

# Extension *Express*



## Alexis Woodcock, Grow, Cook, Serve Program Coordinator

As the days get shorter, the leaves start getting a rusty tint and plants, both wild and in the garden, go to seed, some ask "how is it September already"? When you feel summer slipping through your fingers do not despair because your garden still has lots to offer both for this season and for spring to come.

You can still plant several seeds for harvest in late fall and early winter. Think root vegetables and greens, like spinach, arugula, lettuce, Asian greens, turnips, carrots, and radishes.

Got a cold frame or hoop house? Plant these crops mid- to late-September for fresh young greens all winter long.

Any seeds sown after October 1st or so have little opportunity to grow before the dormant period of too-little light sets in. Many of these crops will begin growing again come February, when the daylight increases. In fact, the only way to have fresh greens from a cold frame during February, March, and April is to sow seeds from October through December, so set it and forget it until March. Many of these seeds can be sown right out in the open before the ground freezes. They get a much earlier start than spring-sown crops and will be ready a month or so earlier.

Don't forget about bulbs! Garlic, shallots, and many flower bulbs will need to be sown in the fall in order to enjoy their bounteous and beautiful rewards the following season. They too will remain mostly dormant until spring when they'll wake up and get growing.

October marks the last call for tender plants. While this season, with its colder, wetter, shorter days, shortens the to-do list and sowing opportunities, it also provides a great opportunity to prioritize tasks that will benefit you and your garden into the next growing season.



Our 4-H'ers have been busy. Turn to the inside pages to see just what they have been up to, along with some Chenango County Fair Highlights.



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Sponsor Thank You  
County Fair

# SNAP-Ed in Action



SNAP-Ed Community Educator Neisa Pantalia partnered with 4H for survival skills at Mill Brook Reservoir.

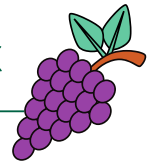
Ever feel the need for a little flavor but don't want all the sugar in those popular beverages? Try spicing up your water with a natural flavor boost! Here are some ideas! You can add one or do a combination of a few.



Youth learned about sugar in beverages and drinks to choose most often.



## Frozen Grapes! The Coolest Healthy Snack



Frozen grapes are the best snack ever! Especially in the summer. They are super refreshing, incredible healthy, low calorie, and so easy. Seriously, you don't have to do anything except wash the grapes and put them in the freezer. And they kind of taste like frozen candy. Who knew, right! If you like grapes and have never tried them frozen, there's no time like the present to give them a try. You can use any variety of grape, red, green, or even the large, black ones. They are all super sweet and delicious frozen. Also, seedless varieties are best but seeded varieties will work too. So, now that you're convinced to try them, here's the easiest recipes for making these frozen treats.

**Step 1: Rinse grapes in cold, running water for 30 seconds. Gently scrub them as you rinse them.**

**Step 2: Check for any broken or rotten grapes and remove them. Gently pull the rest of the grapes from the stem.**

**Step 3: Place the washed grapes in a zipper seal bag.**

**Step 4: Freeze the grapes overnight or for at least 8 hours.**

**Step 5: Enjoy!**

SNAP-Ed Nutritionist provided frozen grapes for students to sample in multiple summer programs in Chenango County. Students at the Oxford Primary School commented after sampling and said, "Wow! I've never had frozen grapes and they're delicious. Another student loved them so much that he asked for a second sample!"



# Snap-ed covers three counties: Chenango, Madison, and Cortland

Nutrition Educator Whitney Kmetz has collaborated with Ag Program Coordinator, Patty Catalano from Madison County CCE through the Seed to Supper program since the start of the gardening season to show participants how to incorporate more fresh vegetables into their meals. Through the program, participants learn to garden on a budget and nutrition education is a major component for the program. Each month Whitney does a direct lesson and features a recipe with a specific type of produce that is growing in the garden at that time. Last month it was kale! Kale is a great dark leafy green that offers many vitamins, minerals, and fiber. The kale was donated from Common Thread in Madison County where our Snap-ed program has been graciously awarded a sponsored share for the full season again this year! Here is the recipe below that we made last month so you can enjoy it too. If you are looking to jazz up this recipe a bit try adding in a salt-free garlic and herb seasoning blend, it is delicious! If you are looking for more ideas on how to incorporate more fruits and vegetables into your meals and want to learn more about basic nutrition education topics, please reach out to Betty Clark: [blc28@cornell.edu](mailto:blc28@cornell.edu) or 607-334-5841 ext:1132. We offer FREE nutrition education classes to low-income individuals in all three counties and, you always walk away feeling satisfied and filled with knowledge!



## Kale Dip

### Ingredients:

- 1 1/2 tsp-canola oil
- 1- garlic clove, minced
- 3 cups- Kale Leaves, washed and thinly sliced
- 1/8 tsp-salt
- 1 cup- low fat cottage cheese
- 1 Tbsp- fresh lemon juice

### Directions:

1. Heat oil in a pan over medium heat. Add garlic and kale and season With salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 Minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Add lemon juice.
4. Refrigerate leftovers within 2 hours.



\*\* Check out the nutrition facts at: <https://foodhero.org/recipes/kale-dip>



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](http://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/>

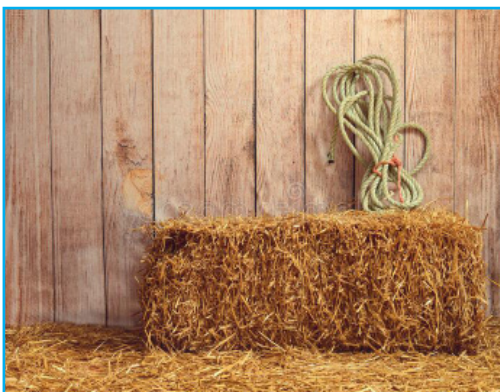


### Ladies and Gentlemen: Get Your Hay Soon! Rich Taber, CCE Chenango

For those of you who feed dry hay to your livestock over the course of the winter, and you normally buy it, then you need to find some hay soon! Don't be waiting for the winter to come before you decide to look for some hay! Why am I suggesting that you get some in pronto? Well, this year has been exasperating, to say the least, for making dry hay. We have had almost continuous rain, off and on, since sometime in June. Small square bales in particular will indeed be in short supply, as fewer and fewer farmers make them, many having gone the round bale route. If you do find some, they most likely will be very expensive, and of somewhat lower quality, due to either having been rained on, or having been cut later in the season. You might consider feeding some dry round bales, but then you would need the equipment to handle them, such as a tractor with a front-end loader with a hay spear attached to it. You might also consider feeding some baleage, wrapped in plastic. Much of the baleage put up this year is of decent enough quality, as it can be made within one day of mowing, rather than having to wait for the three continuous days for making dry hay.

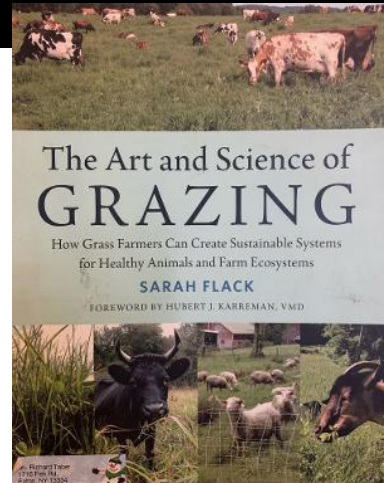
Another issue to contend with much of this year's hay is that it will be of lower quality. It might be a good idea to send a sample off and have it analyzed. This way if you discover any deficiencies in your hay, you can make up for those deficiencies by purchasing some supplements to offset what the hay lacks.

One more suggestion: hoarding sometimes has a bad connotation to it, bringing up images of spare bedrooms packed full of unneeded junk. However, it's not a bad idea to hoard a little extra hay if you have the room. You never know what the following year's weather will be like! Happy hoarding!



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:email:rbt44@cornell.edu).





## **Cattle Grazing at Great Northern Farm in 2021**

### **Workshop: Laying out a Grazing System; A Program for Veterans**

The Cornell Small Farms Veterans Farm-Ops Program, and the Canandaigua VA, in collaboration with Cornell Cooperative Extension of Chenango County, with assistance from the Chobani Foundation will be offering an on farm program explaining how to set up a grazing and fencing program for livestock on October 1, 2021, from 10:00a.m. till 2:30 p.m.. Any Active-Duty Military and Veterans residing in New York State are eligible to attend; non-veterans will be allowed on a space available basis; registration will be capped at 20 attendees. The event will be held at **Great Northern Farm in Eaton, NY, at 1716 Fisk Road, Eaton, NY** in southern Madison County, near Morrisville and Hamilton NY. Great Northern Farm is owned and operated by Army Veteran and longtime farmer and CCE Grazing, Forestry, and Animal Science Educator Rich Taber and his wife Wendy. The Tabers have been raising beef cattle, sheep, and dairy heifers on the farm for years. Rich has completely redesigned the grazing system during the 2021 grazing season. On the 165-acre farm there are 30 acres of improved rotational grazing, twelve acres of unimproved grazing, and a five-acre winter sacrifice/feeding lot. Rich will explain how he reclaims old fields using brush hogs, native seedbanks, a few fertility inputs, and animals, using the principles of regenerative agriculture, and as inexpensively as possible. This year he subdivided the 30 acres of grazing into seven paddocks, using electrified rope for the divisions. After lunch a walk around the farm will be used to show how the theories of grazing have been applied to this cold, high elevation property. Cost of attending will be free, with a limit of 20 attendees, preference being given to Veterans. Lunch and refreshments will be provided. All attendees will be provided (at no cost to the attendees) with a copy of Sarah Flack's excellent book "The Art and Science of Grazing", which retails for \$30.00.

**Preregistration is required and can be done by phone; leave a message at 607-**

**334-5841 ext. 1121 or email [rbt44@cornell.edu](mailto:rbt44@cornell.edu) not later than Wednesday,**

**September 28, 2021. Please leave your name, Veteran status, phone number, and**

**a good email contact so we can contact you.**

**Further questions can be directed to Rich Taber at email [rbt44@cornell.edu](mailto:rbt44@cornell.edu). or phone 607-334-5841 ext. 1121.**



## SURVIVAL SKILL CHALLENGE

We had a great turnout for this year's Survival Skills Challenge, with 6 teams of youth competing from Chenango County and Broome County. Thank you to all of our amazing volunteers and staff who made this event so successful and enjoyable for all. The teams rotated through the various stations building a shelter, finding their way with a compass and building a fire to boil water. They also kayaked, learned basic first aid and had to design and build a device or tool to catch food. As a 4-H educator and outdoor enthusiast, it was truly incredible to see these youth outdoors working together to complete the different challenges. I hope that programs like these encourage youth to spend more time outside enjoying all that nature has to offer. Keep a look out for the next fun Outdoor Adventure that Miss Erica has in store.



## CHENANGO COUNTY 4-Hers' AT THE AFTON FAIR

Chenango County 4H youth had a great day representing at the 132nd annual Afton Fair. Highlights include Master Showman- Owen Hill, Reserve Master Showman- Lily Marshman, Second Place Senior Showman- Morgan Hodge, Second Place Intermediate Showman- Adrienne Hodge, First Place Junior Showman- Ava Kemmeren, & Second Place Junior Showman- Grace Hodge. Thank you to Judge Matt Sharpe. Great Job by all! Phalen Hill, Owen Hill, Morgan Hodge, Adrienne Hodge, Taylor Hodge, Will Rumovicz, Nate Rumovicz, Lily Marshman, Cora Hodge, Grace Hodge, Johnny Leizer and Ava Kemmeren were all from Chenango County. The 132nd Afton Fair Rabbit Show was an exciting event for one young lady. Ava Kemmeren exhibited three rabbits received Best In Show with her Holland Lop Buck. Ava also did a superb job during showmanship and received Master Showman of the Rabbit Show.



## CHENANGO COUNTY 4-H VOLUNTEERS

An important part off the 4-H organization are it's volunteers. If you should see any of these people, be sure to give a BIG thanks to all of the volunteers that helped to make the Chenango County Fair run. A special thanks to the crew at Chapman Hall for continuing to provide food and funds to the 4-H program. The County Fair would not be possible without people willing to donate their time and energy. These are just a few of the folks that volunteered to help out in Chapman Hall. There were more but not available at the time the picture was taken.







# FARMERS MUSEUM JUNIOR LIVESTOCK SHOW

Chenango County was well represented at this years Farmers Museum Junior Livestock Show. Congratulations to all of the 4-H'ers that worked hard to get their animals ready for the show!

They all did an amazing job!

### DAIRY:

Showmanship

10 yr olds- 2nd- Cora Hodge

13 yr olds- 1st- Lily Marshman,  
Reserve Master Showman

14 yr olds 4th- Phalen Hill,  
5th- Nate Rumovicz

15 yr olds - 3rd Owen Hill

16 yr olds- 1st - Will Rumovicz

Lily Marshman-

Holstein Winter Calf- 9th

Holstein Fall calf- 3rd

Holstein Summer yearling-3rd

Cora Hodge -

Holstein Winter calf- 11th

Jersey Spring Yearling- 1st,  
Mention Jr Champion

Phalen Hill-

Holstein Winter Calf- 10th

Owen Hill-

Holstein Summer Yearling-  
11th

Nate Rumovicz

Holstein Spring Yearling, 4th,  
1st Place Bred & Owned.

Will Rumovicz

Guernsey Fall Calf- 2nd

### DAIRY GOAT:

Showmanship

Master Showman- Paige Warren

Res. Master Showman- Cole  
Warren

1st place Interm. A Showman-  
Skyler Graham

Interm. B Showman-

Cole Warren- 1st

David Palmer III- 4th

Aiden Brown Smith- 6th

Senior Showman-

Paige Warren- 1st

Peyton Graham-2nd

Devon Fairchild- 3rd

Raichel Brandt- 6th

David Palmaer III

Res. Champ. Lamancha

Cole Warren-

Grand Champ. Nubian

Res. Grand champ. Saanen

Res. Grand Champ.

Toggenburg

Paige Warren-

Grand Champ Saanen

Jr. Champ. Saanen

Jr. Best in Show

Raichel Brandt-

Grand Champ Oberhasli

Peyton Graham-

Grand Champ. Toggenburg

Skyler Graham-

Res. Grand Champ. Recorded  
Grade

### SWINE:

Showmanship

Master Showman- Devon

Fairchild

1st Senior- Devon Fairchild

Devon Fairchild-

Grand Champ. Berkshire

Supreme Breeding Female

Grand champ. Best Bred &

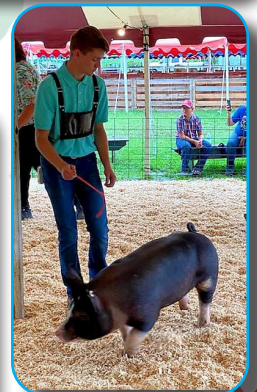
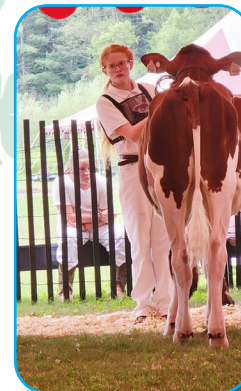
Owned

### SHEEP:

Amon VanAlst-

Res. Champ. Ewe, natural color

Res. Champ. Ewe, Finn





# CHENANGO COUNTY FAIR



## Case Building Awards

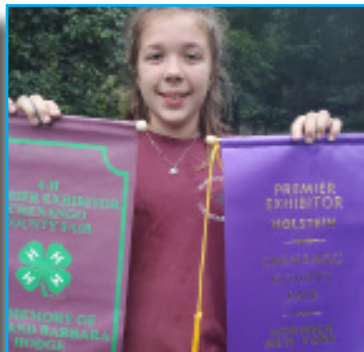
- Outstanding Horticulture: Mariah Lathrop - Sunflowers
- Outstanding Clothing & Textiles: Abigail Mace - Pillowcase
- Outstanding Home Environment: Josie Pierce - refinished Chair
- Outstanding Foods & Nutrition: Meghan Funk - Strawberry Rhubarb Pie
- Outstanding Science & Technology: Joe Thomsen - Cutting Board
- Don and Barbara Hodge Best in Sewing: Abigail Mace
- Decoration contest Winners:
  - 1st place - Hidden Ponds Horse Lovers
  - 2nd Place - Kreative Kids
  - 3rd Place - Hanehan Family Farm

## Barton and Charlotte Seager Awards for Best in Case Building

- Best in Show Exhibit: Wyatt Austin - Lawn Tractor
- Best in Show Exhibit: Ethan Joslin - Flower Box Display
- Outstanding Senior Exhibitor: Emilee Bennett
- Outstanding Junior Exhibitor - Josie Pierce

## 4-H'ers of the Week

- |               |                  |                |
|---------------|------------------|----------------|
| Shea Breese   | David Palmer III | Raichel Brandt |
| Phalen Hill   | Meghan Funk      | Katie Funk     |
| Lily Marshman | John Smith       | Morgan Hodge   |
| Robert Smith  | Amon VanAlst     |                |
- Sportsmanship Winner: Raichel Brandt



## Don and Barbara Hodge Premiere Exhibitor

2021 Premiere Exhibitor: Cora Hodge

## Don and Barbara Hodge Premiere Breeder Exhibitor

2021 Premeire Breeder: Lily Marshman

## Herdsmanship Winners

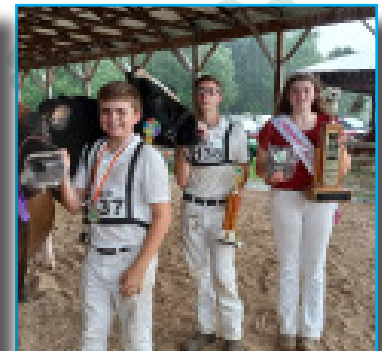
- Goats: Skyler Graham
- Dairy: Nate Rumovicz
- Beef: Devon Fairchild
- Poultry: Johnathon Leizer
- Sheep: Amon VanAlst
- Swine: Ethan Joslin

## Dairy Judging Contest

- 1st- Emma Peila & Morgan Hodge
- 2nd - Tricia Bohannon
- 3rd - Macie Vincent
- 4th - Adrienne Hodge
- 5th - Joey Thomsen
- 6th - Garrette Hyer
- 7th - Cora Hodge
- 8th - Aiden Brown-Smith
- 9th - Taylor Hodge

## Volunteers of the Week

Rachel Hanehan  
Eric Warren







## Dairy Goat Milking Competition

This years fourth Annual dairy goat milking competition was held at the Chenango County Fair, thanks to the generosity of the Funk, Austin, and Abrams Families. This competition involves taking 3 milk weights and samples, under ADGA sanctions, and sending them off to Dairy-One for official testing. Each youth was allowed to enter two milking does in this year's contest. Results from our county competition are used in national breed production averages and go towards earning each doe a Production-Star.

Participants in this years Competition were:

- |                             |                      |
|-----------------------------|----------------------|
| Abriaau Adams (Jacki-Frost) | Jase Adams (Kal-Tec) |
| Davia Adams (Accalia)       | Paige Warren (Rhea)  |
| Isabella Sayles (Wattless)  | Cole Warren (Champ)  |
| Cole Warren (Diamond)       | Skyler Graham (Snow) |

This years Most Production Points went to: Paige Warren

## Proskine Award in memory of Shirley Proskine

Special Thank you goes out to the Proskine Family for their generous donations, in memory of Shirley Proskine. Several kids in the Dairy industry were awarded monetary gifts. It was the intent of the Proskine Family to encourage and promote 4-H'ers to continue in the Dairy Industry. These gifts were handed out ring side during the Dairy Show as well as during our Awards night.

The recipients of the three top awards were:

- Elizabeth Vincent
- Thomas Hanehan
- Jake Beers



## Equine Sportsmanship Award

The first Annual 4-H Equine Sportsmanship Award sponsored by 4-H Equine Alumni and Blue Seal, was given out to encourage Chenango County 4-H Youth that exhibit exemplary equine sportsmanship. This years recipient was: Emilee Bennett



## Super Showmanship

Each year the "Best Of The Best", our Master Showman from Dairy, Meat Goats, Dairy Goats, Beef, Sheep, and Swine compete in a showmanship class to see who can show all these different species the best!

The 2021 competitors were:

- |                  |                |
|------------------|----------------|
| Lily Marshman    | Paige Warren   |
| David Palmer III | Skyler Graham  |
| Ethan Joslin     | Raichel Brandt |

Winner of this years Super Showmanship:  
Paige Warren



## THANK YOU SPONORS !

Thank you to all of our sponsors that generously supported the Chenango County 4-H Fair this year. We also want to thank all of you that work tirelessly to make sure our 4-H'ers had a successful and wonderful time at the fair. We cannot thank you enough, without all of your support this would not be possible!

Blue Seal—Court Furst  
Kutik's Honey Farm  
Robert Huot  
Leatherstocking Veterinary Services  
William E. & Alette P. Davidson  
Steve & lee Perrin  
McDowell & Walker, Inc. Afton  
Judy Ives  
Trail Farm—Austin Family  
Janet Pfromm Harkness  
Ray & Judy Crumb  
Greene Tractor Supply  
Curtis L. Bailey Financial Services  
Evans Auction Service  
Carol Franklin  
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Norwich Tractor Supply  
Lutz Feed  
Linda Hofmann  
Ann P. Hodge  
Rudo Farms—Muzzy Family  
Ken & Nancy Ryan  
Jean Barrows  
Kathleen Hodge  
John & Karlee Myers

Jen Hendrickson & Family  
Meg Parfitt  
John Worden  
Ashley Young  
Patsy Graham  
Stewart's Shops  
Jessica Henninge  
Frog Pond  
Storm Family 4-H Club  
Hidden Ponds Horse Lovers 4-H Club  
Amy Hill  
Jen & Nate Funk  
Lisa McBride  
Vincent Family  
Louise Butcher  
Guilford Carry On 4-H Club  
Catherine Stratton Hodge  
Sharon Stratton  
John & Lynda Lehr  
Schmidt Family  
Bell Family  
Alan Proskine  
Dickey Family  
Don Toombs  
Mark Berringer







# UPCOMING 4H PROGRAMMING:

**September 15th** - 4-H Project Record Sheets and Award applications are due.

There is a project record sheet for just about any project area so check out the 4-H web page. Questions call: Richard @ 334-5841 x. 1115 or rlt229@cornell.edu

### Calendar:

- Sept. 15** - Record Sheets Due
- Sept. 18** - Mountain Bike Intro
- Sept. 29** - 4-H Club Leaders meeting, 6 pm
- Oct. 3** - 4-H Achievement Day, 1pm-4pm
- Oct 5** - Leaders/Volunteers Association Mtg. 6pm

## OUTDOOR ADVENTURE

**September 18th** - Mountain Bike Intro

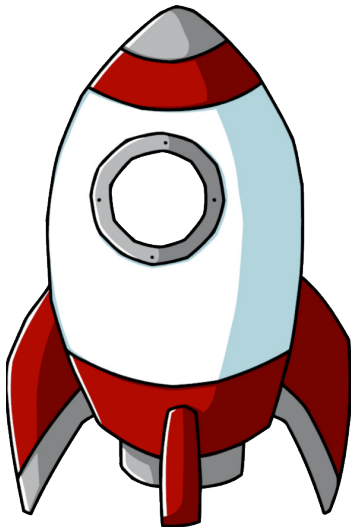
Time: 9:30 -12:00

Place: Pharsalia Wildlife Management Area

Learn mountain biking basics, while exploring the roads and trails. We will end with a campfire and hot dog roast. Questions: call Erica @ 334-5841 x. 1114 or elc97@cornell.edu



## \*4-H IS OUT OF THIS WORLD\*



**4-H  
Achievement Day  
Oct. 3rd, 2021  
1:00pm - 4:00 pm**



Come join the fun! You are sure to have a BLAST as we celebrate all of the 4-H accomplishments that happened throughout the year. More details coming.





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Norwich, NY 13815

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Patsy Graham Jordan Fleming  
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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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### Jon Palmer

Building Custodian

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