

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

September 2022
Volume 7 - Issue 9

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COVER PHOTO: Beautiful Alpacas at the Alpacaville Family Farm, located in Bemus Point, NY. Owned and operated by Dan & Shauna Anderson

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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Association News

Board of Directors

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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

Things at CCE have been busy as I am sure many of you can relate. It's inevitable fall is upon us and for many that means harvest, late nights, and long hours. Please know we all appreciate the dedication and hard work of farming.

Personally, this is one of my favorite times of the year, as we wrap up a busy 4-H schedule and conclude with State Fair and record books, it really gives us a chance to reflect on all the great youth programming and encourage members to return and invite their friends to join. It's always rewarding to read through record books and see the growth and development of our young members.



And we can't help but love the fresh air of fall. Just yesterday as we walked the vineyards in the north county you could start to smell that amazing sweet Concord grape smell as the plump purple clusters start to come into prime for harvest.

CCE staff have been busy planning and hosting programs too. We enjoyed seeing many of you at the Farmer Neighbor Dinner and are looking forward to Visit the Farm Day. There are several L.E.A.F. workshops planned for this fall too. We also have plans for a CCE meet and greet, save the date of October 27, please! We are planning an agricultural forum too. Our regional teams are offering several amazing programs, field walks and other educational opportunities as well. Please be sure to browse this newsletter for all the details and visit our website for the most up to date events www.CCE.Cornell.edu/Chautauqua and as always, reach out with questions, suggestions, and ideas.



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Chautauqua County Agricultural News

The Chautauqua County Holstein Club hosted the 74th Annual Holstein Show on Saturday, July 23, 2022 at the Chautauqua County Fairgrounds in Dunkirk, New York. Mrs. Kelly Reynolds of Corfu, New York was the official judge for the day with 75 head of cattle shown. Show Committee members were Nichelle Carlberg and Madison Woodis, Co-Chairs, Dennis and Lona Carlberg, Randy Wiltsie, Bill Kane, Nicholas Yotpolis, Larry Brown, Jeremy McChesney, Andy Miller and Patrick Sweatman.

The following are the top 3 placings in each class:

JUNIOR HEIFER CALF

Sr. Show

- 1) Wayward-Wind H Doc Tambourine, Onnolee Lind & Larry & Beanie Hill, Cassadaga.
- 2) DLB Warrior Exotic-Red, Larry & Beanie Hill, Max Hill & Dylan Neckers, Falconer.
- 3) RO-MA-ME Central Ebony, Grace Meyer, Springville.

Jr. Show

- 1) RO-MA-ME Central Ebony, Grace Meyer, Springville.
- 2) Green Banks Analys 8751-Red, Tyler Crowell, S. Dayton.
- 3) Reliance-H Analyst 10898, Emmersen Crawford, Sherman.

INTERMEDIATE HEIFER CALF

Sr. Show

- 1) MS E Skinner Avalch Rolo-ET, Larry & Beanie Hill & Dylan Neckers, Falconer.
- 2) Green Banks War 8665-Red-ET "Milkshake", Ana Frederes, Falconer.
- 3) Etgen-Way Unix Winnie-ET, Miranda Nickerson, Corry.

Jr. Show

- 1) Green Banks War 8665-Red-ET "Milkshake", Ana Frederes, Falconer.
- 2) Etgen-Way Unix Winnie-ET, Miranda Nickerson, Corry.
- 3) Reliance Hancock 10803, Liam Nickerson, Sherman.

SENIOR HEIFER CALF

Sr. Show

- 1) Petitclere Devour Franey, Reliance Dairy, Sherman.
- 2) Oakfield Beemer 8582-ET, Ava Meyer, Springville.
- 3) J-Folts Dundee Phoebe, Erma Wolcott, Mayville.

Jr. Show

- 1) Oakfield Beemer 8582-ET, Ava Meyer, Springville.
- 2) J-Folts Dundee Phoebe, Erma Wolcott, Mayville.
- 3) Country Ayre Journey 7014-Red, Sophie Woodis, Dewittville.

SUMMER YEARLING HEIFER

Sr. Show

- 1) A Logansway Select Beverage, Collin Crawford, Sherman.

- 2) Plum-Line Undenied Vegas, Cole Nickerson, Corry.

- 3) Halocrest Cliff Sophia, Howard Ivett, S. Dayton.

Jr. Show

- 1) A Logansway Select Beverage, Collin Crawford, Sherman.

- 2) Plum-Line Undenied Vegas, Cole Nickerson, Corry.

- 3) Cash HL UN Lemondrop-Red-ET, Liam Nickerson, Sherman.

JUNIOR YEARLING HEIFER

Sr. Show

- 1) Yotpolis Unix TGIF, Nicholas Yotpolis, Clymer.
- 2) Reliance-H High Octain 10584, Reliance Dairy, Sherman.
- 3) LBH Unix Tipper, Ashlyn & Sarah Harvey, Falconer.

Jr. Show

- 1) Sweaty-Acres Light Mable RC, Levi Deland, Sherman.

INTERMEDIATE YEARLING HEIFER

Sr. Show

- 1) Halocrest Hancock Carol, Howard Ivett & Country Ayre, S. Dayton.
- 2) MS Revarce Jordy Ciera-RC, Reliance Dairy, Sherman.
- 3) Penncross Mafia Threat, Collin Crawford, Sherman.

Jr. Show

- 1) Penncross Mafia Threat, Collin Crawford, Sherman.
- 2) Lamjan King Doc Fifi Fofum, Dayne Jantzi, Clymer.

SENIOR YEARLING HEIFER

Sr. Show

- 1) Tri-Swan Ammo-P Layla-Red, Larsen Swan, Sherman.
- 2) Yotpolis ABA Target, Nicholas Yotpolis, Clymer.

Jr. Show

- 1) Tri-San Ammo-P Layla-Red, Larsen Swan, Sherman.

JUNIOR CHAMPION Sr. Show

Petitclere Devour Franey, Reliance Dairy;

RESERVE JUNIOR CHAMPION & BEST BRED & OWNED

UNDER 2 YEARS OLD

Wayward-Wind H Doc Tambourine, Onnolee Lind & Larry & Beanie Hill, Cassadaga.

BEST RED & WHITE UNDER 2 YEARS OLD

Green Banks War 8665-Red-ET "Milkshake", Ana Frederes, Falconer.

JUNIOR CHAMPION—Jr. Show

A Logansway Select Beverage, Collin Crawford, Sherman.

RESERVE JUNIOR CHAMPION

Plum-Line Undenied Vegas, Cole Nickerson, Corry.

JUNIOR BEST 3 FEMALES - Sr. Show

- 1) Larry & Beanie Hill, Falconer;
- 2) Howard Ivett, S. Dayton;
- 3) Nicholas Yotopolis, Clymer.

DRY THREE & FOUR YEAR OLD - Sr. Show

Halocrest Luxus Sunny, Howard Ivett, S. Dayton.

JUNIOR TWO YEAR OLD - Sr. Show

- 1) Cash Al More Sugar-Red, Brandon Nickerson, Sherman;
- 2) Best Udder - Country Ayre Hancock 6454, Lily Woodis, Dewittville.
- 3) 2nd Best Udder & Production Winner - Country Ayre Tatoo Talia, Evie Woodis, Dewittville.

Jr. Show

- 1) Country Ayre Hancock 6454, Lily Woodis, Dewittville.
- 2) Country Ayre Tatoo Talia, Evie Woodis, Dewittville.

SENIOR TWO YEAR OLD - Sr. Show

- 1) Best Udder - Smithson KW Crush Rae, Sophie Woodis, Dewittville.
- 2) 2nd Best Udder & Production - Reliance Kendal 10167, Liam Nickerson, Sherman.
- 3) Firewall Electric-Red-ET, Larry & Beanie Hill, Max Hill & Dylan Neckers, Falconer.

Jr. Show

- 1) Smithson KW Crush Rae, Sophie Woodis, Dewittville.
- 2) Reliance Kendal 10167, Liam Nickerson, Sherman.
- 3) Halocrest N Again Julia-Red, Autumn Gregory, S. Dayton.

JUNIOR THREE YEAR OLD - Sr. Show

- 1) Best Udder & Production - Miss Deigo Tenacity, Larry & Beanie Hill & Dylan Neckers, Falconer.
- 2) 2nd Best Udder and 1st of Jr. Show - Saxton-Hill DB Tune Me In, Devon Centner, Sinclairville.

SENIOR THREE YEAR OLD - Sr. Show

- 1) Best Udder - Plum-Uber Livewire, Cole Nickerson, Corry.
- 2) 2nd Best Udder - Reliance Jordy 9647, Reliance Dairy, Sherman.
- 3) Production - Depot Byway Strap, Larry & Beanie Hill & Dylan Neckers, Falconer.

Jr. Show

- 1) Plum-Uber Livewire, Cole Nickerson, Corry.

INTERMEDIATE CHAMPION FEMALE – Sr. Show

Plum-Uber Livewire, Cole Nickerson, Corry.

RESERVE INTERMEDIATE CHAMPION

Cash Al More Sugar-Red - Brandon Nickerson.

INTERMEDIATE CHAMPION FEMALE – Jr. Show

Plum-Uber Livewire, Cole Nickerson, Corry.

RESERVE INTERMEDIATE CHAMPION

Country Ayre Hancock 6454, Lily Woodis, Dewittville.

FOUR YEAR OLD - Sr. Show

- 1) Best Udder & Production - Lynnanne Red Hot Dot-Red, Larry & Beanie Hill & Dylan Neckers, Falconer.

FIVE YEAR OLD - Sr. Show

- 1) Best Udder - Halocrest Avalanch True-ET, Howard Ivett, S. Dayton.
- 2) Best Udder & Production - GFF LBH Doorman Easton, Larry & Beanie Hill & Dylan Neckers, Falconer.

SENIOR CHAMPION - Sr. Show

Halocrest Avalanch True-ET, Howard Ivett, S. Dayton.

RESERVE SENIOR CHAMPION

Lynnanne Red Hot Dot-Red, Larry & Beanie Hill & Dylan Neckers, Falconer.

GRAND CHAMPION

Plum-Uber Livewire, Cole Nickerson, Corry.

RESERVE GRAND CHAMPION

Cash Al More Sugar-Red, Brandon Nickerson.

BEST BRED & OWNED OF SHOW

Halocrest Avalanch True-ET, Howard Ivett, S. Dayton.

CHAMPION UDDER

Country Ayre Hancock 6454, Lily Woodis, Dewittville.

SENIOR CHAMPION & GRAND CHAMPION - Jr. Show

Plum-Uber Livewire, Cole Nickerson, Corry.

RESERVE SENIOR CHAMPION & RESERVE GRAND CHAMPION

Country Ayre Hancock 6454, Lily Woodis, Dewittville.

BEST BRED & OWNED OF YOUTH SHOW

Tri-Swan Ammo-P Layla, Larsen Swan, Sherman.

BEST RED & WHITE OF SHOW

Cash Al More Sugar-Red, Brandon Nickerson, Sherman.

PRODUCE OF DAM - Sr. Show

- 1) Nicholas Yotopolis, Clymer.
- 2) Howard Ivett, S. Dayton.

DAM AND DAUGHTER - Sr. Show

- 1) Reliance Dairy, Sherman.
- 2) Larry & Beanie Hill & Dylan Neckers, Falconer.
- 3) 1st Jr. - Devon Centner, Sinclairville.

BEST 3 FEMALES - Sr. Show

- 1) Country Ayre Farm, Dewittville.
- 2) Howard Ivett, S. Dayton.

Jr. Show

Country Ayre Farm, Dewittville.

EXHIBITOR'S HERD - Sr. Show

- 1) Reliance Dairy, Sherman.
- 2) Country Ayre Farm, Dewittville.
- 3) Larry & Beanie Hill & Dylan Neckers, Falconer.

PREMIER BREEDER

Howard Ivett, S. Dayton;

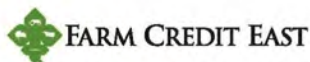
PREMIER EXHIBITOR

Reliance Dairy, Sherman.

The Committee would like to thank all of the sponsors for this show: Jeff Winton Associates, LLC; Wall Street Dairy, LLC; Cargill Feed & Nutrition; Gay Mark Tire & Wheel; Ormond Farm; Dairy One; Great Lakes Insurance Services Group; IBA; Larry Brown; Erika Huyck, DVM; Barney's Hoof Trimming; LandPro Equipment LLC; Southern Tier AI Services; LaPorte Equipment; Betty Crowell; Green Banks Farm; 3 C's Catering & The Falcon's Nest Banquet Hall; A. R. Timmel Farm Equipment; Halocrest Holsteins; Kissling Dairy Consulting; Country Ayre Farm; Cline Crest Farm; Gold Star Feed and Grain LLC; Growmark; Falcon-Crest Holsteins; Alliance Advisory Group; Kanecrest Farm; John Wiggers and Son, Inc.; Harry Austin Milling; Select Sires; International Protein Sires; Farm Credit; John Lesch; Steamburg Milk Producers Coop.; Lictus Keystone, Inc.; Lakeshore Paving; JAVA Farm Supply; The Forage Source, LLC; and Mike Walker Photography.



*Holstein Show photo caption:
2022 Chautauqua County Holstein Club Senior Show:
Right- Grand Champion owned by Cole Nickerson, Corry, PA
Left – Reserve Grand Champion owned by Brandon Nickerson, Sherman, NY.*



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- ◆ 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
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Alpaca:

- ◆ Home Fresh Alpaca Crunch

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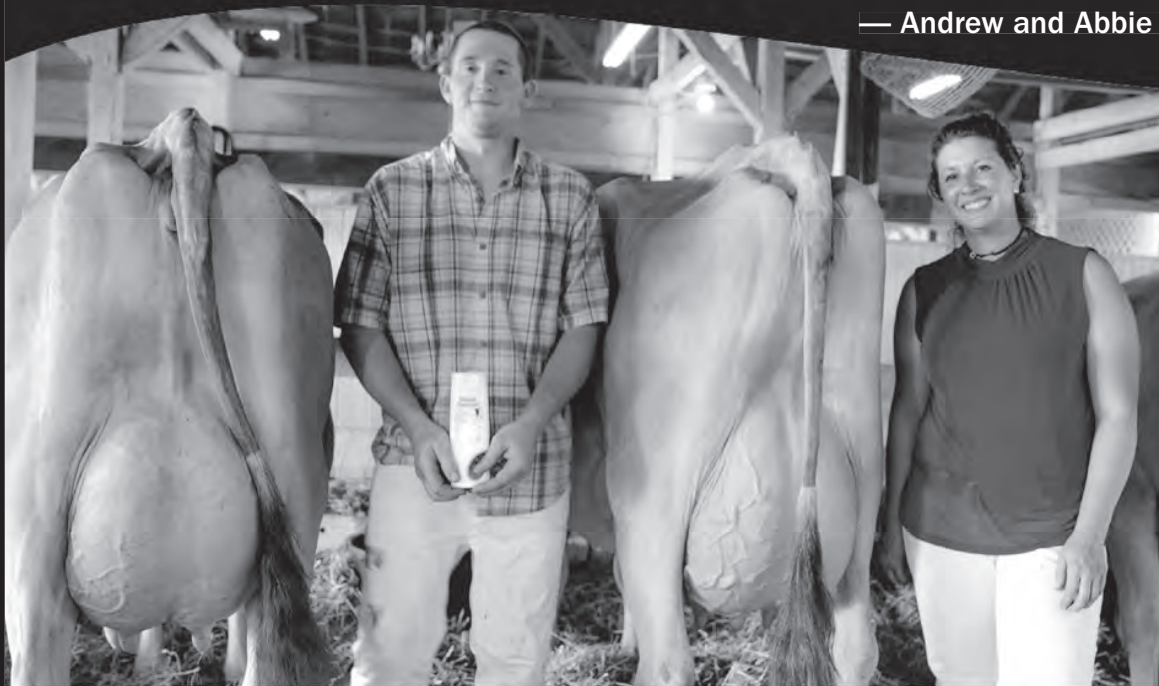
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— Andrew and Abbie Evans



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Abbie and Andrew Evans
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2022 Outstanding Young
Brown Swiss Breeder
RHA 18,600M 4.2F 3.4P
SCC below 100,000



Abbie and Andrew Evans with 3 generations (top, l-r) at the Mid-Atlantic Brown Swiss Invitational where they were Premier Breeder, and at home (bottom, left) with A Joy Braid Crown Royal OCS 3E94, 4 times nominated AA with records over 30,000. They milk 42 cows on a rented farm with several juniors leasing and their young nephews anxious to show.

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“We also use it a lot when showing, before, during, and after,” adds Abbie. They milk 42 cows in Little Meadows, Pennsylvania. Most of the A Joy Swiss herd are from the first 2 calves Abbie purchased as a young 4-Her with the dream of milking her own herd.

Now, 23 years later, the 2022 Outstanding Young Brown Swiss Breeder has bred over 30 EX with 12 in the herd and records over 30,000.

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11:00 AM - 3:00 PM

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Open to all ages -
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visiting a local dairy farm and learn about
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Cornell Cooperative Extension
Chautauqua County



SAVE THE DATE

Chautauqua County Agriculture Forum 2022

Wednesday November 30, 2022
(Snow date: Wednesday December 7, 2022.)

Jamestown Community College
525 Falconer Street, Jamestown, NY 14701
9:30am - 3:30pm

For more information please contact Cornell
Cooperative Extension Chautauqua County at
716-664-9502 or chautauquaag@cornell.edu

Join us in our effort to bring together local producers
with ag support agencies that are available in our
area. Our Ag Forum will feature a keynote speaker
(TBA), break out sessions, lunch, and ag support
agency tables.

Cornell Cooperative Extension Chautauqua County

Meet and Greet!

Date: October 27, 2022

Time: 4:00pm - 6:00pm

**Address: 525 Falconer Street
Jamestown, NY 14702**

**Come join us for a meet and greet to learn about everything we can offer for you!
Listen to speakers from each program, visit with each
department, and participate in our hands on activities designed for all ages.**



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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	Wed. Oct 19	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

Highlights from the Annual Chautauqua County Farmer-Neighbor Dinner

The 5th Annual Chautauqua County Farmer-Neighbor Dinner returned this past week on August 23rd, 2022, held at the Grandview of Ellington with 235 guests in attendance! The evening featured our favorite local radio announcer, Dennis Webster, with Media 1 Group, as our Master of Ceremonies. There were several vendors to visit with during the social hour including the Chautauqua County Bee Keepers Association, Cornell Cooperative Extension's Chautauqua Grown, LEAF, and Master Gardener's programs, Chautauqua County Soil and Water Conservation District, Farm Credit East, Western New York Crop Management Association, Farm Bureau, Five and 20 Spirits and Brewing, Good Grass Farm, NY Farm Net, The Grange, King's Agriseeds Inc., 3 C's Catering, FFA students from Sherman School, Dan Brown, and of course Eden Valley Creamery who shared delicious cheese curd samples!



Guests enjoyed delicious appetizers, dinner, and dessert all locally sourced from producers from throughout Chautauqua County and prepared by 3 C's Catering. Local producers that helped source our meal include the following: A. Sam & Sons, Abers Acres, Big Tree Maple, Creekside Farms, Dalahast Coffee Roasters, Dalahast Roasters, DeGolier's Maple, Eden Valley Creamery, En-Joy-Able Acres LLC, Fairbanks Maple, Good Grass Farm, Haff Acres Farms, Hamlet Farm, J.M. Joy Farms, Knight Vineyards LLC, Krassa's Cove, Lakeshore Hydroponics, Mount Pleasant Mushroom & Angus, Panama Bee Farm & Honey Company, Peterson Farm, Pat and Terry Walker, Richard Feinen Farm, Roberto Fred Farm, and Rodney & Prissilla Bees & Beef. Once again we thank all of these producers for their support, donations, and for producing these great products right in our county.

Continued on page 12

Drinks were made possible by the following local companies: Liberty Vineyards, Johnson Estate, Merritt Winery, Noble Winery, Five and 20 Sprints and Brewing, Ellicottville Brewing Co, and Upstate Niagara Cooperative Inc. The Chautauqua County Dairy Ambassadors were also present to ensure guests had the opportunity to try some milk punch!

Before our delicious supper we had wonderful presentations from local youth involved in the agriculture industry. Levi and Lucas Overend, whose hog was purchased at the 2022 4-H Meat Animal Sale during the Chautauqua County Fair, talked about raising their hogs and all the skills, opportunities, and lessons they learned throughout the year. Three FFA members spoke representing the Sherman FFA program. David Maleski, Olivia Maleski, and Taryn Palmatier talked the guests through their FFA programming from the previous year and what their chapter plans are for this upcoming year. Dairy Ambassador, Erma Wolcott was joined by Sadie Steward and Violet Walker from the Dairy Promotions team and shared information about the dairy industry and how important it is for all of us to understand where our food comes from and support our local producers.

During the program many awards were presented to local producers to recognize all their hard work. The Chautauqua County AEM Conservation Farmer of the Year was awarded to Dunnewold Farms, LLC; Farm of the Year was presented to Carlberg Farm Livestock and Produce & Carlberg Farm; the Legacy Producer award was presented to Steve Kimball; and the biggest secret of the agriculture industry was kept quiet to present the Friend of Agriculture award to Robert Cross, 3 C's Catering. Each award recipient took the opportunity to talk with the guests about their experiences in the agriculture industry.

Three Dairy of Distinction milestone anniversaries were recognized. Lisa Kempisty, Dairy/Livestock Community Educator, congratulated Cabhi Farms, the White Family from Clymer, NY for maintaining their Dairy of Distinction for 36 years; J-High Acres, the Jones Family from Frewsburg, NY for maintaining their Dairy of Distinction for 30 years; and Willink Farms, the Willink Family from Clymer, NY for maintaining their 35-year Dairy of Distinction.

Congratulations to everyone that received awards this year! Many thanks to all of our sponsors, all of the farmers and neighbors that attended our event, and everyone in between that helps support our local agriculture industry!

The Chautauqua County Farmer Neighbor Dinner was organized by staff from the Chautauqua County Department of Planning & Development; Chautauqua County Soil & Water Conservation District; Cornell Cooperative Extension of Chautauqua County; Farm Credit East, ACA; and the Western New York Crop Management Association. The committee welcomes others interested in assisting in planning the 2023 Farmer Neighbor Dinner program! Please reach out to any of the organizations above to become involved.



September 17, 2022 (Rain Date: September 24, 2022) Public Welcome

There is no cost for the event but limited to 40 participants. **pre-registration is required.** To register contact Mike Jabot - phone: 716-673-3639 - email: jabot@fredonia.edu.

Please provide your name, phone number, email address, number of attendees

Free boxed lunch provided. Let us know if you want to opt out of lunch. If special diet is needed, please bring food or drink if needed

If light rain, the program will proceed. In event of heavy rain or other severe weather, you will be contacted ahead of time. **Please dress for the weather.**

Program: Central Appalachia Habitat Stewardship Program

Host: NYFOA Allegheny Foothills Chapter & Audubon

Time: Check in – 9:30am-10:00am; Workshop – 10:00am-12:00pm; Lunch: 12:00pm-1:00pm; porta-john will be available.

Location: Canadaway Wildlife Management Area, Center Road, Town of Arkwright, Chautauqua County

Meeting Place: From Interstate 86, take exit 12 and head north on State Route 60 to Cassadaga; turn east on County Route 72 just north of the Kwik Fill station; go approximately 5 miles and turn north on Center Road; just north of that turn is an unpaved parking lot where we will park and meet (42.370087°N, 79.2306°W).

Registration Deadline: September 13, 2022

PO Box 541, Lima, New York 14485 . 1-800-836-3566 . www.nyfoa.org

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



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

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

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

Your Septic System: How It Functions and How to Care for It

If you are like most homeowners, you may know very little about your septic system.

The waste from all households goes down a drain and is disposed of through your septic system. Septic systems have two components: a septic tank, and a soil absorption system. The septic tank is a container, usually with two compartments that is fabricated out of concrete or plastic. Wastewater from your bathroom, kitchen and laundry room enters the septic tank through your sewer. Particles from heavy solids settle to the bottom where bacterial action converts them to a digested sludge. The settling of and breakdown of solids takes time and your tank must be large enough for complete digestion to occur.

The drain field is the soil absorption system and consists of a distribution box, perforated distribution lines made of plastic or clay tile, and an area of soil. In the drain field, disease causing microorganisms and some suspended solids and nutrients are removed as the liquid is absorbed by the soil. If the soil cannot absorb the liquid at the rate at which it enters the septic tank, the plumbing will “back up” or wastewater will bubble to the surface in the drain field or at the distribution box. A properly designed, installed and maintained septic system is an efficient method of wastewater treatment, adequately treating sewage before it mixes with ground waters.

Septic System Care & Maintenance –

Septic system care and maintenance is quite simple. The septic tank and drain field are designed and installed to handle a maximum calculated daily sewage flow. You may need to expand the system if adding bedrooms and

occupants to your home. Consistently exceeding the design flow will eventually overload the system and cause system failure. The tank may receive new solids at a faster pace than it is able to treat them, and the drain field may become saturated from excessive water use.

Maintenance of a septic tank will depend largely on the daily sewage flow and individual household wastewater characteristics. With ordinary use and care, a septic tank should not require pumping out more than once every three to five years. It should, however, be inspected every one to two years to determine the depth of accumulated sludge and grease.

Waste from kitchen garbage disposal units puts an extra load on a septic tank system. If a disposal is used, the capacity of the tank should be increased to handle the increased solid wastes. The tank may also require more frequent pumping to remove accumulated solid waste build up.


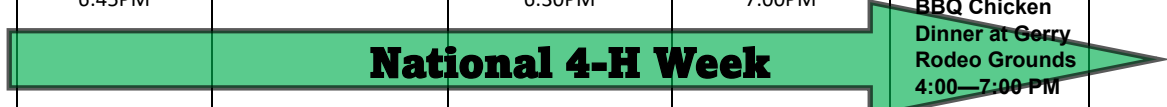

Failure to pump out a septic tank system in a timely manner will result in solids or greases overflowing into the drain field, which in turn may become clogged and stop functioning. If this is happening, not only will the tank have to be pumped out, but the drain field may also have to be replaced.

*Source: Lake Erie Watershed Protection Alliance Brochure
“Your Septic System” (2015)*

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dog Committee 6:30PM	2	3
4	5  Holiday	6	7 Dairy Committee Meeting 6:30PM	8	9	10
11	12	13 Horse Committee 6:30 PM	14 Dog Project Meeting 6:30PM	15 	16	17
18	19 Goat Committee Record Review 6:45PM Organizational Leader's Meeting 6:30 PM	20 Beef Committee Record Review 6:30PM Program Committee 7:00PM	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	

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Visit the Farm Day 11:00AM Brehm's Farm
2 	3 Goat Committee 6:45PM	4	5 Hog Committee 6:30PM	6 Beef Project Meeting 7:00PM	7 Fall Fundraiser Chiavetta's BBQ Chicken Dinner at Gerry Rodeo Grounds 4:00—7:00 PM	8
						
9	10	11 Programming Review with Program Committee and Committee Chairs 6:30PM Exhib. Poultry Project 6:30PM	12 Dog Committee 6:30PM	13 Sheep Committee 6:00PM	14	15
16	17 Goat Project 6:45PM Rabbit Project 7:00PM	18	19 Meat Animal Sale 6:30PM Dog Project 6:30PM	20 Beef Committee 7:00PM	21	22
23	24	25	26	27	28	29
30	31 					



FAQs About 4-H



Who can enroll in 4-H programming?

Youth must be 5 years of age and no older than 18 years of age as of January 1, 2023 to participate in 4-H this year. Non-competitive Cloverbud programming is available at the club level and in all animal projects except Beef and Hog for youth ages 5-7. Youth ages 8-18 are considered full-time 4-H participants. Your 4-H age is your age as of January 1, 2023.

Where can I find 4-H youth or volunteer enrollment paperwork?

Enrollment forms are available at club meetings, animal project meetings, and from the 4-H Office open daily from 8:00am-4:30pm. Fillable PDF forms will also be available online at cce.cornell.edu/chautauqua/4-h-forms.

Contact the 4-H Office if you would like enrollment information mailed or emailed.

Re-enrollments (youth who have previously participated in 4-H programming) must submit enrollment paperwork and payment by November 1, 2022 or will be assessed a \$10.00 late fee. Youth who have never participated in 4-H do not have to enroll by November 1st but are encouraged to do so if they are applying for the Enrollment Scholarship.

What programs are available in Chautauqua County 4-H?

Chautauqua County 4-H offers animal science, club, and family consumer science. **Animal science programs** meet in the Carnahan Center at the Jamestown Community College Campus or may meet at area farms, feed mills, etc. Youth can enroll in Beef Cattle, Dairy Cattle, Dog, Goat, Hog, Horse, Exhibition Poultry, Market Poultry, Rabbit, and Sheep programs. Cloverbuds can participate in all of the programs except Beef Cattle and Hog. Each of these programs are led by a volunteer committee and have different project rules, records, and other requirements. If you are interested in joining an animal project, attend the first meeting to get a feel for the project. **Clubs** meet throughout Chautauqua County and are also led by volunteers. Youth can complete projects of interest, community service projects, public speaking, and learn about running a business meeting and Robert's Rules of Order. **Family Consumer Science** group help youth develop skills in sewing. Each year kids make and design their own clothes. They enter to participate in our annual Fashion Revue. In this competition they show off their projects and compete for prizes and a chance to participate at bigger coemptions like Western District Fashion Revue, and State Fair.

What does it cost to participate in 4-H?

The United Way of Southern Chautauqua County sponsors a scholarship that reduces the cost of enrollment to \$20.00 per child not to exceed \$60.00 per family. To receive the scholarship, submit completed enrollment forms for each child, the completed enrollment scholarship form (one per family), and payment of \$20.00 per child by November 1, 2022. Enrollment scholarship forms are available at cce.cornell.edu/chautauqua/4-h-forms. Scholarships are awarded on a first come, first serve basis. The enrollment fee can be paid by cash or check payable to "CCE", or via PayPal on our website. To pay via PayPal, visit cce.cornell.edu/chautauqua, scroll to the bottom of the home page and click the yellow pay now button. The yearly enrollment fee, if you do not receive the scholarship, is \$50.00 per child not to exceed \$150.00 per family . This covers insurance and overhead costs.

Families may be responsible to purchase supplies to create projects and animal science projects have additional costs in purchasing animals, feed, and other care. Contact the 4-H Office with questions at 716-664-9502 ext. 212 or 214.

What role do volunteers play in 4-H programming?

Volunteers are key to the success of 4-H programs. Each animal science committee is comprised of 7-10 volunteers who plan educational curriculum, fundraisers, field trips, and organize their project's participation at the County Fair. Club leaders work with youth and families in their clubs to plan projects, community service, public speaking, and more! Volunteers must complete enrollment paperwork each year as well. Enrollment forms are available at the 4-H Office or by visiting cce.cornell.edu/chautauqua/4-h-forms. Members of the community interested in volunteering can contact the 4-H Office at 716-664-9502 ext. 214.



Committee Chair Meeting/ Program Review:

Tuesday, October 11th
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**

Visit the Farm Day

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

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 interested

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.

Coming soon..... 4-H Fall Fundraiser!!

Presale tickets will be available, starting September 20th, for our upcoming Chiavetta's BBQ Chicken drive-thru dinner. The dinner will be held on **Friday, October 7th from 4:00-7:00 pm at the Gerry Rodeo grounds.** Please reach out to Chautauqua County 4-H members or club leaders for presale tickets. You may also contact the 4-H office at 716-664-9502 ext. 212 or 214.



A heartfelt **THANK YOU** to all youth and adults, clover buds on up, who signed in daily to volunteer their time in the 4-H Snack Bar during fair week!!! A total of at least 368 'sign-ins' occurred over an eight day period. The Snack Bar could not have run without all of you and your wonderful help! Your kindness, positive attitudes, willingness to work, and dedication were so appreciated!!!

THANK YOU!!!

A special **thank you** to the Snack Bar Junior Superintendents who **volunteered ABOVE** and **BEYOND** their required daily shift times! These young people were hard working, dedicated, committed, and consistent!!!

They exemplified what it means to be in service and leadership through 4-H!

Matthew Brown, Abigail Carlberg, Rachel Comstock, Katie King, Genevieve Smith

Thank you to the adult volunteers from each barn (and the cooperative extension office) who helped keep things running smoothly daily, those who cooked on the grill (sharing their grill experience) and helped fill orders keeping the 4-Hers organized, and those who helped by getting project participants to sign up to volunteer.

Nothing could have been done without ANY of you during fair week!!

Lastly, **thank you** to Amy and DeeJay Kriner, Gertie Coblentz, the LeBarron family (who were repeat volunteers), each 4-Her who came in more than once to help out during the week, every milkshake maker, Michelle Kuns and Bill Brown, Sue Yauchzy, Darcy Cramer, Lucy Conti, Wendy Alexander, Lisette Cabrera, Emily Reynolds, Lindsey Crisanti, Jan Schauman, Dave Wilson, Dan Smith, Marie Warner, Kasey Fanara, Josh Szukala, Aimee Rogers, Louis Smith, Amy Allen, Jamie Smith, Dana Barberis, and finally Danielle Schauman- for taking care of all the behind the scenes ordering and keeping the Snack Bar stocked with food and supplies.

THANK YOU! THANK YOU! THANK YOU!!!!

Sincerely,

Nannette Knappenberger

Animal Project News

Beef Project

Committee Meetings

Tuesday, September 20th
6:30PM

Thursday, October 24th
6:30PM

Project Meetings

Thursday, October 6th
7:00 PM

Committee Chair: Dave Schauman
janschauman@gmail.com



Horse Project

Committee Meetings

Tuesday, September 13th
6:30pm

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com

Rabbit Project

Committee Meeting

Thursday, September 29th
6:30PM

Project Meetings

Monday, October 17th
7:00PM



Committee Chair: Becky King
redyeking@yahoo.com

Goat Project

Committee Meeting

Monday, September 19
6:45 PM

Monday, October 3rd
6:45PM

Project Meetings

Monday, October 17th
6:45PM

Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537



4-H Organizational Leader's Meeting

Monday, September 19th
6:30 PM

4-H Program Committee

Tuesday, September 20th
7:00 PM



4-H

Meat Animal Sale Committee

Wednesday, October 19th
6:30 PM

Market Poultry Project

Committee Record Review

Friday, September 30
6:30PM

Committee Chair: Julie Covert
jcoverts@windstream.net



Hog Project

Committee Meeting

Thursday, September 22
6:30PM at JCC

Wednesday, October 5th
6:30PM

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

Committee Chair: Ken Styers
styersk@yahoo.com



Exhibition Poultry Project

Committee Meetings

Tuesday, September 27th
7:00 PM

Tuesday, October 11th
6:30PM

Committee Chair: Jamie Smith
smith_jamie@mac.com



Dog Project

Committee Meetings



Wednesday September 1st
6:30PM

Wednesday, October 12th
6:30PM

Project Meetings

Wednesday, September 14th
6:30PM

Wednesday, October 19th

Any changes will be posted on
REMIND!

6:30PM

Committee Chair: Roxanne Young
roxy6825@windstream.net

Sheep Project

Committee Meetings

Thursday, September 22nd
6:30PM

Thursday, October 13th
6:00PM

Project Meetings

Thursday, October 13th
7:00PM

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Dairy Project

Dairy Committee Meeting

4-H Dairy Committee Meeting
Wednesday, September 7, 2022
6:30 pm at JCC, Jamestown

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



Master Gardeners Assist Community Gardens - What are they all about?

Submitted by Master Gardener volunteer Patricia A. Smith

Gardening is enjoyable for people of all ages and walks of life. For apartment dwellers or home owners with limited outdoor space, community gardens provide an opportunity to grow fruits, herbs, flowers or vegetables while helping to promote social health and community cohesion. Community gardens are perceived by gardeners to provide many health benefits, including improved access to food, improved nutrition, increased physical activity and improved mental health.

A community garden is a piece of land gardened by a group of people individually or collectively. Normally in community gardens, the land is divided into individual plots, and each individual gardener is responsible for their own plot and whatever they grow. In collective gardens the land is not divided and a group of people cultivate it together and the harvest belongs to all participants. In this article the focus will be on individual plots.

Community gardens can be created on private or public land in varying sizes and forms from raised bed to open plot, from all-organic to less restrictive.

As the farm to table mindset continues to expand, as well as the shortages caused by supply chain issues, more individuals



want to grow their own food. A community garden which is established with the necessary tools, fencing, water sources makes it a convenient way for residents to enjoy affordable, healthy food. Many proponents of community gardens believe the “community” which develops in this endeavor is as important as the gardening which takes place. Regardless of the size, structure or location of a community garden there are two basic guiding principles for success:

Every gardener is expected to maintain his or her own plot.

Every gardener is expected to contribute to the up-keep and management of the entire garden.

All community gardens have basic operating guidelines, core beliefs or principles that must be followed to ensure success. One truism is that “In order for a garden to be sustainable as a true community resource, it must grow from local conditions and reflect the strengths, needs and desires of the local community”

All gardeners are expected to follow the rules established for the garden. Additionally there is an application form and generally a fee. Different community gardens have different ways of handling the maintenance of the total garden. Most have regular “work days” where all gardeners attend and pitch in. Duties can range from keeping paths mowed or mulched to maintaining tools and equipment, planning events and workshops, stocking and hauling supplies, etc. Others assign a specific week and tasks to individuals, such as bringing yard waste buckets to the curb for pick up, or adding wood chips to the walking paths. If you are part of an established community garden, these rules will be in place. If you are starting a community garden the rules will need to be developed. A helpful resource is available from University of Missouri Extension *Community Gardening Toolkit* online at extension.missouri.edu.

While Community Gardens have many benefits to the individual gardeners and the community of gardeners there are also challenges including management of the garden, maintenance, participation of leaders, theft and vandalism, lack of

gardening and/or leadership skills, services and supplies, water and site permanency. Ways to deal with these issues are also included in the above mentioned resource. I highly recommend interested gardeners review the solutions to the above challenges outlined in the toolkit.

According to interviews with garden managers and relevant literature, the three primary reasons community gardens fail include lack of access to water, lack of succession planning and lack of funds.

According to Sandy Dressler coordinator of the History Park Garden, where I was a happy gardener during the winter in Punta Gorda, Florida, “The biggest challenge is to get a group of gardeners together who are willing to take on the leadership role. It is more than a one-person job” The “yellow stick” program (where gardeners who are going to be away plant a yellow stick which says water me in their bed) is an example of community building. Sandy believes that “our garden is truly a community garden not just a bunch of garden beds that just happen to be located together.” Shannon Bessette, who coordinates The Jamestown Community College Community Garden of 20 beds underscores the sense of community that develops among the gardeners. Many are repeat gardeners and they share the responsibility for mowing and trimming, developing a watering system and rebuilding raised beds.

I am currently involved with a community garden for residents of Edgewater Condominium in Westfield, NY. The condo association provides the fenced in area and a water supply and enthusiastic gardeners provide the rest. The team leader developed a plan for plot layout, and weed control and the participating gardeners are delighted, as in the past the weeds took over the gardens and discouraged participation.

In interviews with community garden participants all talked about their love of gardening.

Tony L. stated that he is carrying on a family tradition. He follows the practices taught to him by his grandfather. The more people who want to participate, the happier he is.

Chuck S. stated that although most gardeners like to experiment, everyone likes a few quick wins. When someone is new to a garden or region, they are looking for tips on what tends to work best and will produce a good harvest. He wished someone had encouraged him to fence his individual plot to keep the squirrels and other critters away and to use netting to keep the birds from his tomatoes. He applauded tool sharing and recommended an active social media presence, encouraging gardeners to show off their best produce photos and encouraged best practice sharing.

Master Gardener volunteers often play an import role in community gardens providing best practices, organic gardening methods, and soil testing to name a few.

For individuals who may be interested in gardening there are a few local community gardens that I am aware of, but it is not an all inclusive list.

Grow Jamestown Gardens on Lakeview and 6th (19 beds) and Washington and 8th (13 beds).online application at jtownpublicmarket.org/community-gardens.

The Jamestown Community College Community Garden (where Master Gardeners of Chautauqua County have a demonstration plot) has 20 plots. Contact Shannon Bessette 716-969-2794

Additionally the Audubon Community Nature Center has a demonstration kitchen garden, where visitors are encourage to tour and taste and learn about gardening, composting and new and interesting vegetable varieties. The garden is open for self morning and are always happy to share gardening tips and techniques for successful vegetable gardens. My experiences with community gardening have been very positive and I encourage readers to join in this movement. As Gertrude Jekyll so aptly stated, “The love of gardening is a seed once sown that never dies.”

Resources:

University of Missouri Extension Community Gardening Toolkit online at extension.missouri.edu.

The American Community Garden Association (ACGA) <https://www.communitygarden.org>.

Shannon Bessette, JCC Community Garden Coordinator

Sandy Dressler, TEAM Punta Gorda History Park Community Garden



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.

Why should we eat more fruits and vegetables?



Eating a diet that is rich in fruits and vegetables as a part of an overall healthy diet can protect against many chronic diseases, including heart disease, type 2 diabetes, certain types of cancers and obesity.

A lot of health benefits of eating a variety of fruits and vegetables come from the vitamins, minerals, fiber and other nutrients found in these foods.

Here is a list of some of the nutrients and health benefits that fruits and vegetables offer:

Fruits and vegetables are important sources of nutrients such as **potassium, dietary fiber, folate, and Vitamin A & C**

- **Potassium** can help maintain healthy blood pressure.
- **Fiber** helps reduce blood cholesterol, lower the risk of heart disease, and keeps our digestive system healthy.
- **Folate** helps the body form red blood cells.
- **Vitamin A** helps keep the eyes and skin healthy and helps to protect against infections.
- **Vitamin C** helps heal cuts and wounds and helps with iron absorption.

10 tips for being an active family

- 1) set specific activity times
- 2) plan ahead and track your progress
- 3) include work around the house
- 4) use what is available
- 5) build new skills
- 6) plan for all weather conditions
- 7) turn off the TV
- 8) start small
- 9) include other friends and families
- 10) treat the family with fun physical activity





RECIPE

Crunchy Berry Parfait

So quick, so easy, and so delicious! This parfait is a favorite among kids and adults alike.

Makes: 1 serving

Prep Time: 7 minutes

Source: Crunchy Berry Parfait | MyPlate

Ingredients

- 1/2 cup yogurt, non-fat vanilla
- 1/4 cup blueberries or strawberries, fresh or frozen (thawed)
- other berries/fruits of your choosing (optional)
- bananas (optional)
- 1/2 cup low-fat granola or crunchy cereal

Directions

1. Spoon yogurt into glass then top with fruit and granola.
2. Refrigerate leftovers within 2 hours.

SAVE TIME, SAVE MONEY

Chef's Notes

- Drizzle with honey and top with chopped nuts. (Honey is not recommended for children under 1 year old.)
- Try other fruits, such as raspberries, apples, bananas, etc. (Use 1/4 cup fruit for the recipe.)
- Use different flavors of yogurt, such as lemon or strawberry, or plain for less sugar.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 Parfait

Nutrients	Amount
Calories:	396
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	2 mg
Sodium:	197 mg
Total Carbohydrates:	86 g
Dietary Fiber:	7 g
Total Sugars:	50 g
Added Sugars:	26 g
Protein:	11 g
Vitamin D:	2 mcg
Calcium:	217 mg
Iron:	3 g
Potassium:	486 mg

Visit the SNAP-Ed New York Recipe Bank for hundreds of family approved recipes
<https://snapedny.org> > [snap-ed-ny-recipes](https://snapedny.org)



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



School Lunch FOOD SAFETY TIPS For Parents



97% of consumers failed to wash their hands properly when preparing a meal.*

*According to a 2018 study, U.S. Department of Agriculture



1 in 6 Americans get a foodborne illness each year.



Children represent half of all hospitalizations for foodborne illness in the United States each year.



Before preparing lunch, wash your hands with warm water and soap for 20 seconds. Wash your cutting boards, utensils and counter tops with hot, soapy water. Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten. Make sure reusable lunch bags and coolers are clean before packing.



Use one cutting board for fresh produce and a different one for meat and poultry. This will help you avoid cross-contamination or spreading bacteria from one food product to another.



Use an insulated lunch bag or cooler and at least two cold sources, such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food chilled until lunchtime.



Get more food safety tips at www.fightbac.org



Rice with Black Beans and Sausage

Makes 8 servings Serving size: 1 cup

Ingredients

- 2 teaspoons oil
- 8 ounces low-fat Polish kielbasa sausage, cut into small pieces
- 1 large onion, chopped
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 bell pepper (you choose the color) chopped
- 1 teaspoon ground cumin
- 1 cup uncooked rice
- 1 15 ounce can black beans, drained and rinsed
- 2 cups water



Directions

1. Wash hands with soap and water.
2. Heat oil over medium-high heat (350 degrees in an electric skillet), sauté sausage and onion until onion is clear.
3. Add garlic, bell pepper, cumin, rice, black beans and water.
4. Bring to a boil over high heat; reduce heat to low, cover and simmer for 20 minutes.
5. Refrigerate leftovers within 2 hours.

Notes:

1. Add sliced mushrooms for variety.
2. If you like spicy food, add cayenne pepper or chili powder.
3. Try brown rice and simmer for another 10 to 15 minutes.
4. Try adding fresh chopped cilantro on top for more flavor.

Nutrition Facts for 1 cup: 190 calories, 4g total fat, 1g saturated fat, 20mg cholesterol, 420mg sodium, 28g total carbohydrate, 3g dietary fiber, 2g total sugars, 0g added sugars, 8g protein, 10% Vitamin A, 2% calcium, 8% iron, 35% Vitamin C, 19% calories from fat

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

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

KORNER

IDS

My Food, Your Food, Our Food (How Are We Alike and Different?) by Emma Carlson Berne, teaches children about different cultures by looking at foods eaten around the world. Borrow this book from the library, read it to your child then pick a country from which you'd like to try making a recipe.

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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Clean Sweep NY (Pre-registration is required)

September 27th: Falconer (Chautauqua County)

NYSDEC's CleanSweep NY pesticide collection is coming to our area in September. This is your opportunity to dispose of obsolete, unwanted, or unusable pesticides, fertilizers, paints and other chemicals free of charge. Participants from neighboring counties are welcome and encouraged to attend.

Preregistration required. Please call 518-225-8146 or email cleansweep@dec.ny.gov to request a registration form.

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