

# Monmouth County Cooperative Extension



## 2007 Annual Report

### Our Vision

*Rutgers Cooperative Extension of Monmouth County helps individuals, groups and organizations to address their needs, problems and concerns. We identify issues and provide the leadership, organizational skills and commitment to develop appropriate solutions through the educational process.*

### Our Mission

*Helping the diverse population of Monmouth County adapt to a rapidly changing society and improve their lives by applying current science-based information. Our focus is on issues and needs relating to Agriculture and the Environment; Management of Natural Resources, Food Safety, Quality, Nutrition and Health; Family Stability; Economic Security and Youth Development.*

### Outreach

134	Meetings	12,125	E-mails
4,282	Attendees	22	Newsletters
171	Lectures	15,469	Readers
9,001	Attendees	10,379	Volunteers Hours
6,097	Phone Inquiries	\$310,150	Volunteer Value

### Rutgers Cooperative Extension

Links the U.S. Department of Agriculture; New Jersey Agricultural Experiment Station at Rutgers - The State University, The School of Environmental and Biological Sciences and New Jersey county governments to provide practical education for all people. While our name changed slightly again, our mission remains focused on key extension issues. RCE faculty and staff provide outreach programs in: Agriculture and Resource Management, Sea Grant Extension, 4-H Youth Development, and Family and Community Health Sciences.

The staff is supported by dedicated groups of trained volunteers who serve on advisory boards and who increase our educational outreach and services to Monmouth County.

**This annual report highlights some of our program outreach in 2007.**

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New Jersey Agricultural  
Experiment Station

Cooperative Extension of Monmouth County  
4000 Kozloski Road, PO Box 5033  
Freehold, New Jersey, 07728

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# Agriculture and Resource Management

Year 2006 maintained momentum in program expansion and change. Agricultural Agents Richard Obal and William Sciarappa, Horticulturist Diane Zahorsky and Program Assistant Vivian Quinn again reached record numbers of clientele through new programs, services and applied research activities. The Monmouth County clientele base includes commercial agriculture, horticulture and aquaculture, homeowners, governmental agencies and natural resource interests. Our group has revamped internal operations to better serve increasing client demands. Our extension departments work with related agencies - USDA-NRCS, Farm Service Agency, Freehold Soil District and Shade Tree Commission all within the Agricultural Building to more efficiently serve county clients.

The agricultural industry in Monmouth County is very diverse, dynamic and economically strong. Total farms sales in 2006 were \$88 million (4th in State) on 44,000 acres of land. Statewide the county ranks 1st in greenhouse and sod production and 1st in the number of horses, equine farms and farm markets, 2nd in nursery crops and 6th and 7th in vegetable and field crop production.

## Extension Outreach

Agribusiness in Monmouth County provides food, forage, ornamental products and services. Our educational programs enhance the viability of these operations and help preserve our environment. Outreach topics were landscape and nursery production, sustainable farming practices, specialty crop production, equine pasture management, water utilization, water quality, pesticide use, pest management, farm viability and regulatory issues.

1,715 vegetable growers, nursery and greenhouse producers, landscape maintenance workers, arborists and pest control applicators attended 7 pest management seminars and field workshops.

The Cream Ridge Nursery Research and Extension meetings attracted over 140 growers. The development of this Rutgers Farm as a research and education center for the ornamental horticulture industry has impacted the rapid growth and profitability of nurseries in Central New Jersey.

New information on consumer preferences related to ethnic

vegetable crops was gathered, analyzed and presented to growers. Our message is that transitioning to higher value specialty crops and niche markets is an excellent farming alternative to traditional, commodity production.

175 participants attended two equine pasture seminars improving best management practices in pasture maintenance, manure handling, composting and water quality.

170 participants attended four community group seminars in watershed and agricultural assessment and landuse characterization. New technology is more accurately detecting the sources of bacterial contamination, nitrogen and phosphorus, in our water bodies used for farm irrigation, drinking and recreation.

## Farmland Preservation

Cooperative Extension has played a prominent educational and advisory role for municipal and county boards, and the farming community in preserving the agricultural land base. Over 9,000 acres of farmland on over 90 farms have been permanently preserved in Monmouth County. This represents nearly 20% of the agricultural land in the county.

## Agricultural Research

The field program continued to provide timely pest management information for farmers from insect pheromone and light-based monitoring stations. The Rutgers Cream Ridge Fruit Research Center again demonstrated applied research into specialty vegetables, small fruit and ornamental nursery production through the efforts of agents Sciarappa and Obal.

## Resource Management

Rapid development and landuse changes have put our water quality and quantity at risk from many sources of pollution. Extension programming in cooperation with Monmouth County Watershed Partnership has communicated ways for citizens to protect our water supplies. This training has led to identification of pollutant problems, environmental planning and obtaining of 1.6 million dollars in funding remediation projects in the last few years. The use of new methods for tracking sources of bacteria and other potential pathogens is breaking new ground in environmental protection.



*Rutgers Cooperative Extension of Monmouth County.*

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## Marine Extension Program

Marine Agent Gef Flimlin has an ongoing project that is directed at the development of an ornamental aquatic plant aquaculture industry in NJ. Starting with a NJDA grant to grow aquatic plants on a cranberry farm, this project has assisted with the establishment of three new aquatic farmers in NJ. Each is growing his/her business and looks forward to continuing. A fact sheet on the subject has been published by RCR&E, and won the National Award from the National Association of County Agricultural Agents Communications Program in 2005. In conjunction with this, Agent Flimlin has received a \$10,000 grant from the USDA Northeastern Regional Aquaculture Center (NRAC) to develop a business feasibility study for ornamental aquatic plants for the region. The project culminated in a presentation at the Northeast Aquaculture Conference and Expo in Manchester NH and a multi-media presentation produced by Roger Williams University, RI. This information is being developed into a bulletin for the regional center.

The second project which is ongoing is the use of High Hydrostatic Pressure Processing for Hard Clams. This project has been in existence for about four years and includes four researchers from Rutgers Food Science. The process subjects clams to 45,000 psi pressure which kills all the bacteria in the shellfish and shucks the meat entirely from the shell. The agent has been seeking grant funds to test the processing parameters of the equipment and is working with a NJ seafood processor to initiate this type of hard clam processing in the Monmouth County Bayshore area. Meetings with the Shop Rite Supermarkets have raised their interest in the process and their desire to market the "shuckless shellfish" products.

Agent Cara Muscio has worked on programs related to coastal water quality and recreation in the Jersey Shore Area. In addition to assisting Agent Flimlin with the educational opportunities and water quality aspect of the Barnegat Bay Shellfish Restoration Program, the two agents collaborated to create: [rcr.rutgers.edu/seafood](http://rcr.rutgers.edu/seafood) safety, the Rutgers Cooperative Research and Extension Seafood Safety Web site. This website was created with the aim of providing research based information for consumers to make appropriate decisions regarding the benefits and risks of seafood in their diet. Agent Muscio is involved in several Regional Stormwater Management Committees in Monmouth County, and with the assistance of Agent Sciarappa is completing an Agricultural Assessment of the Wreck Pond Watershed for the Wreck Pond Regional Stormwater Management Plan. Agent Muscio also participates on the steering committee of the NEW NJ Clean Marina Program, the Barnegat Bay Science and Technical Advisory Committee, and other local organizations. She continues to research the problem of expired marine flares and their proper disposal for both safety and protection of water quality, and has been compiling information on NJ Summer Shore Safety for Jersey shore residents and tourist populations.

*A freshly shucked Jersey Fresh cherrystone clam.*



### Cooperative Extension of Monmouth County

Agriculture Building  
4000 Kozloski Road, PO Box 5033  
Freehold, NJ 07728  
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Monday - Friday  
Fax: 732-409-4813  
Website: [www.njaes.rutgers.edu](http://www.njaes.rutgers.edu)

### Monmouth County Board of Chosen Freeholders

William C. Barham  
Lillian G. Burry  
Robert D. Clifton  
Anna C. Little  
Barbara J. McMorrow

## Master Gardeners

27 Monmouth County residents successfully completed the Master Gardener program in 2006, which entailed 60 hours of formal training, followed by at least 60 hours each of community volunteer service. There are now a total of 142 active Master Gardeners. Master Gardeners provided 18,140 hours of volunteer service in 2006, and responded to over 3,065 gardening questions from the public on the Helpline. Of the total hours of volunteer time, 3,198 hours were spent performing consultation and diagnostic duties at Helpline events, 5,852 hours were spent performing Community Outreach where the public was educated on horticulture on an informal basis, and 929 hours were spent formally teaching the public through the Speakers Bureau. These volunteer areas, totaling 9,979 hours calculates into a cost factor of \$205,068.

### Community Projects

- 260 hours volunteered helping RCE staff with research, including monitoring for Asian Ambrosia Beetle at 4 different sites, and Corn Ear Worm at two commercial sites.

### Speaker's Bureau

- Presented 18 different programs at 42 different venues, reaching over 1,050 people.

### Educational Outreach

- Displays at 11 public venues.

### Horticultural Therapy

- Programs at 2 women's shelters, 1 youth detention center, and 1 facility for people with debilitating illnesses, reaching over 65 residents.

### 2006 Highlights

- Developed and implemented a 'Plant a Row for the Hungry' garden at the Freehold office grounds, donating over 1,600 pounds of vegetables grown to the Open Door Foodbank in Freehold, with an estimated value of \$3,040.

*Master Gardeners helping construct the county Rain Garden.*



## Family and Community Health Sciences

Nutrition, Health & Lifestyle; Food Safety; and Environmental Health continue to be the main concentrated areas focused on by this department. All programs are designed to meet the needs of various socio-economic levels, from limited resource families to senior citizens.

The Living Well initiative is a component of a nationwide Cooperative Extension network of university educators, researchers, and staff who provide community education that is critical to quality of life and health of adults, youth, and families. In March of 2006, Freeholder Theodore Narozanick, presented a proclamation to the FCHS department, declaring the second week of March as "Living Well Week". County residents are encouraged to take advantage of the educational opportunities that FCHS offers. Practical, research-based education is presented that helps families in raising healthy kids, eating right, staying healthy - Living Well.

Additional outreach opportunities are provided by our FCHS newsletters. Our Visions newsletter covers various topics supporting the Living Well initiative while the Connections newsletter discusses many subjects dealing with childcare.

Our annual Monmouth County Fair each summer provides the opportunity to promote healthy living to the many people enjoying this yearly event. Our exhibit incorporates its nutritional information, RCRE Fact sheets with the Jersey Fresh Pick-Your-Own pamphlets, and recipes using New Jersey grown fruits and vegetables. Many thanks to the Monmouth County Board of Agriculture and neighboring farmers for their continued support in providing for our displays and fresh produce.

## NJ Food Stamp Nutrition Education Program (NJ FS-NEP)

New Jersey FSNEP uses community educators to promote good health and develop healthy partnerships to build healthy diets. This grant is funded through the USDA to deliver programming to local and governmental organizations offering behaviorally-focused, outcome-based nutritional education to culturally diverse and food stamp-eligible residents. Our educators also use

USDA food commodities, provided by the Food Bank of Monmouth/Ocean Counties, to assist in their teaching efforts to increase knowledge of nutritious foods, food safety, and food budgeting. This past year over 1,500 food-stamp eligible families have been taught through the cooperating agencies listed below:

- Elementary School Districts (Asbury Park, Keansburg, Neptune, Red Bank)
- Transitional Education Center (TEC)
- Catholic Charities ~ Project Free

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- One Stop Career Center ~ Work Force NJ
- Transitional Housing Centers: Spring House and Manna House
- VNA of Central Jersey

In 2006, Monmouth County FCHS collaborated with over 50 county agencies, reaching over 1000 residents, to provide workshops helping them improve their well-being and make choices to enhance their health and life-skills.

## 4-H Program

The 4-H Youth Development Program provides opportunities for youth to develop life skills necessary for productive, satisfying lives. In 2006, over 5,470 Monmouth County youth grades K-13 participated in 4-H clubs, school enrichment activities, special interest activities, after school programs, and local and state camp experiences. Following here are highlights of 2006 4-H programming:

### Grant Programs

**Five-A-Day through Theatre and Roleplay** - Funded by the USDA Food Stamp Nutrition Education Project, the Five-A-Day through Theatre and Roleplay program utilizes creative arts to promote the consumption of five or more servings of fruits and vegetables per day. The program is delivered to school and community audiences in which 50% or more are eligible for food stamps; in 2006 over 3400 youth were served in Asbury Park, Neptune, Keansburg, Freehold, and Red Bank. Evaluations reveal positive changes in participants' attitudes and behaviors related to healthy eating.

**New Jersey Department of Agriculture Jersey Fresh Grants** - In 2006, Monmouth County 4-H received three Jersey Fresh grants to support 4-H programming. These grants, totaling \$1300, provided funding for the Stars and Stripes Invitational event at the Horse Park, and printing of an informational rabbit brochure.

**Collaboration with Keansburg's Easter Seals 21st Century Grant** - Monmouth County 4-H participated as a partner in the Keansburg 21st Century Learning Grant Program, offering summer and after school programs in puppetry, creative dramatics, scrapbooking and aerospace at Bolger Middle School. Life skills focused on in these sessions included character education, cooperation, planning/organizing, and critical thinking.

### 4-H Clubs

Over 35 4-H clubs are located throughout the county in urban, suburban and rural communities, involving youth in a variety of subject matter areas including, for example, seeing eye dogs, gymnastics, drama, dance, animal science, community service, double dutch jump roping, rocketry and more. 4-Hers develop valuable life skills such as socialization, responsibility, and goal setting. A 4-H club highlight was a White House performance by our New Jersey Children's Chamber Choir 4-H Club. Among all our clubs in 2006, there was a 54% increase in completed record books. In 2006, of those 4-Hers who attended public presentation training, 50% increased their public presentation scores.

### Overnight Camps

**Third Annual Monmouth County 4-H Arts Camp** - 34 youth grades K-12 participated in 4-H Arts Camp at Camp Nomoco, Turkey Swamp Park, Freehold Township from 8/25-8/27/06. Camp workshops included, among others, mask making, improvisation, creative movement and puppet making. Sample testimonials: (Guardian) "The children have asked to join and participate in other clubs. They have been more expressive"; (Camper) "This was a great place to go and have fun, make new friends and learn to share".

## Faculty and Staff

### Agriculture Department

732-431-7260 ext. 61

Richard G. Obal, *County Agricultural Agent, County Extension Department Head*

William Sciarappa, *Supervisor, County Agricultural & Resource Management Agent*

Diane Zahorsky, *Home Horticulturist*

Vivian Quinn, *Program Assistant*

Theresa Hansen, *Principal Clerk Stenographer*

Madgeline Quince, *Senior Clerk Typist*

### 4-H Department

732-431-7263 ext. 64

Ellen Williams, *Supervisor, 4-H Agent*

Virginia Krzyzanowski, *4-H Program Associate*

Kelly Valenti, *4-H Program Assistant*

Debbie Hemmann, *4-H/FS-NEP, Program Associate*

Chevonne Porter, *4-H/FS-NEP Community Assistant*

Leslie Nicholson, *4-H/FS-NEP, Office Assistant*

Rita Silvestri, *4-H Senior Clerk Typist*

Gladys Tarantino, *4-H Senior Clerk Stenographer*

### Family & Community Health Sciences

732-431-7271

Rachel J. Tansey, *Supervisor, FCHS Program Associate*

Sandie Merritt, *FCHS Principal Clerk Typist*

Amanda Nail, *FCHS FS-NEP Community Assistant*

Sametria Benjamin, *FCHS FS-NEP Community Assistant*

### Rutgers Master Gardeners

Helpline 732-303-7614 M-F 9 am - 4 pm

E-mail [mggarden@co.monmouth.nj.us](mailto:mggarden@co.monmouth.nj.us)

For more information visit us at [www.visitmonmouth.com/07050coopext](http://www.visitmonmouth.com/07050coopext)

# Monmouth County Cooperative Extension



## Monmouth County Science Camp - Survivor Nomoco

Sixteen youth participated in Survivor Nomoco at Camp Nomoco, Turkey Swamp Park from June 9-11, 2006. Activities included, among others, campfire building, astronomy, outdoor cooking, crafts, canoeing/kayaking, hiking, sports, and games. The camp represented youth and adult partnership in planning and implementation.

## 4-H Special Interest Programs

**Building 4-H Global Citizenship – Monmouth County 4-H and Societe Generale** - In 2006, Societe Generale, an investment banking company with bases in Paris and New York City, joined with Monmouth County 4-H for a cross cultural educational program with focus on global awareness and workforce preparation skills. SG/4-H projects included, among others: "Take Your Child To Work Day" at the SG NYC office for 14 Asbury Park High School students, and the "French Day Initiative", a French cultural awareness program conducted by Paris SG employees for Asbury Park High School students, and for students enrolled in five Monmouth County Vocational Schools. Pre and post evaluations of youth participants demonstrate a decline in stereotypical views of France and the French, an increased openness to new cultural experiences, greater facility with resume writing, and expanded knowledge of investment practice. The 4-H/SG collaboration was recognized by SG internationally for a Corporate Citizenship Award.

**Get Moving, Get Healthy!** - Get Moving, Get Healthy With NJ 4-H's nutrition education program was offered as a 4 week program to teen girls in a Monmouth County foster home. Evaluations reveal increased receptivity to healthy snacks and exercise.

## 4-H Military Project

**Fort Monmouth** - 24 kindergarteners in the Child Development Center participated in a variety of 4-H programs including personal safety, and puppetry ; CDC staff incorporated 4-H's "hands on learning" approach into their teaching objectives. In the School Aged Services area of Fort Monmouth, youth participated in 4-H clubs in the project areas of rhythmic gymnastics, nutrition, community service, art and photography. The Rhythmic Illusions club was featured in the NJ Military 4-H Grant report, highlighting 4-H'ers' life skill development in the areas of team work, self-discipline and healthy lifestyle choices.

## Training

### Volunteer

**Northeast Regional Volunteer Forum Oct. 2006** - Monmouth County 4-H'ers, 4-H staff, and volunteers provided program support to the Northeast Regional Volunteer Forum held in Long Branch, NJ. Over 200 volunteers from throughout the northeast participated in educational workshops and viewed performances by Monmouth County 4-H club members.

## Youth

**Club Officer Edu-Party** - The Second Annual Club Officer Edu-Party was held in November 2006, involving 32 officers representing 14 clubs. As a result of the training, youth indicated that they had increased confidence in conducting a meeting, assuming responsibility, and working cooperatively with others.

**Rabbit Academy 2** - Youth attending the Second Annual Rabbit Academy in November were exposed to a variety of "hands on demonstrations" on rabbit breeding and care. Evaluations indicate that youth planned to use the information to adopt a rabbit, treat diseases and take better care of their animals.