

**Cornell University**  
Cooperative Extension  
Herkimer County

# Program Highlights

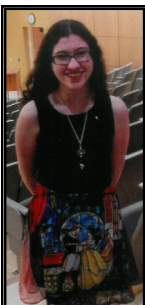
April ~ May ~ June 2014

<http://www.cce.cornell.edu/herkimer/>

## 4-H YOUTH DEVELOPMENT PROGRAM



Forty students from 6 Herkimer County schools visited Albany as the culmination of the CCE Government Intern Program.



Autumn Zwierecki placed second at the New York State 4-H Public Presentation contest held at Cornell University in May. Her presentation, titled "Capital Days," told of her first-hand experience participating in the 4-H Capital Days trip in March.

Twenty-one youth were certified through the 4-H Tractor Safety Certification Program. This certificate allows youth ages 14-15 to legally operate tractors and machinery while off the family farm. Farm safety awareness is the major focus.

Over 600 sixth grade students from 10 Herkimer County schools participated in the Annual 4-H Conservation

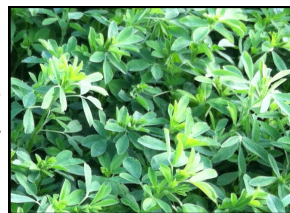


Day School Enrichment Program at the KOA Campground in Middleville.

"Equine and Dairy 101," a 4-H camp for youth ages 13-19, was held at Morrisville State College. Over 30 youth from ten counties participated.

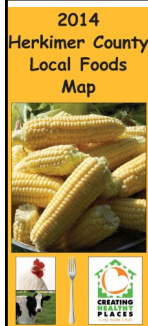
## AGRICULTURE PROGRAM

The CNY Dairy and Field Crops Team again monitored 1st cutting for quality, using alfalfa height to predict Neutral Detergent Fiber (NDF) for alfalfa,



alfalfa/grass mixed and grass stands. Alfalfa height has proven to be a reliable indicator of NDF values in the field. Weekly alfalfa height mailings have helped farmers know when to harvest their spring haylage for the highest feed value. See the new CNYDFC website at <http://cnydfc.cce.cornell.edu/> for details.

## HUMAN ECOLOGY PROGRAM



5,000 "Herkimer County Local Foods Maps (2014 edition)" are being distributed this summer through funding from the "Creating Healthy Places to Live, Work & Play" grant from NYS Department of Health through Herkimer County HealthNet. Sixty-two farms are listed on the map.

"Great Ideas with Dry Beans" was the theme of a special nutrition promotion at Aldi's in Ilion along with Herkimer Walmart and Dolgeville Big M in



May for the Eat Smart NY program. Tasting samples and recipes were shared with over 450 consumers at the 3 locations.



"Rethink Your Drink" presentations were shared at five Summer Youth Employment Program Orientation sessions at Working Solutions, reaching over 100 youth and 60 staff and parents.