

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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E

Issue: #52

August/2018

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## Cornell Cooperative Extension Dutchess County

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[www.ccedutchess.org](http://www.ccedutchess.org)

### 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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# August



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**

### Chef's Challenge Update!

Cornell Cooperative Extension Dutchess County is sponsoring an exciting late summer event, The Hudson Valley Chefs Challenge. This inaugural food lovers event will feature some of our region's most notable chefs competing for the Best Lamb Dish of the Hudson Valley.

We have partnered with Dutchess Tourism, Inc., The Valley Table, Millbrook Vineyards & Winery, The Taste NY Market at Todd Hill and the Dutchess County Sheep and Wool Growers Association for this culinary event on October 28, 2018 at the Millbrook Winery. VIP passes and regular tickets will be available to the general public soon.

The purpose of the Hudson Valley Chefs Challenge is to highlight our region's wealth of locally produced foods, feature local lamb products, and promote sustainable interest in our local farms.

To purchase tickets - <https://www.eventbrite.com/e/hudson-valley-chefs-challenge-2018-lamb-tickets-48847450038>

1<sup>ST</sup> ANNUAL  
CHEFS  
10-28 2018

## CCEDC is now on AmazonSmile!

If you would like to support us while you shop, use this link to sign in!

[smile.amazon.com/ch/14-6036882](https://smile.amazon.com/ch/14-6036882)



## 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](#)

# CHALLENGE

**The date is now Saturday, October 28, 2018**

Schedule:

12:00 PM - 1:30 PM: VIP Only

1:30 PM - 4:00 PM: General Ticket Holders

12:00 PM - 2:00 PM: Voting window

Location:

Millbrook Winery, 26 Wing Road, Millbrook, NY 12545

15 top chefs from the Hudson Valley will compete for:

- Best Overall Lamb Dish (\$750 prize)
- The Best Use of Hudson Valley Products (\$500 prize)
- Most Hudson Valley Products Used in Dish (\$250 prize)

Top 3 Chefs will also receive a Bespoke trophy, designed and produced by Lenox

In addition to culinary tastings, guests will also have an opportunity to taste local wine, craft brew and local spirits. The challenge will be run as a tasting menu, so recipes will be appetizer portions. All dishes will be judged by a panel of selected experts/chefs and by VIP ticket holders.

Cost:

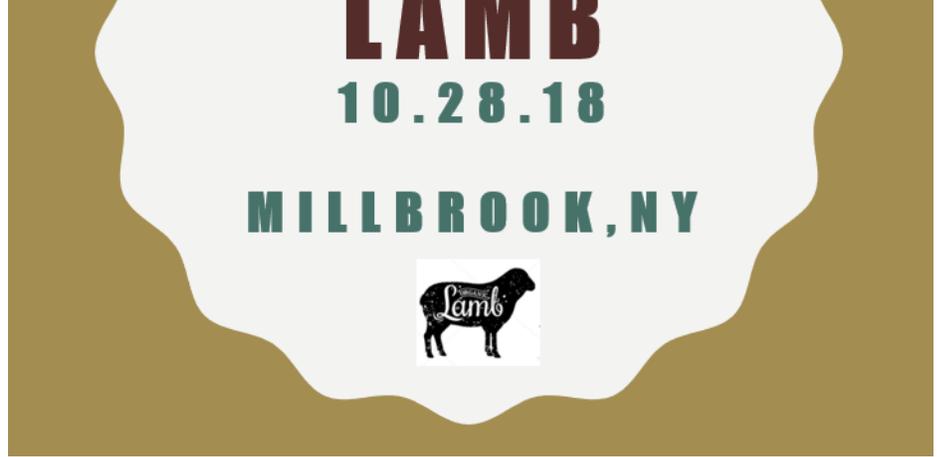
\$75 VIP Receive:

- Complimentary wine glass
- Food and drink tasting
- Voting privileges

\$35 General Ticket Holders Receive:

- Complimentary wine glass
- Food tasting
- Wine, cider & distillery tasting NOT included (sold by the glass)

**1<sup>ST</sup> ANNUAL  
HUDSON VALLEY  
CHEFS CHALLENGE**



For more information, or if you have any questions, please contact us! 845-677-8223

## 4

### 4-H Farm to Table - As local and homegrown as it gets!

For many 4-H'ers, selling an animal they have raised, nurtured and shown is the culmination of a year-long project. 4-H'ers select and raise their own animals, caring for them humanely, and keeping all the records such as health charts and financial costs. They enter them in the Fair hoping to win a blue ribbon and so qualify to sell them in the 4-H Livestock Sale which takes place Saturday afternoon (August 25, 2018) at the Dutchess County Fair. Money raised from the sale of the animal goes directly to the youth. Some buyers resell their beast and donate the proceeds to charity. Some keep the animals and have the meat processed locally, or take the animal home. The sale includes beef cattle, hogs, lambs, goats, poultry and rabbits. There is something for everyone. Buy alone or bid with friends. Spectators welcome - it is a very exciting event!

Check out the 2018 sale by going to our new [4-H Livestock Sale Website](#). And please, share with friends. See you there!

*Grand Champions Fetched top prices at the 2017 4-H Livestock Sale (credit: Brad Paris)*



### The 4-H Activity Zone - Learning and Fun at the Dutchess County Fair

New for 2018, 4-H'ers will be providing young fairgoers with a chance to learn new skills by joining in free activities in our '4-H Activity Zone'. Located at the foot of 4-H Hill (next to the Dutchess County Dairy Committee Milkshake Booth!), activities will include: Super Science Skills, Hands-on Horseshoe Art, Growing Great Sunflowers, and Braid a Bracelet. There will also be opportunities to have photos taken with animals and get sparkly skin tattoos! So spread the word and come and join us 4-H fun!



## Green Teens Community Gardening

### Summer of Learning

One of the highlights of the summer was going to the Rooted in Community Conference, a yearly conference that was held in Poughkeepsie this year.

The Rooted in Community National Youth Leadership Summit is a conference for high school aged young people involved in the food justice movement. Every summer the summit attracts over 100 young people from throughout the United States and Canada along with 30-40 adult allies.

We spent the day learning about other youth-farming-gardening programs, sharing what we do, and even doing some impromptu rapping.

"My Favorite memory from Green Teen was the Rooted in Community trip. This was fun because we met other young farmers like us and that motivated us to make a change in our community and keep bringing our vegetables to people who need them."(F.A., age 16)

The Kingston YMCA Farm Project was one of the other youth groups who attended, and our crews immediately hit it off. Together, we brainstormed ways in which we can continue to get together, share what we do, and stay motivated. Stay tuned to hear more in the future.





Green Teen Crew 2018 - A Bountiful Harvest

Check out [this video made by the Green Teens](#) for our friends at United Way of the Dutchess Orange Region!

## E

### **The last week in August is World Water Week!**

This year's theme is "Water, ecosystems and human development." Here in the Hudson Valley, we have an abundance of wetlands, waterbodies, and streams, including the Hudson River at the heart of our region, which is often considered one of our greatest natural assets. However, it is important to remember that our region can still at times experience drought and other vulnerabilities such as flooding. Our [Environment and Energy team](#) works with a number of watershed groups and municipalities within Dutchess County and throughout the Hudson Valley to increase awareness of watershed issues and improve watershed health.

By being good stewards of the watersheds in which we live, we can help ensure that water, whether coming out of a tap as drinking water or flowing directly through a tributary and feeding rivers downstream, is conserved and well cared for. The New York State Department of Environmental Conservation [Hudson River Estuary Program](#) (NYSDEC HREP) offers [tips for being good water stewards](#) whether at home, in your community, or outdoors.

### **Let's Talk Energy Over a Milkshake**

Community Energy Advisors will be available at the Dutchess County Fair to answer all your home energy questions! Find us at the CCE tent next to the 4-H Exhibit Hall. Community Energy Advisors connect residents and businesses to resources and networks that provide cost saving opportunities in their communities.

Community Energy Advisors are available to:

- Enable you to make informed energy decisions
- Inform you of financing options for energy efficiency and renewable energy projects and products
- Guide you through the process of implementing a clean energy project
- Connect you with the right energy contractors who can implement clean energy projects

Ready to discuss making your home or business more comfortable while saving time, energy, and dollars? Visit our website at [ccedutchess.org/energy](http://ccedutchess.org/energy) for information or give us a call at 845-677-8223. We'll see you at the fair!

## F

### Summer Updates!

- We educated youth working in the Summer Youth Employment Program for the second month in a row in Financial literacy for Youth (FLY) through two, 2 hour session which taught them about needs and wants, budgeting, savings, credit and how to find the right bank for their needs.
- Again this year, we were able to give some of our RAPP families free school supplies which included backpacks, lunch bags, notebooks, binders, pens, tissues, pencils and crayons.
- We continue to educate families on which fish found in the Hudson River are safe and not safe to consume, with our partners at CCE Orange, Ulster and Columbia & Greene Counties.
- FCE staff will be attending the Dutchess County Fair to let people know about all of our family education programs in wellness, parenting and nutrition - so come see us!

**Stay tuned for more info and contact us anytime  
845-677-8223 x137, [jmc646@cornell.edu](mailto:jmc646@cornell.edu), [@fcedutchess](#)**

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.