

Extension *Express*

Planning Your Garden and Test Your Soil
Pages 4-5

A Notice from NYS Ag and Markets
Page 6

4-H Important Dates for Your Calendar
Pages 10

CHECK OUT THE UPCOMING PROGRAMS!

Planning a Garden and Seed Starting

March 19, 5:30-7PM, • Cost: \$5.00

Join us at CCE Chenango if you are interested in more tips on growing your garden. Also find some tips on planning your garden inside this issue on page 5. For more information on this class, contact Alexis Woodcock at (607)334-5841 ext 20 or asw239@cornell.edu .

Meal Planning Pain-free: Eat well & \$ave Money

April 9, 5:30-7 • Cost: \$10.00

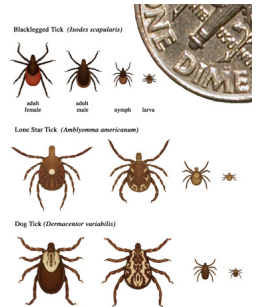
Learn techniques for pain-free meal planning, budgeting and shopping so you can feel good about your food choices and get ahead of your week. Join us for a talk about making your dollar go further while still having great meals!



How to Avoid Ticks and Tick Borne Diseases

April 25th • 7PM • No Cost

Ticks and tick borne diseases are on the increase in the Northeast. Tick borne diseases include lyme, anaplasmosis, babesiosis, and powassan. All of which can be debilitating and in the case of powassan, even deadly. The focus of this program will be to help the attendees better understand how to avoid ticks and tick borne diseases. **Registration Deadline is April 22nd**, please keep in mind there is a limit to this class.



Shiitake Mushroom Workshop

Sat., May 19, 1-4PM • Bob Miller Residence.
190 Geiss Road, Greene, NY (GPS address Harpursville) • Cost: \$10

In this workshop, we will learn about some of the different methods of growing shiitake mushrooms in order to start a small woodlot-oriented business. Participants will go home with a copy of the Cornell Mushroom Handbook, and a "bolt" of wood that is inoculated with mushroom spores. **Reminder: Pre-registration is required**



A 4-H'er and her project, a pillow case, from this years Sewing Camp!

Reminder Pre-Registration is required for all classes!

**You can contact Ashley at (607) 334-5841 ext. 16
or at anr72@cornell.edu.**

FOOD, NUTRITION AND HEALTH TIPS FROM THE ACADEMY OF NUTRITION AND DIETETICS

19 Health Tips for 2019

1. Eat Breakfast: Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables: Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes: Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active: Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Get to Know Food Labels: Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

6. Fix Healthy Snacks: Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

7. Consult an RDN: Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines: Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water: Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, are an older adult or live or work in hot conditions.

10. Get Cooking: Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans. The collection of “Planning and Prep” videos at www.eatright.org/videos

will get you started.

11. Dine Out without Ditching Goals You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time: Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars: Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review ingredients on the food label to help identify sources of added sugar. Visit www.ChooseMyPlate.gov for more information.

15. Eat Seafood Twice a Week: Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors: Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals: Expand variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste: Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime: Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

FRESH SPINACH FRITTATA

Ingredients:

- 8 eggs
- ½ tsp. salt
- ½ tsp. ground black pepper
- 2 cups spinach, finely chopped
- 4 scallions chopped, root ends discharged
- ¼ cup crumbled feta cheese
- 2 tsp. canola oil



Instructions:

1. Preheat the oven to 350°
2. Put the eggs, salt, and pepper in the mixing bowl and stir with a fork, until well combined.
3. Add scallions, spinach, and feta cheese, and mix well.
4. Put mixture into an 8x8 baking pan and bake until eggs are set.
5. Serve right away or cover and refrigerate overnight.

Nutrition Facts: 6 servings per container, serving size 1 piece (104g)

Amount per serving: Calories 130, Total Fat 9g, saturated fat 3g, Trans fat 0g, cholesterol 290mg, sodium 350 mg, total carbohydrate 3g, dietary fiber 1g, total sugars 0g, Protein 10g



MARCH 2019 • NATIONAL NUTRITION MONTH

eat right. Academy of Nutrition and Dietetics

www.eatright.org

puzzle key on page 4

1. Almond	A	N	Y	A	M	A	I	N	I	H	C	C	U	Z	A	P
2. Basil	T	L	E	B	A	S	I	L	M	G	E	I	S	I	H	A
3. Cauliflower	E	L	M	T	M	O	C	E	N	U	T	M	E	G	Y	P
4. Dill	F	I	B	O	I	U	A	W	U	L	B	O	F	M	U	R
5. Eggs	U	D	I	K	N	E	S	R	I	F	Q	S	K	E	T	I
6. Feta	T	S	O	R	R	D	N	H	E	T	U	H	I	R	Q	K
7. Gumbo	O	H	P	A	P	E	K	O	R	A	I	M	W	H	E	A
8. Ham	M	I	Q	G	R	A	V	L	E	O	N	B	I	D	S	R
9. Jicama	A	M	R	A	D	I	S	H	M	B	O	N	A	Y	E	W
10. Kiwi	T	L	T	V	E	R	I	T	A	S	A	M	Z	R	E	T
11. Lobster	I	B	A	S	A	W	E	Q	T	M	U	C	E	K	H	O
12. Mushroom	L	E	S	L	O	U	G	H	Y	R	Z	T	P	I	C	A
13. Nutmeg	L	R	J	I	C	A	M	A	M	I	S	L	E	T	S	M
14. Okra	O	T	W	O	R	N	U	E	G	B	H	I	Q	E	S	S
15. Paprika	T	C	A	U	L	I	F	L	O	W	E	R	I	R	I	G
16. Quinoa	Q	T	H	R	E	E	P	L	M	O	U	S	K	O	W	G
17. Radish	G	U	M	B	O	L	V	A	N	I	L	L	A	Y	S	E
18. Swiss Cheese																
19. Tomatillo																
20. Vanilla																
21. Wasabi																
22. Yam																
23. Zucchini																

LADIES AND GENTLEMEN, TEST YOUR SOILS! • Rich Taber

Spring of 2019 will soon be upon us and we need to be planning for the upcoming cropping season, for cultivated crops as well as grazing lands. All crops need a certain amount of nutrients to flourish and to provide us with an economic return. The recent cost price squeeze in the dairy industry leaves many farmers with little or no discretionary money left over in the checkbook to purchase needed crop inputs. Any resources and income that is to be spent on crop inputs needs to be done with razor sharp accuracy. Therein lies the need to have soils accurately tested!

The three major macronutrients needed are nitrogen, phosphorus, and potassium. Depending on the crop, other nutrients are needed in lesser amounts, such as calcium, magnesium, sulfur, and boron. Regardless of how we supply these nutrients to crops, in either an organic form or purchased fertilizer, they can be quite expensive. We should strive to apply just what is needed; too little can shortchange the crops, and too much can be expensive, wasteful, and potentially cause pollution problems. Hopefully many of the needed nutrients are being supplied with manure and cover crops; anything else needed can be provided with purchased inputs such as lime and fertilizer.

The best way to determine the status of your soil's nutrient levels is to take soil tests and submit them to a testing laboratory for analysis. All soils need not be tested every single year, but certainly at least every three years can provide sufficient information for the decision making process in purchasing and applying inputs.

Testing your soils for the pH level is critically important as well. "pH" refers to the "power of the hydrogen" ions, or acids, which are in soils. Our Chenango County soils are quite frequently acidic in

nature, due to the types of soil parent materials and the relatively high rainfall that we receive each year, which leaches nutrients out of the soil. Most crops need to have soils in the pH range of 6.2 to 7.0 for growing crops and pastures, with 7.0 being neutral. The usual way of bringing soils up to the correct level is by adding lime, which can be very expensive, but necessary.

Soils are made up of about 25% water, 25% air, up to 5% organic matter, and about 45% mineral matter. The mineral matter is made up of sand, silt, and clay. The clay portion is one of the most important chemically active components of the soil. Soil nutrients, which are positively charged ions, attach to the negative chemical sites on the clay particles. If the pH of the soil is too low the clay sites are bound up by acids such as hydrogen and aluminum, and prevent the attachment of more desirable crop nutrients. The calcium and magnesium ions which are added with lime displace the "bad guys", or acids such as hydrogen and aluminum, making nutrients available to plants.

So test those soils, plan for and add the right nutrients, and your crops should flourish! •

By: Rich Taber, CCE Chenango, you can reach him at 607-334-5841 ext. 21 or email: rbt44@cornell.edu.



*We Love all your Donations!
Thank you!*

Nick and Wendy Calidiero
Joyce and Ted Ellingsen
Dave Emerson
John Hohl
Roy and Janice Emrich



Word Search Key:

A	N	Y	A	M	A	I	N	I	H	C	C	U	Z	A	P
T	I	E	B	A	S	I	L	M	G	E	I	S	I	H	A
E	L	M	T	M	O	C	E	N	U	T	M	E	G	Y	P
F	I	B	O	I	U	A	W	U	L	B	O	F	M	U	R
U	D	I	K	N	E	S	R	I	F	Q	S	K	E	T	I
T	S	O	R	R	D	N	H	E	T	U	H	I	R	Q	K
O	H	P	A	P	E	K	O	R	A	I	M	W	H	E	A
M	I	Q	G	R	A	V	L	E	O	N	B	I	D	S	R
A	M	R	A	D	I	S	N	M	B	C	N	A	Y	E	W
I	L	T	V	E	R	I	T	A	S	A	M	Z	R	E	T
I	B	A	S	A	W	E	Q	T	M	U	C	E	K	H	O
L	E	S	L	O	U	G	H	Y	R	Z	T	P	I	C	A
L	R	J	I	C	A	M	A	M	I	S	L	E	T	S	M
O	T	W	O	R	N	U	E	G	B	H	I	Q	E	S	S
T	C	A	U	L	I	F	L	O	W	E	R	I	R	I	G
Q	T	H	R	E	E	P	L	M	O	U	S	K	O	W	G
G	U	M	B	O	L	V	A	N	I	L	L	A	Y	S	E

PLANNING YOUR GARDEN • Alexis Woodcock

As the days get longer and the temperatures slowly climb, our dreams of summer slowly take shape and our green thumbs start to itch. With snow still on the ground, now is the time to start planning your garden! Here are four tips on making your summer garden a reality:

Decide what you want to plant

Do you dream of kitchen counters overflowing with ripe tomatoes and crunchy cucumbers, or delivering flower arrangements, grown in your own backyard, to your neighbors? Do you want only perennials in your garden or do you like changing it up every year? Are you looking to preserve your harvest for the winter or enjoy summers bounty in the moment? Deciding what to plant is a crucial step in framing the size, shape, and energy requirements for your garden.

Size up your Space

Whether you have acres of land or a tiny patio there is a spot for any garden. When selecting a site for your garden you want to note how much space you have, how much sun you get (most vegetable plants need about 6-8 hours of sunlight a day), do you have a water source, and what is the soil like? Once you know where you want to plant your garden sketch out a garden plan using planting guides to get a sense of how much you can plant in that space. Most seed packets will tell you how large a plant will get at maturity.



Get Your Soil Tested

To learn more about your soil, you can have a soil test done here at Cornell Cooperative Extension of Chenango County. We can help you with the procedure: how much soil to send from which parts of the garden, and the best time to obtain samples. Expect a two-week wait for the findings, which will tell you what your soil lacks and how to amend it.

Make a budget

The best way to keep your garden dreams run wild is to set a budget. Decide how much money you can spend on supplies, equipment, seeds and starts, being sure to stick with the budget. This also goes for your time and energy. Deciding, up front, how much time you can spend on your garden will help shape what and how much you plant.

Soon the rain will wash away the snow and flowers will be popping up everywhere. If you start planning your garden now by the time the grass is green you will be able to start working on the garden of your dreams.

If you are interested in more tips on growing your garden come to the workshop "Planning a Garden and Seed Starting" on March 19, 5:30-7PM, at Cornell Cooperative Extension of Chenango County. The fee is \$5.00. For more information contact Alexis Woodcock at (607)334-5841 ext 20 or asw239@cornell.edu. •

Chenango County Soil and Water Conservation District



2019 TREE AND SHRUB CONSERVATION PLANTING PROGRAM

Varieties Available Include:

CONIFERS, DECIDUOUS TREES AND SHRUBS,
CONSERVATION PACKS, FRUIT TREES AND SHRUBS,
TREE PLANTING SUPPLIES

EXTRA STOCK AVAILABLE ON THE PICK UP DATE

ORDER DEADLINE IS APRIL 9, 2019

PICK UP IS APRIL 19th 2019 FROM 2-6 PM AT THE FAIRGROUNDS

2019 FISH STOCKING PROGRAM

Largemouth Bass, Fathead Minnows, Channel Catfish, Perch,
Triploid Grass Carp, Fish Food, Rainbow Trout, Brook Trout, Crappie

SPRING SALE

ORDER DEADLINE IS JUNE 19, 2019

PICK UP IS JUNE 27, 2019

FALL FISH SALE

DEADLINE OCTOBER 16, 2019 • PICK UP OCTOBER 24, 2019



FOR AN ORDER FORM - CALL OUR OFFICE, COME TO OUR OFFICE
OR VISIT OUR WEBSITE - chenangoswcd.org
607-334-8634 x5 • 99 North Broad St., Norwich, NY

A NOTICE FROM THE NYS DEPARTMENT OF AG AND MARKETS

The Animal Health Requirements for the 2019 county fairs and New York State Fair and other relevant documents are now available online. NYS Ag and Markets will not be mailing the requirements this year. Find the requirements by going to <http://www.agriculture.ny.gov/AI/AIHome.html> and scrolling down the page until you find the "County and State Fair Information". This information includes the 2019 Fair Animal Health Requirements, 2019 Fair Interstate Health Requirements, and Exhibitor Pre-fair Guidelines.

New Requirements for 2019:

All cattle and swine must be identified by an official USDA radio frequency identification (RFID) eartag, commonly referred to as an "840 RFID tag," or an equivalent official RFID tag if the animal was tagged in another country. Cattle and swine which are already identified by 840 visual eartags will be exempt from the 840 RFID tag requirement.

The Department will supply a limited number of 840 RFID tags to producers for cattle and swine going to fairs. To order 840 RFID tags, please use the 2019 Order Form for Free Producer Ear Tags: https://www.agriculture.ny.gov/AI/AI-489_OrderForm_Producer_Ear_Tags.pdf

Make sure to check these guidelines and requirements.



NYSAAF Scholarship for students active in their local Fairs

The Chenango County Fair announces that ten, \$1000 scholarships will be awarded to current New York State high school seniors and also students enrolled in college. The New York State Association of Agricultural Fairs and the New York State Showpeople's Association sponsor the scholarships.

The qualifying students must be active at the Chenango County Fair or with the New York State Showpeople's Association. All applicants from Chenango County must submit their application through the Chenango County Fair **no later than Friday, March 29, 2019.**

Information is available at the Chenango County Fair office, 168 East Main Street, Norwich NY 13815, through Cornell Cooperative Extension of Chenango County and from your local high school offices. Applications must be printed and completed from the web at www.nyfairs.org (hand written applications will not be accepted.)

For more information, contact the Chenango County Fair office at (607) 334-9198.

Senior Dairy Scholarship

Members who are actively involved with the 4-H Dairy Program and will be graduating from high school are invited to apply for the 2019 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, 2019.**

Livestock Scholarship Applications

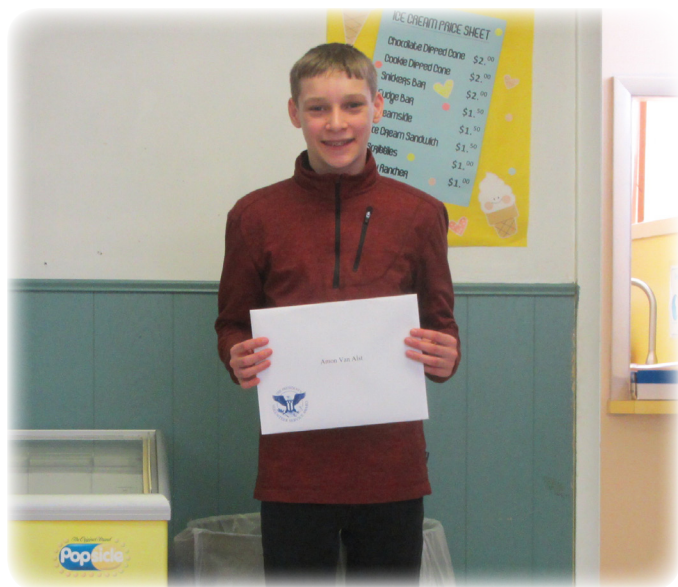
For those 4-H'ers looking to purchase a project animal for 2019, we have a scholarship for you! The 4-H Livestock Scholarship Fund was established to help defray the cost of a beef, meat goat, dairy goat, hog, or sheep project animal. **Members and non-members are encouraged to complete the cover application and short essay by March 1.** Contact Janet for application or if you have questions, 607-334-5841 x12 or jl27@cornell.edu.

4-H'ER RECEIVES PRESIDENT'S VOLUNTEER SERVICE AWARD

Amon VanAlst, 12, a 4-H'er in Chenango County, has been honored for his exemplary volunteer service with a President's Volunteer Service Award (pictured here.)

This award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was granted by The Prudential Spirit of Community Awards program. Chenango County 4-H nominated Amon VanAlst for national honors this past fall in recognition of his volunteer service.

The Prudential Spirit of Community Awards, sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), recognizes middle level and high school students across America for outstanding volunteer service. Congratulations to Amon!



LIVESTOCK TECHNIQUES, HANDS-ON WORKSHOP

Come join Ashley McFarland, Area Livestock Specialist with the Central New York Dairy, Livestock & Field Crops Team, for a hands-on workshop focusing on management practices for livestock. She will be teaching participants the proper ways to administer vaccinations, ear tagging, ear notching, castration and proper restraint and safety while working with animals.

This program is being hosted at the Chenango County office on Tuesday, March 26th 6-8 PM, but can also be joined at the Herkimer County office on March 12th or at the Madison County office on March 19th. Cost of this program is \$10 per person.

Please keep in mind, to register for these classes you must return the below slip to the Herkimer County CCE office or online.



Livestock Techniques ~ Hands-on Workshop

Registration is \$10 per person: Pre-registration is required!

Registration allows us to communicate any cancellations or changes in arrangements.

Register and pay online by credit card at <https://cnydfc.cce.cornell.edu/events.php> or fill out the registration form below and return it along with a check made payable to CCE to: Cornell Cooperative Extension of Herkimer County, 5657 State Route 5, Herkimer, NY 13350.

Please call (315) 866.7920 if you have any questions.

Registration must be received in the office by March 7, 2019

Choose Location (Circle One): Herkimer 3/12 Morrisville 3/19 Norwich 3/26

Farm/Organization Name: _____

Name _____ Number attending: _____ @ \$10.00/person Total: \$ _____

Address _____ City _____ NY Zip _____

Phone _____ Email _____



YOUTH EXPLORING WINTER ACTIVITIES

THANKS TO LOCAL PROGRAMS

Chenango County 4-H hosted a snowshoeing event at the Rogers Environmental Education Center in Sherburne on Saturday, January 26 for local 4-H members and their families.

The group of twenty participants gathered in the cold, bundled up and prepared to hike the Channels trail at the Rogers Center. The young kids took a few minutes getting used to their new feet (some tripping and falling over them a little, but landing in the soft snow), and they headed out on the trail. The Rogers Center is an excellent location for a short jaunt with well-developed trails offering excellent scenery, differing levels of difficulty depending on the trail taken, and plenty of wildlife to view it. Rabbit trails were scattered around the trail during the whole hike, and the Channels Trail specifically offers overlooks at several locations where visitors can view the water, frozen as it may be this time of year. By the end of the hike, some of the adventurers had cold hands, but the perfect remedy was a camp fire complete with s'mores. Youth gathered dead branches and twigs to get a fire started in the fire pit on location and browned their s'mores over the January camp fire, beaming over the graham cracker, chocolate, and marshmallow gooeyness they were about to consume.

The free event was made possible because of the twenty-one pairs of snowshoes purchased through grant money from the local Chenango Youth Philanthropy Council program in 2018. Due to the timeline of the grant, this is the first the snowshoes have been able to be used since the grant was awarded. Along with the snowshoes, new archery targets were purchased as well as wild edibles curriculum, geocaching coins, and other outdoor materials for the Outdoor Adventure program hosted by Chenango County 4-H. Events like this one offer excellent opportunities for youth and whole families to venture outdoors together and explore local natural habitats and seasonal hobbies.

In the last couple years, the Outdoor Adventure program has blossomed where now events are held once a month within Chenango County in programs that involve kayaking, camping, wayfinding, and more. These events help local youth foster an appreciation for the outdoor environment and our natural resources while developing life skills, encouraging active lifestyles, and introducing youth to careers and hobbies as well as providing mentoring relationships to youth. This year, Chenango County 4-H looks forward to hosting many more great programs, with upcoming events like Maple Exploration, Lure-making, Fossil Finding, and the second annual Survival Skills Challenge. For more information about the Outdoor Adventure program and upcoming events, contact 4-H Subject Educator Christina Hall at 607-334-5841 ext. 14 or visit ccechenango.org.



**If your 4-H club
or 4-H family
is interested in
borrowing and using
our new snowshoes
for a meeting or
outing, contact
Christina!**

4-H SEWING SCHOLARSHIP RECIPIENTS

Congratulations to the following youth who will received 2019 4-H Sewing Scholarships:

Katie Funk	Raegan Benedict	Saro Anderson
Amon VanAlst	Baily Anderson	Gwen Breese
Maria Funk	Riley Benedict	



2019 PUBLIC PRESENTATION RESULTS

Cloverbud

Sophia Bell
 Raegan Benedict
 Peyton Dibble
 Ava Kemmeren
 Ruby Lupo
 Kamri Peek
 Miranda Schmidt
 Allie Whaley
 Natalia Whaley



Junior

Molly Gorrell	Gold, Regionals
Meghan Funk	Gold, Regionals
Lily Marshman	Gold, Regionals
Joseph Thomsen	Gold, Regionals
Gracie Gorrell	Gold, Regionals
Natalie Dibble	Gold
Amon Van Alst	Blue
Robert Smith	Blue
Cadence Lanfair	Blue
John Smith	Blue
Riley Benedict	Blue
Cora Hodge	Blue
Gwendolyn Breese	Blue
Dakota Miles	Blue
Fiora Breese	Red
Jaden Webb	Red
Lilly Squires	Red
Brianna Allen	
Kris Deuel	
Phalen Hill	



Senior

Wyatt Austin	Gold, Regionals
Cheyenne Miles	Gold, Regionals
Shea Breese	Blue
Tanner Webb	Blue
Michael Harvey	Blue
Mason Harvey	Blue
Nathan Bennett	Red
Owen Hill	
Anna Thomsen	

Horse

Lara Tefft	Blue, Regionals
Kerri Johnson	Red
Kora Johnson	Red
Heavenly Mahaffey	Red
Emilee Bennett	Red
Sarina Bell	

**Congratulations to all the
 Regional qualifiers!**

2019 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 18-22. Pictures and other highlights from the week will be in the next Extension Express.

Thanks to the following:

Shane Butler
 Sharon Vesely, The Place
 Oxford FFA
 Louise Butcher
 Mindy Eldred
 Patricia Warren
 Oscar & Betty Robinson
 Deb Nowalk
 Jenn Sienko & BG Ag Club
 Vicky Gregory
 Eiholzer Farm and Ivy Lakes Dairy
 David & Marianne Kirsch
 Lily Marshman



4-H DATES FOR YOUR CALENDAR!

4-H Gettysburg Field Trip

This years Gettysburg trip will be from April 15th-17th and cost approximately \$175 for a family of four (scholarships available) meals not included.

Join us for this fun and educational trip to the battlefields and museums of Gettysburg! This historic site is the location of the turning point of the Civil War. Expert Ave Bauder will provide a guided tour that creates an enjoyable and memorable learning experience. For more details email Ken Smith at kas294@cornell.edu.



4-H Survival Skills Challenge 2019

JUNE 1, 2019

Save the date for the second 4-H Survival Skills Challenge! Youth ages 10 and up will participate in team activities to compete for the winning title! Who has what it takes to survive in the wild! Join us back at Millbrook Park, the same place as last year, but with some new challenges! Keep your eye open for more information as the date gets closer! Call Christina with any questions, (607) 334-5841 ext 14.



4-H Survival Skills **CHALLENGE**

Other dates for your calendar!

March 1, 8	Horse Bowl and Dairy Bowl Practice
March 9	Regional 4-H Horse Bowl, Hippology, & Dairy Bowl Contests
March 23	Regional Public Presentations, Chenango Forks March Dog Madness, Cornell University
March 18-22	Ag Literacy Week
March 27-April 7	Paper Clover Campaign, Tractor Supply Company Store, Norwich, NY
March 30	Dairy Discovery, Cornell University
April 13	Cornell University Vet School Open House
April 15	4-H Animal Crackers sign-up deadline
April 15-19	4-H Arts & Craft Camp
April 22	Incubation and Embryology Egg Delivery
April 27	4-H State Dairy Bowl Competition
May 1	4-H Leaders' Association & Senior Dairy Scholarship Applications Due
May 4	4-H Animal Crackers, Cornell University

2019 PHEASANT PROJECT

Since 2006, Chenango County has reared and released over 11,150 pheasants into the wild for all to enjoy. Thank you for your past involvement in this project! We are currently taking orders for the 2019 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, 2019.**

Please contact Janet Pfromm to place your order or to request more information, 607-334-5841 x12 or jlp27@cornell.edu



ANIMAL CRACKERS 2019 • Horses and Poultry • Sat. May 4, 2019

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.

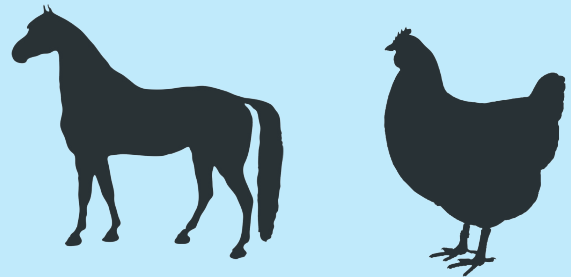
Who: The program is geared to 4-H members involved in animal science projects. Youth are strongly encouraged to attend with their parents or chaperones. Suggested age range is 9-12, however, all youth 9 and up are welcome.

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!



4-H Craft Camp

April 15-19, 2019

Join us during Spring Break & get crafty!

Monday: Cloverbud Crafts

Puzzle Piece Picture Frame, Toilet Paper Tube Snowmen, Clothespin Snowflakes, Popsicle Stick Fish & Dragonflies, Egg Carton Flowers

Tuesday: Anybody Art

Hot Glue Water Painting, Snowy Pinecone Candle Jars, Yarn Wreaths, Blow Ink Art, Melted Crayon Art

Wednesday: Anybody Art

Fence Wire Snowmen, Piggy Bank Pouches, Duct Tape Belts, Scrapwood Picture Frames, Silverware Wall Hooks

Thursday: Teen Time

Clothespin Lamp, Safety Pin Bracelets, Duct Tape No-Sew Tote, Mason Jar Wall Organizer, Wrap Bracelets

Friday: STEM Surprise

Sharpie Tie-Dye, String Art, Lotions & Potions, Galaxy in a Jar & Galaxy Dough, Geometric Art

☘ 9AM – 3PM each day at CCE Chenango

☘ \$5 per youth per day to attend

☘ Snack provided, but please bring lunch each day

Pre-Registration and payment due by April 10, 2019. Contact Janet, (607) 334-5841 ext. 12 or jlp27@cornell.edu, to RSVP!



Cornell Cooperative Extension | Chenango County

2018 BOARD OF DIRECTORS

Board Officers

Paul Mereness, President
Yusuf Harpur, Vice President
Jennifer Ryan, Secretary
Jessica Kelsey, Treasurer

Board of Supervisor Representatives

Pete Flanagan Marion Ireland

Cornell Representative

Danielle Hautaniemi

Directors at Large

Robert Davis Heather Lathrop
Nate Funk Jordan Flemming
Mike O'Reilly

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

CURRENT STAFF (607) 334-5841 OR (607) 334-9972

Kenneth Smith (Ext. 19)

Executive Director
kas294@cornell.edu

Alice Andrews (Ext. 18)

Finance & Operations
ama42@cornell.edu

Alexis Woodcock (Ext. 20)

Grow Cook Serve Coordinator
asw239@cornell.edu

Rich Taber (Ext. 21)

Grazing/Ag Economic
Development Specialist
rbt44@cornell.edu

Ashley Russell (Ext. 16)

Communications Coordinator
anr72@cornell.edu

Dennis Madden

Building Custodian

Tammy Dayton

Building Custodian

CNY DAIRY & FIELD CROPS TEAM

Dave Balbian

(518) 312-3592
Dairy Management Specialist
drb23@cornell.edu

Kevin Ganoe

(315) 866-7920
Field Crop Specialist
khg2@cornell.edu

Ashley McFarland

(315) 866-7920
Livestock Specialist
am2876@cornell.edu

Nicole Tommell

(315) 867-6001
Agricultural Business
Management Specialist
nt375@cornell.edu

4-H YOUTH DEVELOPMENT

Janet Pfromm (Ext. 12)

4-H Coordinator
jlp27@cornell.edu

Richard Turrell (Ext. 15)

4-H Volunteer Coordinator
rlt229@cornell.edu

Christina Hall (Ext. 14)

4-H Educator
clh262@cornell.edu

EAT SMART NEW YORK-SOUTHERN TIER

Betty Clark (Ext. 32)

Eat Smart NY
Program Coordinator
blc28@cornell.edu

Whitney Kmetz (Ext. 33)

Nutrition Teaching Assistant
wdg43@cornell.edu

Neisa Pantalia (Ext. 33)

Nutrition Teaching Assistant
nmp52@cornell.edu

