

Extension *Express*

FAREWELL, TO ASHLEY

It is always hard to say goodbye to someone who's been part of the Cornell Cooperative Extension Family. This month we are saying goodbye, good luck and best wishes to CCE Communications Coordinator Ashley Russell as she moves on in her professional career.

Saying that she is leaving large shoes to fill would be an understatement when it comes to Ashley and all of the wonders that she has accomplished in the 3+ years that she has been in Chenango County. From redesigning the Extension Express to modernizing all CCE Chenango social media to trying to solve technology programs to making all of CCE look fabulous and putting that extra touch on every project she has worked on, Ashley has "made the best better" here. Working with Master

Gardeners, ADC, Dairy Day, Survival Skills Challenge, Farm to Fork, Chenango County Tourism and Tick Education for Farmers. Ashley has constantly gone above and beyond to promote and educate.

Saying that Ashley will be missed is an understatement! We will miss her sense of humor, sharing of funny farm and hunting stories, and her can-do attitude. But we know, that Ashley is on to bigger and brighter things....and that she is only a text away when we get lost in the 9 pages of notes that she left for us on how to do things around here!!!

Good luck Ashley and thank you for all that you have done for us in Chenango County!!!



Image 1: Ashley and staff member Alice at the Chenango County Fair. Image 2: Ashley holding a pheasant chick.

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to Avoid Ticks

STAY HEALTHY WITH SNAP ED

SNAP Ed is still here for you! We have been working hard throughout the summer, to create virtual lessons. All curriculum's are being transformed to meet SNAP participants needs, safely through technology. We will be able to provide nutrition education through virtual platforms like Zoom, YouTube, and Facebook. We are still here and hope you reach out to us to continue education. Now is the time. More than ever we need to prioritize health and well-being. Since COVID many things have been extra difficult but with that many great things have been happening as well. One new site is snapedny.org this site has great information and recipes, make sure to check it out!!!

During the summer SNAP Ed Educators worked with youth from 4H in Chenango and Madison County, Morrisville Liberty Partnership Program, and Norwich Children's home. We had youth take part in a secret ingredient challenge. They were giving a secret ingredient from a local farm (beets, basil, squash, swiss chard, and rapini) to use in a recipe or create a new one. The children created some wonderful dishes, some of which can be seen below!



To keep you and your family healthy make sure you are getting recommending amounts of physical activity and eating by the MyPlate. Adults need 30 minutes most days and youth need 60 minutes every day. Try scavenger hunts in your yard, walking the dog, competitions between siblings or family members or virtual ones with friends. There are so many benefits to physical activity, not just physical health but mental health as well. Feel free to reach out to SNAP Ed Educators with any questions or just to let us know how you're staying healthy.

Try some of these fun ways to stay active at home:

Alphabet Walk- You will imagine your feet have been dipped in paint. You will explore how the body moves by painting letters on the ground. Try writing your first and last name

Zero-In- Someone will hold up a number to the screen. One person will be the guesser calling out numbers. Everyone else will be using their body to communicate. If the person must go higher you will do calf raises. If the person must go lower you will do squats! Until they have zeroed in on the number!

Cone Reaction- You will pick a command person. When they say a command, you will touch that body part: Head, shoulders, knees, or toes are the simplest to use. When you hear cone. You will hold up a piece of paper and, see who can be the fastest to show it on the screen

Fall In Season Produce

Apples
Bananas
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic

Ginger
Grapes
Green Beans
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mangos
Mushrooms
Onions
Parsnips
Pears

Peas
Pineapples
Potatoes
Pumpkin
Radishes
Raspberries
Rutabagas
Spinach
Sweet Potatoes &
Yams
Swiss Chard
Turnips
Winter Squash

Try eating in Season!

Apples provide vitamin C, potassium and fiber. Eat the peel for more fiber! When purchasing apples, look for apples that are firm and do not have broken skin, bruises or soft spots. Apples are harvested between August and November, but are available year round. During harvest time, apples may cost less and be more crisp. Try this quick and easy apple recipe!

NORTHWEST APPLE SALAD

Cooking Matters

Ingredients:

- 2- Medium apples
- 2 Tbsp- dried fruit such as raisins, cranberries
- 3 Tbsp-plain low-fat yogurt
- 1 Tbsp-walnuts
- 1 Tbsp- honey (optional)

Directions:

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch Pieces. Place in medium bowl.
2. Add dried fruit and yogurt to bowl. Mix well.
3. In a small skillet over medium heat, toasts nuts until golden brown and Fragrant. Watch closely so they do not burn. Remove from pan and let cool
4. Chop cooled nuts with a knife. Or, put in a plastic bag and crush with a Can.
5. Add crushed nuts to bowl. If using honey add now, toss and serve!

Nutrition Facts

4 servings per container
Serving size 3/4 cup (108g)

Amount per serving

Calories **80**

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 7%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 0mg 0%

Potassium 142mg 4%

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

SOME TIDBITS FROM 4-H

Chenango County 4-H educators have been busy planning for the Ag-Stravaganza 2020, while also keeping up virtual programming and getting the opportunity to get started with some in person outdoor programming.

4-H Shooting Sports, at the Bainbridge Sportsman's Club, is off to a great start! The instructors, Bill & Erica, provide a combination of hands-on lessons & group discussions, at each program. The kids are currently shooting compound bows and doing very well. The second half of the series will focus on the safety & fundamentals of shooting air rifles. Shooting Sports provides youth with the opportunity to learn how to safely & responsibly handle and use firearms, while having fun. A big thank you to the Bainbridge Sportsman's Club, for letting 4-H use their facility!! We greatly appreciate their support. The 4-H Outdoor Adventure program kicked off the season with kayaking. Participants had fun paddling at Chenango Lake and on a stretch of the Chenango River. Youth improved their kayaking skills, while enjoying the sights on the different water ways.



You can still see our educators weekly online videos on the Facebook and YouTube pages. Chenango County 4-H'ers are still busy staying involved despite the changes in programming. 4-H'er Amon Van Alst participated in a state-wide virtual livestock clinic and knowledge contest. He placed 6th in judging and 3rd in the Junior Skillathon.

Local small ruminant producers are beginning to utilize the fecal lab for parasite egg counts. The lab is kitted and available to borrow for a \$10 returnable fee when brought back in clean, working condition. If anyone is interested in using it, contact Janet Pfromm at jl27@cornell.edu or at 607-334-5841 x1112.

Thank you to our Ag-stravaganza Donors!

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UPCOMING 4-H PROGRAMS:

Nature Programs at Cook Park with Erica

The programs are free of charge and materials will be provided, but there is a \$5 per vehicle entry fee to get into the park. We will be practicing social distancing and wearing masks.

Pre-registration required.

Owl Pellet Dissection

Friday, August 21, from 6:00 PM to 7:00 PM

Pond walk & macroinvertebrates study

Sunday Sept 27, from 10:00 AM to 11:30 AM

Fish Fun! Make your own fishing lure & then test it out

Saturday October 10, from 10:00 AM to 11:00 AM



For more info and to sign up, please email Erica Clark at elc97@cornell.edu.
Cook Park, 189 Park Rd, Greene, NY 13778

4-H Achievement Day at the Movies!!

The 4-H Office will be holding Achievement Day 2020 at the Colonia Drive-In at the fairgrounds on September 26. Our feature movie will be Shrek and will follow our awards ceremony. There will be NO COST to 4-H Families to attend, 4-H is hosting!!

The catch is, families need to sign up, by car load, to participate.

Please contact Janet to RSVP no later than August 20. We need to have a ballpark attendance figure ahead of time. Please email: jlp27@cornell.edu



4-H Outdoor Adventure

August 29, from 9:30 AM to 11:00 AM: Hike around pond & Macroinvertebrate investigation, at Rogers Center in Sherburne.

October - Fossils and more trip! Date to be announced soon

Pre-registration required. For more info and to sign up, please email Erica Clark at elc97@cornell.edu



4-H Calendar Dates

September 15 | 4-H Year-End Paperwork due

September 16 | 4-H Paperwork Review

September 26 | Achievement Day at the movies

October 1 | New 4-H Year!

October 4-10 | National 4-H Week

October 7-18 | National Paper Clover Campaign at TSC

2020 NATIONAL 4-H WEEK CONTEST

Join Chenango County 4-H in celebrating this years National 4-H Week with some fun contests! Contact Miss Janet with any questions. Let the creativity begin!



NATIONAL 4-H WEEK

October 4-10, 2020

Date	Activity	Where held/posted & date	Points
	Dress your pet in 4-H gear. 5pts for each small pet; 15pts for each farm animal.		
	Make a club/family donation to a group in need (community service). 10pts each		
	Shout-out your 4-Hers on social media (first names only) every day of the week & link to the 4-H Office. 5pts each		
	Send a 4-H “thank you” to your town supervisor. 5pts each. Bonus pts: if that person sends back a selfie with the card – 15pts each.		
	4-H Lawn Display at your home. 5pts each		
	4-H Business Displays. 10pts each		
	4-H Promo Video – club or family, introduce the club (no names) & what projects you are into. 15pts each		
	Share your all-time favorite 4-H picture & 2 sentences why with Chenango County 4-H on Facebook and Instagram. 5pts each		
	Other:		
	Other:		
	Other:		

For more information visit
www.cdc.gov/ticks or call CCE
Chenango County at 607-334-5841

Manage Your Yard to Avoid Tick Bites

Bushy and wooded hedges are heavy tick habitat areas

Mowed and maintained lawns and fence lines

Bird feeders attract rodents and small animals which carry ticks

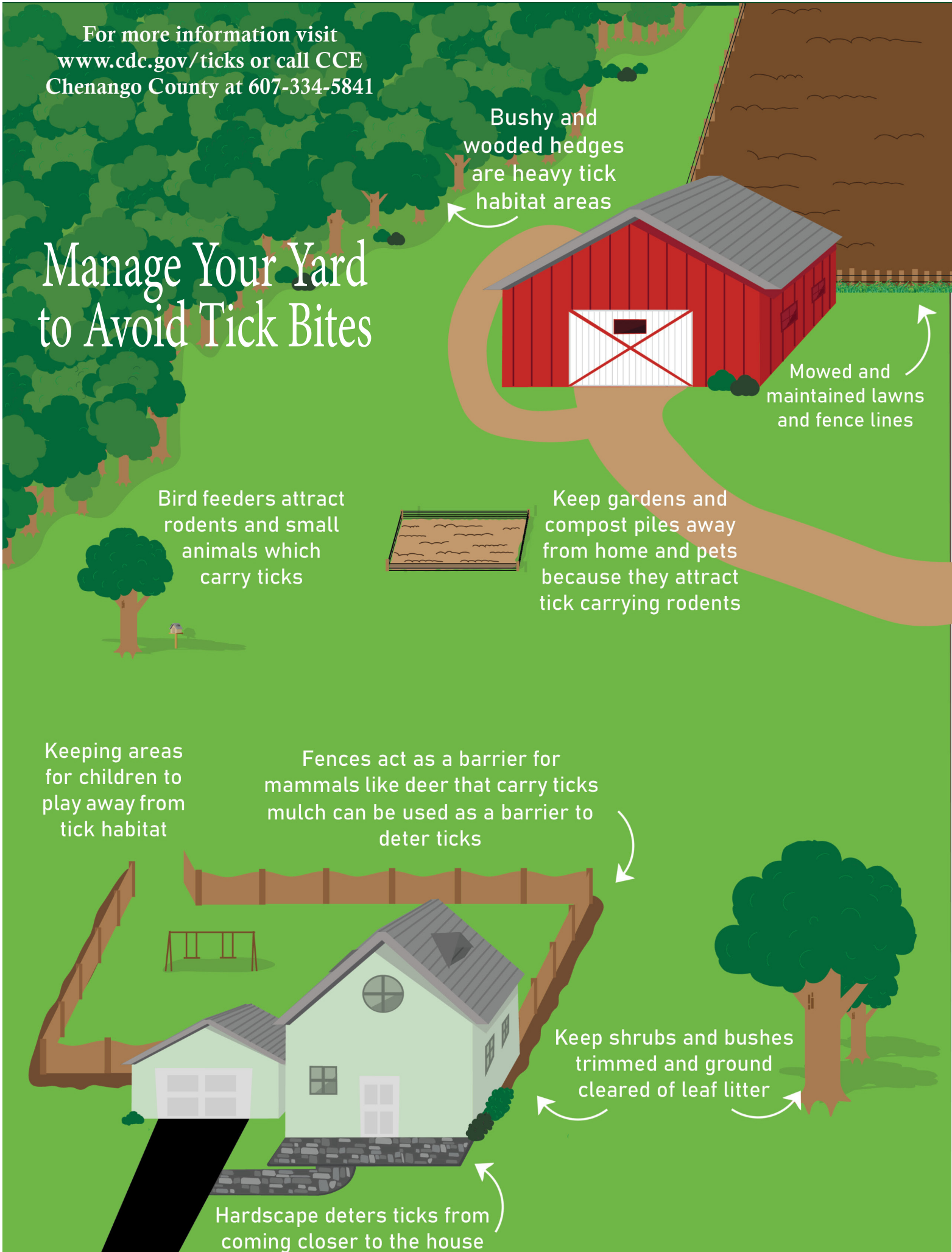
Keep gardens and compost piles away from home and pets because they attract tick carrying rodents

Keeping areas for children to play away from tick habitat

Fences act as a barrier for mammals like deer that carry ticks
mulch can be used as a barrier to deter ticks

Keep shrubs and bushes trimmed and ground cleared of leaf litter

Hardscape deters ticks from coming closer to the house





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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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