



# Extension *Express*

## HEALTHY LIVING WORKSHOP SERIES



### **MOCKTAIL HOUR** July 6th, Thursday, 5:00 PM - 6:30 PM

Join SNAP-ED and Grow Cook Serve as we discuss the importance of hydration and how to incorporate delicious beverages into your day using less sugar. Then, create along with us as we make fun summer mocktails. The workshop is free, but space is limited, so register soon!



### **SHARPER CHEF** August 8th, Tuesday, 2023, 5:00pm-6:30pm

Join Grow Cook Serve and SNAP-ED to learn why knife skills are an essential tool for the home chef. Discover tips and tricks to help you chop, dice, and mince your way to healthier meals. You will put your new skills to the test when we create fresh salsa together. The workshop is free, but space is limited, so register soon!

## FOOD PRESERVATION WORKSHOPS

### **PRESERVING BLUEBERRIES** July 18th, Tuesday, 5:30pm-6:30pm

Join Grow Cook Serve as you learn the basics of hot water bath canning. Learn to safely turn fresh blueberries into jelly, syrup, and fruit leather. All materials and ingredients are provided. This is a hands-on class.

Fee \$10.00



### **TOTALLY TOMATOES** August 15th, 5:30pm-7:30pm

Join Grow Cook Serve in this hands-on workshop to learn the ins and outs of making and preserving tomato sauce, salsa, and whole tomatoes using a boiling water bath in your home kitchen. All materials and ingredients are provided.

Fee \$10.00



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

## **BE SURE TO CHECK OUT THE CHENANGO COUNTY FAIR, August 9th - 13th!**

**Swing by the Case Building to see all the 4-H exhibits and be sure to stop over to Chapman Hall for a bite to eat! All proceeds from the food sales goes back into the 4-H program.**

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# Join our SNAP-Ed Team!



**We are looking for a full-time SNAP-Ed Nutrition Educator. This position will be responsible for delivering nutritional education programs in Chenango, Cortland, and Madison Counties. The position requires an associate's degree or above in dietetics, nutrition, public health, education or nursing. It also requires a valid driver's license, and a reliable vehicle. \$20/hr., 40 hours a week. For a full position description or to apply go to the QR code below or contact, Whitney Kmetz, 607-334-5841 Ext:1132.**

## Why join our team? Let's ask our staff!

"I love being with a group and introducing them to a new recipe loaded with vegetables that they may have not had before, then realizing that they love the recipe and/or vegetable. I also love when participants share that they made the recipe at home, and how surprised the family was at the flavor of the recipe" SNAP-Ed Educator, Neisa Pantalia

"I enjoy the excitement that individuals get cooking with others to create a flavorful, colorful dish loaded with vitamins and minerals. And learn how to use basic skills in the kitchen to feel confident on their own to prepare a balanced dish" SNAP-Ed Team Leader, Whitney Kmetz



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 [snapedny.org](http://snapedny.org)

# SNAP-Ed was honored to receive a beef grant this year!

The New York State Beef Council reached out to our SNAP-Ed program to provide funding for beef nutrition education to students within our schools in Chenango County. Neisa and Whitney hit the ground running, starting in May. They went to Greene MS/HS, Sherburne Earlville MS/HS, Sherburne Earlville Afterschool Program, and Norwich LPP Afterschool program. During their time at these schools, they talked about the nutrient values found in beef, how to shop, store, and thaw ground beef. The best part was, all children that took part in this program made a wonderful recipe with money awarded from the beef council. The children loved learning about beef and spending time in the kitchen! Several recipes were made with students using beef. Below is one of them for you to enjoy!

## Garlic Ginger Ramen with Beef



### Ingredients:

- ½ pound lean ground beef (15% fat or less)
- 2 cups water
- 2 packages oriental flavor instant ramen-style noodles, broken into small pieces
- 16 ounces frozen vegetables (try stir-fry or any type)
- 1/4 cup chopped onion (any type) or 1/2 teaspoon onion powder
- 1 Tablespoon fresh ginger or 1/4 teaspoon ground ginger
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder

### Directions:

1. In a large skillet over medium-high heat (350 degrees F in an electric skillet), brown ground beef. Drain fat from the skillet.
2. Add water and ONE seasoning packet to cooked beef and mix well.
3. Add vegetables, onion, ginger and garlic. Bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3 to 5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.



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# NY State In- Season Produce Guide



This time of year everyone is excited to venture to a local farmer's market to get fresh, in-season produce that is being harvested right now! Fruits and vegetables are a great way to make every bite count in your meals! Currently, the recommendation is 2 1/2 cups of vegetables a day and 2 cups of fruit a day based on a 2,000 calorie day diet. And... the more colors that you add to your meals more the nutrients you are benefiting from, think of eating using the rainbow as a guide!

**Here is all of the wonderful produce that NY State has to offer this summer...**

Apples, Beets, Blackberries, Blueberries, Broccoli, Cabbage, Cantaloupe, Carrots, Cauliflower, Cherries, Corn, Cucumbers, Currants, Eggplant, Garlic, Grapes, Greens, Herbs, Kale, Leeks, Onions, Peaches, Pears, Peas, Peppers, Plums, Potatoes, Radishes, Raspberries, Rhubarb, Snap Beans, Spinach, Strawberries, Summer Squash, Tomatoes, Watermelon, Zucchini

Click on this QR code for many recipes and more great information about the in season produce!



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.nyBenefits.ny.gov](http://www.nyBenefits.ny.gov) or contact 1-800-342-3009. This institution is an equal opportunity provider.

For more information, visit [snapedny.org](http://snapedny.org)

# CNY FIELD CROPS TEAM UPDATE

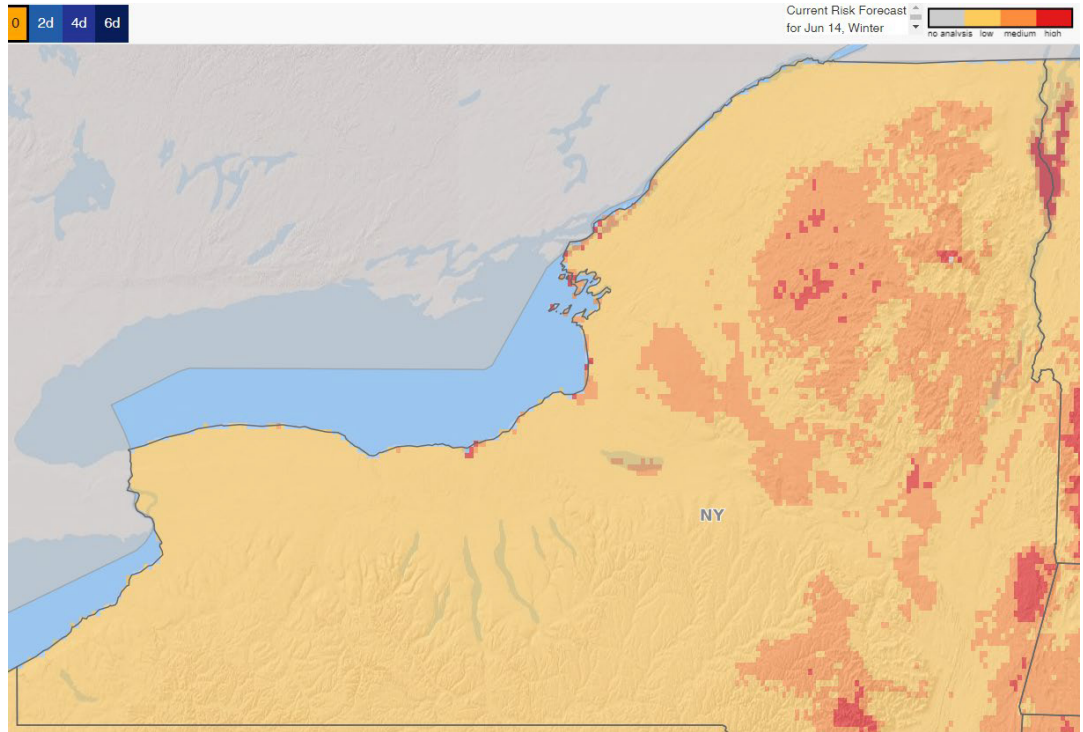
## FUSARIUM HEAD BLIGHT IN WINTER GRAINS

As winter grains begin and continue to flower, now would be the time to decide whether to protect crops from fusarium head blight. According to the Fusarium Risk Tool (<https://www.wheatcab.psu.edu/>), the 6-day risk forecast in our region is increasing:

**NY Jun 1, 2023**

**Gary Bergstrom, Extension Plant Pathologist, Cornell University**

Winter wheat heads have emerged from the boot nearly everywhere and many are now flowering (yellow anthers visible) in fields across New York State. This is a critical time for making a fungicide spray decision. The fungicide products Caramba, Miravis Ace, Prosaro, Prosaro Plus, and Sphaerex are each labeled on wheat in New York and are effective in suppression of Fusarium head blight (FHB) and deoxynivalenol (DON) mycotoxin contamination. An application of these fungicide products should be based on FHB risk as well as the risks of powdery mildew, rusts, and fungal leaf



blotches in the upper canopy based on scouting of individual fields. There is an application window of approximately 7 days starting at beginning of flowering in which reasonable FHB and DON suppression can be expected. Though the calculated risk of FHB infection is currently low due to dry conditions, the risk level may change in following days. Also consider microenvironments near lakes, in river valleys and next to woods that tend to have persistent dew, and other fields that have a history of mycotoxin contamination. Check the Fusarium Risk Assessment Tool ([www.wheatcab.psu.edu/](http://www.wheatcab.psu.edu/)) and your local weather forecast frequently.

## PEST AND DISEASE MONITORING

### Cereal Leaf Beetle

Be on the lookout if you've had problems in the past. Numbers are increasing each year, all over the state.

### Potato Leafhopper and Alfalfa Weevil

We are seeing only very few leafhoppers (far, far below threshold), but we are still seeing alfalfa weevil damage and larvae in fields. However, the larvae are reaching their 4th and final stage before pupating in much of our region. They cause their worst damage in this stage, but spraying to control them at this advanced stage is likely not economical, especially if your stand is 16" or taller. But you may see a return if you're in a higher elevation area (cooler climate, which means the weevils will be in their earlier growth stages), your stand is at least 50% alfalfa, shorter than 16", and you're seeing damage on 50% of the alfalfa stems in your field.

### Black Cutworm (BCW) and True Armyworm (TAW)

Numbers are still low this week, but I have seen some (very sparse) cutworm damage in our region. So continue to check your fields until V6 (~12") for cutworm damage.



Trap checked:		30 May		6 June		13 June	
County	Town	BCW	TAW	BCW	TAW	BCW	TAW
Chenango	Greene	0	0	0	0	0	0
Otsego	Middlefield	0	0	0	0	3	0
Montgomery	Canajoharie	1	0	0	1	0	1
Montgomery	Glen	4	0	2	0	7	0
Saratoga	Charlton	1	0	1	0	4	0
Herkimer	Russia	3	1	1	0	7	0
Madison	Stockbridge	0	0	0	0	3	0



# 4-H NEWS

## **OUTDOOR COOKING** (second Sat. every month) (ages 12+)

Great food was abundant at the June Outdoor Cooking Program. The chefs practiced their fair entries: hamburger helper, maple glazed salmon, garlic & parmesan potato wedges, strawberry short cake, and all washed down with fresh squeezed lemonade. Nothing was made from a box, these 4-H'ers found their recipes, fine tuned them by experimenting with spices, and tested them out. Delicious! Watch for them at the County Fair when they prepare their dishes for everyone to see! Join us monthly for this project! Contact Richard: 607-334-5841 x 1115 or email: rlt229@cornell.edu



## **4-H OUTDOOR ADVENTURE** Email Erica for details at elc97@cornell.edu.

Our 4-H Go Fish Series is off to a great start! We began with a knot tying and fishing lure making workshop in May. Bill Clark taught participants how to tie the palomar, improved clinch knots, and also made a fishing lure to take home! Our next program was at the S. Otselic Fish Hatchery, where we had a very informative tour, learned about the trout and walleye operation. Everyone checked out the various equipment and got to feed the trout. We were excited to hear about the brook trout stocking via helicopter, to remote Adirondack Lakes. We finished the day with a brief fishing adventure at a pond in Pharsalia! We were grateful to Bruce for the hatchery tour and the fishing location tip! We will wrap this series up with a fishing trip to Millbrook Pond, in New Berlin, on July 8th.



## **TEEN COUNCIL** (second Monday every month)

Chenango County 4-H Teen Council had great fun on their Spring Outing. Three daring members of Teen Council set out on a sailing adventure on Oneida Lake. They had the opportunity to help sail these Hobie Cat 16 catamaran sailboats. The weather was perfect and the breeze was fair. they had wonderful captains showing them the ropes. Thank you to Hobie Fleet 204 for extending this opportunity to our 4-H'ers. If you are interested in learning about Teen Council contact Richard: rlt229@cornell.edu or call 607-+334-5841 x 1115



## **AG IN THE CLASSROOM**

As school comes to a close, so does our Ag in the classroom program for the year. Planning is already underway for next year with new exciting topics. It's our goal to reach more students and have more hands-on activities. Surveys have been given to participating students and the two most popular Ag lessons were Making Natural Dyes, Lambs and Wool. Our goal is to make each and every lesson one that inspires students to think differently about the role they can play in agriculture.



## **NY STATE HORSE PRESENTATIONS**

The New York State Equine Presentations were held on May 6th. Chenango County was well represented by Senior speaker: Emilee Bennett. Juniors speakers were: Makayla Camenga, Hailey VanValkenburg, Lily Boudet, and Abigail Mace. This is a competitive competition with tough guidelines. Abigail Mace brought home 1st place for her speech "Hope for Americans", which is about the horse Seabiscuit. Nice job Abby!



## **NYS DAIRY BOWL**

April 29th 4-H'ers from around New York State, gathered at Cornell for the NYS Dairy Bowl competition. We are so incredibly proud of every single one of our South Central District Dairy Bowl participants. Congratulations to our Junior team for taking 1st overall, with Eli Donlick taking 5th and Elizabeth Vincent taking 3rd! Our Senior team also did exceptional taking 5th overall, with Evelyn Kersmanc taking 10th and Maxwell Pullis taking 6th. Way to go everyone!





## KIDS IN THE KITCHEN

4-H'ers cooked up a delicious dish with our Kids in the Kitchen Program! They cut up fresh garlic, ginger, peppers and green onions for their ramen stir fries! This incredible program is made possible by Grow Cook Serve! We had a great time cooking with all of you 4-H'ers this season and look forward to resuming this monthly zoom cooking in September!



## SHOOTING SPORTS

Chenango County Shooting Sports offers youth, ages 9 and up, to learn firearm safety and marksmanship skill. The program meets monthly and trains shooters in archery and air rifle. We have recently begun using .22 caliber rifles for youth 12 years old and up. We meet the third Sunday of each month at the Rockdale Rod and Gun Club. If you would like to join our program contact Richard at: rlt229@cornell.edu or call 607-334-5841 ex1115



## MARK YOUR CALENDARS!

### COOPERSTOWN JUNIOR LIVESTOCK SHOW JULY 9, 10, 11TH

The Cooperstown Junior Livestock Show has been a summer tradition in Central New York since 1947. The Cooperstown Farmer's Museum collaborates with the Cooperative Extension's 4-H programs of surrounding counties to host three days of learning and growing by caring for and showing their animals. The event truly is a celebration of youth in agriculture as it tests the skills of youth handlers ages eight to eighteen who present animals (dairy cows, beef, swine, dairy goats, meat goats and sheep of various breeds) that they own, care for, and have prepared for competition.

2023 marks the shows 75th Anniversary! Chenango County youth will once again take part in this event. Swing by to encourage these young people and if you are an alumni be sure to share your experience showing at this event with our youth.



### GO FISH SERIES!

July 8th, Sat. 8:30a to 11:30a Fishing at Millbrook Park in New Berlin  
Join our final session of Go Fish! Bring your own fishing pole or borrow one of ours. We'll have bait, gear and expertise. Come learn about this lifelong skill and go fish! Make sure to register with Erica: elc97@cornell.edu



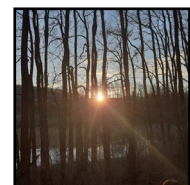
### 4-H CAMPING TRIP:

July 11th to July 13th Register with Erica: elc97@cornell.edu  
We will be camping at Gilbert Lake State Park. Learn camping basics, campfire cooking and make new friends, while enjoying the outdoors. We will tent out, play games, swim, fish, roast s'mores, explore the park trails and more! \$15 per person. Youth under 10 will need a parent/guardian to camp with us. More info coming soon!



### 4-H LATE NIGHT STAR GAZING!

July 19th 8:30p to 10p  
Roger's Center in Sherburne (July 26th backup weather date) Learn about stars and planets in our night sky, with special guest Dr. Rapson from SUNY Oneonta! We will have a campfire and s'mores too! Register with Erica: elc97@cornell.edu



### 4-H Fun Day!

August 30th at Chenango Valley State Park (Aug 31st backup weather date) Join us for a funfilled day of adventure! We will explore the park's trails, fish, swim, have a lunch cookout and more! Transportation is available from our CCE office in Norwich. Exact times TBD



# 4-H PHOTO HIGHLIGHTS! MAY / JUNE



Be sure to stop by the Chenango County Fair to check out all of the activities going on! While you are there walk over to the 4-H grove, watch some of the animal judging and take a look in the Case Building to see all of the projects our 4-H'ers have worked on throughout the year!

**2023 Chenango County**  
**4-H Fair Book**  
**AUGUST 9 - 13, 2023**

**"COUNTRY FUN FOR EVERYONE!"**  
**A WILD WEST CELEBRATION**  
**176 Years of the Chenango County Fair**



## NYS Draft Horse Club



Beginner driving clinic hosted by  
 Chenango County 4-H horse program  
**August 12, 2023 9AM to Noon**  
 Chenango County Fair Grounds  
**168 East Main Street, Norwich NY**



**We are offering a free clinic to patrons of all ages!**  
**Learn parts of the harness**  
**Learn how to harness the gentle giants**  
**Try your hand at driving a team!**

Youth are required to wear a helmet  
ASTM approved helmet

## Come meet our gentle giants and try your hand at driving them!



## CONGRATULATIONS PEYTON



The **Chenango County 4-H Leaders/Volunteers Association** is pleased to announce that Peyton Graham, daughter of Erin and Steven Graham, is the recipient of the 2023 Leaders/Volunteers Association Scholarship. Peyton is a thirteen-year member of the Valley Busters 4-H Club. Over the course of her 4-H career Peyton has actively participated in many different project areas and programs such as: soup and sledding day, club trips to nursing homes, St. Jude's fundraising horse rides, ice fishing, sewing and Dairy Bowl. She especially enjoys raising and showing goats and has competed at the Chenango County Fair, Otsego County Fair, Farmers Museum Junior Livestock Show, New York State Fair and the National ADGA show in Harrisburg, PA. Peyton says "4-H has helped me by giving me more opportunities and experiences that I can use in day-to-day life. It has taught me responsibility from a young age."

Peyton is graduating from the Otselic Valley Central School and will be attending SUNY Delhi to study Baking and Pastry Arts.

## YOUR ADVENTURE AWAITS!

### Youth Outdoor Program Series

Youth will participate in engaging programs, while exploring natural areas with trained staff.

- Gain life skills
- Learn about nature
- Enjoy hands-on activities
- Leave each place better than we found it



**WHO:**  
This outdoor program series is for,  
Chenango County youth, ages 10 to 17

**Register for one or all sessions:**  
Email Chenango County 4-H Educator,  
Erica Clark, [elc97@cornell.edu](mailto:elc97@cornell.edu)



Brought to you by:  
Chenango County 4-H and  
Chenango County Youth Bureau



**Wilderness Preparedness  
& First Aid**  
Friday June 23, 4pm to 5:30pm  
Cook Park, Greene

**Kayaking**  
Thursday July 6, 4pm-5:30pm  
Bowman Lake, Oxford

**Trail Biking**  
Saturday July 22,  
9:30am-11:30am  
Round Pond, Plymouth

**Fishing**  
Wednesday August 23,  
4:00-5:30pm  
Pharsalia Wildlife Management  
Area

**Explorer! Map & Compass  
Games**  
Thursday September 14,  
4:30pm to 5:30pm  
Kurt Beyer Park, Norwich

**Nature Photography**  
Saturday September 30  
9:30am-11:00am  
Hunt's Pond, New Berlin

**THESE EVENTS ARE FREE!  
REGISTRATION IS  
REQUIRED!  
[ELC97@CORNELL.EDU](mailto:ELC97@CORNELL.EDU)**

## SAVE THE DATE MAGICAL 4-H OUTDOOR ADVENTURE WEEKEND



**WHEN:** FRIDAY SEPTEMBER 22ND-  
SUNDAY SEPTEMBER 24TH

**WHERE:** 4-H CAMP BRISTOL HILLS  
CANANDAIGUA, NEW YORK

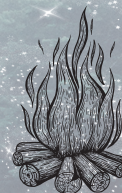
**WHO:** 4-H YOUTH AGES 10+  
SPEND A MAGICAL WEEKEND AT THE BEAUTIFUL  
4-H CAMP BRISTOL HILLS WHERE YOU WILL LEARN A  
VARIETY OF OUTDOOR TOPICS SUCH AS  
FISHING, ARCHERY, FORESTRY,  
ENTOMOLOGY, OUTDOOR COOKING, AND MORE!  
OUTDOOR ADVENTURE WEEKEND PARTICIPANTS  
WILL BE SAFE IN RUSTIC CABINS AND HAVE  
FANTASTIC MEALS PREPARED FOR THEM IN THE  
DINING HALL.

OFFERED BY THE STATE 4-H YOUTH NATURE AND  
THE OUTDOOR ENVIRONMENT PROGRAM WORK  
TEAM & VOLUNTEER INSTRUCTORS  
WATCH FOR MORE INFORMATION

REGISTRATION INFORMATION  
WILL BE AVAILABLE SOON

FEE FOR THE WEEKEND:  
\$70 INCLUDES ACTIVITIES,  
LODGING AND MEALS.

FOR ADDITIONAL  
INFORMATION PLEASE  
CONTACT  
ERICA CLARK  
[ELC97@CORNELL.EDU](mailto:ELC97@CORNELL.EDU)  
OR  
SUSAN COYLE  
[SMC226@CORNELL.EDU](mailto:SMC226@CORNELL.EDU)



**Cornell Cooperative Extension**

BUILDING STRONG & VIBRANT NEW YORK COMMUNITIES  
CORNELL COOPERATIVE EXTENSION OF LIVINGSTON COUNTY IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR VALUING AA/EEO, PROTECTED VETERANS, AND  
INDIVIDUALS WITH DISABILITIES AND PROVIDES EQUAL EMPLOYMENT AND PROGRAM OPPORTUNITIES.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Kayaking	7	8 4-H Outdoor Cooking 10 am
9 Junior Livestock Show	10 Junior Livestock Show	11 Junior Livestock Show Camping Trip	12 4-H Families & Leaders Assoc picnic Camping Trip	13 Camping Trip	14	15
16 4-H Shooting Sports 1:00pm	17	18	19 Star Gazing	20	21 4-H Entry Forms Due	22 Trail Biking
23 30	24 31	25	26	27	28	29
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Chenango County Fair	10 Chenango County Fair	11 Chenango County Fair	12 Chenango County Fair
13 Chenango County Fair	14	15	16	17	18	19
20 4-H Shooting Sports 1:00pm	21	22	23 NYS Fair Fishing	24 NYS Fair	25 NYS Fair	26 NYS Fair
27 NYS Fair	28 NYS Fair	29 NYS Fair	30 NYS Fair	31 NYS Fair		

# grasstravaganza

PLANET GRAZE: GROWING RESILIENT GRAZING SYSTEMS  
JULY 20-22, 2023 | SUNY MORRISVILLE

Join us for a conference specifically designed for farmers, consumers, and agriculture professionals.

This year's theme focuses on making farms and grazing management more resilient to short and long-term changes in climate, economics, soil health, consumer preferences, and more.



## Lectures from outstanding & knowledgeable speakers.

Speakers have been selected based on their knowledge and experience. You'll hear from the brilliant minds of:

- » **Hugh Aljoe**, Director of Producer Relations at Noble Research Institute
- » **Greg Brann**, Farmer at Big Spring Farm and Owner of Synergistic Grazing Management Consulting
- » Over a dozen other speakers and panelists relevant to the industry.



## Hands-on workshops and local farm tours.

Visits to SUNY Morrisville's Dairy Complex as well as neighboring farms and facilities will showcase the practical techniques and applications discussed by our speakers.



## Vendor trade show and exhibitor showcase.

Leading vendors in the grazing and agriculture industries are invited to showcase their business at our Trade Show to answer questions about their products and services. The trade show will be open to attendees throughout the conference.

## Registration is open!

Scan the code, go to <https://grasstravaganza.morrisville.edu>, or call Kelly McCarthy at 315.684.6076 for more information. *Registration closes on July 13, 2023.*





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Norwich, NY 13815

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Joe Cornell	AnnaMarie Ward

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