



Farm Tour!

Legislators! Join us October 27 Ulster County Farm Tour in the Rondout Valley

CCEUC's Agriculture Program hosts a bus tour of five farms in Ulster County's Rondout Valley. You're invited to see firsthand what is emerging locally in the farming industry. Meet the farmers and learn from them about the vital issues that impact and shape the future of our local farming industry.

The bus boards at 9:00am in front of the CCEUC office, at 232 Plaza Road in Kingston and will return to Kingston at approximately 2:00pm.

Please arrive at CCEUC by 8:50 am.

RSVP to Jim O'Connell by October 18 via email at jmo98@cornell.edu or call 845-340-3990 x390 or 845-943-9814

- 9:00am Bus departs from CCEUC in Kingston
- 9:45am [Arrowhead Farm](#) (Kerhonkson) Meet Bob Bernstein, Managing Director of Northeast Farm Access. Learn about NEFA's plan to expand access to farming in Ulster County and to develop farmworker housing in the Rondout.
- 10:20am [Kelder's Farm](#) (Kerhonkson) Meet the Kelder Family, learn about the work CCEUC and Kelder's Farm have done on phytophthora, an important disease of vegetable crops.
- 11:15am [Westwind Orchard](#) (Accord) Fabio Chizzola takes us on a tour and Liz Higgins of CCE Eastern NY Comm. Horticulture explains the importance of apple production in Ulster County.
- 12:00pm [Saunderskill Farms](#) (Accord) Meet the Schoonmakers. Dan and Dave give a tour of the farm. Jim O'Connell of CCEUC talks about projects he's done on the farm, such as SWD monitoring and Farmworker manuals.
- Lunch at Saunderskill Farm Market!
Bagged lunch includes choice of sandwich: Turkey; Grilled Chicken Breast; Vegetarian: (Roasted Red Pepper, Swiss Cheese, Pesto Mayo) apple, cookie, side salad, small chips, water.
- 1:10pm [Arrowood Farms and Brewery](#) (Accord) is a New York Farm Brewery Operation sourcing local grains and hops. Staff will offer a tour and an operator's perspective of the New York craft brewery industry.
- 2:00pm Arrive back at CCEUC in Kingston.

CCEUC Nutrition: Eat Smart New York (ESNY)



service director and each individual school to identify ways to make each lunchroom "smarter." <https://www.smarterlunchrooms.org/> National School Lunch Week: October 9-13th 2017
Questions? Call Katie Sheehan-Lopez 845-340-3990x334 or email kms369@cornell.edu

The Smarter Lunchrooms Movement is an initiative from the BEN Center (Behavioral Economics in Child Nutrition Programs) of Cornell University. The Smarter Lunchrooms Movement focuses on no-cost or low-cost strategies to increase participation in the school lunch program, how to increase consumption of healthy food, and steps needed to decrease food waste.

Strategies include giving healthy menu items catchy names, placing a bowl of fruit near the register, or providing samples of new menu items. Katie Sheehan-Lopez, ESNY Nutrition Educator at CCEUC, along with a nutrition educator from Dutchess County assessed all ten lunchrooms in the Kingston School district. All schools received a bronze or silver score. The next steps will be to work with the food

Master Gardener Program

image by Dona Crawford



MG Trainees at the Xeriscape Garden at SUNY Ulster

Master Gardener Volunteer training began in September with thirteen applicants. Every two years, new Master Gardener (MG) trainees apply and enter the training program. They are schooled in botany, vegetables, perennials, native plants, organic gardening and several other horticulture topics. The training culminates in January and trainees are expected to give back 100 hours of community service within the program in the first two years.

CCEUC currently has eighty five very active Master Gardeners, who work the Hotline: 845-340-DIRT, on Monday, Wednesday and Friday for nine months of the year, and Fridays during the winter months. Additionally, they help to maintain the xeriscape garden at SUNY Ulster, and hold monthly classes there from May through October. They organize and work tirelessly on the annual plant sale, the seedling sale, and many other events.

The Master Gardeners' very successful plant sale (the 16th Annual) was held in September with donations of plants from the Xeriscape Garden at SUNY Ulster, the MG's, and an unexpected, generous donation of seeds from Adams Fairacre Farms, helped them raise \$1300 for the MG program. Their annual participation in the Hudson Valley Garlic Festival gave the MGs an opportunity to share important garlic growing information with the public and to sell 1000 ornamental garlic bulbs!

Next up: Planning for the ever popular, and very fragrant, Holiday Kissing Ball workshop.

Questions? Call Master Gardener Coordinator Dona Crawford at 845-340-3990x335 or email dm282@cornell.edu.

4-H Youth Development Celebrates National 4-H Week



image by Tara Kleinhans



4-H PLEDGE I pledge my head to clearer thinking, My heart to greater loyalty, My hands to larger service, and My health to better living, for my club, my community, my country, and my world.

4-H Fall Enrollment Fest, held Saturday, October 7 at the Ulster County Fairgrounds, welcomed clubs: *4-H Animals and Beyond*, *4-H Animals and Company*, *Outstanding Crazy Crew*, *Swedish Zhetlands*, and *The 4-H Animal Squad*. The Fest included a rabbit hopping demonstration, info on county run programs, and ice cream donated by the 4-H Teen Council.

The Paper Clover campaign, October 4-15, at Tractor Supply stores in Lake Katrine and Highland, supports youth trips. Youth who spend at least three hours helping will have priority for scholarships next year.



4-H Program Leader: Melanie Forstrom maf357@cornell.edu

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Ashokan Watershed Stream Management Program (AWSMP)



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Contact:
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Photo: Saugerties contractor Advanced Enterprise Concrete & Excavation, Inc. worked for the Town of Olive to construct a new stream crossing with NYC funding, managed and administered by CCEUC for the Ashokan Watershed Stream Management Program. The previous culvert was under-sized and constricted stream flows. The new bridge passes the 1:100-year return frequency storm flow.

This summer CCE worked closely with town and County stakeholders to implement initiatives in the Ashokan watershed. CCE identified a university generated large wood assessment protocol that was piloted on a section of the upper Esopus Creek frequented by recreational boaters and anglers. CCE will continue coordinating stakeholder input and discussion on large wood management.

CCE managed funding for two infrastructure improvement projects in the Ashokan watershed: construction of a bridge to replace an under-sized culvert in the Town of Olive, and the design and engineering

of a hillslope stabilization on County Route 42 in the Town of Olive (the Ulster County Dept. of Public Works is managing the project). CCE, in partnership with the Ulster County Dept. of Environment, worked with town officials to finalize an [engineering plan](#) for mitigating flood damage in the hamlets of Boiceville and West Shokan, and advanced planning for the hamlets of Shandaken and Allaben in the Town of Shandaken.

A busy summer of outreach activities reached over 450 people at events, fairs, and summer field programs with information on stream management and flood risk reduction. CCE and County staff delivered a training on floodplain management to real estate professionals working in Ulster County. The Watershed Detectives After-School Club in the Onteora Central School District produced the educational video "[All About Water](#)" sharing what they learned during a year-long CCE youth program. Finally, the program published "[The Trib](#)", a newsletter that updates and educates watershed residents. The issue featured AWSMP's stream restoration projects and other watershed news.

AWSMP Leader Leslie Zucker may be reached at laz5@cornell.edu or 845-688-3047x2



Managing your Flood Risk in the Hudson Valley Workshop
Monday, December 11 6:00 - 8pm at CCE Education Center
Facilitated by AWSMP educator Brent W. Gotsch, and CCEUC Livestock educator Jason Detzel. This FREE workshop focuses on helping residents to be better prepared for possible flooding and how to understand risk as it applies to your property. Other topics covered: How to read and interpret FEMA Flood Insurance Rate Maps (FIRMs) and the Flood Insurance Studies (FIS); types of

flood zones; What is meant by "100-year flood"; Computer and electronic tools to help identify flood zones. Jason Detzel provides livestock disaster information for those livestock owners interested in learning about the area's resources, emergency plans, and how to be prepared in the event of a flood.

Relatives as Parents Program (RAPP)



RAPP's Crafty Clovers, a 4-H Club, are having an Apple Pie fundraising event to benefit their club. Apple pie orders may be placed beginning in the 3rd week in October and ending in the week of Thanksgiving. The pies will be ready for pick up at the CCEUC offices on the day before Thanksgiving.

The cost is \$15 per pie and you'll be helping the Crafty Clovers with funds to support their many club activities and projects. Call us to place your order!

Thanks to increased grant funding from the NYS Office of Children and Family Services (OCFS), RAPP was able to hire an additional Outreach Educator, Maria Cecilia Deferrari. Her outreach efforts have resulted in doubling the number of program participants for RAPP.

RAPP Program Coordinator: Jennifer Patterson
845-340-3990 x343or jmp394@cornell.edu.



CCE Education Center, 232 Plaza Road Kingston, NY 12401
where education provides enrichment

WORKSHOPS/CLASSES

[LINK TO CCEUC WEBSITE FOR DETAILS AND LOCATIONS OF CLASSES](#)

KITCHEN CLASSES: Saturdays from 9am - 12 Noon. \$35.00 per class

Knife Skills October 21; Pressure Canning November 4; Meat Class November 11; Fruit Butter December 2; Chutney December 9

PUTTING YOUR TOOLS AWAY, THE RIGHT WAY: FREE Saturday, October 21 at SUNY Ulster, Cottekill Rd., Stone Ridge.

SERVE SAFE FOOD SAFETY MANAGER COURSE: Monday October 23 \$150.00

TURKEY (AND POULTRY) PROCESSING COURSE: October 26 10:00 am - 2:00 pm & October 28 8:00 am - 2:00 pm

Join Livestock Educator Jason Detzel, for a hands-on two-part course geared towards the home flock farmer and aspiring small-scale commercial grower.

October 26: Classroom Session at CCE Ulster, 232 Plaza Road in Kingston. Learn the rules and regulations of processing in NY, HCAAP regulations, biosecurity, and current best practices, marketing, pricing and labeling.

October 28: Farm Visit and Hands-on Practicum Chatham (Columbia County) Learn how to humanely, cleanly and efficiently process poultry; run a poultry processing line, quality control, bag poultry, compost offal, and analyze faults in the grow out and processing procedure. This information may be applied to all species and classes of poultry.

Take home a turkey! Participants have the option of purchasing a farm-raised turkey at the completion of the course. Registration is \$80, non-refundable fee, per person, which includes both days.

Contact: Jason Detzel *Livestock Educator* jbd222@cornell.edu 845-340-3990 x327

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