

Cornell Cooperative Extension of Chautauqua County's

# Extension Connection



Cornell Cooperative Extension  
Chautauqua County

May 2022  
Volume 7 - Issue 5

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**COVER PHOTO: Beautiful flowers at the Chautauqua Produce Auction in North Clymer, NY**

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

# Association News

## Board of Directors

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Joe Osborne, Panama  
Betty Catanese, Stockton  
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## 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

We can all agree that we need April showers but here is hoping May brings us enough sun and subtle breeze to dry up just enough to get the fields prepped, seeds sowed, and animals grazing. Even if you are not a farmer, we are all anxiously awaiting to get the spring routine underway, I am sure sunshine and fresh air will be great for all of us. I know that CCE Chautauqua is blossoming this spring with programs and new faces. We have developed 3 new positions this year and are filling two additional vacancies, so we have been busy interviewing, hiring and training. We are also excited that the Southwest NY Dairy, Livestock and Field Crops Team is welcoming Katelyn Miller in May as our new Field Crops Specialist.



Be sure to check out our website, Facebook page and this publication to see all the upcoming program opportunities. 4-H is rolling along rather busily towards the much-anticipated Chautauqua County Fair, returning in full force after 2 years of a hiatus. Nutrition education classes are happening weekly and looking forward to local product availability. Agriculture is diligently reviewing over 50 applications for the American Rescue Plan Agricultural Improvement grant, has 2 L.E.A.F. programs planned for May and our Master Gardeners, under the new guidance of Shannon have a fun filled spring and summer planned, including an opportunity for you to support their work at the June Plant sale.

As always if you have program ideas, questions or concerns please reach out. We look forward to seeing you this summer and continuing to enrich the lives of Chautauqua Country residents with high quality, low cost, research based



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# Chautauqua County Agricultural News

## Area Districts Join E2CCB Farm To School Project

Erie 2-Chautauqua-Cattaraugus BOCES, in partnership with the USDA and Cornell Cooperative Extension, is pleased to announce the Farm to School Project launch.

Six area school districts and The Academy at Maple Avenue will benefit from a recently secured grant through the USDA totaling \$99,442.

“Farm to School projects can positively impact a school community. From raising vegetables in garden towers, tending to community gardens, or bringing agricultural and nutritional education into a classroom setting, all can positively impact a student’s appetite to learn about food production and healthy choices,” said Lisa Kempisty, Cornell Cooperative Extension Agriculture Community Educator. “This funding will help several districts dive deep into projects promoting lifelong healthy eating habits, environmental appreciation, and healthy lifestyles.”

The project will focus on developing plans and implementing of Farm to School initiatives to address the needs of participating school districts, including Cassadaga Valley, Forestville, North Collins, Pine Valley, Southwestern, and Springville-Griffith. Superintendents, principals, teachers, cafeteria directors, and wellness coordinators will partner with local farmers and producers to help increase access in schools to unprocessed, regionally sourced food.

“Through this project, we hope to see districts experience the full range of benefits of operating a Farm to School program,” said Kimberly Addison, Farm to School program manager and E2CCB grant specialist. “The districts involved are joining the hundreds of Farm to School programs throughout the country to build academic achievement through teamwork, problem-solving, and experiential learning opportunities.”

Participating districts will look to grow their Farm to School initiatives in various ways, from installing garden towers and expansions, to field trips to local growers and classroom activities. Forestville, for example, has already committed its funding to create mobile garden beds that can be transported and constructed in a way where even the youngest of students can participate.

“It’s more of a mobile garden, so we can move it when and if construction happens,” said Renee Garrett, Forestville Central School District superintendent. “We’re looking at raised boxes. ... It’s called a square garden. Our smallest students could reach the center to garden vegetables with that.”

“The possibilities are endless for how districts want to approach this project,” Addison said. “In the end, we hope this will encourage lifelong healthy habits, grow appreciation for the environment, and create safe spaces for students to spend time outdoors.”

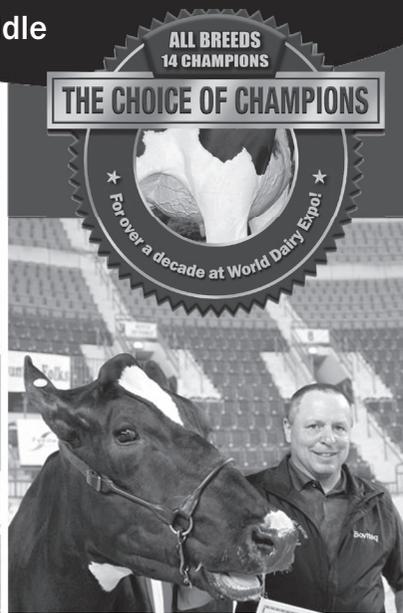
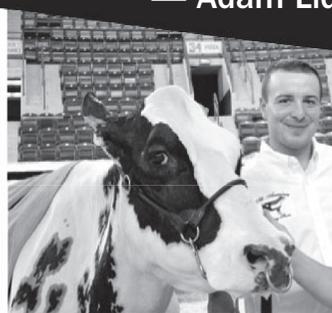
Follow E2CCB on social media by following @E2CCB to catch some of the fun and exciting Farm to School activities in participating districts.



*Lisa Kempisty, Cornell Cooperative Extension Agriculture Community Educator, who serves as the Farm to School Project Coordinator (left) assists staff at the Academy at Maple Avenue in constructing a tower garden which was purchased thanks to USDA grant funding secured by E2CCB.*

**“For 15 years... we use it on all fresh cows  
... it takes the swelling right out.”**

— Adam Liddle



**LIDDLEHOLME FARM, Adam, Nicole, Anthony, Brock, Hailee Liddle, Argyle, NY, 75 Holsteins, BAA 113.4, SCC 140,000. (Left and center) Anthony at 2018 WDE with his All-American, All-Canadian Production Cow Liddleholme Resur Lu-RC-ET EX-97 3E. She was 2018 Royal Best Bred-Owned, Best Udder and 2017 All-American Supreme. (Right) Adam with 2021 All-American Supreme Macland HF Yoder Rachal.**

“We have been using Udder Comfort™ for 15 years. We use it on all fresh cows and when we are bagging and showing cows. It helps get the udder quality back quickly after they calve,” says Adam Liddle, Argyle, N.Y. At Liddleholme Farm, the family milks 75 cows, breeding top Holsteins like All-American All-Canadian Production Cow (2018) Liddleholme Resur Lu-RC-ET EX97 3E. She passed away at 13 last fall with fans worldwide for her dairy strength and with lifetime 195,880M 4.2 8144F 3.3 6394P.

“We like deep pedigreed cows. Lu was exactly what we look for, a great cow from a great family,” says Adam, always looking forward to the next generation and appreciating learning from other breeders. “It requires a lot of hard work and time. If you don’t have passion for it, it will be overwhelming,” he adds.

Udder quality is a big priority at Liddleholme, and Udder Comfort plays a big role. “We rely on Udder Comfort because it takes the swelling right out of the udder,” Adam confirms.

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## Registration Open for Managing Performance Course Course applicable to all agricultural commodities

Cornell Agricultural Workforce Development has opened registration for Managing Performance, a six-week course in the Supervisory Leadership Certificate program. Managing Performance materials release June 17, 2022 and live weekly Zoom discussions will be held from 11 AM to noon each Thursday from June 23 through July 28, 2022. Participation in the live sessions is highly encouraged and provides a valued opportunity for peer-to-peer learning and networking. Registration is \$275 and closes June 17.

Course topics include:

- Understand motivation
- Harness the power of performance feedback and coaching
- Build clear and effective workplace communications
- Set safety expectations
- Conduct effective performance improvements

Supervisors are critical to the success of farm businesses. They have a major impact both on employees' daily work experiences and on the production performance of the business. The Agricultural Supervisory Leadership certificate helps farm supervisors and managers learn and apply human resource management practices and leadership skills that foster rewarding workplaces and drive business results. The courses within the certificate program will offer extensive practice and engagement activities to build confidence and skill sets.

Each course includes up to six weeks of instruction on topics that will build your leadership and management skills. Instruction includes a combination of pre-recorded lectures, reading assignments, written exercises, live discussion sessions and quizzes. For those looking to learn more on a particular topic, supplemental videos and articles may be recommended by the instructor. To get the most out of the course, students should plan to spend two to four hours each week on combined course activities. Please contact Lisa Kempisty, Cornell Cooperative Extension Educator at 716-664-9502 Ext 203 for details on registering for this Managing Performance course.

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and our rural landscape



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- ◆ Mane Menu: Textured 14%,
- ◆ Oats: Plain & Crimped

**Chicken Products:**

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

**Dog Products:**

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

**Cat Products:**

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

**4-H Discounts  
Available**

**Rabbit Products:**

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

**Wild Bird Products:**

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

**Beef Products:**

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

**Goat Products:**

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

**Bedding:**

- ◆ Pine shavings / sawdust
- ◆ Hardwood shavings

**Alpaca:**

- ◆ Home Fresh Alpaca Crunch

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## 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/tJMvcmgrzssEtKh0EyFxaGlvolef\\_8iAJo](https://cornell.zoom.us/meeting/register/tJMvcmgrzssEtKh0EyFxaGlvolef_8iAJo)

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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# Chautauqua County Soil & Water Conservation District Newsletter

Northcrest Business Center, 220 Fluvanna Ave,  
Suite 600, Jamestown, NY 14701  
Phone (716) 664-2351 Ext 180  
Email: [chaut-co@soilwater.org](mailto: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 Brown, Water Quality Technician  
NRCS Jamestown Field Office Staff:  
Robert Nothdurft, Resource Conservationist  
Anna Emke-Walker, Soil Conservationist

## Lawn Care and Water Quality

What most of do not realize is that most lawns do not have to be meticulously managed to remain healthy and attractive. Some gardeners, in an attempt to achieve a “perfect” lawn, may use unnecessary or excessive amounts of fertilizers, water and pesticides. This is a waste of money and only contributes to water pollution.

A healthy, dense lawn will help reduce weed invasion and is the best defense against pesticide and fertilizer overuse and runoff. The idea is to use grass species and varieties that are tolerant to insects, disease, and drought, thereby reducing our need and use of pesticides, fertilizers, and water.

### ***Factors to Consider for a Healthy Lawn***

***Establishment:*** Use varieties tolerant to insects, disease, and drought. The current guidelines can be obtained from Cornell Cooperative Extension.

***Fertility:*** Maintaining a reasonable level of fertility is important to a healthy, vigorous lawn, but over fertilization is an environmental hazard and a waste of money. Do not apply more than 1 pound of actual nitrogen per 1,000 square feet at one time. Use slow-release types of nitrogen except in the fall. The number of applications per year is dependent of the species of grasses, but not more than three are needed. Applications are generally added around Memorial Day, Labor Day and Thanksgiving.

***Water:*** Most lawns require one inch of water per week. Grass does not need any water until it fails to spring back after you walk on it. Then measure what you apply with a rain gauge or a container and a ruler will do just as well.

***Soil pH:*** A soil test is generally recommended to determine the need for lime as well as fertilizers. Changing the pH is best done slowly over time and it alone can tremendously increase your lawn’s vigor.

***Mowing:*** Mowing height is generally determined by the species with the most being cut down to a height of approximately 2 inches. Leaving the clippings on the lawn reduces fertilizer requirements by 25% or more.

***Thatch:*** People often think that thatch is a build-up of undecomposed grass clippings. Actually, thatch is the condition where the roots of the grass plant become “root bound” and cannot penetrate the soil. Thatch is the result of over fertilizing, and prevention is best, but if you suspect you already have a problem, consult with your Cornell Cooperative Extension office.

***Pests:*** Prevention is often best, but when a problem arises, be sure that the pest is properly identified. Treating for the wrong problem is costly and can harm the environment. Once the pest is identified, seeking out environmentally friendly management practices to control the issue should be the first line of defense.

*This article has been condensed from **Great Lawn, Great Gardening** “Lawn Fact Sheet #12”.*

# May

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

# June

| Sunday                                      | Monday  | Tuesday | Wednesday  | Thursday   | Friday | Saturday   |
|---|---|---------|--|--|--------|--|
|   |   |         | 1<br><b>Hog Committee</b><br>6:30 PM   | 2  | 3      | 4<br><b>Dairy Showmanship Clinic—Time TBD</b><br>R&D Crowell Farm<br><b>Western/Driving/Mini Horse Show</b><br>9:00 AM<br><b>Sheep Barn Set Up</b><br>10:00 AM |
| 5   | 6<br><b>Goat Project</b><br>6:45 PM   | 7       | 8<br><b>Horse Committee</b><br>6:30 PM<br><b>Rabbit Project</b><br>6:30 PM<br><b>Committee meeting to follow</b> | 9<br><b>Beef Project</b><br>7:00 PM  | 10     | 11<br><b>English/Dressage Horse Show</b><br>9:00 AM<br><b>Hog Project Barn Set Up @Stockton and Fairgrounds</b><br>9:00 AM                                     |
| 12  | 13<br><b>Goat Committee</b><br>6:45 PM  | 14      | 15   | 16<br> | 17     | 18<br><b>Western/Driving/Mini Horse Show</b><br>9:00 AM<br><b>Hog Project Barn Set Up @Stockton and Fairgrounds</b><br>9:00 AM                                 |
| 19<br><b>Market Poultry Show</b><br>2:00 PM | 20<br><b>Holiday</b><br> | 21      | 22   | 23<br><b>Beef Committee</b><br>7:00 PM   | 24     | 25<br><b>Exhibition Poultry Barn Setup</b><br>1:00 PM<br><b>Goat Barn Set Up</b><br>11:00 AM<br><b>English/Dressage Horse Show</b><br>9:00 AM                  |
| 26  | 27<br><b>Exhibition Poultry Pullorum Testing</b><br>5:30 PM   | 28      | 29   | 30   |        |  |



## 2022 Chautauqua County Fair

**Vouchers Due:** Thursday, June 16, 2022

### Evaluation Day:

Saturday, July 9, 2022

9:00am-1:00pm

## Food and Horticulture Evaluation:

Thursday, July 14, 2022

6:00pm-8:00pm

### Chautauqua County Fair:

July 18-24, 2022

**Theme:** "Step into your Future"

## Meat Animal Sale Bios Due June 24th

4-H youth that are participating in the Meat Animal Sale are asked to provide a brief biography for the sale book. Each bio should be approximately 50 words or less. Each member should submit only one bio, no matter how many projects they participate in. The bios can be emailed to [lmc323@cornell.edu](mailto:lmc323@cornell.edu). Please have these turned in by Friday, June 24<sup>th</sup> for inclusion in the Meat Animal Sale Book.

## 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.**

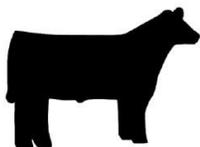
**Check in on May 7 from 8:30 – 10:00. Steers will be shown by weight.**

**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**



## 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.

## Fashion Revue

Fashion Revue will be held on Friday,

May 13, 2022 at JCC at 6:00pm.





**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 Showmanship Clinic



Mark your calendar for Saturday, June 4, 2022, for the 4-H Dairy Showmanship Clinic to be held at R&D Crowell Farm in South Dayton, NY.

More details will be provided soon.

### 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; chaperones 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. 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.



## LEAF Junior

Tuesday, May 24, 2022

6:00 PM at JCC Carnahan Center



Youth will have the opportunity to participate in a LEAF Junior Sewing Workshop! This fun workshop will teach youth to sew their own drawstring backpack. All supplies provided, unless participants prefer to bring their own fabric (1/2 yard).

Basic sewing machine skills preferred, but beginners are welcome. This class is open to all youth (ages 9-18) with a \$5.00 fee.

This is a great opportunity for a 4-Her to bring a non 4-H friend!

Please register by Monday, May 16th by calling the 4-H office at 716-664-9502 ext. 214.



## Pre-Fair Exhibitor Meeting

**Wednesday, May 25th at JCC Carnahan Center 6:30 PM**

Dr. Shannon Carpenter is taking time out of her busy schedule to meet with 4-H youth and discuss the animal health requirements and make exhibitors aware of what will and will not be accepted come fair week. This meeting WILL count as an attendance meeting. One for each of the projects the 4-Her is in. This is a great meeting for the novice families and a good refresher for those who are veteran exhibitors.

Though this meeting is not required, we highly recommend attendance to avoid your animal being sent home from the fair. This meeting will also be available by zoom. For more information please contact the 4-H Educator Lindsey Crisanti @ 716-664-9502 ext. 212 or via email [lc832@cornell.edu](mailto:lc832@cornell.edu)



## 4-H MEAT ANIMAL SALE PROGRAM POLICY

*MISSION STATEMENT: Training Tomorrow's Leaders Today to raise the best quality animal by teaching the 4-Her decision making, herdsmanship, ethical behavior, marketing and communication skills while utilizing parents and leaders for guidance.*

1. The only animals sold at fair are raised by a 4-Her as their market animal project. The 4-Her must sell the highest ribbon animal in that species. If a 4-H'er has two animals of the same ribbon color they must choose and declare which animal of that species will sell at the draw for sale order. If a 4-Her is not present at selection of sale order and has 2 animals of the same ribbon color the heaviest animal will sell with the exception of the hog project who will submit their final sale animal declaration to the 4-H Office following their show. All animals that go through the sale become the property of the buyer. No animals may be swapped.

2. Only one animal per species may be sold in the Meat Animal Sale unless the 4-Her has both the grand and reserve champion in the same species-they both must sell in the Meat Animal Sale. Market Poultry will be sold as a pen of 2 birds. Market goats will sell by the head. If the 4-H'er brings an animal to the fair as a project market animal, it must be sold provided it meets all the requirements of the program it is in. For 4-H'ers with more than one animal per species, see rule #6.

3. Commissions will be determined by Meat Animal Sale Committee to reflect market, economic and sale expenses. For year 2022, commission on all animals sold in the Meat Animal Sale is 6 percent.

4. Ribbons will be awarded in all market animal classes (beef, sheep, swine, poultry and goats) by the designated judge for each species. Ribbons will be awarded based on quality and proper finish at the time of the show.

Blue - Excellent

Red - Good

White- Possible No Sale

Youth who receive a white ribbon for the meat animal that they may be selling in the Meat Animal Sale will receive a warning for their first offense. The youth and their family will meet with the Meat Animal Sale committee and the respective animal project committee to discuss better methods for raising an animal that is properly finished.

If a youth receives a second white ribbon for an animal of the same species the next consecutive year on the animal that was intended to go through the Meat Animal Sale they will not be eligible to sell their animal at the Sale.

Example: Jimmy Smith Raises a market hog in the 2021-2022 4-H year. The judge gives Jimmy's hog a white ribbon based on the finish of his hog on show day. Jimmy is allowed to sell his hog this year. Jimmy joins the hog project the next year and again receives a white ribbon. He is not eligible to sell his animal in the meat animal sale but may sell it at the conclusion of the Meat Animal Sale and arrange slaughter and trucking for that animal if necessary. Jimmy tries to raise a hog for the third year and again receives a white ribbon. The cycle begins again and he may sell his animal in the sale.

5. Youth are encouraged to be present for both their show and sale day. If a youth is not present for show day and/or sale day their animal will be sold at the conclusion of the entire sale. The youth may choose to sell their animal outside of 4-H and arrange their own slaughter and trucking arrangements.

6. Market animals not sold in the Meat Animal Sale may be released following their show. Youth must make their own slaughter and trucking arrangements for these animals.

7. Animals purchased through the Meat Animal Sale and donated back for resale will be sold at the end of that species. **The original buyer must state that they donate the animal back for resale to benefit hog, horse, beef, endowment etc. The resale buyer's money goes to where the original buyer designates. The resale buyer gets the animal.**

8. 4-H Advisory Committees must select sale order immediately following their show and submit the sale order to the 4-H Office.

9. All market animals are to be weighed in once for their qualifying weight. See species handbook for qualifying weights on each species. The animals will be sold at this weight.

10. With all 4-H Animal Science Projects, there is an inherent risk involved. Cornell Cooperative Extension, its employees, and volunteers assume no responsibility for any loss or damage. Animals left on premises by the buyer after closing of the barn are done so at the sole risk of the buyer.

11. The possibility exists that health issues or other concerns may arise after the sale and before the slaughter of the animal. If this happens, the buyer(s) are at risk and will have the authority to make decisions regarding the treatment of the animal. The Meat Animal Sale Committee will make every effort to protect the well-being of animals sold through the Meat Animal Sale Auction.

12. Once the gavel falls, the bidder becomes the owner, and the seller becomes the caregiver until the animal leaves the fairgrounds on Sunday following the sale. The buyer is responsible for the trucking of the animal from the fairground as based upon the directions on the sale receipt. The price per pound paid that is above the current market price is considered to be a charitable donation and is tax deductible.

13. Any situation that does not meet above criteria (1-13) must be brought to the attention of Meat Animal Sale Committee, and will be dealt with on a case-by- case basis and voted on by secret ballot.

## MEAT ANIMAL SALE PARTICIPANTS

If you plan to donate proceeds from the sale of your market animal-you must get a "Charitable Donation Form" from your adult barn superintendent at the Fair. **This form must be turned into the 4-H Office prior to the sale-WHEN SALE ORDER IS DRAWN.** You must bring the following information with you to fair to complete form: percent of donation, name of charitable organization, and the complete address of charity. **If form is not completely filled out- the donation will not be deducted from your check-you will be responsible to send it on your own.**

### 2022 Sale Order

Hogs, Goats, Chickens, Lambs, Steers

# Animal Project News

## Beef Project



### Committee Meetings

Thursday, May 26, 2022  
7:00 PM at JCC  
Thursday, June 23, 2022  
7:00 PM at JCC

### Project Meetings

Thursday, June 9, 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



## Exhibition Poultry Project

### Committee Meetings

Tuesday, May 3, 2022  
7:00 PM at JCC

### Poultry Barn Set Up

Saturday, June 25, 2022  
1:00 PM @ Fairgrounds

### Spring Eggstravaganza

Saturday, May 14, 2022  
10:00 AM at Fairgrounds

### Pullorum Testing

Monday, June 27, 2022  
5:30 PM at Fairgrounds

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



## Hog Project

### Committee Meetings

Wednesday, May 4, 2022  
6:30 PM at JCC  
Wednesday, June 1, 2022  
6:30 PM at JCC

### Hog Workday/Barn Set Up

Stockton and Fairgrounds  
Saturday, June 11, 2022  
Saturday, June 18, 2022  
9:00 AM—1:00 PM

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

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



## Horse Project

### Committee Meetings

Wednesday, May 11, 2022  
6:30 PM at 4-H Acres  
Wednesday, June 8, 2022  
6:30 PM at JCC

### Horse Project

Saturday, May 7, 2022  
Whispering Creek Stables at 10:00 AM

### Work Day at 4-H Acres

Wednesday, May 11, 2022 at 6:30 PM

### Practice Show

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

### State Horse Communications

Saturday, May 14, 2022  
Cornell University @9:00 AM

### Horse Shows @ 4-H Acres

May 21—Gymkhana Show 10:00 AM  
June 4—Western/Driving/Mini 9:00 AM  
June 11—English/Dressage 9:00 AM  
June 18—Western/Driving/Mini 9:00 AM  
June 25—English/Dressage 9:00 AM

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



## Market Poultry Project

### Committee Meetings

Thursday, May 19, 2022  
6:30 PM at JCC

### Market Poultry Show

Sunday, June 19, 2022  
2:00 PM

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



## Dairy Project

### Committee Meetings

Monday, May 9, 2022  
6:30 PM at JCC

### Dairy Showmanship Clinic

Saturday, June 4, 2022  
R&D Crowell Farm, South Dayton, NY.

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



## Dog Project

### Committee Meetings

Wednesday, May 11,  
2022 7:00 PM at JCC

### Project Meetings

Wednesday, May 18, 2022  
6:30 PM at JCC

### Dog Training @ 4-H Acres

Sunday, May 1, 2022—12:00—3:00 PM  
Wednesday, May 4, 2022—6:30 PM  
Sunday, May 8, 2022—12:00—3:00 PM  
Thursday, May 12, 2022—6:30 PM  
Thursday, May 19, 2022—6:30 PM  
Sunday, May 22, 2022—12:00—3:00 PM  
Wednesday, May 25, 2022—6:30 PM

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

Any changes  
will be posted  
on REMIND!



## Goat Project

### Committee Meetings

Monday, May 2, 2022  
6:45 PM at JCC  
Monday, June 13, 2022  
6:45 PM at JCC

### Project Meeting

Monday, June 6, 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

### Goat Barn Set Up

Saturday, June 25, 2022  
11:00 AM

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



## Rabbit Project

### Committee Meetings

Monday, May 16, 2022  
7:00 PM at JCC

Wednesday, June 8, 2022

Following Project Meeting @ JCC

### Project Meeting

Monday, May 23, 2022  
6:30 PM at JCC  
Wednesday, June 8, 2022  
6:30 PM at JCC

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



## Sheep Project

### Weigh In

Wednesday, May 4, 2022  
5:30 PM @ Fairgrounds

Saturday, May 7, 2022  
10:30 AM @ Fairgrounds

### Barn Set Up

Saturday, June 4, 2022  
10:00 AM @ Fairgrounds

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

**4-H Program Committee—Tuesday,  
May 10, 2022 at 7:00 PM at JCC**

## Companion Planting

Sharon Rinehart, Chautauqua County MGV

Do you want to reduce pests in your garden? Do you want better growth from your plants? Do you want to improve your soil with certain nutrients? This year, try companion planting.

Most of us have heard of the Native American's Three Sisters Garden. They would plant corn, pole beans, and squash together. The corn would grow tall. The beans would climb the corn and increase the nitrogen in the soil. The squash would shade the soil that would reduce moisture loss as well as reduce weeds. This is an example of companion planting. Each plant helps the other.

Companion planting can reduce pests, increase beneficial insects, improve soil, reduce weeds, help shade smaller plants, and be a natural support such as corn for beans to climb. This type of gardening will not be your traditional method of planting but worth the change. You may have annual flowers in the middle of your vegetables and onions with your roses.

There are numerous beneficial plant companions. A few will be highlighted that would be easy for the everyday gardener to adapt.

Marigolds are an excellent companion for many of plants. They have several benefits. Their root system releases a chemical that deters nematodes. It may not be noticeable the first season, but it will have lasting effects for several years.

Marigolds also attract pollinators and other beneficial insects, which will support the growth and development of the other plants. White flies, squash bugs, tomato hookworm, and cabbage worms are a few of the pests that marigold deter. For the benefits of marigolds, plant them with tomatoes, asparagus, broccoli, brussels sprouts, cabbage, celery, cucumbers, lettuce, potatoes, pumpkins and squash.

Another flowering plant that is an excellent companion to many vegetables is nasturtium. Nasturtiums deter squash bugs and repel white flies. Plant them in the garden with broccoli, brussels sprouts, cabbage, celery, and cucumbers. They also attract aphids and are beneficial to plant near spinach and squash to keep the aphids off the vegetable plants.

There are some vegetables that are good companions to other vegetables. Carrots benefit for onions, leeks and herbs such as sage and rosemary. The herbs are repellants to the carrot fly. They are also good companions with beans, lettuce and tomatoes.

Tomatoes like to share space with chives, onions, carrots, parsley, asparagus, and lettuce. Basil is also an excellent



companion for tomatoes. It reduces disease and pests for the tomato which helps with the growth and flavor.

Zucchini will benefit from icicle radishes planted near them. The icicle radish is allowed to go to seed. It helps repel squash vine borers. Other companions for zucchini are beans, lettuce, spinach, garlic, and dill.

Corn grows well with pole beans that it supports, and cucumbers, spinach, and squash that provide shade for the roots of the corn. Sunflowers will act as a windbreak for the corn as well as attract ladybugs that beneficial to your whole garden.

For the gardener who grows roses, tomatoes can protect roses from black spot. Vegetable alliums such as garlic, onions, leeks, chives, and decorative alliums can protect roses from mildew, black spot, and aphids.

There are a few plants that should not be planted together and have a detrimental effect on each other. Corn should not be planted next to tomatoes. They attract the tomato fruit worm which is the same as the corn earworm.

Members of the cabbage family - brussels sprouts, broccoli, cabbage, cauliflower, will stunt the growth of tomatoes. Tomatoes should also not be planted with eggplants, peppers, and potatoes. They are all part of the nightshade family and are susceptible to early blight.

Black walnut tree roots secrete growth inhibitors and are not a good companion for almost all other plants.

Companion planting is a great way for plants to help each other and you, the gardener will reap the benefits. There are many companion plantings – some may work for you, some may not. Experiment and see what you discover. Document in a journal so you can repeat or not repeat the companion planting in the next growing seasons.

### References

*Companion Planting Guide for Vegetables, The Old Farmer's Almanac, February 11, 2022*

*Companion Planting -Planting Together for Mutual Benefit, Vegetable Gardening Life, www.garden-gadgets.com, 2017.*

*Iannotte, Marie. Best and Worst Companion Plants for Tomatoes, www.thespruce.com, 3/2/2022.*

*Mininger, Dorrie. Companion Planting, Master Gardener Series, PennState Extension.*

*Riotte, Louise. Carrots love Tomatoes & Roses love Garlic, Storey Publishing, LLC.,2004.*

# 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



**nationalgrid**



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INSURANCE FOUNDATION



**Schedule an installation today**

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

## SOUTHWESTERN REGION

# LET'S TALK HERBS AND SPICES



**MAY 2022**

### WHATS IN SEASON?

---

**Arugula**  
**Herbs**

---

**Spinach**  
**Lettuce**

---



**Radishes**  
**Asparagus**

---

**Green Onions**  
**Microgreens**

When trying to cut back on fat, sugar, or sodium, it is important to know how to keep good flavor in your meals. One way to do this is with herbs and spices.

#### How much do I use?

- For most herbs, 3 tsp. fresh = 1 tsp. dry
  - 1 fresh garlic clove = 1/4 tsp. garlic powder

#### How do I store them?

- For dried herbs and spices, store them in a cool, dark location away from direct sunlight. Keep containers closed.
- For fresh herbs, store them upright in a little bit of water in the refrigerator. Wash fresh herbs just before using.

#### How to use them?

- Taste and season throughout the cooking process. It's better to under-season and add more spices as you go.

Visit [snaped.fns.usda.gov/seasonal-produce-guide/herbs](https://snaped.fns.usda.gov/seasonal-produce-guide/herbs) to learn more!

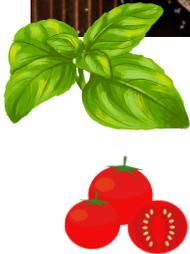


## Ingredients

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoon Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoon dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

## Directions

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.



# Move in May and Celebrate National Physical Fitness & Sports Month

Youth sports can be a big commitment — but they don't have to be.



Look for free or low-cost leagues and classes



Choose local teams that don't travel for games



Play sports with your kids and get active together



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



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*By identifying and addressing local needs, Cornell Cooperative Extension provides practical information to help people help themselves and develop their leadership potential. Please feel free to contact Cornell Cooperative Extension for more information.*

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