



## 2014 CCE Summer Internships

CATEGORY ARCHIVES: THE WILD HARVEST TABLE PROJECT

### The End of Times

Posted on **August 18, 2014** by **Lauren Poindexter**

From this internship I was able to glean from my observations that all extensions, particularly Cornell Cooperative Extension is an invaluable, and too often overlooked, educational resource for educating and serving New York's county communities. Providing information regarding on topics such as, gardening, health, nutrition, agriculture, social justice and rights, and innovative research, the extension system is expansive as it is in depth. I learned that in New York extension offices are separated by county. I believe this provides a more personal and relevant outreach program, with employees serving their community members. Additionally, I observed and came to terms with my own ignorance, about the extension system as a whole. Possibly because much of the information is disseminated to farmers, which I am not, it may also stem from a lack of advertisement about services, even from the institutions that home the services.

Perhaps most important, I learned about the existence and importance of Cornell Cooperative Extension. I do not think that the system is advertised nearly enough. This leaves such an incredibly useful resource as a second choice outlet to a possibly inaccurate, and not always relevant Internet search. From conversations with extension workers I realized that most people do not know about the services provided. From my experience with peers, most Cornell students aren't even aware that Cornell University is the land grant institution of New York state. Ultimately, I learned that for even more exposure and success for Cornell Cooperative Extension, there should be more advertisement, whether through social media, or an introduction at new student orientation. All students should know about the extension program.

I would indeed recommend this internship program to others, particularly if the student has an interest in community outreach and development. My best memories and experiences from this program were those from being out in the community answering questions, engaging with people at workshops, or making documents relevant to the

problems plaguing the community. I'd also advise that the student choose a project relevant to their interests and something they see themselves working into their own community. Furthermore I would highly recommend this experience because of the hands on, important work you are tasked with. It was a valuable use of my time this summer to be able to work with Seneca County extension workers on a project relevant to my interests.

Posted in **The Wild Harvest Table Project**

---

## Fish and Paper Preparation

Posted on **July 28, 2014** by **Lauren Poindexter**

Two weeks ago, I was dedicated to preparing recipes for the Waterloo Farmers Market and making any final edits to the locavore paper. We had an abundance of berries and squash so I was tasked with finding light, healthy, and delicious recipes utilizing those ingredients. Using each recipe as a template I adjusted amounts of each ingredient to ensure that the nutrition labels I was creating looked appealing. Creating about six in total, I tried to use the ingredients somewhat unconventionally. Berries were used in savory dishes and squashes in sweet dishes. I enjoy being able to be creative with my work and have input in a product that will directly be consumed by another person. As I have stated before, using the ESHA Research Genesis nutrition labeling software is an invaluable experience.

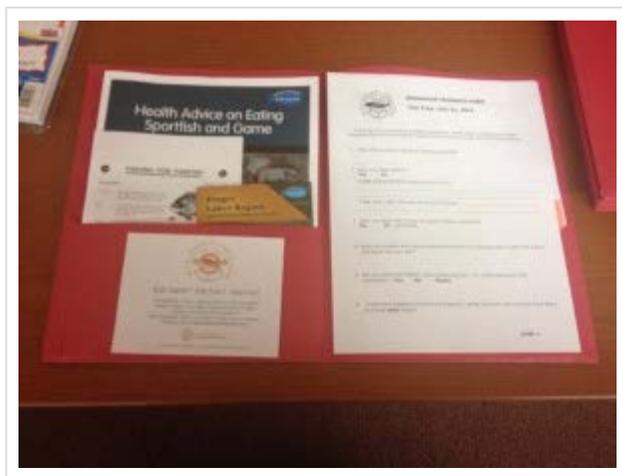
The other part of the week, I added the finishing touches to our paper before the internal review. The major thing I noted was the necessity to include not only those who eat local by choice in our study, but also those who eat local by circumstance. For example, in California there are many refugees practicing subsistence agriculture or husbandry as their main income. These people are either growing their own food or sharing with others in a limited network. Being a locavore is not a trend but rather a necessary lifestyle.

This past week was filled spent getting ready for the Fish Preparation workshop held at Seneca County CCE last Tuesday. We unfortunately had to cancel our Panfish to Plate workshop due to lack of interest. However, we were sure to get input from Tuesday's workshop participants on what kinds of advertising were most effective. I was pleasantly surprised with the turnout. Most of those registered attended. Fun was had by all as we practiced filleting whole fish. We also talked about how to prepare a fish stock, chowder from that stock, and other recipes. Being involved in a workshop further expanded my interest in extension work. We were able to answer questions and provide resources and life skills within 90 minutes. I even picked up filleting skills!

Next week will be my final post when I sum up my experiences. Until then I'll be formatting our paper for submission. I'm including some pictures from the workshop in this post.







Posted in **The Wild Harvest Table Project**

---

## Workshop Preparations and Reviewing Publications

Posted on **July 15, 2014** by **Lauren Poindexter**

The past two weeks have been busy as we prepare for the Panfish to Plate fishing workshop. We'll be teaching participants how to fish and be mindful of conservation, how to filet and clean their catch in addition to cooking their fish this Saturday, July 19 at the Arnot Teaching forest from 10am-1pm (if interested register here:

[https://reg.cce.cornell.edu/PanfishWorkshop\\_245](https://reg.cce.cornell.edu/PanfishWorkshop_245)). I was responsible for contacting a Department of Environmental Conservation representative to speak at the event regarding safe fish consumption and other aspects of fishing related to conservation. I also created press releases and flyers for not only the Panfish to Plate workshop, but our Fish Prep workshop as well. We will be teaching participants how to filet and clean their catch in addition to cooking their fish July 22 at the Seneca County extension office from 6-7:30pm (if interested register

here:[https://reg.cce.cornell.edu/FishPrep\\_245](https://reg.cce.cornell.edu/FishPrep_245)). Other modes of advertising in addition to newspapers included canvassing with the flyers. I posted in DeWitt Mall, at both GreenStar Cooperative Market locations, the farmers market at Steamboat Landing, the farmers market on Tuesdays in DeWitt Park, and at the public library. Our hope was to target places where locavores shop.

I have again been doing literature reviews regarding various topics. Perhaps my favorite one over the past two weeks was discovering the optimal conditions for peeling hard boiled eggs. It turns out that eggs should be aged, sit at room temperature overnight, and boil in salt water for the best peeling conditions. This does not necessarily align with food safety principles, but any of the aforementioned conditions would increase "peelability". I researched the differences in cholesterol between wild and farmed raised fish. There generally is not a difference. If wild fish exhibit a larger amount of cholesterol, it may be because farm raised fish are sometimes fed grains (cholesterol free) in addition to their fishmeal diet (not cholesterol free), thus the farm raised fish would have less overall cholesterol.

In research about consumer food choices in relation to nutrition, I learned that American's interest in healthy eating

is not a good indicator of purchasing behavior. The aspiration to eat healthy has a much higher frequency than the practice of healthy eating. One proposed method to increase the behavior is to make nutrition information personally relevant. I also looked at the acceptability of certain foods or how likely they are to become “mainstream”. Various factors like race, region of residence, and education affect the consumption of certain food groups. It is proposed that game meat has not become more mainstream because of its “animality” and general disdain towards the act of killing an animal. A niche market might develop among young eaters and adventurous eaters. It is of utmost importance to provide nutrition information and health claims as popularity increases.

Other activities I participated in were observing a radio interview between Seneca CCE and a local radio station, visiting a Mennonite market, creating a contact list for Wild Harvest Table, and finalizing the locavore paper for internal review.

Posted in [The Wild Harvest Table Project](#)

---

## Papers to Panfish to Plate

Posted on [June 30, 2014](#) by [Lauren Poindexter](#)

June 20-24th I was in New Orleans, Louisiana, for the 2014 Institute of Food Technologists (IFT) conference. It was an incredibly valuable experience. Not only was I able to make several industry contacts, I was able to attend poster sessions and other academic meetings to gain knowledge and insight about the current innovations in the world of food science and technology. Additionally, I experienced and was immersed in the culture of New Orleans. Filled with enough jambalaya and jazz to last a good while, it was an exciting reminder that what I was experiencing culturally could easily be affected by what I was experiencing academically in the city. The juxtaposition there of education and culture reminded me of why extension work was so important and made the return to the office after a fun week in the field, a bit more appealing.

I have also finished my part of the locavore report. I revised the introduction and submitted the results section. My involvement with this paper has made tremendous improvements in my own writing process. I also recently conducted a literature review on consumers and nutrition labels. I learned that the FDA requires nutrition labels for unpackaged foods (i.e. raw fruits, vegetables, fish) be available at the point of purchase, while the USDA requires nutrition labels must be provided for all ground or chopped meat products intended for human consumption. The most interesting fact about consumers and nutrition labels was from a 1977 study by Jacob Jacoby, Robert W. Chestnut and William Silberman. An excerpt of the paper describing their results is included below.

*“Survey data consistently find that the majority of consumers say they want and are willing to pay for nutrition information. The six studies described here suggest that most consumers neither*

*acquire such information when making a purchase decision nor comprehend most nutrition information once they receive it.”*

It would be interesting to see if this has changed since 1977, but it does affirm the need of resources like The Wild Harvest Table to not only provide nutritional information, but to work to ensure that the information is well understood.

This past Saturday Moria Tidball, Dr. Paul Curtis, and I executed a Panfish to Plate workshop while we partnered with the Finger Lakes Conservation Club during their annual fishing workshop in Waterloo, NY. The group provided around 200 children with free fishing poles, bait, and tackle in an effort to get more youth to experience the joys of fishing. Our Seneca County CCE tent provided filleting and cooking demonstrations all with the fish the children caught that day. The tent also included a table with information about safe fish consumption and other materials related to fishing and conservation. Personally, my favorite part of the day was learning how to filet. However, I also enjoyed surveying participants and interacting with excited parents, grandparents, and children.

My first extension workshop provided me with the satisfaction that we were teaching useful skills and acquiring the information necessary to better serve the needs of the community. I look forward to the next workshop in July.

Posted in [The Wild Harvest Table Project](#)

---

## Research and Publications

Posted on [June 13, 2014](#) by [Lauren Poindexter](#)

The title of this post describes what has been occupying my time this week and the week prior (in addition to the World Cup). I have been reading about locavores, including Michael Pollan's piece, "The Omnivore's Dilemma". Quite an interesting perspective he has, rejecting industrially produced foods to forage and hunt for his sustenance. I personally think it's idealistic, not feasible for many. However, I do see the appeal and might try to make changes in my diet accordingly. I should mention that this reading was not solely leisure but in the name of that eight letter word college students and summer interns hold so near and dear to their hearts: research. Ah, yes, research. The Pollan book and other academic articles have given me background information so I could write the Introduction to the publication mentioned in my last post. I will begin writing the Results section this weekend.

Last week I traveled to Waterloo, New York to visit Moira Tidball in the Seneca County extension office. The staff was very welcoming and I settled in nicely as I completed various projects. The first thing I worked on was creating a nutrition label using ESHA software. I quite simply had to input all of the recipe ingredients and suggest a serving size. The label was then placed on a pamphlet alongside the recipe and was distributed at the local farmers market in Waterloo. The recipe was for a roasted beet and new potato salad with spring greens. This week in Waterloo I

compiled a publication comparing vegetable nutrient availability between various cooking methods. (eat fresh/raw or frozen vegetables, stir-fry or microwave-steam). I additionally began compiling a list of publications addressing how to safely field dress or process a deer after killing. Cornell Extension plans to update their pamphlet soon.

On the home front, I have been working to complete the comprehensive list of harvestable saltwater and freshwater fish and game in the United States. As of this morning those tables are completed and awaiting approval. I feel much satisfaction completing projects because I know they will be useful aids to community members. Extension work is definitely something I could see myself doing in the future. Community outreach and development is something I genuinely enjoy. This internship has already proven to be incredibly valuable in giving me the skills to do those things. In fact, I'm already developing an extension work of my own. I recently suggested that workshop be offered to Cornell students that explains how to fish in addition to killing, cleaning, and cooking fish. I am not sure if the program will be available in the near future but I think it addresses a skill set many Cornell students are deficient in.

Until next time faithful readers.

Posted in **The Wild Harvest Table Project**

---

## Getting Started

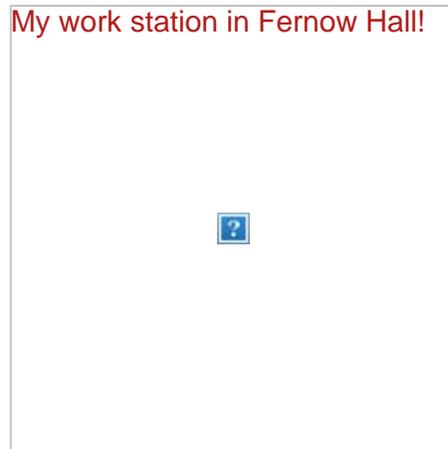
Posted on **May 30, 2014** by **Lauren Poindexter**

This summer I have the privilege of working with Moira Tidball (of Seneca County Cornell Cooperative Extension) and Dr. Paul Curtis (Extension Wildlife Specialist in the Department of Natural Resources at Cornell University). My primary responsibility will be to help further expand the reach of the Wild Harvest Table Project through a series of workshops and publications. This includes working with Lincoln Larson, a Postdoctoral Research Associate in the Cornell Department of Natural Resources, to create a report on the project "Leveraging the Locavore Movement". Through literature review and some data analysis, I will contribute to the production of this report. I am incredibly grateful for the opportunity and excited to start research into this project and the larger locavore movement. I would encourage anyone with an interest in wild game and fish to visit the website (<http://wildharvesttable.com/>) for more information on the project and recipes.

An additional project I have for this summer is compiling a comprehensive list of harvestable wild game and fish in the United States. To acquire this information, I visit the Department of Natural Resources/Department of Environmental Conservation for each state. Most websites have game species nicely outlined, but some require a

search through hunting and fishing regulations. Although this requires more work, it is interesting to see how things like bag limits vary between states. Additionally, I am learning about a multitude of fish and game species. My favorite fish so far is the burbot, while my favorite small game is the javelina.

I am then tasked with the responsibility of referencing the USDA National Nutrient Database to find out if the listed fish and game are included in the bank. Most popular species are included (deer, rabbit, salmon, duck, frog), but overall, nutritional data for wild game and fish is absent. One of the aims of this project is to provide nutrient information for individuals wishing to consume their catches. I hope that in the near future this kind of information may come available.



— My work station in Fernow Hall!

Looking forward, I hope to assist with many more projects in an attempt to disseminate such relevant information across New York state.

Posted in **The Wild Harvest Table Project**

#### CATEGORIES

- **4-H National Youth Science Day Experiment Curriculum Development** (6)
- **Assessing Potential for Scaling Up Farm to Cafeteria in Saratoga and Washington counties in New York State** (3)
- **Building a Community Legacy Together Program Evaluation** (4)
- **CCE Climate Change and Agriculture Intern: Helping Farmers Adapt to Climate Change in New York – Dutchess** (8)
- **CCE Climate Change and Agriculture Intern: Helping Farmers Adapt to Climate Change in New York – Tompkins** (5)
- **CCE Invasive Species Statewide Outreach Program Internship – Saratoga** (8)
- **CCE Invasive Species Statewide Outreach Program Internship – Tompkins** (5)
- **Development of Survey and monitoring procedures for a new pest in orchards – Black stem borer** (6)
- **Employing Biological Control Measures To Manage Spotted Wing Drosophila (SWD) In Commercial and**

- **Organic Small Fruit Production Systems.** (6)
- **Health and the Brain Neuroscience Outreach** (10)
- **Healthy Gardens, Healthy Youth** (8)
- **Immigrant Integration in New Destinations: How to engage Latino children and youth with 4-H** (7)
- **Infant Poverty and the Achievement Gap** (7)
- **Integrated Management of Weeds, Insect and Mites in Hops** (8)
- **Measuring and Improving Rural Food and Physical Activity Environments to Improve Health** (10)
- **Parent Education in New York City: The Parenting A Second Time Around (PASTA) Project** (9)
- **Refugee Family Child Care Provider Project** (9)
- **Research for the Continuous Improvement of 4-H** (7)
- **Risk Communication for Public Audiences** (9)
- **Roots & Wisdom, grower assistant** (10)
- **Satiating Effects and Human Eating Behavior** (9)
- **Sustainability, Style and Technology** (10)
- **The Influence of Past Food Insecurity on Parents' use of Child Feeding Practices Recommended to Prevent Child Obesity** (7)
- **The Wild Harvest Table Project** (6)
- **Uncategorized** (12)
- **Western New York Nutrient Management, Field Crops Applied Research, Extension Internship** (6)
- **Writing about Life Changes** (16)

#### ARCHIVES

- **August 2014**
- **July 2014**
- **June 2014**
- **May 2014**

#### ADMIN

- **Log in**