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Issue: #44

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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

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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,

As 2017 comes to an end we want to thank all of you for a great year and your continued support! 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 Winter Energy Saving Tips

adapted from <http://energy.gov>

As temperatures drop outside, the CCEDC Environment & Energy Program would like to remind you that there are plenty of ways to help you stay comfortable indoors during the winter months while also saving energy and money. Here are some simple tips that are easy to implement at little to no cost.

- Take Advantage of Heat from the Sun: Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.
- Cover Drafty Windows: Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. You can also install insulating drapes or shades on windows that feel drafty after weatherizing.
- Adjust the Temperature: When you are home and awake, set your thermostat as low as is comfortable. When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10% a year on your heating and cooling bills. A smart or programmable thermostat can make it easy to set back your temperature.
- Lower Your Holiday Lighting Costs: Use light-emitting diode -- or "LED" -- holiday light strings to reduce the cost of decorating your home for the winter holidays. Find manufacturers and brands of ENERGY STAR® certified decorative light strings.

For more information and additional tips on topics such as maintaining your heating system, finding and sealing air leaks, lowering your water heating costs, and much more, visit:

<https://energy.gov/energysaver/fall-and-winter-energy-saving-tips>

For information on the various energy



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](#)

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assistance programs offered in NYS that offer free or reduced cost services, including heating assistance and energy upgrades, visit: <http://ccedutchess.org/energy/energy-efficiency/energy-assistance-programs>



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.

Family & Consumer Education

Holiday Cheer

This month, FCE was able to provide gifts to our RAPP families. With help from the Holiday Helping Hands grant from the United Way, everyone was able to get a gift! We are so grateful to everyone involved for helping us achieve this goal.

Our RAPP meetings this month were focused on enjoying the holiday season with one another through intergenerational games and delicious treats. The games were a chance to bridge the gap between generations and everyone had so much fun. There were some of the most spectacular marshmallow igloos and spaghetti towers we have ever seen!

We also had a Certified Health Care Navigator come to all of our RAPP meetings to tell caregivers about the Affordable Care Act, how it can benefit them, and how to sign up.



Contact us anytime by calling 845-677-8223 ext. 137 or emailing Program Leader, Jessica; jmc646@cornell.edu

Agriculture & Horticulture

Congratulations to Abel's Trees of Verbank for becoming a New York State Grown and Certified Christmas Tree Farm! New York State Grown & Certified promotes New York agricultural producers and growers who adhere to food safety and environmental sustainability standards.

For Christmas tree farms, participants are certified for growing local trees and for participating in the NYS State Soil and Water Conservation District's Agricultural Environmental Management (AEM) plan.

A link to the 2017 Christmas Tree Directory for Dutchess County can be found at: <http://ccedutchess.org/resources/2017-christmas-tree-directory-for-dutchess-county>

There is still time to choose and cut your Christmas tree and support local agriculture! Why not make a day out of it!

4-H Program

Glossophobia- the fear of public speaking.

One of the requirements of being a 4-H'er is to complete a public presentation each year! 4-H'ers start public speaking at just 5 years of age and, for most, by the time they age out as an 18 year old, standing in front of a group and delivering a presentation is a piece of cake. Our youngest members, Cloverbuds, may stand up and recite the pledge or tell us about their favorite project, using real-life props, pictures and display boards. The older members often tackle more technical topics such as genetically modified organisms or diseases, and many choose to use technologies such as PowerPoint to supplement their skills.





Rebecca Fastiggi with her finished product from the 2017 Harvest Food Festival.

Throughout the course of the year, there are several public speaking opportunities for youth in the program, starting with the Harvest Food Festival in the fall where youth demonstrate the creation of a dish of their choice. Following this there are three additional events in the spring. Two of the events are open to any type of presentation, while one is geared specifically to those who want to talk about a topic related to horses. Within each of these events, youth can be selected to move on to higher levels of competition, at the district, state, and national levels. Dutchess County 4-H'ers are no stranger to moving up the ranks!

To help new members, or for members who want to polish their speaking skills, two public presentation workshops are being offered in January. If you are a 4-H'er who would like to sign up for the workshops or if you are a volunteer interested in evaluating at any of our spring events, contact Cassie at cmm473@cornell.edu.

4-H News is Good News

As many of you know, in 2017 we started a Dutchess County 4-H Alumni and Friends Society (DCAFS). The first months have been spend building a database of those who have been active in past years as club members, volunteers, parents and supporters of the DC 4-H program. Before Christmas, watch your mailboxes (electronic and old fashioned ones!) because your first edition of DCAFS News will soon be on its way. It is packed with stories about our youth and supporters, with features on past and upcoming events, and a look back at some 4-H history. Contact Jane jr825@cornell.edu (845-677-8223, ext. 105) with your contact details to be sure you receive your copy.

This program is funded through a grant with Dutchess County.

Green Teen Program Hard Work is Rewarding and Fun

The Green Teen Fall 2017 crew has continued to work outdoors despite the declining temperatures, saying, "We work fast so it's not that cold to us." The end of the season is here but the work ethic of those in the fall crew has not slowed down at all. This month the Green Teen program ripped all of the plants out of Poughkeepsie Farm Project's children's garden, bringing all the garden waste to their compost pile except their enormous carrots. We learned that if you leave carrots in the ground until after the first frost the starch in the carrots turns into sugar making the carrots far sweeter. The youth used these carrots and other vegetables the farm still had available to create a delicious dish, rainbow spring rolls. Each time we visited the Poughkeepsie Farm Project the educators focused on teaching the teens what vegetables were still available locally in the fall and how to cook them. The teens worked together to create 3 public service announcements advertising 3 super foods; butternut squash, kale and beets.

These short commercials will be shown to Poughkeepsie Elementary School students. After the commercials were filmed the youth divided up into three groups to make a meal of butternut squash-black bean quesadillas, green monster smoothies and beet potato soup.





The Green Teen Fall 2017 crew takes down the garden sign and completes the final tasks to put the garden to bed for the winter. Now we get to dream about seed starting and planing for the spring.

The Green Teen staff also conducted a healthy eating choices workshop with the youth, comparing the nutritional value of processed food versus unprocessed food. Youth read the ingredients list of a strawberry milkshake from a fast food chain out loud and learned that the milkshake contained zero strawberries (and many unpronounceable ingredients). The youth then made strawberry milkshakes from scratch and tasted the difference between processed and unprocessed food. Together the Green Teen participants and staff explored the pros and cons of processed food and how processed foods came into existence and took over grocery store shelves.



Our final task in the garden this year was saving seeds from one of our mammoth sunflowers.

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.