ANNUAL REPORT 2015

Page 2

2015 Roster

Staff

Barbara Sacks, Executive Director
Administration — 914-285-4620
Judy Gogilinho, Bookkeeper
Martha Moebechel, Administrative Assistant/
Nutrition Data Manager
Patricia Pascreata, Administrative Assistant/
Distance Learning Coordinator

Horticulture, Natural Resources, and the Environment Program
— 914-285-4640

Youth and Family Development Program
— 914-285-4630

Nutrition and Consumer Sciences Program
— 914-285-4630

4-H Youth and Family Development Program
— 914-285-4620

Nutrition and Consumer Science Program
— 914-285-4630

Collaborators and Partners

New York State Office of Parks, Recreation and Historic Preservation
New York State Energy Research and Development Authority
New York State Arts & Landscape Association, White Plains
New York State Tartar Foundation, Albany
Northeastern University
Northwest Extender, Pleasantville
NYC Department of Environmental Protection, Valhalla
NYC IPM Program at Cornell University, Geneva
OPUS: Organization of People Unwanted at Stude, Hartsdale
PACT (Parents & Children Together), White Plains
Peaclique 24, Yonkers
Park Avenue School, Port Chester
Park School, Ossining
Parsons Memorial, Harrison
Peekskill City School District
Peekskill Farmers’ Market
Peekskill High School
Peekskill Youth Bureau
Peipsi, Purchase
Pepe Rotting, Somers
Pepenakamoo School, North Salem
Philips Manor Hall State Historic Site, Sleepy Hollow
Pleasant View Farm, Brewster
Pleasantville Public Pool
Pocantico Hill School, Sleepy Hollow
Port Chester Career Center
Port Chester Middle School
Port Phillip High School
Port Phillip Youth Bureau
Preservation Project Hope, Peekskill
Prayin Sanctuary, Saw Mill River Audubon Society, Chappaqua
Pulaski Elementary, Yonkers
Ripppowam Cusqua School, Mt. Kisco
Riverview Health, Yonkers
RJ Bailey Elementary School, Greenburgh
Rockland Alpine Home High School, White Plains
Rocky Hills, the Gardens of William and Henriette Suh, Mount Kisco
Rosendale Nursery, Hawthorne
Rotary Club, East Yonkers
Rye Nature Center
Sanford Terrace, Mt. Vernon
Scarsdale Public Library
Scarsdale School District
Scholaric Academy, Yonkers
Sea Horse, Yorktown
Search for Change, Mamaroneck, Scarsdale
SER, “We Care”, Port Chester
Shieldo Environmental Center, Larchmont
Sherwood House, Yonkers
Shiloh Baptist Church, New Rochelle
Silk Lake Community Garden, Croton-On-Hudson
Somer’s Central School District
Sons High School
Sony Corporation of America
Soundview Clinic, New Rochelle
Soundview Apartments, New Rochelle
Southern Westchester ROSES, Valhalla
Springbrook Elementary School, Dobbs Ferry
St. Denis Headstart, Yonkers
St. Francis AME Church, Port Chester
St. John’s Riverwalk Hospital, Yonkers
St. Joseph’s Hospital, Yonkers
St. Matthew’s Head Start, Ossining
St. Peter’s Neighborhood Food Pantry, Port Chester
Star of Bethlehem Baptist Church, Ossining
State University of New York Stone Burn Center for Food and Agriculture, Pocantico Hills
SW ROSES at Carver Center, Port Chester
TBD Bank, Thornwood
Teatown Lake Reservation, Ossining
Taconic Gardeners Club
Theodore Young Community Center, White Plains
Toll Elementary School, Briarcliff Manor
TOP (Transitional Occupation Program), Yonkers
Town of Bedford
Town of Cortlandt
Town of Dobbs Ferry
Town of Greenburgh
Town of Lewisboro
Town of North Salem
Town of Somers
Town of Somers Conservation Board Town of Yonkornment
Union Baptist Church, White Plains
Union Food Bank for Life, White Plains
Union Free School District of the Tarrytowns, Tarrytown
United Hebrew Geriatric Center, New Rochelle
Untermeyer Gardens, Yonkers
Urban League of Westchester, White Plains
VanCortlandville Elementary School, Mohegan Lake
Village of Bronxville
Village of Chappaqua
Village of Larchmont
Village of Scarsdale
Vite School, Yonkers
Wampus Elementary, Armonk
Ward Acres Community Garden, New Rochelle
Watershed Agricultural Council, Yorktown
Wave Hill, Bronx

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Watershed Agricultural Council, Yorktown
Wave Hill, Bronx

Westchester County Agriculture and Farmland Protection Board
Westchester Community College
Westchester County Department of Environmental Facilities – Recycling Office, White Plains
Westchester County Department of Health, White Plains
Westchester County Department of Parks, Recreation, and Conservation, White Plains
Westchester County Department of Planning, Yorktown & White Plains
Westchester County Department of Social Services, White Plains
Westchester County Department of Senior Services, White Plains
Westchester County Global Warming Task Force
Westchester County Pest Management Committee, White Plains
Westchester County Youth Bureau, White Plains
Westchester Greenhouse, Hartsdale
Westchester Independent Living Center, White Plains
Westchester Jewish Community Services, White Plains
Westchester-Fairfield Horticultural Society, Cos Cob, Connecticut
Westchester Turf Supply, Inc., Lincolndale
WestCOP, Early Childhood Program, Elmsford, Ossining, White Plains, Yonkers
Westhal, Mt. Vernon, White Plains, Yonkers
WestHELP, Greenburgh, Mt. Vernon
Westchester ROSES, Briarcliff Manor
WestPAC, White Plains
White Plains Beautification Foundation
White Plains Historical Society
White Plains Library
White Plains School District
White Plains Youth Bureau
Whitney Young Head Start, White Plains
Whole Foods, White Plains
WILC (Westchester Independent Living Center), White Plains
WICS, Parent-Child Home Program, New Rochelle
WICS, White Plains and Mt. Vernon
WL Moore School, Sleepy Hollow
Woodside School, Peekskill
YMCA, White Plains, Yonkers
Yonkers Children’s Place
Yonkers City School District
Yonkers Community Health Coalition (YCHC)
Yonkers Early Childhood Initiative (ECHI)
Yonkers Historical Society
Yonkers Municipal Housing Authority
Yonkers Parents Achieve, WICS, New Rochelle
Yonkers Public Schools
Yonkers Riverfront Library
Yonkers Will Library
YWCA of White Plains and Central Westchester, White Plains
Zonta Club, New Rochelle

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provide equal program and employment opportunities. Please contact CCE of
Westchester if you have any special needs.

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ANNUAL REPORT 2015

Page 15
As we conclude our 100th year of continual service to Westchester County, we have been reviewing the many changes made in order to stay relevant to the people and businesses we serve. CCE Westchester is older than sliced bread.*

100 years ago, we served mostly farmers. Today, we also serve a broad cross section of non-farm residents and some large industries comprised of many small businesses that employ tens of thousands of Westchester residents. Our horticulture programs serve the very sizeable turf & landscape industry, the golf course industry, the nursery and garden supply industry, the landscape architecture industry, and the hospitality industry.

As our 100th year of continual service to our residents, we have been reviewing the many changes made in order to stay relevant to the people and businesses we serve. As we conclude our 100th year of continual service to Westchester County, we have been reviewing the many changes made in order to stay relevant to the people and businesses we serve. CCE Westchester is older than sliced bread.*

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* Sliced bread was not available until 1928 when the bread slicing machine was created. CCE Westchester was in existence in 1915.
Horticulture, the Environment and Natural Resources

Our professional staff of horticulture, pest management and arboriculture experts provide a variety of services to the public and to the "billion dollar green industry" in Westchester. That industry includes greenhouses, nurseries, turf and landscape businesses, tree services, landscape architects, garden supply houses, municipal owners of parks and public lands, and private and public golf courses. Among the services we provide are:

- On-site laboratory services to analyze soils, plants, insects and other pests.
- Soil test kits that show whether nutrient changes are needed.
- Advice on anything that grows (plants, fungi, etc.).
- Best practices information that protects the environment.
- Training and certification programs for the green industry.
- Education programs for the horticulture consumer.
- Degree day information for gardeners.
- Advice and assistance to farmers.
- Site visits.
- Advice to the green industry on using the best practices and products to stay competitive and viable in Westchester.
- Advice to landlords and tenants about pest management in multi-family dwellings.
- Advice on controlling insects and animals that damage plants or threaten public health.
- Advice to hotels and dormitories about pest control.

Our professional horticulture staff was busy in 2015.

- 1,124 responses to commercial and consumer telephone calls for service.
- 1,372 diagnoses completed for email and lab sample inquiries for service.
- 163 soil nutrient tests facilitated in response to inquiries for soil testing service.
- 17 Commercial site visits performed in response to inquiries for field diagnostic service.
- 2,014 program participants served through commercial/residential presentations and conferences.

The commercial newsletter, *Hudson Valley Horticulture*, was published 10 times in 2015 with a circulation of 720 (mostly) Westchester Green Industry professionals who share the publication with their employees. The CCE Westchester *Horticultural News* has 573 residential subscribers. CCE articles in NYSTLA’s *Green Industry News* have 200 commercial subscribers. CCE’s contribution to the commercial turf publication *Short/CUTT*, has a circulation of over 900. Weekly *Journal News* articles have a circulation of 108,632.

![CCE staff examining a specimen under the microscope.](image)

2015 Paid Support for Cornell Cooperative Extension OF WESTCHESTER COUNTY

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<th>Source of Support</th>
<th>Amount</th>
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<tr>
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<tr>
<td>Total</td>
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In addition to the 5,411 hours* of Master Gardeners volunteer time valued at over $238,220, there were many other volunteers who gave of their time and professional expertise. Among them were 22 Program Resource Committee members who gave over 25 hours each for a total of over 550 hours worth $23,095. 4-H Volunteers donated 1,444 hours worth $60,634. Board Members gave approximately 1,210 hours of volunteer service worth $50,808, not including the time that some gave to teaching in our programs without any compensation. In addition to the registered volunteers, CCE has hundreds of casual volunteers (teachers we train to implement our programs, community partners who deliver our programs for us, business owners who provide information about us, etc.). It is hard to calculate the enormous number of hours they devote to CCE. Similarly, many faculty and staff from Cornell University provide services, time and expertise to us in a wide variety of areas, but we cannot calculate the exact amount of time they give us. Other universities also have contributed expertise to CCE Westchester programs including Rutgers University, Syracuse University, University of Connecticut, the University of Massachusetts, and a dozen other institutions.

*Not all hours were reported by press time.
ANNUAL REPORT 2015

Nutrition and Consumer Sciences

Don Bosco Camp graduation from CCE Nutrition Program.

foods instead of frying now. I have lost 4 pounds since starting the nutrition program.”

Maria O. - “I stopped drinking Soda and have replaced with Seltzer water. I am eating more vegetables.”

Yesenia - “I am drinking more water now and bring my lunch to work to be able to portion control my food and eat more variety of foods from MyPlate. I am eating more vegetables and fruits throughout the day. I am now baking my chicken instead of frying.”

Gabino - “I stopped drinking soda. I have started drinking 1% milk which I did not do before the program. I have also switched from white bread to 100% whole wheat bread.”

ESNY SUCCESS STORIES

Changes Made In Participants’ Own Words

MP - “I am grateful to Eat Smart New York program. I learned what eating the right foods has done for my diabetes and constipation. Also, it does not cost a lot of money to eat right and be healthy. I couldn’t thank the leader of the class enough. With every group there was always something new to learn. I never really knew the value of how much you can do with fruits and vegetables. Living on such a low income it can be done, and I am happy to have been a part of the Eat Smart New York Program.”

A workshop done with a group of home health aides who had heard the presentation about ReThink Your Drink several months earlier. Most of them have cut back on drinking soda and are drinking more water instead. One even drastically cut back the amount of soda and juices from 2 to 3 bottles a day to one a week and said her kids don’t even complain about it. Another woman lost weight because she hardly drinks soda now and said she feels much better. The FSW Fathers Count Program has continued their policy of serving water with the meal after our first sugary beverages presentation. While it seems true that the information has impacted attitudes and behavior, there is still a great need to reinforce learning.

Nutrition and Consumer Sciences

Horticulture, the Environment and Natural Resources

SPECIAL 2015 COMMERCIAL AND CONSUMER PROGRAMS AND ACTIVITIES

1/14/15: The New York State Turf and Landscape Conference and Trade Show, Empire City Casino, Yonkers, over 300 attended (each representing a local business)


1/29/15: Cornell Landscape Webinar Series “Greening our Playing Fields “, CCE Headquarters, Elmsford, 35 served (Commercial)

2/19/15: Cornell Landscape Webinar Series “Tall Fescue: the Pros and Cons/Know thy Enemy” CCE Headquarters, Elmsford, 40 attendees from commercial sector.


3/15-10/15: Report local turf pest/turf Industry issues to the Cornell commercial turfgrass publication ShortCUTT.


3/31/15: “New York State Turf and Landscape Association Spring Kickoff Meeting with Updates from NYS DEC and NYS AG & Market Speakers”, Empire City Casino, Yonkers, 55 attendees from local businesses.

4/2/15: “New York State’s New Invasive Species Regulations: Impacts and How to Adapt”, Westchester County Center, White Plains, 210 attended, mostly commercial with some homeowners.

4/14/15-12/15/15: Ongoing ‘Warren’ pear trials at Lasdon Park, Arboretum and Veterans Memorial, Somers. All Westchester communities served (Commercial and Consumer). Original trial to show how well this type of fruit tree can be grown by Westchester property owners.


Original research to ascertain the efficacy of mulch mowing on Westchester properties and also its effect on tick activity.


6/9/15: “It’s the Climate for Changing Grasses”, Harvest Moon Farm and Orchard, North Salem, 65 attendees from local businesses.

6/6/15: “Friends of Scarsdale Parks Spring Festival”, CCE Information booth, Fox Meadow Elementary School, Scarsdale 98 attendees, primarily local homeowners.


12/1/15: “Hydrla Public Stakeholder Meeting”, Croton Free Library, Croton-on-Hudson, 70 attendees, primarily local homeowners.

12/8/15: “Healthy Soils, Healthy Plants: Laying the Groundwork for Success “, Westchester County Center, White Plains 143 attendees, mainly commercial and some local homeowners.

Yonkers Police Department helps promote Cornell’s nutrition education in the community.
Among the 30 ongoing Master Gardener projects were site visits, which provide Westchester homeowners with unbiased, current information about their gardens. Homeowners value this assistance because CCE is not trying to sell them a product or service.

The School Garden program brings a Master Gardener mentor to each participating school to help them develop a vegetable garden and teach students about nutrition and food sources. We have trained over 300 teachers so far and introduced over 6,000 Westchester children to school gardening at over 40 schools.

The popular Home Gardening Lecture Series attracted over 300 attendees in 2015. The Speakers Bureau and other Master Gardener speakers reached hundreds through 16 audiences at various venues throughout Westchester.

Master Gardeners participated in dozens of farmer’s markets and Earth Day events in 2015, reaching over 3,500 people directly at the “Ask the Master Gardener” booths.

Not all hours were reported by press time.

Nutrition and Consumer Sciences

One-Time Indirect Interactive Nutrition Workshops are provided to Westchester County low income residents. These workshops were provided at Health Fairs, schools, pantries, shelters, DSS offices, and other agencies. To further assist the county during these difficult economic times, the workshops were offered again in 2015. The topics of these one-time education sessions included Sugar in Beverages, My Plate, Whole Grains, Vegetables and Fruits, Food Resource management and Physical Activity This year, we educated 32,549 local participants through one-time education.

Nutrition and Health – Saving Westchester County Medicaid Dollars

In addition to the obvious benefits of improved health and lifestyles of the participants in our classes, there are benefits for the Westchester County taxpayers, too. Nearly one-tenth of the Westchester population lives at or below poverty level. Health problems related to nutrition are disproportionately high among low income individuals. Our target population lacks private health insurance and relies on taxpayer-funded Medicaid for health care. That is costly. The annual cost of Medicaid in Westchester County is approximately $1.5 billion!

When we look at the costs of healthcare for diseases that are preventable through improved nutrition and physical activity (the components of CCE’s nutrition classes), we can begin to see the link between what CCE does and the potential savings to the taxpayers of Westchester County. We know that changing people’s behavior can improve their health. Type 2 diabetes, cardio-vascular disease, hypertension, youth obesity, stroke and certain cancers have all been linked to improper nutrition.

Youth obesity is becoming one of the most insidious healthcare challenges of this century. It can lead to cardiovascular disease, hypertension, diabetes and other health problems. Teaching families to adopt healthy eating and exercise habits that result in a healthier child makes the child more likely to grow into an adult who needs less healthcare. When CCE Westchester teaches the parent how to prepare healthier foods for their children and how to encourage their children to get regular physical activity, it is an investment in the future that will save healthcare dollars, particularly Medicaid dollars. Prevention is the cheapest and most cost-effective way to do that.

**Medicaid Dollars**

Typically, those 400 graduates have 1200 family members, of whom 500 are children, so the payoff for the county becomes exponential. We also reached hundreds of children through our youth-specific programming where topics that target obesity were addressed including healthy beverage choices, eating more fruits and vegetables and getting physical activity. More than half of Medicaid beneficiaries are under 19 years of age, so changes in eating and exercise habits that result in a healthier child make the child more likely to grow into an adult who needs less healthcare. When CCE Westchester teaches the parent how to prepare healthier foods for their children and how to encourage their children to get regular physical activity, it is an investment in the future that will save healthcare dollars, particularly Medicaid dollars. Prevention is the cheapest and most cost-effective way to do that.

**EFNEP Success stories**

EFNEP program held at the Mary J. Blige Center for women:

**Erica:** “I now read labels to see ingredients and nutritional value and check prices while in the grocery store. I am eating more whole grains and have switched to baking with whole wheat flour. I am eating Greek Yogurt and have switched from canned vegetables to frozen. I am steaming...
Nutrition and Consumer Sciences

**Eat Smart New York**

CCE Westchester’s ESNY program is part of the New York State OTDA’s comprehensive SNAP-Ed program, which is dedicated to all individuals who qualify for and/or receive benefits through the Supplemental Assistance Program (SNAP). This program provides community-based nutrition education and obesity prevention activities in a venue that may be a one-time activity or may include several classes to form a series. The goal of these efforts is to facilitate and empower adoption of healthy nutrition and physical activity behaviors conducive to the positive health and well-being of low-income individuals, families, youth, schools and communities.

In 2015, **2285** adults received education from our ESNY program through Direct education classes. The main goals for ESNY in 2015:

1. Eat more fruits and vegetables.
2. Drink less sugar-sweetened beverages.
3. Exercise more and balance calories eaten as part of a healthy lifestyle.

**Successes** of Westchester County ESNY program through direct programming:

Of people who reported the data:
- **63%** of participants will eat more fruits and vegetables.
- **85%** will drink less sugar-sweetened beverages.
- **82%** will exercise more and balance calories eaten as part of a healthy lifestyle.

**Master Gardeners**

Community and Demonstration Gardens continue to be helped by CCE at Ossining Organic Community Garden, Hart’s Brook Preserve, Hilltop Hanover Farm, and Muscoot Farm. Master Gardeners volunteer at Bylane Vegetable Garden, Stone Barns, Lasdon Arboretum, Native Plant Center, Lenoir Preserve Butterfly Garden, John Jay Herb Garden, Sherwood House, and helped clean up public spaces after natural disasters. Master Gardeners at the Hart’s Brook Demonstration Garden donated over 1200 pounds of produce to a local food pantry in 2015.

In total, Master Gardeners reported 7,731 contacts with the public in 2015.

Master Gardeners write a weekly column in the Journal News and contribute to CCE’s Westchester County Horticulture News.

Master Gardeners provided education and answered consumer gardening questions regularly over the season at Q&A tables at the following farmer’s markets: Bronxville, Croton, Hastings, Muscoot Farm, Ossining, Peekskill and the White Plains Recycling Center.

MGs and CCE staff provided education and answered consumer gardening questions at the following events:

- **3/22**: Larchmont Green Steps Expo
- **4/18**: Ossining Organic Garden Earth Day Celebration
- **4/25**: Native Plant Center sale
- **5/16**: Lasdon Plant sale
- **5/16**: Westchester County Earth Day information booth with CCE staff
- **5/25**: Croton Earth Day
- **6/6**: Friends of Scarsdale Park event with CCE Horticulture staff
- **9/11-13**: Yorktown Grange fair
- **9/26**: Lewisboro Library Fair

The Master Gardener program provides educational opportunities for continuing education of our Master Gardeners so they can provide the most current information to the public. In 2015, they put in 3,776 hours for advanced training.

**Master Gardener Core Training:**

Initiated planning for fall 2016 Master Gardener Core Training in cooperation with Dutchess and Putnam CCE. Continuing MGs are encouraged to attend for continuing education credits. Topics include botany, woody plants, pruning, lawn care, fruit and vegetable culture, garden design ornaments, weed ID/management, insect and disease ID/management, structural pests, wildlife, climate change, invasive and native plants, site assessment, composting and hot topics in horticulture and the environment.

**Advanced MG education provided by CCE Westchester:**

- **2/4**: Grafting tomatoes
- **2/18 and 5/6**: Tomato late blight advanced training (train the trainer)
- **3/3**: Site assessment training and skills refresher
- **4/8**: Q&A Tables, commonly asked and difficult questions
- **4/10**: Invasive species advanced training (train the trainer)
- **7/16**: Tour of organic vegetable garden and native plant installation
- **7/22**: Tour of private garden
- **8/26**: Queries and research summaries
- **10/21**: Master Gardener presentation on squirrel management
- **10/28-29**: Compost education advanced training (train the trainer)
- **11/18**: Summary of NYSIPM Pollinator Conference

**Other Master Gardener programs**

- **3/16-3/20**: Read to 432 elementary students at 6 Westchester schools during “Agriculture in the Classroom” week
- **5/21-5/22**: Hands-on gardening education focusing on environmental cycles for 225 third grade students in Tarrytown School District

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**EFNEP**

Cornell Cooperative Extension (CCE) of Westchester’s EFNEP program provides nutrition education programs to low income families with children, whose income does not exceed 185% of the poverty level. In Westchester, 9.5 % of the families are at or below that level. Our target population includes pregnant women, Head Start parents, low income Hispanic parents and other low income families with dependent children in the household. We teach our nutrition classes in English and Spanish. In 2015, there were 346 families representing 919 people reached by direct education, outreach and marketing activities. 91% of participants showed improvement in one or more nutrition practices (plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast). Other areas of marked improvement included increased fruit and vegetable consumption, improved food safety practices ( thawing and storing foods properly) frequency of being physically active and improved food resource management practices (comparing food prices and not running out of food by the end of the month). 79% of participants decreased consumption of solid fats and added sugars, including but not limited to sweetened beverages and soda.

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Youth learning about nutritious snacks.

Youth learning about nutritious breakfast.
4-H Youth and Family Development

4-H is the oldest continuously operating youth program in the world. It teaches youngsters civic responsibility, public speaking and confidence, organizational skills and general life skills. 138 Westchester youngsters are 4-H members. 4-H volunteers donated over 1,444 hours to leading the clubs. Valued at $41.99/hour, their contributions = $60,634. Clubs continued their focus on animals, science, and agriculture in 2015.

Westchester’s 4-H program extends beyond the formal club setting and includes extensive youth education in the community as informal education in science, technology, math, reading, environmental science, and healthy lifestyles. Youngsters learn about wind and solar energy from 4-H.

This year as part of our partnership with Westchester Jewish Community Services after school STEM programs were offered in Amazing Afternoons in Edward Williams Elementary School and Off the Street in Hamilton Elementary School. A total of 179 youth in grades 1 – 5 had hands-on science fun with physics, chemistry and biology.

We offered the 4-H National Youth Science Day “Rockets to the Rescue” as a special interest program in October with 18 members of the Shining Stars 4-H Club and in November for 32 youth as part of the Post Deployment Day activities for members of the NY National Guard. “Extracting DNA” (from strawberries) was a special interest program for 85 middle school students attending “College for a Day” at SUNY Purchase as part of their participation in the Great Potentials program.

In October, a school enrichment special interest program was held at the Pocantico Center in October with Harvest Day hands-on plant science for 220 fourth grade students from Washington Irving Elementary School. In May, the companion earth and garden cycles special interest program was held at the Pocantico Conference Center for 190 third grade students from Washington Irving Elementary School.

The main objective of Ag Literacy Week, a program from NY Agriculture in the Classroom, is to promote a better understanding and appreciation of agriculture and the food and fiber system. In March 2015, volunteers (Master Gardeners, 4-H Leader, 4-H youth, members of InterGenerate) visited 11 schools throughout the county, reaching 40 classrooms and 850 students to promote New York Agriculture by reading a book with an agricultural theme to second graders. This year’s selection was “Weaving the Rainbow” by George Ella Lyon. In this story, a young artist leads the reader through the process of raising and caring for sheep so that she may use the fleece for yarn to weave a tapestry.

One of our largest 4-H programs is Incubation & Embryology which teaches youngsters about biology, life sciences, environmental science and nutrition by having them hatch chick and duck eggs in their classrooms. CCE assists hundreds of teachers throughout Westchester to deliver this program. CCE helps the schools obtain fertilized eggs, gives them the curriculum to teach, and provides educational support. In 2015, 7,136 local youth in 111 schools received our 1&E education.

There were 4 special interest “Field trips” attended by members from several clubs. It is fun to get together to see friends in other clubs. We began the 2015 4-H year in November of 2014 with a visit to the Wolf Conservation Center that was a great learning experience for 20 youth. In February, 12 youth and 3 adults attended the 4-H Southeast District Sleep overnight at the Maritime Aquarium. In August, we got together again as 10 youth and 5 adults visited Harvest Moon Farm and Orchard followed the next weekend by a visit to Green Chimneys Farm and Wildlife Center by 18 youth and 10 adults.

4-H Teen Leadership events were attended by 3 youth at the Southeast District Teen Leadership retreat at Sharpe Reservation in January, 5 youth at the State Teen Action Representative Retreat in April in Syracuse and 11 youth at 4-H Career Explorations at Cornell University in June. Two of our members attended the Sheep workshop during Animal Crackers (education from the Animal Science staff at Cornell) in May at Cornell University.

Members of the Rabbitteers 4-H Club were exhibitors at the Westchester County Earth Day. They staffed the “Energy Bike” which we borrowed from the Department of Design and Environmental Analysis of Cornell University. Riders of this stationary bike feel the difference in the amount of energy that legs need to provide to power an incandescent bulb vs. a compact fluorescent bulb.

Notable accomplishments of 4-H Clubs this year:
Our club members participated in the Putnam County 4-H Fair with 48 of our youth exhibited animals and entered their project work for evaluation.

The Hooves, Beaks and Bills 4-H Club hatched the new laying flock for Hilltop Hanover Farm. The members helped set up the brooding space on the farm and helped maintain the flock during the summer.

This club also created educational displays about the Avian Influenza (using information from APHIS) so the members of the public would be well informed about why there is no poultry at the fairs during the Putnam 4-H Fair and the Yorktown Grange Fair.

The Muscoot Gang 4-H Club continues to provide support for events at Muscoot Farm including Poultry Day, Dairy Day, Turkey Day, 4-H Wool Day, Meet the Baby Animals, Fall Fest and Pumpkin Pickin’. Another important service the members provide is to socialize the livestock that the summer campers will be handling.

The K-9 Kids 4-H Club members continue to volunteer at the Mt. Kisco and Somers Public Libraries in the Reading with Rover project. Members also provide information to the public about dog behavior, including dog bite prevention.

ANNUAL REPORT 2015