

2021 Annual Report

Cornell Cooperative Extension
Tompkins County



Celebrating 15 Years of Healthy Food for All

2021 ANNUAL REPORT

Our Mission: To strengthen youth, adults, families and communities through learning partnerships that put knowledge to work.



Heathy Food for All

This popular CSA program celebrates 15 years of helping families with limited incomes access farm fresh food.



Better Together

A new monthly online support group is formed to help parents and caregivers who are parenting through challenges.



Solar Leasing

A conference and resource clearinghouse help CCE educators address stakeholder needs.

FEATURES

3 Director's Message

A 2021 program update and look ahead from Interim Executive Director Sharon K. Anderson.

8 Rural Transit Gaps

Way2Go collaborates to increase public transportation options in our rural communities.

12 Gender Creatives

A national grant supports a new leadership initiative for LGBTQIA teens at Primitive Pursuits.

15 Childhood Nutrition

A collaborative effort aims to increase local access to federal food resource programs.

18 SNAP-Ed Online

Creative online classes pair healthy recipe demonstrations with research based nutrition education

21 Primitive Pursuits

A wide range of outdoor nature programs for youth of all ages were uninterrupted in 2021.

5 Strategic Plan

A new plan released in December will guide our work for the coming five years, 2022-2026.

10 Tiny Powerhouse

Visits to community events by this tiny house on wheels help support local energy efficiency campaigns.

13 Pawpaw Class & Tour

CCE-Tompkins partners with Cornell Small Fruits for a class and tour of the Lansing pawpaw patch.

16 Food Waste Reduction

Outdoor and online classes offer tips on using food more efficiently to keep waste out of the landfill.

19 Electric Vehicles

Outreach efforts promote the advantages of EVs and affordable used EV options for consumers.

22 SCNY Ag Team Report

The South Central NY Dairy & Field Crops Team helps dairy producers win grants.

7 Kritter Kamp

For almost 15 years, this weekend event has helped local youth explore their interest in animals.

11 Sustainable Farming

A baseline survey documents local farming practices and aims to expand their use.

14 Cultural Humility

Parenting educators pilot a new curriculum to help families discuss social justice with their children.

17 4-H Urban Outreach

Northside youth enjoyed a summer filled with reading, learning, crafts and fun field trips.

20 Research is Nuts!

A new grant will expand chestnut and hazelnut growing/processing in the Finger Lakes region.

23 Finger Lakes LandLink

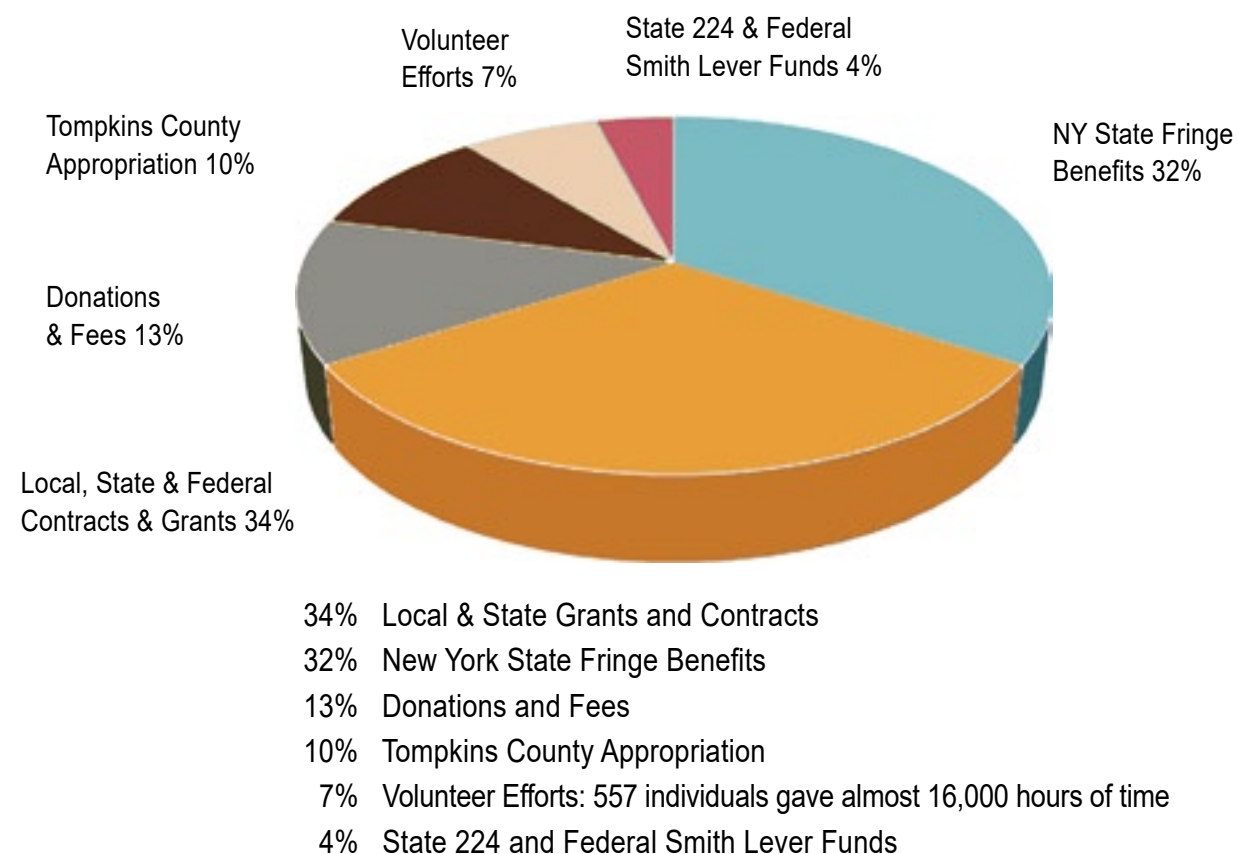
After a decade of use, this popular platform will move to American Farmland Trust in 2022.

2021 Finance Overview

Financial Support & Funding Sources

Cornell Cooperative Extension Tompkins County leverages local tax dollars to benefit the county's economic well-being and to invest in the well-being of its residents. For 2021, we estimate that each dollar of county appropriation funds we receive will be matched by \$10 in additional in-kind and direct support from other sources such as contracts and grants, Cornell and Federal resources, donations and fees, and volunteer time. Calculations are based on the December 2021 statement and are rounded for clarity.

2021 Revenue: \$6,820,927



- 34% Local & State Grants and Contracts
- 32% New York State Fringe Benefits
- 13% Donations and Fees
- 10% Tompkins County Appropriation
- 7% Volunteer Efforts: 557 individuals gave almost 16,000 hours of time
- 4% State 224 and Federal Smith Lever Funds

Cornell Cooperative Extension Tompkins 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, 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 is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

BOARD OF DIRECTORS & PROGRAM COMMITTEES 2021

Association Officers

Sarah Barden* & Tisa Fontaine Hill*, *Co-Presidents*
 Tracy McLellan*, *Treasurer*
 Randi Quackenbush, *Secretary*

Board Members

Kris Altucher	Magnolia Ariza-Nieto
Tom Hirasuna*	Donna Lucy-Lender
Ann E. Michel	Randi Quackenbush
Kate Supron	Carol West*

Agriculture & Horticulture

Jonathan Bates	Erica Frenay
Jean Gerow	Ken Jaffe
Todd McLane	Tracy McLellan*
Christa Nunez	Nancy Taber
Ariana Taylor-Stanley	Bob Tuori

Environmental Issues

Karyn Bischoff	Rebecca Evans
Monica Hargraves	Karin Harjes
Tom Hirasuna*	David Kay
Ann Stork	Kristi Sullivan

Family & Community Development

Hallie Chase	Nina Drake
Susie Hatch	Kathy Lind
Katy Pearce	Susan Perkins
Zach Sims	Carol West*

Nutrition, Health & Safety

Tisa Fontaine Hill*	Beth Krause
Gen Meredith	Yuuki Nakayachi
Amie Patchen	

4-H Youth Development

Sarah Barden*	Beth Goelzer Lyons
Joann Gruttadaurio	Rouzbeh Rahai
Mike Tenkate	Nancy Tenkate
Lincoln Young	

Legislative Liaisons

Shawna Black, *Tompkins County Legislator*
 Amanda Champion, *Tompkins County Legislator*

Extension Rep

Paul O'Connor

* indicates Program Representative to the Board



DIRECTOR'S MESSAGE

I'm pleased to write today as Interim Executive Director of CCE-Tompkins to bring you up to date on the work that has been accomplished over the past year here at *your* Cooperative Extension association. Some of you may remember me as former Environment Issue Leader, a position from which I retired in June. I accepted this role in October, and I am both honored to help this organization as it transitions to new leadership in the coming year and delighted to have an opportunity to share with you some of the great work that our staff continues to accomplish, through this pandemic, and other challenges. On their behalf, I offer sincere thanks to the Tompkins County Legislature for their steadfast support, and to the many other agencies and funders whose contracts and grants quite literally make this important work possible. Last but certainly not least, our enduring gratitude goes to the many volunteers across the county who so generously give their time to this organization. Your interest and support mean our work is expanded far beyond what staff alone could accomplish.

Due to space considerations, the articles that follow won't provide a full picture of all we did in 2021, but I hope you will share our pride in the work that is profiled here. Some programs reached milestones in 2021 that are worthy of celebration: 15 years for Healthy Food for All and at least as many for the popular 4-H Ritter Kamp, while another 4-H program, Primitive Pursuits – which introduced a new LGBTQIA teen leadership program profiled here – will mark 20 years of fostering life-long relationships with the natural world in 2022. As part of several cross-agency partnerships, our staff helped to pilot new rural transportation options, to compile an in-depth picture of our local food system and ways to improve it, and to support an ongoing collaboration focused on improving children's nutrition. Other responses to locally identified needs include new Food Waste Reduction classes that teach residents ways to keep more food out of our landfills, and completion of a baseline report on sustainable agriculture practices now used in Tompkins County.

In May, the killing of George Floyd brought antiracism to the forefront and heightened our awareness of the need for resource-based education and opportunities for people to dialogue in constructive ways about equity and social justice, both in the community and among our staff. Our parenting educators worked with Cornell faculty and students to adapt and pilot a curriculum that guides families in discussing oppression and ways to create a more socially just world. Urban 4-H provided a safe space for youth to talk about racism as part of that school enrichment program. This focus on equity and antiracism is a central theme and a primary goal in the new 2022-2026 Strategic Plan, shared at our Annual Meeting in December and described herein. I invite you to review this publication, and then join with us as we continue to bring local experience and research-based solutions together, helping Tompkins County families and communities thrive in our rapidly changing world.

Sharon K. Anderson
 Interim Executive Director

BETTER TOGETHER

PARENTING THROUGH CHALLENGES

Parenting a child with a disability can be challenging during the best of times, and especially so during the current COVID-19 pandemic, as many families find themselves unable to obtain the

especially isolated and stressed, and that access to the internet, and the increased emphasis on digital access/literacy made it difficult for some families to find and secure the assistance that they needed.

Tompkins County has an abundance of resources but finding those most relevant to specific locations and needs can be challenging. The F&CD team responded by providing streamlined links and other resource information for families via newsletters, Facebook, email, text, and phone. They also were able to support some families directly, and to connect them with providers or volunteers who could offer additional assistance. As the team shifted to delivering parenting programs on a digital platform, they were able to assist families as they transitioned to unfamiliar technology, and also made some loaner tablets available for those who needed them.

To help these families build connections and find additional support, the F&CD team sought funding from the Legacy Foundation to start a virtual and family-driven support group, "Parents & Caregivers Better Together!" Meetings began in June 2021 and

have provided parents and caregivers of special needs children with a safe place to gather online to share their experiences, make connections, build relationships, and brainstorm together about ways to strengthen supports for all families. A total of 35 parents and professionals have attended meetings held twice per month throughout 2021¹ alternating between morning and afternoon times to accommodate a broad range of schedules. By adopting a COVID-19 responsive approach, the team can offer support online or face-to-face, depending upon current pandemic safety recommendations.

This monthly support group is grassroots-driven, with participants identifying the resources they need most and the topics they want to discuss. Organizers invite guest speakers to attend and share information on priority topics. Visiting speakers have included Sally Manning of the Racker Center and Collaborative Solutions Network who talked about the New York State and Tompkins County Mental Health System of Care strategic planning process and how participants could get involved. The Coalition has identified several speakers and topics they would like to host in 2022 through the [Tompkins County Coalition for Families](#) monthly meeting, which returns after having been inactive since 2019. Sessions in 2022 will include a panel of community health *continued on page 24*

same levels of support and services that were available to them before the lockdown. Parenting educators at CCE-Tompkins were especially concerned about the social isolation these families might be facing as well as increased difficulties accessing resources and information.

In May 2020, a grant from the Community Foundation of Tompkins County's COVID-19 Emergency Response Fund supported work that allowed the parenting educators to reach out to families in their networks to gather information on issues they were experiencing, and to ask how the Family & Community Development program (F&CD) could help. Their online survey included questions on food security and access, COVID 19 testing, vaccine information, parenting and caregiving needs, mental health issues, internet access and tech support, and more.

Two-hundred and twenty families responded, and their answers confirmed that additional support was needed by those who were parenting children with social, emotional, behavioral, or developmental challenges; by foster and adoptive parents; by kinship caregivers, and others parenting through challenges of all sorts, as well as by individuals who work with families in a professional capacity. Educators also found that rural families were feeling

1. Meetings will move to once per month when meetings of the Tompkins Coalition for Families resume in March 2022.

KRITTER KAMP

INTRODUCING YOUTH TO ANIMAL SCIENCE

Young people are introduced to animals from early childhood onward through stories, books, toys, cartoon characters, and by having pets, but how can youth who genuinely want to learn more about animals gain real life experience with them if they don't own a pet or live on a farm? One way is by attending Kritter Kamp, a popular two-day event that has been held over a weekend each spring for 15 years by Tompkins County 4-H.

Kritter Kamp provides a unique opportunity for youth aged 9–13 with an interest in (but little or no exposure to) animals to gain hands-on experience working with an animal of their choosing that is provided for their use during the program. An older teen 4-H member who has experience with the chosen species (sheep, dairy calf, dog or rabbit) works with one or two Kritter Kamp participants as they learn and practice new skills, with oversight provided by an adult species coordinator volunteer. Youth learn about animal behavior, grooming tips, anatomy, health, nutrition and dietary needs, and the proper handling and presentation of an animal for show. The program concludes the following evening with a livestock show and an awards ceremony that parents and family members are welcome to attend.

In past years, Kritter Kamp has been an overnight event for up to 42 youth, beginning on a Friday evening with participants camping overnight in Kiwanis Hall at the 4-H Acres nature facility. After a year's absence due to COVID-19, Kritter Kamp returned in 2021. Due to necessary safety protocols, enrollment was limited to 25, and it was not offered as an overnight program.

Instead, youth gathered at 4-H Acres on Friday evening at 5:30pm to get acquainted with other members of their species group. With guidance from the 4-H Youth mentors, they learned about animal safety and were introduced to animal behavior including how to identify signs of sick and healthy animals, and basic grooming techniques and tools. They then worked with their animals until 9:00pm when they returned to their homes for the night.

Youth were welcomed back at 8:45am on Saturday morning and rejoined their species groups to learn about the various breeds, health, and anatomy of their animals. They spoke with a veterinarian and animal nutritionist before spending an hour in "Kritter Time" to familiarize themselves with their assigned animal. After a lunch break, the youth checked in on the animals to see if they needed feed or water, to clean up manure, and to make sure they were still tied or penned securely.

During the afternoon, they learned the basics of "fitting" their animals and showing them in a ring. Fitting involves various grooming techniques appropriate to the species, such as clipping, combing, trimming nails, cleaning feathers, fluffing tails or switches, cleaning hooves, shaping fleece, etc. They also reviewed basic species knowledge to prepare for questions a judge might ask that evening, a check list on good showmanship skills, and information on how their presentation of the animal might be scored. They then went to work preparing their animals to be shown.

Livestock shows were held concurrently at 5:00pm with dairy cows, fiber goats and sheep in the 4-H Pole Barn, rabbits in Kiwanis Hall and dogs on the lawn. Volunteer judges worked individually with each youth to quiz them on their animal knowledge and to give them tips and positive feedback on their presentations to help them improve in future years. At 6:00pm, participants and their families were invited to an Awards & Recognition Ceremony where youth participants received an award ribbon, personalized certificate and framed picture of themselves with their animal.

Kritter Kamp offers youth a welcoming and supportive entry



2021 Kritter Kamp participants prepare their dairy calves for show (Photo: Brenda Carpenter).

to the field of animal science and many continue to explore their interest by joining 4-H Clubs devoted to a variety of animal species, or other 4-H animal programs. For example, William H. enrolled in the dog section at Kritter Kamp, then joined the 4-H Junior Tailwaggers Club, and ultimately showed his dog at the New York State 4-H Dog Show last August. After her Kritter Kamp *continued on page 24*

ADDRESSING RURAL TRANSIT GAPS

WAY2GO PARTNERS ON NEW ON-DEMAND SERVICE

Rural transportation deserts are a barrier that affects residents across Tompkins County. People who live in rural, low-density areas must have transportation to reach shopping centers, grocery stores, medical appointments, work, and other locations and rely on personal vehicles when public transit is not available. Doing so increases greenhouse gas emissions and carries the ongoing costs of fuel, insurance, registration, and repairs. Other individuals who don't have access to a car or can't get a driver's license have even fewer options. In places where public transit is limited or non-existent, this lack of alternatives can affect job and food security, access to medical or childcare, and other needs.

When public transportation is more than ¼ mile away, potential riders are unlikely to choose it over other options, particularly single occupancy vehicles (SOVs). While efforts have been made to increase transportation service in rural areas, fixed route transit by bus is not always practical or economically viable, especially in low density areas. Gadabout, the on-demand paratransit¹ service in Tompkins County, allows riders with disabilities to schedule a trip 24-48 hours in advance and the FISH service has volunteer drivers who provide rides to medical appointments with four days advance notice. Other on-demand options like Uber and Lyft allow riders to schedule a trip with less than an hour

To help address service gaps for residents in local transportation deserts, Tompkins Consolidated Area Transit (TCAT), Gadabout, Urban Mobility, Inc. (a transportation technology developer) and Way2Go partnered to create an on-demand, app-based, public transport service for our rural communities. By calling TCAT or scheduling a ride via the Tconnect app, riders can secure a same day, same hour trip on a TCAT minibus from their home or a nearby location to a list of destinations in their area, including grocery stores, medical offices, and TCAT bus stops that allow them to connect with the larger county bus system. Tconnect was first launched as a weekend service in the Lansing/Etna area in fall 2020 and expanded to a weekday service for the Dryden/Freeville area in fall 2021.

To facilitate the roll out of the new service in these two areas, Way2Go created an outreach plan that defined the project's target population, a strategy to reach them, and educational materials. In collaboration with TCAT, Way2Go posted flyers at sites including community centers, the library, town halls and grocery stores. Staff also designed flyers to distribute on TCAT buses, tabled at TC3's Get Connect fair aimed at introducing students to local resources and service, created fliers for door-to-door outreach, and designed a postcard that was mailed to residents in the service area.

Way2Go created three surveys during the project. The first was used to get a baseline of transportation barriers and needs in the initial service area (Dryden, NY). A second survey was administered once the service was launched to get rider feedback on both the app and service, and to determine whether transportation needs were being met. A third survey was conducted via social media ads targeting users in the service area to assess their knowledge of Tconnect and reasons why they may or may not be using it. Phone interview follow-ups were done with those who provided contact information to increase clarity of the feedback.

The goals of this project were to reduce the effects of transit deserts in rural Tompkins County, to help meet transportation needs of rural communities, and to decrease the number of single occupancy vehicles driving into the city. For the second survey, 100%

of survey respondents did not have regular access to a vehicle. For these users, the Tconnect service fills a huge *continued on page 25*



advance notice, however these commercial services often do not cover rural areas and cost more outside of the immediate Ithaca area.

1. Paratransit is the term that refers to transportation services that supplement fixed-route mass transit by providing individualized rides for those with a disability without fixed routes or timetables. TCAT's ADA Complementary Paratransit is a specialized door-to-door transport service for people who are not able to ride the fixed route transit system because of a disability. See: <https://gadaboutbus.org/ada-paratransit/>.

LARGE SCALE SOLAR LEASING

PARTNERSHIP YIELDS CONFERENCE & NEW RESOURCES

As New York State rolls out its groundbreaking Climate Leadership and Community Protection Act (CLCPA),¹ demand for farmland to host utility-scale solar arrays across the state has increased substantially. The sudden appearance of these very large, new solar farms in the rural landscape has raised concerns among stakeholders including municipalities, farmers, and other community members, with speculation and misunderstandings being shared. Within the Cornell Cooperative Extension (CCE) system, this growth also has revealed gaps in understanding among CCE educators who work at the front lines of both agriculture and energy issues and connect with both farmers and municipal officials on these topics.

Questions raised about farmers leasing their land for solar at a fall 2020 presentation for farmers and planners convinced organizers Dana Havas, Ag Team Leader at CCE Cortland County, and Graham Savio, Ag Team Leader at CCE Tompkins County, and their colleague Guillermo Metz, Energy & Climate Change Team Leader at CCE Tompkins County, that the right information simply wasn't reaching these groups and a new educational response was needed. Together with David Kay, Senior Extension Associate in Cornell's Department of Global Development, they formed a working group of CCE educators and Cornell faculty and staff that began meeting to identify public concerns around potential impacts of large-scale solar development on farmland in New York State, and to compile or create educational resources that could be used by CCE educators to better inform their stakeholders across the state.

To invite agriculture and energy educators throughout the CCE system to join this effort, the group reached out to CCE area agriculture teams and county Executive Directors, and they shared information via the Cornell Community & Energy Program Work Team (co-chaired by Kay and Metz). As a result, additional energy educators joined the Program Work Team and, when Executive Directors shared the invitation with their staffs,

many Ag educators got involved. Momentum grew through weekly meetings, and a new CCE Ag & Solar list-serve was created that enables CCE educators to connect, ask questions, and share



Sheep graze among community solar panels in Dryden, NY (Photo by Jason Leifer).

resources with colleagues across the state. 75 educators now subscribe.

The newly expanded work group soon decided to undertake two parallel projects: creating an online resource clearinghouse and presenting a spring conference, both designed for educators in CCE Agriculture and Energy programs. Collin D. Adkins, Environment & Energy Resource Educator at CCE Dutchess County, led the effort to compile and host resources on the AirTable platform. Members of that team collaborated with campus researchers and others to collect relevant print articles and links, webinars, presentations on agriculture and solar development, and other related land-use issues.

A second team led by Havas, Savio, Kay and Metz organized the 2021 Ag & Solar Summit². Held half-days on May 4th and May 5th, this free online conference brought together academic and legal experts to present on current issues most requested by educators and stakeholders. Topics *continued on page 25*

1. On July 18, 2019, the Climate Leadership and Community Protection Act (CLCPA) was signed into law. NY State's Climate Act is among the most ambitious climate laws in the country and requires New York to reduce economy-wide greenhouse gas emissions 40 percent by 2030 and no less than 85 percent by 2050 from 1990 levels. See: <https://climate.ny.gov/>

2. Presenters at the 2021 Ag & Solar Summit included working group members Dana Havas, David Kay and Guillermo Metz; George Frantz, Associate Professor, Dept. of City & Regional Planning, Cornell University; Daniel Brockett, Penn State University Extension Energy Education Team; Peter Woodbury, Senior Research Associate, Dept. of Crop and Soil Sciences, Cornell University; Shannon Ferrell, Professor, Dept. of Ag Economics, Oklahoma State University; John Zukowski, Vice President and real estate appraiser, Emminger, Newton, Pigeon, Magyar, Inc; and Niko Kochendoerfer, Postdoctoral Research Associate, Dept. of Animal Science, Cornell University, among others.

TINY POWERHOUSE

VISITS SUPPORT LOCAL CLEAN ENERGY CAMPAIGNS

In May and June of 2021, Get Your GreenBack Tompkins partnered with volunteer committees and HeatSmart Tompkins to bring the PowerHouse tiny home to Newfield, Trumansburg, and Dryden to support their NYSERDA Clean Energy Communities



The PowerHouse was open for visits at the Dryden Agway.

campaigns. Led by local volunteers, these efforts encourage residents to adopt clean heating and cooling technologies that reduce household greenhouse gas emissions, lower energy bills, improve indoor air quality and increase home comfort.

The success of a campaign depends upon the ability of the local committees to attract the interest of residents, to respond to their questions and concerns about new technologies, and to address any barriers they may perceive to adopting them. These can include affordability of equipment and installation, access to trusted sources of information, and familiarity with the technologies themselves. Showcasing the highly visible PowerHouse tiny home at these community events seemed a promising way to help volunteer organizers to meet these objectives.

The PowerHouse tiny home on wheels was designed to take energy education and outreach on the road, engaging visitors with interactive exhibits on energy efficiency, renewable heating, solar, lighting, air quality, appliances

and DIY actions they can take at home. It can be used for outreach with the general public at community events as well as with youth and adults at schools. The PowerHouse was built in 2020 by Get Your GreenBack Tompkins, a community collaboration housed at Cornell Cooperative Extension Tompkins County, with grant funding and donated materials and labor.

Alongside information on energy efficiency measures like air sealing and insulation, the PowerHouse allows visitors to experience an air-source heat pump ductless mini-split in action. Get Your GreenBack Tompkins and its local partners have found that giving property owners a chance to experience an air-source heat pump in action can make them more likely to consider and plan for a switch from their existing fossil fuel-based HVAC system to this heating and cooling solution for their own building(s).

Guests also had the opportunity to ask a Get Your GreenBack Tompkins staff member about the technologies on display, learn about available incentives to improve their own home's energy efficiency, and sign up to receive more information and support through energy advising programs.

The PowerHouse visits received local media attention, creating added visibility for the communities' respective clean heating and cooling campaigns with staff engaging more than 125 residents in the process. Visits were timed to coincide with other local events of interest (Dryden Dairy Days, the opening of the Newfield History and Activity Center, and the weekly farmers' market in Trumansburg). The presence of a cute tiny home open for tours drew many community members over to the information table, where they learned about their town's campaign and how to take part in it. In Dryden alone, eighteen PowerHouse visitors signed up to receive follow-up information about high-impact steps toward energy efficiency and renewable energy they could take in their own homes.

All three municipalities successfully exceeded their goals for clean energy actions, with several households accessing no-cost energy audits or installing heat pumps as a direct result of their visit to the PowerHouse. These joint events also

The PowerHouse contains interactive exhibits that can engage the public at community events.

SUSTAINABLE FARMING

PROJECT DOCUMENTS LOCAL PRACTICES

Tompkins County farmers are implementing practices that reduce nutrient runoff, improve soil health and lower on-farm energy use, but the extent of those practices has been largely unknown. A project at Cornell Cooperative Extension Tompkins County (CCE-Tompkins), funded with support from The Park Foundation, has catalogued the adoption of these practices with the aim of increasing their use by more farms across our county. Results were shared with the public in January 2021.

CCE-Tompkins agriculture program staff worked throughout 2020 with an advisory group of farmers, Tompkins County Soil & Water Conservation District (SWCD) representatives and the CCE Regional Dairy & Crop Team to develop and share a survey to measure actions local farms were taking to conserve resources and mitigate climate change. The survey results provide a baseline against which future progress can be tracked, and have been used to create resources to help other local producers adopt the same successful practices.

From the survey responses, eight farms ranging in size from three acres to over 5,000 acres were selected as subjects for case studies. Those chosen represent the major farming sectors (dairy, row crops, vegetables, fruit, beef, and diversified livestock) in this area. In-depth interviews were conducted with the farm owners who described how their operations had incorporated resource-conserving systems and practices. The resulting farm "success stories" document sustainable farming practices used at each location, such as reduced tillage or intensive no-till, cover cropping, rotational grazing, stream bank protection, riparian forest buffers, rainwater runoff containment, windbreaks, perennial-based agriculture, and participation in the Conservation Stewardship Program.

One notable success story comes from Walnut Ridge Farm in Lansing, the county's largest dairy farm with approximately 1500 cows on 2824 acres. Like all dairies with more than 300 animals, Walnut Ridge must meet rigorous standards for nutrient management and waste storage set by the New York State DEC through the dairy's CAFO permit. Soil health and water management are ongoing priorities for this farm, reflected in the many sustainable practices they have adopted. These include: the addition of grassed waterways, catch-basins and tiling to manage water flows; no-till and reduced tillage combined with cover cropping to improve soil health and reduce

erosion; regular crop rotation on nearly 2200 acres; an advanced manure injection practice that reduces the amount of liquid runoff while accounting for levels of nitrogen and phosphorus; and other precision agriculture techniques like computer-assisted sensors for field navigation, soil sampling, seed planting and localized spray applications. Overall this farm has improved its bottom line by reducing operating costs, tightening up nutrient management, and producing higher yields while being responsible water and land stewards.

Other Tompkins County farms profiled in this project include Grace Wyly Farm and Shelterbelt Farm in Brooktondale, Hemlock Grove Farm in Danby, Carey Farm in Groton, Buck Farm in Lansing, Remembrance Farm in Trumansburg, and Stick & Stone Farm in Ulysses. Individual case studies may be read online or downloaded as PDFs at <http://cctompkins.org/2020FarmProfiles>

These efforts emerge from priorities identified in the current Tompkins County Agriculture & Farmland Protection Plan, a document that guides county and local governments in developing agricultural land use policies and projects. Revised most recently in 2015 by CCE-Tompkins staff, the Plan reflects extensive input



Rotational grazing of Belted Galloway cattle is one of many sustainable practices in use at Grace Wyly Farm in Brooktondale (Photo taken from the farm's [YouTube video](#)).

from local farmers, municipal officials, community members and agriculture and conservation groups. It not only captures data on current agricultural trends, numbers of farms, acreage, farmer demographics and the economic value of

GENDER CREATIVE CAMP

GRANT FUNDS LGBTQIA TEEN LEADERSHIP PROGRAM

Creating a culture of connection and belonging in nature has been the central focus of 4-H Primitive Pursuits for two decades and is one of the most supportive and affirming experiences a young person can have. In 2021, a grant from the American Camp Association (ACA) enabled the program to begin a 3-year pilot to expand its successful Mentor-in-Training (MIT) leadership program to teens who are exploring their identity on the LGBTQIA spectrum, a growing demographic that research shows faces social barriers to participating in outdoor nature education.¹

Primitive Pursuits has long been committed to increasing access to its year-round outdoor programs, from Forest Preschool for 3-to-5-year-olds to multiple school-age programs that are held afterschool, during school breaks, on Saturdays and other times for both traditional and homeschooled students. Efforts are made to recruit participants from families with little historic exposure to outdoor youth development or to summer camps, including members of communities of color and indigenous groups, while sliding-scale fees and scholarships help reduce financial barriers so that children of all ages and backgrounds may experience the benefits of nature, regardless of their family's ability to pay.

Increasing numbers of teens in Tompkins County are seeking safe and affirming developmental space where they can grow and learn life skills, and they benefit from having program leaders and role models who represent their gender identities and who can relate to them within LGBTQIA life experiences. With highly trained LGBTQIA staff members already present on the Primitive Pursuits team, this new grant-funded initiative was an obvious first step to meet the needs of a locally underserved group while improving diversity within the program.

As one of 21 proposals funded by the ACA from among hundreds of submissions, Gender Creative Camp enables Primitive Pursuits in each of three successive summers to develop an additional cohort of its MIT program specifically for youth aged 13-to-15 who identify as TGQN (Transgender, GenderQueer, Nonconforming). The project will provide a safe, supportive and fun environment that gives identifying youth an opportunity to connect with peers and to develop a sense of self and belonging as they learn how to mentor other youth and lead outdoor adventure programs.

Mentors-in-Training. Camp-based youth leadership programs equip teens with skills and experiences that are highly valued in the outdoor adventure field and offer them an opportunity to explore the roles and responsibilities that go along with working on a professional team. Youth can participate in the MIT program without previously being enrolled in Primitive Pursuits programs.

Mentors-in-Training become part of a team of instructors who work with a group of campers for the week. Teaching side-by-side with guidance from seasoned adult Wilderness Instructors, teens gain skills and experience in leadership and team building, earth living/outdoor/naturalist skills, primitive technologies, awareness of self and others, mentoring practices, communication and professionalism and can observe and practice mentoring skills while being mentored themselves.

Primitive Pursuits recently changed the name of this teen program from *continued on page 27*



1. National research by the ACA shows that outcomes of the camp experience include significant growth in youth self-esteem, independence, leadership skills, social comfort, peer relationships and other areas, and that it prepares participants for college, career, and their lives outside of camp. Barriers to participation may be structural (camp cost, location) or social (a feeling of not belonging, due to race/ethnicity, LBGTQ+ identity, having physical or developmental disabilities). Lacking a parent or family member who has attended camp, or not having camp staff with whom campers can identify can cause some young people to feel like they do not belong at camp and thus miss these benefits and opportunities. For ACA research, visit: <https://www.acacamps.org/resource-library/research/camp-impact-study>.

PAWPAW CLASS & ORCHARD TOUR

UNIQUE NATIVE FRUIT DRAWS GROWING INTEREST

Pawpaws (*Asimina triloba*) are large, tropical-tasting fruits that are native to the United States and will grow in the Zone 5 climate of Upstate New York. In October 2021, our Horticulture program offered an online class "All About Pawpaws" led by Anya Osatuke, the Western NY Small Fruits Extension Specialist with Cornell, and Mila Fournier, Horticulture Leader at CCE-Tompkins. 102 people attended the class, and on the following Saturday, 53 people joined Anya and Mila for a tour of Cornell's pawpaw patch in Lansing to learn about the history and research behind the planting, taste the fruit, and take home some seeds from pawpaws that had fallen to the ground.☀



Photos clockwise from top left: pawpaws on tree (Photo: Scott Bauer, USDA); Anya Osatuke with tour participants as they enter the orchard, note pawpaw trees at right; Mila Fournier slices fresh pawpaws for tasting after the tour; Cut pawpaw showing fruit and seeds (Photo: Red Fern Farm on Wikipedia); Mila Fournier (left) and tour participant with pawpaw samples; Anya Osatuke answers questions from pawpaw tour participants.

CULTURAL HUMILITY

PILOTING A NEW SOCIAL JUSTICE CURRICULUM

Over the past two years, parenting educators in CCE-Tompkins' Family & Community Development Program have focused on reviewing and revising the curricula they regularly deliver through classes and workshops to ensure that the content is culturally

Engaged Cornell (a program that supports Cornell University's mission of community engagement) awarded funds to our Family & Community Development Program in early 2020 to review parenting education curricula from a cultural humility perspective. Steinkraus and Garcia worked with Engaged Cornell student interns and campus partners to develop an anti-racist coding schema to apply to parenting curricula currently in use. This coding schema had a positive case, negative case and neutral case for a variety of concepts related to race, class and gender norms.

As unrest intensified nationally over inequality for people of color following the killing of George Floyd in May 2020, a shift in focus occurred as parenting educators recognized a growing need for research-based education around antiracism and for opportunities for families to engage in constructive dialogue about social justice and oppression. The summer cultural humility work expanded to include antiracism as the team had more conversations about what impact they hoped the project would make, and the vision for the Engaged Cornell project took a turn toward

coordinating a pilot of a social justice curriculum.

Parenting educator Juliana Garcia researched available curricula and found the "[Social Justice Summer Curriculum for Children of Color](#)" (2020) developed by the Chicana M(other)work Collective.¹ This six-week curriculum provides a framework for parents seeking to teach their children about historical oppression and exposes them to ways to create a more socially just world through art, activism, critical thinking in writing, thought, dialogue and building relationships. Lessons are intended for parents and their children aged 4-10 but can be modified for all ages. Materials include readings and videos for both adults and children, with associated art activities for children and a glossary of social justice terms.

In spring and summer of 2021 parenting educators piloted the curriculum online with three groups of parent(s) and youth aged 5-10 who took part in discussions on race, racism, sex, class, gender, and LGBTQ+ issues. The optimal group size for this curriculum is 3 to 4 families, and workshops were scheduled as the suggested number of participating families enrolled. As of July 2021, 11 families (including 12 parents and 21 youth) had *continued on page 30*

relevant and welcoming to all parents in our communities. These efforts have led them to not only adapt existing materials but to identify and pilot a new social justice curriculum in 2021 that aims to support parents of all backgrounds who wish to discuss current social issues with their children.

Cultural Humility in Parenting Education Curricula: While educators worked on a parenting education program review, it became clear that most curricula had been developed by the dominant culture, while the target audience for our programs includes all parents. There are subtle and not so subtle ways that curricula developed by the dominant culture influences the delivery of programs. Recognizing this fact led Family & Community Development Program Coordinator Anna Steinkraus and Juliana Garcia, Two Generation Family & Community Educator, to seek funds to support a deeper dive into how curricula, especially those delivered by our educators through the Cornell Cooperative Extension system, may be less meaningful for or welcoming to diverse audiences and thus limit their engagement, participation and attendance.

1. The Chicana M(other)work Collective is a group of mother-scholars who identify as Chicana-Indigena, Chicana, Chicana/Xicana/Latina, and Afro-Chicana and who work to make visible the experiences of Mothers of Color in their communities, institutions, and families. Learn about their work at <https://www.chicanamotherwork.com/>.

CHILDHOOD NUTRITION COLLABORATIVE

NEEDS ASSESSMENT YIELDS NEW HEALTH NAVIGATOR PROGRAM

Over the past year, the multi-sector partners in the Tompkins Childhood Nutrition Collaborative (CNC) developed a needs assessment to identify opportunities to overcome barriers to accessing the food children and families need to thrive. Through this process, they identified a need for more support to connect people to existing community resources such as the Supplemental Nutrition Assistance Program (SNAP). To respond to this need, CNC began working with community partners to increase outreach and now are developing a new program to leverage the local student population to work with health care practices to initiate and track referrals to these resources.

The Coordinator for the CNC is housed at Cornell Cooperative Extension Tompkins County and is funded through Tompkins County's participation in the Healthiest Cities & Counties Challenge, a health equity initiative funded by the Aetna Foundation, American Public Health Association, and the National Association of Counties.

Assessing Needs. Although Tompkins County is incredibly resource-rich, a significant portion of eligible community members are not accessing food resources that could benefit them. When the CNC conducted a needs assessment around ways to bolster food security in Tompkins County, they found that only 53% of eligible individuals are enrolled in SNAP, (formerly called food stamps) and only 31%-40% of eligible women and children are enrolled in the Special Supplemental Nutrition Program for Women, Infants & Children (WIC) which provides nutritious foods, nutrition education, breastfeeding support and referrals to community services to women who are pregnant and post-partum, and their children under five years of age.

These low enrollment numbers are significant because SNAP is the largest anti-hunger program in the United States, and participation not only lifts individuals out of poverty but also boosts local economies, improves health outcomes, and is associated with decreased health care spending. 11.6% of Tompkins County community members are food insecure, and these statistics were a clear signal that we need to understand more about what gets in the way of accessing resources and how we can improve our community's health equity by supporting community members to overcome these barriers.

Responses: To identify the barriers to accessing federal

nutrition programs and other community resources that improve health, the CNC gathered feedback through interviews with providers who work directly with food insecure families, community surveys, and the collective experience of our community partners engaged in CNC meetings who work directly with these populations. They also engaged Cornell Master of Public Health students to help strategize based on best practices from other communities facing similar challenges. They learned that there are information gaps in terms of how the program works and who is eligible, and there are barriers associated with the complex and lengthy enrollment process. The CNC recognized that a multi-pronged response to these challenges was needed.

To address the immediate information gaps, the CNC developed outreach materials for community partners wanting to expand their SNAP outreach that 1) communicate expanded benefits policies related to the COVID-19 pandemic; 2) address misconceptions about the program (such as clarifying that benefits are available for everyone who is eligible and receiving them does not take them away from anyone else); and 3) link people to direct enrollment support if they would like to apply.

They also developed an infographic for community partners



A child chooses carrots from the school lunch line (Photo by Lance Cheung. USDA).

and decision-makers to understand the economic, social, and health impacts of low SNAP enrollment, and a text-based eligibility screener for individuals to *continued on page 27*

FOOD WASTE REDUCTION CLASSES

FOR HEALTHY PEOPLE & A HEALTHY PLANET

Food is the largest stream of material in American trash, with a family of four typically throwing away over \$1,500 worth of good food every year. Once wasted food reaches landfills, it produces methane, contributing about 8% of total U.S. greenhouse gas emissions. It also uses 25% of our freshwater resources and 300 million barrels of oil every year to produce food that is then thrown away.

To help families and individuals learn new ways to use their food more efficiently and reduce the amount of waste their households create, CCE-Tompkins partnered with Tompkins County Recycling and Materials Management (TCRMM) to offer Food Waste Reduction education in 2021.

Six outdoor classes were held at apartment complexes managed by Ithaca Housing Authority at Poet's Landing, 210 Hancock, and Stone Quarry. Residents watched a cooking demonstration, heard tips and tricks for saving money by reducing food waste, and witnessed the use of compost buckets provided by TCRMM.

Attendees left with a giveaway bag with the ingredients needed to prepare the featured dish at home and a free glass storage container to encourage meal preparation and to keep

leftovers.

For the general public, CCE-Tompkins staff offered a free online seven class series in June 2021. Participants could attend the zoom class by tablet, cell phone, computer or by



Jacqueline Panaigua, a Cornell MPH student and culinary school graduate, led a series of online Food Waste Reduction classes for the public that are available on YouTube via [links on our website](#).

dialing in, to learn about topics including how to reduce waste through meal planning, using what you have on hand with flexible recipes, storing your food and using older food first, and ways to turn leftover foods into something new.

Each class included several new recipes along with a cooking demonstration from her own kitchen led by instructor Jacqueline Panaigua, a student in Cornell's Master of Public Health program and a Culinary Arts graduate of Johnson & Wales University. YouTube videos of each class and links to the recipes are available on our [website](#).

For general information and useful resources, please visit our Food Waste Reduction webpage. at cctompkins.org/foodwaste. Questions? Contact Baz Perry, Agriculture & Food Systems Team Leader, at ebs20@cornell.edu or (607) 272-2292 ext. 131. Funding was provided by the New York State Pollution Prevention Institute through a grant from the New York State Department of Environmental Conservation. ☀



Outdoor classes were held at six apartment complexes managed by Ithaca Housing Authority. Ag & Food Team Leader Elizabeth Baz Perry (left and SNAP Nutrition Educator Sarah Curless lead a Food Waste Reduction class at Stone Quarry Apartments Photo: Jeremy Betterly, TCRMM.

4-H URBAN OUTREACH

YOUTH ENJOY A FUN-FILLED, ENRICHING SUMMER

The Urban Outreach Program served 60 youths this summer in the West Village and Northside community centers. They enjoyed field trips to the Cayuga Floating Classroom, the Learning Farm, Treman State Park and the Finger Lakes ReUse Center and attended the Free Science Workshop, Inc. for weekly STEM lessons. Youth presented a ReUse Fashion Show to share what they learned about ReUse and strategies for a more sustainable world. One of the most important goals of our 4-H program is increasing levels of literacy, and adults and mentors read with the children every day in our school and summer programs.☀



Photos clockwise from top left: Reading together; Christa Nuñez of the Learning Farm shows children an active beehive and explains how bees make honey; Youth model costumes they made in a Reuse Fashion Show; West Village youth before a trip on the Cayuga Floating Classroom; A blow-up model of the solar system was used in a learning game; Youth enjoyed swimming at Robert Treman State Park (Photos: Tin Cho Aye, teen volunteer).

SNAP-ED CLASSES GO ONLINE

COOKING DEMOS ARE PAIRED WITH NUTRITION ED

“Even if you already know how to cook, there’s still a lot to learn through SNAP-Ed!” That’s the message enticing local residents to sign up for free SNAP-Ed nutrition and cooking classes, offered online by Cornell Cooperative Extension

Throughout 2021, Curless offered at least two new class series each month that introduced several topics or themes. Especially popular were two “Cooking Around The World” series that profiled the foods of a different country each week and shared interesting recipes such as [West African Spiced Peanut Soup](#) from Senegal, Spiced Lentil Dal from India, Spinach and Black Bean or [Cheese Enchiladas](#) from Mexico, Green Curry (with Fish or Tofu) from Thailand, and [Pupusas Revueltas](#) from El Salvador. While exploring unfamiliar flavors and spice mixes, class participants also learned about the foodways of different cultures, and how to spend less money and time while preparing these new dishes.

Other classes focus on more familiar foods found closer to home. In “Warm Wednesdays”, a fall class series on making soups, participants viewed a live demonstration of a new soup recipe in each class and learned tips on shopping for ingredients, saving money with the help of broth, and using soups as a way to get more whole vegetables, grains, lean proteins, and low-fat dairy products into their family’s diets. Classes

also have focused on using a slow cooker to save time and eat healthy on a budget, ways to prepare greens and other vegetables from your weekly Community Supported Agriculture (CSA) farm share, and how to add vegetables in your family’s diet by serving them as snacks with a healthy dip such as [hummus](#).

Creating healthier versions of everyday favorites also is a core message in SNAP-Ed curricula. A class on homemade salad dressings showed how they are simple to make and less expensive than buying pre-made products while lowering the sugar and sodium content of every salad you prepare. Related classes have covered how to make smart food choices when you dine out, healthy alternatives to takeout foods to make at home, updating holiday favorites with recipes such as [Roasted Butternut Squash](#) or [Grandma’s Stuffing](#), and switching up your protein source by featuring tofu a main component of the meal.

“SNAP-Ed classes can be especially useful for people with chronic dietary diseases, as well as those *continued on page 29*



Sarah Curless, SNAP-Ed Nutrition Educator, prepares for a live online cooking and nutrition class in the Cargill Teaching Kitchen at CCE-Tompkins (Photo: Sandy Repp).

Tompkins County since spring of 2021.¹ With an emphasis on healthy modern recipes that are economical and easy to make, and a choice of days and times to attend, online classes may fit more easily into busy schedules than traditional in-person classes have done in the past according to Nutrition Program staff.

Since joining CCE-Tompkins in March 2021, Nutrition Educator Sarah Curless has taught almost exclusively online, sharing essential SNAP-Ed nutrition messages paired with cooking demos of recipes that reflect both the community’s desire for culturally diverse foods as well as her own interest in international cuisines. “I find multicultural foods to be the most delicious and interesting,” Curless says. “People also are less familiar with them and more excited to take our classes to learn how to make them. In the SNAP-Ed curricula, we stress cutting back on sodium, and adding other spices is a great way to make sure the food is flavorful, so you won’t miss the salt as much.”

1. While free in-person nutrition classes have been offered for over 30 years by Cornell Cooperative Extension Tompkins County at their teaching kitchen and in locations across the county, when COVID-19 arrived in 2020 SNAP-Ed (previously known as Eat Smart NY!) and the Expanded Food and Nutrition Education Program (EFNEP) paused classes until they worked out the logistics of presenting them online. EFNEP classes have been offered online since that time, however the SNAP-Ed educator position was open until March 2021.

ELECTRIC VEHICLE PROMOTION

REACHING LOW-TO-MODERATE INCOME RESIDENTS

Buying an Electric Vehicle (EV) may seem out of reach to buyers with low-to-moderate incomes, but members of our Environment Team have been hard at work trying to change that perception within this consumer group. In 2021, our staff reached out to the public with information and displays at community events, held classes for prospective used car buyers, and developed new online resources intended to encourage local consumers to consider EVs when making a new or used car purchase decision.

An outreach effort led by Environment Educator Holly Payne brought EV owners and their vehicles out to meet the public at several popular community events in 2021, including the Ellis Hollow Fair and [Streets Alive!](#), an annual event hosted by Bike Walk Tompkins. Visitors at these events were able to speak with EV owners about their cars and experiences, and to review educational materials and get their questions answered by Cooperative Extension staff. Our Way2Go program staff also handed out educational EV flyers at the Annual Apple Harvest Festival in Downtown Ithaca.

Two new classes were piloted in October. In the “Tune Me Up! Car Financing Class,” the differences between car loans and leases, ways to work with a low credit score when seeking a car loan, and a financial comparison of the costs of used gas cars versus electric vehicles were shared by Financial Management Educator Kenneth McLauren, Jr.

A second, “Tune Me Up! Car Buyer Mechanic Class” was offered in partnership with Ridge Road Imports in Lansing. Held in the CCE-Tompkins parking lot, the class was led by certified mechanic Robert Seaman who showed participants what to look for before purchasing a used car. The classes were well attended and received positive feedback. Payne plans to offer the series again in 2022.

The efforts built upon earlier work done in partnership with EV Tompkins, a local collaboration begun in 2018 to create EV-friendly conditions in the county by advocating to install more charging stations, increase local EV inventory, and improve public awareness.

For that initiative, former Environment Educator Lee Yoke Lee coordinated ride-and-drive events at which visitors could speak with EV owners and Cooperative Extension staff, and test drive new EVs displayed by a local car dealership. She developed educational resources to help the public make informed purchase decisions about new EVs,

including a series of video interviews with EV owners who share their buying and leasing experiences, that is still available on the CCE-Tompkins [website](#).

“Our earlier EV education efforts reached a local audience that often has sufficient financial resources to consider buying a new EV; however for many residents, purchasing a used EV is the only way they can afford to make this change,” says Guillermo Metz, Energy & Climate Change Team Leader at CCE-Tompkins. “While the upfront cost of EVs is higher, they offer many advantages in terms of having lower maintenance and fuel costs and using a fuel source (electricity) with a more stable price. We want to share this information with low-to-moderate income residents who potentially would benefit the most,” Metz concluded.

Holly Payne’s mission is to identify and address the main barriers that residents have to switching to an EV: lack of knowledge and understanding of the technology, not enough access to local charging stations, and the higher initial price than traditional combustion powered vehicles. “When people learn that on average, EV owners save 60% on fuel and 50% on maintenance, that there are generous EV tax incentives, and EV batteries are now much cheaper to replace, more people will switch,” she said.

For resources to help you decide whether driving electric is right for you, visit cctompkins.org/ev or contact Holly Payne, Environment Educator, at (607) 272-2292 or hp67@cornell.edu.



Prospective car buyers learn what to look for when buying a used car with certified mechanic Robert Seaman of Ridge Road Imports, at a “Tune Me Up” class held in the CCE-Tompkins parking lot in October 2021 (Photo: Holly Payne).

AGROFORESTRY NUT PROJECT

WILL ESTABLISH NUT GROWING CENTER IN FINGER LAKES

Chestnuts and hazelnuts now are grown and processed on a limited scale in New York State, with just over 200 acres planted to these tree crops according to the 2017 Census of Agriculture. A new two-year project, “Facilitating the Adoption of Silvopasture and Alley Cropping Production of Nut Crops in New York State,” to begin in January 2022 aims to establish a viable nut growing and processing center in the Finger Lakes that organizers believe will allow for a significant expansion of this acreage, opening the door to new revenue streams for farmers and offering a replicable economic and environmentally sound production model for the Northeast.

Partners on the project are Cornell Cooperative Extension Tompkins County (CCE-Tompkins), the New York Tree Crops Alliance (NYTCA), Cornell AgriTech, and Khuba International, with funding provided by the Edwards Mother Earth Foundation (EMEF).

Central to the project design is a focus on intercropping the two nut types using established agroforestry practices of silvopasture and alley cropping. Agroforestry is a land use system that pairs trees and/or shrubs with crops and/or livestock that can diversify an existing farm operation and provide substantial environmental benefits.

To expand and sustain tree nut production in the region, the project must ensure that agroforestry systems are financially

met: 1) by providing education and technical support around intercropping for current and prospective nut farmers, including members of BIPOC communities; 2) by developing new value-added nut products and processing options that create market outlets for producers; and 3) by developing financial tools for producers during the period while the trees are maturing.

CCE-Tompkins will lead education and outreach efforts, leveraging funds from EMEF to augment a two-year USDA Specialty Crops Block Grant – also starting in January 2022 – for a survey of chestnut and hazelnut plantings across New York State. The survey will collect successful lines of chestnut and hazelnut and information about planting and management decision-making, in addition to developing outreach and educational materials and holding farmer field days. The EMEF funding will expand the capacity of extension staff so that they can incorporate agroforestry content and technical support into that existing work.

The New York Tree Crops Alliance cooperative will advise on outreach and farmer education and collaborate with Cornell AgriTech on supply chain development. Value-added nut products can yield greater initial returns for cooperative nut growers than bulk sales, and experts at the Cornell Food Venture Center (CFVC) Pilot Plant in Geneva, NY will consult on product formulations, production methods, food safety, and packaging.

This research and development in year one will determine types of equipment needed at an interim processing facility in year two and inform purchases for a permanent NYCTA cooperative processing facility. Research also will be shared with other nut co-ops to remove guesswork around buying equipment and provide figures on payback time to support capital financing.

CCE-Tompkins will lead the third component of this project, the development of a pilot Payment for Ecosystem Services (PES) program that will incorporate agroforestry practices. By compensating farmers for services like carbon sequestration, enhanced water holding capacity, erosion mitigation and pollination services, PES programs can serve to maintain existing farm revenue on land

taken out of annual production for planting to tree nut crops and assist new farmers in bridging the gap *continued on page 29*



Freshly harvested hazelnuts (Photo: Eric Banford).

viable, and markets are developed at a scale with which farmers can engage and prosper. These conditions will be

PRIMITIVE PURSUITS

OUTDOOR SCENES FROM OUR PROGRAMS

For more than 20 years it has been the mission of the 4-H Primitive Pursuits program to steward the health of our community by fostering life-long relationships with the natural world through exceptional mentoring and nature education. Our programs reached more than 1,000 area youth in 2021 through a variety of age-appropriate outdoor afterschool, school break, weekend and summer camp activities. Learn more about 4-H Primitive Pursuits and our offerings by visiting us online at: <https://primitivepursuits.com/> ☀



Photos clockwise from top left: A young archer assesses a shot; starting friction fire using a bow drill; two teen participants work together to string a bow during Coyote Howl; Ithaca Forest Preschool participant in the woods; building a fire; teen participants with face painting in Coyote Howl (Photos by Amy Milner and Joe Minissale).

SCNY DAIRY & FIELD CROPS TEAM

FARMS ACCESS BUSINESS & SUCCESSION PLANNING GRANTS

The South Central NY Dairy & Field Crops team (SCNYDFC) provides outreach and support to help producers in Chemung, Cortland, Tioga and Tompkins Counties meet production goals and access funding through various grant and government programs. In early 2021, the team collaborated with American

Grant Program. We identified 12 farms that were developing succession plans, and contacted those farms directly to inform them about the Dairy Forward Grant Program and encourage them to apply. We also promoted the program broadly across the region through a blog post titled *Dairy Forward Grant Guidelines from American Farmland Trust* published on March 1. Mary Kate Mackenzie, Farm Business Management Specialist, collaborated with the statewide farm business management group to host an informational webinar on February 24 to promote the program and answer specific questions from farms. We used our MailChimp email list to promote the grant program and the webinar.

In March, AFT awarded mini-grants to 22 farms, including three farms in our region. These funds will help farms pay for professional services, including attorney fees, to advance their succession planning goals.

Dairy Advancement Program: The DAP provides grant funding for New York farmers to address business needs necessary to meet the challenges of today's marketplace and to better position themselves for long-term success.

The program is coordinated through Cornell PRO-DAIRY and delivered to farms in partnership with CCE and agriservice professionals. Eligible projects assist New York dairy farmers to position their farm for long-term economic and environmental sustainability. In the first quarter of 2021, the team facilitated DAP awards to four dairy farms in our region. The farms reported the following impacts:

- A 70-cow dairy used DAP funds to improve farm record keeping by adopting CenterPoint software. This new accounting software will allow the farm to do their own bookkeeping instead of hiring outside bookkeepers. This will help the farm to save money, improve accuracy of their financial records, and analyze business performance more frequently.
- A 100-cow organic dairy used DAP funds to support business succession planning. The farm's junior generation hired a business consultant to review their existing LLC operating agreement, update the current farm lease agreement, and prepare a buyout plan with two possible scenarios. Their next step will be to present the buyout plan to the senior generation.
- A 600-cow dairy hired a business *continued on page 28*



(Photo: Jason Koski, UREL)

Farmland Trust (AFT) to promote the new Dairy Forward Grant Program. Three farms in our region received mini-grants to pay for professional services that will support farm transfer and succession planning.

In the first quarter of 2021, the team facilitated four Dairy Advancement Program (DAP) awards. The four farm recipients used DAP funds to hire business consultants to improve record keeping systems, conduct business planning activities, and prepare for farm succession.

Dairy Forward Grant Program: In early 2021, AFT and Chobani launched the Dairy Forward Grant Program. This new program awards mini-grants of \$500 to \$5,000 to dairy farm families in New York State to access information and professional services to help plan for farm transitions. Farms can apply for a grant in one of four categories: 1. *Farm transfer and succession planning*, 2. *Farm business planning*, 3. *Permanently protecting farmland*, and 4. *Adopting regenerative farming practices*.

In January 2021, AFT's dairy program manager reached out to the team for assistance identifying dairy farms in our region that would be good candidates for the Dairy Forward

FINGER LAKES LANDLINK

MOVES TO AMERICAN FARMLAND TRUST IN 2022

For almost a decade, farmers in the Finger Lakes region who need access to land, and landowners who want their unused acreage to be farmed, could be matched through Finger Lakes LandLink, a free searchable database launched in 2013 by the Cornell Cooperative Extension South Central NY Agriculture Program and the Groundswell Center for Local Food and Farming in Ithaca, New York.

As of January 1, 2022, this important role will be taken on by the American Farmland Trust (AFT), a national conservation agriculture organization that has supported Finger Lakes LandLink for the past several years. Farmers and landowners listed on Finger Lakes LandLink were contacted this year to inform them of the impending transition, and profiles of those who wished to continue with the service were migrated in fall 2021 to the statewide New York Farmland Finder platform, run by AFT's Farmland for a New Generation New York program.

"New York Farm Finder reaches a broader audience than Finger Lakes LandLink and will offer enhanced functionality and a more responsive user experience," says Graham Savio, Agriculture & Horticulture Issue Leader at Cornell Cooperative Extension Tompkins County (CCE-Tompkins). "The two platforms work in very similar ways, and we believe users will enjoy many additional advantages resulting from this change," he concluded.

The initial Finger Lakes Landlink pilot began in fall 2013 in Cortland, Chemung, Schuyler, Tioga and Tompkins Counties with the long-term goals of increasing successful farm enterprises, keeping land actively farmed, growing the local food economy, and fostering transitions from leased farmland to farm ownership.

Built with initial funds from Cornell Cooperative Extension and a USDA Beginning Farmer Grant secured by the [Groundswell Center for Local Food & Farming](http://www.groundswellcenter.org), the project ultimately

expanded to all 14 counties that comprise the Finger Lakes region, with Groundswell staff and CCE Agriculture agents in participating counties providing consulting and resources to help facilitate the matching process.

"Finger Lakes LandLink and New York State Farmfinder were started at roughly the same time," says Monika Roth, retired Agriculture & Horticulture Issue at CCE-Tompkins



New York Farm Finder reaches a broader audience and will offer enhanced functionality and a more responsive user experience.

who oversaw the LandLink project. "We've always directed visitors to AFT resources and our goal since the beginning has been to merge these two sites to better serve New York's farmers. It's great to see this project come full circle", she reflected.

New York landowners who are interested in having their land farmed through leasing, selling or sharing their land with a farmer, and beginning or established farmers who are seeking land to start or expand their agricultural enterprise, are encouraged to visit nyfarmlandfinder.org or reach out to their local Cornell Cooperative Extension Agriculture Agent for support. ☺

Better Together from p. 6

nurses from the Tompkins County Health Department who will talk about the newly revamped Moms Plus + and Maternal Child Health Program. Other sessions will focus on a new educational program to help individuals identify steps that they can take to improve the quality of life for themselves and/or their families known as Move Forward Tompkins, and a conversation about the importance and impacts of early childhood experiences, with a brief introduction to the of [Adverse Childhood Experiences](#) (ACEs). Efforts the group would like to undertake in the coming months include organizing a virtual book read, holding a [Community Café Conversation](#), and finding ways for families who are new to the community ways to connect more easily with available resources. .

“Parent voice is central to this initiative,” says Elizabeth Wolff, “And the space held for caregivers and providers to dialogue together, build connections and collaborate has and will continue to be a key goal and expanding impact of the coalition going forward.”

Launching the Better Together Community Coalition online was necessary due to Covid 19 but turned out to be an unexpected advantage as it allowed a broader range of community participants to join the meetings. Because resources that support families who are parenting children with challenges of all kinds are not specific to any one community, the Coalition meetings are useful to participants from across the county. Parents and professionals have been able to connect more easily on a virtual platform, without the barriers associated with in-person events, including transportation or childcare that parents need in order to attend, or time required away from work or home. Coalition organizers also recognize the importance of families having opportunities for face-to-face contact and to engage in supportive relationships with one another. Unfortunately, an upsurge in numbers

of local COVID 19 cases in summer 2021 required the cancellation of the Better Together family picnic and Community Café Conversation . Organizers hope to offer a mix of in-person and virtual opportunities for families and communities to participate as the Better Together Community Coalition moves forward.

Collaborators involved thus far have included parents, caregivers and parent leaders; staff from the Tompkins County Health Department, The Adoptive and Foster Coalition of New York, and Family Navigators at the Franziska Racker Center, with support provided by the Community Foundation of Tompkins County’s COVID-19 Emergency Response Fund, the Legacy Foundation, the Mother Cabrini Health Foundation, and the United Way of Tompkins County.

To find the next date of a Better Together Community Coalition meeting, visit our website at: <http://ccetompkins.org/>. For questions about the Better Together Community Coalition, please contact our Parenting Educators at cce-parenting@cornell.edu. ☀

Kritter Kamp from p. 7

experience, Jayden W. leased a sheep to show at the 4-H Youth Fair, has joined the 4-H Fair Board to plan next year’s event, and will mentor other youth who are interested in sheep through the Kritter Kamp program.

For some participants, their Kritter Kamp experience can lead to a career in animal science. Lizzy D. returned to mentor teens at Kritter Kamp and now works with animals after receiving a degree in Veterinary Technology at Alfred University. Marie R. earned an Animal Science degree at Cornell University and is now a professional shearer with her own herd of Jacob sheep in Trumansburg. She has returned to judge the sheep show at the annual 4-H Youth Fair for several years.

“Kritter Kamp is really a community effort, with volunteers from across the county loaning animals, holding education sessions with the youth, and judging the events,” says Brenda Carpenter, 4-H Educator who has overseen the program since its inception. Many are professionals in farming, veterinary, or animal science who are glad to give their time to mentor young people who share their interests and who one day may work in their field.

For Carpenter, 4-H Animal Science isn’t solely about the scientific information that youth acquire through the club or fair program, or whether they take away marketable skills; she sees the greatest value in the larger lessons youth learn in the process. “People think that in 4-H Animal Science, the animal is the project, but in truth the youth and how they grow and develop through their experience – their ‘experiential learning’ – is the real focus of *continued on next page*

this and of all 4-H programs.”

Registration for Kritter Kamp begins in March each year with a May 1 registration deadline. Interested youth are encouraged to register early as this program fills quickly. A \$65 registration fee covers handouts and a binder of resources, a Kritter Kamp t-shirt, water bottle, snacks, a boxed lunch, use of all necessary grooming tools, halters, equipment and animals during the program, and a pizza dinner and awards celebration. Some scholarships are available. For more information, a registration form, schedule and Kritter Kamp safety plan, visit: <http://ccetompkins.org/kritter-kamp>.

Participation in 4-H is open to all youth aged 5 to 18. 4-H is the youth development program of the Cooperative Extension System and USDA. For information on 4-H clubs and other offerings in Tompkins County, visit <http://ccetompkins.org/4H> or call Tompkins County 4-H at (607) 272-2292. ☀

Way2Go from p. 8

transportation need, allowing riders to connect to work (56.3% of responses), to TCAT routes (50% of responses) and to get to shopping centers (43.8% of responses).

Based on survey feedback and focus groups, the Tconnect team decided to expand the original service area in Lansing/Etna to reach more riders, and to increase the available destinations to include Kendall at Ithaca, the Lansing Town Hall, and Lansing Library. Feedback also revealed a need for county-to-county public transportation options between Tompkins and Cortland Counties. Tconnect outreach has increased discussions around transportation needs in the county and has resulted in preliminary discussions about adding county-to-county transportation options between Tompkins and Cortland counties. For more information about Tconnect, visit: www.tcatbus.com/tconnect/.

Way2Go staff involved with this project were Theodora Greene Weatherby and Dawn Montanye. Collaborators include TCAT, Gadabout, and Urban Mobility, Inc. Funding for the project was provided by New York State Energy Research and Development Authority (NYSERDA) and TCAT.

About: Way2Go connects Tompkins County residents with transportation options and facilitates new community solutions. Through a range of offerings, Way2Go educates individuals, decision makers, and organizations about mobility challenges and solutions in Tompkins County and beyond, to bring about the changes necessary for a transportation system that works for all. Way2Go is a program of Cornell Cooperative Extension Tompkins County in partnership with the Tompkins County Department of Social Services. Learn more at: <http://ccetompkins.org/way2go> or contact Dawn Montanye at (607) 272-2292 voicemail 199 or dm773@cornell.edu. ☀



Don Barber presents initial Tompkins Food Future findings at the Ithaca Farmers’ Market on 9/29/21. CCE-Tompkins staff member Katie Hallas coordinates the Community Food System Plan, a joint initiative of CCE and the Food Policy Council of Tompkins County. Learn more at tompkinsfoodfuture.org/

Solar from p. 9

included a general overview of the CLCPA and the Office of Renewable Energy Siting (ORES), which permits solar projects larger than 25MW (roughly 175 acres); research on co-siting solar with sheep and agricultural products; legal considerations for landowners thinking about leasing their land; land assessments; municipal tools for protecting agricultural land; solar siting; and local and regional impacts of large-scale solar development. Over the two days, 123 unique attendees included 66 CCE Agriculture Educators and 19 county Executive Directors. Those who could not attend received a link to a recording of the conference by registering in advance. Recordings of conference sessions are available on the AirTable site. A second conference tentatively is planned for spring 2022.

“Developing the conference and resource clearinghouse shows how CCE educators can partner to respond to system needs as well as those that emerge from their own communities,” Metz reports. “This type of collaboration with colleagues across the system and with campus researchers to respond to community needs is exactly what Extension is all about. It’s a struggle to find the time to dedicate to this important topic since most of us are on dedicated grant funds, so we’ve also pursued several different funding sources. While some of the group is focused on planning for a 2022 summit, others are working to identify grants to support new projects in this area, including developing case studies of solar farms, and hiring a summer intern to assist with that effort.

For more information, please contact Guillermo Metz, Energy & Climate Change Team Leader at CCE-Tompkins at gm52@cornell.edu or call (607) 272-2292 ext. 185. ☀



Staff from the Way2Go program answer questions and distribute maps and other local transportation information to visitors at the 2021 Apple Harvest Festival on the Ithaca Commons. Photo: Holly Payne.

PowerHouse from p. 10

publicly projected a united front with HeatSmart Tompkins, a key partner in CCE-Tompkins' energy and climate change work.

Get Your GreenBack Tompkins will continue to use the PowerHouse to amplify efforts toward a clean energy transition in the Southern Tier and surrounding regions. It can be visited in early 2022 at the Sciencenter in Ithaca, and will appear at various local festivals and events during the year. To learn more about the PowerHouse tiny home and where to tour it, visit <https://www.tinypowerhouse.org/> or contact Emily Belle, PowerHouse Coordinator, at eb773@cornell.edu or (607) 272-2292 ext. 262.

Collaborators on this effort were HeatSmart Tompkins, Town of Dryden, Dryden Agway, Town of Newfield, Newfield Public Library, Town of Ulysses and Village of Trumansburg, Trumansburg Farmers' Market, and Finger Lakes Wrecker Service which generously donated towing services to and from the Dryden event and other PowerHouse appearances. Funding was provided by Park Foundation and New York State Energy Research & Development Authority (NYSERDA).

About: Get Your GreenBack Tompkins is a community-driven campaign that works collaboratively to help people and organizations take key steps in the areas of food, transportation, waste and building energy that reduce our community's carbon emissions, save money and create a socially just local economy. The campaign is housed in CCE-Tompkins, which also serves as its fiscal sponsor. Visit getyourgreenbacktompkins.org or contact Karim Beers, Campaign Coordinator, at kwb6@cornell.edu ☀

Sustainable Ag from p. 11

each farm sector, but sets priority goals, actions and strategies for farmland and open space protections including this baseline survey of farming practices to help advance local environmental conservation efforts.

The project lays the groundwork for efforts to further agricultural resource conservation and climate change mitigation that will include developing a pilot Payment for Ecosystem Services (PES) program similar to those in use in other areas. Through a PES program, farmers could be compensated for ecosystem services they provide to the community, such as improving soil water-holding capacity to decrease the risk of downstream flooding caused by rainfall, or for their efforts to sequester carbon in farm fields to help combat climate change. The information gathered through the survey and interviews will enable CCE-Tompkins agriculture staff to understand what farmers across Tompkins County know about PES programs, help them to identify likely participants, and inform the development of a pilot program.

For more information about this survey or other work to further sustainable farming and conservation practices in Tompkins County, please contact Graham Savio at (607) 272-2292. To consult the Tompkins County Agriculture & Farmland Protection Plan (2015) visit: <http://ccetompkins.org/AFPP2015>. Many recommended sustainable agriculture practices are detailed in a series of Fact Sheets compiled by Cornell University researchers Peter Woodbury and Jenifer Wightman in 2018 (available on our website at: <http://ccetompkins.org/reducingGHG>). *continued on next page*



The Master Gardener Demonstration Garden (entrance on Dey Street) as seen in July 2021. Master Gardener volunteers maintain the garden, where they test various new vegetable varieties that are being trialled by Cornell University. Stop by and visit this and the Al Wurster Memorial Rock Garden, both are located behind the CCE Tompkins Education Center in Ithaca (Photo: Sandy Repp).

Special thanks go to Monika Roth, former Agriculture Team Leader who secured the project funding and returned from retirement to work part-time on the effort; to Jenna DeRario and Mary Wrege, CCE leads on this project; to Janice Degni and Mary Kate (Wheeler) MacKenzie, Extension Educators on the CCE Regional Dairy & Crops Team who helped develop and share the farm survey; and to Paul Geir at SWCD Tompkins who along with Janice Degni contributed to the case studies. ☀

Primitive Pursuits from p. 12

Counselor-In-Training (CIT) to Mentor-In-Training (MIT) to better align position titles with the program's culture and mission. "The word 'mentor' means guiding, supporting, and teaching and better represents what we strive to do out in the field," says Jed Jordan, Primitive Pursuits Co-Director. The program and curriculum remain exactly the same in terms of training and opportunities.

Program Progress: The first Gender Creative Camp was developed with input from several LGBTQIA-identifying staff and piloted with a cohort of 15 teens between June and August of 2021. Almost half of the participants returned for the new school-year program in the fall, and intended to sign up for additional sessions in winter and spring.

Using lessons learned from the summer, Primitives staff developed and piloted a school-year Gender Creatives program for LGBTQIA teens during fall 2021. Participants were invited to choose their own path to explore a variety of outdoor skills and knowledge. The youth used plant dyes and natural materials to create unique fiber arts, honed knife skills in wood carving projects and took a deep dive into claiming symbols of personal power and mystery while also being part of a team in group challenges. The Gender Creatives program will be offered again in winter and spring 2022 sessions, prior to the 2nd cohort of Gender Creative Camp in Summer 2022.

About: Primitive Pursuits educators who contributed to this effort include Jed Jordan, Wren Anjali, Sean Cornell, Montana Kerr, Danielle Marie Prizzi, Megan Pugh, Rey O'Rourke and Rachel Bortin. Financial support was provided by the American Camp Association, 4-H Primitive Pursuits general scholarship funds (supported by private donations) and the 4-H Primitive Pursuits Ava Jane Howerton Scholarship Fund.

Collaborators: Project staff have monthly virtual planning/sharing sessions with other ACA grantees, with plans to meet at future in-person gatherings, and are developing relationships with various community organizations, schools and community leaders to further promote and expand participation in the program.

For more information about Primitive Pursuits or to sign up for their youth or adult programs, visit <https://primitivepursuits.com/> or call them at Cornell Cooperative Extension Tompkins County, (607) 272-2292 ext. 195. ☀

CNC from p. 15

answer questions about their circumstances to find out whether they are likely to be eligible for benefits.

The CNC currently is working with Tompkins Cortland Community College and Cornell University to expand their outreach on campus, as recent policy expansions (both pandemic-related temporary changes and permanent ones) have made many more students eligible.

Because of the clear relationship between social needs (such as food security) and health, the CNC recognized an opportunity to improve health care providers' capacity to screen their patients for social needs and connect them with resources. Some local medical practices employ community health workers or social workers to do this, but others currently have no system to screen for and respond to social needs.

Drawing on successful models from across the country and in close partnership with Tompkins County Health Department, Cayuga Health Partners, and Cornell's MPH program, the CNC designed a program that will deploy students as navigators in health care settings to initiate and track referrals to community resources. This program will act as a support for the Health Department's Community Health Worker program by connecting individuals with complex health needs to Community Health Workers. The Tompkins County Legislature recognized the need for this increased support and approved funds in the 2022 budget to support staff time for the implementation of the Resource Navigator program the CNC designed in response to its needs assessment.

Collaborators on this effort include: Catholic Charities, Cayuga Health Partners, Community Foundation of Tompkins County, Cornell's Center for Health Equity, Cornell's Einhorn Center for Community Engagement, Cornell Master of Public Health Program, Cornell's Office of Student and Campus Life, Food Bank of the Southern Tier, Ithaca City School District Child Nutrition Program, Human Services Coalition, Tompkins County Health Department, Tompkins County Department of Youth Services, Tompkins Harvest, and Tompkins County WIC Program.

In addition to housing the CNC Coordinator Grace Parker Zielinski, many other CCE-Tompkins staff and programs, including the Family & Community Development Team, Tompkins Food Future, COVID-19 Food Task Force, and Farm to School, have been involved in this effort.

For more information on this program, contact Grace Parker Zielinski, Childhood Nutrition Collaborative Coordinator at Cornell Cooperative Extension Tompkins County, at (607) 272-2292 or gp272@cornell.edu. ☀

SCNY from p. 22

consultant with DAP funds to analyze strategies for transitioning the farm from the senior generation to the junior generation. They have selected a strategy that will allow the senior partners to retire without placing an excessive burden on the farm's cash flow. Their next step will be to work with an attorney to implement the plan.

- A new startup grassfed dairy used DAP funds to hire a business consultant to review their business plan and develop farm budgets and financial projections. After working through this planning process, the farm realized that their business model would not support their financial goals, and they decided to exit the dairy business.

For more information on the SCNY Dairy & Field Crops Team, visit their website at <https://scnydfc.cce.cornell.edu/> or contact Janice Degni, Team Leader and Field Crops Specialist, at 607-391-2660 x414 or jgd3@cornell.edu ☀

HFFA from p. 4

written by participating healthcare providers. To date, more than 150 people with diabetes, cardiovascular disease and other chronic conditions have received free CSA shares and nutrition education as part of their clinical care. In 2020, as COVID-19 exacerbated disparities in access to fresh food, nutrition and health, HFFA tapped its relationships with farmers, distributors, chefs and community partners to address pandemic-related disruptions in



Agriculture and Food Team Leader Elizabeth Baz Perry (right) tests the accuracy of a canning pressure gauge for a resident at a testing event. Schedule an appointment to have your gauge tested by emailing Perry at ebs20@cornell.edu (Photo: Sandy Repp).

the food system and meet an upsurge in need.

In 2021, HFFA got off to a strong start with an award from the national No Kid Hungry campaign run by Share Our Strength which selected Healthy Food For All from among thousands of programs across the U.S. as a winning, innovative approach to improve early childhood nutrition.

After a bustling season distributing over 200,000 pounds of beautiful farm-fresh produce, 2021 culminated with its most successful annual appeal in HFFA's history. Thanks to the generosity of more than 370 donors, HFFA raised over \$150,000 to sustain and continue growing the program to keep pace with demand.

HFFA isn't resting on those laurels. 2022 plans include supporting emerging farmers to expand access to local produce for Gayogohónó and other BIPOC households as well as people transitioning from the carceral system and highly vulnerable youth through the Farm-to-Pantry, Farm-to-Prison and Farm-to-Plate projects in collaboration with community partners. HFFA is honored to work with Calvary Baptist Church, Enfield Food Pantry, No Mas Lagrimas, Traditional Center for Indigenous Knowledge and Healing, The Learning Farm, Ultimate Re-Entry Opportunity and Village at Ithaca.

To learn more about Healthy Food for All and to support their efforts to build a community where everyone has reliable and dignified access to quality, locally grown fresh fruits and vegetables, and farmers thrive as responsible stewards of our land, visit their website at: <https://www.healthyfoodforall.org/>.

Acknowledgements: 2021 Farmer Advisory Board: Buried Treasures Farm, Fort Baptist Farm, Full Plate Farm Collective, Here We Are Farm, Kestrel Perch Berry Farm, Main Street Farms, Nook and Cranny Farm, Plowbreak Farm, Remembrance Farm, Six Circles Farm, Stick and Stone Farm, Sweet Land Farm, TC3 Farm, Tree Gate Farm and West Haven Farm. Many thanks also to Blue Heron Farm, Jackman Vineyards and Youth Farm for supporting HFFA's Farm-to-Pantry and Farm-to-Plate special projects. Our heartfelt appreciation to HFFA's staff and more than 35 volunteers.

2021 Funders: Care Compass Network and Rural Health Network of South Central New York (Food As Medicine-Produce Prescription Program), Community Foundation of Tompkins County, FEMA Emergency Food and Shelter Program, Flerlage Foundation, Legacy Foundation, NY State Department of Agriculture and Markets, No Kid Hungry-Share Our Strength, United Way of Tompkins County and 370+ private donors. HFFA wishes to also thank the Park Foundation for their tremendous support from 2010 through 2019; without their partnership and investment over the years, HFFA would not be successful today. ☀

Nut Growing from p. 20

between planting and harvesting crops that require six or more years before they yield meaningful financial returns. This effort builds upon work underway at CCE-Tompkins, funding a two-year PES Educator position that will be guided by input from a statewide team of farmers, policymakers and other engaged stakeholders now exploring ongoing mechanisms for financing PES programs.

By the end of year two, "Facilitating the Adoption of Silvopasture and Alley Cropping Production of Nut Crops in New York State" aims to have 100 new or existing farmers adopt agroforestry practices with these nut crops and up to 20 farmers enrolled in a PES program; 1,000 acres of agroforestry plantings established or in the final planning stages; an interim regional nut processing system for NY State and surrounding regions with the ability to incrementally expand capacity as nut production increases; and a growing regional nut cooperative that by year four will have a successful market for chestnut and hazelnuts and be able to offer attractive purchase prices for nuts from farmers. A related economic benefit will be the growth in nut tree sales by regional nurseries going forward.

The project also will yield extremely important environmental benefits by expanding the use of agroforestry practices that limit soil loss and have the potential to mitigate greenhouse gas emissions by sequestering carbon in woody biomass and in undisturbed soil. These low intensity nut plantings require limited chemical inputs and will improve downstream water quality and enhance biodiversity both below and above ground.

Most importantly, silvopasture and alley cropping are estimated to sequester between 1 and 2 tons of carbon per acre per year in the soil and in living biomass. The project expects to bring about the adoption of these practices on 1,000 acres of perennial nut crops after two years and aspires to 10,000 acres after six years, for an estimated carbon sequestration total of 15 thousand tons per year after 2027 (see ProjectDrawdown.org for estimated carbon sequestration rates for silvopasture, tree intercropping and perennial staple crops).

For more information about "Facilitating the Adoption of Silvopasture and Alley Cropping Production of Nut Crops in New York State" or the USDA Specialty Crop survey, contact Graham Savio, Agriculture & Horticulture Issue Leader at CCE-Tompkins at gs695@cornell.edu or (607) 272-2292. ☀

SNAP-Ed from p. 18

who just want some new recipe ideas that have been reviewed by registered dietitians and nutritionists," Curless says. Recipes are available to download from the [Southern Finger Lakes SNAP-Ed New York](https://www.southernfingerlakesnap-ed.org/) website.

Federally funded SNAP-Ed teaches people how to shop for and cook healthy meals on a limited budget, make nutritious food choices, and choose a physically active lifestyle. Classes are offered through Southern Finger Lakes SNAP-Ed New York program, a regional partnership formerly known as Eat Smart New York, that includes Chemung, Schuyler, Steuben, Tioga, Tompkins and Yates Counties.

Other SNAP-Ed programs work with schools and community partners to build or improve healthier food environments for children and families. Classes often are provided in partnership with agencies and organizations that reach individuals with limited incomes, such as the Local Department of Social Service (DSS); food pantries or congregate meal sites, community-based health centers, supportive housing for families, transitional housing for adults or youth, qualifying senior centers, and libraries. Local classes generally last 60 minutes and are posted on the [CCE-Tompkins website](https://www.cce-tompkins.org/) with a description of the nutrition topic to be covered, the recipe that will be demonstrated in each session, and a list of ingredients for those who wish to cook along. These virtual workshops are open to the public.

Visit <http://cctompkins.org/food/snap-ed-new-york> for information about SNAP-Ed in Tompkins County and [upcoming classes](#), or contact Sarah Curless, SNAP-Ed Nutrition Educator, at sgc56@cornell.edu or (607) 272-2292 voicemail ext. 252 ☀



A shopper carries a salvia plant purchased from The Magic Garden at the 2021 Master Gardener Spring Garden Fair & Plant Sale (Photo: Mila Fournier).

Strategic Plan from p. 5

Inclusion goals into all program design, fundraising, community outreach, delivery, assessment and evaluation.

Goal 2: STRENGTHEN internal structures to become a more equitable, effective, transparent, and supportive organization is based on the belief that our staff, leadership and volunteers are our most valued resource and aims to remake CCE-Tompkins as an employer of choice in Tompkins County. Objectives include becoming a Tompkins County Living Wage employer; increasing administrative support and staffing appropriate to the level of work undertaken; improving the internal and external communication; increasing training and professional development options, and addressing facilities issues.

Goal 3: EDUCATE to support systemic changes that improve the conditions in which people grow, learn, live, work, and age in Tompkins County supports actions to increase climate resilience and mitigate climate change, support sustainable food systems, foster well-being for people across the age spectrum, work toward economic vitality and economic justice, and strengthen systems that improve community health outcomes.

Some Strategic Planning Committee members will continue to work with staff into 2022 to develop and refine the actions steps associated with each Goal and Objective. To review the Goals and Objectives in detail, visit <http://ccetompkins.org/strategicplan>.

Special thanks to Kelly White and MaryBeth Bunge of Illume Projects, LLC for their guidance and support.

The Strategic Planning Committee initially was comprised of CCE-Tompkins Board members Sarah *continued in next column*

Barden, Tisa Fontaine Hill, Tracy McLellan, Randi Quackenbush, Kate Supron and Carol West, and staff members Aloja Airewele, Dawn Montanye, Davi Mozie, Amira Omari, Sandy Repp, Ken Schlather and Theodora Greene Weatherby. The group was joined in early 2021 by Board members Tom Hirasuna, Ann Michel and Magnolia Ariza-Nieto, with the later addition of staff member Anna Steinkraus and Leadership Team members Sharon Anderson, Chris Kai-Jones, Megan Tifft, Graham Savio, Karen Yearwood. ☀

Cultural Humility from p. 14

participated. Educators adapted the curriculum for each group based on their feedback and interests, and activity kits were given to each family that included children's books, and multi-cultural crayons with eight shades of skin tones. The program was well received by the families involved and children were excited about being able to start drawing people with all different skin colors. The Family & Community Development program intends to offer the curriculum again in 2022-2023.

Collaborators on this project included Cornell Associate Professor Laura Tach, Postdoctoral Associate Elizabeth Day, and Engaged Cornell Summer interns Lauren Kessler and Matthew Sheen. Special thanks go to Cornell work-study and Engaged Cornell students who helped to support all these efforts. Funding was provided by the William T. Grant Foundation, Institutional Challenge Grant and special funding through Engaged Cornell.

For more information, contact Anna Steinkraus at ams69@cornell.edu or (607) 272-2292 extension 145. ☀



Community Beautification Program staff and Beautification Bridgade volunteers maintain the public planting at the Aurora Street Triangle (opposite the Ithaca Commons/Viva Taqueria). From left, volunteer Rhonda Lathwell, staff member Brett Williams, volunteer Dan Klein, and staff member Eileen Sheehan.

This page is left blank intentionally.

This page is left blank intentionally.

Cornell Cooperative Extension
Tompkins County
615 Willow Avenue, Ithaca, NY 14850-3555

Non-Profit Organization
U.S. Postage
PAID
Permit No. 332
Ithaca, New York

CHANGE SERVICE REQUESTED

