

# Extension *Express*

## REFLECTIONS OF 2021!

Heading into a new year gives us an opportunity for a bit of reflection. Chenango County Cooperative Extension kept up with the oncoming challenges as Covid continued to linger. Everyone tried to maintain close to normal programming as they could.

SNAP-Ed educators worked tirelessly to come up with new delivery methods for curriculums, innovative on-line video demonstrations, tips & tricks for produce (available on SNAP-Ed.org), taught on line classes, and the development of a seasonal newsletters. In the spring, educator Neisa was able to get back into the Schools to teach in person programming.

Grow Cook Serve; a United Way funded program, joined forces with 4-H and SNAP-ED nutrition educators to create Kids in the Kitchen. A virtual program, Kids in the Kitchen, equips 4-H participants to prepare simple, healthy meals, for their families. Once a month families receive ingredients and recipes and cook along, via zoom, with a nutrition educator to create dinner at home.

As 2021 continued, a new program emerged with the help of a Chobani grant. With this grant, the Regional Beef and Sheep Farming Initiative came about. Rich Taber has been working to improve this area of agriculture, educating folks on the many nuances of raising beef and sheep. In October, a clinic for veterans took place, on the topics of grazing management. You can read more about this workshop in his article on page 4. Rich will continue to work with beef and sheep programs into the New Year.

Another CCE program that remained steadfast throughout 2021 was 4-H. The educators pushed ahead offering zoom craft and cooking sessions, on line arts and craft how to's were posted. This gathered quite a following on our Facebook page. As the year began to open up things started to get back into full swing with in person activities. Outdoor adventure offered many different types of outdoor experiences: snowshoeing, hiking, fire building, ice fishing, kayaking, and many more skill building activities. Meetings for Dairy bowl, Horsebowl, and Hippology as well as regional knowledge competitions in these areas were able to take place. 4-Hers' were being offered other opportunities as well like shooting sports, Public presentations, sewing camp, craft camps, and afterschool activities. That is not all that 4-H had to offer, a new educator Craig, came on board joining the team. With that came Ag Literacy week, not able to go into the schools Craig was able to zoom into the classrooms providing several a look at how ice cream is made. During spring and summer, 4-H'ers were happy to be able to participate in Survival Skills, the Junior Livestock Show, Chenango County fair, and some went on to Afton Fair. Afterschool programs began to open up and 4-H'ers were able to meet in person with their clubs.

Keep following along as CCE continues to offer more programming to our community.



### Page 2 SNAP-Ed

Recipe - Snap-Ed  
News

### Page 4 CCE UPDATE

Fall In!  
Grow Cook Serve

### Page 5-7 4-H NEWS

List of Programs  
Photo Highlights

# Enjoy the Season

Fall is a time for apple picking, carving pumpkins, raking leaves, and enjoying the bounty of winter squash. Winter squash are high in beta carotene, are a good source of vitamin C, a healthy source of fiber & have antioxidant and anti-inflammatory compounds. Below is a great recipe you can use butternut, acorn, or pumpkins with.

source: <https://www.canr.msu.edu/news>



## Squash with Sugar & Spice

**Serves 8**

**Serving size: 1/2 cup**

### INGREDIENTS :

- 1 large butternut squash
- 2 tbsp butter
- 3 tbsp brown sugar
- 1/2 tbsp pumpkin pie spice

### Directions:

1. Preheat oven to 375. Place foil on baking sheet.
2. Rinse squash with cold water, dry and then cut in half length wise. Remove seeds.
3. Melt butter, add brown sugar and spice.
4. Spread mixture evenly over squash and bake about 45 minutes, or until tender.

Source: Adapted from GET FRESH



### Nutrition Facts

Calories: 70

Fat: 3g

Sodium: 24mg

Sugar 4.5g



Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income.

The Chenango County SNAP-Ed Team would like to give BIG thank you to Common Thread CSA in Madison County for providing our grant funded program a full season sponsored share! Without this share we would not be able to provide fresh and local produce to low-income families to try. Thank you Common Thread CSA!



Some of the recipes made with our local produce:

Kale Dip

Broccoli and Black Bean Quesadillas

Dill Dip

Butternut Squash Mac & Cheese

Roasted Root Veggies

Tastings of Kohlrabi

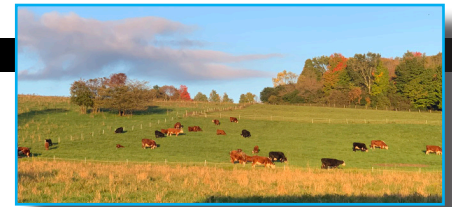
Homemade Stir-Fry

Beet & Carrot Salad

AND so many more recipes!

# Fall in! Veterans Let's Go Grazing!

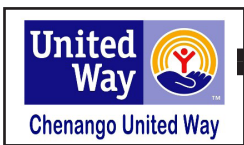
Rich Taber, CCE Chenango



It was a beautiful, sunny early October 1, day that greeted twenty attendees, mostly Veterans, who came from all over the state, and journeyed to Rich Taber's farm, Great Northern Farm, in nearby Madison County. Rich and his wife Wendy were the hosts of a Veterans Grazing Workshop, co-sponsored by the Cornell Small Farms Veterans Outreach program, the Chobani Foundation, and CCE Chenango. The purpose of the program was to instruct the attendees about how to set up a grazing system for a variety of livestock on their home farms. In the morning, participants were provided a presentation by Rich Taber, who is the Grazing, Forestry, and Livestock Specialist for CCE Chenango. Topics covered were designing perimeter fences, installing interior temporary paddock fences, electric fencing systems, establishing, reclaiming and maintaining grass swards, along with some of the machinery needed to do all of this with. After a catered luncheon, a tour of the farm was held during which Rich explained his applications of the theories that were presented in the morning. The farm is home to about 36 head of beef cattle and 16 head of stocker dairy heifers; each herd managed separately. Each participant was provided with a copy of Sarsh Flak's book, "The Art and Science of Grazing", a flagship book used throughout the grazing industry. Rich can be reached at [rbt44@cornell.edu](mailto:rbt44@cornell.edu).



Rich Taber is Grazing, Forestry, and Ag Economic Development Specialist for CCE Chenango, and is an active beef, sheep, and poultry producer as well. He can be reached at [email rbt44@cornell.edu](mailto:rbt44@cornell.edu).



## Virtual Cooking Class with Grow Cook

Do you ever struggle with deciding what to have for dinner? Are you looking for more ways to incorporate healthy ingredients into tasty recipes?

Cook a wholesome, tasty meal, with Grow Cook Serve and Nutrition Educator Whitney Kmetz. Our live online cooking classes make it easy, providing a recipe and **FREE** premeasured ingredients. Pick up your ingredients, put on your apron and log into zoom for a fun evening of cooking with Cornell Cooperative Extension. Afterward, sit down and enjoy a meal you made yourself.

Dates:

**November 4, 2021** – 5:30-6:30pm

**December 2, 2021** – 5:30-6:30pm

You can find the registration link at – [ccechenango.org](http://ccechenango.org)

This event is FREE, but space is limited so sign up soon.





# 4-H NEWS

## 4-H'ers MARK YOUR CALENDARS!

There is a lot going on in 4-H, so check out the list of programs being offered and come join in the fun!

### NOVEMBER

- Nov. 4th - Community Club
- Nov. 5th - Stargazing
- Nov. 13th - Explore the Woods  
-Outdoor Cooking
- Nov. 14th - Hippology Kickoff
- Nov. 16th - Kids in the kitchen
- Nov. TBA - Teen Council
- Nov. 18th - Community Club

### DECEMBER

- Dec. 2nd - Community Club
- Dec. 16th - Community Club
- Dec. 21st - Kids in the kitchen
- Dec. TBA - Teen Council
- Dec. TBA - Outdoor Cooking
- Dec. 28th - Snowshoeing
- Dec. 29th - Museum Tour

**PLEASE be sure to register for any of these events.**



## OUTDOOR ADVENTURE - register with Erica: [elc97@cornell.edu](mailto:elc97@cornell.edu) Stargazing with special guest!

**Nov. 05**, Friday - 6:30 to 8pm, Rogers Center in Sherburne. Join us at 6:30 to make a star wheel to identify constellations. At 7 we will start stargazing with telescopes!

## Explore the Woods with a Forest Ranger! (Ages 9 & up)

**Nov. 13**, Saturday - 9am - 12pm, meeting place TBA  
Learn basic knot tying and first aid, while exploring the outdoors with a forest ranger! We are hoping to include a visit to the Berry Hill fire Tower, in East Parsalia.

## Snowshoeing & Campfire Building

**Dec. 28**, Tuesday - 10am - 1pm, location TBA  
Join us for a snhoe adventure! We have snowshoes you can borrow. We will build a campfire and cook lunch.

## TEEN COUNCIL (Ages 14 and up) Nov. meeting TBA

Chenango County 4-H Teen Council is a club for youth aged 14 and up. The October meeting had a speaker from Roots and Wings talk to them about the need for local food pantries. The focus of this club is: Community Service, Leadership, and Civics. If any teen age 14 and over would like to join Teen Council please contact Richard at: 607-334-5841 or [rlt229@cornell.edu](mailto:rlt229@cornell.edu)

## OUTDOOR COOKING (Ages 12 and up)

**Nov. 13** At 10am. We meet outdoors monthly. If you are 12 and older and want to learn to cook outdoors. Contact Richard at: 607-334-5841 or [rlt229@cornell.edu](mailto:rlt229@cornell.edu) Space is limited

## HIPPOLOGY/HORSEBOWL KICKOFF

**Nov. 14**, Sunday - 1pm-3pm  
Do you want to learn all about horses? Come enjoy a day filled with fun activities to help kickoff a new year for hippology / horsebowl. Location: Hidden Ponds Stables. Register with Rhonda at: 607-334-5841 or [rlt236@cornell.edu](mailto:rlt236@cornell.edu)

## TOUR OF THE CHENANGO COUNTY HISTORICAL SOCIETY & MUSEUM

**Dec 29**, Wednesday - 10am - 12pm  
We will get a tour of a very unique exhibit, "Chenango in 50 Stories", as well as other exhibits at the museum. \$4 per person Register with Erica: [elc97@cornell.edu](mailto:elc97@cornell.edu)

## COMMUNITY CLUBS

Join Craig for one of our monthly hands-on educational programs, held every 1st and 3rd Thursday of the month, unless otherwise specified on a holiday. Registration is required. Visit our web page to learn more or contact Craig at: [cbrown@cornell.edu](mailto:cbrown@cornell.edu) or 607-334-5841 X 1112

## KIDS IN THE KITCHEN with GROW COOK SERVE

3rd Tues - each month from 5:15 to 6:15. Cooking via zoom. Learn cooking basics and ways to incorporate more fruits & veggies into your meals. The program & food are free! Adult supervision is required. Contact Erica at [elc97@cornell.edu](mailto:elc97@cornell.edu)



A day to recognize all of the hard work our 4-H Clubs and individual 4-H'ers have accomplished throughout the 4-H year. 4-H'ers have an opportunity to send us their project record sheets that they have filled out for the year. They are reviewed by a panel and possibly recommended for County medals.

**CLUB SECRETARY RECOGNITION**

Emilee B.

**PUBLIC PRESENTATION RECOGNITION**

Hidden Ponds Horse Lovers

**PROMOTIONAL CLUB AWARD**

Hidden Ponds Horse Lovers

**CHARLES AND PALMA GOODWIN  
COMMUNITY SERVICE AWARD**

**PARTICIPANTS:**

Hidden Ponds Horse Lovers

Amon V.

Emilee B.

**TOP COMMUNITY SERVICE:**

Hidden Ponds Horse Lovers

**AL AND THELMA EVANS TOP  
COUNTYFAIR CLUB AWARD**

**PARTICIPANTS:**

Storm Family

Kreative Kids

Valley Busters

Groovy Goat Getters

Hidden Ponds

**TOP CLUB RECIPIENT:**

Valley Busters

**HARRY L. CASE TOP CLUB AWARD**

Hidden Ponds Horse Lovers

**SR CHAMPION & WARREN ACHIEVEMENT**

Raichel B.

**JULIE BLANCHARD JR. ACHIEVEMENT**

Noah B.

**EXCEPTIONAL CLOVERBUDS**

Ava K

Macie V.

Owen M.

Eleanor H.

Robert B.

Margaret H.

Chales B.

**JR. CHAMPIONS**

Noah B.

Abigail M.

**COUNTY MEDALS**

Emille B. - Communications, Horse, Leadership

Nathan B. - Communications

Abigail M. - Communications, Food & Nutrition, Arts & Crafts

Makayla C. - Communications

Shea B. - Communications

Calista B. - Photography, Food & Nutrition

Raichel B. - Shooting Sports, Reading, Arts & Crafts, Poultry, Rabbits, Dairy Goats, Sheep

Noah B. - Reading, Arts & Crafts, Dairy Goats, Poultry

Logan M. - Arts & Crafts

Heavenly M. - Arts & Crafts

Elizabeth V. - Welding

Hunter M. - STEM

Amon V. - Poultry, Sheep, Community Service, Arts & Crafts

Thomas H. - Dairy Cattle

**4-H VOLUNTEER OF THE YEAR AWARD**

Connie Penner

**4-H LIFETIME VOLUNTEER AWARD**

Debie Brown-Moon

**4-H ALUMNI AWARD**

Susan Graham

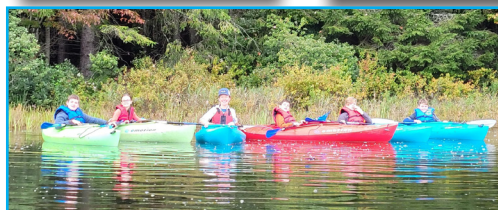
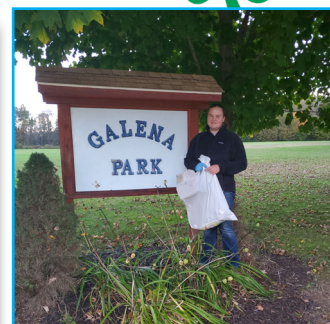
**FRIEND OF 4-H**

Courtney Furst (Blue Seal)

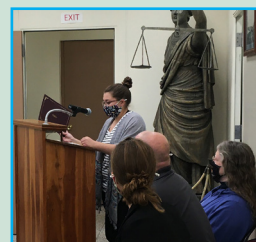




## 4-H'ERS IN ACTION!



**Special Thank you!**  
To Raichel B. for representing 4-H at the Board of Supervisors meeting. Nice job Raichel!



Please Join  
**Cornell Cooperative Extension of  
Chenango County Staff and Board Members**  
For the 2021  
Annual Meeting  
On  
Thursday, December 2, at 1:00 pm

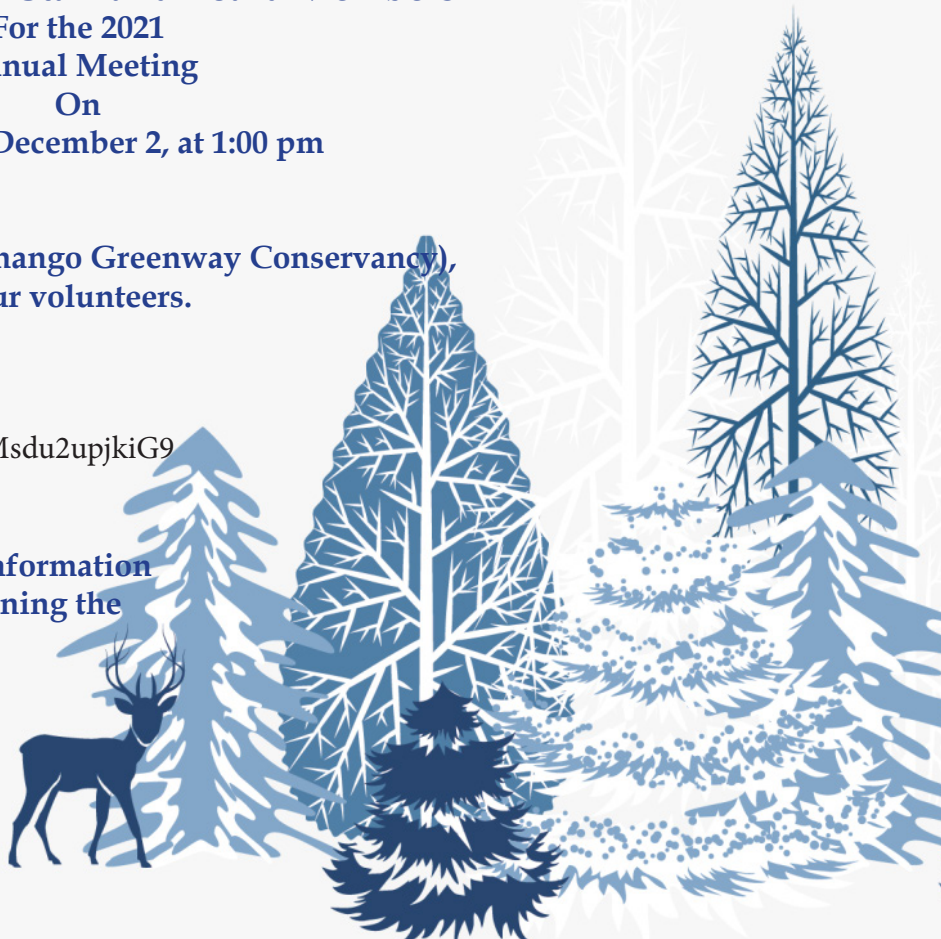
Via Zoom

Meeting will include guest speaker  
Sharon Pelosi (Chairperson of the Chenango Greenway Conservancy),  
Program updates, and recognition of our volunteers.

Register in advance for this meeting:

<https://cornell.zoom.us/meeting/register/tjMsdu2upjkiG9UDW4ovhcjuKIPEJ8WjXhRO>

After registering, you will receive a conformation  
email containing information about joining the  
meeting. Questions call:  
607-334-5841 ex. 1111





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Danielle Hautaniemi

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Grace Provance Patti Von Mechow  
Patsy Graham Jordan Fleming  
Mike O'Reilly

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

## CURRENT STAFF (607) 334-5841

### Kenneth Smith (Ext. 1119)

Executive Director  
kas294@cornell.edu

### Alice Andrews (Ext. 1118)

Finance & Operations  
ama42@cornell.edu

### Alexis Woodcock (Ext. 1120)

Grow Cook Serve Coordinator  
asw239@cornell.edu

### Rich Taber (Ext. 1121)

Ag/Livestock  
Natural Resources  
rbt44@cornell.edu

### Rhonda Turrell (Ext. 1111)

Administrative Assistant  
rlt236@cornell.edu

### Dennis Madden

Building Custodian

### Jon Palmer

Building Custodian

### 4-H YOUTH DEVELOPMENT

#### Craig Brown (Ext. 1112)

4-H Community Educator  
ctb98@cornell.edu

#### Richard Turrell (Ext. 1115)

4-H Volunteer Coordinator  
rlt229@cornell.edu

#### Erica Clark (Ext. 1114)

4-H Youth Educator  
elc97@cornell.edu

### SNAP-ED NEW YORK- SOUTHERN TIER

#### Betty Clark (Ext. 1132)

Snap Ed  
Program Coordinator  
blc28@cornell.edu

#### Whitney Kmetz (Ext. 1133)

Nutritionist 1  
wdg43@cornell.edu

#### Neisa Pantalia (Ext. 1134)

Nutritionist 1  
nmp52@cornell.edu

### CNY DAIRY, LIVESTOCK & FIELD CROPS TEAM

#### Dave Balbian

(518) 312-3592  
Dairy Management Specialist  
drb23@cornell.edu

#### Ashley McFarland

(315) 866-7920  
Livestock Specialist  
am2876@cornell.edu

#### Nicole Tommell

(315) 867-6001  
Agricultural Business  
Management Specialist  
nt375@cornell.edu

#### Erik Smith

(315) 219-7786  
Field Crops Specialist  
eas56@cornell.edu