

Cornell Cooperative Extension of Chautauqua County's

# Extension Connection



Cornell Cooperative Extension  
Chautauqua County

December 2022  
Volume 7 - Issue 12

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**COVER PHOTO:** Gorgeous holiday Poinsettias at Yerico Farms, 3186 East Main Rd, Dunkirk, NY.

**Your picture could be on our next cover!**

Send your submission to [lpc33@cornell.edu](mailto:lpc33@cornell.edu)

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

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### 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](http://www.cce.cornell.edu/chautauqua)

# Association News

## Board of Directors

Shelly Wells, Ashville, President  
 Suzanne Fasett-Wright, Chautauqua  
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 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

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 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

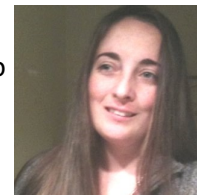
Brittany Begier, Jamestown  
 Linda Jarvis, Fredonia  
 Mary Jantzi, Clymer  
 Joe Osborne, Panama  
 Betty Catanese, Stockton  
 Beth Southworth, Bemus Point  
 Kimberly Witherow, Sherman  
 Louis Smith, Silver Creek

## 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

As the year concludes, I cannot help but reflect on our successes and look forward to the future. A special thank you to the Chautauqua County Legislature for their generous and continued support. They have invested in our future with an additional \$15,000 increase in support of Agritourism in Chautauqua and chose Cornell Cooperative Extension as the lead organization. CCE in Chautauqua has grown this year and we hope you are finding our programs worthwhile, informative, and innovative. Please visit our website and review our 2022 Annual Report.



This time of year, it is also important to recognize The United Way of Southern Chautauqua County for their scholarship support that allows over 100 4-H members the opportunity to join 4-H through a partial assistance scholarship. This support allows members who otherwise may not be able to afford to join 4-H, the opportunity to experience the nation's greatest youth development program. I encourage everyone to support the United Way Campaign efforts that annually will invest more than \$1 million dollars into 40 organizations in Southern Chautauqua County. You can visit them directly at [www.uwayscc.org](http://www.uwayscc.org).

If you have not yet joined 4-H or subscribed to CCE of Chautauqua County, you can do so by visiting our website [www.cce.cornell.edu/chautauqua](http://www.cce.cornell.edu/chautauqua) or calling the office at 716-664-9502.

As always please feel free to contact me with any questions or concerns, enjoy the upcoming holidays and in a world where you can be anything, be kind.

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Products and services may not be available in all states. Terms, conditions and eligibility requirements will apply. Life insurance and annuity products underwritten by American National Life Insurance Company of New York, Glenmont, New York. Property and casualty products and services may be underwritten by Farm Family Casualty Insurance Company or United Farm Family Insurance Company, both of Glenmont, New York.

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# Chautauqua County Agricultural News



## DEPARTMENT OF PLANNING AND DEVELOPMENT

### Agricultural Districts Inclusion Period

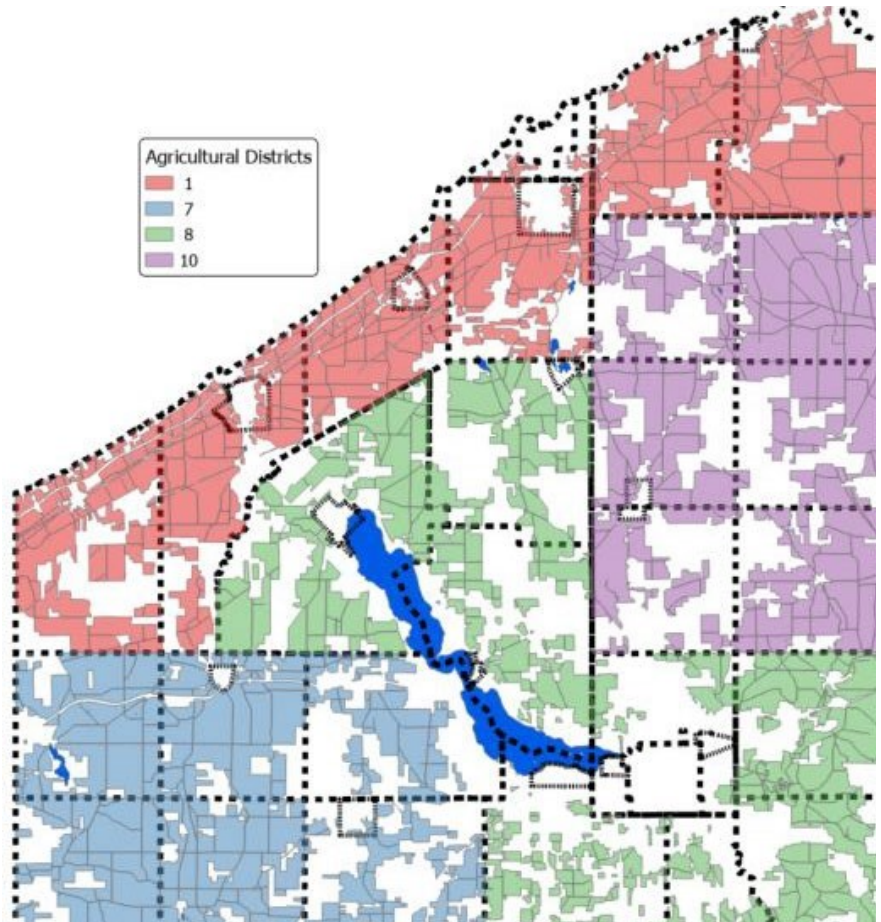
The Chautauqua County Department of Planning and Development is preparing for the upcoming inclusion period for the Chautauqua County Agricultural Districts.

Land owners can request to have viable agricultural land added to an agricultural district during the annual inclusion period from **January 2 to January 31**. Lands already included in the district need not submit a request. Land owners must complete the Agricultural District Inclusion Worksheet, which includes a written description of the land, the tax map identification number and be accompanied by a copy of the relevant portion of tax map showing the location of the property you would like included into the Agriculture District. This worksheet and additional information on the process can be found at: [bit.ly/CHQaginclusion](http://bit.ly/CHQaginclusion). You can print out the appropriate map via the County's GIS website available at: [bit.ly/CHQgis](http://bit.ly/CHQgis).

Please submit all inclusion requests to the Department of Planning and Development, 201 West Third Street Suite 115 Jamestown, NY 14701 or email to [sharppl@chqgov.com](mailto:sharppl@chqgov.com) on or before 4:30 PM on January 31, 2023.

**Inclusion requests can only be accepted during the inclusion period from January 2 to January 31.**

An agricultural district is a geographic area which consists predominantly of viable agricultural land. Agricultural operations within the district are the priority land use and afforded benefits and protections to promote the continuation of farms and the preservation of agricultural land. Once land has been added to the agricultural district there is no additional yearly requirements. Land can only be removed from an ag. district during the eight year review process.



**For more information on Chautauqua County's Agricultural District and the Inclusion Period please contact:**

Lauren Sharp, Junior Planner  
Chautauqua County Department of Planning & Development  
BWB Center 201 West Third Street Suite 115  
Jamestown, New York 14701  
Phone: (716) 661-8245  
Email: [sharppl@chqgov.com](mailto:sharppl@chqgov.com)

## 2022 Visit the Farm Day – A Great Success

### Brehm Farms Hosted 500 Visitors to Learn About the Dairy Industry

*By Lisa Kempisty, Extension Educator, Dairy /Livestock with Cornell Cooperative Extension of Chautauqua County*

Cornell Cooperative Extension of Chautauqua County proudly organized the Visit the Farm Day program on October 1, 2022, hosted by Bradley and Jessica Brehm in Falconer, New York, with the support of many local agribusinesses and volunteers. A pleasant fall day helped make this family friendly and educational event a great success that was attended by 500 people from throughout Chautauqua County, neighboring counties, as well as Pennsylvania.

The event highlighted the Brehm's interest and dedication in owning and operating their family farm, using rotational grazing to help provide quality feed for their herd, and shared their efforts in providing care to their dairy cows and replacements.

Brehm Farms, located at 3456 Dry Brook Road in Falconer has been owned and operated by Bradley and Jessica Brehm for the past six years. The dairy farm was previously owned and operated by the Kimball family for 166 years, from 1847-2013. The Brehm's started farming in southern Erie County, New York in 2012 and moved to Chautauqua County to purchase the established and productive farm to continue to develop their dairy herd.

The Brehm's milk 155 cows including Holsteins, Jerseys, Brown Swiss and Lineback breeds of dairy cattle. They also raise 80 replacement calves and heifers. The Brehm's high quality milk is marketed through Upstate Niagara Cooperative and can be purchased locally. Guests at the Visit the Farm Day were treated with complimentary delicious milk and string cheese provided by Upstate Niagara Cooperative, Inc.

Bradley & Jessica rotationally graze their dairy cattle on 50 acres in the spring, summer & fall to provide the herd high quality fresh forages, exercise, sunshine & fresh air daily. They grow corn silage and haylage on 500 acres for their dairy herd and store the forages in bunk silos on the farm. The herd is housed in a freestall barn during the winter months, allowing the cows to move freely throughout the barn and be comfortable.

Bradley & Jessica credit their family members, friends, and neighbors who assist them with daily chores on the farm. Bradley's father Arthur Brehm, friends Andrew Ostrom and Bruce Walker and other great neighbors have helped them succeed with their farm business. They work together to properly care for their cows and their land to produce high quality nutritious milk for local consumers to enjoy. The Brehm family welcomed visitors to their farm to learn more about their way of life working in

agriculture and an opportunity to tour a working dairy farm. This event provided an ideal opportunity to showcase the Brehm Family's outstanding farm practices, their dedication to educating the public about where their food comes from and how hard farmers work every day to produce safe, wholesome products for us all to enjoy.

Attendees were able to go on a guided walking tour led by our county's agricultural business representatives and volunteers from the agricultural community. The tour stops included the calf barn, with an opportunity to pet a young calf, farm machinery, the milking parlor, and the cow barn with a

talk on feeding and housing the dairy herd. The tour also allowed participants an opportunity to view the dairy herd grazing in a pasture near the barn. Visitors enjoyed free milk and string cheese and participants enjoyed educational displays and children's activities.



***Jessica and Bradley Brehm graciously hosted the 2022 Visit the Farm Day for 500 visitors who toured their farm and enjoyed complimentary milk they produce and market through Upstate Niagara Cooperative, Inc.***



*Visit the Farm Day Continued on page 6*

This event was made possible through several industry sponsors, as well as the help of many volunteers, the staff of Cornell Cooperative Extension of Chautauqua County, and the dedication of Bradley and Jessica Brehm.

**Many thanks to our sponsors of the 2022 Visit the Farm Day at Brehm Farms. Their financial donations and assistance at the event made the program a great success!**

**Gold Level: Cargill, Chautauqua County Farm Bureau, Jamestown Ice, Java Farm Supply, Inc, Lamb & Webster, Inc, NYP Ag Services Inc, Upstate Niagara Cooperative, Inc.**

**Silver Level: Chautauqua County Soil & Water Conservation, Farm Credit East, ACA, Fisher and Thompson, Inc, Gabel's IBA, Growmark FS LLC, Lictus Oil & Propane.**

**Bronze Level: Cattaraugus County Farm Bureau, Dairy One, Pimm's View Farm, Premier Select Sires, Inc, Tractor Supply Co., Runnings, Western NY Crop Management Association.**

*The generosity of Bradley and Jessica Brehm, along with their family and friends in preparing their farmstead for the event and hosting 500 visitors at their farm is very much appreciated! The Brehm's are involved in their community and are good advocates of agriculture. Jessica serves on the Cornell Cooperative Extension Agriculture Program Advisory Committee, and contributes her ideas for educational programs in support of agriculture throughout Chautauqua County. THANK YOU Jessica and Bradley Brehm and continued success with your dairy farm business!*

**Photo Highlights From the 2022 Visit the Farm Day hosted by Brehm Farms**





**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

*CrackerJack Farm Feed & Variety Store  
4589 Bemus Ellery Road  
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## 2023 Corn Congress - January 5 & 6, 2023

January 5 - Batavia Quality Inn & Suites    January 6 - Waterloo Quality Inn

8:30am: **Registration, sign-up for DEC & CCA Credits, Visit Vendors** 9:55am: **Opening Introductions, Announcements & Program** 3:30 pm: **Adjourn**

**Program: A Review of Corn Diseases in 2022**, Gary Bergstrom, Plant Pathologist, Cornell University

**Biochar for Field Crop Production**, Kathleen Draper, Ithaca Institute for Carbon Intelligence

**Predicting and Managing the Seedcorn Maggot in Upstate NY**, Anna DiPaola, PhD Candidate, Entomology, Cornell University

**Weed Control: Herbicide Performance Results and Atrazine Updates**, Lynn Sosnoskie, Weed Scientist, Cornell University

12:00pm – 1:25pm **LUNCH and VISIT VENDORS**

**Biologicals in Corn: Are They the Silver Bullet?**, Allen Wilder, Forage Agronomist, Miner Institute

**Supporting On-Farm Experimentation with Digital Agronomy**, Louis Longchamps, Digital Agronomist, Cornell University

**Management Tactics for Key Below Ground Insects Attacking Corn**, Elson Shields, Retired Cornell Entomologist

DEC Recertification Points & Certified Crop Adviser Credits Available - Please Provide Your Applicator ID Number at Registration and Sign-in. Cost: \$60 per person, includes lunch. Registration Information is available on the NWNy Team Website: <https://nwnyteam.cce.cornell.edu/> or contact Lisa Kempisty at CCE – Chautauqua County for more information at 716-664-9502 Ext 203.



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**“...Nothing else like it. We really love how they come into milk with Udder Comfort.”**

— Jeff and PJ Barnes

ALL BREEDS  
14 CHAMPIONS  
THE CHOICE OF CHAMPIONS



MAPLE KNOLL FARMS, LAWRENCEVILLE, PA  
300 cows, 22,500M, 180,000 SCC  
(Above) Jeff and PJ Barnes and son Nicholas

“What we like about Udder Comfort™ is how quickly it reduces edema in fresh cows. It’s a phenomenal product, nothing else like it,” say Jeff and PJ Barnes. They farm with his brother, milking 300 cows at Maple Knoll Farms, in the family since 1847 near Lawrenceville, Pennsylvania.

“Udder Comfort helps with milk quality and works wonders after a show. We like to see that nice, evenly milked, collapsed udder. Where we use it the most is the blue sprayable in the parlor with our fresh cows, especially heifers. We do them after each milking for 3 to 4 days after calving. We really love how they come into milk with Udder Comfort,” they say.

As the 8th generation, sons Glenn and Nicholas own 30% of the herd. They’ve been coming to Harrisburg for 6 years to see how their breeding stacks up.

Nicholas brought his homebred Red and White Jr-3 MapInol Derin Gummibear-Red. The “easy going typical freestall cow” stood 2nd in the Pennsylvania Fall Classic and 4th in the Premier National Junior Show after being grand champion at the county fair and 4-H youth show.

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# Chautauqua County Soil & Water Conservation District Newsletter

Northcrest Business Center, 220 Fluvanna Ave,  
Suite 600, Jamestown, NY 14701  
Phone (716) 664-2351 Ext 5  
Email: chaut-co@soilwater.org  
Board Meetings are held the third Wednesday  
of each month at 8:30 AM  
Board of Directors: Fred Croscut, Jay Gould,  
Bruce Kidder, Allen Peterson, Lisa Vanstrom



SWCD Staff:  
David Spann, District Field Manager  
Cassandra Pinkoski, Grants Specialist  
Greg Kolenda, District Field Technician  
Hailey Laramie, Water Quality Technician  
NRCS Jamestown Field Office Staff:  
Robert Nothdurft, District Conservationist  
Anna Emke-Walker, Soil Conservationist

## Agricultural Assessments

### Partial Reduction in Real Property Taxes for Eligible Farmland in New York State

In 1971, New York State legislature enacted the New York Agricultural District law to protect and promote the availability of land for farming purposes. As part of this legislation, the law allows for reduced property tax bills for land in agricultural production by limiting the assessment of such land to its agricultural value. Owners whose land satisfies the eligibility requirements may apply for an agricultural assessment.

Landowners must file an application (RP-305 or RP-305-r) with their local assessor to receive an agricultural assessment for their parcels. **The local assessor is who determines eligibility.**

In order to be eligible, the following requirements must be met:

Land generally must consist of seven or more acres that were used in the preceding two years for the production for sale of crops, livestock, or livestock products;

The annual gross sale of agricultural products must average \$10,000 or more. If the size is less than seven acres, the average annual gross sales must equal \$50,000 or more.

Agricultural assessment is limited to land used in agricultural production. Up to 50 acres of farm woodland is eligible for the assessment per eligible tax parcel. Land under a structure within which crops, livestock, or livestock products are produced is also eligible for the assessment.

*Since farm operations encompass more than one parcel, eligibility is determined by combining separately assessed parcels that are farmed together as a single*

*operation. However, a separate application for each assessed parcel must be made.*

Rented land for agricultural purposes may receive an agricultural assessment. If the rented land satisfies the basic eligibility requirements, it can be eligible for the assessment. In addition, if the rented land does not satisfy the average gross sales requirements, it may still be eligible if it is farmed, under a written rental agreement of at least five years, with other farmland that satisfies all eligibility requirements.

### ***What you have to do...***

The landowner's first step in applying for an agricultural assessment is to contact their tax assessor. Once they have determined that you qualify for the program, contact Chautauqua County Soil & Water Conservation District to create a soil group worksheet. District Staff will coordinate an appointment with you to help fill out the "Soil Group Worksheet". This worksheet distinguishes the acreage of a farm parcel in each soil group. The landowner then transfers this information to the "Application for an Agricultural Assessment" sheet, available through your local assessor's office. The worksheet and application, along with a soil map generated by District staff, are all submitted to the assessor by the taxable status date. In most towns, taxable status date is March 1<sup>st</sup>, but it is advisable that you confirm this with your local assessor. Landowners must file an application each year, however, if there are no changes since the previous year, a short form application can be used.

The fee for classification of the soil group worksheet is \$25 dollars per parcel. For more information, or to schedule an appointment, feel free to call Chautauqua County Soil and Water Conservation District office at 716-664-2351 ext. 5. The District operates under normal business hours, Monday through Friday from 8 A.M. to 4:30 P.M.

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sheep Project 7:00 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 Pillow Case Sewing Class 6:00 PM	7 Hog Committee 6:30 PM Sheep Committee 6:00 PM Beef Project 6:30 PM	8 Rabbit Committee and Project 6:30 PM Teen Ambassadors 6:30 PM	9 Dog Committee 7:00 PM	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 6:30 PM	15	16 Dog Project 6:30 PM	17
18	19	20	21	22	23 Holiday 	24 
25 	26  Holiday	27	28 Dairy Meeting @ Jamestown Bowling Company 12:00 PM	29	30	31

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2  Holiday	3	4 Hog Committee 6:30 PM	5	6 Dairy Bowl Practice Juniors and Novice 6:30 PM	7
8	9 Rabbit Committee 7:00 PM Meat Quality Seminar 6:30 PM	10	11 Dog Committee 7:00 PM	12 Program Committee 6:30 PM	13	14 Presentation Day Training 10:00 AM
15	16  Holiday 	17 Horse Project 6:30 PM	18 Beef Committee 7:00 PM Hog Project 6:30 PM Dog Project 6:30 PM	19 Sheep Committee and Project to follow 6:00 PM/ 7:00 PM	20	21
22	23	24	25	26 Rabbit Project 6:30 PM	27	28
29	30	29	30			

# Meat Quality Seminar

Youth who are interested in learning about meat quality are welcome to attend this discussion presented by Lyda Garcia, PhD from Ohio State University, where she holds the title of an Associate Professor of Meat Science. She has graded thousands of carcasses throughout the Midwest during her career and is the coordinator of Meat Judging. This is a great opportunity as the meat is from a local source. Youth do not need to be participating in a meat animal species project to attend. – PLEASE REGISTER with Lindsey Crisanti [lc832@cornell.edu](mailto:lc832@cornell.edu)



## 4-H Dairy Bowling Party

Wednesday, December 28, 2022 (During school holiday break) @ 12:00 Noon

Jamestown Bowling Company, 850 Foote Ave, Jamestown, NY (Located in: Game Time Sports Grill)

We will start at 12:00 noon with a pizza lunch and have a short “4-H Dairy Project Discussion” followed by a fun time of bowling.

The cost of pizza, beverages & bowling will be paid with our 4-H dairy funds.

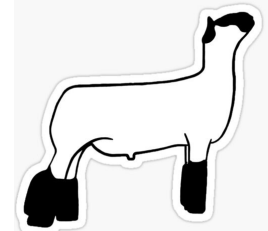
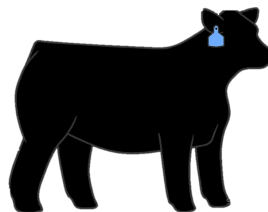
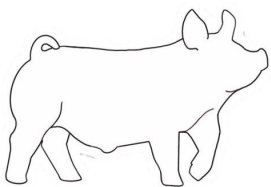
Please RSVP by Friday, December 23<sup>rd</sup> with the number of youth and adults who plan to attend. Please e-mail Lisa Kempisty at: [ljk4@cornell.edu](mailto:ljk4@cornell.edu) or leave a message at 716-664-9502 Ext 203.

Hope your family can attend!



## Livestock Judging Workshops

We will be holding Livestock judging workshops in the spring. These are designed for not only 4-H members, but FFA and local community members as well. We are bringing in professionals to discuss their knowledge on evaluating market and breeding animals, including beef, swine, and sheep. These workshops will focus on selection of principles, oral reasons, live market evaluation, and breeding animals performance data. Each workshop will cost around \$5. This money will be put into prize money for the livestock judging competition at the Chautauqua County Fair in 2023. Hope to see you participate!



# 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.**



Wednesday, December 28, 2022

Nancy Johnson's shop in South Dayton, NY

Two times slots offered: 10:00 am – Noon or 6:00 pm – 8:00 pm. **Introduction to Leather Tooling** (with small project completion) \$5.00 per participant due at the event. A follow up class for more an advanced project will be held on Monday, February 20<sup>th</sup> at Nancy Johnson's shop from 10:00 am – 2:00 pm. **Limit of 10 youth per session.** Please register with Lisette by December 27<sup>th</sup> [lmc323@cornell.edu](mailto:lmc323@cornell.edu)

Saturday, January 14, 2023 – 10:00 am

JCC Carnahan Center

**Presentation Day 101** - This workshop is for 4-Hers who are looking for a head start on their 4-H presentation for countywide Presentation Day on March 4, 2023. Youth will learn about the different types of presentations, how to create an effective poster, and some other public speaking tips. Please register with Lisette by January 10<sup>th</sup> [lmc323@cornell.edu](mailto:lmc323@cornell.edu)

27<sup>th</sup> [lmc323@cornell.edu](mailto:lmc323@cornell.edu)

We are in the works of revamping our L.E.A.F Jr. workshops. Keep an eye out for updates for upcoming ones like: Cake Decorating, Bird Suet, Livestock Judging and so much more!

Learn.  
Empower.  
Achieve.  
Farm.

LEAF  
Jr.

We are bringing back the Green Tie Affair Dinner!

This year the theme will be the 50s. Clubs are going to be making center pieces.

We are looking for help with the pie auction.

Donations are welcome for the basket raffle.

More information to come. Any questions regarding the event contact Lindsey [lc832@cornell.edu](mailto:lc832@cornell.edu).

Hope to see you there!

Sponsored by:  
*Chautauqua  
Suites*

FEBRUARY  
26TH, 2023

CHAUTAUQUA  
COUNTY 4-H'S  
GREEN TIE  
AFFAIR

Save The Date

# Animal Project News

## Exhibition Poultry Project

### Committee Meetings

Wednesday, December 14th  
7:00 pm

### Project Meetings

Tuesday, December 6th  
6:30 PM

Committee Chair: Jamie Smith  
smith\_jamie@mac.com



## 4-H Program Committee

Monday, December 5th  
At The Stockton Hotel  
7:00 PM

Bring a plus one

Thursday, January 12th  
6:30 PM



## 4-H

### Meat Animal Sale Committee

Monday, January 9th  
6:30 PM

## Dog Project



### Committee Meetings

Friday, December 9th  
Wednesday, January 11th  
7:00PM

### Project Meetings

Friday, December 16th  
Wednesday, January 18th

All Project Meetings at 6:30 PM  
Committee Chair: Roxanne Young

Any changes will be posted on  
REMIND!

roxy6825@windstream.net

## Beef Project

### Committee Meetings

Wednesday, December 14th  
Wednesday, January 18th

### Project Meetings

Wednesday, December 7th

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

Committee Chair: Dave Schauman  
janschauman@gmail.com



## Horse Project



### Committee Meetings

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

Wednesday December 7th  
6:30 PM

Thursday, January 19th  
6:00 PM

### Project Meetings

Thursday, December 1st  
7:00 PM

Thursday, January 19th  
7:00 PM

Committee Chair: Shawn Huntington  
shuntington@randolphcsd.org

## Rabbit Project

### Committee Meeting

Thursday, December 8th  
Monday, January 9th  
7:00 PM

### Project Meetings

Thursday, December 8th  
Thursday, January 26th

\*ALL project meetings at 6:30 unless  
otherwise noted\*

Committee Chair: Kim Chapman



## Market Poultry Project



### Project Meetings

Sunday, December 4th  
(Fundraiser)

Committee Chair: Julie Covert  
jcoverts@windstream.net

## Hog Project



### Committee Meeting

Wednesday, December 7th  
Wednesday, January 4th

### Project Meeting

Wednesday, December 14th  
Wednesday, January 18th

\*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



Friday, December 2nd– Dairy Bowl  
Practice Novice and Juniors  
6:00 PM

Saturday, December 3rd– Dairybuds  
2:00 PM

Wednesday, December 28th– Bowling  
Party  
12:00 PM

Friday, January 6th– Dairy Bowl Practice  
Novice and Juniors  
6:00 PM

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

## Goat Project



### Committee Meeting

Monday, December 5th  
Monday, February 13th

### Project Meetings

Monday, February 27th

\*ALL meetings are at 6:45 PM unless  
otherwise noted\*

Watch our Facebook page!

Contact: Keith LaRoy  
716-485-1537

## Cold Frames

*Livingston County Master Gardener Julie Brocklehurst-Woods*

I have recently taken advantage of the warmer February weather to revise my cold frame. A cold frame is a mini-green-house. Plants are grown in the ground, with a structure above them, about a foot or so tall. A window serves as the roof, allowing the sun to warm the air and soil.

I purchased my cold frame a few years ago. The top included a fiberglass window with a hinged center. It didn't move smoothly in its track, and needed to be detached for the summer, then reattached in the spring. I was forever losing the screws in the dirt, until I stopped using it altogether.

This year I was inspired by a friend's talk about putting up a row cover, a different device for extending the season. I replaced my cold frame window/roof with a panel of rigid wire fencing, then covered it with a sheet of fabric sold for use as a floating row cover. I used binder clips to attach the fabric securely, then attached the corners to screw hooks with wire. Finally, I weighted it down with a couple of old fenceposts and bricks.

Row covers or tunnels, as they are sometimes called, also warm the soil and plants. The fabric cover does not hold heat as well as a cold frame, but still will create a warmer environment for plants, extending the growing season in spring and/or fall. If you plan to use it in the fall, you need to allow enough space for the larger size of the plants at that time of year.

The sturdier versions of row cover supports are made with curved PVC pipe, and anchored with rebar. A simpler model can be constructed from rigid fencing, bent in a curved shape, and covered with row cover fabric, sold by various vendors including Gardeners' Supply. The fencing can be anchored with tent stakes. This fabric works better than plastic because it allows some air to pass through, which the plants need. Perforated plastic is available, but it is less durable than the fabric sold for this purpose. A fabric cover needs to be anchored securely in windy weather.

Neither of these structures will provide ripe tomatoes in April, though you will be able to start them earlier. The season still starts and ends with the plants that are most cold tolerant: early flowers include pansies; early vegetables include radishes and spinach. I currently have a couple of leftover kale and Swiss chard plants in my cold frame. I will soon start some peas and spinach.

When the weather warms up in late May, your plant cover can be removed for convenient access to weed and water. Row cover fabric may be left in place to prevent pest damage, since it allows 90% of the sun to pass through, and excess heat to escape.

More info on building various season extenders can be found at: <http://www.rodalorganiclife.com/garden/this-diy-cold-frame-keeps-frost-at-bay>

This video on building a low tunnel also looked helpful: <http://extension.umd.edu/news/video/row-covers-how-build-low-tunnel-frame>.

*Livingston County Master Gardener Julie Brocklehurst-Woods is a frequent writer in the Gardeners Gazette a gardening/nature oriented periodical, published by the Livingston County CCE and available by subscription. For more information, contact the Livingston County CCE directly at: 3 Murray Hill Dr., Mt. Morris, NY 14510, 585-991-5420 OR 585-335-1752 or [www.ccelivingstoncounty.org](http://www.ccelivingstoncounty.org)*



## SNAP-Ed New York Has a New Look!

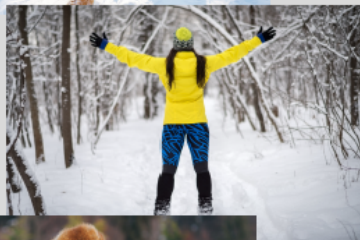
Visit [snapedny.org](http://snapedny.org) to get more information about recipes and tips for eating healthy for yourself and your family.

E-mail: [msd263@cornell.edu](mailto:msd263@cornell.edu) to receive the monthly newsletter!



### Welcome to SNAP-Ed!

Physical activity is important for a healthy lifestyle at all stages of life!



So try to get outside and enjoy some fresh air, even if it is just for a few minutes each day!

### Recipe for Healthy Egg Burrito on the back!



Thinking about your New Year's Resolutions? We can Help!

TURN YOUR RESOLUTIONS INTO REAL SOLUTIONS!!



**Start with small changes** ~ Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future. Small changes make a big difference over time.

**Take one day at a time** ~ Sometimes things don't go as planned, even with the best intentions. If you miss one day or one milestone for your goal, don't give up!

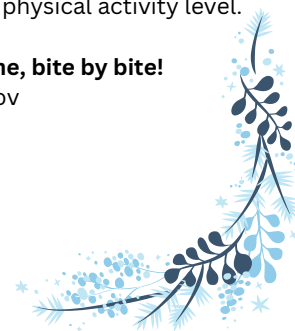
**Be active your way** ~ Pick activities that you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.

**Team up** ~ Find a friend with similar goals - swap healthy recipes and be active together. Staying on track is easier with support and someone to cheer you on.

**Celebrate successes** ~ Think of each change as a "win" as you build positive habits and find ways to reach goals. Reward yourself - you have earned it!!

Would you like more help than these tips? Try the Start Simple MyPlate app, visit <https://www.myplate.gov/resources/tools/startsimple-myplate-app>. This app allows you to pick simple daily food goals, see real-time progress and earn badges along the way. You can also visit <https://myplate.gov/myplate-plan> for a plan that shows your food group targets, what and how much to eat daily, based on age, sex, height, weight, and physical activity level.

Remember, the benefits of healthy eating add up over time, bite by bite!  
Find this information and more at MyPlate.gov





# Healthy Egg Breakfast Burrito

Add more veggies to your breakfast with this healthy egg burrito!

Try it with any of your favorite veggies, you can even substitute the egg with canned beans.



## Healthy Egg Breakfast Burrito

Serves 4

### Ingredients

- 3-4 Whole Grain Tortillas
- Half A Sweet Red Pepper (diced)
- 1 Tbs Fresh Cilantro or Dill (finely chopped)
- 2 Handfuls of Spinach (chopped)
- Small Red Onion (finely diced)
- 1/4 Cup Grated Cheese (optional)
- 4 Eggs
- 1 tsp Canola oil for the pan
- Salt and Pepper (to taste)

### Nutrition Information

Serving size: 1 Burrito  
Calories 280  
Total Fat 16 g  
Saturated Fat 6 g  
Sodium 520 mg  
Total Carbohydrate 21 g  
Dietary Fiber 0 g  
Total Sugars 0 g  
Added Sugar included 0 g  
Protein 16 g

### Directions

1. Crack eggs into a bowl and whisk (or use a fork) to mix well.
2. Heat a skillet over medium heat on the stove, and add oil to the pan.
3. Add chopped onions to the pan. Use a spatula to saute onions until they are translucent.
4. Add red bell pepper and saute for about 5 minutes.
5. Add spinach and cook until just slightly wilted.
6. Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of the pan. Cook by scrambling with a spatula or fold over for an omelet.
7. Turn off heat and add cilantro, cheese, and salt and pepper to taste.
8. Fill heated tortillas with mix and fold into a burrito. Serve immediately.

# HEY KIDS!

can you find all  
the hidden  
holiday foods?



APPLES  
CARROTS  
MILK  
SALAD  
SQUASH  
TURKEY  
YAMS



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

✉ [paa79@cornell.edu](mailto:paa79@cornell.edu)  
(585)268-7644 ext. 12



# EFNEP Newsletter

*Produced by Cornell Cooperative Extension December 2022*

*For more information about this and other County programs, call*

## Gatherings and Celebrations



December is filled with many types of gatherings and celebrations. No matter what you celebrate or who you gather with, try including these healthy ideas from [www.myplate.gov](http://www.myplate.gov) this month.

When planning what to serve, consider how you will include each of the food groups in your meal or buffet. What dishes can you provide or ask others to bring? Try including dishes made mostly from vegetables, or fruit or whole grains.

Skip sugar sweetened beverages and serve water with a twist of fruit, seltzer or sparkling water, club soda with a splash of 100% fruit juice or unsweetened iced tea.

Include ways to be physically active—dance, take a walk with your group after a meal, include sledding or ice skating as part of the gathering.

Fresh, canned and/or frozen fruit with yogurt or nut butter dip and some yummy toppings like mini chocolate chips, nuts, shredded coconut and dried fruit can make a healthy dessert.



# KORNER

## IDS

Visit your local public library and borrow “The Shortest Day—Celebrating the Winter Solstice” by Wendy Pfeffer. Read it with your child and learn about how the Solstice has been celebrated by cultures around the world. On the Solstice, take a walk with your child and together experience the shortest day of the year.

### Baked Apple and Cranberries

Makes 1 serving

Serving size: 1 apple

#### Ingredients

- 1 medium apple
- Cinnamon to taste
- 1 tablespoon dried cranberries
- 1 teaspoon packed brown sugar
- 1/2 teaspoon butter

#### Directions

1. Wash hands with soap and water.
2. Wash apple and remove core (the area with the seeds) leaving the bottom intact to hold the filling.
3. Peel a small band of skin from around the top of the apple.
4. Place the apple in a microwave safe container.
5. Sprinkle cinnamon around the top and into the hole.
6. Fill the center of the apple with cranberries, pressing down if necessary.
7. Top the cranberries with brown sugar and butter.
8. Cover loosely with wax paper.
9. Microwave on for about 2 1/2 minutes or until apple is soft when poked through the center with a fork.
10. Refrigerate leftovers within 2 hours.

#### Notes:

Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.

Try other nut or seed butters, such as almond, hazelnut or sunflower seed.

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**

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

*Nutrition Facts for 1 apple: 160 calories, 2.5g total fat, 0g saturated fat, 0mg*

*cholesterol, 20mg sodium, 38g total carbohydrate, 5g dietary fiber, 31g total sugars, 8g added sugars, 1g protein, 0% Vitamin D, 2% calcium, 0% iron, 208% potassium, 3% Vitamin A, 9% Vitamin C, 14% calories from fat*

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