

# Extension *Express*

## CCE WELCOMES NICOLE STARKWEATHER

Please join us in welcoming Nicole Starkweather to the Cornell Cooperative Extension of Chenango County team as our new 4-H Youth Development Educator! Nicole brings a strong background in program development, environmental education and community outreach. She has worked as an educator with several nonprofit organizations and served as a Fish & Wildlife Technician for the New York State Department of Environmental Conservation's Division of Marine Resources. An avid outdoor enthusiast, Nicole holds certifications in Wilderness First Aid and Hike Leadership for New York and Connecticut. In her spare time, she enjoys hiking, gardening, reading, and traveling. Nicole is excited to share her knowledge and enthusiasm with the 4-H community and looks forward to connecting with youth and families across Chenango County! Feel free to reach out to Nicole by email at [nrs98@cornell.edu](mailto:nrs98@cornell.edu) she'd love to hear from you!



## SAVE SNAP-ED

### SNAP-Ed Is at Risk—Your Voice Can Help Save It

The House narrowly passed a bill that includes eliminating SNAP-Ed, a critical, cost-effective program that equips millions of low-income families with the tools to eat healthier, make their food dollars go further, lead more active lives, and ultimately become more self-sufficient. This can still be stopped in the Senate. Contact your Senators and urge them to protect SNAP-Ed.

For every \$1 invested in SNAP-Ed, up to \$9.54 can be saved in future healthcare costs. These savings help reduce Medicaid spending and lower overall healthcare costs for families. At a time when food assistance funding is also at risk, SNAP-Ed empowers individuals to make informed, healthy choices. SNAP-Ed delivers measurable, meaningful results in communities across the country and is the primary federal program that provides nutrition education through trusted, community-based programs. These programs meet people where they are: in schools, food pantries, gardens, and other community spaces.

Visit [SaveSNAPEd.org](http://SaveSNAPEd.org) for resources that showcase SNAP-Ed's impact, including success stories, videos, graphics, and ready-to-share social media content. These tools are designed to help organizations and individuals raise awareness and reach Senators. If you are a SNAP-Ed implementer or have benefited from SNAP-Ed programs, please consider sharing your experience with your Senators and urge them to protect SNAP-Ed.

Page 2-3  
SNAP-Ed

Freezing Tips  
Symposium

Page 4-5  
EFNEP

Spring Tips  
Recipe

Page 6-7  
CANNING CLASSES

AGRICULTURE  
MASTER GARDNERS

Page 8-9  
SOIL/WATER

FARM  
BUREAU

Page 10-13  
4-H

News  
Upcoming  
Events

Page 14-15  
CALENDARS

July/Aug./Sept.  
Meetings  
Events

**Cornell Cooperative Extension** | **Chenango County**

*"Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws."*

# Tips to Freeze Your Farmer's Market Finds!



## Getting Started!

Before we share more specific tips on freezing some popular veggie choices, you should always start by:

1. Wash hands with soap and water
2. Rinse produce under running water, gently pat dry with a towel

## Choosing safe containers is important!

Freezer safe containers include plastic freezer bags, plastic containers with a snowflake symbol, or freezer safe glass containers. Be careful of extreme changes in temperature, as glass could break!

**Freezing Tomatoes:** Did you know that you can freeze raw tomatoes with or without their skins?



### With skin on whole tomato:

1. Freeze a whole tomato by placing in freezer bag and removing as much air as possible OR freeze whole tomatoes on baking sheet/tray to keep them from freezing together, then transfer to a freezer container. To remove skin after frozen, simply run under warm water and the skin will peel off.

### Halved/Quartered/Slices/Diced:

1. Cut tomatoes in your preferred way and portion. Place in freezer safe container leaving 1 inch of space at top of container or you can freeze on baking sheet/tray to prevent clumping before placing in freezer container.

### Whole tomato without skin on:

1. Safely dip in boiling water for 30 seconds to a minute and skin should peel off easily
2. Then freeze whole tomato by portioning and placing into freezer bag. Leave 1 inch of space at top, remove as much air as possible when sealing OR freeze whole on baking sheet/tray so they do not stick together and when frozen, transfer to a freezer container

**Use by:** Frozen tomatoes should be used within 6-8 months.

**Best used in:** Frozen tomatoes are best in cooked foods such as soups, sauces, stews, and chili as tomatoes will not be solid when defrosted.

## Freezing Onions:



1. Peel onion and chop however you prefer
2. Place into freezer bag or freezer safe container, leaving about 1/2 inch of space at top of container. If using a freezer bag, be sure to squeeze out as much air as possible OR
3. So pieces don't all clump together, first place them in a single layer on a baking sheet/tray and place in the freezer until frozen (2hrs.). Then portion into freezer-safe storage containers

**Use by:** Your frozen onions should be used within 6 months. You do not need to thaw before use.

**Best used in:** Cooked dishes like soups, stews, casseroles, chili, or ground meat mixtures.

**1 medium onion = about 1 cup chopped onion**

## Freezing Peppers:



1. Cut stems and remove seeds of peppers
2. Chop peppers how you like - slices, diced, or rings
3. Place into freezer bag or freezer safe container to freeze leaving no space at top, pack full. If using a freezer bag be sure to squeeze out as much air as possible OR
4. So pieces don't all clump together, first place in a single layer on baking sheet/tray and place in the freezer until frozen (2hrs) Then portion into freezer-safe storage containers

**Use by:** Frozen peppers should be used within 6-8 months. You do not need to thaw before use.

**Best used in:** Raw frozen peppers stay crisp, so can be used in a variety of dishes you love!

## Don't Forget!

Date and label each container before you put it in the freezer. To defrost, take out of freezer and place in refrigerator or defrost in microwave.



# 2025 School Wellness Summer Symposium

*Nurturing Wellness from Classroom to Community*

Tuesday, August 5<sup>th</sup> - Thursday, August 7<sup>th</sup>

## 2025 School Wellness Summer Symposium


### What is the School Wellness Summer Symposium

SNAP-Ed New York's School Wellness Summer Symposium is a dynamic event planned to be held on August 5 - 7, 2025 and designed to bring together (virtually) school staff and administration from across NY to inspire, educate and engage. Through live virtual activities, participants will gain knowledge, skills and abilities to start, strengthen and/or expand school wellness efforts for staff, students and families. **\*CTLE's will be offered!**

### Stay connected!

Get updates when school is out by texting **89860** to get any reminders or updates.

**Stay connected & get updates when school is out!**

Text **SUMMER** to 89860 or  
share your summer e-mail address   
so we can let you know when registration  
is open and the schedule is available.

### Have questions?

Email Jenna Ricker, SNAP-Ed Operations Coordinator at [jr2283@cornell.edu](mailto:jr2283@cornell.edu) or call **845-344-1234**.



expanding the education  
of our community

### Contact:

Jenna Ricker

SNAP-Ed NY Operations Coordinator

[jr2283@cornell.edu](mailto:jr2283@cornell.edu)

(845) 344-1234, Ext.248



# Spring Quick Tips

## June 2025

Cornell  
Cooperative  
Extension



### ► June is for Farmer's Markets!

The beginning of June marks the opening month for many farmer's markets. There are several benefits to shopping at farmer's markets:

- Farmer's markets provide access to produce that is at its peak of flavor and ripeness.
- Buying local keeps money within the community and supports small businesses.
- The focus on fresh, local produce can inspire healthier eating and educate shoppers about food choices.
- Farmer's markets feature diverse products, including specialty items, herbs, and spices that may not be found in supermarkets.
- Farmer's markets may have lower prices for produce than supermarkets.



### ► Farmer's Market Nutrition Program (FMNP)

This program is available for eligible WIC participants. Those who are eligible receive FMNP coupons in addition to their regular WIC benefits. The coupons can be used to buy eligible food from farmers, farmer's markets or roadside stands that have been approved to accept FMNP coupons.

To find markets that accept FMNP, SNAP, or FCC click on this link and to search by county: <https://agriculture.ny.gov/farmers-markets-county>

This material is funded by Expanded Food and Nutrition Education Program





# Building Healthy Habits Recipe

## Black-eyed Pea Salad

Makes 6 cups, serving size  $\frac{3}{4}$  cup

### Ingredients

2 cans (15 ounce each) black-eyed peas, drained and rinsed

1 cup diced cucumber

1 cup diced red bell pepper

$\frac{1}{4}$  cup chopped onion (try red, white, or shallot)

2 tablespoons diced jalapeno pepper (optional)

2 tablespoons chopped cilantro or parsley (optional)

2 tablespoons apple cider vinegar

2 tablespoon lime juice

1 teaspoon mustard (try Dijon)

1 teaspoon honey\* or brown sugar

$\frac{1}{4}$  cup vegetable oil

$\frac{1}{2}$  teaspoon cumin

$\frac{1}{2}$  teaspoon cayenne pepper

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon black pepper

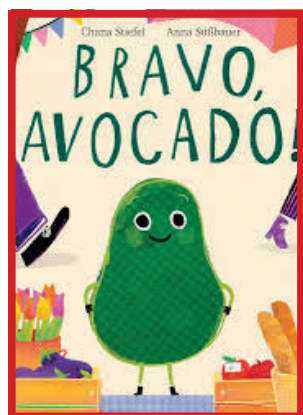
### Directions:

1. Wash hands with soap and water.
2. Rinse and chop cucumber, bell pepper, jalapeno and cilantro or parsley.
3. In a large bowl, stir together black-eyed peas, onion, cucumber, and bell pepper. Add jalapeno and cilantro, if desired.
4. In a small bowl or jar with lid, combine vinegar, lime juice, mustard, honey, oil, cumin, cayenne, salt and pepper. Stir or shake to combine.
5. Pour vinegar mixture over the vegetable mixture and stir to combine. Refrigerate to chill before serving. Refrigerate leftovers within 2 hours.



**Nutrition Facts:** Serving size:  $\frac{3}{4}$  cup, calories 150; total fat: 7g; saturated fat: .5g; sodium: 170mg; total carbohydrate: 18g; added sugars: 1g; Protein: 3g; Calcium: 99mg; Potassium: 383mg, Vitamin C: 28mg  
Source: FoodHero.org

\*Notes: Honey is not recommended for children under 1 year old. Try adding other vegetables such as summer squash, tomato or corn. Add shrimp or another protein.



### Kids' Book Nook

With your child, visit your local library and borrow "Bravo, Avocado!" by Chana Stiefel. Read the book together and talk about what makes them feel special! Then ask what makes vegetables and fruits special.

Building Healthy Habits BHH



### Meet Your Educator

Name: Mary Close

Contact information:  
607-334-5841 x 1113  
mkc244@cornell.edu



## CANNING AT CCE

Come join the fun as Master Food Preservers, Rebecca Hargrave or Betty Clark guide you through the art of canning. You can be sure these ladies will help you gain a better understanding of the safest food preservation practices so you can reap the benefits from your food during those cold months ahead.



### Canning Series: Register under events at: [ccechenango.org](http://ccechenango.org)



#### PICKLE AND JELLY CLASS

---

June  
25th  
6-9pm



#### PRESSURE CANNING: CARROTS AND GREEN BEANS

---

July  
23rd  
6-9pm



#### WATER BATH CANNING: TOMATOES

---

August  
16th  
10am-1pm



### The Importance of Proper Rest Periods in Grazing Systems

Rich Taber

As the years have gone by, the knowledge level of proper grazing techniques has increased. Most grazers know that you can only graze animals in a certain paddock for a given length of time, typically 1 to 5 or 6 days. But how long must you rest the paddock that the animals have just finished grazing? In the earlier part of the season, like in May and June, paddocks can be rested for as little as 21 days. But then what happens when the season progresses into July and August, and rainfall diminishes? This is when you must in all likelihood lengthen your rest periods, out to thirty, forty, or more days depending on how dry it is.

What happens if you do not give your paddocks enough rest? Then you will be short changing your grass, and there will not be enough for the animals to consume. This is where the "art" part of grazing comes into play, in the "art and science of grazing". You need to keep a close eye on your grass situation, and not just follow a lockstep rotation of so many days between grazings. You may need to bring some paddocks into the equation that were used for hay earlier, thus giving you the flexibility of always having good grass to graze.

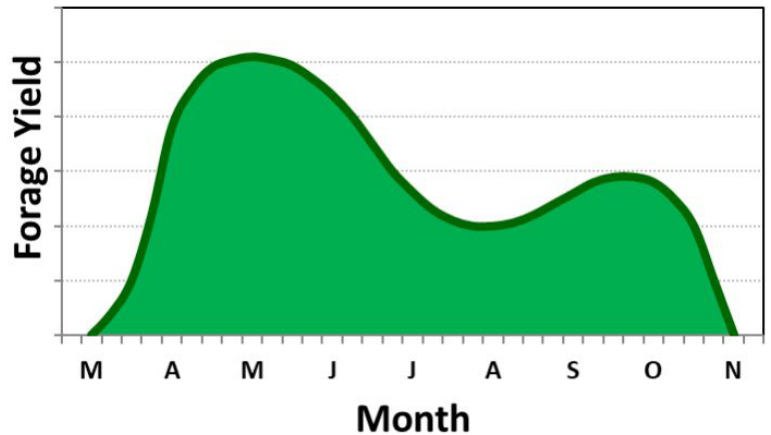


Figure 1. Forage growth over the growing season.



### MASTER GARDENERS VISIT HORTUS ARBORETUM

On Wednesday, June 11th, a group of Master Gardeners sponsored by Chenango County Cooperative Extension, and friends visited Hortus Arboretum and Botanical Garden in Stone Ridge, NY. In the accompanying photo from left to right are Anne Altshuler, Wendy Partelow, Mary Sue Smith, Shelley Werner and Bob Davis.



Joining the group later were three members of the Bainbridge Garden Club: Bettie Osborne, Kathy Haddad and Denise Edwards.

The Arboretum/Garden, located in the mid- Hudson Valley, has been under cultivation for over 20 years. Its mission is to "sustain the native, unusual and historic plant life in our area and serve as an educational resource for the public." They are also focused on "saving rare and endangered plants worldwide to ensure that diversity lives on."

One tip for local gardeners interested in growing mostly disease-free fruits from the Hortus staff: try growing persimmons and paw paws. Be sure to check hardiness zones for any that you order.





# CHENANGO COUNTY SOIL & WATER CONSERVATION DISTRICT

## PROJECT UPDATES



607-334-8634 ext. 5

[jkelly@chenangoswcd.org](mailto:jkelly@chenangoswcd.org)

[www.chenangoswcd.org](http://www.chenangoswcd.org)



## COOK PARK UPGRADE

After several years of planning, construction of a brand-new four-pod bathhouse at Cook Park was completed in May. Operated by the County, Cook Park is located in Greene and features a 20-acre lake along with 50 full-hookup campsites. This project was made possible with funding from the Soil and Water Conservation District (SWCD) which supported the County's efforts to modernize

the park's septic system in line with current Department of Health standards. Beyond the infrastructure upgrade, the new bathhouse will enhance the overall experience of campers and park visitors. With these improvements, the County hopes to attract more parkgoers to enjoy the park and all it has to offer!

## SPRING TREE & SHRUB PLANTINGS

This spring, the SWCD has been actively working to improve water quality and restore natural habits throughout the county by planting thousands of trees and shrubs. With support from state and federal funding, the district focuses efforts on replanting abandoned pastures and riparian zones—sensitive areas along streams and rivers. These plantings serve multiple purposes: enhancing aquatic habitats, improving air and water quality, stabilizing soil, and increasing the resilience and functionality of floodplains. In total, 28 acres were planted this season with 8,025 tree and shrub seedlings. The photo to the right shows a recent planting of trees and shrubs in rows. The white tree shelters are visible and indicate the location of each tree seedling.





## AGRICULTURE UPDATES

### Farm Bureau Report

#### Historical Roots



Cooperative Extension and Farm Bureau have long and deep roots together. The foundation was laid in 1914 in Binghamton NY. The Broome County Chamber of Commerce and the Railroad got together to ensure Agriculture remained strong and prosperous by hiring an Ag Agent to work with the farmers. The goal was to educate and demonstrate better farming practices. It was said you could tell people how to do something, or they could read it, but if it was demonstrated it had a bigger impact.

On May 8, 1914, President Woodrow Wilson signed the Smith-Lever Act establishing the Cooperative Extension system as a partnership between USDA and the land-grant colleges and universities. The Smith-Lever Bill was a history-making event in agricultural development. It made funds necessary for the rapid extension of the County Agent system into every agricultural county of the nation.

At the Democratic national convention of 1896 Willian Jennings Bryan was quoted as saying "You come to us and tell us the great cities are in favor of the gold standard; we reply that the great cities rest upon our broad and fertile prairies. Burn down your cities and leave our farms, and your cities will spring up again as if by magic; but destroy our farms and the grass will grow in the streets of every city in the country"

The Farm Bureau Membership Creed in 1925 used these words "I believe I will get out of this organization just exactly what I put into it. I therefore pledge my energy and support to make it a success."

In 1955 Cooperative Extension and Farm Bureau separated to be 2 separate organizations. Extension cannot lobby because of their Federal and State funding sources. Extension is an Educational Organization. Farm Bureau is a lobbying organization that meets with our Elected Officials. Farm Bureau is known and is well respected in Albany and Washington DC. Our policy is based on the needs of our rural areas.

We are beginning our policy development for the coming year. All policy comes from the local membership at our Annual Meeting and moves to State and National meetings.

#### Chenango County Farm Bureau Board

Terry Ives	President	Grace Provance	Director
Joe Cornell	Vice President	Colleen Segarra	Director
Karen Kutik	Director	Jeff Austin	Director
Alis Vincent	Director	Craig Jochum	Director
Jordan Fleming	Director		
Josh Lathrop	Director		



## AG IN THE CLASSROOM

That's a wrap on Ag in the Classroom for the year. Since June is dairy month, we focused our lessons on teaching students the health benefits of dairy products and let them make their own butter by shaking heavy cream. They were able to take the butter they made home to share with their families.



## NEW YORK BEEF COUNCIL GRANT

Victoria secured a beef council grant before her leave and Nicole and Kristi were happy to help fulfill it. Victoria planned a cheeseburger slider competition with the 5th graders at Greene Intermediate. The students were each able to brainstorm, plan, and cook their own creations in hopes of it being selected "The Best Greene Burger." Judges were selected and ate portions of 16 sliders that day. The winning slider was a taco burger with salsa and sour cream!



## BUG CLUB 4-H collaboration with the County Youth Bureau

We kicked off Bug Club in May at Gelena Park in North Norwich, with some fun bug yoga along with Jen Caci lending her expertise into the entomology world. In June our next meeting was held at Cooks Park in Greene. Kids are being taught about different types of insects, how they impacted our environment, the good ones to have around, the bad ones too, what roles certain insects play, and how to identify them depending on their body type. The youth have really enjoyed tasting different dehydrated types and flavors of insects, all high in proteins we are told! It is a wonderful journey for the kids. We have two more meetings scheduled, on June 28th and July 15th. We have advertised the Insectapalooza in October as a trip held at Cornell. The youth really seem to be fascinated, and they are showing a hunger to learn more, and not just for unusual treats.



## STATE EQUINE PUBLIC PRESENTATIONS

On May 17th, Makayla C., Shaelan R., and Maria F. gave their equine presentations to judges at the New York State equine communications competition. This is a tough competition where the youth are timed depending on what type of presentation they give. These 4-H'ers all did a wonderful job! For our juniors: Maykayla received 1st place for her speech, Shaelan received 9th, and Maria 10th in the senior division.



## SHOOTING SPORTS UPDATE

Warmer weather allows the shooting sports program to move to the outdoor ranges but also brings a few challenges. The archery backstop does not stop all of the missed shots requiring members to search the bushes for arrows. Chas is really good at finding lost arrows. Wind is also a factor as it can change direction at any time. We are now able to offer air pistol to our members.



## DAIRY BOWL

On April 26th, Rinoa B. proudly represented Chenango County 4-H at the State Level Beginner Dairy Bowl Contest held at Cornell. Competing alongside a team of youth from our region, Rinoa and her teammates achieved second place overall. In addition to the team's success, Rinoa individually earned 8th place.

This accomplishment reflects her dedication, knowledge, and commitment to excellence, and we are incredibly proud of her achievement at this competitive state-level event. We are so proud of her and her accomplishments this year!





## 4-H & SNAP-ED COLLABORATION

4-H recently partnered with Snap-Ed for another fun and engaging Craft and Snack Day, this time with a festive red, white, and blue theme. Youth participants enjoyed preparing and tasting a healthy, themed yogurt parfait while learning about fruits in a fun and interactive way. In addition to the snack, 4-Hers expressed their creativity by making patriotic red, white, and blue crafts to take home. This event was a great opportunity to combine hands-on learning with healthy habits and creative expression, and we look forward to continuing this successful collaboration with Snap-Ed. Thank you to Chobani for donating the yogurt to our program.



## LEARN TO SEW PROGRAM

The learn to sew program was such a success with 39 participants. At the end of our sewing program we held a “Sewing Spectacular” to acknowledge the hard work the 4-H’ers accomplished. We even had to reschedule one of our 4-H clubs interested. On June 28th, we will be meeting with the Ribbon Wranglers for a simple hand-sew project that they will be able to show at the County Fair. We are expecting approximately 15 youth all wanting to learn. This is exciting, it will have topped last year’s total of youth wanting to learn how to sew from 40 little sewers to 54 youth. An exciting number of kids wanting to learn a new skill. Special thank you for the amazing volunteers that come to help!



## BEYOND THE BARN

On April 24th, 4-H Teen Leader Emily led an incredibly informative and hands-on lesson on preparing a beef calf for show. From start to finish, Emily demonstrated her process using her own calf, Snoop, and provided each youth with the opportunity to try out their new skills. This workshop was the result of Emily’s own initiative—she approached the office with the idea of giving back by teaching a clinic as an older 4-H member. With our support, she planned and led the entire event herself, showcasing not only her knowledge and confidence but also the tremendous growth she has experienced through her years in the program. A heartfelt thank you to Emily and the entire Holbert family for their time, generosity, and commitment to mentoring the next generation of 4-H youth.



## COW PAINTING NIGHT

These creative 4-H’ers attended our spring painting night and each came up with a unique cow painting to submit for the fair. They were taught step-by-step to layer the background, the cow outline and then add grass and flowers. It was fun to see how different all the paintings ended up looking.



## OUTDOOR COOKING

This winter’s weather made it difficult to have our monthly Outdoor Cooking program. We did meet in May during a rain storm and June it was dry. June’s delicious items were Chili, from a family recipe, and strawberry shortcake. The biggest challenge with outdoor cooking is maintaining a consistent temperature for the baked items. The members are working to prepare their recipes to present at the Chenenago County Fair in August.



## A STAINED GLASS INSPIRED WORKSHOP

In collaboration with the Chenango County Historical Society, we hosted an educational workshop where youth and their families had the opportunity to explore the art of stained glass. Molly Pratt, an artist from a local studio, led the session and introduced participants to various types and styles of stained glass, even sharing examples of her own beautiful work. 4-Hers then created their own stained glass-inspired pieces using plexiglass and glue. We’re excited to share that Molly has also expressed interest in returning this fall to lead a printmaking class!



## SKILL-A-THON

Over the past two months, our dedicated youth have been hard at work preparing for the Regional Skill-a-Thon Contest—and their efforts truly paid off! Our group of enthusiastic and very young participants shined at the event, proudly bringing home 2nd place in the Beginner Team division and 4th place in the Junior Team division. We're also thrilled to recognize several outstanding individual achievements: Rinoa B. – 3rd Place (Beginner Level), Beth W. – 4th Place (Beginner Level), Jake B. – 4th Place (Junior Level).

Other valued team members included EmmaJane B. and Sadie L., who contributed to the team's strong performance and positive spirit throughout the contest. We are so proud of each of these youth for their hard work, determination, and teamwork.

## HORSE

As we ramp up for the fair, we are mindful of what has to be done in order to show during the 2025 Horse show. According to the NYS 4-H rules, youth need to have a riding evaluation done if they are riding in a different level or on a different horse. On Saturday June 14th, some of the evaluations took place. We normally hold these at the Chenango County fairgrounds but with the weather so unpredictable we decided not to take any chances and held the first round indoors at the Hidden Ponds Stables. The other group is scheduled at the end of June at a different location.

## CANINE GOOD CITIZEN & TRICKS TRAINING – SESSION TWO!

We recently wrapped up our first session of Canine Good Citizen and Tricks training and it was a great success! Thanks to the enthusiasm and strong interest from new participants, we're excited to offer another round of sessions.

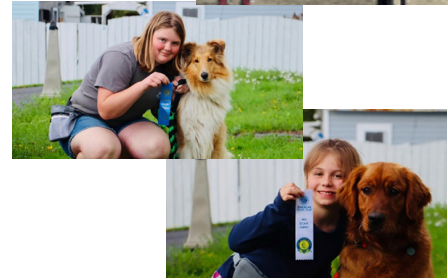
In this new session, we have seven youth and their dogs joining us as they continue to build essential skills, strengthen their bonds, and have fun together through training. We're thrilled to see their progress and look forward to another rewarding experience for both handlers and pups!

## T-SHIRT CRAFT

Our 4-H'ers had fun with the new 4-H educator Nicole making recyclable T-shirt bags. The youth decorated their bags with paint, cut and tied the ends for a nice reusable bag. Great project for kids of all ages and the end products looked fantastic!

## SHEAR SUCCESS

Corey Hayes led an informative lesson, demonstrating how to fit a market animal from start to finish. He also shared valuable insights on animal nutrition and the importance of building muscle for optimal show readiness. Later in the day, the youth had the opportunity to bring out their own sheep and apply what they learned through hands-on fitting practice. Corey wrapped up the day by covering key aspects of showmanship, including how to properly brace, show, and line up within a class.



## 4-H MARK YOUR CALENDARS

**For more information about the following programs and to register - Email Nicole at [nrs98@cornell.edu](mailto:nrs98@cornell.edu) or visit our Facebook page: Chenango County 4-H Youth Development**

### **4-H BLUEBERRY MUFFIN DAY WITH 4-H AND SNAP-ED July 11th, 5:00pm – 7:00pm**

Baking is more than just making tasty treats—it helps youth build essential life skills! Through baking, kids practice math and science, develop patience and focus, express creativity, and gain confidence in the kitchen.

By working together, it also encourages teamwork. For National Blueberry Muffin Day, kids will make delicious whole wheat muffins, learn the importance of "eating the rainbow" and be able to taste their culinary creation!



## 4-H MARK YOUR CALENDARS



For more information about the following programs and to register - Email Nicole at [nrs98@cornell.edu](mailto:nrs98@cornell.edu) or visit our Facebook page: Chenango County 4-H Youth Development

### **4-H DOG TREATS FOR LOCAL ANIMAL SHELTERS** July 22th, 5:00pm – 7:00pm

Youth will roll up their sleeves for a heartwarming community service project—baking homemade dog treats for local animal shelters! While giving back to animals in need, participants will also learn basic kitchen skills, follow recipes, measure ingredients, and work together in a fun, hands-on environment. It's a great way to practice teamwork, build confidence, and make a positive impact in the community—one treat at a time!

### **4-H SLIME SCIENCE** July 28th, 5:00pm – 6:00pm

Get ready to mix, stretch, and squish! In this hands-on event, youth will explore the science behind slime while making a variety of fun, gooey creations. We'll dive into what makes slime slimy, experiment with different recipes, and learn about chemical reactions in a kid-friendly way. Best of all—everyone gets to take their slime home!

### **4-H BIRD WATCHING AT ROGER'S CENTER** August 16th, 9:00am – 11:00am

Join us for a peaceful morning of nature exploration at Rogers Environmental Education Center in Sherburne! Youth will enjoy a leisurely hike along the scenic trails while learning to spot and identify local bird species. It's a great opportunity to connect with nature, practice observation skills, and enjoy the outdoors with fellow 4-H'ers. Binoculars provided—or bring your own!

### **4-H BLUEBERRY POPSICLES WITH 4-H AND SNAP-ED** September 2nd, 5:00pm – 6:30pm

Celebrate National Blueberry Popsicle Day with a fun and refreshing 4-H event! Kids will learn about the importance of healthy eating and active living while making their own nutritious blueberry popsicles. They'll practice following a recipe, measuring ingredients, and making healthy choices—all while enjoying a tasty treat they created themselves!

### **4-H HIKING CLUB** September 6th, 9:00am – 11:00am Typically the first Saturday of every month.

Join us for 4-H Hiking Club, meeting the first Saturday of every month at different parks and forests across Chenango County! Each outing offers youth the chance to explore new trails while learning about hiking etiquette, practicing mindfulness in nature, and identifying local plants. It's a great way to stay active, build outdoor skills, and connect with the natural world—one hike at a time!

### **4-H PATRIOTIC CRAFT NIGHT** July 2nd, 5:00pm – 6:30pm

Join us on Wednesday, July 2nd from 5-6:30pm to create a patriotic wooden craft! Kids will have the opportunity to express their creativity and paint, decorate and design a wooden craft of their choosing. This festive craft is great for Cloverbuds and up!

### **4-H INSPIRATIONAL ROCK PAINTING** September 10th, 4:30pm to 5:30pm

Join us for a creative and uplifting rock painting event! Kids will have the chance to express their creativity and practice painting skills while decorating their own inspirational rocks. These colorful creations can be taken home or added to our 4-H outdoor garden—and might even inspire others when placed along local trails! It's a fun way to get artistic and share a little positivity with the community.

### **4-H FALL GARDENING** September 15th, 4:00pm – 5:30pm

Celebrate the changing seasons with a hands-on fall gardening event! Kids will help tidy up the 4-H garden—pulling weeds, clearing beds, and preparing for winter—while planting flowers that will bloom beautifully next spring. It's a great way to learn about gardening, enjoy the outdoors, and leave a lasting mark for next year's growing season!

### **JOHNNY APPLESEED DAY WITH SNAP-ED AND 4-H** September 26th, 5:00pm – 7:00pm

Join us for a fun and flavorful event in honor of Johnny Appleseed Day! 4-H'ers will learn about the importance of mindful eating, explore a variety of apple types, and discover what makes each one unique. Then, they'll put their knowledge into action by creating a delicious apple salad using fresh, healthy ingredients. It's a perfect mix of learning, healthy habits, and tasty fun!

### **4-H & YOUTH BUREAU NATURE PHOTOGRAPHY** July 3rd, 10:00am

We will learn how to capture the beauty of nature behind a lens. Kids will each get their own disposable camera and will learn to mat photos for fair. **More information: [kg499@cornell.edu](mailto:kg499@cornell.edu)**

## 4-H & YOUTH BUREAU KIDS AND KITES Sept. 19th, 5:00pm

Come paint your own fabric kite and practice flying it. We will learn the important history of kites and create our own masterpieces. Contact Kristi for more **information: kg499@cornell.edu**

## 4-H & YOUTH BUREAU HELLBENDER HIKE July 18th, 10:00am

Join us as we explore the life and restoration efforts of the Hellbender. We will take a hike around the New Berlin wetlands and have a picnic lunch. **More information: kg499@cornell.edu**

## 4-H BUG CLUB and CHENANGO COUNTY YOUTH BUREAU July 15th, 4:30pm – 6:30pm

Do you have a 4-H'er that loves the fascinating world of insects? Then you've come to the right place! Warm weather means more bugs – Join Miss Jen and Miss Rhonda as they explore the fascinating world of insects. **For more information contact Rhonda: rlt236@cornell.edu.**

## OUTDOOR COOKING (Ages 12 +) July 12th, Aug. 9th, Sept. 13th, 10am-12pm


### Second Saturday of the month

It appears some good weather is in our forecast so 4-H'ers get your taste buds ready for some more delicious Outdoor Cooking! Mr. Richard is breaking out the recipes and heating up the cast iron for another outdoor cooking program. This program meets the second Saturday of every month. If you are interested in joining this program or would like **more information, contact Richard: turrellr@protonmail.com**

## SHOOTING SPORTS (Ages 9+) July 20th, Aug. 17th, Sept. 21st, Third Sunday of every month

The 4-H Shooting Sports program teaches youth the fundamentals of firearm safety using archery, air rifle and .22 rifles. Our newest instructors are now certified in air pistols so qualified youth will be able to add this to their experience. Please contact Richard to let him know you are coming or for **more information. Richard: turrellr@protonmail.com**

# CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 4-H Patriotic Craft Night 5:00-6:30pm	3 Nature Photography 10:00am	4	5
6 <div>Fenimore Junior Livestock Show</div>	7	8	9	10	11 4-H Blueberry Muffin Day 5:00-7:00pm	12 4-H Outdoor Cooking 10:00-12:00pm Pullorum testing 9:00am
13	14	15 Bug Club 4:30-6:30pm	16	17	18 Hellbender Hike 10:00am	19
20 4-H Shooting Sports 1:00pm	21	22 4-H Dog Treats 5:00-7:00pm	23	24	25	26
27	28 4-H Slime Science 5:00-6:00pm	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 4-H Judging Non-perishables 10:00am-1:00pm
3	4 4-H Judging Perishables 4:00-7:00pm	CHENANGO COUNTY FAIR				9 Outdoor Cooking Demo
10 Last Day of the Fair	11	12	13	14	15	16 Bird Watching 9:00-11:00am
17 Shooting Sports 1:00pm	18	19	20	21	22	23
NEW YORK STATE FAIR Aug. 20 - Sept. 1, 2025						
24 31	25	26	27	28	29	30
NEW YORK STATE FAIR Aug. 20 - Sept. 1, 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 4-H Blueberry Popsicles 5:00-6:30pm	3	4	5	6 4-H Hiking Club 9:00-11:00am
7	8	9	10 4-H Inspirational Rock Painting 4:30-5:30pm	11	12	13 4-H Outdoor Cooking 10:00am- 12:00pm
14	15 4-H Fall Gardening 4:00-5:30pm	16	17	18	19 Kids and Kites 5:00pm	20 Open Farm Day 10:00am- 2:00pm
21 4-H Shooting Sports 1:00pm	22	23	24	25	26 4-H Johnny Appleseed Day 5:00-7:00pm	27
28	29	30				

**\*\* SNAP-Ed offers nutrition education classes that are open to the public. Please contact Whitney at: [wdg43@cornell.edu](mailto:wdg43@cornell.edu) for more information.**

**Cornell Cooperative Extension**  
**Chenango County**

99 North Broad Street  
Norwich, NY 13815

**RETURN SERVICE REQUESTED**



NON-PROFIT ORG  
US POSTAGE PD  
NORWICH, NY  
PERMIT NO. 46

**Connect With Us!**



[www.ccechenango.org](http://www.ccechenango.org)



[Youtube.com/ccechenangocounty](https://www.youtube.com/ccechenangocounty)



[Facebook.com/ccechenango](https://www.facebook.com/ccechenango)



[instagram.com/ccechenango](https://www.instagram.com/ccechenango)

**2024 BOARD OF DIRECTORS**

**Board Officers**

Jake Perrone, President  
Joe Cornell, Vice President  
AnnaMarie Ward, Secretary  
Grace Provance, Treasurer

**Directors at Large**

Patsy Graham  
Heather Lathrop  
Jake Evans  
Nathan Funk  
Isaiah Sutton  
Mary Weidman

**Board of Supervisor  
Representative**

Jeremiah Micklas

**Cornell Representative**

Danielle Hautaniemi

**CURRENT STAFF (607) 334-5841**

**CCE STAFF**

**Craig Brown (Ext. 1119)**  
Executive Director  
ctb98@cornell.edu

**Alice Andrews (Ext. 1118)**  
Finance & Operations  
ama42@cornell.edu

**Rhonda Turrell (Ext. 1111)**  
Administrative Assistant  
rlt236@cornell.edu

**Rich Taber (Ext. 1121)**  
Agricultural Specialist  
rbt44@cornell.edu

**Dennis Madden**  
Building Custodian

**EFNEP**

**Mary Close**  
Nutrition Educator  
mkc244@cornell.edu

**4-H YOUTH  
DEVELOPMENT**

**Kristi Gorrell (Ext. 1112)**  
Youth & Families  
Supervisor  
kg499@cornell.edu

**Victoria Ryan (Ext. 1115)**  
4-H Animal Science  
Ag Educator  
vmr39@cornell.edu

**Nicole Starkweather  
(Ext. 1114)**  
4-H Youth  
Development Educator  
nrs98@cornell.edu

**SNAP-ED NEW YORK-  
SOUTHERN TIER**

**Whitney Kmetz (Ext. 1132)**  
Community Health &  
Nutrition Supervisor  
wdg43@cornell.edu

**Carol Lyons (Ext. 1133)**  
SNAP-Ed Nutrition Educator  
cll264@cornell.edu

**Carrie Forward (Ext. 1134)**  
SNAP-Ed Nutrition Educator  
cf543@cornell.edu

**CNY DAIRY, LIVESTOCK  
& FIELD CROPS TEAM**

**Ashley McFarland**  
(315) 866-7920  
Livestock Specialist  
am2876@cornell.edu

**Erik Smith**  
(315) 219-7786  
Field Crops Specialist  
eas56@cornell.edu

**Daniela Gonzalez Carranza**  
(315) 749-3486  
Dairy Management Specialist  
dg647@cornell.edu