

# Extension *Express*

## Our staff wants you to know, We are still here for you!

The CCE Chenango office has been closed to the public for over a month now, and we are patiently waiting until it is safe for us to come back. We haven't stopped being there for you. Our educators have been doing their best to still provide programming and answer your questions. We are all available by email during the day, but staff has also started to reach out to you in new ways!

Our 4-H educators are posting videos on Facebook every week day at 3:30 with fun activities for you to try at home! These videos can also be found on YouTube, for you to easily browse through. They have also helped 4-H clubs meet via Zoom if they would like. So stay in touch with them, because they would love to see you and see what you are doing while we are apart.

Our SNAP-Ed educators are sharing weekly recipes with you through Facebook, and you can also find them on our webpage. The Grow Cook Serve program is also bringing you a weekly recipe in video form. You can find these videos on our YouTube or on our webpage.

If you have any questions, you can email any of our staff or our general email at [chenango@cornell.edu](mailto:chenango@cornell.edu).

Visit our social media pages!



Instagram:



@ccechenango

@4hchenango



Facebook:

@CCEChenango

@Chenango4h

Youtube:

CCE Chenango

Chenango County 4-H



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# A Message from Our SNAP Educators

Let's embrace this time at home, with our families, by enjoying a healthy meal. Here are some MyPlate tips to help your family enjoy mealtimes together and a recipe to try!

## Easy Skillet

Makes 6 servings

### Ingredients:

- ¾ pound lean ground beef
- 1 cup onion, chopped
- ½ cup green pepper, chopped
- ½ cup uncooked elbow macaroni
- 1 14 ounce can no-salt added diced tomatoes
- ½ teaspoon salt, if desired
- 1 teaspoon chili powder
- ½ cup water

### Directions:

1. In a frying pan, brown meat and drain off fat.
2. Add onion and green pepper, cook until tender.
3. Once meat is cooked, stir in the macaroni, tomatoes, salt if desired, chilli powder and water. Cover and simmer until macaroni is tender.

**Source:** Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>(163g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	10%
Potassium 371mg	8%

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

## You Can Use SNAP Benefits to Grow Your Own Food

People use SNAP to get nutritious food, most probably imagine this coming from grocery store shelves. Did you know that SNAP can also help people grow their own food? SNAP participants can buy seeds and edible plants with their benefits and then have access to fresh vegetables for the whole growing season.

“For every \$1 spent on seeds and fertilizer, home gardeners can grow an average of \$25 worth of produce.” Supplementing SNAP benefits with a home grown garden makes it possible for families to use their benefits to buy other foods they wouldn't usually be able to afford. Staff in our Cooperative Extension office would love to help you get started on your own back yard garden!

Read further in our newsletter for some beginner gardener tips, or email us any questions, [chenango@cornell.edu](mailto:chenango@cornell.edu)!



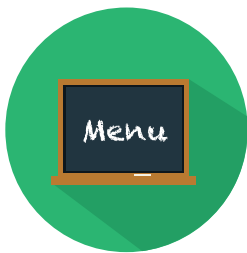
## Spring Fever?

MyPlate has season themed activities and resources to help you enjoy the different seasons. For Spring, they have ones to help you enjoy the warm weather! They have tips for spending time outside as a family and planning healthy picnics. They also have great videos for inspiration on Using home grown herbs in cooking, Growing a garden as a family, and Visiting the Farmers Market!

Visit [choosemyplate.gov/resources/seasonal/seasonal-spring](http://choosemyplate.gov/resources/seasonal/seasonal-spring)

### MyPlate Spring Food Fun





### Plan your meals

Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.



### Prep ahead

Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.



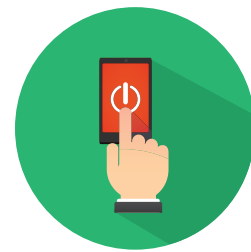
### Make mealtime a priority

Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



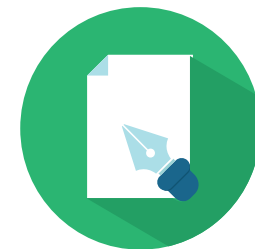
### Think beyond dinner

If evenings are too hectic at your house, consider other meals for family time such as a weekend brunch or even afternoon snack time.



### Keep meals fun and focused

Keep the family table a media- and stress-free zone. Use your valuable family time to “unplug,” interact, and focus on each other.



### List more tips

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# Begin Your Garden

Norwich  
is in  
Zone 5a

## Decide what you want to plant

What does your family like to eat? What do you like to eat? What would you like to see come out of your garden? Different varieties of vegetables are better for long term storage while others are better for harvesting and eating. You should decide what you want to do with your garden.

## Determine how much space you have

If you have a small yard, you may want to consider container gardening. If you don't know how the content or pH of your soil, containers are also a good option. Choosing the right container size for your vegetables is important, follow the container gardening link on our website for a full how-to PDF <http://ccechenango.org/food-gardening>

## First time garden tips:

- ◎ Start small, with a few vegetable plants, next year add a little more if you want
- ◎ Choose easy to grow vegetables and ones your family loves!  
Five vegetables that like cool conditions: radishes, peas, leaf lettuce, carrots and spinach  
Vegetables that like the heat and need warm soil: bush beans, summer squash (like zucchini), tomatoes, cucumbers
- ◎ Read the backs of your seed packages, they will give you planting instructions, the number of days to germination, planting depth, and how many days until you should be able to harvest.

## Know that every vegetable garden needs:

- ◎ Full sun 6 to 8 hours daily, while root and leafy veggies will grow with 4 hours
- ◎ Air circulation good with protection from high winds
- ◎ Soil well-drained, pH 6.2-6.8 and appropriate organic matter and nutrients
- ◎ Water that is accessible and safe for use with edible crops



## Seed Exchange

Do you have an abundance of seeds you would like to share? Do you need extra seeds to fill out your vegetable garden? Are you a seed saver with interesting varieties of vegetable seeds. Join Grow Cook Serve of Cornell Cooperative Extension of Chenango County for an ongoing seed exchange. Come down to the Cooperative Extension building and take seeds you need or leave extra seeds you may have. You can locate the seed exchange box just outside the main entrance to the building.

For the programs guidelines, visit our webpage at [ccechenango.org](http://ccechenango.org)

## Helpful Resources:

[ccechenango.org/gardening-horticulture](http://ccechenango.org/gardening-horticulture)  
<http://gardening.cals.cornell.edu/>

## Do you have gardening questions?

You can email us, and when we are back in the office call us!

Our Master Gardeners are always available to answer your questions through email at [chenango@cornell.edu](mailto:chenango@cornell.edu)

Educator, Alexis Woodcock is also happy to answer any all your questions, [asw239@cornell.edu](mailto:asw239@cornell.edu)



# Chenango County Fair Update

## A note from Miss Janet

As we think to summer and the 2020 Chenango County Fair, some may be wondering about how to incorporate the 4-H fair theme into their decorations around Case Building and the animal barns. While the 1920's were known for a lot of things, is it also known as the Jazz Age, the decade of the 1920s featured economic prosperity and carefree living for many. The decade began with a roar and ended with a crash.

The 1920s was a decade of change, when many Americans owned cars, radios, and telephones for the first time. The cars brought the need for good roads. The radio brought the world closer to home. The telephone connected families and friends. Prosperity was on the rise in cities and towns, and social change flavored the air.

The Nineteenth Amendment was passed, giving women the right to vote. The first commercially licensed radio broadcast was heard. Radio became a family experience. Everyone would gather around the radio and listen to the news, the comedy shows, and the music.

Musical styles were also changing in the 1920s. Louis Armstrong started improvising and adding personal musical variations with his trumpet, playing in a style known as jazz. The Jazz Singer became the first successful "talking picture." Before that time, motion pictures had been silent. Mickey Mouse first appeared in the cartoon Steamboat Willie and Popeye first appeared in the comic strip Thimble Theater. Art Deco was changing the art scene.

Aviation represented another area in which things were changing quite rapidly. Up to this time only a few daredevils and barnstormers had flown. In 1924 the United States Air Service circumnavigated the world in airplanes, just twenty-one years after Orville Wright flew the first powered plane for only forty yards in North Carolina. Charles Lindbergh flew solo from New York to Paris, while Amelia Earhart became the first woman to fly across the Atlantic Ocean. Before the decade was over, commercial passenger air travel had begun.

The 1920's also saw the continued development and growth of the National, State and County 4-H Programs. What was happening in Chenango County during the 1920's?

The 1920s represented an era of change and growth. The decade was one of learning and exploration.

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

## "The Roaring 20's"

Preregistration is required. Entries in 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, 2020. 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 2020 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 15 from 6-7:15pm to complete Pollorum Testing for all nonwaterfowl 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.

**4-H Horse Riding Evaluations** – June 18, 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.

**You can find all the forms you need for the fair, including the Lease Policy and Livestock Auction Animal Enrollment forms, on the website at [www.ccechenango.org/4-h-fair](http://www.ccechenango.org/4-h-fair)**



Before COVID-19 stopped most traditional programming and our office started working from home, Chenango County 4-H got to go on the annual 4-H Sewing Trip. On March 6, 3 Chenango County 4-H'ers travelled with Miss Louise, Miss Rhonda and Janet to JoAnn Fabrics in Cortland to pick out Sewing Project materials. Those on the trip were Maria and Katie F. and Cora H.



Chenango County 4-H has continued to stay involved through the COVID-19 Pandemic, while staying healthy and abiding by social distancing rules. While adapting programming to fit the changes, 4-H'ers still have applied for upcoming scholarships, participated in Hippology contest remotely, and competed against each other from their homes.

## March-April Programming & Competitions

Starting at the beginning of March 4-H'ers competed from their own homes in a Peep Diorama Challenge, Peepin' It Real! 4-H'ers used picked up donated ginger bread houses from the office and were instructed to build the most creative Spring diorama they could using Peeps!

There were so many great and creative entries! Congratulations to all the 4-H'ers who participated, the judges had a tough time picking just one winner, here are the top five:

- 5th – Cora Hodge
- 4th – Abby Mace
- 3rd – Grace Hodge
- 2nd – Jaden Webb
- 1st – Lillianne Squires



This year's Hippology participants competed in the competition via mail, instead of the traditional competition. Congratulations to all the participating 4-H'ers, Chenango County results are as follows:

**Junior Hippology:** 4th Place Team, Top Individuals: 8th Sarina Bell, 11th Phiona Osborne

**Senior Hippology:** 1st Combination Team, Top Individuals: 1st Emilee Bennett

Every year Chenango County 4-H'ers get the opportunity to apply for a Livestock Scholarship to defray the cost of purchasing a project animal for the project year. Scholarships funds are made possible through the generous donations of 4-H families and our supporters! This year Amon Van Alst is a scholarship recipient and will be using the award on turkey poult.

Another program that will still move forward this year, is the Pheasant Rearing and Release Program. This year twelve Chenango County families are participating in the NYS Pheasant Rearing and Release Program, in collaboration with the DEC Reynolds Game Farm in Ithaca. These families will be receiving 1,175 day-old pheasant chicks to raise for approximately 18 weeks and then release for others in the county to enjoy!

## Ag Literacy Contributors

While Ag Literacy week celebrations were postponed this year because students were not in their classrooms at the time, we still would like to thank all our book sponsors and those that offered to help with this year's program. We were still able to get agriculturally themed books into classrooms and school libraries for future use. Thanks to the following:

- |                |                                   |
|----------------|-----------------------------------|
| Sheila Beckert | Maykala Fowler, NYS Ag & Markets  |
| Vicky Gregory  | Eiholzer Farm and Ivy Lakes Dairy |
| BG Ag Club     | James & Lynn Drake                |
| OV FFA         | Louise Butcher                    |

## Stewarts Holiday Match Grant

Chenango County 4-H After School program received the Stewarts 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!



## Upcoming 4-H Opportunities

### Chenango County 4-H Joins the American Chestnut Restoration

In the late nineteenth century, a fungal blight was brought to the United States on a boat from Asia. This fungal blight was deadly to the American Chestnut population. For over a century, researchers have been working on a way to restore the American Chestnut. Researchers at ESF, were able developed a blight resistant American Chestnut.

Chenango County 4-H has joined the project by planting American Chestnut “mother trees.” Chenango County 4-H Educator, Richard Turrell, picked up the seeds from Allen Nichols, the president of the New York chapter of The American Chestnut Foundation. The project plans to place blight resistant saplings nearby these mother trees, so that the species will cross pollinate creating genetic diversity and a stronger American Chestnut population.

Nine Chenango County 4-H families received germinated American Chestnut seeds and have planted them across Chenango County. The 4-H'ers received directions, soil, containers, and seeds, all they have to do now is start the seeds and plant them outside when they are ready! While ESF is waiting on government approval to plant these blight resistance seedlings, we are facing a future that suddenly could include a healthy American Chestnut population.



### 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 30<sup>th</sup>.

### Cooperstown Farmers' Museum Junior Livestock Show, July 12-14, 2020

Get ready Chenango County 4-H - the annual Junior Livestock Show is coming! 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. For 2020, meat goats are being added for a test run to the species on exhibit!

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<sup>rd</sup>.

## Dates for Your 4-H Calendar

- May 1 | 4-H Leaders' Association and Senior Dairy Scholarship Apps Due
- May 6 | 4-H Livestock Auction Committee Mtg, Zoom mtg, 7pm
- June 1 | 4-H Enrollment and Animal Ownership Deadline
- June 3 | Junior Livestock Show Entry Forms due to 4-H Office
- June 15 | County Fair Pollorum Testing, Chenango County Fairgrounds, 6pm
- June 18 | 4-H Horse Riding Evaluations, 6pm, Chenango County Fairgrounds, 6pm
- July 12-14 | Junior Livestock Show, Cooperstown Farmers' Museum
- July 20 | 4-H County Fair Entries Due
- July 27 | 4-H Case Building Clean-Up, 9-2pm
- August 3 | Livestock Barns Set-Up, 7pm, Chenango County Fairgrounds



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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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