Director’s Message

Cornell Cooperative Extension of Broome County’s entire team is busy working on your behalf to address critical issues caused by COVID-19 and begin the process of strategic recovery efforts. Our new Response newsletter provides brief updates from each of our departments on how we’re working to respond to these challenging times and continue to serve Broome County residents.

Whether it be assisting school programs, providing virtual programming, online classes or connecting with our most vulnerable audiences—we are on the job to bring the most up-to-date information about how to navigate our food supply and support Broome County’s farmers.

Please know we are here for you! We hope that you will give us a call, explore our website, or connect with us through Twitter or Facebook and let us know how we can assist you.

Sincerely,

Victoria Giarratano

840 Upper Front Street, Suite 1
Binghamton, NY 13905-1566
607-772-8953
ccebroomecounty.com
www.facebook.com/ccbroome
www.twitter.com/ccbroome
Broome County Regional Farmers Market
840 Upper Front St., Binghamton
Open Saturdays 9:00 a.m. to 1:00 p.m.

“What is the Farmers Market?” The Broome County Regional Farmers Market is a lot like a grocery store, but all the vendors are local. Visit us each Saturday for farm fresh produce, meat, poultry, eggs, bread, baked goods, honey, maple products and much more.

In response to COVID-19, the Farmers Market is practicing social distancing. Shoppers are encouraged to only send one person per household and to maintain 6-foot distance while shopping. We suggest asking the vendors to help you pick out items you want and only touch what you intend to buy. Pre-order and delivery options are available. Check out the Regional Farmers Market Guide at: https://docs.google.com/spreadsheets/d/111FwmGe-Wsh-vuZy9le0VH4wfb9rMFBxMXolJx6kAyo/edit?usp=sharing

Commercial Kitchen
Chef Danielle, the Underground Baker, is busy creating cooking tutorials for the whole family. Join Chef Danielle on our YouTube channel as she shows how to make Ricotta Gnocchi and two quick and easy sauces that make dinner a snap. https://www.youtube.com/watch?v=yRsV6l68HJ0&feature=youtu.be

Taste NY
840 Upper Front St., Binghamton
Hours: Tuesday-Friday 8:00 a.m. to 5:00 p.m.; Saturdays 8:00 a.m. to 2:00 p.m.
For curb-side pick-up, call 607-584-0475

Taste NY continues to be an essential part of supporting farmers and agribusinesses. During this challenging time, Taste NY provides a safe place to shop for farm-fresh, New York produces. We carry items such as, local sauces, honey, maple, eggs, frozen local meats, milk, cheese, fruit, vegetables, jams and more. Shop local and support local small businesses. Call ahead for curb-side pick-up: 607-584-0475.

Agriculture & Agribusiness
According to Dave Johnson, co-owner of Apple Hills and president Broome County Farm Bureau, “New Yorkers should be confident that farmers will help get us through these uncertain times. You can rest assured that farms are taking special precautions to keep the workplaces clean and our employees as safe as possible to mitigate the spread of the coronavirus. Food security is national security. Keeping farms in business must remain a priority.”

CCE Broome’s Agriculture Team rallied as the pandemic hit our region, connecting with the NYS Dept. of Agriculture & Markets, Cornell University's College of Agriculture & Life Sciences, NY Farm Bureau, NY Extension Disaster Education Network (NY EDEN) and our agricultural partners. See CCE Broome’s website for accurate COVID-19 information ccebromecounty.com

CCE Broome’s Ag Team is offered online classes via Zoom. Poultry 101 covers purchasing chicks, nutrition, management, egg and turkey production, as well as marketing. See: http://ccebroomecounty.com/events/2015/03/19/poultry-101

Ticks and tick-borne diseases are on the increase and forest owners, farmers, gardeners and outdoor enthusiasts are particularly vulnerable. Ticks & Tick-Borne Diseases, presented by Kenneth Smith, CCE Chenango County in cooperation with CCE Broome covers the life cycle of ticks, how to protect yourself and early symptoms of tick-borne diseases. See: http://ccebroomecounty.com/events/2020/04/15/ticks-tick-borne-disease-online-presentation
Ag in the Classroom

The Ag in the Classroom (AITC) educators are creating YouTube videos, virtual farm tours and online lessons to support families and their at-home schooling needs.

One recent AITC virtual farm tour via Zoom gave students an opportunity to see baby goats being born and ask the farmer all their questions. The tour was a huge success with over 200 young participating. Check out the YouTube video at: https://www.youtube.com/watch?v=EemEULbVPml

The AITC program at the Windsor Middle School continues through Google Classroom. AITC’s Google Classroom offer lessons and videos about agriculture that teachers adapt to their lesson plans.

Horticulture

Horticulture classes are being offered via Zoom. For more information about upcoming classes, contact: Linda Svoboda ljs322@cornell.edu

Vegetable Gardening in Raised Beds: April 20, 4:00-5:30 p.m.
Learn about the benefits of growing in a raised bed and how to construct a raised bed that suits your needs. This class is for beginner and veteran gardeners.

Growing Edibles in Containers – April 27, 4:00-5:30 p.m.
Even if you don’t have ground space you can still grow a garden! Learn what you need to know to successfully grow some of your own food in small spaces.
http://ccebroomecounty.com/events/2020/04/27/growing-edibles-in-containers

4-H Youth Development

Strong relationships are foundational to the 4-H Club Program. Responding to COVID-19, the 4-H staff are making personal connections to gain perspectives on the impact for individual families and determine the greatest need for the 4-H clubs and volunteers, the families and the youth. All 4-H youth in our program received a personal card to express care and encourage their input and participation in the next step of our efforts.

The 4-H staff are focused on relationship building and providing new ways to connect and support one another during this challenging time. The 4-H Youth Ambassadors are planning and training, virtually, for the Broome County Fair, traditionally held in July. Parent/Volunteer Connection Meetings continue to provide resources and supports for club members and their families. Youth Connection Meetings via Zoom are beginning for 5-8 year olds, 9-13 and 14-18.

Environment

CCE Broome and CCE Tioga’s Virtual Earth Day 2020
April 22, 2:00-4:30 p.m.

Join us to celebrate Earth Day's 50th anniversary. This Facebook LIVE event brings together local organizations and artists in presentations of education, music and storytelling about our community and our environment. Learn what local organizations are doing, what you can do and how to help. All are welcome! The event is FREE!https://www.facebook.com/events/2007644446046241/
Empire State Afterschool Program/RootED
Each week, the RootED educators are providing RootED afterschool youth and their families with engaging STEM/STEAM activities to try out at home, along with their “Top 10 Recommended Websites” to support their at-home school work. The RootED educators are producing YouTube videos that demonstrate how to do various STEM activities and experiments, like making pinwheels, making slime—and a stop-action Vernie Lego robot video! Check out RootED educator Juliet’s “Baking Soda Paint”: https://www.youtube.com/watch?v=qB7V9eVCy_8

4-H UNITY and CITIZEN U
CCE Broome’s CITIZEN U and 4-H UNITY (Urban Neighborhoods Improved Through Youth) Teen Leaders teamed with RootED, Binghamton City School District and Union-Endicott Central School District to support the social emotional well-being of young children during the COVID-19 pandemic by distributing nearly 3,000 “Be the Spark Coloring and Activity Book 2020” at all of the “Grab & Go” meal sites in Binghamton and Endicott.

“Be the Spark” was originally created by the CITIZEN U Teen Leaders in 2018 to raise awareness about the importance of good mental health and provide young people with a healthy outlet for social-emotional well-being.

CITIZEN U and 4-H UNITY are civic engagement and workforce development programs for high-need youth. The CITIZEN U and 4-H UNITY Teen Leaders are filming a public service announcement on the importance of social distancing. They had become concerned when they saw young people, people their own age, disregarding the need to stay 6-feet away from other people. Stay tuned! Their PSA will be on CCE Broome’s YouTube channel next week.

Nutrition Education
Nutrition Educators are hard at work, continuing to be a source of nutrition and healthy lifestyles information during this challenging time. The educators are connecting with our most vulnerable families, as well as school districts and community partners through Zoom, YouTube, and Facebook Live. The educators are strengthening ties with established community partners through Storytime Live for families, making protective face masks, providing tips for shopping, food preparation, food safety and a healthy lifestyle, and sharing information with vulnerable families about free meal sites and food distribution locations.

CareerBound Workforce Development
The CareerBound educators are continuing to work with the out-of-school young adults currently enrolled in Career Development Training to prepare them for employment. CareerBound is using a personalized approach combined with posting QuikVid videos on career development topics on CareerBound’s Facebook page https://www.facebook.com/careerbound.cornellextension.7 The educators are making referrals to food pantries and supporting these young people by sharing various self-sufficiency resources. Guest speakers are being scheduled to give Facebook and Zoom tours of their businesses. Call or text Holly @ 607-760-2568.

Parent Education
The COVID pandemic has created an extremely stressful time for vulnerable families. CCE Broome’s parent educator is committed to connecting with and helping these families. Families are being supported by CCE Broome’s parent educator on an individual basis with phone calls and through regular Zoom meetings. Research-based resources from Cornell University’s Parenting Education Program Work Team are being shared, as well as information about how to access local food, health and employment services.