Celebrating Diversity through Beans: A Statewide Youth Development Project

On Wednesday, July 18, the 4-H program collaborated with The Summer Spot Day Camp for the Cornell Garden-Based Learning 2018 Statewide Youth Development Project. This year’s project is titled: “What Can We Learn From Beans? Celebrating Diversity through Heirloom Beans and Paul Fleischman’s Seedfolks.” Through meaningful and creative garden-based activities, the project is designed to highlight the value and importance of diversity both in the garden setting and throughout our communities. As a participating group, the Rockland County 4-H Program received two copies of Seedfolks and two varieties of heirloom bean seeds: Turkey Craw and Tiger’s Eye. To facilitate the project, the 4-H Educator, Kristin Ruggiero, joined with eleven youth and counselors at the day camp to discuss important themes from the book and plant the heirloom seeds to keep and observe. Inspired by the curriculum Dig Art! Cultivating Creativity in the Garden, the 4-H Educator also helped the participants create original seed mosaics using wood samples and 9 types of legumes. The final products showed how the unique qualities of individuals can unite to create a greater whole.

For more information about the Statewide Youth Development Project, the Dig Art! curriculum, or garden-based learning, go to the Cornell Garden-Based Learning website at: Gardening.CALS.Cornell.edu
To learn more about The Summer Spot Day Camp, go to TheSummerSpot.org

Let’s Connect!

Don’t Miss This:

4-H Junior Animal Science

In this 6-session series, students in grades 6-8 will:
• 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

More info on page 3!
It’s Fun to ESNY at the YMCA!

Sonia McGowan, our Eat Smart New York nutrition educator, delivered a series of workshops this summer at the YMCA summer camp. Teens had fun learning the importance of healthy eating. They all participated in making a colorful, healthy salad. They had fun participating in a parachute activity as they learned about food they should eat every day and those which should only be eaten once in a while.

5 A Day Salad

This nutrient-packed salad uses ten different vegetables, and each serving is equal to five cups of vegetables!

Makes: 4 servings  Cost: $$$

Ingredients:
- 4 cups spinach (fresh)
- 4 cups romaine lettuce
- 2 cups green pepper (chopped, or use red, yellow, or orange)
- 2 cups cherry tomatoes
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 2 cups cucumber (sliced)
- 2 cups carrot (chopped)
- 1 cup zucchini (sliced)

Directions: Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Find more recipes from the USDA Mixing Bowl at WhatsCooking.fns.USDA.gov
On Thursday, July 26, our 4-H Youth Development Educator, Kristin Ruggiero, led a series of activities for 34 youth at the Youth Leadership Workshop sponsored by Rockland County Legislator Aney Paul. The theme of the workshop was “How to Set Goals,” and was designed to help youth ages 12-18 learn how to set priorities and make the best use of their time and talents to achieve their goals. After remarkable speeches by youth leaders Ben Chun and Tahinah Lamour, Kristin Ruggiero focused on helping the participants learn more about who they are and how they engage with the world around them. For the workshop, Kristin first led an interactive game that encouraged youth to talk with each other and think about their interests and future plans. She then distributed activity books called ‘All About You,’ which were developed by researchers in the Program for Research on Youth Development and Engagement (PRYDE) at Cornell University. By completing these activities, participants were able to learn about themselves on a deeper level, including how they see themselves in the past, present, and future; how they spend their time; how they connect with others; and how they make progress towards their goals.

For more photos from the event, go to the Rockland County Legislature Facebook page at https://www.facebook.com/rockleg. 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.

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

Registration is open for the perennial favorite, our 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, and 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).

Putting the Garden to Bed

Thursday, September 20, 7:00 PM - 8:30 PM
Haverstraw King's Daughters Public Library
Main Building

What should you do in the fall to ready your garden for spring? This program demonstrates the best methods to use in the fall to create the best garden in the spring! Learn what to do in the fall to improve soil quality, to protect perennials, tender plants, trees, and shrubs from winter conditions. Finally, the program will explain how to bring in the house plants, how to winterize tools, and how to prepare water sources for the winter season. This program will be presented by Master Gardener Volunteer Donna DeSousa.

This program is being presented through Haverstraw King's Daughters Public Library. Please call the office at (845) 786-3800 for more information and to register for the program.

Pruning

Wednesday, September 26, 7:00 PM - 8:30 PM
Clarkstown Continuing Education Center
Congers Elementary School

Pruning is essential to maintaining healthy and attractive trees and shrubs, yet many fear this simple and often pleasant task. This presentation will cover the proper use and selection of tools, common landscape trees and shrubs that need pruning, times of year to prune and the basics on how it is done. Participants will come away with confidence and knowledge on how to care for the woody plants in their landscape.

These programs are being presented through the Clarkstown Continuing Education Center at Congers Elementary 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.

Flowering Bulbs from Spring through Fall

Thursday, October 4, 7:00 PM - 8:30 PM
Finkelstein Memorial Library

Flowering bulbs in your garden does not just mean growing daffodils in the spring. Learn how to grow a wide variety of annual and perennial bulbs that bring a succession of bloom from early spring through the fall. Also covered are strategies to keep your bulbs from becoming a furry critter buffet.

This program is being presented through Finkelstein Memorial Library. Please call the office at (845) 352-5700 x230 for more information and to register for the program.
The use of native plants in the landscape has become popular as awareness grows amongst gardeners about their effect on the local environment. We are increasingly becoming concerned about the use of alien invasive species in our gardens due to concerns about local ecology. Many of us have been incorporating native plants into our landscape for the aesthetic appeal but it also has the benefit of supporting the local food chain. Some of our native species provide habitat for caterpillars and other browsing insects which then provides a source of food for avian species. For more information on this concept, consultation with Doug Tallamy’s book Bringing Nature Home is highly recommended.

Most avid gardeners are always seeking to add unusual plants to our gardens and native plants are not an exception. But where to go to find out about the unusual and hard to find native plants that will do well in our area. This is where the plant society becomes useful and the Native Plant Society has several chapters in tri-state area. There is a North New Jersey chapter that meets in Morris County and the Native Plant Center at Westchester Community College which is the first affiliate of the Lady Bird Johnson Wildflower Center in Texas. In addition, New York also has the Finger Lakes Native Plant Society of Ithaca, Torrey Botanical Society, and the NY Flora Association.

If you are interested in the native plant societies and would like to try one of their botanical field trips, there is an opportunity to participate at Rockland State Park in Valley Cottage. The NY Flora Association is sponsoring a botanical field trip on 9/22/2018 at this location and the theme is Smartweeds of the Lower Hudson Region. The tour guide is Daniel Atha who is the Conservation Program Manager at The New York Botanical Garden. Additional information can be found on the website for the NY Flora Association under the events tab.

For further information about gardening with native plants, 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.
Interns Causing a Rumble

Rockland County Conservation Corps Interns Jessica Guzman and Nicole Andreotti have been busy this summer educating the public on the Hudson River Fish Advisory, inspecting stormwater outfalls, and assisting with the STEAM-oriented ‘Rumble in the Jungle’ program geared for grades 1-4. Last month they met with a representative of NYSDEC’s Trees for Tribs program to learn how to inspect, prune, and re-tube the hundreds of trees planted last year throughout the county. Thumbs up for their energy and dedication to the diversity of tasks they were given! Jessica is a Junior at Ramapo College, and Nicole is a Sophomore at the University of Delaware. Both are majoring in Environmental Studies.

School Garden Bounty

Senior Eat Smart New York Resource Educator Steven Alihonou and Community Nutrition Educator Ethan Shafran display the bounty of kale and squash produced at the Farley Elementary School Garden in Stony Point. The ESNY team and Horticulture Educator Kristen Ossmann have been developing garden and nutrition programs with the school.
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

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Example of a 4x8 Brick

EZRA CORNELL
MASTER GARDENER
SINCE 1988

Please return this form and your check payable to:

Name: ___________________________ Phone: ________________
Address: ___________________________ Phone: ________________
City: __________________ State: __________ Zip: __________
Email Address: ___________________________ Amount Paid: __________

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 – $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