

Hi, just a reminder that you're receiving this email because you have expressed an interest in Cornell Cooperative Extension Dutchess County. Don't forget to add [dutchess@cornell.edu](mailto:dutchess@cornell.edu) to your address book so we'll be sure to land in your inbox! If you are only interested in receiving information from certain program areas, please click on the "Update Profile/Email Address" link at the very bottom of the newsletter to change your preferences.

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# Cornell Cooperative Extension Dutchess County

## E - Newsletter

Issue: #24

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### About Us

CCEDC, a subordinate governmental agency associated with Cornell University and its land-grant mission since 1869, provides research-based resources, tools and education for the residents and officials of Dutchess County. Our four program areas "Help People Help Themselves" through education on:

Agriculture & Horticulture

Environment & Energy

Family & Consumer Education

4-H Youth Development



Hello Friends,

Now that it's starting to warm up and spring is on its way, see what new programming is starting to "bloom" at CCEDC!

The programs below are just a sample of offerings for this month. Learn more about these and other CCEDC programs by contacting us at (845) 677-8223, visiting our website at [www.ccedutched.org](http://www.ccedutched.org), or checking out our [Facebook](#) and [Twitter](#) pages!

### Planning for Green Infrastructure: What Municipal Boards Need to Know

#### Environment & Energy Program

Tuesday, March 29, 2016: 6:30 - 8:30 pm. Farm and Home Center, Millbrook, NY. This forum will provide an overview of what municipal boards should consider when reviewing and incorporating green infrastructure practices into site plans with a focus on municipal capacity, future maintenance considerations, and enforcement options. Presented by Cornell Cooperative Extension Dutchess County in collaboration with the Dutchess County MS4 Coordination Committee and the Dutchess County Soil and Water Conservation District.



**Certificates of attendance for municipal training credit will be provided.** Free and open to the public. Light refreshments provided. For more information and to register, [click here](#).

## CCEDC is on Social Media!

Like us on Facebook 

Follow us on  twitter

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THE FAMILY AND CONSUMER EDUCATION PROGRAM PRESENTS:

### Hitting a Homerun in the Kitchen - The Food, Family, Fitness, and Finance Cookbook



Cookbook \$19.95  
Cookbook CD \$13.95  
E-Cookbook\* \$9.95  
\* Available by contacting [dutchess@cornell.edu](mailto:dutchess@cornell.edu)

The proceeds from the sale of this book are to support Cornell Cooperative Extension Dutchess County Family and Consumer Education Programs in the home areas of food, family, finance and fitness. For more information visit [www.cceadutchess.edu](http://www.cceadutchess.edu).

"Helping You Knowledge to Work"

 Cornell University  
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### Hitting a Homerun in the Kitchen: The Food, Family, Fitness and Finance [Cookbook](#)

## FCE Celebrates National Nutrition Month! Family & Consumer Education Program



### Featured Tips for the Month!

- Plan recipes as a family
- Check to see if you already have ingredients for recipes before going shopping
- Make a list of what you need to buy
- Shop for foods in season: they are usually less expensive
- Double the recipe to save time cooking later in the week
- Compare prices: check the unit price of the item to determine the best value
- Eat breakfast using whole grains and lean protein such as eggs and low-fat yogurt
- Make half your plate fruits and vegetables; make 2 cups of fruit and 2.5 cups of vegetables your daily goal
- Use measuring cups to measure portion sizes
- Be active: Start with doing exercise for 10 minutes at a time then work up to longer time periods



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NATIONAL NUTRITION MONTH™ 2016

 Academy of Nutrition  
and Dietetics  
[www.eatright.org](http://www.eatright.org)

## Announcing Master Gardener Volunteer Training 2016 Agriculture & Horticulture Program



DO YOU...love gardening? Enjoy sharing what you know with others? Want to learn even more about gardening? Love to get your hands 'dirty'? Have some extra time to volunteer? Like visiting new and exciting places? Then we have just what you are looking for...

Master Gardener volunteer training is held in EVEN

numbered years, September through December. The next scheduled training will take place beginning September 7, 2016. Classes are each Wednesday. Applicants must be able to attend all of the training sessions. [Click here](#) for a tentative schedule.

Applications are being accepted at this time. **Application deadline is May 27, 2016.** [Click here](#) for more information or call Nancy at (845) 677-8223 ext. 115.

## Green Teen at Sprout Creek Farm! 4-H Youth Development Program

This winter, Green Teen was able to bring 23 teens, over 4 days, to work for an afternoon at Sprout Creek Farm. Sprout Creek during this time of year is chock-full of baby goats and we began every afternoon with lots of love from the babies. Other highlights were collecting chicken eggs, feeding the pigs

and meeting the cows. We have been partnering with Sprout Creek for 12 years and over this time we have been able to bring hundreds of youth to the farm. For many of the teens, it is their first time visiting a farm or being so close to an animal other than a house pet. The winter program is also a great introduction to Green Teen and the type of work that we do. Many youth who volunteer with us often end up applying for a paid position later on in the year. Currently we are in the process of interviewing and hiring for 8 positions in our Spring Program. Stay tuned to hear more about the Spring in a later edition of the CCEDC e-newsletter. 'Till then, enjoy the sun!



### **4-H Club Spotlight - Dutchess County Long Rifles 4-H Youth Development Program**

The Dutchess County Long Rifles is Dutchess County's Shooting Sports 4-H club, and one of the largest clubs with over 40 members and 10 adult volunteers. The club's focus is on teaching firearms safety while enhancing personal growth and development of the youth involved.



On February 26-28, several 4-H Club Leaders and Project Leaders, as well as Youth Junior Instructors, participated in the New York State 4-H Shooting Sports Instructor Training in Saratoga County, NY. There were several areas of interest explored at the training, including archery, air pistol, coordinator training, hunting/wildlife, living history, muzzleloading, rifle and shotgun. To learn more about our Shooting Sports program, contact Cassie Messina, 4-H Community Educator, [cmm473@cornell.edu](mailto:cmm473@cornell.edu).

#### ***Our Mission:***

***Through quality educational programs, Cornell Cooperative Extension Dutchess County builds strong, healthy youth, adults, families and communities while enhancing the economic, social, agricultural and natural resources of Dutchess County.***

Sincerely,

*Cornell Cooperative Extension Dutchess County*

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. The programs provided by this agency are partially funded by monies received from the County of Dutchess. Please contact the CCEDC office if you have any special needs.

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