

Learn to propagate native plants at Cornell Cooperative Extension

CANTON — Did you know that native plants dramatically increase the diversity of bees, butterflies, birds and other animals?

They also reduce the risks associated with invasive species and support resilient ecosystems in the face of climate change.

They even require less maintenance than nonnatives.

If you want to play an active role in promoting native plants, come to Cornell Cooperative Extension of St. Lawrence County on February 13, 12:00-2:30 p.m. for a workshop all about native plants and how to propagate them.

The Propagating Native Plants instructor will be Isaac Matlock of Jefferson County. Isaac is a passionate conservationist with extensive expertise in native plant species, ecological restoration, and conservation horticulture.

His diverse experience spans managing a commercial native plant nursery and spearheading initiatives focused on collecting and propagating native seeds for genetic conservation.

Isaac's broad skill set reflects his deep commitment to preserving and restoring native ecosystems.

Participants will learn how to determine which plants are native

to the North Country, how to choose plants for specific sites, and several ways to propagate them.

Each person will take home a container of winter-sown seeds to care for at home.

All materials are included in the workshop fee, which is \$20-40 (sliding scale).

No previous gardening experience is needed.

Participants are also invited to create a planting plan for their property after the workshop and to join Isaac a week later via Zoom to ask questions or seek feedback.

The class will be held in the front classroom at the Extension Learning Farm at 2043B State Highway 68 in Canton.

Space is limited; registration is required by visiting the events page at stlawrence.cce.cornell.edu/.

For more information call Erica at 315-379-9192 x240.

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. Please contact the Cornell Cooperative Extension of St. Lawrence County office if you require an accommodation.



Photo submitted by Cornell Cooperative Extension

Bregg's Winery uses locally grown fruits

Supporting local food businesses is possible, even in the depths of winter. Bregg's Winery is a historic location on Main Street in Norfolk, right on the Raquette River. In 1926, his Hungarian grandfather opened a bar there. The bar was passed to Martin's father, and eventually shuttered after 60+ years in operation. After wrapping up his first career in education, Martin dreamed up a new plan renovating the building and opening Bregg Winery in 2016. His creative flair can be seen in the intricate decoration of the space

as well as his flavor combinations such as apple wine with Thai pepper. He's a diehard for using locally grown inputs including managing his own gooseberries, rhubarb, pears, aronia berry and raspberries along with supporting multiple area producers like Canton Apples by purchasing apples, blueberries, garlic and more. You can be part of the tradition by visiting the winery, enjoying the awesome shuffleboard table and sampling some beverages. Or rent out the space for your next event!

Opportunity for food entrepreneurs to improve their business in series

Registration is open for the "Plan or Improve Your Food Business" 4-part series organized by Cornell Cooperative Extension of St. Lawrence County. This opportunity for new and established farms and food businesses is available for all backgrounds and skill levels.

Each webinar focuses on a particular facet of managing a food business. While it's impossible to cover every unique circumstance, these sessions tackle the most common questions Extension fields from entrepreneurs considering value-added production. Sessions are held online 6:00-7:30 pm and each includes a presentation, group activity, plus resources to learn more after each session including recorded conversations with other small NYS food entrepreneurs.

The series is happening January 9-30. Once registered, participants can attend one or multiple sessions. The topics for the session are Understanding Food Business Types, Estimating Costs of Starting a Food Business, Recipe Approvals, Record Keeping, and Food Safety, and Creating Effective and Legal Product Labels. Plus, all participants are invited to an in-person day of field trips to commercial kitchens on February 1, that

includes to enjoy a meal together, connect with other food entrepreneurs, and see varying business scales.

An entrepreneur who took part in last year's program shared, "The course was well-balanced in terms of presentation, group discussion, and shared resources for further work. I loved getting to meet the different producers and hear their plans. Having real life examples made all of the licensing requirements, etc. make more sense. The class was an appropriate amount of time to get everyone going in the right direction. Also, the interviews with the producers and NYS food authorities were such an awesome resource and really brought all the information down to earth in an easy, understandable way."

Plan or Improve Your Food Business is led by M. Flip Filippi, who is the Harvest Kitchen Manager and Local Foods Program Leader at Extension. Her focus is offering custom advice to entrepreneurs looking to create value-added products. Flip strives to create a welcoming learning environment while simplifying the multi-layered regulatory and financial planning aspects of food entrepreneurship. She has completed Food Safety

Manager's Training, Better Process Control School for Acidified Products, Holistic Financial Planning, FSMA Regulations for Small Food Producers, Produce Safety Alliance Grower Training, and Master Food Preserver trainings.

The registration fee is \$30 for the entire online course. Once a participant has registered for the course, they may choose to attend any or all of the standalone classes. Payment can be made online or via check mailed to Cornell Cooperative Extension. Registration is open beyond the first class session, find additional information or sign up at <http://stlawrence.cce.cornell.edu/>. Contact the Local Food Program Leader with questions at (315) 379-9192, ext. 229 or mpf65@cornell.edu.

This programming is part of Cornell Cooperative Extension of St. Lawrence County's Local Food Initiative and is made possible by funding from the USDA Rural Business Development Grant. 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.



Photo submitted by Cornell Cooperative Extension

Whether in a food garden or a perennial bed, a lush summer landscape happens with wintertime planning. This Pollinator Garden at the Extension Learning Farm was planned out by the Master Gardener Volunteers on paper before a shovel cracked the soil surface. If you are looking to make improvements to your landscape, no matter the scale, the Master Gardeners are available to make the task easier and more fun. They have compiled a treasure trove of trusted information. Across 16 themes, examples of specific resources include Planning Your Vegetable Garden, Soil Temperatures and Seed Germination, Native Plant Profiles, Backyard Conservation, Deer Resistant Plant lists, Herbs for Your Winter Windowsill and dozens more. Find these at <https://stlawrence.cce.cornell.edu/home-gardens-grounds>. Or contact the county Growline at slcgrowline@gmail.com.

Upcoming Course: Making Value-Added Dairy Products



Four webinars plus field trip
Starts Tuesday, February 4th:

- Facility Design
- Recipe Development
- Inspections and Recordkeeping
- Q&A with Cheesemakers
- Tour Lewis County Businesses

An interactive series led by Extension Specialists

stlawrence.cce.cornell.edu

REGISTRATION
OPEN!



HARVEST KITCHEN
At the EXTENSION LEARNING FARM

