

Cornell Cooperative Extension of Chautauqua County's  
**Extension Connection**



Cornell Cooperative Extension  
Chautauqua County

April 2022  
Volume 7 - Issue 4

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**COVER PHOTO:** Houston enjoying a sunny day in Clymer NY.

Be sure to join the upcoming equine webinar series "Hold Your Horses-Equine Nutrition Series"  
See page 5 for details.

Picture submitted by Emily Reynolds

**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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## Cornell Cooperative Extension of Chautauqua County Staff Contact Information

### Emily Reynolds

CCE Executive Director  
[eck47@cornell.edu](mailto:eck47@cornell.edu)  
716-664-9502 ext. 201

### Darcy Cramer

Finance Associate  
[dlc284@cornell.edu](mailto:dlc284@cornell.edu)  
716-664-9502 ext. 208

### Lucia Conti

Association Administrative Assistant  
[lpc33@cornell.edu](mailto:lpc33@cornell.edu)  
716-664-9502 ext. 209

### Lisa Kempisty

Dairy/Livestock Community Educator  
[lj4@cornell.edu](mailto:lj4@cornell.edu)  
716-664-9502 ext. 203

### Lindsey Crisanti

Youth Development Educator  
[lc832@cornell.edu](mailto:lc832@cornell.edu)  
716-664-9502 ext. 212

### Molly Brown

4-H Community Educator  
[mrb287@cornell.edu](mailto:mrb287@cornell.edu)  
716-664-9512 ext. 216

### Lisette Cabrera

4-H Administrative Assistant  
[lmc323@cornell.edu](mailto:lmc323@cornell.edu)  
716-664-9502 ext. 214

### Molly Harvey

SNAP Ed  
[mmh273@cornell.edu](mailto:mmh273@cornell.edu)  
716-664-9502 ext. 208

### Mary Ryder

SNAP Ed  
[mer262@cornell.edu](mailto:mer262@cornell.edu)  
716-664-9502 ext. 217

### Shannon Rinow

Master Gardener Volunteer Coordinator  
[smr336@cornell.edu](mailto: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](mailto: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  
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Anna Emke-Walker, South Dayton  
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  
Dinah Hovey, Master Gardener Rep  
Dan Heitzenrater, County Executive Rep  
John Hemmer, County Legislator  
Dan Pavlock, County Legislator

## Agriculture Program Committee

Derek Yericco, 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

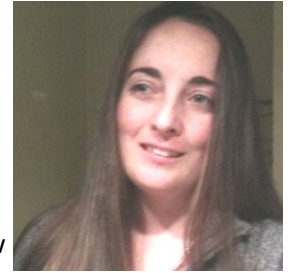
Fred DeGolier, Ellicott  
Brittany Begier, Jamestown  
Linda Jarvis, Fredonia  
Mary Jantzi, Clymer  
Joe Osborne, Panama  
Betty Catanese, Stockton  
Beth Southworth, Bemus Point  
Kimberly Witherow, Sherman

## 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

Happy spring! I hope you are as excited and hopeful for an adventure filled spring and summer as we are. We have some excellent programming coming up and look forward to the return of the County Fair and other in person events. We are also excited to welcome new staff members to our team. Shannon Rinow is working as the new Master Gardener Volunteer Coordinator, a position that has been unfunded and vacant for nearly 6 years. Through increased support and a newly developed partnership with Cattaraugus County we have been able to reinstate the position. Shannon is working in both counties to enhance and build programming. Keep an eye out for upcoming garden learning opportunities.



We are also very excited to welcome Lindsey Crisanti as our new 4-H Youth Development Educator. The 4-H Educator position was previously held by Kate Ewer who decided to move on to help manage her own farm. Lindsey started this month and has jumped right in with enthusiasm and commitment to continuing a successful 4-H program. If you haven't met Lindsey yet, be sure to reach out and welcome her.

We are also hiring. We have 3 positions open, two in our Nutrition department and one in our Agricultural Program. If you are interested or know someone passionate about helping others looking for a new exciting job with good benefits, a family friendly flexible schedule and a diverse workload please visit the jobs tab on our website. <http://chautauqua.cce.cornell.edu/jobs>

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# Cornell Cooperative Extension | Chautauqua County

## Attention Agricultural Producers

Cornell Cooperative Extension and the Chautauqua County Legislature announce the **Chautauqua County Agricultural Improvement Program.**

**We are looking to assist with your business improvements.**  
*Chautauqua County Agricultural Improvement Program funding is provided by the Chautauqua County Legislature with funds from the American Rescue Plan Act.*

- ◆ Do you have an upcoming project planned on your farm?
- ◆ Want to improve your agricultural business?
- ◆ Need help funding the improvements?
- ◆ Are you ready to make farm changes and improvements?
- ◆ Do you have a business plan?
- ◆ Do you want help developing a business plan?



**If you answered YES to any of the above questions,  
let us help you!**

*Funding for this program is limited. All completed applications will be considered and awarded on a first come first serve basis. Eligible projects may receive a grant up to \$10,000 per farm. Grant funds can reimburse up to 10% of removal fees and up to 25% of remediation or improvement expenses.*

### Project ideas may include:

- ◆ Drainage
- ◆ Soil amendments
- ◆ Fencing
- ◆ Crop changes or improvements
- ◆ Land renovations
- ◆ Farm structure improvements

### Eligibility requirements

- ◆ Chautauqua County resident
- ◆ Farm business designation – File Schedule F
- ◆ Each project must include a business plan indicating planned improvements. Don't have a plan? We can help you develop one, free of charge.

**Applications available April 5, 2022**

Visit: <http://chautauqua.cce.cornell.edu/agriculture>

**Contact: Lisa Kempisty, Extension Educator**

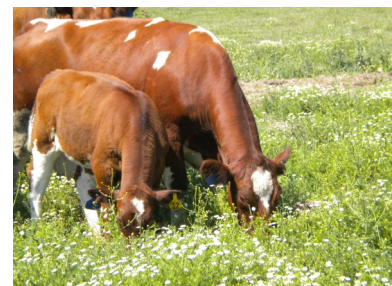
(716) 664-9502 Ext. 203

[lj4@cornell.edu](mailto:lj4@cornell.edu)

525 Falconer Street

P.O. Box 20

Jamestown, NY 14702-0020



*Cornell Cooperative Extension of Chautauqua County provides equal program and employment opportunities. Please contact the CCE Chautauqua County office if you have any special needs."*



## HOLD YOUR HORSES - EQUINE NUTRITION SERIES

Sponsored by the Equine Subgroup of the CCE Livestock Program Work Team

■ **Wednesday, April 13th - Equine Nutrition: Equine Metabolic Diseases and Common Pitfalls When Feeding Horses - Dr. Lindsay Goodale**

- Learn about common issues we encounter when feeding horses, including equine metabolic diseases, obesity, gastric ulcers, behavioral considerations, and more.

Register: [https://reg.cce.cornell.edu/HorseNutrition\\_222](https://reg.cce.cornell.edu/HorseNutrition_222)

■ **Wednesday, May 11th - Pasture Management - Ken Estes, Jr.**

- Learn about pasture management for equine owners including best management practices related to soil health, plant selection, loading density, mowing, dragging, resting, fertilizing, and weed control.

Register: [https://reg.cce.cornell.edu/PastureMgmt\\_222](https://reg.cce.cornell.edu/PastureMgmt_222)

■ **Wednesday, June 8th - Forage Analysis - Sarah E. Fessenden and Lynn Bliven**

- Learn about interpreting forage analysis reports and factors that impact evaluation of hay quality.

Register: [https://reg.cce.cornell.edu/ForageAnalysis\\_222](https://reg.cce.cornell.edu/ForageAnalysis_222)

**6:30 PM - 7:30 PM VIA ZOOM**

Questions? Contact Abbey Jantzi at [aej48@cornell.edu](mailto:aej48@cornell.edu) or 315-788-8450 ext. 278.

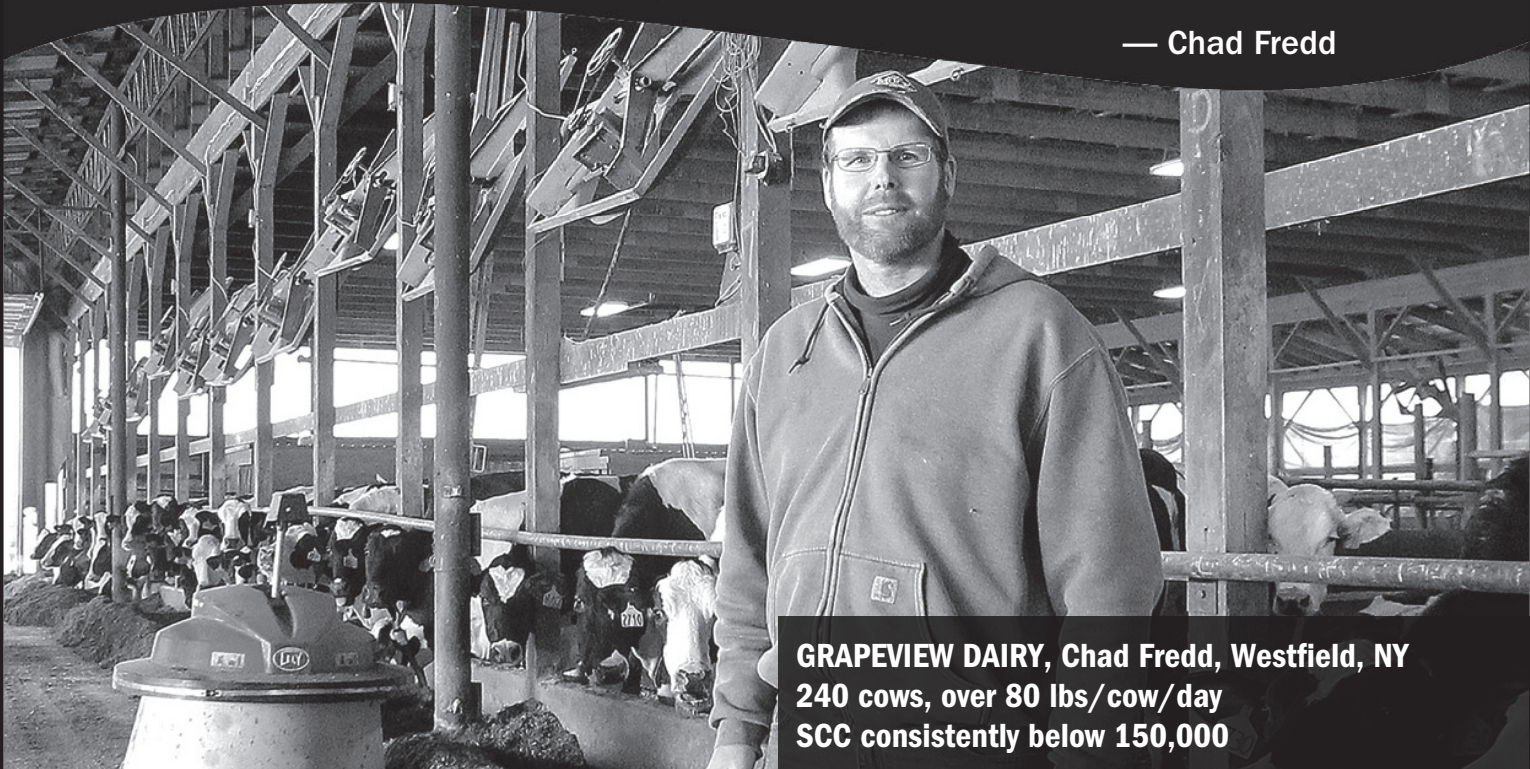


**Cornell Cooperative Extension**  
Livestock Program Work Team

*Cornell Cooperative Extension is recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and offers equal program and employment opportunities.*

**“Comfortable cows, better quality milk,  
reduced mastitis... It’s a great product.”**

— Chad Fredd



**GRAPEVIEW DAIRY, Chad Fredd, Westfield, NY  
240 cows, over 80 lbs/cow/day  
SCC consistently below 150,000**

“Since it came out, Udder Comfort™ is a tool helping us achieve more comfortable cows, better quality milk and reduced mastitis. We haven’t used intramammary treatments on lactating cows in over 15 years. It’s a great product. The secret is getting it on the first 3 to 7 days fresh.” says Chad Fredd, Grapeview Dairy, Westfield, N.Y., with 4 robots and 240 cows making over 80 pounds of milk below 150,000 SCC.

“We find 2x/day for 3 days optimal for fresh cows, 5 to 7 days for heifers. They’re more comfortable, and heifers train faster to the robot.

“Now it’s easy with the Udder Comfort Battery-Operated Backpack Sprayer. The battery lasts, and there’s no disruption. We can go right out in the middle of the barn and spray udders at the feed bunk or in the stalls,” he says.

“We use it away from the robots, in the fresh or hospital pen, springer pen, anywhere. We apply it every day for two groups: post-calving and high-conductivity, even using it some in the pre-fresh pen too.”

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Watch

For external application to the udder only, after milking, as an essential component of udder management. Wash and dry teats thoroughly before milking.





# Forage and Pasture Management Workshop

Saturday, April 23, 2022  
9:30am - 3:30pm  
Pioneer High School  
12125 Countyline Rd, Yorkshire



**The registration fee is \$40 per person. Registration is required by April 8<sup>th</sup>.**

**To Register:** Use this link: [https://reg.cce.cornell.edu/Forage\\_Management\\_Workshop\\_202](https://reg.cce.cornell.edu/Forage_Management_Workshop_202)  
or Contact Lynn Bliven at lao3@cornell.edu or (585) 268-7644 ext 18

**Keynote: Getting the Most out of Your Pastures and Hayfields without Breaking the Bank**  
**Dan Steward, WNY Crop Management**

**Stored Forage Track:** Stored Forage Economics • Making Quality Hay and Balage Panel • Analyzing Forage Reports to Match Livestock Needs

**Pasture Track:** Setting up a Grazing System • Handling Livestock Safely • Equine Pasture Management

**Equipment Track:** Selecting and Purchasing Used Equipment • Tractor and Equipment Maintenance • Tractor Safety

**\*\*We will be having both indoor and outdoor classes at this workshop, so please dress accordingly.\*\***

**This event is hosted by:**  
**Cornell Cooperative Extension**

CCE Allegany, CCE Chautauqua, CCE Livingston,  
CCE NWN Y Dairy, Livestock and Field Crops Team, CCE SWNY Dairy, Livestock, and Field Crops Team

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 Lisa Kempisty at (716) 664-9502 or ljk4@cornell.edu at least one week prior to the event.

# Chautauqua County Dairy Promotions

**!NEW LOOK!**

## ***What are we?***

This year is the beginning of a lot of opportunity for our promotions program as we head back to “normal”. The program is staying the same professional group that promotes dairy products and “AG”-vocates for our county’s dairy farmers. Our goal is to teach youth the skills they need to grow confidence in public speaking, advocating for themselves and their beliefs, and working with others. The youth in this program will gain valuable knowledge on consumers, dairy products, dairy cows, and more.

## ***What changes were made?***

All young men and women, ages 5-24, are eligible to participate in our program as senior, associate, or junior ambassador. We are no longer the Chautauqua County Dairy Princess. The aim of this change is inclusivity and professionalism. Inclusion of young men in our program allows them to have access to the many resources the promotions program has had in the past. The ambassadors will be distinguished with polos and pins and the Senior Ambassador will have a Chautauqua County Sash. We understand that, as with all change, this will take some adjustment, but know that we have the best interests of our youth and farmers in mind.

## ***How to join?***

There will be a **Meet and Greet held April 23<sup>rd</sup>, 2022** for new and existing members to mingle and paint signs! For more information you can reach out to the Chairperson, Madison Woodis, who’s contact information is below.

Thank you!

Madison Woodis  
Cell: (774) 551-6153  
Email:  
madisonpwoodis@gmail.com



*Lily Woodis, current Chautauqua County Dairy Princess and Erma Wolcott, Dairy Ambassador enjoyed teaching excited students about dairy calves recently at Temple Elementary School in Kennedy.*

**Chautauqua County Farm Bureau®**  
**is working hard every day to**  
**protect the future of agriculture**  
**and our rural landscape**



**Join Today!**  
**NYFB.org 800-342-4143**







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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

**Chick Starter on  
Sale this Month**

**4-H Discounts**

**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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A partnership between Cornell University and the CCE Associations in these five counties:  
Allegany, Cattaraugus, Chautauqua, Erie, and Steuben.

Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Program (SWNYDLFC)

# Profitable Meat Marketing Workshop

Wednesday, April 6th, 6:00pm - 8:30pm

Jamestown Community College, Room 120

Carnahan Building, 241 James Avenue, Jamestown, NY



Cornell  
Meat  
Price  
Calculator



New York State  
Beef Farm  
Business Summary

You are raising and selling local meat, but are you making a profit? There are tools that can help with that! Learn about how to figure out your cost of production, and use the NEW Cornell Meat Pricing Calculator to develop prices that deliver a profit in every channel. In this presentation you'll also learn improved marketing techniques to reach target customers and about MeatSuite.com

## Speakers



**Matt LeRoux**, Cornell University Extension Associate and developer of the Cornell Meat Price Calculator



**Katelyn Walley-Stoll**, Farm Business Management Specialist with the CCE SWNY Dairy, Livestock, and Field Crops Team

### Cost to Register:

\$10/per person, which includes dinner

### Registration Link:

<https://www.tinyurl.com/ProfitableMeatMarketingSWNY>

The registration deadline is April 5th.

If you'd prefer to register over the phone, or would prefer to pay in cash or send a check, please contact Amy Barkley at [amb544@cornell.edu](mailto:amb544@cornell.edu) or (716) 640-0844.

## 2022 L.E.A.F. Workshop Series

The LEAF (Learn. Empower. Achieve. Farm.) Series is open to beginning farmers, established farms looking to diversify and grow, agriculture enthusiasts, homesteaders, and EVERYONE in between!

Key Information about the 2022 LEAF Workshops

- Workshops are \$10 per participant
- Pre-registration is required, to register online : [https://pub.cce.cornell.edu/event\\_registration/main/events.cfm](https://pub.cce.cornell.edu/event_registration/main/events.cfm) or call 716-664-9502 ext. 209 or email [lpc33@cornell.edu](mailto:lpc33@cornell.edu) for the registration information.



ALL classes will be held at the JCC Carnahan Center; 525 Falconer Street; Jamestown, NY

### Growing Grapes in Your Home Garden

**Tuesday, May 24th, 6:00 pm**

Carnahan Center Room 123

Have you ever been interested in growing grapes for your home garden and wanted to learn more about it? Now is your chance. Jennifer Phillips Russo, the Viticulture Specialist for Cornell Extension's Lake Erie Regional Grape Team will be offering a 'how to' workshop as part of the 2022 CCE L.E.A.F. (Learn. Empower. Achieve. Farm.) Series. Participants will have the opportunity to learn how and where to plant for the vine's requirements to ripen the fruit, the parts of the plant, training and pruning for optimal vine health, insects and diseases, and more. With a little guided viticulture knowledge, you can enjoy table grapes, make juice and jelly, or try your hand at wine with juice from healthy vines. Each participant will receive a vine to grow at home, compliments of Double A Vineyards.

### Equine End of Life- the Hardest Decision of Horse Ownership

**Tuesday, September 27th, 6:00 pm**

Carnahan Center Room 123

Also offered virtually. Register in advance at:

[https://cornell.zoom.us/meeting/register/tJMvcmgrzssEtKh0EyFxeaGlvolef\\_8iAJo](https://cornell.zoom.us/j/91234567890)

After registering, you will receive a confirmation email containing information about joining the meeting. Preparing for end of life decisions is challenging yet critically important to ensure humane care of our horses. In this seminar, we will discuss equine end of life considerations, choices for humane equine euthanasia, and viable options for carcass disposal. Discussion of planning for equine care upon death of an owner will also be discussed. Participants can anticipate leaving the seminar feeling prepared to create written end-of-life plans for their horse.

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14-065.87136/V4.03.20

# 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, Grant Specialist  
Greg Kolenda, District Field Technician  
Hailey Brown, Water Quality Technician

NRCS Jamestown Office Staff:  
Robert Nothdurft, Resource Conservationist  
Anna Emke-Walker, Soil Conservationist

## How to Properly Plant a Bare Root Tree

While the descriptions for each species listed in the Chautauqua County Soil & Water Conservation District's tree and shrub catalog can help you select the perfect tree for your specific location, proper planting is critical to get your tree off to a good start. Considering that tree and shrub orders will be distributed on April 22<sup>nd</sup> and 23<sup>rd</sup>, now is a good time to make your selection and think about how to plant your bare root tree seedlings.

Bareroot plants are one- to three-year-old nursery stock that are harvested, stored, and shipped without soil or potting mix surrounding their roots. Bareroot plants are typically inexpensive, easy to plant and offer field grown hardiness. They are an excellent choice for many hardwoods and conifers used in conservation applications such as windbreaks, shelterbelts, living snow fences, buffers, riparian channel stabilization, reforestation programs, wildlife enhancements and more.

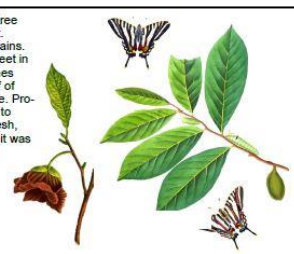
To ensure seedling survival, follow these steps. First, the seedlings must be stored properly prior to planting, ideally between 33 to 35°F, 95% plus relative humidity, in a wind protected and shaded area with the roots moist. Keep roots covered with moist (not saturated) peat moss or shredded paper until directly before planting. Conversely, never leave seedlings in standing water.

Carefully choose the planting site. Trees are difficult to successfully move once they become established. There is the adage "The best days for planting are the worst days for the planter". If possible, plant on cloudy, cool, humid days; avoiding sunny, dry, and windy conditions or when the roots risk freezing. Plant your seedlings as quickly as possible after order pick-up and be sure to keep roots covered and always protected. Please note that conifers are particularly sensitive to drying out.

After deciding on the location in which you will plant, prepare a hole two times wider and slightly deeper than the seedling's root system. Holes too narrow or too shallow can compromise seedling's success. Place the seedling in the hole, holding the plant vertical with the root collar (interface of root and stem) at or just below the surface grade. While holding the seedling in place, backfill the hole, filling up to the root collar or slightly below grade.

To remove any air pockets, saturate the planting. If settling occurs, add more soil. During drought years, water the tree generously every week to ten days during the first year. If you are in an area where animal damage regularly occurs or a place that is not easily maintained, providing tree protection with the use of tree tubes will enhance survival. Tree mats are an excellent option for conifer transplants and seedlings. The mats control weeds that would otherwise compete for moisture, nutrients, and sunlight. Tree tubes, posted signs, fertilizer pellets, barley straw pond kits, berries, conservation seed mixes and shrubs are also available in the catalog.

The deadline to order from the catalog is April 1<sup>st</sup>. If you missed the sale this year, call the office to request that you be added to our mailing list to receive our catalog on a yearly basis.

Native to NY Native to Chautauqua County	<p><b>PAW PAW (<i>Asimina triloba</i>)</b>, an unusual tree with large leaves and tiny banana-shaped fruit. Shade tolerant, grows in moist soils on floodplains. Can live 100 to 150 years. Reaches 20 to 30 feet in height. An understory tree with straight branches and a broad crown. Found in the southern half of New York, where it is at its northernmost range. Produces a green berry-like fruit that turns yellow to brown or black at maturity with a soft edible flesh, prune like texture and fruity custard flavor. Fruit was eaten by American Indians and early settlers.</p>	
	<p><b>PW</b> 10 plants for \$25.00 25 plants for \$53.00 50 plants for \$95.00 100 plants for \$175.00</p>	

## CCE WELCOMES 4-H YOUTH DEVELOPMENT EDUCATOR LINDSEY CRISANTI

Cornell Cooperative Extension of Chautauqua County's 4-H Youth Development Program is excited to announce Lindsey Crisanti as the new 4-H youth development educator. Lindsey says "I am extremely excited to be joining the 4-H team! I grew up in Cattaraugus County where my family and I had the experience to raise animals and grow grapes which we sell to Welch's, while also being very active in FFA." CCE staff is equally excited to have Lindsey join the team. Crisanti is a former Pine Valley Central School student and a graduate of Alfred State College agricultural technology program and SUNY Cobleskill Animal Science Program. She has attended the All-American Dairy show for judging, competed at FFA National and State Convention, and World Dairy Expo. She also had the opportunity to help at The Coby Classic Jackpot Show, and Alfred State's Consignment Sale. Lindsey was previously employed by Premier Select Sires as a reproductive specialist. Lindsey adds, "Growing up in Western NY, I see opportunities that will help me prepare to serve our youth and volunteers and look forward to seeing our program grow!" She is succeeding Kate Ewer, who served in this role for over 6 years.



Lindsey will work with current staff and volunteers to continue to develop the 4-H Youth Development Program at CCE Chautauqua, which currently reaches over 2,500 youth through short term special interest programming, and year long animal science programs.

"It's a busy program, with many moving parts," says Executive Director Emily Reynolds, "It is hard to believe but County Fair is just around the corner, we have lots to do, and she has lots to learn, but her experience, enthusiasm and commitment to success will get us there. It is a pleasure to welcome Lindsey to the team."

Friends of 4-H, volunteers, parents, and potential 4-H members can reach the CCE office by calling 716-664-9502. You can welcome Lindsey directly at Ext 212, or by email at [lc832@cornell.edu](mailto:lc832@cornell.edu).



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## April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 <b>Horse Regional Communications</b> Belfast, NY 9:00 AM
3 <b>Goat Pancake Breakfast</b> Stockton Fire Hall 9:00 AM	4 <b>Goat Committee</b> 6:45 PM	5 <b>Clover Connection</b> 6:30 PM <b>Exhibition Poultry Project</b> 6:30 PM Committee to follow	6 <b>Dog Committee</b> 7:00 PM <b>Hog Committee</b> 6:30 PM	7	8	9 <b>Hog Weigh-In</b> 10:00 AM Fairgrounds
10	11	12 <b>Horse Committee</b> 6:30 PM	13	14	15	16
17	18 <b>Goat Project</b> 6:45 PM	19 <b>Rabbit Committee</b> 7:00 PM	20	21 <b>Beef Committee</b> 7:00 PM <b>Tractor Safety Class</b> 5:00 PM	22 <b>Dairy Judging</b> 7:00 PM	23 <b>Clothing Evaluation Day</b> 9:00 AM
24 <b>Super Dog Sunday</b> Sherman Fire Hall 10:00 AM	25 <b>Tractor Safety Class</b> 5:00 PM	26 <b>Rabbit Project</b> 6:30 PM  <b>Dairy Judging</b> 7:00 PM	27 <b>Tractor Safety Class</b> 5:00 PM	28	29	30 <b>Market Poultry Chick Pickup &amp; BBQ Fundraiser</b> <b>Tractor Safety Driving</b> <b>Clothing Evaluation Day Make Up</b> 10:00 AM

## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Goat Committee</b> 6:45 PM	3 <b>Clover Connection</b> 6:30 PM <b>Exhibition Poultry Committee</b> 7:00 PM	4 <b>Hog Committee</b> 6:30 PM <b>Goat Project Weigh In</b> 5:30 PM <b>Sheep Project Weigh In</b> 5:30 PM	5	6	7 <b>Beef Classic Show</b> 10:00 AM <b>Horse Project</b> <b>Whispering Creek Stables</b> 9:30 AM <b>Sheep Weigh In</b> 10:30 AM
8	9 <b>Dairy Committee</b> 6:30 PM	10 <b>Organizational Leaders Meeting @ JCC</b> 6:30 PM	11 <b>Dog Committee</b> 7:00 PM <b>Horse Committee</b> 6:30 PM <b>Horse Work Day</b> 4-H Acres 6:30 PM	12	13 <b>Fashion Revue</b> 6:00 PM	14 <b>Exhibition Poultry</b> <b>Spring Eggstravaganza</b> Fairgrounds 10:00 AM <b>State Horse Communications@</b> Cornell Univ. 9:00 AM
15 <b>Horse Practice Show</b> 4-H Acres 10:00 AM	16 <b>Rabbit Committee</b> 7:00 PM	17	18 <b>Dog Project</b> 6:30 PM <b>Hog Project</b> 6:30 PM	19 <b>Market Poultry Committee</b> 6:30 PM	20	21 <b>Super Goat Saturday</b> 10:00 AM
22	23 <b>Rabbit Project</b> 6:30 PM	24	25	26 <b>Beef Committee</b> 7:00 PM	27	28
29	30	31				



## **Chautauqua County Beef Classic**

**May 7, 2022**

**Chautauqua County Fairgrounds,**

**Dunkirk, NY**

**Judge: TBD**

**This show is open to all Junior exhibitors 21 and under as of 1/1/22.**

**The Classic is a Steer and Heifer Show with the Supreme Heifer getting the opportunity to compete at the NYS State Fair.**

**Check in on May 7 from 8:30 – 10:00. Steers will be shown by weight.**

**Join our Facebook event post for entry and show details!**

**Come and join in on the action at the Classic!!**

**The Classic benefits:**

**Chautauqua County 4-H Beef Program**

### **Fair Scholarship Information**

The Chautauqua County Fair would like to invite High School Seniors and students enrolled in college to apply for the New York State Association of Agricultural Fairs and New York State Showpeople's Association Scholarships.

Qualifying students must be active at the Chautauqua County Fair. All applicants from Chautauqua County must submit their application through the Chautauqua County Fair office no later than **Friday, April 8, 2022.**

Information is available at the Chautauqua County Fair Office, PO Box 1911 Dunkirk NY 14048, at CCE Chautauqua, and from local high school offices. Applications must be printed and completed from the web at [www.nyfairs.org](http://www.nyfairs.org). Printed copies are available at the 4-H Office.

## **Junior Superintendent Applications Now Available**

*Deadline May 5th*

Are you interested in becoming a Jr. Superintendent at the 2022 Chautauqua County Fair? A Jr. Sup will assist in supervising exhibits, setting up barns and booths, scoring herdsmanship, working with younger exhibitors, and more! Some Jr. Sup's stay overnight in barns. One benefit of being a Jr. Sup include a weekly fair pass. Snack Bar Jr. Superintendents receive up to \$45 based on a nine day work week to cover travel expenses. Snack Bar Jr. Sups are required to work a minimum of 5 hours per day during the fair.

A completed application consists of a Jr. Superintendent Application, letter of intent, and 4-H resume. Applications can be found online at <http://chautauqua.cce.cornell.edu/resources/4-h-2021-2022-jr-superintendent-application> or by contacting the 4-H Office. If you need assistance creating a cover letter or resume, please contact the 4-H Office at 664-9502 ext. 214.

### **Clothing Evaluation Day & Fashion Revue Information**

**Clothing Evaluation** will be held Saturday, April 23rd at 9:00am at JCC. Youth who have completed a sewing project may bring their item for evaluation. Youth will also practice modeling for the Fashion Revue. Please bring a draft of your commentary which should outline the project, fabric, any new skills or challenges, and where the youth might wear the project. Make up day will be Saturday, April 30th at 10:00am at JCC.

**Fashion Revue** will be held on Friday, May 13, 2022 at JCC at 6:00pm.

### **Donations Needed for Fashion Revue**

Please consider making a monetary or sewing-related product donation towards Senior and Junior awards. Awards are due on April 23<sup>rd</sup> at Clothing Evaluation Day. If you are donating gift cards, please consider donating multiple cards in small amounts of \$5.00-\$10.00 so that your gift can reach more youth. For more information, please contact Debbie Caruso at: [debbiecaruso99@gmail.com](mailto:debbiecaruso99@gmail.com)

See our webpage for additional scholarship information at:

<http://chautauqua.cce.cornell.edu/4-h-youth/current-4-h-families>



CHAUTAUQUA  
COUNTY  
4-H



**PLEASE READ: 2022 4-H SNACK BAR NEWS**



Dear 4-H parents, grandparents and friends of 4-H,

Hello! My name is Nannette Knappenberger and I am from Westfield, NY. I introduce myself as the 2022 Chautauqua County 4-H Snack Bar superintendent. A past 4-H-er from 1979-1987, and a mother of 4-H kids from 2003-present, I recognize **4-H as a beautiful generational thing!!**

I write to send out a **PLEA for VOLUNTEERS.....** to any of you **parents of older kids** who need you less at the fair, to **parents who come as a pair for the week and one is available** to volunteer while the other parent is assisting your children, **grandparents who like to be around** during the week and want to **be a part of what is going on** and perhaps who are retired with flexible schedules, **aged out 4-H-ers who missed out on a 'usual' fair** the last two years, or **friends of 4-H** who will be available to volunteer some of their valuable time in the snack bar this year.

Three to five **adults are needed** to oversee 4-H youth and assist during each shift throughout fair week. I am seeking adults **willing to commit, ahead of time** to be present at **pre-determined times**. Volunteers can pick their shifts and days! Shifts will be four hours in length running from: **7-11 a.m., 11 a.m.-3 p.m., and 3-7 p.m.** We are happy to be able to offer the 4-H snack bar as a food option at the fair again. It benefits 4-H families and fair goers alike!

If you are someone who is feeling led to help in this way during fair week, **PLEASE email me at:** bright@fairpoint.net

It can be a lot of fun to serve in this way!! If you would like to share your smiles, friendliness and service with 2022 4-H-ers and fair goers, please contact me!!! It is a blessing to serve and will bring you JOY!! Let's form an adult Snack Bar team to help bring about a successful return to the Chautauqua County Fair - - 2022!!!

**Thank you ahead of time for volunteering!!**

**Attention, Attention, 4-H Youth.....**

**Are you a**

- ... **student leader?**
- ... **'people person'?**
- ... **'behind the scenes' type person?**
- ... **only showing one or two animals at the fair?**
- ... **in the dog program or a small animal project?**
- ... **involved only in club projects with no animals to show?**

**Do you like to help where help is needed?**



**Would you like a place to serve?**

**Do you want a place to belong and be of service at the 2022 Chautauqua County Fair????**

**APPLY TO BE A JUNIOR SUPERINTENDENT IN THE 4-H SNACK BAR.....** experience the

fun of using your hands for greater service!!! The Snack Bar is **CALLING YOU!!!**  
**APPLY TODAY, don't wait! Do it NOW!** You are needed!!

*-Nannette Knappenberger,  
4-H Snack Bar 2022 Superintendent*

A link to the Jr. Superintendent Application can be found on the 4-H website under "Current 4-H Families".

**Snack Bar Jr. Superintendent Expectations and Job Description:**

- Must be 12 years old or older
- Work at least one snack bar shift per day (Sunday, July 17-Sunday, July 24)  
(Shifts will be four hours in length as follows: 7-11 a.m., 11 a.m.-3 p.m., 3 p.m.-7 p.m.)
- Begin snack bar work Sunday, July 17, 3-7 p.m. as a trial run during the open class hog show (Snack bar junior superintendents, will receive further instructions via the mail prior to the fair.)
- Snack bar will close by noon on Sunday, July 24 (only one shift that day: 7 a.m.-noon)
- Work detail includes:** working the register, being a runner for food and drinks, making milkshakes, making lemonade, filling drink cups, minor food prep, restocking supplies, loading, unloading, washing dishes, cleaning floor/counters, trash removal, etc.
- Jr. Superintendents will make posters about themselves and their 4-H involvement to hang outside the snack bar fair week, more details to come in the mail
- Being kind and polite to customers
- Getting along well with others to create a positive, fun work environment
- Snack Bar Jr. Superintendents will receive a \$45 stipend for working for the week as well as a \$10 snack bar coupon booklet to be used during the week





## 4-H Dairy Judging Meetings



Join us for our upcoming 4-H Dairy Judging Meetings. Our dairy judging coaches will teach youth the parts of the cow, and how to judge dairy cattle. Youth of all ages (regular 4-H Dairy Members and DairyBuds) are encouraged to attend! Pre-registration for each meeting is greatly appreciated to plan for meeting refreshments, but not required, by emailing [lj4@cornell.edu](mailto:lj4@cornell.edu) or calling Lisa Kempisty at 716-664-9502 ext. 203.

If you have received a small green judging notebook in the past, please bring it with you as well as a pencil. New notebooks will be available if you need one.

Barn meetings are being scheduled as follows:

**Week of April 11th during the day**—farm yet to be determined

**Friday, April 22, 2022 at 7:00 PM**—invited to judge with Cattaraugus County youth at Hills Valley Farm, 11144 Mosher Hollow Rd., Cattaraugus, NY.

**Tuesday, April 26, at 7:00 PM**—at Neckers Dairy Farm, 439 Legters Rd., Clymer, NY

Please mark these dates on your calendar and plan to attend! If you have any questions, please contact Lisa Kempisty!



### \*\*\*PLEASE NOTE UPDATED DATES\*\*\*

#### Tractor and Farm Machinery Safety Certification Course

*“All youth who drive tractors & operate equipment age 14 and over are encouraged to participate!”*

Chautauqua County 4-H will be holding a Tractor and Farm Machinery Safety Certification Course for youth age 14 and older. The purpose of this course is to prevent injury and save lives. To receive a certificate, a young person must complete 24 hours of instruction. This includes participation in classes (10 hours), home study and assignments (9 hours), and a practice driving day (5 hours) at local machinery dealerships for a total of 24 hours.

Students need to bring a meal each of the days. The cost is \$30 per youth. **Classes will take place Thursday, April 21, Monday, April 25 and Wednesday, April 27 from 5:00 PM to 8:00 PM** at the Carnahan Center on the JCC campus in Jamestown and the driving portion will take place on Saturday, April 30 at a local dealership. Full participation in this program is mandatory to receive certification. **Pre-registrations are required by Friday, April 8th** by contacting Lisa Kempisty, Extension Educator at 716-664-9502 Ext 203 or by e-mail at [lj4@cornell.edu](mailto:lj4@cornell.edu) (this will allow adequate time for homework materials to be mailed to youth).

### May 7<sup>th</sup>, 2022, Animal Crackers will be back in person at Cornell!

We are happy to be back with you all and hope you can join us! This year we will be highlighting FOUR species! They will include **bovine, goat, equine, and dog!** If you have never been to Animal Crackers before, this is geared to 4-H members involved in animal science projects. The suggested age range is 8-12, but anyone over 8 is welcome!

There is a \$20 fee per youth; chaperone’s are free. Participants must register with their local 4-H Youth Development program through their local county Cornell Cooperative Extension Office. County 4-H educators can register youth via the Animal Crackers 2022 Registration Portal beginning March 1<sup>st</sup>! Counties will be billed directly for all registration fees.

Please check out the **Animal Crackers** website at <https://4.ansci.cornell.edu/events-2/animal-crackers> for more information about this event and the COVID protocols we will be following.



# Animal Project News



## Beef Project

**Committee Meetings**  
Thursday, April 21, 2022  
7:00 PM at JCC  
Thursday, May 12, 2022  
7:00 PM at JCC

**Beef Classic Show**  
Saturday, May 7, 2022  
Chautauqua County Fairgrounds  
Check in from 8:30 AM—10:00 AM  
(Open to all exhibitors 21  
And under as of January 1, 2022)  
**Committee Chair: Dave Schauman**  
janschauman@gmail.com



## Horse Project

**Committee Meetings**  
Tuesday, April 12, 2022  
6:30 PM at JCC  
Wednesday, May 11, 2022  
6:30 PM at 4-H Acres

**Horse Project**  
Saturday, May 7, 2022  
Whispering Creek Stables at 9:30 AM

**Practice Show**  
Sunday, May 15, 2022  
4-H Acres at 10:00 AM

**Work Day at 4-H Acres**  
Wednesday, May 11, 2022 at 6:30 PM

**Regional Horse Communications**  
Saturday, April 2, 2022  
Belfast, NY 9:00 AM

**Committee Chair: Kasey Fanara**  
blondieshort24@yahoo.com



## Dog Project

**Committee Meetings**  
Wednesday, April 6, 2022  
7:00 PM at JCC  
Wednesday, May 11, 2022  
7:00 PM at JCC

**Project Meetings**  
Wednesday, May 18, 2022  
6:30 PM

**Super Dog Sunday**  
April 24, 2022  
Sherman Fire Hall  
10:00 AM

**Committee Chair: Roxanne Young**  
roxy6825@windstream.net



## Rabbit Project

**Committee Meetings**  
Tuesday, April 19, 2022  
7:00 PM at JCC  
Monday, May 16, 2022  
7:00 PM at JCC

**Project Meeting**  
Tuesday, April 26, 2022  
6:30 PM at JCC  
Monday, May 23, 2022  
6:30 PM at JCC

**Committee Chair: Becky King**  
redyeking@yahoo.com



## Exhibition Poultry Project

**Committee Meetings**  
Tuesday, April 5, 2022  
To Follow Project Meeting at JCC  
Tuesday, May 3, 2022  
7:00 PM at JCC

**Project Meeting**  
Tuesday, April 5, 2022  
6:30 PM at JCC

**Spring Eggstravaganza**  
Saturday, May 14, 2022  
10:00 AM at Fairgrounds

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



## Market Poultry Project

**Chick Pick Up and BBQ Fundraiser**  
Saturday, April 30, 2022  
Runnings in Lakewood at 1:00 PM

**Committee Meetings**  
Thursday, May 19, 2022  
6:30 PM at JCC

**Committee Chair: Julie Covert**  
jcoverts@windstream.net



## Dairy Project

**Dairy Judging Meetings**  
Week of April 11th—TBD  
Friday, April 22, 2022  
7:00 PM at Hills Valley Farm  
Tuesday, April 26, 2022  
7:00 PM Neckers Dairy Farm

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



## Sheep Project

**Weigh In**  
Wednesday, May 4, 2022  
5:30 PM @ Fairgrounds  
Saturday, May 7, 2022  
10:30 AM @ Fairgrounds

**Committee Chair: Shawn Huntington**  
shuntington@randolphcsd.org



## Hog Project

**Committee Meetings**  
Wednesday, April 6, 2022  
6:30 PM at JCC  
Wednesday, May 4, 2022  
6:30 PM at JCC

**Project Meeting**  
Wednesday, May 18, 2022  
6:30 PM at JCC

**Hog Weigh-In**  
Saturday, April 9, 2022  
Fairgrounds—10:00 AM

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

**Committee Chair: Ken Styers**  
styersk@yahoo.com



## Goat Project

**Committee Meetings**  
Monday, April 4, 2022  
6:45 PM at JCC  
Monday, May 2, 2022  
6:45 PM at JCC

**Project Meeting**  
Monday, April 18, 2022  
6:45 PM at JCC

**Goat Weigh In**  
Wednesday, May 4, 2022  
5:30 PM at Fairgrounds  
**Super Goat Saturday**  
Saturday, May 21, 2022  
10:00 AM

**Contact: Keith LaRoy**  
716-485-1537

## 4-H Clover Connection

**Tuesday, April 5, 2022—6:30 PM Virtual**  
Topic: Meet & Greet with Lindsey Crisanti  
our new 4-H Educator!

**4-H Program Committee—Tuesday, April 12, 2022 at 7:00 PM at JCC**

## ***CCE Welcomes New Master Gardener Volunteer Program Coordinator***



CCE is very excited to welcome Shannon Rinow as Program Coordinator. She has provided a brief biography to introduce herself.

“My name is Shannon Rinow, and I am so excited to begin this new adventure as your new Master Gardener Volunteer Program Coordinator for Chautauqua and Cattaraugus counties! Since I was a young girl, gardening and agriculture have been a passion of mine. I recall helping tie posts at my grandparent’s grape farm at a young age and harvesting vegetables and flowers from their home garden. I have had my own garden for the past decade, and each summer as the sweet smell of peonies return after a long winter, it always brings me back to those younger years helping at my grandparents' farm.

What seems like a lifetime ago, I was a young mother with a recently obtained GED from Erie Community College. Unsure where to go from there, I enrolled in night classes where I obtained my Associates degree a couple years later. I enjoyed my experience at the college so much, that I was determined to start my career there where I can help others provide a better life for themselves. A few short years later in 2008, I got my wish and landed a job in the Financial Aid office at Erie Community College as a Job Developer and Financial Aid advisor. In this role, I had the honor of helping students navigate the financial aid process to help them secure funding for their future career aspirations. Under the Federal Work Study program, which awarded funding for low-income students, I was able to extend employment opportunities to students on and off campus to gain invaluable skills and help them generate revenue to offset the costs of their education. Over the 6 years in the financial aid department, I placed hundreds of students in positions that helped prepare them for jobs in their career field. It brings me such joy hearing from these students years later and how their time at the college was so meaningful to them.

In 2014, I was offered a position to oversee the Parking and Transportation program, where I have spent the past 7 years. It was during this time I simultaneously took night classes and obtained my bachelor’s degree from the University at Buffalo. In this capacity, I coordinated and administered a million-dollar transportation program for upwards of 10,000 students. I value the challenges this position provided me and the opportunity to collaborate with community members and stakeholders to reduce our carbon footprint on campus.

In recent years, I co-own and operate a small suburban farm, Bee Happy Farm & Apothecary, alongside my husband, Mike and two sons, Mason (13) and Kyle (19), where I am a beekeeper and raise livestock (pigs, sheep, goats, poultry). We love the quirky personalities of our animals and have learned so much as their caretakers. Each day is an adventure and always something new! My family and I are in the process of relocating to Ashville, NY from Amherst, NY, a suburb right outside of Buffalo. We purchased a small fixer-upper farm where we plan to expand and grow organic vegetables and cut flowers. In my free time, I enjoy speaking to our community about the importance of honeybees and advocating for environmental and land stewardship. On any given day, you can catch me bottle feeding an orphaned piglet, nursing a sick chicken back to health or caring for new ducks in my living room! There is always something to do or someone in need, and I would not want it any other way.

I recently learned to crochet and have a fondness for spinning wool (although I am still learning!) and making homemade soaps and wreaths. I love the simple joys of homesteading and no matter how many days, months, and years go by, I am equally as excited to get fresh eggs from my chicken coop as the first day! Cornell Cooperative Extension has been an invaluable resource to me, and I am grateful to be a part of giving back to our community.”

Mrs. Rinow began her work with CCE in February, please join us in welcoming her. She can be reached at [smr336@cornell.edu](mailto:smr336@cornell.edu).

# Master Gardener News

## Transplanting Successfully

Sharon Rinehart, Chautauqua County Master Gardener

Whether you start your garden plants from seeds yourself or buy plants at a greenhouse, there is a procedure you should follow to successfully transplant your plants to your garden.

If you start your seeds indoors, they may need to be transplanted to bigger containers before you are ready to transplant outdoors. If the plant has been started in a small cell or flat, you will need to transplant it to a larger container after it has developed the first set of true leaves. Use commercial potting soil and sterile containers. Lift the plant or plants with a knife or wooden plant label. Try to handle by the leaves – not the delicate stem. Special care must be taken to not break the tender roots. If there are several plants together that were started in a flat, ease the plants apart in small groups to separate the individual plants. Transplant plants into the container with potting soil at the same depth as it was previously growing. Tomatoes can be planted to the first leaves which will cause the stem to produce more roots. When transplanting, firm the soil. Keep the plants away from a direct heat source. Continue to water and fertilize.

Containers made out of pressed peat can be used which will reduce the stress when plants are transplanted to the garden. Peat pellets are a good “container” to start seeds that do not need to be transplanted but can be planted in a larger container with little stress to the plant.

About 2 weeks before you plan to move the plants to the outdoor garden, you need to start a process called hardening off. To accomplish this process, you are lowering the temperature gradually. You are also reducing the relative humidity and watering less. This process will change the soft succulent growth to a firmer, harder plant.

To start the process of hardening off, move your plants outside to a shady spot. The desired temperature of this spot is 45 to 50 degrees. Gradually each day move the plants into the sunlight. Each day increase the amount of time the plant is in the sun. Do not place your plants outside on windy days or days below 45 degrees. Move the plants to a more sheltered location if you expect lower than 45 degrees or windy conditions. You will slow the growth of the plant by reducing the watering. Do not reduce to the point that the plant wilts.

A cold frame, if available, is a great way to harden off plants.

This is a four-sided box that is low to the ground. It can sit on the ground and has a transparent cover that can be opened. The cover could be glass, plexiglass, or plastic mounted in a frame. You must be able to open and shut a cold frame so the temperature can be regulated. You do not want to “cook” your plants.

You want to harden off your plants to slow growth. Do not carry it to an extreme level that will stop growth. This can significantly damage the plant and it will not produce well. After you have hardened off your plants and you have passed the last frost date for your area, you can transplant to your garden. The best conditions for this is a cloudy, windless afternoon. Prepare a hole large enough for all the roots to fit. Carefully remove the plant from the container. If there are a lot of roots wrapped around, carefully separate the roots. Place the plant in the hole and cover with soil up to the same level that the plant has been growing in. If your plant is in a peat pot, rip off the peat that is above the soil line. If left, the peat above the soil line will wick water away from the roots. As mentioned before, tomatoes can be planted deeper on their stem which will promote root growth. Firmly but gently pack the soil around the plant and water.

There are some crops that are best to direct sow in your garden. These plants either do not transplant well or there is no advantage to starting earlier. Crops that you should direct sow include root crops such as carrots, beets, and turnips. Other plants best to direct sow are corn, beans, and peas. Do not forget to keep your garden journal going. Learning from your own mistakes and successes is one of the best gardening tools you have.

*Master Gardener Manual, Plant Propagation, PennState Extension, 2016*

*Growing Vegetables from Seed, UC Master Gardener Program of Sonoma County, University of California.*

*Transplanting Vegetables, UC Master Gardener Program of Alameda County, University of California.*

*Vegetables Planting, Extension.org, Cooperative Extension, Dec 2010.*

*Master Gardener Manual, Plant Propagation, Oklahoma Cooperative Extension Service, Oklahoma State University, Planting Vegetables, Home and Garden Information Center, University of Maryland Extension.*

**APRIL 2022**



In usual Western New York fashion, our spring is off to a sputtering start. This time of year, grilled cheese is a favorite go to. It's ooey-gooey comfort. With spring's inspiration on the mind, let's kick it up with some veggies and fruit. We present, grilled cheese with peaches from MyPlate Kitchen:

**Makes:** 4 servings

**Ingredients**

- 8 slices **whole grain bread**
- 1 can of **peaches**, drained (15 oz)
- 8 slices of **low-fat cheddar cheese**
- 7.5 cups of **spinach**, washed and dried
- 4 teaspoons (tsp) **vegetable oil**



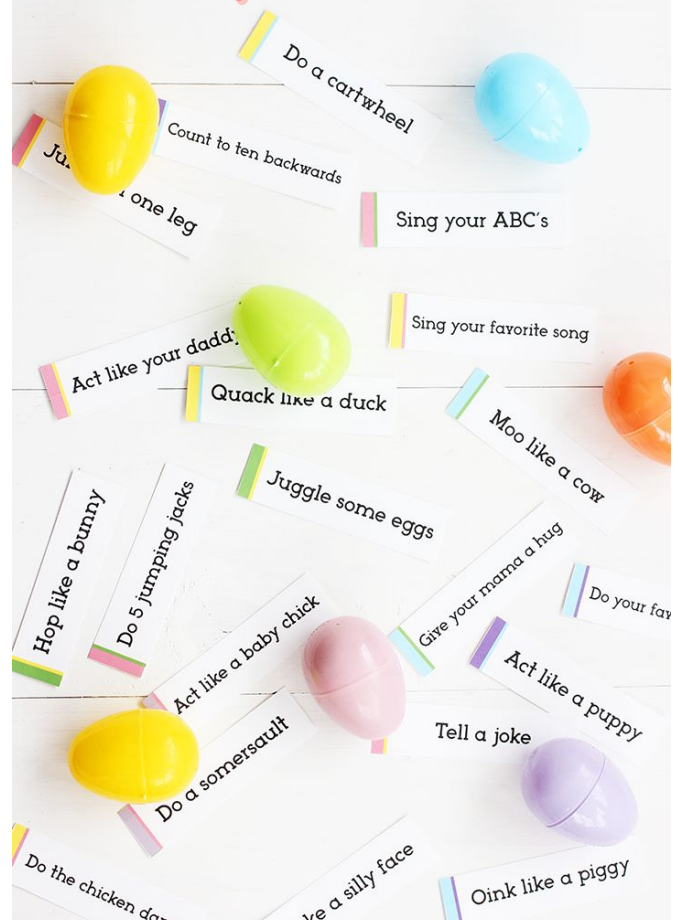
**Directions**

1. Heat 4 tsp oil in nonstick pan over medium heat
2. Place 4 slices of whole grain bread in pan.
3. Layer one slice of cheese, handful spinach, 4-6 peach slices, another slice of cheese and other piece of bread.
4. After 4-5 minutes, flip each sandwich and cook another 4-5 minutes.

**Note:** Try other leafy greens or fruits, like apples, in this.

**Nutrition Facts:** Serving size: 1 sandwich; 376 Calories; 11g Total Fat; 4g Saturated Fat; 12mg Cholesterol; 719mg Sodium; 47g Total Carbohydrates; 8g Fiber; 17g Sugar (*varies*) 25g Protein; 468mg Calcium; 6mg iron; 1055 mg potassium

*Happy Easter!*  
*Spring has sprung!*



**Need extra food support?**

2-1-1 can assist you with finding a local source for free food, including: food pantries, food boxes, and mobile pantries.

Erie, Cattaraugus, Chautauqua, and Niagara Counties can also visit:  
<http://www.FeedMoreWNY.org>



# Physical Activity: Salad Bowl Sprint!



## What you will need:

- 1 hula hoop per 3 students ("salad bowl")
- A variety of items to represent "salad ingredients" (scarves, small balls, beanbags, crumpled paper, etc.)



## Activity:

1. Scatter the hoops throughout the activity area.
2. Divide students into groups of three at each hoop.
3. Divide items equally between all hoops.
4. Have students decide what vegetable each item represents for their "salad."
5. Students simultaneously begin collecting "ingredients" from other hoops; students can only take one "ingredient" at a time.
6. Items must be placed, not thrown, and students cannot guard their hoop.
7. After several minutes, stop play. Have groups announce their "salad ingredients."
8. Redistribute items and begin play again.

Adapted from: Harvest of the Month,  
California Department of Public Health

# Healthy Snack Recipes

Perfect for Parties and Celebrations!

## Cream-filled Strawberries

**Serving size:** 3 strawberries

**Servings per recipe:** 6

### Ingredients:

- 18 strawberries
- 1 cup fat-free milk
- 1 oz. package sugar-free instant vanilla pudding mix
- 2 cups reduced-fat whipped topping

### Directions:

1. Remove stems from each strawberry.
2. Cut a deep X in the top of each berry. Spread berries apart.
3. In a bowl, whisk milk and pudding mix for 2 minutes.
4. Fold in whipped topping.
5. Spoon about 1½ tablespoons of filling into each berry.
6. Chill until served.



## Mediterranean Salad Skewers

**Serving size:** 3 skewers

**Servings per recipe:** 10

### Ingredients:

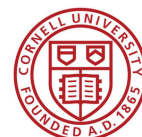
- 30 cherry tomatoes
- 3 reduced-fat mozzarella cheese sticks
- 2-3 cucumbers
- Reduced-fat Greek salad dressing
- 30 toothpicks

### Directions:

1. Slice each cheese stick into 10 disk-shaped circle pieces.
2. Slice the cucumber into disks or chunks.
3. Skewer 1 cherry tomato, 1 cheese disk, and 1 cucumber piece onto each toothpick.
4. Serve with Greek dressing for dipping.



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



Cornell University  
Cooperative Extension

# Community Partners

## Free Hands-On Training for Industrial Maintenance Technician and Machinist/CNC Operator



Jamestown Community College is excited to be offering **FREE hands-on training** for **Industrial Maintenance Technician** and **Machinist/CNC Operator** at our Cattaraugus County and Jamestown locations. To better serve our students, we have developed a **part-time schedule** and included generous **funding for transportation and childcare**. Upon successful completion of this program, students will earn an industry certificate, JCC certificate of completion, and 8 credits toward a related degree.

Funding for these programs is available for individuals who are **unemployed or underemployed** and would like to gain the skills needed for entry level jobs in advanced manufacturing. These programs are now completely funded through grants awarded to JCC. In addition to the technical training, success skills will also be incorporated into the programs along with resume and interview prep from our Career Services staff. Participants who successfully complete the training will have the opportunity to participate in an Interview Day with employers who are looking to hire individuals with each program's skill set.

Our upcoming **Industrial Maintenance Technician** cohort will be held at our **Cattaraugus County** campus and is scheduled to run in **late June**. Students in this program will learn to troubleshoot, repair, and maintain electro-mechanical systems found in automated environments in advanced manufacturing. We anticipate that **entry level pay** coming out of this program will be in the **\$18-\$20 range**.

Our upcoming **Machinist/CNC Operator** cohort will be held at our **Jamestown campus** and is scheduled to run **May 16<sup>th</sup> -August 19<sup>th</sup>**. Students in this program will gain the knowledge and skills to obtain an entry level Machinist or CNC Operator position in a manufacturing environment. We anticipate that **entry level pay** coming out of this program will be in the **\$16-\$18 range**.

Summer cohorts are beginning to fill up quickly. **If you are ready to start a new career and would like more information on this program, please contact me ASAP.** I would be happy to answer any questions you may have about this awesome opportunity!

I have attached my email below for those who are interested in our training program.

**It's YOUR turn -**

Julie M. Chiarot

**Recruiter- Workforce and Adult Students**

**716.488.6084**

[JulieChiarot@mail.sunycc.edu](mailto:JulieChiarot@mail.sunycc.edu)

*Be the change*



## Smoke Alarms Save Lives

**Together with our partners, we are installing FREE smoke alarms in your community. Request an appointment today!**

The American Red Cross is providing FREE one-on-one home fire safety education to any individuals or family while receiving up to three free smoke alarms.

**During your installation appointment you will:**

- Learn how to develop a home fire escape plan
- Learn how to make sure your smoke alarms are up to date, and how to test them
- Learn home fire prevention tips and safety measures



**Schedule an installation today**

716-878-2353 or [Redcross.org/homefiresafetyWNY](https://www.Redcross.org/homefiresafetyWNY)

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