

Creating Healthy Places

To Live, Work & Play in Schoharie County



Get Active Schoharie County is promoting being active around Schoharie County. There is much to see and do around this County that getting out and being active should not be difficult.

The recommendation is 30 minutes of moderate activity 5 days a week. Moderate activity increases your heart rate, produces sweat and makes conversation more difficult. Cleaning the house, playing with children, going for a walk or walking up and down stairs can be included in this activity. *If you have health problems, please consult a doctor before beginning an exercise routine.* With all exercise it is better to start slow and progress as you increase your fitness level.

Creating Healthy Places is working to

increase the number of places to be active but we already have some wonderful resources around the County.

Mine Kill State Park has programs on a regular basis and trails for hiking. If you are interested in trying some snow shoes, *New York Power Authority* has some that you can borrow to try on the trails. *Landis Arboretum in Esperance* also has trails and snow shoes to rent. For anyone interested in cross country skiing, *Oak Hill Farms in Esperance* has trails and ski equipment to rent. There is a fee to ski the trails and they are open on the weekends only. There are also several state forests with marked trails that are available for public use throughout the County.

The Cobleskill Creek trail is also a 4 season trail! It is now possible to make a 2 mile or 3 mile loop of the field.

Thanks to work done by Terry Lasher, a

teacher at CRCS and active outdoorsman, a woodland trail has been established on the southern edge of the field from the new Maranatha building to the parking area on Warnerville Cut-Off. Look for new signage along the road to identify the trail.

Iorio Park in Cobleskill will be adding an adult fitness area this spring with at least 5 pieces of equipment to use.

Chalybeate Park in Sharon Springs has undergone renovations and has a fitness trail to install this spring.

Blenheim has 5 pieces of equipment that will be installed in the spring for families to use as well as a walking path.

Look for walking routes in each community to be publicized this spring as we move to promote walking around the County. Have a route, post it on Facebook for us.

Eating Healthy

Schoharie County Head Start added 6 raised bed gardens at their Schoharie site this year. Families came in to work in the garden as did children from the center.

Produce grown in the garden was sent home with students but was also discussed in the classrooms and linked to meals served at the site so that students were familiar with a variety of vegetables. Produce grown this year included acorn squash, carrots, radish-

es, green beans, zucchini, yellow squash, and cauliflower. They grew a zucchini that was almost as big as one of the younger gardeners! As the garden was getting cleaned out this fall, they found more vegetables including a perfect carrot. Unfortunately, a woodchuck enjoyed the cauliflower before the families were able to add fencing was added to the garden to protect other crops.

Maple Butternut Squash Soup

8 cups cubed peeled seeded butternut squash (about 3 lb)
 1 large apple, peeled, chopped
 1 large onion, cut into 1-inch pieces
 1 teaspoon ground cinnamon
 1/2 teaspoon ground nutmeg
 1/2 teaspoon salt
 1/8 teaspoon pepper



1 carton (32 oz) chicken broth
 1/2 cup half-and-half or milk
 1/4 cup real maple syrup
 3/4 cup plain greek yogurt
 2 tablespoons chopped fresh chives

Place squash, apple, onion, cinnamon, nutmeg, salt, pepper and chicken broth in a crockpot. Cook on low for about 7 hours or high for 3-4. When squash is soft, puree all ingredients. Add milk and maple syrup and heat through. Add yogurt and chives to individual bowls. Serves 8.

(Recipe from Betty Crocker recipe on line)

Around the County

Upcoming Activities

December 20, 2013 Full Moon Hike @ Max Shaul 5 PM Free

December 21, 2013 Hike @ Mine Kill 10 am Free

January 1, 2014 First Day Hike @ Mine Kill State Park 11 am Free. Snow shoeing possible if snow. Call 827-6111 to reserve a spot.

January 11, 2014 Middleburgh Library Wellness Fair 9-2 Free

January 18, 2014 Winter Hike @ Mine Kill 10-2

Jan 8-Feb 26, 2014 Tai Chi @Office for the Aging (must be age 60+ and preregistration required) by donation

February 1, 2014 Snow Fest @ NYPA Blenheim Gilboa Visitor Center 10-4

February 14, 2014 Wine and Chocolate Gala for Iorio Park @GrapeVine Farms

What's New

Middleburgh: Middleburgh Little League will be the recipient of funding from Creating Healthy Places this year to assist in the construction of the fields that they are building on Pine Street in Middleburgh. Look for work to be done this spring. Middleburgh is also looking to identify at least 1 1-mile walking loop in the Village to encourage people to become more active.

Blenheim is creating a fitness park that will include 5 pieces of equipment for adults and children to use. They will also be including a walking path to be used with the equipment for a whole body workout. Look for more information to come.

Cobleskill Recreation is upgrading facilities at Iorio Park, behind Best Western. CHP has purchased adult fitness equipment as well as a preschool piece so that families can be active together. They have removed many pieces that were deemed to be not as safe and will be replacing them in the next while.

Schoharie Fresh has a new logo. Look for it to be included in advertising and PR this spring.

Did you know that there are 11 running/walking races in Schoharie County and 5 more just over the border in Berne, Knox, Duanesburg and Cherry Valley? Most of these are new in the last couple of years and raise money and awareness for different causes around Schoharie County. Most are 5K (3.1 miles) and all include walkers, so put on your sneakers and get out and walk.



Shop Fresh
Eat Fresh
Restaurant
Partnership



Have you eaten at any of the local restaurants participating in the Shop Fresh Eat Fresh Campaign?

Current Participating Restaurants:

**Olde Tater Barn—Central Bridge,
Apple Barrel—Schoharie,
Schoharie Valley Farms—Schoharie,
Hubies—Middleburgh,
Farmhouse Bistro at Grapevine Farms—
Cobleskill
Sharon Tavern—Sharon Springs**

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