Extension Express

VOLUME 15 ISSUE 5: SEPTEMBER - OCTOBER 2018

Inside this edition:

UPCOMING FOOD PRESERVATION CLASSES

These food preservation classes are taught by Cornell Certified Master Food Preserver Volunteers and/or Staff.

Pressure Can Vegetables • September 4, 2018 6-8:00PM • \$10.00

Learn to safely can sweet corn, green beans, and carrots in a pressure canner. All materials and ingredients will be provided. Hands on class. Wear closed toe shoes and bring an apron if you like.

Pickled Vegetables • September 20, 2018 6:00-8:00pm • \$10.00

Find out how to pickle vegetables, for use as condiments, snacks or an interesting addition to salads and sides, and process in a boiling water canner. All materials and ingredients will be provided. Hands on class. Wear closed toe shoes and bring an apron if you like.

Preserving Apples • October 4, 2018 6:00-8:00PM • \$15.00

Discover how to safely turn fresh apples into butter, pie filling, and jelly. All materials and ingredients provided. This is a hands on class. Please wear closed toe shoes and bring an apron if you like.

Baking Whole Grain Bread • October 11, 2018 6:00-8:00PM • \$10.00

Uncover the secrets to baking hearty and healthy whole grain bread. From mixing, fermentation, shaping, and baking, learn the art and science of bread baking.

Pressure Canning Meats • October 18, 2018 6:00-9:00PM • \$15.00

Learn to safely pressure can meats in a pressure canner. All materials and ingredients will be provided. This is a hands on class. Wear closed toe shoes and bring an apron if you like.

Baking with Less Sugar • October 25, 2018 6:00-8:00PM • \$10.00

Just in time for baking season learn to create great tasting baked goods that contain less sugar and rely on natural alternatives to white sugar, like fruit, honey, and maple syrup.

To register for any of these classes, please call (607) 334-5841 ext 11 or 20

Fair Highlights and Results Inside!

Cornell Cooperative Extension Chenango County

JUMPING INTO CATCH WITH ESNY

This summer SNAP-Ed has been busy with programing across Chenango, Cortland and Madison County. One of their biggest initiatives being the Coordinated Approach to Child Health (CATCH). CATCH curriculum is based on the Centers for Disease Control and Prevention's Coordinated School Health model. It combines ten components to interactively educate young people about, and provide support for, a healthier lifestyle through nutrition and physical activity. CATCH lessons and activities have been widely used in multiple locations across all three counties including summer camps, county fairs, and summer lunch sites.

On August 16th, Southern Tier SNAP-Ed Nutritionists Neisa Pantalia and Whitney Kmetz facilitated a CATCH training

at the Norwich City School District office. Betty Clark, supervisor for the SNAP-Ed, Eat Smart New York program, recruited schools from Chenango and Madison Counties to take part. This interactive, hands-on workshop blends the knowledge and practical skills necessary to implement the CATCH program. Neisa and Whitney covered many topics throughout the day, including the rationale and need for improving children's health, an overview of the CATCH Program, and a component specific overview using the CATCH resource materials. They also discussed the strategic planning needed for successfully implementing and utilizing the

CATCH Coordination Guide. This Guide is a tool that coordinates the efforts of key CATCH Team players, such as Principals and Administration, Classroom Teachers, Child Nutritionists, PE teachers, Parent Leaders, and Specialized and Support Staff.

Morrisville-Eaton, who began utilizing CATCH at their elementary school last fall, organized a team from the Middle School and are planning to start

implementation in October. Oxford Academy and Central School brought in two teams representing both the Elementary and Middle Schools. And finally, Norwich City School District brought in teams from both Perry Browne and Gibson Elementary. By the end of the day, CATCH Team members were discussing next steps for implementing CATCH lessons and activities into the upcoming 2018-2019 school year.





Pictured here are the CATCH participants activly taking part in the CATCH training at Norwich High School in August.

Colorful Apple Salad

Ingredients:

- 3 red-skinned apples, washed, cored, and cut in bite-size chunks
- 3 yellow-or green-skinned apples, washed, cored, and cut in bite-size chunks
- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1 cup Greek vanilla low fat yogurt
- 1 teaspoon ground cinnamon
- Optional: add 1/2-2/3 cup chopped nuts (walnuts,
 - almonds, pecans, etc)



Instructions:

- 1. In a large bowl, combine apples, raisins, and cranberries.
- 2. In a small bowl, combine yogurt and cinnamon.
- 3. Pour yogurt mixture over apples and stir to coat.

| Servings 8 Amount Per Serving | r | |
|--|--------------------------------|--------------------------------|
| • | | |
| Calories //// 140 Ca | alories fro | om Fat 5 |
| | % Da | aily Value* |
| Total Fat 0g | | 0% |
| Saturated Fat 0g | | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | | 0% |
| Sodium 20mg | | 1% |
| Total Carbohydrate | 42g | 14% |
| Dietary Fiber 5g | | 20% |
| Sugars 33g | | |
| Protein 2g | | |
| | | |
| Vitamin A 2% • | Vitamin (| C 6% |
| Calcium 4% • | Iron 4% | |
| *Percent Daily Values are ba diet. Your daily values may b depending on your calorie no Calories: | e higher or | |
| Total Fat Less than Saturated Fat Less than Cholesterol Less than | 65g 20g 300mg 2.400mg | 80g 25g 300mg 2.400mg |



Adapted from Taste of Home the Busy Family Cookbook Makes 8 Servings



Butternut Squash Quick Bread

*Makes 10 Servings

Ingredients:

- 1½ cups butternut squash
 2 eggs
 ¼ cup maple syrup
 ¼ cup canola oil
 ¼ cup applesauce
 1 tsp. vanilla
 1 cup all purpose flour
 ½ cup whole wheat flour
 ½ tsp. baking soda
 ½ cup sugar
 ½ tsp. salt
 ½ tsp. ginger
 ¼ tsp. cloves
 ½ tsp. nutmeg
- 1 tsp. cinnamon
- ¹/₄ cup pumpkin seeds

Instructions:

- 1. Preheat the oven to 350°
- 2. In a medium sized bowl, whisk together the squash puree, eggs, maple syrup, canola oil, applesauce and vanilla. Set aside.

| Vitamin A 909 | % • \ | /itamin C | : 15% |
|--|-------------|--------------------------------|------------------------------|
| Calcium 6% | • | ron 8% | |
| *Percent Daily Va diet. Your daily va depending on you | lues may be | higher or le | |
| Total Fat Saturated Fat Cholesterol Sodium | Less than | 65g 20g 300mg 2,400mg | 80g 25g 300mg 2,400 |

Nutrition Facts

Calories from Fat 70

% Daily Value*

12%

5%

12%

10%

11%

12%

Serving Size (103g)

Amount Per Serving

Calories 220

Total Fat 8g

Servings Per Container

Saturated Fat 1g

Total Carbohydrate 33g

Dietary Fiber 3g

Trans Fat 0g

Cholesterol 35mg

Sodium 230mg

Sugars 16g

Protein 5a

- 3. In a large bowl, combine both flours, baking powder, baking soda, sugar, salt and spices.
- 4. Add the squash mixture to the flour mixture and stir until just moistened. Do not overmix. Fold in 3 Tbsp. pumpkin seeds with a spatula.
- 5. Pour batter into a greased 8"x4" loaf pan. Sprinkle the remaining 1Tbsp. pumpkin seeds on top of loaf.
- 6. Bake at 350° for 45-50 minutes– top should be golden and starting to crack. Insert toothpick and it should come out clean.
- 7. Cool to room temperature before slicing. Enjoy!

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program --SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to check your eligibility for a range of benefits and apply for SNAP, go to myBenefits.ny.gov or call 1-800-342-3009 for more information.



USDA Supplementa Nutrition Assistance Program

Putting Healthy Food Within Reach



SOUTHERN TIER REGION



As NY IPM SAYS, DON'T GET TICKED!

New tick diseases and new species of ticks are challenging New Yorkers, but with some precautions, we can still enjoy the outdoors.



Lyme disease, which has become familiar in our region, is a serious illness transmitted by the black legged tick (Ixodes scapularis sometimes call the deer tick). Now, however, blacklegged ticks may carry three new diseases: Anaplasmosis, Babesiosis and Powassan virus.

Anaplasmosis, is less common in humans than Lyme disease, but it is fairly common in dogs and horses. Anaplasmosis symptoms are different than Lyme in that there is not typically a rash, and there is often a fever, but otherwise the flu-like symptoms are similar to Lyme. Babesiosis (pronounced **ba**, **bēzē** '**ōsəs**) is a disease cause by a parasite that infects red blood cells (like malaria). Though having parasites in your red blood cells sounds horrible, most people infected with Babesiosis do not show symptoms, and for those who do there are effective treatments.

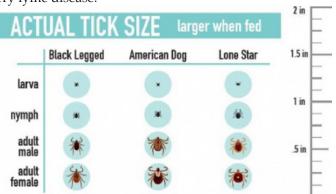
Powassan disease, also carried by black-legged ticks, has been in the news this year because there have been increasing numbers of cases in eastern New York. Powassan can be fatal, and is in about one in ten reported cases.

In addition to new tick-borne diseases, two new ticks have been discovered recently in parts of New York. The lone star tick (so-named for a conspicuous white spot on its body) has moved into parts of southeastern New York.



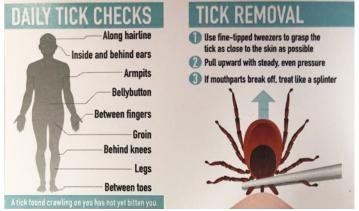
It brings a bite-induced allergy to red meat that has caused problems for some people, as well as caused a disease called erlichiosis. Which has symptoms similar to Anaplasmosis and Lyme. One positive about the Lone Star tick is that it appears to winter-kill in most parts of upstate New York.

Another new tick, the Asian Longhorned tick has recently been found in southeastern New York. It is different from other ticks in that it reproduces in very large numbers and can be found on animals by the hundreds. It is primarily a challenge to livestock producers, but can carry babesiosis and erlichiosis. It is not yet known if this tick can carry lyme disease.



The best way to avoid all these tick-borne diseases is to keep the ticks off you and your family. One way to do this is to use the insect repellent/insecticide Permethrin. This insecticide is more effective than Deet, and less toxic to people. Permethrin treated clothes are available and can reduce tick bites by 75%.

If you combine the use of permethrin repellent with avoiding brushy trails, wearing light clothes, conducting tick checks after being in the outdoors, and keeping yards trimmed and clear of leafy debris, you can still enjoy the outdoors and avoid tick borne-diseases.

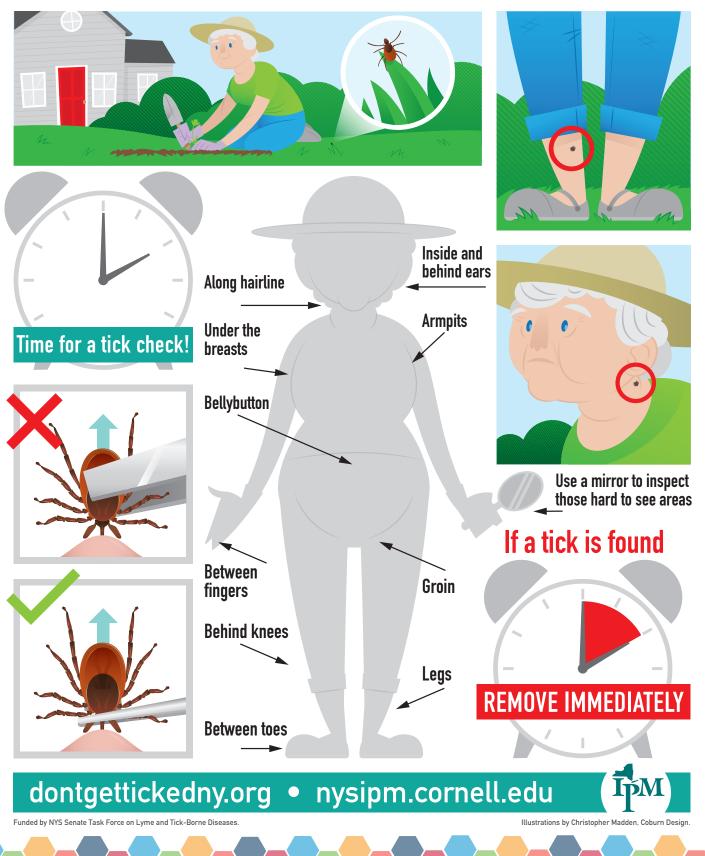


Find these graphics, posters, and other materials, on the NYS Integrated Pest Management website! Check out what else they have to offer about ticks and tick safety!

> dontgettickedny.org nysipm.cornell.edu

LIVE IN TICK COUNTRY? DO A DAILY TICK CHECK!





COLLABORATION BETWEEN PROGRAMS AT CCE

4-H and ESNY join together for programing in Chenango County

This summer, Eat Smart NY and the Chenango County 4-H program teamed up to provide programming for youth in Chenango County at the New Berlin Library, Liberty Partnership Program, and Rogers Environmental Education Center summer programs. Liz Coffey of ESNY and Christina Hall of 4-H, put together complementary activities using curriculum from both entities on the same topic —The most fun being an activity where 4-H facilitated a program about fishing regulations, species, and making lures, and ESNY brought a lesson and mock sushi vegetable wrap to make for snack, which the youth loved!

The most notable of the programs was a six week series at the Rogers Center. At the end of June, the team planted a learning garden at the Rogers Center using plants donated from W P Greenery. On Tuesdays each week during Rogers' adventure camps, youth ages six through eight participated in activities that enabled them to learn about plant biology, nutrition, pollination, and more.

Coffey provided nutrition programming related to plant parts and



function, whole grains, My Plate and more. Youth also had the opportunity to taste-test a different healthy snack she had prepared for them each week. Youth learned about the world of plants and were able to get their hands dirty as they took ownership of weeding and caring for the plants in the learning garden. Some of the produce harvested from the garden was used in snacks at the camps. On the 4-H end, youth participated in activities grounded in STEM. They made solar powered ovens, became bees in several pollination activities, planted their own grass pet, and made homemade herbed butter. Overall, the program was very well received by youth and staff at the Rogers Center. A huge thank you goes out to the Rogers Environmental Education Center for enabling our programs to share with their participating youth.

Grow Cook Serve and ESNY team-up to provide nutrition education at Food Pantries

As part of Grow Cook Serve's mission, to increase the capacity of Food Pantries in Chenango County, they are collaborating with Nutrition Educator Elizabeth Coffey of Eat Smart New York to offer cooking workshops at food pantries. The goal of this collaboration is to ensure that produce donated to food pantries from Norwich Meadows Farms, and other local growers, is utilized by the clients of food pantries. "Not only do we want to provide access to fresh vegetables but also empower food pantry clients to use healthier foods in their everyday cooking," says Elizabeth Coffey of ESNY.

Grow Cook Serve gleans the fresh produce from local farms, repackages it for donation and delivers it to the food pantries. Using the resources from Eat Smart New York, Nutrition Educator, Elizabeth Coffey creates recipes and a workshop curriculum based on that week's produce selection. "In the past we would just drop off the produce and hope people would take it, now with our new collaboration, we can see people take it and offer them the knowledge on how to use it," says Grow Cook Serve Coordinator Alexis Woodcock.

This program will run until the end of 2018 with hopes of expanding its capabilities, reach, and resources in 2019, and beyond.



FARM TO FORK, A SPECIAL FEATURE OF AGRICULTURE

Cornell Cooperative Extension of Chenango County and the Chenango County Agriculture Development Council reflect on the third year of another exciting event, Farm to Fork, a taste of Chenango.

This free event puts local agriculture on display for fairgoers, featuring live and static displays from Chenango County producers and businesses for the third year in a row. Offering the public the opportunity to taste products and recipes created from those local producers. Joining the event were maple and honey products, farmers markets, and local farm stands, among others. While youth could sit to make their own butter or color a picture, parents and adults could enjoy live displays of culinary creation. With so much collaboration from local producers, 4-H youth, and local organizations, there was always something to learn or taste under the Farm to Fork tent.

This year's event enjoyed the return of producers and businesses that have been attending Farm to Fork since its start in 2016. A public favorite being Gilligan's who joined the Creation Stations for the third year, handing out dishes of a variety of ice cream flavors. The event also welcomed the new addition of themed Creation Stations sponsored by Community Bank featuring celebrity stars and 4-H youth.

Assemblyman Gary Finch, Local District FFA President Taylor Moore, and others, joined in the celebration of agriculture on Friday at the Community Bank Creation Stations. Fair goers were given the opportunity to taste milk shakes, zucchini pizzas, and blueberry maple smoothies, to name a few. 4-H youth continued the excitement on Saturday cooking their favorite recipes at these stations as a part of a program where they have learned to grow and cook their own food. The youth did a great job talking about their culinary treats as they were prepared for the fair audience.

Farm to Fork, a taste of Chenango, gives Chenango County residents the opportunity to meet and learn about the various opportunities to buy local; while also enjoying the many tastes that Chenango County has to offer. Plans for the 2019 edition of Farm to Fork, a taste of Chenango are already underway, like their Facebook page to stay up to date on all the excitement and take a look at the moments caught on camera!



Image one: 4-H'er Cora Hodge and her assistant, Image 2: ESNY Nutrition Educator Liz Coffey serving her dish, and Image 3: 4-H'er Lily Marshman with her Omlette.

Thank you to all our sponsors and the Vendors and Chefs! Our event would not be possible without them.

Community Bank Sidney Federal Credit Union Lutz Feed Company, Inc. Pires Farmers Market Preferred Mutual Dairy Farmers of America Commerce Chenango The Evening Sun Price Chopper Thompson Brothers, Inc. Amsoil

Farm Credit East Visions Federal Credit Union Cooks Maple Syrup Kutiks Honey Coyote Creek Herbs Norwich Meadow Farms Cameron Cates Estates Oxford Farmers Market Oxford FFA Nelson Farms & Morrisville State College

Cornell Farms Eat Smart New York Assemblyman Gary Finch Madison County FNMP The Graham's Gilligan's Taylor Moore, FFA President Farm Family Insurance All the 4-H chefs

We Love all your Donations, Thank You!

Victoria Gregory, 4-H Youth Development Program

4-H OUTDOOR PROGRAMMING UPDATE!

A Hike with the Bullthistle Hiking Club in August •

4-H teamed up with the Bullthistle Hiking Club in August to take a hike on a local section of the Fingerlakes Trail. While the weather on the 18th started out to be less than desirable, we braved the elements to get our hike in, and the weather ended up being great. The hiking club members were very helpful in demystifying the unknowns about hiking to our 4-H participants. We learned about trail markers and how much work the club does to maintain these trails in our county, and received materials to help us if we want to hike in the future. Our group of 15 people made a three mile loop, stopping to identify mushrooms and fungi and to move Red Efts out of the trail so as not to be trampled. We ended with a hotdog and s'more cookout at a

lean-to along the trail. A special thanks goes out to Bullthistle Hiking Club for being great hosts to our 4-H group and for keeping the trails and campsite maintained for guests to use!

Wayfinding in July •

On July 21st, we had fun wayfinding at the Rogers Environmental Education Center. We learned how to orient ourselves to our surroundings and to use a compass on a map to figure out how to get where we would like to go. We finished by using our GPS units to find some hidden caches and prizes!





4-H'er Gwen B.

4-H 🗐

GROWS HERE

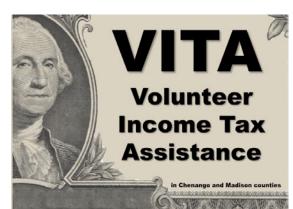
September Adventure: 4-H Camping at Balsam Pond

Join us for a fun overnight trip to the wild area on the far side of Balsam Pond. We will pack our gear to the far side of the pond with canoes and kayak where we will set up our camp of tents and tarps. Then spend some time fishing, building fires, and cooking dinner. We will finish with "smores" by the campfire. CCE will provide the kayaks, food, and some camping gear. 4-H'ers should bring a parent, sleeping bag and pad, tent (if you have one), and fishing gear if you want to fish. If you are lacking any gear, let us know and we will have extra available to borrow! We will meet at Balsam Pond at 3pm Saturday, September 15th, spend the night on the pond, and be out by noon on Sunday. Cost is \$5 per person to cover food. Call Christina at (607) 334-5841 ext. 14 to register!



4-H UPCOMING CALENDAR DATES

| Sept. 1-3 rd | NYS Fair, Syracuse | |
|-------------------------|---|--|
| Sept 19th | 4-H Year End Paperwork Due, 4pm, 4-H Office | |
| | 4-H Paperwork Review, 7pm, 4-H Office, dinner provided | |
| Oct. 1-7 th | National 4-H Week | |
| Oct. 14 th | Achievement Day, Galena Park, North Norwich, 1-4p | |
| Oct. 9 th | 4-H Proclamation Ceremony, 10am, County Office Building | |
| | | |



VOLUNTEERS NEEDED!

We are Looking for Volunteers for the upcoming VITA Program! As a volunteer, you will interact with people who need help preparing their tax returns at no cost to them. We need volunteers to serve as Instructors, Site Coordinators, Tax Preparers, and much more.

For more information, please contact Alice Andrews at (607) 334-5841 ext. 18 or by email at ama42@cornell.edu

CHENANGO COUNTY 4-H'ERS PARTICIPATE IN THE FARMERS' MUSEUM JUNIOR LIVESTOCK SHOW

Congratulations to all of the 4-H'ers who participated in the Junior Livestock Show in July!

The following participated:

Dairy Goats:

Justin Graham Skyler Graham Peyton Graham Wyatt Austin Maygan Roy Raichel Brandt Katelyn Brandt Cole Warren Paige Warren

Beef:

Devon Fairchild Emily Holbert Jacob Holbert Dairy:

Josh Meade Wyatt Meade Lily Marshman Owen Hill Phalen Hill Nate Rumovicz Will Rumovicz

Swine: Devon Fairchild

Sheep: Amon Van Alst



Chenango County 4-H youth excelled in all animal species. Congratulations to Cole Warren, winning the Farmers' Museum Dairy Goat Cup!



4-H COUNTY FAIR RESULTS!

Rabbit Show -Kristie Abrams, Judge

Novice Champion Showman: Brianna Allen **Res. Novice Champ. Showman:** Dakota Miles Jr. Champion Showman: Amon Van Alst Res. Jr. Champion Showman: Mason O'Neil Sr. Champion Showman: Katelyn Brandt **Res. Sr. Champion Showman:** Raichel Brandt Master Showman: Katelyn Brandt **Res. Master Showman: Raichel Brandt Best of Breed Flemish Giant:** Josh Hofmann **Best of Breed Mini Rex:** Dakota Miles **Best of Breed Rex:** Mason O'Neil **Best of Breed Mini Lop:** Brianna Allen **Best Opposite:** Raichel Brandt **Best of Breed Netherland Dwarf:** Amon Van Alst **Best Opposite:** Katelyn Brandt **Best of Breed Polish:** Chevenne Miles **Pet Rabbit Champion:** Dakota Miles **Best Opposite:** Josh Hofmann **Best of Show Rabbit:** Brianna Allen **Res. Best of Show Rabbit:** Amon Van Alst **Champion Cavy:** Sarina Bell **Best of Show:** Brianna Allen – Mini Lop **Res. Best of Show:** Sarina Bell - Cavy















Poultry Show -Jamie Matts, Judge

Jr. Champion Showman: Amon Van Alst Sr. Champion Showman: Raichel Brandt **Res. Sr. Champion Showman:** Devon Fairchild Master Showman: **Raichel Brandt Res. Master Showman:** Devon Fairchild **Champion Bantam:** Devon Fairchild – Columbian Wyandotte Hen **Champion Standard:** Amon Van Alst - Barred Rock Pullet **Champion Pigeon:** Devon Fairchild - Homers **Best in Show:** Devon Fairchild - Columbian Wyandotte Hen

- Swine Show Jacob Cronwell, Judge

Jr. Champion Showman: Skyler Graham **Res. Jr. Champion Showman:** Sarina Bell Sr. Champion Showman: Devon Fairchild **Res. Sr. Champion Showman:** Justin Graham Master Showman: Devon Fairchild **Res. Master Showman:** Skyler Graham **Champion Berkshire:** Devon Fairchild **Res. Champion Berkshire:** Devon Fairchild **Champion Crossbred:** Justin Graham **Res. Champion Crossbred:** Devon Fairchild **Champion Breeding Animal:** Devon Fairchild - Berkshire **Res. Breeding Animal:** Justin Graham - Crossbred **Champion Market Hog:** Skyler Graham Res. Champion Market Hog: Devon Fairchild

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Dairy Goat Show -Sharon Dziekonski, Judge



Novice Champion Showman: David Palmer III Res. Nov. Champion Showman: Sarina Bell Jr. Champion Showman: Skyler Graham Res. Jr. Champion Showman: Cole Warren Int. Champion Showman: Devon Fairchild Res. Int. Champion Showman: Raichel Brandt Sr. Champion Showman: Paige Warren Res. Sr. Champion Showman: Justin Graham Master Showman: Paige Warren Res. Master Showman: Devon Fairchild Jr. Champion Alpine: Wyatt Austin Res. Jr. Champion Alpine: Wyatt Austin Sr. Champion Alpine: Wyatt Austin Res. Sr. Champion Alpine: Wyatt Austin Gr. Champion Alpine: Wyatt Austin Res. Gr. Champion Alpine: Wyatt Austin Sr. and Gr. Champion LaMancha: David Palmer III Res. Sr. & Gr. Champion LaMancha: Maygan Roy Jr. Champion Nubian: Meghan Funk Res. Jr. Champion Alpine: Meghan Funk Sr. and Gr. Champion Nubian: Cole Warren Res. Grand Champion Nubian: Meghan Funk Jr. Champion Saanen: Paige Warren Res. Jr. Champion Saanen: Cole Warren Sr. Champion Saanen: Paige Warren Res. Sr. Champion Saanen: Paige Warren Gr. Champion Saanen: Paige Warren Res. Gr. Champion Saanen: Paige Warren Jr. Champion Toggenburg: Paige Warren Res. Jr. Champion Toggenburg: Cole Warren Sr. Champion Toggenburg: Cole Warren Res. Sr. Champion Toggenburg: Devon Fairchild Gr. Champion Toggenburg: Cole Warren Res. Grand Champion Toggenburg: Devon Fairchild Sr. and Gr. Champion Oberhasli: Emilee Bennett Jr. Champion Recorded Grade: Paige Warren Sr. and Gr. Champion R. Grade: Wyatt Austin Res. Sr. and Grand Champion R. Grade: Skyler Graham Jr. Champion Nigerian Dwarf: Katelyn Brandt Res. Jr. Champion Nigerian Dwarf: Raichel Brandt Sr. Champion Nigerian Dwarf: Katelyn Brandt Res. Sr. Champion Nigerian Dwarf: Raichel Brandt Gr. Champion Nigerian Dwarf: Katelyn Brandt Res. Gr. Champion Nigerian Dwarf: Raichel Brandt Junior Champion of All Breeds: Paige Warren - Toggenberg Senior Champion of All Breeds: Wyatt Austin – Alpine Best Udder of Show: Wyatt Austin - Alpine

Pet Show - Alice Andrews, Judge

Cloverbud Pet Care Champion: Sophia Bell **Beginner Pet Care Champion:** Sarina Bell **Advanced Pet Care Champion:** Josh Hofmann **Costume Class Champion:** Kelcie Tefft **Performance Class Champion:** Sarina Bell

Beef Show - Jacob Cronwell, Judge 🛛 🕌

Novice Champion Showman: Josh Meade Res. Nov. Champion Showman: Paige Warren Jr. Champion Showman: Jacob Holbert Res. Jr. Champion Showman: Emily Holbert Sr. Champion Showman: Justin Graham Res. Sr. Champion Showman: Lyn Farrow Master Showman: Josh Meade **Res. Master Showman:** Justin Graham Champion Commercial Bull: Peyton Graham Res. Champion Commercial Bull: David Palmer III Champion Commercial Cow: Jacob Holbert Res. Champion Commercial Cow: Jacob Holbert Supreme Champion Cow: Jacob Holbert Champion Market Beef: Emily Holbert Supreme Champion Market Animal: Skyler Graham, Market Hog

Supershowmanship Contest



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! Thank you to our judges: Mason Sutton, Noah and Rayne Ives, and Nathan Turrell.

> Our 2018 competitors were: Dairy: Megan Peila Beef: Josh Meade Dairy Goats: Paige Warren Meat Goats: Skyler Graham Sheep: Katelyn Brandt Swine: Devon Fairchild

Congratulations to the 2018 Winner: Katelyn Brandt!



Dairy Show - Matt Sharpe and Jordan Thomas, Judge

Novice Champion Showman: Taylor Hodge Res. Nov. Champion Showman: Cora Hodge Jr. A Champion Showman: Lily Marshman Res. Jr. A Champion Showman: Wyatt Meade Jr. B. Champion Showman: Joe Thomsen Res. Jr. B Champion Showman: Phalen Hill Int. Champion Showman: Will Rumovicz Res. Int. Champion Showman: Morgan Hodge Sr. Champion Showman: Megan Peila Res. Sr. Champion Showman: Alex Evans Master Showman: Megan Peila Res. Master Showman & Terry Hodge Memorial

Showmanship Award: Alex Evans Honorable Mention Master Showman: Taylor Hodge Jr. Champion Brown Swiss: Paige Warren Res. Jr. Champion Brown Swiss: Cole Warren Gr. Champion Brown Swiss: Paige Warren Res. Gr. Champion Brown Swiss: Cole Warren Jr. Champion Guernsey: Will Rumovicz Res. Jr. Champion Guernsey: Will Rumovicz Sr. Champion Guernsey: Will Rumovicz Res. Sr. Champion Guernsey: Owen Hill Gr. Champion Guernsey: Will Rumovicz Res. Gr. Champion Guernsey: Owen Hill Jr. Champion Holstein: Karly Marshman Res. Jr. Champion Holstein: Phalen Hill Sr. Champion Holstein: Joe Thomsen Res. Sr. Champion Holstein: Alex Evans Gr. Champion Holstein: Joe Thomsen Res. Gr. Champion Holstein: Alex Evans Jr. Champion Jersey: Taylor Hodge Res. Jr. Champion Jersey: Morgan Hodge Sr. Champion Jersey: Emily Evans Res. Sr. Champion Jersey: Emma Peila Gr. Champion Jersey: Emily Evans Res. Gr. Champion Jersey: Emma Peila Junior Champion of All Breeds: Karly Marshman -Holstein

Senior Champion of All Breeds: Emily Evans – Jersey Best Udder of Show: Emily Evans – Jersey Best Bred and Owned: Alex Evans – Holstein 4-H Premier Breeder & Exhibitor Awards (in Memory of Don and Barbara Hodge): Holstein: Alex Evans Jersey: Kylie Lehr















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Sheep Show - Jacob Cronwell, Judge 諯

Jr. Champion Showman: Amon Van Alst Sr. Champion Showman: Katelyn Brandt Res. Sr. Champion Showman: Victoria Smith Master Showman: Katelyn Brandt Res. Master Showman: Victoria Smith Champion Columbia Ewe: Victoria Smith Champion Finn Ram: Amon Van Alst Res. Champion Finn Ram: Amon Van Alst Champion Finn Ewe: Amon Van Alst Res. Champion Finn Ewe: Amon Van Alst Champion Finn Ewe: Amon Van Alst Champion Shropshire Ram & Supreme Ram: Victoria Smith

Res. Champ. Shrop. Ram: Victoria Smith

Champion Commercial Natural Wool Ram: Amon Van Alst Champion Commercial Natural Wool Ewe: Victoria Smith Champion Commercial Ram: Katelyn Brandt

Res. Champion Commercial Ram: Katelyn Brandt

Champion Commercial Ewe & Supreme Champion Ewe: Amon Van Alst

Res. Champion Commercial Ewe: Katelyn Brandt **Supreme Market Lamb:** Amon Van Alst **Res. Champion Market Lamb:** Amon Van Alst

2018 4-H Livestock Auction

Thank you to the many bidders and buyers who helped raise money for the Chenango County 4-H Livestock Program! There was lots of spirited bidding on a small number of high quality animals! Thanks to Evans Auction Service for the excellent job of selling, John Lathrop for weighing our market animals and Toombs Custom Meats!

Buyers from the 2018 Auction:

Rachel Fraser Jim Waite Keith Evans Kelly Marriott Carol DeClue



Meat Goat Show - Jacob Cronwell, Judge

Jr. Champion Showman: Skyler Graham Res. Jr. Champion Showman: Cole Warren Sr. Champion Showman: Paige Warren Master Showman: Paige Warren Res. Master Showman: Skyler Graham Junior Champion Doe: Cole Warren Res. Junior Champion Doe: AndaLynn Anderson Senior Champion Doe: Paige Warren Res. Senior Champion Doe: Skyler Graham Grand Champion Doe: Paige Warren Res. Gr. Champion Doe: Skyler Graham

2018 4-H Dairy Goat Milking Competition @ County Fair



Thanks to the generosity of the Funk, Abrams, and Warren Families, Chenango County 4-H'ers were able to participate in the first annual dairy goat milking competition at the county fair. This competition involves taking 3 milk weights and samples, under ADGA sanctions, and sending them off to DairyOne for official testing. Each youth was allowed to enter any number of 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.

The following 4-H'ers participated:

Alpine:

Justin Graham – Asparkle, 1st place

LaMancha:

Maygan Roy – Kiko, 1st place

David Palmer III – Starburst, 2nd place

David Palmer III – Vera, 3rd place **Nubian**:

Colo Warron N

Cole Warren – Moon, 1st place

Recorded Grade:

Skyler Graham – Snow, 1st place

Saanen:

Paige Warren – Perseus, 1st place

Paige Warren – Sapphire, 2nd place

Paige Warren – Samirah, 3rd place

Cole Warren – Johanna, 4th place

Cole Warren – Josie, 5th place

Toggenburg:

Cole Warren – Dallas, 1st place & Top Milk Production, receiving the Patsy Graham Memorial Award Peyton Graham - Eugenia, 2nd place Devon Fairchild – Aussie, 3rd place



4-H FAIR AWARDS CEREMONY!

Case Building Awards

Outstanding Horticulture Exhibitor: Heavenly Mahaffey – container garden Outstanding Clothing & Textile Exhibitor: Lily Marshman - skirt Outstanding Home Environment Exhibitor: Amon Van Alst – quilted wall hanging Outstanding Foods & Nutrition Exhibitor: Olivia Palmer – blueberry buckle Outstanding S.E.T. Exhibitor: Nate Bennett – rebuilt lawn tractor Don and Barbara Hodge Best in Sewing: Lily Marshman - skirt Morgan Hodge – laundry bin

Barton and Charlotte Seager Award for Best in Case Building

Best in Show Exhibit: Lily Marshman – Scientific poster Best in Show Exhibit: Amon Van Alst – Record book Best in Show Exhibit: Nate Bennett – Rebuilt lawn tractor Outstanding Junior Exhibitor: Amon Van Alst Outstanding Senior Exhibitor: Raichel Brandt

State Fair Recognition

Morgan Hodge Amon Van Alst

4-H'ers of the Week

Devon Fairchild Katelyn Brandt Victoria Smith

Raichel Brandt Cheyenne Miles

Sportsmanship Winner: Katelyn Brandt

Volunteers of the Week

Kaleigh Fairchild Kelcie Hofmann

Don and Barbara Hodge Premier Breeder and Exhibitor Awards

Holstein – Alex Evans Jersey – Kylie Lehr

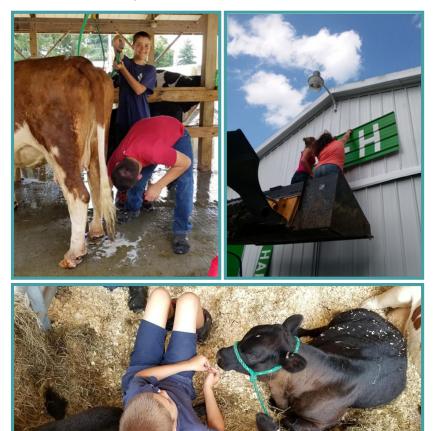
High Scoring Dairy Judge

Megan Peila

Herdsmanship Winners

Dairy, recipient of the Richard Davidson Memorial Award: Karly and Lily Marshman and Jenna Mack

Poultry: Amon Van Alst **Goats:** Maria and Katie Funk **Beef:** Holbert Family Swine: Devon Fairchild Sheep: Victoria Smith







Case Building Fun at the Fair!

The Case Building was bustling with fairgoers and 4-Hers ready to buy Sno-cones, look through projects, and stop by to do crafts at the activity table.

Each day, several activities were available for any youth to try their hand at. This year we had activities for everyone, ranging from making marble necklaces, shrink film charms, and sensory balls to building fishing lures, bath bombs, or Jacob's ladder toys. Over 70 youth participated in these projects at the Case Building this year.

Here is just one picture of the many moments had during these fun activities.



THANK YOU TO ALL OUR 2018 COUNTY FAIR SPONSORS!

- Nate and Jen Funk and Family Sunny Acres Farm Midstate Veterinary Services Dan Thomas The Hodge Families Huot-Kinne Farm Rob-N-Vale Farm **Barrows Farm** Mr. and Mrs. Bill Davidson Rudo Farm Carol Franklin, in Memorial to Don Franklin NY Pork Producers Brown's Feed, Inc. Kuhn's Equipment and Repair Linda & Frank Hofmann **Janet Pfromm** DairyOne
- The Trophy Guy Judy and Ray Crumb The Graham Family Judy Ives, in Memorial to Albert Ives Stewarts Shops Karlee Myers Dr. and Mrs. Thomas Flanagan Charitable Trust Tractor Supply Company Norwich Greene Veterinary Clinic NY Pork Producers Bob and John Hofmann NY Beef Producers The Austin Family MaraSeed Stephen & Lee Perrin

Organic Valley Hidden Ponds Horse Lovers 4-H Club Curtis L. Bailey Ken and Nancy Ryan Ken Swift Jon Worden McDowell and Walker Glenn and Naomi Mahaffey Chenango County Agricultural Society **Evans Auction Service** Chenango County SWCD Tractor Supply Company Oneida Eric and Jesica Warren Guilford Carry-On 4-H Club

All who donated food and supplies to Chapman Hall and gave of their time and expertise!!

JOIN US FOR 4-H ACHIEVEMENT DAY! Sunday, October 14th, 2018, 1-4 PM Galena Park, North Norwich, NY (next to the North Norwich Town Hall)

Join us as we celebrate 2017-2018 and move forward into 2018-2019! Please bring a dish to pass and table service. Drinks are provided. All clubs, independent families, volunteers, and 4-H Supporters are welcome. **Please RSVP with Cindy, cag255@cornell.edu or (607) 334-5841 ext. 11**

Dress for the weather - we will have an outside activity to celebrate National 4-H Youth Science Day! All clubs & independent families will be asked to share what they have done this 4-H year. 4-H Year End Awards Ceremony!



Cornell Cooperative Extension Chenango County



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Cornell Cooperative Extension Chenango County

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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!

> Connect With Us! www.ccechenango.edu

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