

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

July 2022
Volume 7 - Issue 7

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COVER PHOTO: It's Fair Time! Please come to see us at the Chautauqua County Fair in Dunkirk, NY. July 18th through the 24th .

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

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

The Chautauqua County Extension Connection (USPS#101-400) is published monthly by Cornell Cooperative Extension of Chautauqua County. Subscription included in minimum of \$65 Program Participation fee. Periodical Postage Paid at Jamestown, NY 14701. "POSTMASTER: Send address changes to the: Chautauqua County Extension Connection at 525 Falconer St. JCC Carnahan Center, PO Box 20 Jamestown, NY 14702-0020."

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716-792-2800

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www.cce.cornell.edu/chautauqua

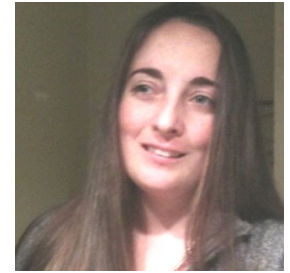
Association News

Board of Directors

Shelly Wells, Ashville, President
 Suzanne Fasett-Wright, Chautauqua
 Kimberly Witherow, Sherman
 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

From the Office of the Executive Director

How exciting it is to be able to prepare for our County Fair again! I feel like I have forgotten some of the details, but remember the fun and excitement all too well. We are looking forward to a great summer, with lots of CCE Programming. I am also very excited that as of July 5th we will be fully staffed. We have 3 new positions this year. Master Gardener Coordinator, Shannon Rinow; Agricultural Coordinator, Cassandra Skal; and Nutrition Educator for EFNEP (Expanded Food and Nutrition Education) in the Dunkirk office, Elizabeth Comstock. We also promoted Lisette Cabrera to 4-H Program Coordinator, hired Wendy Alexander, an EFNEP Educator for the Jamestown Office; and Lindsey Crisanti, 4 H Educator. We are so excited to have so many new faces, innovation, ideas and excitement in our programs. Our offices are open to the public without restriction so please feel free to stop in and visit us and meet everyone.



Agriculture Program Committee

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

4-H Program Committee

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

4-H Program Advisory Chairpersons

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

Chautauqua Vegetable Grower Meeting

July 12, 2022 (Tuesday) | Arrive at 6:15 pm to sign up for DEC credits; 6:30 pm - 8:30 pm
 Hidden Valley Produce, 324 Warren Rd, Frewsburg, NY 14738

Fresh market field walk. All attendees should wear long pants. Free to attend. 2.0 DEC credits requested in categories 1a and 23. Contact Elizabeth Buck for more information: 585-406-3419, emb273@cornell.edu

Eden Valley Twilight Meeting

July 13, 2022 (Wednesday) | 5:15 pm dinner; meeting 6:00 - 8:00 pm
 Agle's Farm Market, 7952 Gowanda State Rd, Eden, NY 14057

Topics include laser scarecrows, tar spot control, disease management in cucurbits, optimizing your spray tank water, and cabbage maggot control debrief. 1.5 DEC credits requested in categories 1a, 10, and 23. Arrive by 5:45 to sign up for DEC credits.

Dinner cost is only \$5—thanks to the generous support of BASF. Pay for dinner the day of the event with cash. **Pre-registration for dinner required by NOON on July 8th** to Elizabeth Buck: 585-406-3419, emb273@cornell.edu. The meeting is free to attend.

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Chautauqua County Agricultural News

CCE WELCOMES AGRICULTURAL COORDINATOR CASSANDRA SKAL

Cornell Cooperative Extension of Chautauqua County's Agricultural Program is excited to announce Cassandra Skal has joined the team in a newly developed position at CCE, Agricultural Coordinator. "Now more than ever we have noticed a need for support to local beginning farmers, established farms looking to diversify and grow, agriculture enthusiasts, and homesteaders" said Executive Director, Emily Reynolds. Cassandra will be coordinating the popular CCE L.E.A.F. (Learn. Empower. Achieve. Farm.) Program as well as Chautauqua Grown, (your source for all things local foods), and in assisting with other agricultural programming throughout the year.

Cassandra says she is "incredibly excited to begin her journey as the Agriculture Program Coordinator. Working for Cornell Cooperative Extension has been a dream of mine since I was in Chautauqua County 4-H from a young age" Cassie has agricultural exposure outside of your typical rural experiences from growing up in Erie, PA. She received her first John Deere tractor before she could even walk and attended tractor shows yearly with her grandparents. When she joined Chautauqua County 4-H she fell in love with the show ring, animals, and the agriculture industry. When describing her 4-H career she says, "It all started with dogs and ended with dogs, rabbits, sheep, pigs, poultry, sewing, leadership, many useful crafting skills, friendships that are still relevant, and so many useful day-to-day and professional skill sets. I was the fortunate recipient of many awards trips throughout the years including Career Explorations at Cornell University, Foods Awards trips throughout the county, Capital Days in Albany, NY, and a trip out to Fort Worth, Texas to learn about their agricultural industry amongst other things. Needless to say, I took the privilege of participating in 4-H on full force and with the help of my mom made every opportunity count."

Miss Skal says her experiences in Chautauqua County 4-H inspired her to attend The University of Findlay to study Animal Science. While at The University of Findlay she

participated in the beef cattle show team and showed her first bovine at The North American International Livestock Expo. She also showed sheep at The Ohio State fair and several other large sheep shows with the sheep show team. In 2015, Cassandra graduated with a Bachelor's Degree in Science, with a focus in Animal Science, and as she describes it "a long list of fond memories and lessons to last a lifetime."

After graduation she entered the work force starting out at Moore Research as a Research Assistant and later

becoming a Research Coordinator. Since moving to North Clymer, NY she began working at Cummins Engine Plant in Lakewood. Cassandra says when she saw the Agriculture Program Coordinator position she thought "this is where you need to be! There are no words to describe how excited I am for this long awaited adventure. The Agriculture Program Coordinator fills so many of my aspirations at one time." In this position, Cassandra will utilize her love of the agricultural industry, going to and being involved with farms, making connections, sharing connections, organizing events, teaching new skill sets, learning new skills, helping people, and so much more. Cassandra started with CCE Chautauqua in May and has been making new connections daily, she says she is "looking forward to where this position will lead me in time. It is incredibly rewarding to be able to work with Emily Reynolds and Lisa

Kempisty, who have been mentors to me since my days in Chautauqua County 4-H."

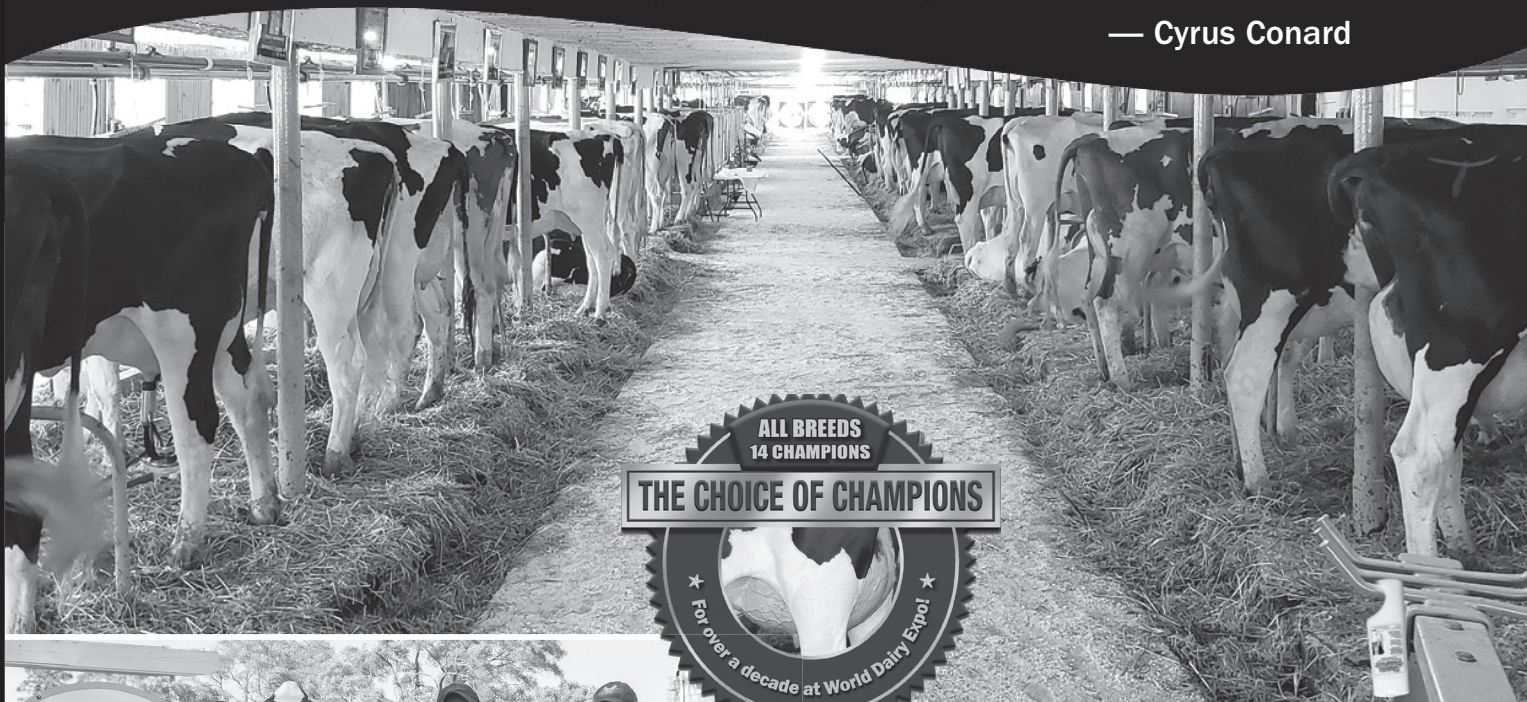
Outside of work her interests and hobbies include running her own hobby farm that is home to two opinionated horses, half a dozen sheep, a handful of chickens and ducks, two very rambunctious goats, and more rabbits than she wants to admit. Her aspirations include revisiting her wool spinning skills and making things out of her own sheep wool in the near future. She has also planted her largest to-date vegetable garden in hopes it will be incredibly prosperous and provide enough for her family and neighbors to do some canning this season.



Photo Caption: Cassandra, pictured here with her dog Finn is the new Agricultural Coordinator at CCE Chautauqua

“... simply works best, makes a huge difference.”

— Cyrus Conard



**RIDGEDALE FARM, Conard Family
SHARON SPRINGS, NEW YORK
102 Holsteins, 70 EX, balance VG
#4 BAA by size 112.7
Bred over 300 EX, 20 have gone EX95
RHA 23,500M 4.0F 3.2P, SCC 190,000**

Wayne and Jen Conard (right), son Isaac (left) and son Cyrus and his wife Morgan (Behnke) and children Keaton and Liam are pictured with then 3y Ridgedale Raquel, now 4y EX92. Backed by 9 generations EX, Raquel was All New York and nominated All American senior-2 in 2020. Photos courtesy Farmshine

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Robotic Milking System Farm Tour



This program is applicable to any dairy farmers who are interested in learning more about robotic milking systems. Frontier Brook Farm currently milks 200 cows with 4 Lely robots. Come tour the farm, talk about managing cows under robotic system, enjoy lunch, socialize with other farms, and learn from each other.

Agenda:

11:00 am - 12:00pm— Tour Frontier Brook Farm
12:00pm - 1:00pm—Lunch

Facilitators:

Camila Lage, Dairy Specialist, CCE Southwest NY Dairy, Livestock, and Field Crops Team

Lisa Kempisty, Ag Educator, CCE Chautauqua

Lindsay Ferlito, Dairy Specialist, CCE North Country Regional Ag Team

Casey Havekes, Dairy Specialist, CCE North Country Regional Ag Team

**Lunch will be provided thanks to the generous
sponsorship of Finger Lakes Dairy Service - Whitney
Davis**



Registration: This program is FREE, but pre-registration is preferred.

Cornell Cooperative Extension
Southwest NY Dairy, Livestock and Field Crops Program

Cornell Cooperative Extension
Chautauqua County

Cornell Cooperative Extension
North Country Regional Ag Team

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

July 12, 2022
11am - 1:00pm

**Frontier Brook
Farm**
5777 Route 83
Conewango
Valley, NY
14726-9610

Contact Info:
To register, contact
Camila Lage
at
607-592-0290 or
cd546@cornell.edu



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Chautauqua County Dairy Ambassador and Promoters Announced

Join us in welcoming our 2022-2023 Chautauqua County Dairy Promotions Ambassador, Erma Wolcott of Mayville (4th from the left) along with her Associate Ambassador, Sadie Steward of Kennedy (5th from the left), and court of junior ambassadors who participated in the recent Chautauqua County Dairy Promotion Pageant held in Mayville, NY. A special thanks to Lily Woodis, our 2021-2022 Chautauqua County Dairy Princess (3rd from the left) and Miranda Nickerson, 2021-2022 Alternate Dairy Princess, for all they have accomplished promoting and educating the public about milk & dairy products. We are excited to be back in full swing and we look forward to seeing everyone at the Chautauqua County Fair July 18th – 24th in Dunkirk, NY. For more information about the dairy promotions program or request our Dairy Ambassadors and Court to participate in an activity, please contact Maddie Woodis, Chautauqua County Dairy Promotions Committee Chairperson, at 774-551-6153.



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

Chicken Products:

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

Dog Products:

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

Cat Products:

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

**4-H Discounts
Available**

Rabbit Products:

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

Wild Bird Products:

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

Beef Products:

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

Goat Products:

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

Bedding:

- ◆ Pine shavings / sawdust
- ◆ Hardwood shavings

Alpaca:

- ◆ Home Fresh Alpaca Crunch

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Bemus Point, NY 14712
<https://crackerjack-farm.square.site>
716-499-9985*



5th Annual Chautauqua County Farmer-Neighbor Dinner

Chautauqua County is rich in agriculture, from the producers of grapes, milk, crops, maple and vegetables to the agribusinesses and educators here to support our local farms, agriculture is everywhere. Join us in celebrating this industry, meet local producers, and taste foods sourced locally from Chautauqua County.

Tuesday August 23rd, 2022

The Grandview of Ellington

1116 West Hill Road Ellington, NY

5:00 PM Social Hour ÷ 6:00 PM Dinner

Single Dinner Ticket \$20.00

For more information, please call Cassandra Pinkoski at 716-664-2351 ext.5 or Lindsay Eckman at 1-800-929-2144 ext. 2518.



Cornell Cooperative Extension
Chautauqua County



FARM CREDIT EAST



Chautauqua County
Soil and Water
Conservation District



Chautauqua County Soil & Water Conservation District Newsletter

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



SWCD Staff: David Spann, District Field Manager
Cassandra Pinkoski, Grants Specialist
Greg Kolenda, District Field Technician
Hailey Brown, Water Quality Technician

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

How to Maintain a Healthy Pond

Many landowners in Chautauqua County have ponds located within their property boundaries that they use for recreational purposes. Over the years of having a pond, many owners notice that the water quality begins to deteriorate for numerous reasons. Most commonly, algae and other plants begin to envelop the pond, reducing the available oxygen. This prevents aquatic life from thriving, may cause the pond to emit a foul odor, and could also cause the pond to become murky in appearance. Let's discuss options that can be pursued to maintain a healthy pond. Firstly, identifying what plants are existing in your pond is important. This will help you identify the best plan of attack. For instance, some floating plants are easy to skim off and remove from the pond all together while others that are rooted into the pond can continue to propagate if they aren't removed in their entirety. This would be considered mechanical maintenance of your pond because the unwanted plants are being physically removed. Also, if the owner were to ever decide to use herbicides for plant removal, knowing the species would be pertinent for efficacy. It is suggested that a professional be contacted before the application of herbicide on a pond to ensure proper use. Use of herbicides should be a last resort for pond treatments because there are many natural options that could be pursued first that can be extremely effective.

One natural option to clear unwanted plant species is to purchase Triploid Grass Carp. Before purchase, these fish require a special permit from the NYSDEC which can be found on our website at <https://soilwater.org/spring-fish-stocking-sale/>. Based on the pond size in question, the DEC will allot a specified amount of Triploid Grass Carp to not overpopulate the pond, which can create its own issues. Keep in mind that a healthy pond should still have 20% to 30% vegetation cover, so the owner does not want to completely remove all plant life.

Adding a plant buffer around the pond can help filter out nutrients like nitrogen and phosphorous. These nutrients commonly enter ponds and can increase unwanted plant life, which can greatly reduce the availability of oxygen, as mentioned earlier. Plants can also attract beneficial insects that can reduce unwanted insect populations, like mosquitos. Keep in mind that a landowner should research the plants they install in their buffer area to ensure that the plants will not disturb the pond ecosystem and will serve purely as beneficial. Shading areas around a pond can also increase health. During the hottest times of day, oxygen levels within a pond are greatly reduced. Keeping shaded areas allows the pond's temperature to remain cooler, effecting the oxygen levels less. This will benefit aquatic life, increasing their quality of life.

The landowner can also utilize barley straw to reduce algae populations within their pond. The straw is placed on the water in winter or early spring, before the algae has time to develop, and as it decomposes, it releases a hydrogen peroxide like substance. This essentially kills the algae, greatly reducing its population. The hydrogen peroxide substance is not released at a rate that will cause a fish kill. Barley straw is a great option for natural algae control.

Finally, a landowner can prevent the sediment layer from building at the bottom of their pond by skimming debris off the top of the pond. Especially if there are trees surrounding the pond, removal of as many leaves as possible will help to prevent the buildup of that unwanted sludge layer at the bottom of the pond. Also, preventing grass clippings from

entering the pond will help reduce chemicals, fertilizers, and the grass clippings themselves from settling in the pond.

As a pond owner, there are many practices that can be utilized to maintain the health of a pond. Ponds tend to decrease in quality over the years, so it is best to implement these practices as soon as possible to prevent the pond from deteriorating. As a pond owner, if you have any questions or concerns about your pond, feel free to contact our office at 716-664-2351 x5, and we will assist you in any way we can.



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July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 	5 Exhibition Poultry Committee 7:00 PM	6 Hog Project 6:30 PM Hog Committee To Follow Project Mtg	7 Rabbit Committee 7:00 PM Dog Show 4-H Acres	8	9 4-H Project Evaluation Day 9:00 AM—1:00 PM Fairgrounds
10 Horse Open Gaming Show 10:00 AM	11	12	13 Horse Committee 6:30 PM	14 Rabbit Barn Set Up 6:30 PM Sheep Final Barn Set Up 6:00 PM Sheep Committee To follow Set Up Food & Horticulture Evaluation 6:00 PM	15	16
17 General Barn Meeting at Fair 7:15pm	18 	19	20	21	22 Meat Animal Sale 12:00 Noon	23
24/31 Chaut. Co. Fair	25 Rabbit Barn Tear Down 6:30 PM	26	27	28	29	30

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 State Fair Information Meeting 6:30pm	5	6
7	8	9 Program Committee 7:00pm	10 Horse Committee 6:30 PM	11	12	13
14	15	16	17 State Fair Evaluating Projects Due 4:30pm	18 Beef Committee 7:00 pm	19	20
21	22	23	24 State Fair Starts	25	26	27
28	29	30	31			



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"

Photo ID Dates:

Saturday July 9th and July 16th
10:00am-2:00pm (\$5 Photo Fee)

State Fair News

Chautauqua County 4-H projects will be on display at the Great New York State Fair in Syracuse from August 24th through September 6th. Each project will receive special recognition and will remain on display for the entire duration of State Fair. We will be holding an informational meeting August 4th at JCC Carnahan Center, 6:30pm.

All projects being entered must be dropped off to the 4-H office August 17th by 4:30pm.

4-H Snack Shack News

This year our snack shack is getting a new look on the inside.

Dan Smith and his son, Louis, a former 4-H member, have been working hard to have the newly renovated snack bar ready and looking great again. We are super excited to show off all their hard work and talent!



We are still looking for volunteers to work the snack shack throughout fair week. 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.

If you are someone who wants to help in this way during fair week, **PLEASE email Nannette 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!!

Give Big CHQ 2022



Give Big CHQ is a 24-hour online fundraising celebration that supports the work of countless nonprofits in Chautauqua County. This event is hosted the second Thursday in June by the Chautauqua Region and Northern Chautauqua Community Foundation.

This year our goal was to reach was \$2,000. In the beginning of the day, it was not looking like we would even come close to that. However, we truly have the best support system and we raised a total of \$2,556 by midnight! We want to thank everyone who donated and spread the word about Give Big this year! Without all our donors' generosity, we would not be able to make 4-H possible. So, again, thank you!

4-H Dress Code

1. All clothing shall be neat, clean acceptable in repair and appearance, and shall be worn within the bounds of decency and good taste as appropriate for 4-H events.
2. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting are prohibited.
3. Excessively baggy or tight clothing and clothing which advertises gang symbols or affiliation is prohibited.
4. Items of clothing which expose bare midriffs, bare chests, undergarments, or that are transparent (see-through), are prohibited. Shorts and skirts that are revealing are prohibited. Tank tops with straps wider than one inch are permitted. Please be advised that spaghetti straps, shirts which expose a bare back, halter tops, and tube tops are prohibited.



4-H Fair Schedule



Congratulations to all our
2022 Jr. Superintendents!



Sunday	All Day 7:15 pm	Move-in General Barn Meeting
Monday	10am 3 pm 6 pm	Rabbit Show Swine Show Harness and Pack Goat Show
Tuesday	9 am 10 am 2 pm 6:30 pm	Poultry Showmanship/ Poultry Judging Contest to follow Market Steer and Breeding Heifer Showmanship and Show Poultry Show Goat Showmanship Clinic
Wednesday	9am 10 am 4 pm	Dairy and Meat Goat Show Western/Driving Show Sheep Showmanship and Market Lamb & Sheep Breeding Show
Thursday	9 am 10 am 11 am 1 pm 7 pm	Dairy Showmanship English/Mini Equine Show Dairy Cattle Show Rabbit Showmanship Sheep Lead Line
Friday	9:30am 12 pm 1 pm	Dressage Horse Show Meat Animal Sale Mounted Games
Saturday	10 am 1 pm 3 pm TBA	Gymkhana Showmanship & Show Dog Fun Show & Demo All Animal Fun Show Goat Costume & Halter Show
Sunday	1:00 pm	Horse Fun Show

FARM BUREAU BARN CONTEST

The Board of Directors has once again chosen to implement this contest to show case the many aspects of the Chautauqua County Agricultural Industry, increase public awareness and education regarding agriculture in the county and demonstrate the important role agriculture has on our lives.

Barns will be judged primarily on **Educational Theme (50pts)**, along with **Decoration and Appearance (30pts)**, and **Positive Atmosphere (20pts)** with a bonus category **for Interactive Activities and Displays (10pts)**. We are looking to reward the program areas that really go above and beyond to educate the public.

Monetary Prizes will be awards to the two best decorated barns. 1st place will receive \$300 and 2nd place will receive \$200. Judging will take place during fair week by an anonymous and unbiased judge. Winners will be announced Saturday at the awards ceremony. If you have any questions please contact Shannon Mardino, Chautauqua County Farm Bureau Pro-Ed Chair, shannon.mardino@farmcrediteast.com

Beef & Market Steer Barn	Adult Youth	Dave Schauman and Debbie Howard Wyatt Harrington Adam Lesch and Emma Lindsey
Dairy Barn	Adult Youth	Mick Lanphere, Lynn Harris, and Heather Woodis Lily Woodis, Esther Knappenberger, Jillian Bond, Miranda Nickerson, and Cole Nickerson
Goat Barn	Adult Youth	Shari Graziano and Keith LaRoy Baker Huntington, Elizabeth Lindsey and Mackenzie Graziano
Poultry Barn	Adult Youth	Jamie Smith Elizabeth Weaver
Rabbit Barn	Adult Youth	Kim Chapman Alexis Cross, Lexus Eschenbach, Everett LeBarron and Luisa Smith
Sheep Barn	Adult Youth	Betty Catanese, Mark Woolley, Linda Lanphere, and Wayne McGuire Ian Lindell
Hog Barn	Adult Youth	Dawn Comstock, Frank Manning, Louis Smith and Ken Styers Hallie Boardman, Hunter Colvin, Logan Ellsworth, Jaiden Huntington, Garrett Lesch, Jaidyn Newhouse, Kylie Keefe and Breanna Keefe
Horse Barn	Adult Youth	Alyssa Graziano, Josh Szukala, and Lindsey Szukala Charlotte Couchman, Kinsey Witherow, and Mia Fanara
Dog Committee	Adult	Roxanne Young
4-H Snack Bar	Adult Youth	Nannette Knappenberger and Danielle Schauman Matthew Brown, Rachel Comstock Kaitlyn King, Genevieve Smith, and Abigail Carlberg
4-H Building Assistants	Adults	Nancy Johnson and Debbie Willett

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, August 18, 2022

Committee Chair: Dave Schauman
janschauman@gmail.com



Horse Project

Committee Meetings

Wednesday, July 13, 2022

6:30 PM at JCC

Wednesday, August 10

6:30pm at JCC

Open Gaming Show/Fundraiser

Sunday, July 10, 2022 10:00 AM

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com

Exhibition Poultry Project

Committee Meetings

Tuesday, July 5, 2022

7:0 PM at JCC



Committee Chair: Jamie Smith
smith_jamie@mac.com

Market Poultry Project



Committee Chair: Julie Covert
jcoverts@windstream.net



Dog Project

Any changes
will be posted
on REMIND!

Dog Shows @ 4-H Acres

Thursday, July 7th—5:30 PM

Fun Show at Chaut. Co. Fair

Saturday, July 23, 2022 1:00 PM

Committee Chair: Roxanne Young
roxy6825@windstream.net



Sheep Project

Committee Meeting

Saturday, July 14, 2022

After Final Barn Set Up

Final Barn Set Up

Saturday, July 14, 2022

6:00 PM @ Fairgrounds

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Hog Project

Committee Meetings

Wednesday, July 6, 2022

After Project Meeting at JCC

Project Meetings

Wednesday, July 6, 2022

7:00 PM at JCC

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

Committee Chair: Ken Styers
styersk@yahoo.com

Barn Openings, Weigh-ins, and Barn Meeting Times

Beef

Arrivals: Saturday - 8:00am to 6:00pm

Sunday - until 9:00am

Weigh-in: Sunday - 10:00am

Barn Meeting: Sunday - 9:00am

Dairy

Arrivals: Saturday - 2:00pm to 9:00pm

Sunday - until 12:00pm

Barn Meeting: Sunday - 3:00pm

Goat

Arrivals: Sunday - 8:00am to 12:00pm

Weigh-in: Sunday - 1:00pm

Barn Meeting: Sunday - 2:30pm

Horse

Arrivals: Tuesday - after 10:00am

Barn Meeting: Sunday - 6:30pm

Hog

Arrivals: Saturday - 7:00am to 3:00pm

Weigh-in: Saturday - 7:00am to 3:00pm

Barn Meeting: Sunday - 10:00am

Poultry

Arrivals: Saturday - 12:00pm to 4:00pm

Sunday - 8:00am to 12:00pm

Barn Meeting: Sunday - 2:00pm

Rabbit

Arrivals: Sunday - 8:00am to 12:00pm

Barn Meeting: Sunday - 5:30pm

Sheep

Arrivals: Saturday - 12:00pm to
10:00pm

Sunday - 6:00am to 12:00pm

Barn Meeting: Sunday - 11:00am

Weigh-in: to follow Barn Meeting



Goat Project

Additional information to be
announced

Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537



Dairy Project

Dairy Barn Workday

Saturday, July 9th at Fairgrounds

Painting Barn 10:00am-3:00pm

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

4-H Program Committee—Tuesday,
August 9th, 2022 at 7:00 PM at JCC

Gardening with Children

Sharon Rinehart, Chautauqua County MGV

When did your love of gardening start? Did your mother or father let you help plant vegetables? Maybe your grandmother or grandfather taught you about best plants for the conditions for your area. If you learned as a child, you may remember the excitement you had when you picked peas and ate them right from the garden. If children learn about gardening when they are young, they will most likely carry this interest into adulthood.

There are numerous reasons to garden with children. It helps build responsibility as they care for their plants. There are great science lessons such as plant life cycle, weather conditions, sun versus shade, pollinators, and pest control. Gardening is also wonderful for quality time spent with children and hopefully the next generation of gardeners will be excited to grow food and beautiful flowers.

Before you start including children in gardening, there are several things to consider. Many of them are the same considerations that you make for your own gardening experiences. What space is available that has enough sun and water source? Do you have the correct tools? Children should have child size tools available. The developmental age of the child will determine how involved the child be. What do you want to grow – vegetables, flowers, or a combination of both.

The space you use can be part of your larger garden or may be a smaller spot just for the child. The smaller spot gives the child ownership of what happens there. It gives them the responsibility and excitement that they can see what happens on their “plot of land.”

The developmental age of the child will determine how much the child will be able to do. Toddlers will enjoy playing with the soil. Toddlers also put everything in their mouth so extra supervision is needed. They will be able to help plant larger seeds such as sunflowers, corn, peas, beans, and squash (especially pumpkins are fun). Seeds with faster germination will keep toddlers interested.

Older children can plant smaller seeds but still need assistance (I still need help with small seeds). This is also the age when you can show children how to thin seedlings. Help them identify what is a seedling to keep and what is a weed.

Teenagers can grow theme gardens such as a pizza garden. A pizza garden can be planted in a circle plot that is divided in sections like a pizza. Each section can have different plants that can be used for a pizza. These can include tomatoes, peppers, basil, parsley, and onions or

chives. This will be an exciting project at harvest time when a pizza can be made with the produce grown. Other themed gardens can be salsa garden or heirloom garden. An heirloom garden can include the history of plants and how they have changed through time. A Three Sisters Garden is a wonder garden idea to teach native American Iroquois garden methods.

Starting seeds indoors is an option to start introducing gardening to children before the outdoor season starts. Some plants such as peppers and tomatoes need to be started indoors due to their longer growing season. If starting seeds indoors is not feasible, expect to buy start plants that require the longer season.

Children will enjoy learning about good insects and pests in the garden by taking an active roll in controlling them. Good insects such as ladybugs and praying mantis (invasive species of lady beetles and praying mantis is another lesson for another day). Slugs and snails that do damage can be trapped. This is a great project with children. Even young children learn quickly how to pick Japanese Beetles off of plants and drop them in a bucket of soapy water.

This is now a great time to teach about the importance of pollinators and how to protect them. Pollinators are not only honey bees but include other types of bees and insects. Show children how to plant flowers such as marigolds next to their vegetables plants will attract pollinators to their garden and help the vegetables be pollinated.

The ideas to teach children about gardening are endless. There numerous books written for children about growing plants, pollinators, pest control, etc. Introduce a child to gardening and watch the next generation share the love with you.

References:

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Trevor, Wayne. *How to Deal With Slugs and Snails.* July 24, 2014. www.GrowVeg.com/guides.

Eames-Sheavly, Marcia. *The Three Sisters Garden: Exploring an Iroquois Garden. Learn, Garden & Reflect with Cornell Garden-Based Learning,* 1991.

Grow a Pizza Garden. www.HGTV.com/outdoors/gardens/garden-styles-and-types/grow-a-pizza-garden. 2022 Warner Brothers Discovery, Inc.

Sweester, Robin. *Gardening With Children: What to Plant and Fun Activities.* www.almanac.com. June 9, 2021

summer is
in full
swing!



STAY
hydrated

JULY 2022

WHATS IN SEASON?



Corn
Cauliflower

Summer Squash
Tomatoes



Cherries
Blueberries

Broccoli
Beans

Drink Water Your Way

Make It Tasty

Try adding one of these to your water:

- ◆ Fresh ice.
- ◆ A splash of 100% fruit juice. It could be left over from fruit canned in 100% juice.
- ◆ Fresh fruits, veggies or herbs that have been torn, cut or mashed to release their flavor.
- ◆ Frozen fruits, vegetables, juice or herbs:
 - frozen berry pieces
 - make ice with pieces frozen into it
 - freeze mashed fruit in an ice cube tray
 - freeze 100% fruit juice



Choosing water at home and out will save money and lower calories!

Water helps keep your body temperature normal



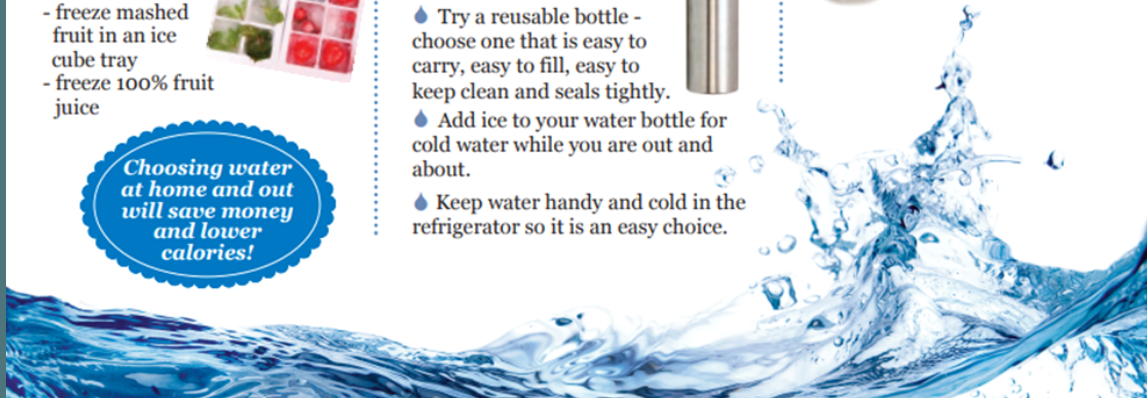
Make it Easy

- ◆ Try a reusable bottle - choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly.
- ◆ Add ice to your water bottle for cold water while you are out and about.
- ◆ Keep water handy and cold in the refrigerator so it is an easy choice.



Make It Special

- ◆ Choose a nice looking container or glass.
- ◆ Ask kids to choose a name for their drink.
- ◆ Add a garnish to each glass - try a citrus slice over the edge, a single piece of fruit, or a cucumber slice.
- ◆ Make it fizzy by adding sparkling water or soda water (unsweetened) with some 100% fruit juice.



Here are some quick tips to help **Rethink Your Drink!!**
Choose water (tap, bottled, or sparkling) over sugary drinks.



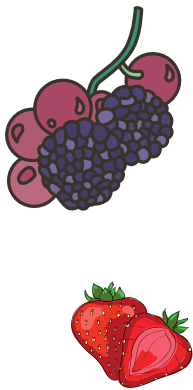
- Need more flavor? Add berries or slices of lime, lemon or cucumber to water.
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- Water just won't do? Reach for drinks that contain important nutrients such as low fat or fat free milk, fortified milk alternatives, or 100% fruit or vegetable juice first.
- At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, a milk alternative such as soy or almond, or get back to basics with black coffee.
- At the store? Read the Nutrition Facts Label to choose drinks that are low in calories, added sugars, and saturated fat.
- On the go? Carry a reusable water bottle with you and refill it throughout the day.

Rethink your drink and be a role model for your friends and family by choosing water and other healthy, low-calorie beverages.

Rethink your drink!! And make better beverage choices!



BANANA BERRY SMOOTHIE



Nutrition Facts: Serving Size 1 cup	
Calories 100	Total Carbohydrate 22 g
Total Fat 1 g	Dietary Fiber 2 g
Saturated Fat 0 g	Total Sugars 14 g
Cholesterol 5 mg	Protein 3 g
Sodium 35 mg	

Ingredients:

- 1 cup sliced banana
- 1 cup unsweetened frozen berries
- 1 cup nonfat or 1% milk
- 1 cup 100% orange juice

Directions:

1. Place all ingredients in a blender. Put the lid on tightly.
2. Blend until smooth. If too thick, add 1/2 cup cold water and blend again.
3. Refrigerate leftovers within 2 hours.

for more recipe visit:

<https://snapedny.org/snap-ed-ny-recipes/>



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



Food prices have increased more than 10% this year and these increases make it even more important to carefully plan your meals and snacks before you grocery shop.

Try these budget friendly planning suggestions from www.myplate.gov:



1. See what you already have. "Shop" your pantry, refrigerator and freezer and plan to make meals and snacks using these foods.
2. Make a list of meals and snacks for the week. Consider who will be home to eat each meal and snack so you plan to buy only as much food as you need. Will your children eat meals at school or daycare? Will your family be at a picnic one weekend day? Are you having dinner at a friend's house one night?
3. Think about your family's schedule. Nights when your family is in a hurry to get to a game or practice or a night when you get home late, you will want to have a very easy meal planned that can be prepared quickly and easily.
4. Plan to use leftovers. Double recipes so the leftovers can be served another night or sent in packed lunches to work and school. Prepare extra items like pasta or rice that can be refrigerated or frozen then used on a night when you are pressed for time.
5. Keep an ongoing list of items you need so when you are planning your shopping trip, you already have the list started.
6. Make a grocery list. This can be done with an app on your phone, or in a list maker on your grocery store's website or with a pen and paper. Whatever method works for you is the best list making method to use.

In Season This Month: Green and Yellow Beans



Beans should be bright in color, with no dark spots and a firm texture. They should be firm and snap when you break off the stem end. Look for beans with no large bumps because those beans are older and may be more tough and less flavorful. One pound of fresh beans equals about 3 cups when cut, or 2 cups when cooked. Beans are versatile and can be used in entrees, salads or eaten on their own as a side dish.

KORNER

I With your child, visit the local public library and sign up for the summer reading program. Lots of fun activities are planned for the summer and they are all free! While you are there, check out the book "One Little Bean: Observation - Life Cycle" by Cecil Kim. At home, read the book together to learn the lifecycle of a bean seed and how seeds become the beans we eat.

Nutrition Facts for 1/6 of recipe: 70 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 110mg sodium, 11g total carbohydrate, 4g dietary fiber, 6g total sugars, 0g added sugars, 3g protein, 0% Vitamin D, 4% calcium, 10% iron, 8% potassium, 32% calories from fat

Source: myplate.gov

Green Beans with Tomatoes and Basil

Makes 6 servings Serving size 1/6 of recipe

Ingredients

- 6 cups green beans (about 1 pound, ends snipped)
- 1 tablespoon olive oil
- 1 onion (medium, finely chopped)
- 1 can tomatoes (14.5 ounce can, drained and chopped)
- 1 tablespoon basil (fresh or 1/2 teaspoon dried)
- 1 tablespoon parsley (fresh or 1/2 teaspoon dried)
- Salt and pepper (to taste, optional)



Directions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).

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

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

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

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

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

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

Wendy Alexander
716-664-9502 x 221

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

The Chautauqua County Extension Connection
(USPS#101-400) is published monthly by
Cornell Cooperative Extension of Chautauqua
County, JCC Carnahan Center
525 Falconer Street, PO Box 20
Jamestown, NY 14702-9608.

Periodical Postage Paid at
Jamestown, NY 14701.

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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.

*The "Extension Connection" is prepared by the CCE staff and is published monthly by Cornell Cooperative Extension - Chautauqua County. **If you have information for the "Extension Connection" it needs to be in the CCE office by the 10th of each month for the following month's issue.***

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