

Extension *Express*

VOLUME 15 ISSUE 2: MARCH - APRIL 2018

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SciGirls Discovery Week

More than a girl's **night**, it's a girl's **week!**

March 26th - 30th, 2018

The day camp is open to girls (and boys) in the 5th-8th grade for a special program through SciGirls, in collaboration with Cornell Cooperative Extension and the Rogers Environmental Education Center. The camp will run from 9 am-4 pm each day (Round trip transportation can be provided from Norwich CCE office leaving at 8 AM and returning at 5 PM if needed). Bring your own lunch, a light snack will be provided.

Register by March 14th! There's limited space available, call today!

\$25/day or \$95 for the full week

To **Register** call Rogers Center: (607) 674-4733

Questions call Christina Hall (607) 334-5841 ext. 14

SciGirls



Cornell Cooperative Extension | **Chenango County**

Spring into Wellness with National Nutrition Month!

March 13th • CCE Kitchen

Join Eat Smart New York to learn about ways to include fruits and vegetables into daily meals! During the class you will be preparing a delicious recipe that focuses on fruits or vegetables!

March 20th • CCE Kitchen

Come discover some simple ways to increase physical activity each day! We will look at the benefits of physical activity and make a healthy snack recipe that you will be able to enjoy.

March 27th • CCE Kitchen

This class will focus on identifying drinks with less sugar. Looking over amounts and sources of sugar on nutrition fact labels. It will also look at healthier alternative drink beverages to consume, and prepare one for everyone to taste!

Each class will include a short walk, weather and time permitting, and a short talk by co-host Kelly Ames about Health Insurance!

If there are any questions, contact SNAP-Ed at (607) 334-5841x29

Welcome, Alexandra Hooker!

Please give a warm welcome to Alexandra Hooker joining our ESNY team as an intern for a few weeks. As a senior in the Dietetic Technician program at Morrisville State College, she is joining the team working towards the completion of her Community Nutrition Field Experience. She will be working with Betty Clark on the Healthy Food Pantries initiative. After graduating in May 2018, she plans to initially begin working in the Department of Health towards a Foodservice Management Job after completing the Dietetic Technician Registration Exam. She later hopes to continue her education at SUNY Plattsburgh to become a Register Dietitian.



Check out SNAP-Ed's easy Shamrock Shake this March!

This delicious smoothie is loaded with calcium, potassium, Vitamins C,D, and A. It's a nutrient loaded powerhouse!

- Serving Size: 1¼ cups
- Servings per recipe: 2 •

Ingredients

2 cups fresh, well rinsed Spinach
1 cup skim milk
1 cup fat-free vanilla yogurt
1 frozen banana (remove peel before freezing)
mint leaf, optional

Directions

1. Put spinach, skim milk, yogurt and optional mint leaf in blender. Blend until smooth.
2. Add frozen banana to blender, and blend until smooth. Serve Cold.

Materials

Blender, bowl in which to rinse spinach, measuring cup

* recipe provided by USDA SNAP-Ed

Nutrition Facts

2 servings per container
Serving size 1 1/4 cups

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol < 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 34g	
Includes 11g Added Sugars	22%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 368mg	30%
Iron 1.001mg	6%
Potassium 805mg	15%

*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.

MARCH

NATIONAL NUTRITION MONTH

A challenge from



USDA
SOUTHERN TIER REGION
EAT SMART NEW YORK PROGRAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Start your day the healthy way, with Breakfast! ¹	Try fruit in your water for a different flavor! ²	Try a new vegetarian recipe ³
Drink one extra 8 oz glass of water ⁴	Go outside and shovel snow for 15 minutes ⁵	Make at least 50% of your grains whole ⁶	Exercise 30 minutes ⁷	Use plain greek yogurt instead of sour cream ⁸	Try a new food! ⁹	Add more color to your meals ¹⁰
Drink one less sugary beverage ¹¹	Fill at least half your plate with fruits and vegetables ¹²	Have healthy snacks such as nuts, apples, or bananas on the go ¹³	Add beans to a casserole or soup ¹⁴	Slow down when you eat your meal (at least 20 minutes) ¹⁵	Try a 100% whole wheat bread instead of white bread ¹⁶	Go for a 15 minute walk ¹⁷
Have fruit for a dessert ¹⁸	Use a smaller plate ¹⁹	Commercial breaks on tv- Do leg lifts ²⁰	Rinse your canned fruits and vegetables to reduce the sugar and salt! ²¹	Choose bright colored vegetables such as tomatoes, sweet potatoes, and broccoli ²²	Popcorn Night- Try air popped popcorn with seasonings ²³	Check a food label to see what is really in your food ²⁴
Eat a whole grain cereal such as cheerios instead of fruit loops ²⁵	Instead of whole milk reducing it to 2% ²⁶	Use ground turkey instead of ground beef- Save fat and \$\$! ²⁷	Roast your vegetables instead of frying them ²⁸	Cut back on processed meats such as pepperoni, salami, and bologna ²⁹	When eating out take half of your meal home ³⁰	Eat a salad instead of French fries ³¹

Good Nutrition Smart Shopping Class

SNAP-Ed will be set up in the kitchen during VITA's tax hours talking about ways to save money at the grocery store and, how to make SNAP food dollars stretch to the end of the month! If you have any questions pertaining to SNAP food dollars or are interested in learning how to save money at the grocery store, make sure you come and see Whitney on one of the upcoming Thursdays! There will be a great sample of a low cost recipes for you to try too!

Upcoming dates:

February 15th • March 1st • March 15th • March 29th • April 5th • April 12th



Planning for Canning • By: Alexis Woodcock

Our vegetable gardens provide a delightful, fresh reward during the spring and summer but they also give us the possibility to increase our food security the rest of the year. When you design your garden with preservation in mind you're preparing for the future, simplifying winter meals, reducing waste, and saving money.

Certain strategies can make your food preserver's garden a success.

1. Plant what your family wants to eat. If your family hates okra don't plant ten feet of it and think your kids are going to enjoy pickled okra as a snack. From a preservation perspective, some vegetables are much more flexible to work with than others. I suggest starting with tomatoes, peppers, onions, cucumbers, green beans, summer squash, leafy greens and carrots because they are all easy to grow in most regions, and they lend themselves to a variety of simple preservation projects, such as freezing, pickling and water bath canning.
2. Choose seeds and transplants with variety in mind. Read the descriptions in the seed catalogs and evaluate the strengths and weaknesses of each crop variety. At my house we dedicate much of our garden space to tomatoes. We plant cherry and slicer tomatoes for fresh eating during the growing season and plant paste varieties for canning and freezing.
3. Think about your space. Consider your garden space as well as your kitchen and pantry space. If you have a large freezer choose vegetables that freeze well. If you have sturdy shelves out of direct sunlight consider canning your fresh produce.

“*At my House we dedicate much of our garden space to tomatoes. We plant cherry and slicer tomatoes for fresh eating during the growing season and plant paste varieties for canning and freezing.*”

4. Take into account what equipment you have or what you may need to purchase. Note that water bath canning and pressure canning each require a distinct type of canner and have unique safety guidelines.
5. Draw a map of your garden, noting which crops and varieties you plan to grow, to ensure you plant to meet your preservation goals.
6. As you brainstorm your preserver's garden, record your plans in a garden journal. This can be as simple as a spiral notebook, or as detailed as a digital journal and map made using a computer program. In your records, include a list of the varieties you have planted and keep notes throughout the season about what is working and what is not. Also, jot down what you canned, froze, dried and etc. so you can refer to this information when planning future gardens. Add kitchen observations to your notes now and then, too, about what is sitting on your pantry shelves too long and what you are using up faster than you anticipated.

Even if you create the best plan imaginable, odds are good that you'll wind up with too much or too little of one food or another every year. If you fall short, barter with friends or visit your local farmers market to supplement what you've grown, so you can still fill your pantry and freezer. There are no rules against purchasing produce to preserve but one thing is certain, next winter when the snow is two feet high, you will be thankful for all the food you were able to preserve.

For more information about home food preservation contact Alexis Woodcock at (607) 334-5841x20 or asw239@cornell.edu.



Always Remember Chainsaw Safety!

Figure 1



Figure 2



In figure 1, Rich is fully outfitted in Personal Protection Equipment he is missing in figure 2.

This Personal Protection equipment includes:

1. a Helmet for head protection along with eye, ear, and face protection
2. Gloves for hand protection
3. O.S.H.A approved chaps for leg protection. Most chainsaw injuries are in the leg region.
4. Steel toed boots for foot protection.
5. In figure 1, Rich is also holding the chainsaw in the correct direction, right handed. Chainsaws have a chain brake which stops the chain if it were to break.

In figure 2 he is holding the chainsaw left handed, which is a very unsafe way to operate a chainsaw because in this direction the chain brake does not protect the operator.

Below is an example of a loose and unsafe chain tension (6) , and the correct tension (7).



Below are examples of safe vs unsafe ways of starting a chainsaw. A safe starting position is braced against your legs or braced on the ground (8). Drop starting a chainsaw (9) in the air is unsafe.



March - April

FEATURED STEM Project



Invisible Ink Messages – adapted from Utah State University Extension

Supplies: Paper, Lemon Juice, Cotton Swabs, Pens/Pencils, Hair Dryer

Instructions:

1. Write a message on a piece of paper with lemon juice using a cotton swab
2. Allow the lemon juice to dry. Make observations: do you see anything? Predict what will happen.
3. Use a hair dryer on the paper. Watch as the heat helps to reveal your message! Now you can write to your friends secretly!
4. Reflect: What happened? Why do you think you got the results you did?



What's happening:

Lemon juice is very light colored and is difficult to see after it has dried. However, when you use the hair dryer, the heat turns the lemon juice brown and the hidden message appears. Fruit juices, including lemon juice, and other liquids such as milk and soda, contain carbon atoms, which in lemon juice are bonded to other atoms to form carbon-containing molecules. These carbon-containing molecules have almost no color when dissolved in liquid. However, when these liquids are heated, a chemical reaction occurs. The carbon-containing molecules break apart and produce the element carbon. An element is a substance that cannot be broken down further chemically.

Extensions:

- Try using different types of “ink”: grape juice, orange juice, lemon juice, milk, etc and compare to see which one looks the most invisible and which turns out the best when revealed. What is your invisible ink of choice?

Normande Heifer Contest for 2018!

Once again a Normande heifer will be awarded to the youth submitting the winning entry in the Hooves and Boots program in memory of 4H youth Elijah J. Dibble. Download your form at hoovesandboots.org, answer the questions, and send it in by May 1, 2018. Award will be announced May 15, 2018.

The winner will be expected to show their heifer at the Farmer's Museum Junior Livestock show and at least one other show each year for two years.



Outdoor Events



To register for any Outdoor Events, contact Christina at 607-334-5841 x14 or clh262@cornell.edu

Maple Fun • Sunday, March 18

Join in to learn about the origins of sap and syrup making, with hands-on activities at different stations reviewing different steps of the production process. You'll even have a chance to make your own maple products! Meet at Otselic Valley Central School at 1:00 PM on Sunday, March 18. Contact Christina to register.

Spring Photography Hike • Saturday, April 21

Get out and get some fresh air after the long winter! Find and identify early spring plants while capturing their beauty in photos. Bring your phone/camera/device and capture the beauty of the season. Meet at Whaupanaucou State Forest at 2:00pm on Saturday, April 21. Contact Christina to register.



4-H Wish List

We are in a new year with new programming, and with thoughts of giving and giving back while making a positive impact, **Chenango County 4-H** is in need of the following new or gently used items to help us continue "Making the Best Better" in Chenango County:

- Ice Auger
- 2 Tip-Up Fishing Poles
- 10 Ice Fishing Poles
- 10 Archery Targets
- Snow Shoes of various sizes
- 2 Plastic Sleds
- 12 6-8' Folding Tables—plastic for fairgrounds
- 2 .22 Rifles and ammo
- Laboratory Equipment
- LCD Projector—ceiling mount
- 15 Sydell Hog Pens for fair

Caring Volunteers willing to share their expertise!

2018 Pheasant Project

Since 2006, Chenango County has reared and released over 10,250 pheasants into the wild for all to enjoy. Thank you for your past involvement in this project!

We are currently taking orders for the 2017 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.

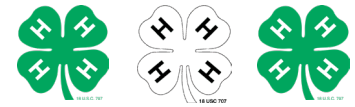
A free-will donation of \$5 per order will be accepted to cover the mailing costs of this great program. Orders due March 20, 2018.

Please contact Janet Pfromm to place your order or to request more information, 607-334-5841 x12 or jlj27@cornell.edu





2018 4-H Sewing Camp



Dear 4-H Members,

In an effort to better teach sewing skills and create lasting projects, this year's 4-H Sewing Camp will offer the following projects to sew with additional, smaller projects offered:

Beginner (1-3rd year, dependent upon sewing experience):

- ✿ Pillow Case

Junior (3-5th year, dependent upon sewing experience):

- ✿ Pajama Pants with applied matching t-shirt
- ✿ Tote Bag

Experienced (5+ years, dependent upon sewing experience):

- ✿ Clothing item or accessory with zipper or buttons
- ✿ Clothing item or accessory with pleats, darts, or waistband



Members interested in sewing a project not on this list must contact Janet at the 4-H Office to make arrangements, jl27@cornell.edu or 607-334-5841 x12.

2018 4-H Sewing Camp Schedule March 26-30, 2018

9am	Sign-In & Sew
10:30am	Snack & Stretch Break
10:45-12pm	Sew

In addition to making your main project, campers will learn how to measure themselves to pick the right sized pattern, create smaller sewing projects, and make a project to donate as part of a community service project!

4-H GROWS HERE

4-H Sewing Scholarship Recipients

Congratulations to the following youth who will be receiving 2018 4-H Sewing Scholarships:

Katie Funk • Maria Funk • Adrienne Hodge • Taylor Hodge



Equine & Dairy 101

May 11-12, 2018 • Morrisville State College

This one-night two-day 4-H Dairy & Equine Camp will be held at Morrisville State College. 4-H youth ages 13-19 years of age are eligible to participate in this camp/college experience. Participants choose to participate in either the dairy or equine tract. All sessions will be taught by Morrisville State College faculty and other professionals in the industries.

The cost for the program is \$100 per 4-H participant (\$75 per chaperone). For more information on this awesome program or to register, call Jennifer Collins at the Herkimer County 4-H office at (315) 866-7920. Registration is also available online at <https://reg.cce.cornell.edu/2018EquineAndDairy101-2->



Scholarship Opportunities



Chenango County Fair Scholarship • Due March 30th

The Chenango County Fair announces that up to seven \$1000 scholarships will be awarded to current New York State high school seniors or students enrolled in college. Sponsored by The New York State Association of Agricultural Fairs and the New York State Showpeople's Association.

The qualifying students must be active at the Chenango County Fair. All applicants form Chenango County must submit their applications

through the Chenango County Fair no later than Friday, March 30, 2018.

Visit one of these three locations for more information, or call the Chenango County Fair office at (607) 334-9198:

- Fair Office, 168 East Main Street, Norwich
- Cornell Cooperative Extension of Chenango County at 99 North Broad Street, Norwich
- local high school offices

Find the application at <http://www.nyfairs.org/scholarship.htm>

4-H Livestock Scholarship Applications ❁ Due April 1st

For those 4-H'ers looking to purchase a project animal for 2018, we have a scholarship for you! The 4-H Livestock Scholarship Fund was established to help defray the cost of a beef, meat goat, dairy goat, hog, or sheep project animal. Members and nonmembers are encouraged to complete the cover application and short essay by April 1. Contact Janet for application or if you have questions, 607-334-5841 x12 or jl27@cornell.edu.

4-H Senior Dairy Scholarship ❁ Due May 1st

Members who are actively involved with the 4-H Dairy Program and will be graduating from high school are invited to apply for the 2018 4-H Senior Dairy Scholarship. The award for this scholarship is \$500 and will be received by the recipient following their first successful semester at a 2-year, 4-year, or accredited trade school. Applications can be found on the 4-H website and require the one page application, essay, and two letters of reference. Applications are due May 1, 2018



Chenango County 4-H Seedfolks Program

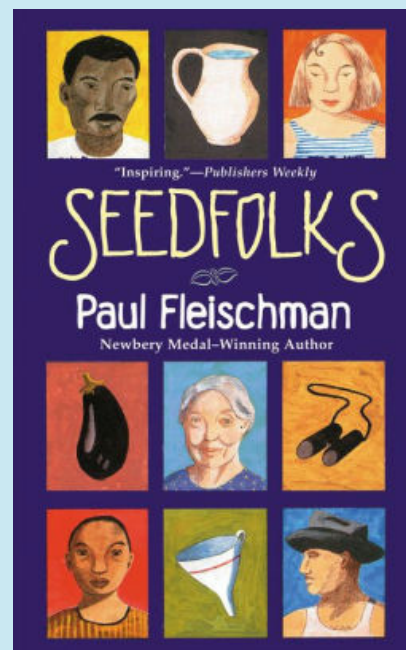
Chenango County 4-H has been selected to participate in the Cornell Garden-Based Learning Seedfolks statewide youth development project. Chenango County is one of 25 participating groups from throughout NYS contributing to the project mission.

Project Mission:

- Enrich garden-based learning offerings throughout New York State
- Shine a spotlight on the value and importance of diversity both in the garden setting and throughout our communities
- Engage communities in unique and creative garden-based activities
- Support CCE in its efforts to engage youth in exceptional programming

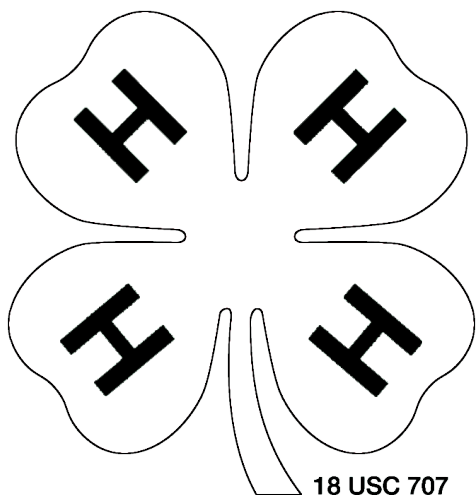
This program will use Paul Fleischman's Seedfolks along with two beautiful varieties of bean seeds, Tiger's Eye and Turkey Crow, to instruct youth.

If you are interested in participating in this program, please contact Janet at 607-334-5841 x12 or jlp27@cornell.edu



Animal Crackers 2018

Dairy Cattle and Rabbits • Sat. May 5, 2018



The annual Animal Crackers program provides New York youth with fun, hands-on, science-oriented learning experiences on Animal Science topics. This workshop is for 4-H members interested in learning more about their favorite livestock, companion or pet animal species; emphasis on different species groupings and activities varies annually. Participants will learn about different aspects of animal care, interact and exchange information with faculty, staff, students, professional producers, industry experts, and more, utilizing the unique facilities of Cornell University. Hands-on workshops are planned for each species group.

Who: The program is geared to 4-H members involved in animal science projects. Youth are strongly encouraged to attend with their parents or chaperones. Suggested age range is 9-12, however, all youth 9 and up are welcome.

Why: This is a unique opportunity for youth to experience hands-on activities

in a university setting, explore career options in animal science, and expand their knowledge through scientific inquiry.

Registration: Participants must register with Janet, 607-334-5841 x12 or jlp27@cornell.edu

Cost: \$15 per youth participant, Participants must bring their own lunch and drinks.

Description: Each year an opening presentation kicks off the event with a welcoming statement or remarks related to the annual theme. Livestock production themes are usually offered in even years and Horse programs are rotated in odd years. A noon-time demonstration and closing program is also typically featured.

Examples of some of the fun things participants have experienced in the past: The Cornell Raptor Program, ultrasound technology, Herding dogs at work, Disc dogs in action, barrel racing, driving, poop soup, and more!

2018 Chenango County Ag Literacy Week

Many thanks to all who have donated books and/or their time reading for this year's Ag Literacy Week, March 19-23. Pictures and other highlights from the week will be in the next Extension Express.

Thanks to the following:

Shane Butler	Oscar & Betty Robinson	Coventry Transport	Gary Quarella, Greene
Otselic Valley FFA	Deb Nowalk	Eiholzer Farm and Ivy	Memorial Library
Sharon Vesely, The Place	Barton Snedacker	Lakes Dairy	Ann Lindner
Louise Butcher	Vicky Gregory	Ruth Young	Oxford FFA
Mindy Eldred	John and Shirley Girton	The Postma Family	Sheila Beckert

4-H Calendar Updates

March 2, 9	Horse Bowl and Dairy Bowl Practice
March 10	Regional 4-H Horse Bowl, Hippology, & Dairy Bowl Contests
March 17	Regional Public Presentations, Chenango Forks March Dog Madness, Cornell University
March 19-23	Ag Literacy Week
March 26-30	4-H Sewing Camp
March 31	Dairy Discovery, Cornell University
April 16	Incubation and Embryology Egg Delivery
April 19-21	4-H Vermont Careers Trip
May 1	4-H Leaders' Association & Senior Dairy Scholarship Applications Due
May 5	4-H Animal Crackers, Cornell University



4-H Gettysburg Battlefield Trip

This April 2, 3, 4 the Chenango County 4-H program, in partnership with 4-H of Seneca County, will be hosting a guided trip to the Gettysburg Battle Field in Gettysburg PA. The purpose of the trip is to help our 4-Hers learn first-hand about this pivotal point in U.S. history. The trip is open to 4-Hers age 10 and over (youth are welcome to join 4-H for the purpose of taking the trip). All 4-Hers must be accompanied by a parent or guardian. CCE can provide transportation by van, or if families prefer, they can provide their own transportation to Gettysburg.

Day one of the trip will include the six hour drive to Gettysburg, staying overnight in a motel. Day two will start with breakfast at the hotel, followed by travel to the battlefield information center with a day spent in the center and on the battle field. Ave Bauder, Civil War expert, will lead the educational activities of the day. Day three, Wednesday, will include optional battle field time with travel home mid-morning. Arriving in Norwich by approximately 6pm. The cost of the trip is \$100 per family member to cover the cost of hotel room. Registration required by March 20th. For more information call (607) 334-5841 or email kas294@cornell.edu.



Cooking and Growing with 4-H

On February 10th, six 4-H'ers participated in the first class of the new "Cooking and Growing with 4-H" program. This program takes place on the first Saturday of every month, participants will be spending this time, from now until August, engaging in lessons about growing and cooking their own food. The program also includes special trips to green houses, and a public cooking presentation.

February's Saturday was spent learning about kitchen safety with one of our Eat Smart New York Educators, Liz Coffey, and creating pizzas! The 4-H participants had a blast making their own pizzas and learning about what goes in them!



National Volunteer Week • April 15th to 21st

A HUGE Thank You to all our volunteers at CCE Chenango!

The CCE Staff would like to say Thank You to all of our many volunteers who help and support the programming we do throughout the year. Thank You to our Board of Directors, 4-H Volunteers, Master Clothing and Textile Volunteers, Master Gardeners, and Master Preservers. Your knowledge and support is greatly appreciated!!

Forestry Weekend At 4-H Camp Shankitunk in Delaware County

Join youth from across the state for a weekend of forestry activities, games, and competition. This three-day event is for youth ages 10 and up, staff, and volunteers interested in learning more about forests. We will also be selecting the team to represent New York State at the 2018 National Forestry Invitational (must be 14-19 for the national event). Cost is \$43 per person and includes food and materials, and cabin lodging. (A \$95 value!) Space is limited, so register now! Please note that cabin assignments are made by the organizers and that boys and girls will be housed separately.

For more information visit <http://ccecolumbiagreene.org/nys4-hforestryweekend> or contact Andrew Randazzo at adr73@cornell.edu or 518 318-1180!

Check out the opportunities at CCE Chenango!

Maple Boiling Demonstration • March 18th

Come watch us tap trees and boil maple syrup at the Chenango County Historical Society Maple Sunday celebration. This is a great place to learn about the past and present of maple production in Chenango County, and about how maple syrup is produced. The day's events will take place at the Chenango County Historical Museum, 45 Rexford Street, Norwich, NY, from 11 to 4. For more information call (607) 334-9227 x19.

Pruning Fruit Trees • March 21nd

Fruit trees need annual pruning to maintain their productivity and form. Come learn the simple tricks to keep your fruit trees productive and attractive at Cornell Cooperative Extension of Chenango County on March 22nd at 7pm. Cost \$5.00.

Managing Ticks on Your Property • April 19th

Deer ticks and lyme disease are growing problems in our region. Come learn how you can manage your property to reduce the number of ticks living the area. Topics will include removing tick habitat, planting tick repellent plants, controlling deer mice, and other lyme disease vectors. Program is being held at the office of Cornell Cooperative Extension of Chenango County on April 19th at 7pm. Cost \$5.00

Make Money From Your Woodlot • April 25th

Woodlots can produce thousands of dollars per year of added income for farmers and landowners. Maple, mushrooms, firewood, timber, hunting leases, and rental cabins are all ways to make extra income from your woodlot. Come find out how to develop a profitable business plan from your woodlot. Free woodlot business plan help is being offered at CCE Chenango County. Join us April 25th, 7pm at CCE Chenango. Please pre-register. Cost Free.

ADC Farm and Forest \$500 Micro Grants

Are you trying to build or expand a farm or forest business such as maple, vegetables, firewood, mushrooms? If so you are eligible for a micro grant of up to \$500 through the Ag Development Council. There are a total of 10 grants available. Applicants must complete an application with a business plan (free help and a template are available for the business plan). If you are interested in more information or an application email kas294@cornell.edu or call at (607) 334-5841 x19.



A Message from the Upper Susquehanna Coalition

The Importance of Riparian Buffers • By Laura Grant, USC Outreach

Hundreds of miles south sits the largest estuary in the United States. Stretching 200 miles, the Chesapeake Bay is home to 17 billion people and attracts over 30 billion dollars in tourism. Billions of people daily depend on water in the bay to drink, work, and recreate. In the late 20th century, water quality in the bay was at an all-time low and progress toward cleaning up the Chesapeake Bay Watershed began.

As part of the Chesapeake Bay headwaters, the good water quality in Chenango county's Otselic, Susquehanna, Unadilla, and Chenango rivers, will ultimately help to improve the water quality hundreds of miles south. One successful practice utilized to improve water quality is the implementation of forested riparian buffers. Riparian buffers are any vegetated land, ideally forested, that border waterbodies and wetlands.

Riparian buffers help to improve water quality, enhance ecosystem diversity, and maintain soil health by reducing

erosion. Implementation of a riparian buffer on agricultural land is especially beneficial. Runoff from cropland and pasture add Nitrogen and Phosphorus into waterways, which contribute to algal blooms. Algal blooms reduce aquatic suitability purging the ecosystem and the productivity of the waterbody. In addition to preventing runoff of excess nutrients, buffers also preserve soil health. During rain events, droplets pull soil from fields dumping it into the nearest waterbody. When a riparian forest creates a buffer between cropland and a waterway raindrops are intercepted by leaves. This slows the rate at which they hit the ground keeping the soil out of the stream.

Even homeowners can benefit from implementing a riparian buffer on their property. Plant roots hold together stream banks reducing erosion, keeping properties from shrinking. The mix of trees and shrubs, comprising a buffer create layered microhabitats, supporting a wide variety of birds and amphibians. The shade cast by trees onto the stream cools the water temperature which supports a greater diversity of fish species.

In addition to the environmental benefits, riparian buffers have also been found to increase property values up to 26% (Young, 2016).

Whether you are a farmer, or residential homeowner, if you own or manage property along a stream the DEC Trees for Tributaries Program is here to help. Trees for Tributaries, a state program locally coordinated by the Upper Susquehanna Coalition will provide the native trees, and shrubs necessary for projects, and regional staff will be available for technical aid. Public and private sites qualify for assistance. Since there is greater success in establishment of trees in spring and fall this is when buffers will be installed. To learn more and apply, visit their webpage: <http://www.dec.ny.gov/animals/77710.html> or Contact: Tioga County Soil and Water Conservation District at (607) 687-3553 or email: Laura Grant at GrantL@Co.Tioga.ny.us.

Workscited: Young, N. (2016). The Economic Value of Riparian Buffers. College Park: Environmental Finance Center at the University of Maryland.



Examples of riparian buffer implementation by the Upper Susquehanna Coalition, provided by UPS.

Join us for Our Upcoming Open House!

Tuesday March 6th • 10:00AM –3:00PM • 99 North Broad Street, Norwich

Come see the newly renovated Service Center and explore the programs and services provided by the United States Department of Agriculture, Cornell Cooperative Extension, and the Soil & Water Conservation District. There will be free refreshments and lunch served and interesting presentations throughout the day.

The days presentations and activities include:

- 10:30AM:** Income Opportunities From Farm Woodlots
Presented by CCE Chenango County
- 11:30AM:** Riparian Forest Buffer Benefits
Presented by The Upper Susquehanna Coalition
- 12:30PM:** Whole Farm Planning
Presented by USDA's Natural Resources Conservation Service
- 1:30PM:** Using Precision Feed Management to Improve Profitability on Dairy Farms
Presented by David Balbian, CNY Dairy & Field Crops Team
- 2:30PM:** 5 Ways to Ensure Eligibility for USDA Benefits
Presented by USDA's Farm Service Agency

Let us know you're planning to attend by calling 607-334-3231 x2

We look forward to seeing you there!



Trellan Smith and Daniel Taylor	Kathleen S. Haddad	Donald and Louise Perry
Pat and Lil Hawkins	Donald Bosworth	John Hohl
Community Foundation for South Central New York	Clark Ward	Sandy Pierce, Lamb's Quarters, Inc.
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