



# RUTGERS

New Jersey Agricultural  
Experiment Station

## 2022 Third Quarter Report



### Cooperative Extension of Hunterdon County

#### Rutgers Cooperative Extension of Hunterdon County Staff

##### Family and Community Health Sciences

Sandra Greci, MS, RDN, LDN, CDCES  
County Extension Department Head  
Family & Consumer Health Sciences  
Educator, County Agent II

##### 4-H Youth Development

Sherrie Peterson  
4-H Program Assistant

##### Agriculture & Resource Management

Megan Muehlbauer, PhD  
County Agriculture Agent III

Rebecca Magron  
Horticulture Consultant and Research  
Associate (Home Horticulture)

##### Administrative Support Staff

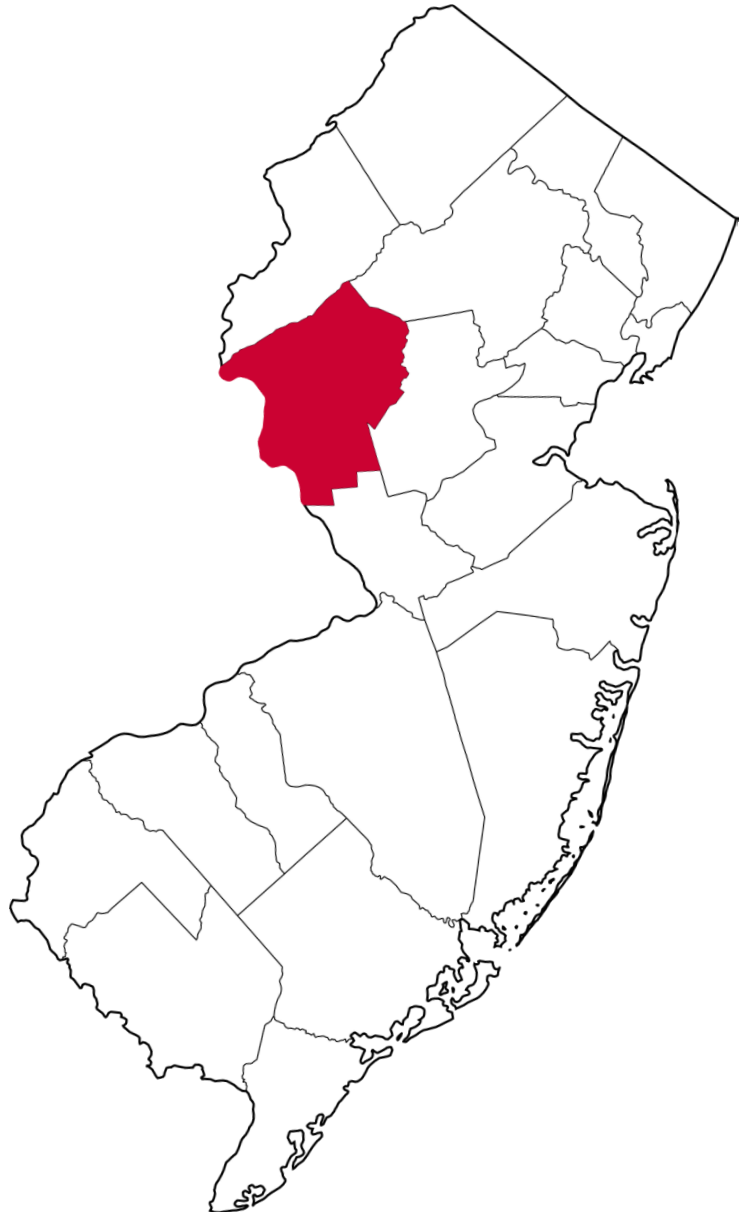
Kimberley Crommelin  
Kevin Dunn

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*Cooperating Agencies:* Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

## 2022 Family and Community Health Sciences

Sandra Grenci, MS, RDN, LDN, CDCES

FCHS Educator, County Agent II



Staying healthy, eating right, being active, raising healthy families, and enjoying a good quality of life!  
Family and Community Health Sciences helps people meet these goals.

### Virtual Groups/Classes:

***NJ Empower to Prevent: the FCHS Diabetes Prevention Program (Co-PI with Shailja Mathur).***

- A graduation ceremony for members of Cohort 1 was held at Rutgers Gardens on July 22, 2022. Nine participants attended, as well as two representatives from the program funder, the NJ Department of Health.
- NJEP Cohorts 2 (monthly sessions) and 3 (weekly sessions) are ongoing, with 13 and 16 participants, respectively.
- On September 16, 2022, received notification from CDC that the NJEP program was awarded **Full-Plus Recognition Status**, which is effective for 5 years.



### Webinars/Trainings:



**7/12/22: Rutgers Homesteading Academy: Introduction to Canning;** 40 attendees.

**7/19/22: Rutgers Library System Staff Wellness Program: Myths and Facts about Popular Eating Strategies** (with S. Mathur); 7 attendees.

**7/26/22: NJ Department of Health All Grantee Webinar**, presented outcomes of NJEP to date; 25 attendees.

**7/27/22: Wellness Wednesdays with FCHS: Myths and Facts about Popular Eating Strategies** (with S. Mathur); 79 attendees.

**8/1/22: Somerset County Library System: Introduction to Home Food Preservation;** 11 attendees.

### In-Person Classes / Outreach:

**7/6, 7/13, 7/20/22: Great Newark Life Camp (at Pottersville Campus):** 2 nutrition-focused sessions each day; 140 underserved Newark-area youth.

**7/25/22: Hunterdon Central Regional High School: Cooking from the Garden** (with the Hunterdon County Master Gardeners). Prepared zucchini "zoodles" with basil pesto; 13 special-needs students and 8 teachers/aides.

**8/2/22: TOPS Weight Loss Group: Introduction to Mindful Eating;** 11 attendees.

**8/23-8/28/22: Annual Hunterdon County 4-H/Agricultural Fair**

**8/23/22: Annual Foods Judging:** reorganized and updated canned foods and baked goods judging sheets. Recruited and trained 6 canning judges.

**8/30/22: The Annual Great Tomato Tasting Event at Snyder Research Farm, Pittstown.** Presented a home food preservation demonstration and Q/A with a FCHS MFP Volunteer; event registered 600 attendees.

**9/16/22: Hunterdon County Public Health Nurses Senior Brunch & Learn:** conducted 2 sessions of "The DASH Eating Pattern"; 24 participants.

## 2022 4-H Youth Development

Sherrie Peterson, 4-H Program Assistant

### 4-H Celebrates National 4-H Week, Opportunities for All

Since 1902, 4-H has brought families closer, shaped careers, and impacted communities. National 4-H week was celebrated October 2-6. The theme for this year's National 4-H Week, **Opportunities for All**, focused on creating fun, education, and social acceptance for all youth. 4-H helps youth feel a sense of belonging; and provides them with opportunities to help them rise above their potential.

Club leaders provide opportunities in **leadership, public speaking, and community service**. 4-H believes in a **"Learn by Doing"** approach which helps our youth grow as individuals and learn about life skills early on.



Many of our clubs take the time to recruit new members during National 4-H Week. Tractor Supply has partnered with 4-H and has allowed clubs to set up poster displays, exhibit animals, sell items, and talk to people about their project. Hunterdon 4-H Clubs also participated in displaying scarecrows during October at Pumpkin Junction in Ringoes. Many of the scarecrows depict an image of what the club focus is. Literature about their clubs is also available.

National 4-H Week is a time to start new 4-H Clubs. Hunterdon 4-H is excited to offer **two new clubs this fall**. A Cloverbud Club is an introductory program to 4-H. Members are in grade K-3 and will learn a variety of lessons focusing on Animals. Cloverbud clubs are non-competitive and a stepping-stone to 4-H. A newly formed Monarch Butterfly Club is looking for new members interested in increasing the Monarch Butterfly population. It will also focus on the lifecycle, migration, and creating habitats for the Monarch Butterfly.

Aside from newly formed clubs, Hunterdon welcomed **seventeen new volunteers** who will work with already formed clubs including sheep, dairy, rabbit, and shooting sports. For more information on how you can get your child in the 4-H Program, please contact Rutgers Cooperative Extension, 4-H Department, (908) 788-1341.



## 2022 Agriculture and Natural Resources

Megan Muehlbauer, PhD, County Agent III

### 3rd Quarter Highlights:

#### July:

Coordinated the **North Jersey Wine Grape Twilight Meeting** at Alba Vineyards.

#### August:

Assisted in the coordination of the **Rutgers University Snyder Farm Open House and Tomato Tasting**. 516 attendees including the president of Rutgers University, Jonathan Holloway.

#### September:

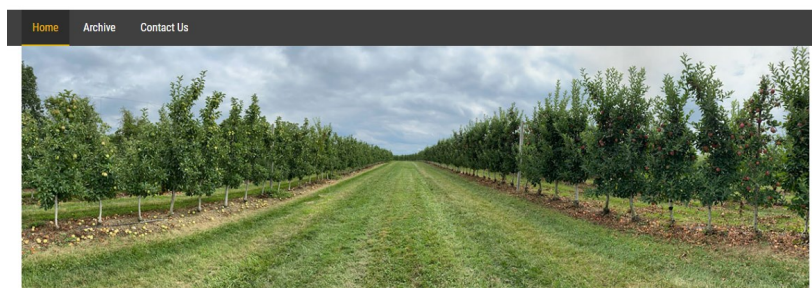
Restarted the **Rutgers Apple Maturity Website** which assists growers in determining when their apple crops are mature. 22 posts this season with 429 views.



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New Jersey Agricultural Experiment Station

New Jersey Weekly Apple Maturity Review



Megan was appointed to be the editor of the Rutgers University Tree Fruit Production guide. It is the 302-page statewide production manual for tree fruit. She manages the content of 11 authors.

### Awards:

- **Muehlbauer, M.** Fruit Growers News Fruit and Vegetable 40 under Forty Award
- **Muehlbauer, M.**, T. Molnar, and J. Capik. Outstanding Education Materials (Bulletin) Award. The American Society for Horticultural Science Extension Division. Choosing Plants for a Hazelnut Orchard in New Jersey. E.368.
- **Muehlbauer, M.** Outstanding Education Materials (Website) Award. The American Society for Horticultural Science Extension Division. New Jersey Weekly Maturity Review.
- Komar, S., L. Chiariello, B. Bamka, S. Mangiafico, B. Chester, **M. Muehlbauer**, W. Errickson, T. Waller, R. Magron, P. Nitzsche, D. Los, R. VanVranken, M. Infante-Casella, G. Pavlis, M. Bakacs, M. Melendez, S. Servidio. Search for Excellence in Consumer or Commercial Horticulture. National Finalist. National Association of County Agricultural Agents. Using Technology to Improve Extension Home Horticultural Programming.
- **Muehlbauer, M.**, and R. Magron. Communication Award for Website/Online Content. State Winner. National Association of County Agricultural Agents. New Jersey Weekly Apple Maturity Review.
- Hlubik, W., W. Errickson, B. Pearsall, **M. Muehlbauer**, N. Polanin, P. Nitzsche, H. Bignell, L. Errickson. Communication Award for Publication. State Winner. National Association of County Agricultural Agents. Important Links for Beginner Farmers-RU Ready 2 Farm Toolshed.





## 2022 Home Horticulture

### Rebecca Magron, Horticulture Consultant & Research Associate

The Third Quarter of 2022 saw the beginning of in-person programming with online options to increase accessibility among our participants.

During July through September, focus has been on keeping county residents and Master Gardener volunteers connected and engaged. Unique opportunities to adapt how we connect with each other and our audiences in virtual, in-person, and hybrid experiences have expanded accessible outreach to our residents while continuing to provide our educational services in new ways.



### 3rd Quarter Highlights:

- **Over 170 phone calls and emails** from County residents – questions answered, problems solved
- 22 reviewed articles posted on Facebook, **reaching over 25,284 individuals**
- Garden support outreach programs for The Anderson House, a residential treatment facility for women recovering from alcohol and drug addiction, **reaching 16 residents during weekly and bi-weekly visits over 12 weeks**
- **3 public presentations** for Hunterdon County Libraries and Hunterdon County Senior Center **reaching over 93 people**
- **Community outreach** at local farmer's markets, civic organizations and Rutgers/County events **reached over 1,300 people**
- **3 Advanced Training** continuing education program presentations for Rutgers Master Gardener volunteers, reaching over 100 attendees and one hybrid volunteer recognition
- 12 Weekly Garden Education visits to Whitehouse Station School **reaching all students, grades K-3**
- Bi-weekly Garden Education visits to Hunterdon Central Regional High School, Life Skills program, Grades 9-12 Rutgers Master Gardener volunteer virtual meetings, including 3 steering committee meetings, 4 citizen science meetings, 2 educational garden meetings
- Began a new Master Gardener class with **15 interns and County residents.**