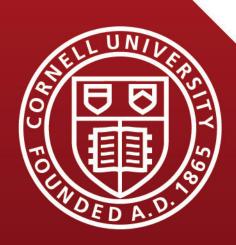


Cornell Cooperative Extension Delaware County

2021
ANNUAL
REPORT

Education and Service with Heart





#### **Greetings from the President and Executive Director**

Welcome to all. How can we help you?

Once again, I have had the privilege of serving as the President of the Board of Directors. Once again, I have had the opportunity to observe this organization create, and deliver, excellent programs in an ever changing environment. The many adjustments needed to create a safe environment for our staff and our program recipients were accomplished. The programs were sustained and enhanced. The results continued to meet and exceed the high standards we have come to expect from CCE Delaware County.

We are currently welcoming many new residents to Delaware County. We see new faces intermingled with those who have been long time friends in our varied programs. We wish to reach out to those who bring us their varied life experiences, and welcome them to join us, as we continue to grow healthy families, confident youth, successful farms and strong communities.

The Delaware County of my youth can be envisioned as a strong, clean piece of burlap. Today we see brilliant streaks of silver and gold interweaving with the strong brown warp. As we live our commitment to inclusion and diversity, our tapestry grows ever more beautiful.

The ongoing financial support from the Board of Supervisors is very appreciated. They are joined by many diverse partnerships to form the foundation that allows our educators, support staff and volunteers to reach out and engage with all aspects of our population. From the 4-H clubs to the Tai Chi classes, we are able to continue to provide programs to give our neighbors the tools to grow and thrive.

I appreciate this opportunity to pay back and pay forward for all the ways my past and present experiences with CCE have influenced my life.

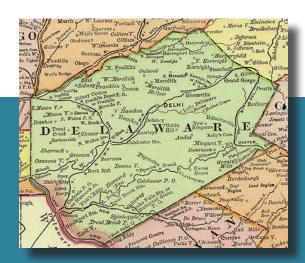
Sincerely,

Sincerely,

Donna Dickson-Noonan Board President Jeanne M. Darling
Executive Director

#### MISSION OF CCE DELAWARE COUNTY

Cornell Cooperative Extension of Delaware County puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.



"The cooking classes were awesome! My kids and I were inspired to try new recipes which helped us include more fruits and vegetables into our diet."

Garden to Table participant



"The expansion of the PFM program to beef farms is a great thing. I'm excited about the ability to make management decisions that benefit my bottom line."

Delaware County farmer



"I'm so glad the show could go on! Definitely miss the in-person networking, however given the nature of the current times, this was great!!"

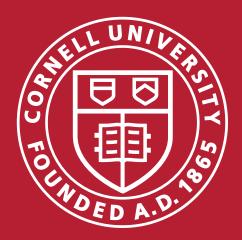
– Catskill Ag Conference Participant





"I chose 4-H STEM
Camp for my daughter
for its diversity and
opportunities. She had a
great time and enjoyed
the activities in the Art
with Tech program!"

– Parent of 4-H STEM Camp participant



"Our child loved Camp Shankitunk! We see him becoming more supportive and responsible."

– 4-H Camp Shankitunk parent



#### **2021 STAFF**

**Executive Director:** Jeanne M. Darling

Office Manager/Ag and Alliance

**Administrative Assistant:** Karen Graves

**Association Bookkeeper:** Heather Cunningham **Assistant Bookkeeper:** Kathy Shelton, Christine

Carpenter

**Desktop Publisher:** Valerie Dudley **Records Management:** Linda Mott

4-H

4-H Team Leader: John Hannum

4-H Resource Educator: Emily Roach

4-H Administrative Assistant: Pam Conklin,

**Justine Bishop** 

**4-H Camp Administrative Assistant:** Cathy

Scofield

**4-H Camp Director:** Corrine Tompkins

#### Agriculture

**Ag Senior Extension Resource Educator:** 

Mariane Kiraly

**Horticulture/Natural Resource Educator:** 

Carla Crim

**Nutrient Management Community Educator:** 

Benjamin Helper

**WAP Sr Team Leader/Nutrient Management:** 

**Dale Dewing** 

**PFM and Nutrient Mgmt Team Leader:** 

Paul Cerosaletti

**WAP/PFM Community Educators:** 

April Wright-Lucas, James Romack

**WAP Dairy/Livestock Sr Resource Educator:** 

Richard Toebe

WAP Administrative Assistant: Kim Holden

**Human Ecology** 

**Human Ecology Team Leader and Alliance** 

**Coordinator:** Jeanne M. Darling

**EFNEP Nutrition Educators:** 

Cheryl Starcher Ceresna, Amy Van Alstyne

**SNAP Nutrition Educator:** 

Maegan Freeman

**HE Administrative Assistant:** Valerie Dudley

#### Cornell Cooperative Extension Delaware County

#### **BOARD OF DIRECTORS**

President: Donna Dickson-Noonan, Bovina Ctr

Vice President: Carol Ann Michalski, Walton

Secretary: Betty Scott, Unadilla

**Treasurer:** Andrea Balcom, Andes

**Supervisor Representative: Wayland** 

Gladstone, Andes

**Cornell Representative:** Danielle Hautaniemi

Members: Andrea Balcom, Andes; Wayland Gladstone, Andes; Kathleen Cuomo, Walton; Paul Crognale, Unadilla; Dean Darling, Stamford; Michele DeFreece, Delhi; Donna Dickson-Noonan, Bovina Center; Robert Hansen, Sidney; Donna Jones, Walton; Libby LePinnet Kelly, Delhi; Donna Machala, Oneonta; Carol Ann Michalski, Walton; Gary Orton, Franklin; Carolyn Scobie, DeLancey; Betty Scott, Unadilla

#### **PROGRAM COMMITTEES**

#### **Agriculture Program Committee:**

Chairperson: Fred Kuhn, Grand Gorge; Vice Chairperson: Kirk Fletcher, Walton; Paul Crognale, Unadilla; Vanessa Merrill, Walton; Jason Mondore, DeLancey; Carolyn Scobie, DeLancey; Brad Taggart, Sidney Center; Advisors: Dr. Chris Camann, Unadilla; Janet Beken Smith, Stamford

#### **Human Ecology Program Committee:**

Chairperson: Donna Dickson-Noonan, Bovina Center; Vice Chairperson: Paul DeAndrea, Franklin; Secretary: Karen Ogborn, Hobart; Paula Brown, Downsville; Joan Hale, Sidney; Carol Ann Michalski, Walton; Julia Wheeler, Deposit

#### **4-H Youth Development Program Committee:**

Chairperson: Donna Machala, Oneonta; Vice Chairperson: Amanda Madugno, Deposit; Secretary: Megan Eklund, Stamford; Morgan George, Sidney Center; Libby LePinnet Kelly, Delhi; Lisa Nichols, Walton; Stacy Palmatier, Hobart; Teen Advisors; Jessica Coleman, Delhi; George Machala, Oneonta

#### **4-H Camp Committee**

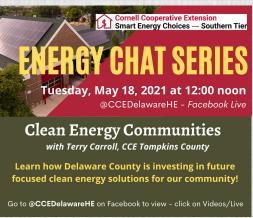
Walter Gladstone, Andes; Carol LaTourette, Sidney Center; Lindy Taggart, Walton; Doug Whittaker, East Meredith; Joe Whittaker, Delhi

## **SMART ENERGY AND CLIMATE CHOICES**



Engagement Program educated residents about energy efficiency grants, solar energy opportunities and renewable heat options.

Approximately 900 people learned about NYSERDA programs through engagement with Smart Energy Choices outreach, including Energy Choices outreach, including Energy Chats with Apex Solar Energy, Weatherization Assistance Program, Citizens Energy, Insulation Man, Delaware River Solar, Network for a Sustainable Tomorrow, PowerHouse, and Clean Energy Communities.



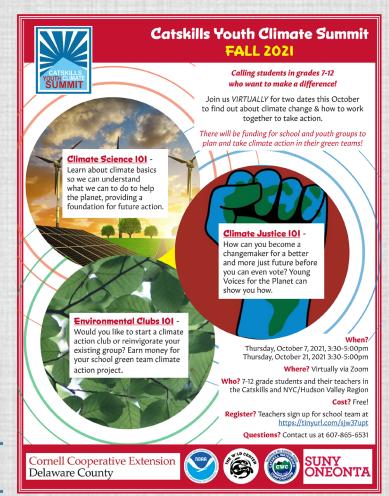
NYSERDA's Renewable Heat NY program helped us save \$2,500 on a new wood pellet stove! Our home is warmer for less cost, thanks to Cooperative Extension showing us how to apply for this great program! — Homeowner



#### **Catskills Youth Summit Virtual Events for 2021**

Youth are excited to get back to an in-person summit event so youth and teachers have been planning a hybrid Youth Action Summit for April 2022. To prepare for this summit youth-led event, youth participated in two virtual Back to the Basics of *Climate Science* and *Climate Justice* presentations in October along with learning how to prepare climate action plans and retool their environmental school clubs to develop climate projects to share at the Youth Action Summit. This is the fourth and final year of youth climate summits and events that have been part of a national NOAA grant with funding through The Wild Center in the Adirondacks.

The Youth Summit was inspiring and educational. It was nice to be part of a community. — Participant





#### **NUTRITION / HEALTHY FOOD HEALTHY HABITS**

**EFNEP (Expanded Food and Nutrition Education Program**) has been an amazing community outreach program for over 50 years reaching over 100 families with children and 11 youth groups during this year through virtual and hands-on workshops. Nutrition educators teach adults and youth about nutrition and exercise, food resource management, food safety and food preparation life skills and work to instill a sense of mastery, belonging, independence and generosity among youth. EFNEP educators continue to enroll day care providers for training credits and teach gardening lessons to families and youth at child care centers, school and community garden sites. EFNEP and SNAP Ed educators offered virtual nutrition, food safety and food preparation classes to parents and their children through CROP (Creating Rural Opportunities Partnership) and school based programs at 12 schools.

The gardening class was amazing! I've always wanted to do a garden but didn't have the confidence to get started. Every week I was able to ask any questions and was given great resources to guide me in my gardening endeavor. The recipes to incorporate the garden produce were fun and delicious. I never would have done it without these helpful and knowledgeable garden experts! — Class Participant

**SNAP Ed** educators encourage the consumption of local food at farmers markets during the summer and offer lessons to Fruit and Vegetable Prescription

program participants that purchase food with coupons at the farmers market in Walton. This year the Farmer Market Nutrition program was offered at the Walton and Delhi Farmers' Markets connecting farmers with food for food insecure families. SNAP Educators teach cooking skills at food pantries, senior community sites, at summer feeding programs, and at afterschool programs. Roxbury Central School participated in the Smarter Lunchroom program during the spring and along with Sidney Central School have been connected to a Farm To School Regional program to promote local foods purchased locally and served in the schools.

Thank you for another successful year. We were very happy to participate in another market season! — Walton Farmers' Market Vendor



## IMPROVING THE HEALTH OF RURAL RESIDENTS

Growing Resilience Through Rural Health Alliance – Cornell Cooperative Extension (CCE) in Delaware County is lead agency for the Delaware County Rural Healthcare Alliance, one of more than 30 rural health networks funded by a grant from the New York State Department of Health. Alliance program partners include local hospitals, Delaware County Public Health, EMS, Delaware County Mental Health, Office for the Aging, The Alcohol and Drug Abuse Council, The Alzheimers Association, Girls On the Run, SUNY Delhi, CCE nutrition educators and other local health partners.

**The ACEs Task Force** has identified training needs to help families, teachers, agency and healthcare staff provide trauma informed support to children during the COVID pandemic with an emphasis on healing through a series of five **Growing Resilience** trainings in the spring reaching 618 participants followed by five **Summer Selfcare** workshops reaching 141 attendees, and a fall series with a conference on working with

youth and teens to support resilience healing and positive youth development. Champions leading trauma informed training in the county have received further training in the summer to continue the network and support for schools, healthcare and organization to be leaders in responding to mental health and trauma issues in their worksites and communities.

**Sources of Strength and Above the Influence** are peer led programs addressing suicide prevention and substance abuse for high school and middle school students. Youth peer leaders and adult advisors were trained and engaged at five schools to reduce and prevent suicides with virtual training and media campaign resources being offered to students and advisors in each school by the University of Rochester.

The EXCITE National Extension vaccination needs assessment and education is important for the health of our communities and our country. – Farmers' Market Vendor

**Workforce and Health Career** initiatives have focused on offering two virtual health care job fairs and offering SCRUB CLUB curriculum to schools and employment centers to encourage high school students to prepare for and select healthcare careers. Delaware Academy had 25 students enrolled in the SCRUBS curriculum class this year to prepare interested students for important and needed jobs in health care. Girls On The Run has offered family tool kits, motivational virtual movement challenges, and critical thinking skills to encourage students to be healthy and active in 10 Delaware County Schools.

**Human Papilloma Virus (HPV)** is a vaccine initiative that now is being implemented at all of Bassett's School Based Health Centers with work plans developed to engage youth and parents through school and community events to increase and track HPV immunizations at each school.

**Age Friendly Communities** program initiative supports age friendly programs and safe walking/biking trails to increase physical activity among county residents. Trail signs and kiosks were installed this year on two trails along with sponsoring the Farmers' Market in Walton. Office for the Aging provided CD Tai Chi resources to seniors and in-person classes this year with a focus on reducing stress and grief.



## Cornell Cooperative Extension of D

#### **Human Ecology Programs**

Delaware Rural Healthcare Alliance: Healthcare Leadership Workforce Trainings; Fitness Trails; Complete Streets; Building More Active Communities; Senior Tai Chi program; Girls on the Run; Breastfeeding Support Network; Sources of Strength Youth Suicide Prevention Program; Recovery Coach; Local and Regional Healthcare Planning, Mental Health Video Production; Above the Influence; ACEs Task Force; Age Friendly Communities; Long-Term Care Support.

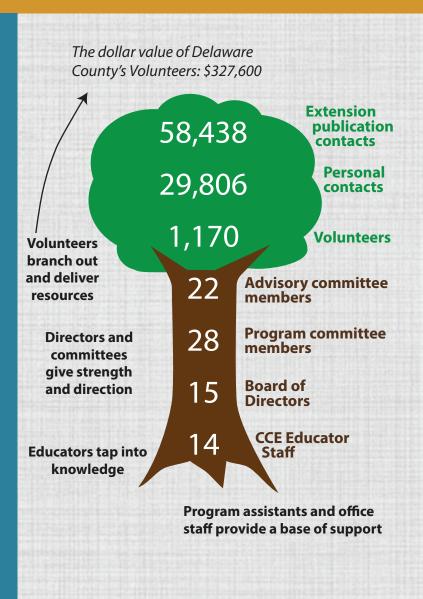
**SNAP-Ed:** Eat Healthy Be Active; Eat Smart Live Strong/Senior Nutrition; Cooking Matters; CATCH After School Programs; Farmers' Market Nutrition Education Program; Smarter Lunchroom Program; CATCH Me Cooking; Farmer Market Meetings; Agency Training; Healthy Meal Kit Program; Fruit and Vegetable Prescription Program; and Virtual Nutrition Education Programs.

**Expanded Food & Nutrition Education Program:** 

Breastfeeding Your Baby; Eat Smart Be Active; Sisters in Health; Cooking Up Fun; Teen Cuisine; Great Garden Detective Programs; Choose Health/ School Gardening; Food Preservation; Gardento-Table; Childcare Certification Training; Sidney Community Garden.

Environment and Energy: Catskill Youth Climate Summit Events; Clean Energy Community Program; CEEP - Consumer Energy Engagement Program-SMART Energy Choices; Indoor Air Quality and Water Quality; Climate Change 101: Climate Action Planning for Teachers; Energy Warriors; Energy Chats.



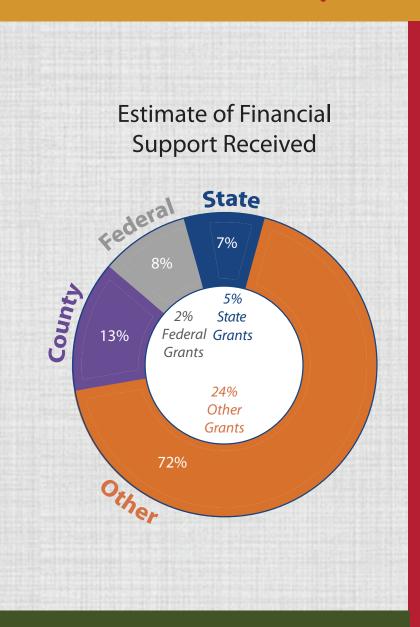


#### **4-H Youth Devel**

Activities: Community Service; National 4-H Week/ Club Displays; Winter Photo Contest; Earth Day Photo Contest; Leaders' Day; Teen Trips/Awards; Teen Recognition Night; Virtual STARR Program, Virtual Career Explorations - Cornell; County Public Presentations; District Public Presentation Event; Delaware County Fair; Fundraising - Golf Tournament.

**Animals:** County - Hippology, Horse Quiz Bowl, and Dairy Quiz Bowl; Online NYS Virtual Dairy Discovery; District Hippology, Horse Quiz Bowl, and Dairy Quiz Bowl Events; Cooperstown Junior

## elaware County 2021 Programming



#### opment Programs

Livestock Show; Livestock Auction Registration & Tagging; Delaware County Fair, 4-H Livestock Auction; Meat Chicken Project; Pheasants.

**STEM & Life Skills:** Delaware County 4-H Hiking Challenge; Embryology Virtual and In-Classroom; NYS 4-H STEM Camp; Science, Technology, Engineering & Mathematics (STEM) Programming.

**4-H Camp Shankitunk:** Overnight Camp, Day Camp; Camp in a Box; Camp Get-A-Way Fall Weekend; Spring Volunteer Day; 4-C Camp for Adults.

#### **Agriculture Programs**

**Horticulture and Natural Resources: Winter** Sowing; Holiday Centerpiece Workshop; Seed Starting Success; Tomato Talk; Pepperpalooza; Seed to Supper; Pinching for Production; Grow a Cutting Garden at Home; Hypertufa Pot Workshop; Birdsong Farm Community Garden; Master Gardener Volunteer Training; Delhi Homegrown National Park Initiative; Digging Deeper Flower Farming Series.

#### **Business Management and Profitability:**

To Market, To Market 8-part series; Farm Business Planning and Financial Statements; Dairy Margin Program Coverage outreach; Farm Business Summaries; Farmers' Tax School; Organic Dairy Profit Group; 91st Annual Dairy Tour; Family Farm Day; Paycheck Protection Program Outreach and Assistance; Ag Plastic Recycling Program; Clean Sweep; Ag Chat Mondays; Pricing Farm Products @ Catskill Regional Agriculture Conference; Push the Pencil 2-part Retirement Seminar; Ag Literacy Week Outreach and Coordination; June Dairy Month Exhibit; Meat Processing Survey; Delaware County Fair Exhibits on Regenerative Agriculture and Carbon Sequestration.

**Crop and Animal Production:** Fall Pasture Management; Beef Reproduction and Finishing; Soil Temperature monitoring survey; Corn Dry Down Days; Introduction to Stocker Cattle; Catskill Regional Agriculture Conference; Crop Production School; Quality Management Assistance; Scissors-Cut Forage Quality monitoring; Grazing management educational series; Certified Pesticide Applicators training; Cow-Calf enterprise management; Spring cow-calf management; Corn Herbicide Selection and planning; Preparations for the beef breeding season and buying a bull.

**Environmental:** Precision Feed Management; Nutrient Management planning; Nutrient Management Credit Workshops; Pasture Renovation; Catskill Regional Agriculture Conference; Manure Injection Demonstration trials.



## **COMMUNITY COMES THROUGH FOR CAMP**

**4-H Camp Shankitunk** was able to offer a safe camp experience for youth this summer amidst the Covid-19 pandemic and wishes to thank the community for their generous support, without which, reopening may not have been possible.

A variety of equipment was needed to implement the safety plan that was developed to run camp and after a rough year, fiscally, in 2020, staff reached out to the community for donations and funding opportunities to meet these anticipated needs. The response was overwhelmingly positive:

- Community Bank, The Stewarts Holiday Match Program, private donors, and camp colleagues across
  the state supported the purchase of additional program supplies to develop cohort bins and reduce
  sharing of materials between groups.
- The Community Foundation of South Central NY supported the purchase of tents to keep youth outdoors as much as possible (rain or shine) as well as non-contact thermometers to conduct screenings.
- The A. Lindsay & Olive B. O'Connor Foundation supported the purchase of outdoor handwashing stations, sanitizer jug mounting brackets for all buildings and changing tents for the cabins to reduce youth in shared spaces (along with a private donor who also donated changing tents!).
- Community members came together and voted 4-H Camp Shankitunk as a winner in The Southern Tier Tuesday program where \$2,000 in funds were utilized on program enhancements including the purchase of a 9-Square in the Air game and flagpoles for each cohort.
- FAHS Construction Group, Louis N Picciano and Sons, and Upstate Companies along with Tim Bowker and Bob Nieu donated touch-free water bottle filling stations along with their time and talents to install them at camp which provided consistent access to cool drinking water for campers.
- The New York State 4-H Program, Smith-Lever Operating Bronfenbrenner Center for Translational Research funded continued work on a Camp in the Box Program for youth who were not able or ready to return to in-person camp programming this summer.

Additionally, many volunteers answered the call to help set up camp in May and assist during check-in each week. Scholarship opportunities to camp or "Camperships" remained an important priority, and thanks to the generosity of our incredible donors and partners more than 145 youth received partial to full scholarship support to attend camp this summer. Our return this summer would not have been possible without the support of our community. Thank You all!



## NYS 4-H STEM CAMP HUGE SUCCESS

The 7th Annual **NYS 4-H STEM Camp** was held in a much different way this year but we were happy to be able to hold it in any capacity with all of the COVID precautions and cancellations of 2020. It was great to have a feeling of normalcy as we were able to hold a one-day event on Saturday, June 19th at 4-H Camp Shankitunk in Delhi.

Twenty-six youth and nine adult educators attended from nine different New York State counties. This year's camp was 42% male and 58% female. Delaware County youth made up 69% of the participants. Campers spent the day submerged in intensive STEM concepts and learning. They chose one course (out of four) to learn about, their choices included: Creating Art with Technology, GPS/Geocaching, Microorganisms, and Outdoor Survival.

4-H can touch our youth's lives even in small quantities and doses! Be sure to sign your child up for 4-H during our open enrollment period from October 1 – December 31, 2021. Everyone had a blast and looks forward to attending a full weekend of the NYS 4-H STEM Camp next year.

Since April 2021, forty-three 4-H families have participated in the 2021 **Delaware County 4-H Hiking Challenge.** Once per month, 4-Hers met up at a chosen hiking location and 4-H Resource Educator, Emily Roach, explained the history or biographical information about the location. Emily also provided an 'I Spy' worksheet to look for different flora, fauna, and landmarks along the trails.

4-Hers hiked all over Delaware County including: The Delaware Nature Preserve/Hamden, Mount Utsayantha/Stamford, The Lennox Model Forest/ Delhi, Mud Pond Trail/Roscoe, Shavertown Trail/ Andes, Private Property/Walton, and Bramley Mountain/Bloomville. 4-Hers and their families had a great time getting outside for some fun and challenging exercise. Learning about each of these beautiful locations opened many 4-Hers eyes to our rich local history. Many families are looking forward to continuing the 4-H Hiking Challenge in 2022.

## 4-HERS STEP UP TO THE CHALLENGE



After pivoting to Camp in a Box during summer 2020, **4-H Camp Shankitunk** was overjoyed to welcome campers and their families back into the facility this summer. The air was once again filled with laughter and excitement as campers participated in activities including archery, swimming, hiking, sports, crafts, fishing, mealtimes, flag raising, campfires, and more! While some traditional programs like ropes course and backpacking were put on pause, new activities such as make your own walking stick and 9-Square in the air entered the scene and were well received by youth and staff alike. Nearly 500 youth participated in the overnight camping program and 180+ youth spots were filled in Day Camp this summer.

Operating camp during the Covid-19 pandemic was not without concern, and staff worked hard to develop a safety plan with guidance from the American Camp Association, The Association for Camp Nursing, NYS 4-H, and hundreds of camps who had operated in 2020 as well as the NYS Department of Health and Delaware County Public Health offices. The plan included several layers of safety measures which when combined allowed for a safe and successful camp experience.

Campers completed a pre-arrival Covid-19 PCR test before entering the overnight program, screening questions and temperature checks at arrival, a drive-through contactless drop-off and pick-up procedure was instituted, youth were assigned cohort groups for their stay at camp, masking in shared spaces or when indoors was utilized, handwashing and sanitizer access was increased, efforts were made to keep youth outdoors when possible, and camp operated at 75% capacity to allow for greater distancing in the cabins.

Camp offered youth and staff alike the unique opportunity to step back into a simpler time, with no internet connection or mute button needed. It served as a place where a small community could support one another without judgment, simply because it was the right thing to do. Kids were out of their homes, playing with other kids, connecting with nature, and having fun.

Our sincere thanks goes out to the staff who worked incredibly hard this summer to work around challenges and adapt to change while providing a positive experience for our campers, the families who trusted us to provide a safe camping experience for their youth and exhibited patience, flexibility and gratitude, the campers who followed the guidelines responsibly while at camp, and the community for their support of reopening our program this summer!





## **FAMILY FARM DAY**

Family Farm Day is a celebration of local agriculture in Delaware, Otsego and Schoharie Counties and took place on August 28th, 2021 after a 1-year hiatus due to Covid. Naturally, there were fewer participating farms because of the uncertainty regarding having people gather on the farms. Delaware County had 11 farmers participate including 3 new farms and that was encouraging.

Visits to farms were brisk this year with hundreds of new people taking part in the excitement of a safe, outdoor learning experience. Farmers were ready with tours of their operations, interactive animal activities and

farm-fresh products displayed for sale. Promotional brochures included a farm map that was also available online. Social media and print advertising guided visitors to farms that interested them and routes were generally mapped out in advance.

Visitors to the area were encouraged to spend the weekend at a farm-stay, Airbnb or hotel in order to get an early start. Families with children tended to visit farms with dairy cows, livestock, demonstrations or hayrides. Products available for sale included flower bouquets, vegetables, herbs, maple products, beef, pork, poultry, eggs, cider, fruits, baked goods, cheese, yogurt, milk, honey, jam, wool and more! At the Birdsong Farm Community Garden, visitors could choose from their Farmers' Market featuring a wide array of locally produced goods.

Funding to support Family Farm Day comes from each county's tourism, economic development and/or Western Catskills funds. Annual events such as this encourage participation from farmers who can depend on excellent promotion that ensures a good quantity of visitors will come to enjoy the farms and spend money on farm products, stay in the area and eat at local restaurants.





# PFM: ASSISTING THE LOCAL FEED INDUSTRY

The PFM (Precision Feed Management) program is not only a partnership with local farms, but also with the local feed industry. One of these major feed industry partners is Lutz Feed Inc. of Oneonta that provides purchased grain to 51% of the PFM farms. In 2020, the PFM program partnered with Lutz Feed to evaluate phosphorus (P) levels of the ingredients they use to produce grain mixes for dairy herds. It was noted that customers were coming back with laboratory results higher in P content than the mill formulation specification sheets indicated. Following a conversation between Lutz Feed Mill management about this trend, and a sharing of data from the PFM program with the mill, an evaluation of the ingredient analysis reports was revised.

As a result of this collaboration, Lutz Feed made adjustments to their "feed library," a set of feed composition data that their nutritionists use to formulate rations for dairy cattle. Feed library P values were adjusted closer to actual analyzed values for their feed ingredients. Feed nutritionists working with Lutz Feed customers will be able to more accurately formulate diets and avoid over-feeding of phosphorus that will save farmers money, reduce manure nutrient excretions and nutrient accumulations on farms, and protect the environment.

About 12% of Delaware County residents are considered food insecure, which the USDA defines as "a lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods." The rural nature of the county makes access to nutritious food particularly challenging due to a lack of public transportation and the distance to fresh food outlets. Numerous studies have shown that gardening greatly reduces food insecurity. With funding from Care Compass Network, Cornell Cooperative Extension of Delaware County offered gardening classes and provided ongoing assistance to participating gardeners.

Seed to Supper is a comprehensive beginning vegetable gardening curriculum designed for adults gardening on a budget. Garden educators and Master Gardener Volunteers recently taught the Seed to Supper curriculum to over 150 Delaware County Residents. The course highlighted practical, low-cost techniques for building, planning, planting, maintaining, and celebrating the harvest of a successful vegetable garden. Learn more about the Seed to Supper program and the community gardens supported by CCE all over Delaware County.

## **SEED TO SUPPER**





## **CATSKILL CONFERENCE GOES VIRTUAL**

**The Catskill Regional Agriculture Conference** is a flagship event for the WAP Farmer Education Program. This conference brings together producers from the major commodities produced in our region to one place to hear from statewide and nationally recognized experts covering timely and locally relevant topics.

Instead of a one-day on-site conference, this year, our event was held on-line over several days. Although our audience missed meeting in-person, the on-line format allowed us to have fewer conflicts between concurrent sessions and to recruit speakers from a wider distance. Without the need for travel, our attendance was greater than previous years and drew participants from a wider geographic region, but with the limits of technology and internet infrastructure, we had a slightly smaller participation by Watershed Participants.

#### Tracks included:

- Dairy (3 sessions)
- Livestock (3 sessions)
- Grazing (3 sessions)
- Vegetables (4 sessions)
- Cut Flowers (4 sessions)
- Marketing, Energy & Honey (3 sessions)

Great work! I can tell your team put a lot of work into this event. – Conference Participant

















## Cornell Cooperative Extension Delaware County

Growing Healthy Families, Confident Youth, Successful Farms and Stronger Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. Individuals who bring a diverse perspective and are supportive of diversity are strongly encouraged to apply. If you have special needs, please contact CCE Delaware at 607-865-6531.