Cornell Cooperative Extension Oswego County

2016 Annual Report

Building Strong and Vibrant New York Communities
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.
Dear Friends and Supporters of Cooperative Extension:

On behalf of the Board of Directors and staff of Cornell Cooperative Extension of Oswego County, it is truly a pleasure to present you with our 2016 Annual Report.

This report reflects a year of dedicated efforts, great accomplishments, and significant positive change for an organization that is committed to improving the quality of life for residents of the county. Our organization has enjoyed many successes this past year as we continue to provide educational programs that make Oswego County a wonderful place to live, raise a family or operate a business.

Staff and volunteers deliver educational programs involving Agriculture, 4-H Youth Development and Human Ecology directly to the people of Oswego County. Individuals and families are taught at their homes, in their schools, on their farms and in community settings because we believe people take a special interest in learning if they have ownership in the educational process. 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 Cooperative Extension supports people of all ages in their efforts to be successful.

Our actions are carried out with the assistance of other county agencies, non-profit organizations and businesses, large and small. We appreciate their willingness to work with us to make Oswego County a wonderful place to live and work. It is through these collaborative efforts that community agencies provide meaningful positive impact that is capable of affecting so many people.

We also clearly recognize that all of our efforts would not be possible without the continued financial support from the Oswego County Legislature. We are truly grateful for their continued involvement with our organization and for their participation with many of our programs.

Sincerely,

Paul A. Forestiere II
Executive Director

Building Strong and Vibrant New York Communities
Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.
Oswego County is a rural county, with a prosperous agricultural community. The diversity of land allows for the production of a variety of agricultural products including onions, apples, meat, cheese, wine, maple syrup, honey, berries, plums, peaches, and a wide variety of vegetables. The Agriculture Program at Cornell Cooperative Extension (CCE) of Oswego County, with assistance from regional specialists, continued its commitment to facilitating programming that benefits the diverse agriculture industry in the county.

In the spring, CCE of Oswego County in collaboration with Oswego County Soil and Water Conservation District, Natural Recourses Conservation Service, and the US Department of Agriculture Farm Service Agency held an agriculture workshop; “Managing Your Farm for Success, Where to Go When Everything Doesn’t Go to Plan”. The four agricultural agencies that serve the farmers and residents in Oswego County gave information on how to improve or expand their current farm operations.

The 2016 growing season was challenging. The abnormally dry weather affected crops being planted, as well as crop development. Farmers also struggled with increased costs due to having to truck water onto their farms. The agriculture program worked to alert producers to potential problems, document weather related issues, and assist in minimizing or coping with any injury or damage during this brutal growing season.

In the fall, the annual Oswego Harvest Dinner was again a major success and showcased the quality and diversity of agriculture in Oswego County. The dinner featured locally grown and sourced food from county farmers and agriculture businesses. Attendees dined on a six-course meal that showcased the delicious and diverse agricultural products produced in the county. A raffle featuring Oswego County’s finest agricultural products, other local business products and gift certificates rounded out the evening. The guest speaker this year was Tessa Edick founder and Executive Director of the FarmOn! Foundation. Tessa is an author, school food activist, and food entrepreneur who grew up in Pulaski, NY. FarmOn! is a collaboration of professional farmers, educators, supporters, nutritionists, students and community leaders invested in the future of local agriculture and building local economies.

The winter’s “Holiday Farmers Market” was well supported by the many patrons who visited “Christmas in Mexico”. This producer–only farmers market highlighted food goods and agricultural products from Oswego County to over 500 consumers. Keeping the dollars in the community, supporting the local economy, and supporting the local farmers keeps this event growing every year.

The Agriculture 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 Expanded Food and Nutrition Education Program (EFNEP) provides nutrition classes to families with children, which promote healthy eating, exercise and shopping on a budget. The program’s goal is to promote health by helping limited resources participants establish healthy eating habits and a physically active lifestyle. The core elements of the EFNEP program include developing participant skills and behaviors in: increasing the level of physical activity, increasing vegetable and fruit consumptions, decreasing salts and fats in the daily diet, and eating smaller portions. Six to twelve lessons are provided to participants in their homes or in group settings.

The EFNEP nutrition classes also assist limited-resource families in becoming more self-sufficient and self-reliant. 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 also gain the knowledge about the relationship between health and basic nutrition, food safety, food preparation, and resource management.

The Eat Smart New York Program (ESNY) provides nutrition education workshops to SNAP and SNAP eligible adults and children in the community. The program teaches participants on how 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 in real time as participants have the opportunity to observe food preparation 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 Farmers Market Nutrition Program (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. The purpose of the FMNP is not only to access affordable produce, but also to educate about the health benefits of fruits and vegetable and develop skills in the area of selecting, preparing and storing fruits and vegetables in ways to positively affect dietary behavior change. The FMNP expands awareness and use of farmers markets which adds to the framers’ income by cultivating new customers and increased sales. Direct marketing of farm products through farmers markets is an important sales outlet for agricultural producers.

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 where parents 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 their children’s healthy adjustment and development.
4-H Youth Development

4-H, the nation’s largest youth development and empowerment organization, cultivates confident kids who tackle the issues that matter most in their communities right now. Locally this is accomplished through 4-H clubs, county programs, outreach, and school enrichment programs.

The 4-H Club Program is the backbone of Oswego County 4-H. It is more than awards and ribbons; it is about people, experiences, lifelong skills and memories. This past year, 4-H members completed project work in veterinary science, public presentations, shooting sports, sewing, animal science, robotics and so much more. In addition, 4-H clubs served the communities through a variety of community service projects: sewing dog beds which were donated to a local animal shelter, assembling and distributing holiday baskets, and manning the Salvation Army Red Kettle Drive stations.

While 4-H clubs are the foundation for the Oswego County 4-H Program, the 4-H staff has developed a very strong school enrichment program. Oswego County 4-H educators provided educational programs in all nine Oswego County school districts and three private schools. Farm to Table, Sun Safety, and Insectaganza were just three of the programs taught in the classroom this past school year. In addition, the 4-H educators continue to coordinate local Ag in the Classroom’s Agriculture Literacy Week and Progressive Agriculture Safety Day. These two special educational programs reach over 2100 students combined. They also help to connect the agriculture community with the schools.

The Oswego County 4-H Program participated in a special one year grant funded by the New York State 4-H Foundation which focused on educating the public and youth on terrestrial and aquatic floral invasive species. Oswego County 4-H teens worked alongside an educator providing educational programs and displays at farmer’s markets, fairs, school programs and summer recreation programs.

The Amboy 4-H Environmental Education Center serves as an extended classroom for Cornell Cooperative Extension of Oswego County. It is a 150 acre nature preserve, camp and educational facility that provides guided nature interpretive programs year round to schools, youth organizations, churches, and the general public. These educational programs are made possible with a grant from the New York State Office of Parks, Recreation and Historic Preservation. This past year, Cornell Cooperative Extension of Oswego County received a Community Arts Grant from CNY Arts to fund Nature Inspires at the Amboy facility. This special series of programs connects nature with art through hands on workshops. How to paint faux stain glass, miniature basket weaving, and wood carving in the round are some of the workshops held in 2016.

The 4-H Program of Cornell Cooperative Extension of Oswego County 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 95 years and will continue to do so long into the future.
1. County Funds:
   Appropriation from Legislature $410,310 39%

2. State Funds:
   Includes County Law 224 Formula, Special Projects, Direct Aid, University Resources, and Fringe Benefits $284,477 28%

3. Federal Funds:
   Includes Smith Lever, EFNEP, Special Projects, Direct Aid, University Resources, and Fringe Benefits $173,823 17%

4. Other Sources of Support:
   Includes Enrollment Fees, Program Participation, Contracts, Grants, Program Contributions, and Value of Other County Support $165,658 16%

Total Estimated Support to Association $1,034,268 100%

Cornell Cooperative Extension of Oswego County Financial Support

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