

Extension *Express*

SPECIAL THANK YOU!



Each year one of our 4-H clubs volunteer to host a special Christmas Tea for the Chenango County Leaders/Volunteers Association. The tea is a nice way to thank our volunteers and an auction is held to help raise money for the association, which in turn helps to give back to the 4-H'ers in Chenango County. This Association

is a group of 4-H Leaders and Volunteers that meet approximately six times a year to aid in the success of 4-Her's throughout Chenango County. The Associations 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-H'ers 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

This year the **Ambitious Lions** volunteered to host the event which was held at the Sherburne American Legion. A big **THANK YOU** goes out to the Ambitious Lions for doing an amazing job and to the American Legion for allowing the event to take place at their facility. The event was a success and the club 4-H'ers helped by auction off the donated items, they made awesome little auctioneers. Way to go Ambitious Lions!



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**Roasted vegetable sampling
at Edward R. Andrews
Elementary**



ONCE AGAIN, COMMON THREAD CSA GENEROUSLY DONATED A FULL SHARE TO THE SNAP-ED PROGRAM IN 2022. BECAUSE OF THIS DONATION, STUDENTS AT EDWARD R. ANDREWS AND OTHER AREA SCHOOLS ENJOYED SAMPLING AND PREPARING FRESH IN-SEASON PRODUCE FROM JUNE THROUGH MID-JANUARY.



ROOT VEGETABLES
35-40 minutes



ROASTED VEGETABLES
400-425 DEGREES

CRUCIFERS
15-25 minutes



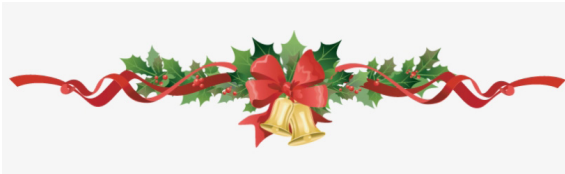
WINTER SQUASH
40-50 minutes



SOFT & THIN VEGETABLES
10-20 Minutes



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



VITA PROGRAM

The VITA program has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including:

- People who generally make \$60,000 or less
- Persons with disabilities

***Check the IRS website to see if you are (EITC) earned income tax credit eligible.

Questions, please contact Alice after Jan. 20th at: ama42@cornell.edu

#EITC

Many families in rural America qualify for the Earned Income Tax Credit.

Do you?



irs.gov/eitc



HEALTHY LIVING WORKSHOP SERIES

NEW YEAR, NEW YOU, NEW INSTANT POT!

Thursday, January 12, 2023, 5:00 PM - 6:30 PM

Join Grow Cook Serve and SNAP-ED to learn how and why to incorporate more vegetables into your diet. Discover how to create soups and stews that are delicious, hearty, and full of vegetables. Plus, we will be raffling off a brand-new Instant Pot! The workshop is free, but space is limited, so register soon! To register contact: Alexis Woodcock, 607-334-5841 ext.1120, asw239@cornell.edu



HERE'S TO A HEALTHY HEART!

Thursday, February 9, 2023, 5:00pm-6:30pm

Join Grow Cook Serve and SNAP-ED to learn how to add more herbs to your diet to boost flavor and lower sodium in your meals. Create pesto using different herbs to maximize flavor for easy meals. Discover how to grow your own herbs at home to have them on hand all the time! The workshop is free, but space is limited, so register soon!

To register contact: Alexis Woodcock, 607-334-5841 ext.1120, asw239@cornell.edu



VETERANS LEARN ABOUT SHEEP

by Rich Taber

Recently CCE Chenango worked in collaboration with the Cornell Small Farms Armed to Farm Program, and the Chobani Foundation in offering four different events to introduce Military Veterans and others to the possibilities of becoming sheep farmers. Three zoom presentations and an on-farm visit to a local sheep farm rounded out the offerings; the zoom events had participation from all over the state. We started out with a zoom presented by Rich Taber on the general principles of sheep management and assisted by Mary Lynn Collins of CCE Oneida. Later that week we descended on the Jenkins farm in Pharsalia for an in depth look at their Dorper sheep operation. The second zoom was presented by Karen Hoffman of NRCS on the intricacies of sheep grazing and pasture management. The final zoom was presented by Betsy Hodge of CCE St. Lawrence on lambing management. A grand total of about 65 people participated in one or more of these events.



Attendees visit at the Jensen Farm in Pharsalia



The Jensens' White Dorper Sheep

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CCE CLOSED	3	4 Dairy bowl 6 - 7:30	5	6 Hippology 6pm	7
8	9 4-H Teen Council 6:00pm	10	11 Dairy bowl 6 - 7:30	12 4-H Fun Night	13 Hippology 6pm	14 4-H Outdoor Cooking 10 am
15	16	17	18 Virtual fish Series	19	20 Hippology 6pm	21
22 4-H Shooting Sports 100pm	23	24	25 Dairy bowl 6 - 7:30	26	27 Hippology 6pm	28 Ice Fishing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Dairy bowl 6 - 7:30 Virtual Fish Series	2	3 Hippology 6pm	4
5	6	7	8 Dairy bowl 6 - 7:30 Virtual Fish Series	9 4-H Fun Night	10 Hippology 6pm	11 Outdoor Cooking 10am
12	13 4-H Teen Council 6:00pm	14	15	16	17 Hippology 6pm	18 Public Presentations Winter Weekend 17th- 19th
19 Shooting Sports Dairy bowl 1pm Trip	19	20	21	22	23 Hippology 6pm	24
25	26	27	28			



4-H NEWS

4-H AG IN THE CLASSROOM

Ag in the classroom is off to a great start in our county schools. Kristi is busy most days of the week serving 1st through 5th grade students in Otselic Valley, Sherburne-Earlville, Oxford and Greene. So far, these students have learned the life cycle of the pumpkin (with the opportunity to harvest and take home their own seeds for planting in the spring), how to raise and care for chickens, and most importantly they learned they don't have to live on a farm to be involved in agriculture. As December approaches, students will dive into learning all about conifers and Christmas tree farming. A favorite moment for Kristi thus far was hearing a third-grade student say he "used to be afraid of chickens, but not anymore!" We are very encouraged by how excited the kids are to learn about agriculture. They enjoy sharing stories and love asking questions. The feedback from classroom teachers has been wonderful as well.



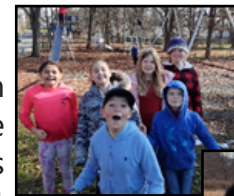
OUTDOOR COOKING (second Sat. every month)

Even though we had to dodge a few rain drops we had a great 4-H Outdoor Cooking project in November. Our cast iron culinary delights were Beef Stroganoff and Mississippi Mud Cake. December's outdoor cooking started out cold so the pie crust and shortcake mixing along with the rolling began indoors. Once the things were mixed the remainder was completed outdoors. 4-H'ers made an awesome quiche and strawberry shortcake. It was their first attempt making pie crust and shortcake in the Dutch oven. It was sooooo good!

If you would like to join our project we meet on the second Saturday of the month at CCE. Members must be ages 12+. Contact Richard at 607-334-5841 ex. 1115 or email: rlt229@cornell.edu

OUTDOOR ADVENTURE

4-H Geocaching and Community Service Fun! 4-H'ers looked for hidden containers, small & large, around Norwich, using GPS points. Some of the containers have logs to record who found them and prizes to swap for. 4-H'ers also picked up trash at the various parks we visited, following cache in trash out geocaching motto. We found most of the geocaches we were hunting for and can't wait to go out and explore more locations in the future!



4-H FUN NIGHT (Jan. 12th, Feb. 9th)

We want to thank everyone for attending this year's monthly 4-H Fun Night events! It has been so much fun spending time with all of you and the games have brought so many laughs and smiles. We will be continuing the programs in 2023 and hope that youth looking to make new 4-H friendships join us for board games, team-building activities, group games, and so much more. Wishing you all an incredible holiday season!



TEEN COUNCIL (second Monday every month)

Teen Council met in November to begin the new project year. Teen Council provides opportunities for members to learn leadership skills, civics and citizenship. The last meeting provided the opportunity to create a personal crest displaying their strengths and leadership skills. Teen Council is for youth ages 14 and up and meets on the second Monday of the month at CCE.



HIPOLOGY / HORSEBOWL KICKOFF

Hippology started off in November with a kickoff to the new season. A fun afternoon of activity where some of our 4-H horse kids learned about drill teams, then created their own quadrille routines, ending with a show while riding silly pool noodle ponies. Hippology will begin every Friday nights in January.



IN THE NEWS

Some 4-H youth were representing Chenango County 4-H at the latest Farm Bureau meeting. Some Dairy Ambassadors (Lily Marshman, Gracie and Molly Gorrell, Elizabeth and Macie Vincent) served milk punch then spoke on the importance of dairy promotion in Chenango County and beyond. Lily and Gracie were put on the spot as they were interviewed by WBNG.



SAVE THE DATES!



SHOOTING SPORTS

We are moving back indoors for our shooting sports program. We meet every third Sunday at the Rockdale Rod and Gun Club. For more information and to sign up contact:

Richard at 607-334-5841 ex 1115 or rlt229@cornell.edu

DAIRY BOWL

Come join Educator Craig Brown for an exciting and educational dairy-focused adventure. Weekly meetings will be held on Wednesdays from 6-7:30pm, except every 3rd Wednesday of the month. There is one date saved for an educational trip/tour, and the district competition will be held on the 11th of March. To compete in the competition participants need to attend at least 1/2 of the practice sessions.

The primary objective of the 4-H Dairy Bowl Contest is to provide an opportunity for 4-H youth to demonstrate their knowledge of dairy-related subject matter in a competitive setting where attitudes of friendliness and fairness prevail. Dairy Bowl is an educational experience for both participants and spectators.



OUTDOOR ADVENTURE

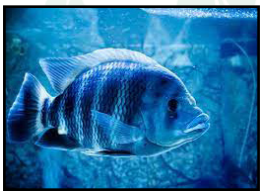
4-H Ice Fishing Festival Jan. 28th - Sat. 9am to 12p.

Come experience ice fishing at its finest! Learn about gear, setup equipment to fish, cook hot dogs over the campfire and more! Location TBD. Transportation available from our CCE Office. Email Erica to sign up at elc97@cornell.edu



4-H Outdoor Winter Weekend Feb. 17th -19th.

Join for a fun, jam pack winter weekend, with outdoor sports and activities at Amboy Environmental Center in Oswego. There will be inside activities too. More info to come, email Erica at elc97@cornell.edu.



4-H Deep Dive, virtual fish series Jan. 18th, 25th and Feb. 1st, 8th

Join us for 4 interactive zoom sessions, on Wednesday's, from 6:30p to 7:30p. We will meet with fish biologists, researchers, and more, as we learn about fish that live in salt and fresh waters of NYS. For more info and registration link, email Erica at elc97@cornell.edu

HIPPOLOGY / HORSEBOWL

Saddle up every Friday night as Rhonda guides you through the amazing world of horses. You don't have to ride or even own a horse in order to come join the fun. Just bring your curiosity and love for the animal as we journey through an educational equine experience. There is no riding however we will have some opportunities to get up close and personal with our equine friends as we venture out on some field trips. The season ends on March 4th with a Hippology and Horsebowl competition. Remember in order to compete you need to attend half of the meetings.

More information contact Rhonda: rlt236@cornell.edu or 607-334-5841 X 1111





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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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