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.

Regional Resources

The Northern New York Regional Ag Team expanded to 10 specialists this year. Their aim is to improve the productivity and viability of agricultural industries, people and communities in Clinton, Essex, Franklin, Jefferson, Lewis and St. Lawrence County, 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.

In addition, the Eastern NY Commercial Horticulture Team consists of 13 specialists of which three are housed in the Clinton County Office. Amy Ivy is a Vegetable and Small Fruit Specialist, Anna Wallis is an Apple and Grape Specialist and Emelie Morton is a Regional Field Technician.

The North Country Regional Eat Smart New York Program expanded their local staffing to two positions, Shannon Sorli and Elisabeth Marchbanks in 2016.

2016 Program Highlights

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.

Strategic Initiatives
2014-2017

Build a strong agriculture economy by supporting local production and farm business management

Breaden nutrition programming to include the whole county, regardless of income

Increase the general public's agricultural awareness

Help youth explore and follow diverse pathways to career success

Build a strong CCE Clinton County brand

Building Strong and Vibrant New York Communities
Cornell Cooperative Extension is an employer recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.
Healthy Living Outreach

- On-going educational programming to assist participants with performing functional tasks of everyday living, safely and independently
- 1,556 classes were attended in one or more of our weekly fitness education programs; 102 individual ‘pre-skill’ evaluations were provided
- 147 individuals, including adults, seniors and youth were reached through a variety of healthy living programs and outreach events. These include local farmers markets, community events, food demonstrations and competitions as well as family and individual cooking and food preservation classes.
- Expanded Food and Nutrition Education Program (EFNEP) provided educational programs that focused on reducing sweetened beverages, increasing physical activity, food security, MY Plate, disease prevention and utilizing local foods. 67 youth in 8 groups received EFNEP nutrition programming. 28 of these received 6 or more hours of nutrition education. These youth included 10 grades during in-school programming.
- EFNEP enrolled 108 adults of which 67 received a minimum of 6 hours of education and successfully graduated from the program. This was done in 502 hours of direct programming.
- Eat Smart New York, SNAP Program serving Clinton, Essex and Franklin Counties targeted SNAP eligible adults and youth reaching over 100 adults and 50 youth this year and provided 40 activities each month with a minimum of 75 direct participants.

Parent Education Awareness Program

- Certified by New York State Parent Education and Awareness.
- Program of the Office of Court Administration, this program helps divorcing, separating, or in-conflict parents understand the impact and reduces the stress of breakup on their children.
- Collaborates with Clinton County Department of Social Services, The United Way of the Adirondack Region, Inc. and the Clinton County Family Court.
- Promotes healthier relationships and communication skills.
- 67 referrals and 25 individuals participated in this program.
Youth Development

- Clinton County 4-H program had a total of 192 youth members, 31 volunteers and 16 clubs in 2016.
- Over 300 youth in grades 1-5 were reached through Beekmantown Elementary School’s Adventure Zone (BAZ) program & the Extended Learning Time (ELT) grant allowing 4th & 5th grade students to be reached during their lunch break the entire school year.
- Younger students meet 4 days a week for 5 weeks during the ELT period. Chemistry was the primary focus of these groups. Students reported learning about chemical reactions, atmospheric changes and more. During the summer program 2 different groups met each day, 4 days a week for 6 weeks. Half of the groups learned about Aerospace and Rocketry, focusing on the principles of flight through different projects and activities. The other groups learned about food science and nutrition in a fun and engaging manner with edible lessons.
- One teen participated in Career Exploration at Cornell University. This program gives youth the chance to learn more about different career opportunities.
- Two youth members went on a Tri-State Agriculture tour sponsored by Yankee Farm Credit. The Tri-State tour took place in our backyard focusing on Agriculture in New York State. This program allowed them to build relationships with other teens from NY, VT and NH 4-H programs and taught them about the Ag industry in NYS and an opportunity to open up and come out of their shells more with others.
- We had our first NYS Fair Teen Superintendent this year! He worked in the 4-H building at the state fair for a full week.
- We held our first county-wide project day series this year focusing on Horticulture. “From the Ground Up” was led by our very own Master Gardener and Horticulture Educator. Youth met for a few hours once a month for 6 months to learn about everything gardening related. At the last meeting day youth built their own wooden planter box to bring home. They planted cherry tomatoes, peppers and marigolds in them. Many of them also brought the planter boxes to the county fair as static exhibits.
- 4-H Bluegrass Club, was a collaborative effort with Clinton and Essex Counties, 4-H Bluegrass For The Next Generation, Inc. Foundation, SUNY Plattsburgh and local musicians. Twenty-three youth participated and a total of nine volunteer musicians, met monthly to learn about Bluegrass Music and take lessons on the instrument of their choice. Funds were donated and each youth was loaned an instrument through Bluegrass for the Next Generation Project, Inc. Instruments included; banjos, guitars, fiddles, mandolins and bass.
- The CanAdirondack Robotics 4-H Club fundraised by writing their first grant and reaching out to local organizations via presentations on their robotic programs and needs. In addition they connected with 2 local schools and were able to add more youth to their club’s enrollment. The club participated in the ‘2015-16’ First Tech Challenge (FTC) Competition. This competition required them to build and program robots to compete in an alliance format. They had to build their own robots, write the computer code in JAVA using the Android Studio Platform then they programmed the robot to complete the competition challenges and setup game controllers to maneuver the robot. The club placed 26th out of 34 teams.
Master Gardener Volunteer Program

- This year, with financial assistance from the Chapel Hill Foundation, we began a pilot project for two of the schools in Clinton County. At Beekmantown School, we worked with the Green Team students to install and operate a grow light system. The students planted coleus, marigolds, and herbs, and learned about seed starting, transplanting care requirements of plants, and how best to supply those needs. They grew large, beautiful plants which they were able to take home for Mother’s Day.

- We also worked with two classes at Saranac School to install grow lights; one advanced classroom and one special education class. From construction to harvest, these hands-on programs gave the students valuable experience in the step-by-step process of growing food and flowers from seed. In addition, the record-keeping, monitoring of lights and temperature, thinning sprouts and potting plants gave the students opportunity to use their math and science skills in a new way. Just as important, the students were proud of what they had accomplished.

- Based on the success of this pilot program, we plan to expand the grow light learning gardens into more schools around the county in 2017. We were able to install off-the-ground raised beds and a wheelchair accessible raised garden at Saranac Senior Living Center in Saranac. This was truly a collaborative effort. Using the specifications and materials we supplied them with, the woodshop classes at Saranac High School built three beds and delivered them to the Living Center. Within a few days, Master Gardener volunteers brought growing medium, seeds, and transplants, and with the assistance of residents, planted the beds, which thrived. The residents enjoyed the colorful flowers planted to draw pollinators, and the vegetables were plentiful. The ladies especially liked having fresh cucumbers to make sandwiches with and all of the residents enjoyed their homegrown tomatoes and vegetables galore.

- The 33 Master Gardener volunteers of Clinton County Extension accumulated 2440 hours of service this year. Their commitment to learning and passing that knowledge on to others is something they take very seriously. Our programming is available to all residents of the county, can be tailored to meet the needs of your group or organization, and meets the standards of Cornell. The information we give you at the Farmers’ Market, the Home Show, via phone if you call our office or email if you contact us by computer or if you walk into the office with a sample or specimen, is research-based and 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!”
Dairy and Livestock

- On Farm field crops meetings were held monthly throughout harvest to assist in management decisions. Other field crops programs included alfalfa height measurements to guide first cutting timing and aiding Miner Institute in executing the farmer focused Corn Congress in the spring.
- Dairy Programs included profit team meetings held quarterly to help with goal setting and accountability on the dairy, the dairy acceleration program, cow comfort programs, and a hoof health workshop.
- Small Ruminant Discussion Group meetings were held monthly so farmers could get together, listen to a speaker, and discuss management and nutrition.
- 21 farmers attended the 2016 Hay School in March to learn more about harvesting the best hay and haylage possible.

Promoting Local Food Consumption

- This was the second and final year of our Farmers Market Promotion Project where we taught consumers about the seasonal availability of local foods and how to prepare them. As consumers we become more comfortable cooking with local products we expect sales and consumption to increase.
- We held 16 cooking classes for 84 adults and families, teaching them how to follow and amend recipes to include more local ingredients. The larger classes benefited from the shared knowledge of the participants while the smaller classes allowed for more hands-on food preparation practice.
- We held 3 food preservation classes this summer and plan for more in the future now that we have a staff member certified to teach.
- We continued to provide recipes and tips for cooking and storing featured local products throughout the growing season through our blog, Facebook and website.

Northern New York Regional Ag Team

- Our NNY Regional Ag Team provides science-based information and services to producers and agri-business professionals, equipping all with the knowledge to profitably produce and market safe and healthful dairy products and crops, contributing to the viability of New York State agriculture. Our new team of ten specialists serves farmers and rural land owners in Clinton, Essex, Franklin, Jefferson, Lewis and St. Lawrence Counties in New York State. Visit: [http://nnypcap.cce.cornell.edu/](http://nnypcap.cce.cornell.edu/) We provide workshops and programs like the annual Crop Congress, Hay School, Dairy Institute, Beef and Sheep Week workshops, and many other events, where producers, consultants and agribusiness representatives can find timely, relevant, science-based information on today's critical topics.
- This team includes Field Crops and Soils Specialists Kitty O’Neil and Mike Hunter, Dairy Management Specialists Kim Morrill and Lindsay Ferlito, Livestock Specialists, Ron Kuck and Betsy Hodge, Ag Business Management Specialist Kelsey O’Shea, Dairy Processing Specialist Anika Zuber, Ag Business and Marketing Specialist Lindsey Pashow, and Senior Administrative Assistant, Tatum Langworthy.
**Vegetable and Berry Production**

- We continued to closely monitor fertility in high tunnel tomatoes, advising growers on how to be sure they are providing enough nutrients for a productive crop.
- Through summer on-farm twilight meetings, newsletter articles, grower discussions and one-on-one farm visits, we advise and coach growers and collaborate with colleagues at Cornell to troubleshoot and provide management options.
- We regularly monitor vegetable and berry farms for new and recurring pest problems. This year spotted wing drosophila, a serious pest of late summer berries arrived a month earlier than before and we found an infestation in wine grapes for the first time. We also monitored leek moth, a recent arrival in onions, garlic and leeks; basil downy mildew, a new problem specific to basil; Stemphylium leaf blight, a disease on the on the increase in onions; and swede midge, a serious pest in brassicas, new to our area.
- Our work with native insect-attacking nematodes to control a root pest in strawberries continued this year with encouraging results.
- With funding from the Northern NY Ag Development Program we continued to conduct research on various high tunnel crops at the Cornell Research Farm in Willsboro. This year we conducted a variety trial of disease resistant cherry tomatoes, a pruning and training trial on cherry tomatoes, a demonstration of new varieties of pepper and eggplant bred for high tunnel production and in the fields we conducted a comparison study of 8 different summer cover crops in two different soil types. These projects included grower field meetings and discussions about what we learned.

**Cold Climate Wine Grape Production**

- E-alerts sent weekly during the growing season provided real-time viticulture management information and information about upcoming events and workshops for vineyards and wineries in NENY.
- 60 people attended the first NENY & VT Winter Grape School, held on March 15th in Lake George. The one-day program included viticulture and enology presentations and workshops, and a mini tradeshow.
- We assisted in training 18 FSA Crop Loss Adjusters on biology, symptoms, and causes of grape diseases, insects, and natural disasters.
- Using NNYADP funding, we began the process of re-planting the cold climate grape variety trial at the Willsboro Research Farm. Vines were removed and new varieties were selected for planting in “2017.”
Champlain Valley Apple Production

- Champlain Valley apple growers faced a major epidemic of fire blight, a devastating bacterial disease of apples and pears relatively unknown in the region. In collaboration with Cornell pathologists Dr. David Rosenberger, Dr. Srdjan Acimovic, and Dr. Kerik Cox, we provided support through numerous e-alerts, farm visits, and a fire blight management workshop attended by 35 people.

- Twice weekly during the growing season, we sent ‘E-Alerts’ to apple growers, alerting them to immediate concerns such as weather, insect and disease infection periods. This is particularly useful for monitoring apple scab and fire blight infection events, which require immediate action.

- With NNYADP funding, we set up a trapping & scouting line to monitor most economically significant orchard pests. Pest activity and IPM control recommendations were provided in weekly e-alerts.

- In collaboration with Dr. Jaume Lordan and Dr. Poliana Francescatto, post doctoral students in Dr. Terence Robinson’s lab, we continued to conduct extensive research on high density orchards, and precision orchard management (irrigation, thinning, and harvest).

- With Apple Research and Development Program (ARDP) funding, Dan Donahue and Anna Wallis initiated a project investigating bitter pit (BP), a physiological disorder related to calcium, in Honeycrisp fruit. 36 survey sites were monitored for factors that may contribute to BP development, 7 foliar calcium materials were evaluated for efficacy, and a number of horticultural manipulations were tested for their effects on BP.

- 90 workers were trained in Special Permit Trainings. The SPT provides training on specific pesticides so that workers may apply them without direct on site supervision, thus alleviating farm managers of significant oversight time.

- An orchard weed management trial, evaluating 11 commercially available herbicide combinations and their control of perennial weeds was evaluated and a report written for the ENY Tree Fruit Newsletter and the NY Fruit Quarterly.

- Dan Donahue and Anna Wallis conducted the Apple Harvest Maturity Program. Weekly we sampled and processed fruit for maturity, then provided harvest recommendations by variety through a weekly conference call and reports.

- Assisted in training 18 FSA Crop Loss Adjusters on biology, symptoms, and causes of apple diseases, insects, and natural disasters.

- 48 people attended the Apple Thinning Meetings. Cornell Scientists Dr. Poliana Francescatto, Dr. Srdjan Acimovic, Dr. Dave Rosenberger, and Peter Jentsch provided recommendations on thinning practices, and insect and disease pest controls.

- Over 90 people attended the NENY Commercial Tree Fruit School. 13 presentations were given by specialists from Cornell and other private & academic institutions on topics ranging from crop insurance to cider fruit production, and regional pest management considerations to the Washington State tree fruit industry.
Benefiting the Public-at-Large

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.

Parent Education Awareness Education (PEAP)
Parents improve family functioning through positive communication skills, understanding child developmental behaviors as well as the role of a child in a divorced, separated or in-conflict family.

Staff and Program Areas
Chelsea Baxter — Youth & Family Educator
Mary P. Breyette—Executive Director/4-H
Sara Bull — Agriculture Educator
Amy Ivy — Commercial Vegetable Specialist
Sheri King—Parenting Educator
Jordy Kivett — Nutrition/FMPP Educator

Kari Lamkins — Nutrition Educator
Darlene Medeiros — Office/4-H Assistant
Laura Nicholson — Finance Manager
Liz Revette — Office Manager
Natalie Sullivan—Nutrition Educator
Jolene Wallace — Horticulture Educator

Youth & Family Program Committee
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Michael Clausen Debbie Frederick
Tom Neale Jane Owens
Erin Pangborn KayLeigh Raville
Donna Sorrell Lucy St. Pierre
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Richard Lamoy Melissa Monty-Provost
Shannon Rulfs Rachel Dutil

Board of Directors
President - Matthew Douthat
Vice President - Michele Armani
Treasurer - Bill Zweigbaum
Secretary - Rod Sherman
Legislative Representative - Rob Timmons

2016 Total Expenses

4-H Youth Development 203,790.68
Family & Community 189,166.51
Admin & Facility 117,092.76
Cornell Cooperative Extension Clinton County Funding Sources 2016

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