

# Extension *Express*

## Small Ruminant Parasite Control Course

Parasites are the most important limiting factor in small ruminant flocks. Join Cornell Cooperative Extension of Chenango County's 4-H Coordinator, Janet Pfromm, to learn how to monitor, treat, and prevent parasites in your flock, herd, or flerd!

In this online course, we will discuss the life cycle and biology of parasites affecting small ruminants, how to use the 5-point check, FAMACHA, and fecal testing to monitor your flock health, and provide best practice procedures for treating your animals with dewormers to avoid resistance. This course is part of a state-wide grant from the New York Farm Viability Institute that provides the methods and materials to local County extension offices to teach and host-parasite mitigation strategies.

Once you have taken the course and learned the basic techniques, you may gain access to the lab materials on-site at the extension office and work with your local educators to complete your own samples at the office. We are hoping to have the lab open for at least one day each month during the growing season for producers to run their own samples, catch up with their local educators and growers, and access the latest strategies for protecting your animals. As the weather in the Northeast becomes warmer and wetter due to climate change, we are likely going to see further issues with parasites and parasite resistance to dewormers. We must all work together to monitor and efficiently treat our animals to keep them healthy and happy.

Training will be offered in-person and through Zoom meeting.

When: Jul 20, 2020 07:00 PM

**Register in advance for this meeting for Zoom:**

<https://cornell.zoom.us/j/9452512345>

After registering, you will receive a confirmation email containing information about joining the meeting

**In-person participation is limited to 10 students.**

Registrations will be received first-come, first-served basis.

For more information call Janet Pfromm at 607-334-5841 ext. 1112, or email [jl27@cornell.edu](mailto:jl27@cornell.edu)



Page 2

SNAP-Ed  
Newsletter Recipe

Page 4

4-H Corner

Page 6

County & State  
Fair Updates

# Sautéed Corn and Onion

Prep time: 5 minutes, Cooking time: 10 minutes, Makes: 5 cups  
Source: Food Hero

## Ingredients:

- 1 Tablespoon margarine or butter
- 4 cups corn (try frozen, canned and drained, or fresh, cut off the cob)
- 1 cup chopped onion
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon each salt and pepper

## Directions:

1. Heat margarine in medium skillet over medium-high heat (350 degrees in an electric skillet).
2. Add corn, onion, oregano, basil, salt and pepper. Stir to coat evenly.
3. Cook uncovered until onion is tender and corn is heated through, about 5 to 10 minutes.
4. Refrigerate leftovers within 2 hours.



## Nutrition Facts

Serving Size 3/4 cup (119g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 3g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 10%</b>
<b>Calcium 0%</b>	<b>Iron 0%</b>
*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
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Notes:

Add chopped bell pepper for more color.

## Healthy Recipes & Resources

Visit our webpage to see all the healthy recipes that the SNAP-Ed educators have shared with us. You'll find printable recipe cards with nutrition facts and pictures of the recipe.

Our Healthy Recipes and Resources webpage is updated with new recipes weekly. You can visit this page at [ccechenango.org/healthy-recipes](http://ccechenango.org/healthy-recipes).

### Healthy Recipes and Resources

Our SNAP-Ed educators share a lot of healthy recipes with the community. Are you looking for some new, healthy recipe ideas? Try out some of these below, if you have any questions contact one of our SNAP-Ed educators today!



Tropical Carrot Salad

Try this summer salad!

[Read more](#)



Roasted Sugar Snap Peas

Try these Roasted Sugar Snap peas with your family!

[Read more](#)

## Common Thread CSA Share

SNAP-Ed has gratefully been awarded a sponsored share of vegetables through Common Thread CSA for several years now. The sponsored share is possible through donations received by other members or, community members. The share has had great benefits for the SNAP-Ed program such as saving on food cost which is essential when it is a grant funded program, and introducing children to new vegetables they may have never tried before.

Thank you Common Thread for making this possible, we greatly appreciate it every year that we are awarded a share! While there shares are full this year you can still see them at local farmers markets to try their vegetables, visit their website: [www.commonthreadcsa.com](http://www.commonthreadcsa.com).



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](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit [snapedny.org](http://snapedny.org)

# Get Ready to Grill Safely

## Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



## Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



## Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



## Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

**145°F** beef, pork, lamb, veal (then let rest 3 minutes before serving)

**145°F** fish

**160°F** hamburgers and other ground meat

**165°F** poultry



## Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

## Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

Accessible version: <https://www.cdc.gov/foodsafety/communication/bbq-iq.html>

# 4-H CORNER

Chenango County 4-H has been staying active through these challenging times. 4-H staff has continued programming through zoom webinars and online videos. 4-H'ers have had the opportunity to dissect owl pellets, engage in cookie chemistry, build creative pizzas, and more! Educators have been putting together kits for the 4-H'ers to pick up or receive, allowing anyone to engage in these online programs. Besides the weekly zoom meetings available to 4-H'ers, 4-H staff has also continued the daily activity videos. These videos are easily found on their YouTube page and offer a wide variety of how-to activities. There is something for everyone, you can see everything 4-H has been up to on the Chenango County 4-H YouTube Channel and on the Chenango County 4-H Facebook page!

There is also some traditional programming that 4-H has been able to continue, while abiding the social distancing rules. The pheasant rearing project, incubation and embryology, and others have still given our 4-H'ers the chance to learn something new.

## Pheasant Rearing Program

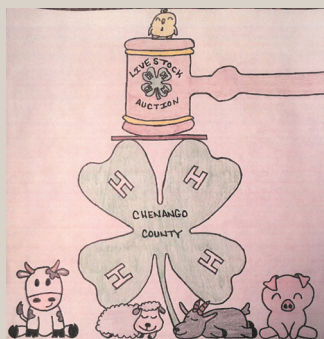
This year 17 different families in and around Chenango County picked up 1,200 day-old ring necked pheasants from the Reynolds Game Farm in Ithaca to rear this summer. After 18 weeks, these pheasants will be released onto state game land and farmland for all in the county to enjoy. Thank you to all who participated this year, and we hope to see you again next year!

## Incubation and Embryology

Chenango County 4-H families learned about incubation and embryology this spring thanks to Chenango County 4-H and the Funk Family. Reports from multiple families show their newly hatched chicks, and 4-H'ers having fun learning something new! One family said, "This was my family's first time incubating eggs and we hatched 5 Salmon Favorelle chicks!! This was a wonderful project to do as a family!!" Here are some images of the project that were received.

## 4-H Livestock Logo Contest Results

There have been two winners selected for the 4-H Livestock Logo Contest. Congratulations to Devon Fairchild



and Amon Van Alst with their creative entries in the 4-H Livestock Auction Logo Design Contest. Devon's design will be used in 2020, and Amon's in 2021. The winning logo entries are the top two images to the left.

## 4-H, Viral in a Good Way!

We thank everyone who's been following us or tuning in, our monthly reach over the spring and summer has grown to an average of 3,600 people!! Join us virtually for updates and easy to make projects!

## Upcoming Programs

While our 4-H educators have enjoyed the virtual programming this spring, they are looking forward to offering in person programming soon! The 4-H Outdoor Adventure Program will resume this summer with outdoor programming, and 4-H educator Erica is looking forward to kayaking, hiking, and fishing with 4-H'ers!

Stay tuned for updates on upcoming outdoor, in-person programming. Email Erica with any questions at [elc97@cornell.edu](mailto:elc97@cornell.edu)

## 4-H Calendar Dates

- August 1 • 4-H Ag-Stravaganza Entries due, 4pm, 4-H Office
- August 10 • 4-H Fair Clean-Up, 9-2p, Case Building 4-H Perishable & Non-perishable
- August 20 & 21 • Project Drop-Off, by appointment, Fairgrounds
- August 22 • 4-H Case Building Judging
- August 23-25 • Chenango County Ag-Stravaganza Case Building
- August 25 & 26 • Project Pick-Up, by appointment 4-H Case Building "Judge's Choice"
- September • Project Display around Chenango County
- October 4-9 • National 4-H Week

# Chenango County 4-H'er Completes State-Wide 4-H Achievement Program

Chenango County 4-H member, Amon Van Alst, has a passion for small, sustainable agriculture, especially with regard to his flock of sheep. This past spring, while everything was closed down due to the quarantine, Amon decided to challenge himself and complete the New York State 4-H Sheep Achievement Program through Cornell University.

Amon, 13 years old, has focused much of his 4-H project work around his small flock of wool breeds. Based on a small farm in Smyrna, NY, Amon sees the value of smaller, heritage breeds of sheep, such as Finn and Icelandic. He felt that "as a younger 4-H member, the heritage breeds were easier for me to handle and were a better fit for our small amount of acreage. I really appreciate how much personality my sheep have as well." In addition to the wool breeds, Amon also has a Shropshire and a few Tunis-Cheviot cross sheep in the flock.

The Tunis-Cheviot sheep were the first 4-H project animals Amon received from one of his mentors, 4-H Educator Richard Turrell. He says, "Mr. Turrell has really helped me with my sheep over the years and is a really good mentor." Amon also credits Finn Sheep breeder Amy Cook as another of his mentors. Additionally, Amon has been a past recipient of the Maryland Sheep and Wool Festival's Youth Scholarship Program. This program awards a youth a project animal in the breed of their choice and helps them to breed and increase their flock. This is how Amon was introduced to the Icelandic Sheep breed.

As Amon's sheep flock grew, so did his interest in the sheep industry and sustainable farming. He took his interests and turned them into public presentations that he has given around Chenango and Broome Counties. One of Amon's largest public presentations was at Ross Park Zoo in Binghamton, where he donated one of his sheep to the Zoo's Petting Zoo and spoke about the importance of small farms.

Why complete an intensive project like the NYS 4-H Sheep Achievement Program? Amon answers that he,

*"I really appreciate how much personality my sheep have..."*



"was interested in continuing my learning of all aspects of Shepherding, including herd management, health care, breeding, finances, and all products that come from sheep." One of the most interesting things he learned while doing the program was, "how many different products are made using sheep, especially the different types of meat cuts."

To earn his Master Shepherd's title, Amon completed many different activities and learning projects associated with different facets of the sheep industry, working his way up through beginner shepherd to earn his Master's. Each activity requires a lengthy hands-on project with research attached to it.

4-H is making quite a difference in Amon's life as he credits the organization with "teaching him so much and enabling him to make life-long friends with so many different interests and abilities." He states, "My friends have so many different things to teach me!"

Sheep aren't the only project in Amon's portfolio. As a founding member of the Chenango Calico Clovers 4-H Club, Amon has held numerous leadership positions within the club, including President, Vice President, and Treasurer. He participates in community service projects, STEM, public speaking, sewing, arts and crafts, rabbits, poultry, dairy bowl, foods and nutrition, and gardening. His work has been recognized with national 4-H awards, such as County Medals. He exhibits his projects at the Cooperstown Farmers' Museum Junior Livestock Show, Chenango County Fair, NY State Fair, and the Sheep and Wool Festival in Rhinebeck, NY. In 2019, Amon was recognized for his community service efforts with a Prudential Spirit of Community Award. His achievements within the county 4-H program would fill 2 additional pages! Rounding out his activities are swimming, karate, and Sherburne-Earlville FFA.

Chenango County 4-H congratulates Amon on all that he has accomplished and looks forward to watching his future work!





# County and State Fair Updates

After delaying the decision for as long as possible, the Chenango County Agricultural Society met on June 15 and voted to cancel the 173rd Chenango County Fair. "This decision did not come lightly for the Fair Board" stated Mary Weidman, President of the Society. "We feel it is the correct thing to do to keep all our patrons, volunteers, exhibitors and Coleman Brothers Carnival participants healthy and safe in this particularly difficult planned recovery time from the COVID health crisis. Our neighboring fairs of Afton, Madison County and Broome County have previously cancelled, along with the majority of County Fairs in New York State."

The six days of the Chenango County Fair provide the funds to maintain the 35 acre Fairgrounds and offer the facility for other events. The Memorial Day Rolling Antiquers Old Car Club, Chenango Dairy Day, the July 4th celebration, the Chenango Blues Fest, the Central New York Cattle Show, Chenango 4-H events, as well as many other day functions have previously cancelled events in response to the major health issues presented by the COVID crisis. Every year, the fair brings people together like an extended family and class reunion with great carnival foods and entertainment. While we will all miss this, the Board looks forward to utilizing the time to plan an even better fair in 2021 on August 9th-15th. Board members stated "If we can't do this well and present a safe fair, then we don't want to have one that won't bring good memories. We will plan for an even better one in 2021."

## Save the dates: August 23-25, 2020

The Chenango County Agricultural Society and Chenango County 4-H are planning a "Chenango County Ag-stravaganza" at the Chenango County Fairgrounds. Information will be posted on the Chenango County 4-H Facebook pages, website, and mailed to families.

## 2020 4-H Livestock Auction Updates

With the cancellation of the 2020 Chenango County Fair, the 4-H Livestock Auction will be changing to an "off-the-farm" buying experience for buyers. A sale catalog with information on the 4-H members and their project animals will be mailed to those buyers who have supported the program in previous years. To be included on the mailing list, please contact Janet at the 4-H Office, 607-334-5841 x1112 or jlp27@cornell.edu.

## A Letter from NYS 4-H

A decision has been reached regarding the participation of the Cornell Cooperative Extension 4-H Youth Development program in the 2020 New York State Fair. We have been consulting with Extension Administration, P.W. Wood, our partners in Animal Sciences, and many of you, and we also had a direct conversation with State Fair leadership on Friday, May 29. There is no decision at this time on the State Fair overall, nor a clear indication of when that decision will be made. However, we have made the very difficult decision to suspend 4-H's participation in the New York State Fair for 2020. The cancellation of our participation includes the 4-H Youth Building Exhibits, Animal Science Competitions, and 4-H participation in any youth shows.

We based our decision on the following challenges and concerns:

- Overwhelming concern for the health and safety of our staff, youth, volunteers and families
- Uncertainty of when group gatherings can safely resume while following Health Department guidelines
- Overall uncertainty of the status of the NYS Fair
- Current recommendations provided by the CDC
- The need to provide clarity at the County level as you make plans for the summer

As the reopening of NYS progresses we will continue to listen and work with all of you to explore how to keep programming going during this time for the benefit and growth of our youth, families, volunteers and staff. We recognize and appreciate the efforts you are all making to explore virtual strategies to support the youth, families and volunteers of the NYS 4-H program. We are proud to support a program and system that works so hard to support the youth of our state and nation grow and thrive during this challenging time.

Sincerely,

Andy Turner and Autumn Lavine, New York State 4-H Office

## Some Chenango County 4-H'ers doing community service!



# PREVENT

## tick and tick borne diseases

# One

### Know tick habitat & avoid it if you are not dressed appropriately

Ticks are found in tall grasses and brushy areas. Ticks can't fly or jump, they wait on the tips of grasses and shrubs for a host to brush by. Then they quickly climb aboard and find a suitable place to bite their host.

# Two

### Dress to repel and deter ticks from biting you

Wearing clothing that covers your skin makes it harder for ticks to find a suitable place to bite. A few things you can do if you will be in tall grasses, brushy, or wooded areas:

- wear long sleeve shirts tucked into long pants, and pants tucked into tall socks
- closed toed shoes, no sandals or bare feet
- spray tick repellent on your clothing (permetherin) and on your skin (deet)
- light or white colored clothing so its easier to spot crawling ticks

# Three

### Use effective pesticides & repellents if you're outside

There are a few EPA tested and approved tick repellents, they include DEET, picaridin, 2-undecanone, and p-Menthane-3,8-diol. These active ingredients are used in many products sold as insect repellents for the **skin**. Even though these products have been determined safe, some people feel more comfortable with natural repellents. A natural product recognized by the EPA is lemon of eucalyptus.

Permethrin is an insecticide used on **clothing**. You can buy pre-treated clothing or treat your own. Understand repellents applied to skin repel ticks & permethrin kills ticks.

**Remeber:** Permethrin is safe for humans and most other vertebrates, but will harm cats. Once dry it is safe, but please use caution when applying permethrin to your clothing.

# Four

### Check daily for ticks on yourself and on your pets after spending time outside

- Always check yourself and your pets for ticks, even when using repellents. When checking pets, use your hands.
- Ticks could be carried into the house on your clothing, but if you tumble dry clothes in the dryer for ten minutes it helps kill any unseen ticks.
- Shower soon after coming in from the outdoors to thoroughly check yourself for any lingering ticks.
- Make sure you also talk to your vet about the best tick prevention products available.

Check in & around the ears

Check in & around the hair

Check under the arms

Inside & behind the ears

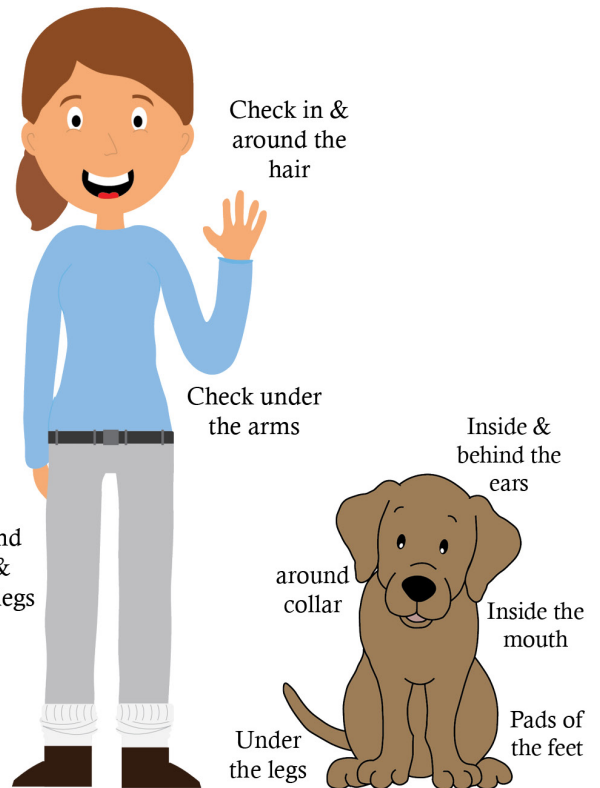
Check behind the knees & between the legs

around collar

Inside the mouth

Under the legs

Pads of the feet



This material is based upon work supported by USDA/NIFA under Award Number 2018-70027-28588.



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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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