We bring Cornell University resources to Rockland County

Monthly Newsletter December 2018 Edition

The Therapy of Gardening

This fall Kristen Ossmann, the CCE Horticulture Resource Educator, and five Master Gardeners, Judy Andersen, Robin Eifert, Mootsy Elliot, Ann Kinney and Joe Napoli began a Horticultural Therapy program with St. Dominic’s Family Services, providing weekly horticulture activities to 20-30 individuals with developmental disabilities. These activities offer measurable results and provide a sense of personal accomplishment and enjoyment for the participants. The overall goals and desired outcomes of the program are to provide an opportunity for individuals to learn about the basics of horticulture; to provide interactive cause and effect skills to stimulate cognitive development, and to engage in horticulture activities that help alleviate stress and anxiety. Working alongside Master Gardeners, the individuals have grown lettuce, spinach and basil from seed, planted bulbs, pressed flowers, propagated plants through stem cuttings and explored the scents of several herbs. Participants also visited the CCE Demo Gardens to explore what is growing, harvest herbs and vegetables and cut flowers and grasses to create seasonal bouquets. The Master Gardeners and CCE horticulture staff are also helping to develop a sustainable therapeutic garden that the participants will be able to plant, maintain and enjoy for many growing seasons.
On October 11th, CCE Horticultural Lab Technician Michael Wilson, and Environmental Educator Jennifer Zunino-Smith, discussed the multiple benefits 'Leaving the Leaves' has to the ecosystem and to homeowners. In addition to reducing stormwater pollution, bumble bees and butterflies rely on leaf litter for winter cover. Also discussed was the history of Harmful Algae Blooms (HABs) in Rockland, what to do if you encounter one, and the role the homeowner plays in preventing them. You can learn more about leaving the leaves and HABs at the links below.

- [http://rocklandcce.org/fact-sheets](http://rocklandcce.org/fact-sheets)

John Szarowski, Vice President of KC Engineering and Land Surveying, PC, presented a trainings on Construction Site Stormwater Runoff Control and Post-Construction Stormwater Management to the Stormwater Consortium of Rockland County. Controlling Construction Site discharges, particularly nutrient-rich sediment to waterbodies, and maintaining stormwater management practices are crucial components to protecting water quality and preventing algal blooms.
Upcoming Events
To find more information on these and future events, visit our Event Page (RocklandCCE.org/events).

You’re Invited to our 101st Annual Meeting

Join us on Wednesday, December 12th at 5:30 pm for appetizers and desserts, followed by a special presentation by Angela Bernhardt of Pure Earth (formerly known as the Blacksmith Institute).

Free to Attend. RSVP by calling (845) 429-7085 or emailing jas946@cornell.edu no later than Tuesday, December 11th.

Cornell Cooperative Extension
Rockland County

2018 Annual Meeting

Wednesday, December 12, 5:30 PM - 7:30 PM
CCE’s Offices & Education Center in Stony Point

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Fun with Public Speaking

Wednesdays, Jan. 9 - Feb. 13, 6:30 PM - 8:00 PM
CCE’s Education Center

Join the Fun with Public Speaking! series, offered by the Rockland County 4-H program, where children ages 9-12 can play games and learn how to effectively create and present a public presentation!

(Snow Dates: Wednesday, February 27 and Thursday, February 28). The Showcase Event will take place on Saturday, March 2 as part of the Rockland County 4-H Public Presentations Event. This event is a chance to present in front of trained evaluators who will help you identify strengths and areas to improve upon for your next performance.

Complete your own presentation for the Rockland County 4-H Public Presentations Event on March 2nd: a chance to present in front of trained evaluators who will help you identify strengths and areas to improve upon for your next performance.

Cost: $75, includes materials

For more information, contact Kristin Ruggiero at (845) 429-7085 ext. 103 or klf37@cornell.edu.
ESNY is Nourishing Our Neighbors at Rose Memorial Library.

Nourish Your Neighbor is an educational food drive initiative that aims to build a community in which healthier options are available for all neighbors. This year, the Rose Memorial Library's annual "Food for Fines" drive - which waives library overdue fees for patrons that donate non-perishable foods - was enhanced by a partnership with Eat Smart New York (ESNY) and their Nourish Your Neighbor healthy food drive initiative. It is particularly exciting to find ways to work together with organizations that serve our community such as Rose Memorial Library to enhance their services to our neighbors. The food drive was coordinated by Oscar Chrin, Adult Services Librarian at Rose Memorial and Sonia McGowan, an ESNY Nutrition Educator. Food collected during the drive was given to the North Rockland Food Pantry at Trinity United Methodist Church in Stony Point." Mr. Chrin did a rough count and the library collected about 50 food items total - which is more than in years past!

Fertilizer Law Class Updates!

Exciting things to come to the Fertilizer Law Certificate Program in 2019. We will be offering classes co-taught in Spanish in addition to updated educational materials in Spanish. We'll be announcing a date for a Spanish only class in late winter.

This course qualifies participants to obtain a landscaping license through Rockland County. Certificates of Completion required by the County are distributed at the conclusion of the class.

The class typically takes place on the first Wednesday of each month from 8:00 to 10:00 AM. There is a fee of $35. It's held at CCE's Education Center at 10 Patriot Hills Lane in Stony Point. Although payment can be made on the date of the class, registration in advance is required. To register, contact Jennifer Strianese at jas946@cornell.edu or (845) 429-7085 x117

2019 Class Dates*:

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* - Subject to change due to weather, attendance, or other conflicts. Always register in advance of the program to be notified of any changes.
After a competitive application process, 30 select 10th graders from public and private schools throughout Rockland have come together for the annual Teen Leadership Rockland (TLR) Program, sponsored by Cornell Cooperative Extension and Leadership Rockland, Inc. On November 13, Kristin Ruggiero, the 4-H Youth Development Educator, began the program with an orientation and several team building exercises. During this session, youth were able to meet other participants and discuss the definition of leadership and their expectations of the program.

On November 28, Annie Scott and Michele Hughes from CANDLE facilitated a leadership workshop in which students discovered their leadership style and brainstormed the strengths and weaknesses associated with it. The participants also learned about the necessity of communication and teamwork by stacking cups using a rubber band and strings, and by building a tower with toothpicks, marshmallows, gumdrops, spaghetti, and the skills of their randomly assigned team members.

Moving forward, students will further develop skills in leadership, public speaking, media literacy, economic development, government, cultural inclusivity, and college readiness. Through hands-on and active sessions, educators from Cornell Cooperative Extension, Dominican College, Rockland Economic Development Corporation, Rockland Solid Waste Management Authority, Youth Bureau, Clarkstown Police Department, and the Center for Safety and Change will share information with the youth, and will support them as they strive to improve themselves and their community. If you would like more information about the Teen Leadership Rockland Program, please contact Kristin Ruggiero by e-mail at klf37@cornell.edu or by phone at (845) 429-7085 x 103.
Now that winter is approaching, we can prune some of our evergreens and bring them into the house for holiday decorating. A light pruning will do little damage to your shrubs and now that the weather is colder, there is little chance of tender new growth. The weather is still mild and if done now, there is one less chore for the spring. In addition, the prunings can be nicely arranged in a vase, put into an outdoor container, or window box. Some prefer to purchase greens from a nursery or garden center for decoration.

The most commonly sold and collected greens include *Buxus* (Boxwood) [pictured left], *Picea* (Spruce), Holly (*Ilex opaca*), and *Pinus* (Pine). A green that is sometimes sold or collected includes Princess Pine (*Lycopodium obscurum*), but I urge you not to use this plant because it is also on the threatened list for endangered species in certain NY and NJ counties. It is also these special plants that make a greens display stand out from the others. There are plants that many of us grow that can be used to highlight an arrangement. Broad leaved evergreens give a good contrast to the commonly used plants and include Rhododendron, Mountain laurel (*Kalmia latifolia*), and Andromeda (*Pieris japonica*) [right]. An interesting broad leaved plant that gives a nice dropping appearance that can hang over the edge of a vase or container is Fetterbush (*Leucothoe fontanesiana*). Sweetbox (*Sarcococa hookerana*) and *Skimmia japonica* are smaller broad leaved evergreens that are a welcome addition to a floral display. *Chamaecyparis* can give a good contrast with different needle like foliage and sometimes with interesting colors like yellow. My favorite accent plant is Winterberry (*Ilex verticillata*) [left] because it is a deciduous holly. Picture a fully berried holly with no leaves!

*In closing, you have options - enjoy making your home uniquely green for the holidays.*

For further information about gardening questions, diagnostic services or insect ID, contact the Horticultural Lab (845) 429-7085, option 3 or Mike Wilson at ext. 110 or email mw767@cornell.edu.

To all of our Horticultural Lab clients, Master Gardeners, program participants, CCE supporters and partners, we wish you a happy holiday!