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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Dairy Production
Farm Business Management
Field Crops & Soils
Direct Marketing
Fruit
Livestock Processing
Dairy Processing
Six-County Administration

2017 FUNDING SOURCES

Estimated State Benefits
$108,891, 19%

Federal Funds
$9,450,2%

State Funds
$55,736,10%

Donations & Fund Raising
$16,494, 3%

Programs (Regional &
Local), Interest, Misc.
$57,564, 10%

Other Grants & Contracts
$42,389, 7%

Other County Grants &
Contracts/OFA Exercise
$13,302, 2%

County Appropriation,
Adirondack Harvest, Bldg.
Rental Value $278,200, 48%
The 4-H program continues to impact many youth and their families in Essex County. 4-H is a community of young people who are learning leadership, citizenship, and life skills through our team of volunteers including parents, teachers, after school program leaders or our traditional neighborhood club leaders. Foundation pieces of 4-H such as public presentations continue to be popular.

This year’s highlights included a Hereford Beef Cattle Show. The Coyote Ridge Riders 4-H Club jumped out of their comfort zone to try their hand at something new—a beef cattle project. As a strong supporter of 4-H, Essex County Farm Bureau furnished the participants with show sticks. These 4-H’ers were excited to learn something new and put it to practice in the show ring.

4-H Shooting Sports, offering a variety of disciplines, continues to be a desired program in Essex County. This year, the Au Sable Echoes 4-H Club participated in a 4-H Shooting Sports Shot Gun discipline and two of the teens attended the annual training held in Ballston Spa to become junior 4-H Shooting Sports instructors. The spring project was held at the Lake Placid Fish and Game Club and the Chesterfield Fish and Game Club. The Rascals 4-H Club of Port Henry and Moriah also completed an Archery project and one of their teen members also attended the Winter Training, where she became certified as a junior 4HSS instructor in the archery discipline.

Thanks to Stewart’s continued support of the Essex County 4-H Program, 25 youth and adults took advantage of an educational field trip to Lake George. The youth joined biologists on the Lake George Floating Classroom. This was a tremendous success as the youth got to experience hands-on experiments in water quality, aquatic invertebrate identification, and water depth.

The 4-H teens who received 4-H award trips went to Capital Days in Albany to see our government in action. Our three teens who attended made an appointment to visit with Assemblyman Dan Stec to discuss their own governmental concerns. The young ladies tried out Dan’s seat in the assembly to see if this is a career that might fit their interests.
In addition to this, promoting local food in the community is a key goal. For this, Farm to School collaborations, school garden support, and working to overcome obstacles in connecting local food to nutrition incentive program families are priorities. We have identified that not only is our local economy strengthened when our communities buy local food, but also that educational opportunities for students are enriched, preparation for job opportunities and entrepreneurship expanded, nutritional access increased, and labor sources for local businesses improved.

Essex County agriculture is diverse, with farmers producing everything from maple products to flowers, conventional dairy to artisanal cheese, livestock and agroforestry products, such as mushrooms, and a wide variety of vegetables and fruits. Our agricultural programming is designed to provide resources for this wide array of commercial operations. We connect with farmers and establish an understanding of their needs and constraints in order to effectively link them with resources and create supportive educational programs. A key set of resources are the experts from the CCE Regional Teams and collaboration with other institutions is also growing. Focal program areas in our educational mission designed for growers includes: soil & crop health, livestock, dairy, agroforestry, value-added products (including wineries & breweries), and agritourism.
In 2017, we shared numerous educational workshops and consulting services offered by CCE Regional Specialists to growers. We offered the following educational events organized by Essex County CCE:

- A pasture walk to discuss forage quality, grazing practices and soil health
- A shiitake log cultivation workshop
- A sugarbush walk to discuss maple production and forest tent caterpillar management.

Already planned for early 2018:

- biocontrol in high tunnels on-farm educational workshops
- wildlife-friendly farming event
- dairy reproduction and artificial insemination 2-day workshop
- charcuterie workshop
- repeated shiitake cultivation workshop due to high popularity
- a follow-up commercial viability of shiitake production workshop
- a pesticide recertification course

Other key goals include, but are not limited to:

- connect more veterans to an on-the-job training program on farms
- provide Agriculture District Planning services
- work with local colleges to create “service learning” projects
Adirondack Harvest

The Adirondack Harvest program sponsored three major events this year: the Adirondack Harvest Festival, Bike the Barns and the Essex County Cheese Tour. Combined, these events drew in over 2,000 participants and helped to promote and celebrate the proliferation of local foods and farmers in our county.

We had two great successes connected to our Smart Growth Grant. First was the creation of a beautiful local food guide capturing all our Adirondack Harvest member farms, stores and restaurants in a colorful, easy-to-use brochure that guides consumers to our website. The website is our second accomplishment! adirondackharvest.com has been completely renovated and moved to a new web platform that’s bright, engaging and user-friendly. We’ve integrated forest product businesses and continue to connect with new businesses to invite them into our membership. Our strategic planning committee is currently working on ways to increase membership and devise ways for the program to be independent and sustainable into the future.

Consumer Horticulture

This program helps home gardeners seek advice in selecting the right spot, design, and maintenance of their home garden which could be a window box, exotic flowers such as orchids or violets or a 5 acre vegetable garden. Soil tests, insect identification and other gardening maladies are diagnosed and fertilizer questions are addressed over the phone, email, or office visits. Consumer horticulture also provides answers to those with back yard chicken flocks, pollination questions and of course home invaders such as bats, raccoons, skunks, rats.

Throughout the year, Consumer Horticulture hosted a variety of presentations and workshops from seed starting, how to build grow lights, insect identification, backyard birdwatching and bird feeding stations and how to attract pollinators to the home garden.
Range of Motion

The Arthritis Foundation Exercise Program is a recreational group exercise intended for, but not limited to, people with arthritis and related diseases. This program will help to reduce pain and stiffness, help maintain or improve mobility, muscle strength and functional ability, and make daily tasks easier. We inspire to educate Essex County seniors on a healthy lifestyle including physical activity, proper nutrition, and overall wellness. Through this program, we encourage them to make healthy food choices, be active outside of class and engage in positive social interactions.

The Ticonderoga Senior center is thriving. They have many local seniors taking advantage of the pickle ball courts and walking area as well as the treadmill, incumbent bikes, and a seated elliptical. Recently, we have added a walking club that meets on Friday mornings for a 2 mile walking video. Our hopes for this coming year is to incorporate a chronic disease self-management program.

Adirondack Medical Home:

Since 2012, Adirondack Medical Home has contracted with CCE to provide basic nutrition education, free of charge, to the clients of primary-care physicians in Essex and Clinton Counties. Nutrition appointments are available at the Elizabethtown Health Center, High Peaks Health Center, Smith House Health Center and the Westport health Center, as well as two practices in Peru and five practices in Plattsburgh. Twice a week, healthy nutrition/cooking classes are presented at the JCEO in Plattsburgh.
Cornell Cooperative Extension

A partnership between the federal, state and county governments, Cornell University, and the citizens of New York State

Practical. Programs are designed to solve real life problems, helping to transform and improve communities

Locally-rooted. Citizens are key to identifying and creating programs which serve the needs of communities, businesses and individuals

Integrated. A network of professionals includes campus-based faculty and staff, regionally deployed specialists, county-based educators and professional employees

An education system which extends Cornell University's land grant programs to citizens across New York State

Comprehensive. CCE programming covers five primary mission areas: Agriculture, Community, Environment, Nutrition, Youth and Families

Research-based. Educational programs are developed through interpretation and practical application of research conducted at Cornell University

Extensive. High value educational programs are offered in every county and the five boroughs of New York City