

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: #48

April/2018

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## Cornell Cooperative Extension Dutchess County

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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**

### 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.

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

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# April

Hello,

*The programs below are just a sample of offerings. Learn more about these and other CCEDC programs by contacting us anytime at (845) 677-8223, visiting our website at [www.ccedutchess.org](http://www.ccedutchess.org), or checking out our [Facebook](#) and [Twitter](#)!*

**A**

#### Master Gardeners are hard at work!

The Master Gardener volunteers are busy getting ready for the annual Plant Sale coming up on May 18th and 19th. Mark your calendar and follow [CCEDC on facebook](#). We will be updating an album with pictures documenting their progress!

Meanwhile, check out some of the classes taught by MG Volunteers in partnership with Arlington Adult Education.

<http://ccedutchess.org/events/2016/07/19/lets-talk-trash>

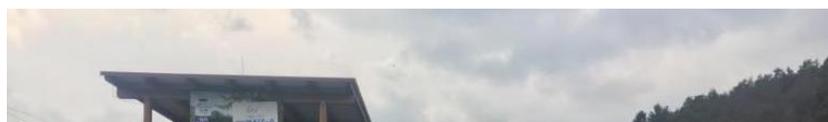
<http://ccedutchess.org/events/2018/01/08/ornamental-alternatives-to-invasive-species>

<http://ccedutchess.org/events/2015/05/15/master-gardener-plant-sale>

**4**

#### 4-H in Austria - A Life-Changing Education

March 22-31, seven 4-H members took part in the experience of a lifetime when they traveled abroad to Austria! The overarching goal of the trip was an agricultural exchange of knowledge, where our youth - who are all heavily involved in the 4-H program and agriculture, could compare our practices of animal husbandry and agribusiness to those abroad, and in turn share what we do with those we met. As the group visited many farms throughout the week, they took careful notes and absorbed how this community sustained their tightly knit family farms. They observed similarities and differences from practices and industries 'at home', and asked many questions.

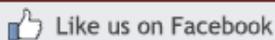


## CCEDC Newsletters

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

 Like us on Facebook

Follow us on [twitter](#)

## Taste NY at Todd Hill

The CCEDC operated Taste NY Market at Todd Hill greeted over 7,200 visitors in the month of March, 2018.

Our dedicated clerks used tourism collateral as talking points to highlight Maple Weekends in Dutchess County, including nearby Soukup Farm in Dover Plains, New York.

Top selling products at the market include assorted fruit tarts, hot coffee using locally roasted beans, honey, baked goods, sandwiches, and raviolis filled with scrumptious cheeses, roasted squash, spinach or mushrooms.

Sales from the first quarter reflect moderate growth, as did store traffic counts. Vendors, customers, and staff alike look forward to the return of our outdoor farmers' market, opening this year on Friday, May 25th.

Hope to see you there!



Dutchess County Teen Ambassadors at the Landwirtschaftliche Fashschule Warth (Agricultural School)

Beyond this key goal, our youth received so much more. One of the 4-H members studied German in school, so she was able to communicate more easily; however, the others learned how to communicate and understand as many of the farmers were not fluent in English. The opportunity to be exposed to a different culture, spend time away from home (some for the first time), learn a new language, and meet new people all at once was a phenomenal experience. As they navigated their way through new cities, explored ancient architecture, learned a new currency, hiked the hills that make the region unique, ate traditional meals and tried their hand at traditional dancing, (and demonstrated their own style!), they grew as individuals and as a group.

Hannah Malafy, 16, is a member of the Dutchess County Teen Ambassadors, the Here Come's the Beef 4-H Club, and the Cool Critters 4-H Club. She shares her thoughts on the trip:

"The trip to Austria helped me see how things that you don't usually picture working together could actually make sense. The farmers there were open to trying new things when necessity required it of them, and many farms we visited were using new technology. There was a great emphasis placed on the importance of family, but many kids are living away from home at 14 (their high schools are more specialized than ours). Just about every meal we had was homemade. The people were incredibly hospitable, hardworking, and kind. The farmers placed a higher emphasis on the quality of their product rather than simply the quantity. It mattered more that everything was done in the right way than the cheapest way, yet they still had good business sense. They knew how to market their products, and help people see the value in what they purchased. We did see many things similar to the US- the layout of the barns, the silage, the school's milking parlor, the breeds of animals (their main breed of cattle was Simmental, which they called Fleckvieh), and the American tractors. Many of the struggles that farmers have here, such as low milk prices and controversy over animal care, don't change no matter where you live. Overall, the trip gave me some great ideas for my future in agriculture; if I ever have my own farm, business, and/or family, I have a better picture of how all those can all work together."





4-H'ers after an evening of song and dance with the Schuhplattler dancers

Special thanks to the sponsors who made this experience possible; A Guy in a Tie Tutoring, Angels of Light Inc., Ann Marie Pallan, Bank of Millbrook, Berkshire Valley Dairy, Betty Covell, Blue Seal Fishkill, Copake Veterinary Hospital, Crisp Architects, Dan Briggs (Dairy Nutrition Inc.), Dann Kenefick and Mitchell Thompson, David Roeder, Deanna Mancuso, Del's Dairy Barn, Doug and Cheryl Giles, Douglas and Rae Hart, Dutchess County Dairy Committee, Dutchess-Putnam-Westchester Farm Bureau, Ellie Savoy- Savoy Landscape Construction Inc., Ferris Realty, Fran Southerland, Fran Thompson, Garret Farms, GE Masten Feeds, George Decker, Getaway LLC., Ginny Strauch, Harriet Rossi, Hildegard Edling, Jan & Melanie Bonanza, John Bruening, Katherine and Ron Mustello, Kent Nutrition, Kesicke Farm Cattle, Kilshannagh Veterinary Clinic, Kingston Maennerchor and Damenchor, Kirchoff Property Management, Laura Briggs, Le Petit Bistro, Linda LeDoux, Dutchess County 4-H Livestock Sale Committee, Liz Axelson, Lorraine Filoseta, Louis Tumolo Jr. DVM, Malafy's Meat Processing, Marion Lawrie, Mark Adams, Karl Duschin, Maronas Market, Mashomack Preserve, Mel and Guy Farrington, Migliorelli Farm, Mike Shultz, Millbrook Rotary, Peter Berasi, Pine Plains FFA, Dutchess County 4-H Poultry Advisory, Rally Farms, Reardon Briggs - Mike Flanigan, Roger and Lynn Purvee, Rona Boyer - Living Millbrook Magazine, Ronald Montesano, Ryan Judge, Sally Graybill, Soukup Farms, Superior Sanitation, Trish Aiken, Walbridge Farm, Whalen Real Estate, and Zoe's Ice Cream Barn.

### 4-H Scientists - Techno Titans Win Awards

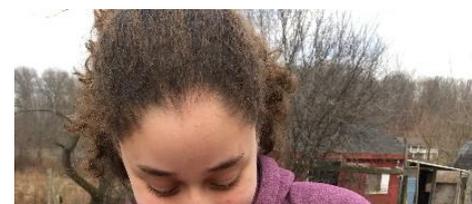
On April 7th, 3 4-H members went to the 59th Annual Dutchess County Regional Science Fair after qualifying at the First Annual Techno Titans 4-H Science Fair. Michael Shappert a member of Techno Titans 4-H won the ACS: Mid-Hudson Section Chemistry for Life- Honorary Award. Also, representing 4-H was Cate and Jessica Auriemmo. Cate was awarded an Honorable Mention for 7th grade. Cate's project was about analyzing the ways that others perceive girls. Jessica received a certificate of appreciation for her project about reaction times.



### Green Teens

#### Farming Education for Urban Teens

In winter, the Green Teen staff organize an educational program where youth from Beacon City 'volunteer' at a local educational dairy farm, Sprout Creek Farm. The youth get hands on experience working with animals and get a greater understanding of the work it takes to produce food. A total of 34 kids signed up for this volunteer educational program. During on one of our trips this year, 9 participants were able to see a baby goat (a kid) being born. It happened incredibly quickly, it took about 30 seconds from the start of labor to the end. You can watch a video of the birth here. By the end of that day, the farm had a total count of 75 goat kids. The participants were given the opportunity to feed the baby goats with bottles of warm milk, which is a surprisingly hard task to accomplish. The youth were given instruction and shown techniques to train the goat kids to drink out of a bottle. By the end of the trip the teens went home with incredible memories and a great experience





Sam Brittan - GT Program Assistant - at Sprout Creek farm



A Beacon High School student experiences 'hands-on chicken' on a Green Teen field trip.

### Yoga For Youth; Soup 4 Greens

In addition to the trips to Sprout Creek Farm, this year we were able to expand the winter program to include yoga lessons. The Yoga lessons take place at Bebhakti in Beacon; the youth learn stress management techniques and are introduced to a new form of exercise.

### Souper Community

Aside from running our volunteer program, the Green Teen program assisted in running the Beacon Farmer's Market's second annual Soup4Greens fundraiser. All the proceeds from the fundraiser go towards the Greens4Greens program, an incentive program which matches food benefits such as SNAP, WIC and FMNP when used at the Beacon Farmer's Market and Green Teen's Common Greens mobile market. The Greens4Greens program is collaboration between Green Teen and Common Ground Farm. Greens4Greens doubles the spending power of those who receive benefits, fighting food insecurity and encouraging healthy eating and advancing participants nutrition. At this month's fundraiser a total 32 pots of soup were donated and \$3,500 was raised. That is about \$500 more than last year, which is an incredible accomplishment. The hope is to continue to grow this incentive program and to make healthy food more accessible to food insecure families.

## E

### Using Maps for Conservation Planning and Communication

On Saturday, May 5th, CCEDC's Environment & Energy Program will be hosting its annual hands-on GIS training entitled "Using Maps for Conservation Planning and Communication". The training will focus on a number of online mapping tools pertinent to Dutchess County and the Hudson Valley, and their potential use for municipal conservation and open space planning. The event, which will be from 9:00 AM to noon at the Farm & Home Center (2715 Route 44, Millbrook, NY), is designed primarily for Dutchess County municipal officials (planning board members, CACs, etc.) however conservation organizations, interested residents, and students are also welcome.

The training will be divided into two segments: The first half will focus around a conversation on the importance of conservation and open space planning followed by an overview of a number of free online mapping tools. The second half of the morning will include a hands-on exercise and a couple of case studies from individuals using GIS and mapping tools in their municipal work.

Coffee and light breakfast snacks will be available, and there will be municipal training credits (3 hours) for those who need them. To register for the training, please visit:

<https://conservationplanning2018.eventbrite.com>

or contact Sean Carroll - [smc427@cornell.edu](mailto:smc427@cornell.edu) or 845-677-8223 x147

*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.*

## F

### Spring happenings with FCE

FCE is looking forward to working with Sprout Creek Farm in LaGrange to do a workshop on empowerment and responsibility. Staff met with Education Director, Katie and received a fun and informative tour of their facility and animals! We were delighted to be guests on their farm and spend quality time with those adorable baby goats.



The Relatives As Parents



Program, Poughkeepsie youth group got to participate in the first annual RAPP Olympics. They played games, made crafts and finished it all in an awards ceremony. Grandparents had a great time cheering on their little Olympians!



The Relatives As Parents Program, Amenia youth and adults were treated to a lesson on how to make "dessert salad" with Eat Smart New York. The kids took turns adding, stirring and chopping ingredients for the apple salad. We then did some 'move your body' activities as a group. Everyone learned the importance of healthy alternatives.



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.