

The Scoop



Cornell University
Cooperative Extension
Schoharie County

Cooperative Extension News

Building Strong and Vibrant New York Communities

June 2009

Feature

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to your digital mailbox

Opening Soon!

Community Garden

on the SUNY
Cobleskill campus.
Call us to reserve your
5'x 20' space at
(518) 234-4303 or 296-8310



Extension Spring Plant Sale

a community tradition

Saturday, May 30

9:00 a.m. to 1:00 p.m.

Cornell Cooperative Extension Center

173 South Grand Street, Cobleskill

✿ Lilies ✿ Irises ✿ Perennials ✿ Annuals
✿ Herbs ✿ Shrubs ✿ Houseplants ✿ Vegetables
✿ Trees ✿ Much More!



*Cornell Cooperative
Extension Schoharie County
Consumer Horticulture &
Master Gardener Programs*



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The Scoop

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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.

Staff Contributors

All staff contributors in this newsletter can be contacted at Cornell
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Educational Partnership
Cornell University,
NYS OTDA,
Schoharie Dept. Social
Services, and
US Department of
Agriculture

About our recipes. . .

Our recipes illustrate newer, healthy-living food preparations. They are based on research from the Division of Nutritional Sciences at Cornell University and are chosen to meet the following principles:

- * Seasonal and local produce are featured.
- * The ingredients are affordable and readily available.
- * Recipes are simple and take a reasonable amount of time to prepare.
- * The recipe has 35% or fewer calories from fat, unless it is a meat recipe in which case it has a limit of 50% of calories from fat.
- * The recipe has minimal added sugars.
- * All recipes are tested by Cooperative Extension Eat Smart New York staff.

If you would like to participate in the ESNY program, and learn to make delicious, healthy meals on a limited income, please contact us.



healthy living recipe

Strawberry Shortcake

Add locally grown fruit, and savor this delicious and nutritious treat! Whole grain cornmeal and fresh fruit add a significant boost of fiber to this old standard. The three grams of fiber per serving help achieve the daily goal of 20 - 35 grams of fiber as recommended by the American Dietetic Association and the National Cancer Institute.

Ingredients

- 1¼ cups all purpose flour
- ½ cup enriched cornmeal
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ cup butter
- ½ cup milk, 1%
- 1 egg, beaten
- Vegetable oil spray

Fruit Topping:

- 4 cups sliced strawberries
- 2 tablespoons sugar

Makes 8 servings

Instructions

1. Heat oven to 450° F. Prepare 9 inch round cake pan with vegetable oil spray.
2. Combine dry ingredients. Cut in butter until mixture resembles fine crumbs.
3. Stir in milk and egg mixing just until blended.
4. Spread dough into prepared pan.
5. Bake 10 to 15 minutes or until golden brown.
6. Serve warm with fruit topping.



Nutrition Facts

Serving Size 1 piece	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 270mg	11%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 4g	
Vitamin A 4%	• Vitamin C 80%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

27% calories from fat

Suggestions:

- Other toppings may be used, such as rhubarb sauce, applesauce, raspberries, fruit cocktail, or your favorite fruit.

Farm to School Project Training - School Food Service Staff



Schools involved in the *Schoharie Valley Farm to School* project were offered the opportunity to send food service staff to a culinary arts training session in March. The full day training was held at the Schoharie Campus of the Career and Technical School, with the objectives of giving food service staff in-depth information about *Farm to School*, enhancing culinary skills and techniques, and trying out new recipes that use locally grown produce.

The pilot program, attended by the food service staff of Berne-Knox-Westerlo CSD and Schoharie CSD, garnered positive comments: “I had a wonderful time and learned a lot”... “I enjoyed everything”... “This was a very fun, educational workday -

thank you.” These comments, along with other feedback gathered from the group, leave little doubt that the students of B-K-W and Schoharie will see new items on school menus! With the success of this pilot program, other schools in the area will also be given training for food service staff in the upcoming year. In addition to enhancing culinary skills, the staff was introduced to the *Farm to School* and to the *Eat Smart NY!* nutrition education program.

Thanks go to the following organizations for sponsorship of this *Farm to School* training program, along with Cornell Cooperative Extension Schoharie County: Bassett Healthcare, Schoharie County Farm Bureau, and the Capital Region BOCES Career & Technical School. Special

recognition goes to Chef Nancy Iannacone, Culinary Arts Instructor and 2008 NYS Prostart Teacher of the Year, for teaching the culinary arts portion of the class.

Farm to School improves the nutritional intake of students, introduces children to the local food supply system, and enhances the economic viability of area small farms. Anyone interested in volunteer or sponsorship opportunities related to *Farm to School*, or farmers who want to be included in a listing for the area’s school food purchases, should contact Regina Tillman, Cornell Cooperative Extension Schoharie County, by calling (518) 234-4303 or 296-8310, or emailing her at rmt37@cornell.edu.

Article submitted by Regina Tillman

Director’s Column

Please Continue Your Support

Soon, we will be asking you and others to support our annual appeal. We live in a time when all of us are concerned about personal finances, yet we hope you believe in Cooperative Extension’s work in supporting our county’s strong rural character. Rest assured, your dollars remain in our county and are used to support local program delivery.

Our programs benefit residents in many ways:

- We help keep agricultural producers competitive in changing markets with expertise focused on the dairy, crops, and vegetable industries and in programs geared toward persons wanting to explore alternative crops, enterprises, and markets.
- Through our 4-H youth program, we teach young people character, community, and citizenship through activities.
- Our Family and Consumer Science program provides nutrition, health,

and financial literacy skills to county residents.

- The 4-H Afterschool program provides educational projects and club work, homework help, academic support, and enrichment to many Schoharie County families.

Thank you for your support.

Don Smyers

Don Smyers
Executive Director

Noah Radliff Awarded SARE Grant for 2009!

Our congratulations go out to Noah Radliff from School Hill Farm in Cobleskill. Just recently Noah was awarded a Farmer Grant from NE-SARE (Northeast Sustainable Agriculture, Research and Education program) to support his project, "Mushroom Cultivation Using Off-Season Vegetable Growth Chamber." The SARE description (usually adapted from the grant application) reads as follows, "Farms often have space shortages or overages according to the season and the farmer (Noah) will adapt an existing vegetable growth chamber to see if it can also serve as a seasonal place to cultivate mushrooms using rye straw bales already made on the farm. Growth and culture requirements will be tracked, with a long-term goal of offering a model for diversification using equipment already available. Outreach will be through extension, the media, and farmer-to-farmer

discussions." We look forward to learning more about Noah's project and helping where needed.

The Farmer Grants from SARE are one of the few funding sources available for small to large farms. It is prepared by the farmer (with access to multiple resources for help), and often requires only an extension agent or crop specialist to sign on as a technical advisor. As described by SARE, "the Farmer Grants are for commercial producers who have an innovative idea they want to test using a field trial, on-farm demonstration, or other technique. A technical advisor--often an extension agent, crop consultant, or other service professional--is required as a project participant. Projects should seek results other farmers can use, and all projects must have the potential to add knowledge about effective sustainable practices.

The key words above are 'innovative

idea' and the time to start cultivating that idea is now. To that end I highly recommend referring to the link <http://nesare.org/get/farmers-examples/> that outlines the type of projects that SARE is supporting. Grants are offered in two different tiers; one for larger, multiyear projects in excess of \$25,000, and one for smaller, shorter-term projects of \$25,000 or less. The proposal deadlines usually are in December, but SARE recommends you read through the 2009 materials with the understanding that the 2010 information will be released later this year. All of the SARE grant offerings can be found at <http://nesare.org/get/>. If you do not have access to the Web, feel free to call (518) 234-4303 or visit the Extension Center and I will be happy to print out materials for you and discuss your project.

Article submitted by
David Cox

Food Preservation Workshop



*Pressure Canning &
Boiling Water Canning
June 25, 2009*

6:30 p.m. to 8:30 p.m.

*Cornell Cooperative Extension Schoharie County
173 South Grand Street, Cobleskill*

Fee: \$10:00

Pre-registration is required.

Please call (518) 234-4303 or 296-8310 seating is limited.
Presented by Family & Consumer Sciences Nutrition Program
Educators Jan Ryder and Joan Frost.

Energy

Chill Out This Summer with Energy Star

ENERGY STAR qualified programmable thermostats allow homeowners to adjust automatically to a more comfortable temperature when they plan to be home. Homeowners can set the temperature to use less cooling when they are normally away, which dramatically reduces energy use at peak load times. Plus, homeowners save 3% on energy costs for each degree the thermostat is set above 72 degrees.

ENERGY STAR qualified ceiling fans can help cool a home without greatly increasing electricity use. They improve airflow and create pleasant breezes.

see Chill Out This Summer on page 8

Have Things Changed on Your Neighbor's Dairy Farm?

Dairy Producers Struggle During Downturn

If you have a neighbor that operates a dairy farm you may have noticed that everything is not the same as it has been. The farm level price of milk is far below the cost of production. Essentially every dairy farmer selling conventional cow's milk today is losing money. Many factors have caused this situation, which is a topic for another time.

The bottom line is that dairy producers are doing everything they can to survive this historic downturn. Additional borrowing just to pay routine monthly expenses has become the norm, assuming their lender is willing to extend additional credit to the farm. Credit from the feed supplier, veterinarian, hardware store, and others is being stretched to the limit. The home foreclosures you have heard about in the news have affected some farms as well.

The occasional new piece of farm equipment that would replace old worn out equipment has not shown up this spring. The old piece is being patched together in every way possible to keep it going. The shabby pickup truck with lots of fresh air blowing through the rusted fenders will have to run at least another year or more. A little less fertilizer may be going on the fields this spring. In some cases the only fertilizer has come from the manure spreader.

Some family members may have taken part time off farm jobs to supplement the family income, even during this time of higher unemployment. There may be more firewood produced on the farm than ever be-

fore to reduce home heating expense. Perhaps the farm woodlot is being logged to provide some additional income.

However, the eternal optimism that many farmers have has them anticipating higher milk prices for the second half of the year. Perhaps those prices will be high enough to at least break even. Paying off the bills on the books maybe (if 2010 prices get even a bit higher) can begin next year.

People still need to eat, so hopefully the milk price in the long run will be better. The spring grass is green and full of nutrition. The cows on pasture can be fed more inexpensively now. First cut hay harvest is fast approaching. The opportunity (and necessity) to capture that high quality nutritious feed early this spring may have you seeing the haybine, chopper, and/or baler out in the

fields earlier than ever before. When all factors are taken into account, the typical dairy farm in the northeast spends between 60 and 75% of all expenses on feed. This is feed they buy and all the costs associated with producing feed on the farm. How well the feeding program is working to convert that feed to milk has a huge impact on the profitability of the farm. Higher quality forage means better milk production with less purchased grain.

With June Dairy Month quickly approaching, go ahead and splurge on that extra ice cream and pick up an extra gallon of milk. If you haven't noticed, that milk in the store cooler costs quite a bit less than it was a year ago. And guess what, it's good for you to boot!

Article submitted by
David R. Balbian,
Area Dairy Management Specialist



Upcoming 4-H Programs

Introduction to Geocaching and GPS for Adults

Youth can attend when accompanied by an adult.

Saturday, May 30,
10:30 a.m. to 1 p.m.,
Community Library, Cobleskill.

Looking for an activity to keep kids busy this summer? Do you know about waypoints? Can you find a multi-cache? What is geocaching, anyway? Find out at this beginner's workshop. We will begin indoors with an introduction to handheld GPS units, explore internet sites for geocaching, and venture out of doors to find caches hidden around Cobleskill. In this workshop, participants will use handheld GPS units which will be available for loan. There is a \$5.00 fee for materials.

Please register by Friday May 22. Late registrations will be accepted as space is available. Call the 4-H Office at (518) 234-4303.

4-H Babysitter Training

Saturday and Sunday,
June 13 and 14,
Extension Center

This class is for youth ages 11 and older who will be babysitting for hire or caring for siblings. Youth must attend both classes to earn a certificate. The fee is \$8.00, and scholarships are available. **Register by Wednesday, June 3** by calling the 4-H Office at (518) 234-4303 or 296-8310.

4-H Shooting Sports – an Introduction to .22 Rifle

Thursday and Friday,
June 11 and 12 (6 to 9 p.m.) and
Saturday, June 13 (9 to noon),
Middleburgh Rod and Gun Club

Youth must register no later than Monday, June 1. The fee is \$5.00. A parent must attend all classes. Instruction will be provided by Dr. Steve Mackenzie, certified 4-H shoot-

ing sports instructor. **To register, or for more information,** contact the Schoharie County 4-H Office at (518) 234-4303 or 296-8310.

4-H Mini Day Camp

June 30, July 1 & 2
Extension Center

Open to youth who are 9 - 13 years of age. Cost is \$40.00 for all three days. This year's theme is Earth, Wind and Water. Workshops include Jammin' with Jan and Joan (making strawberry jam), Go Fly a Kite, Geocaching, and Water-world Games. July 2 will include swimming and hiking activities at Minekill Park in Blenheim. **Registration deadline is Monday June 22,** unless space fills sooner. Call the 4-H Office for a registration form.

Article submitted by Eileen McGuire

Detach and Return

2009 Enrollment

Cornell Cooperative Extension Association Schoharie County

Name: _____

Business/Organization Name: _____

Title: _____

Mailing _____

Address: _____

City: _____ State _____ Zip _____

Telephone Number _____

Are you 18 or older? Yes No

If you would like to receive **The Scoop** electronically instead of by mail, please provide your email address. Your email address will not be shared. _____

Are you a Schoharie County Resident? Yes No. If no, in which county do you reside? _____

In addition, I would like to make a contribution to help continue the work of Cornell Cooperative Extension.

Enclosed is my donation. \$20 \$50 \$75 \$100 Other _____

Please make checks payable to Cornell Cooperative Extension and mail to:

173 South Grand Street, Cobleskill, NY 12043

Please enroll me in Cooperative Extension. In addition to **The Scoop**, I would like to receive:

Part-Time Farmer (\$8/year)
(Subscription price pays for printing and postage)

Chill Out This Summer

continued from page 5

ENERGY STAR qualified room air conditioners use 10 - 25% less energy than a standard new model and up to 40% less energy than a model more than 10 years old. All air conditioners have an Energy Efficiency Rating (EER). The higher the EER rating, the more efficient the unit is. Always select an ENERGY STAR qualified model with a higher EER for even better savings. REMEMBER: a properly sized air conditioner will operate and dehumidify more effectively. A larger unit isn't always the best choice.

Article submitted by Marilyn Janiczek

Coming Events

- May 27 - Board of Directors Meeting, 6:30 p.m.
- May 30 - Extension Spring Plant Sale
9:00 a.m. to 1:00 p.m.
- June 24 - Board of Directors Meeting, 6:30 p.m.
- June 25 - Food Preservation Workshop
6:30 to 8:30 p.m.

Please call (518) 234-4303 or 296-8310
for more information about these events.

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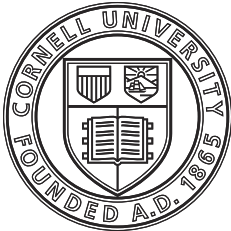


Would you prefer to receive *The Scoop* electronically? You'll receive it sooner, reduce our use of natural resources, and help us reduce publication and postage costs.

The Scoop features vital, relevant information for all Schoharie County residents.

It is focused on quality of family life, 4-H and youth development, and agricultural enterprises and opportunities. You'll receive notices of educational events, and your subscription is free!

Please complete and return the enrollment form on page 11, or call the Cooperative Extension office at (518) 234-4303 or 296-8310. Switch to digital delivery today!



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