

# 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!

## 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.

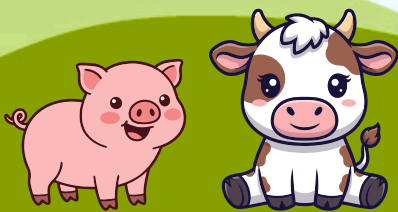
### Ag Videos for the Classroom:

[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)

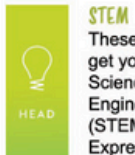



## WHY ENROLL IN 4-H? KIDS GROW HERE.



### 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!



#### STEM

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



#### CIVIC ENGAGEMENT

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



#### AGRICULTURE & FOOD

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



#### 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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