

Extension *Express*

A FAMILIES AGRICULTURAL LEGACY!

A Lifetime of Dedication Alynn and Shirley Proskine

When Alynn and Shirley first moved to their farm on Chenango Lake Road in 1955, they opened their home to 4-H club meetings. Since then, 4-H dairy showing has remained the primary project area for four generations of the Proskine family 4-Hers, though all five of Alynn and Shirley's children were involved in various 4-H areas.



Alynn and Shirley at the Chenango County Fair

Even though Shirley was not seen in the show ring, she always had a seat at ringside watching her children, grandchildren, great-grandchildren, and other 4-H'rs show their animals and demonstrate the things they had learned. She knew the hard work and dedication that was needed to participate in these events and gave her support in any way she could. Often you would hear her exclaim "good job" or see her give a big hug. Shirley's family could also always count on her to have a tasty meal prepared each night of the fair and donuts available on the days they participated in the shows.

With the new Shirley Proskine 4-H Dairy Award, the Proskine family hopes to encourage a new 4-Hers to continue spreading the values and qualities that 4-H has to offer. Each year the award will recognize dairy youth who have shown leadership, dedication, and commitment to the 4-H dairy program. Let this be the help you need to plant the seed and watch it grow!

For more details, please visit ccechenango.org



The Proskine Family



The Proskine Family Farm Display at Dairy Day

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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 collaboration with Roots and Wings!

COOKING MATTERS®

SNAP-Ed Nutrition Educator, Whitney Kmetz and Team Leader, Betty Clark have established a partnership with Susan Fredrick, NOEP Coordinator at **Roots and Wings** to provide impactful education to our SNAP audience. Starting in April, SNAP-Ed will be at Roots and Wings using a curriculum called Cooking Matters for Adults, teaching **adults** basic **skills** to understand how to **buy healthy foods** and **gain confidence with preparing delicious and nutritious recipes**. Want to join the fun? Call or email us today to register!

Here the dates we will be there from 11-12pm:


Tuesday-April 26th

Tuesday-May 24th

Tuesday-June 28th

Tuesday-July 26th

SPOILER ALERT

 This is a preview of the recipe we will make on April 26th!!



Healthiest foods!



In between GO & WHOA foods



Not very healthy at all




Want to join one of our free interactive nutrition sessions? Reach out to us today! Plus, you will get to enjoy a delicious recipe!!

Call- (607) 334-5841 ext:1132 or

Email- (Betty Clark) bkc28@cornell.edu

CATCH®

COORDINATED APPROACH TO CHILD HEALTH

Looking for something for your **children** to join this **Summer**? We will be hosting events for **youth aged 8-12 years old** at **Roots and Wings**. Parents please plan to stay. We will be using a curriculum called CATCH. CATCH focuses on **teaching** children about the importance of **physical activity and nutrition** with their overall wellness. And they will get to **prepare an easy recipe** to enjoy!!! 

Call or email to register for these exciting sessions!

Check us out on these dates from 2-3pm:

Monday-July 11th

Monday-July 18th

Monday-July 25th

 **SNAP-Ed**
New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

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 or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit <https://www.snapedny.org/>

As spinach and strawberries are coming into season, enjoy this delicious salad packed with many nutrients!



Spring Green Salad

Ingredients:

SALAD

- 6 ounces fresh spinach (about 7 cups)
- 3 oranges (any type)
- 1 ½ cups halved strawberries
- 1 cup walnut pieces (toasted, if desired)

DRESSING

- 1 teaspoon sugar
- ¼ teaspoon paprika
- 2 Tablespoons orange juice
- 1 Tablespoon lemon juice
- 1 ½ teaspoons vinegar (any type)
- 1 teaspoon finely chopped onion
- 2 Tablespoons vegetable oil

Directions:

1. Wash hands with soap and water.
2. Wash and dry spinach, tear into pieces and chill.
3. To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring knife, gently cut out sections from membrane edges. This will make orange sections with no outer membrane.
4. In a small bowl or a jar with a tight fitting lid, add all dressing ingredients. Mix or shake well and set aside.
5. Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

10 servings per container	
Serving size	1 cup (132g)
Amount per Serving	
Calories	100
% Daily Value*	
Total Fat 6g	8 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 11g	4 %
Dietary Fiber 3g	11 %
Total Sugars 7g	
Includes 0g Added Sugars	0 %
Protein 2g	
Vitamin D 0mcg	0 %
Calcium 69mg	6 %
Iron 2mg	10 %
Potassium 166mg	4 %
Vitamin A 136mcg	15 %
Vitamin C 56mg	62 %
<small>*The % Daily Value (DV) 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.</small>	



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 or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit <https://www.snapedny.org/>

SAVE TIME. SAVE MONEY. EAT HEALTHY.



GROW COOK SERVE

Spring is upon us, and Grow Cook Serve is thrilled to announce **NEW PROGRAMS** to get you motivated for the warm weather ahead.

Please join SNAP-ED and Grow Cook Serve for an exciting new Healthy Living workshop series.

- **May 12, 2022, 5:30pm-7:00pm** – Spring Salads! Learn how to incorporate more fruits and vegetables in your day by making fresh salads and homemade dressings. Then discover how to grow a fresh supply of greens all season long by creating your own salad container garden.
- **June 9, 2022, 5:30pm-7:00pm** – All about whole grains! Learn the importance of whole grains, how to cook them, and how to incorporate more whole grains into your diet.

To register for these classes please contact:

Alexis Woodcock – asw239@cornell.edu or call (607) 334-5841 ext. 1120

Whitney Kmetz – wkg43@cornell.edu or call (607)334-5841 ext. 1113



If you're new to **GARDENING**—and even if you're not—starting your garden can feel overwhelming. The good news is you don't have to be a master gardener to create a garden plan that yields a healthy harvest.

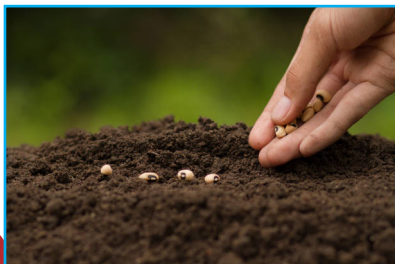
- **May 10, 2022, 5:30pm-7:00pm** – Planning your garden and seed starting. Find out how to build a healthy vegetable garden that suits your lifestyle and discover the joy of starting seeds at home.
- **June 7, 2022, 5:30pm-7:00pm** – Building healthy soil. Discover how to turn kitchen scraps and yard waste into nutrient rich compost. Learn several compost management tips as well as how to build healthy soils for an abundant garden.

To register for these classes please contact:

Alexis Woodcock – asw239@cornell.edu or call (607) 334-5841 ext. 1120

**All workshops will be held at Cornell Cooperative Extension of Chenango County*

99 North Broad Street, Norwich NY 13815



TESTING YOUR SOILS IN 2022!

Rich Taber, CCE Chenango

Spring of 2022 is upon us, when we need to be planning for the upcoming cropping season, for cultivated crops as well as grazing lands. Whether you have a garden, a hayfield, a pasture, or any other crop, you need to be aware of your soil's nutrient status. Current events have us facing astronomically higher fertilizer prices in the spring of 2022. All crops need a certain amount of nutrients to flourish and to provide us with an economic return. If we take a product off the land, then sooner or later we need to add some fertilizer to replace what is removed. The forms can be organic, such as compost, cover crops, or organic purchased fertilizers. If you follow a conventional approach, then purchased fertilizers will need to be added. Any resources and income that is to be spent on crop inputs, needs to be done with razor sharp accuracy. There lies the need to have soils accurately tested.

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

The best way to determine the status of your soil's nutrient levels is to take soil samples and submit them to a testing laboratory for analysis. All soils do not need to be tested every year, but certainly at least every three years. This can provide sufficient information for the decision making process in purchasing and applying inputs. Testing your soils for the pH level is critically important as well. "pH" refers to the "power of the hydrogen" ions, or acids, which are in soils. Many of our Chenango County soils are quite often acid in nature, due to the types of soil parent materials and the relatively high rainfall that we receive each year, which leaches nutrients out of the soil. Most crops need to have soils in the pH range of 6.2 to 7.0 for growing crops and pastures, with 7.0 being neutral. If left without lime over a period of years soils can drop down into the 5 range for acidity which will inhibit plant growth. The usual way of bringing soils up to the correct level is by adding lime, which can be very expensive, but necessary. Soils are made up of about 25% water, 25% air, up to 5% organic matter, and about 45% mineral matter. The mineral matter is made up of sand, silt, and clay. The clay portion is one of the most important chemically active components of the soil. Soil nutrients, which are positively charged ions, attach to the negative chemical sites on the clay particles. If the pH of the soil is too low, the clay sites are bound up by acids such as hydrogen and aluminum preventing the attachment of more desirable crop nutrients. The calcium and magnesium ions supplied (the good guys), which are added with lime displace the "bad guys", or acids such as hydrogen and aluminum, making nutrients available to plants.

CCE Chenango has soil testing forms and boxes so that you can mail your soil samples to the DairyOne lab in Ithaca for testing. There is a fee for each sample; information can be found at www.dairyone.com.

So test those soils, by planning for and adding the right nutrients, your crops should flourish!!!!

Rich can be reached at 607-334-5841 ext. 21 or email: rbt44@cornell.edu.



When gathering soils for testing, Take samples, when the soil is not too wet, from multiple spots in your field and mix them together.



Good soil is a healthy mixture of air, water, organic matter, sand silt, and clay



Healty well ferilized soils provide for good helthy crops



4-H NEWS

Our 4-H'ers have been busy with Club, County, and Community Service activities. It's great to see youth active and impacting our communities!

DAIRY BOWL

After several months of practice, it was an honor to see our youth compete in the District Dairy Bowl Competition on March 19th at Oxford Middle School. After an impressive competition, our Novice Team placed 2nd with Addison placing 2nd, Macie 12th, Sullivan 13th, and Jake 16th individually. Chenango County's Junior Dairy Bowl Team placed 4th overall in the competition with Elizabeth placing 3rd, Zane 6th, and Cora 12th overall in the competition. Lastly, the combined Cortland/Chenango Senior Team placed 1st place with Lily scoring 6th place overall in the competition. We are so incredibly proud of you all!

Elizabeth went on to compete at the State Dairy Bowl Competition at Cornell on May 23rd. After an incredible showing the both Junior and Senior South Central teams placed 3rd. Elizabeth did an awesome job representing Chenango County having a 10th individual placing.



HORSEBOWL / HIPPOLOGY

Only one competition left as things are winding down for the horse kids. 4-H'ers did an awesome job representing Chenango County at the regional and state competitions.

Our 4-H'ers all did a fantastic job at the regional competitions. Horsebowl regional placings.

Novice 1st place: Team 2: Maria, Noah, Sophia, Charles

5th place: Chenango Team 1: Macie, Mariah, Katie

Individual Novice: 1st - Maria, 3rd - Macie, 5th - Sophia, 8th - Noah
Junior 2nd place: Team 1: Sarina, Wade, Charolette

4th place: Team 2: Cora, Addilyn, Danielle

Individual Juniors: 1st - Sarina, 6th - Cora,

Senior 1st place: Combo Team: Emilee (4th individual)

Cora and Emilee went on to compete at the State Horsebowl Competition which was held at Cornell. Cora's team placed 4th overall. Emilee's team placed 2nd, 10th individual.

Regional Hippology was held at Tioga Farms. Everyone did a great job working through very cold conditions to complete. The placings for regional hippology.

Novice 2nd place Team: Maria, Noah, Macie, Charles

4th place: Mariah, Katie, Lucas

Individual Novice: 4th Macey, 6th Mariah, 7th Noah, 8th Lucas, 10th Maria, 11th Katie

Junior Team: 3rd place: Cora, Danielle, Charlotte, Makayla

Individual Junior: 5th Cora, 9th Charlotte, 10th Maykayla

Senior Team: 2nd place team: Emilee (5th individual)

The State Hippology competition will be held in August.



REGIONAL EQUINE PRESENTATIONS

Two of our 4-H'ers, Emilee and Abigail went on to compete at regional equine presentations. These are a little different than general presentation, horse kids have to speak 9-12 minutes for a presentation and are penalized if they do not meet the time requirements. They both did a fine job.

Abigail will be going on to compete on May 14th at the State equine competition with her presentation called "Grace, Skill, Endurance".



New York State Bans All Fowl Shows and Exhibitions to Safeguard Against Avian Flu

UPDATE: This ban will remain in effect until further notice. The Department is continuing close monitoring of HPAI in New York State and plans to reassess the Notice of Order in late May to determine whether it should remain in place through the summer fair season. The New York State Department of Agriculture and Markets announced that it has issued an order to ban all live fowl shows and exhibitions in New York State to help prevent the spread of highly pathogenic avian influenza (HPAI) to the state's poultry population.

Poultry biosecurity materials and checklists can be found on the USDA's "Defend the Flock" website.

Best practices include:

- Discourage unnecessary visitors and use biosecurity signs to warn people not to enter buildings without permission.
- Ask all visitors if they have had any contact with any birds in the past five days.
- Forbid entry to employees and visitors who own any kind of fowl.
- Require all visitors to cover and disinfect all footwear.
- Lock all entrances to chicken houses after hours.
- Avoid non-essential vehicular traffic on-farm.
- After hauling birds to processors, clean and disinfect poultry transport coops and vehicles before they return to the farm.
- Report anything unusual, especially sick or dead birds, to AGM.
- To report sick birds, an unexplained high number of deaths, or a sudden drop in egg production, please contact the Department's Division of Animal Ind



4-H SEWING CAMP

Sewing Camp was a huge success! Cloverbuds came two afternoons prior to the week of camp, then attended the first day of camp. They were able to complete 3 items for a sewing kit and a toiletries bag.

The week of camp brought a flurry of activity with Intermediate I & II kids making tote bags, fish laundry, and garments. The kids all did a fantastic job all while learning: how to operate a sewing machine safely, thread a machine, wind a bobbin, different types of needles, and a whole lot more. Sewing camp ended Thursday night with the Ambitious Lions getting a quick sewing lesson while making pillowcases. It was great having 31, 4-H'ers interested in learning how to sew! Our team of 18 volunteers were AWESOME!



*You are cordially invited to attend the
2022 Chenango County 4-H Sewing Spectacular.*

*May 4, 2022, at 6:00 pm
at Council of the Arts*

27 West Main ST, Norwich

*For an evening of celebration for all of the
Hard work our young 4-H'ers have
Accomplished with their sewing projects*

Please
RSVP



Join us for:
Refreshments
Fun
Awards!



Please RSVP Rhonda @ 607-334-5841 X 1111 or rlt236@cornell.edu





4-H UPCOMING PROGRAMS

TEEN COUNCIL (ages 14 and up)

The Teen Council is finishing a toy drive in conjunction with Roots and Wings. In March they not only worked on their community service project they honed in on their communication skills with a fun pretzel project to discover it's not so eas building something when it's only discribed to you. A good lesson on communication effectively. At each meeting members work to complete community service porjects and leadership skills.

Teen Council meets on the second Tuesday of every months for youth ages 14 and older. Contact Richard at: rlt229@cornell.edu or 607-334-5841 x 1115

SHOOTING SPORTS

The focus if the 4-H Shooting Sports Program is to work on firearm safety and skill. The members learn the fundamentals of archery and air rifle. Once the weather improves we will begin .22 training The Rockdale Tod and Gun Club has been a great placeto help train our 4-H'ers. We will continue to meet there the third Sunday of every month. **Space is limited** so be sure to register with Richard: rlt236@cornell.edu

OUTDOOR COOKING (ages 12 and over)

A downpour forced outdoor cooking members inside to do their prep work. Most recipes are made from scratch so this month they were given ingredients where they needed to decide how much of each was needed in order to complete a dump cake. Between raindrops they cooked their pizza and blueberry cump cake in dutch ovens outside. The meal was a success dispite the rain and it was a good lesson on how to keep your heat source lit through inclimate weather.

No matter the weather Mr Richard has something fun cooked up for 4-H'ers to try. 4_h'ers learn the art of cooking with cast iron and dutch ovens. It's amazing what can actually be cooked outdoors!

For more information or to sign up:

Contact Richard at rlt299@cornell.edu or 607-334-5841 x 1115

4-H OUTDOOR ADVENTURE

Outdoor Adventure had an awesome full moon walk this spring! We made our way to the farm tower ar Rogers Center to watch the sunset and the moon rise. We found many interesting animal holes and signs on our walk. 4-H'ers played a few games of camouflage while we waited for the moon to rise. We ended our night with gummy worms in honor of the worm moon. Hope to see more 4-H'ers on our next adventure!

There will be a new series called "**Building Your Survival Skills**" launching in lare spring/early summer!

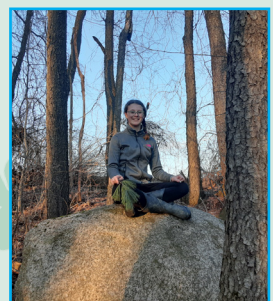
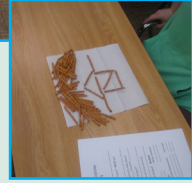
Introduction to first aid / Outdoor safety - May 26, 4- 6pm, ages 8+

4-H Family Campout - June 4th & 5th, 2pm - 10am, all ages

Fire Building Basics, build challenge, campfire cooking - July 30th, 10am-1pm, ages 10+

Email Erica at elc97@cornell.edu or check out our web page and

facebook for updates.





4-H KIDS IN THE KITCHEN BY GROW COOK SERVE!

May 17th and June 21st 5:15 p.m. – 6:15 p.m. Virtual Event
(Register with Erica at elc97@cornell.edu to pick up food and receive Zoom Link.

Join us for a family-friendly cooking program, via zoom. Learn cooking basics and ways to incorporate more fruits & veggies into your meals. Parent supervision is required for this program. The program and food are free! Space is limited. The program is free, but space is limited. Food pick-up info & zoom link will be provided when you register



4-H KIDS IN THE GARDEN, with GROW COOK SERVE

Register with Erica: elc97@cornell.edu

Have fun learning gardening basics, with hands-on activities! We will meet the 2nd Wednesday at the CCE building, each month in May 11th and June 8th, from 4:30pm to 5:30pm.



4-H BUG CLUB 3 PART SERIES

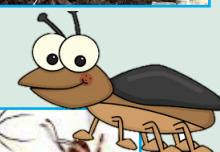
Learn about the importance of insects and how to identify and collect them. Join in one or all 3 sessions of this Bug Club series. Open to all aged 4-H'ers.

Session 1: May 12th, Thursday night, 6:00pm - 7:00pm at CCE office

Session 2: May 21st, Saturday, field Trip to Guilford: 12:00pm 10 3:00pm
(bring your lunch)

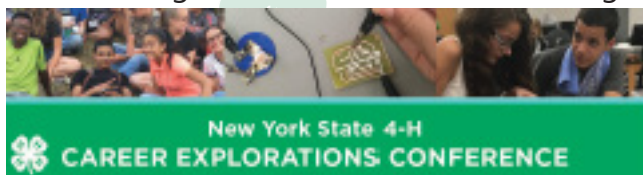
Session 3: June 2nd, Thursday night, 6:00pm to 7:00pm, at CCE office

Register with Erica @elc97@cornell.edu

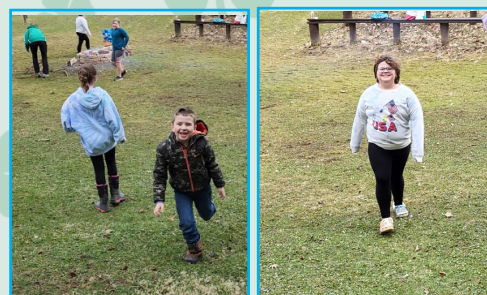


COMMUNITY CLUB - FUN NIGHT 4:30 - 6:00pm

Are you looking for a monthly opportunity to connect with 4-H friends from around Chenango County? Join us at 4-H FUN NIGHT! These events are held on the second Thursday of every month from 4:30 - 6:00 pm and include a variety of youth-driven activities. We play board games, video games, charades, so crafts, launch rockets, visit parks, and so much more! Did we mention that food is provided too? All 4-H'ers are welcome to attend. No cost. Email Craig at cbrown@cornell.edu to register



"For over 90 years, the New York State 4-H Office has hosted the annual Career Explorations Conference on the Cornell Campus. Nearly 500 4-H youth and chaperones attend the action-packed, three-day event to immerse themselves in exploring their future education, career opportunities, and to experience Cornell University and campus life! Cornell faculty and graduate students conduct engaged-learning workshops in two age-specific tracks: (1) Focus for Teens programs for youth entering grades 10-12. (2) University U programs for youth entering grades 8-9. Over 20 programs are offered to help youth understand what a particular career field entails, what type of education they would need to pursue, and to learn from the experiences of the Program Facilitators. For more information visit <https://nys4-h.org/career-explorations>."





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Leaders Assoc. mtg. 6pm at the Sewing Spectacular	5	6	7 Animal Crackers
8	9 4-H Teen Council 6pm	10	11	12 4-H Fun Night 4:30-6:00pm	13	14 Outdoor Cooking 10am State Horse Communications
15 4-H Shooting Sports	16	17 Kids in the Kitchen 5:15 CCE Board Mtg. 7pm	18 Livestock Auction mtg 6:30	19 4-H Community Club 5-6:30pm	20	21 District Public Presentations
22 Capitol Days	23 Capitol Days	24 Capitol Days	25	26	27	28
29	30	31				

LEADERS/VOLUNTEERS ASSOCIATION MEETING-

The Leaders Association is a group of 4-H Leaders and Volunteers that meet approximately six times a year to aid in the success of 4-Hers throughout Chenango County. Their goal is to assist the extension educators, provide a forum in which leaders may discuss and exchange ideas, and raise money that will benefit 4-Hers' and leaders as determined by the Association. Past monies raised have gone toward College Scholarships, 4-H Camps, 4-H National Competitions, Startup monies for new clubs, Sewing Awards, and more. It is the mission of this Association to help in any way to promote 4-H in Chenango County.

CCE BOARD MEETINGS -

The CCE Board meetings are open to the public. These meetings are usually held on the third Tuesday of each month at 7pm, unless otherwise stated. You should call ahead if you are planning on attending. Contact Alice at: ama42@cornell.edu or 607-334-5841 x 1118

LIVESTOCK AUCTION COMMITTEE MEETING-

The Livestock Auction Committee is made up of a group of volunteers that provide support for 4-H youth interested in raising animals. The group offers Scholarships for 4-Hers to try their hand at raising species that they don't already have knowledge of. They also help in setting up the Livestock Auction at the Chenango County Fair. If you are interested in more information about this group please contact: Craig at: cbrown@cornell.edu or call: 607-334-5841 x 1112



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4-H Outdoor Adventure	2	3	4
5	6	7	8	9 Fun Night 4:30-6pm	10	11 4-H Outdoor Cooking 10am
12	13 Teen Council 6pm	14	15 Livestock Auction mtg. 6:30pm	16	17	18 Dairy Days
19 Shooting Sports	20 CCE Board Mtg., 7pm	21 4-H Kids in the Kitchen 5:15	22	23	24	25
26	27	28	29	30		

*Just a few of the many 4-H volunteers, be sure to THANK
A volunteers that you know!*

APRIL 17TH - APRIL 23 was VOLUNTEER APPRECIATION WEEK!

This newsletter doesn't come out in time to properly give our volunteers the recognition and thank you that they deserve. It's never too late to thank a 4-H volunteers so, be sure to do something nice for those that volunteer who lend their time, talents, voice, and support to make 4-H strong! A simple thank you card is all it takes to show your appreciation! Be sure to THANK the volunteers that you know! We had 18 people help out during sewing camp, THANK YOU so much !!!!!





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Norwich, NY 13815

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Grace Provance Patti Von Mechow
Robert Davis Jordan Fleming
Joe Cornell

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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