Cornell Cooperative Extension Herkimer County

















2019 Annual Report 2020 Calendar







Cornell Cooperative Extension Herkimer County

Education Center 5657 State Route 5 Herkimer, NY 13350-3516 t. 315 866-7920 f. 315 866-0870 e. herkimer@cornell.edu www.cce.cornell.edu/herkimer

Dear Extension Supporter:

The Extension staff and board were busy this past year. They ran a successful search for a new Executive Director following Bernie Armata's retirement in December as well as running all of the educational programs that make us a vital part of our community.

One of the most important projects the association worked in 2019 was participating in the creation of the new Herkimer County Farmland Protection Plan for 2020. Our county has seen dramatic changes in farming over the last ten years. The number of farms of all types decreased 10% over the last decade while sales value of their products has held relatively steady. Farms are shifting from primarily fluid milk dairies to different operations with produce, value-added products and agritourism growing market share. The new Farmland Protection Plan will help to protect this vital component of our economy and build opportunities for farmers looking to start operations in this region.

Plans for 2020 will help us to continue to grow our services to the Herkimer county community. Early in the year we will be recruiting and supporting a new crop of Master Gardeners who will be involved in community beautification projects and answer horticultural questions on our help line. With the growth of large scale "solar farm" projects we are organizing a community workshop for landowners and consumers. New efforts in the schools to bring 4-H curriculum to elementary students introducing basic concepts in farming and nutrition.

Please stop by and visit us in the office or give us a call with any questions or comments. You are always welcome.

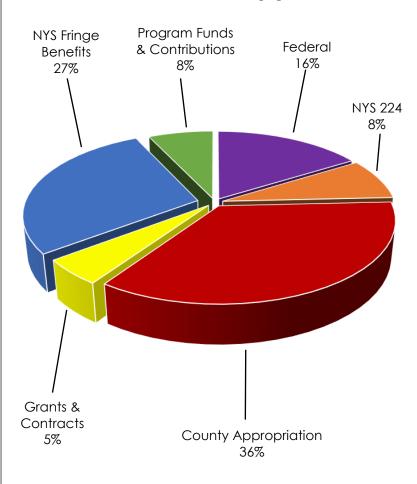
Sincerely,

Garet D. Livermore, Executive Director

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

2019 Financial Support



| Federal Smith-Lever & EFNEP Allocation | \$99,200.00 |
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| State 224 Allocation | \$53,033.00 |
| County Appropriation | \$225,319.00 |
| Grants & Contracts | \$33,591.00 |
| NYS Fringe Benefits | \$171,846.00 |
| Other Sources | \$ <u>52,775.00</u> |
| Total Financial Support: | \$635,764.00 |
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2019 Board of Directors and Committees

Board of Directors

Steven Entwistle, Sr., President
Deb Windecker, Vice President
Donna Salamone, Treasurer
Nikki Bick*, Secretary
Fred Shaw, Legislative Rep.
Cathy Eysaman*
Christopher Fredericks
Mary Lou Greene
Ray Hulten
Linda Lamb*
Jamie LaPorte
Robert Maxwell*
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Barry Spaulding
Ted Teletnick*

Agricultural Program Committee

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Tim Demeree
Michael Marsh
Debrah Murphy
Cynthia Powers
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Ted Teletnick*



Human Ecology Program Committee

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Jessica Murphy-Armstrong
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Kim Creater
Cathy Eysaman*
Sarah Hardy
Jennifer Hartsig
Heather McCutcheon
Kathy Stalteri

*Committee Representative to Board of Directors

4-H Government Intern Program



The 4-H Government Intern Program is sponsored by the Herkimer County Legislature and administered by the 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.

Thirteen students from four school districts participated in the spring and fall sessions this year.

Fourteen students from six Herkimer County school districts visited Albany in April as a culmination of the Government Intern Program. The trip was chaperoned by teacher Laura Scalise (Herkimer), Karen Guidi (CVA), intern Charis Davis, and Cornell Cooperative Extension 4-H Program Educator Wendy Richardson.

The students had a tour of the Capitol, visited the Court of Appeals and were welcomed by Senator James Tedisco's office, and Assemblymen Brian Miller and Robert Smullen's office. Then they visited the NYS Museum and Corning Tower.



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Cornell Cooperative Extension Herkimer County

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CNY Dairy, Livestock & Field Crops Team



Forage Quality Conferences

Economically produced high quality home grown forages play an important role in keeping dairy and livestock profitable. These conferences in Hamilton and Johnstown featured world renown silage expert Dr. Limin Kung, Professor & Chair of Animal Science, University of Delaware sharing with local dairy and livestock producers how they can maintain the quality of forage captured at harvest.

Dairy Margin Coverage Program

The new farm bill brought about a replacement for the old Margin Protection Program (MPP) called the Dairy Margin Coverage (DMC) program. For the 2019 calendar year participation in the program by dairy producers is a "no brainer" because it's retroactive to January 1, 2019 and the calculated margins at the \$9.50 level of coverage are already known to be greater than the premiums due. Fifty seven people attended informational sessions which were held in cooperation with the local Farm Service Agency (FSA) personnel as they are responsible for implementing the program.

Central New York Dairy Day & Dairy Cattle Summer Research Updates

It is economically imperative that dairy producers get cows and heifers pregnant in a timely manner to maintain a higher daily milk output per cow. Delayed pregnancy that causes deviations from this norm generally results in higher feed costs with less milk revenue. The 2019 Dairy Day at the Otesaga Resort in Cooperstown and the dairy cattle summer research updates at farms in Schuylerville and Milford provided the latest in research and farm case studies.



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Agriculture/Horticulture/ Home Grounds



After a late start due to rainy weather, home gardeners had a very good 2019 growing season that extended well into October in most parts of Herkimer county. The season started slowly with a cold and rainy spring extending into June. Many gardeners reported not being able to finish their planting until mid-June. However, the summer weather was sunny and seasonable which helped gardeners end up with good harvests of tomatoes and other vegetables. It was also a banner season for the apple harvest for both individual and commercial growers.

Our extension office is busy with garden inquiries from April through October. Questions come from all over Herkimer County and beyond. They range from managing insect pests at home and selecting plant varieties well suited to our growing conditions. Herkimer CCE also keeps track of reports of invasive species and plant diseases as they occur in our area and provides residents with strategies to manage them on their farms and properties.



For 2020, plans include building our Master Gardener program to encourage families and individuals to garden at home and in their communities. CCE is also working with the American Farmland Trust as a



Regional Navigator to encourage new farmers to begin operations in the county. Planning with county legislators, staff and farmers to rewrite the Herkimer County Farmland Protection Plan continued in 2019 with a scheduled release of the new plan in the Spring of 2020.

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Expanded Food and Nutrition Education Program (EFNEP)

50 years

EFNEP

Expanded Food and Nutrition Education Program

Making a difference in families and communities for 50 years nationally, EFNEP's core impact areas are: food resource management and security, food safety, diet quality and physical activity. EFNEP has been offered in Herkimer County for forty-eight years.

During 2019, 118 families representing 477 family members participated in a 6-8 session series of nutrition education through EFNEP. 90% showed improvement in one or more diet quality indicators (i.e. eating vegetables, fruit, drinking less regular soda, and cooking dinner at home). 75% showed improvement in one or more food resource management practices (i.e. plan meals before shopping, compare food prices, or make a list before shopping). 71% showed improvement in one or more physical activity behaviors (i.e. exercising for at least 30 minutes or making small changes to be more active).





Comments from graduates about what they learned from EFNEP include: "I learned how to shop differently and manage my money better than I was."; "I have learned to save money for food and how to eat better. I get more fruit and vegetables. I walk more."; "Unit pricing; preparing meals at home; planning meals; make better food choices; exercise more."

Staff also worked with 133 youth in 7 groups with the 6-session "Choose Health: Food, Fun and Fitness" curriculum at Benton Hall Academy Grade 5 and West Canada Elementary Grade 6.

Networking with County Departments and community agencies continues as a high priority for visibility and marketing of EFNEP efforts. Referral networks have been established with DSS (including Herkimer County Employment and Training Employment Readiness Program), Herkimer County WIC Program, 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), Arc Herkimer (including Valley Commons program), Care Net Pregnancy Center of Central NY (Herkimer office), and Bassett Healthcare Herkimer.



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4-H Youth Development



There are eleven active 4-H clubs with 101 members and 26 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 parades, caroling, bake sales for fire departments and scholarship funds. Members also cleaned up watersheds, read for Ag Literacy week, led an incubation project in a classroom, donated food & supplies to the Herkimer County Humane Society, and collected and donated personal hygiene supplies to Catholic Charites.

Several 4-H members participated in "make & take" activities in the youth building at the Herkimer County Fair. The public watched demonstrations on cooking, origami, learning about electricity and composting.





4-H'ers worked on their green thumbs with a container tote garden workshop that is self watering. Many items on display at the fairs were a result of club projects.

4-H members participated in the Utica Zoo Garden Project. 4-H volunteers built a fence around the Utica Zoo garden. 4-H volunteers also planted and maintained the five raised-bed vegetable gardens at the zoo, and harvested vegetables all summer and fall. Participants even got a behind the scenes look at the Zoo Kitchen.



Cornell Cooperative Extension Herkimer County

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Local Foods in Herkimer County



CCE of Herkimer County continues to promote local foods through the "Herkimer County Local Foods Map." In 2019, 61 farms were listed on the map along with eight farmers' markets. Five thousand copies were distributed at over 80 organizations and businesses in Herkimer County. Funding for this map was provided in part through a grant from Herkimer County Mental Health through the Farm Family Assistance Project and the Herkimer County Office for Aging.

Eating locally grown and raised foods increases awareness of where your food comes from, local growing seasons, and the importance of supporting local agriculture. Local foods are fresher and more nutritious than foods that have traveled many miles and days to get to your table.

When you buy direct from local farmers, your dollars stay within your community and strengthens the local economy. This helps preserve farming as a livelihood and rural landscapes as farmland in Herkimer County.

To view an online version of this map, please visit http://bit.ly/2019HerkCoLocalFoodsMap

CCE also coordinated pre- and post-season meetings for Herkimer County Farmers' Market Managers who shared market plans, successes, and challenges for the 2019 season and discussed ideas for the 2020 season.

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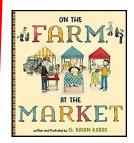


4-H Youth Development

Throughout the year, 4-H members participate in horse, dairy cattle, sheep, beef cattle, dairy goat, swine, poultry 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.

4-H clubs celebrated National 4-H Week by constructing displays in their communities. The theme for 2019 was "Inspire Kids to Do."





To celebrate New York "Ag Literacy Day 2019," the book "On the Farm, At the Market" written and illustrated by G. Brian Karas, was read to second grade classes in Herkimer County and then donated to the school library. This was made possible by the Herkimer County Farm Bureau. Reading this book gave the children a glimpse on what it takes to bring the food we eat to us in order to nourish our bodies and spirits.

Forty-eight members participated in Public Presentation events throughout the 4-H year. Four Herkimer County members went on to the District Public Presentation event in Oriskany and Aleksandra Zaitseva received second place overall in the junior division.





Twenty-two Herkimer County 4-H members exhibited dairy cattle, beef, swine, dairy goats, and sheep at the 72nd 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. Katie Livingston exhibited the Grand Champion of the Youth Guernsey Show at the World Dairy Expo in Madison, Wisconsin.

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CNY Dairy, Livestock & Field Crops Team

Central New York Feeder Calf Sale

Central N.Y. Beef producers have come together with Cornell Cooperative Extension to put a feeder calf sale on in the spring and fall of each year. The tele- auction has been growing and improving for the past three years. High prices this past sale were \$1.46/lb, low prices were \$1.01/lb. The sale has set some high standards for participating producers. Producers are required to following strict guidelines set by producers on the Central New York Beef producers



committee. Ashley McFarland, CNYDLFC Livestock specialist and Dr. Mike Baker, State Beef Extension specialist have worked heavily with this group to help them succeed.

Livestock Techniques

Producers that vaccinate, properly castrate and ear tag animals are likely to receive a higher price at sale. Meetings held at the CCE of Herkimer, Madison, and Chenango County offices focused on proper management practices such as castration, ear notching, ear tagging, administration of injections, and implanting techniques, along with the proper handling of animals.



Performing a hands-on workshop without the use of live animals allowed for many different types of scenarios. We were able to demonstrate why and how a scenario would affect the animal if done one way verses the proper way. It was a fun learning experience for all in attendance.

Success in Succession Planning

The CNYDLFC team joined forces with the SCNYDLFC team, Pro-Dairy and Farm Net to present programming on succession planning at the farm level covering the human, financial and legal components of successful farm family transition.

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Cornell Cooperative Extension Herkimer County

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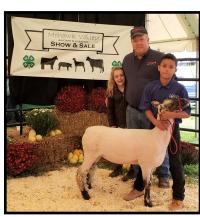
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Mohawk Valley 4-H Livestock Show and Sale



Seven 4-H members from Herkimer County participated in the 6th Annual Mohawk Valley 4-H Livestock Show and Sale in September at the CNY Farm Progress Show grounds. Participants exhibited their beef cattle, lambs, and hog 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, five beef steers, one market hog, two lambs and were sold at the auction. Revenues totaled over \$16,000 with \$2,400 of that being from second time sales which will be used to support this annual event. 4-H members will use their revenues in various ways including purchasing new market animals for next year's auction, college tuition, and donations to various charities.









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Farm Family Assistance Project

2019 marked the twentieth 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 affected by the stresses of operating a farm business and farm life.



"QuickBooks for Farmers and Growers", a 4-session hands-on class series, was attended by 16 farmers. SCORE presented the workshops with support of CCE staff. Evaluations were positive with interest in additional classes. Participants commented that the entire series was very helpful, especially learning about reports and how to use QuickBooks in general.

Funds from this project also helped support the printing of the "2019 Herkimer County Local Foods Map". Five thousand copies were distributed at over 80 organizations and businesses in Herkimer County. See "Local Foods" page in June for more details.

In September, NY FarmNet had a booth at the Central NY Farm Progress Show where over 6,000 people attended the two-day event, showcasing a variety of farm services and programs (nearly 100 exhibitors this year). Staff from Dispute Resolution Center at Herkimer County Catholic Charities assisted with the booth reaching over 100 farm families.



NY FarmNet is available at 1-800-547-FARM (3276).

A free and confidential answering service is available 24-hours, 7 day a week. Website is www.nyfarmnet.org

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Cornell Cooperative Extension Herkimer County

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4-H Youth Development

In 2019, the CCE Herkimer County 4-H Program reached over 2,000 youth throughout the county. These youth were served through the traditional 4-H Club program, day camps, special interest, independent study and school enrichment programs such as: Farm/Home Safety Day Camp (for 5th grade students), the Government Intern Program (for high school seniors), and Ag Literacy Day (2nd grade students). The 4-H program is able to operate with the help of over 350 dedicated volunteers.





Over 60 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.

\$1,608.66 was raised at Tractor Supply through their 4-H Paper Clover Fundraiser. Herkimer County 4-H used those funds to provide leadership opportunities and scholarships towards 4-H ABC Trip, STARR, NYS 4-H STEM Camp and various leadership clinics.



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Cornell Cooperative Extension Herkimer County

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Garet Livermore Executive Director/Agriculture

From all of us to all of you,



Linda RobbinsAssistant Director/Nutrition



Jennifer Collins Wendy Richardson 4-H Program



Lorrie Serow & Valerie Gay

EFNEP Nutrition Staff



Nicole Tommell Farm Business Management Ashley McFarland, Livestock David Balbian, Dairy Management Kevin Ganoe, Field Crops CNY Dairy, Livestock & Field Crops Team



Sharon Giammaria Master Gardener Volunteer



Sue ElliottSNAP-Ed Nutrition Staff



Veronique Stormes
Finance Administrator
Barbara Johnson
Mary Franklin
Administrative Assistants

November

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Cornell Cooperative Extension Herkimer County

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Send an email to herkimer@cornell.edu and request to be put on our direct email list.









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.