March 8, 2021

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Cornell Cooperative Extension | Saratoga County

EXTENSION NEWS

Solicitation and Announcement: Master Forest Owner Volunteer Training

Have you ever thought about using your knowledge and skill to help your neighbor woodland owners? Join the hundreds of woodland owners who have served their neighbors since 1994.

As a woodland owner you have a special set of skills that you could share with other woodland owners in your area. These skills are enhanced by educational resources available through Cornell Cooperative Extension and Cornell's ForestConnect program. Learn how to merge your skills with existing resources so you can be a volunteer that helps other woodland owners more thoroughly enjoy and manage their property. You are invited to the annual training for Cornell's Master Forest Owner (MFO) volunteers. MFO volunteers work through Cornell Cooperative Extension to visit woodland owners in their county and direct them towards resources that help them manage their woodlands. This training is open for new volunteers and previously trained volunteers seeking a refresh-

Applicants invited to participate will join in 7 weekly online sessions via Zoom, and subsequently meet in person in early to mid-June for a oneday field session at locations around the state. Online sessions are 6:30 -7:30PM starting on Tuesday April 13 at 6:30PM, and occur each Tuesday through May 25. In addition to 2 orientation sessions, 5 technical content sessions provide participants increased knowledge about: woodland ecology and health, wildlife and habitat, interfering vegetation management, silviculture, and agroforestry. Participants should plan to allocate 3-4 hours per week to learn the technical content via guided online learning and spend an hour per week in a live interactive discussion session.

All woodland owners in NY are welcome. Owners interested in becoming a volunteer should start the process here. The fee is \$35 per person and \$50 per couple which includes the full training, and supplies and resources provided at the field session. Previously trained volunteers are also welcome at \$18/person and \$25/couple.

For consideration to participate in the training, follow these steps to be completed by April 6:

Complete registration application via the link above, and after reviewing other materials here.

- 1. Be alert to an email from your regional director to meet via Zoom after completing your application.
- 2. Payment made via a secure online link provided to you after you talk with your regional director.

Within 6 months of the training:

- 1. Have a visit on your property conducted by an existing MFO volunteer
- 2. Shadow a visit to a woodland owner in your area with a local MFO volunteer.

If you have any questions about the MFO program, you can learn more at www.CornellMFO.info or from Program Director Peter Smallidge at pjs23@cornell.edu or 607-592-3640.

OUR MISSION

<u>Cornell Cooperative Extension puts knowledge to work</u> 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.

Part Time 4-H small Livestock Educator

CCE of Saratoga County is seeking a part time (24 hours/week) 4-H Small Livestock Educator primarily responsible for delivering youth based educational programs for CCE of Saratoga County. Program areas include but are not limited to: small livestock (chickens, goats, sheep, rabbits, etc.), county and state fairs and animal shows, egg incubation and embryology, and youth agricultural literacy. The Educator collaborates with educational partners including schools, the New York State Association of Cornell Cooperative Extension 4-H Educators (NYSACCE4-HE), and other partner organizations.

The Educator works as part of a dynamic 4-H team recruiting and reaching diverse audiences and performing existing or new responsibilities which can change based on Association needs, new partnerships, grant initiatives, etc. The Educator also plays an important role in new initiatives to deliver programs virtually.

The Educator receives direct supervision and 4-H oversight from the 4-H Family & Consumer Sciences Issue Leader. The Educator receives small livestock programmatic oversight from the Animal Science Resource Educator.

ALL APPLICATIONS MUST BE RECEIVED ON-LINE BY MARCH 15, 2021. Position closing dates may change based on Association needs.

TO APPLY & FOR FURTHER DETAILS:

https://cornell.wd1.myworkdayjobs.com/en-US/ CCECareerPage/job/New-York-State-Other/CCE-of-Saratoga-County-4-H-Small-Livestock-Educator---Ballston-Spa--NY WDR-00025041 Cornell Cooperative Extension is a collaboration among Cornell University, the United States Department of Agriculture, the State of New York, and the residents of New York State. Per NYS Law, county and regional extension service associations are subordinate governmental agencies. This employment opportunity is with the entities listed and not with Cornell University.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. Individuals who bring a diverse perspective and are supportive of diversity are strongly encouraged to apply.

Seasonal Positions Available!



For more information on each position and to apply, please visit: ccesaratoga.org/jobs

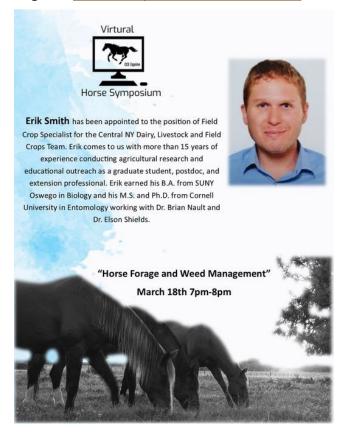


"Horse Forage and Weed Management"

Presenter: Erik Smith

When: March 18, 7 PM - 8 PM

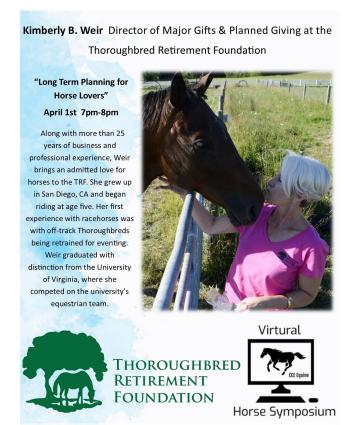
Register: Cornell Cooperative Extension - Event



"Long Term Planning for Horse Lovers"

Presenter: Kimberly B. Weir **When:** April 1, 7 PM - 8 PM

Register: Cornell Cooperative Extension - Event



CCE Equine - Trivia Night



CCE Equine would like as you invite you, your friends, and family to this FUN horse Related trivia night! This free event will be held April 2nd to conclude our Virtual Horse Symposium.

For those of you local to the Saratoga County area we are offering the option for you to order a charcuterie box to be picked up at the 4-H Training Center in Ballston Spa NY. Please view the link below to order yours!

To register for this event please visit: https://pub.cce.cornell.edu/.../main/events_landing.cf m... or scan the QR code in the photo .

Spring into maple season with Upper Hudson producers in March Maple Weekends will be held across the region on March 20-21 and 27-28



(Albert Lew, Flickr/Creative Commons)

Spring into maple season in the Upper Hudson region! Visit local verified maple producers on Maple Weekends, March 20-21 and 27-28. Experience the region's fresh maple and learn how New York's delicious maple products are made.

The sap will be running so sugarmakers in the Upper Hudson region will be hard at work. Visitors will be able to safely check out different aspects of the local maple industry at many sites. Maple Weekends are a fantastic way to get your hands on the delicious products local producers have to offer while also meeting the producers that make New York the largest maple-producing state in the United States. The event shows off sustainable agritourism at its best.

For more information about Maple Weekends in the Upper Hudson region including participating producers, visit upperhudsonmaple.com.

About Upper Hudson Maple Producers Association: The Upper Hudson Maple Producers Association is a trade organization representing over 60 maple producers, including sugaring operations ranging from less than 100 taps to over 10,000. The group works together to raise consumer awareness of pure maple syrup made in the Upper Hudson Region - Columbia, Fulton, Hamilton, Montgomery, Rensselaer, Saratoga, Warren, and Washington counties. Article link

Did You Know.... about Poison Ivy in the winter

In the winter, the poison ivy plant loses its characteristic "leaves of three," but its vine, which resembles a "hairy rope," can still cause a rash if you Remember: touch it. "Leaves of three, don't touch me!" and "Don't be a dope, don't touch the hairy rope" - New York City

Department of Park & Recreation

Now is a good time to work on getting rid of your poison ivy. Wearing protective clothing, cut the vine where it comes out of the ground. If you can remove any of the roots without damaging the tree roots using a trowel or shovel, do so. You do not need to remove the vine that is going up the tree. With the roots severed, the vine should die where it is. Wash your clothes and gloves that may have touched the vine. Wash off the shovel and clippers. In the spring there will likely be new growth where you made your cut.

products containing non-selective Various the herbicides glyphosate are labeled for controlling poison

Regularly monitor where you cut the vine at grounded level throughout the summer and eliminate new growth.

SOURCE: Home and Garden Information Cent University of Maryland Extension

Poison Ivy (Cornell - Insect and Plant Disease Diagnostic **Laboratory**)

DEC Offers "Buffer in a Bag" Program

The <u>Buffer in a Bag program</u> provides organizations and private landowners with free tree and shrub seedlings to help establish or improve a stream buffer on their property. Each buffer-bag includes several different native species and should be planted alongside a stream, river, or lake. Plantings alongside water bodies help to support wildlife and improve water quality.

This year each recipient will receive 25 bare-root, native tree, and shrub seedlings. Including red oak, ninebark, winterberry, silky dogwood, and witch hazel. Supplies are limited, be sure to sign up today, visit the <u>Buffer in a Bag webpage</u> to get your application.



Photo by DEC

Virtual Adult Tractor Safety Workshop

When: Tuesday, March 16, 2021 at 7 PM

Where: Online Price: Free

This program is geared for adult audiences. Statistics show that farming and operating equipment is a hazardous and dangerous endeavor. Help yourself reduce the risks of an accident and attend this informative morning session. The pro-



gram will consist of a very detailed presentation from the New York Center of for Agriculture Medicine and Health (NYCAMH) followed by a Q&A. This program is perfect for farmers old and new as well as any adult who currently works with machinery on the job, in their backyard, or plans to in the future.

Register in advance for this meeting:

https://cornell.zoom.us/.../tJIpce2pgzkrGteS2VrDk12Ph7bXN...

After registering, you will receive a confirmation email containing information about joining the meeting. If you have any questions, please call Kayela at the CCE of Rensselaer County office at 518-272-4210 or send her an

Virtual presentations on practical solutions to pest problems

In this monthly virtual series, we will explore timely topics to help you use <u>Integrated Pest Management</u> (IPM) to avoid pest problems and promote a healthy environment where you live, work, learn and play. What is IPM? It's a wholistic approach that uses different tools and practices to not only reduce pest problems, but to also address the reasons why pests are there in the first place. Each month, our speakers will share practical information about how you can use IPM.

Events will happen on the first Friday of every month from 12:00 to 12:30 PM EST on Zoom. Below is the schedule of presentations from March 2021 to February 2022 (which may change a bit as we finalize speakers for July and beyond). Each month we'll cover a timely topic in 25 minutes, including time for questions. Then, in an *IPM Minute*, we'll cover a specific task you can perform in the next few days to help you avoid pest problems.

To register for these events and receive the Zoom links, <u>Click Here</u>.

Upcoming presentations

April 2, 2021 Dealing with springtime ants

May 7, 2021 Rolling out the red carpet for good

bugs in your garden

June 4, 2021 A better lawn without pesticides



Transitioning to Supervisor course offered

Course open to all New York agricultural commodities

Cornell Agricultural Workforce Development has opened registration for two six-week courses in the new Supervisory Leadership Certificate program. Offered again, because of high demand, "Transitioning to Supervisor" course materials release March 19, 2021, with the first live Zoom class meeting on March 25. "Organizing Work for High Quality Results" materials will release June 12, 2021, with the first class the following week. Each six-week course costs \$275 and spaces in the course are limited.



Registration link for the first two Agricultural Supervisory Leadership courses

Information link for the Agricultural Supervisory Leadership certificate program

The Agricultural Supervisory Leadership certificate helps farm supervisors and managers learn and apply human resource management practices and leadership skills that foster rewarding workplaces and drive business results. Confident managers who thoughtfully apply leadership and management skills improve employee performance, develop teams, reduce employee turnover, and increase employee engagement. The six courses within the certificate program will offer extensive practice and engagement activities to build confidence and skill sets.

Transitioning to Supervisor

Materials release March 19, 2021 and the course runs through April 29, 2021

This is the course you've been waiting for: how to lead people in your farm business! Learn the essential skills for supervising more effectively and creating a great place to work. Transitioning to Supervisor helps new and experienced managers make the difficult, but critical, transition from individual performer to supervisor. Participants learn essential leadership skills, such as: building effective work relationships, essential communication skills, managing conflict, leading a multi-cultural team, and how to build an effective workplace culture.

Organizing Work for High Quality Results

Materials for this course will release June 12, 2021

Organizing Work for High Quality Results teaches how to: Develop clear expectations and standard operating procedures, delegate effectively, and diagnose and correct performance problems.

Who should attend?

This course, and the whole certificate series, is appropriate for both new and experienced farm supervisors and managers, and those preparing to become supervisors. All participants will learn leadership concepts and practice skills that will improve their ability to build a positive workplace and get results through leading others.

From the comfort of your home or office, watch prerecorded presentations on your own schedule, and engage with classmates and instructors during weekly, live discussion sessions. Corresponding assignments are due each week. To get the most out of the experience, expect to spend approximately two hours per week on lessons and assignments.

Direct questions to Rachel McCarthy, Agricultural Supervisory Leadership Coordinator, at rachel.mccarthy@cornell.edu.

For more information, click here

New On-Farm Poultry Processing course available! This self-paced course from Cornell Small Farms offers detailed videos and lessons

Has your insurance provider told you they won't underwrite your on-farm processing of poultry unless you complete a training? Do you need to brush up on best practices for processing meat birds on-farm?

This new <u>self-paced online course</u> from the Cornell Small Farms Program offers detailed videos and lessons on food safety and humane techniques for dispatching and processing chickens and turkeys on-farm under the 1000-bird exemption. While the food safety concepts transcend state lines, the regulations mentioned in this course are NYS-specific.

The course will take 3-4 hrs to complete, and includes quizzes in each section to test your knowledge. You'll have 3 attempts to score 80% or better on each quiz before you can move onto the next topic, and if you pass all of the quizzes, a Certificate of Completion will be automatically issued to you. This certificate may be accepted by your insurer to underwrite your poultry operation, but we cannot guarantee that it will result in coverage. Please confirm with your insurance agent before registering, if your sole intent in taking the course is to obtain farm insurance.



(Photo: Erica Frenay / Cornell Small Farms Program)

As with all of the Cornell Small Farms Program's online courses, pricing is tiered based on household income and this course ranges from \$49 – \$99. This On-Farm Poultry Processing course was authored by Cornell Cooperative Extension educator and farmer, Lynn Bliven, from Allegany County.

This new self-paced course joins our program's offering of more than 20 online courses to help farmers improve their technical and business skills. You can browse all of the course offerings online.

Livestock program work team expands learning to cover swine topic



(Image by Alexandria from Pixabay)

Developing Your Small
Scale Swine Enterprise is
a free on-line webinar
scheduled for Monday
March 29, 2021 from
6-8pm. Registration is
required in order to access

the link to the Zoom webinar.

Visit https://tinyurl.com/LPWTSWINE to register by March 26th.

Offered by the Livestsock Program Work Team (LPWT) and Cornell Cooperative Extension, this webinar was designed for small-scale pig producers who are looking to expand their swine enterprise to become more efficient and sustainable in their production of pigs and the marketing of pork products.

This webinar will introduce growers to the most common swine production systems, how to match your current resources to your goals, and we will review basic worksheets that can help farmers to plan for any growth or changes in the future. We will review farrow to finish, feeder to farrow, and feeder to finish operations.

The goal of this course is to help you design a plan for the coming years to ensure that you are making the most of your current resources and abilities. For more information please contact Marylynn at mrm7@cornell.edu.

Link to the Events page for this event:

http://cceoneida.com/events/2021/03/29/webinar-developing-your-small-scale-swine-enterprise

Farmers' Market Recipe By Diane Whitten

Our local farmers' markets have chicken, whole and parts. Nothing could be simpler than cooking a whole chicken. One of the best ways to cook a whole chicken is to simply roast it. If you bought a frozen chicken the best way to thaw it is to defrost it slowly in the refrigerator. Allow about 24 hours for a 4-5 pound chicken. Then follow the instructions below for roasted chicken. While you're at the market pick up some potatoes and carrots to roast along with the chicken to maximize the use of the oven.

Roasted Chicken

- 4-5 pounds chicken*
- 1 large onion*, quartered
- 2-3 cloves garlic*
- 1 stalk celery, cut in 2 inch pieces
- Salt & pepper
- Butter or oil

Preheat oven to 350. Pat the chicken dry then rub the outside with butter or oil and sprinkle with salt and pepper. Always roast chicken with the skin intact whether you eat it or



not to maintain moisture and prevent the meat from drying out. Stuff the bird cavity with quartered onion, celery and garlic cloves. These aromatic vegetables will flavor the meat as it cooks. Place chicken in preheated oven uncovered. Bake for 20 minutes per pound, plus an additional 20 minutes. Cook to a minimal temperature of 165 degrees as measured by a food thermometer inserted into the thickest part of the breast. Remove the chicken from the oven and let rest for 15 minutes before slicing to maximize juiciness. Makes 8 servings.

Nutrition per 3 oz. serving (mixed light and dark meat): 200 calories, 11g fat, 3g saturated fat, 75mg cholesterol, 70mg sodium, 0g carbohydrates, 23g protein.

Ingredients marked with an asterisk (*) are available at the Saratoga Farmers' Market. For information about food and nutrition contact Diane Whitten at Cornell Cooperative Extension at 518-885-8995 or email dwhitten@cornell.edu.

Spa City Farmers' Market

"All participating vendors are premium local brands and the best of the best including a bounty of the State's most sought after farmers and producers – to ensure the integrity of the market all vendors MUST be legitimate producers and open to facility inspection."



When: Sundays Time: 10 AM - 2 PM

Where: Lincoln Baths, 65 South Broadway

Saratoga Springs

Link: http://www.spacityfarmersmarket.com/

Saratoga Farmers' Market

"A producers-only farmers' market with local products in Saratoga Springs, NY. A source of great food, plants, crafts, and live music. Our members practice and support sustainable agriculture and slow food practices."



When: Saturdays
Time: 9:30 AM - 1:30 PM
Where: Wilton Mall Food Court
(Bow Tie Cinema entrance)

Link: https://www.saratogafarmersmarket.org/

HOMESTEADING & SELF-SUFFICIENCY

CCE Saratoga educators have created an <u>educational webpage</u> where people can learn all aspects of becoming self-sufficient and what it means to have a homestead. The informational platform brings together agriculture (Livestock & Animal Husbandry, Food Preservation & Preparation, Hunting & Gathering, and Planting & Growing recourses.



If you missed the 8-week video series for Homesteading and Self-sufficiency you can find it here.



Healthy Bees and You! webinar

When: March 13, 2021

Time: 10:00 AM-11:30 AM



Cornell Cooperative Extension of Herkimer County presents: **Healthy Bees and You!** An Introduction to Beekeeping workshop will be presented by Garet Livermore, Executive Director, Master Gardener Coordinator, CCE Herkimer Co., and 30-year Beekeeper, on March 13, 2021 10-11:30 am. via Zoom.

Interested in the history and science of beekeeping? Considering making the commitment to starting your own apiary this year? This workshop introduces you to basic beekeeping and is designed for the absolute beginner with no prior knowledge. The session includes information on bee biology, products of the hive, basic beekeeping practices and planning. Also discussed will be print and on-line resources to continue your learning about beekeeping.

The topics covered include:

- Honey bee biology
- Historical beekeeping practices
- Setting up an apiary
- Beekeeping through the year
- Products of the hive

This Zoom-based class is free, but participants must register at:

https://reg.cce.cornell.edu/healthybees_243

After registering, you will receive a confirmation email containing information about joining the meeting. For more information, call Garet Livermore at (315) 866-7920 or email GDL56@cornell.edu



Dehydrating (drying) foods is a method of food preservation that can help you to extend your summer and fall harvest into the lean times, such as these. By late winter your cold storage produce may be gone, so it's time to rehydrate those dehydrated green beans, corn, and apple slices.

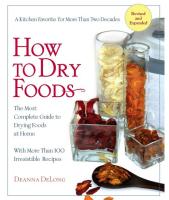
The University of Missouri Extension has an excellent resource which you can access here: <u>How to Use Dehydrated Foods</u>. This resource includes a table for how to rehydrate various foods, as well as recipes, including soups and, surprisingly, an apple pie made from dried apples. You'll find these and more recipes at this site:

Campfire Corn Chowder Green Bean Casserole Beef Vegetable Soup Apple Pie Apple Coffee Cake

Recommended resource for drying foods and using dried foods: <u>How to Dry Foods</u>: <u>The Most Complete Guide to Drying Foods at Home</u>, by Deanna DeLong

This updated classic book details how to dry fruits, vegetables, herbs and spices, meats, fish, and nuts. Includes more than 100 recipes and full-color photographs.







By Wendy McConkey, Records Management Officer

The following articles were written 1962 by Mrs. Daniel Barrett, a 4-H Club parent at the time. The articles were published in the Dec. 1962-Jan. 1963 4-H Club News.

EARLY HISTORY OF 4-H IN SARATOGA COUNTY

"4-H had its inception back in 1929 when the need for a program for farm youth was keenly felt, and out of this awareness was formed the Battlefield Sheepbreeders. H.B. Little, then Saratoga County Agricultural Agent, led the movement and James Gannon was chosen the leader. It might be interesting to note that this first 4-H group in Saratoga County came into being in the valley of the Hudson on land where our forefathers fought the bloody battles, the results of which was the establishment of American Independence. The farmers turned soldiers were to save that great valley that future generations would live as a free people and prosper. Today a third generation of Gannons are among the outstanding 4-H'ers in this County. Gannon and Little had formed an organization that was to be long lasting and educational for generations to come.

In 1930, Miss Eva Armer organized the Harmony Busy Bees, a homemaking club, and James Arnold became leader of a boy's club known as Harmony Corners.

Other early clubs were the Wagman's Ridge Club with Mrs. Fred Peck as leader and the Gansevoort club with Mrs.

Sara Washburn as leader."

4-H DEPARTMENT IS ORGANZIED AND STARTS TO GROW

"4-H Club work began in earnest in Saratoga County in 1937 with headquarters in the Extension Center office, third floor of what is now the State Bank of Albany building, Broadway, Saratoga Springs. The Board of Supervisors appropriated \$2500. An Agent, Douglas Deuel, was employed and the 4-H'ers were in business."

THE WAR YEARS

"During World War II, Saratoga County 4-H Club Department excelerated its program to food production and preservation and conservation of our natural resources. Emphasis was placed on Victory Gardens. During 1946, 7,000 adults participated in the Victory Garden Program. In addition to the regular 4-H Club membership, 850 boys and girls in schools in Saratoga County participated in the Victory Garden program.

Other wartime programs carried on by 4-H'ers consisted of salvage drives and members living on farms assumed more responsibility in sharing some of the farm operations. Other members assisted in civilian defense jobs. The 4-H Club Department, in 1944, helped with the gathering of milk pods to replace a shortage of Kapoc that was used in sleeping bags and life preservers. This program was carried on in cooperation with schools and other youth organizations, the pods being purchased and shipped to Michigan for processing."

CONTINUED GROWTH

"4-H continues to go forward. It has grown to be recognized as a very influential force in the lives of the farm youth and the County in general.

Through the years, 4-H'ers have participated in many county, state and national events. Club members have received recognition for their outstanding work and have been selected as state winners in various national contests.

Among the personalities who have directed the program to success through the years are Douglas Deuel, the first agent; the present agent, Albert Lounsbury; the assistant and associate agents, including Miss Joan Royce, Miss Mary Wadleigh, Miss Nancy Radick, Miss Sandra White, Margaret Reed, Miss Miss Marjorie Dunn."



4-H'ERS OF THE 1930's! Members of the Harmony Busy Bees 4-H Club and the Harmony Corners 4-H Club posed for this picture in 1930, when the club was organized. Leaders of the groups were Eva Armer and James Arnold. Front row, left to right: Lawrence Englehart, Lewis Cutbush, Sidney Jennings, George Wiswall, Raymond Englehart, Lester South, Everett Carr, Gilbert Smith, Gordon Crawford, Vincent Plummer, Albert Plummer, Paul Voehringer. Second row: Celia Gray, Ellen Willey, Marjorie Murtlow, Isabel Holbrook, Evelyn South, Dorothy Conde, Marion Crawford, Alma South, Dorothy Arnold, Virginia Murtlow, Marion Holbrook, Edna Helen Hammond, Dorothy Murtlow, Hullow, Helen Cutbush, Ella Lane. Third row: James Arnold, local leader; Clarence Armer, Robert Armer, Howard Plummer, Claude Plummer, Orlin Smith, Russell Arnold, Earl Garrison, William Cutbush, Harold Smith, Everett Englehart, Eva Armer, local leader. Fourth row: Margaret Smith, Amy Robinson, Raymond Plummer, Donald Crawford.

Click the photos to be navigated to each of our Facebook accounts:











PRISM

CCE Saratoga

CCE Equine

Agriculture Economic Development

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Who We Are

|--|

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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.

^{*} Board Representative