

better TOGETHER

Annual Report | 2022





Cornell University created its first agricultural extension program in 1894, distinguishing it as the nation's longest continuously operating Extension program. Cornell Cooperative Extension of Broome County was established in 1911 and is recognized as the nation's first Extension office.

Today, CCE Broome County is part of Cooperative Extension's statewide network of agriculture, nutrition, environment, 4-H youth and community development teams.

CCE Broome's educators are recognized as innovators, applying Cornell University's cutting-edge research to ensure our programs serve all of Broome County and all residents benefit and thrive.



**Agriculture and Agribusiness • Horticulture
 Environment • 4-H Youth Development
 Nutrition • Workforce and Community Development**

Director's Message: *Better Together*



Our talented Cornell Cooperative Extension Broome County team rallied together to respond boldly to many of the challenges of the last few years. Gratefully, 2022 meant a return to many of community traditions and restored a sense of normalcy to our programming. We were able to return to staffing the concession stand at the Annual Broome County Farm Bureau Auction. We returned to providing hands-on, interactive STEAM programming in schools, led many traditional events at the Broome County Fair, hosted numerous community, regional and state meetings and events on our campus and returned to welcoming hundreds to an elegant Fresh Food Face Off in September at the Broome County Regional Farmers Market and Taste NY on our campus.

The 2022 Annual Report gives our CCE Broome team an opportunity to reflect on how we—our community partners, our program sponsors and community members—are Better Together. Our report highlights the results of working together to benefit our community.

This past year, we received an increase of funds from New York State through County Law 224, thanks to the support of our elected state officials, specifically, NYS Assemblywoman Donna Lupardo. We are thankful for her continuous support and dedication to champion the work of agriculture education and research across the state.

The unwavering support from Broome County Government is key to our success. We are grateful that Broome County continues to recognize the vital role CCE Broome plays in supporting farmers, agribusinesses, the nutrition and well-being of our most vulnerable children, youth and families, addressing food insecurity, sparking interest among young people in future STEAM careers and assisting young adults in achieving self-sufficiency and securing meaningful employment.

CCE Broome is honored by the support received through our partnerships with NYS Dept. of Agriculture and Markets, Broome County Farm Bureau, Farmers Market Federation of NY, Greater Binghamton Chamber of Commerce, VisitBing, Broome County Soil and Water, United Way of Broome County, Broome County Health Department, Rural Health Network of South Central NY, Visions Federal Credit Union, NBT Bank—and our Board of Directors for their dedicated service. Indeed, through all our partnerships we are Better Together.

Beth Roberts

Beth Roberts
 Executive Director



2022 Board of Directors

Cornell Cooperative Extension of Broome County

Cornell Cooperative Extension believes in shared leadership through locally elected Boards of Directors and active program development committees. Cornell Cooperative Extension applies research from Cornell University to strategically develop and implement programs to meet county priorities and critical community issues.

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Sarah Atwood, Brian Aukema, Laura Biasillo, Daniel Green, Nicole Huston, Maddy McClenahan, Amanda Poodiack, Nicole Walker, Amy Willis

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Natalie Broderick, Hanna Clow, Jake Daly, James Esposito, Rose Hampton, Samantha Malone, Nicole Manderville, Andrea Muffic, Anthony Rossi, Jr., David Stockhauser, Rorie Williams, Kaiti Young, Linda Svoboda, Josh Enderle

Horticulture

Linda Svoboda

Environment

Josh Enderle

4-H Youth Development

Asia Ambler, Mekayla Beschmer, Linnea Depue, Kira Hawes, Avery Krafft, Dakota Latham, Kelly Mabee, June Mead

Nutrition Education

Victoria Ryan, Tom Tasber, Gulara Tokhtamysheva, Naomi Ashley, Kathleen Cook, Alyssa Joyce, Tara Kenyon, Ann Supa

Community Development

Hunter Kermidas, Dulcie Malizia, Holly Tracy



Finance Overview

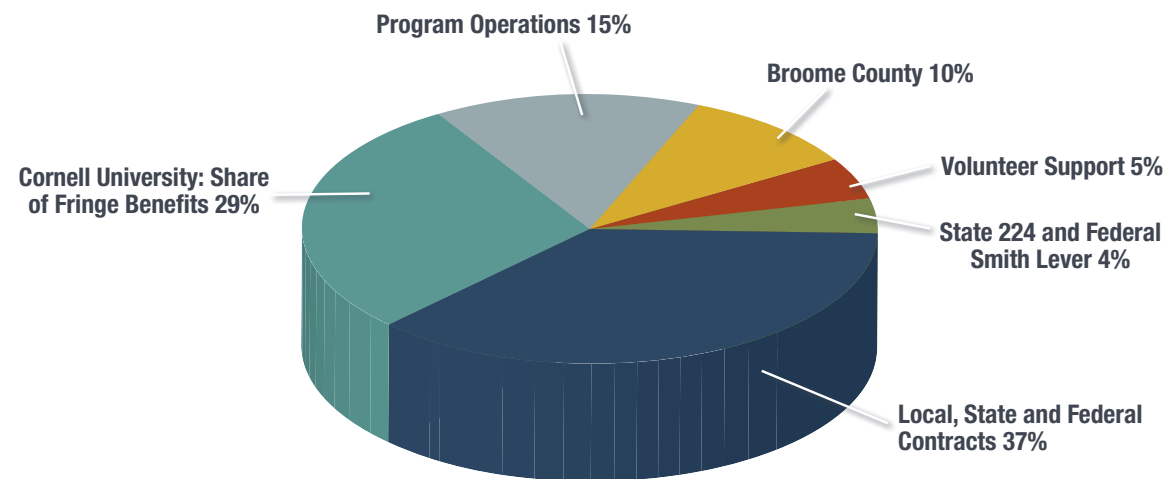
2022 Financial Support/Funding Sources

Cornell Cooperative Extension of Broome County leverages Broome County tax dollars to benefit the county's economic vitality and invest in the well-being of its residents

In 2022, it is estimated that each dollar of county funding to Cornell Cooperative Extension of Broome County will be matched by \$9.11 in additional financial, volunteer and Cornell University fringe benefit cost share resources. CCE Broome County's fiscal year ends December 31. Because this report is prepared prior to the fiscal year end, this graph does not represent the actual revenue for 2022. It is based on the estimated 2022 budget.

2022 FUNDING SOURCES

- 37% Local, State and Federal Contracts—Direct program delivery
- 29% Cornell University: Share of Fringe Benefits—The value of the employee fringe benefit costs covered by Cornell University
- 15% Program Operations—Direct program delivery (includes donations, user fees, interest earnings and transfers)
- 10% Broome County—Operations and direct program delivery
- 5% Volunteer Support—240 volunteers donate over 9,679.5 hours of time and expertise valued at \$238,987
- 4% State 224 and Federal Smith Lever Funds—Direct program delivery



Cornell Cooperative Extension of Broome County is a subordinate governmental agency with an educational mission that operates under a form of organization and administration approved by Cornell University as agent for the State of New York. It is tax-exempt under section 501(c)(3) of the Internal Revenue Code.

The association is part of the national Cooperative Extension System, an educational partnership between County, State and Federal governments. As New York's land grant university, Cornell administers the system in this state. Each Cornell Cooperative Extension association is an independent employer that is governed by an elected Board of Directors with general oversight from Cornell. All associations work to meet the needs of the counties in which they are located as well as state and national goals.

Cornell Cooperative Extension actively supports equal educational and employment opportunities. No person shall be denied admission to any educational program or activity or be denied employment on the basis of any legally prohibited discrimination involving, but not limited to, such factors as race, color, religion, political beliefs, national or ethnic origin, sex, gender/gender identity, transgender status, sexual orientation, age, marital or family status, protected veterans and individuals with disabilities. Cornell Cooperative Extension is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.



Agriculture and Agribusiness

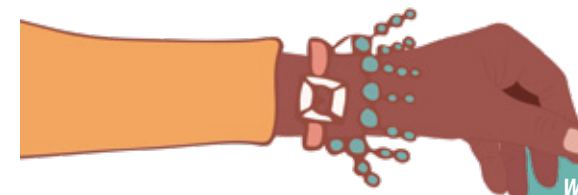
Broome County Regional Farmers Market

The Broome County Regional Farmers Market developed the Kids' Club in 2021 to help introduce children to local food systems, learn about the important role of farmers, taste new foods and have fun, making healthy food snacks. After its first successful year, the Kids' Club was reimagined in 2022 based on a national program called the Power of Produce.

The Power of Produce (PoP) is a national farmers markets incentive program for children. It is aimed at increasing family participation at farmers markets and increasing vendor revenue, while helping build healthier communities. Families spend more time at the market and shop more frequently when their children are happy, and the market is a positive, fun experience.

Kids Club at the Broome County Regional Farmers Market is aimed at young people, 5 to 18 years old. One goal of the program is to introduce children and youth to foods they have never experienced. In 2022, the Farmers Market held 12 Kids Club events on the third Saturday of each month.

Thanks to a Visions Federal Credit Union sponsorship, the Farmers Market is able to offer free enrollment in the club. Children are given a passport to track their attendance and participation. The sponsorship provides children a Kids Club market bag and a \$2 coupon they can use to purchase fruit and vegetables at the Market. The coupons can be spent weekly or accumulated week after week for larger purchases.



We believe that giving children at the market real currency to spend gives them the power to become consumers and practice making smart healthy food choices. The Farmers Market reaches thousands of families throughout the year providing children with positive associations with healthy foods.

Amanda Poodiack
Broome County Regional Farmers Market Manager





Taste NY and Commercial Kitchen

Taste NY is a partnership between NYS Department of Agriculture and Markets and CCE Broome County. CCE Broome operates two Taste NY locations in Broome County, one at the Southern Tier Welcome Center on Interstate 81 North and the other at 840 Upper Front Street, Binghamton on the CCE Broome campus.

The Taste NY program highlights the quality, diversity and economic impact of the foods and beverages grown, produced or processed in New York. Taste NY in Broome County focuses on promoting products produced locally throughout the Taste NY system of 69 locations through a wide range of events, retail locations and partnerships. The Taste NY program gives the CCE Broome team the time to work directly and intentionally with local farmers, agribusiness owners and new entrepreneurs to grow their businesses.

This past year, Chantay Skrine, owner and operator of Sweetay's, LLC came to the CCE Broome Taste NY team to learn how to expand her business. The Taste NY team helped Chantay use the Commercial Kitchen at the Broome County Regional Farmers Market to develop her products and learn how to meet new product licensing requirements. Chantay now produces enough products to sell weekly in the Farmers Market and at the Binghamton Downtown Courtyard Market. The Taste NY team is excited to work with Chantay and help her achieve her dream to sell her products throughout Taste NY's statewide program.

The CCE Broome Taste NY team also worked with Chroma Café & Bakery to expand their business beyond the Southern Tier region. Gerilyn Lindsey-Cummings, Chroma's sole proprietor spends her time making delicious cookies, croissants, scones, soups and sandwiches for both Broome County Taste NY locations. Her products are featured regularly on the Taste NY menu.

The Taste NY program is an outstanding example of how CCE Broome works in partnership with local business owners to reach their full potential. Better together? You bet we are!

The CCE Broome Taste NY team has given me a way to bring my business to life. I utilize their Commercial Kitchen to prepare my products. The staff has been completely supportive in helping me grow my business. Sweetay's LLC is forever grateful for the head start the Taste NY team gave me and all their help in creating our brand.

—Chantay Skrine, Sweetay

The relationship Chroma has with the Taste NY has been a lifesaver for us. Customers who have visited Taste NY, stop in at our shop to try some of our other offerings. I received an email from a customer who had visited at the Southern Tier Welcome Center saying she can't wait to visit our bakery in Binghamton. Our working relationship with the CCE Broome team is more like a friendship. Our sales at Taste NY have doubled since the first of the year—and are now over \$18,000.

—Gerilyn Lindsey-Cummings, Chroma Café & Bakery



CCE Broome's Programs for Veterans

CCE Broome County proudly partners with the Broome County Veteran's Service Agency to provide hands-on trainings and supports for veterans interested in transitioning to agriculture and agribusinesses as new careers or lifestyle opportunities.

CCE Broome has a long history of supporting veterans in agricultural education and hands-on training opportunities in partnership with the Farm Ops and the Cornell Small Farms Program at Cornell University. Farm Ops provides the means for veterans, reservists and members of the National Guard, as well as active duty service members to explore agricultural and horticulture careers and business opportunities.

When CCE Broome was asked by Broome County Executive Jason Garner's Office to explore programming aimed at the resiliency of the local veteran community, CCE Broome's Agriculture team responded enthusiastically by reaching out to potential partners already serving veterans. New partnerships were created with the New York State Division of Veterans' Services, Binghamton Vet Center, Southern Tier Veterans Support Group, Clear Path for Veterans and the local American Legions, and a new set of programs and trainings were developed.

Veterans were invited to Broome County Regional Farmers Market and received free \$20 coupons to purchase fresh products at the Farmers Market. This regular coupon giveaway created opportunities for the veterans to connect with the local agricultural community and learn about agribusiness and farm products.

The Farmers Market Coupon Giveaways were often paired with cooking demonstrations in the Farmers Market Commercial Kitchen using farm-fresh produce, as well as canning and preservation classes, led by CCE Broome's Master Preserver, Ann Supa, Nutrition. CCE Broome's Master Gardeners offered hands-on gardening classes for those interested in learning how to grow their own food for their families. Veterans took advantage of these opportunities, learning how to build vegetable gardens and how to design planting schedules aligned with the region's growing season.

In 2022, over 150 Broome County veterans participated in CCE Broome programming.

60 veterans reported learning new skills in gardening, healthy eating, canning and food preservation.

Veterans received over \$3,000 in free coupons to spend on farm-fresh produce and agribusiness products—benefitting both the Farmers Market vendors and the local economy.

As one veteran said, "This is the best thing to come along in a long time!"



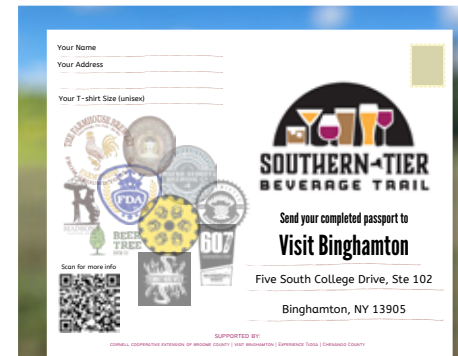
Southern Tier Craft Beverage Trail

CCE Broome County partnered with Visit Binghamton in 2017 to bring together local breweries, wineries and distilleries to create a culinary trail under the NYS Department of Agriculture & Markets Culinary Trails Program. Since then, the group has expanded to include Broome, Chenango and Tioga Counties. To be part of the Culinary Trails Program, members must use produce from New York State farms such as grains, fruits, vegetables, or produce honey or maple syrup. In this way, the Trails Program members support both the State's growing craft beverage industry, as well as New York's farms.

Visitors can pick up a Southern Tier Craft Beverage Trail Passport. Each location offers an individual stamp with the purchase of a beverage. When a visitor completes the Trail Passport, it can be redeemed for a custom-designed Trail T-shirt.

Social media for the Trail has reached over 15,000 people since the Trail's launch in September 2022. Leveraging social media has helped market the Southern Tier Craft Beverage Trail well beyond the Southern Tier, growing interest in the local craft beverage producers and fostering the growth of this industry, as well as its economic impact on local agriculture and agritourism.

The Southern Tier Craft Beverage Trail would not have been possible without the support of Broome County Executive Jason Garner and City of Binghamton Economic Development, NYS Assemblywoman Donna Lupardo, NYS Assemblyman Joe Angelino, Explore Chenango and Experience Tioga.



The Southern Tier Craft Beverage Trail is an agritourism experience spanning Broome, Chenango and Tioga counties. Trail members include:

In Broome County: Downtown by Beer Tree Brew
Factory by Beer Tree Brew
Farm by Beer Tree Brew
French's Distillers & Alchemists
The North Brewery
Water Street Brewing Co.

In Chenango County: Better Daze Winery
Bullthistle Brewing Company
Forged Brewing Co.
Hidden Springs Brewhouse
Madrona Tasting Room

In Tioga County: The Farmhouse Brewery
Waterman's Café and Tasting Barn



Farm to School

Farm to School is a partnership between CCE Broome County, Broome-Tioga BOCES Nutrition Services and the Food and Health Network. In 2022 the partners coordinated its first hands-on Culinary Training Experience for over 200 food service professionals from the 15 Broome-Tioga BOCES school districts, serving some 25,000 students.

Nearly two years of planning went into making the event a success. All school nutrition staff, managers, and directors were invited to participate in the four-day training. The training was held in the teaching kitchens at Coltivare in Ithaca. The food service professionals learned preparation and cooking skills, by preparing new Farm to School recipes. These recipes will be used in the NY Thursday Program and served to all students in the 15 school districts. Sonya Joy Key, Chef and Garden Educator at Poughkeepsie Farm Project served as the Keynote Speaker and Skills Trainer.

The food service participants practiced knife skills and learned how to use a Robot Coupe commercial food processor, critical in Farm to School's preparation of fresh fruits and vegetables. Participants developed their cooking skills in Coltivare's teaching kitchen by preparing roasted vegetables and learning how to correctly season the new recipes. New recipes such as Chicken Lo Mein, Cheesy Cauliflower, ABC Salad and Pasta Fagioli Soup were demonstrated.

The participants were served a buffet lunch, featuring all of the recipes they had prepared during the training. Each training participant left with a goodie bag of new NY Thursday merchandise, including a t-shirt, hat and apron. In addition, each of the participating schools received new knife sets, cutting boards, measuring cups and other kitchen utensils.

After surveying participants, 91% were satisfied or very satisfied with the Culinary Training Experience. Many asked if the training could be conducted again in the future. This training is fundamental to the success and future development of the Farm to School program.



Ag in the Classroom

CCE Broome County's Ag in the Classroom (AITC) program was honored with Ag Promotion Award from the NYS Agricultural Society for increasing awareness and understanding among young people about agriculture and agricultural careers in New York. Richard A. Ball, Commissioner of the NYS Department of Agriculture and Markets presented the award to members of the Broome's AITC team, Sarah Atwood, Brian Aukema, Beth Roberts and Nicole Walker (left to right in photo).

CCE Broome's AITC program operates in 14 school districts, teaching students in elementary and middle school where their food comes from and exposing them to a wide range of careers in agriculture. CCE Broome's AITC educators work closely with the schools to develop individualized curriculum and implementation plans to bring agricultural concepts into the classrooms in fun and engaging ways, closely aligned with educational goals and standards. AITC is committed to growing tomorrow's agriculture and agribusiness leaders and creating workforce pipelines into the NYS Food Systems.

During the 2021-2022 school year, CCE Broome's AITC educators conducted programming in the Bainbridge-Guilford, Chenango Forks, Chenango Valley, Deposit, Harpursville, Johnson City, Maine-Endwell, Newark Valley, Owego-Apalachin, Susquehanna Valley, Union-Endicott, Vestal, Whitney Point and Windsor school districts. Approximately 13,236 students participated in AITC during the school year. Each school received 70 hours of programming. Students involved in AITC at Windsor Middle School received approximately 180 days of 45-minute lessons.

CCE Broome's AITC program covers a range of topics including exploring food, nutrition, natural resources, conservation, farming, consumer choices, stewardship, human populations and land use. The AITC educators prepare the lessons, provide the supplies and deliver interactive hands-on lessons to spark an interest in agricultural careers. In 2021-2022 school year, over 6,300 students participated in CCE Broome's AITC program.

For example, CCE Broome's AITC program celebrated New York Ag Literacy Week by distributing books with agriculture themes, such as *Farmer Will Allen* and *the Growing Table*, and hosted a wide range of special activities in school classrooms. During a field trip to the Broome County Fair, AITC students got the opportunity to work with Broome County 4-H'ers, members of FFA and fair volunteers for a hands-on experience with different animals. While on a field trip to Cooper Hill Maple, students learned about operating a family-owned farm, the harvest of maple sap and production of maple products.



South Central New York Dairy and Field Crops

Milk prices reached record highs during 2022, but much of the margin was consumed by rising input costs driven by inflation and supply chain issues. Employee management is a growing concern for large and small farms alike, who face climbing labor costs and a competitive labor market. Organic dairy producers experienced perhaps the most challenging year in their history due to a leap in organic input costs, flat milk prices and a drought that cut short the grazing season.

The South Central New York Dairy and Field Crops (SCNYD&FC) team is better together because Broome County farmers have direct access to four subject matter specialists with knowledge and experience covering agronomy, animal science, farm business management and organic dairy and crop production. In the face of these challenges, the SCNYD&FC program continues to be a trusted source for timely, research-based education and support to help local farmers achieve their goals. In 2022, the team delivered a wide range of virtual and in-person programs to meet the diverse educational needs of our dairy and field crop community.

Lameness is one of the costliest herd health issues on dairies. Producers continuously work to reduce lameness by improving herd management protocols and facilities. In 2022, the SCNYD&FC team delivered a workshop in collaboration with PRO-DAIRY that explored the research on lameness, its causes, and mitigation strategies. The 150 participants learned about practical solutions they could implement immediately.

Building on its successful winter program, the SCNYD&FC team organized a summer discussion group around the “Economics of Lameness” in collaboration with the North Country Regional Ag Team. Nine dairies tracked costs related to lameness and hoof trimming for three months. Each farm received a whole-herd lameness assessment at the beginning and end of that period. The group met for discussion using a report that compared each farm to the rest of the group. By linking economic data with lameness assessments, the SCNYD&FC team provided actionable information that motivated farms to make management changes. The results of this approach will be published so any dairy farm can use the same methods to assess lameness in their herds and compare their performance to industry benchmarks.

After participating in the “Economics of Lameness” discussion group, one Broome County dairy made significant facility changes, improving stalls and installing rubber flooring. They implemented new management protocols to increase communication with the hoof trimmer, who provides feedback on hoof health to the herd manager and nutritionist. The farm also started using their herd management software to document hoof health problems more consistently, allowing them to track the impacts of management changes on lameness over time. The farm manager appreciated the opportunity for peer-to-peer learning with other similar sized dairies. Ultimately, the farm expects to reduce lameness in their herd and see cost savings and increased productivity as a result.

South Central New York Dairy and Field Crops Team

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Horticulture

Cutler Botanic Garden has been a center of horticultural education in the Southern Tier for over 40 years. Maintained by a group of dedicated Master Gardener Volunteers and CCE Broome County, the garden is a 5 acre demonstration site for tourism, education and relaxation. Garden, yoga, painting and photography clubs frequent the garden for their activities. Cutler Botanic Garden is often used for special events, weddings, prom pictures and other celebrations. During 2022, the garden has seen steady increase in use by both area residents and visitors to Broome County.

Eighty-two Master Gardener Volunteers plan, plant and maintain the Cutler Botanic Garden. In 2022, the Master Gardeners contributed over 6,500 hours of service to the garden and the community, with an estimated value of more than \$185,000.

Special recognition goes to Joe Kille who has been a Master Gardener for 30 years. Joe has led the Annuals Team since 1996. He has planned and planted many of the colorful annual flower beds in the Cutler Botanic Garden, such as the award-winning All-America Selections Display Garden.

For the past two years, Cutler Botanic Garden and the MGJV program collaborated with Cornell University's College of Human Ecology, College of Agriculture and Life Sciences and the Garden-Based Learning Program on the Playful Plants Research Project. The project is aimed at identifying plants appropriate for children to interact with in public green spaces.

Cornell University student intern, Esha Shakthy and her team made several visits to Cutler Botanic Garden to observe children and how they interacted with plants and nature. With help from the Master Gardeners, they created signage and scavenger hunts to encourage children to investigate certain parts of the garden selected plants and set up play spaces and reading nooks under trees. The team concluded that children interacted with the garden plants and shrubs more often when they were given specific challenges, such as the scavenger hunts or geocaching. A toolkit is now being developed for future use by children and other visitors to Cutler Botanic Garden or any other public green spaces.



Environment

The Environmental Protection Agency (EPA) estimates that 30% of residential waste consists of food scraps and yard waste. When disposed in landfills, these materials generate methane which is released into the atmosphere and contribute to climate change if not captured for energy production or flared. Composting these materials creates a soil amendment that increases soil health, water retention, and various other benefits. However, there are several barriers that dissuade people from getting started with composting. Those living in apartments or small homes may not have access to property or may feel apprehensive of the possible negative impacts such as odors or pests.

CCE Broome County's community composting program, We Compost Collective aims at removing the barriers to composting by providing a free food scraps drop-off bin, conveniently located next to the Broome County Regional Farmers Market. Beginning in early 2022, free kitchen counter compost buckets were given away at a kick-off event at the Farmers Market. Bins were given to joining members so they could get started immediately.

Over half of the 58 members joining in 2022 reported that they did not have the access or ability to compost at their residence prior to joining. This quote highlights how CCE Broome's community composting program makes composting more accessible to residents.

Roughly 1,700 pounds of food waste has been diverted from the landfill through our programming. In addition to food scraps composted by area residents, one of our Master Composter-Recycler volunteers regularly picks up coffee grounds from Downtown by Beer Tree Brew to be composted in CCE Broome Environment's community compost bins. Finished compost is offered to members for free throughout the year for their gardens, and the remaining compost is used by the Master Gardener Volunteers in the Cutler Botanic Garden.

The *Master Composter-Recyclers* is a group of community volunteers, trained to educate the public about composting, recycling, and waste prevention through various means. Training with CCE Broome's Recycling and Composting Educator includes ten class sessions, as well as hands-on training through class projects and volunteering in the community. For example, the Master Composter-Recycler volunteers took part in a community event, We are RootED! sponsored by CCE Broome's afterschool program, RootED, at Recreation Park in Binghamton and demonstrated the basics of recycling.



I've been going to the local Farmers Market for the past six months and so. I made a goal for myself of trying to find my joy in things like cooking and growing things. This has inspired me to do more "green" things including being interested in composting.

Master Composter-Recycler volunteer



4-H Youth Development

Broome County 4-H

Broome County 4-H provides youth with experiential hands-on learning in a variety of topics. The SPARK Club is a countywide club open to all 4-H youth. This club creates opportunities for youth to learn about new topics, deepen their thinking in an area of interest and expose them to new experiences.

For example, in response to youth expressing an interest in learning about canines and how to work with them, Broome County 4-H created several canine specific SPARK club meetings. Collaborating with the SusqueNango Kennel Club, the SPARK Club offered six sessions: Working Dogs, Sporting Dogs, Meet the Breeds, Training Basics, Training Basics II, and Dog Showing Clinic. Sixty-two youth and 17 volunteers were involved in these new SPARK Club meetings—and a new community club, Pawsitive K-9s, was begun.

It also led to re-introducing the canine show at the Broome County Fair—a show that had not been offered by Broome County 4-H for 10 years. One youth who excelled, qualified to show at the New York State Fair and won Grand Champion Novice Agility. Because of the SPARK Club model, where all youth and adults belong and can explore activities to find their spark, the Broome County 4-H office was able to bring back the canine program and give opportunities for youth to explore and expand their learning in the canine world.

Reanna's Passion Project

Reanna Quail has been a member of Broome County 4-H for 10 years. She is 15 years old. Reanna has a passion for agriculture, animals and educating others while promoting the agriculture industry. Through all her experiences in 4-H, Reanna learned several important life skills, such as responsibility, confidence, communication and collaboration.

Following her passion, Reanna wanted to raise awareness, bring excitement and encourage other youth in their animal science projects for the Broome County Fair. After several meetings with staff and key volunteers, 'Reanna's Passion Project' was created.

Reanna worked with the 4-H staff to create a marketing plan for communicating her passion project goals to potential supporters and sponsors. Reanna worked closely with the 4-H staff to determine how best to distribute the donations that were received during her project campaign. Reanna wanted to make sure each youth had the opportunity to follow their own passions and to help provide each of them with the tools needed to support them in reaching their project goals.

Reanna not only met her donation goal, she doubled it—and was able to reach local, state and even national sponsors. Reanna is an outstanding example of how a young individual can make a difference in the lives of other youth—leading by example. Staff, volunteers, parents, and youth took note of all Reanna's work. She was nominated and received the 2022 Broome County 4-H Community Service and Leadership County medals.

During 2022 there were:

- 282 youth (5-18 years old) enrolled in 4-H
- 84 4-H volunteers
- 12 4-H clubs
- 72 different 4-H programs conducted

4-H has helped me grow so much. It's expanded my interests in everything. I have changed in so many ways and have become a better person, I have become better with animals, I feel like it has changed and improved a lot of my life skills.

—Reanna, Broome County 4-H Youth

My time with Broome County 4-H was enjoyable and fulfilling. My goal was to encourage and inspire kids to be passionate about their dogs and all the joys and responsibilities that come along with K9 ownership. I think that goal was accomplished! It was great to work with the kids and see them excited about the same thing that excites me. Thank you for letting me be a part of Broome County 4-H!

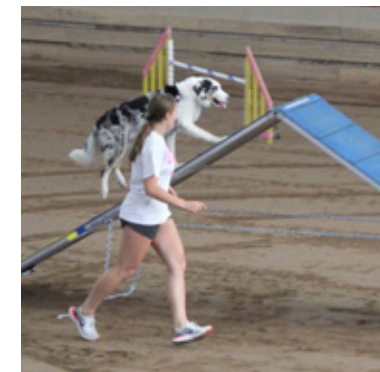
—4-H Volunteer

I loved how the dog sessions went. We got to see the search and rescue dogs and their professional handlers perform. Pros taught them all the basics of each beginner class and then at the County Fair the 4-H'ers were able to show off their hard work.

—4-H Parent

Reanna is always like a ray of sunshine! She is the first one you see at Fair who is willing to help other young people with their project animals. Reanna's Project was an amazing project to undertake. To contact companies, get sponsors and give EVERY 4-H member who showed an animal a gift. It showed the greater good of these programs.

—4-H Parent





4-H UNITY

Brianna Attey Mouanjo, 4-H Urban Neighborhoods Improved Through Youth (UNITY) Teen Leader, CCE Broome County was honored as the 2022 winner of the 4-H Youth in Action Award for Civic Engagement. The 4-H Youth in Action Award is National 4-H Council's highest honor for a 4-H member. With support from New York State 4-H, Asia Ambler, 4-H UNITY Endicott project coordinator, CCE Broome, attended the event to help celebrate and support Brianna.

CCE of Broome County is the only Extension office in the U.S. with three Youth in Action Award winners. UNITY Teen Leader Brianna joins Nosa Akol, overall Youth in Action winner in 2015 and Clyde Van Dyke, Youth in Action Pillar STEM Award winner in 2019. Brianna now attends George Washington University, with a goal of becoming an adolescent psychologist.

UNITY combines 4-H youth development, civic engagement, nutrition, and parent education to ensure teens ages 14–18 demonstrate the knowledge, skills, attitudes and behaviors necessary for fulfilling, contributing lives. 4-H UNITY's program model and 5-year plan are grounded in positive youth development research and the ecological principles of working within the context of family and community.

Through their involvement in community improvement projects, the UNITY Teen Leaders demonstrate improved leadership and workforce development skills as their community projects and job shadowing provide opportunities for real-world skill building. In UNITY, the Teen Leaders become community change agents, conduct community improvement projects and have a voice in improving their communities.

4-H UNITY is part of the CYFAR Program. The project is supported by Smith Lever funds, National Institute of Food and Agriculture, U.S. Department of Agriculture, Washington, DC, New York State 4-H Youth Development, Bronfenbrenner Center for Translational Research and Cornell University.



Some of Brianna's accomplishments in UNITY that led to her selection as Youth In Action Award Winner for Civic Engagement include:

- Spearheading 4-H programs in CCE Ulster, CCE Orange and CCE Suffolk Counties to create similar 4-H antiracism action groups for teens, 14-18 years old.
- Presenting on a panel for the Children's Well-Being, National Academies of Sciences, Engineering, and Medicine, focused on the mental health supports students may need after the pandemic.
- Conducting a powerful workshop on race and identity for Cornell Cooperative Extension's series on diversity, equity and inclusion for the Remaining Whole, Human, and Hopeful Series, entitled, "Race and Reconciliation Conversations."
- Securing a grant from America's Promise to support the establishment of the Diversity Café at Union-Endicott High School.





4-H Education Center at Finch Hollow

The 4-H Education Center at Finch Hollow provides hands-on nature-based education. CCE Broome's 4-H educators at Finch Hollow provide both in-school and community programs focusing on nature and STEM.

During 2022 with some Broome County schools having to limit field trips due to Covid, the educators at Finch Hollow decided to partner with Whitney Point Central School District to test out a reverse field trip method where Finch Hollow educators would bring nature to the school. Educators worked with Pre-K through third grade to create a curriculum aligned with NYS standards for a three-part Finch Hollow series. The first lesson consisted of a formal lesson in the classroom with hands on materials from Finch Hollow. The second lesson was created and given to the teacher to teach before the Finch Hollow 4-H educators returned for the third lesson. CCE Broome's educators brought the students out into nature on the school grounds to see what they had learned in the classroom in real life.

Reverse field trips were the perfect bridge to getting nature-based programming back into schools after the pandemic shutdown. Teachers welcomed Finch Hollow into their classrooms and collaborating to plan lessons they were responsible to teach. Due to the success in this program, Whitney Point Community Schools decided to include Finch Hollow Nature Education into both their afterschool and Early Eagles programs.

Throughout Whitney Point's school year, Finch Hollow provided 17 different in-school programs, seven programs for the Early Eagles program and five programs for the after-school enrichment program, totaling 1,612 students receiving outdoor nature-based education. With the success of reverse field trips in Whitney Point, Finch Hollow will be expanding this type of programming to other Broome County School Districts in the upcoming school year.

4-H RootED

4-H RootED's programming is "rooted" in education, in inspiring Science, Technology, Engineering/Environment, Art/Agriculture and Math (STEAM) careers and in community improvement. RootED is funded and supported by Binghamton City School District (BCSD). The goal of RootED is to inspire STEAM careers and prepare young people to care about others through civic engagement and community improvement projects.

RootED is a year-round program, providing afterschool programming in BCSD's seven elementary schools, Benjamin Franklin, Calvin Coolidge, Horace Mann, MacArthur, Theodore Roosevelt, Thomas Jefferson and Woodrow Wilson. During the summer, the RootED educators partner with BCSD staff and teachers to conduct STEAM-based activities and lessons for BCSD's *Imagination Adventure* summer camps.

At Benjamin Franklin Elementary, RootED campers worked in small teams to study the different zones of the ocean and the animals living in each zone. They learned about those animals and painted them with chalk paint.

RootED campers at Thomas Jefferson were challenged to create a PVC pipe assembly that would carry water from one place to another. The goals were reached so fast that the RootED educators had to create more and more elaborate challenges—something the educators hadn't expected with incoming Kindergarten and first grader students.

RootED campers at MacArthur, all 5th graders, worked together to make observations and estimate the densities of common household products, such as corn syrup, dish soap and vegetable oil—and then poured the substances together to create fun experiments.

In September, RootED conducted its first family engagement event, "We Are RootED!" in partnership with Binghamton Parks & Recreation Department and BCSD. Over 200 people attended the event at Rec Park in Binghamton. RootED is planning future family engagements events for RootED families during the 2022-2023 school year at different locations throughout Binghamton, with food, fun activities and opportunities to learn about other community resources.

A highlight of RootED's afterschool program and civic engagement programming originated in the hearts of young people involved in 4-H RootED at Theodore Roosevelt Elementary School. With support from David Chilson, Principal and Renee DeSantis, Art Teacher, at Theodore Roosevelt, and the leadership of Gulzara Tokhtamysheva, one of CCE Broome's 4-H RootED educators, the students decided to take part in a fundraiser for Ukraine by creating two pieces of art.

The RootED students made origami doves in the colors of the Ukrainian flag to create *Flying with Ukraine* and painted blue and yellow popsicle sticks to create *We Want Peace*. Their original artworks were displayed and placed on sale at Cooperative Gallery 213's "Art for Ukraine" fundraiser event in downtown Binghamton. All proceeds from the event were donated to a charity committed to assist families in Ukraine. A great example of RootED's efforts in the community—and working better together!



RootED served 532 youth during the 2021-2022 school and summer programs.

7,852 youth served
326 adults served
121 programs offered

It is always incredible to see CCE Broome programs in action with the little ones, sharing your love and knowledge of the outdoors. I especially enjoyed this event because the parents were able to learn alongside their child and I know they left with great ideas for conversations to have with their own children when adventuring outdoors.

—Community School Coordinator

We typically get to go to Finch Hollow in the spring for a field trip and we excited to hear that even though we couldn't go to Finch Hollow because of the pandemic, our children were still able to get the experience.

—Whitney Point 1st Grade Teacher

I loved learning about birds, I did not know there was so much to them. It was fun being able to walk around and see all the birds.

—Whitney Point 3rd grade student



Nutrition

Community Nutrition

School garden programs have been shown to increase students' nutrition knowledge and preference for more fruits and vegetables. Involving students in the process of growing their own food supports their mental, social, and physical health.

As part of the Creating Healthy Schools and Communities grant with the Broome County Health Department, CCE Broome's nutrition educators focused their programming on the Susquehanna Valley Central School District to support the development of their school garden program. Programming began at Brookside Elementary School, where eight garden beds were reconstructed, as their previous beds had begun to deteriorate.

The students learned how to grow produce in the classroom and then transfer to the outdoor garden beds. Garden-based projects were tied to many of the subjects the students were studying, including science, mathematics and art. Members of the Brookside afterschool garden club met each week to create garden-themed artwork to beautify the area. Classrooms worked with the CCE Broome educators and learned about nutrition, composting and other Ag in the Classroom topics.

In addition, the students played nutrition-related physical activity games where they could exercise outside, near the gardens, while learning about MyPlate, fruits and vegetables. Several community events were held over the summer to connect families to the garden project. Produce fresh from the gardens were given to families in need.

Without the support of the Broome County Health Department and the teachers and staff at Brookside Elementary, this project would not have been possible. Looking ahead to the 2022-2023 school year, the school garden program at Brookside will be replicated at F. P. Donnelly Elementary School. The success of this collaboration with CCE Broome's nutrition educators has ensured the growth of the Susquehanna Valley School District's garden program—indeed, we're better together!

What went into the eight school gardens at Brookside Elementary School?

1 Shed

2 Picnic tables

Classroom sets of student gardening tools and gloves

Teacher/staff gardening tools and gloves

Seeds, soil, compost, mulch starter kits

Watering cans, tomato stands

Pavers and fencing

Nutrition-related physical activity games



Supplemental Nutrition Assistance Program Education (SNAP-Ed)

SNAP-Ed is an evidence-based program that helps people lead healthy, active lives. Classes are designed to empower individuals to stretch their SNAP dollars, shop for and cook nutritious meals, and stay physically active. At the core of CCE Broome County's success in the SNAP-Ed program are the relationships and partnerships that have been established to reach individuals with high quality nutrition education programming.

During 2022 CCE Broome received a \$2,500 grant from the American Heart Association to pilot the Healthy for Life curriculum for New York State SNAP-Ed. Working with CCE Broome's CareerBound, the United Way of Broome County's Healthy Lifestyles Coalition, Metro Plaza Apartments and Saint Michaels Church, 25 adults successfully completed the 4-week series program. These 25 SNAP-Ed participants were the first to receive this curriculum in NY and will be used as a model for offering this series in SNAP-Ed programs across the state.

Participants learned hands-on skills in food and recipe preparation through lessons such as *Knife Skills*, *The Power of Plant-Based Eating*, *All the Flavors of the Garden*, and *Fuel Up to Move More*. Positive feedback was received from all participants, who felt the lessons were more tailored to their needs than previous curriculums. Each lesson was paired with a recipe that included fresh produce and other food items that participants may not have been familiar working with. Graduates received a bag with fruit and vegetable gift cards, cookbooks, knife sets, measuring cups, cutting boards, and other crucial kitchen tools. Working with our four partners to offer this series was instrumental in the success of the program. Our partners supported in housing the lessons and following through with participants to ensure continued attendance each week. The *Healthy for Life* curriculum is now approved by SNAP-Ed NY and can be used by SNAP-Ed educators across the state.

2,370 youth served

446 adults 18-59 served

1,544 adults 60+ served

6 adult series programs (of three or more classes each) conducted

51 youth series programs (of three or more classes each) conducted

324 one-time programs conducted for adults and youth

I've been using knives all my life but never knew this was the correct way to do it. I feel that it's much easier and it's safer now.

— SNAP-Ed participant

I'm almost 80 years old and I didn't expect to learn anything new from this--but I did!

—SNAP-Ed participant





Healthy Lifestyle Coalition

Through CCE Broome's partnership with the United Way of Broome County's Healthy Lifestyle Coalition and collaboration with the Lee Barta Community Center, a range of nutrition-related programs were provided for residents on the City of Binghamton's Northside and Eastside. These neighborhoods have grappled with limited access to fresh produce for years and have high rates of obesity and chronic diseases. In response, CCE Broome Nutrition provides classes on healthy eating, food preservation, physical fitness and STEAM activities.

During 2022, CCE Broome's Nutrition Educator and Master Preserver led two special food preparation classes on pickling and herbs. A special collaboration with VINES (Volunteers Improving Neighborhood Environments) brought 29 residents to the pickling class. Participants learned how to properly pickle, about safe food handling and other practices to avoid botulism and other dangerous microorganisms. An additional class was held with 5 individuals who were looking specifically on how to make 'refrigerator' pickles, which involves an easier process that must be refrigerated and not left on the pantry shelf. Participants in both classes left with two jars of pickles to take home in addition to the knowledge of how to pickle from their homes.

The herb preservation class consisted of three parts, a nutrition class focused on the uses and benefits of herbs, planting herbs, and dehydrating herbs. After the lesson demonstrating how to use herbs as seasoning and in place of salt, class was moved to the Liberty Street Garden where participants planted their new herbs in their garden plots. All the participants received sage, parsley, basil and dill to grow. Once the plants grew and were ready to be processed, they picked their herbs and took them to the Lee Barta Community Center for a lesson on using a dehydrator to process the herbs for future use. Extra jars of dried herbs were made to giveaway throughout the winter when people visit the Lee Barta Food Pantry.

In addition to CCE Broome Nutrition's partnership with the United Way of Broome County, the Lee Barta Community Center and VINES, a team of AmeriCorps members supported the food preservation classes. These strong partnerships help create impactful, relevant and successful programs—making CCE Broome's programming better together!

34 participants completed the pickling classes

7 participants completed the herb classes



I didn't realize the amount of science involved in making pickles, I thought I could just mix things up and put them in a jar!

Class Participant

I am surprised that after drying the herbs, the aroma was still so strong! Much stronger than purchasing dried herbs at a store.

Class Participant

I loved learning about seasoning my food using herbs instead of salt.

Class Participant

Workforce and Community Development

CareerBound

For over 20 years, CCE Broome County's CareerBound has provided educational and employment support in partnership with Broome-Tioga Workforce NY to young adults, 18-24 years old. Through this partnership CareerBound has assisted hundreds of young adults secure employment, receive their high school equivalency diplomas, complete vocational training programs and/or enter post-secondary education.

During 2022, CareerBound partnered with several local organizations and businesses, such as Broome-Tioga BOCES, SUNY Broome, SAGE Truck Driving School and Willow Run Foods to help program participants achieve their education and career goals. CareerBound's partnerships and the program participants' successes depend on working together to grow tomorrow's workforce.

These two success stories exemplify some of the ways CareerBound helps support young adults achieve their education and employment goals:

Jason successfully completed an On-the-Job training (OJT) with Willow Run Foods and has maintained employment with the company for one year. Although Jason enjoyed his first position as a truck washer, his goal was to move into a CDL (Commercial Driver's License) A position at Willow Run. Recently, Jason obtained his CDL permit and was promoted to a yard jockey, a position that will lead to a CDL A trainee position. We are proud of the work Jason is doing and Willow Run speaks highly of him.

Haley entered CareerBound with very attainable goals—to receive a high school equivalency diploma and to secure employment, and Haley did just that. In May 2022, Haley earned her High School Equivalency Diploma, and in August, she secured a position as a teacher aide with Broome-Tioga BOCES. Haley continues to work towards her goal of entering post-secondary education. CareerBound is committed to offering Haley the support she needs to make this happen.

Number of Young Adults:

- 61** young adults enrolled in CareerBound
- 47** young adults secured meaningful employment
- 44** obtained various recognized credentials
- 5** enrolled in On-the-Job Training
- 5** began Vocational Training
- 2** entered Post-Secondary Education



If you give the class a chance, you won't regret it. The class has changed my life for the better. This place is more than CareerBound. It is my second home. Believe in yourself! The staff believe in you!

—Janeya

The people at CareerBound will help you get to where you need to be, help get you work ready, and motivate you to get a job. I recommend this program to anyone trying to grow and start their adulthood. CareerBound was helpful to me and I'm glad I came here.

—Demetrius

I learned to accept and change my point of view on education. Also, better budgeting for financial literacy. Finally, greater opportunities for life.

—Jaquira





Parenting

CCE Broome County Parent Education uses a research-based, interactive curriculum, Conscious Discipline, that focuses on empowering families to achieve healthy parenting skills. Throughout 2022, CCE Broome's parent educator offered strength-based programming designed to keep children and families together, reduce foster care and improve children's health and well-being through referrals, nutrition education and one-on-one mentoring.

In 2022, CCE Broome Parent Education was funded through a Town of Union Community Development Block Grant, *Strengthening Endicott Parents and Families*. Parent education classes were offered in-person and virtually to accommodate the schedules of families and increase accessibility to parents, grandparents parenting their grandchildren and/or foster care parents in the Town of Union.

With the support of the Town of Union, a series of family engagement events were conducted during 2022. Hundreds of families attended these family engagement events and were able to connect with local mental health organizations, engage in family-friendly STEAM activities, learn about various local businesses and non-profit organizations, and meet elected officials. With the support of all these partners, CCE Broome Parent Education continues to connect families with much-needed community resources, such as food, clothing, training programs and educational opportunities.

Emphasis continues to be placed on building and strengthening community relationships. CCE Broome's Parent Education is grateful to its partners in the Town of Union, including St. Paul's Episcopal Church, Greater Opportunities, Family Enrichment Network, Southern Tier Community Center, and Union-Endicott School District. Notable new partnerships include RISE, Union-Endicott Police Department, BAE, Lockheed Martin, Endicott Preschool, Endicott Square, Mom's House, The Bridge and Crime Victims Assistance Center.

Looking forward, CCE Broome's Conscious Discipline Parenting Classes are set to expand and serve more families through an exciting new partnership with the Family Support Center (FSC) at the Union-Endicott School District Office. New classes will be starting soon at the FSC through a collaboration with Chris Murdock, Union-Endicott School District's Director of Diversity, Equity, and Inclusion and Tom Mitchell, Family Support Center Director.

CONSCIOUS DISCIPLINE

PARENTING CLASSES

OPEN TO ALL TOWN OF UNION RESIDENTS

Endicott, Endwell, Johnson City

- FREE

- Strength-Based Curriculum

- Effective Discipline Strategies

- Educational Enrichment

Offered at the new Family Support Center located in the lower level of the Union-Endicott District Office
1100 East Main Street, Endicott

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.

Cornell Cooperative Extension
Broome County



Looking Ahead

Please mark your calendar with some important dates in 2023. Visit us at ccebroomecounty.com and follow our social media to find out about upcoming workshops, programs and events. We look forward to connecting with you.

Open Farm Day ♦ April 22

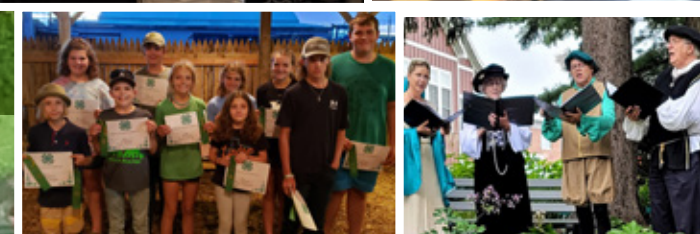
Plant Sale ♦ June 2 & 3

Much Ado in the Garden ♦ July 16

Broome County Fair ♦ July 25–30

New York State Fair ♦ August 23–September 4

Fresh Food Face Off 2023 ♦ September 20



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