

# The Scoop



Cornell University  
Cooperative Extension  
Schoharie County

Cooperative Extension News

Building Strong and Vibrant New York Communities

September and October 2010

## Feature

- 1 Fox Creek Farm Showcases Renewable Energy

## Contents

- 3 Potato and Corn Chowder
- 4 Congratulations to Sunshine Fair Junior Department Champions
- 5 Thank You for Supporting 4-H and the Sunshine Fair Junior Department!
- 5 International Agriculture Delegation Visits Schoharie County
- 6 Reduce Your Risk of *Salmonella* from Eggs
- 6 An Extension Experience
- 8 Reverse Mortgages: Seniors Beware!
- 9 Calling All Renters: Save \$ On Energy Bills!
- 10 New Online Courses for Beginning Farmers Debut This Fall
- 10 Preserve the Value of Your Produce
- 11 Eat Smart New York! Day
- 11 Enrollment
- 12 Coming Events
- 12 *The Scoop* is now deliverable to your digital mailbox

## Fox Creek Farm Showcases Renewable Energy

*Town of Wright farm showcases off-grid technology*

Seven years ago, Sara and Raymond Luhman began farming on rented land, serving ten members in a Community Supported Agriculture model (CSA). Now they run a 200-member CSA, and they do it without a connection to the national grid.

Instead of paying \$40,000 to connect their newly-acquired land to the grid, five years ago the Luhmans decided to swing it by themselves, installing a solar array and a wind turbine. They also paid attention to minimizing their energy needs, selecting a high-efficiency well pump and cooling system. They built their house, the first floor of which is a barn, according to the principles of passive solar design: south facing, super-insulated, and with opportunities for cross-ventilation to lower summer temperatures.

Without a connection to the grid, government subsidies and incentives disappear; Raymond and Sara had to finance their own energy entirely. To keep costs down, they installed the turbine and panels themselves. Raymond says some understanding of electrical installation work is needed, but neither Raymond nor Sara is trained in the area.

They ordered catalogs from off-grid solar and wind suppliers to learn how to begin. Next they found manufacturers and suppliers (the Alternative Energy Store in Massachusetts and Backwoods Solar in Idaho), and asked them questions. Once they had ordered their supplies (Evergreen panels, Outback inverter and charge controller, and a Bergey turbine and tower), they made use of the components' detailed installation instructions. The total came to \$20,000, half of the initial cost of connecting to the grid.

Raymond and Sara will offer a tour of their Fox Creek Farm Rd. house and farm on Wednesday, October 20, from 10 a.m. to noon. The tour is free and open to the public. The field day is co-sponsored by Cornell Cooperative Extension Schoharie County and the Small Farms Energy Work Team, a project of the Cornell Small Farms Program. To register, contact Violet Stone at 607-255-9227 or e-mail [vws7@cornell.edu](mailto:vws7@cornell.edu).

To learn more about other farm energy field days, visit [www.Small-farms.cornell.edu](http://www.Small-farms.cornell.edu)

Article submitted by David Cox,  
Ag Program Leader



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# The Scoop

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173 South Grand Street  
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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 Cooperative Extension Schoharie County by calling (518) 234-4303 or 296-8310, or e-mail.

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



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NYS OTDA,  
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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.



# Potato and Corn Chowder

Now that we are heading into the fall season it's a good time to start serving hearty fall dishes. Did you freeze or can corn this summer? If the answer is no you are still in luck because you can shop smartly at the grocery store and stock up when corn is on sale. While stocking up stop by the farmers' market for fall vegetables like potatoes and onions. By that time you will be ready to try hearty potato and corn chowder. This recipe calls for evaporated skim milk. If you prefer use fresh pasteurized milk in its place.

**Ingredients**

- 4 cups raw diced potatoes
- ¼ cup finely chopped onion
- 1½ cups water
- 1½ cup evaporated skim milk
- 1 (16-ounce) can corn, drained
- 2 tablespoons butter
- ½ teaspoon salt
- dash of pepper

Makes 6 servings

**Instructions**

1. Cook potatoes and onion in water in covered saucepan until tender (about 15 minutes).
2. Mash potatoes in cooking liquid. Do not drain.
3. Slowly add milk to mashed potatoes stirring until smooth.
4. Then add corn, butter, salt and pepper, stir to combine.
5. Simmer for 15 minutes to blend flavors. Serve hot.

Amount Per Serving	
<b>Calories</b> 340	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 64g	<b>21%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 14g	
<b>Protein</b> 10g	
Vitamin A 8%	Vitamin C 30%
Calcium 20%	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

12% calories from fat

**Note:**

- Leftover chowder reheats well, but a small amount of liquid may be added to thin if chowder is thicker than desired.

# Congratulations to Sunshine Fair Junior Department Champions



**Beef:**

Ryan Kelley, Ch. Showman,  
Grand  
Champion

**Rabbit:**

Shannon Sears, Ch.  
Showman, Grand Champion

**Poultry:**

Kelly Parker, Ch. Showman,  
Grand Champion



Shannon Spargo, Ch. Showman,  
Grand Champion

**Dog:**

Morgan Kraemer, Grand  
Champion

**Small Pets:**

Morgan Kraemer

**Congratulations to our  
Master Showmen:**

Ryan Kelley (goat), Sara Gage  
(dairy), Harry Scott (swine),  
Sarah Hay (beef) and to our 2010  
Master Showman, Billy Chandler  
(sheep)

Cornell Cooperative Extension  
Applauds all youth that partici-  
pated in this year's fair. We congrat-  
ulate the following individuals who  
were awarded Best-in Show.

Angie Adamovich - Woodworking  
Kelly O'Connell - Photography  
Hannah Motschmann - Baked  
Goods  
Sylvi Diamond - Arts and Crafts  
Adam Stanton - Vegetables

The following youth were  
awarded Champion and/or Best  
in Show.

**Horse:**

Hannah Bowersox, Ch.  
Showman  
English: Alexis Bleu, Jr.  
Champion  
Hannah Motschmann, Sr.  
Champion  
Western: Stephanie Henzler, Sr.  
Champion  
Alexis Bleu, Jr. Champion  
Taylor Burton, w/j Champion  
Gymkhana: Hannah Bowersox, Sr.  
Champion  
Alexis Bleu, Jr. Champion  
Taylor Burton w/j Champion

**Dairy:**

Sara Gage, Ch. Showman  
Hunter Prokop, Supreme Dairy  
Champion  
Lindsay Standhart, Ch. Holstein  
Hunter Prokop, Ch. Jersey



Julia Bogardus, Ch. Ayrshire  
Justin Ryan, Ch. Brown Swiss

**Goats:**

Ryan Kelley Ch. Showman  
Evan Kelley Grand Champion

**Sheep:**

Billy Chandler, Ch. Showman,  
Grand Champion

**Swine:**



Article submitted by Eileen McGuire,  
4-H Program Leader

# Thank You for Supporting 4-H and the Sunshine Fair Junior Department!

The Schoharie County 4-H Program and the Schoharie County Sunshine Fair Junior Department would like to extend their thanks to the following sponsors for support.

Carl Barbic  
Proud Castle Farm  
Proud Castle Trucking & Excavation  
Clem & Elsa Varrecchia  
Middleburgh Telephone  
NBT Bank of Cobleskill  
Kathy and Verne Venette  
Bank of Richmondville  
Thundering Hooves 4-H Club on

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John, Debbie & Eric Stanton  
Drs. Fass & Edwards DDS  
Equine Awakenings  
Jefferson Senior Citizens Club  
Howes Cave Animal Hospital  
Lutz Feed  
Buckridge Farm

A special thank you to the staff of SEFCU Cobleskill for helping with the 4-H Milkshake Booth!

Article submitted by Eileen McGuire,  
4-H Program Leader

## International Agriculture Delegation Visits Schoharie County



An international agriculture delegation visited Schoharie County on August 18, 2010, courtesy of a U.S. State Department program. Read about Cornell Cooperative Extension's involvement and see photos in the November-December Scoop. Above, the entire group, including citizen diplomats, posed for a picture in front of the local landmark, The Carrot Barn.

# Reduce Your Risk of *Salmonella* from Eggs

*Eggs, like meat, milk, and other foods, are safe when handled properly*



The recall for raw contaminated eggs, as of this writing, continues to expand. However, there are practical steps for everyone to take that will minimize the risk of infection from *Salmonella enteritidis*, the bacterium that causes illness when raw or undercooked eggs are eaten. This bacterium is found on both the outside and the inside of eggs. Although none of the recalled eggs have been shipped to New York State, thus far, the following practices will help to keep you safe no matter where your eggs are from.

## What can I do to reduce my risk of getting *Salmonella enteritidis* from eggs?

- Keep eggs refrigerated at or below 45° F (≤7° C) at all times.
- Discard cracked or dirty eggs.
- Wash hands, cooking utensils, and food preparation surfaces with soap and water after contact with raw eggs.

- Cook eggs until both the white and the yolk are firm and eat promptly after cooking.
- Do not keep eggs warm or at room temperature for more than 2 hours.
- Refrigerate unused or leftover egg-containing foods promptly.
- Avoid eating raw eggs.
- Avoid restaurant dishes made with raw or undercooked, unpasteurized eggs. Restaurants should use pasteurized eggs in any recipe (such as in Hollandaise sauce or Caesar salad dressing) that calls for raw eggs.
- Avoid consuming raw or undercooked eggs, especially if you are a young child, an elderly person, or a person with a weakened immune systems or a debilitating illness.

## How do I know if I have *Salmonella enteritidis*?

A person infected with the *Salmonella enteritidis* bacterium usually has fever, abdominal cramps, and diarrhea beginning 12 to 72 hours

after consuming a contaminated food or beverage. The illness usually lasts 4 to 7 days, and most persons recover without antibiotic treatment. However, the diarrhea can be severe, and the person may be ill enough to require hospitalization.

## Where can I get more information?

- CDC FAQs: *Salmonella enteritidis* [http://www.cdc.gov/nczved/divisions/dfbmd/diseases/salmonella\\_enteritidis/](http://www.cdc.gov/nczved/divisions/dfbmd/diseases/salmonella_enteritidis/)
- FoodSafety.gov: Eggs and Egg Products <http://www.foodsafety.gov/keep/types/eggs/index.html>
- FDA - Playing it Safe With Eggs: What Consumers Need to Know <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077342.htm>

Source:

[www.cdc.gov/Features/SalmonellaEggs/](http://www.cdc.gov/Features/SalmonellaEggs/)

Article submitted by Regina Tillman,  
Nutrition Resource Educator

# An Extension Experience



Intern Ann Henry stands with signage to make customers aware of option to use EBT/Food Stamp benefits at the Festival Farmers' Market.

As a soon-to-be senior at Ithaca College, I knew it was about time I found an interning experience. Every Health Sciences major needs to have a certain number of internship or fieldwork credit hours to graduate. I will be the first to admit that I did not really know what I was getting myself into. Heck, I was not even sure what kind of internship I wanted! I just wanted it to extend over a certain period of time to ac-

count for the credit hours needed. Oh, and if it could somehow tie into my interests in nutrition, that would be great.

After speaking with Regina Tillman, a registered dietitian, I found that I had successfully lined up some plans for the summer. I was going to intern with her, a "Nutrition Resource Educator" at the Cornell Cooperative Extension. Hmmm. That sounds pretty cool -- impressive even.

see An Extension Experience  
*continued on page 7*

## An Extension Experience

*continued from page 6*

My greatest accomplishment with Extension would be my outreach project. My task was to inform individuals in the community that they could use their food stamp benefits at farmers' markets, including the Festival Farmers' Market in Cobleskill. I was to distribute posters and brochures all over the county, and assist Regina Tillman with creating public service announcements and press releases containing this information. This project was part of bigger program objectives that hoped to ensure everyone's access to fresh, locally grown fruits and vegetables, and promotes healthy eating and lifestyles.

Ms. Tillman made sure I always had enough to do, whether at the office or for my "work at home" hours. However, it was not just me. Everyone at the Extension Office somehow managed to accomplish a wide variety of tasks every week with a grace that made me look like a clown. In an office overflowing with materials and short on space, I was bound to get in somebody's way. I could only hope that the staff did not mind too much. However, for a little office, it provided a surprisingly pleasant space to work and operate. Everyone, even clumsy little me, somehow managed to share resources and materials, and attend to everything from preparing for workshops and classes to gathering materials for the county fair. The office's clerical staff also coordinated details effectively. Everyone worked, and everything always came together.

That is exactly the most meaningful thing I learned with my experience here. No, it was not learning how to share a printer and copier! It was learning the connection between everyone and everything. Allow me to explain.

For years at Ithaca College, I have been learning that health profession-



Trevor lights up the nutrition Q&A Board with correct answers at the Sunshine Fair, as Family & Consumer Sciences intern Ann Henry watches.

als of all types, including doctors, nurses, nutritionists, etc, must learn to cooperate with each other. Trying to successfully change behavior or help individuals improve their lives is quite a challenge, especially if you are planning to do it by yourself. My professors like to rave about the health care in other countries, and how well coordinated the professionals are in places like Europe. Each health professional in the hospital knows exactly how the others are tending to a patient; they cooperate and use each other's strengths to provide the best care to the client. Outside of the hospital, there is a strong place for cooperation between different agencies in community health and nutrition as well. It makes sense I suppose. Although perhaps it is not the most interesting thing to read about (am I right?)

However, I would be correct in saying that my experience here has made me feel like a playwright watching their script become a live show. Finally, I could personally witness what I have been studying on paper for the past three years. Since the start of my internship at the Extension Office, I have called upon many people and organizations to help with

my distribution of information. I called upon local town clerks, head librarians, post masters, pastors, a local radio station and a newspaper, just to name a few. The task also required coordination with Donna Olsen, the Festival Farmers' Market Manager, as well as with Ms. Tillman and all the rest of the employees at Cornell Cooperative Extension (who often needed to tolerate my excessive use of the office printers). Nonetheless, I could not have come close to achieving my goals without the help of many community organizations and the coordination between many individuals.

Yes, I have been learning this all along. It has been emphasized over and over again in my classes. Community health involves the cooperation of the community. However, this kind of coordination was only something I could witness in person, in an internship, in my experiences with the Cornell Cooperative Extension.

Article submitted by Ann Henry,  
Nutrition and Health Sciences

# Reverse Mortgages: Seniors Beware!

A reverse mortgage is a loan against your home that you do not have to pay back for as long as you live there. It allows homeowners age 62 or older to borrow cash from the equity in their homes without having to make monthly payments. A reverse mortgage is often advertised as a source of easy money for older homeowners to supplement their income, pay health-care expenses, or use as they please. While as FDIC (Federal Deposit Insurance Corporation) Consumer News has reported in the past, there are potential benefits to a reverse mortgage, it may not be the best option for everyone. The number of potential borrowers is growing with an aging population. It is important that homeowners understand the risks involved.

Remember that a reverse mortgage is a loan that must be repaid. “Not all advertisements clearly indicate that a reverse mortgage is a loan,” said Mira Marshall, an FDIC Section Chief specializing in consumer issues. “In fact, a reverse mortgage is a very complicated loan that uses home equity as collateral, just like the mortgage you probably used to purchase your home.”

Reverse mortgages allow homeowners to receive cash in a lump sum, through monthly payments, as a line of credit whenever they need money, or any combination of these options. Unlike traditional mortgage products, homeowners do not make any monthly payment to the lender. However, they eventually do have to repay the principal and interest when they move, sell the house, or pass away. And because no monthly payments are being made, the amount

owed will grow over time as interest costs build up and, in some cases, as additional funds are advanced.

The borrower is also still responsible for paying the property taxes and insurance and maintaining the house. Failure to do so can cause the reverse mortgage to become immediately due and payable in full.

The rules to determine how much you can borrow through a reverse mortgage are complex. For example, the total amount of cash available is a percentage of the home’s value that will vary by the age of the borrower and the location of the property. And if there’s a co-borrower, the value is determined by the age of the youngest borrower.

Let’s say your house has a market value of \$250,000, you owe nothing on a mortgage and the youngest co-owner is 70 years old. Even though your home equity is about \$250,000, with a reverse mortgage, and depending on the location of the property, you can borrow only up to approximately \$130,000. In contrast, with a traditional home equity loan it may be possible to borrow up to 100 percent of the value of the home.

Be aware that not all reverse mortgages carry insurance and other protections from the federal government. The most common type of reverse mortgage – The Home Equity Conversion Mortgage or HECM – is offered as part of a program from the U.S. Department of Housing and Urban Development’s Federal Housing Administration. The FHA has protections for the lender as well as the borrower. In the case of the



latter, for example, if the borrower or heirs sell the home to repay the reverse mortgage (instead of keeping the house and repaying the loan otherwise), the total debt will never be greater than the value of the home.

However, there are several types of reverse mortgages that are not FHA-insured. These are mostly reverse mortgages developed and offered by private companies, nonprofit organizations, and state and local governments. They may not offer the same guarantees and protections as an FHA-insured HECM.

Understand the costs and fees, which can be significant. Most reverse mortgages have an origination fee, closing costs, and periodic servicing fees. There also is an additional monthly insurance premium for an FHA-insured reverse mortgage. The total amount of fees will depend on the loan product. And while the costs and fees can be added to the reverse mortgage instead of being paid up front, doing so increases the loan balance and incurs interest charges.

“Because the costs and fees can be extremely high,” said Mike Evans, an FDIC Fair Lending Specialist, “most experts generally advise homeowners not to take out a reverse mortgage if they plan to stay in their home less than five years or if they simply need extra money for small expenses.”

see Reverse Mortgages  
*continued on page 9*

## Reverse Mortgages

*continued from page 8*

Do your research and shop around before committing to a reverse mortgage. To understand the potential pros and cons of a reverse mortgage, talk to financial advisors and qualified housing counselors. Depending on your circumstances, there may be other, less expensive options available to you.

Additional information and guidance on reverse mortgages is available from HUD at [www.hud.gov/offices/hsg/sfh/hecm/rmtopten.cfm](http://www.hud.gov/offices/hsg/sfh/hecm/rmtopten.cfm) or by calling 1-800-569-4287.

Resource FDIC Consumer News,  
Spring 2010

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

### Wise Use of Credit Workshop Thursday, September 2, 2010 10 a.m. to noon Extension Center, Cobleskill

Marilyn Janiczek will present a workshop on using credit wisely and avoiding the pitfalls. She will also offer tips for paying down debt, obtaining and reviewing free credit reports, and understanding credit scores. Participants will receive free money management tools. Class size is limited. Registration required by Wednesday, September 1; please call (518) 234-4303 or 296-8310. Class size is limited. Registration required by Wednesday, September 1. Please call (518) 234-4303 or 296-8310.

**energy**

## Calling All Renters: Save \$ On Energy Bills!

Many people I meet at Cornell Cooperative Extension EmPower Energy Workshops are renters. Some think that there is little they can do as renters to make changes in their apartments to conserve energy. That is false. Everyone can do their part to save energy and by doing so lower their utility bills.

Here are some Tips for Renters from NYSERDA (NYS Energy Research and Development Authority):

- Replace regular, incandescent light bulbs with newer, Energy Star qualified compact fluorescent light bulbs (CFLs).
- Only use the lights you need when you're in a room, and turn them off when you leave.
- Help save water by reporting all leaks - no matter how small - to your building manager or landlord.

- During the summer, use shades or blinds in the middle of the day to reduce air conditioning needs.
- Connect electronics, like your computer monitor, printer, or stereo, to a power strip and turn it off when you leave or go to bed. Almost all electronics continue to use electricity even when they're off.
- Turn your radiator completely off if a room is too warm in the winter. Don't open windows, and make sure the handle is either ALL on or ALL off.
- Unplug cell phones, computers, and battery chargers when not using them. Even without something connected to them, battery chargers use electricity.
- Try not to place your refrigerator in direct sunlight or right next to the stove, if possible.
- Replace an old room air conditioner with an ENERGY STAR qualified model, which uses 10% less energy



than standard new models, and can save you up to \$100 in energy costs over its lifetime.

- Use ceiling fans instead of air conditioners if it's not too hot. Always use ceiling fans when you run your air conditioner, as they help to circulate the cool air throughout the room faster.
- Finally, track energy use each month when you get your utility bill. If you notice that you used a lot of energy one month, try to figure out why and use some of these tips to lower your use.

Resource: NYSERDA

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

# New Online Courses for Beginning Farmers Debut This Fall

*Reserve your spot now!*

Cornell Small Farms Program and Cornell Cooperative Extension are expanding offerings of their popular online courses for beginning farmers with two new online courses this fall. Join experienced instructors and 25 of your farmer peers in a dynamic learning experience that incorporates both self-paced readings and real-time virtual meetings with discussion forums, homework activities, guest presenters, and developing a customized plan for your next steps in farming.

## **BF 110: Soil Health Basics: Investing in the Vitality of Your Farm**

This course will incorporate a face-to-face field day hosted by the Northeast Organic Farming Association at instructor David Belding's Cross Island Farms on Wellesley

Island, New York, 4-7 p.m., October 18. The field day fee is covered by the course registration cost. Instructors: David Belding, Cross Island Farms and Dan Welch, CCE Cayuga County.

## **BF 104: Financial Record-Keeping: A Cornerstone of Farm Profitability**

This 6-week course will provide you with insight, understanding and the technological know-how to produce financial records and a beginning knowledge of analyzing financial statements. Instructors: Bonnie Collins, CCE Oneida County and Steve Hadcock, CCE Columbia County.

## **BF 101: Taking Stock: Evaluating Your Land and Resources and Choosing an Enterprise**

You will get the most out of this course if you already have access

to land. Each participant will be gathering information about their enterprise and will begin to create a farm plan. Instructors: Laura Biasillo, CCE Broome County and Dianne Olsen, CCE Putnam County.

The course dates are October 14 to November 24, 2010. All courses incorporate live webinars featuring farmers, agency staff, and university faculty. See link below for webinar dates and details. The cost is \$150 per course; the soil health course is \$165. To register or learn more about the program, visit <http://www.nybeginningfarmers.org/index.php?page=onlinecourse> or contact Erica Frenay at 607-255-9911 or [ejf5@cornell.edu](mailto:ejf5@cornell.edu).

Article submitted by David Cox,  
Ag Program Leader

# Preserve the Value of Your Produce

*Proper Postharvest Practices Pay Dividends in Quality*

Commercial and farm stand growers can benefit enormously from studying postharvest issues and capitalizing on tools for postharvest preservation. This is a key to developing a reputation for quality.

Many growers concerned about the cost of post-harvest technology take advantage of nature and the opportunities it provides to minimize the challenge of preserving produce quality. One way they can do this is to harvest when the produce is natu-

rally coolest. This occurs just before sunrise. Assembling harvest crews early to be ready just as morning light becomes adequate accomplishes a couple of worthy goals. The product is cool at harvest, and the harvest crew is enjoying work under better conditions than later in the day. The longer produce sits in distribution channels, however, the more likely a grower needs to use more energy intensive systems for preserving quality.

An excellent resource for growers to learn more about postharvest tech-

nology is a publication from the University of California at Davis: Small Scale Postharvest-Handling Practices: A Manual for Horticultural Crops. The publication is available online at <http://ucce.ucdavis.edu/files/datas-tore/234-1450.pdf>. The publication is large. Call Cornell Cooperative Extension Schoharie County if you need assistance downloading this resource.

Article submitted by David Cox,  
Ag Program Leader

**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.

***Come by and say "Hello!" to your Cornell Cooperative Extension Schoharie County Eat Smart New York! Nutrition Educators***

at the  
Festival Farmers' Market  
McCarthy Tire Parking Lot, Cobleskill  
**10:00 a.m. - 2:00 p.m.**

***Saturday, September 18th Eat Smart New York! Day***

Limited Income? Ask about our **FREE** Nutrition & Food Budgeting Education

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

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)

## Coming Events

- September 14 to November 22 - Master Gardener Volunteer Training, First Presbyterian Church, Cooperstown
- September 18 - Eat Smart New York! Day, McCarthy Tire parking lot, 10 a.m. to 2 p.m.
- September 22 - Board of Directors Meeting, 7 p.m.
- October 20 - Fox Creek Farm Renewable Energy Tour, 10 a.m. to noon
- October 27 - Board of Directors Meeting, 7 p.m.

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

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

## *The Scoop* is now deliverable to your digital mailbox

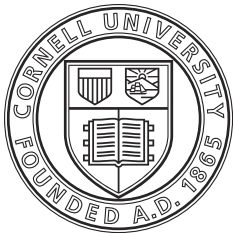


Would you prefer to receive *The Scoop* electronically? You'll receive it sooner, reduce our use of natural resources, and help us reduce publication and postage costs.

*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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