

Cornell University Cooperative Extension

WAYNE COUNTY ANNUAL REPORT 2006

2006

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CCE PUTS RESEARCH TO WORK

A past motto of Cornell Cooperative Extension (CCE) was "Helping You Put Research Knowledge to Work". It is not often that this motto is truly understood, yet, each day, staff are using research based projects in activities with clients, using research in the field to test agriculture production methods, or working with youth in research based ways to make changes to people's lives.

Our staff are truly dedicated to the population with whom they work. Staff attend regular trainings by Cornell University faculty and are on collaborative committees in the community. This year our annual report focuses on the impact of our Cornell Cooperative Extension educators on individual people— stories of success with one, multiply to stories of success in communities!

Wayne County communities are impacted by the additional positive influence of our "graduating" participants through the changes they make - better financial stability, growing new products faster with more convenience for the consumer, and become healthier through adopting better nutrition or

maturing as productive citizens of tomorrow through 4-H.

As you read this report you will see the wide breadth of contact and impact that our programs have in Wayne County. Find out more—read on, participate in our programs or recommend others to do the same. CCE brings Cornell University to Wayne County and in the process, we bring participants experiences and feedback, to the university.

Carol Merrell, Chairperson
Board of Directors

2006 Budget:

Income:	
Wayne County	\$412,279
State and Fed	\$72,077
Grants and Contracts	\$153,368
Annual and Ag Campaign	\$9,975
Non Cash Employee Benefits	\$170,925
Other: Enrollment Fees, Fund Raising, Registration	\$95,099
Total	\$913,723
Expenses:	
Permanent Salary and Benefits	\$377,883
Grant Salary and Benefits	\$220,355
Operations	\$70,797
Program	\$219,186
Other	\$25,502
Total	\$913,723

REGIONAL AG TEAMS AT WORK IN WAYNE COUNTY— CONNECTING RESEARCH TO PRACTICALITY

Wayne County is the 5th largest agriculture county in NYS based on dollar value of total production (\$104 mil). The diversity of our agriculture is our strength—having more than 900 farms producing every major crop grown in NYS with two metropolitan areas close by us.

To help farms and aid in our local economic development, CCE Wayne County partners with three regional agriculture teams and provide county dollars in support of these teams. Team members are Cornell University employees, intricately involved in research and education.

There are 19 specialists working in the areas of: Dairy, Livestock and Field Crops (NWNV Team); Processing and Fresh Market Vegetables (Cornell Vegetable Team) and Tree and Small Fruits (Lake Ontario Fruit Team). Each of these teams work with Cornell faculty and Wayne County farms to run research trials to test new production methods and improve farm manager decision making.

High Tunnel Tomato Varieties: Judson Reid, vegetable specialist with the Cornell Vegetable Program, is working on lower cost methods of extending the growing season by using high tunnel greenhouses. These structures cover natural soil beds, have limited irrigation and do not use extra sources of heat. Research on which varieties grow best in these structures is needed.

Tomatoes in heated greenhouses generally out-yield high tunnel varieties. These varieties are disease resistance and have yields twice that of high tunnel varieties. Four tomato varieties (Big Beef, Blitz, Boa, Geronimo) were planted and compared for disease resistance, yield per plant, number of fruit per plant and weight per fruit. Of the four varieties, Geronimo was the farmer's preferred variety and was best supported by statistics from the trial. Mean yield per plant and best grading put this variety at the top of the ranking after two



years of results. Variety trials, like this one for high tunnel greenhouse tomatoes, help farmers make the best choices for increased profit—growing Geronimo will give greater yields and decrease costs of disease control due to its higher resistance.

ESN Corn: In 2005, Mike Stanyard, field crops specialist with the NWNV Team, established a research trial at Lock Pit Farms in Clyde to test a new polymer coated urea fertilizer product called ESN. This product releases nitrogen gradually based on heat and moisture conditions. ESN was compared to traditional dry nitrogen fertilizers (Urea and Super U). No differences were visually detected throughout the growing season. At harvest, treatment yields ranged from 153 to 161 bushels per acre, however, these differences were not significantly different possibly due to below average rainfalls and associated stress.

In 2006, ESN research continues at Lock Pit Farm evaluating similar products. Full, 3/4 and 1/2 rates of each product was replicated three times across the corn field. Harvest will begin in late October. Above average rainfall this year may give us some interesting results. By comparing more than one year of data, variations in

weather and disease can be reduced. The more years that trials are completed, the better the decision making information for the farmer. This is one example of how trial results are not completed until all the data is in!

Fire Blight Prevention in Apples: Fire blight can be a devastating bacterial disease in apples. When this disease hits an orchard, many trees can die due to

spread of infection to the rootstock. In light of the market demand for apple varieties that are susceptible to fire blight, coupled with the economic need to plant at high density on dwarfing rootstocks that are susceptible to this disease, research is needed for best methods for fire blight control and prevention.

For 10 years, after growers experienced several

epidemics and serious tree losses in new apple plantings, the Lake Ontario Fruit (LOF) Team initiated an educational effort to validate and implement the use of predictive models to assess the risk of fire blight infection. Through various workshops and publications for the fruit industry, growers and consultants have adopted these models to assist in timing and limiting preventative sprays to only critical infection events.

Through the judicious use of plant protectants the New York industry has been able to maintain the

effectiveness of controls and prevent major epidemics of his bacterial disease. There are also efforts underway to evaluate biological controls that are offered as alternatives, but to date do not provide as effective control under high disease pressure. Without the use of an accurately timed, effective bactericide, the apple industry would be vulnerable to millions of dollars lost through tree death in plantings that cost \$8-10,000 per acre to establish. The LOF Team continues to work with growers and Cornell University scientists to research alternatives for prevention of fire blight.

SUCCESS STORIES FROM THE FIELD: MEET THE STAFF

Eat Smart NY (ESNY): Four community nutrition educators work on a daily basis with groups and individuals to teach healthy food choices and encourage physical activity. This past year over 200 people from low-income backgrounds graduated from Eat Smart NY. This means they participated in at least six interactive lessons on practical changes that can impact health and well-being.



Kim Gardner, an experienced nutrition educator, worked with a 38 year old woman who was referred to the program from Wayne ARC.

Her doctor had recently told her that she needed to lose 25 pounds and she was motivated to make some changes in her diet. A food history revealed that the participant drank two liters of Mountain Dew daily and consumed very few fruits and vegetables. Kim showed her client just how much sugar she was consuming and worked with her to prepare healthy snacks, fruits and vegetables.

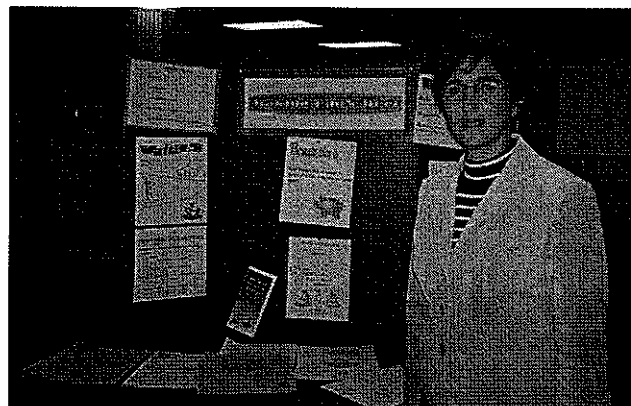
Upon completion of the program, this participant was drinking diet soda, water, and skim milk, having eliminated regular soda from her diet entirely. She had incorporated fruits and vegetables in her diet and lost 9 pounds. A motivated participant, a supportive Wayne ARC caseworker, and a nutrition educator willing to use hands-on methods of teaching all played a role in helping this woman make healthy lifestyle changes.

Family Financial Management: With the financial support of NYSERDA (New York State Energy Research Development Association), Cornell Cooperative Extension provides home energy and financial management workshops free to EmPower partici-

pants and the public across the state. In Wayne County, Susan Bray, financial educator, worked with 180 residents who benefited from workshops provided during the past year.

Recently a woman who was "downsized" from her place of employment was having financial difficulties. She was enrolled in the EmPower program through her utility company because she fell behind in paying her energy bills. As an EmPower participant, she received a personal letter of invitation to attend the three workshops offered: "Save Energy, Save Dollars," "Making Ends Meet" and "Take Control of Credit and Debt." She attended all three and learned simple steps to reduce energy use in her home, how to develop a spending plan, and ways to climb out from under debt. She left the workshops with simple tools to use and an energy savings kit of supplies.

In talking with her after one of the workshops, the financial educator Susan Bray, referred her to NYSERDA for a free home energy survey. A technician came to her home, did the survey and due to the fact that her refrigerator was over 15 years old and highly inefficient, it was replaced for free with a new energy efficient one. She called the CCE office the next day and asked for the financial educator, thrilled and very grateful for giving her the tools to improve her home energy and financial situation.



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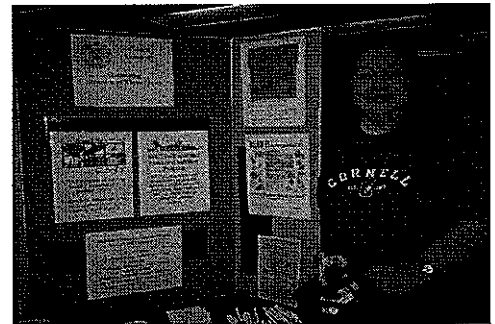
NEW Web site address:
<http://counties.cce.cornell.edu/wayne>

"Helping build strong and vibrant communities."

Diabetes Outreach and Nutrition Education Program: Over 50 people with diabetes benefited from the Diabetes Outreach and Nutrition Education Program this year. Monthly educational support groups took place in five locations throughout Wayne County—Newark—Wayne Community Hospital, Clyde and Williamson Public Libraries, Zion Episcopal Church in Palmyra and the CCE Office in Newark.

Saturday morning workshops and discussion groups were coordinated by Sharon Morano, nutrition educator, along with participation from local professionals who donated their time to work with these groups. As part of these sessions, Sharon puts her joy of cooking on display and hosts two hands-on workshops—"Summer Cooking" and "Holiday Cooking". She demonstrates how, with some adjustments, cooking and eating can be healthy and fun during challenging eating times.

In the past 1 ½ years a lot more assistance and support has become available for diabetics in Wayne County. Sharon Morano, who is herself a type 2 diabetic, finds the work rewarding. As she works with people she sees how many are making healthier lifestyle changes—lowering the fats in their diets, eating smaller portion sizes and consistently using meal plans. Gradually, and with education and encouragement, participants are meeting the goal of managing their diabetes.



4-H CONNECTS KIDS TO CORNELL AND TO THEIR FUTURE

Walking around the Cornell University campus you will see signs that say "4-H Connects Kids to Cornell". This statement reflects the profound effect 4-H has on many youth from across the state. Right here in Wayne County we have our own prime example of how 4-H opportunities can connect kids to Cornell University.

Martha Facer is a nine year 4-H member and this fall is starting her first semester at Cornell, majoring in International Agriculture. For those nine years, Martha was an extraordinary 4-H member. Martha was involved in a wide array of projects. Many of the projects were related to agriculture and the experience helped her decide that Agriculture was one of her passions.

The projects that had the most effect on Martha's decision to be part of the College of Agriculture were her Beef and Horticulture projects. Martha says, "4-H gave me an avenue where I was able to be around

other people with my interest and take trips to learn more about crops in other areas and discover what I enjoyed about agriculture." One of Martha's other favorite 4-H experiences was being part of the Wayne County Teen Exchange program. This gave her the chance to really interact with people from very different backgrounds and led to her interest in International Agriculture.

Without the knowledge that 4-H provides kids, how would they know where they wanted to go with the rest of their lives? 4-H provides kids with opportunities from a wide variety of subjects including home economics, conservation, horticulture, animal science and visual arts. Without the chance for kids to express themselves and experience many different opportunities, they would miss the chance to find the person they wish to become. Martha Facer says, "Of all the experiences I have had in 4-H I have learned that I want to major in Agriculture in college, 4-H has truly impacted the rest of my life." This is one prime example how 4-H Connects Kids to Cornell and to their future.

"4-H has truly impacted the rest of my life."

*Martha Facer,
Palmyra*