State Fair Exhibitor Meeting, 7PM, CCE
Aug 22 nd -Sept 3 rd	NYS Fair, Syracuse
Sept 15 th	4-H Year-End Paperwork Due



2018 CHENANGO COUNTY FAIR THEME

Show your 4-H pride and decorate your livestock or club booth area using this year's theme,

4-H Mau Loa

Preregistration required. Entry forms on the inside cover of the 4-H Chenango County Fair book

2018 4-H NYS FAIR INFO

- All animal entries are due August 1st. Plan ahead!!! Register all animals that you think might go. It is easier to scratch than to add entries. Additional animal entries can be made by close of county fair but it will be the responsibility of the exhibitor to get those entries to the NYS Fair Entry Office by closing of August 13, 2018.
- The normal State Fair Show Schedule has changed with the additional day added to the State Fair. Please read the activities schedule in your entry packet very carefully to find out all changes for your species. Parking and parking pass needs have also changed drastically. If you are entering an Open Show and are able to purchase passes with those entries, please do so.
- Animal entry forms and class lists can be obtained by calling the 4-H Office, 334-5841 x12.
- Dairy Cattle entries must be accompanied by registration papers and a signed code of conduct.
- All entries must have a 4-H Educator's signature to be official.
- All domestic exhibits will be selected at county fair prejudging.
- Items going to State Fair will be packed and stored at the CCE Office until State Fair, unless items need fixing before State Fair competition. Produce, baked goods, and flowers must be brought to the CCE Office before State Fair.
- Dorms for State Fair 4-H Animal Exhibitors: Those parents, volunteers, and youth planning on staying in the Youth Building Dorms must complete a paper copy registration form by August 1, 2018. Each person must present this 4-H Educator-signed form upon move-in into the dorms. All adults staying in the dorms must be enrolled volunteers who have undergone a CCE background check within the last 3 years, per NYS Cornell Cooperative Extension Policy. Those exhibitors NOT staying in the dorms during State Fair must complete a "Dorm Exemption" form and have it on file with the 4-H Office and indicate where they will be staying.
- EXHIBITOR'S PASSES, DAILY PASSES, AND PARKING PERMITS for State Fair will not be mailed out ahead of time. State Fair exhibitors will meet on August 20th to pick up passes, 7PM, CCE Office.

CHENANGO COUNTY 4-H GRANT NEWS

Chenango County 4-H would like to thank local grant foundations for their generosity and support for the following 4-H projects:

Otis Thompson Foundation, Inc. has awarded Chenango County 4-H \$2,000 to help support 4-H After School Programming efforts across 15 different program partnerships within the county.

Chenango Youth Philanthropy Council, Sherburne-Earville High School, has awarded Chenango County 4-H \$2,883 to help support the 4-H Weekend Outdoor Adventure Program. Funds will be used to purchase snowshoes, curriculum and other program support materials.

The Greater Norwich Foundation, in Memory of Mr. & Mrs. John B. Turner, Jr. has awarded Chenango County 4-H \$18,794 to continue renovating the livestock area of the Chenango County Fairgrounds. Funds will be used to overhaul the electrical system, update lighting and to purchase 30 5'X5' sheep pens.



4-H County Fair Schedule



Monday, July 16th, 2018

4:00 PM All entries due to the 4-H office

Wednesday, August 1st, 2018

4:00 PM State Fair 4-H Animal Entries Due

Saturday, August 4th, 2018

10:00 AM-1:00 PM 4-H Judging for Non-Perishable Exhibits
(Sections 2-7, 9-11, Section 1 Non-Perishable Cloverbud Exhibits)

Monday, August 6th, 2018

12 noon Animal Barns open to Exhibitors
4:00 PM-7:00 PM 4-H Judging for Perishable Exhibits
(Sections 8, 10, & 12; Cloverbud Perishable Exhibits)

7:30 PM 4-H Goat Milking Contest – 1st Milk Out

Tuesday, August 7th, 2018

7:30 AM 4-H Goat Milking Contest – 2nd Milk Out
9:00 AM 4-H Rabbit and Cavy Show
12 Noon All Animal Exhibits must be in place
12 Noon 4-H Pet Show
2:00 PM 4-H Dairy Cattle Judging Contest
4:15 PM 4-H Animal Exhibitor Meeting - Required
5:00 PM Market Animal Weigh In
6:15 PM Fair Parade
7:30 PM 4-H Goat Milking Contest – 3rd Milk Out
8:45 PM 4-H Pineapple Bowling

Wednesday, August 8th, 2018

8:30 AM 4-H & Open Poultry Judging
1:00 PM 4-H Dairy Goat Show
7:00 PM 4-H Dairy Showmanship

Thursday, August 9th, 2018

8:30 AM 4-H & Open Dairy Show
9:00 AM 4-H & Open Livestock Show
6:30 PM 4-H Clothing Revue
7:00 PM Dog Obedience Trial
8:00 PM 4-H Hula Hoop

Friday, August 10th, 2018

8:30 AM Open Youth Horse Show
10:00 AM 4-H Parent Dairy & Livestock Showmanship Contest
1:00 PM 4-H Pack Goat Demonstration
7:00 PM 4-H Livestock Auction
8:30 PM 4-H Hula Relay Game

Saturday, August 11th, 2018

3:00 PM Super Showmanship Contest
5:30 / 6 PM Livestock Fellowship Dinner
7:00 PM 4-H Fair Awards & Ice Cream Social
8:30 PM 4-H Luau Party and Dance

Sunday, August 12th, 2018

10:00 AM 4-H Goat Judging Contest
1:00 PM 4-H Build It! Challenge – Volcanoes
3:00 PM 4-H Dairy Cattle Released
4:00 PM 4-H Poultry, Beef, Sheep, Swine, and Goats Released
4:00 PM 4-H Premium Checks & 4-H Domestic Exhibits Released

CCE / 4-H Office

CCE / 4-H Office

HL Case Building

HL Case Building

Livestock Show Ring

Livestock Show Ring
Follett Show Ring

Follett Show Ring
Follett Show Ring
Follett Show Ring
Livestock Barns

Livestock Show Ring
Follett Show Ring

Poultry Tent
Livestock Show Ring
Follett Show Ring

Follett Show Ring
Livestock Show Ring
HL Case Building
Follett Show Ring
Follett Show Ring

Horse Show Ring
Follett Show Ring
Livestock Show Ring
Follett Show Ring
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Livestock Show Ring
Livestock Show Ring
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Follett Show Ring

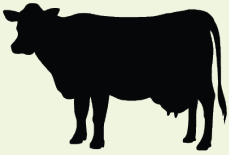
Livestock Show Ring
HL Case Building

HL Case Building



COOPERSTOWN FARMERS' MUSEUM JUNIOR LIVESTOCK SHOW • JULY 8TH-10TH, 2018

Get ready Chenango County 4-H - the annual Junior Livestock Show is coming! This show is a celebration of youth in agriculture! The show is the second largest youth competition in the state and the only one of its kind sponsored by a museum in the United States. A tradition in central New York, the event features the area's best livestock and youth exhibitors from a nine-county region. More than 300 youth handlers and 750 animals are expected to participate. The event tests the skills of participants (ages eight to eighteen) who present animals (dairy cows, beef, swine, goats, and sheep of various breeds) that they own, care for and have prepared for competition.



THE FARMERS' MUSEUM



4-H Horse Riding Evals at the fairgrounds. Thanks Joyce and Nate for evaluating!

4-H Pollorum Testing in Action! Thanks Deb!



4-H CHOCOLATE CHIP COOKIE CHEMISTRY

4-Her's baked up a storm in April as we experimented with the chemical ingredients in a chocolate chip cookie recipe! After discussing how to measure ingredients, we dove in to the different ingredients and what their purposes were, besides making yummy treats! Changing the amount of baking soda or substituting baking powder made for some interesting raw and baked results. Members then went around the building, taste testing on unsuspecting adults, tallying each person's favorite and explaining the chemistry behind each recipe variation. The winner was the recipe with additional baking soda, followed by the original recipe. Participating were: Amon Van Alst, Brianna Allen, Meghan Funk, Emilee and Jill Bennett, and Louise Butcher.



4-H DAIRY GOAT NUTRITION AND SHOWMANSHIP CLINIC

4-H'ers from Chenango and Tompkins Counties came together in May at Surf-N-Turf Farm, The Graham Family, to learn more about feeding and getting ready for the show ring. Andrew Beals, Poulin Grain, was our guest speaker on feeding dairy goats throughout the different stages of their lives. Susan Graham led hands-on clipping and Paige Warren led showmanship. Thanks to Andrew Beals and the Graham Family. Chenango County 4-H was represented by: Erin, Justin, Peyton, Skyler Graham; David Palmer; Paige and Cole Warren.



UPCOMING 4-H DROP-IN DAYS

Join 4-H Friday afternoons through the month of July as we offer "4-H Drop-In Days" from 1-3pm in the CCE Kitchen. Come make a take home project, as well as having projects to enter in the Chenango County Fair! 4-H membership not required to participate, classes are free, all ages are welcome.

The following will be offered:

- | | |
|---------|-----------------------|
| July 7 | Bath Bombs |
| July 14 | Cheesecake Chemistry |
| July 21 | Homemade Speakers |
| July 28 | Hydraulic Engineering |



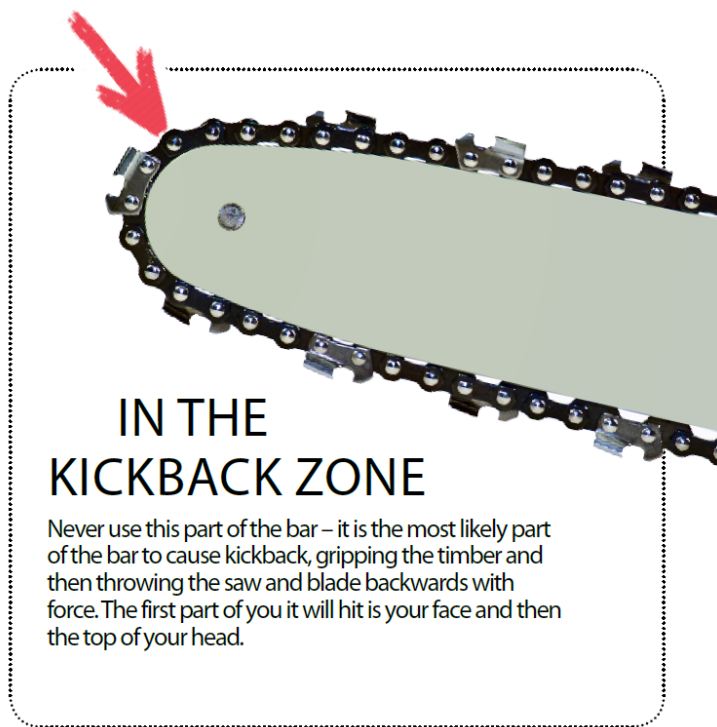
JUST SAY NO TO KICKBACK! CHAINSAW SAFETY PART 4

By Rich Taber, CCE Chenango

In the first three articles on chainsaw safety the focus was on having the right types of safety equipment when using chainsaws. It is imperative to have all of the right OSHA (Occupational Safety and Health Administration) approved safety features when you or your employees are using chainsaws. This article will look at how to prevent kickback injuries, which are one of the most common ways that chainsaw injuries occur. What is kickback? It happens when the top front tip of the chainsaw bar hits an object, and “kicks back”, oftentimes hitting the operator and causing either death or grievous bodily harm.

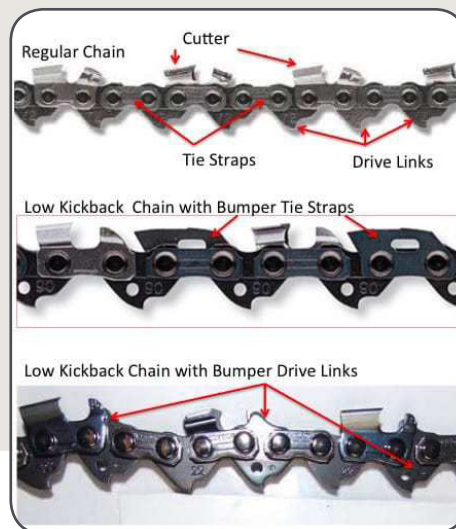
I speak from experience. In the fall of 1983 I was out in my farmyard cutting firewood with a fairly new chainsaw but it did not have a chain brake installed on it. I pointed the tip of the bar at a chunk of wood to see if oil was coming onto the blade, when for a millisecond it hit said chunk of wood and kicked back into my face and upper left shoulder, for which I still bear those scars to this day. If the chainsaw had a chain brake I would still have been hit, but the chain would not have ripped its way through my body. Seventy some stitches and a period of convalescence ensued.

This is why it is important to select a chain saw that is equipped with kickback-reducing devices (e.g., chain brake, low kickback saw chain or reduced kickback saw chain), that are also designed for the chain saw you are using and meet OSHA standards. Though it is important to remember, these devices only reduce and not prevent kickback.



Take note of these tips for chainsaw safety!

1. Watch the guide bar nose. Do not let it touch logs, branches, or the ground when the saw is running. The majority of chainsaw accidents come from kickback.
2. Run the saw at full power when cutting, and keep the chain sharpened to specifications (e.g. correct depth and angle). Matching the chain and bar for exact and correct pitch and gauge is imperative, and set depth gauge to manufacturer's settings.
3. Knowing where the bar tip is at all times is crucial.
4. Keep the tip of the moving bar away from any object!
5. Make sure the chain brake functions and adequately stops the chain. The stopping power of a chain brake can be greatly reduced by wear, or by oil, dirt or sawdust in the brake parts. **DO NOT USE A CHAINSAW IF IT DOES NOT HAVE A CHAIN BRAKE!**
6. Sometimes installing a safety tip that covers the nose of the guide bar on the saw helps to prevent contact with the kickback zone. The tip must be removed for making bore cuts (pocket cuts) or for cutting wood thicker than the length of the guide bar.
7. Maintain correct chain tension as shown in the last edition of SFQ.
8. Hold the saw securely with both hands. Have one hand on the handle bar and the other on the grip or trigger, and do not operate the saw left handed, as the blade will hit you directly with kickback if you do so.
9. Ensure that you have firm footing before starting to saw, and stand to the side of the cutting path of the chain saw. Also, position yourself so that you are not near the cutting attachment when the chain saw is running.
10. Always wear the required personal protective equipment!



Rich Taber, M.S./M.S.F., is with CCE Chenango and farms in Madison County. He can be reached at 607-334-5841 ext. 21 or by email at rbt44@cornell.edu.



19th ANNUAL DAIRY DAY 2018
 Thank you to all who attended
 and supported
 this years
 Dairy Day celebration!

A special thank you to our event
 sponsors, without them this Dairy Day
 celebration would not be possible!

We hope to see you all next year!



Farm to Fork, a taste of
 Chenango is still open to
 vendors!

Friday, August 10th
 &
Saturday, August 11th

Call Ashley at (607) 334-5841 ext.
 16 for more information or visit
cchechenango.org/farmtofork



Main Dish Taco Salad

Main Dish Taco Salad was the featured recipe on Friday, May 25th, at Roots and Wings, for the “Healthy Home Cooking Class” conducted by SNAP Ed Nutritionist Liz Coffey. The clients that visited the food pantry and thrift store, to pick up their Food Sense, could have a quick lunch thanks to the collaboration with Fidelis Care!

Partnering these classes with Kelly Ames, Fidelis Community Relations Specialists, offers the clients the chance to check on their insurance, making updates or signing up to receive it, while also learning some new health tips. The collaboration between Liz, ESNY Nutritionist, and Kelly, Fidelis representative, has become a monthly occurrence at Roots and Wings, and the clients truly enjoy it.

Catholic Charities Roots and Wings Director Melinda Mandeville has been more than generous and happy to have the agencies attend providing their services. Not only does this positive collaboration offer clients a chance to learn and become aware of the services that are available, but it also demonstrates easy healthy recipes that can be cooked with ingredients right from the pantry!



Clients at Roots and Wings enjoy the Main Dish Taco Salad prepared by Liz.

MAIN DISH TACO SALAD • SERVES 6 • SERVING SIZE ½ CUP

Ingredients:

- 1 medium onion, chopped
- ¾ cup salsa
- Spray oil
- ½ pound lean ground beef or turkey
- ½ teaspoon chilli powder
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- 1 can (14-16 oz.) kidney or black beans, drained and rinsed
- 1 cup grated reduced-fat cheddar cheese
- ½ head of romaine lettuce, chopped
- 3 medium tomatoes, diced
- 1/2 bag of tortilla chips (10 oz. bag)

Optional: light ranch dressing or light sour cream

Instructions:

1. Spray pan with vegetable spray. Stir in salsa. Simmer on low for about 5-10 minutes. Turn off heat and keep warm.
2. Add meat and seasoning to the pan. Saute for 5-8 minutes until meat is browned.
3. Add beans to pan. Stir in salsa. Simmer on low for about 5-10 minutes. Turn off heat and keep warm.
4. Mix together with lettuce and tomato.
5. Put tortilla chips on plates and top with salad.
6. Top with cheese or light dressing. Serve right away.

Nutrition Facts

Amount Per Serving			
Calories 290		Calories from Fat 50	
Serving Size 1 cup (137g)			
Servings Per Container 8			
		% Daily Values*	
Total Fat	6g		9%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	250mg		10%
Total Carbohydrate	50g		17%
Dietary Fiber	7g		28%
Sugars	6g		
Protein	10g		20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

GREEN BEAN AND POTATO SALAD

Recipe from the Eat Smart New York! Program • Serves 8

Salad

- 1 pound green beans, cut into 2' pieces
- 12-16 small red potatoes, diced and boiled
- 2 Scallions (green onions), chopped

To Prepare:

1. Steam green beans until crisp tender.
2. Place the beans, potatoes and scallions in a medium bowl.
3. Combine all the dressing ingredients in a jar and shake.
4. Pour dressing over salad. Toss gently to mix the ingredients well.
5. Cover the salad and refrigerate for several hours or overnight.
6. Enjoy!

Dressing

- 2 tablespoons olive oil
- 2 tablespoons apple cider or red wine
- 1 clove garlic, crushed
- 1 small onion, thinly sliced
- ½ teaspoon oregano
- Pepper to taste



SOUTHERN TIER REGION
EAT SMART NEW YORK PROGRAM



Nutrition Facts	
Serving Size (267g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 25
<hr/>	
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 5g	
Vitamin A 8%	Vitamin C 40%
Calcium 4%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

AN UPCOMING CATCH PROGRAM

On Thursday, August 16th, the Southern Tier SNAP-Ed program and the Norwich Middle School will be hosting a Coordinated Approach to Childhood Health (CATCH) training. Schools from several districts will be sending teams to attend the 6-hour training.

This interactive, hands-on workshop blends the knowledge and practical skills necessary to implement the CATCH Program. The training covers the rationale and need for improving children's health, an overview of the CATCH Program, component-specific overview using the CATCH resource materials, and strategic planning for successful implementation utilizing the CATCH Coordination Guide.



For more information about CATCH, or the training, please contact Betty Clark at (607) 334-5841 ext. 32 or via email at blc28@cornell.edu.





Cornell Cooperative Extension | Chenango County

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*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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