

Extension *Express*

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City of Norwich Tree Planting Opportunity

City of Norwich residents and businesses can request a tree to be planted in their tree lawn or tree pit in 2019 or 2020. Complete details can be found with the Tree Request Form at: <https://forms.gle/LwYMrjLPYDSrAaqv7>.

Planting sites must meet some minimum requirements including at least four feet long by four feet wide and not within 10 feet of street signs or hydrants or 15 feet of an intersection. Property owners must also agree to help water and mulch their new trees.

Trees are limited. If you want to be included in the selection process for this spring's planting, you must submit your request before April 15, 2019. Locations will be selected based on multiple criteria including site conditions and the number of trees currently at the site.

Trees will be planted by volunteers in the coming weeks and the funds are made possible by the NYSDEC Urban and Community Forestry grant program. If you have questions about the planting program or wish to volunteer, please email norwichtrees@gmail.com.



2019 4-H Craft Camp

Our Cooperative Extension building was busy for a week in April with 4-H'ers doing all kinds of crafts! Pictured here are a few of them.



New York's Locally Grown and Produced Foods



Apples, Apricots, Blackberries, Blueberries (tame and wild), Cantaloupes and Muskmelons, Cherries (sweet and tart), Cranberries, Currants, Grapes, Honeydew Melons, Nectarines, Peaches, Pears, Persimmons, Plums and Prunes, Raspberries, Rhubarb, Strawberries, Watermelons



Asparagus, Beans (green lima and snap), Beets, Broccoli, Brussels Sprouts, Cabbage (Chinese, head, and mustard), Carrots, Cauliflower, Celery, Chicory, Collards, Cucumbers and Pickles, Eggplant, Escarole and Endive, Garlic, Kale, Lettuce (head, leaf, and Romaine), Mushrooms, Mustard Greens, Okra, Onions (dry and green), Parsley, Peas (Chinese and green), Peppers, Potatoes, Pumpkins, Radishes, Spinach, Squash (summer and winter), Sweet Corn, Sweet Potatoes, Tomatoes (in the open), Turnip Greens, Turnips, Watercress



Bass (hybrid striped), Beans (other than lima beans), Beef, Bison, Carp, Catfish, Chestnuts, Chicken, Clams, Duck, Eggs, Elk, Emu, Flaxseed, Goat, Goose, Hazelnuts (Filberts), Lamb, Ostrich, Oysters, Partridge, Peas, Pecans, Perch, Pheasant, Pigeon or Squab, Pork, Quail, Rabbit, Soybeans, Sunflower Seeds, Tilapia, Trout, Turkey, Venison, Walnuts



Barley, Buckwheat, Corn for grain (e.g., flour), Oats, Popcorn, Rye, Wheat



Milk, Milk from sheep and goats

Adapted from: <https://www.choosemyplate.gov/new-york>



Official State Products of New York

- Fruit: Apple
- Beverage: Milk
- Freshwater Fish: Brook trout
- Muffin: Apple muffin
- Shell: Bay scallop
- Saltwater Fish: Striped bass

Did You Know?

- New York is a major producer of cow's milk and duck.
- Up to 61% of schools in New York are using local and regional foods to serve healthy, MyPlate-inspired meals to kids. That's over \$45.3 million invested in the local economy!

Note: Beans and Peas in the Protein Foods list are in dried form and are used as meat alternatives. Additionally, foods that do not belong to any food group are not listed.

FROZEN Corn 5 ways

3-Can Chili

- + Corn (canned or frozen)
- + Black beans (low sodium)
- + Crushed tomatoes
- + Chili powder to taste



Crispy Taquitos

- + Corn (frozen)
- + Chicken
- + Green onion
- + Green bell pepper
- + Cheddar cheese
- + Corn tortillas
- + Vegetable oil



Corn & Green Chili Salad

- + Corn (frozen)
- + Diced tomatoes with green chilies
- + Vegetable oil
- + Lime juice
- + Green onion
- + Cilantro



Black Bean & Couscous Salad

- + Corn (frozen)
- + Chicken or vegetable broth (low sodium)
- + Couscous
- + Vegetable oil
- + Apple cider vinegar
- + Cumin
- + Black beans
- + Onion
- + Red or green pepper
- + Salt & pepper to taste



Corn Bread

- + Corn (frozen)
- + Cornmeal
- + Flour
- + Sugar
- + Baking powder
- + Egg
- + Vegetable oil
- + Milk (nonfat)



Cooking Together

• by: Alexis Woodcock

According to an article in the research journal, *Appetite*, cooking with children can increase vegetable intake and help develop healthy eating behaviors (2017). Children who share in meal preparation have reported having positive feelings towards vegetables and a sense of control in their food choices.

On April 3, 2019 Head Start and Grow Cook Serve hosted four, Head Start, families for an afternoon cooking workshop at Cornell Cooperative Extension of Chenango County. The children helped Grow Cook Serve coordinator, Alexis Woodcock, prepare vegetable tostadas with guacamole, cinnamon tortilla chips with a yogurt dip, and a pineapple lime spritzer. The children were taught measuring, stirring, and knife skills using a dull butter knife and parents were given recipes and tips on how to include children in the kitchen.

All the families who participated were given matching aprons, for the parent and child, and a goodie bag filled with cooking utensils provided by Head Start.

The goal of the workshop was to provide some tips and ideas on how to cook with children and have a fun time preparing a meal together, so that families will try it at home.



Find these corn recipes here: <https://go.usa.gov/xn6DP>
For more recipes go to: www.whatscooking.fns.usda.gov



DeCosta, Patricia, Per Moller, Michael Bom Frost, & Annemarie Olsen (2017) Changing children's eating behaviour - A review of experimental research. *Appetite*. 113, 327-357. DOI: 10.1016

Income from Your Woodlands: Hunting Leases

●● by: Rich Taber

Here at CCE Chenango we have been involved with a grant from the New York Farm Viability Institute to assist landowners in developing income opportunities from their woodlands. Farmers and other rural landowners have been in a cost price squeeze in recent years and what typically may happen is that in desperation the landowner “cashes in the woodlot” for a quick, if often times unsustainable timber sale, leaving their woodlands in a wreck. Such “cut and run” timber harvesting can result in a degraded woodlot that takes generations to recover. However, the landowner may not be inclined towards developing a full scale business such as maple syrup production or the rigorous demands of a firewood business. Hunting leases offer a less involved opportunity for the landowner, resulting in a passive source of income. Why would you want to lease your land? What if you are a hunter yourself? What about the Liability? How much can you expect to make per year?

There are any number of reasons to lease your land to other hunters. Perhaps you are not a hunter; then why should everyone that knocks on your door asking for permission to hunt on your land expect to do it for free? For years you have been paying a mortgage, taxes and insurance to own this land. In recent years hunting leases have become much more popular as the days of hunting for free on other people’s land dwindles. What if you are a hunter? You can still hunt your land if you write your access into the lease.

What might be some of the items to include in a hunting lease?
Here are a list of possible considerations:

1. Acres of the property that can be hunted: quantity and location
2. Terms of the lease with dates included and which species of wildlife will be hunted
3. Amount per acre to be paid to the landowner and by what date
4. A possible damage deposit
5. A stipulation that hunters must abide by all state hunting regulations
6. Numbers of hunters and guests allowed on the property
7. Where vehicles can be driven and parked
8. Damage and liability insurance certificates
9. Agriculture and forestry practices take precedence over hunting activities

There are innumerable lease templates available on the internet if you would like to draft one up yourself. What if you don’t want to be involved with the handling of leases? There are commercial businesses available that for a fee will perform these activities for you, one example would be Base Camp Leasing, who can be contacted at www.BaseCampLeasing.com. Some typical lease rates here in New York State have been around \$15-20 per acre per year, and if you use the services of a leasing agency they typically charge 20-25% of the proceeds but handle all of the responsibilities in the leasing transactions. Do you want to make a few dollars from your property? A hunting lease can provide you with a little cash to help defray the expenses of owning that land. For more information contact Rich Taber at 607-334-5841 ext. 1121 or email: rbt44@cornell.edu.



Upcoming 4-H Adventures!

● Fossil Finding Expedition • Saturday May 18, 2019 • 1pm

Come dig into history with us! Learn about what fossils are and how they're formed, tools for finding fossils, and how to identify what you've found. We will be searching and digging for fossils on Saturday May 18th at 1PM in Lebanon/Earlville area. Open to 4-H members of any age! Please wear close-toed shoes.

Contact Christina to register and get the location information: 607-334-5841 ext 1114 or clh262@cornell.edu



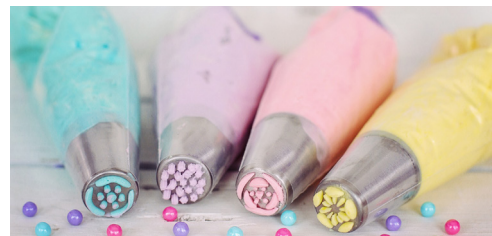
● Survival Skills Challenge • June 1, 2019 • 9am

Imagine you're lost in the woods—what will you eat, how will you prepare a shelter, how will you stay warm? Join in for the second year of the 4-H Survival Skills Challenge to see if you have what it takes to survive in the wilderness! You and your team will be put to the ultimate test in challenges involving shelter building, kayaking, navigation, foraging, fire starting, and first aid, using only your brain and the resources in your pack!

Open to youth age 10 and up. Full teams, partial teams, or individuals without a team may register. For more information or to register visit: ccechenango.org/4-hsurvivalskillschallenge

● Cake Decorating Class • May 11, 9-11 AM • 4-H Office

Learn simple cake decorating techniques, how to make icing and put your cake together, and how to enter cake projects into the fair. This free class will be located at the 4-H office in Norwich. 4-H members eight and up welcome. Just in time for Mother's Day! If interested, contact Christina by May 8th to register: clh262@cornell.edu or 607-334-5841 ext. 1114



● 4-H Horse Riding Evaluations • June 20th, 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 2016 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 held to by the Chenango County 4-H Program for all riding events. To register or if you have any questions, please contact Janet, 607-334-5841 x12 or jlp27@cornell.edu.

● Cooperstown Farmers' Museum Junior Livestock Show • July 7-9, 2019

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 3.

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.



4-H Calendar Dates

May 1	4-H Leaders' Association and Senior Dairy Scholarship Apps Due
May 4	4-H Animal Crackers at Cornell University
May 7	4-H Livestock Auction Committee Mtg, CCE, 7pm
June 1	4-H Enrollment and Animal Ownership Deadline
June 3	Junior Livestock Show Entry Forms due to 4-H Office
June 14-16	4-H STEM Camp, Camp Shankitunk
June 17	County Fair Pollorum Testing, Chenango County Fairgrounds, 6pm
June 20	4-H Horse Riding Evaluations, 6pm, Chenango County Fairgrounds, 6pm
July 1	CNY 4-H Dairy Judging Tour
July 7-9	Junior Livestock Show, Cooperstown Farmers' Museum
July 15	4-H County Fair Entries Due
July 22	4-H Case Building Clean-Up, 9-2pm
July 29	Livestock Barns Set-Up, 7pm, Chenango County Fairgrounds



2019 District Public Presentation Results



Thank you to our volunteers for the day: Louise Butcher and Katha Root. Chenango County was represented by the following 4-H'ers:

Green:

Lily Marshman
Lara Tefft

Blue:

Meghan Funk
Cheyenne Miles (pictured to the left)



2019 CHENANGO COUNTY FAIR THEME

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

"A Boot Scootn' Good Time"

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, 2019. 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 2019 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 Poultry Exhibitor News

NYS Vet Tech Deb Toth will be at the Chenango County Fair Grounds **June 17 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.

Chenango County 4-H Horse Bowl & Hippology Results

Congratulations to all of our 4-Hers who competed!
Chenango Co. results:

1st Novice Hippology Team

Top Individuals:
2nd Heavenly Mahaffery

1st Junior Hippology Team

Top Individuals:
3rd Emilee Bennett

3rd Junior Hippology Team

Top Individuals:
7th Phiona Osborne
10th Evelyn Thomas
Sarina Bell

2nd Novice Horse Bowl Team

Top Individuals:
2nd Heavenly Mahaffery

4th Jr. Horse Bowl Team

Top Individuals:
4th Sarina Bell
Phiona Osborne
Julia Vunk
Evelyn Thomas

3rd Jr. Horse Bowl Team

Top Individuals:
10th Emilee Bennett



Pictured above: Sarina Bell, Phiona Osborne, Julia Vunk, and Evelyn Thomas.

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

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, Noah and Rayne Ives, and Katlin Miller for moderating the contest.

Chenango County 4-H results:

Lily Marshman – 4th Jr. Team with Chemung Co.
Amon Van Alst – 2nd Jr. Team with Tompkins Co.
Nate Bennett – 5th Sr. Team

Pictured here is one of the Friday night practices of the Chenango County 4-H Dairy Bowl participants in the cooperative extension kitchen!

INDUSTRY SUMMIT SERIES No. 3

AGRICULTURE & FOOD

REGISTER TODAY
www.southerntiersummit.com

THU, MAY 23RD 2019
DOUBLETREE BY HILTON BINGHAMTON
8:00 AM - 3:30PM
\$69 PER PERSON

Chenango County ADC Presents

FARM TO FORK

a taste of Chenango

2019

DON'T MISS IT!

Vendor Registration open!

The Chenango County Agriculture Development Council invites you to be a part of its fourth Farm to Fork, a Taste of Chenango. We are excited to feature Chenango County's great farms, restaurants, and beverage companies.

Call Ashley at 334.5841 ext. 1116 or visit ccechenango.org/farmtofork to register as a vendor at our 4th annual Farm to Fork, a taste of Chenango!

August 6th • 12 - 9pm
Chenango County Fairgrounds



99 North Broad Street
Norwich, NY 13815

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

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