Connecting with the Community
Cornell Cooperative Extension (CCE) Clinton County is part of a larger state and national land-grant system that extends research-based information to local residents, families and the agricultural community. CCE is an integrated network including campus-based faculty and extension associates, regionally deployed specialists, and local county-based educators. As a result, CCE in Clinton County has access to current research findings from across the country and the world which it puts into practice by providing high value educational programs and university-backed resources.

2019 Program Highlights

Direct Youth Participants Reached: 3,201
Direct Adult Participants Reached: 1,619
Volunteers Supporting Youth & Community: 296
Instructional Activities: 817
Instructional Activity Contact Hours: 102,185

Cornell Cooperative Extension actively supports equal educational and employment opportunities. No person shall be denied admission to any educational program or activity or be denied employment on the basis of any legally prohibited discrimination involving, but not limited to, such factors as race, color, religion, political beliefs, national or ethnic origin, sex, gender/gender identity, transgender status, sexual orientation, age, marital or family status, protected veterans, and individuals with disabilities. Cornell Cooperative Extension is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.
Healthy Living Outreach

- Increase programming opportunities from 11 to 14 classes weekly, 6 new partners and 3 additional locations to educate participants with performing functional tasks of everyday living both safely and independently.
- One hundred and twenty-two seniors without duplication participated in at least one class with a total of 2,605 classes over the past year. Fourteen individual ‘pre-skill’ evaluations were completed.
- Participants comments include, “The Range of Motion Class is great and gives me incentive to do daily routines at home”, “I had rotator cuff surgery and this class has really been helping me strengthen my shoulder and arm”.
- Expanded Food and Nutrition Education Program (EFNEP) provided educational programming focusing on increasing consumption of vegetables and fruit, especially local produce, whole grains and low fat dairy, increasing physical activity, decreasing consumption of sugary beverages, with an emphasis on improved food security and food resource management.
- EFNEP enrolled 90 adults, impacting 390 people directly in households of participants. 63 of the 90 received at least 6 hours of education.
  - Of the 90 adults enrolled, 20 of them received education via our “Technology Pilot” using private Facebook groups to offer live video education sessions. The outcomes of this style of education thus far has been promising and is not only continuing, but also expanding in the upcoming year.
  - Through entry and exit surveys done with program graduates, behavior change is tracked, showing that 85% of all graduates have improved diet quality during their enrollment in the program and 71% have improved their physical activity behaviors. During one quarter, food recalls are tracked at entry and exit, where participants report what was consumed in a 24 hour period. During this collection period, 96% of participants demonstrated improved diet quality.
  - 15 nutrition youth groups were offered, reaching 166 children throughout Clinton County, the majority of the youth were in 3-5 grade. At least 25% of children participating indicated improvement in diet quality, food safety practices and being physically active.
- Through a joint opportunity with Clinton County Health Department, an educator offered 15 free, hands on cooking classes, open to the public. Every class was full, with a waiting list and so popular, that the Health Department decided to extend and expand this venture. Under a contract with Behavioral Health Services North, an educator was on site at the PROS day treatment program, reaching over 20 participants, working on goals such as decreasing sugary beverages, eating more fruits and vegetables, improving food resource management and being more active.

Cornell Cooperative Extension utilizes the latest research-based information to empower Clinton County residents in creating and maintaining healthy lifestyles and communities.
Youth Development

- 247 youth members enrolled with 33 enrolled volunteers and 16 individual 4-H clubs. We had a total of 440 school-age youth participating throughout the year in various programs.

- 3 teen members participated in the Career Explorations program at Cornell University this year. This program gives youth the chance to learn more about different career opportunities including University U and Food Science (nutrition).

- ‘2018-19’ was year 4 in a 5 year pilot program connecting local bluegrass musicians with 4-H youth. Twenty-three youth participated with five local musicians volunteering to provide monthly instruction. Outcomes, included one youth mentoring as lead instructor for the bass another for the guitar and five others mentoring in year one at the 4-H After-school Bluegrass Club, which allowed both programs to continue to offer instruction in five instruments.

- Twelve youth participated and completed the 4-H Baby sitter’s Program, which was open to 4-H and Non-4-H youth. This two-day course covers Ages and Stages of Youth Development, healthy and easy snacks, and age appropriate activities to use when caring for children. Participants comments include “Before I thought I knew everything, but now I realize there’s a lot more to it”, I thought it was a positive learning experience, because we got a lot of hands-on work, the presenter was very nice and I enjoyed learning about children and the business of babysitting. I was very excited for everything”.

- This year we partnered with the Town of Plattsburgh & the Town of Champlain Recreation Departments to offer Youth Archery lessons to the public and 4-H combined. In our combined efforts we were able to reach 96 Clinton County youth who are not involved in our county 4-H program. The youth reported having fun while learning how to shoot a bow. In 2019 we have worked with well over 100 youth in our archery program and we plan to keep on growing with our collaboration with the Plattsburgh Rod & Gun Club.

- Our Town of Plattsburgh collaboration allowed us to reach more Clinton County youth than ever before. We offered programs in hands-on chemistry science class and archery.

- This year we were able to participate in a grant offered through the National 4-H Foundation and Microsoft to provide digital literacy skills in rural communities. Two youth teen members traveled with 4-H educators to Chevy Chase, MD to receive training. The teens have since been teaching these classes in our community at the Robert S. Long apartments, the Senior Citizen Council and the Town of Plattsburgh’s Fitness for Life classes.
If you give a young child a raw green bean the reaction may be a scowl, or if they think you want them to eat it, a howl. If you surprise them by asking them to tear it apart to look inside, you have their attention. They see the tiny bean seeds inside, and sometimes even the sprout. As you explain what they are seeing, you’ve introduced them to growing food. Most of the time they want to now eat this mangled bean. I always bring a supply of washed, fresh green beans to accommodate this request.

Gardening is not a one-size-fits-all activity but rather a tailor-to-your-needs pastime or passion that suits your ideas. What do you want to get out of gardening? Fresh food at your backdoor, exercise, a family activity, quiet time for yourself? What ever the reason you want to garden, it’s do-able.

You are never too old or too young either. From the three-year-olds tearing apart green beans to see what’s inside, to senior citizens planting seeds or transplants into fresh, aromatic soil, knowing the joy of watching.

The goals of the Master Gardener Volunteers are to teach how to make your garden productive and rewarding. Whether you garden in a bucket, basin, raised bed, in-ground bed, or any combination, we can provide research-based answers to any questions you may have as your garden progresses.

The Cornell Cooperative Master Gardener Volunteers of Clinton County donated more than 2,190 hours of their time last year working in the community. In addition, they attended monthly meetings, worked at the Farmer’s Market every Saturday during the season, answered questions via phone, email, or in person consultations.

Invasive species, including ticks, is a major issue that affects every one of us. We will continue to make sure we know the latest facts and resources so we can pass on that information to anyone interested. Insect identification, plant disease diagnosis, are just two of the services we offer, free of charge.

It is the mission of the Master Gardener Volunteer Program “to train volunteers to teach others how to protect the environment and grow plants more effectively!”
Agricultural Program

- Our 9th annual Food From The Farm event had approximately 500 people in attendance to learn about what farms are local to them and where they can purchase local foods.
- Farmers and farm-related businesses continue to use CCE's annual Food From The Farm event to meet new customers and explore new markets. “Great event!! Great job! Amazingly coordinated and organized!! So glad to be part of it this years. Thank you!” Sara Beach, Murray’s Fools Distillery
- A Farmer Needs Assessment Survey yield great results, with a 30% response rate or 81 responses give guidance for future programming

Harvest NY Program

- Expand and enhance Cornell Cooperative Extension's regional agriculture programs to spur agricultural economic development in New York State.
- Dairy Food Processing and Marketing: Focuses on dairy and food processing manufacturers making artisan cheeses, ice cream, yogurt, and other value-added dairy products.
- Local Food Distribution and Marketing: Increases investment and jobs in agricultural and food systems to enhance the viability of farms through expansion, value-added production, diversification, and distribution of locally produced fruits and vegetables.
- Farm Strategic Planning: Provides producers assistance with farmstead development, facility layout, and environmental planning to optimize production on dairy, crop, and livestock farms.
- Northern New York Products: NYC International Food Show
- On March 3-5 the International Restaurant and Foodservice Show of New York was held at the Javitis Convention Center in NYC. This show brings in approximately 20,000 visitors from the Northeast and 550 exhibitors from all over the world. This year nine Northern NY farmers from Jefferson, Lewis, Oswego, and Clinton counties sent product down to the show. Farmers received many praises and new markets for their products. Harvest NY, CCE Lewis County, and CCE Jefferson County sent representatives to help promote the Northern NY farmers products. This opportunity was made possible through funding support from the North Star Food Hub. The North Star Food Hub is a four-county (Jefferson, St. Lawrence, Lewis, and Oswego) regional food hub initiative to help farmers expand market opportunities.
- St. Lawrence Valley Produce Auction
- Harvest NY secured $19,768 from Northern New York Agriculture Development Program for the New Wholesale Marketing Northern New York project. The research proposal looks at wholesale pricing at the St. Lawrence Valley Produce Auction. The object of the project is to help farmers make informed decisions on approaches to receive a higher average sales price than they are currently receiving for their products. Throughout the 2019 growing season, Harvest NY will be tracking monthly sales and comparing the top five crops of 2018 to 2019 sales including timing of sales, lot size, and average sale prices. The top five crops in 2018 were flowers, tomatoes, mums, pumpkins, and beans.
- Staff include Samuel Anderson, Yolanda Gonzalez, Esther Kibbe, Lindsey Pashow, Judson Reid, Timothy Terry, Cheryl Thayer, Barbara Williams, Anika Zuber

*Farmers gain knowledge and understanding of new and relevant information to improve their business through Cornell Cooperative Extension Clinton County’s agricultural program.*
Northern New York Regional Ag Team

- “The CCE North Country Regional Ag Team aims to improve the productivity and viability of agricultural industries, people, and communities in Jefferson, Lewis, St. Lawrence, Franklin, Clinton, and Essex Counties by promoting productive, safe, economically and environmentally sustainable management practices, and by providing assistance to industry, government, and other agencies in evaluating the impact of public policies affecting the industry.”
- Brought 15 research projects to the NNY region with external grant funding from NNYADP, NYFVI, USDA, Cornell CALS, NYS IPM, and private industry. Additional research proposals are being submitted for 2019.
- Reached thousands of program participants through dozens of single- and multi-session educational and community events. A full slate of educational programs is planned beginning in fall and winter 2018-19 with Neonatal Calf Care Training, Academy of Dairy Executives, Crop Congress, the Hay School/Pasture Workshop series and many others.
- Shared important NNY research findings with audiences all across NNY and beyond, including the National Mastitis Council meeting in Arizona, American Dairy Science Association meeting in Tennessee, the Farm Foundation meeting in Washington, DC, and even at the International Dairy Federation World Dairy Summit.
- Our NNY team also works together with two Harvest NY Team specialists with ‘post-harvest’ expertise in dairy processing and agricultural marketing and business development to more fully support agricultural prosperity across the region.
- Specialists Include:  
  Kitty O’Neil and Mike Hunter - Field Crops and Soil  
  Kim Morrill and Lindsay Ferlito - Dairy  
  Kelsey O’Shea - Farm Business Management

Eastern New York Regional Agricultural Team

- The team conducted precision pruning and thinning experiments with three county orchards
- Worked with Clinton County orchard to plant a new high density, precocious, cold-hardy rootstock trial
- Performed a precision irrigation trial and provided weekly irrigation updates to a local orchard
- They worked in 27 orchard blocks with 7 county orchards to predict the likelihood of bitter pit development in the 2019 Honey crisp crop, using three different prediction methods
- Conducted weekly scouting in 9 orchard blocks across the county
- Researched pest exclusion under hail netting with 2 local orchards
- Scouted across the county for new, invasive orchard pests
  - They provided maturity predictions and checked weekly fruit maturity for Mac, Gala, Honey crisp, and NY-1
  - This helped growers determine when to pick fruit to maximize their fruit quality during storage to bring greater returns
  - Authored electronic articles and educational videos on fruit thinning, pest management, irrigation, and fruit maturity throughout the production season
  - IPM recertification course in April to help 10 local employees keep their licenses current
  - Held 6 pesticide applicator trainings in Plattsburgh throughout the month of July
- They visited orchards throughout the year to diagnose problems. These included: verifying the presence or absence of fire blight in a number of orchards, identifying leaf curling midge, helped growers determine which varieties and rootstocks to plant future blocks on, and assisted in soil testing and sample interpretation
- Sweet corn is an important vegetable crop in Clinton County and CCE helps growers manage pests to ensure their corn reaches customers pest-free
- Monitored for important pests in Clinton County and used trap information to assist growers with integrated Pest Management
- CCE research helps growers extend the season for vegetables prod’n by trailing various production practices for growing in high tunnels
- Food safety—produce Safety Alliance Grower training courses for growers to earn certificates for FSMA compliance
- On-Farm Readiness reviews at Clinton County farms provided personalized food safety improvement recommendations

A partnership between Cornell University and the CCE Associations in these seventeen counties: Albany, Clinton, Columbia, Dutchess, Essex, Fulton, Greene, Orange, Montgomery, Putnam, Rensselaer, Saratoga, Schenectady, Schoharie, Ulster, Warren & Washington.
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Melanie Defayette  Nancy Zukowski
Chris Mullen  Tammy Neureuther
Jane Owens  Tara Palmer
Patricia Parker  KayLeigh Raville
Donna Sorrell

Benefiting the Public-at-Large

Our mission is to enable Clinton County residents to improve their lives and communities through partnerships that put experience and research based knowledge to work.

4-H Youth Development
The 4-H Youth Development program is helping to grow and strengthen the next generation of community leaders, inventors, entrepreneurs and problem-solvers so that our nation can compete globally and help communities locally and internationally solve problems.

Nutrition
Participants select and prepare foods better matched to nutritional needs which leads to consumption of fewer calories which increases health and decreases obesity. Healthier citizens lead to a more productive workforce and reduced public costs for health care.

Small and Beginning Farmers and Fresh Market Produce
Small scale, diversified farms are on the increase in Clinton County. As they adopt new production systems and enterprises they keep farm land in production, invest in the local community and provide a product that can be directly consumed locally.

Fresh Market Vegetable Production
Season extending structures help growers raise produce over a longer period of time and with fewer weather-related problems. This enhanced production expands grower revenues and profitability which strengthens the fresh market economy and makes more food available for local consumption.

Consumer Horticulture
Gardening is a popular activity for families and communities. Youth learn responsibility by seeing their efforts turn into a productive garden, community members are engaged in helping each other succeed in their gardening efforts and healthy, active lifestyles are put into action.

2019 Staff
Mike Basedow — ENYCHP Fruit Tree Specialist
Mary P. Breyette — Executive Director/4-H
Sara Bull — Agricultural Educator
Chelsea Denny — Youth & Family Educator
Andy Galimberti — ENYCHP Technician
Elisabeth Hodgdon — ENYCHP Veg. Specialist
Jordy Kivett — Nutrition Educator

Kari Lamkins — Nutrition Educator
Karen Bonhomme — Association Bookkeeper
Liz Revette — Office Manager
Shannon Sorli — SNAP Community Nutritionist
Jolene Wallace — Horticulture Educator
Logan Williams — Administrative Assistant

First Row: Logan Williams, Liz Revette, Shannon Sorli, Andy Galimberti, Mary P. Breyette
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