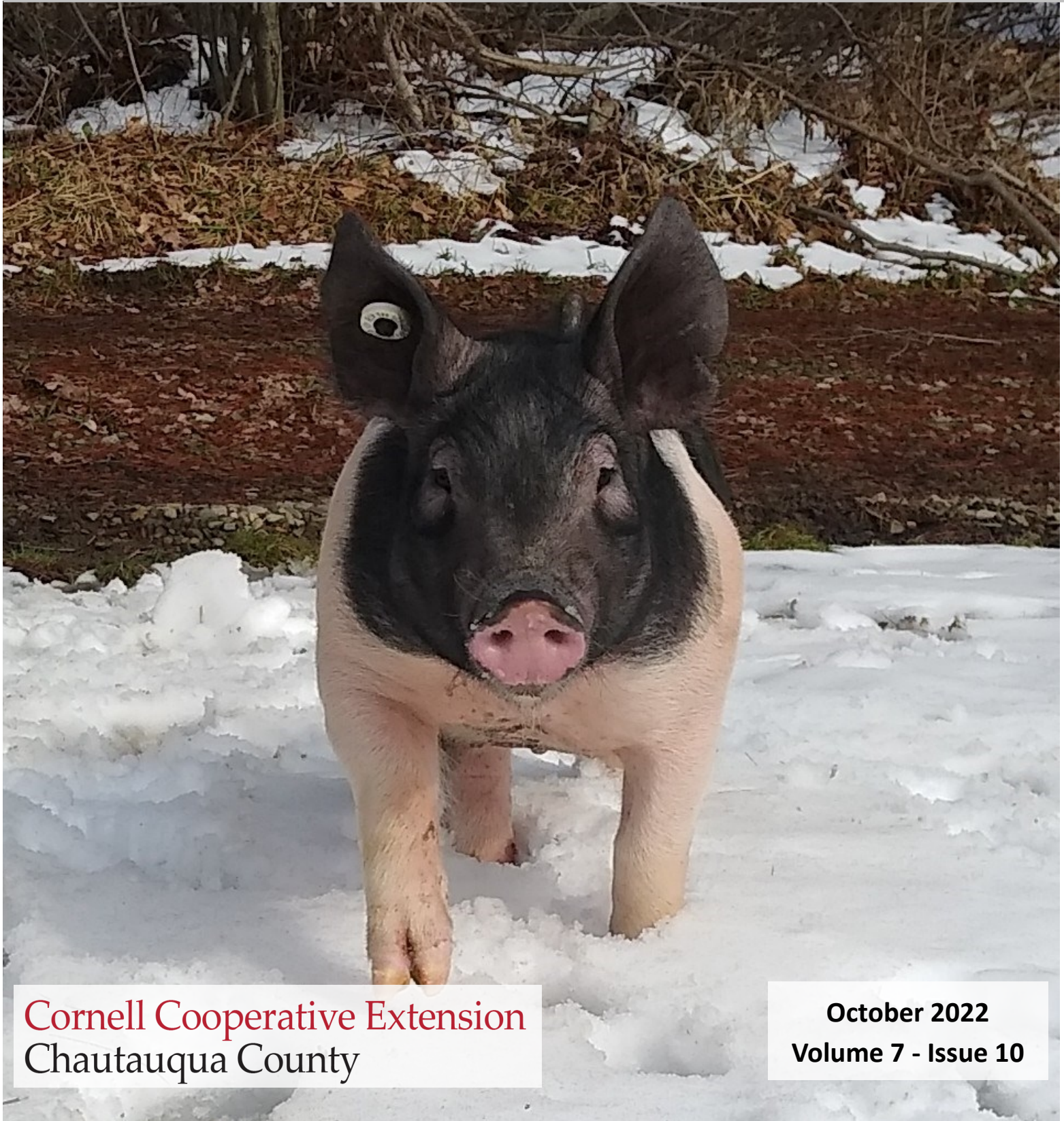


Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

October 2022
Volume 7 - Issue 10

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COVER PHOTO: October is National Pork Month.
Photo submitted by Matt Harper.

Your picture could be on our next cover!
Send your submission to lpc33@cornell.edu

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www.cce.cornell.edu/chautauqua

Association News

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| Dan Crowell | Dairy |
| Keith LaRoy | Goat |
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| David Schauman | Beef, Meat Animal Sale |
| Kasey Fanara | Horse |
| Nannette Knappenberger | Snack Bar |
| Jamie Smith | Exhibition Poultry |
| Julie Covert | Market Poultry |
| Rebecca King | Rabbit |
| Ken Styers | Hog |
| Shawn Huntington | Sheep |

From the Office of the Executive Director

As the leaves begin to change, we are proud to be continuing to offer exceptional programs serving the County's youth, those in need of nutritional assistance and the agricultural producers. We have so many wonderful programs happening, and we hope you can attend. We are having a CCE meet and greet on October 27th followed by our annual meeting, and an Agriculture Forum on November 30! We also have Livestock programming, L.E.A.F. workshops, nutrition classes and youth development events planned. We also recognize that many of our partners and farmers are very busy with the harvest upon us. I encourage everyone to take in the most beautiful and memorable moments of the autumn season.



At our CCE Annual dinner we will be recognizing outgoing board and committee members that have volunteered 3 or 6 years supporting our programs. Please join us in celebrating Shelly Wells, Linda Jarvis, Joe Osborne, and Katelyn Bentley on Thursday, October 27 at 6 pm in the JCC Weeks Reception Hall. Reservations are required. If you did not receive an invitation in the mail or if you have any questions, please reach out to Lucy Conti at 716-664-9502.

SAVE THE DATE

Chautauqua County Agriculture Forum 2022

Wednesday November 30, 2022
(Snow date: Wednesday December 7, 2022)
Jamestown Community College
525 Falconer Street, Jamestown, NY 14701
9:30am - 3:30pm

For more information please contact Cornell
Cooperative Extension Chautauqua County at
716-664-9502 or chautauquaag@cornell.edu

Join us in our effort to bring together local producers
with ag support agencies that are available in our
area. Our Ag Forum will feature a keynote speaker
(TBA), break out sessions, lunch, and ag support
agency tables.

Chautauqua County Agricultural News

Local Marketing Opportunities at Upcoming “Meat Your Farmer” Events

All local livestock producers are invited to participate in our upcoming “Meat Your Farmer – Connecting Consumers to Local Farms” events to share information about the meat products your farm has available for sale to our local consumers. This event will provide an opportunity for the public to taste locally produced meat products and visit with area farmers to learn about their businesses and opportunities to purchase local, nutritious meats.

Two events are being planned for our area by Cornell Cooperative Extension of Chautauqua County and the SWNY Dairy, Livestock and Field Crops Program, along with other co-sponsors:

Cattaraugus County: Cornell Cooperative Extension of Cattaraugus County, 28 Parkside Drive, Ellicottville, NY on Saturday afternoon, November 5, 2022, from 1:00 – 3:00 pm

AND

Chautauqua County: Fluvanna Fire Hall, 3536 Fluvanna Avenue, Jamestown, NY on Wednesday evening, November 9, 2022, from 6:00 – 8:00 pm.

The public will be invited to learn about purchasing local meats, taste local meat products prepared by a caterer, and can visit with our local farmers who produce and market their meat products directly to consumers.

We will have a presentation featuring Ann Phillips and Mark Strub from Shining Star Cattle Company, located in southern Erie County, NY, beef cattle producers who will share their experiences marketing meat products to consumers. This talk will help our Meat Your Farmer participants learn more about purchasing local meats directly from livestock producers. Amy Barkley, Cornell Cooperative Extension Livestock Specialist will present information on “Meat Suite.com”, an on-line platform where farms can advertise their meats to market them directly to consumers.

All livestock producers who currently market their meat products directly to consumers or wish to in the future are invited to participate as a farm vendor, with a table provided for your farm brochures/information, and to visit directly with the consumers who will be in attendance. We are also requesting a donation of local meats for our caterers to prepare for the tasting or a donation of a gift certificate to raffle to consumers to purchase product from your farm business. The similar program held previously in Chautauqua County drew about 100 local consumers.

Additional details are currently being confirmed and will be available soon. If you are interested in participating as a farm business in one or both of the “Meat Your Farmer” events to help connect consumers to your local farm, please contact Lisa Kempisty, Cornell Cooperative Extension Agriculture Educator at 716-664-9502 Ext 203 or ljk4@cornell.edu to receive additional information.

Hope to see your livestock farm represented at this educational program to help our consumers better understand how to purchase meats directly from local farms and the opportunity to personally visit with our farm owners.

Maple Syrup Workshop

Are you new to maple syrup production or an experienced sugarmaker interested in improving your operation? Join Cornell University Maple Specialist, Aaron Wightman, for an evening of maple syrup production tips and research updates. A variety of topics for a range of skill levels will be presented through a combination of slides, hands-on exercises, and demonstrations. Active participation and discussions are encouraged.

Questions regarding workshop content can be directed to Aaron Wightman, arw6@cornell.edu.

To register call 607-664-2300 or email amz65@cornell.edu

Event Details

Date: October 3, 2022, Time: 5pm - 8pm

Location: Cornell Cooperative Extension Steuben
20 East Morris Street, Bath, NY 14810

Host: Cornell University Maple Specialist

Cornell Cooperative Extension

Learn about our
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Meet & Greet Event

Thursday, October 27, 2022
4:00pm-6:00pm



716-664-9502



<https://chautauqua.cce.cornell.edu/>



525 Falconer Street
Jamestown, NY 14702
JCC Carnahan
Building



Beef Quality Assurance Training

Saturday, October 15th

Level I training: 9am - 11am • Level II training: 9am - 2pm
Perrysburg Volunteer Fire Co / Town Line Livestock, Perrysburg, NY

Cost to participate: The training is free

Lunch and refreshments are either “pack your own” or provided by the program for \$15/person.

Please register by Wednesday, October 12th by contacting Amy Barkley at (716) 640-0844 or amb544@cornell.edu.

You will learn:

- History and benefits of BQA training
- Stress reduction and management through low impact handling
- Herd health management and biosecurity
- Identification and recordkeeping
- Transportation considerations
- Introduction to VCPRs, veterinary drugs, and veterinary equipment
- Chute-side manner and how to properly give injections

This training will be for level I and level II BQA certification. If you are taking the training to recertify, you will only need to take the classroom training. If you want to become level II certified, you'll need to be present for both the classroom and chute-side training.



New York
Beef Quality
Assurance

BEEF



This training is for:

- New cattle producers
- Seasoned cattle producers
- Cattle producers looking to become BQA certified
- Cattle producers looking to renew their BQA certification



Cornell Cooperative Extension



CrackerJack Farm Feed & Variety Store

716-499-9985

Store hours: M-F - 4-8pm, Sat. 8am-Noon

The CrackerJack Farm remains a family operated farm specializing in Percheron Draft Horses and Horse-drawn Carriage / Wagon rides. In 2019 the family extended the farm operation to include Blue Seal Feed, and in 2020 we added Dry Creek Wood pellets along with Hand-crafted items made by family members.



Horse Feed:

- ◆ Sentinel: Performance LS, Lifetime
- ◆ Dynasty: Pro Pellet 14-6
- ◆ Mane Menu: Textured 14%,
- ◆ Oats: Plain & Crimped

Chicken Products:

- ◆ Economy Feed: 16% pellet
- ◆ Home Fresh: Starter, Breeder, Ex Egg Layer
- ◆ Organic: Starter, Broiler, Layer pellets
- ◆ Meal Worms & Scratch

Dog Products:

- ◆ Entrust: Puppy, Large Breed Puppy, Lamb & Rice, Chicken & Barley, Pork & Barley
- ◆ Natural 26: 5lb, 25lb, 50lb
- ◆ Peanut butter biscuit / dog toys

Cat Products:

- ◆ Entrust: Kitten, Adult Cat
- ◆ Barn Cat: 32 lbs

4-H Discounts
Available

Rabbit Products:

- ◆ Home Fresh: Show Hutch Deluxe 17, Top Hutch 18
- ◆ Bummy: 16%

Wild Bird Products:

- ◆ Bird seed: Sing Along, Song Maker, Concerto
- ◆ Black oil Sunflower: 20 lb, 40 lb
- ◆ Nyjer Seed: 25 lb
- ◆ Suet Cakes: High Energy, Orange, Nut & Berry
- ◆ Bird houses & Feeders

Beef Products:

- ◆ Beef Show: Grower, Blender, Finisher
- ◆ Minerals: Kent 365 ADE
- ◆ Lick tubs: EnergiLass 32, EnergiLass 12AFC

Goat Products:

- ◆ Caprine Challenger
- ◆ Mane Menu
- ◆ Lick tub: EnergiLass Goat Tub

Bedding:

- ◆ Pine shavings / sawdust
- ◆ Hardwood shavings

Alpaca:

- ◆ Home Fresh Alpaca Crunch

CrackerJack Farm Feed & Variety Store
4589 Bemus Ellery Road
Bemus Point, NY 14712
<https://crackerjack-farm.square.site>
716-499-9985



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“We got more regimented in our use of Udder Comfort and saw SCC drop to 120,000.”

— Kyle Hirt



**MITHVA FARMS, NEW WOODSTOCK, NEW YORK, 85 Holsteins, 2021 BAA 106.7 *SCC 120,000*
Kyle Hirt with Lane, Abby and Maggie stopped by at Empire Farm Days to report even better results!**

“Talking to veterinarian Doug Evans and the team at the Udder Comfort™ booth, we got more regimented in our use of Udder Comfort and saw SCC drop from 200,000 to 120,000. We started making sure we sprayed every fresh udder after each milking for the full 3 to 4 days after calving and watched our somatic cell counts respond. We saw SCC on our fresh cows drop right down collectively by 10 to 12 days in milk,” says Kyle Hirt, Mithva Farms, New Woodstock, New York.

“We were already using Udder Comfort for 4 years on swelling in fresh cows and mastitis. We knew it reduced edema faster and better than anything else,” Kyle adds.

“By getting more regimented on the full routine of Udder Comfort for every fresh animal, we saw even better results. It works,” he reports.

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2022 Fall Season LEAF Workshop Information

LEAF (Learn Empower Achieve Farm)

The LEAF Program connects our area residents, homesteaders, farmers, and agricultural enthusiasts to educational resources through workshops, on-site consultations, and the West-ern New York Beginning Farmers and Homesteaders Community to continue to diversify and grow agriculture in Chautauqua County.

The LEAF series is open to beginning farmers, established farms looking to grow and diversify, agriculture enthusiasts, homesteaders, and EVERYONE in between! A variety of workshops will be presented through the fall and spring seasons.

You can register and see full class descriptions here: <http://chautauqua.cce.cornell.edu/agriculture/2022-l-e-a-f-workshop-series>. Please contact Cassandra Skal, Agriculture Program Coordinator, at 716-664-9502 ext. 202 with any LEAF questions or concerns.

****All classes will be held at JCC Carnahan Building.**



| Class | Date | Time | Instructors |
|--|----------------|--------------------|-------------------------------|
| Business Planning For Beginning Farmers | Wed. Oct. 5 | 6:00 pm-8:00pm | Katelyn Walley-Stoll |
| Yummy Yeast Breads | Tues. Oct. 11 | 6:00 pm-8:00pm | Linda Dewey |
| Vet 101 - What To Do When Things Go Wrong | Thurs. Oct. 13 | 6:00 pm-8:00pm | Dr. Shannon Carpenter |
| Raising Capital For Your Farm | Wed. Oct 19 | 6:00 pm-8:00pm | Amanda Ritchey |
| Basics Of Home Food Preservation | Tues. Oct. 25 | 6:00 pm-8:00pm | Emily Reynolds; Shannon Rinow |
| Sourdough and Salt Rising Breads | Tues. Nov. 1 | 6:00 pm-8:00pm | Linda Dewey |
| Baby Mama Drama: Do's and Don'ts of Animal Birth on The Farm | Tues. Nov. 8 | 6:00 pm-8:00pm | Dr. Shannon Carpenter |
| Old Fashioned Soap Making | Sat. Nov. 12 | 10:00am 12:00pm | Linda Dewey |
| Sewing 101 | Thurs. Nov. 17 | 6:00 pm-8:00pm | Nancy Johnson |
| Grant Writing 101 | Tues. Nov. 22 | 6:00 pm-8:00pm | Paula Pichon |

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Chautauqua County Soil & Water Conservation District Newsletter

Jamestown Business Park
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Jamestown, NY 14701
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Email: chaut-co@soilwater.org



Chautauqua County SWCD Staff:
David Spann, District Field Manager
Cassandra Pinkoski, Grant Specialist
Greg Kolenda, District Field Technician
Hailey Laramie, Water Quality Technician

Stocking Triploid Grass Carp to Control Aquatic Vegetation in New York Waters

Grass Carp (*Ctenopharyngodon Idella*) were introduced into New York State in the 1980s when it became legal to stock a sterile hybrid to control submerged aquatic vegetation. Grass Carp tolerate a wide range of environmental conditions and prefer ponds or slack-water areas with dense vegetation. There have been no reports of natural reproduction of sterile fish.

Aquatic Plant Preferences of Triploid Grass Carp:

Triploid grass carp have distinct feeding preferences, preferring tender, succulent plant species over those that are tough and fibrous. Triploid grass carp do not prefer emergent species such as cattail or bulrush or floating leaved species such as water shield or water lily. Selectivity and consumption rate vary widely according to a vast array of factors including water temperature, dissolved oxygen and presence or absence of attached algae.

Triploid Grass Carp Stocking Rates: Triploid grass carp are extremely potent plant consumers. Triploid Grass Carp are capable of eradicating all plants from a pond for periods exceeding 10 years if a pond is overstocked with Triploid Grass Carp.

Besides the obvious impact such complete plant removal will have on vegetation-dependent fish and wildlife, total de-vegetation of a pond can also result in the development of severe algae blooms, foul smells, and an overall decline in water clarity. To minimize or prevent such adverse impacts Triploid Grass Carp should be introduced in incremental amounts to try to achieve the targeted goal of 20-30% coverage of vegetation of the pond's surface area, as it is impossible to precisely predict the exact number of fish. An incremental approach will involve waiting a two-year waiting period

after each stocking to see the results to achieve maximal control. Continue to add small increments of additional Grass Carp at two-year intervals until total plant populations are reduced to the 20-30% threshold. Patience is key, as aquatic vegetation control with Triploid Grass Carp is a slow process. However, once the appropriate number of Triploid Grass Carp is found to maintain optimum control of a pond is achieved, control will last a number of years. If more rapid control is desired, other plant control methods such as mechanical harvesting or advised chemical applications can be integrated with Triploid Grass Carp use.

Recommended Initial Triploid Grass Carp Stocking Rates: Low Plant Density = 5 Fish Per Acre; Medium Plant Density = 10 Fish Per Acre; High Plant Density = 15 Fish Per Acre

It is ideal if Triploid Grass Carp can be added to the pond in the fall when the water is cool, however, results will likely not be seen until the following year.

Be advised that the high-water temperature combined with a low dissolved oxygen typically found in weedy ponds in the late summer can result in a substantial loss of grass carp. Visit the DEC's website to learn how to acquire a Grass Carp Permit for your pond at: <https://www.dec.ny.gov/permits/25024.html>



Please be advised that Grass Carp Permits are required for all Triploid Grass Carp purchases from our office in accordance with New York State law. Please email chaut-co@soilwater.org to be added to our spring fish sale order form mailing list.

Information pertaining to Triploid Grass Carp is courtesy of DEC: <https://www.dec.ny.gov/outdoor/7973.html>

Barley Straw Pond Kits

Even though barley straw cannot remove algae as fast as other treatments, it has been shown to work as a great long-term control method and can help stop algae from coming back in the future. Here is a brief breakdown of the complicated chemical reaction.

After barley straw is placed in the pond, it slowly begins to decompose. During decomposition, the cellular structure of the barley begins to break down, and the rate of breakdown is dependent on water temperature and oxygen content. Beneficial bacteria will work faster in warmer temperatures and well-aerated conditions, so you'll see faster results from barley in summer compared to winter. After a few weeks in the pond, decomposition changes from being bacteria dominant to fungi dominant, leading to "rotting".

As fungi eat away at the remains of the barley material, humic acid is produced, which is the first major step towards algae control. As the humic acids leech into the surrounding water it reacts with oxygen and sunlight, becoming more and more unstable which leads to hydrogen peroxide.

Hydrogen peroxide is a powerful algaecide, but when produced from correctly dosed barley it is in a low enough concentration to be safe for fish and still work as an algae deterrent. The US Environmental Protection Agency does not classify barley straw as a legal algaecide; however, homeowners can apply it to their ponds with the caution it might not always work as expected.

The effectiveness of barley straw will depend on the amount of algae you have, the type of algae, and how quickly you want it gone. As with many natural methods of control, the timeframe to see results is often much slower in comparison to

mechanical and chemical treatments. If you have a major algae bloom in your pond, and your fish are suffering, opting for a mechanical or chemical treatment to resolve the problem, and then using barley as a preventive method is usually the best way moving forward. Contact the office by phone to purchase a kit prior to the District's annual tree and shrub sale.

If you plan to apply barley straw to a pond, follow these general recommendations:

1. Apply barley straw to a pond as soon as ice is gone. The algae control properties of barley straw take several weeks to begin.
2. Determine your pond's size in acres, then plan to apply 4-5 bales of barley straw per acre. One acre is 43,560 square feet (roughly 208 feet by 208 feet).
3. When you get the bales, break them up and fluff up the stems so they make a big, loose pile. Stuff the barley straw into the onion sacks. Insert a buoyant object into the bag. The assembly should be able to float at the surface of the pond.
4. Place the sack on the pond surface & anchor it to stay in place, the sacks should be spaced evenly around the pond to assure even coverage. Barley straw should not be anchored near the edge of the pond, except near an in-flowing water course.



Call the office at 716-664-2351 x5 to pick up your barley straw for next spring!



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October



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| | | | | | | 1 Visit the Farm Day 11:00AM Brehm's Farm |
| 2  | 3 Goat Committee 6:45PM | 4 Horse Committee 6:30 | 5 Hog Committee 6:30PM | 6 | 7 Fall Fundraiser Chiavetta's BBQ Chicken Dinner at Gerry Rodeo Grounds 4:00—7:00 PM | 8 |
| National 4-H Week | | | | | | |
| 9 | 10 | 11 Programming Review with Program Committee and Committee Chairs 6:30PM | 12 Dog Committee 6:30PM | 13 Sheep Committee 6:00PM Beef Project 7:00pm | 14 | 15 |
| 16 | 17 Goat Project 6:45PM Rabbit Project 7:00PM | 18 Exhibition Poultry Committee 6:45PM | 19 Meat Animal Sale 6:30PM Dog Project 6:30PM | 20 Beef Committee 7:00PM | 21 | 22 Sewing Machine 101 10:00AM-11:30AM |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31  | | | | | |

November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|-----------------------------------|--------------------------------|--|--|---|
| November Dates TBA at a later time | | 1 | 2 | 3 | 4 | 5 4-H Awards Night @ Park Church Sinclairville 6:30PM |
| | | 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 Program Committee 7:00PM | 16 Beef Committee 6:30PM | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24  | 25  Holiday | 26 |
| 27 | 28 | 29 | 30 | | | |
| Extension Connection - October 2022 | | | 12 | | | |



FAQs About 4-H



Who can enroll in 4-H programming?

Youth must be 5 years of age and no older than 18 years of age as of January 1, 2023 to participate in 4-H this year. Non-competitive Cloverbud programming is available at the club level and in all animal projects except Beef and Hog for youth ages 5-7. Youth ages 8-18 are considered full-time 4-H participants. Your 4-H age is your age as of January 1, 2023.

Where can I find 4-H youth or volunteer enrollment paperwork?

Enrollment forms are available at club meetings, animal project meetings, and from the 4-H Office open daily from 8:00am-4:30pm. Fillable PDF forms are also available online at cce.cornell.edu/chautauqua/4-h-forms. Contact the 4-H Office if you would like enrollment information mailed or emailed.

Re-enrollments (youth who have previously participated in 4-H programming) must submit enrollment paperwork and payment by November 1, 2022 or will be assessed a \$10.00 late fee. Youth who have never participated in 4-H do not have to enroll by November 1st but are encouraged to do so if they are applying for the Enrollment Scholarship.

What programs are available in Chautauqua County 4-H?

Chautauqua County 4-H offers animal science, club, and family consumer science. **Animal science programs** meet in the Carnahan Center at the Jamestown Community College Campus or may meet at area farms, feed mills, etc. Youth can enroll in Beef Cattle, Dairy Cattle, Dog, Goat, Hog, Horse, Exhibition Poultry, Market Poultry, Rabbit, and Sheep programs. Cloverbuds can participate in all of the programs except Beef Cattle and Hog. Each of these programs are led by a volunteer committee and have different project rules, records, and other requirements. If you are interested in joining an animal project, attend the first meeting to get a feel for the project. **Clubs** meet throughout Chautauqua County and are also led by volunteers. Youth can complete projects of interest, community service projects, public speaking, and learn about running a business meeting and Robert's Rules of Order. **Family Consumer Science** group help youth develop skills in sewing. Each year youth make and design their own clothes and may enter to participate in our annual Fashion Revue. In this competition they show off their projects and compete for prizes and a chance to participate at bigger competitions like Western District Fashion Revue, and State Fair.

What does it cost to participate in 4-H?

The United Way of Southern Chautauqua County sponsors a scholarship that reduces the cost of enrollment to \$20.00 per child not to exceed \$60.00 per family. To receive the scholarship, submit completed enrollment forms for each child, the completed enrollment scholarship form (one per family), and payment of \$20.00 per child by November 1, 2022. Enrollment scholarship forms are available at cce.cornell.edu/chautauqua/4-h-forms. Scholarships are limited and awarded on a first come, first serve basis. The enrollment fee can be paid by cash or check payable to "CCE", or via PayPal on our website. To pay via PayPal, visit cce.cornell.edu/chautauqua, scroll to the bottom of the home page and click the yellow pay now button. The yearly enrollment fee, if you do not receive the scholarship, is \$50.00 per child not to exceed \$150.00 per family. This covers insurance and overhead costs.

Families may be responsible to purchase supplies to create projects and animal science projects have additional costs in purchasing animals, feed, and other care. Contact the 4-H Office with questions at 716-664-9502 ext. 212 or 214.

What role do volunteers play in 4-H programming?

Volunteers are key to the success of 4-H programs. Each animal science committee is comprised of 7-10 volunteers who plan educational curriculum, fundraisers, field trips, and organize their project's participation at the County Fair. Club leaders work with youth and families in their clubs to plan projects, community service, public speaking, and more! Volunteers must complete enrollment paperwork each year as well. Enrollment forms are available at the 4-H Office or by visiting cce.cornell.edu/chautauqua/4-h-forms. Members of the community interested in volunteering can contact the 4-H Office at 716-664-9502 ext. 214.



Committee Chair Meeting/ Program Review:

Tuesday, October 11th
6:30PM

Sewing Machine 101 with Nancy Johnson

Saturday, October 22nd
10:00AM-11:30AM

4-H Youth and Volunteers Welcome

Ages 8+

Apparel Sale Coming Soon.....

4-H is working closely with Triple E for an apparel sale.

Follow the Chautauqua County 4-H page for updates, or call the office 716-664-9502 ext. 212

Awards Night

Saturday, November 5th

Hors d'oeuvres at 6:30PM Ceremony at 7:00PM

Park Church

49 Sinclair Dr.

Sinclairville, NY 14782

Visit the Farm Day

Saturday, October 1st

Brehm's Farms

11:00AM-3:00PM

3456 Dry Brook Rd

Falconer, NY 14733



Celebrate National 4-H Week with our Fall Fundraiser!!

Presale tickets will be available for our upcoming Chiavetta's BBQ Chicken drive-thru dinner. The dinner will be held on **Friday, October 7th from 4:00-7:00 pm at the Gerry Rodeo grounds**. Please reach out to Chautauqua County 4-H members or club leaders for presale tickets. You may also contact the 4-H office at 716-664-9502 ext. 212 or 214.



4-Her of the Week

If you are a club leader, a parent, or an enrolled 4-Her yourself and feel you/your youth should be recognized as our 4-Her of the week submit: a photo, a blurb on interests, projects, etc. , and a reason you/they should be picked! (A random act of kindness, community service, or simply your/their birthday week)

Follow our Facebook page and stay up to date on the 4-Her of the week.

Animal Project News

Beef Project

Committee Meetings
Thursday, October 20th
6:30PM

Project Meetings
Thursday, October 13th
7:00 PM

Committee Chair: Dave Schauman
janschauman@gmail.com



4-H Program Committee

Tuesday, October 11th
6:30 PM

Tuesday, November 15th
7:00PM



Exhibition Poultry Project

Committee Meetings

Tuesday, October 18th
6:45PM

Committee Chair: Jamie Smith
smith_jamie@mac.com



Horse Project

Committee Meetings

Tuesday, October 4th
6:30pm

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com

4-H Meat Animal Sale Committee

Wednesday, October 19th
6:30 PM



Dog Project

Committee Meetings

Wednesday, October 12th
6:30PM

Project Meetings

Wednesday, October 19th
6:30PM

Committee Chair: Roxanne Young

Any changes will be posted on
REMIND!

roxy6825@windstream.net



Rabbit Project Committee Meeting

Project Meetings
Monday, October 17th
7:00PM

Committee Chair: Becky King
redyeking@yahoo.com



Market Poultry Project Committee Meetings

More Information to follow

Committee Chair: Julie Covert
jcoverts@windstream.net



Sheep Project

Committee Meetings

Thursday, October 13th
6:00PM

Project Meetings

Thursday, October 13th
7:00PM

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Goat Project

Committee Meeting
Monday, October 3rd
6:45PM

Project Meetings
Monday, October 17th
6:45PM

Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537



Hog Project

Committee Meeting
Wednesday, October 5th
6:30PM

Please note: One parent/guardian MUST attend meetings with their 1st and 2nd year members.

Committee Chair: Ken Styers
styersk@yahoo.com



Dairy Project Meeting

Tour of Eden Valley Creamery and Austin Milling in South Dayton, NY
Monday, October 10th (School Holiday)
from 10 am – 1:30 pm.

RSVP by Oct 3 to Lisa Kempisty at
lj4@cornell.edu or by calling
716-664-9502 Ext. 203.

Committee Chair: Dan Crowell
Annam@acct-solutions.com

Pollinator Garden

Sharon Rinehart, Contributing Chautauqua County
Master Gardener

One of the buzz words now is pollinators no pun intended. What are pollinators? The simple answer is a pollinator is an insect that takes the pollen of a male flower and moves it to the stamen of a female flower of the same species. There are some birds such as the hummingbird as well as a couple of mammals one being a bat, who are also pollinators. This article will mainly concentrate on the insect pollinators.

Why are pollinators important? Most of our food system is dependent on pollinators. The flower needs to be pollinated in order for fertilization to occur. This in turn produces fruits, vegetables, and seeds. All which is needed to sustain life. About 75 percent of the food crops in United States are dependent on pollinators.

Pollinator gardens support pollinators with the with flowers that have pollen and nectar. Some pollinators such as honeybees collect the pollen to feed their young. With the correct plants, pollinators will stay and increase in population. This will ensure that our gardens and crops grow and produce food.

When planning and planting a pollinator garden, you will need to understand what type of pollinators are in your area. There are generalist and specialist pollinators. Generalists will visit a variety of flowers whereas a specialists will only visit one or two different flowers. The best pollinator garden will have flowers for both types.

Who are the pollinators? We often think of bees as pollinators, especially honeybees. There actually may be as many as 416 different species of bees in New York State. In addition to bees, other pollinators are butterflies, moths, certain beetles, and some flies such as the Hover fly, Flower fly, and Bee fly.

Now that we know what they are and why they are important, we can plan gardens that will provide pollen and nectar for the pollinators. First look for the location that has at least 6 hours of sunlight per day. Most of the plants used should be native plants. Try avoiding hybrids. Use a variety of plants where some will start blooming in the spring and others will continue with blooms in the summer and others into the fall.

When planting, put plants in a drift of at least 3 of the same plant. This will make it easier for the pollinator to find the flowers. If plants are close together of varying heights, they will act as a weed barrier. A variety of perennial plants, seeds, and annuals should be part of the pollinator garden.

The moisture content of your pollinator garden as well as the size will also determine the best plants. Plants for a sunny dry

location can include Wild Columbine, Butterfly Weed, Purple Coneflowers, Yarrow, and Black-eyed Susan. A location with part sun and moist soil is good for Violets, Foam flowers, and Wild Geraniums.

If you have a larger area, consider planting Joe-Pye weed, Milkweed, and Goldenrod for butterflies. Bees will visit sunflowers and Summer Phlox. For night flying moths, plant Nicotiana, Evening Primrose, and Morning Glories.

If you want to have plants for butterflies such as Monarchs and Swallowtails, you need the host plants for the butterfly caterpillars. Monarch caterpillars eat milkweed (there are a nine different species) and Swallowtails eat plants in the parsley family such as fennel, dill, parsnips, and carrots. If you do not include the host plant for the caterpillars, butterflies will not lay eggs in your garden.



Annuals are a great supplement to the native perennials. Pick annuals like Cosmos, Lantana, Marigolds, and Zinnias. Areas with

part sun can be planted with Begonia, Fuchsias, and Impatiens. Annuals will provide continuous flowers throughout the growing season.

To maintain a pollinator garden, do not clean up until spring. Many pollinators overwinter as eggs, larvae, pupae, or adults. They may be in hollow stems or leaf litter. Leaving the cleanup until Spring will protect the pollinators.

Other plants to consider in a pollinator garden are shrubs. Excellent choices of shrubs are Buttonbush, Pussywillow, Winterberry, and Sweet Pepperbush.

Some trees are also great pollinators and can be planted throughout your yard. Flowering trees included here are Tulip trees, American Basswood, Dogwood, and fruit trees. Trees will take longer to reach the flowering stage but definitely needed.

It may take several seasons for the garden to reach maturity but each year more and more pollinators will visit.

When you plant a pollinator garden and you watch bees, butterflies, moths, and hummingbirds visit, you will feel a sense of pride and accomplishment. It is rewarding to know you are part of the ecosystem.

References :

Hahn, Karen. *Pollinator gardens can be effective educational tools*, Michigan State University MSU Extension, November 14, 2012.

Koenig, Mara. *How to Build a Pollinator Garden*, United States Fish & Wildlife Service, March 14, 2022. *Pollinator Friendly Gardens*, Cornell Cooperative Extension Monroe County, May 2021.

Pollinator Supportive Trees, Michigan State University MSU Extension.

Schmotzer, Constance. *Planting Pollinator-Friendly Gardens*, Penn State Extension, April 26, 2018.




SNAP-Ed New York Has a New Look!

Visit snapedny.org to get more information about recipes and tips for eating healthy for yourself and your family.

E-mail: msd263@cornell.edu to receive the monthly newsletter!



Welcome to SNAP-Ed!



Add Red/Orange Vegetables

The MyPlate recommends to fill half your plate with fruits and vegetables with meals and snacks throughout the day.

The vegetable group is made of 5 subcategories:

- 1) Dark Green
- 2) Red and Orange
- 3) Starchy
- 4) Beans and Peas
- 5) Other

Vegetables are divided into these subgroups based on nutrient content.



©Ten Talents Cookbook – www.tentalents.net

Red and Orange vegetables are a good source of:

Vitamin A: Keeps eyes and skin healthy and helps protect against infections.

Vitamin C: Helps heal cuts and wounds and keeps teeth and gums healthy.

Cranberry Pumpkin Muffins

Recipe Source: U.S. Department of Agriculture, ChooseMyPlate, recipes/cranberry pumpkin muffins



Ingredients

- 2 cup flour
- 3/4 cup of sugar
- 3 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 egg, large (large)
- 3/4 cup pumpkin (canned)
- 2 cup cranberries (fresh or frozen chopped)

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees Fahrenheit for 15 to 30 minutes.

Nutrition Information

Serving Size: 1 muffin

Total Calories 204, Total Fat 7g, Saturated Fat 1g, Cholesterol 31mg, Sodium 255mg, Carbohydrates 32g, Dietary Fiber 2g, Total Sugars 14g, Added sugars included 12g, Protein 3g

Have you checked out
the recipe bank at
snapedny.org yet?

The Recipe Bank

All Appetizer Breakfast Dessert Dinner Lunch Recipe Recipe Videos Side Dish Snack

Type in or select an item from the dropdown list. Press enter after typing or selecting an item to add multiple items to your search!

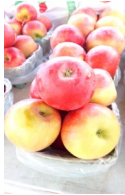
Category

Ingredients



For more information:
Patty Amidon, SNAP-Ed NY Project Manager
✉ paa79@cornell.edu
(585)268-7644 ext. 12





In New York, nothing says “fall is here” more than fresh, local apples being sold at farmers’ markets, farm stands and the supermarket. Many orchards allow families to pick their own apples, which is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit <https://www.applesfromny.com/find-apples/pick-your-own-apples/>.

Store apples in the crisper drawer of your refrigerator to keep them crunchy and delicious. The cool air helps to preserve and keeps them fresher than apples stored at room temperature. Avoid storing them near foods with strong odors like onions. Storing apples with broccoli, cauliflower, cabbage, cucumbers or leafy greens can damage the vegetables, as apples give off a gas that can cause other fruits and vegetables to spoil more quickly.

Research shows that apples are a good source of fiber, vitamin C and pectin, which is a soluble fiber that can help lower cholesterol. They make a great, on-the-go snack and are a great ‘fast food’ – just wash and eat! Try adding raw apples to salads and sandwiches, dipping slices in peanut butter or hummus for a healthy snack or cooking apples to make your own, fresh applesauce.

In Season This Month: Veggies and Fruits Galore!



This month, before the first frost, look for green and yellow beans, corn, eggplant, lettuce, peppers, spinach, summer squash and tomatoes. All month you can find beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, kale, leeks, onions, parsnips, potatoes, pumpkins, winter squash, Swiss chard, turnips, apples, grapes, pears and watermelon.

KORNER

I Let’s Go Apple Picking”, a Little Golden Book by Lori Haskins Houran, is a story about a wonderful apple picking adventure shared between a grandfather and his granddaughter. Read this book with your child, then together go apple picking or make the Apple Sandwiches recipe to the right.

Nutrition Facts for 1/2 apple:
150 calories, 8g total fat, 1.5g saturated fat, 0mg cholesterol, 70mg sodium, 19g total carbohydrate, 3g dietary fiber, 13g total sugars, 1g added sugars, 4g protein, 0% Vitamin D, 2% calcium, 0% iron, 4% potassium, 0% Vitamin A, 5% Vitamin C, 48% calories from fat
Source: foodhero.org

Apple Sandwiches

Makes 2 servings Serving size: 1/2 apple

Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions:

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices.
6. Refrigerate leftovers within 2 hours.

Notes:

1. Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.
2. Try other nut or seed butters, such as almond, hazelnut or sunflower seed.
3. Use other dried fruit pieces, such as cherries or cranberries.



The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:
Family Nutrition Education Curriculum
Finding A Balance - Diabetes
Healthy Cents
Breastfeeding.

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:
Choose Health: Food, Fun and Fitness; Teen Cuisine

If you or your organization is interested in scheduling classes, please call your local nutrition educator:

Jamestown
Wendy Alexander
716-664-9502 x 221
Dunkirk
Elizabeth Comstock
716-664-9502

This material was funded by the USDA’s Expanded Food and Nutrition Education Program.

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