As we come to the end of 2017, I thought it would be fun to have a Year in Pictures — showing some of the great things CCE Tioga and Chemung have been doing to improve the lives of our counties’ residents. A lot has been happening in the last year, and we are proud to show you some of our favorite activities and workshops that we hosted.

There are many people who work with CCE and independently to benefit our communities. The list of these wonderful people would take much of this newsletter, but today I would like to feature one of our youngest community members: Emily Bidwell. Emily has been awarded a great honor—the Katie’s Krops Spirit Award. Katie’s Krops is a national organization that supports and encourages young people to grow food to be donated to a food pantry in their own community. Here is what Katie’s Krops had to say about Emily:

“Our 2017 Spirit Award goes to Emily Bidwell from New York. Emily is a young Grower with a huge heart. Last year she built a Katie's Krops float to promote Katie's Krops in a local parade. This year she created a wonderful booth at the Tioga County Fair to share the mission of Katie's Krops. She has expanded her efforts to her school and is leading the way for more children to become involved with Katie's Krops.”

I can attest to the quality of the gardens that Emily and her family tended this year—they were beautiful! One garden, located at the Nichol’s food pantry, was particularly lovely, and I used it to teach young children how to grow and harvest their own vegetables.

In this season of gift giving, consider what gifts you have—and using those gifts to help make our communities better. Think about the power of one seed planted and tended to—it can make a real difference in the lives of your neighbors.
Back by Popular Demand: The CCE Tioga Homesteading Series!

CCE Tioga will be hosting a homesteading series this January and February. We are still in the process of lining up speakers and dates, but most of the classes will be on Saturday mornings, so if you want to come to all or most of the workshops, plan on leaving Saturday mornings free. We will have two classes most Saturdays—one at 9 am and one at 10:30 am, and after the second class, join us for lunch at a local restaurant if you wish—it will be a great way to meet your neighbors who are homesteaders.

Once the classes are set, I will send out an email with the schedule.

Internal Parasites in Sheep & Goats and FAMACHA Certification Workshop

Internal parasites are one of the biggest health problems affecting sheep and goats in the Northeast. As a result, producers need to know how to best combat it. In this workshop producers will be taught the basics of parasite control as well as how to develop integrated parasite management programs for their farms. As part of this workshop we will also have a hands-on training on how to use the FAMACHA Anemia Guide (good only for the barber pole worm) health exams to determine the need for deworming, and fecal egg counts. You are encouraged to bring a refrigerated fecal sample of 8 to 10 fecal pellets in a baggie from one sheep or goat at your farm to the workshop.

Date and Time: January 27th 2018, 9 am - 2:30 pm

Location: Chemung County Fairgrounds (171 Fairview Rd, Horseheads, NY 14845)

Trainer: Dr. Tatiana Stanton, Cornell Sheep and Goat Programs

Tentative Schedule:

9 am - Registration
9:15 am - Introductions (farms/families and current parasite programs)
9:30 am - Current situation of parasites in the Northeast and knowing your enemy
10:30 am - Know your weapons (best management practices and selective deworming)
11:15 am - Lunch
11:45 am - What’s new in parasite management?
12:30 pm - Hands on FAMACHA scoring, health exams, and fecal egg counts
2 pm - Discussion of your future parasite programs and questions
2:30 pm - Adjourn

Cost: Option 1: $25 per farm or family (includes 1 FAMACHA guide, workshop, and lunch)
Option 2: $12 per farm or family (workshop and lunch only)

Additional FAMACHA guides will also be available for purchase at the event.

Contact: Shona Ort, CCE Chemung at 607-734-4453 ext. 227 or sbo6@cornell.edu.

*Please pre-register with Shona by 1/24/17 so we can ensure enough food and handouts.*

Also, in the interest of biosecurity please wear clean clothes and shoes to the workshop and plan to change them prior to doing your own farm chores.

CCE Chemung High Tunnel Workshop (Rescheduled)

I wanted to let everyone know that we have rescheduled our Basics of Vegetable Production in High Tunnels to December 6, 2017 from 6 to 8 pm in the 4-H Building at the Chemung County Fairgrounds.

Cost to attend is still $5.

If anyone has questions in regards to it, please have them email or call me.
A Very Brief History of pH
By Chris Gagliardo, Chemung County Master Gardener

Every experienced gardener is aware that plants require a certain pH range in order to grow and thrive. But what exactly is pH? Who discovered or invented it? Why is it so important for our plants? This article will give a short, abbreviated explanation of the who, what, where, when and why of pH.

The pH scale is a measurement of acidity or alkalinity for liquids with a range from 0 to 14. Battery acid has a pH of 1, soda pop is about 4, distilled water has a pH of 7 (which is neutral pH), baking soda is around 9, and household bleach is 13. The pH range for soils is not quite as wide. The Pygmy Forest in Mendocino County, California has a pH of 2.8-3.9 while soil in Death Valley, California has a pH of 9.0-10.5. Most soils in North America have a pH between 4.0 and 8.0.

For hundreds of years chemical scientists had been aware that solutions were acid or alkaline but there was no method or scale to determine the exact quantifiable acidity or alkalinity of that substance. Then in 1909, Dr. Soren Sorensen (1868-1939), a Danish chemist working at the Carlsberg Laboratory in Copenhagen, began working on a mathematical formula to accurately measure pH. Dr. Sorensen knew that acidic liquids release hydrogen ions when combined with water and alkaline substances bonded with hydrogen ions when mixed with water. Therefore, highly acidic solutions contained a greater number of hydrogen ions. Alkaline solutions had fewer hydrogen ions present. To accurately measure these ions he developed a complex logarithmic formula and the numbers calculated from this formula resulted in the pH scale that was widely accepted in 1924 and is still in use today. The H in pH refers to the chemical symbol for hydrogen but the p is a bit murkier. Various sources say it refers to the Latin term potentia (potential or capacity) or another Latin word pondus (quantity) or even the German word potenz and French word puissance (both meaning power). Dr. Sorensen never revealed its exact meaning. As an unrelated fact he did visit Cornell University in 1924.

To understand the importance of soil pH it is critical to remember that soils are an intricate mixture of microscopic organisms, organic matter, non-organic matter and chemical elements among other things. Microscopic organisms that are so vital to our soil’s health are affected by a soil’s pH. Good bacteria that break down organic matter do not like strong acidic soil and may die. This could result in organic matter accumulating and not decomposing to release nutrients into the soil. A plant’s ability to use chemical elements also depends on a soil’s pH. A soil’s pH is not an indication of its fertility but it can affect a plant’s ability to absorb available nutrients. For example, aluminum and manganese are more soluble and absorbed more readily in soils with a high pH. This could lead to a plant absorbing toxic levels of these elements. A plant could receive inadequate or even toxic levels of a mineral if the pH is not appropriate for that plant.

Making sure our plants grow in soil with the optimal pH is important for their health and vitality. There are simple pH meters available on the market but an accurate and in-depth soil test will give the serious gardener all information needed to make pH and fertilizer adjustments. Contact your local Cooperative Extension Horticulture Educator for information on soil testing.

References:
https://www.chemheritage.org/historical-profile/soren-sorensen
http://protomag.com/articles/soren-sorensen-pioneer-ph
University of Vermont Extension, Department of Plant and Soil Science: http://pss.uvm.edu/ppp/pubs/oh34.htm
SUNY College of Environmental Science and Forestry: http://www.esf.edu/pubprog/brochure/soilph/soilph.htm
A Year in Review:
CCE Chemung Horticulture

Seed to Salad Program: Seed starting at the Transformation Center

Master Gardeners giving presentation at Old McDonald's Farm Day

Master Gardener Annual Spring Plant Sale

Master Gardeners doing activities about tomatoes at the Chemung County Fair

Seed to Supper Program: Attendees getting their course completion certificates

Master Gardeners doing activities about pollinators at the Big Flats Elementary School
Summer youth gardening program not only taught the kids how to grow vegetables, they also enjoyed harvesting fresh vegetables and tasting the vegetables that they had never had before.

Master Gardeners offered “Seed to Supper” free gardening classes this summer. All of the attendees said they would highly recommend this class to their friends. Two of the attendees joined the Master Gardener program after they completed the classes.

Some comments:
“The presentation was very good. The presenter did a great job!”
“Informative, easy to understand and useful”; “Very informative, well presented”; “Great preparation of the presentation material”; “Great for beginners”; “Thank you for sharing your knowledge and expertise. Very good presentation.”

Master Gardeners teaching after-school program at local elementary schools

Master Gardeners offering monthly gardening workshops at Steele Memorial Library. The attendees thought the workshops were useful to them, and planned to use the information they learned in their own garden.

More information on Crazy Worms
We got a lot of feedback and questions about the article on crazy worms, so I thought some of you might want to learn more.

Here is a good fact sheet from NYS Integrated Pest Management on crazy worms:


And for something completely different, here is a link to a short animated Claymation film on the invasive worms:

https://www.youtube.com/watch?time_continue=191&v=AB1ATzbGWKU
Community Horticulture

Program Goals: To provide the public with unbiased, research-based information and sustainable management practices in horticulture suitable for home gardens, local landscapes, urban environments and the community.

Program Impacts

- Trained fifteen volunteers to teach or mentor low-resource adults and children on how to grow their own vegetables
- Held workshops and classes throughout the county on growing your own vegetables
- Built a community garden in Tioga Center and a small demonstration garden for the Berkshire Library
- Our Cornell interns helped lead the planning and development of Tiger Farm, a school farm for Tioga Central School District and led a community conversation on the food system in the county
- Built two Harvest Share free vegetable stands that allowed folks to augment their meals with free, healthy vegetables
- Trained new Master Gardeners through an innovative flipped classroom method
- Addressed the concerns of over 200 county residents in the proper management of pests and diseases in and around the home
- Hosted two workshops on growing fruits and vegetables in high tunnels
- Taught numerous workshops on gardening for the public, garden clubs, and environmental groups
CCE Tioga led many Seed to Supper activities in the county this year. Children from Owego, Berkshire, Nichols and Spencer were taught to grow and harvest their own vegetables. Children participating in the summer meals program got to pick beans, nibble on cucumbers and harvest garlic. Children in Spencer, Nichols and Berkshire participated in the fun.

An eight bed community garden was built in Tioga Center and Seed to Supper volunteers mentored families and Girl Scouts to be sure their gardens were successful. Two Harvest Share free vegetable stands were placed in our community—one by the Tioga Rural Ministry and one in the Spencer Lions Club Community Garden—and folks with extra produce dropped off what they did not need, and folks who needed a bit more for dinner were able to take home fresh, healthy, free vegetables.

Classes for adults ranged from a lunchtime series for county employees to a garden-side series in Spencer to one-on-one mentoring in Waverly. In addition, we did a tomato planting for folks visiting the Owego Mobile Food Pantry.

Tiger Farm, a four acre farm on Tioga Central School District property, grew over a ton of potatoes for their school, and held a wonderful school farm day to celebrate our farmers and the potato harvest.
CCE Chemung Agriculture Year in Pictures

Attendees got hands on experience of inoculating logs with shiitake spawn at the Grow Your Own Mushroom Workshop this past June.

At the Chemung County Fair folks got a chance to learn more about the different breeds of sheep and chickens when they stopped by the CCE Chemung Table. Youth also got the chance to create their own paper plate chickens to take home.
Caterpillar Soup

By Paul Hetzler, CCE St. Lawrence

When it comes to personal growth, the Wicked Witch of the West had the right idea. Quite possibly she got it from monarch butterflies, which must exist in Oz, since they are found worldwide except for the polar regions. Many times, a rearrangement of the self-image we have come to know is needed to achieve our fullest potential. In my experience this is always hard, and seldom is it voluntary.

We commonly refer to difficult times, periods of grief or anguish, in terms of dissolution. You might hear someone say that they went to pieces, fell apart, dissolved in tears, or had a meltdown. This latter can describe things from a childhood tantrum to someone at work who loses composure due to stress. Meltdowns are short-lived.

A breakdown is longer term, lasting weeks, months, even years. A person in this state is generally not able to function well, if at all, in their job or relationship. Nearly all who have breakdowns recover, and afterward it is not unusual for them to seem different. Maybe they have a new perspective; they might choose a trajectory more in line with their dreams and talents. Often, as a result of surviving a very dark time, and then shaping their life to better suit them, they report being happier than before.

In order to make the dramatic leap from glorified maggot to graceful flying machine, a caterpillar has a complete breakdown, during which it melts down. Caterpillars are of course the juvenile stages of moths and butterflies, and most are stubby, cigar-shaped, soft-bodied crawly things that somehow turn into gossamer-winged wonders. We know they enter a pupal stage to change costumes, but until fairly recently we knew more about what went on inside Clark Kent’s phone booth than what happened during pupation. Thanks to electron micrography and other fancy stuff, though, we now know a tiny bit more.

Some caterpillars produce silk to weave cocoons in which to pupate. Others, for example the monarch, make pupal cases with a membranous “skin” around it, and this is called a chrysalis. Once housing is taken care of, the hard part begins. At least that is my human-centered view on it. Let’s take the monarch again. Ensnconced in its regal, gold-flecked chrysalis, the cute, stripey chub of a caterpillar releases enzymes which dissolve its body. All of it. For a time, that elegant chrysalis is full of nothing but green caterpillar soup. Now that’s a meltdown.

As the caterpillar liquefies, most of its cells burst open. Sort of like taking parts from a Lego house, let’s say, to make a Lego car, but rather than reconfigure the blocks, you smash them to bits. Apparently it works for insects. There are a few cells, though, which make it through the blender. These are akin to stem cells, and biologists have dubbed them “imaginal cells.” This is so wonderfully poetic, as if part of the caterpillar could always imagine flying. I had heard that the caterpillar’s immune system perceives these imaginal cells as foreign, and tries to eliminate them. This would have made an even stronger metaphor, because we all resist change at first, but alas, the science does not back up such an idea.

But in a sense, imaginal cells do imagine the future winged adult, as they contain its DNA, the butterfly blueprint. As far as I can tell, no one knows quite how imaginal cells take all those shards of Lego pieces and fashions new kinds of cells from them. It’s better than magic. There are a few other items to be found in caterpillar soup. From the time it hatches out, the larva has within its body a number of somewhat flat, more-or-less round structures called imaginal discs. Each imaginal disc telescopes out like, I don’t know, a telescope or something, to become the outer shell of an appendage such as a leg, wing or antenna. That is handy and must save those imaginal cells a lot of effort.

By the time the pupal chamber unzips and an adult monarch emerges from its chrysalis to rub its bleary eyes, not a drop of caterpillar soup can be found—all of it was needed. Everything the caterpillar once was, now serves its new life as a butterfly. If said butterfly belongs to the fourth and last generation of the summer, someone is going to have to break the news to it about the pending 3,000 mile trip south. (In spring, monarchs take three generations, relay-style, to get all the way north, but the final brood flies to Mexico for the winter in one marathon shot.)

Writing about chrysalis just as the cold season is upon us may seem out of place, but like many, I see winter as a reflective period, hopefully a time to imagine powerfully. And perhaps to enjoy a bowl of soup and ponder meltdowns and transformations.
In Part I, we discussed how a marketing strategy can make the farm’s investments in marketing more effective. In essence, strategy is a technique to improve the rate of gross sales per hour of labor spent on marketing. A second technique is to set specific and measurable marketing objectives. Objectives aid the farm in planning, decision making, and execution of marketing activities.

Accomplishing an unmeasurable objective is a difficult task. Consider this example:

“I need to start saving more money.”

How do you know when you’ve accomplish this? When you deposit $20 into a savings account, are you done? The more detail you can add to an objective the EASIER it becomes to plan, execute, and ultimately succeed. Objectives transform marketing from a never ending, undefined job to a manageable task with specific outcomes which begin and end.

Consider this version of the saving money example:

“I’ll put $20 from the second paycheck of the month into a savings account, starting in September.”

With this improved statement, we know when to begin and if we are on-track. If September ends and we only saved $10, we know we need to deposit another $10 or adjust our objective. A well-constructed marketing objective will contain a measurable goal, a timeline, a budget, and a target audience for the objective.

A measurable goal is usually a sales quantity but can also include other marketing goals such as, number of restaurants you’ve contacted or Facebook likes. The goal should be quantified, and then, when measured against your timeline it creates a rate to measure your success against. In the example below, the farm must sell 8 quarters/month or 2 quarters/week.

*We plan to sell 32 beef quarters (8 head) between Sept. 1 and Dec. 31.*

Adding a target audience helps make the task easier. Ideally, the farm will use the target audience from their strategy sentence (see our previous article). The target audience allows you to develop a plan to reach consumers with a product and message that appeals to their specific interests.

*We plan to sell 32 beef quarters to homeschool families in a 3-county area between Sept. 1 and Dec. 31.*

Finally, adding a budget to get this objective accomplished sets you free to come up with innovative, creative ideas to accomplish your objective. Come up with a percent of gross sales you are willing to spend, or whatever amount seems reasonable to you. Once you know how much you have to spend and your timeline, you can get really creative.

Consider our example: If the average beef quarter brings $600 to the farm, they stand to earn $19,200. The time line is 4 months or 16 weeks. We can also look at the budget per beef quarter sold.
The chosen budget informs the farm’s plan. Here are some creative possibilities:

**Idea 1**: Hold 2-3 open farm days, invite homeschool groups by email, Facebook, and fliers. Advertise in local media and in places that homeschool families are likely to see it. Offer a farm tour and pass out fliers explaining the value of purchasing a beef quarter. Include a coupon or offer a discount to anyone putting a deposit down for a quarter during that period.

**Idea 2**: Hold two open farm days and hand out free burgers (your own product). Announce a special raffle for a FREE quarter—everyone who puts down a deposit for a quarter gets entered for a chance to win their quarter for free. Print up fliers and advertise on Facebook, at local churches, and homeschool group email lists.


Specific written objectives make your marketing job easier. Combined with a marketing strategy, objectives make each marketing effort pay off better than the lack thereof. Objectives are measurable, so you can track your progress and adjust midstream when you are not seeing the results you were expecting. Objectives and strategy combined also inform what promotions to offer, where to advertise, when, and with what message.

Like marketing strategy, useful objectives take some thought and time. Try holding a marketing meeting with your team. Brew some coffee, bring some sales goals and get to brainstorming. You might come up with some fun and creative ways to market.

This article is Part 2 of a 4-part series. This material is based upon work supported by USDA/NIFA under Award Number 2015-49200-24225.


“Smart Marketing” is a marketing newsletter for extension publication in local newsletters and for placement in local media. It reviews elements critical to successful marketing in the food and agricultural industry. Please cite or acknowledge when using this material. Past articles are available at http://dyson.cornell.edu/outreach/smart-marketing-newsletter.
**News, Notes and Workshops for Tioga and Chemung County Farmers and Gardeners**

**Southern Tier Maple School**
Dec 2nd from 9:30am to noon- Cornell Cooperative Extension’s State Maple Specialist, Steve Childs, will lead this annual refresher to help maple producers of all levels improve the productivity, efficiency and profitability of their operations. The workshop will conclude with a maple syrup tasting and grading demonstration. Light refreshments provided. $5 donation at the door. For general information on maple syrup production, please visit: www.cornellmaple.com For additional questions, contact Brett Chedzoy of Schuyler CCE at 607-535-7161, or by email at: bjc226@cornell.edu

The Cornell Small Farms Program offers over twenty courses to help farmers improve their technical and business skills. Students connect with other farmers, work on farm plans, and gain practical tips without leaving their home. Course content can be accessed anywhere with a high-speed internet connection. Most courses are six weeks long. Each week features an evening webinar and follow-up readings, videos, and activities. Students and their instructors connect through online forums and live chat. If you aren't able to attend the webinars in real-time, they are always recorded for later viewing.

**Navigating the Ag Labor Maze**

December 7, Jordan Hall, 614 W North St., Geneva, NY
Save the date for informative half-day workshop on working with foreign born workers. This workshop will provide tips and tools for employers of foreign born agricultural workers. Learn how to build better relations between farmers and workers and how to establish meaningful communications across cultures. Presenters will address how to create positive workplaces, access to health services, opportunities for English language learning, and tips for worker and employer emergency preparedness. Register online here, or contact Nancy Anderson at 585.394.3977 x427. More information to follow!

**Groundswell Center Farm Business Planning Course**

Jan 9 – March 6, 2018. Tuesdays 6:00-9:00pm (9 week course) Just Be Cause Center, Ithaca, NY 14850 Fee: $90 – $350 Sliding Scale. http://groundswellcenter.org/ farmertraining/businessplanning/ 

Groundswell Center for Local Food and Farming will once again be conducting a Farm Business Planning Course beginning in January 2018. This 9-session course is specifically for people in the early stages of developing an agricultural business. Whether you are just launching your business or have been operating a few years and want to become more strategic in how you move forward, this course will help you expand and increase viability and social impact. The course is taught by a team of farmer educators, social justice activists, and farm business instructors. Students consistently report that the greatest part of the course is the opportunity to work with farmers and course instructors to outline goals, develop strategies for achieving these goals and get feedback on business plans.

This course covers:

- The local farm and food sector including unmet needs, opportunities and niche markets
- Equity issues and justice in the food system including examples of realistic ways to approach these within the scope of your business model
- Experience from farm and food entrepreneurs about business startup and lessons learned
- Tools for business assessment, strategic planning, understanding liabilities and legalities
- Setting business goals and taking stock of resources and progress to date
- Accounting and financial planning concepts and tools
- Develop a marketing plan and marketing channels

**Empire State Malt and Barley Summit**

December 13 & 14, 2017 held at the Holiday Inn Conference Center, 441 Electronics Parkway, Liverpool, NY 13088. On December 13-14, at the Holiday Inn Conference Center in Liverpool, NY, the first Empire State Barley and Malt Summit will convene. This will be a premier event bringing together leaders in the state’s malting barley value chain from barley growers to malt houses to craft brewers
and retailers in order to share technical knowledge and insights on “Ingredients for Success in the New York Malt-
ing Barley Value Chain”. You will not want to miss it. Summit program information and registration are available at https://fieldcrops.cals.cornell.edu/small-grains/malting-
barley/empire-state-barley-and-malt-summit.

Farmer Sustainable Agriculture Research Education (SARE) Grant

Online application opens November 5; deadline to apply is December 5, 2017. Grant opportunity to support on-farm research led by farmers. Farmer Grants are for commercial producers who have an innovative idea they want to test using a field trial, on-farm demonstration, marketing initiative, or other technique. A technical advisor--often an extension agent, crop consultant, or other service professional--must also be involved. Projects should seek results other farmers can use, and all projects must have the potential to add to our knowledge about effective sustainable practices. More information available on SARE’s website http://www.nesare.org/Grants

Agriculture: Enroll in the Residential Ag. Electric Bill Discount (by Mary Wrege)

It is time to enroll or re-enroll in the Residential Agricultural Discount program offered through National Grid, NYSEG and RG&E. This monthly discount on the electric bill is possible thanks to funding from the New York Power Authority’s (NYPA) ReCharge NY program. You’re eligible to receive the discount if you meet the two conditions. The first is that you have an active residential electric service account with National Grid, NYSEG or RG&E billed under the following service classifications: National Grid: Rates beginning with Electric SC1 or Electric SC1C; refer to page 2 of your bill. NYSEG: 12001, 12008, or 12012 noted after Electricity Rate on page 3 of your bill. RG&E: PSC 19 SC1 or SC 4 noted after Electricity Service on page 3 of your bill.

The second condition is if you have submitted one of the following forms (supporting documentation) with your most recent federal tax return: IRS Schedule F (associated with Form 1040) - Profit or Loss From Farming or IRS Form 1120, 1120S or 1065 with an eligible Business Activity code.

The discount amount will vary each month and will be based on how many people participate, the amount of electricity used by each participant and available funds from NYPA. The discount amount is multiplied by your monthly billed kilowatt-hours and your discount will appear as a credit in a separate line item, “Res agricultural discount,” on your utility bill.

To apply or re-enroll, just complete a Residential Agricultural Discount application and submit it to your utility company along with your supporting documentation. For more information and the application, contact your utility company. Links are provided below:


Mid-Atlantic Women in Agriculture Webinars- Are every Wednesday and FREE! Courses like "What You Need to Know About the Farm Safety Act", Into to Instagram. Click the link to see the full list of courses. https://www.eventbrite.com/e/wednesday-webinars-registration-11452674257

RAPP website – http://www.recycleagplastics.css.cals.cornell.edu/ The Recycling Agricultural Plastics Program, funded by NYSDEC, is charged in developing sustainable means for New York State farmers to manage their used agricultural plastics by recycling, reusing, and otherwise minimizing waste from plastics in agriculture.
To Serve and Strengthen Local Farms, Local Food,

Members are at the heart of Farm Bureau, a grassroots-driven organization of families and individuals in New York who care.

Chemung County Farm Bureau
Giving farmers and agricultural supporters the opportunity to be part of an organization dedicated to maintaining and enriching the rural way of life.

Join Today!

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NYFB.org

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