

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

February 2023
Volume 8 - Issue 2

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COVER PHOTO: A winter day at the Rinow's Farm in Ashville, NY

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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716-792-2800

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Association News

Board of Directors

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Jessica Brehm, Falconer
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4-H Program Committee

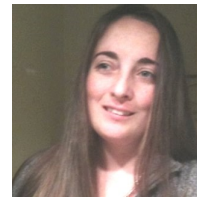
Brittany Begier, Jamestown
Mary Jantzi, Clymer
Betty Catanese, Stockton
Beth Southworth, Bemus Point
Kimberly Witherow, Sherman
Louis Smith, Silver Creek
Laura LeBarron, Silver Creek
Jan Schauman, Jamestown

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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
Kim Chapman	Rabbit
Ken Styers	Hog
Shawn Huntington	Sheep

From the Office of the Executive Director

How exciting to be writing to you in February with a full schedule of in person programming scheduled. We have LEAF (Learn Empower Achieve Farm) workshops set up for the spring, youth programming happening in schools and libraries across the county, and we are having the 4-H Green Tie Affair Dinner again!! We sincerely hope you can join us on Sunday, February 26 at the Chautauqua Suites. Tickets are on sale now. Call our office to get yours today 716-664-9502, Ext. 212. We also have several nutrition classes, grocery store tours and more happening all month. If you would like regular updates about our programs and activities, please subscribe online or call the office today for a subscription brochure.



We are hiring for an EFNEP educator for the Dunkirk and north county region. The position is a great opportunity, full time, with benefits and a flexible schedule, requires an associate degree. More details and applications can be found at <https://chautauqua.cce.cornell.edu/jobs>. Please share with anyone you know that may be looking for a new job.

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Chautauqua County Agricultural News

Agritourism Workshops



Monthly 12pm to 1pm,
Via Zoom

Are you thinking of starting an agritourism business or are you currently operating one?

Join our monthly lunch-hour, workshop virtual series and learn how to grow your agritourism business!

The first session will cover the basics of running an agritourism operation. The following sessions will focus on specific topics to help aspiring agritourism entrepreneurs grow their knowledge and profit through this exciting on-farm business.

February 20: Where is agritourism allowed?

March 20: Protecting Your Agritourism Operation: Liability and Insurance

April 17: Customer Service for Agritourism

May 15: Tax Considerations for Agritourism

June 19: Agritourism Pricing Workshop: How to figure out what your customers will bear

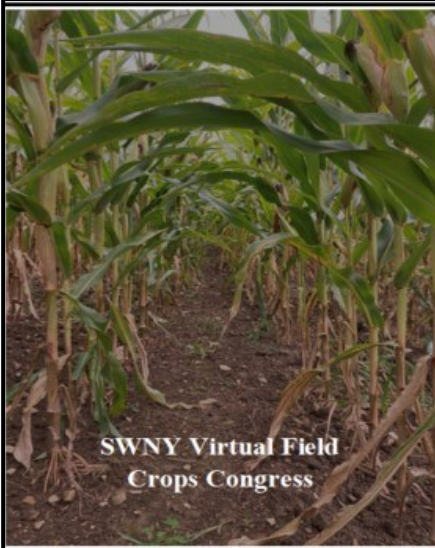
July 17: Marketing Your Agritourism Operation

Pre-registration Required: Price: Free

<https://cornell.zoom.us/meeting/register/tJlSce6tqDMuGddOrjKOe3k0mXCypafV0oao>

All workshops will be recorded and links shared. After registering, you will receive a confirmation email containing information about joining the meeting.

Sponsor: Cornell Cooperative Extension Agritourism Program Work Team



Looking for DEC and CEU credits?

Join the SWNY Dairy, Livestock, and Field Crops Team for the 2nd Virtual Field Crops Congress!
Registration will be available soon at <https://swnydlfc.cce.cornell.edu/>

Topics and Dates Include:

- March 1st: Creating an Effective Herbicide Program
- March 8th: Field Crop Disease Update
- March 15th: On-Farm Experimentation
- March 22nd: Pest Discussion on Soybean Cyst Nematode
- March 29th: Manure Management and CAFO update

All meetings will start at 12:00 pm. If you're interested in having in-person viewing options, contact Katelyn Miller at (716) 640-2047.



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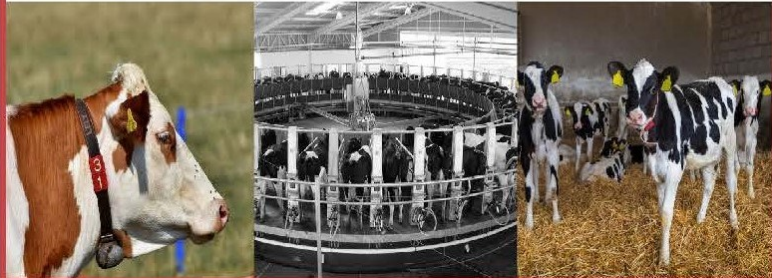
Dairy Technology Tuesdays

This seven-part webinar series offers cutting edge information about dairy technology from industry experts. If you are thinking about incorporating new technology or have already implemented innovative technology this series is for you.

January 10 to February 21, 2023
12:30 PM to 1:30 PM EST

Topics:

- Calf Technology.
- Health Monitoring and Reproductive Management.
- Barn Climate Systems and Footbath Technology.
- Feeding and Nutrition Technology.
- Future Technology.
- Milking technologies.
- Renovations Considerations When Adopting Technology.



**Annual Meeting of the New York
Beef Producers' Association
Region 2 and Chautauqua
County Beef Producers
Association for Cattaraugus and
Chautauqua Counties**



Saturday, March 18, 2023

American Legion, 5899 Rt 353, Little Valley, NY

5:30 pm - Social Hour & Visit with Vendors

6:00 pm - Buffet Dinner \$25 per person
(payable at the door)

All with an interest in beef cattle are welcome to attend this informational meeting. Membership in these beef producer groups is not required to attend.

Following the buffet dinner, a short business meeting will kick-off the evening including the election of officers. Guest speakers will share timely information which will provide participants Beef Quality Assurance (BQA) re-certification credits:

Jerry Rusch, DVM, will give a presentation on the Advantages of using Multimin® 90.

Cow Calving Model: A demonstration of the new calving dystocia model will be presented with information on managing calving issues with cattle. Meeting participants will have a hands-on opportunity to use the calving/dystocia model to improve their knowledge and skills.

Reservations for dinner are required by March 10th by contacting Ted Card, at 716-664-3339 or lvj1259@netsync.net or Amanda Dackowsky, at 716-432-9871 or nybeef@nybpa.org.

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scoventry@evansagencyins.com



Chautauqua Grown Updates:

If you are a Chautauqua Grown producer, please take some time to look over your listing and email or call Cassandra with any edits!

Cassandra
cks83@cornell.edu
716-664-9502 ext. 202



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CrackerJack Farm Feed & Variety Store

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4-H Discounts Available



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

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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716-499-9985



Spring 2023 LEAF (Learn. Empower. Achieve. Farm.)

Scheduled:

All About Chickens*** - March 2
So You Wanna Start A Farm - March 7
Wool Felting - March 9
Creating A Record Keeping System - March 14
Leather Tooling - March 15
Farmers Markets & Benefits - March 21
Business Planning for Beginning Farmers - March 24
Preparing For A Successful Veggie Garden - March 28
Wool Prep - April 13
Sewing 101 - April 19
Bio Security on the Farm* - April 22
Wool Dying - April 27
Katelyn Saves You \$\$ - May 3
Goat and Sheep Super Saturday - May 6
Composting** - May 10
Wool Spinning - May 11
Mushroom Inoculation Day** - May 23
Wool Marketing - May 25
Backyard Pigs* - May 27

*If interested please contact:
Cassandra
cks83@cornell.edu
716-664-9502 ext. 202*

*Hosted at Bit-O-Breeze Farm
**Hosted by Green Heron Growers
***Hosted in North County



Still to be scheduled:
Agribusiness and the Chamber
Pollinators

Making the Most of Your Farmer's Market

MORE INFORMATION TO COME



Forage and Pasture Management Workshop

Saturday, February 25, 2023
9:30am - 3:30pm
Pioneer High School
12125 Countyline Rd, Yorkshire



The registration fee is \$40 per person. Registration is required by February 10th.

To Register: Use this link: https://reg.cce.cornell.edu/Forage_Management_Workshop-23_202
the QR Code below **or** Contact Lynn Bliven at lao3@cornell.edu or (585) 268-7644 ext 18

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

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

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

This event is hosted by:

Cornell Cooperative Extension

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



Cornell Cooperative Extension offers educational programming and research based information to agricultural producers, growers, and agribusinesses. Cornell Cooperative Extension is an employer and education recognized for valuing AA/EEO, Protected Veterans, and Individual with Disabilities and provides equal program and employment opportunities. For accommodations, please contact Lisa Kempisty at (716) 664-9502 or lj4@cornell.edu at least one week prior to the event.

“... more compliant with our fresh cow protocol for better udder health.”

— Scott Stempfle



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“We really notice a lot more udder texture and veination at 2 weeks in milk if they are sprayed consistently and right away, compared with 3 to 4 weeks in, if they are not,” he observes. “The Sprayer is smooth. It puts a nice, even coat of Udder Comfort on the udders. It gets under the udder, broadcasting over the ligament and around the teats, where you want it,” Scott explains.

“We’ve relied on Udder Comfort for over 10 years as the best tool to get cows through transition and into milk faster with healthier udders. The Sprayer is more user-friendly and convenient than I thought it would be. It holds a lot of product, no bottles to keep refilling,” he says.

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

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

Conservation District Announces Annual Tree & Shrub Sale

Each year Chautauqua County Soil and Water Conservation District introduces thousands of bare root seedlings into Chautauqua County, New York. All plants that are selected for the District's annual sale are selected for their quality rating for hardiness in Chautauqua County and are made available to the public at an affordable rate to promote landowner conservation.

Landowners can practice conservation by planting seedlings and wildflowers to support pollinators and provide food and shelter to wildlife, reduce heating/cooling expenses, protect water quality with buffers, reduce air pollution and stabilize eroded land. Seedlings are an inexpensive way to replace trees that have been damaged, harvested or lost to disease.

All stock that is sold is bare root, meaning the plant is harvested with little or no soil attached to the roots. Because the stock is bare root, plants must be harvested and replanted while in a dormant state and while soil conditions are still moist.

For the upcoming 2023 sale, the District selected many species that are native to the State of New York, several of which are native to Chautauqua County.

Conifer varieties will be offered: including Eastern Larch and Fraser Fir. Several hardwood varieties will be offered: including Northern Pecan and Paw Paw. Shrub varieties will be offered: including False Indigo, Elderberry, and Juneberry.

A total of two native fern varieties will be offered. A total of four berry varieties will be offered, including blueberries and red raspberries. Apple, Peach, Pear and Fruit Cocktail (Apricot, Cherry, Nectarine, Peach and Plum) packages will also be offered.

Please note that stone fruit varieties included in the Fruit Cocktail package will have the best survival rate when introduced into Northern Chautauqua County, closest to Lake Erie.



In addition to domestic fruit tree packages, Apple, Cherry (Tart), Pear and mixed (Apple, Cherry, and Pear) wildlife tree packages will also be available. Please note that fruit trees that are included in wildlife tree packages may be slightly misshapen but are still hardy and suitable enough to be planted to enhance or develop a wildlife area.

Wildlife tree packages and conservation seed mixes are extremely popular with local conservationists and sportsman. The conservation seed mixes that will be offered in this year's catalog are ideal for food plots, thrive in a variety of soil types and support wildlife and wild game. (Conservation seed mixes are also available outside of the Districts annual sale.)

Tree protector tubes and stakes, tree armor guards, conservation seed mixes and other nonperishable items are also made available during the annual sale.

Chautauqua County Soil & Water Conservation District's 2023 Tree & Shrub Catalog is anticipated to be mailed out by January 1st, the deadline to order out of the catalog will be April 1st.

Visit SoilWater.org to download a catalog and order form after January 1st or feel free to call 716-664-2351 Ext. 5 or to email Chaut-Co@soilwater.org to make sure that you are on the District's tree and shrub mailing list..

Please be advised that pickup will take place at our Storage Barn located at 3542 Turner Road in Jamestown, New York on a specified date at the end of April. The exact date will be announced as soon as it is determined.

The District would also like to inform pond owners that Barely Straw Pond Kits that are used to control algae can be purchase prior to the annual sale, as the kits should be added to the pond as soon as the ice leaves the pond in the spring for optimal results.




Those interested should contact Chautauqua County Soil & Water Conservation District Monday through Friday to schedule a time to pick up their kit.

Like and follow Chautauqua County Conservation District on Facebook to receive sale updates and learn more about the District.

Chautauqua County Soil & Water Conservation District is focused on the conservation of soil, water and the natural resources within Chautauqua County. The District upholds this responsibility by synchronizing the efforts of a number of cooperating agencies, concerned businesses, landowners and units of Government in order to implement best management practices that support and promote environmental responsibility.



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exhib. Poultry Project 6:30 PM	2 LEAF Jr. Cake Decorating 6:30 PM	3 Dairy Bowl Practice 6:00 PM	4
5	6	7 Rabbit Committee 7:00 PM	8 Hog Committee 6:30 PM Dog Committee 7:00 PM Exhibition Poultry Committee 7:00 PM	9 Rabbit Project 5:45 PM	10 Dairy Bowl Practice 6:00 PM	11
12	13 Program Committee 6:30 PM Goat Committee 6:45 PM Horse Committee 6:30 PM	14 	15 Dog Project 6:30 PM	16 Sheep Committee and Project 6:00 PM	17 Dairy Bowl Practice 6:00 PM	18
19	20 Advanced Leather Tooling 10:00 AM 	21 Beef Committee 6:30 PM	22 Hog Project 6:30 PM	23 Rabbit Project Animal Crackers 5:45 PM	24 Dairy Bowl Practice 6:00 PM	25
26 Green Tie Affair Chautauqua Suites 	27	28 Horse Project 6:30 PM				

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exhibition Poultry Project 6:30 PM	2 Program Committee 6:30 PM	3 Horse Presentation Day	4 4-H Presentation Day 9:00 AM
5	6	7 Beef Project 6:30 PM	8 Hog Committee 6:30 PM Exhib. Poultry Committee 6:30 PM Dog Committee 7:00 PM	9 Sheep Committee and Project to follow 6:00 PM/ 7:00 PM	10 Rabbit Committee 6:30 PM	11
12	13 Goat Committee 6:45 PM	14 Rabbit Project 6:30 PM	15 Beef Committee 7:00 PM Meat Quality Seminar 6:30 PM Dog Project 6:30 PM	16 Leaf Jr. Bird Suet	17 	18
19	20 	21	22 Hog Project 6:30 PM	23	24	25
26	27 Goat Project 6:45 PM	28	29	30	31	

Meat Quality Seminar

Please join us March 15th at 6:30PM in the JCC Carnahan Theater. Youth who are interested in learning about meat quality are welcome to attend this discussion presented by Lyda Garcia, PhD from Ohio State University, where she holds the title of an Associate Professor of Meat Science. She has graded thousands of carcasses throughout the Midwest during her career and is the coordinator of Meat Judging. Lyda will be traveling from Ohio and attending in person. She is super enthusiastic and passionate about the agriculture industry and we are so lucky to have her join us. This is a great opportunity as the meat is from a local source. All youth enrolled in 4-H (even different counties) are welcome! PLEASE REGISTER with Lindsey Crisanti lc832@cornell.edu

NYS Livestock Summit

Dutchess County 4-H is hosting an event that will consist of multiple virtual speakers sessions all based on livestock topics. A follow up session will be held after each speaker session the following Friday at 6:30pm where participants can engage in a fun recap of that week's topic! This event is open to all New York State 4-H members between the ages of 8-18. Watch our Facebook page for more information. Registration will remain open for the entirety of the session dates.

Any questions?
Contact Emma Kron
elj57@cornell.edu or
845-594-9601



Livestock Judging Workshops

We will be holding Livestock judging workshops in the spring. These are designed for not only 4-H members, but FFA and local community members as well. We are bringing in professionals to discuss their knowledge on evaluating market and breeding animals, including beef, swine, and sheep. These workshops will focus on selection of principles, oral reasons, live market evaluation, and breeding animals performance data. Each workshop will cost around \$5. This money will be put into prize money for the livestock judging competition at the Chautauqua County Fair in 2023. Hope to see you participate! Our first class will be in April with Guest Speaker: Kirby Palmer discussing sheep



Horse Presentation Day



Friday, March 3rd
@ JCC Carnahan Center

The 4-H Horse Communications/ Presentations contest is an event for youth to compete and show off communications and public speaking skills. The event is centered around the horse world, encompassing a wide variety of topics. The Project will be broken up into different groups (Senior, Junior, and Novice/Cloverbud). For additional information reach out to Sara Couchman 716-969-6022

Advanced Leather Tooling

Monday, February 20, 2023

Nancy Johnson's shop in South Dayton, NY

10:00 am – 2:00 pm

This is a follow up class for youth with previous leather tooling experience.



Limit of 14 youth participants. Please register with Lisette by February 3rd lmc323@cornell.edu

LEAF Jr.– Bird Suet Class

Thursday, March 16th

40 South Portage St Westfield

6:00 PM



Youth will have the opportunity to create their own bird feeder and make homemade bird suet just in time for spring! We will be holding the class at Patterson Library. All youth in the community are welcome!

Cost: Suggested donation \$10

No limit to this class!! Please register with Molly or Lindsey

mrb287@cornell.edu or lc832@cornell.edu



**4-H
Presentation Day!**

March 4, 2023
JCC Carnahan Center
9:00 am—2:00 pm

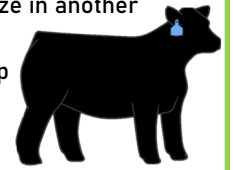
Lone Members

Call the 4-H Office or email lmc323@cornell.edu to register by February 15th!

Club Leaders

Registration information was sent via email. Please return by February 15th!

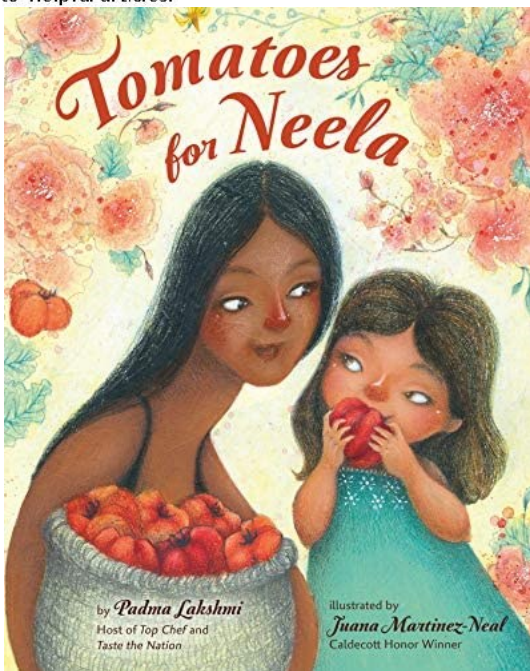
Beef Classic is taking place May 6th, 2023 at the Chautauqua County Fairgrounds. This is a great way to have youth squeeze in another show before fair season!
Register through Showman.app



4-H Sheep Program will be selling lollipops starting in March. Please see a committee or project member for more details!



Do you have questions about how to put together a presentation? Please contact the 4-H Office or visit <https://chautauqua.cce.cornell.edu/4-h-youth/4-h-club-leader-corner> for links to helpful articles!



Ag Literacy Week 2023 takes place March 20th-24th

All Schools, libraries, and homeschool groups are eligible. In celebration of New York agriculture, volunteers throughout the state will read a book with an agricultural theme to elementary students, with a focus on second grade classrooms. Farmers, FFA and 4-H members, adults engaged in a career in agriculture, and engaged in our food system volunteer to enthusiastically engage your students in a paired hands-on activity related to the book to extend learning.

Reach out to Molly Brown for more details

Looking for readers and donations. Please contact Molly Brown mrb287@cornell.edu or call 716-664-9502 ext. 216



Cornell Cooperative Extension Chautauqua County

4-H GREEN TIE AFFAIR

SUNDAY, FEBRUARY 26TH, 2023
CHAUTAUQUA SUITES
215 W. LAKE RD
MAYVILLE, NY

PRESALE TICKETS AVAILABLE NOW THROUGH FEBRUARY 16TH

Presale ticket: \$25
Door Ticket: \$30

TABLE SPONSOR INFORMATION:
Table sponsorships are available for \$275 and includes 10 dinner tickets, custom centerpiece sign, advertisement on dinner placemats, thank you banner, and in local press. Sponsors are due in the office by Monday, February 6th
Call Lindsey at 716-664-9502 x212 to reserve your table today!

**Proceeds Benefit Chautauqua County
4-H Youth Development Programs**

****1950s Dress Encouraged****
DOORS OPEN AT 3:00PM

Sponsorships received after the February 6th cut-off cannot be guaranteed all advertisement benefits.

3:00PM BASKET RAFFLE

5:00PM DINNER

PIE AUCTION TO FOLLOW DINNER

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.

We are bringing back the Green Tie Affair Dinner!

This year the theme will be the 50s. Clubs are going to be making center pieces.

Donations are welcome for the basket raffle.

Presale tickets are available now. \$25 per ticket. Will be \$30 at the door

Any questions regarding the event contact Lindsey lc832@cornell.edu.

Hope to see you there!

Animal Project News



Exhibition Poultry Project

Committee Meetings

Wednesday, February 8th
Wednesday, March 8th
7:00 pm

Project Meetings

Wednesday, February 1st
6:30 PM
Wednesday, March 1st

Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

Monday, February 13th
Thursday, March 2nd

*ALL meeting are at 6:30 PM
unless otherwise noted



4-H

Meat Animal Sale Committee

Wednesday, March 15th
6:30 PM



Dog Project

Committee Meetings

Wednesday, February 8th
Wednesday, March 8th
7:00PM

Project Meetings

Wednesday, February 15th
Wednesday, March 15th
All Project Meetings at 6:30 PM

Any changes will be posted on
REMIND!

Committee Chair: Roxanne Young
roxy6825@windstream.net

Horse Project



Committee Meeting

Tuesday, February 14th
Tuesday, March 14th

Project Meetings

Tuesday, February 28th
Friday, March 3rd– Presentation Day
*ALL meetings are at 6:30 unless otherwise
noted*

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Beef Project

Committee Meetings

Tuesday, February 21st
Wednesday, March 15th

Project Meetings

Tuesday, March 7th

*ALL meetings are at 6:30 unless
otherwise noted*

Committee Chair: Dave Schauman
janschauman@gmail.com



Sheep Project

Committee Meetings

Thursday, February 16th
Thursday, March 9th
6:00 PM

Project Meetings

Thursday, February 16th
Thursday, March 9th
7:00 PM

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Rabbit Project

Committee Meeting

Tuesday, February 7th
Friday, March 10th
7:00 PM

Project Meetings

Thursday, December 8th
Thursday, January 26th
*ALL project meetings at 6:30 unless
otherwise noted*

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Market Poultry Project

Project Meetings to be announced

Committee Chair: Julie Covert
jcoverts@windstream.net



Hog Project

Committee Meeting

Wednesday, February 8th
Wednesday, March 8th

Project Meeting

Wednesday, February 22nd
Wednesday, March 22nd

*ALL meetings are at 6:30 PM unless
otherwise noted

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

Committee Chair: Ken Styers
styersk@yahoo.com



Goat Project

Committee Meeting

Monday, February 13th
Monday, March 13th

Project Meetings

Monday, February 27th
Monday, March 27th

*ALL meetings are at 6:45 PM unless
otherwise noted*

Watch our Facebook page!
Contact: Keith LaRoy
716-485-1537

Dairy Project Meetings

Committee Meeting

Monday, March 6 at 6:30 PM

Dairy Bowl Practices

Friday, February 3rd
Friday, February 10th
Friday, February 17th
Friday, February 24th
6:00 PM

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



Starting Seeds Indoors – Jump Start Your Garden

Sharon A Rinehart – Chautauqua County MGV

Starting seeds indoors has many benefits. You can find different varieties in one of the many seed catalogs that start coming in January. Starting your own plants can also save you money. One pack of seeds might last you a couple of years – depending on how many plants you need. Many vegetables need a longer growing season than what you may have outside. For example, peppers should be started 8 weeks before the last frost so there will be enough growing time for the plant to produce peppers. Seed packages will normally have the amount of time before the last expected frost date that they should be started indoors.

If you are ordering from a catalog, try to find a company that is located close to your area. If you live in the East, seeds from companies in the west may not produce as well in the east. Harris Seeds, Burpee, Johnny Select Seeds, and Ferry-Morse are just a few from Eastern United States. You might also find a smaller local company that has seeds suitable to our area.

There are a variety of containers that can be used to start seeds. The container should be 2 to 3 ½ inches deep and have adequate drainage. Many stores and garden centers have trays with multiple cells for starting seeds. If you use containers that had plants in them from the previous year, you will need to clean and disinfect. Diseases from the previous year can be harbored in the container and will infect your new seedlings. The containers can be washed with mild soap and water. To disinfect, you can submerge the containers in a bleach solution of 1 part bleach to 10 parts water. After disinfecting, rinse and dry thoroughly.

The best growing medium for starting seeds is a soilless mix. It should be sterilized and be fine textured. These mixes normally contain peat moss, vermiculite, and perlite. Before using, the soilless mix should have water added to it. It should be moist but not overly wet. Fill the containers you will be using for the seeds with this soilless mix. Put the containers into a tray that can catch the extra water.

The depth you plant the seeds can be found on the seed package. It is normally 2 to 4 times the diameter of the seed. Sprinkle dry soilless mix over the seeds unless they are tiny seeds that germinate on the top of the mix. Mist the top lightly. Place a plastic wrap over the tray or place it in a clear plastic bag. If you are using purchased tray and containers,

you can put the plastic dome over the containers. The plastic wrap, bag, or dome will help keep the mix moist. The tray should be kept in a warm place with temperatures between 65 -75 degrees. A heated seed starting mat works well at maintaining the temperature. Do not place in direct sunlight.

Once the seeds start to germinate, the plastic cover/wrap should be removed as well as the bottom heat mat (if using). The seedlings should now be put under a light source for 14-16 hours each day. The light source should be 2-4 inches above the top of the seedlings. The light source can be a shop light with one cool white bulb and one warm white bulb. This combination will provide adequate wavelength for the seedlings. Seedlings can be put in a south facing window but generally will become leggy from not enough light. Daylight in Eastern United States is not long enough at this time of year for the seedlings to do well.

When the seedlings have their first set of true leaves, a diluted fertilizer will help with their growth. Ensure you use a diluted fertilizer and use it once a week. When the seedlings develop a true second leaf, they can be thinned or transplanted to other containers. There should be one seedling per container.

The seedlings will continue to grow inside until the danger of frost has past and you can move them outside into your garden.

References:

Delate, Kathleen and Chris Currey, Gardening While Isolated: Fertilizing Your Seedlings, Iowa State University Extension and Outreach, May 1, 2020.

Hubbard, Pamela T, Seed Starting Demystified, Master Gardener Monroe County, PennState Extension, January 29, 2018.

Peronto, Marjorie and Theresa Guethler, Starting Seeds at Home, The University of Maine, Cooperative Extension Publications, Bulletin # 2751, January 2021.

Springfield Green County Library District, "Master Gardeners Q & A: Indoor Seed Starting", YouTube Video, 54 min, May 11, 2021, www.youtube.com/watch?v=ihFouGNyR2A.

von Rosenberg, Susanne, Seed Starting, UC Master Gardeners – Napa County, University of California Web, March 16, 2009.



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



Welcome to SNAP-Ed!

Cold weather is here, but we can still stay physically active!



Are you interested in trying new recipes?

Visit our web page at snaped.org or scan the QR code below!

We have easy to follow recipes that everyone can enjoy. On our web page you can also find tips and tricks on many topics including:

- Let's Get Active!
- How to Keep Produce Fresh
- Freezing Meats: Tips and Tricks
- Weekly Grocery Calendar
- Brown Rice 5 Ways
- Winter Fitness Safety
- And many more!



Whether you are skiing, snowshoeing, walking your dog, building a snowman with family, or even shoveling your driveway, keep these tips in mind:

- Being outdoors in colder weather can be refreshing and help you feel more awake!
- *Winter allows for people to get physical activity outside while getting small doses of sunlight~ This helps get some of your vitamin D and sunlight has been proven to help improve people's moods.*
- *Outdoor exercise is a great way to boost your immunity during cold and flu season~ Just a few minutes a day can help prevent simple infections both bacterial and viral, according to the Centers for Disease Control and prevention.*
- Stay Hydrated! Even during winter months although it is cold outside, it is still important to drink plenty of water while being physically active.

If winter weather prevents you from getting exercise outside, don't give up! There is plenty you can do indoors - no gym required. Try these indoor activities:

- Home workout routine (many are available for free on the internet)
- Dancing
- Active housework like vacuuming and sweeping.
- Mall walking (include your friends)
- Bowling as a family
- Yoga or other fun group activities
- Stair climbing
- And many more!



Remember, being healthy includes healthy eating & physical activity!

Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:

Tip 1



Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!

Tip 2



Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.

Tip 3



Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.

Tip 4



If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.

Tip 5



If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot — 140°F or above.

Tip 6



After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

Additional source: CDC



For more Back to School Food Safety Tips go to

FoodSafety.gov

Vegetarian Chili

Makes 8 Servings

Source: FoodHero.org recipe/ Vegetarian Chili



Ingredients

- 2 teaspoons vegetable oil
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 2 cups fresh mushrooms, sliced
- 1 cup corn, frozen or canned and drained
- 1 can (15.5 ounce) pinto beans, drained and rinsed
- 1 can (8 ounce) tomato sauce
- 1 can (14.5 ounce) stewed tomatoes
- ½ cup bulgur, uncooked/quinoa
- ½ cup water
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 cup cheddar cheese, grated (low fat)

Directions

1. Heat oil in large skillet over medium-high heat (350 degrees in an electric skillet).
2. Add garlic, onion, pepper, and mushrooms and saute until tender, 6-8 minutes.
3. Add remaining ingredients except cheese.
4. Reduce heat to low, cover and cook until bulgur is soft, 10-15 minutes.
5. Sprinkle with grated cheese and serve.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving size: 1 cup

Total Calories 170
Total Fat 3g
Saturated Fat 1g
Cholesterol 5mg
Sodium 540mg

Carbohydrates 25g
Dietary Fiber 7g
Total Sugars 5g
Added Sugars included 0g
Protein 10g



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



Celebrate American Heart Month by Being Salt Smart

February is **American Heart Month** and a time to celebrate all you can do to keep your heart healthy. Being Salt Smart in one step you can take to improve your heart health. Sodium is a mineral needed to stay healthy but too much sodium can lead to higher blood pressure. High blood pressure is called ‘the silent killer’ because a person with high blood pressure may not know it’s high and may not feel any ill effects. It is the number one cause of death worldwide.

Sodium is found in table salt, which is 60% sodium and 40% chloride, packaged foods like flavored rice side dishes, prepared foods like pizza and restaurant foods. About 70% of an adult’s sodium intake is from packaged, prepared and restaurant foods, 15% is found naturally in foods and 11% from the salt we add to the food we eat.

These 10 foods have the most sodium:

- * Breads/rolls, sandwiches, pizza, egg dishes/omelets, cheese, chicken, cold cuts, soups, burritos/tacos, savory snacks like potato chips, pretzels, and snack mixes.

Besides cutting back on the amount of salt you add to your food and eating fewer packaged, prepared and restaurant foods, what can you do to decrease the sodium in your diet? Here are a few ideas:

1. Read the **Nutrition Facts Label** and look for ‘sodium’. Any food or beverage with a %DV (% daily value) of 20% or more is considered a high sodium food. Look for a similar food with a lower %DV.
2. Choose fresh or frozen vegetables and fruit with no added sauces. When choosing canned vegetables, choose cans labeled ‘no salt added’ or rinse your vegetables under running water before heating or using in a recipe. Rinsing canned vegetables removed about 40% of the sodium.
3. Be smart about sauces. Ketchup, mustard, gravy, mayonnaise, salad dressing, salsa, marinade and soy sauce may contain a high amount of sodium. Try using less or finding lower salt options.

Visit the American Heart Association at www.heart.org for more heart healthy information.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EFNEP provides nutrition education to income-eligible families, young adults and children in counties throughout New York State.

A series of 8 classes is offered to adults and young adults in person, via Zoom or by phone.

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, at after school programs and through 4-H.

Workshop series include:

- *Choose Health: Food, Fun and Fitness;
- *Cooking Up Fun! Vary Your Veggies
- *Teen Cuisine

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

CCE Jamestown
Wendy Alexander
716-664-9502 x 221
wa66@cornell.edu

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

KORNER IDEAS

Get your kids involved in learning about their heart. From your public or school library, borrow “Hear Your Heart” by Paul Showers. Together read this book then prepare the heart healthy Fruit Pizza recipe below.

Nutrition Facts for 1/2 of prepared muffin: 120 calories, 3g total fat, 1.5g saturated fat, 10mg cholesterol, 170mg sodium, 19g total carbohydrates, 2g dietary fiber, 7g total sugars, 0g added sugars, 4g protein, 0mcg Vitamin D, 114mg calcium, 1mg iron, 149mg potassium, 25mcg Vitamin A, 8mg Vitamin C, 23% calories from fat

Fruit Pizza

Makes 2 servings Serving size: 1/2 of prepared muffin

Ingredients

- 1 English muffin (try whole grain) or sandwich thin.
- 2 tablespoons reduced-fat cream cheese
- 2 tablespoons sliced strawberries
- 2 tablespoons blueberries
- 2 tablespoons crushed pineapple

Note: or use any fruit you have available

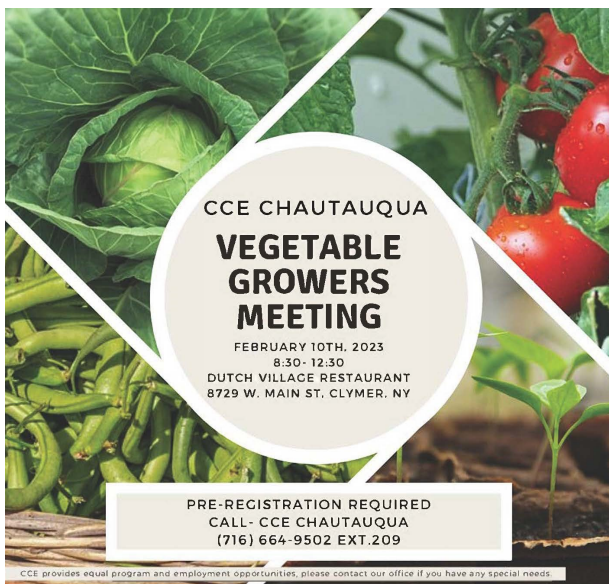
Directions

1. Wash hands.
2. Split open the English muffin and toast the halves until lightly browned.
3. Spread cream cheese on both halves.
4. Divide the fruit between the muffin half and arrange on top of the cream cheese.
5. These are best when served immediately.
6. Refrigerate after 2 hours.



Source: Oregon State University www.foodhero.org

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