



Cornell University  
Cooperative Extension  
Rockland County

# School Garden Network

*Cultivate Socially, Physically and Emotionally Healthy  
Children & Youth through the Garden Experience*



10 Patriot Hills Drive, Stony Point, NY 10980 • Phone: (845) 429-7085 • Fax: (845) 429-8667 • Web: [www.rocklandcce.org](http://www.rocklandcce.org)

## From the Editor

*Spring is in the Air!*

Spring 2011

Finally, the daffodils are blooming and tree buds are swelling and the time has come to get outside and start our gardening projects. If you're new to gardening or a real pro, CCE is here to answer all your gardening questions. On May 1<sup>st</sup>, we will have our last School Garden Network Workshop for the school year, along with free tours and lots of horticultural and environmental resources. If you have any gardening related questions, you can contact our Diagnostic Lab, at (845) 429-7085, option 3. They are now open Monday through Thursday, 9am-2pm. There's a wealth of information from "Beginning Vegetable Gardening" to "How to Build a Rain Barrel" and more.

If you're thinking of starting a school or community garden, contact me, and the Master Gardeners and I will visit your site for an initial evaluation. Why not stop in and join one of our free Master Gardener demonstration tours, the last Sunday of

every month, May through October. We have 8 stunning gardens that are meticulously maintained by the Master Gardener volunteers, and children are always welcome. We'll have garden-based learning activities for them to do while you enjoy the garden tour. From all of the Master Gardeners, keep growing and have a glorious spring season.

*Keep Growing! ~ Donna*



Photo by Lorna Kirven-Smith

## What's New at CCE Rockland FOR TEACHERS

This fall, CCE Rockland and Cornell's Garden-Based Learning program will be offering a 9 week online course called Teaching and Learning in the School Garden: Theory Into Practice. This course focuses on the foundations and teaching strategies of garden-based learning (GBL), and will provide the tools and resources that classroom teachers and educators need to develop school gardening programs that can easily integrate into the school curriculum. Educational theory will be put into practice through practicum, small group work, lesson plan assignments, and a final e-portfolio project of classroom lessons that teachers can use with their students. Cornell is working on offering credits for this course. If you are interested, contact

Donna Alese Cooke  
at [dmc72@cornell.edu](mailto:dmc72@cornell.edu)  
or (845) 429-7085, ext. 108.

## Harvesting Garden Vegetables

This time of year we're busy planting vegetables, not harvesting them. However, before you plant, you may want a comprehensive guide of when most vegetables will be ready come harvest time. Each vegetable has an optimal stage of maturity for harvest for fresh use or processing. Many crops are at best quality while they are still quite immature. Most are harvested just before maturity, a few when fully matured; some types are quite flexible and may be harvested as you wish. Flexible crops include many greens, root and salad crops. Wash all crops thoroughly to remove incidental insects, soil and sand.

Some greens are best taken whole; others are harvested by removing the outer leaves so the plant may continue to produce. Generally, the entire plant of green cabbage, crisphead lettuce, leafy endive, radicchio and spinach are harvested. Collards, kale, leaf lettuce, Swiss chard and other crops that grow from a central rosette are harvested bit by bit, taking the outer leaves first. New Zealand spinach and other branching plants are taken below the growing tips. This will encourage the plants to become more productive as they send out additional branches.

Fruiting vegetables generally fall into two categories: mature and

*Cornell Cooperative Extension of Rockland County provides equal program and employment opportunities.  
Please contact Cornell Cooperative Extension of Rockland if you have any special needs.*

immature, though many may be used at either stage. Examples of mature types are tomato, red or yellow pepper, melon and winter squash. Vegetables that are best harvested at an immature stage for fresh use include asparagus, green beans, eggplant, kohlrabi, okra, peas, sweet corn and summer squash. Some varieties, such as beans, peas and chili peppers may be left to mature and harvested to dry.

Unless noted, harvest before the first fall frost. The following are guidelines for specific crops:

**Asparagus** Harvest before the tips begin to separate, generally when the spears are six to eight inches tall. Daily harvest may be necessary. The spears should be snapped out by hand rather than cut at the soil level. Snapping avoids the danger of cutting other young spears and eliminates some trimming in the kitchen. Asparagus should be promptly refrigerated or processed as it rapidly loses quality. Stop harvesting and allow the ferns to grow when the spears become thinner than a pencil.

**Beans, Dry** Allow the pods to become fully filled out and dry if possible. If weather is wet when the pods are full grown, you may harvest and dry them in a protected place. Long lasting in storage.

**Beans, Green** Bean pods are most tender before seeds develop. After this stage pods become fibrous as the bean seed matures. Pick often to prolong harvest; daily harvest may be necessary.

**Beans, Shell** Harvest when pods have filled, but are not yet dry.

**Beet** Use thinnings as baby greens. Begin main harvest when beets are approximately one inch in diameter. Most varieties may grow to three inches before they become woody; some hold their quality when very large. Beet tops make excellent greens. Harvest spring planted beets before very hot weather (July). Harvest fall beets before the first heavy freeze. Long-lasting in storage (refrigerator).

**Broccoli** Pick the terminal head while florets are still tight and have good green color. Side shoots will develop. Harvest fall crops before the first heavy freeze.

**Brussels Sprouts** Harvest sprouts when they are firm, beginning from the bottom of the plant. Sprouts can withstand several heavy freezes; quality improves with a few frosts.

**Cabbage, Green** Harvest when heads are solid. Will withstand moderate frost. Long-lasting in storage (refrigerator).

**Cabbage, Chinese** Use for baby greens as needed – thinnings make good salad greens. Mature heads are best after the first moderate frost. Spring and fall varieties are available.

**Cantaloupe (Muskmelon)** Lift the melon – if ripe it should separate easily from the fruit.

**Carrot** Carrots develop sugars when they are almost mature. The best “baby” carrots are mature, dwarf varieties. Test and harvest any time you like the taste. Spring grown carrots may become bitter in hot weather. Fall crops should be harvested before the first heavy freeze. Long-lasting in storage (refrigerator).

**Cauliflower** Tie outer leaves above the head of white varieties when curds are about one to two inches in diameter. Heads will be ready for harvest in about two weeks. Self-blanching and colored varieties are harvested while the curds are tight.

**Cucumber** Harvest while still dark green and shiny. Most slicing varieties will be 1½ to 2½ inches diameter and five to eight inches long. Pickling cucumbers will be thinner than regular varieties and not as long as slicers. Pick often to prolong harvest.

**Eggplant** Pick when fruits are nearly full-grown, but skin is still shiny and bright.

**Endive (Escarole)** Use thinnings in salad. Harvest the whole mature plant. To blanch, gather leaves together and tie with a rubber band or cover with an inverted pot or basket.

**Garlic** Break off the scapes (flower stems) while tender and use in cooked dishes in place of green onions. When half of the leaves have turned yellow, pull the plants, remove one or two outer leaves, and cure in a shady, dry place. When fully dry, trim off roots and cut tops back to one inch. Store in a dry place, at a cool room temperature, in mesh bags. Long-lasting in storage.

**Greens (Collard Kale, Mustard)** Use thinnings as baby greens. Harvest the leaves and leaf stems of greens when they reach a suitable size. The whole plant or the outer, larger leaves may be taken. Kale and Collards taste better after a few light frosts – some will withstand very cold weather.

**Horseradish** Harvest after several severe freezes. Dig a portion of root and leave some roots to develop next season. Long-lasting.

**Kohlrabi** Pick when the swollen stems are two to three inches in diameter. Stems become woody if left too long before harvest. Kohlrabi will withstand light frosts.

**Lettuce** Requires relatively cool temperatures to develop good quality. Use thinnings as baby greens. Harvest head lettuce when it is firm. Use outer leaves of leafy types or the whole plant. Will withstand light frost.

**Okra** Pick pods when they are small (two to three inches long for most varieties). Wear gloves – some plants have prickles. Over-mature pods are woody.

**Onion, green** Harvest green onions when they attain sufficient size. Pick before the first hard freeze.

**Onion, dry** When half the tops have fallen over, use a rake to flatten the rest. Once the tops have turned yellow and the necks have shriveled, dig up and cure away from direct sunlight for three to four weeks. To store, remove all but one inch of the tops and place in shallow boxes or mesh bags in a cool, dry place.

**Pepper, sweet** Pick when fruits are firm and full size. If red, orange or yellow fruits are desired, leave on plant until full color develops. If frost threatens, harvest all fruits. Those that are almost mature will ripen if left at room temperature.

**Pepper, hot** Harvest individual fruit as needed, or pull plants late in the season and hang to dry in sun or warm place.

**Parsley** Pick leaves as needed. Parsley will over-winter if planted in a protected place such as a cold frame. The plants will flower early in their second year; this attracts beneficial insects.

**Parsnip** Harvest in late fall after several moderate freezes.

Exposure to cold develops sugars. Long-lasting in storage (refrigerator).

**Peas, edible-podded** Pick snow peas before seeds swell. Let snap peas to fill out completely; pick before pods become tough.

**Peas, garden** Harvest when pods have filled. For tender peas, pick before fully mature. For dry peas, treat as beans (above).

**Potato** Dig tubers when the tops have yellowed and/or died. Cure for about a week in a shaded, well-ventilated place. Do not expose tubers to light, as they will turn green. Green potatoes contain toxins and should not be eaten. Long-lasting in storage.

**Pumpkin** Harvest before frost, when the skin is hard (you cannot puncture it with your fingernail), the colors deepen and become dull. Leave at least two inches of stem attached. Avoid bruising. Cure for 2 weeks in a warm (80 degrees F, in a humid place). Store at room temperature in a dry area. Long-lasting in storage.

**Radish, Spring** Harvest when roots are ½ to one inch in diameter. Radishes become very spicy in warm weather; you may allow these to flower and use the flowers in a salad (they are spicy). Young seed pods (also spicy) may be used as a cooked vegetable, especially in stir fry. Leaves may be cooked as greens.

**Radish, Fall** Pull before first hard frost. Trim leaves to one to two inches. Long-lasting in storage (refrigerator). Use tops as greens.

**Sweet Potato** Dig tubers before the first fall frost. Handle carefully to avoid bruising. Cure for one week at 80-85 degrees F, and store in a warm place. Long-lasting in storage.

**Swiss Chard** Use thinnings as baby greens. Larger plants may be harvested continuously; cut off the outer leaves. A spring planting will provide greens from early summer to the first moderate freeze.

**Spinach** Use thinnings as baby greens. Harvest whole plants when they reach suitable size. Plants go to seed in hot weather. Fall crops withstand a few light frosts – some varieties may winter over if protected.

**Squash, Summer** Harvest before seeds develop for best quality. Remove the fruit from the vine with a portion of the stem (and blossom, if desired) attached. Pick (male) blossoms early in day, after bees have visited, but before wilting occurs. Pick often to prolong harvest.

**Squash, Winter** see pumpkin (above). Acorn squash do not require curing. Long-lasting in storage.

**Sweet Corn** Harvest when kernels are plump and tender. Silks will be dry. Check a few ears for maturity – open top of ear, press a few kernels with thumbnail. If milky juice exudes, it is ready for harvest.

**Tomatoes** Leave on the vine until fully ripe if possible. Green tomatoes will ripen as long as they are shiny when picked. Keep fruit out of direct sun. For faster ripening, raise temperature to 65-70 degrees F. and enclose the unripe tomatoes in a container with an apple. Mature green tomatoes may be stored at a cool room temperature for at least three to five weeks in a single layer; inspect often for ripeness. Tomatoes should be kept at room temperature, not refrigerated.

**Turnip** Harvest when roots reach one inch in diameter. They are best as a fall crop and can withstand several light freezes.

Tops are also edible – use as greens. Long-lasting in storage (refrigerator).

**Watermelon** Harvest when the underside turns from whitish to yellowish. The tendril at the juncture of the fruit stem and the vine usually dies when the fruit is mature. Thumping an immature melon gives a ringing metallic sound, while a mature melon gives a dull thud.

## Benefits of Garden-Based Learning

The garden is a vibrant foundation for integrated learning and youth development. School gardens offer numerous benefits for children – Let's take a look at some of the research...



### Improved Nutrition and Food Security

School gardens can positively impact children's food choices by improving their preferences for vegetables and increasing their nutrition knowledge



### Increased Environmental Awareness and Ecological Literacy

Students gain more positive attitudes about environmental issues after participating in a school garden program

### Higher Learning Achievements



Weekly use of gardening activities and hands-on classroom activities help improve science achievement test scores



### Increased Life Skills

School gardens foster in students a sense of ownership and responsibility, patience, cooperation, self-esteem, and communication skills

### Sustainable Community Development

School gardens can serve as a focal point for community dialogue, capacity building, and partnerships. Gardens are an appropriate arena to introduce children to the interconnections that link nature to economic systems and society.

### Youth Development and Leadership



Involving children and youth in the entire gardening process can provide opportunities for youth development.

## Integrating a Garden into the School Curriculum

School gardens are living laboratories for learning!  
There are many different ways to integrate a garden into the school curriculum.

### LANGUAGE ARTS

- ✓ Read & write seasonal stories and poems
- ✓ Make a garden scrap book
- ✓ Produce a school garden newsletter

### MATH

- ✓ Count the number of seeds, plants, and flowers per plant
- ✓ Use fractions & percentages to calculate the number of seeds that germinate
- ✓ Measure plant heights
- ✓ Collect rainfall measurements

### SCIENCE

- ✓ Investigate what plants need in order to grow
- ✓ Observe the life cycle of a plant
- ✓ Watch and record changes in the garden through the seasons
- ✓ Create beneficial habitats for wildlife and monitor the results
- ✓ Make weather observations through the seasons

### GEOGRAPHY

- ✓ Study the water cycle
- ✓ Make different scale drawings and maps of the garden

### COMPUTERS

- ✓ Use data collected in math and science class to produce graphs and charts on the computer
- ✓ Investigate garden topics on the Internet
- ✓ Upload gardening news onto the school website

### SOCIAL STUDIES

- ✓ Interview older gardeners to find out how gardening practices have changed
- ✓ Cook different kinds of traditional foods from the garden harvest

### ART

- ✓ Make collages using natural materials
- ✓ Draw & paint the garden at different stages
- ✓ Create posters to publicize the garden for fundraising
- ✓ Photograph the gardening year

### PHYSICAL EDUCATION

- ✓ Get exercise through weeding and harvesting
- ✓ Try new fruits and vegetables and learn about healthy eating

### HISTORY

- ✓ Study plants and their traditional uses as food, medicine, dyes, etc.
- ✓ Study gardening through history (i.e. victory gardens)

\*Adapted from [www.gardeningwithchildren.co.uk](http://www.gardeningwithchildren.co.uk)

## Web-based Curriculum Resources

<http://blogs.cornell.edu/garden/>

**Dig Art! Cultivating Creativity in the Garden** Over 20 adaptable activities that integrate gardening with the arts. Teach ecological literacy while exploring mosaics, printmaking, gourd crafting, weaving and dyeing, photography, drawing and painting, growing an art garden, and more.

**Living Sculpture** Art made with plants! This project includes both simple and in-depth activities, including topiary, woven branch art, sod sculpture, crop art, and more.

**Seed to Salad** Youth grow small salad gardens, with emphasis on decision-making and a multidisciplinary approach, including nutrition, physical activity, math, and literacy. This project uses minimal gardening space, and salads can be harvested in June before school is out.

**Discovering the Food System** Youth explore the people and processes that shape our food system. Rooted in the places we live, eat, work, learn, and play, youth build an understanding of what the food system means to them and how it affects their community.

**Children's Garden Consultants** Becoming experts in children's garden design and programming, youth critically compare a variety of gardens and explore ways to improve them.

**Plants and Textiles** Using past and present technologies that convert plants into products, youth can make their own paper, knotted nets, ropes, woven mats, and dye with indigo.

**One Seed at a Time: Fighting Climate Change in the Garden** Monitor, alleviate, and mitigate the impact of climate change in the garden. Activities serve as a springboard for youth community action projects that help to fight climate change.

**The Three Sisters: Exploring an Iroquois Garden** These activities link human culture and horticulture through foods, customs, and stories of the Iroquois' corn-bean-squash plantings.



## Green Gardener Certificate Program

The Green Gardener Certificate Program is a non-credit, adult education program offered to gardening enthusiasts, professionals and aspiring entrepreneurs in Rockland County. Students have the option to earn certification over the course of one or two terms.

### Learning Objectives and Student Outcomes

The Green Gardener Certificate Program is based on the latest research-based information from Cornell University, providing students with a practical approach to environmental stewardship. Taught by Cornell Cooperative Extension Educators, Master Gardeners and local horticultural experts, this series of lecture presentations, interactive workshops and outdoor gardening practicums offers an in-depth, environmentally sound gardening experience.

### Certificate Requirements

To Become a “Green Gardener” students must successfully complete all five required courses, six hours of garden practicum, plus four elective credits of choice.

To register or for more information:  
 visit our website,  
[www.rocklandcce.org](http://www.rocklandcce.org),  
 or call Caryn Singer at (845)429-7085, ext. 117.



Photos courtesy of Donna Alese Cooke.



*You're invited to join our*

## Green Gardener Workshop Series

*For “Green Gardener” certification or anyone interested in learning about:*



## Home Owners' Guide to Earth Friendly Practices

*\$50 for the full series*

*\$15 for an individual class*

*5 Tuesday Nights, 7:00pm - 9:00pm*

*February 2010 - June 2011*

- February 8, 2010  
Introduction to Earth-Friendly Practices
- March 1, 2011  
Water-wise Gardening & Conserving Water with Rain Barrels & Rain Gardens
- May 17, 2011  
Composting & Vermicomposting
- June 7, 2011  
Right Plant, Right Place
- June 21, 2011  
The Recycled Garden

*Each individual series counts as 2 credits towards the Green Gardener Certification.*



## Be a Choose Health Ambassador!

### Do You Like To ...

- Play with younger kids?
- Lead games and activities?
- Make and eat healthy snacks?
- Help others learn?
- Practice leadership skills?
- Make a difference?

### Are You ...

- 15-19 years old?
- Looking for ways to build your skills and your resume?
- Available after school?

### What Does a Choose Health Ambassador Do?

- Attend an eight-hour fun training session with other teens where you'll learn how to help younger kids have fun while they learn about health, nutrition, and fitness!
- Teach about healthy eating and active play in after-school or other programs (with an adult partner)
- Lead active games with kids
- Make (and eat) healthy snacks with kids
- Help kids think about what they eat (sugar in drinks, fat in fast foods, and more!)
- Have fun and learn leadership skills!

**Date:** Saturday, May 14, 2011  
**Time:** 9:00 pm - 5:00 pm  
**Cost:** \$75.00 (Registration limit: 10)  
**Location:** Cornell Cooperative Extension,  
10 Patriot Hills Drive, Stony Point, NY 10980  
(845) 425-7085

### For registration information contact:

Pat Hubbard  
at (845) 429-7085, ext. 103  
or email  
pp40@cornell.edu.



## Monthly School & Youth Gardening Workshops

The School Garden Network is offering a series of monthly workshops for educators, parents, youth workers, volunteers and school staff who are interested in garden-based learning with youth, starting a new school garden, or keeping an existing school garden growing. Workshops are held 10am-noon at the Cornell Cooperative Extension Education Center, 10 Patriot Hills Drive, Stony Point, New York

### 2011 Workshop dates:

Tuesday, May 31

For a brochure visit [www.rocklandcce.org](http://www.rocklandcce.org) and to register, contact Caryn Singer at (845)429-7085, ext. 117 weekdays, fax a request to (845)429-8667, or email to [cs356@cornell.edu](mailto:cs356@cornell.edu).

**Cost is \$5 per person per session.**

For more information, please contact Donna Alese Cooke at (845)429-7085, ext. 108, or email [dmc72@cornell.edu](mailto:dmc72@cornell.edu).



Demonstration Gardens  
are open all year!



## 2011 FREE GARDEN TOUR

Take a guided tour the last Sunday of each month from April through October or explore the gardens anytime at your own pace. Each Sunday tour is approximately an hour long and starts at 1PM.

---

May 1 • May 29

June 26 • July 31 • August 28

September 25 • October 30

---

Learn about the ever-changing display of plants native to our region; perennials, ornamental grasses, annuals, herbs, ferns, and more.

Children will enjoy activities hosted by our Master Gardeners.

### Directions:

East off Exit 14 on Palisades Parkway to the first traffic light. Turn left on Patriot Hills Drive.

**Master Gardeners** of Cornell Cooperative Extension of Rockland County plan and maintain the Demonstration Gardens, trying out new and different plants to determine their suitability for our area. Some of the plants are selected for drought tolerance or deer resistance. Others for size, blooming time, or winter interest. Maintenance follows Cornell's Integrated Pest Management (IPM). This approach encourages the minimal use of toxic pesticides.



## Join the School Garden Network

For a yearly enrollment fee (per school), you will receive:

- Each sponsoring school can choose from an onsite evaluation of a new or existing school garden –or– one teacher professional development program at their school.
- Ongoing gardening advice from extension educators and CCE Master “School” Gardeners.
- Three educational workshops for professional development, featuring prominent leaders in the field of garden-based learning. Workshops are free for teachers, staff, parents and volunteers from each registered school, and include NYS Learning Standards-based lessons and classroom activities.
- Bimonthly e-newsletters with the latest gardening information and resources, garden-based learning updates from Cornell University and other land-grant institutions, with links to school garden grants and more.
- Information for teachers to transform their garden and classroom into living laboratories of learning.

To enroll, or for more information please contact:

Donna Alese Cooke, Community Horticulture Educator  
at CCE Rockland

(845)429-7085 ext 108 or [dmc72@cornell.edu](mailto:dmc72@cornell.edu)



## Upcoming SGN Workshop for 2010-11 School Year\*

Location: Cornell Cooperative Extension of Rockland

**The Learning Garden: Tour the Demonstration Gardens of  
Cornell Cooperative Extension &  
Ask a Master Gardener School Gardening Clinic**

1:00 - 4:00 PM, Sunday, May 1, 2011

\*Free for any teacher, parent, staff of any enrolled school.

To register for any of these programs, please call  
Caryn Singer at (845) 429-7085, ext. 117.

For more information, contact

Donna Alese Cooke at (845) 429-7085 ext 108, or [dmc72@cornell.edu](mailto:dmc72@cornell.edu).

## More Great Resources from Cornell



[www.gardening.cornell.edu](http://www.gardening.cornell.edu)

Visit the Cornell Garden-Based Learning website  
for these classroom activities and more at:

<http://blogs.cornell.edu/garden/get-activities/activities/>

## Ask a Master Gardener

By Elaine Trainor  
Pearl River Master Gardener

**Q:** I would like to switch to less toxic methods of pest control, especially in my vegetable garden. Can you provide some suggestions?

**A:** For 2011, why not resolve to reduce pesticides in your garden? Many gardeners use pesticides out of habit or because they know no other methods.

Garden pests are usually a symptom of a bigger problem. Make it a habit to regularly check the garden for early warning signs. Do you have good soil drainage or are there areas of standing water or other pest breeding sites? Do you have a compost pile that you regularly use to feed the soil? Is that the right spot for that plant's optimal growing conditions? By taking care of these basic gardening principles, you will likely eliminate the need for many pesticides and fertilizers.

There are also host of tools available. Physical methods of pest control include plucking, washing or vacuuming bugs off plants or using row covers to block insects. Prevent weeds by mulching and pulling weeds by hand (and don't wait until they take over the garden). Snails and slugs can be baited with beer in a saucer at soil level; they can also be deterred by encircling beds with copper flashing.

Enlist Mother Nature to fight your gardening battles: toads, dragonflies, nematodes, bats, birds and other insects are your natural allies - learn how to attract them to your garden and provide them with the support they need.

Horticultural oils are effective against aphids, mites, scale insects, whiteflies and other pests. Insecticidal soaps are most effective against soft-bodied pests including thrips and caterpillars. Botanical insecticides, made from naturally occurring plant extracts, also are effective and degrade rapidly in the environment. Be sure to follow the instruction on the manufacturer's label when applying; many are broad spectrum and will also kill beneficial plants and insects. Use with caution! Natural doesn't necessarily mean they are harmless!

Just as many of us have resolved in 2011 to watch what we eat and take better care of ourselves, by taking these simple steps in your garden you can maximize plant and soil health, improve yield, and eliminate the need to resort to pesticides to solve your gardening problems. Here's to healthier gardening in the New Year!

## Farm to School in Rockland County

Rockland County has a budding Farm to School program that needs you! A Farm to School program can be any combination of the following:

- a school garden program
- nutrition or food education in school
- local produce served at school

Does your school fit this description? Does your school want a Farm to School program? If so, join the Rockland County Farm to School movement to help improve access to local, farm fresh produce for Rockland's students. For the past 18 months, school food service directors, farmers and community organizations have met to smooth the way for New York State fruit and vegetables in our schools. We now need schools to become more involved by sharing their ideas and successes. We are in this together!

For more information contact **Carrie Steindorff**, School Health Coordinator, Rockland County Department of Health, [steindoc@co.rockland.ny.us](mailto:steindoc@co.rockland.ny.us) 845-364-2360.

If you have a question for our Master Gardener Volunteers, please call or email Donna Alese Cooke at (845)429-7085, ext. 108 or [dmc72@cornell.edu](mailto:dmc72@cornell.edu)



Photo by Maribeth Ramos

## Cornell Cooperative Extension of Rockland County

**Executive Director**  
Paul Trader

**Assistant Director**  
Ann Marie Palefsky

**School Garden Network Coordinator & Newsletter Editor**  
Donna Alese Cooke,  
Community Horticulture Educator

**Editorial Designer**  
Maribeth Ramos,  
Communications Coordinator

**Administrative Assistant**  
Caryn Singer

**Contributors**  
Elaine Trainor,  
Pearl River Master Gardener

**Horticulture Diagnostic Lab**  
Amy Albam,  
Senior Horticulturist  
Elaine Brown,  
Horticulture Educator



Photo by Lorna Kirven-Smith