2016 marked the return of the Cornell Cooperative Extension of Allegany County to a single county agency and what we hope will be a very successful continuation of more than 100 years services to our local communities. Cornell Cooperative Extension’s provision of research-based information and community-based education programming to the residents of Allegany County is a long tradition, built on the foundation of excellent staff, dedicated volunteers, committed community partners, and informed funders. We work collectively to provide experience and research-based knowledge to help residents improve the quality of life in our communities to foster economic, social, and environmental improvement and further local and CCE system objectives in agriculture/horticulture, health and wellness, 4-H, and youth development.

We appreciate the outstanding support we have received which is essential to assure we will continue to carry out our mission. Our communities are fortunate to share in the tremendous resources we have as part of the Cooperative Extension land grant system, a partnership between our County, State, and Federal governments that is administered through Cornell University. Our ability to bring this knowledge and expertise to our local communities and combine it with the unparalleled commitment, hard work and local knowledge of Allegany County residents, creates a structure for community-wide achievement and shared outcomes. These are able to:

- Assist farmers with business development, production, marketing, and management issues to increase farm viability and environmental sustainability.
- Strengthen the relationship between the consumers and farmers to improve the understanding of local farms and the interconnectedness of the local food and environmental systems.
- Provide opportunities for youth to have fun, learn life skills, and work with caring adults to foster the 5 C’s of positive 4-H youth development -- competence, confidence, character, connection, and caring.
- Help adults gain knowledge and build skills for nurturing the development of happy and healthy children and providing children with safe, stable and supportive homes and communities.
- Improve individual health through better diet quality, reduced food insecurity, good food safety practices, increased physical activity, and increasing food resource management skills, especially among underserved communities in Allegany County.
- Improve community health by encouraging healthy living, energy conservation, the establishment of gardens and use of environmentally friendly practices.
- Support broad based, sustainable economic development, which creates higher value opportunities for growth while preserving community values and rural character.
- Encourage personal leadership development and active participation in community decision-making.

The 2016 Annual Report will demonstrate a year of positive change and a stronger structure which will helps us carry on this important work, together. Thank you to the dedicated and knowledgeable staff, volunteers, elected officials and each of you that supports what we do every day by caring for our community, our environment and each other.

Sincerely,

Lesley Gooch-Christman
President, Board of Directors

Laura K. Hunsberger
Executive Director
Regional Agricultural Teams

CCE is the liaison between Cornell University faculty, researchers, and Regional Teams (Cornell Vegetable Team and Harvest NY) and the general public; whether they are commercial or residential in nature.

Harvest NY team members are helping to coordinate and deliver training in Basic Dairy Science and Sanitation, Food Safety and Preventive Controls for Human Food, The Science of Yogurt and Fermented Products, Advanced Fluid Milk Processing, and Vat Pasteurization.

Hands-on workshops assisting livestock producers navigate the world of meat processing. It's no secret that sales of locally grown and processed meat have accelerated at a rapid pace in recent years. For many current and prospective meat producers, raising the animals is the easy part. Knowing how the meat is cut and how the sausage is made is not always as instinctive.

Regional Specialists—Harvest New York:
Carl Moody—Regional Dairy Processing Specialist
Lindsey Pashow—Ag Business Marketing Specialist
Judson Reid—Extension Vegetable Specialist
Timothy Terry—Farm Strategic Planning Specialist
Cheryl Thayer—Local Food Distribution & Marketing Specialist
MacKenzie Waro—Livestock Processing & Marketing Specialist
Anika Zuber—Regional Dairy Processing & Marketing Specialist

As part of the Cornell Vegetable Program producers receive weekly crop reports, pest alerts and timely growing information. They also can participate in educational trainings offered throughout the 12 county region.

Locally hosted monthly meetings were held for vegetable growers focused on season extension through the use of high tunnel, selection of vegetable varieties, Integrated Pest Management (IPM) practices and food safety issues. This contributes to the viability of farms and the economic well-being of NYS.

Food safety is addressed with vegetable producers through trainings and hands-on workshops geared to assist farm with implementation of Good Agricultural Practices. GAPs training and certification of farms expands marketing channels for fresh fruits and vegetables.

Regional Educators—Cornell Vegetable Team:
Julie Kikkert—Processing Vegetables, Team Leader
Robert Hadad—Food Safety, Fresh Market Vegetables
Christy Hoepting—Pesticide Training, Field Research
Judson Reid—High Tunnel/Greenhouse Production
Darcy Talenko—Weed Management, Soil Health
Agriculture and Natural Resources

Our Educator: Lynn Bliven, Issue Leader

As agriculture evolves in Allegany County, Cornell Cooperative Extension continues to strive to meet the changing needs. The department has been rich in its variety of programming to all ages; from pre-school to the elderly. Each category has different needs and through evaluations and surveys those needs while continuously changing are met with a variety of programming types/events.

Production workshops are offered for dairy, livestock and poultry producers to address changes in technology and means of enhancing profitability:

- Understanding regulations for direct marketing of farm products can be a barrier to both new and existing farms. CCE’s comprehensive workshops covering rules for sale of farm and certified kitchen products direct to consumers helps to meet the growing demand for locally produced foods.

- A key to expanding the direct marketing opportunities for local agribusinesses is consumer education and trust. Programs such as Meat Madness and Annual Farmer Neighbor Dinner bring producers and consumers together and clarify farming practices in our community. Beef and Dairy Beef Quality Assurance trainings offer producers an opportunity to be certified and enhance consumer trust by properly handling animals entering the meat marketplace.

- Poultry Production for Farm & Family covers the aspects of poultry for family consumption or those looking to expand to selling meat or eggs. A second online course allows participants to learn on their own schedule. The training delves deeper into business aspects of poultry production.

- Beginning a Successful Small Farm Series is a 5 week course covering selecting an enterprise, managing resources, soils, business planning, marketing and hay quality. This year’s training had 21 participants, representing 11 farms. Expanding program efforts targeted toward military veterans entering farming was focus in 2016. Over 100 direct contact were made with veterans and follow-up meetings with 15 on starting a farm. Beginning Farmer 110: Soil Health course is for field crop, vegetable, and livestock producers.

Local Government, Business Groups, and Economic Developers understand the potential value that agricultural resources can bring to a community. A healthy local food economy — one where multiple and various sizes of entrepreneurial agricultural businesses profitably produce and trade production resources and consumer products within a community — can maintain rural character and working lands, create jobs for rural residents, and spark a culture of business entrepreneurship for activities as various as value-added agri-foods to agritourism.
Dairy and Field Crops

Our Educator: Tom Parmenter, Dairy Program Educator

The diversity and impact of a vibrant dairy economy is prevalent in Allegany County. CCE works hand-in-hand with 59% of the dairy farms in a wide variety of programs. All dairy farms receive mailings from CCE that provide information on current topic and programs of interest to the dairy industry.

- Used Machinery Evaluation Clinic held in conjunction with R.G. Mason consignment Auction. Participants viewed use equipment, evaluation of each piece shared by knowledgeable equipment dealers and the auction process explained.

- Tractor and Machine Safety Training. Each year the news media reports on farm deaths caused by a tractor rollovers or machinery accidents involving power take off shafts, drive chains, pulleys and v-belts. This training is a valuable tool helping to prevent many accidents and deaths. The 4-H and FFA sponsored training had 18 youth complete the 3 day program and receive a certificate in 2016.

- Ag Plastics Recycling: Tons of used plastic bale wrap, silo covers and ag bags were collected from Allegany County farms. The Plastics Recycling Program offers an opportunity towards helping to keep our environment protected.

- “Pasture walks” or on-farm programming allows farmers a chance to see other operations and exchange management ideas and methods.

- Artificial Insemination (AI) training offered in conjunction with Select Sires to assist producers in increasing conception rate of cattle. Key for both the dairy and beef cattle producer.

- DAP Funding program is designed to enhance profitability of New York dairy farms and to maintain a commitment to environmentally responsible growth. Delivered in collaboration with Cornell PRO-DAIRY and local CCE staff one-on-one assistance is provided to producer throughout the process. A total of 4 farms within the county working on DAP projects in 2016.

Reaping the Benefits from Field Crops Education by providing field and forage crop updates, emerging pest and weather issues, as well as the latest innovation in growing practices. Some highlights from our program include:

- Southern Tier Crop Congress held in Belfast, NY. This meeting brought university professionals to discuss production practices with local producers.

- Pesticide Training Course, which instructed three producers who successfully passed their respective category exams. Six additional trainings held throughout the year offered recertification credits required for producers to maintain permit to apply pesticides on their farm.
Commercial and Home Horticulture

Our Educator: Colleen Cavagna, Community Educator, Horticulture and Master Gardener Coordinator

The Horticulture Department covers a vast array of topics and many programs are created to meet the needs of our local residents:

- Youth gardening education is provided annually through local libraries educating children of different age groups. This year the topic was composting and in the past, topics included: trees, plants, insects, and soil.

- Pre-school classes are taught simple concepts about what plants need to grow; these lessons are followed with seed planting activities, sampling vegetables, and/or decorating garden produce like seasoned gourds.

- During Ag Literacy Week each year, 14 schools within Allegany County are visited; bringing volunteer readers into 2nd grade classrooms to talk about agricultural topics. This occurs in March. Last year, volunteer readers read at 36 classrooms, reaching 609 students.

Commercial Enterprises are also covered under the Horticulture and Ag Staff which include:

- Commercial and Residential Gardening Questions – Most questions from home-grounds residents can be answered at our office by staff or our Master Gardener Helpline. Questions from commercial entities are handled by Educators as they may require recommendations in restricted pesticide applications and more in-depth analysis.

- Commercial Landscaping Programming – Landscapers have a very specific area that they work within. To utilize the expertise from Cornell University researchers we offer classes as they become available. These classes keep landscapers up-to-date on new research and as a bonus offers them NYS DEC Pesticide credits to help keep their pesticide license current.

- Radio Program – WLSV/WJQZ has been a partnered with us for over 10 years, providing gardening, landscaping and growing advice each month to residents through their radio station.

These educational programs focus on horticulture’s importance and impact on daily life

More specifically, our horticulture programs encompass ecosystem services as well as the economic impacts of green infrastructure and planted landscapes on local communities and economies. We address the proper design, installation, and maintenance practices that provide economic benefits to both individuals and the community. With youth, we seek to increase the understanding of the value of horticulture, provide skills for horticulture based activities, and to increase responsibility and leadership. For others, by increasing this understanding, the educational programs promote knowledge and skills that further personal health as well as a healthier workplace and community. Included in this program is health related topics, such as proper use of toxic chemicals, protection against skin cancer, and safe use of garden equipment.
Master Gardener Volunteers

CCE is fortunate to have a robust and growing MG Program that continues to expand its reach to all areas in the county. Recruitment efforts have brought in 31 new Master Gardener Volunteers from the original 3 the program started with in 2007. As our numbers increase so has our offering of programs we make to the public. MGs are out in local neighborhoods providing:

- pH Soil Clinics – 4 clinics
- Adult Gardening Programs – 27 Events
- Gardening with Literacy West Clients – 2 Events
- Children’s Gardening Programs – 2 Events
- Helpline Gardening Resource – 52 weeks per year
- Tables at Festivals
- 4-H Fair Horticulture Judges
- Gardening Articles Provided to Newspapers and Magazines – 36 articles

Residents are eager for horticulture information and what better way to get the word out then through our local newspapers, and internet media. Educators and MG Volunteers provide weekly articles to newspapers, magazines, blogs, Facebook, and individual email lists on a plethora of gardening topics.

Advanced Training for MGV’s – Each year 3-5 training opportunities on advanced topics in horticulture are available to all existing MGs. These delve more deeply into a topics and provides updates on invasive pest or diseases that may be affecting our area.

Community Gardening – As gardening increases throughout the county, more community gardens are being developed. We provide advice and templates on how to start a community garden that will last for years.

Other topics as requested by residents:
- Beekeeping 101
- Fly-fishing for Beginners
- Living Food Workshop
- Container Gardening
- Composting
- Raised Beds

“I thought I needed a lot more space to have a productive vegetable garden! Now I know I don’t, and will certainly pursue container gardening!”

“Colleen has been exceedingly generous with her knowledge and expertise, always willing to share what she knows with us.”
4-H and Youth Development

Our Educators:
Krista Humbert, Issue Leader
Tricia Heary, Program Coordinator

4-H Youth Development creates supportive learning environments in which diverse youth and adults reach their fullest potential as capable, caring, and competent individuals. 4-H offers many opportunities for youth between the ages of five and 19, including membership in a community 4-H Club, Special Interest Group, School Enrichment, Summer Camp, and much more.

4-H programs are offered in a wide variety of formats and places because they're designed to fit the interests and needs of the diverse young people who live in our communities. 4-H is NOT just about animals and living on a farm. We have many clubs and projects that focus on non-farm activities such as photography, robotics, clothing review, woodworking and SO MUCH MORE!!

What did we do this year? Here is a glimpse!

Tractor Safety, Bike Safety, After School Programs, Public Presentations (county, district and state), DOG OBEDIENCE (COUNTY AND STATE), STEM Outreach, Horse Communications (county, regional and state), Hippology (regional and state), Horse Bowl (regional and state), Horse Judging (county and state), Rabbit Decathlon (county and state), Livestock Skill-a-thon (county and state), Clothing Revue (county, district and state), Shooting Sports, Dairy Bowl (county regional and state), LIVESTOCK JUDGING (COUNTY AND STATE), Produced in New York (county and state), Clinics, Workshops, Fundraising, Action Booths, County and State Fair.

The CCE-AC 4-H program has had an exciting year, with 119 youth enrolled and 14 clubs! Our collaboration with ACCORD’s 21st Century Afterschool program has allowed us to expand our clubs and enter the afterschool realm.

Future collaborations will allow for continued expansion in 2017!
Nutrition and Wellness

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 better manage their food budgets and related resources.

Teri Violet, Nutrition Program Educator, deliver a series of 6-9 classes to enrolled participants. There are 5 curricula that she utilizes depending upon the goals of the participants: Being Smart Being Active; Healthy Children, Healthy Families; Eating Smart Being Active; Healthy Cents; and Finding a Balance.

EFNEP PROGRAM SAVED ALLEGANY COUNTY $560,000 IN HEALTHCARE COSTS

Each $1 in New York State's Nutrition Education Program Reaps $10 Benefit, Study Finds

For every dollar invested in teaching low-income adults in New York State about healthy food choices, the benefit is about $10 in reduced healthcare costs and improved productivity, finds a new Cornell study. Jamie Dollahite, associate professor of nutritional sciences, and her colleagues assessed the costs and benefits of the New York State Expanded Food and Nutrition Education Program (EFNEP), which gives low-income adults information and skills to improve their family’s diet and nutritional well-being. The study is published in the May/ June 2016 issue of the Journal of Nutrition Education and Behavior.
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4-H and Youth Development
Krista Humbert, Issue Leader
Tricia Heary, Program Coordinator

Family, Health and Well-Being
Teri Violet, EFNEP Program Educator
Cornell Cooperative Extension of Allegany County

**Finances 2016**

Sources of Support ($625,525)

- County Appropriation: 44%
- State (224 Funding and Fringe Benefits): 40%
- Federal (Smith Lever and EFNEP): 9%
- Other (enrollment fees, fundraising, programming fees): 5%
- Other Grants (1%)

2016 Allocation

- Nutrition and Wellness: 11%
- Administration: 32%
- Agriculture and Horticulture: 35%
- 4-H and Youth Development: 22%

**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.