



Cornell University
Cooperative Extension
Clinton County

2015 Program Highlights

Partners

- W.H. Miner Agricultural Research Institute
- Clinton County Soil & Water Conservation District
- USDA Farm Service Agency
- Natural Resources Conservation Services
- Adirondack North Country Association
- Clinton County Farm Bureau
- Northern New York Ag Dev. Program
- Cornell PRO-DAIRY
- Farm Viability Institute
- Plattsburgh Farmers and Crafters Market
- Integrated Pest Management Program
- Lake Champlain Basin Program
- Adirondack Medical Program
- Clinton County Health Department
- Action for Health
- Kids Corridor
- Plattsburgh Noon Kiwanis Club
- Clinton County Fair
- North Country Chamber of Commerce
- Adirondack Coast Initiative
- Energy Smart Communities
- FFA Organization
- Local School districts
- SUNY Plattsburgh
- Clinton Community College
- Champlain Valley Education Services
- Champlain Valley Search & Rescue K-9 Unit
- Clinton County Dept. of Social Services
- Behavioral Health Services North
- Friends of Point Au Roche
- JCEO
- Ted K Center
- North Country Child Care Coordinating Council
- Plattsburgh Recreation Department
- Pediatric Obesity Initiative
- Imaginarium Children's Museum of the North Country
- North Country STEM Learning Network
- Family Welcome Center
- Workforce Investment Board
- OneWorkForce
- United Way
- North Country Public Radio
- Mountain Lake PBS
- Plattsburgh Press Republican
- WIRY
- University of VT Health Care Network, Medical Home
- Eastern Adirondack Health Care Network
- and many more people, business, and organizations who shared their time, resources, and experience

Connecting with the Community

Cornell Cooperative Extension (CCE) Clinton County is part of a larger state and national land-grant system that extends research-based information to local residents, families and the agricultural community. CCE is an integrated network including campus-based faculty and extension associates, regionally deployed specialists, and local county-based educators. As a result, CCE in Clinton County has access to current research findings from across the country and the world which it puts into practice by providing high value educational programs and university-backed resources.

Our mission is to enable Clinton County residents to improve their lives and communities through partnerships that put experience and research based knowledge to work.

Regional Resources

Our 6-county regional agriculture team now consists of 2 specialists, Kim Morrill in dairy, Kitty O'Neil in agronomy/field crops. They serve Clinton, Essex, Franklin, Jefferson, Lewis and St. Lawrence County, bringing research, field demonstrations and high level expertise to our region. There will be a total of 8 specialists in the near future.

Our Eastern NY Commercial Horticulture Team consists of 11 specialists, including marketing and economics expertise. Amy Ivy is a Vegetable Specialist and Anna Wallis is an Apple and Grape Specialist both of whom are housed out of the Clinton County office.

New to 2015 is the North Country Regional Eat Smart New York Program. ESNY uses an ecological approach that includes group workshops, events, social marketing and environmental change initiatives. Welcome Jennifer Shaw.

Strategic Initiatives 2014-2017



Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Better Living From the Ground Up

Healthy Living Outreach



- We provided on going educational programming to assist participants with performing functional tasks of everyday living safely and independly without excess fatigue.
- Over 1000 adults participated in one or more of our weekly fitness education programs, which included; 2 walking groups, 6 “Growing Stronger” classes, 2 “Range of Motion” classes, and 1 “Chair Chi” class.
- 2 fitness participants participated and completed the “Clinton County Trailblazer Challenge” and 6 participants have enrolled in the 50/50 “Walking Challenge”
- We reached over 400 individuals, including adults, seniors and youth through a variety of healthy living projects and outreach events. These include farmers markets, community events, as well as family and individual cooking classes
- Expanded Food and Nutrition Education Program (EFNEP) provided educational programs that focused on reducing sweetened beverages, increasing physical activity, food security, My Plate, disease prevention and utilizing local foods. 173 youth in 14 groups received EFNEP nutrition programming. 110 of these received 6 or more hours of nutrition education.
- These youth included 3rd, 4th, 5th and 6th graders both in school and after school.
- EFNEP enrolled 64 adults of which 45 received a minimum of 6 hours of education and successfully graduated the program. This was done in 336 hours of direct programming.
- 69% of graduates reported having improved at least one food resource management practice, such as menu planning, comparing prices and using a shopping list.
- 80% reported at least one improved nutrition practice like eating more fruits and vegetables, choosing whole grains more frequently, and keeping less high in fat foods in their homes.
- 40% also improved at least one food safety practice such as safely thawing frozen food.
- Eat Smart New York SNAP program serving Clinton, Franklin and Essex County targeted SNAP eligible adults and youth and provided 40 activities each month with a minimum of 75 direct participants each month

Parent Education Awareness Program

- Certified by the New York State Parent Education and Awareness Program of the Office of Court Administration, this program helped divorcing, separating, or in-conflict parents understand the impact and reduce the stress of breakup on their children.
- Collaborates with the Clinton County Department of Social Services, the United Way of the Adirondack Region Inc., and the Clinton County Family Court.
- Promotes healthier relationships and communication skills.
- 52 referrals and 20 participants participated in this program since the end of April.

Youth Development

- County 4-H Youth Programs assisted youth to gain life skills thereby enabling them to become responsible and contributing citizens within their community.
- More than 350 youth of Clinton County were reached through afterschool programming with the facilitation of the “Choose Health: Food, Fun & Fitness” curriculum which focused on hands-on cooking classes and nutrition lessons. The various topics included: unsweetened beverages, whole grains, increasing fruits and vegetables, label reading and more.
- 22 teen mentors were “Choose Health Action Teens” helping to administer lessons to younger members during the afterschool program. They also participated in their own cooking competition at Stafford Middle School. The teens were split into random groups and were required to create a healthy recipe using only 5 ingredients as well as stay within a budget. An 8th grade male student said, “This project is so fun. I never realized how much food costs. This is why my parents want us to eat leftovers sometimes.”
- 6 youth attended the Wonders of Washington Trip. One 4-H youth participated in Adventure Adirondack. They traveled to Warren County and spent the weekend camping out with real life survivalists and learning how to survive in the Wilderness.
- 185 members were enrolled in the Clinton County 4-H Club Program participating in project areas including: Robotics, Horse, Sheep, Poultry, Dogs, Rabbits and Small Animals, STEM, Healthy Living, Environmental Science, Nutrition, Cooking ...etc.
- 2 new clubs joined our county this year. The Coyotes, will focus on a variety of topics including environmental science and nutrition. The Dusty Bottoms will primarily focus on animal science, particularly horses, but will also be involved in different topic areas as the interest arises.
- Our county was awarded \$750 from the Standardbred Grant. These funds were used to support our annual bi-county Horse Camp event in May. We had over 50 youth participate at Horse Camp.
- CanAdirondack Engineers 4-H Club excelled this year. The club spoke to various organizations and raised funds to further their experiences. They were awarded the Glenn & Carol Pearsall Adirondack Foundation Grant. This will allow club members to continue their work with robotics. This foundation is “Dedicated to improving the quality of life for year-round residents of the Adirondack Park.”
- The Chattering Chipmunks Club was awarded a “2015-2016” PTC/FIRST grant of \$500 towards robotics.
- The robotics clubs demonstrated their projects at Farm Bureau’s Day on the Farm event showcasing their work with robotics as well as exercising their public speaking skills.
- Senior 4-H members exhibited their leadership skills by designing and implementing a Robotics mentoring event which allowed other 4-H members the opportunity to dabble in Robotics.



Career Exploration

- 2 members attended *Career Exploration* at Cornell University to learn more about different career opportunities.
- A senior 4-H member traveled across NY, NH and VT exploring different agribusinesses. She said, “I really wish I would have stepped outside the box and taken these trips sooner. I didn’t realize how much I was missing out on until my last year in 4-H.”

Master Gardener Volunteer Program



- 34 Master Gardeners logged 2696 hours of volunteer work in the past 12 months. They worked with groups from pre-school to senior, large and small organizations, workplaces and individuals to bring research-based information about gardening, insect pests, pollinators, plant diseases' growing raised beds, seed starting, and many other topics. In addition they put in over 600 hours of continued training in order to stay current with the changing guidelines and resources available.
- Partnering with schools, churches, and organizations in Clinton County we were able to make an impact on the lives of our residents by teaching them to grow and use nutritious vegetables.
- The Dannemora Community Garden enabled 15 families to work in the outdoors learning to plant, water, weed, and harvest vegetables for themselves. Knowing where our food comes from, appreciating the work that goes into producing it, trying new things, and realizing the importance of caring for our environment, were benefits derived by all the participants.
- In addition, the local food bank received generous amounts of fresh vegetables from the 3 gardens that were managed for them.
- Master Gardeners ran workshops beginning with choosing what residents wanted to plant and ending 6 months later with putting the gardens to bed for the winter. Programs were held each step of the way to support the families and foster success.
- Ted K Center in Plattsburgh is a location that we serve each year. The children there have become quite adept at planting and caring for their gardens. They are very responsive and enthusiastic about each aspect of gardening and have learned how seeds germinate, what growing plants need to thrive, the nutritional needs that are met by various vegetables, and the joy of growing food for yourselves and your families. As they share what they have learned they have become the children that teach the parents, and the program becomes more comprehensive each year.
- The programs, workshops, and presentations that we offered in our community were well attended and well received.
- Our Spring Garden Day, held every other year, was attended by 89 residents who participated in the three classes they had chosen from the nine we offered. Our Master Gardeners prepared for and taught these classes and workshops and the evaluations we received were very positive, with some suggestions for classes we may offer in the future.
- Our programs are not just about vegetable gardening. We focus on the needs of the community and act as a conduit between our residents and research being done in areas of importance to them. Invasive plant and insect species that pose threats to our forests,

farms, and ecosystems, landscape and garden pests that reduce the quality or quantity of flower gardens and plantings, ticks that may pose health risks, and the need to be stewards of our environment are all taught by our Master Gardener volunteers.

It is the mission of the Master Gardener Volunteer Program
"to train volunteers to teach others how to protect the environment and grow plants more effectively!"

Dairy and Livestock

- Research project conducted across NNY: Evaluating Calf Housing and its Impact on Calf Respiratory Parameters studied the air quality among different types of calf housing including temperature, humidity, air flow, airborne microbial concentration and ammonia levels and increased awareness on the importance of air quality for healthy calves on dairy farms in NNY.
- Workshops and programs offered for dairy included Calf Management, Academy for Dairy Executives, Reproductive Efficiency, Managing for Today & Tomorrow, Profit Teams and the Dairy Acceleration Program.
- Small Ruminant (goats and sheep) discussion group met monthly. 37 people attended a fall meeting with guest speakers from Cornell and northern NY.



Vegetable and Berry Production

- Working with Cornell University's Dr. Elson Shields, we conducted three research projects associated with Alfalfa Snout Beetle control, a serious pest of alfalfa in our region. This included a cost sharing program for local applications of a native, insect-attacking nematodes for bio-control. The program resulted in the treatment of 3,500 acres across Northern NY.
- We produced 6 factsheets for new high tunnel growers on Site Selection, Tomatoes for High Tunnels, Spacing, Training and Pruning, Leaf Mold on Tomatoes, and Cucumbers for High Tunnels. Growers are adopting these new methods of training and managing tomatoes which makes it easier to work in their tunnels while improving production and fruit quality.
- Through summer on-farm twilight meetings, newsletter articles, grower discussions and one-on-one farm visits we advise and coach growers and collaborate with colleagues at Cornell to troubleshoot and provide management options.
- We regularly monitor vegetable and berry farms for new and recurring pest problems. This year we saw spotted wing drosophila, a serious pest of late summer berries; leek moth a recent arrival in onions, garlic and leeks; basil downy mildew, a new problem specific to basil; stemphylium leaf blight, a disease on the increase in onions; swede midge, a serious pest in brassicas, new to our area.
- Our work with native insect-attacking nematodes to control a root pest in strawberries continued this year with encouraging results.
- We have been trapping for the new brown marmorated stink bug, but so far it has not been seen in our area. It is moving up from the south and has been confirmed as far north as Washington County.
- Drs. Christine Smart and Sarah Pethybridge, vegetable pathologists from Cornell's Geneva Experiment Station visited several local farms in August.
- With funding from the Northern NY Ag Development Program we continue to conduct research on various high tunnel crops at the Cornell Research Farm in Willsboro. This year we studied growing winter and summer crops of Salanova lettuce, basil succession plantings and fresh ginger.



Promoting Local Food Consumption

- Through our Farmers Market Promotion Program project we teach consumers about the seasonal availability of local foods and how to prepare them. As consumers become more comfortable cooking with local products we expect sales and consumption to increase.
- We worked with 4 grower outlets to provide samples, recipes, and tips for cooking and storing featured local products throughout the growing season.
- Featured crops included: fennel, chard, spaghetti squash, pea shoots and kohlrabi. We also provided tips and recipes for new ways of preparing vegetables, such as stuffed squash as an alternative to simple mashed steamed squash, in order to maintain interest in these products.
- These resources are posted on our blog called “ClintonCountyEats”, our Facebook page, in monthly newspaper articles, and our gardening newsletter that reaches 820 people and provided to the participating growers to distribute to their customers.
- Using master gardener volunteers as food ambassadors, we have expanded the reach of the Farmer’s Market Promotion Program being present at more community events and have provided ongoing support for local farm to school grant.
- Throughout the peak production season, demonstrations and tastings were conducted at local farmer’s markets encouraging customers to try unusual items like kale.



Champlain Valley Apple Production

- Twice weekly during the growing season, we sent ‘E-Alerts’ to apple growers, alerting them to immediate concerns such as weather, insect and disease infection periods. This is particularly useful for monitoring apple scab and fire blight infection events, which require immediate action.
- We continued to conduct extensive research on high density orchards, and the most efficient and economical ways to plant and manage these orchards. This season, data was collected on an orchard systems trial, precision thinning trial, precision irrigation trial, and honeycrisp harvest timing.
- With NNYADP funding, we provided apple orchard IPM training and evaluated the effectiveness of an IPM management protocol on commercial orchards. Preliminary results showed that insecticide applications in orchard blocks under IPM management could have been reduced by 1-4 sprays, and often less toxic materials were effective.
- We evaluated the presence and pressure of the Black Stem Borer, a new insect pest in apple orchards in NY. This ambrosia beetle is present almost everywhere we set up traps, but has yet to be seen causing damage in orchards in the North Country.



- We set up an orchard weed management trial, evaluating commercially available herbicides and their control of perennial weeds.
- To support the growing interest in hard cider production, we formed a statewide hard cider working group and an online 'Cider Classifieds' website for growers and cider makers to exchange fruit and juice.
- This year was the second year of the Apple Harvest Maturity Program for eastern NY. Weekly we sampled and processed fruit for maturity, then provided harvest recommendations by variety through a weekly conference call and report.
- A pruning demonstration held in March provided detailed instruction on pruning high density systems. Growers also demonstrated their pruning platforms. Platforms provide more efficient labor, and are a critical component of high density orchards.
- At the annual Apple Thinning Meeting, held in April, Cornell Scientists Terence Robinson, Dave Rosenberger, and Peter Jentsch provided recommendations on thinning practices, and insect and disease pest controls.
- The Champlain Valley Summer Orchard Tour in July was the first grower tour in the Champlain Region in the past decade. 28 attendees saw three innovative operations in Northern NY and VT.



Cold Climate Wine Grape Production

- We held an apple storage workshop in July. Chris Watkins gave detailed recommendations for storage of McIntosh and Honeycrisp apples produced in our region.
- Using NNYADP funding, we began the process of re-planting the cold climate grape variety trial at the Willsboro Research Farm. Vines were removed and new varieties were selected for planting in "2017."
- Viticulture workshops were held throughout the spring in commercial vineyards. Workshops provided hands-on demonstrations and information for pruning, site evaluation and selection, pest management, and business management in vineyards.
- We created a new online cold climate viticulture forum for growers to post questions related to the cold climate grape industry.
- We are organizing the first winter grape school, a one-day program including viticulture and enology presentations and workshops. The event will take place in March.
- We continued to collect yield, growth, grape quality information on the cold climate grape variety trial at the Willsboro Research Farm. 25 varieties planted in "2009" are candidates for the young industry.





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Benefiting the Public-at-Large

4-H Youth Development

The 4-H Youth Development program is helping to grow and strengthen the next generation of community leaders, inventors, entrepreneurs and problem-solvers so that our nation can compete globally and help communities locally and internationally solve problems.

Nutrition

Participants select and prepare foods better matched to nutritional needs which leads to consumption of fewer calories which increases health and decreases obesity. Healthier citizens lead to a more productive workforce and reduced public costs for health care.

Small and Beginning Farmers

Small scale, diversified farms are on the increase in Clinton County. As they adopt new production systems and enterprises they keep farm land in production, invest in the local community and provide a product that can be directly consumed locally.

Consumer Horticulture

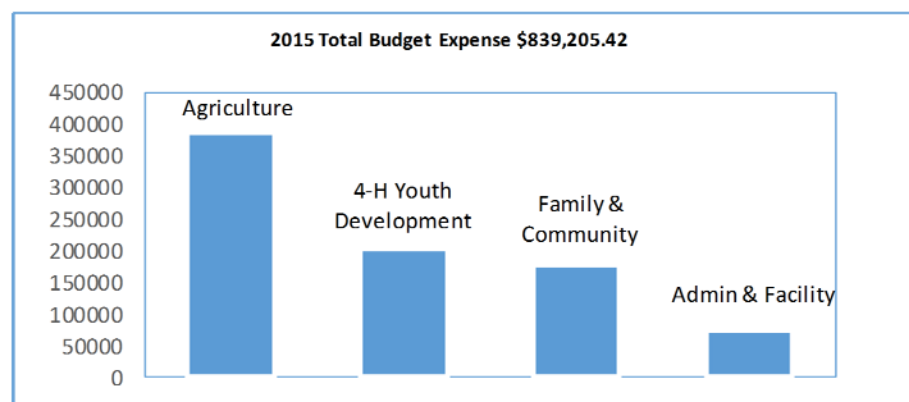
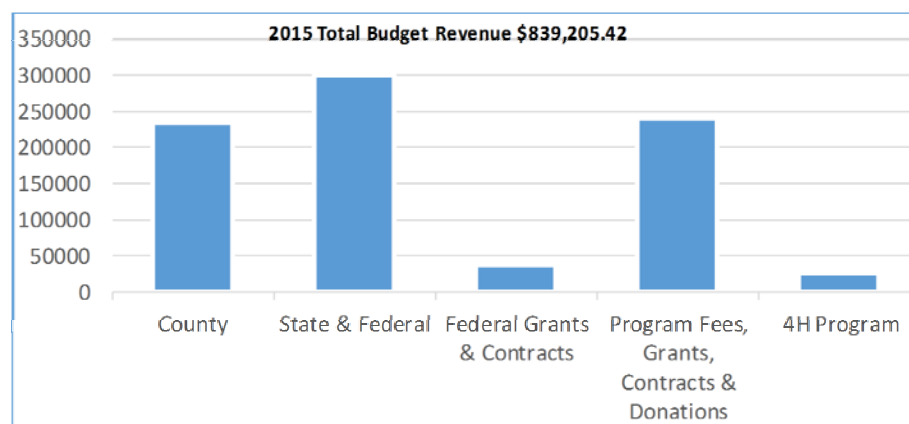
Gardening is a popular activity for families and communities. Youth learn responsibility by seeing their efforts turn into a productive garden, community members are engaged in helping each other succeed in their gardening efforts and healthy, active lifestyles are put into action.

Fresh Market Vegetable Production

Season extending structures help growers raise produce over a longer period of time and with fewer weather-related problems. This enhanced production expands grower revenues and profitability which strengthens the fresh market economy and makes more food available for local consumption.

Parent Education Awareness Education (PEAP)

Parents improves family functioning through positive communication skills, understanding child developmental behaviors as well as the roll of a child in a divorced, separated or in-conflict family.



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