

...just a reminder that you're receiving this email because you have expressed an interest in Cornell Cooperative Extension Dutchess County. Don't forget to add dutchess@cornell.edu to your address book so we'll be sure to land in your inbox! If you are only interested in receiving information from certain program areas, please click on the "Update Profile/Email Address" link at the very bottom of the newsletter to change your preferences.

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

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Issue: #39

July/2017

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Extension

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,
We hope you're all enjoying the summer!

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!

No Child Left Inside - Bees, Mosquitoes and Eels, Oh My! Environment & Energy Program



Learning how to paddle a canoe

The new group of NCLI Youth Environmental Educators started on July 6th. Over the past two weeks they have been learning about the environment, including topics like the water cycle, macroinvertebrates and watersheds. They also helped out with the youth at FCE's RAPP Picnic on July 14th. This week they will be helping with two citizen science projects - the Cornell Asian Tiger Mosquito Project and the [Hudson River American Eel Project!](#)

The 2016-2017 No Child Left Inside (NCLI) Youth Environmental Educators finished up their work year by taking a canoe trip at Norrie Point where they learned about the ecology and importance of the Hudson River's wetlands and tributaries. They also spent their second to last work day learning how to make beehives at the Environmental Cooperative at Vassar Barns - tying into their community project over the past year, which was focused on pollinators and pollinator gardens.



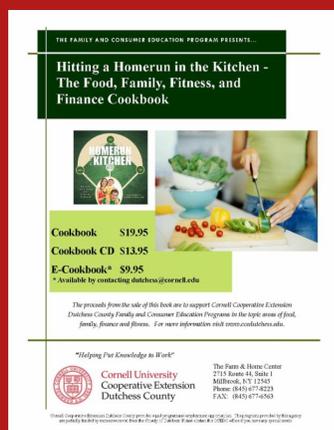
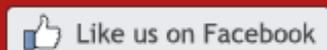
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Many of our four program areas have their own

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!



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

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The Taste NY Market on the Taconic Parkway opened its fourth annual Farmers' Market at Todd Hill on Friday, May 26, 2017. The outdoor market is open from 2:00 pm - 6:00 pm and features vendors, like: Chatham Brewery, Farmers and Chefs Food Truck, Liberty Orchard, Mad Rose Ranch, RAD Soap Company, and White Pine Community Farm.

The Taste NY Market at Todd Hill is a vibrant marketplace featuring a curated selection of food and artisanal goods grown or processed in New York State. Known by locals and explorers alike, it is an historic destination and an experience that continues to attract new and returning customers. Located in the

FCE Update

Family & Consumer Education Program



Life Coach Deborah Skrifoff

FCE received funding again this year for the Regional Hudson River Fish Advisory Outreach Initiative. We will be working again with Orange, Ulster and Columbia and Greene Counties to gather data and educate those fishing in the Hudson River.

Staff attended the Discipline is Not A Dirty Word training in Orange County and will be bringing that training to our RAPP groups in the future.

This month our RAPP Coffee and Conversation group had Life Coach Deborah Skrifoff there to discuss Fear Mastery and personal growth, while our youth group's lesson was on growing plants to teach how patience is critical in many aspects of life

including gardening (and getting along in a family).

Friday July 14th we held our annual [Relatives As Parents Program picnic](#) at Bowdoin Park in Wappingers Falls. We had a great turn out and tons of food, fun and games!

Family and Consumer Education at Cornell Cooperative Extension Dutchess County can now be found on [Facebook](#), [Twitter](#) and Instagram @FCEdutchess! Please take a look and give us a 'Like' or 'Follow'!

Master Gardeners Help Walkway Marathon Achieve Zero-Waste Goal

Agriculture & Horticulture Program

On June 10th and 11th, Walkway Over the Hudson hosted the third annual Think Differently Dash and Walkway Marathon, which attracted over 1,600 runners and 6,000 spectators. These are "Green Races" with a pledge that no waste from the events goes to landfills and to leave no ecological footprints other than those of the runners. Many local organizations were actively involved in accomplishing these goals, including CCEDC. More than 30 Master Gardener volunteers supported the events, educating participants, spectators and other volunteers at the finish line and at each water station. Guidance included how to properly sort waste into containers for composting, recycling or garbage. The results were spectacular: 61% of the materials collected were sent to be composted at Greenway Environmental Services in Clintondale and 28% were recycled at ReCommunity Beacon, a total of 89% compared to the national average of 34%. The remaining 11% was sent to the Dutchess County Waste-to-Energy facility. CCEDC Master Gardener volunteers are proud to have participated in this event and look forward to supporting it in the future.



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4-H'ers Plan Educational Agricultural Exchange to Austria in 2018!

4-H Youth Development Program

In March of 2018, seven 4-H Teen Ambassadors will have the opportunity to spend eight days in Bad Schöna, Austria, participating in a pilot 4-H program. While abroad, youth will visit an agricultural high

median of the Taconic State Parkway in Dutchess County, the Taste NY Market at Todd Hill is a project of Cornell Cooperative Extension Dutchess County (CCEDC). Todd Hill is a vehicle to deliver high impact programming to the region's food and agricultural communities.

Website: ccedutchess.org/taste-ny-at-todd-hill

Twitter: twitter.com/TasteNYTaconic



school and learn about farming in a variety of industries relevant in Austria. The 4-H'ers will be sharing their 4-H projects with their counterparts with the goal of promoting cross-cultural connections and an open and beneficial exchange of ideas. In addition, youth will have the chance to visit and tour various agricultural establishments related to dairy cattle, sheep, poultry, goats, horses, and fruits in Lower Austria. Two days will also be spent in Vienna, touring St. Stephens Cathedral, the Spanish Riding School, and the world's oldest zoo which

is home to over 8,500 animals.

4-H'ers will gain first-hand experience of a foreign culture while learning principles of civic education, leadership, respect for diversity, and community engagement. They will begin to build relationships with their counterparts from a different culture through team building, public speaking, and various experiential excursions. The program is designed to foster their goals by helping the students raise awareness and understanding of the importance of agriculture in today's world.

Youth will be fully fundraising to support their costs on this trip. If you wish to support this opportunity, please contact Cassie Messina at 845.677.8223 ext 108 or cmm473@cornell.edu.

This program is funded through a grant with Dutchess County.

Green Teens Go Mobile - Taking Goodness into their Community!

4-H Youth Development Program

On any given Wednesday in Beacon from July through August, you can get glimpses of teenagers surrounded by vegetables standing in front of an appropriately-decorated little green bus. Wednesdays are Common Greens Mobile Market days, and these teens are the Green Teens who run the market. Wednesday July 5th was our first market; customers were eagerly awaiting our vegetables as we opened our tent at our first stop. The day began early with the teens harvesting dozens of vegetables from the three Green Teen gardens in Beacon. We then traveled to Common Ground Farm - our partners - to pick up additional vegetables for the market. The Common Greens market has two market stops in the City of Beacon at two different times. You can find us at: Community Health Center parking lot at 6 Henry Street from 11am- 12:30pm, and at Forrestal Heights parking lot #2 from 1-2pm. During the Forrestal Heights market, teens make deliveries to the doorstep of senior citizens who are homebound. This month participants met Virginia, a homebound mobile market customer since the day the market opened. The market accepts SNAP/EBT, WIC and Senior Farmers' Market Nutrition Program checks, and Greens 4 Greens. Through the Greens 4 Greens program, customers receive a \$4 coupon for every \$4 they spend using SNAP/ EBT, or Farmers' Market Nutrition Program checks. The Greens 4 Greens program was started by the Green Teen program and is now in its third year. The Greens 4 Greens program had a 75% return rate last year, making it a huge success. We are excited to once again provide this program to our customers.



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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.