

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

March 2023
Volume 8 - Issue 3

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COVER PHOTO: A wintery February day on the Reynold's pasture.

Your picture could be on our next cover!

Send your submission to lpc33@cornell.edu

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

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Cornell Vegetable Program

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www.cce.cornell.edu/chautauqua

Association News

Board of Directors

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Alyssa Porter
Camille Martir Rosado
Jeff Miller
Dan Heitzenrater
Patty Benton
Dinah Hovey, Master Gardener Rep
John Hemmer, County Legislator
Dan Pavlock, County Legislator
Renee Mooneyham - Extension Specialist

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Rosemary Joy, Fredonia
Mike Wilson, Silver Creek
Ron Almeter, Westfield
Jeff Miller, Cherry Creek
Jessica Brehm, Falconer
Ben Nickerson, Sherman
Virginia (Ginny) Carlberg, Jamestown

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

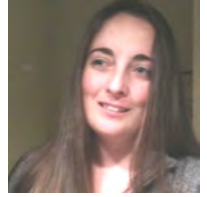
4-H Program Advisory Chairpersons

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

From the Office of the Executive Director

We are still accepting 2023 subscriptions and hope everyone is ready for a fun year with Extension. It is admittedly one of my favorite times of the year. I am very excited to have new LEAF classes planned for this spring and we are partnering with Cattaraugus County to hire an energy program coordinator. Details are on our website under the jobs tab. Nutrition programming is continuing to grow at CCE Chautauqua with a new partnership with the Chautauqua Health Network. We have celebrated the new 4-H year at an in-person fundraiser dinner in February! So many worthwhile programs to attend, please keep up to date with us and our regional partners too; SWNYDLFC regional Agriculture team, the Cornell Vegetable Program, and the Lake Erie Regional Grape Program. Each regional program is offering exceptional programming opportunities, please visit their websites or reach out to us for details and connection opportunities. We will also be highlighting agriculture in our schools with Ag Literacy Week. If you would like to support this program financially or by becoming a volunteer reader, please contact Molly Brown at mrb287@cornell.edu.

We want to thank the Chautauqua County Legislature for their past and continued support of our programs. We are very excited for a first quarter of excellent activities. For complete information please visit our website or contact us today.



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14-06587136.V4.03.20

Chautauqua County Agricultural News



Chautauqua County DEPARTMENT OF PLANNING AND DEVELOPMENT

Agricultural District 7 Eight-Year Review

Towns of Clymer, French Creek, Harmony, Mina, North Harmony, and Sherman

Chautauqua County Agricultural District 7, located in the Towns of Clymer, French Creek, Harmony, Mina, North Harmony, and Sherman and Villages of Panama and Sherman, encompassing 94,444 acres is currently being reviewed. The goal of the review process is to identify property that should either be added or removed from the existing agricultural boundaries.

Chautauqua County has designated March 1st to March 31st as the thirty (30) day public review period for the eight-year review of District 7. During this thirty (30) day period, any municipality, land owner, or State Agency whose territory is within the Agricultural District may propose a modification to the Agricultural District. Land owners may submit requests to **add** parcel(s) of predominantly viable agricultural land or **remove** parcel(s).

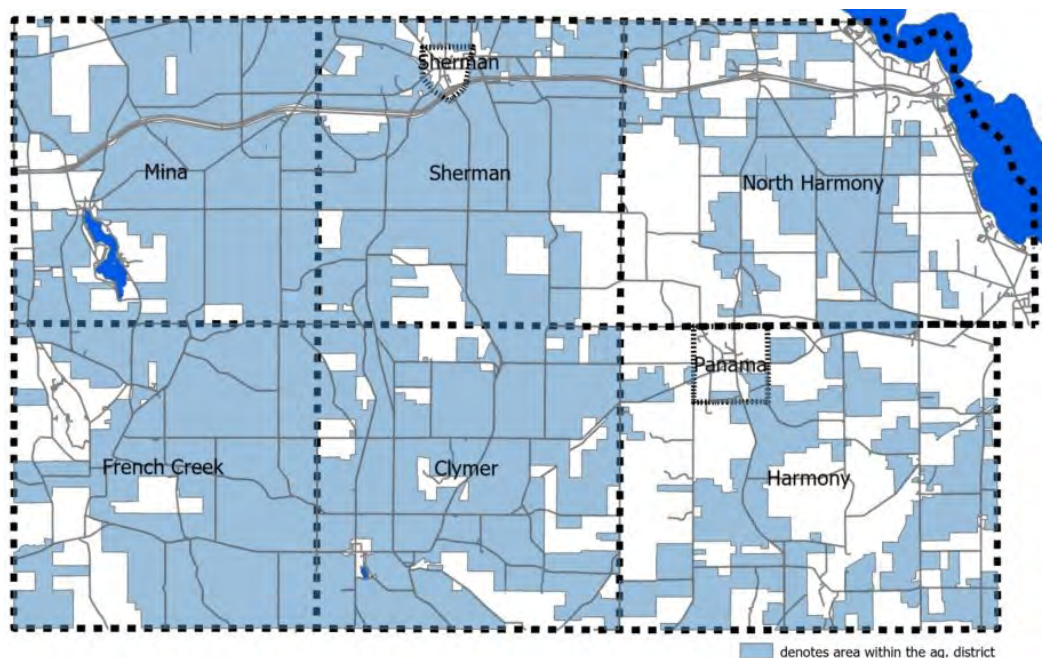
The Chautauqua County Department of Planning and Development will accept requests from March 1st through March 31st. Please submit all requests to the Department of Planning and Development, 201 West Third Street Suite 115 Jamestown, New York 14701 or email to sharppl@chgov.com on or before 4:30 PM on March 31, 2023.

The Agricultural District 7 Review Worksheet, current Agricultural District Maps, and additional information can be found on the Chautauqua County Department of Planning and Development website at: bit.ly/CHQagdistrict. A map of District 7 is on file and open to public inspection at the Clerk's Office of the Chautauqua County Legislature in Mayville, New York. Please call 716-753-4215 to schedule an appointment.

An agricultural district is a geographic area which consists predominantly of viable agricultural land. Agricultural operations within the district are the priority land use and afforded benefits and protections to promote the continuation of farms and the preservation of agricultural land.

For more information on Chautauqua County's Agricultural Districts please contact:

Lauren Sharp, Junior Planner
Chautauqua County Department
of Planning & Development
201 West Third Street Suite 115
Jamestown, New York 14701
Phone: (716) 661-8245
Email: sharppl@chgov.com



NYSDEC HOW TO GET CERTIFIED COURSE

WHEN:

March 23, 2023
10am - Noon

WHERE:

**Cornell Lake Erie Research
& Extension Laboratory**
6592 W Main Road
Portland, NY 14769

EXAM DATE:

March 30, 2023
9:30am Start Time
Same Location

DISCUSSION TOPICS

NYS Pesticide
Laws & Regulations
Certification
Requirements
Certification Exam
Process
EPA Worker Protection
Standard (WPS)

SAME-DAY EXAM REG.

\$100 Exam Fee (Payable
to NYSDEC)
Exam paperwork
provided & completed
onsite

SPONSORS

**Cornell Cooperative
Extension —**
Lake Erie Regional
Grape Program
New York State DEC
Bureau of Pesticides
Management

TO REGISTER



Kate Robinson
716-792-2800 x201

Presents

Fundamentals of Ventilation in Barns

For Small Ruminants and other Livestock



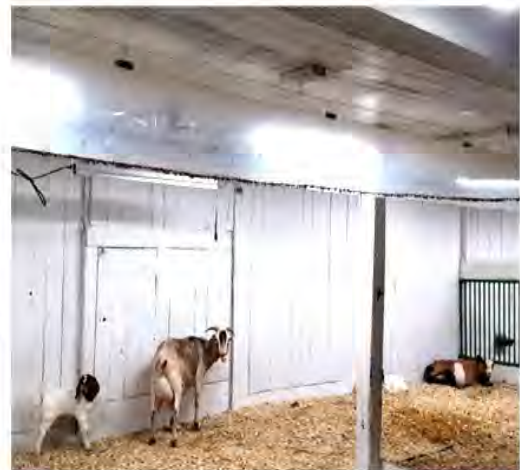
March 22, 2023 @ 7pm



Featuring guest speaker Tim Terry
Farm Strategic Planning Specialist



- What is effective ventilation and what is not
- Natural Ventilation: Pro's and Con's
- Mechanical Ventilation systems explained
- Positive Pressure Tube Ventilation systems
 - Lower cost and effectiveness
- Tunnel and Cross Ventilation Systems explained and proper application situations



To Register: https://bit.ly/Barn_Ventilation
Presentation to be recorded for future viewing



Questions? Contact Rachel Moody at ram72@cornell.edu, (518) 272-4210

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- Crop Insurance



CrackerJack Farm Feed & Variety Store 716-499-9985

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

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

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

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

Cornell Cooperative Extension

Southwest NY Dairy, Livestock and Field Crops Program

DEC and CCA Credits Available!
Call Katelyn Miller at 716-640-2047

SWNY (Virtual) Field Crops Congress

A 5-part program for Field Crops Producers to learn more about the latest research-based recommendations for pest control, weed management, economic considerations, soil health and fertility, challenges for our 2022 season, and more.

To register and pay online visit:
<https://tinyurl.com/mtb68h3e>

Wednesday, March 1st 12:00pm - 1:30pm	Creating an Effective Herbicide Program	Mike Hunter, CCE North Country Regional Ag Team
Wednesday, March 8th 12:00pm - 1:30pm	Field Crop Disease Update	Gary Bergstrom, Cornell University
Wednesday, March 15th 12:00pm - 1:15pm	On-Farm Experimentation	Louis Longchamps, Cornell University & Katelyn Walley-Stoll CCE SWNY Dairy, Livestock, and Field Crops
Wednesday, March 22nd 12:00pm - 1:00pm	SCN in NY	Erik Smith, CCE CNY Dairy, Livestock, and Field Crops
Wednesday, March 29th 12:00pm - 1:30pm	Value of Manure Told Through Five Stories & CAFO Updates	Dr. Quirine Ketterings, Cornell University Kirsten Workman, PRO-DAIRY

\$20/farm with scholarships available to attend for \$0.

Presented via Zoom with in-person viewing options at our local CCE Association offices.

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Chautauqua County Ag Trivia Night

Saturday, April 1, 2023
 6 – 8 PM
 Noble Winery
 8630 Hardscrabble Rd.
 Westfield, NY

How many gallons of sap is needed to make one gallon of maple syrup?

How many kernels are in an average ear of corn?

Trivia. *noun.* A Quizzing game involving obscure facts. (An excuse to have an event...)

Share your knowledge of agriculture with your friends in a fun, low-key event. Teams will answer trivia questions related to agriculture as a group. The highest scoring team will win a prize (and bragging rights).
 Cash Bar & Silent Auction
 Pizza and bottled water provided!

Registration fee, payable at the door: \$12/person
Call to RSVP your team by March 29th
Shannon Mardino: (716) 969-4189 or
shannon.mardino@farmcrediteast.com
Bring non-perishable food items to provide to the food banks in Chautauqua County – to enter for door prizes!

Ross Grange Special Program

Ross Grange invites you to a special program at 1:30 on March 13th at the Falcon's Nest Banquet Hall.

Jeff Winton, a local resident, founder of Rural Minds, will share his mission to serve as an informed voice for mental health in rural America.

Please join us! Light refreshments will be served.



The Ross Grange
Presents



**March 13th @ 1:30 - at The Falcon's Nest
2001 East Main Street, Falconer, NY**

There's a silent epidemic that is having a devastating impact on rural communities throughout America.

Compared to people who live in urban areas, rural Americans have both higher rates of depression and higher suicide rates. That's because people living in rural areas are often confronted with unique barriers to mental health.



Jeff Winton is founder and chairman of Rural Minds™ a 501(c)(3) nonprofit organization with a mission to serve as the informed voice for mental health in rural America, and to provide mental health information and resources. The organization's vision is a Rural America where there's no more stigma, silence, or suffering around mental illness. Rural Minds is a national organization based in Mayville, New York.



Teresa McMahon is a New York State Licensed Mental Health and Credentialed First Responder Clinician, who has been in practice for over 30 years. She has worked as a Personal Consultant at Cornell University with NY FarmNet for over five years. NY FarmNet offers free financial and mental health counseling to farm families and agri-service providers in New York State.



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)

RSVP for dinner by March 10th

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:

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 (\$25.00 per person) are required by March 10th by contacting Ted Card, at 716-664-3339 or lvg1259@netsync.net or Amanda Dackowsky, at 716-432-9871 or nybeef@nybpa.org. Payment for dinner will be accepted at the door.

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LEAF Workshops

Date/Time	Workshop	Location
March 2, 2023 6:00pm-8:00pm	All The Chicken Things	Cornell Lake Erie Research & Extension Lab 6592 W. Main Road, Portland, NY 14769
March 7, 2023 6:00pm-8:00pm	So You Wanna Start A Farm	JCC Carnahan Building Room 123
March 9, 2023 6:00pm-8:00pm	Wool Felted Soap	JCC Carnahan Building Room 123
March 14, 2023 6:00pm-8:00pm	Designing A Farm Record Keeping System That Wont Collect Dust	JCC Carnahan Building Room 123
March 15, 2023 6:00pm-8:00pm	Leather Tooling 101	JCC Carnahan Building Room 120
March 21, 2023 6:00pm-8:00pm	Farmer's Markets 101	JCC Carnahan Building Room 123
March 24, 2023 6:00pm-8:00pm	Business Planning For Beginning Farmers	JCC Carnahan Building Room 123
March 28, 2023 6:00pm-8:00pm	Preparing A Successful Vegetable Garden in 2023	JCC Carnahan Building Room 123
April 13, 2023 6:00pm-8:00pm	Part 1 of 4 Wool Series: Preparing Raw Wool For Use	JCC Carnahan Building Room Multi-A
April 19, 2023 6:00pm-8:00pm	Sewing 101	JCC Carnahan Building Room 123
April 22, 2023 10:00am-12:00pm	Biosecurity On The Farm	Bit-O-Breeze Farm 3181 N. Main St. Ext. Jamestown, NY 14701
April 27, 2023 6:00pm-8:00pm	Part 2 of 4 Wool Series: Wool Dying	JCC Carnahan Building Room 123
May 3, 2023 6:00pm-8:00pm	Katelyn Saves You Money	JCC Carnahan Building Room 123

May 6, 2023 10:00am-12:00pm	Goat and Sheep Super Saturday	Cornell Lake Erie Research & Extension Lab 6592 W. Main Road, Portland, NY 14769
May 10, 2023 6:00pm-8:00pm	Composting 101	Green Heron Growers 2361 Wait Corners Rd, Sherman, NY 14781
May 11, 2023 6:00pm-8:00pm	Part 3 of 4 Wool Series: Wool Spinning	JCC Carnahan Building Room 123
May 23, 2023 6:00pm-8:00pm	Mushroom Inoculation Day	Green Heron Growers 2361 Wait Corners Rd, Sherman, NY 14781
May 25, 2023 6:00pm-8:00pm	Part 4 of 4 Wool Series: Wool Marketing	JCC Carnahan Building Room 123
May 27, 2023 10:00am-12:00pm	Backyard Pigs	Bit-O-Breeze Farm 3181 N. Main St. Ext. Jamestown, NY 14701
May 30, 2023 6:00pm-8:00pm	Agribusiness & The Chamber of Commerce	JCC Carnahan Building Room 123

Thank you for your interest in the upcoming LEAF (Learn. Empower. Achieve. Farm.) Workshops.

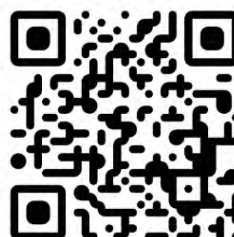
Key Information about this 2023 Spring LEAF Workshops

- Workshops are \$5/workshop/person; unless otherwise noted.
- Pre-registration is required at least 3 days prior. This is needed to give our staff adequate time to prepare workshop materials.
- Please pay attention to location of events, they are not all in the same location.
- Light Refreshments will be offered at each workshop.
- The LEAF Workshops are designed to be interactive - bring your questions and ideas!
- Please contact Cassandra Skal, 716-664-9502 ext. 202 or cks83@cornell.edu for more information.



To register please visit this link:
https://reg.cce.cornell.edu/leafspring2023_206

Or use the QR code below.



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, Pierre Chagnon,
Bruce Kidder, Allen Peterson, Lisa Vanstrom



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

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

How to Maintain a Healthy Pond

Many landowners in Chautauqua County have ponds located within their property boundaries that they use for recreational purposes. Over the years of having a pond, many owners notice that the water quality begins to deteriorate for numerous reasons. Most commonly, algae and other plants begin to envelop the pond, reducing the available oxygen. This prevents aquatic life from thriving, may cause the pond to emit a foul odor, and could also cause the pond to become murky in appearance. Let's discuss options that can be pursued to maintain a healthy pond.

Firstly, identifying what plants are existing in your pond is important. This will help you identify the best plan of attack. For instance, some floating plants are easy to skim off and remove from the pond all together while others that are rooted into the pond can continue to propagate if they aren't removed in their entirety. This would be considered mechanical maintenance of your pond because the unwanted plants are being physically removed. Also, if the owner were to ever decide to use herbicides for plant removal, knowing the species would be pertinent for efficacy. It is suggested that a professional be contacted before the application of herbicide on a pond to ensure proper use. Use of herbicides should be a last resort for pond treatments because there are many natural options that could be pursued first that can be extremely effective.

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

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

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

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

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



Healthy Pond



Unhealthy Pond

From Frosty to Footloose, and beyond

“Udder Comfort is great...”

— Mike Duckett



Footloose (left) and Frosty composite by Beth Herges. Mike and Julie Duckett with children, Cowsmo-WDE. Footloose udder closeup, S.Bunting

From Frosty to Footloose... Udder Comfort™ has been in the show box and cow care at home from the start at Duckett Holsteins, Rudolph, Wisconsin. “We do use a lot of it. Udder Comfort is great for increasing circulation on fresh cows and keeping quality on cows while showing,” says Mike Duckett. “The everyday routine care they get is so important. We are fortunate to have some very talented people working for us.

“Frosty was the cow to put us on the map, the first bigtime cow to have done really well for us. This time, with Footloose, the most special part is we were able to have our two kids with us. They had a blast,” he says. Frosty and Footloose are the only granddam and granddaughter to both be World Dairy Expo Supreme champions.

Harvue Roy Frosty EX-97-3E-GMD was 2019 and 2010 WDE Supreme. Oakfield Solomon Footloose-ET EX-96 did it in 2022, owned by Duckett Holsteins, Vierra Dairy and Tim and Sharyn Abbott. *Scan QR to read about them.*



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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 Horse Bowl Niagara County
12	13 Goat Committee 6:45 PM	14 Rabbit Project 6:30 PM	15 Beef Committee 6:30 PM Meat Quality Seminar 6:30 PM Dog Project 6:30 PM	16 Leaf Jr. Bird Suet @ Patterson Library 6:00 PM	17 Dairy Judging Meeting 6:30 PM 	18 Super Horse Saturday
19	20 	21	22 Hog Project 6:30 PM	23	24	25 Spring Rabbit Show Maple Springs Firehall 10:00 AM
26	27 Goat Project 6:45 PM	28	29	30	31	

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Regional Horse Communications Belfast, NY
2	3	4 Exhibition Poultry Project 6:30 PM	5	6	7	8
9 	10	11 Rabbit Committee 6:30PM Horse Committee 6:30 PM	12 Exhib. Poultry Committee 6:30 PM Beef Committee 6:30 PM Dog Committee 7:00PM	13 Sheep Committee and Project to follow 6:00 PM/ 7:00 PM	14	15 Hog Weigh –In @ Fairgrounds 9:00 AM Breeders 10:00 AM– All others
16 Goat Pancake Breakfast 9 AM-12 NOON	17 Rabbit Project 6:30PM	18 ALL Horse Event Application and Entry Fees Due	19 Hog Committee 6:30 PM	20 Pre-Fair Exhibitor Meeting 6:30 PM	21	22
23 Super Dog Sunday	24 Farm Financial Workshop 6:30 PM	25	26	27 Meet Animal Sale 6:30 PM	28	29 Horse Hippology West Falls, NY
30			15			

Setting Your Financial Goals Early On!

April 24th, 6:30 PM @ JCC

Isn't it such an exciting day when your Livestock Auction check arrives in the mail? Join Katelyn Walley-Stoll, Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Program Team Leader and Farm Business Management Specialist, to learn more about financial management (but in a fun way). Topics will include setting up a production budget, planning for project expenses and incomes, and setting financial goals. Participants will have the chance to explore setting up a financial record-keeping system, determine if their project is making a profit, and leave with their 2023 Farm Financial Resolutions.

Learning Outline, Objectives and Activities – 1 hour presentation/activity:

- **Farm Financial Terminology** – Vocabulary matching and discussion. Finances matter and knowing how to talk about them makes it less overwhelming- Farm financial terms also apply to real life
- **Setting Up a Budget** – Incomes and Expenses Activity, Sample “Katelyn’s Camel Farm” Budget. Budgets track the flow of money over a specific time. They can be adjusted as a living document to meet your needs
- **Recordkeeping** – Example ledger activity. Knowing your numbers will help you make decisions. Create a system that works for you so you can monitor your financial health
- **Earning a Profit** – Brainstorming for making changes to earn profits. Profits are how you continue to grow your project and pay yourself. The necessity for a profit depends on your goals
- **Setting Goals** – SMART Goals Activity. Goals create opportunities and accountability. *Having a goal in mind will help avoid in-the-moment pitfalls*



Open to all 4-H Youth.

Please pre-register with
Lindsey!

716-664-9502 ext. 212

lc832@cornell.edu

Beef Classic Show

Saturday, May 6th, 2023
Chautauqua County Fairgrounds.

Judge: Adam Wise

This show is open to all Junior exhibitors 21 and under as of 1/1/23. **This is a great way to have youth squeeze in another show before fair season!**

Register through Showman.app

The Classic benefits:
Chautauqua County 4-H Beef Program



4-H Sheep Fundraiser

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



Goat Pancake Breakfast Fundraiser

Sunday, April 16th
Stockton Fire Hall

9:00 AM – 12:00 NOON

\$10 a ticket. Youth 5 and under \$5

Please see a 4-H goat project member for tickets



If you need contact information please email Lindsey lc832@cornell.edu

Pre-Fair Exhibitor Meeting

Thursday, April 20th
@ JCC Carnahan Center
6:30 PM

Dr. Shannon Carpenter is coming to discuss what needs are to be met to bring an animal to fair. She will be going over all the reasons your animal could be sent home from fair.

Youth who are novice animal exhibitors at the Chautauqua County Fair are highly recommended to be in attendance.

If you have any questions contact Lindsey lc832@cornell.edu





LEAF JR. Bird Suet CLASS

Youth will have the opportunity to create their own bird feeder and make homemade bird suet just in time for spring! 4-H will be teaming up again with Patterson Library in Westfield. All youth in the community are welcome! No limit to this class!! Please register with Molly or Lindsey mrb287@cornell.edu or lc832@cornell.edu by March 13th

Thursday, March 16th, 2023
40 South Portage St Westfield
6:00PM
Cost: Suggested donation \$10

SAFE TRACTOR & MACHINERY OPERATION CERTIFICATION PROGRAM



Course fee: Saturday, March 11th 9AM-12PM
\$25 per 4-H youth Saturday, March 18th 9AM-12PM Registration is due
\$30 per Chautauqua Tuesday, March 21st 6PM-8PM March 8th. Money is
County youth resident Thursday, March 30th 6PM-8PM due by the first class
Spring Break Week- OFF
Saturday, April 15th @ Larry Romance 1-3 PM
Plus about 9 hours of take home work given before class starts.

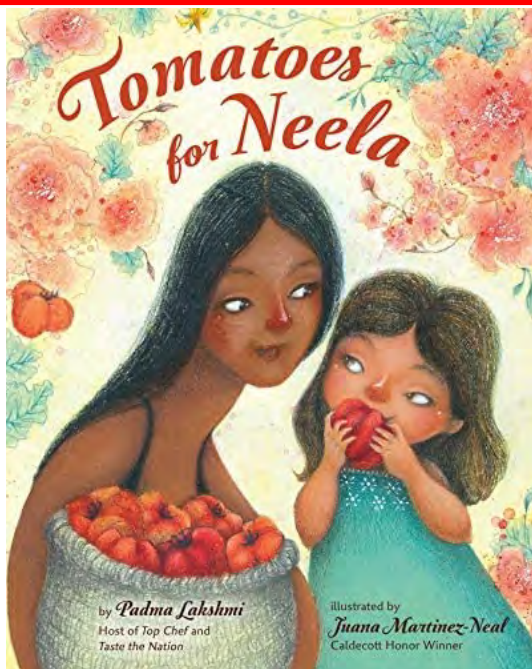
This certification program allows youth 14 to 16 years of age to legally operate farm equipment for hire. The course is about 32 hours and covers farm safety, tractor operation, ATV maintenance and other related topics. After completing the training course, youth will need to pass a written knowledge test and driving test to receive the certification. All classes are at JCC Carnahan Center unless otherwise stated.

**CALL US TO REGISTER 716-664-9502 EXT. 212
OR EMAIL LINDSEY LC832@CORNELL.EDU**

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 coming. All youth enrolled in 4-H (even different counties) are welcome!
- PLEASE REGISTER with Lindsey lc832@cornell.edu

With extreme gratitude.... THANK YOU! Volunteers, Donors, Sponsors, and Attendees We want to thank everyone who made the 2023 Green Tie Affair a huge success. We are so pleased to see the community always being so willing to help out our youth programming.



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 Imc323@cornell.edu to register by February 15th!

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

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!!! Please contact Molly Brown mrb287@cornell.edu or call 716-664-9502 ext. 216

Animal Project News



Exhibition Poultry Project

Committee Meetings

Wednesday, March 8th
Wednesday, April 12th
7:00 pm

Project Meetings

Wednesday, March 1st
Tuesday, April 4th
6:30 pm

Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

Thursday, March 2nd

Thursday, April 13th

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



4-H Meat Animal Sale Committee

Wednesday, March 15th

Thursday, April 27th

6:30 PM



Dog Project

Committee Meetings

Wednesday, March 8th

Wednesday, April 12th

7:00PM

Project Meetings

Wednesday, March 15th

Sunday, April 23rd Super Dog Sunday

1:00PM-5:00PM

All Project Meetings at 6:30 PM
Committee Chair: Roxanne Young
roxy6825@windstream.net

Any changes will be posted on
REMIND!

Horse Project



Committee Meeting

Tuesday, March 14th

Tuesday, April 11th

Project Meetings

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

Wednesday, March 15th

Wednesday, April 12th

Project Meetings

Tuesday, March 7th

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

Committee Chair: Dave Schauman
janschauman@gmail.com

Market Poultry Project



Project Meetings

Wednesday, March 15th

6:30 PM

Sunday, April 30th

Sunday, June 18th Show @ Fairgrounds

Chick Pickup 1-4 PM @ Runnings

Committee Chair: Julie Covert

jcoverts@windstream.net



Sheep Project

Committee Meetings

Thursday, March 9th

Thursday, April 13th

6:00 PM

Project Meetings

Thursday, March 9th

Thursday, April 13th

7:00 PM

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Rabbit Project

Committee Meeting

Friday, March 10th

7:00 PM

Tuesday, April 11th

Project Meetings

Tuesday, March 14th

Monday, April 17th

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

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Hog Project

Committee Meeting

Wednesday, March 8th

Wednesday, April 19th

Project Meeting

Wednesday, March 22nd

Saturday, April 15th @ Fairgrounds

9AM

Wednesday, May 17th

*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



Dairy Project

Committee Meetings

Monday, March 6th

6:30 PM

Project Meetings

Friday, March 17th– Dairy Judging

6:30 PM JCC

Friday & Saturday March 24th-25th

Dairy Discovery @ Cornell

Committee Chair: Dan Crowell

Annam@acct-solutions.com



Goat Project

Committee Meeting

Monday, March 13th

Sunday, April 16th (9AM)

Project Meetings

Monday, March 27th

Sunday, April 16th (9AM)

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

Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537

VIABILITY OF SEEDS

Sharon A Rinehart, Chautauqua County MGV

I'm sure if you are a gardener like me, you did not use all the seeds you purchased last year or maybe even a few years before that. What are the chances of these seeds germinating and producing? You don't want to waste the money spent on the seeds but is it worth the effort if they do not produce? What is the viability of seeds and how can you tell if you should use them?

Seed packets generally have a year printed on them for the time period they should be used. This is normally the year they are sold. But if the seeds have been stored in a cool dry place, their viability can be at least the next growing season and possibly more. Seed life for beans, carrots, peas, squash and tomatoes can be 3 years. Broccoli, cabbage, cauliflower, and Brussels sprout seeds can remain viable for 5 years. Annual flower seeds should be good 1 to 3 years and perennials for 2 to 4 years.

There is one test that you can do to check the viability of older seeds. If you have several seeds of a certain variety, you can estimate the germination rate. Take 10 seeds and place on a damp paper towel. Place paper towel with seeds in an enclosed plastic container or plastic bag. Keep in a warm spot. It does not need to be in the sunlight. After the number of days of expected germination (as stated on the package), check how many seeds germinated. The number that germinated is a good estimate of the percentage of seeds in that pack that will grow in your garden. For example, if 7 of the 10 germinated, approximately 70% of the seeds should grow. If it's less than 6, it won't be worth your effort to plant them in your garden. If you do use seeds with a lower germination rate, plant extra seeds to ensure at least one will grow into a plant.

You may find other methods such as the float/sink test and the flexibility test. These tests have not proven to be reliable enough to be used.

If you have extra seeds at the end of this growing season, keep them dry and in a cool place to extend their viability. Or consider donating them to a seed library that can be shared with others.

References:

Kappos, Carmen, *Assessing Seed Viability, The Backyard Gardener, Gardening With UC Master Gardeners of Inyo & Mono Counties, University of California, May 26, 2020*

Pokorny, Kym, *Give Seeds a test for A+ performance, Oregon State University, February 22, 2019.*

The New Gardening Year: Can I Use Old Seeds, North Carolina Extension, Master Gardeners Buncombe County, January 19, 2020.

Will My Seeds Grow?, Seed Viability and Germination, Illinois Extension.





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



MARCH IS NATIONAL NUTRITION MONTH®



Creamy Potato and Leek Soup

(Makes: 8 Servings) Source: FoodHero.org, recipe/ Creamy Potato and Leek Soup



Ingredients:

- 3 leeks (about 3 cups diced)
- 3 potatoes (about 3 cups diced)
- 2 Tablespoons margarine or butter
- 4 1/2 cups low-sodium chicken broth
- 1/4 cup 1% milk
- 2 garlic cloves, minced or
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Directions:

1. Remove root and green tops from leeks. Slice in half lengthwise and rinse well under running water. Slice crosswise into 1/4 inch slices.
2. Scrub potatoes under running water with a clean vegetable brush; cut into small cubes.
3. Melt margarine or butter in a 2-quart saucepan over medium heat.
4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
6. Add remaining broth, milk and pepper. Simmer for about 5 minutes.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size: 3/4 cup

Calories 150	Total Carbohydrate 21 g
Total Fat 5 g	Dietary Fiber 2 g
Saturated Fat 3 g	Total Sugars 2 g
Cholesterol 10 mg	Added Sugars included 0 g
Sodium 55 mg	Protein 5 g

This year's theme for National Nutrition Month is **Personalize Your Plate**, which promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

Here are some health tips that offer you some good diet decisions:

1. **Eat Breakfast.** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.
2. **Make Half Your Plate Fruits and Vegetables.** Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and dietary fiber to your plate. Eating 2 cups of fruit and 2 ½ cups of vegetables is your daily goal. Experiment with different types, including fresh, frozen, and canned.
3. **Watch Portion Sizes.** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
4. **Be Active.** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
5. **Get Cooking.** Preparing foods at home can be healthy, rewarding, and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
6. **Order Out without Ditching Goals.** You can eat out and still stick to your healthy eating plan. The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled, or steamed.
7. **Explore New Foods and Flavors.** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.



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



EFNEP Newsletter

Produced by Cornell Cooperative Extension March 2023

For more information about this and other County programs, call

Let's Celebrate National Nutrition Month®!

1. As a family, each week this month, try one new fruit or vegetable.
2. Make a plan to eat together more often.
3. Get your entire family involved in preparing meals, setting the table and cleaning up.
4. Cut back on salt by flavoring your food with no salt added herb and spice blends, and by using a squirt of lemon or lime juice to bring out the flavor.
5. Include all family members when planning meals for the week. Ask each family member to suggest one meal they would like to have and ask them to help plan the meal.
6. As a family, take a walk, go to the playground or the park after dinner.
7. When grocery shopping, look for foods with less packaging.
8. Try a meatless meal once a week—focus on recipes using beans like kidney, cannellini, garbanzo, black and great northern beans.
9. Turn off the TV and put away phones, computers and tablets during meal times.
10. Interested in growing your food? Now is the time to plan your garden. Need some help getting started? Contact the Master Gardeners at your local Cornell Cooperative Extension.

Excerpted from 50 Ideas to Get Involved in National Nutrition Month®, www.eatright.org.



KORNER

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S

With your child, read “Just Try One Bite” by Adam Mansbach and Camila Alves McConaughey. How is this story similar or different to what happens in your house when trying new foods?

Brown Rice with Corn and Beans

Makes 6—1/2 cup servings

Ingredients

- 1 cup low-sodium broth
- 1 package (1.25 ounce) taco seasoning or 1/4 teaspoon each of chili powder, garlic powder, ground cumin, and oregano
- 1 cup instant brown rice
- 1/3 cup salsa
- 1/2 cup corn (frozen or canned, drained and rinsed)
- 1/2 cup black beans (cooked or canned, drained and rinsed)

Directions

1. Wash hands with soap and water.
2. Bring the vegetable broth and seasonings to boil in a medium saucepan.
3. Add the rice, salsa, corn and beans. Turn heat to low, cover the saucepan and let cook undisturbed for 10 minutes.
4. Gently stir before serving.
5. Refrigerate leftovers within 2 hours.



Nutrition Facts for 1/2 cup: 110 calories, .5g total fat, 0g saturated fat, 0mg cholesterol, 480mg sodium, 22g total carbohydrates, 3g dietary fiber, 1g total sugars, 0g added sugars, 3g protein, 0mcg Vitamin D, 7mg calcium, 0mg iron, 103mg potassium, 15mcg Vitamin A, 3mg Vitamin C, 4% calories from fat

Source: Oregon State University www.foodhero.org

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.

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