Kristen Ossmann recently joined Cornell Cooperative Extension of Rockland as the Horticulture Resource Educator. Kristen brings a wealth of knowledge and experience to her new role, earning a Certificate of Horticulture from the Brooklyn Botanic Garden and a certificate in permaculture from New York Permaculture Exchange. After earning her M.A. in Arts and Design Education from Pratt, she spent over a decade teaching throughout New York City. After teaching, Kristen, ran her own floral and garden design business for several years.

She spent the past few years as the head plant buyer and greenhouse and garden supervisor in one of NYC’s top garden centers, where she was able to apply her horticultural expertise and develop strong connections in the horticulture industry.

Kristen is excited to have made the move out of the city to the lower Hudson Valley and be working with CCE-RC. She is currently busy overseeing the many educational programs offered by CCE-RC’s Master Gardeners and is looking forward to directing the six-month training for the new Master Gardeners Volunteers beginning this September.

There’s still time to apply for this year’s MGV class, more information and the application is available on our website: www.RocklandCCE.org/MGVapp
From the Executive Director's Desk: The End of an Era

After more than 28 years at Cornell Cooperative Extension of Rockland, Ann Marie Palefsky retired this month. She will be missed as a colleague, educator, friend and mentor. Ann Marie began her association with CCE-RC as a 4-H volunteer when her three children were young and the Rockland Youth Fest was a popular event in the County. She then began working part-time as a typist and graduated to a full-time administrator shortly thereafter. Over the course of the last 2+ decades, Ann Marie has served in virtually every position CCE-RC has to offer. Officially she retired as Assistant Director but before that she served as the ex-officio Horticultural Educator at various times, as well as the Environment Program Leader, Nutrition Program Leader, and the Executive Director. We will continue to benefit from her vast experience and dedication as she has agreed to serve on two Program Advisory Committees. The one role she has not held is that of Board member. Ann Marie has promised that following the mandatory three-year gap following employment, she’ll consider that one, too. We wish her all the best as she explores her next life chapter.

#RandomActsofCheddar: Surprised with Gratitude!

Cassie Sutton and Emily Schmidt from the Cabot Creamery Co-operative's Department of Gratitude surprised the CCE-RC staff last week with tasty Cabot cheese and some herb garden kits. The Gratitude team "[takes] the farmers' examples of community service right to the folks who are making a real difference in their communities."
Shopping the Eat Smart Way

Eat Smart New York Educator Sonia McGown taught the clients at Saint Ann’s Food Pantry in Nyack how to shop the Eat Smart way. They learned how to shop using unit pricing and purchase healthy food on a budget and got to see how to prepare a quick healthy breakfast: Avocado Breakfast Bruschetta.

Recipe:
- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1-2 cup chopped fresh basil  
  + 2 Tbsp for garnish
- 4 hard boiled eggs
- 12 slices whole wheat baguette bread
- 1-4 cup ricotta cheese (reduced fat)
- cracked black pepper to taste

Directions: dice avocado tomatoes, green onion, eggs, and basil. Reserve 2 Tbsp of basil and gently toss first 5 ingredients. Toast baguette slices and smear with ricotta cheese. Top with avocado mix and garnish with chopped basil.

Conservation Corps Mapping Rocklands Waterways

Rockland County Conservation Corps Interns Jessica Guzman and Nicole Andreotti are working with Environmental Educator Jennifer Zunino-Smith learning how to utilize and use the Stormwater Consortium of Rockland County’s on-line GIS mapping database. This new system is courtesy of a NYSDEC stormwater grant. Jessica is a Junior at Ramapo College, and Nicole is a Sophomore at the University of Delaware. Both are majoring in Environmental Studies.
For More Information: RocklandCCE.org/events

- **Free Guided Demonstration Garden Tour**  
  **Sunday, June 24, 1:00 PM - 2:30 PM**  
  CCE's Gardens  
  at Education Office & Center Stony Point

Join us for a tour of the Demonstration Gardens and a brief lecture on seasonally-relevant topics. Tours are the last Sunday of every month from April through October and include information about the ever-changing display of plants native to our region: June's mini session covers how to keep your vegetable garden producing through to frost by planting fall vegetables in late summer.

**Please call the office at (845) 29-7085 for more information.**

- **Ornamental Grasses**  
  **Monday, June 11, 1:00 PM - 2:30 PM**  
  Clarkstown Continuing Education Center  
  Clarkstown South High School

This program will introduce the characteristics and landscape uses of various genera of ornamental grasses grown in Rockland. Specific facts on purchasing, planting, and maintaining these grasses will help homeowners decide which grasses are best for their yards. Also included in this program is information on those grasses which are considered invasive by the DEC as well as those grasses which are native and grow well in Rockland.

*These programs are being presented through the Clarkstown Continuing Education Center at Clarkstown South High School. Please call (845) 639-5628 to register or send an email to marbuco@ccsd.edu. You must register in advance and there is a fee for this program.*

- **Lavender: An ancient herb**  
  **Tuesday, July 17, 7:00 PM - 8:30 PM**  
  Clarkstown Continuing Education Center  
  Clarkstown South High School

Lavender has been cultivated for thousands of years; it brings with it a rich and curious tale of medicinal, cosmetic, and horticultural usages. This presentation will delve into its history, its uses, and its properties. It will also provide information on the plant’s preferred growing conditions, the proper cultivars for this area, and the propagating techniques for this lovely and ancient herb. Additionally, everyone will receive recipes and instructions for craft projects to make lavender a part of your home.

*These programs are being presented through the Clarkstown Continuing Education Center at Clarkstown South High School. Please call (845) 639-5628 to register or send an email to marbuco@ccsd.edu. You must register in advance and there is a fee for this program.*

- **Gardening in the Shade**  
  **Tuesday, July 24, 2018, 7:00 PM - 8:30 PM**  
  Clarkstown Continuing Education Center  
  Clarkstown South High School

Many Rockland gardeners begin with a sunny landscape, but as trees grow and mature, they are faced with abundant shade. This is not a negative change as it opens up new possibilities for shrubs, perennials, and even annuals. This class will discuss the plants that are made for the shade and how gardeners can use them effectively to create a beautiful environment.

*These programs are being presented through the Clarkstown Continuing Education Center at Clarkstown South High School. Please call (845) 639-5628 to register or send an email to marbuco@ccsd.edu. You must register in advance and there is a fee for this program.*
**Draba aizoides and More: They Grew for Me**

by Michael Wilson

A long time ago, a fellow gardener gave me a small flat of *Draba dubia* (Whitlow-grass) seedlings that were no larger than a pencil eraser. There may have been 30 to 40 seedlings. I was able to plant them in drifts and into crevices in my rock garden. I was surprised that most of them lived and the following year they were nice sized, 6” buns that flowered early (mid-April) in the spring growing season with a multitude of white flowers.

This began my interest in the genus *Draba*, a member of the *Brassicaceae* (Mustard) family. The following summer, I saw a *Draba aizoides* (Yellow Whitlow Grass) for sale at a local nursery. Naturally, I purchased the plant and put it into the open rock garden. It grew quickly with slightly larger leaves than *D. dubia* and larger, vibrant yellow flowers. In addition, it flowered a good week earlier than *D. dubia* and overall was a larger plant. It lasted in the open garden for more than 10 years before it succumbed – probably due to my neglect. I also grow *D. aizoides* in my troughs and recommend it if you do not have a formal rock garden. If you do not have a trough, the plant will do equally as well in a clay pot. It needs good gritty rock garden soil mixture that contains some aquarium gravel, sand, and a little compost.

I've also tried *Draba rigida* with some success. This is a much smaller plant with some of the varieties being as small as your thumb. But when it blooms well, it is spectacular with hundreds of minute, yellow flowers that resemble a pin cushion. I've found it does best when planted directly into tufa, but have had some success with it planted into my trough with a good, gritty soil mix.

I have gone on to try several different species of *Draba* over the years, and I've always found them to be reliable. There are many different ones to try and they come in various forms from tiny little bun plants to larger creeping plants, like *D. sibirica*. Give them a try!

If you are interested in alpine plants or rock gardens, consider joining the Hudson Valley Chapter of the North American Rock Garden Society. They usually meet at Lyndhurst Gardens in Tarrytown, NY. The membership includes experienced rock gardeners as well as novices. A demonstration rock garden is maintained by members at Lyndhurst. Other activities include a plant sale in May, trough building, workshops, a picnic and a joint meeting in October with other chapters.

For further information about water-wise landscapes, gardening, diagnostic services or insect ID, contact the Horticultural Lab (845) 429-7085, option 3 or Mike Wilson at ext. 110 or email mw767@cornell.edu.

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**Fertilizer Law Certificate Class**

This course qualifies participants to obtain a landscaping license through Rockland County. Certificates of Completion required by the County are distributed at the conclusion of the class.

**Wednesday, July 11th**

8:00 - 10:00 AM

at CCE's Education Center

10 Patriot Hills Drive

Stony Point, NY 10980

**Fee: $35.00**

Although payment can be made on the date of the class, registration in advance is required. To register contact:

Jennifer Strianese

jas946@cornell.edu

(845) 429-7085 x117

**August Session**

Wednesday, August 1st

8:00 - 10:00 AM
On Tuesday, June 12, the Rockland County 4-H program hosted a final celebration for the 4-H STEM Enrichment Program at the Haverstraw Elementary School. STEM stands for science, technology, engineering, and mathematics instruction. For this afterschool program, bilingual students from the North Rockland High School ASPIRA Club were trained as mentors to help English Language Learners from Haverstraw Elementary School develop skills in STEM, language, and team-building. Beginning in March, 7 high school students helped 14 elementary students experiment with marble roller coasters, aluminum boats, stomp rockets, spaghetti towers, and play dough circuits. They also reviewed vocabulary through flashcards, games, and practical use. Over the course of this 5-session program, the teen mentors improved skills in leadership, communication, and mentoring, while the elementary students showed an enhanced knowledge of the English language and STEM concepts.

To celebrate the youths’ accomplishments, students, families, and community members were invited to a final celebration to explore the activities and hear from the youth about their experiences. The youth participants demonstrated activities, discussed photographs from the program, and explained some of the challenges they overcame. Both the youth participants and the teen mentors were commended for their efforts by the Haverstraw Elementary School Principal, Mr. Benito Herrero, the Language Teacher/Co-Facilitator, Ms. Jennifer Feliz, and the 4-H Youth Development Educator, Kristin Ruggiero. A huge thank you goes to the Rockland County Youth Bureau for sponsoring this program and to all of the families, educators, and community members who made this program possible.

For more information about 4-H and Youth Development, contact Kristin Ruggiero, 4-H Youth Development Educator at klf37@cornell.edu or by phone at (845) 429-7085 x 103.

From May 14 until June 13, the 4-H program led weekly Nature Detectives activities to approximately 200 students in Elmwood Elementary School and Eldorado Elementary School as part of the Empire After-School Program. Using curriculum from the Cornell Lab of Ornithology, the 4-H Educator, Kristin Ruggiero, encouraged youth ages 9 to 11 to explore their outdoor environments through a nature scavenger hunt and ‘Bird Bingo.’ Students also tested their bird knowledge through an active True/False game of “What Makes a Bird…a Bird?” and considered habitat requirements for all species of birds. Through high-energy games, the students explored food chains and the relationship between population and available resources. It was an exciting program, and we are grateful for the experience to meet so many amazing youth and adult leaders!

For more information about the Nature Detectives Curriculum and free activities to try at home, go to http://www.birdsleuth.org/.
Cornell Cooperative Extension Rockland County

"The Pathway to 200" 

Help us pave the way for our next 100 years! The bricks will replace the gravel pathway from the street to the front steps and make our walkway friendlier as well as honor those who've helped us get to 100 years.

Yes, we'd like to reserve a permanent brick. Please engrave our brick as follows: 
Any Symbol Is Considered One Space (Period, Comma, Dash) 
All Text Is Centered Unless Otherwise Noted

8x8 Brick  ● up to 6 lines of 18 characters per line

4x8 Brick  ● up to 3 lines of 18 characters per line

Example of a 4x8 Brick

E Z R A C O R N E L L
M A S T E R G A R D E N E R
S I N C E 1 9 8 8

Please return this form and your check payable to:

Name: ____________________________ Phone: ____________________________
Address: __________________________
City: __________________ State: ______ Zip: __________
Email Address: ____________________________ Amount Paid: __________

If you have any questions, please call Jennifer Satriano at (845) 429-7085 ext. 117

Corporate Logo Engraving Available
Place your company logo on a brick paver. Contact the office to get further details at (845) 429-7085.

4"x8" Engraved Paver – $100
8"x8" Engraved Paver – $250
Logo Engraved Paver – $400

Make checks payable to: Rockland CCE
10 Patriot Hills Dr., Stony Point, NY 10980

*For more info or to pay by credit card, please call (845) 429-7085