

PRESS RELEASE

March 27, 2019

Spring Classes for Farmers, Businesses, Caregivers, and Cooks

LIBERTY, NY— Cornell Cooperative Extension Sullivan County (CCESC) offers several educational programs in Liberty this spring for farmers, businesses, caregivers, and cooks.

April 2 | Postharvest Handling, Washing, & Packaging | 9 am-3 pm | FREE

Robert Hadad, Cornell Cooperative Extension vegetable specialist presents a free, two-part session at the Catskills Food Hub on 92 Commerce Drive in Liberty. The morning session covers washing, cleaning, and sanitizing calculations of produce. The afternoon session covers grading and packing basics. Participants need not attend both sessions. Program followed by a tour of the new Catskills Food Hub facility.

April 3 | Caregiving Along the Care Continuum | 1 – 2 pm | FREE

This free web seminar shares information, tools and resources on how to support family caregivers along their caregiving journey. Participants will learn how to identify the caregiving role as it changes, the importance of self-care, and prevent burnout. Class is held at the Extension Education Center on 64 Ferndale Loomis Road in Liberty.

April 3 | Cooking Duck at Home | 5:30 – 7:30 pm | \$35/person; \$30/CCESC enrollee

Chef Jenny Chamberlain of Hudson Valley Foie Gras presents a hands-on demonstration for preparing duck breast for “Sous Vide” method at home without special equipment. Participants will learn how duck meat differs from other poultry; and how to properly season, handle meat, crisp skin, make a quick pan sauce, and slice meat. Everyone takes home a duck breast and 10% off coupon for Hudson Valley Foie Gras. Class is held in the Catskills Kitchen at the Extension Education Center on 64 Ferndale Loomis Road in Liberty.

April 9 | Energy Opportunities for Your Farm | 7 – 8 pm | FREE

Sean Welsh, Cornell Cooperative Extension Community Energy Advisor presents energy resources available for farmers to reduce costs. Class covers on-farm energy audits, NYS energy

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saving programs, and a question and answer session. Class is held at the Extension Education Center on 64 Ferndale Loomis Road in Liberty.

April 10 | Business Planning Workshop | 5:30 – 7:30 pm | \$15/person; \$10/CCESC enrollee

Planning ahead can help companies grow and a business plan is the first step to creating and running your own business. Charlene Finerty of Plans & Profits LLC presents the ins and outs of creating a thorough business plan for both personal use and financial backing. Class is held at the Extension Education Center on 64 Ferndale Loomis Road in Liberty. Look for this class again in July.

Anyone can enroll in CCESC for an annual contribution of \$25. Program fees support the cost of instructors, refreshments, materials, and facilities. SCHOLARSHIPS are readily available with support from Sullivan Renaissance.

Registration is required in advance by visiting www.sullivanccesc.org, emailing sullivan@cornell.edu, or calling CCESC at 845-292-6180.

To request any special accommodations, the public can contact the CCESC office.

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