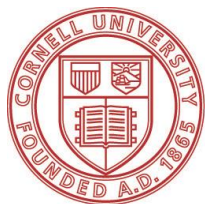


2014 Annual Report



Cornell University Cooperative Extension Essex County



3 Sisco Street, P.O. Box 388, Westport, NY 12993-0388
Tel: 518-962-4810 Fax: 518-962-8241 E-mail: essex@cornell.edu
Web: blogs.cce.cornell.edu/essex ccenny.com adironackharvest.com

Mission

Cornell Cooperative Extension 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.

Keeping the Agriculture Industry Strong



We had 42 new farmer inquiries for information on starting up farming in Essex County this year. It is so exciting to see the new young faces. I have to mention the special help that the Open Space Institute has had in providing leasing opportunities for several of these new farmers. Also many of these farmers are organic and the projects at the Cornell-Willsboro Research Farm will be particularly helpful.

We had 5 livestock programs with attendance of 74. One of the most exciting programs is a project with FINPACK an accounting system out of Minnesota Extension that is helping tremendously to analyze profitability of the non-dairy farms. There were 6 Farm Business meetings with a total of 148 attendees and 24 business plans started.

The Horticulture Specialists were very busy in Essex County and there were 8 classes with a total of 228 attendance. The high tunnel research work continues studying fertility and salt accumulations. Also there has been a lot discussion regarding the Willsboro grape planting and a possible change of emphasis. We have proven that a wide variety Champlain Valley if the site is well chosen.



The dairy and crops specialists have helped Essex County farmers and we have had 10 programs in our region with 222 attendees. In addition we did 28 soil tests for farmers to help them improve their soil health.

There were 14 joint research projects with CCE in Essex County to find out just how some of the new technologies fare in our soils and climate.



Consumer Horticulture

Master Gardeners provide skills, knowledge, and attitudes essential for successful gardening experiences. The “MGVs” are a catalyst for addressing food security, climate change, sustainable energy, youth, family, and community development. We now have 23 MGVs in Essex County who have donated 1000’s of hours of time and expertise. In every town, our MGVs regularly hold gardening workshops, attend farmers markets, support community and school gardens. They also continually receive updates from APIPP (Adk Park Invasive Plant Program) by attending district and regional meetings. They are uniquely placed to increase awareness and provide early detection of invasive plants and insects. Our latest class of Master Gardeners Volunteers graduated November 12, 2014 after attending a 10 week long program learning about botany, turf, soils, trees, invasive species, and the health benefits of gardening. Our new MGVs are excited to begin their own volunteer programs from Ticonderoga to Lake Placid. Look for your Master Gardener Volunteers in your hometown.



Adirondack Harvest – Direct Marketing Programs

The Adirondack Harvest program helps farmers sell their products. We connect producers and consumers. A partnership with Clinton County CCE brings folks “Food from the Farm” which showcases local food available at winter’s end, and “Farmer Chef Speed Dating” to help bring local food to restaurants. Other consumer events we participated in were Adirondack Day in Albany, The Essex County Fair, Washington D.C. Farm Day, A Taste of Local and the Ticonderoga Harvest, Horse and Heritage Festival. We also featured farm tours and meals during our own autumn Harvest Festival Week. Our Recipe to Market workshop taught future food entrepreneurs how to begin the process of selling their favorite home recipes in the marketplace. The highlight of our year was a tremendously successful First Annual Essex County Cheese Tour. Our three artisanal farmstead creameries opened their doors to hundreds of people with samples, tours, food and farm education. The rapid expansion of young and beginning farmers in our county keeps Adirondack Harvest’s role critical.



Nutrition & Health

In these programs CCE educators work with several partners including: SNAP-ED (ESNY!), Essex County Department of Social Services, Office for the Aging (OFA), Public Health, Adirondack Community Action Program, Eastern Adirondack Health Care Network, Department of Social Services, Office of Temporary and Disability Assistance, Adirondack Medical Home (AMA), Farmers’ Market Nutrition Program, Greenwood Apartments, Lake Placid, Moriah and Ticonderoga Senior Centers and Nutrition sites.

378 Essex County youth were reached through in/after and out of school nutrition and fitness education programs. We also provided adult programming in direct nutritional education at all 12 Senior Nutritional Sites with our Registered Dietician providing 10 home visits, 106 assessment referrals and 60 phone consultations. The Arthritis Exercise Range of Motion classes had 335 senior participants at the Ticonderoga and Lake Placid locations. The Physical Fitness Programs at the Sr. Nutrition Sites in Lake Placid, Ticonderoga, Minvera and Moriah had 307 participants. Adirondack Medical Home one on one had 207 nutritional and 68 physical fitness clients referred through primary physician and health clinics located in Essex and Clinton Counties. 703 clients have participated in the weekly ‘Growing Stronger’ Fall Prevention Exercise Programs. Additional outreach includes Health Fairs at ECH, Healthy Heart, Crown Point, Ticonderoga and St. Mary’s Schools, Cancer Awareness Walk Fair, & Tri-County Alzheimer Walk.

4-H Youth Development

There are 18 4-H Clubs with 160 members and 52 volunteer leaders, along with 1 after-school club with 7 youth members and 3 independent/individual clubs. In addition extension educators have worked with a total of 1,930 youth in short and long term projects. North Country District 4-H and Nutrition Programs were awarded a Wal*Mart 'Choose Health' Grant for a second year that will reach over 2,100 school age youth providing education in Healthy Living and Physical Fitness.



To date Essex County has reached over 200 youth from St. Mary's, Ticonderoga Elementary and Middle Schools, Keeseville Elementary School and Kids Cove with another 100 youth to be reached in winter of 2015. This years 'STEM' (Science, Technology, Engineering and Math) focus was 'Invasive Species'. Educators worked with county 4-H Clubs, Westport and Keene Central Schools and Minerva Summer Youth Programs to provide this STEM Program. Additional 'STEM' Programs include Essex County Environmental Field Days with 300 fifth and sixth grade students and 50 adults from 10 school throughout Essex County in attendance, along with 'Creating Healthy Spaces Places' Horticulture Series Garden Project with 36 youth, 15 adults and 1 master gardener who then took this project to local nursing home in Willsboro. 94 youth participated in Essex County Public Presentation Day this year. 480 adults and 56 youth volunteers provided leadership in projects including: Ag Literacy Week with 237 youth from 10 schools reached, Bowl Competition judges, Leadership Programs, Environmental Field Days, Community Service, Essex County Fair, Horticulture and Gardening, Animal Science Programs, Holiday Creations, Healthy Lifestyles, College/University Admissions/Career Development and educational trip chaperones.

Community Youth Programs

Our Extension Educators work closely with other organizations and local schools to provided special programs such as Leadership and Team Building, Career Goal Setting, Food and nutrition and Healthy Lifestyles Programs. We team with Essex County Soil and Water Conservation to put on the Environmental Field Days and work with Prevention Partnership to bring high school students on admission visits to local colleges and universities. Our animal Science Projects include programs at Miner Institute, Horse, Sheep and Goat Camps, clinics that focus on poultry, dairy, sheep, goat and horses, Essex County Fair, Community Service Programs and Horse and Rider evaluations. We also continue to connect using social media.



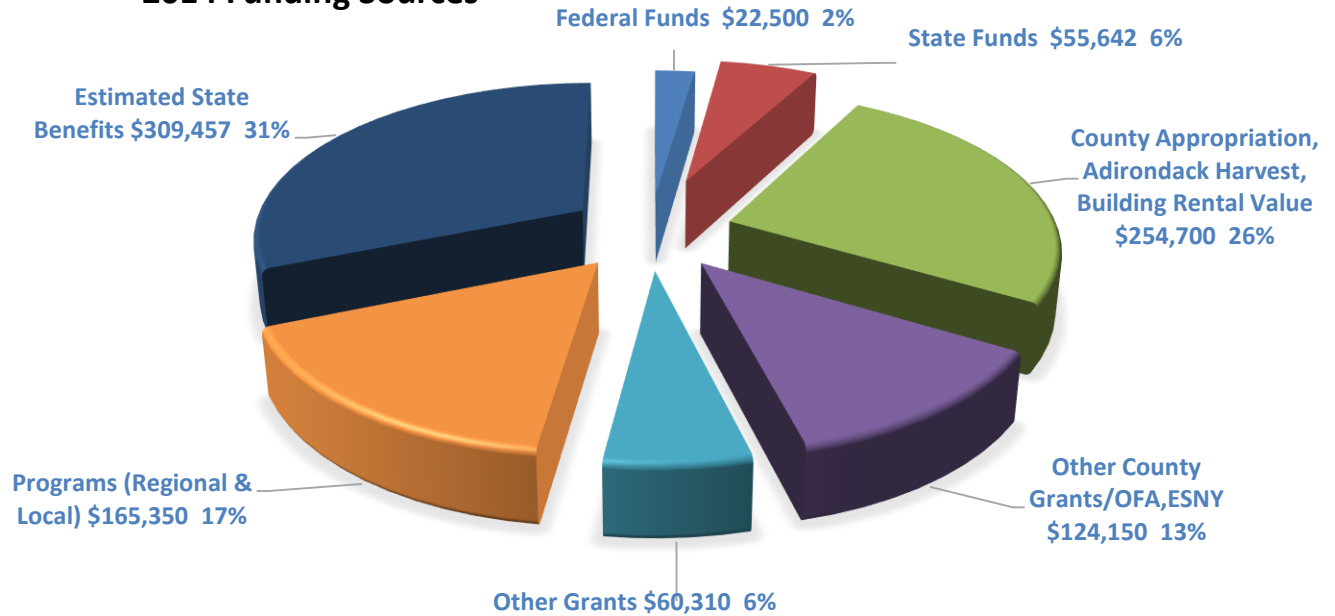
The Cornell Cooperative Extension Association of Essex County Board of Directors

The past several years of budget cuts from the State, Federal and County Governments have caught up to Cornell Cooperative Extension in Essex County. In addition, many of our grants have ended in the form we used to use. In 2014 we had 15 special funding grants and contracts that helped us provide educational programs for our communities. We have been able to team up with other counties to add a regional specialist teams to provide high quality expertise to our dairy, crop, apple, grape, small fruit and vegetable farms. Our new Apple and Grape specialist is Anna Wallis. We have also teamed up in NNY to develop a shared business network to provide administrative expertise.

In 2014 we are sorry to have laid off Samantha Davis and Natalie Sullivan from the Eat Smart NY program. We should be seeing more diet and health messages in our local media motivating people to take care of themselves. Also Mary White Ferris' position moved to the Elizabethtown Community Hospital where additional staff and programs were able to be added.

We had 2 student interns working on marketing projects for Adirondack Harvest. Zechariah Hintz tested consumer and chef acceptance of Maple Water, Birch Syrup, Black Walnut Syrup, and Maple Hard Candies; and Hanna Collins brought CCE into the 21st century with promotions of local dishes served in our restaurants on Instagram.

2014 Funding Sources



Total Budget = \$992,109

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