Local 4-H'er's Expand Life Experiences at National Conference

JONATHAN COYLE AND ELIZABETH CARBAJAL, WAYNE COUNTY 4-HERS

This past spring we were chosen along with two other delegates to represent New York State 4-H at the National 4-H Conference in Washington D.C. The National 4-H Conference is an opportunity for 4-Hers to build their leadership and work with others through round table discussions and groups. The Conference was first founded in the mid 1900’s. For the first conferences, delegates slept in tents on the National Mall. Since then it has grown, and currently delegates stay at the National 4-H Headquarters.

We applied for the Conference in November of 2013. The application process required a cover letter, letter of recommendation, a resume, and two essays on given topics. We were notified in January that we had been accepted to represent New York State at the Conference. Prior to the conference we spoke with the other delegates as well as a representative from the New York State 4-H Office on a conference call. We went over what to expect and look forward to, as well as getting to know the other delegates.

The Conference was held from the 5th to the 10th of April. We flew to the Conference a day early with one of the other delegates, and met up with our chaperone along with the fourth delegate. We arrived at the National Headquarters in the afternoon. We used the time to settle in and explore the campus and its surroundings. This was also a good time to meet other arriving delegates.

The first days of the Conference focused on getting to know other delegates through mixers and social activities. This was a great way to experience different cultures and personalities. The Conference also had delegates from Canada and Puerto Rico. The mix of different regions cooperating really highlights how 4-H brings people together.

After the first day, we met with our roundtables, which was the main focus of the Conference. The purpose of the roundtables was to research different topics and present findings. The roundtables covered a range of topics such as food safety, agriculture, and sustainability.

Welcome
Cornell Cooperative Extension (CCE) of Wayne County has had a year of growth in more ways than one. Several examples of our expanded programs can be found in this report. For example, new grants were received to expand food safety through workshops of our regional agriculture teams and Wayne County CCE increased success of Farmers’ Market managers through weekly site visits and networking. Youth gained leadership experience through activities such as Teen Council and Camp Beechwood. Two of our Wayne County youth were 2 of 4 youth selected to represent NYS at the National 4-H Council (see article above). Our staff is working with participants to build and expand programs such as Teen Council and Camp Beechwood. The purpose of the roundtables was to research different topics and present findings.

Our Educational Focus:
• Increasing sustainability of local agriculture and the environment with changing weather conditions
• Increasing agriculture capacity and consumer access to local food products
• Improving food safety through agriculture and the environment with changing weather conditions
• Strengthening the vitality of communities through youth and families
• Increasing nutrition education and decreasing childhood obesity

Address & Directions
Cornell Cooperative Extension Wayne County is located at: 1581 Rt. 88N Newark, NY 14513. You can reach us by phone at 315-331-8415. Easy to find, we are located at the corner of Hydeville Rd. and Rt. 88. Just follow Rt. 88N at the intersection of Rt. 31 and Rt. 88 in the center of the village of Newark. We are a one story gray building located about 1 mile north of the intersection on the west side of Rt. 88.
resolve different issues. There were several roundtable topics, such as how to assist military families, teen pregnancy, bullying prevention, and school-to-prison pipeline. These topics were presented to federal agencies to give them our ideas on how to improve these issues. Our roundtable topics were how to improve MediaSmart Youth, and video games in education. MediaSmart Youth is a program that educates youth on how media influences their nutrition. The video games in education roundtable focused on researching how games have been utilized in education in the past, present, and how it can be improved in the future.

Our experience from the roundtables was learning much more in depth about a topic that we are interested in. As well as collaborative skills such as working together with other individuals from different backgrounds. Making connections with other 4-Hers, as well as improving our public speaking skills by presenting to a much higher level than we are used to.

What we reflect on when we look back on the Conference is our large leadership role in it, as well as what we can take back to our county and state. The Conference is something we encourage other 4-Hers to participate in, as it gives a great opportunity to make connections within your own state, as well as many other regions. It is also great at building leadership and public speaking skills.

Collaboration with Harvest Court

MAUREEN E. WELLMAN, COMMUNITY NUTRITION EDUCATOR, IBCLC

Harvest Court in Williamson offers low-income housing and provides services for seasonal farmworkers through PathStone, a not-for-profit regional community development and human service organization. Over the last several years, Cornell Cooperative Extension (CCE) of Wayne County has worked with the residents to offer different classes on nutrition, cooking, and increasing physical activity in a variety of locations.

The first classes inspired the residents to start their own community garden on the Harvest Court property. The first year a few residents started their own small gardens. It has expanded to several residents with much larger individual gardens. They have harvested a variety of fresh, home grown vegetables each year since starting the gardens. Several of the vegetables have been incorporated into the recipes prepared for class. Some locally caught fish was also added to one of the recipes with great success. They also learned how to can strawberry jam with a request for more canning classes in the future.

Creating Healthy Places Helps Create Healthier Restaurants

HILLARY TURSKOVITZ, R.D., NUTRITION EDUCATOR

One of the initiatives under the grant Creating Healthy Places to Live, Work, and Play is to educate and support local restaurants that are willing to make healthy changes within their establishments. One restaurant project in particular has made many successful changes that have provided patrons with healthier alternatives while eating out. Captain Jack’s Goodtime Tavern located in Sodus Point is a prime example of how a restaurant can continue to make healthy changes within their establishments.

Creating Healthy Places awarded Captain Jack’s a mini-grant that assisted them in purchasing a kiosk for their salad bar. In turn, the restaurant purchased a second salad bar with their own funds that would be used for special events and during their busy summer season. As a result of the two salad bars, the restaurant has seen a 239% increase in the number of customers choosing salad as their entrée or as a side choice with their entrée. Not only can adults purchase the salad bar as an entrée, but it is now an option on the kids’ menu as well. Owner Tom Frank said “We have seen a huge return customer base because of the salad bar, a lot of people will just come in to order the salad bar. Some people don’t want a heavy meal and the salad bar can now accommodate them.”

Another unique change Captain Jack’s made was to their menu by incorporating the MyPlate logo and website in the children’s section. The goal of the MyPlate icon is to prompt consumers to think about building a healthy plate at meal times and to emphasize the importance of fruits, vegetables, whole grains, protein foods, and dairy. Creating Healthy Places also provided healthy eating signage magnets to Captain Jack’s that are now being displayed throughout the restaurant.

For the first time this year we offered the Cooking Matters for Adults class with support from FoodLink. Sixteen participants learned new chef skills and improved their cooking techniques while trying new foods.

A Cooking Matters grocery store tour was conducted at Ontario Tops during one of the classes. Seven participants were able to plan a delicious, nutritious meal for under $10.00 for a family of four, incorporating all 5 food groups in MyPlate. One family saved $5.00 on a pork roast that they used for their meal. Others added more vegetables as they tallied up the cost of what they had chosen. They were very surprised how much they could buy for $10.00 with careful planning and taking advantage of sales in the store that day.

It has been my pleasure to work with the residents and staff of Harvest Court. They have enhanced my life with their participation and enthusiasm.

CCE Helps Community and School Gardens Grow Food and Knowledge

LAUREN VANNOSTRAND, MASTER GARDENER PROGRAM

In 2014 Wayne County school and community gardens have overcome challenges and bloomed to produce bountiful harvests and learning opportunities. Early in 2014, Creating Healthy Places was able to provide funding to the Master Gardener Program so staff could create Community and School Gardening Guides. The guides were distributed to the garden managers of 7 recently formed school/community gardens along with a soil thermometer, rain gauge, and scales for weighing produce.

The guides contained information to help manage the gardens throughout the year. The rain gauge and soil thermometer provided data for growing seeds and plants and created opportunities for learning. The scale helped determine how much the garden produced. The garden managers were asked to keep reports on the amount of harvested produce as well as who was using the produce and are currently finishing up their assessments of the 2014 growing season and planning for next year.

Overall it was a successful year, the gardens grew, in number and size, site managers received information to help improve their gardens success, and youth learned about gardening. Throughout the year, Master Gardener Program staff and CHP educators provided support to garden managers while Master Gardeners made site visits to give technical advice and recommendations to site managers. Master Gardeners also provided youth programming at some locations.

From Mark DeCracker, manager at the Lyons Community Garden, “There is more to gardening than just digging a hole and planting seeds. Being able to understand the cause and effect of what makes vegetables grow is very important to a community garden. Especially for those growing for the first time. Measuring the amount of rain and the temperature of the soil helps the gardener to know when to water and when to plant, to have a successful gardening experience. The gardening guide provided by CCE was very helpful as was the soil thermometer and rain gauge and having Master Gardeners available to troubleshoot problems is an added bonus.”

Challenges this year included fungus diseases with Late Blight (LB) of tomato at the forefront. When infected with Late Blight non-resistant tomato plants quickly die and harvests are lost. Purchasing LB resistant plants can also be a challenge, most are not available as plants so site owners would have to grow their own.

To help alleviate some of these challenges, in 2015 the Master Gardener Program will be working with WARC to grow disease resistant plants, including tomatoes, to be distributed to community and school garden sites. Culinary herbs and peppers that can be used in recipes to help reduce sodium in the diet will also be grown. Master Gardeners will continue to provide funding for these gardens through site visits, the helpline and by educating youth with on-site programs. Managers for new sites are invited to contact us at (315) 531-8415 or mgwayne@cornell.edu. We look forward to helping your garden grow more food and knowledge!
Cornell Cooperative Extension Impacts the Wayne County Community

...increasing youth knowledge about plants and the environment. Master Gardeners provided programming for 538 youth at libraries, schools, and daycares with youth learning about beneficial insects, earthworms, exploring the science inside seeds, and planting seeds to take home.

...helping consumers learn best practices to maintain healthier plants and environments. Through the end of September, Wayne County Master Gardeners received over 1,400 requests from consumers for information on home garden and landscapes. The four categories receiving the most questions were trees, plant diseases, fruit and vegetables, and insects.

...increasing safety and production in woodlots. During the first nine months of 2014 Master Forest Owner Volunteers have provided information during site visits and consultations to 52 clients, hosted a chainsaw safety course for 11 participants and MFO program held a woodland workshop and woodswalk attended by 27 people.

...reducing insecticide use by 40 to 57% in onion fields. Onion thrips are the most economically important insect pest for this crop and correct pesticide use can increase weight of crops harvested by 30-50%. The Cornell Vegetable Team worked with growers on a field trial to determine best management practices for best environmental and economical outcomes.

...managing damage caused by late blight and western bean cutworm, two economically devastating pests of vegetable crops. Members of the Cornell Vegetable Team remained vigilant and scouted many fields across WNY this summer for the identification and treatment of these, and other pests. Using advanced decision support systems, forecasts were made for specific farm sites and impacted more than 4,000 acres across WNY to reduce damage.

...providing an opportunity for 20 youth to explore the outdoors at 4-H Camp Beechwood and benefit from STEM (Science, Technology, Engineering and Math) opportunities. 100% of youth attending agreed that they felt more comfortable outdoors and that it is important for people to know about nature and all parents surveyed reported their child learned a new skill, most popular among these was fishing.

...increasing opportunity for food pantry recipients to access fresh produce. As a result of a $7,000 grant from the Rochester Area Community Foundation, seven food pantries in Wayne County received up to $1,000 for purchase of a refrigerator to store local fruits and vegetables for distribution. Nutrition education was provided at each site with a focus on preparing and tempting easy and low-cost recipes using local produce.

...increasing growth and profitability for small farmers through education and reimbursement of cooling system costs. As a result of a $250,000 grant received by CCE Wayne, local farmers and others from around the state, have documented an increase in product quality OR a decrease in product losses in excess of $681,453 during the first year of the project. Farms have spent more than $377,603 in labor and materials on construction of their cooling sheds. More than 10.5 FTEs of direct permanent jobs and 23 FTEs of seasonal jobs were created.

...ensuring locally grown apples and other products are available to schools. In January, the NYS Nutrition Association (representing school district food service directors) and NYS Department of Agriculture and Markets gave their Partnership Award to The Wayne County Chapter of the NYS Nutrition Association, Cornell Cooperative Extension of Wayne County, American Fruit and Vegetable Company and Freshwise Catering of Foodlink in recognition of this work. The award honors the collaboration that resulted in over 40 school cafeterias serving sliced apples from local farmers.

...increasing the number of NY fruit growers and Spanish-speaking employees who learned the science behind chemical thinning of fruit trees. Members of the Lake Ontario Fruit Team and Cornell Faculty, taught new methods to allow growers to determine the target fruit number and the initial fruit number per tree and then apply sequential thinning sprays for optimal fruit number and size, increasing income to the grower.

...nurturing teens to become leaders in promoting healthy eating. As a result of eight youth participating in “Cooking Matters for Teens” program, they decided to plan, prepare and cook a healthy meal for their family, friends and teachers in Sodus. For the entrée, over 100 people had a choice of either stovetop macaroni and cheese with a mix of colorful vegetables with oven baked popcorn chicken or Mexican lasagna with whole wheat tortillas and mango salsa.

...increasing healthy eating and physical activity through Eat Smart NY which reached 390 adults, impacting 1,599 family members. Of the adults who completed at least six lessons, 95% improved healthy food choices, 74% improved food resource management skills, 51% improved food safety practices and 30% increased frequency of being physically active. One participant is saving money on food and is now taking advantage of WIC and farmers’ markets. Another is more confident with recipes and cooking more, another reduced her soda from 2 liters to 16 oz. per day. One participant lost 6 pounds and her doctor is very happy.

...increasing access to fresh vegetables through the North Rose-Wokcott school garden. CHP provided educational support and funding for improvements to the garden. 39.50 lbs. of the vegetables grown were used by twelve adults and 59 students. The garden manager stated “it is our hope that students will acquire basic gardening and horticultural skills and be able to make healthier food choices by growing and learning how to cook with fresh produce.”

...improving the health status of the Clyde, Galen and Savannah community with resident led projects. The Bright Red Bookshelf project has given away over 1,000 books to children, fruit trees and bushes have been planted in Savannah’s Community Orchard, the Clyde-Savannah Community Band will make its first appearance at Clyde’s Veteran’s Day celebration, and Savannah’s portion of the West Shore Trail is now accessible for walking and biking.

...increasing access to locally grown fruits and vegetables at Wayne County Farmers’ Markets. Creating Healthy Places (CHP) visited Sodus, Wokcott, Walworth, Newark and Clyde farmers’ markets to promote usage of SNAP benefits at the market and provided $2 Healthy Living Coupons to approximately 1400 customers to be used towards the purchase of locally grown fruits and vegetables.

...Publishing ‘Needs Assessment for Farmers’ Markets in Genesee Valley Region and Seneca County – A Survey of Managers’, including results of 58-65 market managers surveys. As a result of the report 4 markets responded immediately, making prompt adjustments to their operations while improving their market performance. For example one market gathered support and a subsidy of a local organization and is now looking in to having a paid manager instead of committee of volunteers.

...Strengthening the link with the 75 farmers’ markets, impacting over 600 vendors, in 11 counties of the project region (Cayuga, Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming, and Yates County) by visiting and assessing the markets and their performance during the market season. The feedback and improvement suggestions that were provided to the managers met with 100% response and improvement modifications. An example is the increased use of product pricing labels as indicated in the picture to the left.

...Connecting the farmers’ markets or public organizations with local producers that could not have participated in yet another market. Including connecting local non profits with sources of local produce and increasing connections between buyers and selling of all types of local items, like eggs, honey and maple syrup.
Activities Calendar
From November 2014 - April 2015

Feed Dealer Meetings: November 14, 2014, 11:00 a.m. – 2:30 p.m., CCE – Wyoming County, 401 N. Main St., Warsaw, for more information and registration contact: Cathy Wallace, 585-343-3040.

SOAR (Strengthening Our Area Residents) Celebration: November 14, 2014, 6:00 – 8:00 p.m., Savannah Fire Hall

Genesee Valley Farmers’ Market Forum: November 17, 2014, 1:00 p.m. – 7:00 p.m., CCE-Ontario. For more information or to register call: Jamila Haseler (585) 467-4128 or call CCE-Wayne (315) 331-8415.

Creating Healthy Places Coalition meeting: December 4, 2014, 12:00 to 1:30 p.m., Wayne CAP, 159 Montezuma St., Lyons

Holiday Greens Workshop: Saturday, Dec. 6th, 9:00 a.m. – 12:00 p.m., Casey Park, Ontario. For more information call: (315) 331-8415. (This program is full).

Call & Heifer Congress: Dec. 10-11, RIT Inn & Conference Center, 5257 W. Henrietta Road, Henrietta. Link to register: http://www.cvent.com/d/k4qctr

Celebrating Wayne County Farmers’ Market Season: December 11, 2014. CCE Wayne County, 5:00 to 8:00 p.m. Diane Eggert, Executive Director of the NYS Farmers’ Market Federation, is the keynote speaker.

4-H Holiday Special: December 13, 9:00 a.m. – 12p.m at CCE Wayne County. Everyone is invited to attend this make-and-take workshop with a holiday theme! Create a series of decorations that will make your home festive for winter! Call 315-331-8415 for more information.

4-H Teen Council: December 16, 6:30 p.m. at CCE Wayne County. 4-H teens meet to develop leadership skills, promote 4-H and perform community service. Call 315-331-8415 for more information.

4-H Public Presentation Training: January 13, 2015

Corn Congress: January 14, 2015, 8:30 a.m. – 3:00 p.m., Clarion Hotel, 8250 Park Road, Batavia. For more information contact: Cathy Wallace, 585-343-3040 ext. 138

Corn Congress: January 15, 2015, 8:30 a.m. – 3:00 p.m., Holiday Inn, 2468 NYS Route 414, Waterloo. For more information contact: Cathy Wallace, 585-343-3040 ext. 138

Marketing for Profit: Six week session starts January 15. Webinar training for new and beginning farmers. Please call Beth Claypoole, 315-331-8415 for more info.

Empire State Producers EXPO: January 20-22, 2015, Syracuse, NY

“Cooking Up Fun” at the Newark Middle School: January 16 to March 12, 2015 every Thursday from 4:00 to 5:15 p.m. in collaboration with the Compass 21st Century Afterschool program.

County-wide Farmers’ Market Networking Meeting: January to May: CCE-Geneese, CCE-Monroe, CCE-Ontario, CCE-Wayne, CCE-Steuben, CCE-Wyoming, and CCE Yates. The dates for each TBD.

4-H County Wide Workshop – January 2015, TBA (subject to be announced). Call 315-331-8415 for more information.

LOF Winter Fruit School: February 2, 2015, Lockport, NY

LOF Winter Fruit School: February 3, 2015, Wayne County, NY

WNY Soybean/Small Grains Congress: February 4, 2015, 8:30 a.m. – 3:00 p.m., Clarion Hotel, 8250 Park Road, Batavia. For more information contact: Cathy Wallace, 585-343-3040 ext.138

Finger Lakes Soybean/Small Grains Congress: February 5, 2015, 8:30 a.m. – 3:00 p.m., Holiday Inn, 2468 NYS Route 414, Waterloo. For more information contact: Cathy Wallace, 585-343-3040 ext.138

Healthy Restaurant Forum: February 9, 2015, Captain Jack’s Goodtime Tavern, Sodus Point, to be held in AM, time to be announced

Creating Healthy Places Coalition Meeting: February 11, 2015, 12:00 – 1:30 p.m. CCE office

4-H Public Presentation Make Up Day: February 11, 2015

Winter Woodland Walk: February 16, 2015, 12:00 p.m., Beechwood State Park. Try out snowshoeing! Look for animal tracks and birds! Learn the basics of tree identification! Make healthy treats with your friends! Family friendly activities! Explore beautiful Beechwood State Park! Fun and giveaways! Call 315-331-8415 for more information.

4-H Workshop Spectacular: February 17-20, 2015, CCE Wayne County. A week filled with educational workshops for youth (topics to be announced). Call (315) 331-8415 for more information.

4-H Public Presentations: February 21, 2015, CCE Wayne County. Public presentations are noted by 4-H alumni as their most valuable project. Come learn essential public speaking skills. Call (315) 331-8415 for more information.

Master Gardener Plant Sale: Saturday, May 9th 8:00 a.m. – 11:30 a.m. at the Extension office in Newark.

Garden and Home Grounds Questions: Call (315) 331-8415 ext.107 or e-mail us at mgwayne@cornell.edu.

Woodlot Site Visits: Call (315) 331-8415 ext. 107 to schedule a FREE woodlot site visit from our Master Forest Owners.

1581 Rt. 88N Newark, NY 14513 • 315-331-8415
www.ccewayne.org

---

**Master Gardener HOTLINE**

Winter Hours:

FOR GARDEN and LANDSCAPE QUESTIONS: Call (315) 331-8415 ext.107 or e-mail us at mgwayne@cornell.edu.

GARDEN and HOME GROUNDS QUESTIONS: (from November 1, 2013 to March 31, 2014) call (315) 331-8415 ext. 107 or e-mail us at mgwayne@cornell.edu. Please include a daytime phone number where we can reach you.

FOR MONTHLY HOME GARDEN and LANDSCAPE TIPS and INFORMATION ABOUT OUR UPCOMING HORTICULTURE AND WOODLOT EVENTS: e-mail us at mgwayne@cornell.edu.