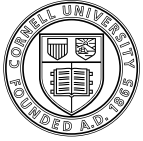


# The Scoop



Cornell University  
Cooperative Extension  
Schoharie County

Cooperative Extension News

Building Strong and Vibrant New York Communities

July and August 2010

## Feature

1 See Us At The Fair!

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## See Us At The Fair!

Come see 4-H and Cornell Cooperative Extension at the Schoharie County Sunshine Fair. The Sunshine Fair opens on Friday, July 30 and ends on Saturday, August 7. 4-H members will be exhibiting at shows throughout the nine days. The Youth Building is open every day from 10 a.m. to 10 p.m. with 4-H exhibits, FFA exhibits, program displays and activities from Cornell Cooperative Extension including cooking demonstrations from Food and Nutrition Educators, Master Gardeners, hands on activities for the younger fair goers, and much more.

### Junior Department Schedule of Events

- 4-H Milkshake Booth, 10 a.m. to 10 p.m., daily, located near the Hall of Agriculture. Proceeds from the Milkshake Booth support the 4-H Scholarship Fund.
- Activities for kids in the Youth Building: 10 a.m. to 10 p.m. every day with crafts, games, and more.

### Junior Department Show Schedule

- Junior and Open Dairy Show, Friday, July 30,

- through Sunday, August 1 at 10 a.m. in the Dairy Show Ring
- 4-H Horse Show, Friday, July 30, 9 a.m. in the Horse Ring
- Junior Dept. Goat Show, Saturday, July 31, 5 p.m. in the Livestock Pavilion
- Junior Dept. Poultry Classes, Monday August 2, 10 a.m. in the Livestock Pavilion
- Goat Quiz Bowl, Monday, August 2, 11 a.m. in the Youth Building
- Dairy Quiz Bowl, Monday, August 2, 12 noon in the Youth Building
- All Animal Costume Parade, Monday, August 2, 3:30 p.m. in the Dairy Ring
- Junior and Open Rabbit Show, Wednesday, August 4, 10 a.m. in the Livestock Pavilion
- Junior and Open Swine Show, Wednesday, August 4 at 5 p.m. in the Dairy Show Ring

*continued on page 5*





Cornell University  
Cooperative Extension  
Schoharie County

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# The Scoop

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173 South Grand Street  
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(518) 234-4303 or (518) 296-8310  
Office Hours: 8:30 a.m. - 4:30 p.m. M-F

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  
Cooperative Extension Schoharie County by calling (518) 234-4303  
or 296-8310 e-mail.

**David Cox**  
**Marilyn Janiczek**  
**Eileen McGuire**  
**Regina Tillman**



#### Equal Opportunity

Cornell Cooperative Extension actively supports equal educational and  
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nance of affirmative action programs that will assure the continuation of  
such equality of opportunity.

#### Product Endorsements

Regarding any mention of pesticides in this publication: Every effort has  
been made to provide correct, complete, and up-to-date pesticide applica-  
tion 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  
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crimination is intended and no endorsement by Cooperative Extension is  
implied.



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.



# Ratatouille\*

What better way to start the summer fresh-market season but with a quick and easy vegetable dinner. Vegetables, grown locally and purchased at farmers' markets, grown in your own garden, or purchased in the grocery store, make a delicious and healthy dinner.

This recipe can be served as a side dish without the pasta or rice, or you can make it as your main meal served over cooked pasta or rice.

## Ingredients

- 1 medium eggplant
- 1 small zucchini
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (16-ounce) jar salsa (2 cups)
- 1 teaspoon garlic granules (or powder)
- 1 tablespoon grated parmesan cheese
- ½ teaspoon black pepper

Makes 5 servings

## Instructions

1. Wash eggplant and zucchini. Cut them into ¾ inch cubes.
2. Heat oil in skillet. Add eggplant, zucchini, onion, and garlic granules. Sauté over medium heat for about 10 minutes or until vegetables are crisp.
3. Pour in salsa; stir and simmer covered over low heat for about 10 minutes.
4. Sprinkle with cheese and pepper. Serve.

## Nutrition Facts

Serving Size 1 1/2 cups		Servings Per Container 5	
<b>Amount Per Serving</b>			
<b>Calories</b> 100	<b>Calories from Fat</b> 30		
% Daily Value*			
<b>Total Fat</b> 3.5g			<b>5%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 520mg			<b>22%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 8g			
<b>Protein</b> 3g			
Vitamin A 15%		Vitamin C 40%	
Calcium 6%		Iron 4%	
*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

32% calories from fat

## Notes:

- Serve over cooked pasta or rice.
- Do not over cook vegetables or they will be soggy.

\*Pronounced (Ra ta tooey)



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## See Us At The Fair

*continued from page 1*

- Junior and Open Rabbit Show, Wednesday, August 4, 10 a.m. in the Livestock Pavilion
- Junior and Open Swine Show, Wednesday, August 4 at 5 p.m. in the Dairy Show Ring
- Junior Dept. Model Horse Show, Thursday, August 5, 10 a.m. in the Youth Building
- Junior and Open Sheep Show, Thursday, August 5, 1 p.m. in the Dairy Show Ring
- Junior and Open Beef Show, Friday, August 6 at 10 a.m. in the Dairy Show Ring
- Small Pet Show, Friday, August 6 at 4 p.m. in the Youth Building Junior Dept.
- Master Showman Contest, Saturday, August 7 at noon in the Livestock Pavilion
- Junior Department Dog Show, Saturday, August 7, 4 p.m. in the Dairy Show Ring

Article submitted by Eileen McGuire,  
4-H Program Leader

# Shake It Up!



Shake it up at the  
Schoharie County  
Sunshine Fair  
*Friday, July 30 through  
Saturday, August 7*  
from 10 a.m. to 10 p.m.  
Located near the  
Hall of Agriculture

## With A 4-H Milk Shake

Proceeds support the Schoharie County 4-H Program

## financial



# Financial Tips

**T**he Federal Trade Commission (FTC) is the nation's consumer protection agency. Here are some tips from the FTC to help you be a savvy consumer.

1. **Know who you're dealing with.** Do business only with companies that clearly provide their name, street address, and phone number.

2. **Protect your personal information.** Share credit card or other personal information only when buying from a company you know and trust.

3. **Take your time.** Resist the urge to "act now." Most any offer that's good today will be good tomorrow, too.

4. **Rate the risks.** Every potentially high-profit investment is a high-risk investment. That means you could lose your investment - all of it.

5. **Read the small print.** Get all promises in writing and read all paperwork before making any payments or signing any contracts. Pay special attention to the small print.

6. **"Free" means free.** Throw out any offer that says you have to pay to get a gift or a "free" gift. If something is free or a gift, you don't have to pay for it. Period.

7. **Report fraud.** If you think you've been a victim of fraud, report it. It's one way to get even with a scam artist who cheated you. By reporting your complaint to 1-877-FTC-HELP or *ftc.gov*, you are providing important information to help law enforcement officials track down scam artists and stop them!

Article submitted by Marilyn Janiczek,  
Family & Consumer Sciences  
Program Leader

# Mother Hubbard- What's In Your Cupboard?

*Program Promotes Food Readiness*



**A**re there times when your cupboard is bare? Our collection of recipes, and the following tips, will help keep your cupboard full and ready.

- Have food on hand that will combine into several dishes.
- Have food on hand that will not be “snacked” away.
- Have food on hand that includes all the food groups represented by the recommendations in *mypyramid.gov*.
- When you shop for these foods over time, check off those items you have on hand right now. Then decide which foods you will buy

the next time you are shopping for groceries.

- If your family doesn't care for some of the foods listed, make changes. For example, replace canned tuna with canned chicken.

Visit our Mother Hubbard exhibit while you are at the Sunshine Fair and pick up some of the inexpensive, healthy recipes that will be available at our booth in the Youth Building. Give yourself the peace of mind that comes from knowing that you are prepared to feed your family healthily even in the face of an emergency be

it sickness, poor weather, or personal crisis.

You can also sample several of the recipes in the collection as there will be a cooking demonstration and sampling opportunity every day. Please see the fair schedule in this issue of *The Scoop*.

Article submitted by Marilyn Janiczek,  
Family & Consumer Sciences  
Program Leader

## Healthy and Affordable Food Demonstrations See Us At The Fair!

*Cornell Cooperative Extension Nutrition Educators are demonstrating healthy recipes each day of the fair.  
Come see us and sample healthy and affordable foods.*

***Everyday 2:00 - 2:30 p.m. in the Youth Building***

### ***Recipes Demonstrated:***

- Friday, July 30 - ***“Wicked Waldorf Salad”***
- Saturday, July 31- ***“The Golden Pot of Potato Corn Chowder”***
- Sunday, August 1- ***“Magically Delicious Scalloped Tomatoes”***
- Monday, August 2 - ***“Abracadabra Chicken Patties”***
- Tuesday, August 3 - ***“Bippity Boppity Garbanzo Bean Burgers”***
- Wednesday, August 4 - ***“Hocus Pocus Tuna and Green Beans on Toast”***
- Thursday, August 5 - ***“Puff the Magic Pancakes”***
- Friday, August 6 - ***“Disappearing Shepherd Pie”***
- Saturday, August 7 - ***“Open Sesame English Muffins”***

# Linking Food Stamp Recipients And Farmers' Markets

## *EBT Cards Accepted At Markets*

Improvements in technology are giving limited-resource individuals easier access to fresh, local farmers' market foods. Wireless technology allows hundreds of farmers' markets, including the Festival Farmers' Market in Cobleskill, to accept EBT/Food Stamp/SNAP cards. A new Web site – [www.snaptomarket.com](http://www.snaptomarket.com) – is available to help guide cardholders through the changes with this advancement.

Each participating farmers market uses wireless, card-reading terminals set up at the market manager's booth to accept EBT/Food Stamp/Snap cards. At the terminal, cardholders swap benefits on their cards for wooden tokens that can be used as cash for that market.

The token program and process can be found in detail at [www.snaptomarket.com](http://www.snaptomarket.com) where cardholders can also

view information including recipes and tips to clean and store fresh foods. The site also features seasonality charts and a market locator tool, which allows cardholders to find the market closest to them.

"Now that wireless terminals are available at so many markets, we need to be sure that food stamp recipients are encouraged to experience the farmers market. To do this, many people are in need of additional instructions and resources. That's why we created [www.snaptomarket.com](http://www.snaptomarket.com)," said Diane Eggert, Executive Director of the Farmers Market Federation of New York.

As Diane Eggert further explains, "the wireless terminal technology has allowed us to create a 'mini-economy' inside the market that benefits both



vendors and cardholders. The tokens are easy on vendors, who do not need their own terminals. And cardholders like the access to the fresh food as well the friendly farmers and vendors ready to share recipes and advice."

Both the wireless exchange program and the website are proof that technology is a powerful tool for connecting low-income individuals to healthful food and to a community experience you can only get at a New York farmers market.

Article submitted by Regina Tillman, Nutrition Resource Educator, and Ann Henry, Nutrition Intern

## Hmmm... Healthy Smoothies!

Smoothies are a great treat when it is hot outside. They can also be a great on-the-go breakfast. However, make your smoothie a healthy one! The nutritional value depends on what you put in the blender so consider these tips:

- Do use the bounty of fresh in-season fruit for sweetness and do not add extra sugar or honey.
- For a thick smoothie, try adding silken tofu (in the refrigerated produce section of the grocery store) in place of ice cream.

- For a frothy smoothie, include a teaspoon or two of dry non-fat milk to the mix.
- Use low-fat or non-fat milk instead of full-fat milk options.
- Increase the protein value with a spoonful of peanut butter or nuts.
- Top off your drink with a little fresh mint from your garden, or add lemon zest.

Adapted by Regina Tillman from the American Dietetic Association  
"Tip of the Day"  
at [www.eatright.org/Public](http://www.eatright.org/Public).



**Note:** ADA daily tips are also available online via RSS feed subscription.)

# Be Aware Of New York Agriculture

## *Schoharie County Youth Well Represented In State Contest*

**S**choharie County was well represented in the “Be Aware of New York Agriculture” Contest with statewide winners for the first time since prior to 2008! We congratulate the following schools that will have their winning entries posted in the Youth Building at the Great New York State Fair:

- Middleburgh Elementary (2nd Grade -2nd Place)

- Ryder Elementary (4th Grade- 1st, 2nd, and 3rd Place plus an Honorable Mention)
- Sharon Springs Central School (5th Grade- 2nd Place )

In addition, as another first, entries from the schools across the county and neighboring areas will be displayed in the Youth Building of the Schoharie County Sunshine Fair! Stop by and view the growing aware-

ness in our youth of the importance of agriculture.

The contest was sponsored locally by the Schoharie Valley Farm to School Project during March and April. It was coordinated by New York Ag in the Classroom Program.

Article submitted by Regina Tillman, Nutrition Resource Educator

## New York State Agriculture Facts

- **Fruit - New York's fruit crops were valued at \$216 million in 2004. Apples and Grapes lead New York fruit crops in value.**
- **Vegetables - The value of vegetables totaled \$470 million in 2004. Fresh market vegetables rank 6<sup>th</sup> and processing vegetables are 7<sup>th</sup> among all states. Leading crops in New York are Cabbage, Sweet Corn and Onions.**
- **Dairy - Milk is New York's leading agricultural product and it is produced all across the state. Milk sales account for over one-half of total agricultural receipts. Production in 2004 was 11.7 billion pounds, with a value of \$1.95 billion. New York is the nation's 3<sup>rd</sup> leading producer.**
- **Poultry - The value of New York eggs, ducks, broilers, and turkeys, plus the value of sales for other chickens, totaled \$112 million in 2004. New York State ranks 22<sup>nd</sup> among all egg producing states.**
- **New York State agricultural production returned over \$3.6 billion to the farm economy in 2004.**
- **About 25 percent of the state's land area, or 7.6 million acres, are used by the 36,000 farms to produce a very diverse-array of food products.**

Source: USDA Ag in the Classroom website: [http://www.agclassroom.org/teacher/ag\\_facts.htm](http://www.agclassroom.org/teacher/ag_facts.htm)

# Winter Sprouting Broccoli: A Crop To Consider?

In England, sprouting broccoli is a traditional heirloom crop that has shown a rise in popularity. The crop is sometimes referred to as “asparagus broccoli”, due to the tender long sweet shoots produced in very early spring. Sprouting broccoli is unlike the broccoli typically grown in the U.S. because it produces many small shoots, rather than a single head. In addition, many varieties require a cold treatment, or vernalization, before making sprouts. In England, sprouting broccoli is planted in late summer, and plants grow very slowly during the fall and winter months. When temperatures start climbing in February, they start to grow again and produce prolific amounts of small purple or white florets on long bright green leafy stems. The shoots are harvested from March to May, when other fresh local vegetables are in short supply and high demand. Unlike broccoli rabe or apini, the shoots are mild-flavored, even sweeter than typical broccoli.

## Growing in High Tunnels

In Durham, N.H. sprouting broccoli can survive winter in high tunnels for early spring crops that are used to produce tomato crops during the summer. Winter sprouting broccoli can provide a source of income when tunnels would otherwise be unoccupied and when little other local produce is available. It would also serve as a rotation crop that could help reduce soil-borne diseases in the next tomato crop.

## Varieties, Availability & Yields

Most sprouting broccoli varieties are purple, but some are green or white, like cauliflower. Currently seeds of these varieties are available from only a handful of companies (High Mowing Seeds, Thompson & Morgan, Bountiful Gardens, and Territorial).

In three years of experiments we have had yields in the range of 0.25 lbs of sprouts per plant. It appears that the white-sprouted varieties, in general, have higher yields than the purple varieties. **Yields:** In 30'x60' tunnel, 136 lb. of sprouts were harvested in 2008. However, our layout did not use space efficiently. At our spacing (2.25 sf/plant), a 30'x60' tunnel could house 800 plants, yielding over 200 lb. Higher yields may be possible with optimum spacing and timing. **Marketing:** This crop will not be familiar to consumers, and it will require education about the crop and how to prepare it. It can be used in any way that broccoli or asparagus is used. It may be helpful to refer to it as “asparagus broccoli” or another creative name for marketing purposes. Trial consumers and chefs have been ecstatic about the crop once it is introduced to them. Restaurants or specialty markets may be the best market for the crop since the harvest season is before most farm stands and markets open for the season.

## Production Information

From 2007-2010, we grew several varieties of winter sprouting broccoli in unheated tunnels in Durham. Important step: Inside the tunnels, plants were covered with an additional layer of 1.25 oz. spun-bonded polyester row-cover during the coldest part of the winter (late November-early March). After establishment, the plants were not watered, fertilized, or otherwise managed during the winter. Winter temperatures were below 0°F for several days; in 2009 the crop survived a low temperature of -18°F.

**Fertility:** Compost and aged manure were added at ~50 lb. N/acre prior to planting. Spring side-dressing may be beneficial for later varieties. **Planting**

**Date:** Seeding from late August-early September and transplanting in late September-early October appears best in terms of plant survival and yield. Plants that are either too small or too large when winter arrives and temperature plummet are less likely to survive. **Spacing:** Raised beds with 3' between row-centers, staggered double rows, with 9" between each plant in a row. This corresponded to 2.25 sf/plant. More trials are needed to determine the optimum spacing. **Harvest Period:** In early March, remove row-covers from covered plants to prevent overheating and to let light in as the plants start to grow. The earliest varieties can be harvested in early March and the latest varieties will go until late April-early May, depending upon the spring weather patterns. For most varieties, harvests last for 1-3 weeks. **Pests:** Because the crop is grown outside the main production season, common Brassica pests (cabbage loopers, imported cabbageworm, etc.) are not present during harvest. In 2007, our plants became infested with aphids during harvest (March-April). Despite heavy infestation, aphids remained on lower leaves and did not affect the sprouts. We managed the aphids by removing the heavily infested outer leaves and introducing ladybugs (*Hippodamia convergens*) to reduce aphid populations.

For more information contact Crystal Stewart, Extension Specialist, Capital District Vegetable & Small Fruit Program, 518-762-3909 x109, 518-775-0018 (c) or cls263@cornell.edu.

Article submitted by David Cox,  
Ag Program Leader  
Adapted from the *VegEdge* June 2010  
by Becky Sideman,  
Sustainable Horticulture Specialist,  
UNH



*Coming Soon*

*Cornell Cooperative Extension  
Master Gardener Volunteer Training*

*Tuesdays,  
September 14 to November 22, 2010  
9 a.m. to 3 p.m.*

*The Farmers' Museum, Cooperstown, New York*

*Cost is \$150.00*

which includes the Master Gardener manual and all course materials. In return for the course you will be expected to attend Master Gardener organizational meetings and complete 100 hours of volunteer Master Gardener service within two years at which time \$50 will be refunded. Carpooling will be arranged.

Applications due August 15, 2010

Please call us for an application and more information

Cornell Cooperative Extension Schoharie County

173 South Grand Street

Cobleskill, NY 12043

(518) 234-4303/296-8310

schoharie@cornell.edu

Participating Extension Associations:

Chenango, Fulton-Montgomery, Herkimer, Otsego, and Schoharie

## Attention Schoharie County Vegetable And Small Fruit Growers!

*Your enrollment matters!*

**T**he CDVSF (Capital District Vegetable & Small Fruit Program) is a partnership among Cornell University, County Cornell Cooperative Extension Associations, team specialists and you, the grower. The staff of the CDVSF program apply for grant funds to support work that will further the research and education objectives of our local industry.

These funds help to offset programming costs. Each county extension association financially supports the CDVSF program based on a formula which considers the size of the commercial vegetable industry in that county. Cornell University likewise contributes financial support to the program. To provide this same level of programming, the CDVSF staff and an advisory committee of farmers

and Cornell Cooperative Extension associations have drawn up enrollment plan options that will contribute to the long term sustainability of the CDVSF program.

For more information, enrollment benefits, and plan options, please call Chuck Bornt (518-272-4210 x125), Laura McDermott (518-746-2562), or Crystal Stewart (518-762-3909 x109).

## Coming Events

- July 8 - Pressure Canning Workshop - 5:30 to 9 p.m.
- July 31 to August 7 - Schoharie County Sunshine Fair
- August 25 - Board of Directors Meeting, 7 p.m.
- September 14 to November 22 - Master Gardener Volunteer Training, Farmers' Museum, Cooperstown

All meetings and events are held at the Extension Center except where indicated.

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

Look for Cornell Cooperative Extension  
**Eat Smart New York!**  
 Nutrition Educators at the  
**Festival Farmers' Market**  
 McCarthy Tire parking lot, Cobleskill  
 from 10 a.m. to 2 p.m. on these dates:

**Saturday, July 24<sup>th</sup>**  
 Animal Shelter Day

**Saturday, August 14<sup>th</sup>**  
 New York State Farmers' Market Week  
 Featuring Cooking Demo & Free Ice Cream

**Saturday, September 18<sup>th</sup>**  
 Eat Smart New York! Day

The Festival Farmers' Market welcomes  
 Food Stamp Debit Cards, Farmers' Market Coupons,  
 and WIC Vegetable & Fruit Checks.

Detach and Return

### 2010 Enrollment

#### Cornell Cooperative Extension Association Schoharie County

Name: \_\_\_\_\_

Business/Organization Name: \_\_\_\_\_

Title: \_\_\_\_\_

Mailing \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County: \_\_\_\_\_ Town: \_\_\_\_\_

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. \_\_\_\_\_

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

**Would you like to  
receive ag and energy  
updates regularly  
by email?**

Our delivery of program announcements and local agricultural news is getting a makeover. Announcements will now be incorporated into *Cornell Cooperative Extension Schoharie County Ag & Energy Update*, our email newsletter. If you are not subscribed to our ag list-serve and would like to receive our newsletter please email Diane Eldredge (dme32@cornell.edu), or call our office at (518) 234-4303/296-8310 and we'll add your name to our list.

***The Scoop* Is Now Deliverable  
To Your Digital Mailbox**

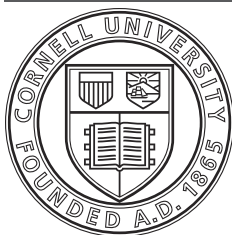


Would you prefer to receive *The Scoop* electronically? You'll receive it sooner, reduce our use of natural resources, and help us reduce publication and postage costs.

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