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You may [unsubscribe](#) if you no longer wish to receive our emails.

Cornell Cooperative Extension Dutchess County

E - Newsletter

Issue: #36

April/2017

In This Issue

[Conservation Planning for Municipal Officials](#)
[RAPP Update](#)
[Let's Talk Trash!](#)
[Tractor Safety Training](#)
[Spring is Here!](#)



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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,

After a late March snowstorm, it is finally beginning to feel like Spring! Flowers are beginning to bloom and our programs are blossoming, as well. Keep reading to see what staff will be up to this month.

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.ccedutchess.org, or checking out our [Facebook](#) and [Twitter](#) pages!

Conservation Planning for Municipal Officials Environment & Energy Program

On Saturday, May 20th, the Environment & Energy Program will be partnering with Dutchess County Department of Planning, the Hudson River Estuary Program, Dutchess Land Conservancy, and the Environmental Cooperative at Vassar Barns to put on a training entitled "Conservation Planning for Municipal Officials in Dutchess County." The training, which will be held in the morning



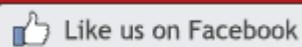
at Vassar Barns, will provide an opportunity for guided hands-on exploration of Dutchess County online mapping tools, as well as regional and statewide natural resource mappers for members of conservation advisory councils,

CCEDC Newsletters

Many of our four program areas have their own specialized newsletters, which are sent out regularly, as well. If you're interested in reading the latest issue of each newsletter, click on the links below:

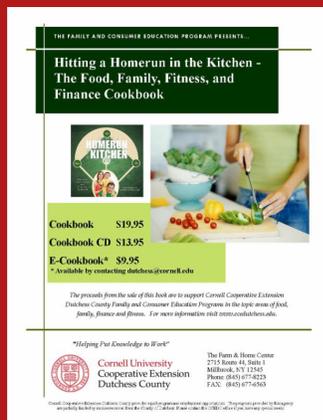
- [Dutchess Dirt](#)
- [Dutchess County Agriculture...It's a Growing Thing](#)
- [Environment and Energy Newsletter](#)
- [4-H Newsletter](#)

CCEDC is on Social Media!



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Donate



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

Master Gardener Volunteers' Plant Sale!

Annuals, Tomatoes, Peppers, Eggplants,
Perennials - a selection of old favorites,
new varieties and the unusual.

May 19 and 20, 2017

Friday: 10 am - 4 pm

municipal planning and zoning boards and staff, watershed organizations, and interested citizens. Participants will practice conducting a preliminary site assessment for conservation values in the context of a municipal open space acquisition program. More information, including registration, will be posted on [our website](#) soon.

This program is funded through a grant with Dutchess County.

RAPP Update

Family & Consumer Education Program



This month at our Amenia Relatives as Parents Program (RAPP) we continued with the second half of our two part series on photography. Youth learned about taking candid photos and portraits. The adults talked with the Adoptive and Foster Family Coalition to learn more about their services and ways they can assist our groups.

The youth from our Poughkeepsie RAPP group were treated to a visit from the No Child Left Inside youth and worked with them making crafts, playing games and reading stories. The adults got to discuss Mindful Parenting practices with our guest speaker Deborah Skrifloff.

We continue to work with the community to assess the levels of fish consumption in the Hudson River and what types of fish are most popular for consumption.

Staff from FCE attended Parent University at Poughkeepsie Middle school and were able to talk more about our programming to parents, students and community members.

At CCEDC's monthly staff meeting Master Preservers gave a presentation on how to make a quick jelly or jam and treated the staff to homemade dehydrated crackers and marshmallows.



Let's Talk Trash! Agriculture & Horticulture Program

Home Composting and
Recycling Workshop
Thursday, April 20th, 2017:
6:30 PM - 9:00 PM

Learn how to improve your trash management skills, reduce waste and create compost.

Did you know that 60% of solid waste is organic and can be composted? Do you understand how easy it is to recycle in Dutchess County? Our current recycling rate is 35%, but can be improved. Do you



Saturday: 9 am - 2 pm
(Rain or Shine)

at the
Farm and Home Center
2715, Rt. 44
Millbrook, NY

Check descriptions of our plant offerings
at www.ccedutchess.org/gardening

For more info, call (845) 677-8223 x115



know what is recyclable, compostable or just plain garbage? Would you like to improve your soil and support waste reduction?

CCEDC Master Gardener Volunteers will help you understand how to successfully separate and dispose of garden and household waste, and provide training on home composting techniques and options.

This workshop is offered as part of Arlington Central School District Adult Education. To register go to arlingtonschools.revtrak.net. Fee \$15.

For questions call Nancy Halas at 845-677-8223 ext 115, or email her at nh26@cornell.edu.

Tractor Safety Training 4-H Youth Development Program



On April 1st, 7 Dutchess County 4-H youth completed the National Safe Tractor and Machinery Operation Program. The course, which began February 23rd, covered a variety of topics related to machinery and general farm safety. In addition to classroom sessions, youth were visited by Bill Gibson, a representative from the New York Center

for Agricultural Medicine and Health (NYCAMH.) Youth also had the opportunity for hands-on tractor driving and operations lessons courtesy of Reardon Briggs Lawn and Garden Equipment in Millbrook. Upon successfully completing a written exam, pre-operational safety check, implement hook up, and driving test, youth were issued a United States Department of Labor Certificate of Training, certifying that they completed the course and necessary testing.

Did you know?

Concerning ATV accidents from 2003-2011, 2,090 injuries and 321 fatalities were reported. **3 out of 5 fatalities occurred in Agriculture.***

*U.S. Dept. of Labor www.osha.gov

This program is funded through a grant with Dutchess County.

Spring is Here! 4-H Youth Development Program

The spring 2017 Green Teen program has kicked off. One of the main goals this season is to mentor our participants and facilitate their self-growth. During orientation, participants were asked to fill in a blank figure with words that relate to their identity. For many participants this was the first time they had ever thought about the components of their individual identities. Participants reflected on their



accomplishments in 2016 and set goals for 2017. They also filled out "The Adolescent Food Habits Checklist," a survey to determine if the participants have healthy eating habits. This survey will also be given to participants on the last day of the program to assess changes encouraged by the program. The youth played a team-building game called "Holes in the Ice." The objective is to get from one side of the room to the other side while blindfolded without stepping on the 'holes in the ice'. While reflecting on the activity one participant stated: "I had to put my complete trust in the person leading me, I couldn't do it on my own." This activity helped set the foundation for our spring program.



Green Teen Grows Success

The spring participants started six flats of plants for Green Teen's urban gardens. For most of them, this was the first time they had ever started seeds in their lives. Participants made comments about how tiny the seeds were, noting how amazing it is that such a tiny seed will soon be a collard green or kale plant. Starting seeds is one of the most important aspects of

the spring program. These plants will grow to become what we harvest and sell at the mobile farmers market during the summer. After placing a single seed in each cell of a flat, participants covered the seeds with a small amount of local potting soil and then add a layer of vermiculite. Vermiculite is so light in weight, each time I handed a participant a full cup their eyes lit up with amazement. It was almost like an optical illusion, how such a full cup could feel so empty. With dozens of plants still needing to be started, this was a great introduction to the season.

This program is funded through a grant with Dutchess County.

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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