Dear Friends of Cornell Cooperative Extension,

I feel that our work in Cornell Cooperative Extension is unique in that it involves and gives back to the community in various ways. By this I mean that the vast majority of our programs are preventive in nature. We try to educate and intervene before something becomes an issue. For example, our nutrition programs incorporate good buying and eating habits before diseases such as diabetes and problems like obesity affect a family. In 4-H, valuable skills are taught such as public speaking, which will serve that boy or girl throughout their life. This is in addition to those project areas which teach youth in subject matter reflecting their interests, be it animal husbandry, science and technology, or social interaction.

Even agriculture is ever changing with the Central New York Dairy and Field Crops team conducting programs of interest to local farmers and landowners including malting barley and hops production, insect and disease scouting, nutrient management and dozens of other topics. CCE troubleshoots everyday problems facing the homeowner, such as better energy choices, invasive species identification, lawn problems, legal issues, eliminating insect pests in the home and yard and animal production on the small farm.

Take a look at the programs found in these pages. They are diverse and they reflect the interests and needs of our constituents. To find out more about what Cornell Cooperative Extension is doing in Herkimer County, give us a call at (315) 866-7920. Remember, our programs reflect what you want and they help thousands of Herkimer County residents to lead a better quality of life every year.

Sincerely,

Bernard M. Armata
Executive Director

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**2015 Financial Support**

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<tr>
<th>Source</th>
<th>Amount</th>
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<tr>
<td>Federal</td>
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<tr>
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<td>221,656</td>
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<td>Grants &amp; Contracts</td>
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<td>Other Sources</td>
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<td><strong>Total Financial Support</strong></td>
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**Other Sources** 11%

**Federal Funding** 2%

**State Funding** 11%

**County Appropriation** 49%

**Grants & Contracts** 27%
2015 Board of Directors and Committees

Board of Directors

Anthony Lucenti, President
Doug Bowne*, Vice President
Walt Lallier*, Treasurer
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Pat Wright

*Committee Representative to Board of Directors
Thirty-six 4-H members from Herkimer and Oneida Counties participated in the 2nd Annual Mohawk Valley 4-H Dairy & Livestock Show & Sale in September at the Herkimer County Fairgrounds. Participants exhibited their dairy cattle, beef cattle, sheep and hogs at the one day, no-fit show designed to give the 4-H members one last “fun” show of the season. Shows began with a showmanship division for each species.

At the conclusion of the shows, seven 4-H members sold nine head of livestock including beef steers, market hogs, and market lambs at the sale. Auction revenue totaled almost $13,000 with $3,000 of that being from second time sales which will be used to support this annual event. 4-H members will use their monies in various ways including purchasing new market animals for next year’s auction, college tuition, and donations to various charities.
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January 2016
CCE of Herkimer County continued as a partner in the “Creating Healthy Places to Live, Work and Play” (CHP) grant from the NYS Department of Health through Herkimer County HealthNet. In year five, the “Herkimer County Local Foods Map” was updated with 59 farms listed along with eight Farmers Markets. Five thousand copies were distributed at over 65 locations.

New this year was the development of projects to enhance access of healthy produce to low income audiences. One project involved contacting local food pantries to determine their interest and ability to receive excess produce from local farmers to share with low income families they serve. From this the “Herkimer County Food Pantry and Soup Kitchen Produce Donation Information” chart was developed and shared with area farmers.

Another project involved reaching out to area Rotary Clubs with information on how they could support their local farmers markets. In Dolgeville, the Rotary Club created “Veggie Bucks” ($4 value) that were given to Dolgeville School Summer Program students to be used for fresh produce at the Dolgeville Farmers Market. Response was excellent with hopes of continuing next season.

Summer nutrition intern, Emily LaLonde, worked at farmers markets promoting use of local produce; and prepared “Rural Revival: How to Develop Farmers Markets in Small, Rural Communities” presentation for Farmers Market Managers. She also encouraged redemption of Farmers Market Nutrition Program checks (FMNP) at Herkimer WIC clinics; and developed promotional materials for CCE nutrition programs.
The 4-H Government Intern Program is sponsored by the Herkimer County Legislature and administered by Cornell Cooperative Extension 4-H Youth Development Program. Twelfth grade students from all Herkimer County school districts are invited to participate each semester in exploring current issues confronting county government and learning more about the functions of county government through its committee system. Numerous county employees and elected officials assist in delivering insights, which enhance this educational opportunity. Thirty-nine students from six school districts participated in the spring and fall sessions this year.

Twenty-five students from five Herkimer County school districts visited Albany in April as a culmination of the Government Intern Program. The trip was chaperoned by teacher Patricia Gracey (Dolgeville), Jon Bailey (Town of Webb), and Cornell Cooperative Extension staff.

Upon arrival at the State Capital, the students visited the Corning Tower, the Court of Appeals, had a tour of the Capitol, and were welcomed by Senator Hugh Farley. After dialogue regarding current issues confronting Herkimer County and New York State, the group then visited the New York State Museum.
March 2016

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This past growing season began on a dry note with May and early June lacking the much needed rain to get the year off to a good start. However, we made up for it rather quickly in the following months. This past year CCE offered two seminars on raising bees with Dr. Steve Burton of Remsen as guest presenter. They were well received with over 40 landowners in attendance. This was followed by a seminar on backyard poultry raising and one of our gardening workshops held at the Basloe library in May. Educators Bernie Armata and Jill Turner took part in Spring Garden Day at the Herkimer Home in Little Falls on June 7th.

Educator Bernie Armata once again scouted for Spotted Wing Drosophila (a parasitic fruit fly) at a local blueberry farm, finding only one female present toward the end of the summer. This pest can destroy entire tree fruit or berry plantings if left unchecked. By late August almost all counties in New York had reported SWD presence. As usual we answered over 200 phone calls from county residents and conducted on-site visits for Hogweed identification, boundary rites and tree removal for homeowners.

New this past year was a presentation by agricultural attorney Lorraine Lewandrowski on homeowner property rights held in Old Forge at the library. Also, a Beef Quality Assurance workshop was held this past October at the Windecker Farm in Schuyler with six producers from three counties getting certified by the NY Beef Council. Carol Gillis was the featured presenter. Our annual events such as Family Day at the Farm and the Garlic Festival in Little Falls were successful along with the CNY Farm Progress Show in early September. A new event in which CCE took part was the Cheese Festival in Little Falls, which was very popular with most vendors selling out early in the day.
April 2016

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In 2015, the CCE Herkimer County 4-H Program reached over 3,200 youth throughout the county. These youth were served through the traditional 4-H Club program, school enrichment, day camps, special interest and independent study. The 4-H program is able to operate with the help of over 350 dedicated volunteers.

There are fourteen 4-H clubs with 199 members and 53 independent 4-H members located throughout Herkimer County. All 4-H members are encouraged to take part in community service activities in various ways. These include participating in the Kids Heart Run and Walk, volunteering at the Herkimer County Humane Society, bake sales to benefit Strides Against Breast Cancer, and visiting nursing homes.

An electrical workshop was held where twenty-four 4-H members participated in hands-on activities with simple circuits and created a simple flashlight. Each 4-H member made a Mason jar lamp to take home. At a canvas painting workshop, members learned to paint abstract art on canvas. Eighteen 4-H members got a chance to create and show their artistic side by painting a “Color Full Night”.

New this year, several 4-H members and clubs participated in the Smoothie Challenge in the Youth Building at the Herkimer County Fair. NYS Senator Jim Seward and Herkimer County Legislator Raymond Johnson were just some of the adult volunteers that worked alongside 4-H members to create tasty and nutritious smoothies that were judged by the public.
The Dairy Acceleration Program (DAP) provides New York State funding to dairy farms for business planning and plans to protect the environment. This program helps the producer, the business planner, and environmental planner to all be on the same page and complete their tasks in a timely fashion. Most all of these farms are looking to increase milk output by expanding cow numbers and/or increasing milk per cow. For farms with an adequate land base to produce enough feed and the milking center capacity to milk more cows, this can be a viable business strategy to be more economically competitive, even during this period of lower milk prices.

Focus on Producing a Healthy, Profitable Cow
For dairy farms to be profitable in the future, they will need to have great cows that are raised using best management practices and have the genetic potential to be very productive and healthy. The CNYDFC Team educational programs focused on bringing that next generation of cow to the farm.

The 2015 Dairy Day, titled “Breeding, Raising, and Managing Your Future Herd of Super Cows” looked at evaluating genetic potential through the use of genomics; new strategies to improve conception through artificial insemination; and new research looking at how dairy animals are raised and how well they grow early in life can influence how productive they will be once they enter the milking herd.

A series of Calf Management Training webinars aimed at those responsible for raising calves was held. These webinars covered topics that included providing healthy environment for growth, calf nutrition, and what data to collect to assess animal performance. An on-farm session was held after the series conclusion.
Throughout the year, 4-H members participate in horse, dairy cattle, sheep, beef cattle, dairy goat and rabbit projects by attending clinics and various shows on the county, regional, state, and national levels. 4-H members also participate in animal quiz bowls, challenges and judging contests. Ten members from Herkimer and Madison Counties participated in a regional clinic where they learned how to prepare their rabbits for show and how to present them to the judge.

4-H clubs celebrated National 4-H Week by constructing displays in their communities. The theme for 2015 was "4-H Grows Here."

To celebrate New York "Ag Literacy Day 2015," the book "Weaving the Rainbow" by George Ella Lyan was read to second grade classes in Herkimer County and then donated to the school library. This was made possible by Herkimer County Farm Bureau. After reading the book, the children discussed the different uses of wool.

Thirty-nine Herkimer County 4-H members exhibited dairy cattle, beef, swine, dairy goats, and sheep at the 68th Annual Farmers’ Museum Junior Livestock Show in Cooperstown. 4-H members also exhibited projects and animals at both the Herkimer County Fair and the New York State Fair.

Many of our club members participated in Public Presentation events throughout the 4-H year. Five Herkimer County members went on to the District Public Presentation event in Oriskany.

Bryce Windecker earned a seat on the NYS 4-H Dairy Judging team that competed at the 2015 All-American Show judging contest in Harrisburg, PA on September 14 at the Pennsylvania Farm Show Complex and Expo Center. The team placed 1st and Bryce was 6th individual overall and placed 1st in the Guernsey breed.
Small Grains Provide Winter Cover, Spring Forage and Ingredients for Beer

Small grains, such as wheat, oats, barley and rye have made a resurgence in the past few years as farms look to diversify crops in the rotation to not only improve soil health and reduce erosion, but also gain a quality forage or grain.

**Malting Barley Variety Trials**

Farm brewery legislation requires the use of NY state ingredients to maintain a farm brewery license, so malting barley use will only increase. The results from the two year study have shown that varieties are available to provide the quality desired.

**Winter Forage Nitrogen Trials**

Again this year the team worked with the Cornell Nutrient Management Spear Program on a statewide project aimed at determining how much nitrogen is needed for profitable forage yields of crops like rye and triticale in the spring. Nitrogen applications in the spring may result in more yield and determining when the nitrogen is needed and how much is needed is the focus of this research.

**Soil Health Field Day: Building Better Soils with Cover Crops**

A Cover Crop Field Day focusing on how cover crops can aid in improving soil health featured NRCS National Soil Health Expert, Ray Archuleta, who brought his special enthusiastic brand of hands-on teaching of soil health concepts to growers. Over 170 people attended.

Participants were able to have a guided tour of a demonstration of over 35 cover crop or crop mixtures that were planted in early June and in early August. These plot tours were guided by Cornell and industry experts who could explain the advantages of using the various crops.
August 2016

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2015 marked the sixteenth year of a unique partnership between Cornell Cooperative Extension (CCE) of Herkimer County, NY FarmNet, and Herkimer County Mental Health. The purpose of the collaboration has been to provide improved support and assistance to the Herkimer County farm community.

A variety of programs were presented this year to address the needs and interests of farm families and rural land owners in Herkimer County. In the spring, “So You Think You Want to be a BeeKeeper,” “Introduction to Backyard Poultry Raising,” and “Home Gardening” seminars reached 64 participants.

In July, “Land Owner’s Rights and Responsibilities in NY” was held in Old Forge with 18 in attendance. Lorraine Lewandrowski, Esq. Agricultural and Food Law Attorney, shared information on how adverse possession works, trespass on rural lands, boundary disputes, land title issues, landowner responsibilities, recreational land use and taxation on land. Comments from participants were positive noting that the most important thing learned was “legal situations that apply to the farm and sources to find information for follow-up”; “landowner liability”; and “trespassing law”.

In September, NY FarmNet had a booth at the Central NY Farm Progress Show where over 7,000 people attended the two-day event, showcasing a variety of farm services and programs (over 100 exhibitors this year). Staff from the Dispute Resolution Center of Herkimer County Agricultural Mediation Program at Catholic Charities assisted with the booth reaching over 150 farm families.

In November, “Beef Quality Assurance (BQA) Workshop” was held with 11 in attendance. Beef Quality Assurance (BQA) is a nationwide certification program to help insure a safe and wholesome quality beef product for consumers. Topics covered were cattle nutrition, handling, and vaccine protocols. Carol Gillis from the NYS Beef Council was the workshop facilitator along with a veterinarian from Herkimer Veterinary Associates.
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During 2015, 130 families representing 569 family members participated in 6-8 session series nutrition education through EFNEP. 88% improved in at least one behavior. 79% showed improvement in one or more food resource management practice (i.e. plan meals, compare prices, does not run out of food, or uses a grocery list). 79% showed improvement in one or more nutrition practices (i.e. make healthy food choices, prepares food without adding salt, reads nutrition labels, or has children eat breakfast).

Comments from graduates include: “I’ve been eating more fruits and vegetables….plus drinking less soda and more water. We take walks in the park every night and are eating better. I’m saving money on food by comparing prices.”

Referral networks have been established with DSS (including Herkimer County Employment and Training Employment Readiness Program), Mohawk Valley Community Action (including WIC and Head Start), Catholic Charities of Herkimer County (including all the food pantries in the county), Herkimer County BOCES (including the Family Literacy Zone), Public Health (including Healthy Families Program), Herkimer County Area Resource Center (including Valley Commons program), and Care Net Pregnancy Center of Central NY (Herkimer office).

Staff from CCE nutrition education programs worked together at the Herkimer County HealthNet “Family Fun Day” at Myer’s Park in Herkimer reaching over 200 participants promoting healthy eating and physical activity for families.
October 2016
State Teen Action Representative Retreat (STARR), is an annual weekend for 4-H teens from across New York State to get together to build leadership skills as well as network with peers and adults. This retreat encompasses the best of team building activities, youth community action and youth adult partnerships in one fun-filled, fast-paced weekend. Participants gain new skills and knowledge by attending workshops of their choice, learning how to “make the best better” and participating in awesome community services activities!

Over 50 youth from across the state participated in the Agri-Business Career Conference. This is a two-day conference held in Cobleskill sponsored by 4-H, New York Farm Bureau Foundation for Agricultural Education, and SUNY Cobleskill. In Herkimer County, the Central New York Farm Progress Show helps offset the cost by donating money for Herkimer County youth to attend.

The 4-H Earn-a-Calf Program, which is also sponsored by the CNY Farm Progress Show, provides one youth with $500 toward the purchase of a calf to give them an opportunity to own and show a purebred dairy animal.

The 4-H program reached over 2,000 youth through school enrichment programs such as, Farm/Home Safety Day Camp (for 5th grade students), Conservation Field Day (for 6th grade students), the Government Intern Program (for high school seniors), and Ag Literacy Day (2nd grade students).
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Holiday Greetings from the Staff at CCE

Bernard Armata
Executive Director/Agriculture

Kevin Ganoe, Field Crop Management
David Balbian, Dairy Management
CNY Dairy & Field Crops Team

Linda Robbins
Assistant Director/Nutrition

Jill Turner
Creating Healthy Places

Jennifer Collins & Wendy Richardson
4-H Program

Barbara Johnson & Rachel Shaver
Administrative Assistants

Veronique Stormes
Finance Administrator

Lisa Mettelman
SNAP-Ed Nutrition Staff

Lorrie Serow & Valerie Gay
EFNEP Nutrition Staff
Mission Statement

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.