Garden Lab: Experimenting with Climate Smart Veg

This season in the edible section of our Demonstration Gardens the Master Gardeners have been working on growing Climate Smart Vegetables for Cornell’s Vegetable Variety Trials. This is a Garden based learning program that is accessible to other gardeners to see what types of vegetables might be ideal for their garden environments. Master Gardener Donna De Sousa has been heading this effort. Over the past couple weeks, we have harvested a small but satisfying bounty. Making up the harvest were ‘Red Ace’ Beets, ‘Mokum’ Carrots and ‘Sugar Sprint’ Snap Peas. All were delicious but the ‘Red Ace’ beets seemed to get the most rave reviews. Next week the Master Gardeners will be sowing crops for the fall. More beets and carrots will be planted as well as some kale. If you would like to learn more about the Vegetable Variety Trials, you can find out more at Cornell's College of Agriculture and Life Sciences' Gardening Website. (Gardening.cals.Cornell.edu/Citizen-Science)
Still Time to Join our Ranks!

The Master Gardener Volunteer Training Program is still accepting applicants for the 2018-2019 class. If you love gardening, learning, and sharing your knowledge with your neighbors in Rockland, this is the program for you!

First you'll learn all about gardening in Rockland County. After completing the training, you'll get to go out into our community and put your newfound expertise to work on educational projects such as community gardens, school gardens, our Speaker's Bureau, our demonstration gardens, outreach at community events and many others.

For more information and to download the application, visit our MGV website (RocklandCCE.org/MGV).

If you want to touch the past, touch a rock.
If you want to touch the present, touch a flower.
If you want to touch the future, Touch a Life.

- Author Unknown

Children (grades 1-4) will be introduced to seven exotic, strange, and colorful rainy jungle birds after they have brainstormed what is necessary for any winged creatures to adapt to their environment. Tropical birdwatcher Karen will take the children on a magical journey where they will learn the legend of a tiny hummingbird who becomes king of Guatemala. The program concludes with a fast moving, interactive game of Jungle Jumble where pairs of children try to reconstruct these exotic birds from puzzle pieces and match them with their correct bird songs.

All program participants will receive good bags of jungle themed information and pencil/paper activities.

Dates & Locations:
- Tuesday, July 17, 4:30 PM - 5:30 PM Nyack Library
- Thursday, July 26, 4:30 PM - 5:30 PM Blauvelt Library
- Tuesday, July 31, 4:30 PM - 5:30 PM Dennis P. McHugh Piermont Public Library
From June 26-28, five Rockland County 4-H members joined nearly 500 youth throughout New York State at the action-packed Cornell Career Explorations. The participants included (in the photo from left to right): Hunter Irving and Dylan Toussaint-Derisse from Nanuet, Angelina Peralta from Haverstraw, Dana Osgood from Pearl River, and Harrison Gay from Suffern. During this three-day event, these youth were able to explore future education and career opportunities, and experience Cornell University and campus life. In University U (for those entering 8th and 9th grade), participants were given a tour of the campus, and were exposed to a wide variety of topics through six different departmental workshops. In the Focus for Teens program (for youth entering 10th-12th grade), 4-H members chose a particular tract to learn in-depth about a topic of interest. In the Rockland County cohort, the tracts included Environmental Engineering, Media Corps, Vet for a Day, Exploring the Solar System and the Universe, and A tour of Human Development across the Lifespan. In their respective programs, the participants designed and tested water filters, created 4-H promotional videos, performed animal physical exams, experimented with liquid nitrogen, and learned life lessons from elders. They enjoyed the hands-on activities, career insights, and social programs, and developed great friendships with youth across the state.

If you would like to learn more about Cornell Career Explorations, go to [https://nys4-h.org/career-explorations](https://nys4-h.org/career-explorations) or contact Kristin Ruggiero at klf37@cornell.edu or by phone at (845) 429-7085 ext. 103.

Registration Open for Exciting New & Returning 4-H Programs!

The registration is open for the perennial favorite Veterinary Science Career Exploration Program and our brand new Junior Animal Science Exploration Program.

The Animal Science program was developed thanks to your requests for a comparable opportunity for middle school students. In this 6 session program starting September 27th, students visit local animal-related organizations, engage in hands-on activities, interact with professionals, gain insight into career opportunities, develop knowledge about animal care and behavior.

For more information and to register for the Animal Science program, visit the [event website](RocklandCCE.org/AniSci18).

For more information and to register for the Veterinary Science program, visit the [event website](RocklandCCE.org/VetSci18).
Upcoming Events
To find more information on these and future events, visit our Event Page (RocklandCCE.org/events).

Lavender: An ancient herb
Tuesday, July 17, 7:00 PM - 8:30 PM
Clarkstown Continuing Education Center
Congers Elementary 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.

Gardening in the Shade
Tuesday, July 24, 2018, 7:00 PM - 8:30 PM
Clarkstown Continuing Education Center
Congers Elementary 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.

Understanding Wine
Monday, June 11, 1:00 PM - 2:30 PM
Clarkstown Continuing Education Center
Clarkstown South High School
For those who have an appreciation of wine which goes beyond just drinking it, this program will explore the history of wine as well as the growing of the grapes and the making of the final product. We also will discuss wines from around the world and the wines which do best in each region, paying special attention to US wines. Please be aware this is a program on viticulture, not a wine tasting.

To find more information on these and future events, visit our Event Page (RocklandCCE.org/events).
The cultivation of herbs and herb gardening has always been one of the more popular garden themes. Herbs can be added to the cottage or kitchen garden, conveniently outside the kitchen door. This way if a particular herb is needed while cooking, it is easy to run outside and cut a few sprigs. Herbs are also utilized in the vegetable garden. Often gardeners who are interested in herbs prefer to grow a separate herb garden.

Herbs are cultivated for several use. Some like to use them for culinary reasons and often dry particular herbs to store them for the winter months. Others prefer to use them for medicinal purposes and again use various methods to store them for the winter by making tinctures, salves, and by drying. Some grow herbs for their aesthetic value and find them to be a nice addition to the perennial border or grown in containers on the patio.

If you have an interest in herbs, would like to know more, or want to socialize with other herb gardeners, consider joining the New York Unit of the Herb Society of America. They help support public gardens and programs in and around New York City that share the mission of growing herbs "for use and for delight." The New York Unit meets regularly and publishes a quarterly newsletter. They hold an annual Herb Fair, present a program to the public once a year in the spring, and maintain a spectacular herb garden on the grounds of the historic John Jay Homestead in Katonah, New York. Membership meetings include speakers, reports on interesting books, favorite plants, and the sharing of herbal-inspired food and drink.

For further information about herb 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.
**Environmental Interns on the Go**

Rockland County Conservation Corps Interns Jessica Guzman and Nicole Andreotti are staying busy this summer educating the public on the Hudson River Fish Advisory, and inspecting stormwater outfalls utilizing the Stormwater Consortium of Rockland County’s on-line GIS mapping database and mobile tablet. Jessica is a Junior at Ramapo College, and Nicole is a Sophomore at the University of Delaware. Both are majoring in Environmental Studies.

**ESNY Intern Causing Commotion**

Eat Smart New York Intern Cara helped nutrition educator Sonia McGowan deliver a series of workshops at BOCES this summer. Cara demonstrated how to calculate the amount of teaspoons of sugar that are in various beverages.

The workshops also focused on the importance of minding the energy/activity balance: matching the amount of calories we eat with what physical activity we do each day. The students learned how we can lower the risks of many diseases by eating healthy and incorporating physical activity into our daily lives.
**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

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Example of a 4x8 Brick

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Cornell Cooperative Extension of Rockland
10 Patriot Hills Dr.
Stony Point, NY 10980

If you have any questions, please call Jennifer Strianese 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 – $250
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.