



4-H Facts



CORNELL COOPERATIVE EXTENSION HERKIMER COUNTY

FEBRUARY - MARCH 2021

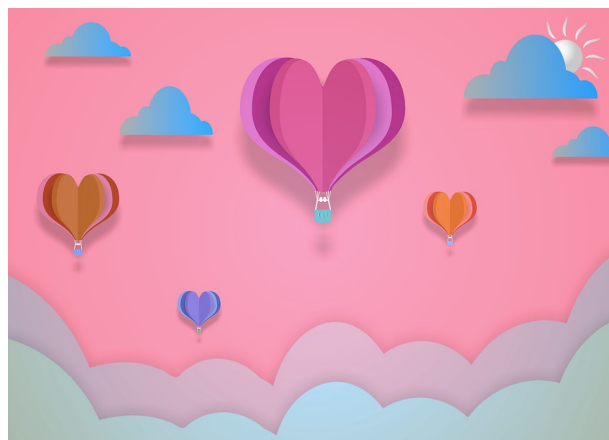
Secretary Reports due the 5th of every month!

February	
3	Virtual Animal Showmanship Clinic
4	Virtual Dairy Bowl: Digestive Systems/Nutrition
5	Secretary Reports due to 4-H Office
8	Registrations due for Tractor & Machinery Certification Course
9	Virtual Horse Bowl: Farrier
12	Registrations due for Public Presentation
15	Presidents' Day (CCE Office Closed)
16-18	Tractor & Machinery Certification Course
17	Virtual Animal Showmanship Clinic: Dog
18	Virtual Dairy Bowl: Mastitis/Udder Health
23	Virtual Horse Bowl: Breeds & Colors
24-25	4-H Public Presentations / Horse Communication

March	
3	Garden Series: Making a Garden Plan
5	Secretary Reports due to 4-H Office
5	Virtual Dairy Bowl: Reproduction
10	Garden Series: Starting Seeds
15-19	NY Ag Literacy Week
17	Garden Series: Preparing Your Soil
19	Virtual Dairy Bowl: Hoof Health
24	Garden Series: Making a Sensory Garden
31	Garden Series: Planting the 3 Sisters

April	
5	Secretary Reports due to 4-H Office
14	Virtual / In Person Animal Clinic: Beef
20	District Horse Communications (CCE Oneida County)
28	Virtual / In Person Animal Clinic: Dairy Cattle

May	
1	STARR
5	Secretary Reports due to 4-H Office
12	Virtual / In Person Animal Clinic: Goat
15	District Public Presentations (CCE Oneida County)
16	Utica Zoo Planting Day
26	Virtual / In Person Animal Clinic: Sheep



<i>Inside This Issue:</i>	
4-H Honor Secretaries	2
We Want to Hear from You	2
Attention Youth!	2
Tractor & Machinery Certification Course	3
Virtual Livestock Showmanship Series	4
Virtual Horse Bowl Practices	5
Virtual Dairy Bowl Practices	6
Public Presentation / Horse Communication	7-9
4-H at Home: Garden Series	10
NY AG Literacy Week	11
Facebook Live "Eating Smart, Being Active" Begins in March	11
Free 4-H Kits	12
STARR 2021	12
Recruiting Farms for the 2021 Herkimer County Local Foods Map	12
Utica Zoo Garden Project	13
Club News	14
Community Service - Cards for Seniors	14
4-H Member and Volunteer Drive Through Recognition	14
Social Media	15
Keeping You Updated	15
4-H Facts Online	15
Build a Popsicle Stick Paddle Boar	15



4-H HONOR SECRETARIES

Congratulations to: **Jonah Hitchcock**, of the All Seasons 4-H Club; **Sasha Zaitseva**, of the Green and Growing 4-H Club; **Hannah Carnright** of the Kuyahoorra Kaprines 4-H Club; **Sabrina Hunt**, of the Milkshakers 4-H Club; and **Laken Dyn**, Independent member for turning in their November 4-H club secretary report by December 5.

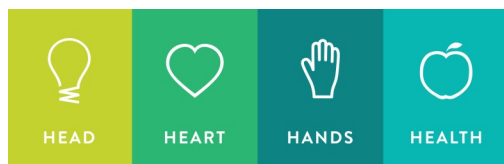
Congratulations to: **Jonah Hitchcock**, of the All Seasons 4-H Club; **Sasha Zaitseva** of the Green and Growing 4-H Club; **Hannah Carnright** of the Kuyahoorra Kaprines 4-H Club; **Brogan Graves** and **Laken Dyn**, Independent members for turning in their December 4-H club secretary report by January 5.

WE WANT TO HEAR FROM YOU

Parents, Leaders, 4-H Members: Is there something you want to learn about or how to do? If so then call Wendy or Jenn at 315-866-7920. We might be able to do a workshop on the subject!

ATTENTION YOUTH!

Want to be directly connected to 4-H emails, newsletters and updates? If so, submit your current email address to wlr45@cornell.edu. Emails submitted will only be used for 4-H correspondence and will not be shared with any other source.



CORNELL COOPERATIVE EXTENSION OF
HERKIMER & ONEIDA COUNTIES PRESENT

TRACTOR & MACHINERY CERTIFICATION PROGRAM



DATES: FEBRUARY 16-18, 2021
TIME: 8:30AM-3:00PM DAILY
COST: \$25 FOR 4-H MEMBERS &
\$35 FOR NON 4-H MEMBERS

OPEN TO YOUTH & ADULTS 14 YEARS OF AGE AND OLDER. YOUTH AGES 14-15 WORKING FOR SOMEONE OTHER THAN THEIR MOTHER OR FATHER MUST HAVE SUCCESSFULLY COMPLETED THIS COURSE IN ORDER TO BE LEGALLY EMPLOYED ON A FARM, MOWING LAWNS, ETC.

PRE-REGISTRATION IS REQUIRED. FOR MORE INFORMATION AND TO REGISTER, GO TO:
https://reg.cce.cornell.edu/TractorSafety2021-2-2-2_221
Registration ends February 8 and is limited.

QUESTIONS? CONTACT JENNIFER COLLINS AT CCE HERKIMER
JLR34@CORNELL.EDU OR 315-866-7920

THIS PROGRAM IS SPONSORED BY CLINTON TRACTOR AND IMPLEMENT COMPANY AS WELL AS THE WORKFORCE DEVELOPMENT INSTITUTE THROUGH A GRANT FROM THE DEPARTMENT OF LABOR

NORTHCENTRAL DISTRICT 4-H EDUCATORS PRESENT

LIVESTOCK SHOWMANSHIP SERIES

FEB 3: TBD

FEB 17: DOG

APRIL 14: BEEF CATTLE

APRIL 28: DAIRY CATTLE

MAY 12: GOAT

MAY 26: SHEEP

JUNE 9: SWINE

TIME: 6:30 PM

Register at:

<https://reg.cce.cornell.edu/NC4H>
DistrictLivestockSeries_235



CONTACT JENN AT 315-866-7920 OR
JLR34@CORNELL.EDU WITH QUESTIONS

NORTHCENTRAL DISTRICT 4-H EDUCATORS PRESENT

VIRTUAL 4-H HORSE BOWL PRACTICES

JAN 12: REPRODUCTION
JAN 19: FOX HUNTING
JAN 26: ANATOMY
FEB 9: FARRIER
FEB 23: BREEDS & COLORS
TIME: 6:30 PM



Register at:
https://cornell.zoom.us/meeting/register/tJYvde-VpjkpHdQTV5cLLD2GcA5WvlB_poh0

CONTACT JENN WITH ANY QUESTIONS AT
315-866-7920 OR JLR34@CORNELL.EDU



NY STATE 4-H DAIRY COMMITTEE PRESENTS

VIRTUAL 4-H DAIRY BOWL PRACTICES

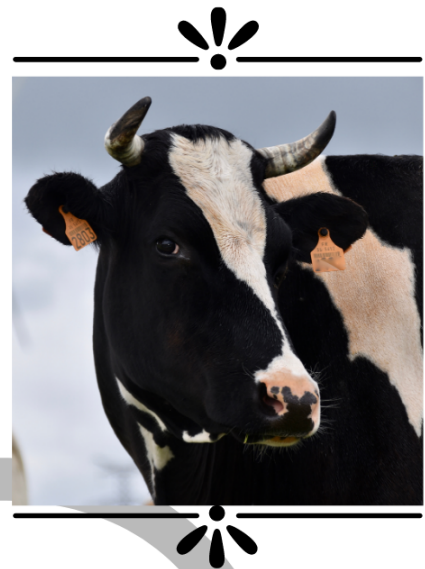
JANUARY 28: INTRODUCTION

FEBRUARY 4: DIGESTIVE SYSTEM/NUTRITION

FEBRUARY 18: MASTITIS/UDDER HEALTH

MARCH 5: REPRODUCTION

MARCH 19: HOOF HEALTH



TIME: 7 PM

Register at:

<https://cornell.zoom.us/join/register/tJYsdeGgpjoqGt0snKp20z2MxqJllqJor99w>

CONTACT JENN WITH ANY QUESTIONS AT 315-866-7920 OR JLR34@CORNELL.EDU



PUBLIC PRESENTATIONS / HORSE COMMUNICATION

**February 24 & 25
5 - 8 PM**

**Virtual or In-Person
CCE Herkimer County
5657 State Route 5
Herkimer NY**

Thinking about doing a Public Presentation this year? Sign up early to save your spot. (*NEW this year you must choose an assigned time, No Drop-ins*) Can't decide on a topic? Choose your favorite memory and tell us about it. Use pictures, props, costumes... be creative. Horse Communications and Public Presentation event is being offered either Virtual or In-Person, on Feb 24 and Feb 25, 2021, from 5 PM - 8 PM. This year, we will need you to register for an assigned time to limit the amount of people in the building at one time. Registration times are for 20 min slots, starting at 5 pm. You can follow this link or call the office to register at

https://reg.cce.cornell.edu/4HCountyPP2021-2_221 or 315-866-7920.

Registrations for the presentations are due to the 4-H Office no later than **February 12**. We need to have the names of each 4-H member who will be doing a presentation and the title of the presentation when you call to register.

For virtual presentations: You will be emailed the zoom link to go to at your assigned time to give your presentation. The evaluator will admit you in to present when they have finished with the one presenting before you. Please be patient. You will present live via Zoom and will get judges' comments back after your presentation. Your evaluation paperwork will be mailed to you after the event for your records.



For in-person presentations: Please arrive at least 10 min. prior to your starting time so that you may complete the required paperwork. Because of the Corona Virus those presenting in person must wait in their cars until called to present. If you need electricity, computer equipment, speakers or projector screen make sure let us know ahead of time. The in-person event will be held at CCE Herkimer County 5657 State Route 5 Herkimer, NY 13350 in the conference room. Only the presenter and one adult chaperone will be admitted at a time (please plan accordingly).

The Public Presentation Program is frequently referred to as "the most beneficial and rewarding experience of all 4-H experiences". Public presentations give 4-H members an excellent opportunity to research a subject, organize ideas in logical order, develop visual aids and learn to speak effectively before groups. With each public presentation, there is an increase in self-confidence, poise, self-esteem, stage presence and knowledge. Public presentations can teach a 4-Her life skills that will be useful in his or her future social, educational and career pursuits. It is important for 4-H'ers to begin doing Public Presentations at an early age and continue throughout their 4 H career. Public speaking skills develop over time, with experience and repetition.

Guidelines for Presentation Length

1st year presenter – 3 – 5 minutes

2nd year presenter – 5 – 7 minutes

3rd year and older – 7 – 15 minutes

These are not strict rules, just guides!!

NOTE: No presentation should be longer than 15 minutes!

Continued on next page...

PUBLIC PRESENTATIONS / HORSE COMMUNICATION

Tips For Good Presenting*The 4 P's of Public Presentations. . .***P Pick A Topic**

- That you like,
- That you know something about,
- That you want to share with others.

P Prepare An Outline

- Introduction- Greet your audience and get their attention and interest. Tell what you will be demonstrating and explain why you are interested in the topic.
- Body- Present the facts and information in an orderly and logical sequence. Explain what you are doing and why.
- Summary- Briefly restate main points of presentation. Give sources of information. Ask the audience if they have any questions.

P Practice-Practice-Practice

- So your show and tell will be smooth and natural.

P Present

- Dress neatly. Food demonstrators should wear short sleeves, gloves and have hair pulled back in hairnet, scarf, or chef's hat.
- Be sure everything is in place before you begin.
- Work quickly and neatly.
- Look at the audience, not down at the demonstration table or your notes too often! Smile, relax and enjoy what you are doing.
- Speak naturally in a clear loud voice so audience can hear you

**Important Reminders/Guidelines for 4-H Public Presentations**

1. Research your topic — include interesting information and facts.
2. Presentations should be a minimum of 3 minutes for Cloverbuds, 5 minutes for traditional members and maximum 15 minutes for the more experienced.
3. Experienced presenters should be able to give more information than beginners.
4. Note cards should be avoided - PRACTICE IS THE KEY. A poster may be used as an outline. (Please remember if you have a poster you must use it during your presentation).
5. Don't forget any supplies - make and keep a list of equipment.
6. PRACTICE standing straight and tall on both feet - dress appropriately for your topic and be well groomed.
7. For food demonstrations:

Long hair must be secured or in a net.

Actually measure at least two ingredients (1 dry, 1 liquid), the others may be pre-measured (presenter must state that the ingredients have been pre-measured).

Use transparent containers.

If using a mixer, a towel under your bowl will deaden the sound.

Include nutritional, storage, buying or other information as well as "how to." Have recipe copies available for the audience.

Gloves must be worn for all food preparation/demonstrations (this means ALL foods whether for human or animal consumption).

Wear clothes appropriate for the kitchen. Aprons are optional.

PUBLIC PRESENTATIONS / HORSE COMMUNICATION

8. Bring a table cover and cleaning supplies if your presentation is messy.
9. Where helpful, use sharply contrasting materials so it is easy to see what you are doing.
10. Do not use containers showing brand names - use separate container or cover the product name. Label products - "glue", "flour", etc. Loosen or remove container lids before starting.
11. Tape a paper lunch bag to the back of the table for garbage during your presentation.
12. Arrange trays neatly, with taller items toward the outer edge of the tray.
13. A damp cloth or sponge to wipe spills and fingers is a must.
14. Describe your motions and procedures - tell why something is being done.
15. If you tend to get nervous, take a few deep breaths just before your turn.
16. Keep the space in front of you clear, so the audience can see what you're doing.
17. Talk to the audience, not the table!!! Speak clearly so everyone can hear and understand (best solution...PRACTICE!)
18. Keep finished product out of sight until you plan to show it.
19. Take time to clean up and cover trays before giving your summary and presenting the finished product.
20. Give sources of information.
21. SMILE!!! Evaluators are really nice people and they know exactly how you feel. Many of them have been through it too...or wish they had!
22. Evaluators' comments are to help you— NOT criticize you.
23. No matter what award you receive, try again next year - it is a great experience and it gets easier each time.

ATTENTION: HORSE COMMUNICATIONS

Are you interested in horses or the horse industry in general? Why not consider giving your public presentation as a "Horse Communication"? County-level horse communications will be given on **February 24** or **25**, along with the other 4-H Public Presentations. From the county event, you may be chosen to go on to the district event being held **May 15**. And who knows, you may be selected from there to go to the NYS Horse Communications Event at Cornell. Check out the rules for horse communications at <http://4h.ansci.cornell.edu/animal-programs/horses/>

SPECIAL NOTE TO CLOVERBUDS

Cloverbuds will not be judged on their presentation, but will receive a Certificate of Participation and credit toward completion for the year. Members may work individually, in pairs, or groups. Think "Show & Tell."

A LITTLE INCENTIVE FOR DOING A 4-H PUBLIC PRESENTATION!

Each 4-H member that gives a public presentation on February 24 or 25 at CCE Herkimer County will get \$10 off of their ticket to 4-H Day at Enchanted Forest Water Safari.

4-H DISTRICT PUBLIC PRESENTATION EVENT

The District Public Presentation Event is scheduled for **May 15**, at CCE Oneida County.



NORTH CENTRAL DISTRICT 4-H EDUCATORS PRESENT

4-H AT HOME: GARDEN SERIES



WEDNESDAYS AT 6:30 PM

Topics Include:

Making a Garden Plan, March 3

Starting Seeds, March 10

Preparing Your Soil, March 17

Making a Sensory Garden, March 24

Planting the Three Sisters Garden, March 31



2020 saw an increase in gardening at home. This year, youth can be prepared to grow vegetables and plants with this 5 week series, covering how to start a garden from seed to soil and beyond.

Sign up now at

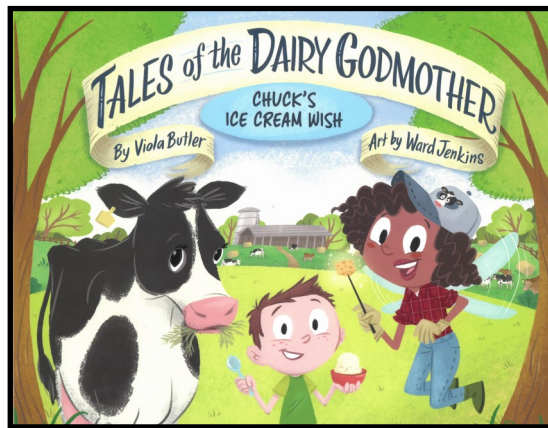
https://reg.cce.cornell.edu/NC4HDistrictatHomeGarden_221

or Scan the QR code to register.



NY AG LITERACY WEEK

March 15-19



In celebration of National Agriculture Week, volunteers throughout the state will read a book with an agricultural theme to second graders. The selected book for 2021 is *Chuck's Ice Cream Wish, Tales of the Dairy Godmother* by Viola Butler.

We are proud to feature a book that takes an inside look at how ice cream is produced from the farm to cone. Students will have an immediate connection to this dairy treat, and we hope it will help them understand and communicate the value of the largest sector of New York's agriculture industry.

Over 75,000 students in almost every single county were reached last year. If you are interested in volunteering to read to a school, please contact Jenn at the 4-H office. All readings will take place virtually,. If you are interested in reading to a 2nd grade classroom, contact Jenn and she will work to set you up with a classroom(s) and teachers and help walk you through the technology to make it happen.

FACEBOOK LIVE "EATING SMART BEING ACTIVE" SERIES STARTS IN MARCH



The Expanded Food and Nutrition Education Program of Cornell Cooperative Extension of Herkimer County is starting a free Facebook Live Series in March on Wednesdays from 3 to 4 pm for eligible families. Join us to learn how to plan, shop, and prepare healthy meals that your family will love. You will receive easy healthy recipes and even be able to try some fun ways to be physically active as a family. And by completing all 8 sessions, you will receive our EFNEP apron with either the 85-page full-color "Let's Cook" cookbook with over fifty recipes or assorted kitchen utensils. Check details on our website at <http://blogs.cornell.edu/cceherkimer/programs/nutrition-programs/efnp/> or call us at 315-866-7920.



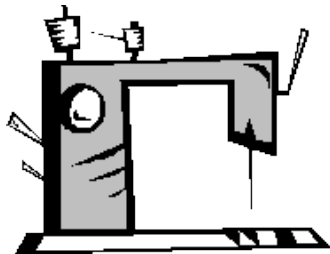
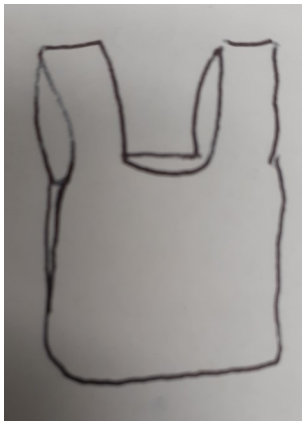
FREE 4-H KITS

We still have some project kits available for free at the 4-H office. We have put together some kits for youth to work on until we can once again meet for in person programs. The following kits are available to pick up!

Have access to a sewing machine and thread? Make a reusable shopping bag. There are a variety of colors and prints still available.

Make a 4-H Clover String art plaque to hang your 4-H ribbons on. Or choose a different pattern for string art yarn. We have yarn in many colors available and nails – all you need is the wood.

Looking for a quick and easy STEM activity for a cloudy day? Why not try origami rockets? Our kit will make 4 rockets you can launch!



RECRUITING FARMS FOR THE 2021 HERKIMER COUNTY LOCAL FOODS MAP

Cornell Cooperative Extension of Herkimer County (CCE) is updating the Herkimer County Local Foods Map for 2021. All farms listed on the 2020 map will be contacted for updates. However if you know of any farms that were NOT on the 2020 map and they would like to be considered for the 2021 map, please have them call CCE at (315) 866-7920. To be part of the map, you need to produce a local food product and your farm must be located in Herkimer County. The deadline to be listed on the map is Friday, February 19, 2021. See the 2020 map on our website at <http://bit.ly/CCEHerkCoLocalFoodsMap>



UTICA ZOO GARDEN PROJECT

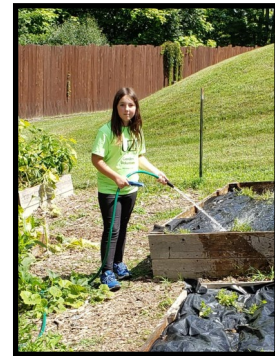
Planting day for the raised beds will be Sunday **May 16, 2021**. Herkimer County 4-H is continuing to work with the Utica Zoo to grow vegetables for the zoo animals. 4-H members and Volunteers will be maintaining and harvesting produce throughout the summer months.

All participants will receive a t-shirt (indicating that you are there to work on the gardens), and free admission to the zoo on the day you work. We are looking at ordering Zoo Volunteer t-shirts earlier this year to make sure they are in before our clean up and planting day. If your family will need new garden volunteer t-shirts, please register each person who will be helping online by April 15th.

Please give us your name and shirt size; let us know whether you will attend the zoo work day on Sunday, **May 16**, and what week, (if you know your summer plans already), that you are available to cover the care of the garden.

To register please call 315-866-7920 or register online at https://reg.cce.cornell.edu/uticazoogardenproject-2_221 or scan the QR code on your mobile device to be taken directly to the registration landing page. (To scan the QR Code, open your Camera app and point it steady for 2-3 seconds at the QR Code. A notification should appear. If nothing happens, you may have to go to your app settings and enable QR Code scanning or download a third-party QR Code reader app.) Call us if you need help!

For more information, please contact Wendy at 315-866-7920 or wlr45@cornell.edu.



potatoes 25 plants	radishes 7 plants		Raspberries
swt potatoes 50 plants	Watermelon 2 plants		D
tomatoes 5 plants	Cucumbers 6 plants		R
peas 120 plants	broccoli 3-5 plants		S
green beans 15 plants	Cabbage 2-3 plants		
Carrots 100 seeds	summer squash 5 plants		
Zucchini 5 plants	spaghetti squash 5 plants		
pumpkin 5 plants	swt. corn 1/2 lbs. seed		
Onions 15 plants	peppers 3-5 plants		
beets 36 plants	Cantaloupe 2 plants		
Corn 6 plants	cat		
kale 4 plants			
allium 4 plants			

A potatoes ✓ 10	H pumpkin ✓ 5	O spinach
B green beans ✓	I swt potatoes ✓ 10	P broccoli
C Cucumbers ✓	J radishes ✓ 4	Q Cabbage

CLUB NEWS

The **All Seasons 4-H Club** did not hold a meeting in November. In December, members discussed member recognition, community service and Public Presentations. Members adopted a senior for Christmas and made Christmas cards and cookies for them.



In December, **Brogan Graves** made Christmas cards for his neighbors who live alone.



The **Green and Growing 4-H Club** held a meeting virtually in December and January. They also held a virtual knitting workshop in December to learn how to make a hat. The club is planning an engineering challenge for its members to build a bridge out of recycled materials by April.



The **Hawkes Dyn 4-H family** did not hold a meeting in December.



The **Kuyahoor Kaprines 4-H Club** did not hold a meeting in December. They are working on their 4-H Public Presentations for February.

COMMUNITY SERVICE – CARDS FOR SENIORS

A big thank you to Herkimer County 4-H members who took the time to make hand-made cards and collected gifts of toiletries to give to the residents of Folts Brook Center, Mohawk Homestead, Valley Health Services, and The Grand. Wendy Richardson and Jennifer Collins delivered the cards and gifts to each facility on Tuesday, December 15.



4-H MEMBER AND VOLUNTEER DRIVE-THRU RECOGNITION

Due to social distancing rules, we were unable to hold our annual awards night. Wanting to recognize all the hard work the 4-H members and volunteers have accomplished in the 2019-2020 4-H year, we came up with a Member Recognition Drive-Thru instead. Families were able to come to the 4-H office parking lot, where they were greeted by Executive Director Garet Livermore and 4-H Educators Jenn Collins and Wendy Richardson. Youth who turned in their yearend completion sheet with projects and program participation, were awarded certificates and ribbons, as well as some goodies and gifts for their accomplishments. Volunteers were also recognized for their continued service.



SOCIAL MEDIA

Follow us on Facebook at Cornell Cooperative Extension Herkimer County, and request to join the private group 'Herkimer County 4-H' for events that might not make it into the 4-H FACTS.

Follow us on Instagram at Herkimer4h to see the latest photos about what members are doing in 4-H!

Get text updates from educators about program changes and to stay in touch through the REMIND app: text @herkimerco to 81010.

Please call the office if you have any questions or e-mail Wendy at wlr45@cornell.edu or Jenn at jlr34@cornell.edu.

For 4-H projects, visit <https://blogs.cornell.edu/cceherkimer/programs/4-h-youth-development/youth-projects/>

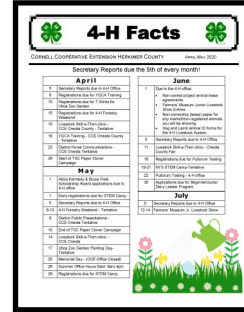


KEEPING YOU UPDATED

In light of COVID-19 we are doing our best to keep you updated on everything in the world of 4-H. Please know that events listed in the newsletter may change at any time and we will keep you all up to date via email and Facebook on any changes that do occur. We are doing our best to offer virtual programming and welcome any suggestions for programming you would like to see. Virtual programs can be found on our Facebook page, our web site and via email. Zoom will be the platform we use for virtual programming and registration will be required to ensure the safety and privacy of those participating. If you have any questions, please contact Jenn and Wendy at 315-866-7920, or email Jenn at jlr34@cornell.edu or Wendy at wlr45@cornell.edu.

4-H FACTS ONLINE

The 4-H FACTS is available in color with clickable links online at <https://blogs.cornell.edu/cceherkimer/programs/4-h-youth-development/4-h-facts-newsletter/>



BUILD A POPSICLE STICK PADDLE BOAT

Dive into the world of 3-D printing with this activity from 4-H's 2020 STEM Youth in Action winner.

This fun STEM activity comes from Joseph Huff, the 2020 STEM Youth in Action winner. Kids will build a self-propelling boat while learning the basic skills needed for 3-D modeling and printing – and they'll also learn about water resistance, thrust, and the transfer of energy.

Grades: 1-8
 Topic: STEM, Physics
 Estimated Time: 90 Minutes
 Brought to you by HughesNet

These simple materials will get you started.
 Popsicle sticks
 Rubber bands
 Scissors
 Sandpaper
 Hot glue gun
 Optional: Things to decorate your boat with, like stickers or glitter or googly eyes (why not?)

For full directions go to <https://4-h.org/about/4-h-at-home/paddle-boat/>

Cornell Cooperative Extension Herkimer County

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RETURN SERVICE REQUESTED

"THE PURPOSE OF THE 4-H YOUTH DEVELOPMENT SYSTEM IS TO ENABLE YOUTH TO DEVELOP KNOWLEDGE, ABILITIES, ATTITUDES, AND BEHAVIORS TO BE COMPETENT, CARING ADULTS"

4-H YOUTH DEVELOPMENT STAFF

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State 4-H Web address: <https://nys4-h.org/>

National 4-H Web address: <https://4-h.org/>

Find us on Facebook!

www.facebook.com/CCEHerkimerCounty

Ask the join the Herkimer County 4-H closed group!

Follow us on Twitter @CCEHerkimer

Follow us on Intstagram at herkimer4h

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