DIRECTOR’S STATEMENT

The mission of Cornell Cooperative Extension of Allegany County is to empower and strengthen community members with the knowledge and tools to improve their lives through programs, experiences, research and education. Our vision is to be recognized as an inclusive, unbiased, educational resource with strong ties to the constituencies within the CCE Allegany County area. Our team of dedicated staff, selfless volunteers and committed Board members ensures that CCE Allegany provides the resources needed to respond to the vital needs and interests of our community.

With the support of Allegany County and Cornell CCE Administration, our association staff and volunteers have continued to achieve our community education mission to improve the quality of life by “helping you put[t] knowledge to work.” With our help, local residents are Growing food, Improving health, and Empowering youth. Through the application of research and experience based educational programs, we strengthen and support gardening, agriculture, and our local food system, we improve individual and community nutrition, health and overall well-being in a healthy environment, and we provide youth with opportunities to have fun and learn valuable life skills from caring adults.

The concept of Cooperative Extension was a good idea over 100 years ago. It is still a good one today. As you can see on the following pages, CCE Allegany is a great place to learn, to volunteer, and to grow. I am proud to say that I am a part of this great organization and I thank all of our staff, Board Members, volunteers, partners, funders, and supporters who help make it all happen.

Regionalization efforts continue to be successful in reducing the operating costs of the nine Western New York Associations. The Shared Business Network (SBN) shares Leads for Finance, Human Resources and Informational Technology. Allegany County Cooperative Extension benefits from the expertise of these individuals at a shared cost.

In conclusion, Cornell Cooperative Extension seeks to educate those who live, work and play in Allegany County. Many thanks to the Allegany County Legislators and County Executive for their ongoing support. I consider it a privilege to serve as your Executive Director working with a committed Board, dedicated staff, and skilled volunteers to deliver these much needed programs.

Respectfully yours,

LAURA HUNSBERGER
EXECUTIVE DIRECTOR
Our agriculture program offers a wide range of support to established and beginning farmers, from in-person and on-farm technical assistance and one-day workshops to ongoing certification courses, enterprise-specific trainings and business plan development. The research-based information provided improves understanding of production, food safety, best management practice and enhancement of farm profitability.

The Rural Landowners Workshop is a daylong seminar covering forest management, wildlife, agroforestry and water quality issues. Participants have reported increased revenue for their property and implementation of best management practices as a result of attending the RLOW. Staff also work one-on-one with farmers to develop business and production plans for forestry enterprises or farm woodlots. Providing support for this growing segment of our agriculture economy increases income generation from forest management.

Tractor Safety is a 3-day training comprised of classroom instruction, daily maintenance guidelines, hands-on tractor and implement operation. Instruction focuses on safety issues in the areas of tractor highway travel, field operation, PTO, hydraulic, pulleys, belts and electrical safety. Parents of farm youth report increased safety awareness by their children following the training. The hands-on tractor operation segment of the program receives high marks from farm owners, parents and students for the practicable application of the safety program.

Image: Participants were given opportunities to use 3 types of taggers, practice ear notching and inserting implants into animal ears as part of the hands-on training session.

AMPLE THANKS

The Agriculture program would like to thank the NY Beef Council for continued support in educating the beef farmer and consumer. Jean O’Toole, Executive Director served as our 2018 Keynote Speaker at the Annual Farmer Neighbor Dinner. In addition, O’Toole and Director of Industry Relations & Consumer Promotions, Katherine Brosnan hosted a training for health professional at Wilson Beef Farms in Canaseraga.

The Council continues to support education in the classroom through the Top Cuts Beef Contest. Lynn Bliven, Ag and Natural Resources Issue Leader worked with 4 school districts which apply to participate in the program this year, reaching over 100 students. While not new, Beef Quality Assurance training continues to be a popular program. The Council provides training grants to support this educational outreach to beef producers. In 2018, 10 new farms received training in addition to 22 college students at Alfred Tech.

SUCCESS STORIES

CCE is reaching out to our community’s veterans. Through our Farm Animal Safety & Management Training, we were able to reach an increased number of America’s heroes, who have greatly expanded their knowledge by attending this training.
The Horticulture Department covers a vast array of topics and many programs are created to meet the needs of our local residents.

The Master Gardener Volunteers (MGV) hosted an information table at Cuba’s Garlic Festival on Sept. 15-16, distributing literature and answering gardening and landscaping questions for 23 contacts. We will continue our outreach at this well-attended event in 2019.

Invasive species and erratic weather challenges were on the minds of residents in Belmont, Alfred and Cuba where MGV were on-site at Farmers Markets for assistance. More area residents are growing their own food and the MGV remain eager to help with this priority mission.

The Master Gardeners worked with 60 students aged 5-12 years at Andover School- students enjoyed planting and weeding while learning about parts of flowers, pollination, seeds and plant maintenance. Special thanks to MGV Pam Jones!

MGV were in classrooms reading to 2nd graders around the county for Ag Literacy Week in March. Connecting young people with the source of their food is a continuing urgent priority for MGV.

Twenty-one students at Bolivar Richburg High School learned from MGV about soil amendments, cover cropping and plant disease as they developed the garden at the Wolverine Environmental Education Center. We celebrated with the community on its official opening on May 25.

The Fassett GreenSpace is a project of a nonprofit organization called Art for Rural America. It is a sculpture park and community garden in Wellsville, NY. This year, our master gardeners met with members of Art for Rural America. Our volunteers recommended fall and spring bulbs to plant for the Fassett GreenSpace, and their expertise will help this garden flourish in 2019.

Making an Impact

The Master Gardeners of Allegany County are proud to be a resource to the WEE Center at Bolivar Richburg High School.

The school acquired a vacant lot adjacent to their high school and committed to using it for agricultural based STEM-education. In the span of over a year, the area has changed from a burned, condemned house to the Wolverine Environmental Education (WEE) Center. The center is now equipped with structures such as a shed, running water, a covered pavilion work space, and a coop that hosts a small flock of chickens. The school grows a wide variety of fruits and vegetables.

MGV continue our involvement as this great resource develops and matures as an environmental focus.

Special Thanks

The Master Gardener Volunteers would like to thank the Administrators and teachers, in each school for their enthusiasm and determination to promote garden based learning to local children.

They would also like to thank Tinkertown Hardware and Box of Books Library for hosting the Master Gardener programs, and a special thanks to the newspapers and journals that publish the Master Gardener articles.
As part of regional programming, vegetable growers were able to take advantage of more than 50 educational meetings and presentations given by Cornell Vegetable Program specialists. Those in or near Allegany Co. included topics such as Direct/Wholesale Marketing; Season Extension; and Soil Fertility and Health.

Good Agricultural Practices (GAPs) teach farmers the skills they need to take steps to minimize pathogen contamination during production and harvest of their fresh produce. They should avoid side-dressing with manure, exclude animals near fields, promote proper worker hygiene in the field, test irrigation water quality, select irrigation methods that minimize crop wetting or allows for leaves to dry quickly, clean and sanitize harvest bins, promote cleanliness at U-Pick, and keep produce cool.

As consumers demand safer food, a growing number of retailers are requiring farmers to have independent, 3rd-party inspections of farms, certifying that their fruits and vegetables are being grown, harvested and packaged using Good Agricultural Practices.

GAP trainings and education is especially impactful for the growers selling their produce at produce auctions such as the Genesee Valley Produce Auction in Centerville. Produce auctions in New York State have been formed so that produce growers have a way of marketing their product to quality minded buyers through open competitive bidding.

In 2018 CVP completed a project that educated farmers and students on managing soil health in high tunnels for long term productivity. In the latest census NYS listed 435 greenhouse/high tunnel operations which represents over 100% growth from the previous 5 year period. With estimated growth to over 600 operations in 2018, this style of vegetable production has gained increasing importance to NYS agriculture. Many growers have found high tunnels to be a profitable investment for their farm and have expanded their use of this technology. The project team conducted 32 educational outreach events reaching 1250 growers over 42 instruction hours. Nineteen farms across NYS participated in intensive sampling and BMP implementation. These farms reported an average net annual high tunnel income increase of $4,307.49, a 47% increase from the baseline data.

The following funding streams provide necessary dollars to continue these programs for our growers:

- NYS 224 Funding; New York Farm Viability Institute; New York Specialty Crop Block Grants (USDA); Towards Sustainability Foundation; USDA NIFA; NE SARE; NY Veg Research Association; Northeast Center for Advancement of Food Safety; and Northeast Integrated Pest Management Partnership Grant.
Over the past year the Allegany County 4-H Program has experienced many exciting triumphs. Despite the disappointment of Accord Corporation losing the 21st Century grant and in turn our 4-H after-school programing in their respective programs. Allegany County 4-H was added by Friendship Central School as a part of their regular school day. We also have joined with the Genesee Valley Central School afterschool program. With these additions, we have added 4 new clubs allowing 35 plus new members to participate in the wide variety of activities 4-H has to offer, both in and outside of the academic environment.

The 4-H Produced in New York silent cooking demonstration has steadily increased in popularity with our member and volunteers. New this past year we had to create two time slots opposed to the one traditionally used. This allowed us to have double the amount of participants! Frequently, volunteers for this event report it as their favorite volunteer experience. This year a volunteer shared that she will be incorporating one of the recipes sampled at the contest into her recipe collection as head of a local school cafeteria.

Many generous families donate fabric, and sewing supplies to the Allegany 4-H Program. Often these products are used to create items that are shown at the 4-H Clothing Revue. This yearly event had become increasingly popular with our male participants. In addition to creating garments that can be worn, members have been creating items that compliment other projects that they may be working on. Some of these items include coats for their dogs, aprons for cooking and crafts, bags to carry equipment and pillows to display prize ribbons earned.

One week prior to Allegany County Fair, our 4-H family experienced a devastating loss. A very active, outgoing, well-liked member died as the result of an accident. This new transformed our existing plans for our traditional fair. Many changes needed to be made and everyone was more than willing to accommodate. The collective grief proved to be an extraordinarily exceptional bonding time for all.

For many project areas, participating in a National Event is the highest level of accomplishment. This year we again were fortunate to send two members to Nationals. One of the members that went attended this year for horse, attended last year for livestock. (members can only attend once for each area) It is a major accomplishment to be selected for a national event, let alone 2 years in a row. We are very proud of our 4-Hers. The cost of attending such events can be cost prohibitive for many members. In Allegany County we are fortunate to receive money from the NYS 4-H Foundation, Tractor Supply Paper Clover Campaign used to supplement such events.

For the second year now, we have offered an “End of the Year” celebratory trip. This year we were able to invite our volunteers as well. Fundraising money was used to cover the cost of this one day fun trip on the Arcade Attica Railroad. Members and volunteers were part of a ‘Great Train Robbery’ a fun day was had by all that attended.

The 4-H year concludes with a pot luck style Achievement Night, dinner and awards ceremony. Members and volunteers are recognized for their accomplishments and efforts. This year was special, as we recognized a volunteer for 50 years of service to our worthwhile program!
This letter was received from a former 4-H who wanted to give back to the program that gave so much to her:

I am so thankful for my years in 4-H. I started as a clover bud and eventually aged out of the program. Each year, I looked forward to the awards banquet. When I was in 4-H, we could earn project award pins/certificates. The top 4-Her in a program would receive an award pin, and a certificate was given to other qualifying 4-Hers. In my jewelry box, I have saved all of my awards pins: entomology, gardening & horticulture, lamp of knowledge, etc. They are small tokens that I still hold dear to this day.

Anyway, some things about me and my life after 4-H. I graduated from Cornell University in 2010. In 2011, I volunteered as a teacher in Kenya & Tanzania for three months. In July of 2011, I moved to Japan with Samaritan's Purse (a Christian international disaster relief organization). I worked on a rebuild project in northeast Japan. In Japan, I spent a year helping restore homes damaged by the earthquake and tsunami. In 2013, I moved to Haiti with Samaritan's Purse. I served there for one year helping with development programs. In 2014, I moved to the Alaskan Bush with Samaritan's Purse to serve with a veterans marriage program: Operation Heal Our Patriots (OHOP). During the summers, I worked with OHOP and during the winters, I served overseas. I responded to the refugee response in Greece, the typhoon in Vanuatu, and helped with capacity building in South Sudan during famine and civil unrest in 2014 & 2017. In 2017, I became the program coordinator for Operation Heal Our Patriots. Now I spend most of the year in Alaska. For the next couple of months, I am working in Texas with my husband on the hurricane Harvey rebuild. Come spring, we will return to Alaska to continue our work with the OHOP.

4-H used to have this slogan: 4-H takes you places. In my case, it truly did, and that's why we need Allegany County awards trips back.

A VERY SPECIAL THANKS
The Allegany County 4-H Program would like to thank all our dedicated, hardworking volunteers. Our program could not function without their unwavering commitment to our exceptional program.
From Carrots to Curriculum: Implementing Farm-to-School in Allegany County is a two year program spearheaded by Cornell Cooperative Extension of Allegany County. The goals of this program are to implement garden-based STEAM education into local schools, and to create partnerships that allow Allegany County's K12 Public Schools to procure more local food in their meals. Farm-to-School Programs present communities with a multitude of benefits like healthy eating, increased market opportunities for local producers, and economic development for rural communities. This project commenced in March of 2018. Some programmatic highlights include:

- **Submitted five grants on behalf of various school districts** to further expand the capacity and ensure the sustainability of their Farm-to-School programs beyond the scope of this project. Through these efforts, Wellsville Central School District was awarded $39,211 in state funding to purchase an additional freezer. Four Allegany County School Districts will share this freezer and utilize it to store in-season processed and frozen local produce.

- **Held programming at Genesee Valley Central School District’s after-school program.** Students participated in planting, weeding, and harvesting their school garden, and even made several dishes with their own produce!

- **Created tentative partnership with New York Sustainable Agriculture Working Group and the Allegany County Sheriff’s Office.** This partnership will hopefully culminate in easier processing methods for local food that K12 schools purchase.

- **Hosted a day-conference for teachers** interested in garden-based teaching or other forms of agriculture in the classroom activities. Teachers networked and learned best practices from their colleagues in neighboring districts.

- **Participating in ongoing conversations with the county’s cafeteria managers** to procure more local food and forge connections with regional farms.

**MAKING AN IMPACT**

Keith Hoffman and his siblings own Hoffman Family Farm, located on the border of New York and Pennsylvania. In 1976, his parents started Hoffman farm, and have expanded gradually to become the 800 cow dairy and beef operation that it is today.

Heather Hoffman, the wife of Keith, is the school nurse at Wellsville Central School, and together the two have forged a close bond with the district over the years, and host student field trips at the farm.

For years, the Hoffmans have been dreaming of selling their beef to schools, and have wanted to see students that visit their farm be able to be served their beef in during lunch. Thanks to the fantastic commitment to local food by the Wellsville School District and Cafeteria Manager, Bob Meyers, the district is now serving Hoffman Family Farm’s local beef each week for their Taco Tuesdays.

**SPECIAL THANKS**

This project could not have been possible without grant funding from the New York State Department of Agriculture and Markets through their Farm to School Grant.

Thank you to the continuous support of the From Carrots to Curriculum Advisory board, regional farmers, teachers, and most importantly to our cafeteria managers, for being brave and passionate about healthy, high quality local food!
The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded nutrition education program for limited-resource youth and families delivered through the Cooperative Extension Service in every state and U.S. territory.

**EFNEP offers hands-on interactive workshops to help participants improve food and physical activity behaviors**, food resource management, food safety, and food security. Programs serve income eligible parents, caregivers and expecting mothers, as well as children and teens.

Adult participants learn how to make food choices to improve the nutritional quality of the meals they serve their families. **Through an experiential learning process, they increase their ability to select and buy food**; gain skills in food preparation, storage and sanitation; and learn to manage their food budgets and related resources.

Youth participants are engaged in a series of lessons designed to develop mastery, belonging, independence, and generosity. In addition to nutrition, food preparation, and food safety, youth topics may also include strategies for reducing screen time and being more physically active.

**EFNEP is delivered in a series of lessons, typically 6 – 9**, facilitated by frontline educators who, for the most part, come from the communities they serve.

**Allegany County EFNEP served 89 families** this past year in a series of 8 classes. As a result of this education opportunity, 67 families graduated from EFNEP programming with a better working knowledge of nutrition, food safety and financial resource management.

A multi-generational family was referred to EFNEP by a local community action agency with concerns of food insecurity and the need for guidance on healthy eating. The family enrolled with EFNEP, and were provided education using the Finding a Balance curriculum. After graduating, the grandmother began drinking low fat milk in-between meals and found that her glucose levels began to stabilize. The entire family began eating correct portion sized meals each day. They placed lists of "needed" foods on their refrigerator so that they would get everything they really needed on their weekly shopping trips. They realized that they had plenty of SNAP benefits in the third & fourth weeks of the month to provide food for the entire month. Grandma and dad were able to eat entire meals, and to stop the practice of eating less on a regular basis to insure that the children had enough food.

This program has had the support of many organizations over the years. Special acknowledgments to ACCORD, Cuba Cultural Center, Arbor Development, Literacy West, Parent Education Program, ARC and many Allegany County School Systems. These agencies and more has hosted, referred and trained with the EFNEP program. Special thanks to all.

**SPECIAL THANKS**

**MAKING AN IMPACT**

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The primary goal of the Job and Life Skills Boot Camp (JLSBC) is to provide high school-aged youth in Allegany County develop the core skills and tools they need to seek, apply for, and maintain employment. This program was spearheaded by the Executive Director at the Cornell Cooperative Extension, Laura Hunsberger, in conjunction with local business owners. Proprietors and managers bemoaned the fact that entry level employees they were hiring did not have the core skills to acculturate them into productive members of the work force. The JLSBC aims to implement the skills development program in all 16 schools across the county to serve a range of students from freshmen to seniors. This will help over 300 students gain first hand advice from potential employers, make initial contacts to network, and develop core skills that will serve them on the job interviews and in higher education.

IMPACTFUL ACTIVITIES:
The JLSBC covers topics including employer expectations, identifying skills, writing cover letter and resumes, interview skills, budgeting, and self-care.

Five high schools adopted the program after volunteers and Extension members presented at the high school guidance counselor monthly meeting on October 12, 2018. They include Friendship, Scio, Bolivar-Richburg, Whitesville, and Fillmore. Approximately 150 students will be served. Friendship Central School was the first group of students to experience the JLSBC in the school. Twenty 11th graders were served for four days over a four-week period.

The original target to recruit 25 volunteers to administer the boot camp is on target with ten volunteers that have served 3 hours. With the connections at Alfred State College and the Young Professional’s group, as well as ongoing communication with major employers in the area (ARVOS, Suputo, and Allegany ARC) that number will grow exponentially as the program gets implemented in the schools and the calendar is prepared for future sessions.

There is no quick fix to alleviating poverty. It is a continuous effort, as is educating each new generation of worker and human being to thrive rather than survive. The program has received overwhelming support from Alfred State College’s Center for Civic Engagement and Alfred State College’s Financial Planning Club under the advisement of Professor Scott DuMond in the business school. Thank you to Dr. Joe Stahlman who volunteered his time to speak to the youth. Thank you to all the schools that saw the value in the program and welcomed us into the classrooms. This program would not be possible without funding from Appalachian Regional Commission.
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**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.

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### REVENUE INCREASES

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### 2018 PROGRAM ALLOCATION

- Agriculture and Horticulture: 33%
- 4-H and Youth Development: 30%
- Nutrition and Wellness: 12%
- Administration: 25%

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**FINANCES 2018**

$15,824 INCREASE IN GRANT FUNDING
$4,470 INCREASE IN CONTRIBUTIONS
$2,712 INCREASE IN FUNDRAISING