

# Extension *Express*

## WELCOME ABOARD MR. CRAIG BROWN

Chenango County Cooperative Extension sends out a big welcome aboard to Craig Brown as he joins the 4-H team. Craig will be replacing Janet Pfromm as we venture into some exciting 4-H programming this year. Craig brings an energy and excitement with him as well as some solid 4-H experience. We look forward to working with Craig and seeing what adventures the 4-H team will come up with next! So, please make a point of meeting our new 4-H educator!

Craig sent everyone a little message:



Hello! My name is Craig Brown, and I am honored to have been given the opportunity to be your new Chenango County 4-H Community Educator. While I am excited to know many of you from my experience as a 4-H Educator in Madison County and prior employment with Liberty Partnerships Program, I am equally excited to meet all the new faces. A little bit about myself: I have been blessed with many kids in my life, 2 little humans, and the majority little dairy goats. I am a huge advocate for STEM programming and agricultural education. I am ALWAYS up for developing new activities and challenges. I currently sit on the 4-H Capital Day's committee and will be frequently encouraging our youth to participate in civic engagement and civil discourse. We are a part of a larger community, and we thrive when we support each other. The NYS 4-H Youth Development Program builds upon this foundation like no other organization in the world. It is designed for youth, utilizing youth voice. Each of your input and feedback matters in the development of our programming, because the programs are developed for you! I know the passion and the plethora of knowledge in the Chenango County 4-H Program, and it stems from the devotion of you our youth, parents, and volunteers. I am looking forward to working with each of you!

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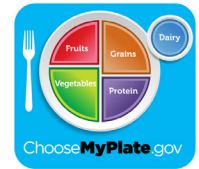
Upcoming Programs  
Scholarships

# Springtime

**Spring cleaning tips from SNAP-Ed**  
**~Check dates on canned and packaged food in the pantry. Toss outdated food & use up items close to expiration dates.**

**~Remove food from the fridge and clean the inside. Check dates and toss expired food.**

March is National Nutrition Month. Focus on healthy eating habits. 



For more information & healthy recipes, visit: [www.snapedny.org](http://www.snapedny.org)

## Fig, Walnut, and Spinach Salad



Source: <https://eatfresh.org/recipe/salads/fig-walnut-spinach-salad#.YBmPQzhKJIU>  
 Prep time: 15 minutes, Makes: 4 Servings

### Ingredients:

- ½ Onion Medium, sliced thin
- 2 tablespoons Vinegar White wine or Apple cider
- 1 cup Hot water
- 5 ounces Spinach Baby
- 2 tablespoons Balsamic vinegar
- ½ teaspoon Honey
- 2 tablespoons Olive oil
- Salt to taste
- Cracked black pepper to taste
- 8 Figs Dried, sliced
- 2 tablespoons Walnuts Chopped



### Directions:

1. Slice onion and let sit for at least 5 minutes.
2. Marinate sliced onion in 2 Tbsp white wine or apple cider vinegar and hot water for 10 minutes in medium bowl, while preparing rest of ingredients.
3. Rinse and dry spinach with a clean towel. This will avoid dressing getting diluted.
4. Whisk together balsamic vinegar, honey, salt and pepper, drizzling in the olive oil a little at a time at the end.
5. Drain the liquid from onions. Toss spinach, onions, walnuts, and figs with dressing and serve.

Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>188</b>
	% Daily Value*
Total Fat 7.6g	10%
Saturated Fat 1.1g	6%
Cholesterol 0mg	0%
Sodium 33mg	1%
Total Carbohydrate 30.7g	11%
Dietary Fiber 4.6g	17%
Total Sugars 22.2g	
Protein 2.5g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 2mg	11%
Potassium 402mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Enjoy spring produce like spinach

Try to be physically active everyday.   
 Adults need 30 minutes most days and youth need 60 minutes everyday. 

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)



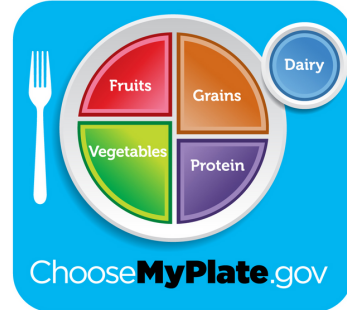
CATCH us while the time is right. Have your children join in the fun to learn how physical activity and, nutrition can be a part of their everyday lives!

## Youth CATCH lessons

Cornell Cooperative Extension

### Virtual Workshops

Parents are you looking for FREE nutrition education classes for your children? Look no further! These lessons are developed for 1st-5th graders. Join in the fun, once each week M-F from 4:30pm-5pm, pick a day that suites you best! CATCH works to support youth in healthy lifestyles in and out of school!



**Sign up now!**

**Email: [wdg43@cornell.edu](mailto:wdg43@cornell.edu)**

Go Activities & MyPlate  
 ◀.....▶  
 March 15th-19th  
 Youth will learn health benefits of physical activity and the importance of eating from all 5 food groups of the MyPlate



Fiber & Whole Grains  
 ◀.....▶  
 April 5th-9th  
 Youth will understand the importance of eating high-fiber foods and, how to determine a whole-grain versus refined-grain.

Go, Slow, Whoa Foods  
 ◀.....▶  
 March 22nd-26th  
 Youth will learn how to categorize foods into Go, Slow, and Whoa groups based on how much fat, sugar, and salt is in the food.



Reduce Sugar-Sweetened Beverages  
 ◀.....▶  
 April 12th-16th  
 Youth will be able to identify natural vs. added sugars & learn health threats about consuming too much sugar!

Fruits & Vegetables  
 ◀.....▶  
 March 29th-April 2nd  
 Youth will understand the importance of eating a rainbow of fruits and vegetables throughout the day to get all of the health benefits.



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





# CCE UPDATES

## CHOBANI FOUNDATION FUNDS LIVESTOCK

Recently the Chobani Foundation has funded a two year grant to CCE Chenango to expand and enhance the beef and sheep industries in the four county Chobani footprint area. This program will provide education as well as technical advice for those interested in establishing a small scale beef or sheep production business. The program will feature online educational videos, on-farm workshops, webinars, articles in farm journals, phone support, and farm visits. Topics covered will include the following: feeding, housing, fencing, grazing, handling, health care, and marketing. The project will also generate materials specifically for veterans interested in farming beef and sheep.



The initiative will focus on keeping the regional agricultural economy strong and vibrant. The decline in dairy prices along with the resulting strain on our regional ag economy is the major reason for this project. The project will help dairy farmers interested in remaining in farming to establish viable beef and sheep income streams. Other new, beginning landowners in the region are continually purchasing farms and need support in getting livestock enterprises started. Point of contact for this project will be Rich Taber, CCE Staffer, longtime beef and sheep producer. He can be reached at 607-334-5842 ext. 1121 or email: [rbt44@cornell.edu](mailto:rbt44@cornell.edu).

## GROW COOK SERVE 2021



Cornell Cooperative Extension of Chenango County is excited to announce that it received funding for the Grow Cook Serve Program for 2021 from the United Way.

Grow Cook Serve is a program which provides access to fresh local produce, to income restricted individuals and families, by donating produce from local farms and gardeners and providing self-sufficiency education.

Our goal is to help economically challenged families and individuals adopt life-long healthy habits by donating fresh produce to people in need; teaching cooking and gardening skills for people to become more self-sufficient; and providing nutrition education to facilitate healthy choices.

Along with produce donations and gardening classes Grow Cook Serve is looking forward to its continued partnership with SNAP-ED to provide nutrition education. Check out our Facebook Page [www.facebook.com/CCEChenango](https://www.facebook.com/CCEChenango) for weekly recipe videos and Nutrition Information. If you are looking for more healthy videos to cook along with you can view them on YouTube at <https://www.youtube.com/c/CCEChenangoCounty>.

If you are interested in starting a garden in 2021 you can join Grow Cook Serve via zoom for free beginner gardening workshops.

- ❖ Planning Your Garden – March 9, 5:00-6:00pm
- ❖ Starting Seeds – April 6, 5:00-6:00pm



Grow Cook Serve is also excited to announce its newest series, Bread 101. Join Alexis Woodcock for virtual bread baking.

- ❖ Bread Baking Basics – March 23, 4:00pm-6:00pm
- ❖ Flat Bread and Focaccia – April 20, 4:00-6:00pm

For more information about Grow Cook Serve or to register for these workshops check out our website at <http://ccechenango.org/> or contact Alexis Woodcock at [asw239@cornell.edu](mailto:asw239@cornell.edu).



# FAREWELL ROB DECLUE

CCE of Chenango County says farewell to Rob DeClue and best wishes! After forty-one years of service that included countless Sunday nights, Rob DeClue has retired from the Chenango County Soil and Water District. Rob provided help to two plus generations of Chenango County farmers. Rob helped them keep their farms profitable and sustainable with projects that included grazing, watering, fencing and countless other farm improvements. He appeared in thousands of committee meetings for groups looking to support Chenango County such as the Ag and Farmland Protection Committee, the Water Quality Coordinating Committee, and the Soil and Water Conservation District monthly meeting. To each project, Rob brought a broad smile, a positive supportive attitude, and lots of handouts. We will miss Rob's presence in the building, his kind words, smile, and his continuous support.

All of the staff at CCE wish you all the best in your retirement!



## VITA

Important COVID-19 update: 2020 taxes will be done remotely.

The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 years, offering free tax help to who need assistance in preparing their own tax returns.

People who generally make \$57,000 or less

Qualifications – Must have earned at least \$1, but less than  
\$15,820 (\$21,710 married filing jointly) with no qualifying children  
\$41,756 (\$47,646 married filing jointly) with one qualifying child  
\$47,440 (\$53,330 married filing jointly) with two qualifying children  
\$50,954 (\$56,844 married filing jointly) with three or more qualifying children

Persons with disabilities; and Limited English-speaking taxpayers

While the IRS manages the VITA and TCE programs, the VITA/TCE sites are managed by IRS partners and staffed by their volunteers who want to make a difference in their communities.

VITA/TCE services are not only free, they are also a reliable and trusted source for preparing tax returns. All VITA/TCE volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information. In addition to requiring volunteers to certify their knowledge of the tax laws, the IRS requires a quality review check for every return prepared at a VITA/TCE site prior to filing. Each filing season, tens of thousands of dedicated VITA/TCE volunteers prepare millions of federal and state returns. They also assist taxpayers with the preparation of thousands of Facilitated Self-Assistance returns.

Chenango County Families:

607-334-5841 x1118

Chenango County Senior Citizens:

607-337-1770

# 4-H NEWS

## 4-H DAIRY BOWL AND HORSE BOWL PRACTICES

Dairy Bowl and Hippology/Horse Bowl practices have begun. It's not too late to join the adventure in learning at the CCE office on Tuesday & Friday nights. Rhonda Turrell is leading the horse knowledge practices on Friday nights from 6-7:30pm. Victoria Peila is heading up the Dairy Bowl on Tuesday night 7-8pm. All practices will be hands-on and will cover the basic animal biology through industry events. To register, please email Rhonda, [rlt236@cornell.edu](mailto:rlt236@cornell.edu).



## 4-H AFTER-SCHOOL PROGRAM AT CCE AND ROGERS CENTER:

We kicked off the program with Egg Crash Cars! Each 4-H'er designed & built their own car. We tested them by launching them down a ramp & into the wall; the cars were so well designed, that none of the eggs broke!

We will continue to meet on the 1st Wednesday of each month at our CCE building and on the 3rd Wednesday of each month at Rogers Center.

Email Erica if you would like to sign up at [elc97@cornell.edu](mailto:elc97@cornell.edu).

### Calendar

Mar 1	- 4-H Livestock Scholarship Applications Due - Incubation & Embryology order Due
Mar 2, 9	- Dairybowl Practices @ CCE, 7pm
Mar 5, 12	- Horse Bowl Practices @ CCE, 6pm
Mar 13 -	- Finger Lakes Trail Hike
Mar 15-19	- Ag Literacy Week
Apr 1	- Donald Franklin Scholarship Due
Apr 5-7	- 4-H Sewing Camp
Apr 17	- 4-H Amphibians & Vernal Pools

## 4-H INCUBATION & EMBRYOLOGY PROGRAM

The 4-H Incubation and Embryology Program is a great way for schools and families to help young people observe the mystery of life and learn some of the principles of reproduction. The project provides an opportunity for youth to work with living, growing chick embryos. A secondary but equally important objective is to provide leaders and teachers with an interesting and unique educational tool. Not only is the embryology project fun, but it also opens many opportunities for learning.

Delivery for eggs is Monday, April 19. Orders must be received by March 1. For more information and to receive an order packet, please contact Erica Clark, 607-334-5841 or [elc97@cornell.edu](mailto:elc97@cornell.edu).

## 4-H LIVESTOCK SCHOLARSHIPS

Applications for those members, and non-members willing to join 4-H, looking to get into a livestock project area are being accepted for the annual 4-H Livestock Scholarship Program. This program annually awards youth members beef, dairy, meat/dairy goats, sheep, and swine project animals that may be sold through the annual 4-H Livestock Auction or may serve as foundation animals for a members herd or flock. Applications can be found on the 4-H website and must be returned by March 1.



# UPCOMING 4H PROGRAMMING

## 4-H OUTDOOR ADVENTURE

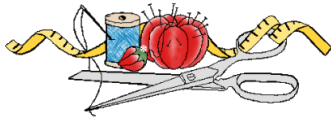
**March 13** - Saturday, Finger Lakes Trail Hike and fire building basics.  
Details coming soon!

**April 17** - Saturday, 10am to 12pm, Amphibians & Vernal Pools, general location: Plymouth. Come learn about vernal pools and the animals that use them.

Later this spring and summer we will fish & make fishing lures, bike, kayak and more!



## SEWING CAMP



**APRIL 5, 6, 7**

**Come join the fun at sewing camp!**

Space is limited in order to provide a safe space, so sign up early.

April 5th - 4-H CLOVERBUDS : Pillow Project

Cloverbuds will learn how to measure accurately, follow directions, use shears, and make a fleece pillow. Extra project if time allows.

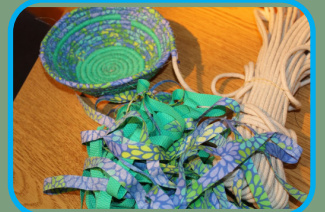
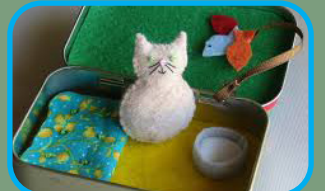
April 6th - 4-H AGE 8 to 11: Merry Miniatures

Learn how to sew adorable miniatures, while showing your creative side to decorate its carrying case.

April 7th - 4-H Ages 12 to 18: Fabric Baskets

Use fabric to create a beautiful one of a kind basket while learn some sewing techniques.

\*\*For more information or to sign up contact Rhonda, at: [rlt236@cornell.edu](mailto:rlt236@cornell.edu) or call 607-334-5841 ex. 1111



## Donald Franklin Memorial Scholarship Application

### Requirements:

- Be a student attending college in fall of 2021
- Pursuing a degree in an agricultural related field
- Be a resident of Chenango County (home address within Chenango County limits, the High School does not have to be within Chenango County)
- Completed application and essay handed in on time

### Deadline to Apply:

All applications must be received by April 1st, 2021 (through mail or email)

### Please mail the completed application to:

Chenango County Ag Development Council  
Attn: Alice Andrews  
99 North Broad Street  
Norwich, NY 13815

### Or email the completed application to:

[Ama42@cornell.edu](mailto:Ama42@cornell.edu)

### For additional information contact:

Alice Andrews  
Phone: (607) 334-5841 ext. 1118  
Email: [ama42@cornell.edu](mailto:ama42@cornell.edu)

## 2021 Pheasant Project

Since 2006, Chenango County has reared and released over 13,000 pheasants into the wild for all to enjoy. Thank you for your past involvement in this project!

We are currently taking orders for the 2021 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, 2021.

Please contact Rhonda Turrell to place your order or to request more information, 607-334-5841 x1111 or [rlt236@comell.edu](mailto:rlt236@comell.edu)





99 North Broad Street  
Norwich, NY 13815

RETURN SERVICE REQUESTED

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## Connect With Us!

[www.ccechenango.org](http://www.ccechenango.org)



[Youtube.com/ccechenangocounty](https://www.youtube.com/ccechenangocounty)



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[instagram.com/ccechenango](https://www.instagram.com/ccechenango)



[pinterest.com/ccechenangocounty](https://www.pinterest.com/ccechenangocounty)



[twitter.com/ccechenango](https://www.twitter.com/ccechenango)

## 2021 BOARD OF DIRECTORS

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Yusuf Harper, Vice President  
Robert Davis, Secretary  
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Pete Flanagan Marge Davis

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Danielle Hautaniemi

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Grace Provance Patti Von Mechow  
Patsy Graham Jordan Fleming  
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

### Kenneth Smith (Ext. 1119)

Executive Director  
[kas294@cornell.edu](mailto:kas294@cornell.edu)

### Alice Andrews (Ext. 1118)

Finance & Operations  
[ama42@cornell.edu](mailto:ama42@cornell.edu)

### Alexis Woodcock (Ext. 1120)

Grow Cook Serve Coordinator  
[asw239@cornell.edu](mailto:asw239@cornell.edu)

### Rich Taber (Ext. 1121)

Ag/Livestock  
Natural Resources  
[rbt44@cornell.edu](mailto:rbt44@cornell.edu)

### Rhonda Turrell (Ext. 1111)

Administrative Assistant  
[rlt236@cornell.edu](mailto:rlt236@cornell.edu)

### Dennis Madden

Building Custodian

### Jon Palmer

Building Custodian

### 4-H YOUTH DEVELOPMENT

#### Craig Brown (Ext. 1112)

4-H Community Educator  
[ctb98@cornell.edu](mailto:ctb98@cornell.edu)

#### Richard Turrell (Ext. 1115)

4-H Volunteer Coordinator  
[rlt229@cornell.edu](mailto:rlt229@cornell.edu)

#### Erica Clark (Ext. 1114)

4-H Youth Educator  
[elc97@cornell.edu](mailto:elc97@cornell.edu)

### SNAP-ED NEW YORK- SOUTHERN TIER

#### Betty Clark (Ext. 1132)

Eat Smart NY  
Program Coordinator  
[blc28@cornell.edu](mailto:blc28@cornell.edu)

#### Whitney Kmetz (Ext. 1133)

Nutrition Teaching Assistant  
[wkg43@cornell.edu](mailto:wkg43@cornell.edu)

#### Neisa Pantalia (Ext. 1134)

Nutrition Teaching Assistant  
[nmp52@cornell.edu](mailto:nmp52@cornell.edu)

### CNY DAIRY, LIVESTOCK & FIELD CROPS TEAM

#### Dave Balbian

(518) 312-3592  
Dairy Management Specialist  
[drb23@cornell.edu](mailto:drb23@cornell.edu)

#### Ashley McFarland

(315) 866-7920  
Livestock Specialist  
[am2876@cornell.edu](mailto:am2876@cornell.edu)

#### Nicole Tommell

(315) 867-6001  
Agricultural Business  
Management Specialist  
[nt375@cornell.edu](mailto:nt375@cornell.edu)

#### Erik Smith

(315) 219-7786  
Field Crops Specialist  
[eas56@cornell.edu](mailto:eas56@cornell.edu)