



2021 ANNUAL REPORT

**Cornell Cooperative Extension
Monroe County**

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Cornell Cooperative Extension of Monroe County believes in shared leadership through locally elected Board of Directors and active program development committees. Our dedicated staff and volunteers work with Cornell faculty, agriculture, nutrition and 4-H youth development teams to put research to work to grow, strengthen and sustain a healthy, vibrant and economically strong Monroe County.

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.



VOLUNTEERS

We simply could not accomplish our mission without each and every one of our volunteers. Even through COVID-19, volunteers have found creative ways to support CCE-Monroe both virtually, remotely, and in person. Thanks to all our volunteers who continued to help us navigate 2021. Their contribution cannot be adequately measured. Cornell Cooperative Extension further impacts Monroe County because of them!

VOLUNTEERS contributed
over **6,500 HOURS** of
their time in 2021



+

=

\$ 185,500.00

From the Director's Desk...

Cornell Cooperative Extension of Monroe County (CCE-Monroe) has seen a year of increased growth in funding, staffing and outreach. Our staff and volunteers continued to press through with creative solutions to ensure Monroe County residents were provided unbiased, research-based education and resources; many of these resources directly addressing the challenges COVID-19 has presented our community.

The SNAP education team has expanded, vital socially distant in-person programming was provided to residents, and online nutrition workshops supported those dealing with significant health challenges. Our Horticulture team also expanded with the addition of a Natural Resource program; urban gardening outreach, an increase in Diagnostic Clinic submissions, and an unprecedented number of requested garden-based workshops kept the team of educators and volunteers very busy. Master Food Preservation workshops were among library favorites this year. 4-H Youth Development brought agriculture and dairy education to over 1000 students and provided opportunities for Rochester youth to experience 4-H camp at Bristol Hills. Our Agriculture team expanded outreach to support small scale food processing, a growing niche within our region. Requests for support from new and beginner farmers were also in high demand.



Andrea Lista, Executive Director. Photo: Staff

All of the outreach listed above and detailed in this Annual Report would not be possible without the collaboration of our community partners. Partnerships with Monroe County businesses, organizations, non-profits, schools, universities, municipalities, and community action groups create synergy and extend our reach far beyond our own capability. We are truly honored to work alongside such incredible organizations and community members. I'd like to thank the support of the Monroe County Executive and Legislature, the Monroe County Parks Department, as well as our donors and funders. Capacity is always tied to available resources and we have been blessed to increase outreach resources this year. Finally, this paragraph would not be complete without a specific shout out to our amazing volunteers! You are the hands and feet of this organization; thank you for your commitment and passion to support the work of CCE-Monroe.

In Service,

A handwritten signature in black ink that reads 'Andrea M. Lista'.

Andrea M. Lista
Executive Director

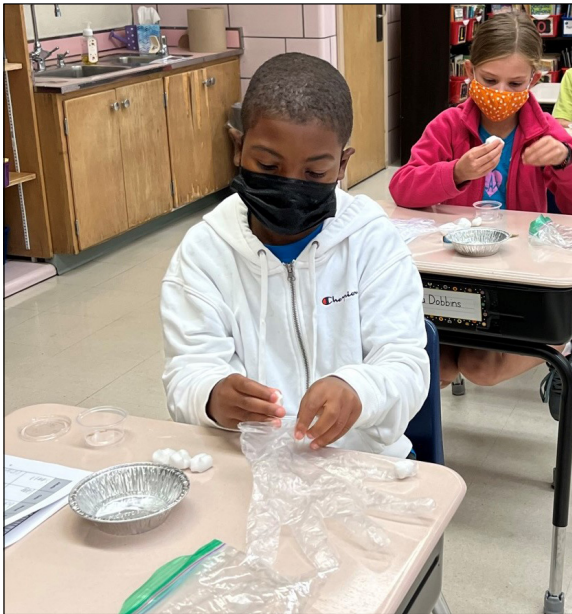
OUR MISSION

Cornell Cooperative Extension of Monroe County provides research-based information and educational programming to ensure the vitality of agriculture, strengthen families, promote health and well-being, responsibly improve home and community landscapes, and enhance our natural environment.

4-H Youth Development



Miss Destiny teaches youth at School 33 all about dairy.
Photo: Staff



youth about the different ingredients that go into a cow's diet. One of those ingredients being the corn seed that they had begun growing in their necklaces.

Students in grades four through eight began growing multiple ingredients that go into a cow's ration by planting Dairy Farms in a Glove! Students learned about alfalfa, soy, wheat, corn, and oats and how they play a role in keeping dairy cows well fed. Many classrooms hung their gloves in their classroom windows and observed as seeds sprouted. The students were provided an activity guide to continue recording observations about their dairy farms in a glove and learning about the parts of each plant.

This program, generously supported by NYS Dairy Farmers and managed by NYS Agriculture in the Classroom, is a vital tool in connecting Monroe County youth to agriculture and the foods they eat every day. CCE-Monroe is excited to continue providing these immersive experiences in the coming year.

Students at Brooks Hill assemble Dairy in a Glove.
Photo: Staff

4-H PROGRAM SHARES DAIRY ACTIVITIES WITH MONROE COUNTY SCHOOLS

A Seed's Journey and *Moo to You*, dairy farming educational programs supported by funding from New York State Dairy Farmers, connected over 2,300 youth in grades K-8 to the dairy industry through in person and virtual learning opportunities.

In *A Seeds Journey* youth in grades K-3 created seed germination necklaces, and youth grades 4-8 grew their own dairy farms in a glove. All students learned about the journey that a seed goes through to become an essential part of a dairy cow's diet!

Youth in kindergarten through third grade learned about the parts of a seed and created their very own seed germination necklaces. Within just a few days students were excited to see their seeds sprout! The 4-H program provided all teachers with an activity guide so that students could continue learning about the parts of the plant after the in-person program was completed. 4-H educator Jessica Reid taught

4-H delivered agriculture in the classroom and STEM lessons to youth in over 25 Monroe County schools.

Over 300 youth completed 8 hours of programming, learning how to make healthier choices for nutrition, mindfulness, and physical activity.

Four trained teens taught over 150 younger youth to slow climate change.

4-H Youth Development

4-H EXEMPLIFIES SERVICE, LEADERSHIP & PERSEVERANCE

The Young Citizen of the Year and Willie W. Lightfoot Youth Advocate of the Year Awards represent two of the highest honors for youth and adult leadership, community service, advocacy and perseverance in Monroe County. These awards pay tribute to outstanding citizens who exhibit remarkable leadership, perform extraordinary acts on behalf of others, or have served as a role model for youth advocacy. Six youth and one adult volunteer from the Monroe County 4-H program were honored for their impact on and advocacy for the youth in our community.



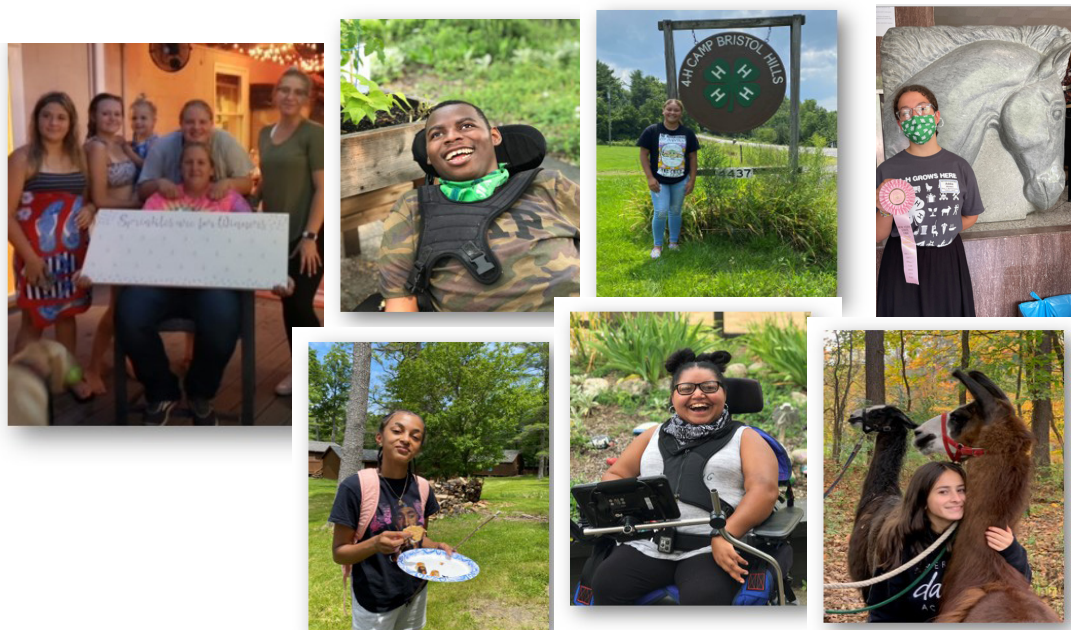
Shawna List was honored with the Willie W. Lightfoot Youth Advocate of the Year Award. Shawna was a past member of 4-H, and now, as an adult, continues to inspire youth to improve themselves and their community. Shawna is the leader of the Mariah Meadows 4-H Club, where youth can learn about and care for horses while growing into caring, competent citizens.

Recipients of the Monroe County Legislative Youth Citizenship Award include:

Laila Perez and Josearis Lopez who are part of Ibero-American Action League's Aspira Mentoring Program. Laila Perez is dedicated to social justice and improving her community. Through 4-H UNITY, Laila has helped create a school garden, participated in a Harry Potter Leadership Seminar, and decorated the sidewalk of the elementary school to inspire younger youth. Josearis Lopez is dedicated to youth advocacy and supporting her peers. EMHCS is a bilingual institution, with many of the students immigrating from other countries without knowing much English. When Josearis has finished her work, she helps other students by translating directions for them.

DeAshaney Holloway and Shamell Campbell are members of the Busy Bees Club at Mary Cariola Center. DeAshaney is creative and always takes an active role in every community service project including supporting the Monroe County 4-H Virtual Petting Zoo and creating art to support the environment. Shamell has been an active member of 4-H for five years and is a positive force in his club and classroom.

Within the Posh Ponies 4-H Club, Addie Whilden has cooked dinner for people without homes, collected donations for Agape Haven of Abundance, and helped plant trees at Ellison Park. Madeline Basset has helped to pull water chestnuts (an invasive plant species), out of Braddock Bay, cleaned up litter off the trails at Turning Point Park, and walked in a fundraiser for NAMI (National Alliance on Mental Illness). Both Addie and Madeline participate in numerous community outreach projects each year.



Pictured left to right: Top - Shawna List, Shamell Campbell, Josearis Lopez, Addie Whilden. Bottom - Laila Perez, DeAshaney Holloway, Madeline Basset.

4-H UNITY (Urban Neighborhoods Improved Through Youth) is part of the Children, Youth and Families At-Risk (CYFAR) Program. The project is supported by Smith Lever funds, National Institute of Food and Agriculture (NIFA), U.S. Department of Agriculture (USDA), Bronfenbrenner Center for Translational Research, New York State 4-H and Cornell University. 4-H UNITY is conducted in Indictott and Rochester by Cornell Cooperative Extension (CCE) of Broome County and CCE of Monroe County in close partnership with New York State 4-H, Cornell University.

Agriculture

OPEN FORUM FOR SMALL SCALE FOOD PROCESSORS



The Open Forum For Small Scale Food Processing workshop, organized by Cornell Cooperative Extension of Monroe County, was aimed at current and aspiring food entrepreneurs to help them better understand the key factors that contribute to a successful small scale food business. Two main topics were covered: the fundamentals of food processing including the licensing process, regulatory issues, and food safety; and the basics of managing a small business such as writing a business plan, setting prices, and applying for grants.

Presenters from the NYS Department of Agriculture and Markets, Cornell University Food Venture Center, Small Business Development Centers, and local business owners shared their knowledge and experience with participants. The workshop generated an overwhelming positive response from the

audience. It also produced new inquiries, especially in the area of food processing fundamentals. Some asked questions specific to their own operations during the workshop, some sent them by email after the event.

In response to the high level of interest an Open Forum was planned as a follow up. The Forum was an informal event in which participants were encouraged to actively engage for learning and networking. Speakers included John M. Luker, Assistant Director, Division of Food Safety & Inspection, NYS Department of Agriculture & Markets, and Laura Fox O'Sullivan, President, The Commissary: Downtown Kitchen Incubator & Vice President, Rochester Downtown Development Corporation. John shared his expertise in the world of regulatory and licensing requirements; Laura discussed the process of using their commercial kitchen and the services it offers. Additionally, Shannon Prozeller, Cornell University Food Venture Center, was on-hand to answer questions regarding recipe approval and scheduled process to assure the safety of the products.

If this had been an in-person class, the physical space would have been tight. But COVID protocol required an online format of this popular workshop, and we are glad it did! With 60 participants joining in everyone had a "seat".

In 2021 through multiple online workshops, over 800 participants were provided gardening education to support food growing efforts, strengthen participant connection with nature and boost community health and resiliency.

GROWING GARLIC 101

Garlic is one of the easiest plants to grow in your vegetable plot and fall is the perfect season for planting! Planting in October works well in our climate because it allows the garlic to establish its roots prior to winter dormancy. Although easy to grow, producing high-quality garlic with large, tasty, full-flavored cloves - while avoiding pests and diseases requires skill and knowledge.

CCE-Monroe, in collaboration with Fraser's Garlic Farm, hosted a "Growing Garlic 101" Workshop. Community garden members, school garden educators, urban and suburban backyard gardeners and aspiring small-scale market growers joined in the session. The workshop covered planting, growing, harvesting, curing, and storing. Common pest and disease problems were also discussed. Special consideration was given to garlic as a crop to be grown for market as gourmet garlic is becoming more popular and profitable every year. As a good storage vegetable, it can be sold at farmers' markets and roadside stands throughout the season. To help potential market growers with this specialty crop, Ed Fraser of Fraser's Garlic Farm, Churchville, NY, shared his experience of growing and marketing the gourmet garlic produced on his organic farm.



*Ed Fraser, Fraser's Garlic Farm in Churchville.
Photo: Staff*

A CUSTOMER SURVEY OF U-PICK BERRY FARMS IN MONROE COUNTY

During the past 2 years the pandemic marked with precautions and restrictions created concerns about the spread of the Corona virus causing many to turn to local sources of food. People who were worried about germs on their produce looked for more direct ways to buy fresh produce. Others who were tired of being cooped up in their homes for months were seeking recreation. This led many to their local U-Pick farms. The resulting surge of customers brought a revenue increase for farmers, in some cases up to 75%. It also provided a good opportunity to complete a customer survey that would examine the factors that influence customer satisfaction, customer demographics, duration of their stay and the amount of money spent.

CCE-Monroe, in collaboration with researchers Ya-Ling Chen, Ph.D. and Nick Pitas, Ph.D., Department of Recreation, Therapeutic Recreation & Tourism at SUNY Brockport, embarked on a study entitled 'Needs Assessment at Berry U-Pick Farms in Monroe County' funded by the Genesee Valley Regional Market Authority. A questionnaire was developed with the goal of creating a series of best-practices for farmers and provide recommendations on how U-Picks can better serve their customers. Over 220 customer responses were collected at four blueberry and raspberry U-Picks in Monroe County and its vicinity. While it would be false to assume that the results apply to all farms, the study provided valuable insight.

From the data, the researchers learned that U-Pick visitors are mostly female, Caucasian, and residents of Monroe County. Their average age was 50, and nearly 50% had a graduate or professional degree. This indicated that some of the racial or ethnic minority groups, younger adults, and individuals with lower socioeconomic status were not included and did not equitably benefit from visiting the U-Pick farms in the region.

In evaluating services or farm characteristics that influence visitor satisfaction, survey respondents placed the highest value on the quality of the fruit, taste of the fruit, helpfulness of staff and ease of checkout. The results also suggested that farmers should focus on improving perceptions of availability of desired berry varieties through competitive pricing and more effective communications using their website, social media, answering machine recording, and signage about what is available/not available to "avoid disappointment when customers arrive."

Following the findings, CCE-Monroe Agriculture program plans on working with U-Pick farmers to help them improve their marketing strategies and attract customers in the post-pandemic era. We will also help them connect with minority groups that could be a significant market potential for U-Pick farms.



Jarmila Haseler & Zach Stoessel share U-Pick information.
Photo: Staff

Regional Agriculture Teams

Northwest NY Dairy, Livestock, Field Crops (NWN)

Serving a 9-county region in the western part of the state, the NWN team's specialists work together with Cornell faculty and extension educators statewide to provide service to farms large and small, focused on dairy, livestock, hay, corn, wheat or soybeans.

Cornell Vegetable Program (CVP)

Serving a 14-county region, CVP is a team of vegetable specialists providing educational programs and information to growers, processors and agri-business professionals, arming them with the knowledge to profitably produce and market safe and healthful vegetable crops. The program focuses on food safety, variety evaluation, market development, pest management, and cultural practices.

Lake Ontario Fruit Program (LOF)

Serving a 5-county region, LOF provides educational programs for the commercial fruit industry using research-based information to help the tree fruit and berry industries in NY compete in the world market and provide safe, high-quality produce for consumers.

Harvest New York (HNY)

An innovative Cornell Cooperative Extension team that focuses on development projects in the farm and food industries of rural and urban New York. The team began in 2012 in Western New York, expanded into Northern New York in 2016, and now extends into New York City to better serve all of New York.

Cornell Vegetable Program



The Cornell Vegetable Program (CVP) offered an exceptionally high number of educational events in spring 2021. Some of this programming, especially in April, was held online. However, online classes are just not the same as in-person learning opportunities. Some educational needs, like learning hands-on skills or gaining peer-support on the finer pragmatics of applying newly learned concepts, cannot be duplicated well online. Poor internet service in large portions of the CVP region further limited the utility of online programming. Growers wanted to return to in-person classes. As health and safety restrictions were lifted, our team quickly planned a large number of in-person educational events throughout the region. In some cases, we creatively reached out to other agricultural organizations jointly offering early field-season events. This new way of partnering strengthened the regional team's ties with local ag service providers and grower boards. The amount of grower interest and engagement in these in-person meetings was phenomenal! In far WNY alone, CVP offered 11 different in-person meetings on just fresh market production topics between April and June. A whopping 169 growers attended those 11 events!

Grower interest was high for many reasons. For starters, CVP planned excellent educational content and made a real push to bring out special speakers for these early events. Using varied educational formats that ranged from question-driven, peer-centric field walks, to hands-on skills workshops and from farm tours, to formalized field days fostered learning environments that were more welcoming to a wider array of learning styles. Pragmatic and social aspects unique to our collective re-emergence from COVID-19 also helped boost grower enthusiasm for meetings this spring. Some growers needed to catch up on DEC pesticide recertification credits. Others felt they could use a skills refresher or were enticed by the opportunity to attend a class on production issues that arise in the spring and early summer. Luck with the weather, with meetings often falling on rainy days, helped too. More importantly though, these in-person classes offered folks a chance to return to a time-honored agricultural tradition – the field meeting – and in doing so, allowed growers to regain a small sense of normalcy. In-person meetings gather growers together around common interests. And yes, growers do learn new information at these meetings.

Perhaps though, the most substantial and meaningful outcome of all these successful spring meetings was actually social. CVP events provided growers and others in the ag community a chance to visit and reconnect, a chance for new growers to network with peers, and a chance to take some time out of a busy season to socialize in a more normal way. And, as we all learned this past year, holding some space and time for social activities is important in finding balance and allowing us to reach our full potential.



Top: Cabbage herbicide trial in Hamlin, NY: CVP Specialist, Christy Hoepting (center), CVP Technicians Emma van der Heide (left) & Sarah Caldwell (right). Bottom: CVP field technicians, Sarah Caldwell and Emma van der Heide completing a harvest evaluation.
Photo: Staff

Lake Ontario Fruit Program

BEING NIMBLE & RESPONDING TO GROWER NEEDS SUPPORTS FRUIT INDUSTRY IN 2021

For the first time ever, LOF had to host their winter educational meetings virtually. Months of diligent planning by LOF and our counterparts in Eastern NY (CCE-ENYCHP) produced a comprehensive meeting, “CCE’s NY Tree Fruit Conference” on February 2nd-4th. This event was in place of our usual (statewide) Empire Producer’s Expo and (regional) Winter Fruit Schools, and CCE-ENY’s (regional) winter conference. Post-conference evaluations indicated it was an excellent conference full of dynamic speakers from several states. Many stated if it was not virtual, they would be unable to attend all or part. The majority are in favor of a hybrid delivery model in the future. The conference covered 3 full days and 12 sessions. The largest sessions (DEC pesticide applicator credits) had over 350 attendees. Non-credit sessions had from 125-225 attendees.



The Lake Ontario Fruit Team together for the first time since before the pandemic - over 15 months!

*Front Row: Mario Miranda-Sazo, Kim Hazel, Liz Tee.
Back Row: Craig Kahlke, Janet van Zoeren, Mark Wiltberger.
Photo: Staff*

Most other educational programs this year continued to be held virtually. While many are suffering from “Zoom™-fatigue”, at least most of our stakeholders are comfortable in being able to successfully participate and interact in this format after nearly a year of practice. Summer continued the busy field season that started in the spring for the team. A Summer Fruit Tour was planned and executed, bringing a sense of normalcy to the the summer. In addition, field research, trap monitoring, harvest maturity testing, and grower visits were main activities.

Northwest New York Dairy, Livestock & Field Crops

WOMEN LANDOWNER CONSERVATION EDUCATION WITH AMERICAN FARMLAND TRUST

With nearly one-third of the cropland in the Genesee River Basin being rented land, conservation education must reach beyond farm operators. In collaboration with American Farmland Trust (AFT), Cornell Cooperative Extension pioneered the learning circle methodology for engaging women landowners in discussion focused education on soil health and conservation practices. With new funding from an EPA Great Lakes Restoration Initiative Grant, AFT reached out to our CCE NWNYS Team to mentor a new Stewardship Coordinator hired for the project, facilitate learning circles over a 3-year period, and develop a marketing plan for public outreach using a public art exhibition featuring conservation in action on Genesee River Basin farmland.

With the pandemic limiting in-person interaction, an evening virtual learning circle was piloted focusing on soil health. CCE facilitated the online discussion among 20 women. The featured topics included lively discussions of “Understanding Soil Health” with Nicole Kubiczki, USDA – Natural Resource Conservation Service and “Soil Health Assessment” with Kirsten Kurtz, Cornell Soil Health Lab. At a mid-October field meeting at Fall Brook Farm in Genesee seven women saw the difference in friability, organic matter and hard pan layer in a cultivated field setting and the adjoining forest with the same soil type. The field setting had been conventionally tilled for decades and has just started to be managed with reduced tillage in the last couple of seasons.

Women who attended both sessions indicated the lessons learned were valuable to them based upon comments at the end of sessions. These landowners are eager to learn more about the technical aspects of improved soil health and are interested to work more closely with farm operators of the land to protect and improve the soil.

Horticulture

CCE-MONROE LAUNCHES NEW NATURAL RESOURCE PROGRAM

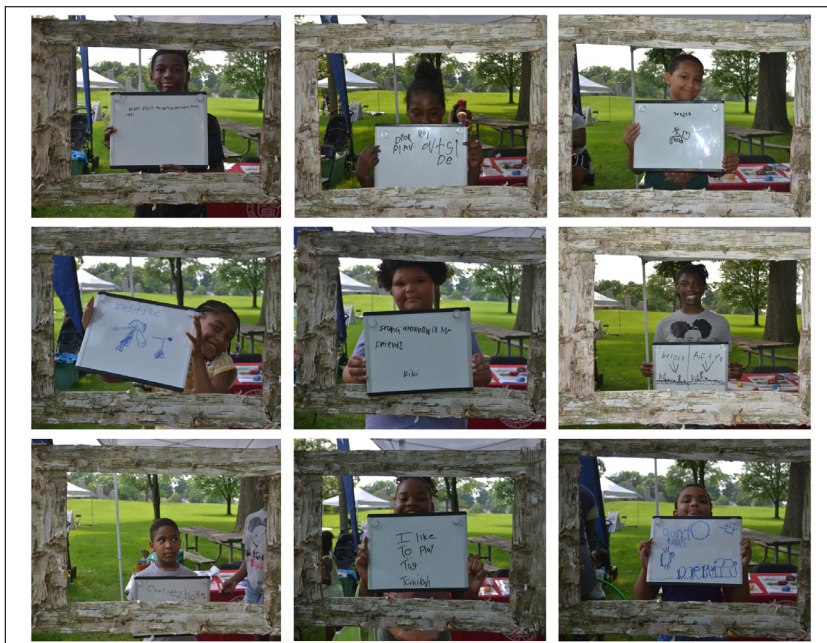


CCE-Monroe's Natural Resources program launched in April of this year. Educational themes of the program include climate change, energy, ecology & public health's intersection with the natural world.

A major pillar of the program is a brand new 'master program' developed in partnership with Cornell University, Sea Grant, NYSERDA & the Extension system. This program called the Cornell Climate Stewards is a 12 week instructional program on climate change that includes a volunteer element to bolster communities mitigation and adaptation efforts against the changing climate. Prior to the program launch in

September, Christina Das, Natural Resource Educator, spent time promoting, conducting outreach, and recruiting for the new Natural Resource program and for the Cornell Climate Stewards. The summer was spent tabling at farmers markets and various art, culture, and science events.

One particularly shining moment came from an event over the summer hosted by the City of Rochester to honor the site of the future Nature Center in Maplewood Park. At this event, Christina created a 'Natural Resources photobooth' complete with a frame constructed of natural materials. Participants were encouraged to use the provided whiteboard to record (drawing or writing) either an activity they like doing outside or ways they like to be 'nice' to the earth. Some of these activity ideas are pictured above.



WORKFORCE DEVELOPMENT THROUGH THE LANDSCAPE TECHNICIAN TRAINING PROGRAM

The Landscape Technician Training program has run successfully for more than 20 years in the Rochester area; however in 2021 it has finally found a permanent home. This was the first year the Landscape Technician Training Program was offered through CCE-Monroe.

The lack of employees in the field of horticulture is acute. This is echoed by many industries that utilize physical labor. The lack of potential employees was felt even more deeply under the 2020-2021 COVID circumstances. In addition, despite the signs of recovery for the Greater Rochester Area, there are still many people who are out of work, particularly people who live in very low-income neighborhoods in the city. The main goal of the Landscape Technicians Training Program is to connect students with employers in the horticulture industry and help them secure employment. In the process, we introduce the students to the many different career paths available in the industry and share the instructors' passion for horticulture. We are working to diversify an industry that has traditionally overlooked people of color as potential employees. Typically there is an 85-90% completion and employment rate through this program. This year was no exception, despite COVID challenges.



LTP Participants learn about soil health. Photo: Staff

NEW FUNDING MEANS NEW INNOVATIVE OUTREACH

NYS Seed to Supper (S2S) is a beginning gardening experience that provides novice gardeners with the tools they need to connect with other people, grow in confidence, and successfully grow a portion of their own food on a limited budget. Originating with the Oregon Food Bank, we offer this program in partnership with Cornell Cooperative Extension educators and community-based host agencies throughout New York State.



Announcing the Food Forest Trial Garden Project

Growing edible, perennial landscapes has long been a practice in agroforestry, indigenous agriculture and permaculture. Now we are bringing these groundbreaking practices to CCE educators, Master Gardener Volunteers and home gardeners with a program that builds hands-on ecological gardening skills for educators and funds small pilot demonstration gardens to spread this knowledge across our state.

Pollinator Friendly Gardens

We need pollinators. Pollinators need us.

Pollination is vital to our food supply. Birds, bees, butterflies, beetles, as well as other insects and small mammals are responsible for putting one out of every three bites of food in our mouth. These insects and other animals play a key role in helping plants reproduce. Pollinators travel from plant to plant carrying pollen on their bodies, transferring genetic material critical to the reproduction of most flowering plants. In fact, over 75 percent of the world's flowering plants need help with pollination. These necessary plants not only feed us but also produce half of the world's oils, fibers, and raw materials, as well as prevent soil erosion and increase carbon sequestration. It is widely known that the Honeybee, Native bee, Monarch butterfly and songbird populations are all in decline due to several environmental factors including loss of habitat, pesticide use, pollution, and climate change.

Monroe County Master Gardeners are officially joining the world-wide effort to educate the public on how to help pollinators. The Pollinator Friendly Garden program provides helpful information on how to encourage and support pollinators whether it be on a doorstep or apartment balcony, in a front or back yard, or surrounding a parking lot. Residents can have their pollinator friendly garden certified through CCE-Monroe by contacting the Master Gardener program.



Master Gardeners, Laurie Mairer and Roberta Wagner presenting a Pollinator Certification plaque to MG Charlie Valeska. Photo: Staff

The Diagnostic Clinic saw an unprecedented number of soil samples in 2021, as well as insect and disease diagnostic requests. Combined with the increased number of requests for gardening workshops, support for garden start-ups, and MG Helpline calls, local interest in connecting with nature continues to be a priority for our residents.

SNAP-ED NY INCORPORATES SENSITIVITY TRAINING IN NEW AROUND THE TABLE PROGRAM

Article written by Taegan Gandolfi, CU Dietetic Intern w/ CCE

A new way to address nutrition has been applied to the Cornell Cooperative Extension in their new Around the Table program. With the help of Leah's Pantry and SNAP-Ed NY, this program shifts the question from, "What is wrong with you?" to "What happened to you?".

This aspect of teaching can be helpful to those who have or are exposed to trauma. It is seen that 61.5% of adults and 48% of children have been exposed to adverse childhood experiences or trauma. Over half the public has had adversity, which causes people's brains to mature differently, and — paired with unhealthy coping skills — can lead to risky behaviors. In time, this leads to disease, disabilities, or social issues.

The Around the Table program can offer a way to curb trauma with positive coping skills. This program is six weeks long, offered to children and families who can learn the basics of what to do when shopping for food, prepping meals, and including family time into their everyday lives through nutrition. This program also helps spot positive and toxic stress and teaches how to manage it, along with tapping into what is important to you and your family.

Around the Table offers a joint approach to how the class is taught that takes feedback and input from the students and families to find a positive outlet to address stress through mindfulness and nutrition. We understand that food and nutrition are a vital part of everyone's life. The Around the Table program can help families find a positive relationship between themselves and their food.



FVRx MAKING HEALTHY FOOD ACCESSIBLE

The Fruit and Vegetable Prescription (FVRx) Program creates a system where health care providers in the community can write prescriptions for fresh fruits and vegetables in partnership with SNAP-Ed programs and local food retailers. Participants in the program receive vouchers to spend at local farmers' markets, farm stands, and other retail options – giving additional purchasing power to people who need it most.

In the 3rd quarter survey of FVRx participants, a total of 19 were diagnosed with high blood pressure, high cholesterol and diabetes. Of those patients who participated in the FVRx program, 68% have increased fruit intake, 63% increased veggie intake, 58% increased physical activity, and 84% increased access to healthy foods for their family.

FVRx participant, Kathy W. shares her experience with the program:

Although, I had gone through classes before geared around diabetes, life got going and I forgot a lot. I went back to some very bad eating habits. But these classes came at a great time in my life! They gave me a restart on my eating with health in mind! Thank you all for being open and sharing what you are struggling with in your lives! May we all be more aware of what and how much we eat!



Above left: A sample of fruits and vegetables purchased through FVRx program vouchers. Left: A healthy meal prepared by an FVRx participant using recipes taught in the program series.

Photos: FVRx Participants

Master Food Preservation



FROM GARDEN TO PANTRY

The bounty pictured above was submitted by Jenelle Harrieff, daughter of Audrey Deane, *The Tomato Queen*, as part of a photo contest highlighting Master Food Preservation in Monroe County. Jenelle shares a bit of her Mom's story below.

This little snippet does not do [Mom's] wall-full of provisions justice, but it is incredible to see a sample of what she grows, harvests and cans into the most glorious soups, salsas, roasted San Marzano sauces, jams, chutneys, pickles and relishes. Over the past two years especially, [Audrey] has been motivated to teach others and preserve the harvest in order to feed our families in the face of uncertainty.

There is nothing finer than crackers and warm "Grandma Jam" left over because there was not enough to fill the last jar. Don't even get me started on her famous ginger pickles or zesty corn relish made fresh from her garden with homegrown garlic and sweet corn picked on our friends' farms that morning.

Every time I pop a lid, I think of the countless hours [Audrey] spent toiling on her seedlings, tending her gardens, and battling voracious horn worms and vermin before it is finally time to harvest with my niece and nephew - who eat most of the berries! Then she is off to chop, create and process jars into the wee hours of autumn.

Each bite is a reminder of [Mom's] unconditional love for all of the friends and family she delights with her creations throughout the wild seasons of western New York. Vegetable soup on a chilly day, lasagna with heirloom orange tomato sauce, or meatloaf-topper that caramelizes with the beef and oozing cheese are true comfort food!

As an avid foodie who loves to curate ingredients for crudités platters as I travel throughout our beautiful state, my cheeseboards are not complete without raiding [Mom's] chutneys and jalapeno jam for that nourishing taste of summer and HOME!

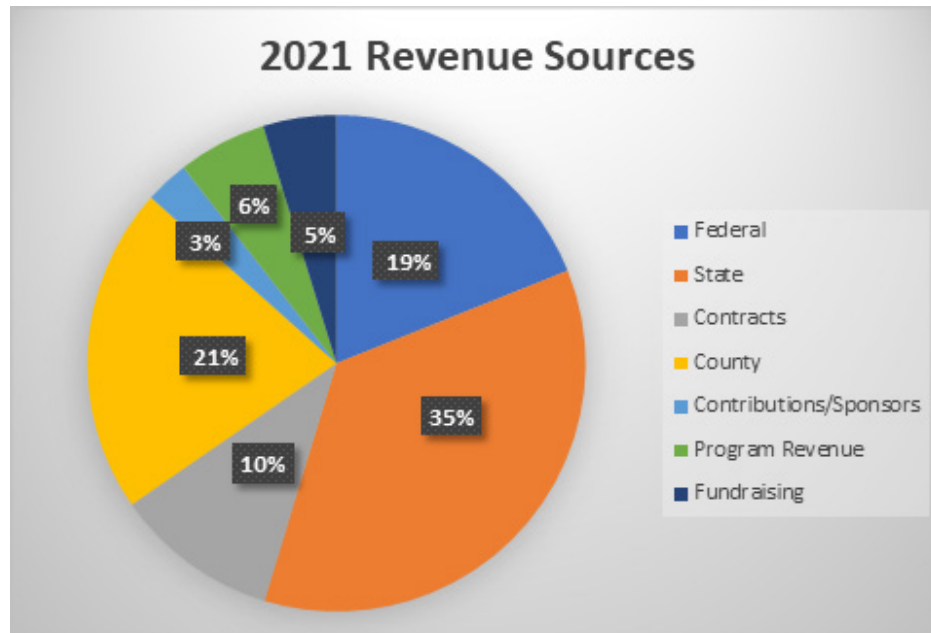
For submitting entries to the MFP Photo Contest, both Jenelle and Mary each recieved a case of 8oz canning jars and pectin to support their canning projects.

Pictured right: Mary McVicar Keim submitted a sample of her 2021 Jam Collection. Mary is an avid food preserver who creates scrumptious jams for family and friends.



Financial Overview

2021 REVENUE SOURCES - \$1,173,379 TOTAL



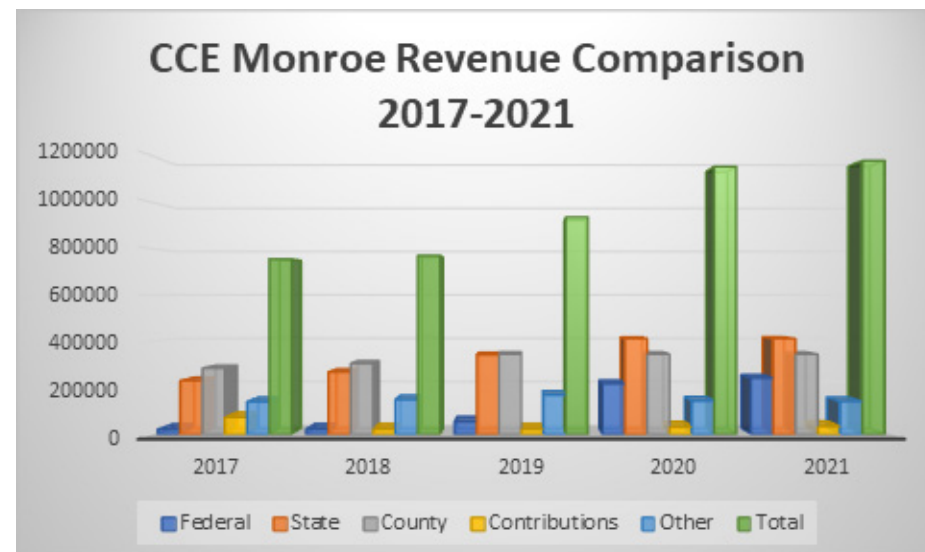
HEALTHY FUNDING PROVIDES THE ROOT SYSTEM IN WHICH CCE-MONROE GROWS

CCE-Monroe is a subordinate governmental agency with an education mission that operates under a form of organization and administration approved by Cornell University as an agent for the State of New York. It is tax-exempt under section 501(c)(3) of the Internal Revenue Code.

The CCE-Monroe Association is part of the national cooperative extension system. As New York's land grant university, Cornell administers the system in this state.

Each Cornell Cooperative Extension Association is an independent employer that is governed by an elected Board of Directors with general oversight from Cornell. CCE-Monroe is supported by public and private funding.

We acknowledge the County of Monroe as a primary partner and thank the County, our donors, community partners, and residents for their unending support.



Foundation | Friends of Extension



Members Include:

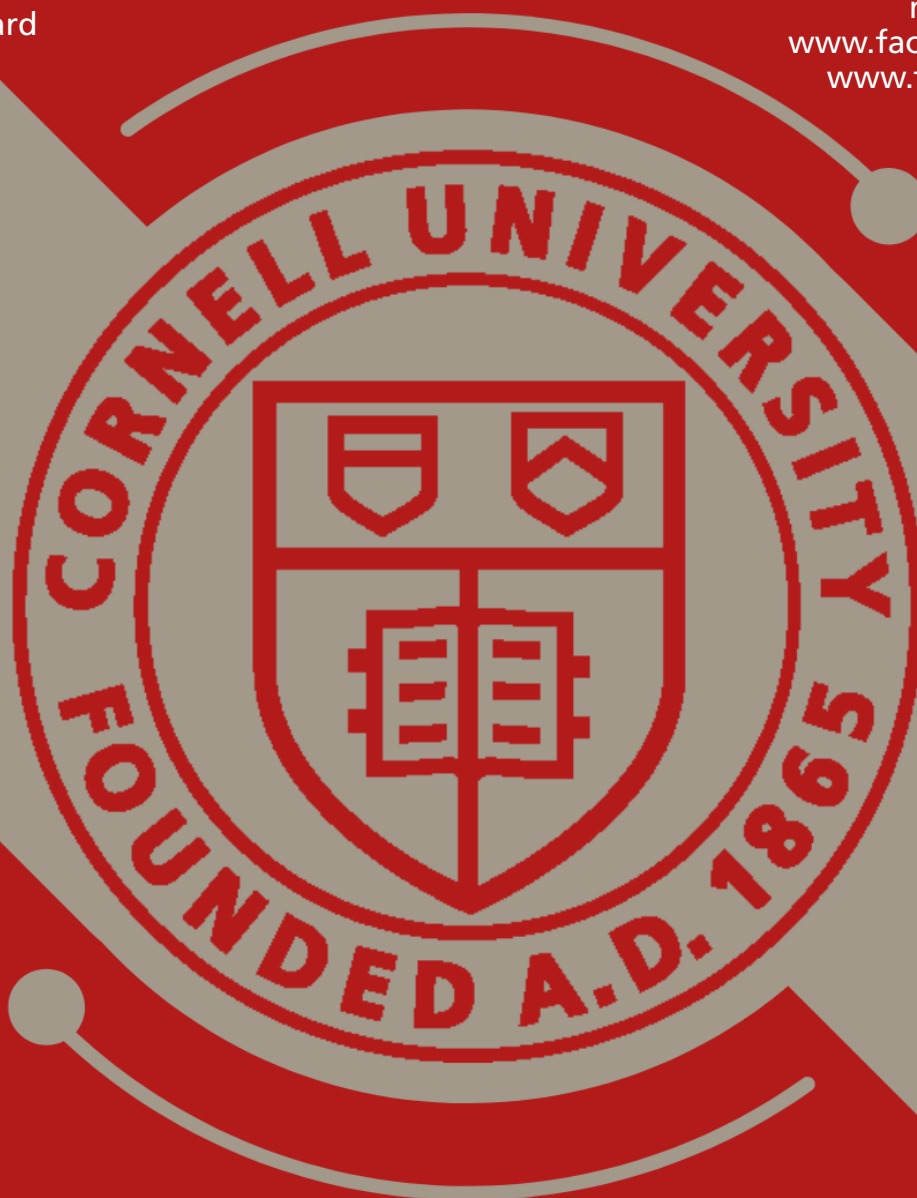
Jim Farr – Chairperson; Rachel Pickering Bonsignore – Co-chair; April Iacuzzi; Gerald Kral; Audry Liao; Dan Schied, Don Sweet

The Foundation, also known as Friends of Extension, is a separate 501(c)(3) established to support the work of CCE-Monroe. This dedicated group seeks to ensure long term sustainability of CCE-Monroe's impact on Monroe County.

Projects the Friends of Extension supported this year include the purchase of ergonomic equipment, a communications and marketing outreach project, the 4-H Ryan Scholarship program, and Blocks In Bloom support.

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TEAMS

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Administration

Keisha Dutton
Sharon Hancock

Agriculture

Jarmila Haseler

4-H Youth Development

Susan Coyle
Destiny Draggett
Megan Kelly
Evan Lowenstein
Jessica Reid

Horticulture

Elizabeth Berkeley
Christina Das
Michelle Gohringer
Marci Muller
Ashly Piedmont

Nutrition – SNAP-Ed

Sandi Bastedo
Laurence` Walker
Candice Williams
Illuminada Vilca
Michelle Weiler

Western Shared Business Network (WSBN)

Kimberly Amey – HR
Harold Collier – Finance
Donna James – Finance
Jenn Matthews – IT

Integrated Pest Management

Brian Eshenaur

Cornell Vegetable Program

Elizabeth Buck
Robert Hadad
Christy Hoepting
Julie Kikkert
Margi Lund
Judson Reid

Northwest NY Dairy, Livestock, Field Crops

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John Hanchar
Kaitlyn Lutz
Joan Sinclair Petzen
Margaret Quaassdorff
Mike Stanyard

Lake Ontario Fruit Team

Craig Kahlke
Mario Miranda Sazo
Mark Wiltberger
Janet van Zoeren

Harvest NY

Sam Anderson
Cheryl Bilinski
Makela Elvy
Yolanda Gonzalez
Kwesi Joseph
Becky O'Connor
Anya Osatuke
Lindsey Pashow
Judson Reid
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Daniela Vergara
Jenna Walczak