

### News From CCE

By Barb Neal, Ag and Horticulture Educator for Tioga County



Finally, the long winter is over, and, while we probably have not seen the last of the white stuff for the season, we can reasonably look forward to wonderful weather to enjoy in the coming month. If you are looking to something fun to do with your family or friends, consider visiting a farm in the southern Finger Lakes! There are plenty of farms offering a wide array of products and experiences. To find a farm, click on the Finger Lakes Farm Country website: <https://fingerlakesfarmcountry.com/>. The site is full of fun things to do, see or experience.

We are still in the midst of the pandemic, so expect to wear a mask and socially distance while you are at the farm. Be sure to check in with the farm by visiting their website, social media or giving them a call before you come—it is still early in the season, so some farms may not yet be fully open for visitors.

And if you are a farmer and would like to be listed on this agritourism website, let Barb or Liz know and we will guide you through the process. There is no cost for farmers to be listed.

See you at the farm!



Cornell's Uihlein Farm—maple production research headquarters

### Inside this issue:

- America's family farms
- Early spring beauties
- Nature Rx—it is good for you!
- Maple products—not just syrup
- Workshops — online of course
- And more!

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*Cyclamen coum* is a tuberous herbaceous perennial, growing just 2 to 3 inches tall. Marbled leaves are heart-shaped. The purplish-magenta, shell-shaped flowers seem to float on the stems. Flowers bloom in very early spring so plant them where you can easily view them from the house. Bulbs may take a year to settle in before they bloom. Zones 5 to 8.

Among the first crocus to bloom, *Crocus tommasinianus* bloom about 2 weeks earlier than the larger Dutch crocus. The blooms are pale lilac to deep reddish-purple with a white throat and a silvery exterior.



A "Tommie" being visited by a bee. Photo: Missouri Botanic Garden

or. Often referred to as 'tommies', reportedly squirrels do not eat or move this crocus species. Varieties include 'Barr's Purple' (amethyst violet), 'Albus' (white), 'Lilac Beauty' (purple), 'Roseus' (pink), 'Ruby Giant' (purple), and 'Whitewell Purple' (silvery reddish purple flowers, pale mauve on the inside). Zones 4 to 8.

Larger than its relation the snowdrop, Spring Snowflakes (*Leucojum vernum*) usually flower one or two weeks later. Flower stems hold 1 or 2 dainty bell-shaped flowers which are white with a green or yellow spot at the end of each tepal. They have a slight fragrance. Not bothered by critters as all parts of the plant are poisonous, especially the bulbs. This lovely little flower grows to about 8 inches tall. Zones 4 to 9.

Exotic and tropical in appearance, the tall and stately Crown Imperial (*Fritillaria imperialis*) is a spectacular addition to the spring border. Each plant has one 3-foot tall stem with whorls of glossy green leaves, topped with a whorl of tubular, pendulous bell-like blooms in shades of red, orange, or yellow. The foliage Witch Hazel Source: Chris Evans, Illinois Wildlife Action Plan, Bugwood.org has a musky odor that

some gardeners like and others strongly dislike. The odor is reputed to deter squirrels and the plant is deer resistant. Be sure to plant bulbs in very-well-drained soil as they are very prone to rot. Try planting them on their side so water does not sit in the bulb. Belonging to the lily family, the red lily leaf beetle adults may chew holes in the leaves. Zones 5 to 9.

Bloodroot (*Sanguinaria canadensis*) is a woodland spring ephemeral that is also happy in the shade garden. Beautiful white blossoms have 8 to 12 petals growing on leafless stems. 'Multiplex' is a stunning double flowered form. They emit a wonderful fragrance that attracts many kinds of native bees. A light green leaf is wrapped around the



Bloodroot in flower. Photo: University of Wisconsin Horticulture

stem of the flower at the flowering stage. When the flower fades, the leaf opens in a very unique hand shape as large as 6 inches in diameter. They get their name from the dark red sap found in the stems and roots which resembles blood. When this plant is happy in its location, it will colonize and provide many years of flowering. Bloodroot will go dormant mid-summer. Zones 4 to 8.

*Lathyrus vernus* also called Spring Vetchling or Spring Pea is a hardy perennial cousin to the familiar annual Sweet Pea. Plants form a low compact clump of light green leaves, with an early spring display of bright rose-pink flowers. It prefers a moist, partly shaded site that does not dry out. Native to northern Europe and Siberia, it does not do well in summer heat. The plants may go dormant and disappear during the summer; although I have never had mine do this. A slow grower it stays about a foot high and wide. Zones 3 to 9.

Some of these plants may be a little difficult to track down or you may have to order them from a catalog, but they are definitely worth the extra effort.

Resources for this article include: Missouri Botanical Garden, Cornell University, John Scheepers, Inc, Kew Royal Botanic Garden, McClure and Zimmerman, and Heritage Perennials.

# Free Online Gardening Course for Beginners

## *Learn to grow your own produce*

<b>When:</b>	<i>Session 1: March 29, 2021          Session 2: April 5, 2021          Session 3: April 12, 2021          Session 4: April 19, 2021          Session 5: April 26, 2021          Time: 2:00 – 3:00 PM</i>
<b>Who:</b>	<i>Free and open to the public.          Taught by CCE of Chemung County Master Gardeners.</i>
<b>How:</b>	<i>Register in advance for this course:  <a href="https://cornell.zoom.us/webinar/register/WN_yB3JQzzIRUWLxhidFHGmzg">https://cornell.zoom.us/webinar/register/WN_yB3JQzzIRUWLxhidFHGmzg</a>          After registering, you will receive a confirmation email containing a Zoom link to join any or all of the sessions.</i>

### ***What will you learn in class?***

**The course is taught based on the *Seed to Supper* curriculum. The topics covered include:**

**Session 1: Planning your garden.** Learn how to create a garden plan and map that will guide you step by step through the year.

**Session 2: Getting started with healthy soil.** Learn how to make garden beds and build healthy soil that supports your plants.

**Session 3: Planting your garden.** Learn how and when to plant different types of vegetables.

**Session 4: Caring for your growing garden.** Learn how to take care of your garden and maximize your harvest.

**Session 5: Harvesting and using your bounty.** Learn how and when to harvest your produce.





# SPRING CLASSES AND EVENTS

SEED STARTING--APRIL 15TH

VICTORY GARDEN--APRIL 22ND

AVOIDING TICKS--APRIL 29TH

RAISING CHICKENS--MAY 13TH

ATTRACTING BIRDS--MAY 20TH

SEED A RAMA--MAY 22ND

MASTER GARDENER PLANT SALE--JUNE 5TH AND 6TH

VISIT THE CCE TIOGA WEBSITE FOR MORE  
INFORMATION ON EACH EVENT

## NY maple producers tap Cornell experts to diversify

By Krishna Ramajuan, Cornell Chronicle, March 25, 2021

On Feb. 15, the weather in Lodi, New York, hovered in the low 20s and it snowed, but that didn't stop chocolatier Claire Benjamin from setting up a table to greet customers outside her store. Benjamin owns Rue Claire Lavender Farm and Artisan Chocolates, which she runs from a shop her husband built next to their home.

As she had the two previous days, she waited for customers, some of whom had travelled from as far as Rochester and Syracuse, to pick up the Valentine's Day chocolates they'd ordered online. Between orders, she took refuge from the frigid weather in her car with the engine running.

When her customers arrived, Benjamin served them a crafted blend of hot chocolate and maple sugar, and she chatted with them before they retreated from the cold with their boutique bags.

The Valentine's Day package, which sold out, debuted two new maple chocolate assortments: a petite bar of cacao bean-shaped dark chocolate with Hawaiian lava salt and local maple sugar and a heart-shaped ruby chocolate; and a hibiscus flower treat, infused with Rue Claire raw honey, strawberry chips and her signature brownie, also sweetened with maple sugar.

Benjamin was recently hired as a contractor by the Cornell Maple Program, administered by the College of Agriculture and Life Sciences (CALs), to develop recipes for making maple chocolate at a commercial scale. Her efforts fit into a much larger mission from the Cornell Maple Program to develop new maple products to grow the \$30 million maple industry in New York state and boost rural economies.

One wing of the program provides entrepreneurs with Cornell maple and food science expertise to develop a wide variety of new products that feature maple as a significant ingredient, which creates new revenue streams and expands market growth.

"Our mission broadly is to support the sustainable growth of maple syrup production," said Aaron Wightman '97, co-director of the Cornell Maple Program, who oversees operations at the Arnot Research Forest, a Cornell-owned forest south of Ithaca. The other co-director, Adam Wild, manages the Uihlein Maple Research Forest in Lake Placid, New York, which allows for maple research in a more northerly climate. CALs' Department of Natural Resources oversees both forests.

The program's mission is accomplished through research and education. Research explores sugarbush management and sap collection systems, processing quality and efficiency, and new product development. All of the new product information is then disseminated to the public, as part of Cornell's land grant mission, through workshops, conferences, industry newsletters, publications, webinars, notebooks, recipes and direct networking to businesses and maple producers, to name a few.

The Cornell Maple Program produces an average of 4,500

gallons of syrup per year, which is sold through Cornell outlets. Some of the proceeds fund research, as does support from the U.S. Department of Agriculture's Acer Access and Development Program and the Renewable Resources Extension Act Capacity Grant; New York State Department of Agriculture and Markets; an endowment; and a mix of other smaller grants.



Claire Benjamin, a chocolatier in Lodi, New York, works with Cornell researchers to create high-quality maple chocolates. Photo: Jason Kroski

### Urgent need to develop new maple product

The maple program's new product development fast-tracks novel maple products to markets by researching new ideas and solving technical challenges, with the help of cross-campus collaborators.

And that's important, as New York boasts more maple trees than any other state, but utilizes less than 1% of potential taps. State producers have quadrupled maple production since 2005 to 800,000 gallons of syrup last year. That increase created the potential for a \$100 million dollar industry, Wightman estimates, as long as farmers can expand their markets by selling in new regions, breaking into the market shares of other industries such as cane sugar and corn syrup, and through value-added products.

"There's some urgency in the new product development realm," Wightman said, due to the potential for a glut in the market for syrup.

"With maple, like all agriculture," Wightman added, "farmers make their profits on the margins, and if we start driving those margins down, it's not going to be profitable to make syrup anymore."

New maple products can insulate farmers from the risk of price suppression while also tapping into a food industry trend toward using simple, local, sustainable and natural ingredients – all standards that maple products meet. They also increase the potential for profits: Grade A table syrup averaged \$31 per gallon wholesale in 2019, compared with \$115 for an equivalent amount of granulated maple sugar, \$172 for maple cream, and \$240 for maple candy. The booming craft beer market across the state and the country offers enormous potential for selling syrup for use in maple beer, for example.

Family-owned Roxbury Mountain Maple in Hobart, New

York, which processes up to 10,000 gallons of syrup in a good year, has been expanding its product line to include traditional items such as maple cotton candy, candies, popcorn and sugar, and now, with Cornell's guidance, three varieties of maple soda.

"The bulk market for syrup can get very competitive and become saturated, especially after a good season," said Becca Holscher, general manager at Roxbury Mountain Maple. In order to keep up demand, Holscher has explored new markets in the U.S. and Puerto Rico and abroad, including Japan. "There's a lot of syrup out there, but if you look a little farther, like turn it into soda, or sell it internationally, there is a huge untapped market."

### New products in development

At the Arnot Forest facility, one of technician Ailis Clyne's main tasks is to explore novel ways to use maple. Starting with a literature review, Clyne '17 and Wightman will flesh out ideas, and Clyne will do pilot trials in a test kitchen, where she tinkers to create a workable formula and recipe. Her experiments with kombucha required her to try various syrup flavors to see if any compounds interfered chemically with the fermentation process. She also began experiments with maple chocolate and hot chocolate; the program has now hired Benjamin to take these tests to the next level. With the chocolates, she had to develop stronger-flavored sugars, since competing flavors of cacao masked the maple.

"We make sure we have a recipe that works and tastes good that we can share with people, or at least good enough that maybe they can say, 'I can make that better,'" Clyne said. Recipes are also approved as food safe by the Geneva, New York-based Cornell Food Venture Center, which informs and advises small food manufacturers about food-safety standards and regulations and provides tools, techniques and solutions for meeting those codes.

Some new product ideas are also analyzed in the Capstone Program, where senior students in food science provide detailed reports on everything from food safety, business plans, marketing, nutritional values, packaging, product stability and solving unique problems in new products. Reports, along with recipes, articles and production guidelines, are made available online for such products as maple-infused beer, wine, sports gel, sodas and kombucha.

The maple program will also hire experts, such as Benjamin, in order to improve recipes. Making a good maple chocolate infused with both flavors requires finesse and knowledge. While other maple chocolates exist, Benjamin intends to improve on the flavor profiles and scale up a bean to bar recipe for chocolatiers.

"There are at least 500 flavors in

cacao beans alone," Benjamin said, so she's experimenting to find the right cacao beans, humidity and moisture levels, and formula. "It's like a marriage, you need to find the right compatibility and balance."

While there are maple producers and big businesses interested in scaling up products, such as with sodas, sap and maple water, the program also aims to share methods with people who tap maple as a hobby and make up the lion's share of maple producers.

### From idea to shelf

When Becca Holscher was still in high school she attended a 'Maple Syrup 101' workshop in her area of the Catskills mountains, which was taught by former Cornell Maple Program director Steve Childs. The workshop opened the door for her parents, Dave and Linda Holscher, to start their business in 2011.

"Right from the beginning, we knew the Cornell crowd, because they were the people who introduced us to maple syrup as a business rather than a hobby," Becca Holscher said.

The maple program, in collaboration with the Capstone program and the Food Venture Center, provided a food-safe recipe. When Roxbury Mountain Maple reached out to family friends in Rhode Island who own a bottling and beverage company, they had to tweak the recipe to scale it up. In New York, sodas have to be a certain pH to be shelf stable, so Cornell helped them adjust the recipe, and with clearing regulatory hurdles. Now, Roxbury sells out their maple cream, maple lemon ginger beer, and maple orange crush sodas in the summers, mostly at farmer's markets in New York City.

"If we did want to push it more, it would do very well," Holscher said. "People like the flavor and that it has no artificial sweeteners in it."

"There are endless possibilities," Wightman said. "I think we're at the very tip of the iceberg of where maple sap could end up in value-added products."



Maple sugar appeals to consumers looking for a local, sustainable, organic sweetener. Photo: Jason Koski, Cornell University



**Online Farm Financial Management Tuesdays:  
Farm Business Education in April, 2021**

Short, farm financial education programs online this spring!  
Join us online on April 13, 20 & 27, 2021 from 12:30 to 1:30 PM.



**April 13, 2021, Assessing Farm Capital Investment Decisions: 12:30 – 1:30 PM EDT**

\$5.00 per person, which includes a link to the recorded webinar.  
To register: <https://caahp.ccext.net/civicrm/event/info?reset=1&id=122>

Farm business owners and managers regularly spend money on capital items - equipment, buildings, and land. How do you know whether these investments are good financial decisions? Join CCE ENYCH Ag Business Educator, Elizabeth Higgins, and CAAHP Ag Business Educator, Dayton Maxwell, to learn methods for evaluating capital investment decisions.

**April 20, 2021, Farm Business Transfer Planning: 12:30 – 1:30 PM EDT**

\$5.00 per person, which includes a link to the recorded webinar.  
To register: <https://caahp.ccext.net/civicrm/event/info?reset=1&id=123>

Transferring a farm business to the next generation or to another owner is one of the most challenging and important activities a business owner will ever undertake. Maintaining business viability while meeting the needs of the exiting and entering members is paramount. Join Gabriel Gurley of New York FarmNet, for a one-hour program focused on initiating, planning and directing farm business transfer for your business.

**April 27, Insurance and Liability Protection: 12:30 – 1:30 PM EDT**

\$5.00 per person, which includes a link to the recorded webinar.  
To register: <https://caahp.ccext.net/civicrm/event/info?reset=1&id=124>

These days, the amount of money farm businesses spend on various types of insurance is staggering. At the end of the day, are these insurances and levels of insurance really necessary? Join CCE Central New York Dairy, Livestock & Field Crops Ag Business Educator, Nicole Tommell for a one-hour overview of insurance and liability protection with the goal of maximizing insurance effectiveness while balancing insurance costs.

This series is supported by agriculture business management specialists from these Cornell Cooperative Extension and Cornell University programs:

Capital Area Agriculture & Horticulture Program  
Central New York Dairy  
Livestock & Field Crops Team  
Eastern NY Commercial Horticulture Program  
NY FarmNet

**Distribution of farms, land operated and value of production by farm type, 2018**

**A Look at America’s Family Farms**

Posted by Christine Whitt, Resource and Rural Economics Division, Economic Research Service USDA ARS in [Farming Research and Science](#), January 23, 2021

The more than 2 million farms in the U.S. vary greatly in size and characteristics. For example, annual gross revenue can range from as little as \$1,000 to more than \$5 million.

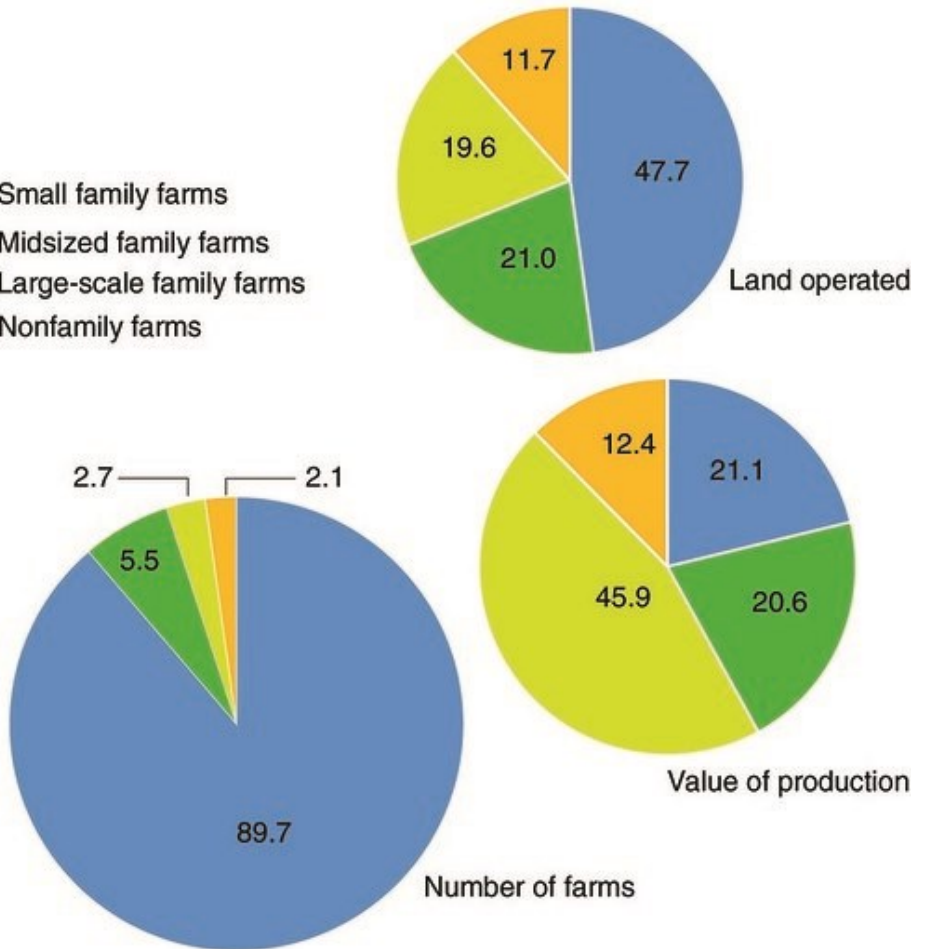
USDA’s Economic Research Service (ERS) recently released its widely used annual report that describes characteristics of different types of U.S. farms, titled [America’s Diverse Family Farms: 2019 Edition](#). Farms are classified based on ownership of the farm, annual gross revenue, and the primary occupation of the principal operator.

Our research found that family farms remain a key part of U.S. agriculture, making up 98% of all farms and providing 88% of production. Most farms are small family farms, and they operate almost half of U.S. farm land, while generating 21% of production. Midsize and large-scale family farms account for about 66% of production; and non-family farms represent the remaining 2.1% of farms and 12% of production.

The specific commodities produced tend to vary by farm type. Small farms produce most U.S. poultry (including eggs) and hay. Midsize and large-scale farms account for most of the cotton, cash grains, and oilseed production. Large-scale farms produce the bulk of dairy. Finally, large-scale and non-family farms dominate production of beef production and high value crops which include vegetables, fruits/tree nuts, and nursery/greenhouse products.

In general, farm households are neither low-income nor low-wealth. Retirement family farms (farms where the principal operator reports being retired from farming) and low-sales farms (those with operators primarily engaged in farming and having less than \$150,000 in revenue per year) are the only two farm types with median income below the median income for all U.S. households and the median income of households with self-employment income. Overall, we see that median household income increases along with farm sales.

- Small family farms
- Mid-sized family farms
- Large-scale family farms
- Nonfamily farms



Source: USDA, Economic Research Service and USDA, National Agricultural Statistics Service, 2018 Agricultural Resource Management Survey.

Many family farm households combine farm and off-farm work to generate income and receive other benefits from an off-farm job. Off-farm occupation farms are those where the principal operator reports doing something other than farming as their main occupation. Over 80% of these operators work at an offsite location, as do 62% of their spouses. Principal operators of large-scale farms (those with \$1 million or more in sales per year) are less likely to work off the farm compared to small and midsize farms. Where the spouses of principal operators held an off-farm job, a majority cited “health care benefits” as one reason for working off the farm.

Farming is still overwhelmingly comprised of family businesses. While most U.S. farms are small, most agricultural production occurs on large-scale and midsize family farms (farms with more than \$350,000 in annual gross revenue). America’s Diverse Family Farms report reveals that families remain central to our agricultural economy.

# Nature Rx: The Many Benefits of Time Outdoors

By Linda Copman, Cornell Alumni, March 31, 2021

Donald A. Rakow has good news to share: “Spending time in nature benefits us no matter our age.”

Rakow, associate professor of plant science at Cornell and director of the NatureRx@Cornell program, also served as director of Cornell Botanic Gardens from 1996 to 2013. In 2019, Rakow and his colleague, the late Gregory T. Eels, co-authored the book Nature Rx: Improving College-Student Mental Health.

Since publication of the book, Rakow and other researchers have continued to quantify the health benefits of time spent in nature and share this message with the Cornell community and communities across the country.

On March 25, Family and Children’s Service (F&CS) of Ithaca, a non-profit that provides mental health and social services to children and families in the Ithaca area, invited community members to learn more about Nature Rx and Rakow’s research to measure the positive impacts of time spent in nature.

## Just a spoonful of nature works wonders

A wealth of evidence in recent years shows that being active in nature, just sitting outside in nature, or even looking at a picture of nature have benefits to your overall wellbeing.

An interdisciplinary Cornell research team reported in January 2020 that as little as 10 minutes in a natural setting can help college students feel happier and lessen the effects of both physical and mental stress. “It doesn’t take much time for the positive benefits to kick in—we’re talking 10 minutes outside in a space with nature,” said lead author Gen Meredith, associate director of the Master of Public Health Program and lecturer at the College of Veterinary Medicine. The story attracted more than 34,000 views, making it one of the most-read Cornell Chronicle stories of the year.

Rakow explained that the Cornell team conducted an extensive review of the literature on the subject. They found that as little as 10 to 20 minutes two or three times per week was enough to reduce salivary cortisol levels (a key marker of stress levels), lower blood pressure and heart rate, and improve participants’ moods.

Rakow cited other research that shows that the greatest effect on stress markers happens after a 20- to 30-minute ex-

posure to nature. “Nature should never be seen as a cure-all,” he cautioned, “but experiences in nature benefit us in multiple ways and offer a non-pharmacological alternative to improve our mental health.”

He asserted that the benefits hold true across all age groups: from children, to young adults, to seniors. “All people benefit from time outdoors in nature,” he said, adding, “Let me repeat: all people.”

Rakow stressed that the benefits can happen close to home, in your own backyard, and they can involve both active and



<sup>1</sup> Frumkin, Howard, Gregory N. Bratman, Sara Jo Breslow, Bobby Cochran, Peter H. Kahn Jr., Joshua J. Lawler, Phillip S. Levin, Pooja S. Tandon, Usha Varanasi, Kathleen L. Wolf, and Spencer A. Wood. Nature Contact and Human Health: A Research Agenda. Environmental Health Perspectives DOI: 10.1289/EHP1663. (2017)

[naturerx.cornell.edu](http://naturerx.cornell.edu)

NatureRx @Cornell

passive outdoor time. “A wealth of evidence in recent years shows that being active in nature, just sitting outside in nature, or even looking at a picture of nature have benefits to your overall wellbeing,” he said.

## This is not a new idea

Rakow said that thinkers as far back as Aristotle recognized the salutary benefits of time spent outdoors. In *On the Parts of Animals*, Aristotle said, “In all things of nature there is something of the marvelous.”

USDA social science researcher, Dr. Michelle Kondo, has documented that time in nature was prescribed in the late 1800s to treat underweight children and patients with rickets and polio. Though our health challenges have changed over the past 125 years, Rakow said that time in nature is also effective in treating modern maladies, such as obesity, diabetes, and depression.

Rakow grouped the health benefits of time spent in nature into three categories: psychological, physiological, and attitudinal.

Psychological benefits include reduced stress, anxiety, and depression. Physiological benefits include improved concentration and cognitive function, pain control, and faster recovery time from injuries. Attitudinal benefits include greater happiness, life satisfaction, reduced aggression, and better social connections.

Rakow cited numerous studies that document these benefits across all demographics. He and his colleagues have shown that time in nature can improve learning outcomes for school children, improve mental health, foster social connections, and “melt away tensions and aggressions.”

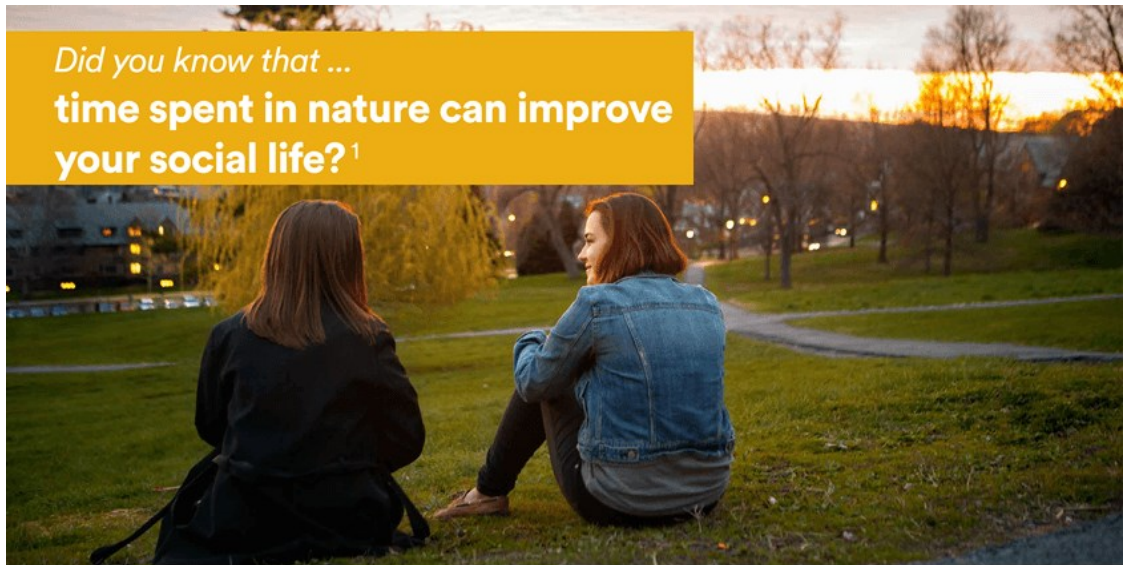
He believes that time in nature and the multiple benefits it provides are especially needed now. “Since the start of the pandemic, all of us have developed such a great dependence on technology, that time in nature takes a back seat,” he said.

### Spend a little more time outdoors

Rakow said that Cornell Health has been including prescriptions for nature in its treatment recommendations for students since 2018. Staff are following up with the students to see how time in nature has impacted their overall stress levels and academic performance.

Rakow and his team have also created posters to remind students that time in nature can positively impact everything from their stress levels, to their exam scores, to their sleep habits. The NatureRx@Cornell website includes a list of 16 natural areas located on or in close proximity to the Cornell campus. “We want students to recognize that nature is nearby and doesn’t take long to access,” he said.

For adults, Cornell Botanic Gardens offers a Mindful Botany program. Once a month during the growing season, a



<sup>1</sup> Maas, J., S.M.E. van Dillen, R.A. Verheij, and P.P. Groenewegen. Social contacts as a possible mechanism behind the relation between green space and health. *Health Place* 15(2): 586-595. (2009).

[naturerx.cornell.edu](http://naturerx.cornell.edu)



staff member leads participants on the same walk, so that they can closely observe seasonal changes in the landscape. “They experience phenological changes in trees, plants, insects, and birds,” Rakow explained. “Talking is limited and we encourage deep observation,” he added. This program will resume after the pandemic.

Rakow encouraged everyone to get outdoors this spring to enjoy the many natural areas, gorges, and state parks in the Ithaca area. And for those blustery days when most of us would prefer to stay indoors, he says that houseplants can also help to lift the spirits. “Greening the interior with houseplants can positively impact mood, especially in winter when people are affected by Seasonal Affective Disorder,” he said.

In closing, Rakow reminded the audience to be patient, both with winter and with the pandemic. He urged everyone to get vaccinated so that as the weather warms and we all head outdoors, we can do so safely.



<sup>1</sup> Grigsby-Toussaint, Diana S., Kadir N. Turi, Mark Krupa, Natasha J. Williams, S.R. Pandi-Perumal, and Girardin Jean-Louis. Sleep insufficiency and the natural environment: Results from the US Behavioral Risk Factor Surveillance System survey. *Preventative Medicine* 78: 78 – 84. (2015).

[naturerx.cornell.edu](http://naturerx.cornell.edu)



“One of great ironies of the past year is that people have shown much greater interest in spending time outdoors—but in many cases our outdoor areas have become so crowded that it’s become difficult to be in them and safely social distance,” he said. “I hope that people’s interest in being outside continues and that we’ll feel more comfortable being in crowds as we all get vaccinated.”

"OUR GREEN ACRES FARM" AUCTION

SATURDAY      APRIL 17, 2021      @      10:00 AM

at the farm along the R.R. tracks - take NYS Rte. 17C (Waverly Road) 2 miles west of Owego, NY across from "Church of the Nazarene" take farm lane north off 17C to sale site OR east of Exit 62 (Nichols exit) of I-86 Expressway turning north over Susquehanna River to an east turn onto NYS 17C to sale site ARROWS

TRACTORS: 2017 Ford NH T4.75 4x4 ROPS w/655TL loader with quick attach bale spear & pallet forks 589 hrs. "SHARP"; 2012 Ford NH Workmaster 55 1727 hrs; 2004 Kubota 3400 4x4 w/1312 hrs; 1992 Agco 4660 tractor w/3482

HAYING EQUIPMENT: New Holland 316 baler w/thrower; Krone Easy Cut 2800CV discbine w/hydraulic tongue; NH 157 -2 Star Tedder; NH 56 rake w/dolly wheel; (3) Hoover kicker hay wagons; (1) flat wagon; Knowles running gear

TILLAGE: Ford 3pt 3 btm plow; Athens mdl 62 - 12ft disc; 12ft cultipacker; 12ft Perfecta 2 soil conditioner; 12ft 3pt Finger Weeder

VEGETABLE & SMALL FRUIT EQUIPMENT: 2017 Monosen corn pltr., no til set 20" rows; 2007 Monosen corn pltr, 30" row; extra seed plates for other veg. seeds; JD 2 row potato planter; potato seed cutter; Haines hydraulic 1 row potato digger; Amish 2 row potato hiller; McConnell 3pt 2 row cultivator hiller; 3pt cultivator; Demco 3pt sprayer - 36ft booms; 3pt sprayer; 3pt Vicon spin sprdr 2 spouts; 3pt PTO mulcher on well built trailer; Millcreek mulcher for blueberries; gas Oesco Air Compressor w/pruner for blueberries; tractor mounted over row sprayer for blueberries; Solo back pack sprayer; Unverferth field cultivator w/clod buster; Rainflow 2 row water wheel planter; Rainflow 2018 26hp irrigation pump (never used); Rainflow mdl 2600 plastic mulch layer w/center bed fillers; Rainflow plastic lifter; drip line extractors; Rainflow 4810 subsurface drip applicator; Wind-up irrigation unit; quantity of rolls new drip tape 12"Reigi I 3pt PTO cultivator; Rainflow 3 row 3pt drip applicator; Rainflow single row bed shaper; Hillside model CS cultivator; self propelled 2 person harvester; 8 pallets of row cover

VEHICLES: 2002 Ford 250 pick-up 86000 miles; 1997 Dodge cargo van 98377 miles; 2006 & 2007 John Deere Gators

MISC EQUIPMENT: Farmi Winch; 7ft 3pt rotary mower; sales wagon; Montana mdl AF 427 Pressure Sprayer; Hillside Cultivator; Transplanter; 3pt weeder; Toledo Scales; FM Mettler Toledo 8433 battery; (3) EZ-Ups Mettler Toledo 8432; Ricelake Battery Scales; Berkel Scales; Stihl weed eater; Jubilee Sales Tent; plus more

HIGH TUNNELS to be offered: located at Homestead site on Rte,. 17C Owego next to Royal Dodge dealership - to be auction from "sale site" at 12 o'clock NOON—check with auctioneer to see what high tunnels are available.

TERMS: CASH OR GOOD CHECK ONLY    NO BUYERS PREMIUM    NO DEBIT OR CREDIT CARDS

To see some of the items to be auctioned: <https://www.auctionzip.com/cgi-bin/auctionview.cgi?lid=3408688>

FRANK WILES: OWNER

LUNCH AVAILABLE

HOWARD W. VISSCHER—Auctioneer and Sales Manager  
NICHOLS, NY    607-699-7250



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## Workshops to Attend

### Growing Culinary Herbs Online Class via Zoom Wednesday, May 20<sup>th</sup> at 6:30p

Broome County Master Gardener and herb enthusiast Elaine Gregory will take you through the basics of growing, harvesting and preserving some of our most popular culinary herbs and some less common herbs to expand your palette.

The fee for the class is \$10.00 per email. This class will be held via Zoom, a link for the Zoom meeting will be sent to you via e-mail on the day of the event. For more information contact: Dan Cargill at [dec24@cornell.edu](mailto:dec24@cornell.edu) To register please visit: <https://cornell-cooperative-extension-of-broome-county.myshopify.com/products/growing-culinary-herbs-online-class>

### Creating a Butterfly Garden Online Class via Zoom Wednesday, May 27<sup>th</sup> at 6:30p

Would you like to see more butterflies in your garden? Broome County Master Gardener Tony Antes will take you through some basic guidelines with step-by-step pictures to plan and plant a garden that will attract an array of butterflies and other pollinators. The fee for the class is \$10.00 per email. This class will be held via Zoom, a link for the Zoom meeting will be sent to you via e-mail on the day of the event. For more information contact: Dan Cargill at [dec24@cornell.edu](mailto:dec24@cornell.edu)

To register please visit: <https://cornell-cooperative-extension-of-broome-county.myshopify.com/products/creating-a-butterfly-garden-online-class>

### Weed Identification and Management Online Class via Zoom

**Tuesday, May 19<sup>th</sup> at 6:30p**

Weeds getting the best of your gardens? There are ways to prevent them. Learn identification strategies and management tactics to help control weeds in your landscapes. The fee for the class is \$10.00 per email. This class will be held via Zoom, a link for the Zoom meeting will be sent to you via e-mail on the day of the event. For more information contact: Dan Cargill at [dec24@cornell.edu](mailto:dec24@cornell.edu)

To register please visit: <https://cornell-cooperative-extension-of-broome-county.myshopify.com/products/weed-identification-and-management-online-class>

### Pest Management in the Garden—Join in with other garden lovers!

NYS Integrated Pest Management presents:

**Two virtual half days: Tuesday, April 27, and Wednesday, April 28, 2021.**

Open to the public via Zoom. Registered participants will receive a flash-drive containing all resources mentioned during the conference upon completing an evaluation after the meeting.

### Cost

In order to make this meeting accessible to as many people as possible, we invite participants to pay what they can afford: \$10 (a subsidized rate)

\$15 (covers the cost of the meeting)

\$20 (supports others who wish to attend)

If the subsidized rate poses a barrier to your attendance, please contact Debra Marvin at [dem35@cornell.edu](mailto:dem35@cornell.edu). All registrants who complete an evaluation after the meeting will be mailed a flash drive with all meeting resources.

### Registration

[Registration for those who wish to pay with a credit card.](#)

[Registration for those who wish to pay by check.](#)

**What will you learn?** Check out the website to learn more about the presentations: <https://nysipm.cornell.edu/resources/nys-ipm-conferences/vegetable-ipm-gardening-ground/>

### Roundtable with Farm Service Agency, NRCS & the Small Business Development Center

Wednesday April 7<sup>th</sup> Noon

Join Aaron Masters - FSA Farm Loan Office, Elena Steele - NRCS District Conservationist, and Rochelle Layman - Regional Director of the Small Business Development Center (SBDC) at Binghamton University, as we learn about all the various loans and grant programs available to farmers in our region. The SBDC will discuss their new COVID-19 support programs which include help with marketing and recordkeeping, as well as their FREE, and confidential, business planning opportunities. We'll also hear from FSA about their coronavirus specific supports and some opportunities specific to new, beginning, women or veteran farmers. Finally we'll hear from NRCS about their conservation programs available to all farmers.

Register [here](#) and you will receive the link to join us! Any questions can be directed to Laura Biasillo at [lw257@cornell.edu](mailto:lw257@cornell.edu)



### Helping You Put Knowledge To Work

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and that provides equal program and employment opportunities.

## Digital Agri-Marketing

Mondays on April 12, 26, and May 10  
6:30pm - 8pm, \$10 per session or \$25 for all 3

[Register here](#)

Marketing has transitioned from traditional methods to incorporating integrated online platforms. This course will focus on learning how to utilize technology and content creation to optimize a farms marketing presence. Join us for 3 sessions for an in depth look at the following topics:

Week 1: April 12 - Basics of Facebook, QR Codes, Basic Website Platforms (WIX, WEEBLY, etc.), Google AdWords and Use of Instagram - Myron Thurston, Ag Economic and Marketing Specialist CCE Madison

Week 2: April 26 - E-Commerce (Meat Suite, Barn to Door, Shopify), Website payments (stripe, PP, Venmo) FB Marketplace - Laura Biasillo, Agricultural Economic Development Specialist, CCE Broome and Alicia Luhrssen-Zombeck, New Ventures, Fresh Markets & Community Coordinator, CCE Oneida

Week 3: May 10 - Content Creation , Importance of good photos, videos, FB Lives, Graphic design, hashtags, incorporating virtual tours – Melissa Jo Hill, Writer/New Media Specialist, Cornell University / CALS / CCE



Want to buy more local food this year? Bookmark <https://buylocalfoodny.org/>—it is your online source for local food in Tioga and Chemung counties.

Support local farmers and enjoy wonderful local food—a win-win situation!