

Cornell Cooperative Extension of Chautauqua County's
Extension Connection



Cornell Cooperative Extension
Chautauqua County

November 2022
Volume 7 - Issue 11

IN THIS ISSUE

Board and Association News	3-4
Agriculture	5-10
4-H/Youth Development	11-14
Master Gardener	15
SNAP-ED New York (Supplemental Nutrition Assistance Program)	16-17
EFNEP (Expanded Food and Nutrition Education Program)	18-19

Staff Contact Information

Emily Reynolds

CCE Executive Director
eck47@cornell.edu
716-664-9502 ext. 201

Darcy Cramer

Finance Associate
dlc284@cornell.edu
716-664-9502 ext. 208

Lucia Conti

Association Administrative Assistant
lpc33@cornell.edu
716-664-9502 ext. 209

Lisa Kempisty

Dairy/Livestock Community Educator
ljk4@cornell.edu
716-664-9502 ext. 203

Cassandra Skal

Agriculture Program Coordinator
cks83@cornell.edu
716-664-9502 ext. 202

Lindsey Crisanti

Youth Development Lead Educator
lc832@cornell.edu
716-664-9502 ext. 212

Molly Brown

4-H Community Educator
mrb287@cornell.edu
716-664-9512 ext. 216

Lisette Cabrera

4-H Program Coordinator
lmc323@cornell.edu
716-664-9502 ext. 214

Molly Harvey

SNAP Ed
mmh273@cornell.edu
716-664-9502 ext. 208

Mary Ryder

SNAP Ed
mer262@cornell.edu
716-664-9502 ext. 217

Wendy Alexander

EFNEP Nutrition Educator
wa66@cornell.edu
716-664-9502 ext. 221

Elizabeth Comstock

EFNEP Nutrition Educator
egm73@cornell.edu
716-664-9502 ext 221

Shannon Rinow

Master Gardener Volunteer Coordinator
smr336@cornell.edu
716-664-9502 ext. 224

SWNY Dairy, Livestock, and Field Crops Program

CCE Chautauqua
@JCC Carnahan Center
525 Falconer St. PO Box 20
Jamestown, NY 14702
716-640-0522
kaw249@cornell.edu

Lake Erie Regional Grape Program

6592 W. Main Road
Portland, New York 14769
716-792-2800

Cornell Vegetable Program

480 North Main Street
Canandaigua, NY 14424
585-394-3977 ext. 426

CCE - Chautauqua County

@ JCC Carnahan Center
525 Falconer St. PO Box 20
Jamestown, NY 14702-0020

Phone: 716-664-9502 Fax: 716-664-6327

www.cce.cornell.edu/chautauqua

COVER PHOTO: Approximately 500 people enjoyed the 2022 Visit the Farm Day hosted by Bradley and Jessica Brehm and Family on October 1st at their dairy farm in Falconer, NY.

Thank you to our generous hosts, agribusiness sponsors and volunteers who made this agricultural educational event for the public a great success!

Your picture could be on our next cover!

Send your submission to lpc33@cornell.edu

**The Chautauqua County Extension Connection
(USPS #101-400)**

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Association News

Board of Directors

Shelly Wells, Ashville, President
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 Chad Buck, Kennedy
 George Haffenden, Strykersville
 Pat Walker, Kennedy
 Alyssa Porter, Chautauqua
 Camille Martir Rosado, Jamestown
 Jeff Miller, Cherry Creek
 Ron Almeter, Westfield
 Joe Osborne, Panama
 Dan Heitzenrater, Jamestown
 Dinah Hovey, Master Gardener Rep
 John Hemmer, County Legislator
 Dan Pavlock, County Legislator

Agriculture Program Committee

Derek Yerico, Dunkirk
 Rosemary Joy, Fredonia
 Mike Wilson, Silver Creek
 Ron Almeter, Westfield
 Jeff Miller, Cherry Creek
 Jessica Brehm, Falconer
 Kaitlyn Bentley, Jamestown
 Ben Nickerson, Sherman

4-H Program Committee

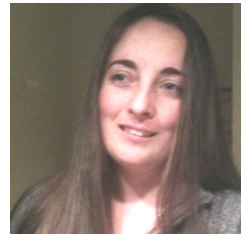
Brittany Begier, Jamestown
 Linda Jarvis, Fredonia
 Mary Jantzi, Clymer
 Joe Osborne, Panama
 Betty Catanese, Stockton
 Beth Southworth, Bemus Point
 Kimberly Witherow, Sherman
 Louis Smith, Silver Creek

4-H Program Advisory Chairpersons

Joyce Edwards	Clothing and Textiles
Dan Crowell	Dairy
Keith LaRoy	Goat
Roxanne Young	Dog
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

The wind is getting chillier, the harvest is finishing up and cover crops are taking root for the winter. Thank you to everyone who attended our annual meeting. We recognized some outstanding volunteers for their service and welcomed new volunteers to our program committees and board of directors. Please join me in congratulating Shelly Wells, Anna Emke-Walker, Linda Jarvis, Joe Osborne, and Katelyn Bentley for their dedication and commitment to Cornell Cooperative Extension over the past 3- 6 years.



We are ever grateful for the support from the Chautauqua County Legislature, our community, and friends. The 4-H Fall fundraiser was a success, and the Chautauqua Legislature has granted \$15,000 towards Agritourism to ensure that events such as Visit the Farm Day, Farmer Neighbor Dinner, Meat your Farmer and more can continue in Chautauqua County.

We are also pleased to welcome back for another term to our committees and boards, **Chad Buck, Pat Walker, George Haffenden, Louis Smith, and Derek Yerico. We are excited to welcome the following volunteers into new positions with the Board of Directors, and area program committees.**

Randolph (Randy) Henderson

Randy was born and raised in Westfield, NY. He is a 1973 graduate of WACS and has been married to Jeotte (Wood) Henderson for 46 years. Together they have a daughter, Kristin, and two grandsons Silas, and Winston. Randy enjoys cycling, gardening, playing in his band and spending time with his family, especially his grandchildren.

Randy is retired from Synergy Global Solutions where he served as the senior sales consultant IP communications for network and design support. He has served on the Mayville Central School Board of Directors, the schools merger committee and was elected to the then newly formed Chautauqua Lake Central School Board, where he served for 14 years. Randy is also currently a member of the Mayville Library board of directors.

Post retirement Randy co-founded, designed, built, and operated Big Inlet Brewing in Mayville, NY. He is still part owner but currently not involved in day-to-day operations.

Patty Benton

Patty moved to Westfield in 1979, at age 24, to start a business. She successfully operated the business, C.J.'s Pizza and Subs, for 30 years. In 2008, she sold the business and it continues to thrive. At that time Patty took a position as Cook/ Manager of the Westfield Central School District. She helped design and implement major changes to the nutritional standards, while facilitating changes that increased participation and lowered expenses. She retired from the position in December of 2016. Patty is a 1998 graduate of Mercyhurst Culinary Institute.

(continued on page 4)

(Continued from page 3 "Office of the Executive Director)

She is currently on the Westfield Mayville Rotary Board and is a past President of the Club. Patty is also currently serving on the Northern Chautauqua Canine Rescue Board. In addition to her board service, she volunteers 15-20 hours per week "hands-on" work with the dogs. Patty has followed a plant-based diet for the past 17 years and has a keen interest in nutrition, animal welfare and caring for our planet. Patty resides in Westfield, with her husband, Steve Stratton and their 7 "rescued" companions; 5 dogs, a cat and a rabbit. She also enjoys skiing, swimming, hiking, soapmaking and reading.

4-H Youth Development Program Committee

Laura LeBarron

Laura has been a member of the 4-H Rabbit Committee for the past 3 years, and a member of the 4-H Poultry Committee for one year. She feels she can further be an asset to all of 4-H by joining the 4-H Youth Development Program Committee. Laura has over 18 years' experience working with children, families and non-profit organizations. She has been a 4-H parent volunteer for fundraisers, in the fair barns, the snack shack, judging and with her local club.

Laura's children have been involved with 4-H for the past 8 years and are in the Rabbit, Market Poultry, and Exhibition Poultry Projects. She and her family believe that all 4-H programs are such an asset to the youth of Chautauqua County, and she wants to do her part to help as a committee member. Her children have grown tremendously with their experiences in 4-H, and she wants to share that experience and help the 4-H Program in Chautauqua County grow and thrive.

Jan Schauman

Jan has been involved in Chautauqua County 4-H programming for over 30 years. She started as an assistant club leader for the Vista Riders Horse Club, and eventually branched out into joining the Beef Committee and being a member of Program Committee. Jan is a retired elementary teacher and taught for Bemus Point CSD for 39 years and continues to substitute teach. She and her husband, Dave, have a small beef farm, and with their son, Corey, and also farrow pigs. Her 3 older grandchildren have shown beef, pigs, lambs, and chickens at the County Fair. Jan is very interested in helping Chautauqua County 4-H to grow and continue to develop participants who contribute to our county, our county, and our world.

Agricultural Program Committee

Virginia (Ginny) Carlberg

Virginia (Ginny) Carlberg works closely with her family, husband Eric and in-law's Greg and Kathy Carlberg on their 120-cow dairy farm, Carlberg Farm on Carlberg Road, near Jamestown. Aside from dairy farming Ginny and Eric began marketing produce in 2018 when they purchased a neighboring farm, now home to "Carlberg Farm Livestock and Produce" which currently operates as a self-serve produce wagon. Their main crops are strawberries, sweet corn, squash, potatoes, and tomatoes. They also raise a small flock of 25 Suffolk-Hampshire cross ewes, and sell lambs as club lambs, freezer lambs and meat cuts. Ginny is also a financial consultant for New York FarmNet, assisting Western New York farmers with business analysis and decision making. Ginny and her husband Eric enjoy raising their three children on the farm, ages 12, 10 and 7 who participate in the Chautauqua County 4-H program in the dairy and goat project areas.

We look forward to working with each of them in their new roles with us.

This time of year is always inspiring to me as I reflect on the many accomplishments from 2022 and review our annual report. It is clear, now more than ever, that CCE-Chautauqua is doing great things in our community. As we embark on a new year of programming, we are looking forward to continuing our excellent programming and investigating opportunities for new or improved practices. We have continually proven to be resilient and innovate and that has allowed us many opportunities to meet the needs of the community, expand our image and continue to provide successful programming. With an excellent staff of thirteen, a dedicated Board of Directors, and exceptional local support, CCE-Chautauqua is working diligently to transcend our proven traditional programming and continue to grow to meet the needs of the County. Thank you for supporting us.

Chautauqua County Agricultural News

2022 Chautauqua County Agriculture Forum

Wednesday, November 30th

JCC—Carnahan Center

Complimentary lunch provided

****Free to attend**

Registration and Agri-partner display visitation starts at: 9:30 am

Welcome & Introductions: 10:30am - 11:00am

Keynote Address: 11:00am - 11:45am

Jenna Walczak, Ag Climate Resiliency Specialist presenting

“Climate Resilience for Chautauqua County Agribusiness”

Break Out Sessions (three sessions) : 12:45pm - 3:00pm

Break Out Session Topics	Speaker
Stress Management on the Farm	Sarah McCumiskey & Teresa McMahon, NY FarmNet Family Consultants
Advocacy—A Bigger Part Of Your Farm’s Business Plan	Timothy Bigham; Farm Bureau
Legal Resiliency	Kevin Martin; Lake Erie Grape Team
Overtime; Adapting Your Management Strategies	Richard Stup, Agricultural Workforce Specialist
Hogs, Hops, and Honey – Oh My! Farm Diversification and Enterprise Analysis	Katelynn Wally, Stoll, Team Leader and Farm Business Management Specialist
Resources to Grow the Food and Ag Economy in New York	Catharine Young, NYS Center of Excellence for Food and Agriculture

If you are interested in more information and/or registering to attend the upcoming 2022 Chautauqua County Agriculture Forum please visit our website at: <https://chautauqua.cce.cornell.edu/events/2022/11/30/2022-chautauqua-county-agriculture-forum>

If you would like any additional information or need help registering to attend please feel free to reach out to Cassandra Skal, Agriculture Program Coordinator, at 716-664-9502 ext 202 or cks83@cornell.edu



"MEAT" YOUR FARMER

An event for livestock farmers and the community to meet and learn about on-farm meat sales and purchasing options

JOIN US FOR TWO NOVEMBER EVENTS

📍 CORNELL COOPERATIVE EXTENSION OF CATTARAUGUS COUNTY
28 PARKSIDE DRIVE, ELLICOTTVILLE, NY 14731
🕒 SATURDAY, NOVEMBER 5TH, 1-3PM

📍 FLUVANNA VOLUNTEER FIRE DEPARTMENT
3536 FLUVANNA AVE, JAMESTOWN, NY 14701
🕒 WEDNESDAY, NOVEMBER 9TH, 6-8PM

EVENT FEATURES:

- POP-UP FARMERS MARKET FEATURING LOCAL LIVESTOCK FARMERS OFFERING CUTS AND BULK ORDERING OF BEEF, PORK, LAMB, GOAT, AND CHICKEN FOR SALE
- TASTING OF LOCALLY PRODUCED MEATS PREPARED IN EXCITING NEW WAYS
- EDUCATIONAL PROGRAM ON HOW TO BUY MEAT DIRECTLY FROM YOUR LOCAL FARMER WITH GUEST SPEAKERS FROM SHINING STAR CATTLE COMPANY AND CORNELL COOPERATIVE EXTENSION
- RAFFLE FOR GIFT CERTIFICATES TO LOCAL MEAT FARMS

NEED-TO-KNOWS:

- FREE ADMISSION
- NO RSVP REQUIRED, BUT APPRECIATED (SEE CONTACT INFO BELOW)
- NO PURCHASE NECESSARY TO PARTICIPATE IN THE RAFFLE
- ONE RAFFLE TICKET PER ADMISSION. ADDITIONAL RAFFLE TICKETS AVAILABLE FOR PURCHASE. MUST BE PRESENT TO WIN!

QUESTIONS?

For the Jamestown event, contact Lisa Kempisty at lj4@cornell.edu or (716) 664-9502 ext 203
For the Ellicottville event, contact Amy Barkley at amb544@cornell.edu or (716) 640-0844

A BIG THANK YOU GOES OUT TO OUR EVENT SPONSORS!



Cornell Cooperative Extension

Cornell Cooperative Extension offers educational programming and research based information to agricultural producers, growers, and agribusinesses. Cornell Cooperative Extension is an employer and education recognized for valuing AA/EEO, Protected Veterans, and Individual with Disabilities and provides equal program and employment opportunities. For accommodations, please contact Amy Barkley at amb544@cornell.edu or (716) 640-0844 at least one week prior to the event.



**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
- ◆ Bunny: 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

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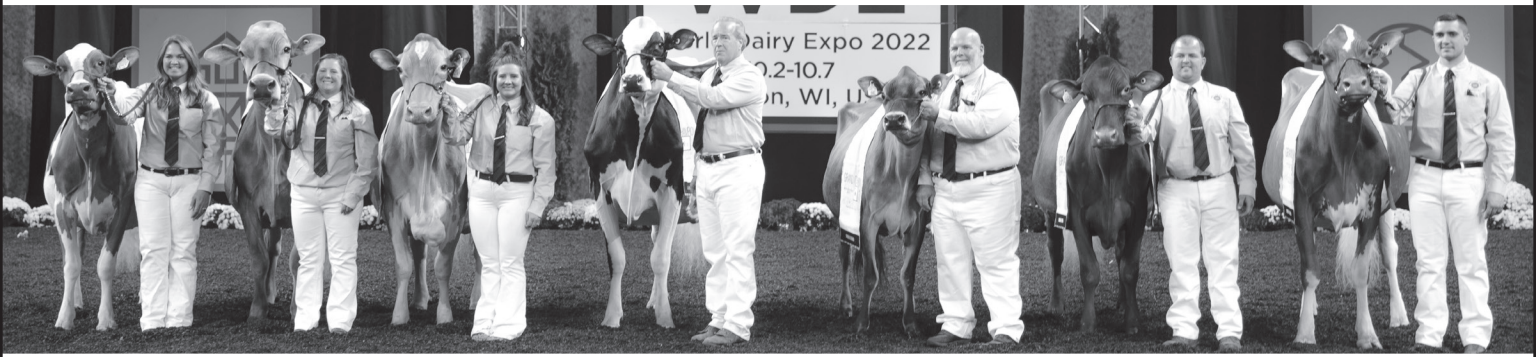
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"We use a lot of Udder Comfort. We lay it on the fresh cows after every milking for a week after calving." — Brandon and Kim Grewe Valley Gem Farms, Cumberland, WI. Their homebred Valley Gem Atlas Malt is now 3-time WDE Grand Champion Guemsey (2019-21-22).

"I can't imagine using anything but Udder Comfort. It works the best!"
— Tim 'Cooner' Coon, Copake, NY. He is 2022 WDE recipient of the AC 'Whitie' Thomson Award.

"We use it on fresh cows and show cows, any swelling. We wouldn't use it if it didn't work." — Steve Vail, herdsman, EdgeView at Elite II, Copake, NY, owned by Ken Main and Kenny Joe Manion. Steve and Cooner work with great cows like 2-time WDE Brown Swiss Grand Champion Cutting Edge Thunder Faye.

Other selected comments at World Dairy Expo:
"You bet we use Udder Comfort!"
"Thank you for a product that works!"
"The better the swelling comes out, the better they look, and milk!"

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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 Western 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
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

Grow your farming skills with production courses
Cornell Small Farms' upcoming courses focus on production, from berries to cattle

The Cornell Small Farms Program's new season of online courses is underway, and now's the time to register for upcoming block two courses. With webinars starting the week of October 31, our second block of courses focuses on production strategies from berries and veggies to cattle and cut flowers. Our suite of online courses is offered on a user-friendly platform, which grants registrants permanent access to their course content. Also, courses have tiered pricing based on household size and income to make access to the courses more affordable and equitable for everyone. Registration is now open for all courses, with live content starting at the end of October for our second block of courses. For more information and to register go to <https://smallfarms.cornell.edu/>. Contact Lisa Kempisty at 716-664-9502 Ext 203 or by e-mail lj4@cornell.edu if you have any questions.

Berry Production

Wednesdays: November 2 – December 14, 2022 (skipping the week of Thanksgiving) If you're exploring the idea of adding berries and bramble fruits to your farm, this course will help you think through this decision, from varieties and

site selection to profit and marketing. This course will be especially useful if you are interested in growing berries for income.

Intro to Maple Syrup Production

Thursdays: November 3 – December 15, 2022 (skipping the week of Thanksgiving)

Maple syrup production is rapidly growing around the Northeast and offers a sound financial opportunity to utilize woodlots. This course explores the range of possibilities of maple sugaring on your land, including "alternative" trees for production, such as Birch and Black Walnut.

Vegetable Production I

Wednesdays: November 9 – December 14, 2022

This course will help you answer basic questions about site selection, crop rotation, seeding and transplanting, as well as the financial aspects of vegetable crop production. Afterward take Vegetable Production II, the continuation of this course, which will guide you through the growing season from planting to harvest.

You can browse all of our course offerings on our website <https://smallfarms.cornell.edu/>
–Cornell Small Farms Program



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November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Exhibition Poultry Project 6:30 PM	2	3 Sheep Project and Committee 7:00 PM	4	5 4-H Awards Night @ Park Church Sinclairville 6:30PM
6	7 Goat Committee 6:45 PM	8 Horse Committee 6:30 PM Market Poultry Committee and Project 6:30 PM	9 Dog Committee 7:00 PM Exhibition Poultry Committee 7:00 PM	10	11  Holiday	12 Dairybud Meeting 2:00 PM
13	14	15 Program Committee 7:00PM Dog Project 6:30 PM	16 Beef Committee 7:00PM	17	18 Dairy Bowl Practice Juniors and Novice 6:00 PM	19
20	21 Rabbit Project 6:30 PM	22	23 Hog Committee 6:30 PM	24 	25  Holiday	26
27	28	29	30			

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sheep Project 7:00 PM Meat Animal Sale 6:30 PM	2 Dairy Bowl Practice Juniors and Novice 6:00 PM	3 Dairybud Meeting 2:00 PM
4 Market Poultry Fundraiser	5 Program Committee In Stockton 7:00 PM Goat Committee 6:45 PM	6 Exhibition Poultry Project 6:30 PM	7 Hog Committee 6:30 PM Sheep Committee 6:00 PM Beef Project 7:00 PM	8 Rabbit Committee and Project 6:30 PM	9	10
11	12	13 Goat Project 6:45 PM Horse Committee 6:30 PM	14 Hog Project 6:30 PM Exhibition Poultry Committee 7:00 PM Beef Committee 7:00 PM	15	16	17
18	19	20	21	22	23  Holiday	24 
25 	26  Holiday	27	28	29	30	31 

Club Officer Training



We have scheduled our 4-H Club Officers Training for Wednesday, November 30th at 6:30 pm at the JCC Carnahan Center. Please be sure to let the 4-H office know by Thursday, November 17th how many from your group plan to attend and what positions they will be holding so we can have the appropriate amount of manuals printed.

Presentation Day 101

The 4-H Public Presentation Program is one of our most beneficial and rewarding experiences. It provides an opportunity to gain self-confidence and poise in front of a small group, learn to express ideas clearly, respond spontaneously, and gain knowledge. Youth learn to express themselves and their ideas. We have scheduled a training session for Saturday, January 14th at 10:00 am at the JCC Carnahan Center to help any interested youth, including Cloverbuds, learn more about the Public Presentation Program, learn how to prepare a presentation and have an opportunity to ask questions that they may have. Please encourage youth in your club to attend this meeting in preparation to participate in our upcoming Presentation Day (date yet to be determined). Also, if you or any volunteers in your clubs would like to volunteer to become evaluators for Presentation Day, please let me know and we can add these to the list to be included in a future evaluator training.

Teen Ambassador Program

The 4-H Program welcomes any interested youth ages 13 to 18 to join the 4-H Teen Ambassadors. The Teen Ambassador program helps to build confidence, develop communication skills, teach leadership, promote teamwork, and prepare youth for active citizenship in their teen years and as adults. The 4-H Teen Ambassadors program provides opportunities for youth to build life skills and feel a sense of accomplishment. Some responsibilities 4-H Ambassadors help with are:

- Promoting 4-H with potential members and families
- Promoting and/or representing 4-H at county and local events
 - Representing 4-H in public relations
- Planning, implementing, and evaluating 4-H events
 - Organizing 4-H activities

Dawn Comstock and Liz McElwain will be our volunteers taking the lead with this program. If there are any questions, please let the 4-H office know and we will gather the answers for you!

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.



Awards Night

Saturday, November 5th

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

Park Church

49 Sinclair Dr.

Sinclairville, NY 14782

Voting on 4-H Theme

Leaf Jr. Felting Soap

Thursday, December 1st

\$5 to ALL youth 5-19

Do NOT need to be 4-H enrolled

Patterson Library

40 S Portage St, Westfield, NY 14787

Register with the 4-H Office ext. 212

Attendees will be voting on 2023 4-H Year Theme



RSVP not required, but is appreciated!

YOU ARE CORDIALLY INVITED TO THE

Annual 4-H Awards Night

SATURDAY, NOVEMBER 5TH | HORS D'OEUVRE AT 6:30 PM
PARK CHURCH
49 SINCLAIR DR, SINCLAIRVILLE, NY 14782

RSVP to Lindsey at (716) 664-9502 ext 212
or email lc832@cornell.edu

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with Disabilities and provides equal program and employment opportunities.

December 1st

Patterson Library in Westfield

Felting Soap

Available for youth

Cost \$5 a person

Learn.
Empower.
Achieve.
Farm.

LEAF Jr.

Register at 4-H office

716-664-9502 ext. 212

or email

lc832@cornell.edu

Or mrb287@cornell.edu

4H Apparel Sale

Sale Dates: 10/12-11/11

COTTON

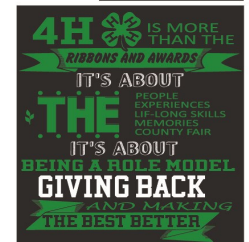


Long Sleeve Shirt is Left Chest Only



D. Beanie Check the Box
\$20.00
Qty: _____

Print Design



	ITEM	COLOR	YXS	YS	YM	YL	YXL	AS	AM	AL	AXL	A2XL	A3XL	A4XL	COST	TOTAL \$
A.	COTTON LONG SLEEVE	Black	N/A											N/A	\$15.00	
B.	COTTON SHORT SLEEVE	Black												N/A	\$15.00	
C.	COTTON HOODED SWEATSHIRT	Black	N/A												\$30.00	

RETURN FORMS BY: 11/11

Help support 4-H and represent our county by buying t-shirts, hoodies, long-sleeve shirts, and beanies

CHECKS PAYABLE TO: CCE

Name for Order: _____ Come to the Chautauque County

Phone: _____ 4-H office for more order forms. or call the office 716-664-9502 ext. 212

SUBTOTAL	
ADD \$3.00 FOR SIZES ABOVE XL	
TOTAL	

Animal Project News

Exhibition Poultry Project

Committee Meetings

Wednesday, November 9th

7:00 PM

Wednesday, December 14th

7:00 pm

Project Meetings

Tuesday, November 1st

6:30PM

Tuesday, December 6th

6:30 PM



Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

Tuesday, November 15th

7:00PM

Monday, December 5th

At The Stockton Hotel

7:00 PM

Bring a plus one



4-H

Meat Animal Sale Committee

Thursday, December 1st

6:30 PM



Dog Project

Committee Meetings

Wednesday, November 9th

7:00PM

Project Meetings

Tuesday, November 15th

6:30PM

Committee Chair: Roxanne Young

Any changes will be posted on
REMIND!

roxy6825@windstream.net

Beef Project



Committee Meetings

Wednesday, November 16th

Wednesday, December 14th

Project Meetings

Wednesday, December 7th

ALL meetings are at 7 unless otherwise noted

Committee Chair: Dave Schauman
janschauman@gmail.com



Horse Project

Committee Meetings

Tuesday, November 8th

Tuesday, December 13th

Project Meetings

Tuesday, January 17th

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com

Sheep Project



Committee Meetings

Thursday November 3rd

6:00 PM

Wednesday December 7th

6:30 PM

Project Meetings

Thursday, November 3rd

7:00 PM

Thursday, December 1st

7:00 PM

Committee Chair: Shawn Huntington
shuntington@randolphpcsd.org

Rabbit Project



Committee Meeting

Tuesday, November 8th

7:00 PM

Thursday, December 8th

Project Meetings

Monday, November 21st

6:30 PM

Thursday, December 8th

6:30 PM



Market Poultry Project

Project Meetings

Tuesday, November 8th

6:30committee to follow

Committee Chair: Julie Covert
jcoverts@windstream.net

Hog Project



Committee Meeting

Wednesday, November 23rd

Project Meeting

Wednesday, December 14th

*ALL meetings are at 6:30 PM unless otherwise noted

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

Committee Chair: Ken Styers
styersk@yahoo.com

Dairy Project Meetings



Saturday, November 12th-Dairybuds

2:00 PM

Friday, November 18th- Dairy Bowl

Practice Novice and Juniors

6:00 PM

Friday, December 2nd- Dairy Bowl

Practice Novice and Juniors

6:00 PM

Saturday, December 3rd- Dairybuds

2:00 PM

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

Goat Project



Committee Meeting

Monday, November 7th

Monday, December 5th

Project Meetings

Friday, November 11th

Tour of Eden Valley Creamery and Austin

Milling in South Dayton, NY at 3:00 PM

Tuesday, December 13th

ALL meetings are at 6:45 PM unless otherwise noted

Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537

Caring for Houseplants in Winter

By Trisha Lehnen, contributing Chautauqua Master Gardener

There are many healthful reasons for keeping houseplants: beauty, cheer, and the amazing abilities of plants to purify the air. However, winter affects growth adversely. This is a time to “get through” until spring when growth will become active again. Here are some tips on how to do that.

Don't overwater. Sure, your air is dry, and it sometimes feels either stiflingly warm or terribly chilly in the house (optimal daytime temp for plants is 65-75 degrees, with nighttime temperatures at 60-65). You might think the plant needs more water in these conditions. However, your plant isn't focusing on growing, and doesn't need water as it would in spring and summer. Overwatering can sometimes cause leaves to drop off the plant. Most houseplants should be watered when the soil is barely moist or almost dry to the touch. Water it thoroughly, so that water runs out of the bottom into the tray below.

Humidify, do not mist. Indoor plants like the humidity level at about 40-50 percent, our homes in winter usually have a 10-20 percent level. Run a humidifier and group plants together. Transpiration will increase the humidity in that vicinity so all plants benefit. Misting would have to be done far too often to make much of a difference.



Pick the right spot. Your plants “know” light is hard to come by in winter. Putting them directly in a window may not be the best option—especially this arctic, windy winter. Leaves that touch the window could freeze to it and cause damage, or drafts could disrupt the stable temperatures' plants prefer. Indirect light, a few feet from your brightest window, should be fine to get the plants through. Turning them twice a month or so will prevent leaves from looking lopsided. Avoid placing plants on radiators or near vents.

Think spring—slowly. Houseplants love going outside. Let us just say it's 50 degrees and sunny—you think taking a few plants outside will give them a great boost. However, remember plants aren't growing so there is really no reason to do this. Introduction to the outside should be done slowly and incrementally so as not to “shock” the plant with extreme light or temperature fluctuations.

A great resource is the excellent blog www.houseplantjournal.com, by Darryl Cheng. Complete with lots of photos, articles both general and specific, and tours of homes, gardens, and nurseries, this website is sure to delight—to get us through until spring.

Sources:

<https://lancaster.unl.edu/hort/articles/2002/winterhouseplants.shtml>

<https://www.houseplantjournal.com/>

<https://extension2.missouri.edu/G6510>

Master Gardener News

By Mark Sullenberger



Cornell Cooperative Extension Master Gardeners held their Annual Dinner meeting on October 4, 2022 at the Ellery Town park. Dinner was hosted by Cheryl Wahlstrom, Volunteer Committee Chairperson.

Various delicious culinary dishes were available at the pot luck style dinner. Master Gardeners had the opportunity to share their experiences from the past season, and discuss highlights of the past years program.

As part of the meeting, the election of the next two years officers were conducted. The following officers were elected to serve for the 2023-2025 years.

Master Gardener President: Cynthia Carlson, Vice-President: Nick Stupiansky, Treasurer: Jo Robb, and Secretary: Colleen Brentley. Shannon Rinow CCE Master Gardener Coordinator presented and recognized

Susanne Bloom, the outgoing President with a certificate for extraordinary support specially during the Covid pandemic. Mark Sullenberger was given a congratulatory thank you as he leaves the Master Gardener program after 15 years of service.





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!

Happy Healthy Holidays!

With the holiday season upon us, we tend to surround ourselves with family, friends and food. Healthy eating is still very possible during holidays, celebrations and gatherings. Here are a few tips to eating healthy around the holiday:



Serve up a variety. You can add all kinds of color and variety from all food groups by creating a buffet table.

Cheers to good health. Replace soda and sugary beverages by serving water or unsweetened iced tea with fresh mint leaves. Or you can try seltzer water with a splash of 100% fruit juice with a slice of lemon or lime.

Make activity part of the fun. Play a game with family and friends to get up and moving after a heavy meal. Take a walk, laugh, mingle and dance. Even cleaning up after a big dinner is a bit of exercise.

Rethink dessert. Fruit platters or fruit salads are a great option. You can also put out all ingredients for guests to make their own trail mix, with a combination of peanuts, dark chocolate chips, dried fruit and even whole grain cereal.

Reduce food waste. Send guests home with leftovers. Add leftovers to other meals, soups, stews, sandwiches, salads and even omelets. There are a variety of recipes you can make with leftovers.

Try a twist on a dish. When baking you can substitute unsweetened applesauce for butter. When a recipe calls for cream you can use low-fat milk. Don't be afraid to experiment with low-salt herbs and spices.

Remember, the benefits of healthy eating add up over time, bite by bite!

Find this information and more at MyPlate.gov



Ingredients

- 2 ripe pears
- 3 tablespoons walnuts, chopped
- 2 teaspoons honey or brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon dried cranberries

Directions

1. Pre-heat oven to 350 degrees.
2. Cut the pears in half lengthwise. Scoop out the seeds with a spoon.
3. Place pears in a baking dish. Fill centers with chopped walnuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
4. Sprinkle each half with cinnamon and cranberries.
5. Bake at 350 degrees for 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.

10 tips

Nutrition Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



For more information:
Patty Amidon, SNAP-Ed NY Project Manager

✉ paa79@cornell.edu
(585)268-7644 ext. 12



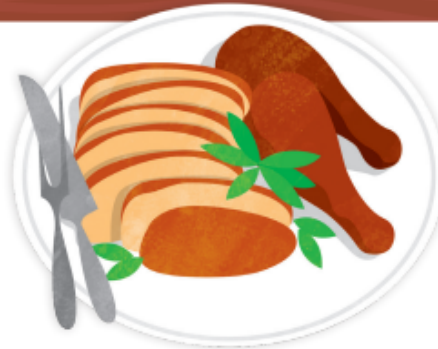
Cornell University
Cooperative Extension

EFNEP Newsletter

Produced by Cornell Cooperative Extension November 2022

For more information about this and other County programs, call 716-664-9502 .

TURKEY HANDLING



- Make space in your fridge or freezer (rearrange items, move shelves) for the bird!
- Purchase 1lb or more of turkey for each person you plan to serve.
- Fridge thawing frozen turkey - leave in original packaging, place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat
- Cold water thawing- leave in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.
- Keep the neck and giblets (if using for gravy) refrigerated until they are going to be cooked.

- Cook the turkey to an internal temperature of **165°F**, as measured by a food thermometer in the thickest part of both the bird's thigh and breast.
- **A stuffed turkey will take longer to cook than an unstuffed turkey.** The stuffing inside must cook to **165°F** as well.
- Let the turkey stand for 20 minutes after removing from the oven before carving.

Time to talk turkey!

Follow these simple instructions to keep you and your family safe from food borne illness this holiday season. With a little planning and a food thermometer, your family will enjoy a happy and healthy celebration.

LOVE LEFTOVERS?

SO DO WE!

Get them into the fridge within 2 hours. Reheat or freeze turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If you slice and freeze the cooked turkey, it will keep for up to 3-4 months! Reheat leftovers to **165°F**, they should be hot and steaming. Bring gravy to a boil to reheat.

CONVENTIONAL OVEN ROAST TURKEY

12-14 lb Unstuffed Turkey

Roasting @ 325°F takes 3 to 3.75 hours. Use a food thermometer to be sure the internal temp reaches 165 °F!

Size/temp/time chart available at www.fightbac.org

RESOURCES

U.S. Food and Drug Administration Hotline
1-888-SAFEFOOD
www.fda.gov/Food

U.S. Department of Agriculture Meat and Poultry Hotline
1-888-MPHOTLINE
ask.usda.gov



WASH YOUR HANDS NOT YOUR CHICKEN



Before and after handling raw poultry, wash your hands with soap and water. Avoid washing or rinsing raw meats.



fightbac.org/poultry

KORNER

I
D
S

The Little Kids' Table" by Mary Ann McCabe Riehle tells a fun tale about what really happens at the kids' table during Thanksgiving dinner. Stop by your local library, borrow this book and read it with your child. Discuss with your child what they like about sitting at the kids' table and what they love about Thanksgiving.

Cranberry Oatmeal Balls

Makes 8 servings Serving size: 2 balls

Ingredients

- 1 cup oats (quick cooking or old fashioned rolled)
- 1/3 cup chopped almonds or any other nuts or seeds
- 1/3 cup peanut butter or other nut or seed butter
- 3 tablespoons honey
- 1/3 cup dried cranberries or other dried fruit

Directions

1. Wash hands with soap and water..
2. In a medium bowl, mix oats, almonds, peanut butter, honey and dried cranberries until well mixed.
3. Form about 2 tablespoons of the mixture into a ball and place on a baking sheet. Repeat with remaining mixture to make 16 balls.
4. Refrigerate for 30 minutes.



Notes:

1. Honey is not recommended for children younger than 1 year old.
2. Keep the oatmeal balls cool to avoid sticky fingers!

Nutrition Facts for 2 oatmeal balls: 180 calories, 7g total fat, 1g saturated fat, 0mg

cholesterol, 65mg sodium, 24g total carbohydrate, 3g dietary fiber, 12g total sugars, 6g added sugars, 6g protein, 0% Vitamin D, 2% calcium, 6% iron, 2% potassium, 0% Vitamin A, 0% Vitamin C, 35% calories from fat

Source: foodhero.org

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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<https://an.insure/georgehaffenden>

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