



Cornell University
Cooperative Extension
Westchester County

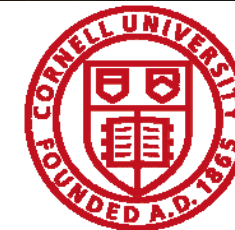
26 Legion Drive, Valhalla, NY 10595

CHANGE SERVICE REQUESTED

2010 ANNUAL REPORT



Serving Westchester Since 1915.



Cornell University
Cooperative Extension
Westchester County

26 Legion Drive
Valhalla, NY 10595

2009 Roster

Board of Directors

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 Mike Kaplowitz, County Legislator

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 Barbara John, *Yorktown*
 Freda Macon, *Yonkers*
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Staff

Barbara Sacks, Executive Director

Administration—914-285-4620

Martha Mocbeichel, Administrative Assistant
 Patricia Pesacreta, Administrative Assistant
 Cynthia Fox, Finance Administrator

Horticulture, Natural Resources, and the Environment Program—914-285-4640

Gerald Giordano, Senior Horticulture Consultant
 Rick Harper, Extension Resource Educator
 Anna Snider, Extension Resource Educator

Master Gardener Volunteer Program—914-285-2638

JoAnn DiRico Trautmann, Master Gardener
 Training Coordinator

Nutrition and Consumer Sciences Program—914 285-4630

Doris Agote, Nutrition Educator
 Sandra Antonioli, Educational Programs Coordinator
 Shirley Dahlgren, Administrative Assistant/
 Program Coordinator
 Teresa Ingrasciotta, Nutrition Educator
 Rebecca Radachy, Nutrition Educator
 Dawn Reda, Nutrition Educator
 Maria Vele, Nutrition Educator

4-H Youth and Family Development Program—914 285-4620

Patris Beamon, IT Deskside Support/Community
 Educator/VIP Coordinator
 Sam Bowden, Community Educator
 Nancy Caswell, Community Educator

CCE of Westchester provides equal program and employment opportunities. Please contact CCE of Westchester if you have any special needs.

Collaborators

New York State Department of Environmental
 Conservation – Urban Forestry Program, Albany
 New York State Department of Labor,
 White Plains
 New York State Office of Parks, Recreation and
 Historic Preservation
 New York State Energy Research and Development
 Authority
 New York State Turf and Landscape Association,
 White Plains
 New York State Turfgrass Association, Albany
 Ninth District Federated Garden Clubs of New York
 NOKIA Corporation
 Northern Westchester Boys & Girls Club,
 Mt Kisco
 Northern Westchester Shelter, Pleasantville
 NYC Department of Environmental Protection,
 Valhalla
 NYS IPM Program, Cornell University, Ithaca
 NYS Office of the Comptroller, Albany
 Open Door, Port Chester
 OPUS: Organization of People Undaunted by Stroke,
 Hartsdale
 The Osborn, Rye
 Ossining Children’s Center, Ossining
 Ossining Community Garden
 Ossining Public Library
 PACT (Parents & Children Together), White Plains
 Paideia School 24, Yonkers
 Park Avenue School, Port Chester
 Parsons Memorial, Harrison
 Peekskill City School District
 Peekskill Farmer’s Market
 Pepsico, Purchase
 Pepsi Bottling, Somers
 Pfizer, Inc.
 Philipse Manor Hall State Historic Site,
 Sleepy Hollow
 Pleasantville Public Pool
 Port Chester Carver Center
 Port Chester Head Start, Port Chester
 Port Chester Middle School
 Positive Directions, Yonkers
 Pregnancy Care Center, New Rochelle
 Preservation Company, Peekskill
 Professional Golf Association
 Prunus Sanctuary, Saw Mill River Audubon Society,
 Chappaqua
 Pulaski Elementary, Yonkers
 Renaissance Project, Yonkers
 Riverside Health, Yonkers
 RJ Bailey Elementary School, Greenburgh
 Rocky Hills, the Gardens of William and Henriette
 Suhr, Mount Kisco

Rosedale Nursery, Hawthorne
 Rotary Club, East Yonkers
 Rye Nature Center
 Sancia Recovery, White Plains
 Sanford Terrace, Mt. Vernon
 Scholastic Academy, Yonkers
 Seabury Home, Yorktown
 Search for Change, Mamaroneck, Scarsdale
 SER, 'We Care', Port Chester
 Sharing Community, Yonkers
 Shel Drake Environmental Center, Larchmont
 Sherwood House, Yonkers
 Silver Lake Community Garden, Croton-On-Hudson
 Siwanoy Elementary, Pelham
 Sony Corporation of America
 Soundshore Clinic, New Rochelle
 Soundview Apartments, New Rochelle
 Southern Westchester BOCES, Valhalla
 St. Denis HeadStart, Yonkers
 St. Francis AME Church, Port Chester
 St. Johns Riverside Hospital, Yonkers
 St. Joseph’s Hospital, Yonkers
 St. Matthews Head Start, Ossining
 St. Peter’s Head Start, Yonkers
 St. Vincent’s Hospital, Harrison
 Star of Bethlehem Baptist Church, Ossining
 State University of New York
 Stone Barns Center for Food and Agriculture,
 Pocantico Hills
 SW BOCES at Carver Center, Port Chester
 TD Bank, Thornwood
 Teatown Lake Reservation, Ossining
 Taconic Gardeners Club
 Theodore Young Community Center, White Plains
 TOP (Transitional Occupation Program), Yonkers
 Town of Bedford
 Town of Cortlandt
 Town of Dobbs Ferry
 Town of Greenburgh
 Town of Lewisboro
 Town of North Salem
 Town of Somers
 Town of Somers Conservation Board
 Town of Yorktown
 Union Free School District of the Tarrytowns, Tarrytown
 United Hebrew Geriatric Center, New Rochelle
 VanCortlandville Elementary School, Mohegan Lake
 Village of Bronxville
 Village of Chappaqua
 Village of Larchmont
 Village of Scarsdale
 Wampus Elementary, Armonk
 Ward Acres Community Garden, New Rochelle
 Watershed Agricultural Council, Yorktown

Wave Hill, Bronx
 Westchester County Agriculture and Farmland
 Protection Board
 Westchester Community College
 Westchester County Department of Environmental
 Facilities – Recycling Office, White Plains
 Westchester County Department of Health,
 White Plains
 Westchester County Department of Parks,
 Recreation, and Conservation, Mt. Kisco
 Westchester County Department of Planning,
 Yorktown & White Plains
 Westchester County Department of Social
 Services, White Plains
 Westchester County Department of Senior
 Services, White Plains
 Westchester County Global Warming Task Force
 Westchester County Pest Management
 Committee, White Plains
 Westchester Independent Living Center,
 White Plains
 Westchester Jewish Community Services,
 White Plains
 Westchester-Fairfield Horticultural Society,
 Cos Cob, Connecticut
 Westchester Turf Supply, Inc., Lincolndale
 WestCOP, Early Childhood Program, Elmsford,
 Ossining, White Plains, Yonkers
 Westhab, Elmsford, White Plains, Yonkers
 WestHELP, Greenburgh, Mt Vernon
 WestPAC, White Plains
 White Plains Beautification Foundation
 White Plains Historical Society
 White Plains Youth Bureau
 Whitney Young Head Start, Yonkers
 Whole Foods, White Plains
 WILC (Westchester Independent Living Center),
 White Plains
 WJCS, Parent-Child Home Program, New Rochelle
 WJCS, White Plains
 Woodside School, Peekskill
 Yonkers Children’s Place
 Yonkers City School District
 Yonkers Community Health Coalition (YCHC)
 Yonkers Early Childhood Initiative (ECI)
 Yonkers Historical Society
 Yonkers Municipal Housing Authority
 Yonkers Parents Achieve, WJCS, New Rochelle
 Yonkers Public Schools
 Yonkers Riverfront Library
 YWCA of White Plains and Central Westchester,
 White Plains
 Zonta Club, New Rochelle



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 914-285-4620
 www.cce.cornell.edu/westchester

Collaborators

Andrus Children’s Center, Yonkers
Archway, Mt Vernon
Ardsley Public Library
Bedford Hills Correctional Facility
Bedford Road Elementary School, Pleasantville
Bell Middle School, Chappaqua
Blythedale Children’s Hospital
Boys & Girls Club of New Rochelle
Bracy Apartments, New Rochelle
Bylane Farm, Lewisboro
Cabrin Immigrant Services, Dobbs Ferry
Calcagno Houses, Yonkers
Career Achieve, Yonkers
Casimir Pulaski Elementary School, Yonkers
Cedar Place Elementary School, Yonkers
Center for Continuing Education, Yonkers
Chappaqua Public Library
Charter School of Educational Excellence, Yonkers
Children’s Center for Learning, New Rochelle
Children’s Village, Dobb’s Ferry
Church of Our Savior Head Start, White Plains
City of Mt. Vernon
City of Rye
City of White Plains
City of Yonkers
CLUSTER, Yonkers
Columbus Elementary School Group, New Rochelle
Consolidated Edison
Copland House, Cortlandt Manor
Cornell Cooperative Extension of Dutchess County, Millbrook
Cornell Cooperative Extension of Putnam County, Brewster
Cornell Cooperative Extension of Orange County, Middletown
Cornell Cooperative Extension of Ulster County, Kingston
Cornell Cooperative Extension of Sullivan County, Liberty
Cornell Cooperative Extension of Rockland County, Stony Point
Cornell Cooperative Extension of Suffolk County, Riverhead
Cornell Cooperative Extension of Nassau County, Hempstead
Cornell Cooperative Extension of New York City, New York
Croton Public Library, Croton-on-Hudson
Cuddy & Feder, White Plains, NY
Daniel Warren Elementary, Rye
Dannon, Inc., White Plains
Davenport Park Shakespeare Garden, New Rochelle
Daystar, Harrison
Different Start, Yonkers
Dimensions, New Rochelle

Dow’s Lane School, Irvington
Early Intervention Therapy, White Plains
Edison School, (SER We Care) Port Chester
Edward Williams Middle School, Mt. Vernon
Emerson School, Yonkers
EPIC/Even Start, Yonkers
Family Self Sufficiency (FSS)/Hartley House, New Rochelle
Family Services of Westchester, White Plains, Ossining
Family Ties, Yonkers
Fit WIC, Sound Shore Medical Center, New Rochelle
Food Bank of Westchester, Millwood
Foxfire School, Yonkers
Fox Meadows Elementary School, Scarsdale
Friends of Purchase Library
FSSY Homestead (Family Service Society of Yonkers),
FSW Community Education, Housing sites in New Rochelle, Port Chester, Rye
FSW Early Childhood, White Plains
FSW, Slater Center, White Plains
GATS (Greenburgh Alcohol and Treatment Services), Greenburgh
Generations, Mt. Kisco, Yonkers
George Washington Elementary School, Mohegan Lake
Girl Scouts of Westchester/Putnam
Good Counsel’s Daystar, Harrison
Grace Church, White Plains
Grace Church Women’s Shelter, New Rochelle
Graham Elementary, Mt. Vernon
Granite Springs Head Start, Granite Springs
Great Potentials, SUNY, Purchase
Greenburgh Health Center, White Plains
Greystone Foundation, Yonkers
Guidance Center, Rochelle House, New Rochelle
Guidance Center, STEP, New Rochelle
Guild Care, Yonkers
Hart’s Brook Park & Preserve, Hartsdale
Hastings Farmers Market
Healthy Yonkers Initiative (HYI), Yonkers
Hilltop Hanover Farm, Yorktown
Hope’s Door, Pleasantville
Hudson River Audubon Society
Hudson River Health Center, Peekskill
Hudson River Museum, Yonkers
Hudson Valley Wool Works, Bedford
Hutchinson Elementary, Pelham
IBM, Hawthorne & Yorktown
Irvington Beautification Committee
Irvington Farmers Market
Issac Young Elementary School, New Rochelle
Jacob Purdy House, NY State Historic Site, White Plains
John F. Kennedy Elementary, Port Chester
JFK Early Learning Center, Port Chester

John Jay Homestead State Historic Site, Katonah
Journal News, White Plains
Kensico Cemetery, Valhalla
Lakeland Children’s Center, Mohegan Lake
Lanza Family Foundation
Larchmont Avenue Church, Larchmont
Larchmont Community Garden
Larchmont Farmers Market
Larchmont Gazette
Larchmont-Mamaroneck League of Women Voters, Mamaroneck
Lasdon Park and Arboretum, Somers
Lewisboro Community Garden
Lexington Center for Recovery, Mt Kisco
Lincoln Towers, New Rochelle
Literacy Volunteers of Westchester
Lois Bronz Childrens Center, White Plains
Longfellow School, Yonkers
Ludington Adult Day Services Center, Sound Shore Hospital, New Rochelle
Lyndhurst Castle Fern Garden, Tarrytown
Mamaroneck Mayor’s Advisory Committee on Water Quality, Mamaroneck
Mamaroneck Avenue Elementary School
Mamaroneck Child Development Center, Mamaroneck
Mamaroneck High School
Mariandale on Hudson, Ossining
Martin Luther King Jr. Magnet School, Yonkers
Midland Elementary, Rye
Milton Elementary, Rye
Mt. Vernon School District
Mt. Vernon Firehouse Community Garden
Mt. Vernon Head Start, Mt. Vernon
Mt. Vernon Library, Mt. Vernon
Mt. Pleasant Cemetery, Mt. Pleasant
Municipal Housing Authority, Yonkers
Muscoot Farm, Somers
My Sisters’ Place, Yonkers
Native Plant Center at Westchester Community College, Valhalla
Neighborhood House, Tarrytown
Nelson Mandela High School, Mt. Vernon
New Rochelle Department of Planning
New Rochelle Downtown Beautification Program
New Rochelle Farmers Market
New Rochelle Head Start
New Rochelle Municipal Housing Authority, New Rochelle
New York Botanical Garden
New York State Department of Environmental Conservation – Bureau of Pesticides Management, New Paltz

A Message from the Executive Director

Cooperative Extension without borders

Our staff of educators has a unique way of going out and teaching Westchester residents and business people how to live better, more economical, healthier lives. Our educational services do not have the borders of a classroom. We teach through one-on-one contacts with the community. We teach through presentations to hundreds of people at a time. We teach in the field. We teach at your home. We teach at your business. We teach on the phone. We teach on the internet. We teach in any way that will get the information out to help people in Westchester.

2010 marked our 95th year of continuous service to Westchester residents and businesses. It also marked another milestone in expanding our outreach methods. As technology and the needs of our community evolved, so did we. Our mission remains the same but our methods of reaching our constituents have evolved in recent years. Our website expanded to help people solve a wide variety of problems, and to be an additional educational tool in our teaching arsenal. Distance learning using satellite technology and polycoms has become routine for us. We are able to reach and help more people than ever.

We experienced serious financial challenges as our funding sources faced reduced revenues and increased expenses. They had to cut back and Cooperative Extension responded by accepting less funding but producing more assistance to the people we serve. The incredible educators at CCE stepped up and made sure they provided the help that Westchester residents and businesses have come to expect from us. The demand for service was greater than ever in the history of CCE Westchester, partly due to the recession and partly due to the awareness of people that CCE can help them. We experienced layoffs in 2010 and had to re-assess our priorities, but we came out of it as a more efficient, leaner organization prepared to meet future challenges.

2011 will be even more challenging but we hope to maintain our highest level of professional services. With the continued support of our County Executive and Board of Legislators, we will be here to serve Westchester residents and businesses, making Westchester County a better place to live, do business and learn.



Horticulture, the Environment and Natural Resources

Horticulture, the Environment and Natural Resources

Our professional staff of horticulture, pest management and arboriculture experts provide a variety of services to the public and to the billion dollar green industry in Westchester. That industry includes greenhouses nurseries, turf and landscape businesses, tree services, landscape architects, garden supply houses, municipal owners of parks and public lands, and private and public golf courses. Among the services we provide are:

- on-site laboratory services to analyze soils, plants, insects and other pests
- soil test kits that show whether nutrient changes are needed
- advice on anything that grows (plants, fungi, etc.)
- best practices information that protects the environment
- training and certification programs for the green industry
- education programs for the horticulture consumer
- degree day information for gardeners
- advice and assistance to farmers
- site visits
- advice to the green industry on using the best practices and products to stay competitive and viable in Westchester
- advice to landlords and tenants about pest management in multi-family dwellings
- advice on controlling insects and animals that damage plants or threaten public health
- residential energy conservation information under a grant from NYSERDA



Thousands of people view CCE displays and ask our advice at public events such as Westchester County's Earth Day.

In 2010, staff at a major national consumer education magazine headquartered nearby consulted with our staff before writing their widely-read article about bedbugs. Newspaper reporters, faculty and staff from leading universities and communicators in radio and television call us frequently because they know CCE Westchester as the source of reliable, expert information.

As the economic recession continues, our services are more in demand than ever. We helped advise thousands of people about growing their own vegetables, using less water, reducing chemical use, pest control, saving money on their gardens, making their own compost, planting trees that will help reduce energy costs, reducing storm water runoff pollution, and many techniques to save money. We also helped municipalities save taxpayer dollars by training their employees and advising them on special problems related to their plants, turf, trees and landscapes.

In 2010, our professional staff responded to **2,351** requests for service, including **1,641** calls for service, **646** diagnostics, and **64** nutrient analyses. They performed 24 commercial site visits. This data does not include the work of our Master Gardeners, who also did site visits, responses to requests and assistance, and provided educational programs. The professional staff provided training and education programs to thousands of Westchester residents and business people in 2010.

Satellite and Polycom Teleconferencing

Part of our continuing commitment to bringing long-distance learning to Westchester County included providing satellite facilities for hundreds of people* attending the following classes at our headquarters facility in 2010.

SUNY EARLY CHILDHOOD EDUCATION AND TRAINING FOR CHILD CARE PROVIDERS

Date	Title
March 25	Fostering Friendships and Cooperation
April 22	Child Abuse and Maltreatment
May 20	Cultural Competence: A Closer Look at Difference Types of Families
June 3	Summer Safety: Taking Your Program Outdoors
September 16	Developing Literacy in an Electronic Age
October 14	Emergency Preparedness

POLYCOM SCHEDULE

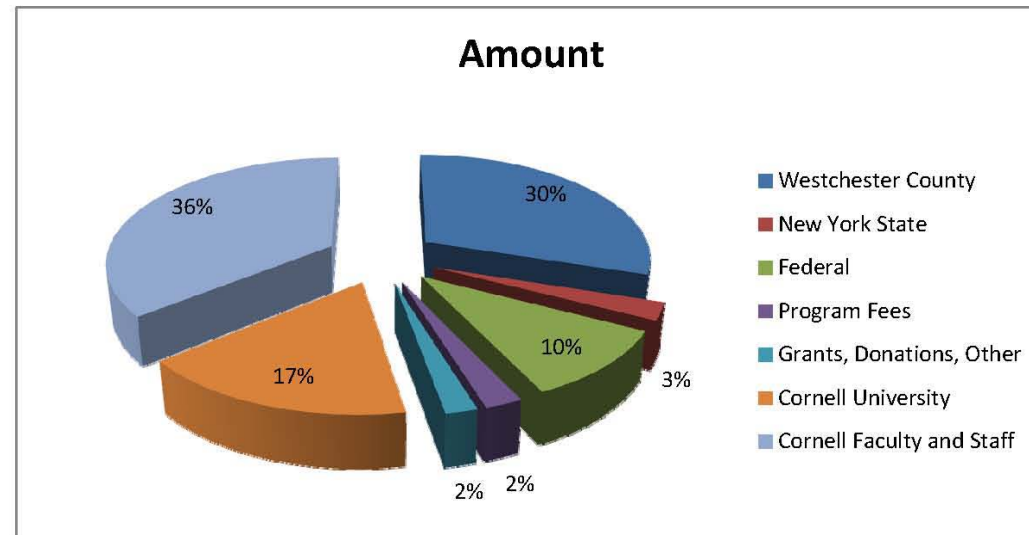
March 31	Pests of Landscape Woody Ornamentals
October 4	2010 Growing Season Wrap-Up
October 4	Fall is for Planting

*different people attended each of the classes.

Horticulture, the Environment and Natural Resources

PAID SUPPORT FOR CORNELL COOPERATIVE EXTENSION OF WESTCHESTER COUNTY 2010

Every dollar of Westchester County's investment in CCE leverages two dollars from other sources.



Source of Support	Amount	% to Total Budget
Westchester County	\$ 1,187,825	30%
New York State	\$ 103,453	3%
Federal	\$ 409,024	10%
Program Fees	\$ 90,000	2%
Grants, Donations, Other	\$ 76,229	2%
Cornell University	\$ 666,298	17%
Cornell Faculty and Staff	\$ 1,422,466	36%
Total	\$ 3,955,295	100%

Westchester County provides 30% of the funding, but receives 100% of the programming.

Total financial support of \$3,955,295 does not include \$1,788,696 worth of donated time from Volunteers.

Horticulture Educational Programs

	Date	Attendees (approx.)
NYSTLA Annual Conference	January 13, 2010	450
MG Training Program – Tree Physiology	January 19, 2010	20
Site Visit – Golden’s Bridge	January 27, 2010	
Arborist Certification Training	February 10, 17, March 3, 12, 2010	22
NYSTA Southeast Regional Conference – Suffern	February 24, 2010	340
DEC Spring Pesticide Training	March 16, 2010	15
NYSTA Southeast Regional Conference – Suffern	March 18, 2010	200
30 Hour Training – Lecture for Tammy Yeh	March 29, 2010	15
PWT Sponsored Webinar	March 31, 2010	15
Spring Pesticide Exam	April 13, 2010	22
NYSTLA Monthly Mtg.	April 13, 2010	65
County Earth Day (Kensico)	April 18, 2010	200
Emerald Ash Borer	April 21, 2010	45
Larchmont/Mamaroneck Environmental Day	April 24, 2010	400
Hudson Valley Horticulture Meeting	May 21, 2010	7
Hemlock Meeting	May 24, 2010	5
Audubon Tree Walk	June 05, 2010	6
NYSTLA Update	June 08, 2010	40
Municipal Tree Conference	June 11, 2010	50
Tree Establish. Program (Bassuk/Trowbridge)	June 22, 2010	20
Coyote Work Group	July 02, 2010	12
Horticulture Program Work Team	July 21, 2010	20
CAES Plant Science Day	August 04, 2010	500
Hudson Valley Horticulture Meeting	August 13, 2010	7

Hemlock Research to save trees at Westchester County's Lasdon Arboretum.

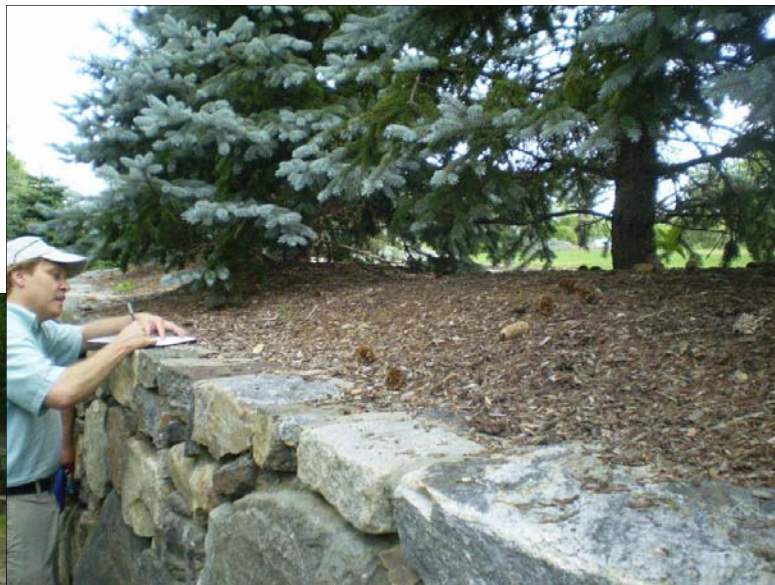


Horticulture, the Environment and Natural Resources

LIREC Field Day	September 01, 2010	210
News 12 – Coyote Interview	September 07, 2010	135,000 viewership
NYSTLA NYBG Day	September 23, 2010	100
Coyote Program – Pace U	September 24, 2010	85
Landscape Webinar	October 04, 2010	19
Golf Course Program	October 19, 2010	17
MG Lecture	October 21, 2010	42
WAC Model Forest Meeting at Clearpool	November 08	15
Fall Ag In-Service (campus)	Nov. 16 – 18	125
Fall Pesticide Training	December 08, 2010	12
Calibration Calculation Seminar (T.Yeh)	December 16, 2010	1555

CCE Westchester writes a weekly column for the *Journal News*, publishes the *Westchester Horticulture News*, *Master Gardener Newsletter*, and *Hudson Valley Hort News* and creates a variety of important publications to help Westchester residents and businesses.

Arboriculture assistance given to the Village of Armonk.



Natural Resource and Environmental Assistance given to the Village of Hartsdale.

Nutrition and Consumer Sciences

The Eat Smart New York Program (ESNY) of Westchester County assisted **443** limited resource individuals and families in becoming more self-reliant during 2010. Program participants were taught to manage food resources more effectively, learn the nutritional value of foods and how good nutrition translates to more energy and better health, ESNY participants also learned about proper food preparation and storage techniques. Most importantly, individuals with limited resources learned how to connect with community and food resources to improve food, nutrient and healthy living needs for themselves and their families. Collaboration is key to our success! Cornell Cooperative Extension of Westchester County has partnerships with over **60** agencies and organizations to help people put knowledge to work. Through ESNY, our nutrition educators have also educated over **17** professionals and volunteers who serve Food Stamp and other low-income county residents.



Youngsters learn to prepare healthy, fun foods as an alternative to high-salt, high-fat snacks.

ESNY is a program that both directly and indirectly assists residents at risk for poor nutrition and food insecurity. Faced with limited resources some people make poor food choices, which can lead to chronic problems such as obesity, diabetes, high blood pressure and heart disease. These health problems end up costing taxpayers a lot of money in publicly funded treatments at public and private hospitals. Cornell Cooperative Extension of Westchester County successfully addressed these critical needs through hands-on, interactive programs delivered in participants' communities where they feel confident, secure, and supported.

Participants increased:

1. Food security through benefits such as food stamps
2. Knowledge about the relationship between health and basic nutrition
3. Behaviors to improve food safety, food preparation and resource management

ESNY in Westchester County

Statistically significant changes between pre- and post-test responses were shown for behaviors queried. Diet quality improved in that graduates: drank more juice and ate more fruit; ate more vegetables generally and green vegetables specifically; drank more low-fat and nonfat milk and consumed more whole wheat bread. Participants reported enhanced food security in that they ran out of food less often!

The Difference We Are Making

Westchester County's ESNY and EFNEP Program's during 2010 contributed significantly to the overall success New York State experienced among people who were in need of assistance. Positive impact among enrolled participants was observed across a number of skills and behaviors.

Participants who completed programs:

1. Increased dietary quality by choosing healthier foods and understanding nutrition facts on labels.
2. Acquired food resource management skills in planning meals, comparing prices and using a grocery list.
3. Enhanced food safety by no longer thawing meat at room temperature or allowing food to sit out beyond 2 hours.
4. Increased amount of daily physical activity.

Nutrition and Consumer Sciences

The United State Census Bureau estimates **9%** of the residents within Westchester county are living in poverty, currently **\$22,052** for a family of four. Low income is associated with numerous health problems, including obesity, chronic disease, and poor pregnancy outcomes. Positive changes in these practices are integral to avoiding the



Healthy lifestyles includes healthy eating and exercise at every age.

negative consequences of these health conditions. Our Nutrition Education Programs provide knowledge and skill development in the areas of:

- Nutrition Practices/Food Selection
- Food Safety
- Food Resource Management
- Physical Activity

Who did we reach?

During 2010, **608** adults, representing 2028 family members, participated in nutrition education opportunities provided by ESNY and EFNEP within our county. We offer lessons in a series, delivered over time, allowing participants the opportunity to develop skills, increase knowledge and incorporate changes into their daily lives. Of the enrolled adults, 491 completed a series of lessons.

Evaluation findings demonstrate that our programs are effective at:

- Motivating people to adopt healthy eating and lifestyle behaviors
- Enhance practices related to thrifty shopping and preparation of nutritious foods
- Ensuring that individuals and families have enough to eat without resorting to Emergency food assistance.

Results

Graduated participants report these improvements in their knowledge and skills:

- 88%** improved their Nutrition Practices (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels, has children eat breakfast)
- 69%** improved their Food Safety practices (i.e. thawing and storing foods properly)
- 85%** improved their Food Resource Management skills (i.e. planning meals, comparing prices, does not run out of food and uses a grocery list when shopping, etc.)
- 34%** improved their frequency of being Physically Active



Youngsters learn about the nutrition food pyramid.

Retention studies document that these desirable practices continue at least one year after graduation.

Marketing and Recruiting Activities: Individuals and families are reached through indirect marketing activities designed to increase awareness of the benefits from living healthy lifestyles, as well as the availability of our programs.

Eat Smart New York! - Impact 2010

What We Did!

Horticulture, the Environment and Natural Resources



Assistance and Advice on street trees given to Town of Mt. Pleasant Supervisor Mayberry.

CCE's Demonstration Garden at Hilltop Hanover won Official Designation as a Monarch Butterfly Way Station.



Horticulture Noteworthy Special Events

Event	Date
School Gardens: Getting Started Workshop for Teachers	1/14/2010
Home Gardening Lecture Series- Organic Gardening	1/20/2010
Co-Sponsored Community Gardening Symposium with Intergenerate	2/7/2010
Home Gardening Lecture Series- Eliminate Your Lawn	2/10/2010
School Gardens: Getting Started Workshop for Teachers	2/11/2010
Home Gardening Lecture Series- Hardy Terrestrial Orchids	3/9/2010
School Gardens: Indoor Gardening	3/11/2010
School Gardens- Theme Gardens	3/25/2010
Home Gardening Lecture Series- Spring Forward with Fresh Floral Design	4/14/2010
School Gardens- Theme Gardens	4/15/2010
Home Gardening Lecture Series- Weeds Everywhere	5/5/2010
Lecture: Victory Gardens at Hilltop Hanover	5/8/2010
Home Gardening Lecture Series- Fern Garden Tour	6/9/2010
Tree Establishment in Urban and Diffcult Sites Short Course	6/17/2010
White Plains Youth Bureau Project, Hilltop Hanover	8/13/2010
Small Farms Program, Hilltop Hanover	9/14/2010

Master Gardeners

The Master Gardener Volunteers of Westchester County contributed an astonishing **9105** hours of service to their communities in 2010. Of this total, over **1500** hours were spent conducting education programs for youth and adults, reaching nearly **3700** Westchester County adult residents. These education programs include school garden training for teachers, Speakers' Bureau lectures for community events, gardening with troubled youth, a weekly newspaper column, and a gardener's day for home gardeners.

Master Gardeners also contributed **1340** hours responding to **3937** inquiries from the public at events such as Farmers' Markets, Earth Day festivals and community events. Master Gardeners have become a much-loved fixture at farmers' markets in Irvington, Larchmont, Peekskill and Hastings-on-Hudson, answering homeowners' questions ranging from gardening, household pests and environmental concerns.

The Master Gardener Volunteers maintain several gardens for public demonstration of best management practices of home gardens. These gardens demonstrate how to construct composting bins, how to rotate vegetable crops for continuous harvest, control of pests without chemicals, disease-resistant roses for the landscape and many other pertinent gardening topics. These demonstration gardens can be found at Hart's Brook Park and Preserve in Greenburgh, Hilltop Hanover Farm in Yorktown Heights, Muscote Farm in Katonah and Copland House in Croton-on-Hudson. The vegetable demonstration garden at Hart's Brook Park donated nearly **2000** pounds of fresh produce to Grace Church women's shelter in 2010.



Master Gardener graduates—Class of 2010.



Master Gardeners help and advise residents of Westchester.



Master Gardener volunteers work in Harts Brook Demonstration Garden where hundreds of residents learn to grow their own vegetables.

4-H Youth and Family Development



4-H Clubs give youth many opportunities for hands-on learning.



4-H is many things to many youngsters.



4-H Achievement Night celebrates the hard work that youngsters put into their projects and activities.

4-H Youth and Family Development

4-H Youth Development

The 4-H Youth Development learning model encourages experiential, hands-on “learning by doing”. 4-H youth experience, reflect and learn. The 4-H curriculum is designed to teach technical information while helping youth develop self-confidence, better understanding of the world around them, exposure to opportunities to grow, and to become life-long learners. Developing maturity and a productive, satisfying lifestyle are important facets of 4-H learning.

The 4-H curricula are delivered in a variety of ways: formal clubs, after-school programs, part of the normal school day learning process, and activities/events. 4-H helps youngsters to become competent adults, capable of participation and leadership in their communities, and entry into the workforce.



The professional 4-H staff provides curricula, resources, publications and educational videos, as well as training for teachers. Science, engineering and technology provide one of the areas where Westchester students received the greatest amount of 4-H training. One of our most popular 4-H programs is Incubation & Embryology, which reached **8,182** youth throughout Westchester in 2010. We have trained hundreds of Westchester teachers in this curriculum which allows students to learn about biology and the environment by hatching chicken eggs in their classrooms.

One of the most popular events is the 4-H participation at the Grange Fair in Yorktown, where the 4-H building hosts all the 4-H clubs so they can showcase their projects and activities for the year. Thousands

attended this event in 2010 and were able to view 4-H information and educational exhibits.

61 youngsters participated in our organized 4-H clubs in 2010. Hundreds of adults (parents and volunteers) worked with them. **11,028** youth participated in the 4-H school enrichment programs. Another **199** youth participated in the 4-H after-school programs.

4-H participants have their work judged locally and statewide, earning recognition.



Master Gardeners

Master Gardeners helped youth and volunteers at the Elm Street Neighborhood Center in Yonkers create a garden in an empty lot. Master Gardeners taught an enthusiastic group of children ages 5-18 how to plant vegetable seeds and seedlings and how to turn a neighborhood eyesore into a meeting place for the community.



2010 Master Gardener Hours

Responding To Inquiries	
Hours	1340.25
Contacts	3937.00
Educational Programs	
Hours	1506.65
Contacts	3691.00
Educating Through Mass Media	
	321.50
Supporting Educational Programming	
	2057.50
Gardening for Public Education	
	3060.55
Public Relations	
	818.65

TOTAL HOURS	9105.10
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TOTAL CONTACTS	7628.00
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Master Gardeners

School Garden Programs

School gardening has been a popular topic in 2010 and Cornell Cooperative Extension has responded with training workshops for teachers and a school garden mentor program. CCE has trained **191** teachers in **61** Westchester County schools in nine workshops. More workshops are planned for 2011. Teachers in need of more one-on-one attention have taken advantage of our Master Gardener School Garden Mentor Program. This program which pairs Master Gardeners with teachers has served thirty schools and impacted **12,500** students including students at NY School for the Deaf and Sunshine Children's Home and Rehabilitation Center.



Youngsters learn to prepare the land for a future school garden.



Filling the raised beds with good growing soil.



Master Gardeners

School gardening is one of Cornell Cooperative Extension's most popular programs. Youth learn hands-on science lessons, environmental lessons, nutrition and healthy lifestyle practices, teamwork, leadership and deferred gratification.



More prep work on the soil before the seeds go in.



Plants begin growing.



Students learn to grow their own vegetables and then enjoy consuming them.