Our Mission

Cornell Cooperative Extension of Oswego County’s mission is to interpret, disseminate, and deliver research-based information and knowledge on issues relevant to Oswego County youth, individuals, families, farms, small business, and communities; and further, to contribute to improving the quality of life through education and empowering volunteers and staff to lead, guide, and teach. Program areas of particular importance include Agriculture, Youth Development, Human Ecology, and Natural Resource Management.
December 2019

Dear Friends and Supporters of Cooperative Extension:

It is with great pride that we present our annual report of positive impacts that Cornell Cooperative Extension of Oswego County has had on the communities we serve. Contained within these pages are some of the examples which demonstrate our commitment to helping people improve their lives through education. It is the sharing of knowledge, experience and expertise, as a mission-driven organization, that enables us to encourage positive change for the families and individuals of Oswego County.

The professional educators of Cooperative Extension engage in educational interactions with farmers and agricultural business owners, community groups, school districts, 4-H clubs, families, and parents. We encourage people to recognize that education provides a tremendous opportunity to assist them in adapting to a rapidly changing world. Having current information, mastering a skill, and learning how to deal effectively with special circumstances are some of the ways that our organization supports people in their efforts to be successful.

Collaboration provides the leverage for great accomplishments and we recognize that the activities of others also assists us in our endeavors. Working in partnership with other county agencies and non-profit organizations, we continue to strive for permanent, positive change throughout our communities.

With this annual report, we also acknowledge the unwavering encouragement and financial support we receive from the Oswego County Legislature. We sincerely appreciate their recognition of our efforts to make Oswego County a better place to live and work. The importance of their involvement in our programs is understood by everyone associated with our organization.

Sincerely,

Paul A. Forestiere II
Executive Director

Building Strong and Vibrant New York Communities
Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.
Oswego County is a rural farming community with annual agricultural sales of $41.2 million. Based on the last USDA Census of Agriculture, Oswego County is home to just over 600 farms and the diversity of our land allows for the production of a variety of agricultural products including onions, apples, meat, dairy, cheese, wine, maple syrup, honey, berries, stone fruits, and a wide variety of vegetables. The Agriculture Program at Cornell Cooperative Extension (CCE) of Oswego County, with the assistance from our regional specialists, continues its commitment to facilitate programs designed to assist our agricultural producers.

In the summer, CCE of Oswego County sponsored the 2019 Field & Forage Seminar for Private Applicators. This program was designed to help assist private pesticide applicators obtain recertification credits as required by the New York State Department of Conservation (DEC). In order to maintain their licensure, each private applicator is responsible for continuing education credits. CCE of Oswego County organized the event and partnered with instructors Mike Helms and Dan Wixted from Cornell’s Pesticide Management Education Program, who gave presentations on chemical labeling and glyphosate use. The program received positive feedback from Oswego’s agricultural community and the plan is to be able to continue to sponsor such educational programs in the future.

In the fall, the Tenth Annual Oswego County Harvest Dinner was a huge success as we celebrated our 10th Anniversary! A sold out crowd feasted on a six-course meal that showcased many of the delicious and diverse agricultural products produced in the county. Over twenty farms and local producers donated in produce and protein for the event. The guest speaker Chuck D’Imperio, author of *A Taste of Upstate New York: The People and the Stories Behind 40 Food Favorites* was a great hit among the attendees. It is programs like Harvest Dinner that help bring awareness to all the diverse food that is grown in Oswego County.

At the beginning of winter, we had a wonderful turnout to our annual “Holiday Farmers Market,” which is part of the larger community celebration, “Christmas in Mexico.” A record crowd shopped at this year’s farmers market. This kind of event keeps dollars in the local community by helping support Oswego’s local agricultural industry. The Holiday Farmers Market is a program many look forward to each year and the continued support it receives from the community helps keep the event a great success.

As always, the Agricultural Program at CCE of Oswego County is actively involved and responsive to the numerous office visits, phone calls, and email questions from individuals seeking current production and marketing information, especially those who are new to owning a farm business. The Agricultural Program also participated in garden club presentations, Agriculture Career Day, the Oswego County Fair and visited some of the county’s farmers markets to help distribute educational materials about agriculture in Oswego County and to answer questions.
4-H Youth Development

4-H youth are living breathing, culture-changing revolutionaries for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live. Locally this is accomplished through 4-H clubs, county programs, outreach, and school enrichment programs.

The 4-H Community Club Program is the backbone of the Oswego County 4-H. It is in these clubs that youth experience independence, belonging, generosity, and mastery. 4-H Leaders guide youth in their project choices, assist them with implementation and also mentor members in the meetings. The Oswego County 4-H Staff provides technical assistance for the leaders and youth with train the trainer workshops and day programs. It is in the club programs that youth have the opportunity to grow in leadership and skills for work and life.

Oswego County 4-H Program Educators conduct numerous programs for schools. These programs enhance the school’s curriculum and bring inquiry based science to the classroom. Insectagnaza, Drone Discovery and Invasive Species are the favorite programs of the teachers. The 4-H educators continue to coordinate Ag in the Classroom Literacy Week, Plant a Tree Program, and Progressive Agriculture Safety Day. These three special educational programs reach over 500 students in the county individually. They also help to connect the agriculture community with the schools.

The Oswego County 4-H Afterschool programming is taught at two middle school sites: Hannibal and Fulton. 4-H educators visit each site once a week to provide experiential learning in science engineering and technology, and healthy lifestyles. Navigating with GPS and Edible Science are some of the sessions taught.

The Amboy 4-H Environmental Education Center serves as an extended classroom for Cornell Cooperative Extension. Each of the local extension programs conducted educational programming at the facility. The 4-H Program uses the facility for subject specific weekends such as Winterfest and Winter Roundup. The facility continues to provide guided nature programs for schools, youth organizations, churches, and general public through financial support from the ZBGA grant administered by New York State Office of Parks, Recreation and Historic Preservation.

Cornell Cooperative Extension of Oswego County 4-H Program creates the opportunities for positive youth development, and teaches life skills and knowledge. It has been accomplishing this objective through community club programs, school enrichment programs, afterschool programs, and Amboy 4-H Environmental Education Center programs for 97 years and will continue to do so long into the future.
Human Ecology: Nutrition, Health and Safety Programs

Eat Smart New York (ESNY) and the Expanded Food and Nutrition Program (EFNEP) provide individuals, families with children, and groups with nutrition classes to promote healthy eating, exercise and shopping on a budget. Goal of the program is to promote health by helping participants with limited resources establish healthy eating habits and a physically active lifestyle.

The Eat Smart New York Program (ESNY) provides nutrition education workshops to SNAP and SNAP eligible adults and children in Oswego County. The program encourages participants to increase fruits and vegetable consumption, decrease consumption of sugar sweetened beverages, and increase physical activity, all within a limited budget. Workshops apply basic nutrition information from MyPlate and the Dietary Guidelines for Americans. Participants have the opportunity to observe food preparation presentations and cooking skills, try new recipes, and participate in grocery store tours. Participants leave the workshops with a new set of skills and knowledge on how to improve their diet and increase their physical activity at home.

The Expanded Food and Nutrition Education Program (EFNEP) provides families with children with nutrition classes to promote healthy eating, exercise and shopping on a budget. The core elements of the EFNEP program include developing participant skills and behaviors in: increasing level of physical activity, increasing vegetable and fruit consumptions, and eating smaller portions and decreasing salts and fats. Six to twelve lessons are provided to participants in their homes or in-group settings. The EFNEP nutrition classes also assist families in becoming more self-sufficient and self-reliant. The focus is on prevention among individuals at greatest risk for negative health outcomes. Poverty is a risk factor for numerous health problems including heart disease, diabetes, cancer, poor pregnancy outcomes, and obesity. Program participants are taught the nutritional value of foods, how good nutrition translates to more energy and better health, and how to manage food resources more effectively. Participants gain the knowledge about the relationship between health and basic nutrition, food safety, food preparation, and resource management to make the most of the benefits they receive to better feed their families.

Farmers’ Market Nutrition Education Program (FMNP) offers shoppers the opportunity to purchase fresh picked, good-tasting, seasonal produce from the farmers who grow it. The FMNP provides nutrition benefits to low-income women, children and senior citizens. Encouraging increased dietary consumption of locally grown fruits and vegetables is a top priority. United States Department of Agriculture’s MyPlate recommends for people to “Make half your plate fruits and vegetables”.

The Parenting After Separation and Divorce program educates divorcing or separating parents about the impact of their breakup on their children. The workshops provide facilitated discussions and interactive activities for parents to learn ways to reduce the stress of the family changes and protect their children from the negative effects of ongoing parental conflict in order to foster and promote the children’s healthy adjustment and development. The core components addressed in the parenting program include:

1. Creating and Maintaining Supportive Parent-Child Relationships;
2. Providing a Stable, Supportive Home Environment;
3. Maintaining Healthy Parental Functioning & Psychological Well-Being; and
4. Reducing the negative impact of divorce or separation on children
## Financial Support

1. **County Funds:**
   - Appropriation from Legislature
   - $422,619
   - 39%

2. **State Funds:**
   - Includes County Law 224 Formula, Special Projects, Direct Aid, University Resources, and Fringe Benefits
   - $279,218
   - 26%

3. **Federal Funds:**
   - Includes Smith Lever, EFNEP, Special Projects, Direct Aid, University Resources, and Fringe Benefits
   - $177,963
   - 16%

4. **Other Sources of Support:**
   - Includes Enrollment Fees, Program Participation, Contracts, Grants, Program Contributions, and Value of Other County Support
   - $211,787
   - 19%

**Total Estimated Support to Association**
- $1,091,587
- 100%

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