

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: #43

November/2017

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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

Click donate to show your support & become a Friend of Extension

[Donate](#)

CCEDC Newsletters

Many of our four program areas have their own specialized newsletters, which are sent out regularly, as well. If you're interested in



Hello Friends,

Tis' the season of giving thanks! Read on to find out more about what our programs are up to this month.

The programs below are just a sample of offerings. 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](#)!

Environment & Energy

A Closer Look at the Hudson River Estuary

On a sunny, beautiful fall day in October, the CCEDC No Child Left Inside (NCLI) youth educators and the Environment and Energy Program staff participated in the annual event "A Day in the Life of the Hudson and Harbor", also fondly known as Snapshot Day. Sponsored by the NYS DEC's Hudson River Estuary Program. Snapshot Day gets students out in the field to collect scientific information about the Hudson River in various locations. For the last 10 years the NCLI youth educators and E&E staff have educated Krieger Elementary School students at Quiet Cove Park in Poughkeepsie to collect our "snapshot" of the Hudson River.

Activities that day included a "Looking Deeper" station where students put on waders and collected and examined soil samples from the river bottom, a "Physical River" station, where students measured turbidity, flow rate, and observed physical attributes of the river, and a "Chemical River" station where students tested for chemical aspects of the river including pH, dissolved oxygen content, and salinity. Also included was a seining station, led by the NYS DEC Fisheries Unit, where students learned how to capture fish with seine nets, as well as an art station where students painted scenes from the Hudson River.



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](#)



This year Snapshot Day was a huge success! Approximately 100 elementary school students had the opportunity to participate at the Quiet Cove Park location, while over 5,000 participants sampled the estuary at a total of 90 locations. Students can go online and view their data, as well as everyone else's data, to see how their site fits into the bigger picture of the entire estuary. For more information on this year's Snapshot Day results, visit: <http://www.dec.ny.gov/lands/47285.html>

This project is funded in part by a grant from the NYS Environmental Protection Fund through the Hudson River Estuary Program of the NYS DEC and by a Dutchess County Agency Partnership Grant.

CCEDC is on Social Media!

 Like us on Facebook

Follow us on [twitter](#)

Family & Consumer Education

The Family and Consumer Education team is taking this month to give thanks to those who help us achieve our goals. We are happy to announce that we received funding from the United Way's Holiday Helping Hands Program. With this money we will be able to help our Relatives As Parents Program (RAPP) participants purchase holiday gifts for their families.

Our November RAPP groups provided our participants with an opportunity to discuss insurance options and the Affordable Care Act with a certified health care navigator. We also shared an early Thanksgiving meal to celebrate the season, as well as each other.

Additionally, staff of CCE Dutchess County has kindly selected our RAPP families as recipients of an Adopt-a-Family style program. We are grateful to our co-workers for making this possible. We have begun collecting holiday gifts and will be distributing them throughout December.



Contact us anytime by calling
85-677-8223 ext. 137

or emailing Program Leader, Jessica; jmc646@cornell.edu

Interested in local home gardening news?

CCEDC Horticulture

Dutchess Dirt is a monthly newsletter filled with informative articles for the home gardener written by CCEDC Master Gardener volunteers and our Community Horticulture Resource Educator. Topics include seasonal observations and advice about vegetables, trees, shrubs and flowering plants; pests and diseases; beneficial bugs; native and invasive plants; reports on recent garden tours and events; and a local events calendar alerting gardeners to plant sales, tours, classes, workshops and similar events.

To subscribe, email Nancy Halas at nh26@cornell.edu. Past issues are on our web site at ccedutchess.org/gardening/dutchess-dirt

4-H Program

Giving Thanks

Fall is a good time for reflection as we give thanks for all the good things in our lives. The 4-H programs are one of those things. Among other benefits, 4-H provides our youth with opportunities to experience a sense of belonging, feel valued, gain confidence, learn skills, increase their knowledge, make friends, and have fun.

Without the many individuals, businesses, funders and community partners who support the programs, none of this would be possible. As they say, it takes a village! So to the youth themselves, and to all who support them, THANK YOU!

4-H Takes the Pledge of Service through

the "Nourish Your Neighbor" Food Drive
 In partnership with EatSmart New York, the Dutchess County 4-H Program has pledged to "nourish our neighbors!" The Hoof Printz 4-H Club kicked off the drive just before Halloween, trick or treating for canned goods. Dressed as cowboys, they visited one of their 4-Hers neighborhoods to collect donations.

How you can help: We will be collecting non-perishable food as well as personal care items now through until March 2018. Items can be dropped off at the Farm and Home Center, 2715 Route 44 Millbrook, Monday through Friday, 8:30-4:30. 4-H clubs will distribute the items to local food pantries for community members in need throughout the drive.



This program is funded through a grant with Dutchess County.

Green Teen Program

Putting the Gardens to Bed

2017 has been a long and productive season in the Green Teen gardens, with over 1,000 pounds of produce grown, harvested, and distributed to the community through the Mobile Market. As we experience less sunlight during the day and lower temperatures at night it is clear that fall is here. Throughout the month of October the Green Teen fall crew has been putting two of our three gardens to bed.

The teens have cut down and ripped out dead plants, taken down trellising, boxed up the garden irrigation, replenished the beds by moving hundreds of pounds of soil, and re-mulched the pathways. One garden is still producing fall food, allowing for our fall crew to take home fresh food, mostly brassicas, for their families.

The Green Teen fall crew has not only worked in our gardens; their vocational training encompasses many different learning opportunities. With support from our partners, Common Ground Farm and the Poughkeepsie Farm Project, teens have assisted farm staff (including a former Green Teen) in planting about 100 yards of garlic, learned about seed saving, and participated in making easy 'squash' recipes they can do at home.



Green Teems making pumpkin pie

exchange at a local café, the green teens cleaned up the café garden in exchange for a baking lesson. Each youth

NOURISH YOUR NEIGHBOR

A Healthy Food Drive Initiative
 Please consider donating:

| | | | |
|----------------|---|--|--|
| NO-SUGAR ADDED | 100% Fruit Juice Raisins/Dried Fruit Applesauce Fruit Cups Canned Fruit | Shelf-Stable Milk (Evaporated, Powdered, Soy) | LOW-FAT |
| | LOW-SODIUM | Salsa Canned Vegetables Canned Soups Tomato Sauce 100% Vegetable Juice | Quinoa Brown Rice Rolled Oats Whole-Grain Pasta |
| | | Canned Tuna & Chicken (in water) Dried Beans Unsalted Nuts Peanut Butter | LEAN PROTEIN |

Choose **MyPlate.gov**

Connect with us @EatSmartNYHV
 Share your donation, and food drive pictures #nourishyourneighbor

Hudson Valley Region
EAT SMART NEW YORK Program

USDA is an equal opportunity provider and employer. This material was developed by USDA, Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides benefits and more to people with low incomes. It can help you live better. Ask for more information about SNAP and the Supplemental Nutrition Assistance Program (SNAP) rules, general rules and rules about the SNAP rules number 11 2017 211-5561, which is a federal agency, or call 1-800-368-5868 to go to the website.

In a baking



Green Teens planting garlic

took home a pumpkin pie which they made from scratch. Through these activities youth become familiar with work-related and life skills, such as recording their hours, and being held responsible for their actions. That they have fun doing it is a bonus which inspires them go on to greater things.

*This program is funded through a grant
with Dutchess County.*

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.