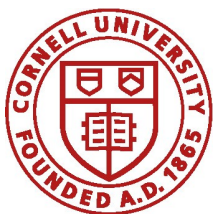




**Cornell Cooperative Extension
Essex County**

2018 Annual Report

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Cornell Cooperative Extension Essex County

On behalf of Cornell Cooperative Extension (CCE) of Essex County staff, program advisors, and members of the Board of Directors, please accept our 2018 Program and Financial Annual Report.

In 2018, CCE Essex fulfilled its mission by offering educational opportunities to Essex County residents through innovative, research based programs. Targeting youth, farmers, small business owners, and seniors, educators have enhanced the lives of more than 9000 participants.

The 4-H Youth Development sector continues to thrive by offering creative programs that support positive youth development and better prepare our children for the work force and/or college. Public presentations, STEM (Science, Technology, Engineering, and Mathematics), and statewide leadership opportunities further prepare participants for future successes. Animal Science and Horticulture programs continue to be popular throughout the county including; domestic, livestock, wildlife, and ichthyology programs.

Contractual services through the Champlain Valley Health Network highlight our nutrition department. Now in year six, Adirondack Medical Home has allowed CCE Essex to provide individualized nutrition counseling and education to clients through direct patient referrals. The Walmart Foundation 4-H Healthy Habits grant delivers education to our youth on the importance of nutrition and physical activity enabling them to make better choices as adults, combating heart disease, high blood pressure, and diabetes. CCE Essex has been able to offer nutrition educational support through school enrichment programs for five years thanks to this funding.

We work alongside Cornell Regional Specialists to support the diverse needs of the agricultural community. Consumer education as it relates to agriculture is essential to not only support our local famers but our local economy. Continued efforts to support Farm to School initiatives that connect producers to local markets while educating youth on food systems remain relevant. Securing almost \$100,000 through a USDA Farm to School grant will ensure deliverables continue through 2019.

CCE Essex continues to offer educational opportunities by taking knowledge gained through research and bringing it directly to the residents of Essex County and beyond.

Thank you for your continued support!

Sincerely,

Steve McDonald
Interim Executive Director

Our Mission:

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

Board of Directors

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Linda Gilliland	Quality of Life Issue Leader, 4-H, Horticulture, Master Gardener
Laurie Davis	Office Manager, Technology
Carly Summers	Agricultural Resource Educator
Laura Nicholson	Finance Manager
Eileen Longware	Nutrition Program Educator
Samantha Davis	Program Assistant
Meghan Brooks	Farm to School Educator

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Agricultural & Natural Resource

Gary Goff	Chair
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Florence St. Pierre Sears	BOD Rep.
Haley Severance	
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Andrea Connor	
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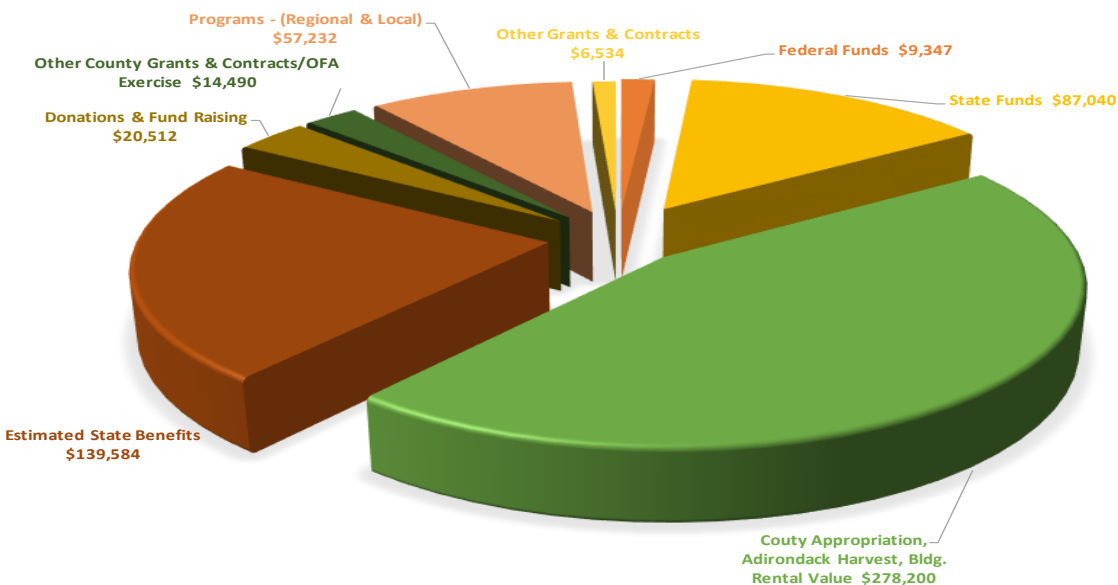
Quality of Life

Tom McNally
Torri Potter
Dan Rivera
Moreen Roy
Kathy Bogdziewicz
Cassidy Roy
Lauren Gough
James Bullock

Regional Specialists

Lindsay Ferlito	Dairy Production
Betsy Hodge	Livestock
Michael Hunter	Field Crops
Amy Ivy	Vegetable & Small Fruit
Ron Kuck	Livestock/Beef
Kim Morrill	Dairy Production
Kelsey O'Shea	Farm Business Management
Kitty O'Neil	Field Crops & Soils
Lindsey Pashow	Direct Marketing
Barbara Williams	Dairy Processing
Mike Basedow	Tree Fruit
Jim Meyers	Grapes

2018 FUNDING SOURCES



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.

4-H Youth Development

The 4-H Program continues to impact youth and families throughout Essex County. What 4-H bring to the young people of Essex county is leadership, citizenship, STEAM, life skills and the desire to become lifelong learners. These opportunities are made possible by the teamwork of volunteers including parents, grandparents, teachers, local experts and partners such as Crane Mt Valley Rescue, Farm Bureau, and Bluegrass musicians. 4-H can be found in unexpected places and nontraditional settings such as classroom clubs, afterschool and summer youth programs as well as traditional neighborhood clubs. Foundation pieces of the 4-H program such as animal science projects including dog, dairy, horse, and poultry and of course Career Explorations, Public Presentations and Fair Week remain popular with the youth and their families in our county.



This year's highlights included the STIC Club, a county wide club open to all 4-H members. They chose aerodynamics as their year-long project and their goal was "how to build a remote controlled airplane". The youth learned all about aerodynamics and the physical and mechanical processes that go into getting an aircraft to fly.



Equi-Riders is a county-wide horse lovers group based out of the Sally E. Morehouse arena at the Crane Valley Mountain Horse Rescue. With studies on anatomy, nutrition, and equine health, the youth are able to use the rescue's horses to complete educational assignments. This club is highly competitive and looks forward to annual horse quiz bowl and hippology competitions.

Adirondack Barks is a county wide canine club. These youth study everything about our favorite companion animal – dogs! Their project is Cynology and these youngsters learn breeds, training methods, anatomy, nutrition and canine behavior among other topics. In the spring and summer these youth enjoy spending time outdoors while they tackle agility and obedience training with their favorite dog.



The **4-H Bluegrass Experience** club completed its 4th year. This unique club is comprised of both Essex and Clinton County youth from ages 5 to 18. Youth are partnered with a local bluegrass musician by instrument choice and the youth get together on a monthly basis to jam with each other and local and college bluegrass groups. A few members are so talented, they have been invited to play with local bluegrass groups at public performances.



Green Thumbs is our county wide Horticulture Club. Originally a ten week project, the members decided to make this into a year round club. Youth have learned seed starting, soil, water quality, environmental science, vegetables, flowers, succulents and cacti, apple tree grafting, and are growing their own fig trees. The Green Thumbs also participated in **Salmon in the Classroom**. The club members successfully hatched and raised salmon from egg to release size. The project was a partnership with Lake Champlain Trout Unlimited.



Agriculture

Essex County Agriculture is diverse, with growers producing everything from maple products to flowers, milk & artisanal cheese, livestock & agroforestry products, such as mushrooms, and a wide variety of vegetables & fruits. One role of our agricultural programming is designed to provide resources for this wide array of commercial operations. We connect with farmers and establish an understanding of their needs and constraints in order to effectively link them with resources and create supportive educational programs. A key set of resources are the experts from the CCE Regional Teams and collaboration with other institutions & organizations. Focal program areas in our educational mission designed for growers includes: soil & crop health, livestock, dairy, agroforestry, value-added products, business management, & environmental sustainability.



In addition to this, promoting local food in the community is a key goal. The local economy is strengthened when our community buys local food, educational opportunities for students are enriched, preparation for job opportunities and entrepreneurship expanded, nutritional access increased, and labor sources for local businesses improved. In 2018, farmers market tours & cooking demonstrations introduced 70 people in 5 farmers' markets to new local foods. Upon receiving the NYS Ag & Markets Farm to School Grant, CCE Essex has hired Meghan Brooks to support farm to school efforts throughout the Adirondacks. This position will assist food service directors to increase local food purchasing, encourage new schools to begin purchasing locally, and coordinate more curriculum in the classroom. The Farm to School Educator and Agriculture Resource Educator will work together to organize field trips to farms and encourage planning productive school gardens.



Agriculture



In 2018, Essex County CCE Agriculture collaborated with CCE Regional Specialists and Cornell University to host events, including a reduced tillage in organic systems field day with 70 people in attendance, an artificial insemination workshop with 9 dairy farms in attendance and a beef meeting with 12 beef producers in attendance. Essex County CCE Agriculture also independently organized and hosted various events. Three shiitake mushroom cultivation workshops were held across the county with 87 people in attendance with a follow-up a commercial production course offered by the Cornell Small Farms program, which served 26 potential new shiitake producers. Those growers pursuing commercial production were further supported by an on-site shiitake farm visit with 8 growers in attendance. Ag Day is organized each year as an opportunity for our Board of Supervisors & county employees to meet & learn about farmers from around the county as well as other key agricultural players. A Roundtable Discussion about local agriculture held at the Adirondack Harvest Festival, which cultivated dialogue between community members, growers & school employees. On-farm research included: biocontrol in high tunnels projects; western bean cutworm moth trap counts; spinach organic fertility trials; & coordinating on-farm trials with 5 farms for groundcherry breeding research at Cornell. Ag District enrollment and farmland protection program management are also led by Essex County CCE Agriculture.

Agriculture

Essex County Agriculture is Driving Growth & Positive Impact within the Economy & Community

On only 4%¹ of Essex County land, 196 farms² grossed close to \$12 million in 2012³

Breaking \$12 million down, \$5.6 million came from crops (forage, silage, vegetables, fruits, & nurseries); \$4.8 million came from milk sales from 10 dairies; \$1.3 million from other livestock & poultry

Farms provided 111 jobs & brought \$3 million in wages directly back into the local community³

69 farms sold \$1.3 million of local products directly to consumers, with the number of direct market farms increasing 71% & revenue increasing 75% over 5 years⁴

Direct Market Local Agriculture is Diverse⁵:

20 farms sell to 10 local school districts⁶

36 farmstores & 15 retail shops sell local food

12 farms have CSAs/Food Shares

15 farms sell at Farmers' Markets

4 farms have flower CSAs

11 farms & restaurants serve local food

8 farms & restaurants cater with local food

Two food trucks travel to local events

25 farms & businesses produce value-added products with local food & fiber

8 farms sell to employees at two hospitals⁷ & county offices

Hub on the Hill works with 66 farms & producers to process & deliver value-added products made with locally farmed food⁸



¹ Essex County Agricultural Districts profile, current, shows a total of 49,203 acres in the county are used for farming. The entire county is 1,226,240 acres.

² Essex County Agricultural Districts profile, current

³ Economic Development Quarterly Census of Employment & Wages for 2016, data.ny.gov

⁴ The 2012 Ag census, which is the most current census data available.

⁵ Unless otherwise numbered, Adirondack Harvest is the source.

⁶ Adirondack Farm to School Initiative 2018-2018 Local Purchasing Guide

⁷ Champlain Valley Physicians Hospital & Elizabethtown Community Hospital

⁸ Hub on the Hill records

Adirondack Harvest

The Adirondack Harvest program sponsored several major events this year: the Adirondack Harvest Festival, Bike the Barns, the Food Justice Summit, Food from the Farm and the Essex County Cheese Tour. Combined, these events drew in over 3,000 participants and helped to promote and celebrate the proliferation of local foods and farmers in our county.

We welcomed a part-time temporary coordinator, Anna Isserow, to help us implement many of the work goals in our three-year Smart Growth Grant. Anna toured many farms and helped to promote them on social media. We successfully connected with over 20 forestry product businesses and welcomed them as new members to our organization.

With the help of board members, we are working towards getting state funding for Adirondack Harvest. This would allow us to hire a full time marketing expert/outreach person plus a part time administrator/grant writer.

Our logo continues to be used far and wide across the North Country as we look forward to becoming the premier marketing brand for Adirondack local foods.



Consumer Horticulture

This program helps home gardeners seek advice in selecting the right spot, design, and maintenance of their home garden which could be a window box, exotic flowers such as orchids or violets or a 5 acre vegetable garden. Soil tests, insect identification and other gardening maladies are diagnosed and fertilizer questions are addressed over the phone, email, or office visits. Consumer horticulture also provides answers to those with back yard chicken flocks, pollination questions and of course home invaders such as bats, raccoons, skunks, rats.

Throughout the year, Consumer Horticulture hosted a variety of presentations and workshops from seed starting, how to build grow lights, insect identification, backyard birdwatching and bird feeding stations and how to attract pollinators to the home garden.



Family, Food & Health

Range of Motion

The Arthritis Foundation Exercise Program is a recreational group exercise intended for, but not limited to, people with arthritis and related diseases. This program will help to reduce pain and stiffness, help maintain or improve mobility, muscle strength and functional ability, and make daily tasks easier. We inspire to educate Essex County seniors on a healthy lifestyle including physical activity, proper nutrition, and overall wellness. Through this program, we encourage them to make healthy food choices, be active outside of class and engage in positive social interactions.



The Ticonderoga Senior center is thriving. They have many local seniors taking advantage of the Range of Motion classes and pickle ball courts as well as the treadmill, incumbent bikes, and a seated elliptical. We have a walking club that meets on Friday mornings for a 2 mile walking video. This year we will start a chronic disease self-management program. The seniors are always looking for new ways to live an active and social lifestyle.

Adirondack Medical Home:

Adirondack Medical Home has contracts with Cornell Cooperative Extension of Essex County's Nutrition Program to provide basic nutrition education in physician's offices in Essex County & Clinton County. Clients benefit from learning about portion sizes, nutrition label interpreting, nutrient dense foods, carbohydrate counting and more. AMH also supports CCE Essex County's Nutrition Program in providing two healthy cooking classes each week at the JCEO and the Robert S. Long buildings in Plattsburgh, a Mediterranean Diet presentation at the Continuing Education Program at local schools and health fairs at the local hospital.





Cornell Cooperative Extension



A **partnership** between the federal, state and county governments, Cornell University, and the citizens of New York State



Integrated. A network of professionals includes campus-based faculty and staff, regionally deployed specialists, county-based educators and professional employees

Practical. Programs are designed to solve real life problems, helping to transform and improve communities

Locally-rooted. Citizens are key to identifying and creating programs which serve the needs of communities, businesses and individuals

An **education system** which extends Cornell University's land grant programs to citizens across New York State

Extensive. High value educational programs are offered in every county and the five boroughs of New York City

Comprehensive. CCE programming covers five primary mission areas: Agriculture, Community, Environment, Nutrition, Youth and Families

Research-based. Educational programs are developed through interpretation and practical application of research conducted at Cornell University

