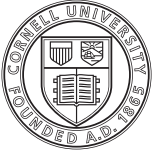


The Scoop



Cornell University
Cooperative Extension
Schoharie County

Cooperative Extension News

Building Strong and Vibrant New York Communities

February 2008

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Coming Events

- ◆ February 9—Maple Syrup Workshop 9:30 pm - 3:00 pm
- ◆ February 13—Wise Use of Credit Workshop 10 am - 12 noon
- ◆ February 18—Presidents' Day - Office Closed
- ◆ February 27—Board of Directors Meeting 7 pm - 9 pm
- ◆ February 28—Save Energy, Save Dollars Workshop 7 pm - 9 pm

EYES ON A CHANGING COUNTY

As readers may know, a county economic summit is planned for later this season. The Four Partners (Schoharie County Chamber of Commerce, Schoharie County Farm Bureau, Schoharie County Government, SUNY Cobleskill) are taking the lead in organizing the event. The agriculture sub-committee is focused on identifying opportunities for local residents and agricultural producers and for broadly identifying obstacles that face them. We're pleased that we have been able to assist in the process.

How will the summit impact Cornell Cooperative Extension Schoharie County? The insights learned will further enhance what we had gleaned at our extension-based public issues meeting of October 18. The interests and opportunities will be used to create an updated plan of work that addresses the information and skill needs of residents. Our expertise and accessibility of university and Cooperative Extension resources can help in bringing about the quality of agricultural and community life that residents envision. To do so, Cooperative Extension works in these principal areas:

- ◆ Agriculture and food systems
- ◆ Children, youth and families
- ◆ Community and economic vitality
- ◆ Environment and natural resources
- ◆ Nutrition and health

While the broadness of the approach may seem overwhelming, community development is most sustaining when all of the program areas work together. Farm enterprise development, youth, health, and family life will continue to define Schoharie County.

Finally, I'm pleased to announce that the Cooperative Extension board of directors has elected officers for 2008. Congratulations to Nancy Kelly, Cobleskill, elected Board President; Cindi Shelley, Sharon Springs, Vice President; Marijeanne Broadwell, Sprakers, Treasurer; and Kurt Pelton, Sloansville, Board Secretary. Our complete list of directors can be found on page 2. The board is responsible for overseeing association policy and the stewardship of organizational resources.

Don Smyers

Executive Director

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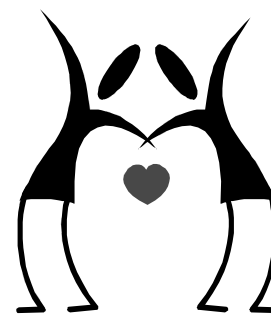
VOLUNTEER MASTER GARDENERS

Debra Bechtold, Linda Bevins, Nancie Bidwell, Carol Bodnar, Susan Carver, Jack Dunne, Carol Hawkins, Julie Herzog, Bonnie Imler, Delores Kloczko, Joanne Rosman, Bob Thomas, Linda Thomas, Barbara Waring, Carolyn Willet.

FOR HEART MONTH, GET TO KNOW YOUR NUMBERS!

by Regina Tillman, MS, RD, Nutrition Resource Educator

Reports in the news, in recent months, of findings about how the heart connects to our brain, and how our feelings of anxiety affect our heart have been amazing. Researchers are better identifying how our heart interacts with our thoughts, our emotions, and the events in our lives. In truth, they may only be validating the effects on the heart we all have felt and that are evident in common expressions like, we are “suffering from a heart break,” or that our heart is “bursting with joy.” Nevertheless, are we listening to what our heart tells us we need in order to keep its beat healthy? Are we taking any better care of our heart today than we did yesterday...or even this time a year ago?



Statistics point to some success gained in the past four years of reducing the occurrence of cardiovascular disease as an underlying cause of death. Unfortunately, there remains considerable room for improvement. The American Heart Association reports coronary heart disease (CHD) continues as the leading cause of death in America while stroke is still the third leading killer. For women, heart disease kills one in three.

The good news is that there are interventions that can lessen our risk for heart disease, regardless of our life stage, or the presence of risk factors that we cannot change (age, sex, and heredity). Below are a few numbers you should be aware for lifestyles, behaviors, and biochemical parameters, so you can assess your preventative measures.

25

A **Body Mass Index (BMI)** of greater than this number indicates being overweight for the average individual by estimating body fat, using height and

(Continued on page 3)

*All staff contributors in this newsletter
can be contacted at Cornell Cooperative
Extension Schoharie County
by calling (518) 234-4303 or (518) 296-8310, or e-mail.*

Marilyn Janiczek
Jonathan Schell
Don Smyers
Regina Tillman-Scott



(Continued from page 2)

weight. A higher BMI equates with an increased risk of cardiovascular disease as a consequence of obesity.

120/80 Considered a normal blood pressure reading, whereas, a reading of 140/90mmHg is considered hypertension (HTN) or high blood pressure. Having both HTN and diabetes doubles the risk of cardiovascular disease.

Keep the “bad cholesterol” LDL (low-density lipoprotein) at or below this number. However, tracking your blood “lipid profile” also includes knowing what your “good cholesterol” HDL (high-density lipoprotein) level is. The HDL target is at least 40mg/dl, with 60mg/dl and higher considered to be at a level that protects against heart disease. HDL levels respond well to physical activity, which leads us to the next important number.

100

60 While the current recommendations for daily physical activity to keep you from being called sedentary (or “couch potato”) is only 30 minutes a day, 60 minutes is more useful if intending to lose weight (which is what more than 60% of us should be doing!). Also, tracking your “screen time” (at the TV and at the computer) to keep it under 3 hours a day is also a benefit of becoming more active, thus helping the heart while also lowering risk associated with several other chronic diseases.

This is the maximum percent of your total daily calorie intake that should be from saturated fat. Saturated fat, which directly contributes to an elevated cholesterol level, generally comes from animal products but it is also found in processed and packaged food products. Read nutritional labels and avoid foods with a daily value (DV) of 20% or more of saturated fat per serving. And keep total fat calories below 35%.

7

1/2 A challenge for most Americans, the recommended amount of vegetables covering your plate to qualify a meal as a

“Healthy Plate.” Most of us, children included, get enough protein each day but very few of us consume a sufficient amount of fruits and vegetables. Fruits and vegetables are relatively low in calories but high in nutrient content and dietary fiber.

Tobacco smoking is halted, or better yet not begun, as well as no abuse of any prescribed or illicit drugs. One per day is the number of alcohol drinks, if you are a woman, referred to as meeting the standard for being “in moderation,” two drinks per day, at maximum, is the standard for the average man.

0

There are still more numbers you should be aware of in reducing your risk of cardiovascular disease. You should speak to your health care provider about which ones are specific to the status of your heart health. In addition, there are web-based tools online to help you to track your numbers over time. Visit the websites listed below for help in showing *your* heart more love, and celebrate February as heart month.

Resources:

American Heart Association:
www.americanheart.org

US Department of Health and Human Services:
www.health.gov/dietaryguidelines

American Dietetic Association:
www.eatright.org

Heart Truth - National Heart Lung and Blood Institute:
www.hearttruth.gov

Health Central Network, Inc:
www.healthcentral.com

Department of Veterans Affairs: *MOVE!* Program
www.move.va.gov

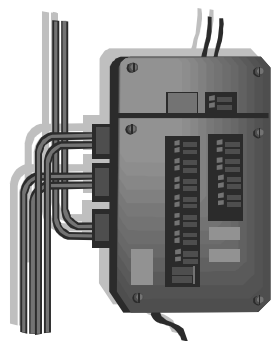


REDUCING ENERGY USAGE ON THE FARM: SOME LOW COST OPPORTUNITIES

by JJ Schell, Agriculture Program Leader

Electricity has allowed many laborious tasks on the farm to be handled by machine. As a result, farmers have raised their productivity and subsequent energy usage. Some of the increase is due to greater use of confinement housing and high-density production systems. There are many management practices you can adopt to reduce energy use or lower your energy costs with little or no upfront investment. The following is a list of opportunities that have the potential to reduce your energy consumption, depending on your operation.

General



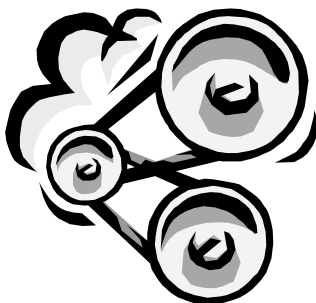
If time-of-use electrical rates are available, consider moving large energy users such as irrigation, water heating and milking operations to off-peak periods. Have your electrical system inspected and implement recommendations. Consider the use of three-phase power for farm

operations if it is available when upgrading your electrical system.

Electric Motors

Inspect and clean accumulated dust off electric motors every month (or sooner if required) to keep motor running cool and prevent overheating.

Check belt tension and alignment of all belt-driven equipment monthly (always replace machine guards). Belt slippage and misalignment of pulleys can shorten belt life by half. Consider using cogged belts and pulleys on new equipment. Cogged belts reduce belt drive transmission losses, which are typically 5% for standard V-belt drives. Use the proper size and type of motor for application. Use totally enclosed motors for all farm applications. Install motors in a



cool, clean, dry environment, whenever possible. Consider using lower capacity equipment with smaller motors that run over a longer period of time rather than large motors. Install motors according to electrical safety codes and install all safety guards including belt guards with proper fasteners. Use Variable Frequency Drives for varying loads such as milk pumps, vacuum pumps and ventilation fans.

Livestock Waterers

If purchasing a livestock waterer, consider one that is frost-free or at least well-insulated. The number of animals drinking from the



waterer will affect energy use. Low numbers of animals per waterer increases energy costs because less “warm” water is drawn into the waterer, resulting in colder water temperatures and a greater need for heating to prevent ice formation. Repair or add insulation as needed to the base cabinet. Maintain a seal around the base of the waterer to reduce air infiltration and prevent freezing. Locate the waterer in a sheltered area out of the wind. Make sure covers or balls operate freely. Use a thermostatically controlled heater. Check thermostats monthly and adjust to just above freezing. Shut off electricity to waterers when heating is no longer needed.

Unfortunately, farmers can’t control the rising costs of energy but with simple steps can control the amount they use. For more information on steps to conserve energy on the farmstead, contact JJ Schell at Cornell Cooperative Extension Schoharie County.

Adapted from: Low-Cost Energy Conservation: General Farm Enterprise by Scott Sanford, Senior Outreach Specialist with the Department of Biological Systems Engineering, University of Wisconsin–Madison.
http://www.uwex.edu/ces/ag/issues/naturalgas/documents/A3784-9_LCEC_general_farm.pdf.

STRUGGLING THROUGH THE HEATING SEASON

by Marilyn Janiczek, Family & Consumer Sciences Program Leader

Energy Conservation is one area that can benefit the health of our pocketbook, as well as our community. And, there's no better time to act on improving the health of our pocketbook than in January and February – two of the most expensive heating months of the year. Remember, your heating costs are made up of two factors:

- ◆ cost of the heating fuel
- ◆ amount of heating fuel used

No matter where prices go or what the heating season is like, you can make the most of your energy dollars by taking basic steps to reduce your usage. The less fuel you use to heat your home, the more you will save. To learn how to do just that, attend one of our energy workshops this winter. Dates and locations are announced in the *Scoop* and local papers.



You, or someone you know, may need financial help to get through this heating season. Bill pay-

ment options and financial assistance programs are available. Payment options offered by your utility include:

- ◆ Budget plans, which provide equal monthly payments.
- ◆ Deferred payment agreements, which may be available if you have fallen behind on your bill and cannot pay in full.
- ◆ Financial assistance and energy efficiency programs, such as the ones listed below, are also available to help consumers with their heating costs:
 - ◆ NYS Home Energy Assistance Program (HEAP) – call 1-800-342-3009.
 - ◆ Utility sponsored assistance programs – call your utility. For National Grid - call 1-800-642-4272; for NYSEG - call 1-800-356-9734.
 - ◆ Community-based energy services programs – call SCCAP: 234.2568.
 - ◆ NYSERDA energy efficiency programs – call 1- 877-697-6278.

Please call the Public Service Commission Helpline at 1-800-342-3377 if you have questions about your heating bill or need assistance in making payment arrangements with your utility.

Source: NYS Public Service Commission

Commercial Fruit Program to Cover Labor, Risk Reduction, Fruit Quality, and Alternative Production Practices – February 28

Cornell Cooperative Extension's Northeast New York Commercial Fruit Program is holding its 2008 Upper Hudson/Champlain Commercial Fruit School on Thursday, February 28, from 7:30 a.m.- 4:15 p.m. in Lake George, at the Fort William Henry Hotel and Conference Center. The 2008 meeting will cover a range of professional and production issues of interest to all commercial apple

“The growing conditions in the Upper Hudson-Champlain region are more severe than in Schoharie County, but the region shares with us many similarities for fruit production.”

growers and all ranges of orchard size, markets, and production practices.

The first part of the program will be split between farm labor issues and crop quality management concerns. Speakers will also explore the underlying factors of crop thinning and carbohydrate modeling, the Seven-day Thinning Evaluation system, and the wise

(Continued on page 12)

MAPLE SYRUP WORKSHOP

Do you have sugar maple trees? Are you unsure of how to convert their sweet sap into golden brown maple syrup? Do you come from a family of maple syrup producers looking for innovative ideas? Cornell Cooperative Extension of Schoharie County is sponsoring a workshop for maple syrup producers on Saturday, February 9, 2008, from 9:30 a.m. to 3 p.m. Cost is \$12.00 for adults, and \$6.00 for children and students. Educational materials and lunch are included. The day will have something for every level of maple syrup producer from those who are new to the maple industry, to individuals who have been producing maple syrup for many years. The goal is to improve the production and use of maple products by working with producers and others who are interested in this fascinating local product. Topics for the day include:

Energy Use and Efficiency in the Maple Industry. Steve Childs, Cooperative Extension Maple Specialist, will compare energy sources like propane, fuel oil, and wood, as well as discuss energy efficiency.

Forestry Management Practices for Maple Producers. Ryan Trapani, Education Forester with the Catskill Forest Association, will discuss steps producers can take to improve production and safety while working in sugarbush.

Maintaining Syrup Production Equipment will focus on keeping syrup production equipment operating efficiently and profitably.

The workshop will be held at the Extension Center on South Grand Street in Cobleskill. Individuals should pre-register by February 7. For more information or to register, please call Cornell Cooperative Extension Schoharie County at (518) 234-4303 or (518) 296-8310.

UPCOMING WORKSHOPS

All workshops are free and open to the public. Pre-registration is required.

Wise Use of Credit

Good credit counts! Learn about selecting and using credit wisely. Also learn strategies for paying down debt, obtaining and reviewing credit reports, and understanding credit scores. Participants will receive free credit management tools.

- ◆ February 13, 10 a.m. to 12 noon, Extension Center, 173 South Grand St., Cobleskill.
Class size is limited. Please register by Monday, February 11.

Save Energy, Save Dollars

Learn about low-cost and no-cost ways to save energy and reduce your energy bills. Also learn about programs that can help you afford energy-efficiency improvements with subsidies, low-interest loans, or free services to qualifying households. Participants will receive a kit of energy saving items.

- ◆ February 28, 7 to 9 p.m., Extension Center, 173 South Grand St., Cobleskill.
Class size is limited. Please register by 2:00 p.m., Wednesday, February 27.

Free Tax Preparation

For taxpayers with low and middle income, with special attention to those age 60 and older. Some restrictions apply.



At Schoharie County Office for the Aging
Returns prepared by an AARP Tax Aide
113 Park Place Suite 3, Schoharie
Thursdays, beginning 2/7/08
Call for an appointment
(518) 295-2001

At Head Start
Lark Street Childcare Center, Cobleskill
Returns prepared by SCCAP staff and volunteers
2/2/08

At SCCAP
Wohl's Plaza, Cobleskill
Returns prepared by SCCAP staff and volunteers
Monday through Friday, 2/4 to 4/11/2008
Call for an appointment
(518) 234-2568

REVIEW OF SCHOHARIE COUNTY AGRICULTURAL DISTRICT # 4

The Agricultural and Farmland Protection Board has announced that Schoharie County Planning and Development Agency, Cornell Cooperative Extension Schoharie County, and the County Board of Supervisors are conducting the eight year review of Agricultural District # 4 which is located in areas of the Towns of Conesville, Gilboa and Jefferson. The District was last reviewed in 2000 and currently is comprised of approximately 20,331 acres.

The public comment period for the agricultural district review is from Wednesday, January 16, until Friday, February 15. Recommendations for modification of the district from any land owner, organization, or municipality can be submitted in writing to the Clerk of the Board of Supervisors office, P.O. Box 429, Schoharie, NY 12157.

The benefits of maintaining the agricultural district status include limitations on eminent domain, other public projects or private citizen construction and development projects, protection from unreasonably restrictive "anti-farming" local laws, and Right to Farm Law protection from nuisance lawsuits. It is not necessary to be in an agricultural district to receive agricultural assessments, which must be applied for annually.

Farmers in Schoharie County who are interested in enrolling additional land into the agricultural district may send their formal requests with their tax parcel number to Lee Pratt, Schoharie County Planning and Development Agency, 349 Mineral Springs Road, Cobleskill, NY 12043.

SPRING SALAD SOONER: EXTENDING THE GROWING SEASON FOR HOME AND MARKET

by Carol Greenman Bodnar, Schoharie County Master Gardener



As daylight hours are beginning to lengthen and the pile of spring seed catalogues grows taller, many of us long for the first taste of home-grown vegetables – either from our own

garden or from a local producer. For those who just can't wait, extending the growing season by starting seeds indoors and transplanting them out into a prepared and sheltered bed is an economical way to maximize crop production for both home and market use. Not only can you enjoy the early harvest of transplanted seedlings, but you can also increase your garden yields for the whole season. In an article for market gardeners, Janet Bachmann discusses ways to get as many as three crops from a single bed over the season by transplanting in seedlings after a previous harvest. Growers can also hope for better prices on crops that appear in the local market earlier than their competitors.' Of course, this is economical for the home grower as well, by providing the opportunity to reap the benefits of early homegrown vegetables. So, here are some tips on how to get the jump on spring harvest.

Determining What to Grow

Working backward from the calendar, establish the dates for starting seeds for transplants that can be safely set into the garden. The Fedco seed catalogue from Waterville, Maine provides a useful chart showing which vegetables can survive in varying conditions, from light frost to extreme cold: Fava beans, carrots, chard, endive, kale/collard, lettuce, mache, parsley, parsnip, radishes, turnips/rutabagas and spinach can all be transplanted or even direct seeded in the ground as early as April. Therefore, you can get started with seeding in late February and early March. Of this cold-tolerant group, the *leafy greens are far better suited to transplanting than root crops*. In general, leafy greens can be harvested in about 60 days from seeding, and if you cut just a few outer leaves from

each plant at a time, you can continue to harvest for about 3 weeks for each plant. However, within each category of cold-hardy crops check to see what the seed catalogs or seed packages say about each cultivar. Some lettuce cultivars may withstand frost, but their eating quality will be severely compromised. Also, some leafy greens will grow on during frost conditions, but if picked when frozen they will disintegrate into an unpleasant black scum. To avoid this problem, always pick the greens after they have defrosted and the air temperature surrounding them is above freezing.

Start Your Seeds Indoors

Now that you've selected which early crops you want to grow, it is time to create your seed-starting facility.

The old saw about starting seeds indoors in a sunny window 6-8

weeks before transplanting is fair advice, but there are better options. Since most seeds germinate more quickly when their soil is heated from below, the windowsill may not provide the best environment. One option is to place electric seed tray heating mats under your flats. These mats are available in garden centers and in catalogues. If you are considering a larger or more economical set-up you can set up shelves or tables in an unused part of your house or basement, covering them with plastic for protection and arranging a series of shop lights or the more expensive grow lights over them. One Schoharie Master Gardener has built an adjustable shelving unit with shop lights suspended from each shelf to shine on the seedlings below. She doubles her light efficiency by resting her seedling trays on racks above each light, thus using its warmth to accelerate germination. Some home improvement centers sell metal shelving units that are well suited to this purpose. If the units are adjustable, you can raise or lower shelves to accommodate growing seedlings. While the full-spectrum daylight bulb is



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optimal for this purpose, entirely satisfactory results can be obtained with the simple fluorescent shop light, especially if you leave the lights shining on the seedlings for most of the day and night and keep it suspended only about six inches over the flats. For moisture you can use a spray bottle of water to keep the soil moist and also pour water into the trays that hold the flats with drainage holes, thus providing moisture for the growing roots.

Seed Starting Medium

There are many options for choice of seed-starting medium. However, if you plan on starting your seeds very early so that you have fairly mature plants to transplant outdoors early on (as in the case of most greens), you will want to consider the nutrient content of your medium. Many seed-starters are nutrient-free. If using these, you will have to consider a fertilization program for the seedlings. If, however, you start with a good potting soil mix that combines the airiness of seed-starters with organic matter and compost, you will have to use less fertilizer as the seedlings grow. When seedlings have leafed out you can use an occasional foliar spray of fish emulsion or kelp to increase disease and pest resistance.

Seedling Environment

In the outdoors, seedlings become “hardened off” when exposed to more rigorous conditions than they find indoors. One way to increase seedling strength, as well as to minimize fungal problems such as damping off, is to set up a fan that blows a light breeze onto your seedlings. And if you really want them to be happy, treat them each day to a concert of soothing pop or classical music! To learn about a completely bio-dynamic environment, check out the website for Solviva.com or get a copy of Anna Edey’s Book, *Solviva*. By growing plants in a greenhouse with ventilation shared by chickens, Edey was able to provide the boost that plants love from carbon dioxide. I inadvertently stumbled on this trick one year by starting my day-old chicks underneath my growing tables!

Preparing for Transplant

If you are looking out the window today and your garden is covered with three feet of snow, it may be hard to imagine how you will get your seedlings into the ground anytime soon. If at some point there is a lull in the snow and there has been enough of a melt for you to discern the outlines of your garden, you can start preparation by putting down a layer of clear plastic over the area you plan to use. This will concentrate the sun’s warmth on the area and hasten soil warming. Schoharie County lies in the 42nd parallel, which means that the potential amount of sunlight available here is comparable to the amount of sunlight in the Mediterranean countries where harvest takes place year round. (Since we are also in a snow-belt, however, we experience brightness through cloud cover as opposed to pure daylight, even in early spring.) A clear plastic cover on the soil will increase soil temperatures by 8 to 14 degrees F at a depth of 2 inches and by 6 to 9 degrees F at a depth of 4 inches. For organic growers looking for biodegradable mulches, refer to a report by Cornell researchers Anu Rangarajan, Betsy Ingall and Mike Davis paper, *Alternative Mulch Products 2003*. Thinking ahead to next year, you may want to prepare beds in fall by insulating them with straw that can be removed for early use next spring.

Protecting the Crops until Harvest



Once the soil temperature has reached around 50 degrees F, you can set the seedlings of cold tolerant plants out into the garden. You will need to protect them, however, from the snow, frost and wind that will surely occur in early spring. There are a number of agriculture fabrics available for this purpose. These products are semi-permeable for water and yet provide significant protection from the elements. Row covers can be laid directly over the seedlings with edges tucked into the soil, or,

(Continued on page 10)

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preferably raised on hoops or other supports to create a micro-climate within. According to Coleman, a row cover that lies 12 inches above the soil is equivalent to moving your plants one and a half USDA Zones south. I use sections of old wire fence cut to 6' lengths and bent over the garden beds as supports for row covers. The cover is tucked under the pointed edges to create what's called the *chenille*, or caterpillar effect. This set-up, although not particularly elegant, does provide resistance to late snows and also is easy to lift up for harvesting greens.

Warm Weather Crops



Most of the above information deals with the early season crops that can withstand some pressure from the elements. For tomatoes, peppers and other warm weather crops, you will need to wait to transplant seed-

lings until the traditional frost-free dates. Many growers have invested in hoop-houses or high tunnels to protect these crops – but in general this form of season extension applies to fall protection rather than spring. However, after a winter of eating root vegetables and imported foods, the pleasure of eating a fresh salad or plate of greens from your own garden in mid-spring just can't beat!

Happy Gardening!



Footnotes

¹Bachmann, Janet. Season Extension Techniques for Market Gardeners, <http://attra.ncat.org/attra-pub/seasonest.html>. January, 2005. (ATTRA Publication #IP035.)

²Edey, Anna. Solviva: How to Grow \$500,000 on One Acre and Peace on Earth, Trailblazer Press, 1998.

³Bachmann, p. 10

⁴Coleman, Eliot. The Four-Season Harvest, Chelsea Green Publishing Co., White River Junction, VT., 1999.

⁵Orzolek, Michael D., and William J. Lamont, Jr. No date. Summary and Recommendations for the Uses of Mulch Color in Vegetable Production. The Pennsylvania State Center for Plasticulture. 2 p. www.plasticulture.org.

⁶Coleman, p. 109

Regarding any mention of pesticides in this publication: Every effort has been made to provide correct, complete, and up-to-date pesticide application guidance. This guidance is not a substitute for pesticide labeling. Read the label before applying any pesticide. The label is the law! Cornell Cooperative Extension and its employees assume no liability for the effectiveness or results of any product. The information herein is supplied with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.

New York State College of Agriculture and Life Sciences, New York State College of Human Ecology, and New York State College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and U.S. Department of Agriculture, cooperating. Any reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.

Cornell Cooperative Extension provides equal program and employment opportunities.

(Continued from page 5)



use of insurance to minimize income risk.

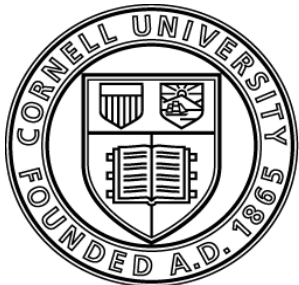
The second portion of the program will turn to practices of orchard and crop protection, emphasizing integrative practices

to conserve natural predators and minimize pesticide use.

Participants may register for the 2008 Upper Hudson/Champlain Tree Fruit School independently or in conjunction with annual enrollment in Cornell University Cooperative Extension Northeast New York Commercial Fruit Program. In either case, school registration fees vary on the basis of Fruit Program enrollment level choice. Pre-registration payment is required by end of day, Friday, February 22. A \$10.00 late fee applies afterwards. Registration includes concurrent tradeshow

admission, morning refreshments, and a luncheon buffet. The Fort William Henry has set aside a block of rooms for this event. Please contact the hotel directly at 1-800-234-0267.

For information about Fruit School registration, Fruit Program Enrollment, fruit newsletters, cold-hardy grape discussion site, or other questions and matters—please contact Nancy Kiuber at nak5@cornell.edu.



Cornell University Cooperative Extension Schoharie County

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