CSUE Discovery Day
4-H Camp offers memories, learning and adventures!

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Central State University Extension Service (CSUE) is working to address the vital needs of communities across Ohio.

CSUE programs are designed to promote and uplift the health and wellbeing of individuals and families.

The CSUE Agriculture and Natural Resources; Family and Consumer Science; 4-H and Youth Development; and Community and Economic Development programs, are developing multidisciplinary projects that help improve community viability and sustainability, provide access to nutritious food, help owners of small and limited resource farms, increase consumption of fruits and vegetables, help reduce chronic illnesses, improve family finances and relations, and build strong and healthy youth.

Beginning farmer programs are to be at the forefront of this effort. CSUE has established two beginning farmer programs and are hoping to also establish incubator farms in Dayton, Trotwood, Toledo, Cleveland, Warren, and Springfield. Once established, these incubator farms will become centers of beginning farmer training.

Access to incubator farms allow program participants to have a temporary and affordable parcel of land to farm, receive training, and hone skills needed to launch farm businesses. This is a multidisciplinary effort with collaboration from Central State University researchers, CSU Extension Agriculture and Natural Resources, Family and Consumer Science, and Community and Economic Development programs.

The 4-H program and summer camps introduce children, youth, and families to science, technology, and math concepts. Participants are made aware of the many Food, Agriculture, Natural resources, and Human sciences (FANH) careers through agricultural entrepreneurship, nutrition, and other instruction.

As the Associate Director of Extension, I am also very excited to share the news that we are expanding our reach into southern Ohio. With the addition of new partnerships, such as our most recent partnership with Southern State Community College in Hillsboro that will provide us with dedicated office space, we can better provide Extension programming in a series of counties along the Ohio River, many of which are identified as “high poverty” areas.

Mobile assets, such as a mobile kitchen and a Health Education Mobile Unit (HEMU), will further increase CSUE’s capacity to address the needs of individuals in these extended service areas.

Finally, CSUE will continue to develop partnerships with state and private agencies and other organizations to help facilitate our messages across our 60 counties.
Central State University Extension (CSUE) Community/Economic Development Program in partnership with the Public Defender's Offices of Montgomery County and Greene County, hosted a free virtual record-sealing clinic (the legal practice of removing criminal/court records that would otherwise be publicly accessible) in April.

Students currently enrolled at higher learning institutions --- including Dayton Job Corps, Sinclair Community College, University of Dayton, Greene County Career Center, Clark State Community College, Wright State University, Central State University, Miami Valley Career Technology Center, and Wilberforce University --- were eligible to participate.

Volunteer attorneys assessed students' eligibility for record sealing and helped them complete the relevant online forms.

Due to COVID-19 health and safety precautions at that time, assistance was provided over phone and via email.

Each registered participant received a scheduled phone appointment. Assistance was on a first-come, first-serve basis with limited space available.

For more information about future record-sealing clinics, contact CSUE Community/Economic Development Program Leader Anthony Barwick at 937.376.6089 or at abarwick@CentralState.edu.
Introducing residents who may not have easy access to opportunities within their communities, as well as underserved populations and military veterans new to farming is the goal of the new Central State University Extension (CSUE) beginning farmer training program.

The program is available to individuals who have never managed a farm or who have managed a farm for less than ten years, says CSUE Associate Director of Extension Dr. Siddhartha Dasgupta.

“With our team of extension professionals across Ohio, we will build relationships between beginning farmers and agricultural organizations that will also assist in teaching management skills, financial literacy and stress reduction techniques.

Training will be offered:

* Workshops focusing on growing organic fruits and vegetables, aquaponics, hydroponics, beekeeping and hemp as well as training on marketing, risk management, farm business and more.

* Hands-on apprenticeships at incubator farms located throughout Ohio to learn production, farm management, marketing and research-based agricultural practices.

* Technical assistance for beginning farmers to find farmland, apply for USDA grants, cost-sharing programs, loan programs, farm management assistance, business development and more.

“New farmers,” says Dr. Dasgupta, “will be required to work at an incubator farm a few times each month for one
year. Experienced farmers --- who are not currently farming --- will not need to attend all apprenticeships at the incubator farms. Those new farmers who complete the apprenticeships will be provided a temporary plot of land and receive assistance to market their crops.”

A $250,000 Capacity Building Grant (CBG) has allowed CSUE to partner with Edgemont Solar Garden (Dayton) and the City of Trotwood to recruit local residents to be part of the education program and/or incubator farm. CSUE Agriculture/Natural Resources Educators Dana Hilfinger and Marc Amante manage the program and provide educational programming. Additional incubator farms are planned throughout Ohio.

The goal of the program is to create new farmers in the next three years who will use CSU Extension for long-term educational needs and technical assistance, he adds.

For more information, contact Amante at amante@CentralState.edu or Hilfinger at dhilfinger@CentralState.edu.
CSU Community Marketplace resumes in-person food distribution

The Central State University (CSU) Community Marketplace resumed its in-person schedule in April 2021.

The marketplace is free to all CSU students, staff and community residents and offers a variety of fresh and non-perishable foods.

The Mobile Marketplace is provided by the Dayton Foodbank, whose sponsors include United Way, Kroger, Human Services of Montgomery County and USDA.

For more information, contact Dr. Mary Kershaw at (937) 376-6654 or mkershaw@CentralState.edu.

Calling All Green Thumbs: Public programs offered at CSU Seed to Bloom Botanical and Community Gardens

Offering programs to beginning gardeners, experienced gardeners and to those who just enjoy being in a garden, Central State University Extension (CSUE) is hosting its first season of programs within the CSU Seed to Bloom Botanical and Community Garden.

The garden is located at the corner of US 42 E and Wilberforce-Switch Rd., Wilberforce and is open to the public seven days a week.

The free programs for youth, families and adults began this spring and have featured topics ranging from growing backyard vegetables to edible flowers to producing mushrooms and more.

A quartet of CSU students from the Bahamas even offered a musical performance in the garden during a weekday lunch program.

Free programs can also be designed for local schools, libraries, church groups, youth groups and other organizations that meet their needs and interests. Programs can be held within the garden or at the groups’ preferred location upon availability.

For more information about upcoming programs in the garden, contact CSUE Agriculture and Natural Resources Associate Clare Thorn at cthorn@CentralState.edu or call 937.376.6627.
Gone fishin’
CSUE begins 2021 aquaponics season with tilapia and greens

Approximately 250 tilapia fingerlings arrived at the CSUE Aquaponics Demonstration Facility this spring—-and will be harvested later this year as fully grown one-and-one-half to two pound market-ready fish.

A wide variety of greens, herbs and other produce will be grown within the system.

Aquaponics is a closed system that combines conventional aquaculture (the raising of aquatic animals) with hydroponics (cultivating plants in water) in a mutually symbiotic environment. The system utilizes the waste of one element for the benefit of another. In this case, the waste of the fish benefits the growing plants.

Several aquaponic systems are displayed within the demonstration facility.

For more information, contact CSUE Vegetable and Small Fruit Technician Brian Kampman at bkampman@CentralState.edu.

(Shown right is Kampman as places the 2021 shipment of tilapia in the tanks.)

Ohio State University students visit CSUE Aquaponics Demonstration Facility

Two students from The Ohio State University (OSU) visited the CSUE Aquaponics Demonstration Facility this summer as well as the research aquaponics site and the International Center for Water Resources Management. Shown, left to right, are Dr. Krishna Kumar Nedunuri, International Center for Water Resources Management Director, professor of environmental engineering and aquaponics researcher; CSUE Agriculture and Natural Resources Program Leader Dr. Cindy Folck; and the two OSU students.
Newly hired Central State University Extension (CSUE) Agriculture/Natural Resources Educators from throughout the state recently traveled to Xenia for a training session on beekeeping with both university and state professionals.

CSU Assistant Professor Dr. Hongmei Li-Byarlay, (shown far right), and CSUE Agriculture/Natural Resources Program Leader Dr. Cindy Folck, as well as Ohio Department of Agriculture State Apiarist Barb Bloetscher, shared information on the biology and life cycle of the bee, pests and diseases. Participants also built their own bee box/swarm trap to use as a training tool with residents in their regions.

New Central State University Extension agriculture/natural resource educators and their regions include:
- *Southwest Ohio: Marc Amante and Dana Hilfinger*
- *Southeast Ohio: Denise Natoli Brooks and Phil Hollingshead*
- *Northwest Ohio: Michelle Wallace*
- *Northeast Ohio: Adam Regula and Logan Walter*

CSU bee hives placed at Simon Kenton Bridges Of Hope Gardens in Xenia

Four hives have been installed by CSU at Simon Kenton Bridges of Hope in Xenia to provide controlled genetic research away from the CSU bee yard, as well as to increase pollination of the Simon Kenton Bridges of Hope urban gardening efforts and offer informal teaching opportunities to program patrons. Shown in front of the bee yard, left to right, are CSU Field Technician Ashley Cordle, Simon Kenton’s Bridges of Hope Project Rebecca Pryor and CSU Research Assistant Professor Dr. Hongmei Li-Byarlay.
Going deep with diabetes education

CSU Extension offers free diabetes education class series throughout Ohio

Learn simple lifestyle changes that can prevent serious health concerns by enrolling in Central State University Extension's free Diabetes Empowerment Education Program (DEEP)™ series of classes. The classes are offered in numerous locations for the convenience of participants. The Diabetes Empowerment Education Program is a series of six classes conducted by Central State University Extension (CSUE) and community partners. This program, says CSUE Family and Consumer Program Leader/EF-NEP Coordinator Mary Kershaw, Ph.D., was designed for adults interested in learning ways to manage their pre-diabetes/diabetes. The DEEP™ program will help manage health concerns associated with high blood sugar, she adds. Participants attend one session per week for six weeks to participate in presentations, hands-on activities, and simple exercises. Those attending will learn methods designed to improve their quality of life by preventing complications, developing self-care skills, as well as understanding and using available resources. Participants in the series of classes will identify unhealthy habits and learn skills to live a healthier lifestyle; learn techniques to manage and prevent common diabetes complications, such as stress, nerve pain, heart disease, stroke, blindness, and kidney failure; as well as receive free educational materials to maintain lifestyle changes. For more information or to register, contact Dr. Kershaw at mkershaw@centralstate.edu or call (937) 376-6654.

Central State University Extension/The Ohio State University Extension hold joint zoom meeting

CSU Extension (CSUE) and OSU Extension (OSUE) community and economic development programs held a joint ZOOM meeting in February. Associate Professor and Interim Associate Director of Community Development for OSU Extension David Civittolo and CSUE Community and Economic Development Program Leader Anthony Barwick coordinated the two-hour program. The meeting was attended by Community/Economic Development (CED) staff across Ohio as well as CSUE Regional Extension Associates for a virtual meet-and-greet session to share about current activities, as well as explore opportunities for future joint collaborations.

Virtual breakout sessions focused on how to best serve Ohio residents and how to identify future projects within assigned regions, counties, and communities. The need for continuous communication within the CED teams and measurable outcomes was highlighted.

The joint committee will continue to meet on a regular basis to ensure that communication lines remain open.

For more information, contact Barwick at abarwick@CentralState.edu or call 937.376.6089.
Central State University President Dr. Jack Thomas stopped by CSUE’s Discovery Day 4-H Camp to meet, greet and encourage rising students

Using their head, heart, hands and health to create memories, an adventuresome group of third- to fifth-grade students recently participated in Central State University Extension’s (CSUE) three-day 4-H Discovery Day Camp.

Offered free to participants, CSUE’s Discovery Day Camp is designed for rising third-, fourth- and fifth-grade students and offered hands-on activities focused on technology, engineering, agriculture, and math, as well as 4-H youth development activities.

The in-person 4-H camp was held at CSU-Xenia on Progress Drive, featuring activities ranging from creating solar-powered model houses to kindness rocks to healthy exercise and improved nutrition.

CSU President Dr. Jack Thomas (shown above, center) stopped during the camp to welcome and encourage the campers with their lifelong learning adventures.

“4-H not only provides hands-on experiences for participants but also teaches life skills no matter what their future plans,” CSU Extension 4-H Program Leader Dr. Prosper Doamekpor says. “The lessons and experiences are so much more than just what the campers learn. Social and leadership skills can be developed that transfer into all aspects of life.”

For more information, visit www.CentralState.edu or contact Dr. Prosper at (937) 376-6099 or email pdoamekpor@CentralState.edu.
Working as a team to improve the community, members of Central State University Extension (CSUE) volunteered in February to clear an abandoned plot of land owned by Coit Road Farmers Market in Cleveland.

Agriculture and Natural Resources Educator Logan Walters, Family and Consumer Sciences Educator Stacey Stangel, and Regional Extension Associate Kelly Beers (shown below right) volunteered their time to rehabilitate the site.

The market is one of three sites in northeastern Ohio that will be used for CSUE’s incubator farms.

The plot of land had previously been a parking lot, but had become overgrown with trees, brush, debris, as well as being the dumping site for large piles of dirt from a sewer project completed a few years ago, says Beers.

This was the first step in rehabilitating the site, which included cutting down the overgrown trees and shrubs and chipping them.

Assisting with the clean-up efforts were also staff members from the market, community volunteers, and volunteers from FoodStrong, a partnering nonprofit agency.

For more information about any CSUE agriculture or natural resources program, contact Dr. Cindy Folck at afolck@CentralState.edu or call (937) 375-6101.

Community/Economic Development take message to residents

CSU Extension Community and Economic Development Educator Amber Twitty (shown center) recently attended the CSU Community Market-Place to visit with participants about the programs offered as a free service to Ohio residents.

Programs offered include small business development, record-sealing clinics, disaster preparedness for businesses, building a brand and workforce development training. Programs are offered throughout Ohio.

For more information about any community and economic development program, contact Program Leader Anthony Barwick at abarwick@CentralState.edu or call 937.376.6089.