

Extension *Express*

VOLUME 15 ISSUE 3: MAY-JUNE 2018

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4-H Survival Skills **CHALLENGE**



Do you think you have what it takes? Put your skills to the test in the first Chenango County 4-H Survival Skills Challenge!

June 9th, 2018 • 9:00AM Millbrook Park

Teams of four youth (10 and up) will rotate through five main stations where they will complete tasks in kayaking, wayfinding, foraging, fire starting, and shelter building. Navigate through the outdoor terrain, build your camp, and use your resources wisely to see which team will come out on top!

For more information or to register go to:
www.ccechenango.com/4-hsurvivalskillschallenge

or contact

Christina Hall at (607) 334-5841 ext.14 or at
clh262@cornell.edu



18 U.S.C. 707



Cornell Cooperative Extension | **Chenango County**

"Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities."

SNAP-ED BEGINS SPRING BY EXPLORING GARDENS!

This month Nutrition Teaching Assistant, Whitney Kmetz began a program at Stockbridge Valley Central School. This program aims to improve health and reduce chronic disease for lower income adults and youth. It aims to teach ways to eat more fruits and vegetables, drink fewer sweetened beverages, and exercise everyday maintaining a calorie balance. Whitney is doing a curriculum called Dig-In with the 5th grade and The Great Garden Detective curriculum with 3rd graders. Both of these curriculum focus on the concept of eating more fruits and vegetables.

Dig-In, is designed to encourage 5th and 6th graders to eat more fruits and vegetables and develop an awareness of how these foods are grown. Each lesson meets education standards in one or more of the following subjects:

- Science (National Academy of Sciences)
- English Language Arts (Common Core State Standards Initiative)
- Math (Common Core State Standards Initiative)
- Health (American Cancer Society).



The Great Garden Detective, is a standards-based curriculum that integrates gardening experiences and nutrition education messages into lessons designed to teach English/language arts, mathematics, science, and health to 3rd and 4th graders. This curriculum focuses on the growing, learning, harvesting, and tasting of fruits and vegetables. In both of these curriculum students get to sample different fruits or vegetables along the way that they may have never tried before. Whitney will meet with each grade six times before the end of this program.

The Great Garden Detective Adventure

A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4



SOUTHERN TIER REGION
EAT SMART NEW YORK PROGRAM

CATCH AT EDWARD R. ANDREWS ELEMENTARY



Above: Youth from Edward R. Andrews Elementary stand at ESNY's table to taste Rainbow Carrots during their lunch.

The SNAP-Ed team continues to provide food samplings at the Elementary School 1-2 times each month. The samples are provided during all lunch periods and have been successful at getting both children and teachers excited about trying new foods! We've offered a wide variety of foods from roasted soybeans to pomegranate seeds. In March, everyone sampled a low fat yogurt dip with rainbow carrots.

Edward R. Andrews has incorporated the CATCH concepts throughout the school including in their cafeteria, now named the Character Café; the Physical Education department with the goal of increasing movement and physical activity; and recess which has increased from 20 minutes to 30 since CATCH was implemented in September 2017.

GETTING GREAT FEEDBACK!

On March 29th at Consumer Services of Madison County, SNAP-Ed Nutritionists Neisa Pantalia and Whitney Kmetz demonstrated how to make a healthier version of the Shamrock Shake. This delicious smoothie is loaded with calcium, potassium, and Vitamins C, D and A. It's a nutrient powerhouse! The recipe was found on the Finger Lakes Eat Smart NY website.

A couple weeks later again at Consumer Services, a mother that was in the class during the recipe demo that day had told the educators that she and her children had made the Shamrock Shake recipe multiple times since. The children really enjoy it and they are getting so much more good nutrition from this recipe versus the Shamrock Shake they offer at McDonald's!!



PHOTO CREDIT: Pixabay CC0 Public Domain

NUTTY ASPARAGUS SALAD

Serves: 4, Serving Size: 1 ½ cups

Salad

1 lb. fresh asparagus (~2 cups) steamed for about 5 minutes until tender-crisp and chilled
½ c. chopped walnuts
3 c. lettuce
2 oranges (peeled and sectioned)

Dressing

2 Tbs. olive oil
2 Tbs. vinegar
2 Tbs. orange juice
2 Tbs. sugar
Pepper to taste

Directions

1. Cut the cooked asparagus into 1-inch pieces. Place in a bowl; add the walnuts, orange sections, and salad greens
2. In a small bowl, combine all the dressing ingredients and mix well
3. Add the dressing to the salad and toss together.
4. Enjoy!

Calories: 230, Total Carbohydrate: 18g, Fiber: 5g, Sugars: 11g, Protein: 6g, Total Fat: 17g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 20mg, Vitamin A: 30%, Vitamin C: 70%, Calcium: 8%, Iron: 10%

A VISIT TO A LOCAL FOOD PANTRY

Alexandra Hooker (Ally), Morrisville State College Dietetic Student, had a first-hand learning experience on February 22nd, at the Roots and Wings Food Pantry in Norwich. Food Pantry participants enjoyed watching Ally demonstrate how to prepare the Bean and Rice Burrito recipe. Both the beans and rice are items which are readily available at the pantry, but are rarely taken by clients. The Pantry Manager explained to Ally that many of the clients don't know how to cook the rice and have no idea what to do with the beans. Many of the clients said that they were going to go home and make the Burritos for dinner!

In addition, Ally presented the lesson Healthy Eating on A Budget assisted by SNAP-Ed Nutritionist Liz Coffey. Ally explained how to work within a budget, eat healthy, and still have a variety of food. Utilizing the foods that are available at the pantry allows the clients to stretch their food dollars further at the grocery store.

This experience, part of SNAP-Ed's Healthy Food Pantry Initiative, showed Ally that the recipe demonstrations along with a great lesson can positively impact the diet quality of the pantry clients and their families.



ANNOUNCING THE 2018 COUNTY FAIR THEME!

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

"4-H Mau Loa"

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



4-H ANIMAL PROJECT INFO

All 4-H members planning on exhibiting livestock at the Chenango County Fair must have an animal certificate on file with the 4-H Office on or before June 1, 2018. Certificates are required for all horse, market animal, or grade animal exhibits, including beef steers/heifers, market lambs, market goats, hogs, etc. Registered animals must have a copy of their registration papers on file as well. Any animals not on file will **NOT** be eligible to show in the 4-H shows at County or State Fair.

Also, please be aware that the ownership deadline for all 4-H Project Animals for 2018 is June 1st. All registration papers must show ownership by this date to be eligible for show. Copies of registration papers are required when making 4-H County Fair entries.

NO PAPERS = NO 4-H ENTRIES

4-H HORSE RIDING EVALUATIONS

June 21st, 6PM, Norwich Fairgrounds

All youth intending to compete at the State Fair Qualifying Horse Show, County Fair Horse Show, or State Fair Horse Shows must complete a riding evaluation before being allowed to compete if:

- The youth or horse are new to the Chenango County 4-H Horse Program
- The youth has switched to a different project horse for the 2018 project year
- The youth is moving up a riding level
- The youth will be riding a different horse for Drill Team/Quadrille and has not been evaluated on the horse
- The youth is entering in Showmanship and has not been evaluated with the horse

In addition to regular members, Cloverbuds will also be evaluated. All decisions made by the evaluation team are final and will be upheld by the Chenango County 4-H Program for all riding events.

Evaluations will be held at the Chenango County Fair Grounds on June 21st, 6PM.

To register or if you have any questions, please contact Janet, 607-334-5841 x12 or jl27@cornell.edu.



4-H RECEIVES STEWART'S HOLIDAY MATCH GRANT



4-H would like to thank Stewart's Shops and local shoppers for their continued support of the Holiday Match Program. This year, the program generously awarded the Chenango County 4-H After School Program \$1,000 to help cover the cost of supplies for the program.

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

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

All enrolled 4-H'ers in Chenango County 4-H are eligible to compete at this show. Entry books will be mailed to dairy and livestock families by the beginning of May. Entries must be completed and returned to Janet at the 4-H Office **no later than June 4th**.



THE FARMERS' MUSEUM

4-H CALENDAR

May 1 st	4-H Leaders' Association and Senior Dairy Scholarship Apps Due
May 5 th	4-H Animal Crackers at Cornell University
May 18 th	4-H Sewing Spectacular
May 25 th	4-H Dairy Goat Showmanship and Nutrition Workshop, 12-3PM
June 1 st	4-H Enrollment and Animal Ownership Deadline
June 4 th	Junior Livestock Show Entry Forms due to 4-H Office
June 15 th -17 th	4-H STEM Camp, Camp Shankitunk
June 18 th	County Fair Pollorum Testing, Chenango County Fairgrounds, 6PM
June 21 st	4-H Horse Riding Evaluations, 6PM, Chenango County Fairgrounds, 6PM
June 25 th	CNY 4-H Dairy Judging Tour
July 8 th -10 th	Junior Livestock Show, Cooperstown Farmers' Museum
July 16 th	4-H County Fair Entries Due
July 23 rd	4-H Case Building Clean-Up, 9-2PM
July 30 th	Livestock Barns Set-Up, 7PM, Chenango County Fairgrounds

2018 4-H LIVESTOCK SCHOLARSHIP WINNER

The Chenango County 4-H Program is pleased to announce that the following member was awarded a Livestock Scholarship to help defray the cost of purchasing a project animal:

Sarina Bell – Dairy Goat

Scholarship funds for these awards are made possible through the generous donations of 4-H families and supporters!



CHENANGO 4-H HORSE BOWL & HIPPOLOGY... ROCKED IT!

Congrats to all of our 4-H'ers who competed!
Chenango County was:

1st Novice Horse Bowl Team

Top Individuals:

- Jayda Peck
- 7th Heavenly Mahaffery
- 9th Phiona Osborne
- 1st Sarina Bell

4th Jr. Horse Bowl Team

Top Individuals:

- 7th Emilee Bennett

2nd Sr. Horse Bowl Team

Top Individuals:

- Jordan Peck
- 8th Katelyn Brandt
- 4th Hailey Capiello

2nd Novice Hippology Team

Top Individuals:

- 9th Phiona Osborne
- 8th Heavenly Mahaffery
- 5th Jayda Peck
- 3rd Sarina Bennett

4th Junior Hippology Team

Top Individuals:

- 3rd Emilee Bennett

3rd Senior Hippology Team

Top Individuals:

- 3rd Katelyn Brandt
- 2nd Hailey Capiello

Thanks to all of the parents and the EXTRAORDINARY Miss Rhonda!



2018 4-H PUBLIC PRESENTATIONS RESULTS

Thank you to all of our volunteers for the day: Louise Butcher, Angel Whaley, Noah Ives, Dave and Deb Nowalk, Katha Root, Rachel Farrow-Beers, George Seneck, and Quinn Fitzpatrick.

Cloverbud:

- Sophia Bell
- Raegan Benedict
- Gwendolyn Breese
- Maria Funk
- Cora Hodge
- Tucker Ives
- Taylor Peck
- Clifford Russett

- Viola Russett
- Allie Whaley

Junior:

- Meghan Funk Gold
- Riley Benedict Blue
- Owen Hill Blue
- Madisyn Peck Blue
- Brianna Allen Blue

- Kris Deuel Blue
- Nate Rumovicz Blue
- Phalen Hill Blue
- Amon Van Alst Blue
- Dakota Miles Blue
- Lilly Squires Red
- Shea Breese Red
- Fiora Breese Red
- William Rumovicz Red

- Mason Harvey Green
- Shawn Fuller Green

Senior:

- Nathan Bennett Blue
- Wyatt Austin Red
- Michael Harvey Red
- Cheyenne Miles Red
- Alex Leggett Red
- Nija Fuller Red



Jr. Horse:

- Emilee Bennett Red
- Sarina Bell Green
- Jayda Peck Green

Sr. Horse:

- Jordan Peck Red

Congratulations to Meghan Funk for qualifying for Regional Competition!

CHENANGO COUNTY 4-H DAIRY BOWL RESULTS



Thanks to all of the parents and volunteers who helped out throughout the winter! Special thanks to Katy Kemmeren for moderating the contest.

Chenango County 4-H did very well:

Skyler Graham – 7th Novice Top Individual; 1st Novice Team with Otsego Co.

Lily Marshman – 4th Jr. Team with Otsego Co.

7th Jr. Team

Owen Hill – 8th High Individual

Will Rumovicz

Nate Rumovicz

Phalen Hill

7th Sr. Team with Cortland Co.

Lyn Farrow

Justin Graham



NY JUNIOR DAIRY LEADERS PROGRAM

The “Junior DAIRY LEADER” program is intended to reach youth between the ages of 16-19 who have an interest in exploring careers in the dairy industry and would like to gain hands-on experience. The program consists of a series of workshops that focus on specific facets of the dairy industry -- veterinary science, dairy nutrition, and production management.

Other opportunities include:

- Representing New York State at National 4-H Dairy Conference - Madison, Wisconsin
- On-Farm Production Analysis
- Resume Development for Internship Opportunities
- Public Presentations with the Use of Computer Technology
- Northeast Agricultural Tour
- Wisconsin Agricultural Tour
- Regional Seminars



Applications for this program can be found at: <http://www.ansci.cornell.edu/prodairy/jdl/application.html> and are due to Debbie Grusenmeyer, Program Leader, **no later than June 30th**.

2018 PHEASANT REARING & RELEASE PROGRAM

11 Chenango County families are participating in the 2018 NYS Pheasant Rearing and Release program, in collaboration with the DEC Reynolds Game Farm in Ithaca. These families will be receiving 850 day-old pheasant chicks to raise for approximately 18 weeks and then release for others in the county to enjoy!



CHENANGO COUNTY 4-H 2018 SEWING SPECTACULAR

May 18th, 2018 • 6-8PM

The United Church of Christ
11 West Main Street • Norwich, NY 13815



Join us as we celebrate the sewing accomplishments of our 4-H members! All 4-H'ers are invited to bring all of their sewing projects for show and evaluations. Dinner to be provided. Please RSVP with Janet by May 15th, 607.334.5841 x12 or jlp@cornell.edu.

4-H Sewing Camp 2018

In March, four 4-H'ers participated in sewing camp for a week at the CCE building. Participants included Baily Anderson, Katie Funk, Maria Funk, and Lily Marshman. Sewing Camp volunteers aided these 4-H'ers in all steps of their sewing process. Thank you to Louise Butcher, Marilyn Carley, Della Ericksen, Deb Nowalk, and Rhonda Turrell for all the help! Pictures below are from the weeks activities.



Left: 4-H'ers went shopping in March for their winter 4-H Sewing Camp supplies to the JoAnn Fabrics store in Cortland. Thanks to our expert volunteer Louise Butcher for assisting us. Attending the trip were Abigail and Emily Calhoun and Katie and Maria Funk.

OUTDOOR RECAP: MAPLE IN MARCH

On March 18th, over 25 youth gathered at the Otselic Valley Central School for our Maple Fun day as part of our 4-H Outdoor Adventure programming. Participants had a chance to learn about maple production through hands on activities. Youth got to practice tapping a tree using a bit and brace, make their own maple candy, and carry sap buckets with a yolk like people would have many years ago. Agriculture teacher Roger Barkman, was kind enough to open up the school's Sugar Shack for visitors so members were able to see the modern evaporator and setup. Youth were even able to test out snowshoes to travel out to see sap collection points on the school grounds!



UPCOMING OUTDOOR ACTIVITIES:

Wild Edibles • Saturday, May 19th 10AM-12PM

Did you know that some of the weeds in your backyard could make a delicious meal? Join in on this exciting opportunity to taste nature. Youth will get the opportunity to find and taste-test various edible wild plants (which are common in your backyard) and even cook some of them! Plant types allowed are based on the state 4-H curriculum for Wild Edibles. We will be meeting at the CCE/4-H office at 10am on May 19 and traveling from there. To sign up, contact Christina.

Kayaking Trip • June 16th, 9AM-12PM

Our first kayaking trip of this new year! Come float with us! We will be kayaking the Susquehanna from Sidney to Bainbridge, a five mile float which will take approximately

2-3 hours. Youth age 10 and up are welcome. We provide kayaks, life vests, and paddles. Make sure to bring/wear sunscreen and clothes and shoes that can get wet. Contact Christina to sign up and let us know if you are bringing your own kayak and how many people are attending. We will be meeting at the DEC access site on Route 7 in Sidney (Will send a map with reminders). There is limited space available so sign up now!

CHENANGO COUNTY AG LITERACY UPDATE

In March, volunteers from around the county went into local schools to read this year's Ag Literacy book, *Before We Eat*. This year's program connected farmers to the food we eat for 863 Chenango County youth in 57 classrooms/libraries.

Volunteer readers, like Vicky Gregory "taught about reading and understanding packaging/processed food, vegetables/fruits, dairy products, animals, and soil." At the end of the lessons she gave every student a package of yogurt covered raisins. Others, like Louise Butcher, related their own farming experiences to the kids. At the end of the reading, youth colored and wrote messages in thank you cards to local farmers. These cards have been delivered or mailed to farmers in the township of each school.



MAY-JUNE FEATURED STEM ACTIVITY: "SPEAR IT"

Adapted from Utah 4-H

Materials: 3 pencils, a plastic bag, water, paper towels

How to:

Sharpen 3 pencils. Fill a plastic ziploc bag 1/2 full with water and then seal the bag closed. Hold the pencil in one hand and the top of the bag in the other hand. Believe it or not, you can push the pencil right through one side of the bag and half way out the other side without spilling a drop. The bag magically seals itself around the pencil. Push the remaining pencils through the bag. When you are finished, remove the pencils while holding the bag over the sink. Throw away the bag and dry the pencils. Helpful Hints: Make sure the tips of the pencils are sharpened to a point. Be careful not to push the pencils all the way through the bag or the water will all spill out onto the floor.

Reflect:

How did this work? What do molecules look like? Would this work if the pencil wasn't sharp? Draw a picture of what you imagine the chain of molecules looks like. Draw a picture of pencils stuck through a bag.

What's Happening?


The plastic bag is made out of long chains of molecules called polymers. This makes the bag stretchy. The sharpened pencil slips between the molecule strands without tearing the entire bag. Believe it or not, the long chains of molecules seal back around the pencil to prevent leaks.

4-H DAIRY GOAT NUTRITION & SHOWMANSHIP

Learn the finer points of feeding year-round, through all stages of development, from Poulin Grain Nutritionist Andrew Beals. Tips, tricks, and trade secrets of dairy goat fitting & showing from multiple Master Showmen!

**Friday, May 25th, 2018, 12-3PM,
Surf-n-Turf Farm, 143 Clossen Road, South
Otselic, NY 13155**

To register for this event, please contact Janet Pfromm, CCE Chenango, jlp27@cornell.edu or 607.334.5841 ext.12 by May 20th. Please wear clean barn clothes/boots and bring your lunches.

POULIN GRAIN[®]
Leading Animal Nutrition 



Thank you for all your donations and support!

The Community Foundation For South Central New York for Dick and Marion Meltzer Fund
Martha Hohl Place In Memory Of John and Rosa Hohl
Peggy Moxley, In Memory of Leland Moxley
Dan and Diane Bradshaw

Nadine VanAlst, 4-H Youth Program
Kerry Ingredients and Flavors
Ken and Nancy Dibbell
Ken Hopler
John Zemanick

SCIGIRLS RECAP: A WEEK OF EXCITEMENT!

Our SciGirls had a fantastic week exploring the many wonders in the world of Science, Technology, Engineering, and Math at the Rogers Environmental Education Center during the last week of March. We learned about polymers, maple production, coding, and more through hands-on discovery and engaging activities. The young ladies, age 10-13, were able to explore the outdoors, play with robots and slime, experiment with electricity, tap a tree to collect its sap, and even had several reptilian guests! A huge thank you to the Rogers Center and to the lovely and bright young participants who made the week such a success. Here are some pictures from the weeks excitement!



4-H POULTRY EXHIBITOR NEWS

NYS Vet Tech, Deb Toth will be at the Chenango County Fair Grounds June 18th from 6-7:15PM to complete Pollorum Testing for all non-waterfowl entering County and State Fair. All poultry must have a current year pollorum test or whole flock test in order to be allowed to compete. Birds that were purchased from a hatchery during the current year do not have to be tested if they are accompanied by a certificate showing that they came from a pollorum free facility.



LOW COST SEEDING METHODS FOR IMPROVING PASTURES AND HAYLANDS

By Rich Taber and Ken Smith, Cornell Cooperative Extension of Chenango County

How to improve old unproductive pastures and hayfields is a common problem for farmers, and especially so for new and beginning farmers. The time for re-seeding includes multiple passes of tractors and tillage machinery including plowing, disk harrowing, spring tooth harrowing, rock picking, planting, and packing to establish a new planting, and the cost is more than many farmers can afford. Many upland pastures are also too steep and rocky to plow, which can be severely eroded if tilled at the wrong time. An effective no-tillage or less tillage approach to reseeded these unproductive pastures and hayfields could have great benefits for many farmers who depend on pastures or hay for their livestock. This is even truer for farmers who are struggling through low milk prices.

Past studies done with **Sustainable Agriculture Research and Education (SARE)** grants have shown that it is possible to successfully no-till plant seedings of red clover and hairy vetch. In an effort to build on these earlier no-till seeding studies, Cornell Cooperative Extension of Chenango County, received a grant through SARE, for trials of no-till seedings of red clover, hairy vetch, white clover, perennial ryegrass, orchard grass, birdsfoot trefoil and kentucky bluegrass, on six farms in upstate New York. These farms included four organic Amish farms, one conventional dairy farm with no herbicide, and one conventional farm that used glyphosate, as a control. Four of the farms used a no-till seed drill, and two of the organic Amish farms used spin on hand seeders.

Each farm had a test site with six contiguous 1 acre plots. All of the sites were tested for pH, four of which had to lime spread lime to obtain the necessary pH of 6.2; two farms already had this pH. The lime spread had an Effective Neutralizing Value of 90% to correct soil pH.

The following seed combinations were seeded in at the seeding rates recommended by the seed supplier: Plot 1: control no seeds, Plot2: Perennial Ryegrass and Trefoil, Plot 3: Red Clover, White Clover and Kentucky Bluegrass, Plot 4: Hairy Vetch, Plot 5: Red Clover and

Orchard Grass, Plot 6: Kentucky Bluegrass and White Clover.

The no-till planting of all seed plots was done in May and June of 2016. The year was very dry with drought conditions persisting through the summer which greatly impacted the germination of the seedings. As might be expected given the dry conditions, the seedings that were drilled germinated much more quickly than those that were spun on the soil surface. The hand spun sites were heavily grazed by either cattle or draft horses to remove as much plant material as possible, ensuring good seed to soil contact.

The results of the seedings were evaluated with seedling counts in 2016, with photographs, and with forage analysis in 2017. The main take away from the study was that in nearly all cases, each seeding treatment on each farm provided improved results compared to the control plot. As expected, the results of the study varied by farm and by planting method, but overall forage analysis shows that each of the seed combinations provided improvement of forage quality when compared to the controls.

In the first year, the drought year, the best producing crop early, was hairy vetch drilled into the glyphosate treated field. This produced a thick crop of hay despite the dry weather. However, on the other farms, the hairy vetch did not do as well.

The one plant that seemed to do best in most of the seedings was perennial rye grass. It seemed to establish in most of the test sites and contribute to better forage quality overall. Otherwise, the red clover and white clover plots improved forage quality the most.

In terms of management recommendations, our conclusions were that no-till seeding will provide improved forage quality on most farms. Grazing down the pasture to be reseeded as much as possible can be helpful in the removal of competing vegetation. A no-till seeder was more effective at establishing seeds quickly in dry conditions in the short term, but seed spread on dry ground with a spinner appears to

eventually germinate and improve forage quality.

In regard to which types of plants that farmers might want to consider for their own plantings, each of the different legumes seemed to do well on some farms but not on others, but perennial rye grass seemed to establish in most sites. Consequently, a seed cocktail containing perennial rye grass, red clover, white clover, and perhaps birdsfoot trefoil would be a good approach. One or more of the legumes would succeed as would the perennial rye grass, to bring in the needed nitrogen from the atmosphere.

For farmers seeking a quick production of high quality hay, hairy vetch showed promise. A cocktail of hairy vetch, red clover, white clover, and perennial rye might provide a heavy first year harvest of vetch followed in future years with crops of the other seedings.

The most important take away from the no-till seeding trial was that hayfields and pastures can be economically rejuvenated using no-till seedings. A no till seeder can be expensive, oftentimes well over \$30,000. The best method of acquiring one would be to rent or hire the services of someone who already has one, especially seeing that it is only needed for a short time period each year. The main advantage of this type of seeder is that the seed is injected into the soil, whereas with a broadcast seeder the seed is simply scattered onto the soil surface. Broadcast seeders, either hand spun or tractor mounted, are very difficult to calibrate and meticulous to use. Once you get the system in place, they can be useful to strengthen existing stands. •



Above is a view from the Miller Farm, a participating farm in the no-till planting study, on the day of seeding.



Join us for a
Farmers Market at the fair!
August 10th and 11th
12PM - 9PM

Come, Try, and Taste, popular products
from local farms, producers, and
restaurants!

FREE TASTINGS and FREE GIVEAWAYS

Saturday, 4-H youth will be
demonstrating their cooking skills!

We still have vendor booths!

Contact Ashley at 607.334.5841 ext.16 or at
anr72@cornell.edu with any questions!

Our event would not possible without the support
of our sponsors, Thank you!

Lutz Feed Company	Community Bank
Dairy Farmers of America	Golden Artist Colors
Thompson Brothers, Inc.	Preferred Mutual
Sidney Federal Credit Union	Commerce Chenango
Visions Federal Credit Union	Amsoil
Pires Farmers Market	



Vegetable Gardening Basics

Although the weather outside is unusually cold, spring is here and with it gardening season! Join Ken Smith at CCE Chenango on May 9th at 7PM for a gardening class where he will be covering the basics of vegetable growing.

This class will cover the fundamentals of growing your own vegetables in your back yard or in containers. Topics covered will include: soil preparation, seed selection, planting, weed control, harvesting and more! Cost is \$5, call Cindy Gardiner at 607.334.5841 ext. 11 to register.

Come out and learn to grow your own superfresh vegetables!



MASTER GARDENER

**PLANT
SALE**

June 9th • 10AM to 1PM

at the Guernsey Library in conjunction
with their annual book sale!

Stop in to ask the Master Gardener
Volunteers your gardening questions and
purchase new plants for the season!



Call a Master Gardener for all your gardening needs!

The Home Garden Hotline is open and staffed by Volunteers! Call anytime from May to September, and leave a detailed message! A Master Gardener Volunteer will return your call as soon as possible. Free home soil pH Testing is also available!

Samples can be dropped off Monday-Friday, 8:30AM - 4:00PM

Call 607.334.5841 ext 13 or email
chenangomgs@cornell.edu

**Master
Gardener**
Cornell Cooperative Extension



Thank You to all the VITA Volunteers

Another tax season has come to a close. Thank you to all the volunteers and the hours they contribute to the free tax preparation of so many Chenango County residents. The CCE Chenango office becomes a busy place, as they donate the office space to the VITA program two days a week. Without all of the volunteers, this program would not be possible in Chenango County. If you are interested in becoming a volunteer in the future, contact Alice Andrews at 607.334.5841 ext18. See you all next year, for another season of taxes!



Join the 18th Annual Dairy Day!

Similar to previous years, Dairy Day will begin with the parade at 10:30AM, **but new this year is the parade route!** Beginning at the Achieve (CWS) parking lot and continuing to the fairgrounds.

Family activities and educational exhibits celebrating Chenango County's agricultural heritage and the importance of the dairy industry, its past, present, and future will be present at the fairgrounds!

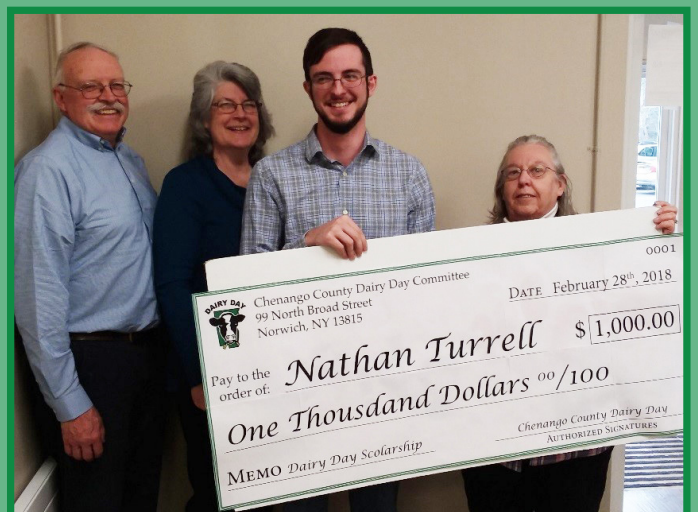
Don't forget to enter the coloring contest and buy your duck!

Find the coloring contest pages and more information in your local paper or at:
www.ccechenango.org/dairyday

The Chenango County Dairy Day Committee would also like to congratulate Nathan Turrell on receiving the 2017 Dairy Day scholarship. Nathan was a prior Chenango County 4-H member, and was very active during that time. He is now a sophomore at Houghton College in the pre-vet program. His future plans include finishing his degree and continuing on to Vet School.

The Duck Derby fundraiser will continue to raise money for the Dairy Day Scholarship. This scholarship is awarded to a college student pursuing a degree in an agricultural related field, and who has been involved in Chenango County agriculture. Ducks to support this scholarship are \$5, purchase them from a committee member or call Ashley Russell at (607) 334-5841 ext. 16.

Picture Above: Nathan Turrell accepts the 2017 Dairy Day Scholarship accompanied by his parents, Richard and Rhonda Turrell, and Marge Davis from the Dairy Day Committee.



PUBLIC NOTICE:

Please join us for any of these upcoming meetings:

Cornell Cooperative Extension of Chenango County Board Meetings • May 15th and June 19th at 7PM

CCE Chenango Extension Program Committee • June 19th, 6PM

Chenango County Agriculture Development Council Meeting • May 1st and June 5th 12PM

Chenango County Dairy Day Committee Meeting • May 8th and June 12th at 11AM





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

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