FARM & GARDEN

Cornell University Cooperative Extension
Chemung & Tioga Counties

NEWS AND NOTES FOR FARMERS & GARDENERS IN CHEMUNG AND TIOGA COUNTIES

April 2018

News From CCE

By Barb Neal, CCE Tioga

Want to differentiate yourself from other producers? Thinking about selling to larger retail markets? Consider the new program from Ag and Markets: NYS Grown & Certified. Ag and Markets says this about the new program:

New York State Grown & Certified is the first statewide, multi-faceted food certification program designed to strengthen consumer confidence in New York products, address food product labeling, and assist New York farmers so they can take advantage of the growing market demand for foods locally grown and produced to a higher standard.

There are funds to aid farmers to meet food safety standards—a great opportunity to upgrade your equipment. See page 8 for more details. For more information on this new, and evolving, program, contact your ag educator.

This issue has a great article written by Tioga County's senior Master Gardener volunteer, Barry Davis, about growing tomatoes. Barry is a truly a master gardener, and his tomato-growing tips will help new gardeners and old-timers improve their tomato harvest.

Finally, if you would like to help others learn how to grow their own vegetables by serving as a Seed to Supper mentor, contact Missy Bidwell in Tioga County or Jingjing Yin in Chemung County. Work alongside folks and show them how!

Inside this issue:

Barb Neal, CCE Tioga Agriculture and Horticulture Educator, ban1@cornell.edu

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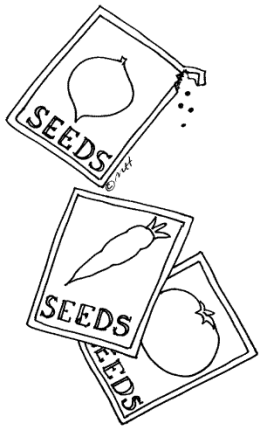

Seed A Rama!

Free Seed Starting Open House—Go home with a tray of seeds for your garden!

Want to learn how to start your own seeds? Would you like to have a free tray (or two) of seeds and seed starting materials? Join us **April 28th anytime between 9 and noon** at the Tioga County Fairgrounds Youth 4H Building. We will help you do the seeding and give you great tips for having a wonderful garden this year.

Bring your friends! Children welcome and encouraged!

Everyone goes home with a tray or two of started seeds. Bring your own seeds to start, or we will provide some veggie seeds.

The Youth Building is in Marvin Park, just across from Price Chopper, which is at 42 West Main Street in Owego.

C'mon out and help plant a school orchard!

Join us on **April 14th from 9 am to 11 am** to help plant the Tiger Farm Orchard. Tiger Farm is a school farm for Tioga Central School District (The Tioga Tigers). We have secured a grant to plant an orchard of 15 dwarf and semi dwarf disease resistant apple trees that will be used for teaching by all the grades, and provide — in time — fresh apples for the students' lunches.

What to bring—shovels and a willingness to help young children in our community

Where: Tiger Farm is located in the parking lot behind the football stadium. The school is at 27 5th Ave, Tioga Center, NY For more information, contact Barb Neal, CCE Tioga 607 687-4020 or email ban1@cornell.edu

Orchard Production Basics

April 21, 2018, 9:00 AM - 11:30 AM. Are you interested in growing your own fruit trees? Would you like to see an orchard first-hand? If you answered yes to either of these questions then please join us for this upcoming workshop.

The Heppner Family of StoneyRidge Orchard and Winery will be covering the basics of orchard production as well as giving a tour of their farm to see different production methods in practice. Topics to be covered include variety selection, planting, spacing, pruning, pest management, and more. Location: Stoney Ridge Orchard and Winery (160 Bixby Rd, Erin, NY 14838). Cost: $5 per person. Children under 12 years of age are free.

Pre-registration is requested in order to ensure enough handouts and refreshments. For more information and to pre-register, please contact Shona Ort of CCE Chemung at 607-734-4453 ext. 227 or sbo6@cornell.edu. Note: Please dress appropriately for tour! Thermal layers, jackets, hats, gloves, and boots are recommended.

Vegetable Container Gardening

April 24, 2018; 6:30 – 7:30 PM. Container gardens help you maximize small spaces and they are easy to care for! Join Cornell Cooperative Extension of Chemung County to learn how to create a container garden on your patio, terrace, or entryway. You will learn how to plant vegetables in containers successfully, from soil mixes and planting techniques to maintaining tips.

Speaker: Chris Gagliardo, Chemung County Master Gardener

Place: Steele Memorial Library (IT room), 101 E Church Street, Elmira, NY

Workshop fee: Free, but a $3 suggested donation helps support our Horticulture Program.

For more specific information about the Chemung County Master Gardener program, please contact Jingjing Yin at 607-734-4453 or jy578@cornell.edu.

For more information about the Tioga County Master Gardener program, please contact Barb Neal at 607-687-4020 or ban1@cornell.edu.

Garden smart to garden longer: Tips for aging gardeners

By Barbara Classen, Chemung County Master Gardener

Gardeners are resourceful people, adept at overcoming a wide variety of challenges. A steep slope, an unsightly view, pesky wildlife, a tight budget, a busy life at first glance appear to offer more limits than opportunities. Yet gardeners find ways to turn these and other challenges to their advantage. Why, then, should the limitations that aging can bring sideline a dedicated gardener? Here are some tips to keep you in the garden.

Vision and/or hearing loss, persistent back and joint pain, and serious injuries and illnesses increase with age and restrict activities. Even a healthier aging person is likely to experience poorer balance, reduced strength, flexibility, and endurance, and may notice that it takes longer to get things done. So aging gardeners need to be more attentive to fitness and safety. Your doctor, a personal trainer, and even the AARP website can introduce safe, simple but effective exercises that will strengthen key muscle groups used in common gardening activities. Make your garden fit and safe too by repairing common hazards such as uneven ground, exposed roots, and broken steps or railings.

Before you head out, check the clock. Avoid working during the hottest hours of the day or right after you've climbed out of bed. Next, be sure to stretch. Then, don long pants with an elastic waistband for ease of movement, knee pads, water proof footwear, gloves, a hat, and sunscreen. Grab a cell phone or whistle, a bottle of water, and a walking stick, cane, or even an old ski pole. Once you're in the garden, break your project into smaller steps, do standing tasks first and bending or on-the-ground ones later. Rather than squatting or bending over, use a hands and knees position (or a padded kneeler) when working at ground level. Be a wise aging gardener. Respect your physical limitations and learn to live with a little less perfection and to ask for help when you know you need it.

Using the right tools not only makes gardening safer, it makes it quicker, more effective and more pleasant. Look for long-handled tools, cushioned grips, brightly painted handles, lightweight but sturdy construction. Wagons with large wheels stand in for wheelbarrows, eliminating lifting and pushing. Tarps enable easier hauling. Cushioned kneelers are more comfortable and make it easier to move up and down.

Finally, prolong the pleasures of gardening by modifying gardens themselves. Changing what we grow as well as how and where we grow have a lot to offer the aging gardener. First, make smart plant selections. Lavish attention on a few favorites, especially if they include plants that do not require staking, deadheading, frequent watering and/or dividing, and annual pruning. Easy care perennials recommended for aging gardeners include black-eyed Susan, coneflower, coralbells, catmint, lamb's ears, sedum, and hosta. Plant them closer together to shade out weeds and set them in a bed with shrubs, ornamental grasses, and ground covers. Finish with a thick layer of mulch to reduce weed growth.

Planting in containers is a great way to provide color and variety without the heavy work of bed maintenance. Set them close to the house or patio for maximum effect. Raised beds are another age friendly alternative. Build them waist-high or at comfortable seated height. If you use a wheelchair or walker, space your raised beds at least 4 feet apart and be sure that the ground between them is level and well-drained. Using pavers or flat stones can help. Vertical gardening is still another way to grow. It's suitable for flowers and vines as well vegetables. Check out the possibilities that arbors, pergolas, lattice, posts, fences, and baskets mounted on walls or fences offer.

Then sit back, relax, and ponder how resourcefulness has once has once again transformed challenge into opportunity.

Cornell Cooperative Extension
Chemung County

Master Gardener

Free Gardening Classes for Beginners

Learn to grow your own produce!

Topics include: Garden site and soil development, garden planning, planting, garden maintenance, and harvesting.

What:	**Seed to Supper** A 5-week beginning gardening course for adults
Where:	CCE Chemung County, Conference Room (Room 110) Address: 425 Pennsylvania Avenue, Elmira, NY
When:	1st session: April 3rd (Tuesday); 2nd session: April 10th (Tuesday); 3rd session: April 17th (Tuesday); 4th session: April 24th (Tuesday). Time: 9:30 – 11:30 AM. The 5th session will be held in mid-August. Date and time will be determined later.
Who:	Free and open to the public (free child play care is available if needed, but please RSVP two weeks ahead). Taught by Chemung County Master Gardeners.
How:	To sign up, contact 607-734-4453 or jy578@cornell.edu, and mention "Seed to Supper". Sign up by March 30th.

Helping You Put Knowledge to Work

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.

Accommodations for persons with special needs may be requested by calling 734.4453 prior to attending a program.

Age-Friendly CHEMUNG COUNTY

United Way Community Partner

Tips on Growing Tomatoes

By Barry Davis, Tioga County Master Gardener

I start my tomato seeds the first week in March. I start with the late tomatoes first (60 days to fruit production, or greater). A good starting tomato variety is Early Girl (57 days), an indeterminate tomato. I try to start other varieties at different times so they will be in full production by the first week in September. I gather the tomatoes to make tomato sauce. I don't harden off my plants before I plant them. I take 6 of the best plants and plant them in Walls of Water to get them off to an early start. I plant the remainder of the plants when the danger of frost has passed.

My plants are planted inside cages and the cages are staked in support. The cage is made of concrete reinforcing. No newspaper or straw for mulch. They reflect the sun rays.

I plant most of my tomatoes in 3 inch pots, filled with Pro Mix. Never plant in a six pack, the plants will get root bound. I have raised Hungarian Hearts, as they are good sized tomatoes and large sized at 32 ozs. Hungarian Hearts are European Heirloom tomatoes. You will only get two or three tomatoes to ripen on the vine. When they start to ripen, take them in the house to finish ripening. No difference in the taste, same as tomatoes ripened on the vine.

If you have three flowers on one stem, remove one flower and the rest will ripen sooner.

If you have some good size branches, take and plant them in the ground—they might root.

Amish Paste and Plum Regal are good sauce tomatoes. Remove the seed leaves and plant the tomato up to the first set of leaves.

I have raised different varieties that resist late blight, early blight and septoria leaf spot. The plants did not eliminate the diseases. I find that it is better to pick the tomatoes when they start to ripen and finish the ripening in the house. There is no difference in flavor.

The best tomato to raise is Early Girl. In 57 days you should get 30 to 40 8 oz. tomatoes. It takes fifteen 8 oz. tomatoes to fill a quart jar.

All seeds should be planted 1/4th inch in seed starting soil and should germinate in 8-10 days if the temperature is at 60 degrees F.

Heirloom tomatoes have an epidermal layer that is thicker than other tomatoes. The thicker layer helps reduce the effect of late and early blight.

Tomatoes are self-pollinating and flowers have both male and female parts. One must shake the plants to release pollen.

Barry uses Wall of Water to protect young tomato seedlings when planting before the danger of frost has past.

Barry uses concrete reinforcing mesh to form sturdy tomato cages. To learn how to make your own, see the following instructions http://extension.oregonstate.edu/gardening/node/2283/print

Feeding Habits of Vegetables — Rotate your Vegetable Crops to Improve Soil Health

By Barry Davis, Tioga County Master Gardener

Heavy Feeders

Asparagus
Broccoli
Brussels
Cabbage
Cauliflower
Celery
Collards
Corn
Cucumber
Eggplant
Endive
Escarole
Kale
Kohlrali
Lettuce
Okra
Parsley
Pumpkins
Radishes
Rhubarb
Spinach
Squash
Tomatoes
Peppers

Light Feeders

Beets
Carrots
Garlic
Leeks
Mustard
Onions
Parsnips
Potatoes
Rutabaga
Shallots
Sweet Potatoes
Swiss Chard
Turnips

Soil Builders

Alfalfa
Broad Beans
Clover
Lima Beans
Peanuts
Peas
Snap Beans
Soy Beans

Follow heavy feeders with light feeders the second season and by soil builders the third.

Or, follow heavy feeders by soil builders and then by light feeders the third season.

Study aims to improve, protect Northeast sugar maples

By Jennifer Savran Kelly, Cornell Chronicle March 27, 2018

The high price of sweetening your Sunday morning pancakes may be old news, but a project led by Cornell researchers promises to reverse the upward trend.

The project aims to help maple syrup producers get more sap from less land, decreasing the cost of the breakfast staple while protecting an important natural resource: sugar maple trees.

Maple sugar production demands a costly investment of time and energy. Sap is roughly 98 percent water, and producers must boil off most of the liquid to get an optimal sugar concentration to sell. Cornell researchers seek to make the process more efficient by propagating trees with naturally higher sugar sap concentrations – about double the norm.

Breeding trees can be extremely difficult, as plants propagated from seed do not necessarily retain the same traits as the parents, and in the case of sugar maple, it takes 25 years before trees produced by seeds can be tested for sugar content, according to Joseph Orefice, the Henry Uihlein II & Mildred A. Uihlein Director of Cornell's Uihlein Forest in Lake Placid, New York. The same problem of "trueness to type" is also seen with fruit trees and grape vines, but is overcome by clonally propagating them from the "mother" plant through grafting. But that process has not proved practical for maples.

In 2017, high-sap sugar-producing trees were identified at Uihlein Maple Field Station. Cuttings were taken and sterilized and put into tissue culture to grow. These "sweet maples" produce sap with higher sugar levels, making it less expensive for producers to make maple syrup, said Orefice.

"We want to propagate the best of the best through clones, then disseminate the resulting trees to producers around the Northeast," he said. Efficient cloning would also allow for controlled experiments, such as comparing growth rates and sugar content at different sites, to further improve productivity and resilience.

The roots of the research extend to the 1960s, when the United States Forest Service identified 64 high-sap-producing trees around the Northeast. The forest service cloned the trees using vegetative reproduction, an asexual method that produces new plantlets from the vegetative parts (leaf, stem, roots) of the parent, and planted them in Lake Placid.

Today, researchers in the College of Agriculture and Life Sciences are putting some of these 50-year-old maples into tissue culture to clone and propagate them more efficiently and reliably.

Keith Perry, director of the Cornell-Uihlein Foundation Seed Potato Farm in Lake Placid, is leading the tissue culture portion of the project. His team has achieved success getting some of the trees into the culture. The next task is to perfect the method of tissue culture, then figure out how to root and transplant them to grow into full-size trees.

Once successful, the process will also provide a means to prevent the loss of sugar maple tree germplasm in the event of losses due to invasive insects and disease. Climate change could heighten the risk from invasive insects, according to Orefice.

"Though we certainly hope we never have to face such a possibility, currently we're losing all of the ash species in New York state to an invasive beetle – the emerald ash borer," he said. "Preparing early mitigates some risks that pests, disease and climate change might pose for sugar maples."

Tissue cultures of maple trees with higher sugar sap concentrations from Cornell's Uihlein Maple Field Station in Lake Placid, NY. Photo by Keith Perry.

Ultimately, Orefice and Perry plan to use the genetic resources to improve sugar maple as a whole. Little is known about how site and soil quality affect sugar content, and whether soils can be amended to achieve certain conditions, for example. Considering current advances in genetic mapping, Orefice is hopeful that collaborating with geneticists will help improve sugar maples.

In another study, Orefice is examining the timing of tapping and how it is impacted by climate change, with preliminary results expected later this spring. Both projects are funded by grants from the Northern New York Agricultural Development Program.

Farmers: Here is some information about becoming NYS Grown & Certified. Know that there are funds available to you to help you meet the standards. Please contact your Ag Resource Educator (Barb Neal for Tioga and Shona Ort for Chemung) for more information on the process and funding. This is a great opportunity to differentiate yourself from others in the market—and a great value to upgrade equipment through the funding!

NYS GROWN & CERTIFIED

NYS Grown & Certified (NYG&C) is a state-level, volunteer marketing program offered for the following agricultural commodities:

PRODUCE: 100% of products marketed under NYG&C seal are grown in NYS. Fruits and vegetables producer must have food safety certification such as Good Agricultural Practices (GAP) or Good Handling Practices.

DAIRY: Majority of milk (or suppliers) is from NYS farms. Dairy processing plant must be in compliance with required Plant Processor Supervisor (PPS) training or equivalent 3rd party food safety program with an annual audit.

EGGS: All eggs marketed under NYG&C must be certified from hens located in NYS and are Grade A. All hens must be vaccinated for salmonella enterities. The packing location must provided documentation for participation in a 3rd party food safety or safe egg-handling program that involves an annual audit.

POULTRY: Chicks must be brought into NYS within the first week of life. Animals must be slaughtered and processed in a USDA-inspected or 5-A slaughter/processing plant.

PORK: Pigs must spend 2/3 of life in NYS. Pigs must have official identification prior to slaughter and must be slaughtered in a USDA-inspected slaughter/processing plant. Farm must participate in a 3rd party management program such as the NY Pork QA-Plus program.

CHRISTMAS TREES: 100% of trees marketed under NYSG&C seal are grown in NYS.

MAPLE: 100% of maple syrup is sources from NYS maple trees and processed in NYS. Up to 25% may be sourced from out-of-state when desirable grade is not availalble.

SHELLFISH: 100% of products marketed under NYG&C seal are grown in NYS. Grower must participate in food safety or other food handling program that includes annual certification such as Shellfish Diggers Permit, D Shippers Permit and Shellfish Dealers Permit.

The purpose of NYG&C is to strengthen consumer confidence in NY products, and assist NY farmers in taking advantage of the growing market demand for locally grown food produced to a higher standard. NYG&C participants will have access to the Program's label and be featured on the NYSG&C webpage. **All farm operations must participate in the SWCD-administered Agricultural Environmental Management (AEM) program to be eligible for the NYG&C Program.**

FOR MORE INFORMATION OR QUESTIONS:

EMAIL NYSGrownAndCertified@agriculture.ny.gov CALL 1-800-554-4501 https://certified.ny.gov

The Invasive Swallow-worts: What has been learned and how serious is their threat to natural areas?
Thursday, April 19, 7 pm

Cornell Professor Dr. Antonio (Toni) DiTommaso, presenter

Hubbard Auditorium, Tioga County Government building, 56 Main Street, Owego

In this presentation, Prof. DiTommaso will summarize current understanding of the biology and ecology of the invasive nonnative perennial vines, pale swallowwort (*Vincetoxicum rossicum*) and black swallowwort (*Vincetoxicum nigrum*). Management options will also be discussed as will the threat they pose to natural areas and native plant species.

For more than 18 years, Professor Antonio (Toni) DiTommaso has taught courses and performed research in the area of weed biology/ecology, biological weed control, and integrated weed management at Cornell University. Prof. DiTommaso has received numerous teaching and advising awards and is currently the Richard C. Call Director of the Agricultural Sciences undergraduate major, a multi-disciplinary and multi-departmental major that includes more than 100 students. His research is performed in both cropping systems and natural and semi-natural habitats. He has authored more than 100 peer-reviewed scientific articles and is a recognized authority on the invasive swallowworts. Prof. DiTommaso has served in numerous scientific society leadership positions, including as President of the Northeastern Weed Science Society (NEWSS) in 2012-13. He is currently editor of the scientific journal *Invasive Plant Science and Management* published by Cambridge University Press.

Sponsored by the Sierra Club Tioga County Task Force and CCE Tioga. For additional information, contact Erin Riddle at 607-372-5503 (texts accepted) or riddleriddle@gmail.com .

What Are the Swallow-worts?

(From http://www.sleloinvasives.org/)

Origin/Introduction into U.S.: Black swallow-wort is native to Europe near the Mediterranean Sea, while pale swallow-wort is native to Ukraine and parts of Russia. Although swallow-worts' weren't highly valued as a horticultural specimen, they escaped cultivation in the 1800s'.

- Swallow-worts aggressively choke out desirable species. They are problematic in Christmas tree plantations, perennial crop fields, pastures, roadsides, disturbed areas, and natural areas.

- Pure stands of swallow-wort suppress the establishment of other species and interfere with forest regeneration.

Related to milkweeds, swallow-worts are toxic to livestock, deer and **monarch butterfly larvae**, which are sometimes fooled into laying their eggs on these plants, but their larvae do not survive.

Habitat: Both species of swallow-worts can be found in mixed hardwood forest to heavily shaded woods. They also can be found in disturbed sunny areas, prairies, savannahs, open fields, and along roadsides in moist or dry soils.

Fruit Tree Seminars

2750 Apple Lane Reisingers Apple Country in Watkins Glen
Hosted and lead by The Reisinger Family

PRUNING

Saturday, March 31st, 2018
8:00am-12:30pm

Spend the morning on the farm and learn how to prune apple, pear, plum and peach. Then, learn how to bring an older tree back into production.
Class fee is $25 and
Pre- registration is required by 3/27.

IPM

Saturday, May 5th, 2018
6:00pm-8pm

Learn about deer protection, rodent control. IPM (Integrated Pest Management), pollination, new tree planting. You will Receive a copy of the Apple IPM booklet ($15 value).
Class is $25 and
Pre- registration is required by 5/2.

For more information please contact Roger Ort, 607-535-7161 or rlo28@cornell.edu. Please visit **http://cceschuyler.org/events** for additional info and required registration.

Cornell University Cooperative Extension Schuyler County

Farmers get guidance on growing new perennial grains

By Krishna Ramanujan, March 21, 2018, Cornell Chronicle

While most industrial grain crops are annuals that must be replanted every year, a new perennial grain called Kernza® has hit the markets with growing interest from restaurants, bakeries and brewers.

Growing grain from newly developed perennial plants that can last many years in the field improves soil health, and reduces fertilizer and pesticide use, and agricultural runoff. Annual grain production often involves tilling the soil, which destroys beneficial soil microbes and leeches nutrients into waterways.

Though researchers have been experimenting with perennial grains for a long time, interest has increased in the last few decades due to the ecosystem services they provide.

Kernza, a domesticated version of intermediate wheatgrass, has the drawback of low yields and small grains. While breeders work to increase grain sizes and yields, farmers must also learn how to use these new grains in their crop rotations for optimal effect.

A new Cornell paper published March 21 in the journal BioScience describes strategies to integrate and manage Kernza to get the most out of the new crop.

“I feel like we’re at a tipping point right now with perennial grains and domesticated Kernza, a perennial grain crop, is leading the charge,” said Matthew Ryan, assistant professor in the Soil and Crop Sciences Section of the School of Integrative Plant Science and lead author of the paper. “You can plant it once, and it will last for several years.”

Kernza was developed by the Land Institute in Salina, Kansas. Other perennial grains are being created by hybridizing high-performing domestic annual species with closely related perennials such as wheat, rye, sorghum and rice. And, a new sunflower, called Silphium, has resulted from domesticating a wild perennial plant species.

Ryan, whose research focuses on sustainable cropping systems and perennial grains, finds that in order to offset Kernza’s relatively low yields, it’s important to take advantage of its strengths.

“One of the most obvious and easiest ways is to rotate it with annuals and try to achieve some kind of multifunctionality within an existing rotation,” which would improve soil health while the land is in perennial grain before it goes back into production of annuals, Ryan said.

Perennial plants have deep root systems that keep soil covered and in place, preventing erosion and reducing runoff. This is important due to increasingly frequent extreme rain events and because New York state farmers often need to farm on sloped land.

Many perennial grains also serve as an excellent forage as well as a grain, a dual purpose that could benefit farmers.

“When you look at the economics, that seems to be the most viable approach in terms of profitability,” Ryan said. The grains can also be intercropped with legumes that add nitrogen to soil.

“We’re working with four farmers right now in central New York, and they have both Kernza and perennial cereal rye on their farms,” Ryan said, adding that when perennial grains are marketed as a specialty crop, they can fetch higher prices for farmers than conventional varieties. “I think there is going to be increased adoption, as there is quite a bit of demand right now and a lack of supply. We are going to see more and more products that are incorporating perennial grains into them.”

Kernza is currently being integrated into mainstream food. For example, Long Root Ale made by Patagonia Provisions, and Gold, a blonde ale made by Bang Brewing in St. Paul, Minnesota, both use Kernza. Restaurants – The Perennial in San Francisco and Birchwood Café in Minneapolis, to name a couple – serve dishes and breads made with Kernza. Zachary Golper, owner of Bien Cuit bakery in Brooklyn, has been extensively testing baking with the grain. And now General Mills has expressed interest and contributed $500,000 to further research into the climate impacts, production and breeding of Kernza.

Kernza is a registered trademark of The Land Institute.

Boost your Farm Sales—Sell to Local School Systems!

Farm to school procurement initiatives are making a big difference across the nation, linking food items from local **farmers, food hubs, and processors** to school lunch programs.

Programs like this are a **win-win for everyone** involved. They support local farm livelihoods with steady markets and formidable income opportunities, strengthen the viability of sustainable regional food systems, connect community members through food and farming, and provide fresh, local, healthy lunches to students so that they can thrive and learn more about career opportunities in agriculture and food systems.

Our collaborative program in South-Central NY connects food and farming to the cafeteria, classroom, and community. It is centered around our NY Thursday Menus, in which **10 participating school districts** serve an entirely or almost entirely local menu on the second Thursday of each month with food items sourced from our regional backyard. In addition, opportunities for consistent sourcing throughout the month are integrated into the relationship building and menu planning process.

**Example of a NY Thursday Menu: BBQ Roasted Chicken Leg, Fall Kale-Apple Salad, Fresh Pear, & NYS Milk*

Food & Health NETWORK
OF SOUTH CENTRAL NEW YORK

Here's how you can get involved:

Take a look at our '*Selling to School Districts: The Basics*' reference sheet for ideas and information about local procurement, then email the **Food and Health Network of South Central NY** @ **cdirado@rhnscny.org** telling us a little bit about who you are, where you are from, and what products you might be interested in selling to school districts. We'll follow up as soon as we can and work together to see if we can make it happen!

Got Sheep or Goats?

Check out the Cornell Small Ruminant Parasite website at http://blogs.cornell.edu/smallruminantparasites/ The site was designed primarily to provide information about the research on goat and sheep parasites being done by the Cornell Sheep & Goat Program in cooperation with NY farmers and other land grant universities. The research pages contain 7 case studies (with more case studies coming) looking at the effect of grazing birdsfoot trefoil on worm infection and growth in weaned lambs and goat kids. You may well find some of those case studies interesting to view as they contain info on pasture renovation, etc. Some of them also combine the use of oral dosing with small dosages of copper oxide wire particles as well. Our before and after treatment deer worm videos may be of interest to some of you as well especially if you have never seen a goat or sheep with deer worm infection.

News, Notes and Workshops for Tioga and Chemung County Farmers and Gardeners

New York Logger Training, Inc. The Future Viability of Loggers in New York

April 19, 2018 Double Tree Hotel Binghamton, NY

(1 NYLT CE Credit) and (4 Category 1 Credits and 1.5 Category 2 Credits for SAF

New York Logger Training, Inc. (NYLT), has been awarded a grant by the New York State Department of Agriculture and Market to conduct a symposium on *the Future Viability of Loggers in New York.* This grant is geared towards logging in NY's Southern Tier Region (Chautauqua, Cattaraugus, Alleghany, Steuben, Schuyler, Tompkins, Chemung, Tioga, Broome, Chenango, Delaware Counties) which represents approximately 1/3 of New York's forest industry sector with nearly $7 billion dollars in economic output and over 27,000 employees with $1.8 billion dollars in labor income. Underlying every forest related business is the logging infrastructure necessary to harvest trees and bring wood product to saw mills, paper mills and wood product manufacturers. The region's logging sector is aging, facing ever increasing regulatory and safety requirements, technological innovation (e.g. mechanized harvesting) and requirements for improved business productivity and proficiency.

The symposium will over the following topics: Legislative Update; New York's Logging Community; How are log and lumber markets; the forest resource and sustained yield management; New York loggers: are they striving, thriving or just surviving; and strategies for thriving: financing new or newer equipment, get a business plan, tips for working on State Forest lands, lessons learned from West Virginia NYLT's Trained Logger Certification © (TLC) has become the standard training for programs such as the Sustainable Forest Initiative (SFI) in NYS and is supported by the New York SFI State Implementation Committee (SIC) . TLC is a voluntary program which recognizes loggers who have achieved a level of training and continuing education. Since the original certificates were presented in 1996, it has become the standard for the wood using industry in New York.

Workshop cost is $25 per person. To Register, please call New York Logger Training, Inc. at (518) 463-1297

Complete the NY Labor Survey for Farm Owners and Managers

Do you own or manage a farm or farm employees in New York? Please take the Survey of Farm Labor Management Practices. Your feedback will help the Labor Ready Farmer's Project develop educational programs and tools to improve farm labor management skills and decision-making.

Participants can enter to win either a $100 gift certificate to Tractor Supply or a free Cornell Small Farms online agricultural course of their choice in the coming year. One winner will be selected for every 50 participants.

If you have any questions, please contact Kat McCarthy (kmm485@cornell.edu; 607-255-9911). To learn more about the project, please visit the Labor Ready Farmer website.

Come & Get It!

Adding any form of on-farm food service to your farm business mix requires a well-thought-out and strategic planning process to bring you to long-term success. Come & Get It! is a publication from the University of Minnesota that will tell you what you need to know to serve food on your farm. Topics covered include marketing, financing, and farm profiles.

CHAIN SAW SAFETY AND PRODUCTIVITY SEMINAR Saturday, April 28, 2018

Instructor: Jim Signs

WHEN: 1PM TO 6:30PM

WHERE: CLASSROOM TRAINING WILL TAKE PLACE AT THE STORE, ROUTE 96 POWER & PADDLE, ACROSS FROM DOUBLE AUGHT LUMBER. WE WILL MOVE TO THE WOODS BEHIND THE STORE AT 4:33PM

COST: $75.00 PER PARTICIPANT – PREREGISTRATION REQUIRED

PROVIDED: REFRESHMENTS WILL BE PROVIDED BETWEEN CLASSROOM AND WOODS SESSION

RESTROOMS: THE STORE HAS TWO, THE WOODS HAVE THOUSANDS

CLASSROOM TRAINING – A PREREQUISITE TO SPECIALIZED CUTTING TECHNIQUES USED IN THE WOODS

A) Saw chain and guide bar maintenance

B) Chain saw power head features and care

C) Safety techniques and apparel

D) Mechanics of tree felling

E) Rules of thumb

F) Tools and tricks of the trade

G) The “stay alive” check list

H) …and much much more

DURING THE WOODS TRAINING PORTION OF THIS PROGRAM EACH PARTICIPANT MUST WEAR A HARD HAT. Please bring one if you own one as only limited numbers can be provided

1) Hard hat required

2) No saw is required

3) Pen and paper are a good idea

4) Bring rainwear if needed

5) Bring shoes that can get muddy if raining

Upper Susquehanna Coalition Pasture Management Schools

May 2nd, 2018 in Steuben County at Greg Halich Farm, 6962 CR 2, Addison, NY 14801 and John Burns, 8475 Morgan Creek Road, Lindley, NY 14858 Featuring nationally renowned, pasture consultant, farmer and author, Sarah Flack. Thursday, May 3rd, 2018 in Chenango County at Allen Troyer Family Organic Dairy Farm, 583 County Rt. 36 Guilford, NY 13780. 10:00am to 3pm workshops. (Rain or Shine in the field, please dress appropriately) A donation lunch featuring homemade fare will be available. These hands-on pasture walks will focus on improving marginal pastures, how to plan out your rotations, early season grazing approaches, determining the best time to graze plants, fertility management, animal impact grazing techniques, weather related management strategies and in-field farmer training exercises to hone your grazier’s eye.

Pre-registration is required to help plan for lunch and logistics. To reserve your place for this unique early season grazing event please contact: Jonathon Barter, Steuben SWCD at (607) 776-7398 Ext. 3 or Brett Chedzoy, Schuyler CCE at (607) 535-7161 and bjc226@cornell.edu for Steuben County workshop. Contact Troy Bishopp at (315) 824-9849 Ext. 110 or Troy-Bishopp@verizon.net to register for Chenango County workshop.

SCNYAG Chemung County Shop Meeting

Comparing 2017 forages to the past years.

April 4, 2018 1 pm to 2:30 pm. Chemung County SWCD Office 425 Pennsylvania Avenue #107 Elmira, NY 14904

There will be a Presentation and discussion. Light refreshments will be served. Bring your forage sample or results to discuss. We will be looking to identify alfalfa fields for measurements in May. To register: Call Steph at 607.391.2662 or email sav66@cornell.edu. There is no cost for this event.

Grow American Chestnuts

(from Allen Nichols, President of TACF-NY) I have American chestnut nuts that are starting to sprout. I send these nuts out free of charge to people that are interested in starting some "mother" trees, so they have a tree to cross with our blight resistant tree, when it is available. Please read this email and the attachments on planting mother tree orchards and how to plant and care for your seedlings, and **then let me know how many nuts you want to plant.** We always recommend planters to start a few extra to distribute to other people that would be interested in helping with the restoration program. Also, the first blight resistant seedlings, when available, will be going to the members of the NY chapter of TACF as we have been supporting the restoration program at ESF for over 28 years.

These nuts will be germinating and will need to be planted indoors as soon as possible, and they should be keep in the crisper of your refrigerator until then. See video on how I plant nuts in 1/2 gallon containers. https://www.youtube.com/watch?v=vVc1oLXelmg&feature=youtu.be

They develop a long tap root so should be planted in a fairly deep container. see picture

These nuts are for "mother" trees, not to be planted in the woods, but in the open in full sun so they flower quickly. A tree planted in the forest may take 30 years to flower and will be so tall that you can not pollinate it or collect nuts. If planted in full sun they will flower while still short enough to pollinate and to collect nuts, so that then you will have blight resistant nuts to plant in the forest. They need to be planted indoors and then transplanted after the last frost which is usually after Memorial day here in NY.

Remember these are not for big orchards, just 2-3 trees/orchard with the orchards spaced 100+ yards apart, and we also recommend planting numerous individual isolated trees so they do not have to be bagged if you are to hand pollinate and/or graft a piece of blight resistant material into them for a permanent pollinator.

Reasons for planting "mother" trees.

#1 is the fact that many of the blight resistant seedlings will be clones, and even if several were planted together they would be identical and therefore would not be able to pollinate each other, therefore we "have to" cross them with the wild type "mother" trees. **#2** we want to cross with wild type trees to get good genetic diversity for the future health of the trees we restore back into the forest. **#3** the Mother tree orchards need to be small or isolated trees for several reasons. If you plant more trees close together the more likely that one

Continued on the next page

will get the blight and then it will quickly spread to other trees in the orchard. If multiple mother trees are close together they will also pollinate each other and produce fertile nuts but they will not be blight resistant. The ideal orchard is just one mother tree and one blight resistant tree, but the initial blight resistant trees will be very limited so not available to have a lot of 2 tree orchards.

That is the reason for isolated trees. ESF will have blight resistant pollen and grafting material and we will be able to hand pollinate isolated trees and/or graft a piece of blight resistant material into the top for a permanent pollinator and there would be no need to bag any of the female flowers on the isolated trees. With orchards of more than one mother tree all but one tree will need to be cut down so they do not cross pollinate, or the female flowers need to be bagged and hand pollinated. Bagging is very time consuming as they need to be bagged early, then removed for hand pollinating and reinstalled and then removed later.

They all need to be planted in a sunny location so they flower quickly. Catkins with pollen in just 3 years and burs/nuts in 5 years are possible. Do not hesitate to call if you have any questions. 607-263-5105

United States Farming Practices Survey

Throughout the United States, farmers are using innovative approaches to sustainably produce crops and improve soil health. However, farmers are also faced with numerous challenges, and they are often not included in decision-making that affects the way they farm.
Cornell University, University of California—Berkeley, and The Nature Conservancy are conducting a **nationwide survey for all fruit, vegetable, grain, and field crop producers** to identify the biggest challenges that farmers face, as well as the best solutions. Key findings from the survey will be published and communicated to grower organizations and other farmer advocates so that **recommendations, actions, and outcomes reflect what growers identify as being most helpful** for their operation.

All responses will remain **anonymous**. If you choose to enter your e-mail address at the end of the survey, you will receive a **summary report** of the findings and you will be eligible for a chance to win **$500**. The survey takes about 30 minutes to complete.

You can fill out the survey right now by clicking on this link:United States Farming Practices Survey Please also feel free to send to other growers and farmers for any crop!

Cornell University
Cooperative Extension

Building Strong and Vibrant New York Communities