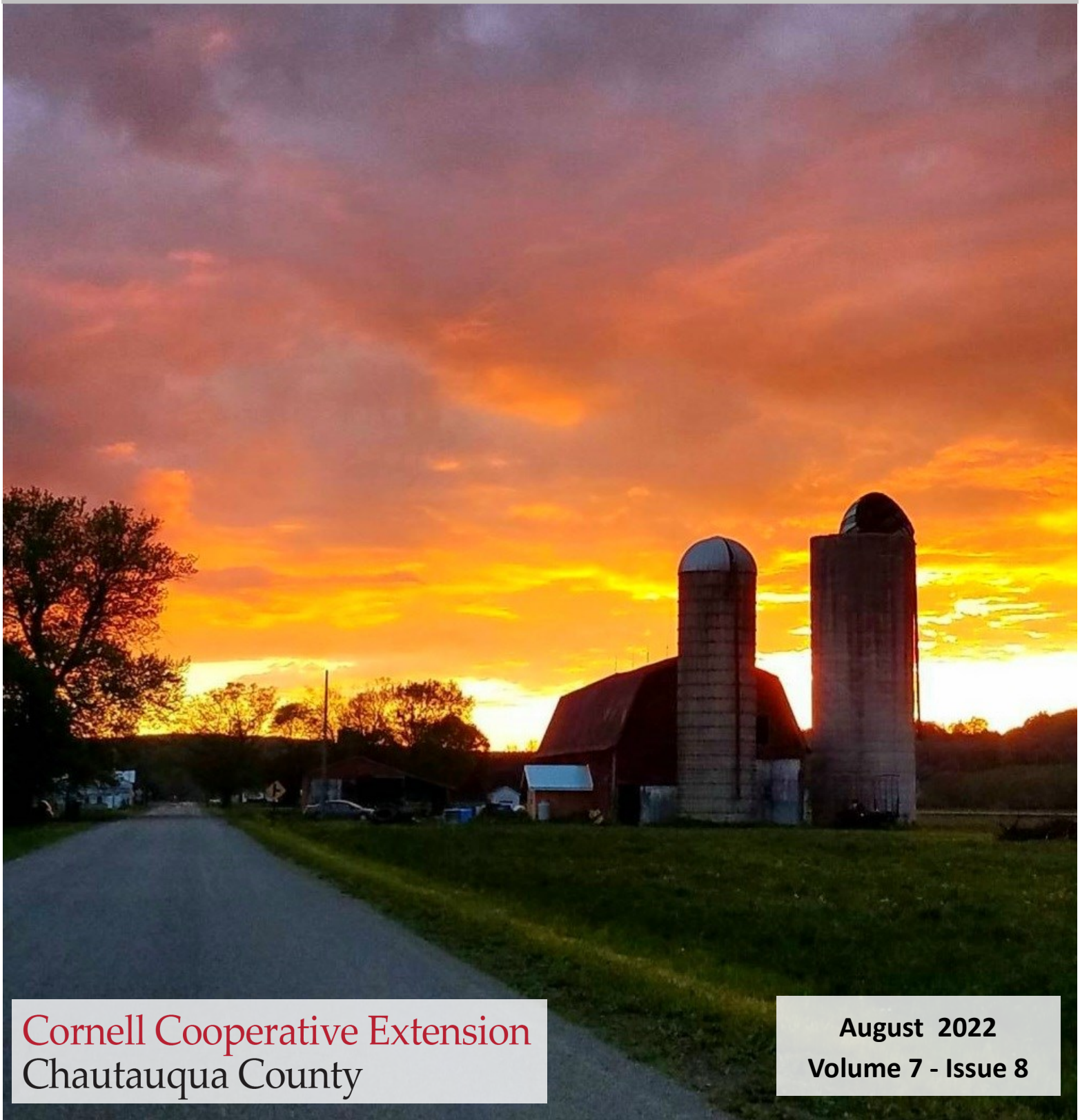


Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

August 2022
Volume 7 - Issue 8

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COVER PHOTO: A beautiful sunset in Western New York.
By Lindsey Crisanti

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

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

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Cornell Vegetable Program

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CCE - Chautauqua County

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www.cce.cornell.edu/chautauqua

Association News

Board of Directors

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Kimberly Witherow, Sherman
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Dan Pavlock, County Legislator

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

4-H Program Committee

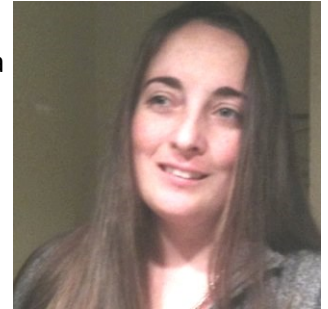
Brittany Begier, Jamestown
Linda Jarvis, Fredonia
Mary Jantzi, Clymer
Joe Osborne, Panama
Betty Catanese, Stockton
Beth Southworth, Bemus Point
Kimberly Witherow, Sherman
Louis Smith, Silver Creek

4-H Program Advisory Chairpersons

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

From the Office of the Executive Director

Hello from the Executive Director. We hope you were all able to join us for the Chautauqua County Fair. It was heartwarming to see familiar faces, and the quality of animals that our families have been raising. The sewing and domestic projects were exceptional and the friendships, both youth and adult, made it all priceless. It was also a wonderful opportunity for 4-H staff, volunteers, parents, and youth to enjoy and reflect, but also to learn. And I mean learn beyond showing animals and presenting a sewing project, but truly learn about our own behaviors, our appreciation for opportunities and how we can grow from our experiences and make the 2023 program year even better. If you attended the Fair, we would love to hear your feedback. Please email us and let me know what you liked, disliked, or would like to see in 2023, chautauqua4h@cornell.edu.



To all our sponsors and supporters, a simple thank you will never mean as much as your support has to us. We sincerely appreciate you helping us keep 4-H thriving in Chautauqua County. Although July is a month to celebrate 4-H, it does not overshadow the great work happening in our Agricultural and Nutrition Programs. If you have a garden or grow cucurbits (cucumbers especially) be on the look out for downy mildew. Please be on the lookout and report suspicious cases to our Master Gardeners at, chautauquamg@cornell.edu.

There is also a great lineup of Chautauqua L.E.A.F. (Learn, Empower, Achieve, Farm) workshops available this fall, be sure to check them all out and invite your friends.

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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

For more information or to make reservations please
call Cassandra Pinkoski at 716-664-2351 ext. 5.



Cornell University
Cooperative Extension
of Chautauqua County



FARM CREDIT EAST



Chautauqua County
Soil and Water
Conservation District



The Chautauqua County Fair is More than Rides and Ribbons

By Cassandra Skal, Agriculture Coordinator

From the bleachers at the 2022 Chautauqua County Fair (finally) observing the Open Dairy Show. To some fairgoers the point of the fair is to eat delicious fried foods and experience the adrenaline that results from riding rides and playing games to win that goldfish that might live for two hours or fifteen years. While the agriculture side loves those things too, what really makes our hearts beat is showing off all our hard work, learning more about our animals of choice, networking with other local producers, learning from each other and our judges, and teaching people who are not familiar with our animals.

Sitting here in the bleachers my heart is swelling while watching these producers, some are so young that a parent is in the ring with them and some are our wise and experienced showmen, who all lead their cows around the ring with so much pride in what they have raised. These are the people that make sure all of us have dairy products to feed ourselves and our families.

The agriculture industry is such an incredible thing to be a part of and witness to, we compete in the show ring but shake each other's hands win or lose and support each other in our times of victory and our times of hardships. It does not matter the species of animal that is in the showing, we are all the same – we all want to have the best animals and continue to improve our animals and the way we raise them to provide the best quality products for our consumers at the best prices.

I hope you were able to get out to the fair, stop and watch a show and support your local producers, stop in the barns and ask about the animals – that's why we are here; we want to show you and let you experience our animals with us. If you were unable to attend our recent Chautauqua County Fair, be sure to visit another local county fair, or the upcoming NYS Fair in Syracuse!



Lynette Chase, local dairy exhibitor, showing her junior Holstein heifer calf, with agricultural producers and the public watching the show.



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— Kyle Hirt



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Empire Farm Days
Pompey, NY, Aug. 2-4, 2022
Sign up for a chance to win a gallon.

MITHVA FARMS, NEW WOODSTOCK, NEW YORK
85 Holsteins, 21,300M 3.9F, 2.9P, 200,000 SCC
(Above) Kyle Hirt with Lane, Maggie, and Abigail

"We really like Udder Comfort™ for our fresh cows and for any type of swelling. We also use it on any cow with mastitis. We have been using Udder Comfort for 4 years because it is much quicker in reducing edema. We tried other products, but this is the one that really works fast, and best," says Kyle Hirt.

Kyle and Lisa are part of the 5th generation at Mithva Farms. With his uncles Tim and Rick, they farm in New Woodstock, New York, milking 85 registered Holsteins.

"We apply Udder Comfort 2x/day for 3 to 4 days after calving, seeing the results in how quickly the center crease comes back and how much softer the udders are to milk evenly," Kyle explains.

"We also see how SCCs are lower in our fresh cows, with lower linear scores. We like Udder Comfort best for the results and ease of use. To get fresh udders in shape, we just spray and away we go. It's fast."

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SAVE THE DATE

Saturday, October 1st, 2022

11:00 AM - 3:00 PM

Brehm Farms Inc.
3456 Dry Brook Road
Falconer, NY 14733

Open to all ages -
join us for a free family fun day
visiting a local dairy farm and learn about
the agriculture in your
backyard!

Cornell Cooperative Extension
Chautauqua County



Cornell Cooperative Extension of Chautauqua County's
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2022 Fall Season LEAF Workshop Information

LEAF (Learn Empower Achieve Farm)

The LEAF Program connects our areas residents, homesteaders, farmers, and agricultural enthusiasts to educational resources through workshops, on-site consultations, and the Western New York Beginning Farmers and Homesteaders Community to continue to diversify and grow agriculture in Chautauqua County.

The LEAF series is open to beginning farmers, established farms looking to grow and diversify, agriculture enthusiasts, homesteaders, and EVERYONE in between! A variety of workshops will be presented through the fall and spring seasons.

You can register and see full class descriptions here: <http://chautauqua.cce.cornell.edu/agriculture/2022-l-e-a-f-workshop-series>. Please contact Cassandra Skal, Agriculture Program Coordinator, at 716-664-9502 ext. 202 with any LEAF questions or concerns.

****All classes will be held at JCC Carnahan Building.**



Class	Date	Time	Instructors
Everything You Want To Know About Herbs	Wed. Sept. 14	6:00 pm-8:00pm	The Herb Mill
So, You Want To Start A Farm?	Wed. Sept. 21	6:00 pm-8:00pm	Katelyn Walley-Stoll
Small Scale Composting Methods For The Home	Thurs. Sept. 22	6:00 pm-8:00pm	Steve Rees
Equine - End of Life	Tues. Sept. 27	6:00 pm-8:00pm	Karin D. Bump Ph.D.
Business Planning For Beginning Farmers	Wed. Oct. 5	6:00 pm-8:00pm	Katelyn Walley-Stoll
Yummy Yeast Breads	Tues. Oct. 11	6:00 pm-8:00pm	Linda Dewey
Vet 101 - What To Do When Things Go Wrong	Thurs. Oct. 13	6:00 pm-8:00pm	Dr. Shannon Carpenter
Raising Capital For Your Farm	TBA	6:00 pm-8:00pm	Amanda Ritchey
Basics Of Home Food Preservation	Tues. Oct. 25	6:00 pm-8:00pm	Emily Reynolds; Shannon Rinow
Sourdough and Salt Rising Breads	Tues. Nov. 1	6:00 pm-8:00pm	Linda Dewey
Baby Mama Drama: Do's and Don'ts of Animal Birth on The Farm	Tues. Nov. 8	6:00 pm-8:00pm	Dr. Shannon Carpenter
Old Fashioned Soap Making	Sat. Nov. 12	10:00am 12:00pm	Linda Dewey
Sewing 101	Thurs. Nov. 17	6:00 pm-8:00pm	Nancy Johnson
Grant Writing 101	Tues. Nov. 22	6:00 pm-8:00pm	Paula Pichon



CrackerJack Farm Feed & Variety Store 716-499-9985

Store hours: M-F - 4-8pm, Sat. 8am-Noon

The CrackerJack Farm remains a family operated farm specializing in Percheron Draft Horses and Horse-drawn Carriage / Wagon rides. In 2019 the family extended the farm operation to include Blue Seal Feed, and in 2020 we added Dry Creek Wood pellets along with Hand-crafted items made by family members.

Horse Feed:

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

Chicken Products:

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

Dog Products:

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

Cat Products:

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

4-H Discounts
Available

Rabbit Products:

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

Wild Bird Products:

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

Beef Products:

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

Goat Products:

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

Bedding:

- ◆ Pine shavings / sawdust
- ◆ Hardwood shavings

Alpaca:

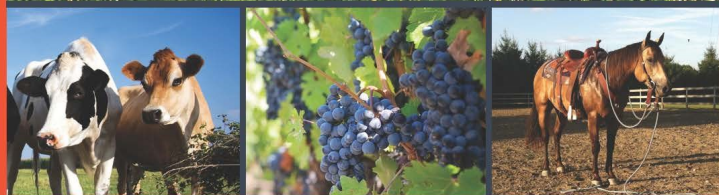
- ◆ Home Fresh Alpaca Crunch

*CrackerJack Farm Feed & Variety Store
4589 Bemus Ellery Road
Bemus Point, NY 14712
<https://crackerjack-farm.square.site>
716-499-9985*

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Chautauqua County Soil & Water Conservation District Newsletter

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



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

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

The Invasive Spotted Lanternfly

The Spotted Lanternfly was just recently discovered in Pennsylvania in 2014. It is an invasive species that originates from China and Southeastern Asia. In 2018, it was discovered that the insect had spread to several states like Virginia, Connecticut, Delaware, Maryland, New Jersey, and New York. The insect has caused concern in the agriculture and forestry industries due to its large network of hosts and the devastating impacts it has on its victims. Let's discuss how this invasive insect can affect our community, what to look for when identifying it, and what to do when one is found.

The lanternfly is of major concern because of the economic impact that it could have on the agriculture and forestry industries. This insect has a large variety of hosts that it prefers, like stone fruits, grapes, apples, maple trees, oak trees, and blueberries. Each of these products are large contributors to the New York State economy. For example, New York State agriculture brought in \$5.75 billion of revenue in 2017 and 61% of the state is forested. If the population of the lanternfly rises, the forestry and agriculture community can expect devastating losses. Therefore, eradication of the lanternfly would greatly benefit these industries, and ultimately, the entire state's wellbeing. Being that the spotted lanternfly was recently sighted in West Seneca, NY, the threat they pose is looming over the economy.

Perhaps the most favored host of the lanternfly would be the tree of heaven. The tree of heaven is also invasive, and it essentially disrupts an ecosystem by creating a toxin that destroys other plant species within the same growing space. This limits native plant species for wildlife to sustain themselves as almost no wildlife feed on the tree of heaven. This tree is similar in appearance to a sumac tree, but there are two identifying characteristics that separate the trees. Firstly, sumac has serrated leaves while the tree of heaven has smooth edged leaves. Secondly, if you crush the leaves of the

tree of heaven, it emits a foul odor while the sumac leaves do not.

The tree of heaven can be utilized to bait the lanternfly and eradicate it. Through this method, you must kill most of the tree of heaven within the vicinity and leave a few live ones within one area. This attracts the lanternfly to a small area where that population can be eradicated. This method brings back the adage, "two birds with one stone." The tree of heaven strips an ecosystem of diversity, which limits the existence of both plant and animal species. Removal of the tree can only benefit the surrounding environment. However, controlling this tree is extremely difficult due to the extensive root system and resprouting ability. You can not simply cut the tree down because it will multiply from the existing stump. Herbicide is a necessity in removal of this tree. The time frame for applying herbicide would be from July to late summer. This is the ideal time for application because the tree is moving carbohydrates to the roots. Waiting to apply herbicides outside of this time frame will only damage the aboveground growth, allowing the trees to come back the next year. Check out this article from Penn State Extension for more information on the tree of heaven, <https://extension.psu.edu/tree-of-heaven>.



Tree of Heaven

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
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Greg Kolenda, District Field Technician
Hailey Brown, Water Quality Technician

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

To correctly identify the spotted lanternfly, look for the distinctive red coloring on the hind wings. Both hind and forewings have a polka dot pattern, but the forewings are grey in color. They also have a bricklike pattern on the tips. The abdomen of these creatures is yellow with black banding. Overall, they are unique and brightly colored, so identifying them correctly is likely. The best time for identification is at dusk when the lanternfly is most active. Also be on the lookout for their egg masses, which they lay around September. They look like mud that has been smeared on a tree. However, the lanternfly will lay egg masses on any hard, smooth surface like rocks, plants, and bricks. This makes identifying egg masses difficult and would most likely be how the lanternfly spread all over the northeast as it was unknowingly being transported on different materials. Another way to identify if a lanternfly population is in your area is to look for signs of weeping in the tree. The insect uses their specialized mouthparts to pierce its host and uptake the sap. Sometimes, the tree will weep and ooze sap from these points due to its weakened state. The lanternfly also leaves a honeydew substance where they feed, causing a sooty mold to form. This honeydew and the seeping, fermenting areas may attract other insects.



Adult Spotted Lanternfly

When a lanternfly is identified or its egg masses are identified, take a picture of the insect or egg mass. If possible, collect the findings in a bag and preserve it with rubbing alcohol or hand sanitizer. Then place it in the freezer. Be sure to note the area where the lanternfly or egg mass was found, as you will email the DEC, spottelantennfly@dec.ny.gov, the picture you took as well as the location it was found.

The spotted lanternfly needs to be apprehended before damages to the agriculture and forestry industries begin to have economic impacts. This invasive species could truly devastate people's livelihoods. After reading this article, feel free to call the office with any questions that you may have about the spotted lanternfly at 716-664-2351 x5.



Spotted Lanternfly Egg Mass

References

- Carroll, J., & Mattoon, N. (n.d.). *Spotted Lanternfly*. Retrieved from Invasive Species & Exotic Pests: <https://agriculture.ny.gov/system/files/documents/2019/07/Spotted%20Lanternfly.pdf>
- Jackson, D. R., & Wurzbacher, S. (2020, November 2). *Tree-of-Heaven*. Retrieved from PennState Extension: <https://extension.psu.edu/tree-of-heaven>

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Dairy Committee 6:30PM	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 Hog Committee 6:30PM	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			

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5  Holiday	6	7	8	9	10
11	12	13	14 Dog Project Meeting 6:30PM	15	16	17
18	19 Goat Committee Record Review 6:45PM	20 Beef Committee Record Review 6:30PM	21 Dog Committee Record Review 6:30PM	22 Hog Committee Record Review 6:30PM Sheep Committee Record Review 6:30PM	23	24
25	26	27 Exhibition Poultry Record Review 6:30PM	28	29 Rabbit Committee Record Review 6:30PM	30 Market Poultry Record Review 6:30PM	



State Fair Meeting:

Thursday, August 4th
6:30pm

Committee Chair Meeting/ Program Review:

Thursday, September 15th
6:30pm

Organizational Leaders Meeting:

Monday, September 19th
6:30pm

Record Books Due:

Thursday, September 15th
Record books submitted from September 16th-29th will only be eligible to receive a red award and youth may not be eligible for year-end awards.

**NO RECORD BOOKS WILL BE ACCEPTED AFTER
SEPTEMBER 29th**

New York State Fair

August 24th-September 5th
Syracuse, NY

Visit the Farm Day

Saturday, October 1st
Brehm's Farms
11:00am-3:00pm
3456 Dry Brook Rd
Falconer, NY 14733
Volunteers Needed!

Press Release:

2022 County Fair Press Releases can be found online at cce.cornell.edu/Chautauqua/news

Don't forget to send thank you notes to buyers and sponsors!

Program Committee:

We are looking for 3 people to join our program committee. Elections are this fall. Please contact the 4-H Office if you have any questions or concerns.

County Fair 2023:

Do not get rid of your club projects! Keep them and enter them at Floral Hall next year at the fair. Juniors do not pay to enter.

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.

!!Volunteers Needed!!

We are in need of someone to take up youth projects to be evaluated. They need to be up at the fairgrounds on August 23rd and on September 6th, they will need to be picked up. This year is the first time in years that the youths projects will be judged at the New York State Fair.



CHAUTAUQUA
COUNTY
4-H



Animal Project News

Beef Project

Committee Meetings

Thursday, August 18, 2022

Committee Record Review

Tuesday, September 20th
6:30PM at JCC

Committee Chair: Dave Schauman
janschauman@gmail.com



Exhibition Poultry Project

Committee Meetings

Tuesday, September 27
7:00 PM at JCC

Committee Chair: Jamie Smith
smith_jamie@mac.com



4-H Program Committee

Tuesday, August 9
7:00 PM at JCC



Horse Project

Committee Meetings

Wednesday, August 10
6:30pm at JCC

Committee Record Review

TBA

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Dog Project

Project Meetings

Wednesday, September 14
6:30PM

Committee Record Review
Wednesday September 21
6:30PM

Committee Chair: Roxanne Young
roxy6825@windstream.net

Any changes will be posted on
REMIND!

Market Poultry Project

Committee Record Review

Friday, September 30 6:30PM

Committee Chair: Julie Covert
jcoverts@windstream.net



Rabbit Project

Committee Record Review

Thursday, September 29th
6:30PM at JCC

Committee Chair: Becky King
redyeking@yahoo.com



Sheep Project

Committee Record Review

Thursday, September 22
6:30PM at JCC

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Hog Project

Committee Meetings

Tuesday, August 16
6:30PM at JCC

Committee Record Review

Thursday, September 22
6:30PM at JCC

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

Committee Chair: Ken Styers
styers@yahoo.com



Goat Project

Committee Record Review

Monday, September 19
Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537



Dairy Project

Dairy Committee Meeting

Tuesday, August 2
6:30PM at JCC

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

Community Partners



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

is a skills-based training course that teaches participants about mental health and substance-use issues.

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

IDENTIFY

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

UNDERSTAND

When more people are equipped with the tools they need to start a dialogue, more people can get the help they need. Mental Health First Aiders can even save lives.

RESPOND

6 hour course + 2 hours of pre-work | zoom or in person | no cost through May 2023

WHAT DO YOU LEARN IN A MHFA COURSE?

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

a 5 step action plan to assess risk, listen, and support someone in crisis

identify appropriate professional help and other support

identify risk factors and warning signs for mental health or substance use problems

build mental health literacy and understanding

WHAT TOPICS ARE COVERED?

depression and mood disorders

anxiety disorders

engaging with someone who may be suicidal

helping someone through a panic attack

substance use disorders

trauma

assisting someone who has overdosed

building recovery and resiliency

Contact Kate Downes
kdownes@cornell.edu to schedule a training in your community today.

This work is supported by 7 U.S.C. 5936, Section 7522 of FCEA of 2008, Farm and Ranch Stress Assistance Network (FRSAN), Grant No. 2021-70035-35550, from the U.S. Department of Agriculture, National Institute of Food and Agriculture



Evening in the Garden

-By Mark Sullenberger, Master Gardener

Cornell Cooperative Extension of Chautauqua County Master Gardeners Program is inviting the public to share some time at their new demonstration gardens for an evening of learning and asking questions on a noteworthy garden topic. Our demonstration gardens are where the master gardeners test garden techniques proven by the Cornell Cooperative Extension and Cornell University Life Sciences and Agriculture.

The Evening in the Garden events occur once a month and cover a variety of gardening topics and often involves hands-on demonstrations in the community garden, located at JCC. The demonstration gardens co-chair, Wickie Stapleton hosts the sessions occurring on the third Wednesday of each month at 6PM every month until September. Please join us for this free family event! Please come with questions and ready to learn!

The demonstration garden is now located at the JCC-Community Gardens located by the JCC-Physical Education Complex right behind the tennis courts. Parking is located nearby right off Curtis St. The Chautauqua County Master Gardener Volunteers are part of the Cornell Cooperative Extension providing instruction, assistance to community gardeners and the gardening public.



Photo Caption: Picture from Demonstration Garden using raised beds and recycled material





SNAP-Ed New York Has a New Look!

Visit snapedny.org to get more information about recipes and tips for eating healthy for yourself and your family.

E-mail: msd263@cornell.edu to receive the monthly newsletter!



Welcome to SNAP-Ed!

SNAP-Ed is a **FREE**, confidential nutrition education program that helps families manage food resources during tough economic times. The Cornell Cooperative Extension Nutrition team of knowledgeable nutrition educators provide practical, hands-on activities and skills for healthy meal prep, as well as explore the importance of physical activity and a healthy lifestyle for the community members in the Southwestern Region.

The primary focus of our program is to promote food resource management skills, encourage healthy food and physical activity behaviors, weight management, increase consumption of nutrition dense foods, and develop skills to prepare low-cost, nutrient dense recipes through food demonstrations.



AUGUST 2022

WHATS IN SEASON?

Corn
Cucumbers

Yellow Squash
Tomatoes

Peaches
Blueberries

Beets
Carrots



Ingredients

- 4 green pepper (large, washed)
- 1 pound turkey, ground, 85% lean
- 1 cup rice, uncooked
- 1/2 cup onion (peeled and chopped)
- 1 1/2 cup tomato sauce, unsalted
- ground black pepper (to taste)

Directions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.

Freezing Vegetables

Freezing is a good way to store vegetables.

Prepare Vegetables

- ❖ Wash hands with soap and water.
- ❖ Gather cooking tools and freezer containers.
- ❖ Rinse vegetables under running water.
- ❖ Trim, peel or cut vegetables as desired. Aim for pieces that are about the same size.
- ❖ The next step depends on the type of vegetable.



Package for Freezing

- ❖ Use containers that are airtight and freezer-safe. Label them with the vegetable name and date.
- ❖ Put vegetables into the container directly or place on a flat pan and freeze until firm, then put into the container.
- ❖ Leave as little air as possible in the container before closing and then put into the freezer.

Preparing Vegetables for Freezing

Celery, onions, peppers, tomatoes	Package right after preparing.
Beets, potatoes, sweet potatoes, tomatoes, winter squash	Cook until done. Cut, mash or blend, if desired, then cool and package.
All others	Blanch using the picture directions below, then package.

How to Blanch for Freezing



1. Bring 1 gallon (16 cups) of water to boil in a large pot.

2. Lower 2 to 3 cups of vegetables into the boiling water.

3. Return the water to a boil and begin timing (see minutes below).

4. Move vegetables to a bowl of ice-cold water; cool completely.

5. Drain the vegetables and pat them dry, then package.

Blanching Vegetables This short heat treatment protects the flavor and color of vegetables

2 minutes	carrots, parsnips, peas (snap or snow), spinach and other leafy greens (except collards), turnips
3 minutes	asparagus, beans (green or wax), broccoli, cauliflower, celery, collards, okra, summer squash (including zucchini)
4 minutes	corn cob (after blanching, slice off kernels to package), eggplant

*Reminder:
Move your body this summer!*



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



So Easy to Freeze Bell Peppers

Green, red, yellow and orange bell peppers are abundant this month at farmers' markets and farm stands. Bell peppers are perfect for freezing to use during the winter in any cooked dish. Bell peppers are an incredible bargain in the summer compared to per pound prices during the winter months.

According to the National Center for Home Food Preservation website (<http://nchfp.uga.edu>) it is easy to freeze bell peppers.

1. Prepare peppers by selecting crisp, blemish free peppers. Wash, cut out stems, cut in half and remove seeds. Cut into strips, rings or pieces.
2. Place raw, cut peppers in freezer zip top bags or freezer containers, leaving no headspace. Remove air (if using zip top bags), seal and freeze!

During the winter months, use your frozen bell peppers in soups, stews and casseroles. It's so nice to be able to have peppers available when you want them and to know they are farm fresh and locally grown!



In Season This Month: Lots of Vegetables and Fruits

While visiting your local farmers' market, look for these farm fresh fruits and vegetables: green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, lettuce, leeks, mustard greens, onions, peppers, potatoes, radishes, Swiss chard, tomatoes, winter and summer squash, apples, blueberries, cantaloupes, peaches, pears and plums. Don't forget to use your Farmers' Market Nutrition coupons, your WIC fruit and vegetable check or EBT card.

Bell Pepper Salad Makes 6—1 cup servings

Ingredients

- 4 bell peppers
- 1/2 medium onion
- 2 1/2 tablespoons vinegar
- 1 tablespoon oil
- 1/8 teaspoon pepper and salt

Directions

1. Wash your hands with soap and water.
2. Wash bell peppers and remove tops and seeds. Cut into 1/4 inch strips. Peel onion and slice into very thin slices.
3. In a large mixing bowl, stir together vinegar, oil, pepper and salt.
4. Add bell pepper and onion and stir gently to coat. Cover and refrigerate for 30 minutes before serving.
5. Refrigerate leftovers within two hours



KORNER

I This month, from the local library, check out 'Zora's Zucchini' by Katherine Pryor. Learn about Zora's excitement from growing her first garden and her creative ideas for using her zucchini when things get a bit out of hand in her garden.

Nutrition Facts for 1 cup serving: 45 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 50mg sodium, 5g total carbohydrate, 2g dietary fiber, 3g total sugars, 0g added sugars, 1g protein, 0% Vitamin D, 0% calcium, 0% iron, 4% potassium, 8% Vitamin A, 92% Vitamin C, 50% calories from fat

Source: foodhero.org

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

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

Workshop series include:

- Family Nutrition Education Curriculum
- Finding A Balance - Diabetes
- Healthy Cents
- Breastfeeding.

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

Workshop series include:

- Choose Health: Food, Fun and Fitness; Teen Cuisine

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

Jamestown
Wendy Alexander
716-664-9502 x 221
Dunkirk
Elizabeth Comstock
716-664-9502

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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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