

Response

Director's Message

Cornell Cooperative Extension (CCE) of Broome County continues to address critical needs facing our community caused by COVID-19 by moving forward to provide high quality, non-formal education programs throughout Broome County.

CCE Broome's mission is to put research-based knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being, and thereby improve the lives and the community we serve. This issue of **Response** highlights how we are strategically working together to support Broome County residents.

This month we partnered with Broome County Parks, Recreation & Youth Services to provide a series of engaging, hands-on classes at each of the Broome County Parks called, *Weeks Without Walls: An Outdoor Learning Adventure*. These free, hands-on, interactive classes at Nathaniel Cole, Dorchester, Greenwood and Otsiningo are being conducted by our 4-H, Ag in the Classroom and Nutrition educators.

Recently, we were honored to be selected as the Greater Binghamton Chamber of Commerce Business of the Week. This recognition gave us an opportunity to share the history of our organization and highlight the board range of educational programs we provide residents of Broome County in nutrition and health, horticulture, youth development, parent education, community and workforce development, the environment, agriculture and agribusinesses.

Please take a moment to read about all the ways we are responding to the needs of our community in this issue of **Response**. We hope you will explore our website, connect with us through Facebook and Instagram, or give us a call. We're all in this together! Please let us know how we can help you.

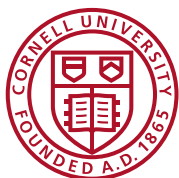
Sincerely,

Beth A. Roberts
Executive Director

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Binghamton, NY 13905-1566

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www.facebook.com/ccebroomecounty
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Broome County Regional Farmers Market

**840 Upper Front St., Binghamton
Saturdays 9:00 a.m. to 1:00 p.m.**

The Broome County Regional Farmers Market continues to be open year-round every Saturday from 9:00 a.m. until 1:00 p.m. COVID-19 guidelines for facial coverings and social distancing are being followed. Right now, the market is brimming with all the colors and farm-fresh aromas of autumn.

In July, when many similar events in the area had to be cancelled, the Farmers Market hosted a Christmas in July Artisan Market that allowed many local artists, farmers and craftspeople to sell their handcrafted items. With the success of Christmas in July, the Farmers Market hosted the Autumn Artisan Market, September 27. Supporting Broome County's artisans and craftspeople is a safe and wonderful way to support our local economy during these challenging times. Mark your calendars for the Farmers Market's Holiday Artisan Market, December 3 and 4, 4:00-7:00 p.m.



Taste NY

**840 Upper Front St., Binghamton
Tuesday-Friday 8:00 a.m. to 5:00 p.m.; Saturdays 8:00 a.m. to 2:00 p.m.
For curbside pick-up, call 607-584-0475 to place your order.**

Taste NY encourages Broome County residents and visitors to our area to enjoy New York products and help grow local farms and agribusinesses. Taste NY has remained open, uninterrupted, throughout the pandemic. Social distancing and the use of facial coverings are mandated inside the store. Taste NY also offers convenient curbside pick-up.

Through a partnership with NYS Dept. of Agriculture and Markets, Taste NY has begun hosting specialty weekends to promote specific commodities, as many food festivals and fairs have had to be cancelled. Recently, Taste NY hosted two specialty weekends, one featuring some of NY's tastiest garlic and another featuring concord grapes. These "specialty" weekends will continue throughout the fall and winter.

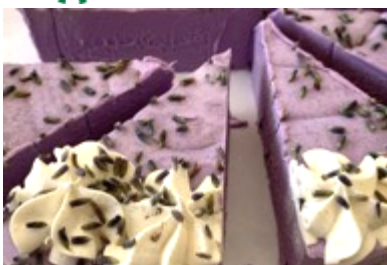
Stop in to see what's new at our Taste NY store, check out Taste's Facebook page at <https://www.facebook.com/TasteNYBroome/> or call 607-584-0475 to place an order for curbside pick-up of some New York products, and shop local!



Agriculture & Agribusiness

Recently, CCE Broome's Agriculture Team kicked off *Exploring the Small Farm Dream* program. In response to COVID, the program was conducted via Zoom for the very first time. This allowed 19 families to learn what it means to start a farm, learn about labor and financial considerations, market and revenue potential, as well as the pros and cons of owning a small business. At the completion of the program, participants will understand what it takes to start a farm or rural small business, and can then advance to creating a business plan.

Take for example the story of Wild Daisy Acres in Whitney Point. Just prior to the start of the pandemic, Elyssa Ellerson-Jones and Andrew Jones began the *Exploring the Small Farm Dream* program. Through it, the owners of Wild Daisy Acres, realized how they could benefit from the technical assistance CCE Broome's Ag Team offers. Now, through weekly meetings with Ag Team, they were able to complete a business plan and work with Farm Credit East to obtain a FarmStart (new farmer) loan. The loan allowed these new farmers to get their goat farm and beautiful goat's milk soap products (see photo left) business off to a great start. Congratulations to Wild Daisy Acres.



Ag in the Classroom

Thanks to NYS Ag and Markets, Ag in the Classroom (AITC) was able to respond to the growing interest in home gardens and carried out the Community Garden Grant. Through this grant, over 350 EarthBox® were distributed throughout Susquehanna Valley, Windsor, Whitney Point and Harpursville school districts, as well as the Whitney Point Senior Center, Harpursville Senior Center, Lisle Community Garden and Castle Creek Church. Families received an EarthBox® filled with soil, seeds, garden tools, cooking tools and information to get started growing.

Responding to the need to support parents/guardians as they help their children adjust to remote/virtual schooling, the AITC educators are providing lessons on goats, chickens, lamb, grapes, apples, cranberries, and pumpkins, in conjunction with Broome County Parks and CCE Broome's *Weeks Without Walls: An Outdoor Learning Adventure*.

Horticulture

The Master Gardeners have been hard at work, harvesting vegetables from the Cutler Botanic Garden and making weekly donations to the CHOW Food Bank and Binghamton Food Rescue. To date, over 300 pounds of fresh vegetables have been donated to those most in need in our community.

This free, upcoming class is co-sponsored by CCE Broome and the Waterman Conservation Education Center, and will be offered via Zoom.

How Deer Affect Your Woods: September 30, 7:00-8:00 p.m.

Kristi Sullivan, Wildlife Biologist at Cornell University, will discuss the effects deer are having on New York's woodlands. <https://cornell.zoom.us/j/9205555555>

4-H Youth Development

4-H Clubs and the meaningful connections they create are in greater need this year than ever before as fewer extracurricular opportunities are able to be offered by schools during the pandemic. In response, CCE Broome's 4-H educators are developing plans for 4-H Clubs and more safe and engaging learning opportunities during these extraordinary times.

In addition, CCE Broome's 4-H Education Center at Finch Hollow team are responding to the needs expressed by many parents/guardians adjusting to at-home remote/virtual learning. Youth and families will enjoy engaging and guided nature tours at the County Parks led by the Finch Hollow team and 4-H educators. See the complete schedule for CCE Broome's *Weeks Without Walls: An Outdoor Learning Adventure* at: <http://ccebroomecounty.com/events/2020/09/15/weeks-without-walls-an-outdoor-learning-adventure>

Environment

Composting is an important action anyone can take to help create healthier garden soil, prevent food waste being sent to the landfill and reduce emissions that contribute to climate change. In response to increased interest in composting, CCE Broome's Recycling and Composting Educator, Josh Enderle is conducting two free workshops focused on the importance of composting food and yard waste.

Backyard Composting Workshop 101, October 8, 6:00-7:00 p.m. Register by October 7 at: <https://bit.ly/3aZbPAV>

Backyard Compost Workshop 202, October 22, 6:00-7:00 p.m. Completion of the 101 workshop (above) is not necessary but may be helpful. Register by October 21 at: <https://bit.ly/368n5dN>





RootED/ Empire State Afterschool Program

In partnership with Broome County Parks, Recreation & Youth Services CCE Broome's *Weeks Without Walls: An Outdoor Learning Adventure*, the RootED educators conducted a series of hands-on lessons in science, technology, engineering and math (STEM) throughout September at Broome County's Cole, Dorchester, Greenwood and Otsiningo Parks designed to give parents project ideas and kits they can use at home to supplement and enhance their children's remote, virtual and hybrid school programs.

4-H UNITY Endicott

The changes to socially distanced In-person, remote and hybrid models in schools have posed unprecedented challenges to families throughout Broome County, including an alarming increase in the need for mental health services and supports, particularly among young people.

In response to this spike in mental health concerns, the Mental Health Association in New York State (MHANYS) recently hosted a panel discussion, *Reflecting, Rethinking, Responding to Support Student Mental Health Needs*. 4-H UNITY was honored to have UNITY Teen Leader Brianna Attey Mouanjo, a senior at Union-Endicott and caregiver for her young sister, invited by MHANYS to serve as a panelist for this discussion. The parent/caregiver panel reflected on how they plan to support the mental health needs of themselves and their families during these challenging times and make suggestions to MHANYS about the types of supports that would be most helpful to them.



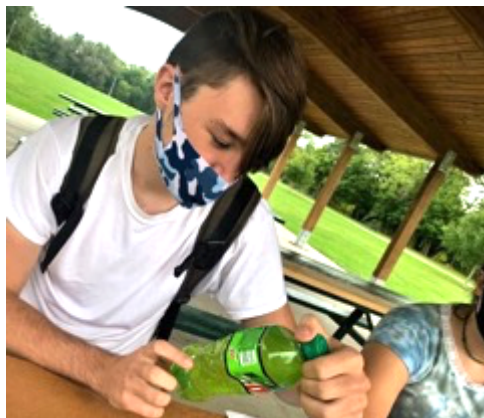
Parent Education

Limited resource families are facing extraordinary challenges during the pandemic. In response, CCE Broome's parent education is using innovative ways to reach out to those in most in need, working directly with families one-on-one, partnering with food pantries and afterschool programs. Free, in-person classes are underway at CCE Broome for families without have access to technology. To learn more, contact Cindi Conway at cac365@cornell.edu

Nutrition Education

Connecting with community partners has played a vital role in the essential work CCE Broome's Nutrition educators are doing in response to the pandemic. For example, through a partnership with Hillside Children's Center, families have been able to participate in a virtual six-week nutrition education and cooking program called *Summertime Eats*. The program highlights food safety, food resource management, the importance of increasing physical activity and how to develop the behaviors and skills necessary for improved health. As part of *Summertime Eats*, families receive "Salsa Gardens," courtesy of Hillside Children's Center, to encourage home gardening, as well as ingredients for cooking classes.

In collaboration with Broome County Parks and CCE Broome's *Weeks Without Walls: An Outdoor Learning Adventure*, the Nutrition Team is offering 28 free classes in the parks, based on SNAP and EFNEP programs. The classes include "Re-Think Your Drink," "Get Moving," "Fuel Up on Fruits and Vegetables," "Picnic in the Park" and "Lunch and Learn." The classes provide an opportunity for families to supplement or enhance their children's remote, virtual and hybrid school programs.



CareerBound Workforce Development

In partnership with Broome-Tioga Workforce NY, CareerBound is hard at work, providing programming throughout the pandemic. Recently, CareerBound partnered with Visions Federal Credit Union for a virtual financial literacy training, conducted by Colleen Barton, Visions Financial Wellness Officer. CareerBound participants received with a \$25 coupon from Visions FCU for opening an account at Visions. To learn more about CareerBound's programming for out-of-school young people 18-24, contact Holly Tracy, hsb48@cornell.edu 607-760-2568.

