Cornell Cooperative Extension
Seneca County

2017 ANNUAL REPORT

“PUTTING KNOWLEDGE TO WORK FOR OUR COMMUNITY”
As we prepare to enter our Centennial Year next year, (the Charter establishing the Seneca County Farm and Home Bureau was signed on Dec 29th, 1917, so we are planning to mark the anniversary over the course of 2018) 2017 was once again a busy and successful year. We continue to be an important piece of the fabric of Seneca County, supporting the vital areas of Agriculture, Nutrition, Youth and Families, Home Horticulture and Natural Resources, and Community and Economic development. Furthermore, we are recognized by both campus and peer Associations for the quality of our staff and the strength of our programs.

We are happy to report that we received our re-accreditation, meaning we are a healthy Association with stable finances, programs, and leadership. Our support from the County and outside funders remains steady. The four major grants/contracts we had in 2016 continued in 2017, albeit in some cases in a reduced amount. As our Farm to School grant comes to a close, we are optimistic that we will be refunded for the next cycle thanks to the progress we have been making and the contributions we have made to the state-wide Farm to School program (see the story inside). Although it had to be reworked, the Creating Healthy Schools and Communities grant is continuing to support Mo and now Patti to help the Waterloo area with Worksites Wellness, Complete Streets, and Healthy Retail.

We had no one leave the staff this year, although we did have two hires. One was Robin Houseworth as our 4-H Afterschool Educator at South Seneca with the Extended School Day Grant. She is doing a great job and our program is going very well there. The other was Teresa Gable as our Summer Farmer’s Market Educator through Finger Lakes Eat Smart NY. It proved to be great for both us and Teresa, as she is a science teacher during the year and a former Health Dept Educator. Sue Petersen has been an invaluable addition in her role of Frontline Nutrition Educator made possible thanks to the funding from the Seneca County Board of Supervisors.

Our ties with campus as well as local legislators are strong and are growing. We want to thank both State Senator Pam Helming and Assemblyman Phil Palmesano for the time and attention they have given us. Sen. Helming served as one of our Jr. Iron Chef Judges at Celebrate Commemorate and when we saw her at Empire Farm Days she asked when the next event was! When our 4-H youth visited Albany for Capitol Days Assemblyman Palmesano took a full hour with them in genuine discussion. We continue a great working relationship with Prof Rick Evans’ Engineering Communication classes which have been doing service-learning projects with us in a number of areas. This provides critical additional resources that we simply do not have the ability to pay for (or have time to do) otherwise. Look inside for the interns we had this summer!

You know by now that our staff is not only involved providing services and programs in Seneca County but is up to their ears supporting and leading CCE educational efforts regionally and across the state. From Project Work Teams, to task forces, to planning committees, to presentations and workshops in the region or for other Associations, every one of our staff get involved beyond our borders. This is good for our CCE system, our Association and for their professional development.

As we say every year, this report can only skim the surface of all that goes on with SCCCE. Please call, stop, or look at our website if you would like to know more about our programs. For the most up to date information, “Like” us on Facebook and listen to us on the first Thursday of the month at 8:36 in the morning on WGVA, 1240 AM or 95.9 FM.

And also once again, thank you to all of our volunteers, especially those who help us teach, support us in the office, provide monetary and in-kind resources, and give guidance as members of the Board of Directors. Without your hard work, our Association's efforts on behalf of the people of Seneca County would not be possible. And thank you to all of you who take our classes, call with questions, make suggestions and participate in our programs. It is our sincere privilege to bring information and programs from across the Land Grant system to you so that you can have that information to make informed decisions and a better life.

Phil Griswold  W. Averell H. Bauder
Board President  Executive Director
Cornell Cooperative Extension of Seneca County Board of Directors 2017

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Mission Statement
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.

Donors & Partnering Organizations:

- 1886 Malt
- AmazonSmiles
- Barbara Sessler Memorial Fund
- Buckley-Wolf Scholarship Fund
- Buckskin Bowmen’s Club
- Buffalonian Food Truck
- Bunschuh’s Greenhouses
- Cabin View Alpacas
- Cayuga Lake Creamery
- Cayuga Lake Wine Trail
- Cayuga Ridge Winery
- Charlie and Marchael Heitmann
- Christ Episcopal Church, Willard
- Cider House
- Cobblestone Farms Winery & Vineyard
- CCE Associations of Livingston, Ontario, Schuyler, Steuben, Tompkins, Warren, Wayne, & Yates Counties
- David and Bertha Stolfus
- Design Connect, Cornell University
- Don & Lisa Freier
- Don & Ann Cobb
- Empire Farm Days
- Finger Lakes Cider Alliance
- Finger Lakes Culinary Bountiful
- Finger Lakes Health
- Finger Lakes Land Trust
- Finger Lakes National Forest
- Finger Lakes Packaging
- Finger Lakes Radio Group
- Firehouse Distillery
- Five Point Correctional Facility
- Frontenac Point Vineyard
- Gene & Faith Tam & Family
- Goodnature Products, Inc
- Happy Helpers Fund
- Ian Merwin/Black Diamond Farm LLC
- Interlaken, Lodi, Ovid, Romulus, Seneca Falls & Waterloo Summer Rec Programs

- Interlaken, Lodi, Ovid, Seneca Falls, and Waterloo Libraries
- Janice Serfen Memorial Fund
- Jeffrey Trout
- Jerome & Ruth Marshall
- Jim & Mary Fravil
- John Jahna
- Juneberry Farm
- Knapp Winery & Restaurant
- Kuneytown Sportsmen’s Club
- Linda DePuy
- Linda Jahna Memorial
- Lively Run Goat Farm
- Lost Kingdom Brewery
- Lyons National Bank
- Marshdale Farms
- Mastercraft/Zenan
- Meadville Pumpkin Farm
- Montezuma National Wildlife Refuge
- Morton Buildings, Inc
- Muranda Cheese Co.
- Natural Resources Conservation Service
- Niagara Label
- NYS 4-H STEM Project Work Team
- NYS Agricultural Experiment Station
- NYS Department of Agriculture & Markets
- NYS Department of Environmental Conservation
- NYSERDA
- NYS Pork Producers
- NYS Troopers
- North Seneca Ambulance
- NuCO2 Supply, LLC
- Ovid Fire Department
- Ovid/Willard Lions Club
- Ovid Big-M
- Pleasant Garden
- Pure American Honey
- Prof. Rick Evans, School of Engineering, Cornell University
- Red Jacket Orchards
- Romulus, Seneca Falls, South Seneca, and Waterloo Central School Districts
- Rose Flack Memorial
- Rusty Tiller

Best wishes to our Board Secretary Dr. Amy Simolo who resigned in August to take a new position at the University of Scranton. Ann Heizman was appointed Secretary for the remainder of the year.
Seneca County Cornell Cooperative Extension is supported by a unique partnership of county, state and federal governments. This support includes both direct dollars into the operating budget and indirect dollars paid in the form of fringe benefits, university resources and special project funding by Cornell University utilizing both federal and state monies. Other sources of revenue include program participation and enrollment fees, outside grants and contracts, restricted contributions and interest income.

**2017 Revenue through November:**
**$750,089**

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**VOLUNTEERS CONTRIBUTION**
208 volunteers contributed 9039 hours valued at $218,201 in support of Seneca County CCE.

**Centennial Donors:**
Brewer’s Septic & Port-Johns; Byrne Dairy; Community Bank; del Lago Resort & Casino; DeLong Company; Farm Credit East, ACA; Fleur De Lis Brew Works; Hon. Michael Nozzollo; Meadville Farm Pumpkin Patch; Myer Farm Distillery; Rodman Lott & Son Farms; Schrader’s Meat Market; Seneca Falls Rotary; Sheldrake Winery; Sinicropi Florist; Three Brothers Wineries and Estates; Toro Run Winery; Upstate Milk; Waste Connections/Seneca Meadows; Westwind Farms

**Donors and Partnering Organizations Continued**
- Sauder’s Market
- SZAY Rural Health Network
- Schrader’s Meat Market
- Seneca Cayuga ARC
- Seneca County Board of Supervisors
- Seneca County Departments: Emergency Services; Health; Human Services; Office for the Aging; Planning & Community Development; Real Property Tax Services; Workforce Development; Youth Bureau; Sen Co. Employee Wellness Committee
- Seneca Co Agricultural Society
- Seneca Co Agriculture Enhancement Board
- Seneca Co Board of Supervisors
- Seneca Co Chamber of Commerce
- Seneca Co Farm Bureau
- Seneca Co Head Start
- Seneca Co Industrial Development Agency
- Seneca Co Literacy Committee
- Seneca Co. Partners for Children, Youth, & Families
- Seneca County Shopper
- Seneca Co Soil & Water Conservation District
- Seneca Co United Way
- Seneca Co Beef Producers
- Seneca Co Substance Abuse Coalition
- Seneca Falls Community Center/Rec Dept
- Seneca Falls Development Corporation
- Seneca Falls Farmers’ Market and Vendors
- Seneca Falls Kiwanis Club
- Seneca Falls Rotary Club
- Seneca Lake Wine Trail
- Seneca Meadows/IESI
- Seneca Towns Engaging People For Solutions (STEPS)
- Sharon Nelson Memorial
- Sharon Secor and Reed Balewski
- Shelley Fletcher
- South Seneca Extended School Day Program
- Standing Stone Winery
- Steve, Nicole and Luke Ferrara
- Three Brothers Winery
- Tastes of Wine Country
- Tastefully Simple
- Thirsty Owl Wine Company
- Tie Dye Dreamers 4-H Club
- Tractor Supply Center, Seneca Falls
- Vance Metal Fabricators
- Vandervoorde Memorial
- Waid’s Honey
- Wagner Valley Brewing Co.
- Walter and Doris Wolf
- Waterloo Container
- Waterloo Celebrate/Commemorate Committee
- Waterloo Rifle and Pistol club
- Waterloo Rotary Club
- Waterloo VFW Women’s Auxiliary
- Wegman’s
- Westwind Farms
Agricultural Economic Development
With our vineyards and wineries, dairy and swine farms; acres of corn and soybeans and more, overseen by “English”, Amish, and Mennonite producers, we have a rich diversity of agriculture, making it the number one industry in Seneca County. SCCCE supports this industry through our Agricultural Economic Development Specialist, Derek Simmonds, and the four Agriculture Specialty Teams. Seneca County dollars are leveraged by bringing high level expertise to the county with these regional teams specializing in vegetables, grapes, dairy, livestock, field crops, and small farms as well as product processing. The teams provide nearly 20 more specialists to support our County producers.

2017 Programs

• Farm visits and consultations
• Distribution of direct farm marketing brochure “Experience the Farms of Seneca County”
• Corn Congress at the Holiday Inn
• Soybean & Small Grain Congress at the Holiday Inn
• Juneberry Festival in Willard
• “Celebrate Seneca County Agriculture” at the Seneca County Fair
• Seneca County Ag display at Empire Farm Days
• Log-Based Mushroom Production Workshop
• Finger Lakes Craft Beverage Conference
• Seneca Produce Auction Assistance
• Beginning Maple Production workshop
• Finger Lakes Agriculture Report radio program
• Vineyard Tailgate Meetings
• Vegetable Pest & Cultural Management Field Walks
• Introduction to Purchasing at the Seneca Produce Auction workshops
• Discussion with Romulus Envirothon Group
• Cider Week at the Seneca Falls Farmer’s Market
• Sanitation Training at Summit Milk Products

JUNEBERRY FESTIVAL
Seneca County farmer Guy Lister, owner of Juneberry Farm, was having trouble selling his juneberries, which are a new and relatively unknown fruit in New York State. Guy owns the largest juneberry planting in NYS and was expecting his first large harvest of berries. His farm is largely u-pick, so he relies on people coming to visit his farm. When he sought help we decided to work with Guy to organize a community event to promote his farm and juneberries. The resulting festival exceeded all expectations and proved to be a success not just in driving business to Guy, but in highlighting the important part CCE plays in supporting and promoting local agriculture.

When first organizing this event, we expected between 20 and 30 people. When the event took place, from 5-7 PM on June 29th, we had around 200 people in attendance. This was great for Guy and Juneberry Farm- they were able to sell lots of Juneberries and, more importantly, they had the opportunity to get the word out about this great tasting and nutritious berry that is new to the area. It was great for Seneca County as well, we’re now co-organizers of the oldest Juneberry Festival in the United States!
Harvest New York's goal is to expand and enhance Cornell Cooperative Extension's regional agriculture programs to spur agricultural economic development in NYS. The team began in 2012 in Western New York, expanded into Northern New York in 2016, and now extends into New York City to better serve all of New York. Six project areas are covered by Harvest New York Specialists: **Dairy Food Processing and Marketing, Local Food Distribution and Marketing, Urban Agriculture, Farm-Based Beverages, Livestock Processing and Marketing, Farm Strategic Planning.** Dairy Processing Specialist Carl Moody worked extensively in the County this year, conducting trainings at the Summit Milk Products and consulting with Tom Murray of Muranda Cheese.

**The Northwest NY Dairy, Livestock and Field Crops Team** is one of the outstanding regional agricultural Cornell Cooperative Extension programs in New York, serving a 10-county region in the western part of the state. The team's specialists work together with Cornell faculty and extension educators statewide to provide service to the farms large and small whether dairy, livestock, hay, corn, wheat or soybean focused. The team is part of the Cornell College of Agriculture & Life Sciences' Pro-Dairy program outreach. Educational programs and individual assistance cover a wide area of best management practices and as well as dairy farm business. The team annually holds 2 regional meetings at the Holiday Inn in Waterloo, the Corn Congress and the Soybeans and Small Grains Congress.

**The Cornell Vegetable Program** is one of the premier regional agricultural CCE programs in NYS, serving a large multi-county region in the western and central parts of the state. The team's Vegetable Specialists work together with Cornell faculty and Extension Educators to address the issues that impact the industry. The CVP provides educational programs and information to growers, processors and agri-business professionals, arming them with the knowledge to profitably produce and market safe and healthful vegetable crops, contributing to the viability of farms and the economic wellbeing of NYS. Specifically, our program focuses on food safety, variety evaluation, market development, pest management, and cultural practices. CVP staff was instrumental in establishing the **Seneca Produce Auction** and actively work with county producers.

**The Finger Lakes Grape Program (FLGP)** is a regional extension program of CCE serving the grape and wine industry of the Finger Lakes. The FLGP provides unbiased, research-based information to the region's grape growers in areas including vineyard and pest management practices, new vineyard establishment, farm business management, marketing and business development and more as a means of supporting the industry's growth and long-term sustainability. In the last Ag Census Seneca County ranked second in the state in the number of wineries. SCCCE's Executive Director currently serves as the Chair of the FLGP’s Administrative Management Group.
2017 saw the return of our public electronics recycling event. In November we partnered with Seneca Meadows who provided “roll-offs” and staffing, the Seneca County Recycling Dept., and contracted with Proshred for on-site document shredding to do a drop-off event in the Tops parking lot in Waterloo. With a constant line that weaved through the lot from 8:30 am to 1 pm, 4 ½ large containers were filled and sent on to Sunnking electronics for recycling. Seneca GR&EEEN members handed out 100 Blue bins, as well as “What Recycles” magnets, County recycling guides and collected disposable batteries. We again ran “clip and save” half page ads in the Shopper in April and November and the United Way issue of The Reveille Between the Lakes that goes to every county household listing what can be recycled in the county. An Engaged Cornell group worked on updating the www.senecarecycles.org website and we hope to roll it out in 2018.

A new group of Seneca GR&EEEN, (Generating Recycling and Energy Education Now, the Association’s teen peer education group in the areas of recycling and energy) members were recruited and trained in February. They helped with a Climate Change Summit held at Mynderse Academy, presented to every county 6th grader at Outdoor Education Field Day and also were responsible for the 4-H Sustainable Energy Booth at Empire Farm Days. Senior Margaret Montag demonstrated the Energy Bike at the State Capitol when CCE EDs came for Legislative Day. Several also worked the Sustainable Energy Booth at the NYS State Fair.

Well Deserved Recognition. In 2017 our hard working staff continued to be recognized for their scholarship, leadership and service. Nutrition Issue Leader Mo Tidball had several articles published in journals and websites related to food security, the Wild Harvest Table, and her research on the nutritional values for wild game and fish. 4-H Youth Development Issue Leader Rachel Williams garnered yet another award, this time a State 4-H Special Recognition Award for her collaboration with Cayuga County CCE on the Produced in NY program. This year also marks Horticulture Subject Educator Patti Battley’s 20th anniversary with Seneca County CCE! Patti’s responsibilities and areas of expertise go well beyond gardening and we could not function without her. Every day these women give their all to make a difference in the lives of the people of Seneca County. We are lucky to have them as part of our staff and we are the envy of those around us. Congratulations, Mo, Rachel, and Patti!!!!
4-H Program Spotlight

It has been an another incredible year for Seneca County 4-H. Our collaboration with South Seneca and the Extended Day Program continues with our educator, Robin Houseworth. Susan Coyle has re-invigorated our 4-H Ag and animal programs, with several new clubs and events/activities organized. Shooting Sports under the coordination of Rachel and Mo has found its legs and is growing steadily. Youth have been participating in Citizen Science activities. Volunteer leader Allison Sacheli continues to lead a group back into the 1860s. And of course there has been the regular club activities, trips, and fairs.

4-H Tractor Safety

2017 marked the return of the 4-H Youth Development Tractor and Machinery Operation Program to Seneca County after many years. In its successful return, eight youth participated in the safety course. The course is designed to raise safety awareness and develop employment skills. 4-H Volunteer Leaders Jared Marshall, Marshdale Farm, and Curtis Horning, Horning Dairy Farm, came forward to coordinate and teach the five week course and an additional day for testing for certification. 4-H Youth Development Educator, Susan Coyle, acted as the Community Lead Instructor with training through Penn State Extension. The course covered training on operating tractors and machinery. Both Empire Tractor and Monroe Tractor hosted the youth at their businesses to learn all about the equipment they have. This included learning about tractor controls, preventive maintenance, as well as mounting and dismounting tractors. They also learned the financial value of modern agricultural equipment.

A representative from The New York Center for Agricultural Medicine and Health spent an evening with program participants. Fabulous demonstrations showed how tractor rollovers can happen, the importance of a Roll Over Protection System, and the need for shields on Power Take-Offs. The Junius Volunteer Fire Department showed the equipment on their rescue truck that they often use in case of an agricultural accident. They talked about situations that communicated the importance for the need for prevention of incidents.

Youth were introduced to the dangers of a working grain farm, including grain bins, as well as working around fertilizers at Blowers Agra Service. Farm Bureau member, Tamara Lott, shared her expertise at this gathering. A visit to the Horning Dairy Farm showed safety precautions when working with livestock. The youth were also given the opportunity to practice driving a skidsteer that evening.

To receive certification upon completion of the classes and at home study, youth need to pass a written exam and navigate a tractor and wagon through a course after completing a pre-operation check. This certification allows fourteen and fifteen-year-old youth to operate equipment off their family farm. Youth that participated reported that they had learned how to hook up an implement, what the hand signals are for turning, and how PTO’s can catch you easily. Nearly all of the youth shared that their favorite part of the classes was driving the tractors and skidsteer.

One youth found employment at Rosenkrans Farm after completion of the course. Farm owner, Jeff Rosenkrans shared, “The employability skills that Isaiah brought with him from the course were so valuable to the Farm. His knowledge and confidence from the experience he gained through the course has made him a great asset to our Farm. Because of that, we have continued his employment. It is a wonderful program; I hope the program is available next year to other students.”
HOME HORTICULTURE/MASTER GARDENER PROGRAM

Seneca County CCE Master Gardeners were awarded the chance to participate in the Master Gardener Volunteer Community & School Garden Liaison Project. The goal was to connect Master Gardener Volunteers (MGV) with edible community gardens to provide technical support through site visits during the growing season.

A new community garden was being started in Ovid, NY and one of Seneca County’s MGV’s lives near that area and already had a good working relationship with the Edith B. Ford Memorial Library in Ovid, who was a partner in getting the garden off the ground. Shelley Pletcher was our MGV Liaison and she was very actively involved in the garden from the beginning. The garden is located on Village property within walking distance of the South Seneca Junior-Senior High School and Verona Village, a senior housing complex. Collaborators include the South Seneca school district; STEPS (Seneca Towns Engaging People for Solutions); the Village of Ovid, which provided the space and water; the Willard/Ovid Lions Club; the Edith B. Ford Memorial Library; and Cornell Cooperative Extension of Seneca County.

Many groups, organizations and individuals helped get the garden built and functional. That group of people included 29 male adults, 21 female adults, 26 male youth and 25 female youth. The garden boasts 20 raised beds which were all adopted for the 2017 growing season. Many local groups donated the materials necessary to build the garden. South Seneca Tech classes helped with raised bed construction. VanHorn Heavenly Tree Care donated the wood chips, Wagner Vineyards donated the fence posts, Cayuga Composting donated the soil and Brewers Septic donated a porta potty for the site.

Two beds were adopted by a boy scout troop. Two beds were adopted by an after school program at the Edith B. Ford Memorial Library, one bed was adopted by a 7th grade English class and another by an 8th grade English class at the school. CCE of Seneca County adopted one bed and the rest were adopted by individuals or couples.

To start the season Shelley came up with the idea to have a Garden Soup and Chat session at the library in February to get people excited about the community garden and allow them to ask questions and be able to adopt a bed. This was extremely successful and attended by 17 people with 10 more at the library for another program who also learned about the garden.

Shelley also worked during the spring with a LIFT kids program at the library to plant seeds and start them under grow lights and to direct sow spring crops at the community garden beds. Shelley made frequent site visits and helped to guide and educate those involved. One challenge for her was that because it was a community garden people would come and work on their plots at any time of the day or night and she couldn’t be present to see and talk to everyone. Shelley came up with two ideas to better reach those involved.

One was to install a rural mailbox at the site where she would leave pertinent fact sheets for the participants to pick up and read. The second was to email participants on a regular basis with news about what to look for in the garden or what she had noticed might be a problem and how to solve it. These communications enabled her to reach everyone without having to physically try to be at the garden all the time.

There are plans in the works to expand the garden for next season with a storage shed and composting bins and also install elevated beds for seniors and disabled wheelchair and scooter users. Also working on getting more kids involved with outdoor classroom ideas and creating a “growing lab”. Shelley also plans to do two Soup and Chats next year in February, one at the senior living center and one at the library.
At a Glance- The Human Ecology Nutrition Program at SCCCE continued to serve Seneca County residents through two highly competitive New York State grants- a NYS Ag & Markets Farm to School grant and NYS DOH Creating Healthy Schools and Communities grant. Other food and nutrition programs that continued were The Wild Harvest Table, Food Preservation workshops, a monthly radio nutrition interview with Ted Baker on Finger Lakes radio group, nutrition activities with area schools and other partner organizations, the Farmers Market Nutrition Program, and nutrition education to the public in a number of venues like Empire Farm Days, news articles, Waterloo’s Celebrate Commemorate Memorial Day, and other local health fairs and festivals. Topical food and nutrition workshops for the public were held at our office throughout the year, such as a Gluten Free Workshop, Heart Healthy Workshop, Weight loss Group, Let’s Preserve It workshop series, and Herbal Education.

Farm to School— SCCCE continued to work on the NYS Agriculture and Markets Farm to School grant with all four school districts in the county to integrate local farm-fresh foods into the school meal system, promoting nutrition education in schools with the goal of increasing literacy around nutrition, health, and local agriculture. The “I Ate Local Today” sticker was created by our team and picked up by NYS Ag & Market’s statewide Farm to School Program who printed over 200,000 of these stickers for use across the state...way to go Christie Brewer with the graphic design and Sue Petersen with the concept! The SCCCE farm to school team introduced new local produce items to students by offering taste samples in the cafeterias, such as asparagus, snap peas, kale, and strawberries and sent home recipes for families to try. We also worked with the food service directors to create new menu items such as “Squashed” a mashed potato-like squash entrée. SCCCE is working with producers and distributors to increase access to local produce for the schools. We applied for another round of Farm to School funding to keep building on the farm to school momentum and hope to continue this project with two more years of NYS Agriculture and Markets grant funds.

For the second summer in a row, FL Eat Smart New York was able to provide us with funds to hire a summer nutrition educator. Teresa Gable, who is also a local science teacher was able to help us provide education at the Seneca Falls Farmers’ Market, food pantries, summer rec programs and other public venues.

Worksite Wellness– Through Genesee Valley BOCES, SCCCE was awarded the worksite wellness community piece of the NYS Department of Health’s Creating Healthy Schools and Communities grant for Seneca County. FY2018 will be the third year of this grant funding and the focus has been scaled back to just serving the communities around the Waterloo School District. SCCCE can provide nutrition workshops and worksite wellness strategies to any worksites within this district. For instance, a lunch and learn was offered to Arc of Seneca County about eating healthy at work and a cooking class with farmers market produce was offered for Seneca County workers over this past year.
Culinary Tent Recipe Contest
A highlight for the 2017 Nutrition Education Program was the 1st Annual Seneca County Healthy Original Recipe Contest! The recipe contest was conceptualized by Sue Petersen, CCE Nutrition Educator as a local community event which invited all of Seneca County to submit an original healthy recipe to be judged and presented publically at the Celebrate Commemorate Memorial Day Event in Waterloo. The first place winner was Deb Bush for Late Summer Lentil salad which featured local sweet corn.
Second place went to Delia Olufsen for an easy Pasta and Veggie Dish with local vegetables. Third place went to Dale Jackson, who included in his famous meatloaf local free range eggs. The winners received a Wegman’s Gift card and were featured as a local recipe creator throughout our other summer programs, such as the Seneca County Fair, local food pantries, festivals, the SF Farmer’s Market, and Empire Farm Days. A nutrition fact label was created by Sue to be included on each recipe card and the top 3 recipe creators’ names were highlighted. The fact label was used to educate the public on the importance of ingredient amounts and nutritional food quality. Samplers were encouraged to purchase local products in order to promote the Seneca County economy. The impact was widespread and well received with over 500 recipe cards distributed for each recipe. Over 400 taste samples of the first place recipe were handed out at Empire Farm Days.

The Wild Harvest Table
Hunting and fishing is enjoyed by many residents of Seneca County and the Wild Harvest Table website is a resource for nutrition and preparation information to safely bring wild game and fish to the table. Last fall, Mo Tidball joined Celeste Carmichael as part of the campus county webinar series to share about the Wild Harvest Table Program. This program is a perfect example of combining campus research with community needs. Not only does this program serve the local community, but it has gained attention nationally, and Mo was invited to speak at the International Hunter Education Association annual meeting in Oregon in May 2017 about this work.

Dietetic Intern
For the 6th year in a row, we were chosen to host a Dietetic Intern from Cornell as part of the Academy of Nutrition and Dietetics testing requirements. This past fall we were joined by Twila Linville who was a true asset to our office, helping with Farm to School, CHSC, Farmers Market Nutrition Programming, wild game nutrition research and so much more.

Best of Luck, Twila!
Summer Interns Supplement Staff and Enhance Programs

We were very lucky to have 2 Cornell and one Houghton College intern this past summer who greatly expanded our Climate Change outreach and our Communications/Public Relations capabilities.

Emma Bankier and Jake Pero worked with us to develop Climate Change resources for public events as well as specific information focusing on climate and agriculture. Emma and Jake provided this information at both Seneca County Ag Night and Empire Farm Days. They also interviewed local producers on what they have seen in terms of climate change and what they have done to adapt. They were with us as part of the CCE Summer Internship Program and the Cornell Institute for Climate Smart Solutions was our on-campus partner.

Melissa Hodde is one of our 4-H Alums, having been a member of Seneca GR&EEEN as well as a Junior Master Gardener. She is a strong writer and was our Communications Intern for the summer, writing stories on the Memorial Day Culinary Tent, Juneberry Festival, Cornell Career Explorations, Farm to School, the Summer Extended Day program and more. We did not appreciate how much we needed her help until she got here. We realized it even more when she went back to Houghton! These types of college connections provide vital resources for our Association as well as give us the opportunity to provide meaningful, practical, experiences and serve as mentors for these young leaders as well.

Engaged Cornell and Design Connect

We continued our relationship with the College of Engineering and its Communication for Engineering Managers class with multiple groups both in the Spring and Fall. They worked on programs ranging from Farm to School, to the Seneca Recycles Website, the Fitness Trail Guide, creating a recycling Facebook page and campaign, and working with the 4-H Extended School Day program. While the 4-H group was working on general awareness of 4-H and recruiting leaders, they also wanted to have a hands on experience, so they designed and led a workshop for our South Seneca Middle School Extended Day Science Club. It was great to have these MS students meet and talk with Cornell Engineering students and a learning experience for the Cornell students as well.

We were successful in attracting another Design Connect Team that this time worked on a Wellness/Fitness trail to connect the County Building with the new Health and Senior Services Building (the former BonaDent headquarters). This came about as a result of Mo and Patti’s work with the CHSC grant and the county Wellness Committee. Public input meetings were held in the fall and the recommendations/report will be given to the Board of Supervisors in February.

Also we are working with a group of Senior Sociology research students through the PRYDE program to develop an evaluation for our After School program. This is in collaboration with several other CCE Associations. While focused on the Extended School Day program at South Seneca, it will provide a template that can be used with other and future afterschool programs.

Making WAVE(s)

WAVE stands for Water Assessments by Volunteer Evaluators, and as part of the Extended Day program this summer several youth and staff did a sampling of Hector Creek. After dredging the creek bed the group returned to South Seneca to identify the critters found. Samples were sent to Albany and it was determined that the creek is in good health!