

2022 Annual Report

cceoneida.com





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Reaching 1,337 adults and 6,151 youth through direct nutrition education classes. In addition, over 7,500 participants were reached through nutrition events including farmers' market food demonstrations, school health & wellness fairs, food pantries, and community wellness events.

SCAN QR code for delicious SNAP-ED recipes



(below) Two peer-led wellness groups were successfully established at VVS and EJD Middle schools (with 35 total student leaders). The student-run projects saw a decrease in sugar-sweetened beverage intake among their peers at VVS school, and at EJD school students helped create more opportunities for physical activity before and after school.



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Richelle Singer, Child Care Council Issue Leader
Bonnie Collins, Agriculture Senior Team Leader
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Helen Madden, Grant Writer & Special Projects
Marty Broccoli, Ag Economic Development Leader
Bonnie Backman, Finance Lead
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John Adams, Environment & Energy Team Leader
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Our Mission

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability, and social well-being. We bring local experience and research-based solutions together, helping

New York State families and communities thrive in our rapidly changing world.

Cover photo: Parker F. Scripture Gardens "Cottage Garden" at our offices 121 Second St. Oriskany, NY



From Our Executive Director, Mary Beth McEwen

It is a privilege to share the Cornell Cooperative Extension Oneida County (CCE) 2022 annual report with our community partners and constituents. As I reflect on the last year, I am in awe of the many accomplishments of the dedicated and professional CCE staff.

Although the world in 2022 doesn't look anything like the world prior to 2020, we were excited to be able to bring back some of our traditional core events that not only created a sense of nostalgia but helped to connect all of us to one another, to the land, to our families, and to our community. The connections that we facilitate and the education that we disseminate through our programmatic offerings help our constituents thrive in an ever-changing world.

Through school field trips, our Farm Fest event in June brought over 600 children to a local farm to learn about agriculture, land, and the environment. In the evening, an unprecedented number of people attended Farm Fest, coming together to learn about and share the importance of agriculture in our society. Also in June, we hosted the Herb & Flower Festival at CCE, bringing our community together to bond over a love of gardening, and to educate dozens of people about various horticulture topics. In September, through 4H Conservation Educations Days, hundreds of school children learned about a variety of environmental conservation topics.

Returning to schools throughout Oneida County in 2022, CCE offered a variety of educational classes including Dairy in the Classroom, Ag in the Classroom, and nutrition education just to name a few. As a result of the pandemic, we also began offering classes related to social-emotional learning and trauma-informed care.

In April 2022, in conjunction with Adirondack Central School District, we started an afterschool program, providing afterschool education on a variety of STEAM topics to 60 children. Our CCE educators are reaching and educating well over 10,000 students annually.

Although it's impossible to capture all that we do, this annual report is a wonderful overview of our dynamic organization and all that CCE does to enable, empower, and educate our fellow community members, fostering the growth and development of a strong and resilient community.

I would like to thank our constituents, community partners, the Oneida County Executive, and the Oneida County Board of Legislators for their continued support. Finally, I would be remiss if I did not close by thanking the entire staff at Cornell Cooperative Extension Oneida County, our Board of Directors, and our wonderful volunteers for a job well done! Guided by a drive for service, compassion, and respect for one another and all members of society their dedication is unparalleled! Best wishes for a wonderful 2023!

Mary Beth McEwen Executive Director

2022 CCE SNAP SHOTS





Cornell Cooperative Extension of Oneida County's

Farm Flash



Wishing you and yours a Happy & Healthy New Year



january

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SCAN to Read Farm Flash Online!



Photo: Farmers, local growers, woodlot owners, agribusinesses and more enjoy reading our Farm Flash Newsletter, published monthly and available online at: https://cceoneida.com/agriculture/farm-flash-newsletters

NOTE

1 New Year Day

7 & 21 Oneida County Public Market 9a-1p Utica Train Station

16 Dr. Martin Luther King, Jr. Day



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(Left) Eli, SNAP-Ed's digital education coordinator, filmed and edited over 30 food demos and educational videos for SNAP-Ed agencies across the state.



february

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5	6	7	8	9	10	11

(bottom left) A couple of our SNAP-ED/nutrition staff, Kristen and Jamie prepare to videotape a food demo. This Kitchen "A" area is also used for live zoom classes and demonstrations.



NOTE

4 & 18 Oneida County Public Mkt. Train Station, Utica

14 Valentine Day

20 President's Day

22 Ash Wedesday

Eat Well Play Hard in Child Care Settings & SNAP-ED

(right) SNAP-ED educators get school age students moving with fun educational games! Part of the CCE and SNAP-ED nutrition message are: meal planning, healthy food shopping & cooking on a budget, nutrition, food safety, weight control, physical activity, and much more.

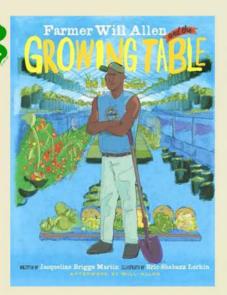




(above) Eat Well Play Hard in Child Care
Settings (EWPHCCS) focuses on improving
the nutrition and physical activity behaviors
at qualified child care centers in the central
region covering 13 counties. Program
Registered Dieticians provide interactive
lessons with food demonstrations to center
staff, pre-school-age students, and their
caregivers. In 2022 the program staff
doubled their previous year's preschool age
reach from 189 youth to 410. EWPHCCS also
provides Farm to Preschool initiatives at some
centers seasonally. In 2022 the program
provided a CSA box program at one center
resulting in \$1,250 in sales to a local farmer.

Ag Literacy Week

Book, "Farmer Will Allen and the Growing Table", was read to 1,441 students during Ag Literacy Week in March. The book inspired students to build communities through food, as they explored community gardening, or starting small with just a planted pot on the porch.







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(left) Local farmers

listen in during a CCE hosted beef check-off event

NOTE

4 & 18 Oneida County Public Mkt. Train Station, Utica

12 Daylight Savings Time Begins

20-24 Ag Literacy Week

17 Saint Patrick's Day

20 Spring Begins

Agriculture, Food Chain Gaps & Emerging Markets

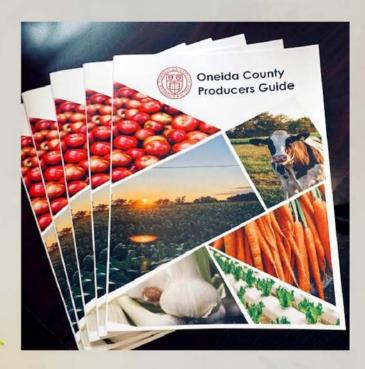


(below) In Winter 2022, over 600 individuals from 23 NY counties, as well as, Pennsylvania and Vermont, and as far away as India, attended a 6-part webinar series on "Weed Management", hosted by CCE Oneida County's Ag Team. Growers also completed a pre-event survey to help speakers tailor their presentations for their attendees. (The photo is just one slide from the featured webinar.)





WEED ZAPPER™ IS A TRACTOR-TOWED, PTO-DRIVEN GENERATOR THAT PRODUCES 100,000+ WATTS OF ELECTRICITY CHARGES A FRONT-MOUNTED COPPER BAR WEEDS ABOVE THE CANOPY THAT CONTACT THE BAR ARE ELECTROCUTED



Sammi, CCE's supply chain marketing specialist, met with Oneida County Producers in 2022 to discuss the diversity in our food system across the county, the opportunities presented by emerging markets, and how local farmers' could tap into those markets.

(above) In November 2022, Oneida County's first-ever Producer Directory was published by CCE, featuring the stories and goods available from 19 local producers. The directory is currently available at local businesses that focus on wholesale purchasing.

In 2023, more local producers will be added and a digital format of the directory will eventually be made available online.



(left) Green, healthy vegetables growing inside the Urban Learning

(below left)
Setting up a
hydroponic

garden wall

april



28

29

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In 2022, 17 aspiring urban growers participated in the 6-week summer program at CCE's Urban Learning Lab at the REA Wing, Union Railway Station in Utica. Participants learned about: managing risks in production and market development, as well as, business/financial planning, due to startup barriers. Barriers can include lack of experience, growing space, and access to capital. Participants maintained the learning lab indoor gardens and planted and harvested products while experiencing hands-on education.

NOTE

1, 15 & 29 Oneida County Public Mkt. Train Station, Utica

- 2 Palm Sunday
- 7 Good Friday
- 9 Easter

2022

23

30

22 Earth Day





Our Annual Farm Fest

The 2022 Farm Fest, held at DiNitto Farms in Marcy on June 3rd, saw an amazing number of people come out to enjoy the day's activities!

During the day, the farm welcomed over six hundred 4th and 5th-grade students.

Students enjoyed live animals, observed a working farm, and learned about the hard work required to put food on their plates every day!

The event opens to the public from 4:30-8 pm, an estimated 3700 people, of all ages, enjoyed the farm fest's activities, exhibitor booths, farm market vendors, games, hayrides, live animals, and more.

(top Right) Hay rides and Chicken washing (bottom right) were two popular events at the 2022 Farm Fest!





Ag-Economic Development





20 years and still going strong! One of the first projects for CCE's Ag Economic Development program was to help form the Upstate NY Growers & Packers Produce Cooperative. (Photo) Sharing a booth, with CCE Oneida, at the School Nutrition Association's Annual Conference held at Turning Stone Resort & Casino are Luke George, General Manager and Marketing Director for the Co-op, and John Russo from Russo Produce located in Syracuse.



Agriculture





(above) The Young Farmers Discussion Group meets for a series of Twilight Tours to discuss new farmers' challenges. Tours were held at various places, highlighting different farms throughout Oneida County.

SCAN QR Code to Read Crop Scouting Reports





(above) Weekly Scouting Reports are available on our CCE website from late April through late
September each year. CCE Ag
Team member, Jeff Miller, works with local farmers and research staff at Cornell University keeping farmers up-to-date on the newest pest or diseases in the fields.

(Photo right) In May 2022 sticky traps were set out in Oneida
County and across the state to monitor seed corn maggot flies.







june







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In October 2022, Marty Broccoli and Myron Thurston, CCE Oneida County's Ag Economic Development representatives, traveled to Queens, NY to meet with the restaurant community, the Queen's Chamber of Commerce, and a representative from Whole Foods. The meeting was a significant step forward in connecting Upstate farmers with the New York City food supply chain!

NOTE

- 2 Oneida County Farm Festival
- 3, 10, 17, 24 Oneida County Public Mkt. Train Station, Utica,NY
 - 14 Flag Day
 - 18 Father's Day

Cornell Cooperative Extension

Oneida County

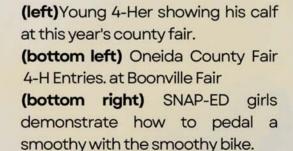
4-H Youth Development County & State Fair





Oneida County 4-H Youth had 50 projects submitted for judging at the 2022 New York State Fair. Each 4-H member submitted fantastic works to the State Fair for judging. (left) The most notable award, a purple rosette, went to Nan Zar for her Soap Carving of Artemis, the Greek goddess of the hunt, wilderness, moon and archery.













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2022

4-H After School Program

In 2022, Oneida County 4-H piloted its first after-school program with the Adirondack Central School District. The after-school program allows youth to have consistent after-school care while their parents are still at work. Activities, crafts, and education were provided by many of our CCE programs including nutrition, child care, and 4-H. 30 children participated from Boonville Elementary and 14 from West Leyden Elementary. (above) A group of afterschool program kids enjoys making a craft.

NOTE

National Ice Cream Month

1,8,15,22,29 Oneida County Public Mkt. Train Station,
Utica, NY

4 Independence Day
25-30 Booneville Oneida County Fair

Child Care Council

Serving Oneida, Herkimer and Madison counties.





Supporting children, families and childcare providers in 2022

- Staffed Family Child Care Network grant provided child care
 management software and shared service support to a group of
 thirteen-plus, in-home, licensed providers in the Mohawk Valley.
 The group received hands-on support with finances, contracts,
 and procedures through Brightwheel and Quickbooks software.
- Herkimer County System of Care (SOC) grant was developed to promote mental and behavioral health through the prevention and early identification of risk factors and behaviors that could lead to negative outcomes for youth and their families.
 Developmentally appropriate activities were used to help children learn age-specific strategies to cope with their postpandemic stressors.
- The Office of Children and Family Services contracted with CCE's Child Care Council to provide full-time support to childcare providers that receive Stabilization Grant and Invest in New York Child Care Desert funds. Issued through the American Rescue Plan, these funds are aimed at supporting and expanding childcare programs in our area. To date, over 11 million dollars have been invested in stabilizing local childcare programs.

(below) System of Care Educator, Lindsey, laughing with the children during an Itsy Bitsy spider lesson.



Child Care Council Legally Exempt Program





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Photos: Our Child Care Council staff enjoys working with a diverse population of people in our area.

Aug 5,12,19,26

Oneida County Public Mkt. outside the Train Station, Utica, NY

Aug 23-Sept. 4 Great New York State Fair

Horticulture and Master Gardener Volunteers



The Home and Garden Hotline answered and screened over 600 calls and emails in 2022.

CCE's in-house lab kept busy testing over 100 local residents' soil pH during the growing season. The horticulture department also assisted residents who opted to send their soil out for complete nutrient testing at the lab in Ithaca.

Thank you to our Master Gardener volunteers and the many groups who came to work in the gardens this year, as our gardens continue to change.

Many new features were added for the children as gardeners partnered with CCE's Child Care Council. A music wall (photo far right), story walk, and mud kitchen were added with more planned for 2023. (photo right) The butterfly house was also reintroduced summer of 2022.

Endless school groups, organizations, and visitors spent time in our gardens.



(left) Students from Madison-Oneida BOCES were on hand this fall helping to replace a small retaining wall in the garden. Members from the ARC College Works Rome Campus were also on hand this summer, helping to maintain the Parker F. Scripture Gardens.

Parker F. Scripture Gardens.







september

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Parker F. Scripture Gardens.

(photo) Two of our staff members' children visited CCE's Parker F. Scripture gardens and enjoyed an autumn walk with mom on our nature trail

(inset) And playtime fun at the mud kitchen.

NOTE

2, 9, 16, 23, 30 Oneida County Public Market outside the Train Station, Utica

Aug 23-Sept. 4 Great New York State Fair

4 Labor Day

23 Autumn Begins

Child Care Council

Child Care Providers get to network and get some great information at a fall mini conference hosted by CCE's Child Care Council





Child Care Council staff working with Children to a Gratitude Chain



Conkling Elementary kids making kindness bracelets at a Wellness Day in Utica

2022

57th Annual 🞇







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(Photos) 4-H Conservation Education Days is a free event, each fall, for Oneida County 6th-grade students. Hosted at a local state park, in 2022, 786 students rotated through 14 stations designed to help them:

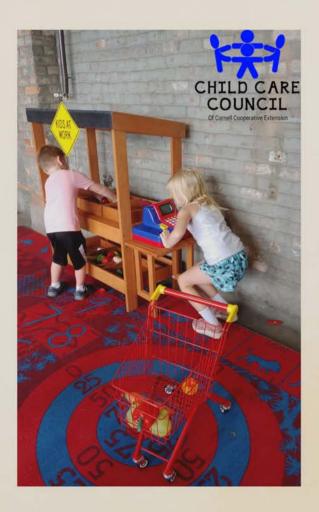
- Gain a better understanding of the ecological balance among humans, wildlife, forest, soil, and waters of New York State
- Gain exposure to various outdoor activities available in New York State
- Gain exposure to a variety of conservation career opportunities



7, 14, 21, 28 Oneida County Public Market outside Utica Train Station, Saturdays 9-1

21 & 28 Oneida County Public Market moves inside Utica Train Station, Saturdays 9-1

Oneida County Public Market
Partners with our Child Care Council



The CCE Oneida County Childcare Council helped our Oneida County Public Market team to add to the kids' zone at this year's market.

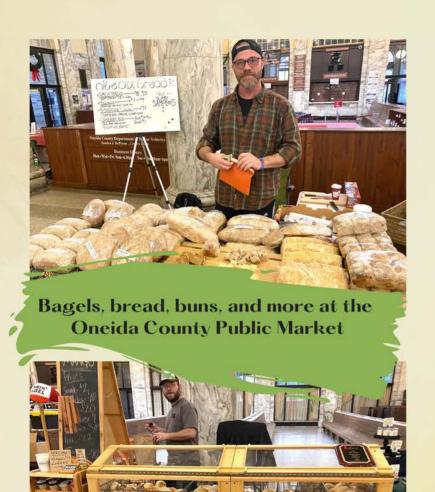
Childcare Council added an adorable fruit and veggie stand with kidsize grocery carts and a play register. It became a HUGE hit this summer and even included featured story times.

The kids' zone allowed families to shop at the market longer. Some days it's hard to get kids to leave the kid's zone when the market is closing! The kid's zone moves indoors during the indoor market season!



(left & above) KId's Zone fun. (below) Oneida County Public Market vendor





HAND ROLLED, SMALL BATCH



S R S M

Scan QR Code to visit the Oneida County Public Market Website



NOTE

4,11,18 & 25 Oneida Co. Holiday Public Market

5 Daylight Savings Ends

7 Election Day

10 Veterans Day

23 Thanksgiving

25 Small Business Saturday

Shop Oneida County Public Market for the Holidays

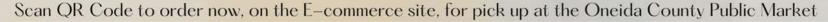
REA Wing at Union Station Historic Utica Train Station 321 Main Street Utica, NY



Just a
few of
the
many
vendors
at the
year
round
Oneida
County
Public
Market















Our staff provides some of the cutest photos of their own children. This little guy got to enjoy a freshly fallen snow out in his Boonville barnyard

2, 9, 16, 23, Oneida Co. Holiday Public Market

- 7 Pearl Harbor Remembrance
- 8 First Day of Hanukkah
- 22 Winter Begins
- 24 Christmas Eve
- 25 Christmas Day
- 26 Kwanzaa Begins
- 31 New Year's Eve

Cornell Cooperative Extension

Oneida County

2022 Grants & Contracts

- Adirondack Central School District
- · American Farmland Trust
- American Heart Association Community Impact Fund
- AmeriCorps VISTA
- Community Foundation of Herkimer & Oneida Counties
- · Cornell CALS Small Farms Program
- NYSERDA
- · Early Care & Learning Council
- · Herkimer County System of Care Grant
- Mohawk Valley Economic Development District
- · Mother Cabrini Health Foundation
- Northeast Extension Risk Management Center
- New York Agriculture in the Classroom
- NYS 4-H Rice Poultry Fund Resource Awards
- NYS Cares for Communities

- NYS Council on Children and Families
- NYS Department of Agriculture and Markets
- NYS Department of Health
- NYS Grown & Certified Ag Producers Food Safety
 Grant NYS Office of Child and Family Services
- NYS Office of Temporary and Disability Assistance
 Oneida County Government
- Prevent Child Abuse, New York
- Texas A&M (with the National Institute of Health)
- Tractor Supply Company
- USDA Agricultural Marketing Service
- USDA Rural Business Development Grant Program
 Walmart Local Community Grants
- · Workforce Development Institute, Inc.

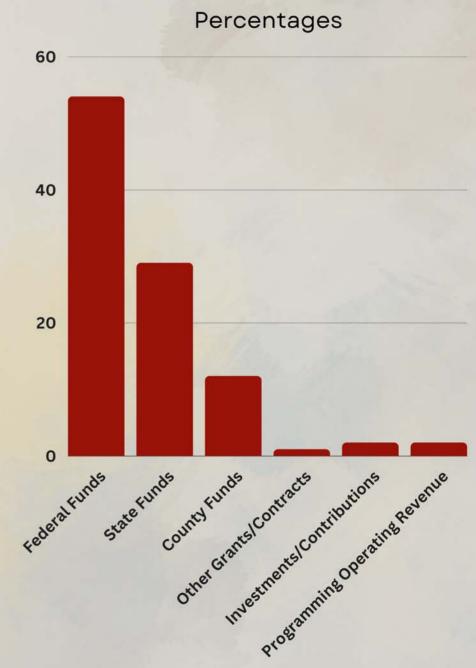




Through federal, state, and county funds, awarded grants, contracts, and more, the 2022 operating budget swelled to \$7 million, that's an increase of \$1 million since sharing the 2021 budget.

Cornell Cooperative Extension (CCE) continues to expand its educational outreach to Oneida and the surrounding counties through the many programs under our association.

Along with education, CCE's growing organization has added many new job opportunities to our area, with postings and interviews ongoing as this Annual Report is being completed.

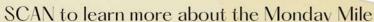


Change Club & Monday Mile Making Healthy Changes

Part of the SNAP-ED/Nutrition mission is to teach adults and children the importance of healthy exercise, SNAP-Ed implemented a Monday Mile challenge at our CCEOC offices to encourage adding healthy routines to your day! Signs highlighting a mile around the building and different facts on physical activity were installed in August with help from the town of Whitestown. CCE's SNAP-Ed team invites other local community agencies to install the Monday Mile.













SCAN to visit Change Club Project

In 2022, CCE's Change Club extension educator (above) attended and recruited at 19 community events in the Rome and Camden area. Once membership participation was filled, two groups of 20 people, health leaders in their community, decided how \$5,000 of grant money would be spent in each of their communities.

Change Club groups are a part of a university-led research project to better understand if and how physical activities affect individual behaviors and health outcomes of adults in rural communities.

Rome and Camden residents can earn a \$75 Amazon gift card, each year for three years when they commit to completing a 30-minute health survey each year. Be part of a healthy change for your community in 2023 by becoming part of the Change Club!

Cornell Cooperative Extension

Oneida County







In 2022 over 5,000 students in school districts across Oneida County heard how farming puts food on their tables. CCE Educators, Colleen, and Mikaela engaged students in many types of agricultural learning activities. Students learned about; dairy, growing food and fiber, maple syrup production, raising livestock, and planting crops. They also learned how to make cheese, butter, and ice cream. Milk tastings taught students about the different types of milk and milk substitutes.

What is Cornell
Cooperative
Extension of
Oneida County?

Personally, I have always said, if tomorrow, Cornell Cooperative Extension (CCE) of Oneida County (or of any county for that matter) just disappeared, people would be shocked to find out all the services that would be missing!

What is Cornell Cooperative Extension? What do we do? CCE receives research and education from Cornell University. In turn, we provide you, the public, with the most up-to-date information on a variety of farm, home & garden, family, health, energy, environmental, and Ag business topics. However, CCE is much more! Please take a moment and get to know us!

This Annual Report Calendar highlights many of the programs, people, and services that fall under the umbrella of our association. We are so proud of our employees and all that they do! Keep this calendar around to remind you of important dates, and services available, QR codes will take you directly to; up-to-date ag happenings, crop reports, delicious recipes, local farmer's market, and more.

(Below) Our CCE staff November 2022

Linda Wimmer, Annual Report Editor









This includes connecting the community to the farmers and producers who grow, process, and provide safe, affordable food for our communities.

To do this we have created the 'Faces of Agriculture Are Many' Inside Out group action project initiative focusing on the faces of farmers growers and the future of Agriculture in Oneida County.

We hope through this project that community members, policymakers, and businesses will take note of the importance of Agriculture and that they participate in supporting their sustainability.

Watch for the 'Faces of Agriculture Are Many' exhibit at the Griffiss Business Park coming Spring of 2023.



