

## PAST WORKSHOPS

**Lunch and Learn Webinar: Adapting to Changing Growing Seasons** - January 5th. 20 registered. Brett Budde from Majestic Farm led a presentation on different ways you can adapt to variable growing season challenges like adjusting planting and harvest days, growing zones, managing risks in late spring and early frost dates and crops that work well with changing growing conditions.

**Lunch and Learn Webinar: Invasive Species and Plants** - January 20th. 23 people registered. CCE Sullivan educator Katie Gasior and Kathryn Brignac (CCE Ulster) led presentations on how you can plan for impacts of invasive plants and insects in your garden or on farm. They covered what invasive plants and insects to keep an eye out for and how to identify them, ways to mitigate farm impacts, best integrative pest management strategies and preventative measures.

**Lunch and Learn Webinar: Ag Energy Efficiencies** - January 26th. 13 people registered. Gabriel Gurley with Ag Energy NY led a class on agricultural sector specific upgrades and technologies available to farmers, energy auditing and on farm energy use, as well as available grant funding for farm sector specific improvements and resources available to folks through the Ag Energy NY program.

## TECHNICAL ASSISTANCE:

**Technical Assistance/Inquiries: 91      Soil/Hay Tests: 2      Farm Visits: 3**  
Technical Assistance was provided on land access, ag districts, farmland preservation, Catskills Kitchen (insurance, business structures, permitting & licensing), beginning farmer, soil tests, soil health, interpreting results, pH correction, Cover crops: species selection, nutrient management planning, Enterprise budgeting & cost of production, funding opportunities, native gardens, invasive species. **16 total Hours of Technical Assistance.**

## UPCOMING WORKSHOPS:

- **Agri-Tourism Webinar Series**
  - 2/18: Know the Law: On Farm Risk Management & NYS Legal Requirements
  - 2/24: Biosecurity for Farm Experiences
  - 3/4: Creating Accessible Farm Experiences
  - 3/18: Designing the Farm Experience: Tours, Storytelling & Visitor Engagement
  - 3/25: Marketing Your Farm Experience
- **Livestock Weather Stress: Hot or Cold Webinar** - February 12th: Learn how livestock respond to extreme temperatures, and what YOU can do to protect their health and productivity
- **Understanding Cover Crops** - February 26th: This workshop will equip farmers with a clear understanding of how cover crops improve soil health, nutrient cycling and on-farm resilience through ecological and biological processes.

## Farm to School Project:

CCE Sullivan received funding from the NYS Harvest NY Program to provide farm to school education to elementary students throughout Sullivan County schools, working closely with our partners, farmers, and food service directors. The grant delivers programs connecting cafeterias, classrooms, and local farms. The team works with school districts on NY Thursdays meals featuring local ingredients, Big Apple Crunch participation, agriculture and nutrition lessons, taste tests and cooking workshops. CCE staff produce a monthly Farm to School newsletter to provide updates to the community and schools, and resources to teachers (see attached).



# DECEMBER- JANUARY Newsletter

## JANUARY'S HARVEST OF THE MONTH: LEAFY GREENS



### HIGHLIGHTS



- NY Thursday in Sullivan West, plus free graphics available for menus
- Farm to School Summit in February, opportunity to join 4-H
- Sullivan BOCES enjoyed a taste of leafy greens in the classroom

### CAFETERIA

Local cafeterias are taking part in NY Thursday. Shout out to Sullivan West, whose staff served NY potatoes to students in December. Yum!

Would you like to add to your cafeteria's aesthetic with Harvest of the Month images? Posters and logos are available for you to view and use on menus, school websites, or social media posts. [Click here](#) to view.

### COMMUNITY

*For adults: The Farm to School Summit*  
*For kids and families: 4-H*

The 2026 Farm to School Summit is taking place next month in Saratoga Springs. This is a great opportunity for educators, food service staff, food producers and anyone interested in learning more about farm to school initiatives; and to connect with a wider community at the state level. Scholarships are available. [Act now! The registration deadline is February 1st.](#)

### IN THE CLASSROOM

Sullivan BOCES welcomed CCE for a hands-on leafy greens lesson on January 15th. Upper elementary students first viewed a slideshow showcasing 16 types of greens, then had the chance to record the characteristics of five types of greens that grow in NY for themselves. Students measured the length and made notes on color, texture, smell, and taste. Some even turned over a new leaf and discovered they enjoyed the taste!



# DECEMBER- JANUARY Newsletter

## OPPORTUNITIES & UPCOMING EVENTS

- February's Harvest of the Month: Animal Protein (chicken, beef, pork, etc.)
- Farm to School Summit at the Saratoga Hilton: February 23rd-25th
- Want to book a session for your classroom? [Email Joy](#) (or hit reply).
- [Learn more about positive youth development through 4-H](#), and check out some awesome agriculture-themed video.



WHY ENROLL IN 4-H?  
KIDS GROW HERE.

### SO...WHAT EXACTLY IS 4-H?

4-H is America's largest youth organization with a chapter here in Sullivan County! 4-H helps kids grow into their best selves through projects centered on the 4 pillars of 4-H (see below). From working with animals to creating fiber arts, practicing archery to bringing robots to life... THIS is 4-H!



HEAD

#### STEM

These exciting projects get youth engaged in Science, Technology, Engineering, and Math (STEM) and Expressive Arts.



HEART

#### CIVIC ENGAGEMENT

Youth become leaders and learn about civic affairs, decision-making, and how to develop confidence in connecting to others.



HANDS

#### AGRICULTURE & FOOD

Animal Science, Gardening & Horticulture, and Food & Nutrition are long-standing areas of 4-H youth project work.



HEALTH

#### HEALTHY LIVING

It's all about promoting healthy habits to empower physical and social emotional health and to reduce at-risk behaviors.

### 4-H SOUNDS AWESOME...HOW DO I ENROLL?

Enrollment is ongoing, so young people can join anytime. Contact us today to get started!



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Cornell Cooperative Extension is a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. Contact the office to request an accommodation.

Ag Videos  
for the Classroom:

[Majestic Farm](#)  
(Sullivan County - 3 min)

[Why Can Cows Eat Grass?](#)  
(29 min)

[The Amazing Pig!](#)  
(Utah - 5 min)

[Wool Ewe Keep Me Warm?](#)  
(27 min)



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