

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

April 2023
Volume 8 - Issue 4

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COVER PHOTO: Sign of Spring!

Image by Michael Gaida from Pixabay

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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www.cce.cornell.edu/chautauqua

Association News

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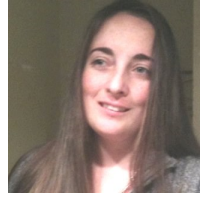
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Jamie Smith	Exhibition Poultry
Julie Covert	Market Poultry
Kim Chapman	Rabbit
Ken Styers	Hog
Shawn Huntington	Sheep

From the Office of the Executive Director

It's one of my favorite times of the year! Happy spring! I know, I know winter is holding on tightly in our region but soon we will all be out in the beautiful sunshine enjoying its warmth and all the goodness that come in springtime. Birds are migrating back and unfortunately, they are carrying Avian Flu, perpetuating the epidemic. There are a great deal of resources available, please reach out if you have any questions. You will find more details at: <https://cwhl.vet.cornell.edu/disease/avian-influenza>



We are bursting at the seams with programming and opportunities, please read through this publication and reach out with any questions. We are hiring for 2 educator positions, one in 4-H to expand our non-traditional programming and one in our Nutrition Program for the EFNEP (Expanded Food Nutrition Education Program). Please share those positions with anyone that may be interested.

The Lake Erie Regional Grape program is also welcoming new staff, Germán Vargas will join the team as the New York State Integrated Pest Management Grape IPM Coordinator. A native of Colombia, Vargas has a Ph.D. from Kansas State University and most recently served as a post-doctoral research associate at the University of Florida's Tropical Research and Education Center. He will begin in June and be located at the Portland offices.

We just ended our Agricultural Literacy Week. A special thank you to over 25 readers who helped us reach 14 schools and read an Agriculturally based book to over 2,500 students. Thank you to our volunteers, donors, and schools for your participation in this event. CCE will be donating 56 books to local schools and community Libraries through this program.

Master Gardener Help Desk reopens April 5th for the 2023 gardening season!

Chautauqua County Master Gardeners are ready to help with your gardening questions, plant or animal identification or other gardening issues. Bring your questions to the Help Line by telephone, e-mail or walk in on Wednesdays, Noon to 2PM, starting April 5th and continuing every Wednesday during the growing season. Also, as an extra bonus, if you bring in a soil sample our garden team will test for pH! Master Gardener services are free.

Contact us on 716/664-9502 extension 224, e-mail us at chautauquamg@cornell.edu or visit us at the JCC Carnahan Center; The "GPS friendly address is 241 James Ave; Jamestown, NY" look for the RED Cornell Signs.

Chautauqua County Agricultural News



Annie's Project Showcase: Cybersecurity and Managing Your Financial Risk
For women engaged in Agriculture - FREE webinars being offered by Annie's Project National!

Annie's Project Showcase

It is fitting that in our 20th anniversary year we showcase the many tremendous Annie's Project programs across the country and U.S. territories.

The Annie's Project Showcase highlights the work of Annie's Project programming across the United States and U.S. Territories. During each session, participants will experience a sample of information, topics, and education that are covered in actual Annie's classes. These webinars are FREE for anyone to attend and will also be recorded and made available for viewing by the public post-webinar.

All Sessions are at 12 noon Central time on the date listed.

You must pre-register for the webinar to receive the link to join.

Please register for FREE to join us for these upcoming sessions – a recording will be available after the date.

March 24 Cybersecurity and [Managing Your Financial Risk](#)

Featuring Iowa Annie's

Register for FREE using this link:

https://us06web.zoom.us/webinar/register/WN_5u5BdncyS7qs0cWSf-fwxA

After registering, you will receive a confirmation email containing information about joining the webinar.

Presenters: *Madeline Schultz, Women in Ag Program Manager; and Alexis Stevens, Farm Management Specialist; at Iowa State University Extension and Outreach*

April 14 Managing for a Margin Squeeze

Featuring Colorado Annie's

Register for FREE using this link:

https://us06web.zoom.us/webinar/register/WN_WKxu5PygTvuPBS0uT952bg

After registering, you will receive a confirmation email containing information about joining the webinar.

Presenters: *Jenny Beiermann – Agriculture and Business Management Specialist, Western Region, CSU Extension*

Brent Young – Agriculture and Business Management Specialist, Eastern Region, CSU Extension

May 5 The Hard But Necessary Conversation on Farm Succession

Featuring Missouri Annie's

Register for FREE using this link:

https://us06web.zoom.us/webinar/register/WN_JOM3eZDAS8GuPKb3tIU8zQ

After registering, you will receive a confirmation email containing information about joining the webinar.

Additional Sessions will be offered in September, October, November, and December, each featuring different topics and different states.

Annie's Project - Empowering Women in Agriculture



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE

www.anniesproject.org

Save the Date!!!

New York State Fiber Conference Sunday, June 11, 2023 9:00 am to 4:00 pm (sign in 8:30 am)

Butternut Hill Campground, 6893 US Route 20, Bouckville NY 13310

This one day conference is for new and beginning animal fiber producers who are looking for additional information to better make educated decisions regarding what species and breed of animal to raise and their efforts to produce, use or market their animal's fiber. Producers and potential producers from New York State and throughout the Northeast US are welcome to attend. Participants will leave with a better understanding of what they can do with their animal fiber or its value-added products to increase its market value; whether marketed through direct-to-consumer channels, commodity markets or wholesale.

Conference sessions and panels will cover the following topics:

- Selecting an animal species/breed and understanding their fiber quality
- Fiber types and uses
- Fleece quality with examples of poor, good, and excellent fleeces
- Fiber mills, supply chain, and finished products
- Market channels for the small producer
- Success stories from 4 small fiber producers/businesses

For conference agenda and registration <https://caahp.cceext.net/civicrm/event/info?reset=1&id=170>

Opens April 1, 2023. Fee: \$30 per person. Advance registration required by May 27, 2023.

Conference is limited to the first 50 participants.

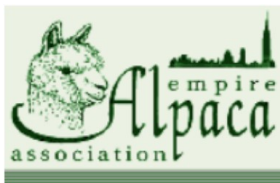
Registration questions contact Tove Ford tff24@cornell.edu

Registration includes free admission to the Central New York Fiber Festival (see below) on Sunday with opportunities to explore almost 100 fantastic fiber booths during our 1 hr. 20 min. lunchbreak. Food vendors will be on site for you to purchase food, but you can bring your own, if you so choose.

Overnight accommodations:

https://www.reservations.com/hotels/bouckville-ny/brand/super-8?rmcid=dsa&utm_source=bing&msclkid=41dcb60f92ad1585dd2fd581dab5b7b8&utm_medium=cpc&utm_campaign=DSA&utm_term=reservations.com&utm_content=All%20Pages

Platinum Sponsors for the New York Fiber Conference:



Cashmere Goat Association

Empire Sheep Producers Association



The Central New York Fiber Arts Festival is on June 10 & 11, 2023 at the same location. This festival is a family-friendly festival celebrating the fiber arts: spinning, knitting, weaving, felting, dyeing, and crochet. Demonstrations, lectures, and workshops and activities for children. **Wheel corral:** visitors can experiment with spinning. **Story loom:** visitors can contribute to a weaving project. Over 100 booths under cover with yarn, roving, and handmade finished products made with natural fibers. Fiber animals, weaving competition, and fleece sale. For additional information regarding the Fiber Arts Festival: <https://cnyfiberarts.org/?t=1673539489>

Cornell Cooperative Extension

Southwest NY Dairy, Livestock and Field Crops Program
525 Falconer Street, PO Box 20
Jamestown, NY 14702-0020

Katelyn Miller

Field Crop Specialist
716-640-2047



Join us for our Spring Shop Talks!

Meetings will focus on crop rotations, fungicides and management considerations on the farm.

A light lunch will be provided at all meetings thanks to our sponsors.

Registration is preferred, but not required. Contact Katelyn Miller for more information.

Phone: 716-640-2047 Email: km753@cornell.edu



Tuesday

4/11

1pm

Managing In-Field Variability

Join us at the
Teelak Farm
in Cattaraugus County
7301 Hinman Hollow Road
Mansfield, NY 14755

Thursday

4/13

1pm

Incorporating Small Grains Into Your Forage System

Join us at the
Phillips Farm
in Erie County
1809 Brant Road
North Collins, NY 14111

Friday

4/14

1pm

Breaking Down Fungicides

Join us at
Mahaney Farms
in Steuben County
8316 Canaseraga Road
Arkport, NY 14807
***0.5 DEC Credits in
1a, 10, and 21**



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BEEKEEPER REGISTRATION

As of December 23, 2021, all beekeepers in New York State are required to register with the NYS Department of Agriculture and Markets (AGM) and to renew their registration annually. Beekeepers must also indicate if they intend to sell nucleus (nucs) colonies. For additional information contact State Apiculturist, Joan Mahoney at joan.mahoney@agriculture.ny.gov.

Register here
beekeepers.agriculture.ny.gov/registration



SWARM LIST

NEED HELP REMOVING A HONEY BEE SWARM?

The beekeepers listed below have indicated that they provide bee removal services. The following contact information is provided as a public service and is not an endorsement of any of the beekeepers listed. AGM does not license or issue permits to remove honey bees. In addition, AGM does not have any information regarding a beekeeper's qualifications or training to remove honey bees.

View the list
agriculture.ny.gov/swarm-catcher-list



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14-065/87136/V4.03.20



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-farm.square.site>
716-499-9985*

LEAF Workshops

Date/Time	Workshop	Location
April 10, 2023 6:00pm-8:00pm	Business Planning For Beginning Farmers	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 25, 2023 6:00pm-8:00pm	Managing Weeds On The Farm	JCC Carnahan Building Room 123
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.

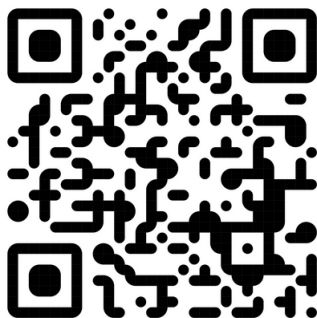
Key Information about this 2023 Spring LEAF Workshops

- 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.



Prepare Now for the Loss of Over-the-Counter Antimicrobials

Nancy Glazier, NWNV Dairy, Livestock & Field Crops Team

By June 11, 2023, all over the counter, medically important, antimicrobial products will require a prescription from your veterinarian to purchase. There are still some unknowns about this transition, but now is a time to assess what that means for your farm.

This has been a phased process. In 2012 the Food and Drug Administration (FDA) released the guidance, The Judicious Use of Medically Important Antimicrobial Drugs in Food-Producing Animals (#209). Implementation began in 2016 with Guidance for the Industry #213, the Veterinary Feed Directive (VFD). The directive mandated the requirement of a prescription for fed antimicrobials, whether in water or feed. Each prescription is for a specific length of time and group of livestock.

The need for the published guidance's and directives is to protect medically important antimicrobials from the more rapid development of resistance. The loss of efficacy can occur with any drug, but care needs to be taken so we do not lose those products that are medically important for human health. With the elimination of OTC antimicrobials for livestock use, veterinary diagnosis is needed prior to treatment to ensure these products are used judiciously.

The newest guidance, #263 was published June 2021. It recommends sponsors of medically important antimicrobials to voluntarily change product labels. The label addition is, "Caution: Federal law restricts this drug for use by or on the order of, a licensed veterinarian."

Previous changes have been implemented voluntarily, so that is the process this time as well. Some of the products include oxytetracyclines, penicillin's, sulfa-based antibiotics, tylosin, cephalosporin, lincomycin, and gentamicin.

To obtain a prescription, a valid client patient relationship (VCPR) will be needed. This is a working relationship with a veterinarian or practice. The veterinarian will be familiar with you and your farm and diagnose and prescribe treatment. The product can be purchased through the vet or a distributor. Those with a VCPR in place will see little change.

Though Guidance #263 was aimed at industry, you can take steps to prepare. What were you using OTC antimicrobials for? Are there ways to reduce sickness? Proper nutrition and reducing stress can help. Are there vaccinations to prevent versus treat, such as for pinkeye or footrot?

If you don't work with a vet, now is a good time to start. Critical components of the VCPR include a written agreement, knowledge of the operation and animals, written treatment protocols, maintenance of treatment records, and provide drugs for specific time frames and use. The vet will also be available if there are adverse reactions or follow up is needed. A valid VCPR has been a topic of quality assurance programs for many years.

This is not the time or reason to stockpile OTC antimicrobial products. They have expiration dates and proper disposal is needed when they expire.

If you have questions or want more information, there is a webinar planned for May 3, 2023, from 7-8 pm. Dr. Melanie Hemenway, NYSCHAP coordinator and field veterinarian with NYS Department of Agriculture & Markets will provide an overview of what this means for your farm.

The webinar is free, but registration is required. Here is the link to register: <https://bit.ly/OTC-webinar>. Contact Nancy Glazier with any questions, 585-315-7746.



Caption: it is critical to work with your veterinarian for proper diagnosis and treatment of livestock.

“It gets swelling out faster for better milkouts, higher quality milk.

Udder Comfort works!”

— Matt Nealy



NEALAND FARMS, NEWVILLE, PA
The Nealy family
400 cows: 92 lbs/cow/day, under 100,000 SCC

“What I like best about Udder Comfort™ is really two things that are related: The removal of swelling and how it helps with cell counts. We started using it more routinely with our fresh cows 5 years ago. The Udder Comfort Sprayer makes it easy, fast and uses 30 to 50% less spray per application. With more routine use of Udder Comfort, we get better results, seeing consistently lower SCCs, now averaging below 100,000, and the savings from better udder health,” says Matt Nealy.

Matt is the ‘cow guy.’ He and his father Steve, cousin Tommy and uncle Tom operate the third generation Nealand Farms, milking 400 cows near Newville, Pennsylvania, MDVA co-op’s 2020 Producer of the Year, recognized for outstanding milk quality, animal care, farm and environmental practices.

“Udder Comfort is something we don’t cut. It gets swelling out faster for better milkouts and higher quality milk. We do every fresh cow for a week after calving. We mark high-count cows on DHIA and do them too. We tried knock-offs. They don’t work. Udder Comfort works!”

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Save
The
Date!



6th Annual Chautauqua Farmer-Neighbor Dinner

Tuesday, August 22, 2023
The Grandview of Ellington
Social Hour: 5:00pm
Dinner - 6:15pm

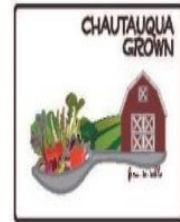
Award Presentations to follow

For more information or to help sponsor,
please call Cassandra at 716-664-9502 ext. 202

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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Chautauqua County Soil & Water Conservation District Newsletter

Northcrest Business Center, 220 Fluvanna Ave,
Suite 600, Jamestown, NY 14701
Phone (716) 664-2351 Ext 180
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, Grants Specialist
Greg Kolenda, District Field Technician
Hailey Laramie, Water Quality Technician
NRCS Jamestown Field Office Staff:
Robert Nothdurft, District Conservationist
Anna Emke-Walker, Soil Conservationist

Lawn Care and Water Quality

What most of do not realize is that most lawns do not have to be meticulously managed to remain healthy and attractive. Some gardeners, in an attempt to achieve a “perfect” lawn, may use unnecessary or excessive amounts of fertilizers, water and pesticides. This is a waste of money and only contributes to water pollution.

A healthy, dense lawn will help reduce weed invasion and is the best defense against pesticide and fertilizer overuse and runoff. The idea is to use grass species and varieties that are tolerant to insects, disease, and drought, thereby reducing our need and use of pesticides, fertilizers, and water.

Factors to Consider for a Healthy Lawn

Establishment: Use varieties tolerant to insects, disease, and drought. The current guidelines can be obtained from Cornell Cooperative Extension.

Fertility: Maintaining a reasonable level of fertility is important to a healthy, vigorous lawn, but over fertilization is an environmental hazard and a waste of money. Do not apply more than 1 pound of actual nitrogen per 1,000 square feet at one time. Use slow-release types of nitrogen except in the fall. The number of applications per year is dependent of the species of grasses, but not more than three are needed. Applications are generally added around Memorial Day, Labor Day and Thanksgiving.

Water: Most lawns require one inch of water per week. Grass does not need any water until it fails to spring back after you walk on it. Then measure what you apply with a rain gauge or a container and a ruler will do just as well.

Soil pH: A soil test is generally recommended to determine the need for lime as well as fertilizers. Changing the pH is best done slowly over time and it alone can tremendously increase your lawn’s vigor.

Mowing: Mowing height is generally determined by the species with the most being cut down to a height of approximately 2 inches. Leaving the clippings on the lawn reduces fertilizer requirements by 25% or more.

Thatch: People often think that thatch is a build-up of undecomposed grass clippings. Actually, thatch is the condition where the roots of the grass plant become “root bound” and cannot penetrate the soil. Thatch is the result of over fertilizing, and prevention is best, but if you suspect you already have a problem, consult with your Cornell Cooperative Extension office.

Pests: Prevention is often best, but when a problem arises, be sure that the pest is properly identified. Treating for the wrong problem is costly and can harm the environment. Once the pest is identified, seeking out environmentally friendly management practices to control the issue should be the first line of defense.

*This article has been condensed from **Great Lawn, Great Gardening** “Lawn Fact Sheet #12”.*

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Regional Horse Communications Belfast, NY
2	3	4 Exhibition Poultry Project 6:30 PM	5 Dairy Project @ Finn-Star Farm 7:00 PM	6	7	8
9 	10	11 LEAF Jr. Pizza Garden 6:00 PM Rabbit Committee 6:30PM Horse Committee 6:30 PM	12 Exhibition 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 State Horse Bowl at Cornell University
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 Clothing Evaluation Day 8:30 AM LEAF Jr. Biosecurity 10:00 AM
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 Clothing Evaluation Make-Up Day 9:00 AM
30 Chick Pick-Up @ Runnings 1-4 PM						

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Goat Committee 6:45 PM	2	3 Sheep & Goat Weigh– Ins @ Fairgrounds 5:30 PM	4	5	6 Beef Classic @ Fairgrounds Sheep Weigh-Ins @ Fairgrounds Eggstravaganza 10:00 AM-2:00 PM
7	8	9 Rabbit Committee 6:30 PM	10 Exhibition Poultry Committee 6:30 PM Dog Committee 7:00 PM LEAF Jr. Composting 101 6:00-8:00 PM	11	12	13 Super Goat Saturday
14	15	16 Rabbit Project 6:30 PM Organizational Leaders Meeting 6:30pm	17 Hog Project 6:30 PM Dog Project 6:30 PM	18	19	20
21	22	23	24 Beef Committee 6:30 PM <u>Conservation Field Days at LCLC... out of office</u>	25	26	27 LEAF Jr. Backyard Pigs 10:00AM
28	29 	30	31			

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.



Open to all 4-H Youth.
Please pre-register with Lindsey!
716-664-9502 ext. 212
lc832@cornell.edu

It's coming soon!

What's coming?

The **Fun Show** at Chautauqua County Fair!!!

Get your creative juices going and come up with imaginative costumes for you and your animal.

No themes this year. Just seniors (14+) and junior (13 and under) divisions. Go wild with any ideas your brain can imagine. There will be prizes and lots of fun! Get started with your costume now!



4-H Dairy Judging Barn Meetings

All 4-H members interested in learning how to judge dairy cattle are encouraged to attend the upcoming 4-H Dairy Judging barn meetings. Plastic boots will be provided at the farms to ensure biosecurity. Dairy judging notebooks will be provided, and everyone should bring your own pencil to use at the meeting.

Our first barn meeting will be held on Wednesday, April 5th from 7:00 pm - 8:30 pm at Finn-Star Farm, Paul & Robin Starceski, 2816 Mina French Creek Road, Sherman, NY. We will be in a cold dairy barn, so dress accordingly. Additional meetings are being planned with details to be sent by e-mail to 4-H dairy families.

Hope you can join other youth to learn the parts of a cow, conformation characteristics, and how to place a class of four cows. Pre-registration is not required. Please contact Lisa Kempisty, Extension Educator at 664-9502 Ext 203 with any questions.



Hog Weigh-Ins at the Fairgrounds

Saturday, April 15th

\$1 Wormer

Breeder 9AM-10AM; Market 10AM

Beef Classic Show

Saturday, May 6th, 2023

Chautauqua County Fairgrounds.

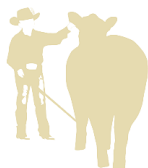
Judge: Adam Wise

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:

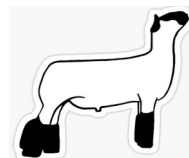
Chautauqua County 4-H Beef Program



CHAUTAUQUA
COUNTY
4-H

4-H Sheep Fundraiser

4-H Sheep Program will be selling lollipops at \$1 a piece. 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.

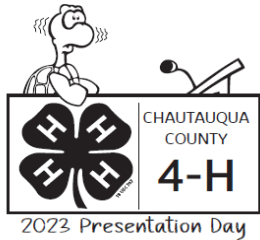
Youth who are novice animal exhibitors at the Chautauqua County Fair are highly recommended to be in attendance.

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





CHAUTAUQUA COUNTY 4-H YOUTH SPEAK UP AT PUBLIC PRESENTATION DAY



Public speaking is not something most people typically enjoy. We commend and congratulate all youth who stepped up to the challenge to prepare and present their topics at Public Presentation Day on Saturday, March 4th, as well as on Make-Up day, Monday, March 6th. Youth gave presentations on many topics, ranging from “The Wonderful Honeybee” and the “History of Lego” to “African Swine Fever”.

Youth who gave exceptional presentations were selected to participate at the Western District Public Presentation Day contest at the Revive Wesleyan Church in Hamburg, NY on March 25th. This year Abigail Carlberg, Anna Carlberg, Kendall Eckman, Hannah George, Mackenzy Graziano, Liam Griffith, Angel Heppner, Esther Knappenberger, Adam Lesch, and Garrett Lesch were selected to participate at the Western District level with Madalyn Reading and Logan Ellsworth selected as alternates.

Youth also have the opportunity to give presentations at the 4-H Youth Building during the Chautauqua County Fair.

A sincere thank you to Ron Almeter, Billie Jo Andersen, Joe Cabrera, Debbie Caruso, Dawn Comstock, Chris Dorman, Mary Dorman, Dan Heitzenrater, Nancy Johnson, Nannette Knappenberger, Amy Kriner, Laura LeBarron, Camille Martir Rosado, Brandi McIntyre, Steven McIntyre, Sue Overend, Debbie Rhinehart, Jan Schauman, Beth Southworth, Sally Valone, Cheryl Wahlstrom, and Debbie Willett for serving as volunteer evaluators for this event. We deeply appreciate the time and talents that they provided to help make this a successful Public Presentation Day!



Clothing Evaluation Day & Fashion Revue Information

Clothing Evaluation will be held Saturday, **April 22nd at 8:30am at JCC**. Youth who have completed a sewing project may bring their item for evaluation. Youth will also practice modeling for the Fashion Revue. Please bring a draft of your commentary which should outline the project, fabric, any new skills or challenges, and where the youth might wear the project. **Make up day will be Saturday, April 29th at 9:00am at JCC.**

Fashion Revue will be held on Friday, May 12, 2023 at JCC at 6:30pm.

Donations Needed for Fashion Revue

Please consider making a monetary or sewing-related product donation towards Senior and Junior awards. Awards are due on April 22nd at Clothing Evaluation Day. If you are donating gift cards, please consider donating multiple cards in small amounts of \$5.00-\$10.00 so that your gift can reach more youth. For more information, please contact **Debbie Caruso at: debbiecaruso99@gmail.com**

Upcoming L.E.A.F Jr. Classes

Register with Lindsey
lc832@cornell.edu
716-664-9502 ext. 212



Horse Communication Day

The Chautauqua County 4-H Horse program held Presentation Day on Friday, March 3rd. There was a great turnout and excellent presentations by 4H Horse project members of all ages. Four seniors- Charlotte Couchman, Denza Fanara, Mariah LaRoy, and Kendall Eckman (alternate Carley Wilson) and 1 junior (Talia Fanara) were selected to represent the county for Individual Presentations. Two seniors, Maja Hanson and Kinsey Witherow were selected for Public Speaking to advance to Regionals on April 1st in Belmont, NY!

Congratulations to all our 4Hers and thank you to our judges- Linda Morrison, Dorothy Hokanson, Aimee Rogers, Lindsay Eckman, Michele Swanson, and Dave Schauman.



Spring Organizational Leader's Meeting

Tuesday, May 16th

6:30 pm

at JCC Carnahan Center



- Pizza Garden April 11th @ JCC 6:00PM \$10
- Biosecurity on the Farm April 22nd @ Bit-O-Breeze Farm 10:00AM \$5
- Composting 101 May 10th, @ Green Heron Growers 6:00PM \$5
- Backyard Pigs May 27th @ Bit-O-Breeze Farm 10:00AM \$5

Animal Project News



Exhibition Poultry Project

Committee Meetings

Wednesday, April 12th
Wednesday, May 10th
7:00 pm

Project Meetings

Tuesday, April 4th
6:30 pm
Saturday, May 6th
10:00 am– 2:00 pm

Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

Thursday, April 13th
Tuesday, May 2nd

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



4-H

Meat Animal Sale Committee

Thursday, April 27th
6:30 PM

Dog Project

Committee Meetings

Wednesday, April 12th
Wednesday, May 10th
7:00PM

Project Meetings

Sunday, April 23rd Super Dog Sunday
1:00PM-5:00PM
Wednesday, May 17th

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

Any changes will be posted on
REMIND!



Sheep Project

Committee Meetings

Thursday, April 13th
6:00 PM

Project Meetings

Thursday, April 13th
Sheep Weigh-ins @ Fairgrounds
Wednesday, May 3rd 5:30 PM
Saturday, May 6th 10:00 AM

***All committee meetings at 6pm and project
meetings at 7pm unless otherwise noted***

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Horse Project

Committee Meeting

Tuesday, April 11th

Project Meetings

Sunday, April 16th

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

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Beef Project

Committee Meetings

Wednesday, April 12th
Wednesday, May 24th

Project Meetings

Saturday, May 6th (Beef Classic Show)

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

Committee Chair: Dave Schauman
janschauman@gmail.com

Market Poultry Project



Project Meetings

Sunday, April 30th
Chick Pickup 1-4 PM @ Runnings
Sunday, June 18th Show @ Fairgrounds

Committee Chair: Julie Covert
jcoverts@windstream.net



Rabbit Project

Committee Meeting

Tuesday, April 11th
Tuesday, May 9th
7:00 pm

Project Meetings

Monday, April 17th
Tuesday, May 16th

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

Committee Chair: Kim Chapman
kchapman4574@gmail.com

Hog Project



Committee Meeting

Wednesday, April 19th
Thursday, June 8th

Project Meeting

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

Project Meetings

Wednesday, April 5th @ Finn-Star Farm
7:00 PM (Dairy Judging)
Saturday, April 29th @ R&D Crowell Farm
1:30 PM (Dairybuds)
Saturday, May 13th @ R&D Crowell Farm
10:00 AM (Dairybuds)



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



Goat Project

Committee Meeting

Sunday, April 16th (9AM)
Monday, May 1st

Project Meetings

Sunday, April 16th (9AM)
Saturday, May 13th (Super Goat
Sunday)

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

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

Container Garden

Sharon A Rinehart, Contributing Master Gardener

If you do not think you have the space to plant a garden, you might want to consider container gardening. There are several other reasons why you might want to use containers to garden. Most people think of containers of flowers either hanging, in window boxes, or in pots around the house and yard. Flowers in containers are a great way to add color to places where you cannot plant in the ground. You can also grow many types of vegetables in containers. For both flowers and vegetables, you just need to follow a few simple guidelines.

The first thing to consider is the type of container you might want to use. The container needs to have drainage holes. The best size should be at least 12 inches or larger and 6-8 inches deep. The container can be wood, plastic, ceramic, paper fiber, metal, or concrete. Creative ideas may be milk jugs, barrels, drain pipes or any other container as long as there are adequate drainage holes in the bottom. The ideas for a container are endless.

After you pick out your container you will need soil. The soil in your garden should not be used in a container. It hardens in the container and water is not soaked up properly for your plants to flourish. It may best to purchase potting soil. If you want to make your own, use one-part peat moss, one-part garden loam, one-part coarse sand such as builders sand and a slow release fertilizer. The fertilizer should be 14-14-14. Soil testing will help determine if you need to add any other nutrients or pH adjustments.

If your container is more than 12 inches deep, you may want to use a filler in the bottom such as Styrofoam peanuts, crushed cans or plastic bottles so you can use less soil. When using a filler on the bottom, cover it with landscape fabric to prevent the soil from settling around the filler. Using a filler on the bottom will also make your container lighter and easier to move around. Larger containers can be put on dollies or platforms with wheels in order to move the planter to different locations.

Many people think about container gardening for flowers. This is definitely one idea. Flower containers can brighten up a patio, driveway, deck, or any other spot around your house where you want the color of flowers. A container of flowers can provide instant color.

Where you want your flower container, will determine the type of plants you will use in the container. If you want to plant a combination container, the plants need similar requirements. You do not put a sun-loving plant with a shade plant. Depending on your location, the wrong combination of plants may cause some not thrive or actually die. This is also true for the variation of plants need for moisture. Keep moisture like plants in the same container. Checking the tags or seed packets will be help you match like-condition plants.

A combination of different plant shapes and sizes makes interesting and attractive containers. A good combination has a tall plant or thriller, mounding plants or fillers, and plants hanging over the side or spillers. The number of plants you put in a container will depend on the size of the container and the size of the plant when it grows. An odd number of plants (3,5,7) will create a good balance in your container. Plant combinations will also have some plants that flower and others that have attractive and



Image by Davgood Kirshot from Pixabay

(Continued on page 19)

interesting foliage. For example, there are several varieties of sweet potato vine which add texture and color contrast to a container with flowers

Vegetables can also be grown successfully in containers. If you do three-season planting or succession planting, you will be able to harvest different vegetables out of the same container throughout the year. In early spring, plant lettuce followed by peppers or beans and finally kale or lettuce again. Other combinations will also work well.

Vegetables planted in containers are planted the same time as vegetables planted in a garden. Too early or too late may result in failure. Research your plants before planting.



Image by Kerstin Riemer from Pixabay

The size of your container will dictate what you can grow. A one-gallon container can grow 1 cabbage, or 2 cucumbers, or 2-3 green bean plants. In a two-gallon container, one eggplant or two pepper plants will grow well. A tomato plant will do best in at least a three-gallon container. Plants such as cucumbers and pole beans will do well if a trellis is added to the container.

After your container is planted, it is critical that it is located with the proper amount of sun. Generally, a container garden should have at least 5 hours of direct full sunlight daily. For many plants, eight to ten hours would be better. The advantage of a container garden is you can move it around. If it is too hot in one location, you can move the container to a cooler spot. This is also true if it is too shady or windy. You might even discover that your plants do well in several different locations depending on the time of day and time of year such as early spring verses late summer.

Maintaining proper moisture is important for your plants. Containers tend to require more watering because the containers are small. In hotter locations, the container may need to be watered twice daily. Different plants will require different amounts of water. How long the container has been planted will also cause variations in how much water is needed. A way to monitor the amount of water needed is to check the soil with your finger. If the soil is dry in the depth of the first inch, the plant needs watering. If the soil becomes too dry, the plant can be stressed and not fully recover. Soil that is too dry does not absorb the water properly. If this happens, you may need to immerse the container in a bucket of water until you see moisture on the surface of the soil.

If you use a soil mixture that has added fertilizer, you will not need additional fertilizer for eight to ten weeks. If the soil does not have fertilizer or you are growing the containers longer, a water-soluble fertilizer at the recommended strength will work well.

As with any type of gardening, experimenting will make you successful. Keep a journal and refer to it each year to find what works best for your location and interest. There are no failures only learned experiences.

Master Gardener Manual, PennState Extension

Successful Container Gardening with Annuals, Master Gardener Program Centre County, PennState Extension

Container Gardening, University of Maryland Extension

Container Vegetable Gardening, Larry Bass, NC State Extension, Leaflet 8105, March 1999

Successful Container Gardening, University of Illinois Extension



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



Welcome to SNAP-Ed!

Spring into Healthy New Habits!!

A change of seasons is the perfect time to rethink our old eating habits, make healthy food swaps, and get a fresh start on our health- in the spring or anytime of the year.



Start off by cutting back on certain foods:

- **Added salt and sugars:** Soda and package foods and snacks are often loaded with hidden added sugars and sodium, increasing your risks for heart disease and obesity. When your looking for a sweet treat reach for fruit instead.
- **Refined grains:** White flour, white rice and similar white refined grains are stripped of healthy fiber, vitamins and minerals. Check the food labels, and look for foods that list whole grains as the first or second ingredient.
- **Processed foods:** Prepared / Processed foods with long lists of ingredients tend to load you up with sugars, salts and unhealthy trans fat. Try to pass them up and make room for healthy, whole foods instead.

Try to eat more of these foods:

- **Fruits and Veggies:** They are colorful, low in calories, rich in nutrients and antioxidants. Make half your plate fruits and vegetables.
- **Whole grains:** Starting everyday the whole grain way can keep you full longer and keeps your digestive track regular.

Clean out your pantry and fridge:

- Go through your cupboards and look for foods that come in boxes. Swap crackers or chips for crunchy veggies. If you rely on prepared meals such as mac and cheese or canned soups, find an easy recipe to make your favorites from scratch! Visit (snapedny.org) for easy and affordable recipes.

Everything you eat and drink matters

The right mix can help you be healthier now and in the future!

Start simple, the benefits of healthy eating add up over time, bite by bite!

Remember, being healthy includes healthy eating and physical activity!



Within the last year have you dealt with lack of food in your household? Did you know local food pantry's can help? A common food pantry's mission is to directly serve and provide free food for local residents when money is tight.

Cornell Cooperative Extension SNAP-Ed Nutrition Educators provide nutrition education including how to save time and money while still eating healthy at our local food pantry's. To find a food pantry near you, visit <http://www.gardenshare.org/food-guide>

Peach Salsa

Try with Tacos, tostadas, fish, chicken and more. For extra flavor, add cayenne pepper or diced jalapeno peppers.

Makes 16 servings



Peach Salsa- SNAP-Ed New York (snapedny.org)

Ingredients

- 1 cup chopped peaches, canned or fresh (about 1.5 to 2 medium fresh)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- 1/2 cup chopped onion (1/2 medium onion)
- 1/2 cup chopped cilantro
- 1 Tablespoon lime juice
- 1/4 teaspoon each salt and pepper

Nutrition Information

Serving size:	2 tablespoons
Calories	20
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Carbohydrate	5 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugar included	0 g
Protein	0 g

Directions

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

Physical Activity

Physical activity is also important when it comes to staying healthy!
Here are a few tips to make physical activity a regular part of your day.



- Do **10 minutes of activity** at a time to reach your weekly goal.
- **Mix it up** so you don't get bored with the same routine, take a yoga class, swim at the community pool, lift weights, work in your garden, etc.
- **Be ready anytime** -Keep comfortable clothes and walking or running shoes near by so your ready for a walk at any time.
- **Workout during TV time** -Jog on the treadmill or ride a stationary bike.
- **Find support** by joining a walking group, or other group activity. Recruit family or friends for support.
- Don't forget that doing those **daily household chores counts too**. Cleaning the house, washing the car, mowing the lawn, raking, and gardening are all great ways to get your minutes in of exercise.



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 April 2023

For more information about this and other County programs, call



Kitchen Time Savers

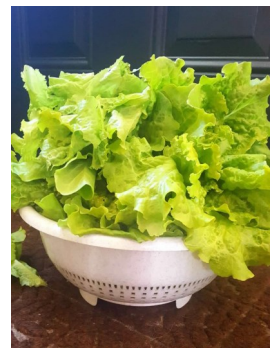
Image by Willfried Wende on Pixabay

Who doesn't wish there was more time in the day to plan, shop for and prepare healthy meals and snacks?

MyPlate.gov suggests these kitchen time savers to help you reach your healthy eating goals.

1. Make a shopping list before you leave for the store. Use paper and pen or an app on your phone to make your list. The most important thing is to remember to bring your list with you! Organize your list the way that your store is laid out. This will save you time because you will not need to run back and forth between aisles for things you forgot.
2. Enjoy your vegetables raw. Choose vegetables like cucumbers, radishes, and baby carrots for a side dish or snack and serve them raw.
3. Use a crock pot, slow cooker or instant pot. These appliances make meal preparation quick and easy. Find a recipe your family loves, follow the instructions and leave it until your meal is ready to eat. This is a good way to use leftovers or to add extra vegetables to a recipe.
4. Plan for leftovers. Cook extra portions of rice or pasta and freeze for another meal. Make a larger casserole, soup, stew or lasagna and freeze what is left to use in lunches or to serve as another dinner meal.
5. Use a toaster oven. If you own a toaster oven, use it in place of your regular oven for heating up leftover, toasting a sandwich, or roasting a small portion of vegetables. A toaster oven uses less energy than your oven and will not heat up your kitchen when it's hot outside.

April is National Gardening Month! Are you interested in growing your own food? Lettuce is easy to grow in a pot and a sunny location. All you need is a pot with a drainage hole, potting soil and seeds. You can use your EBT card to buy lettuce or any other fruit, vegetable or herb seeds! Fill your pot with potting soil then sprinkle some seeds on top of the soil. Top the seeds with a small amount of soil. Gently press the soil with your hands. Water well and place your pot in a sunny location. Most lettuce seeds take about a week to sprout. Keep your pot watered and enjoy your lettuce!



KORNER

I With your child, visit the local public library and borrow 'Start with A Seed' by Melissa Stewart. After
D reading this book with your child, ask them to draw a picture showing you what they learned about
S seeds. Go a step further and plant lettuce seeds together!

Green Salad with Peas

Makes 6—1 cup servings

Ingredients

- 1 cup of peas, - fresh, frozen or canned
- 6 cups of torn salad greens
- 1/2 cup chopped cucumber
- 1/2 cup low fat salad dressing
- 1/2 cup crumbled low fat feta cheese

Directions

1. Cook frozen peas as instructed on the page or drain and rinse canned peas.
2. In a large serving bowl, combine peas, salad greens and cucumber.
3. Add dressing and mix to coat salad. Sprinkle with feta cheese.
4. Refrigerate leftovers within two hours.



Nutrition Facts for 1 cup: 90 calories, 3.5g total fat, 1.5g saturated fat, 5mg cholesterol, 430mg sodium, 7g total carbohydrates, 2g dietary fiber, 1g total sugars, 0g added sugars, 6g protein, 0mcg Vitamin D, 76mg calcium, 2mg iron, 49mg potassium, 161mcg Vitamin A, 19mg Vitamin C, 35% 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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Cornell Cooperative Extension is Chautauqua County's link to Cornell University. Our purpose is to make available to the individuals, families, communities, and businesses of Chautauqua County the resources and research-generated knowledge of Cornell University. By identifying and addressing local needs, Cornell Cooperative Extension provides practical information to help people help themselves and develop their leadership potential. Please feel free to contact Cornell Cooperative Extension for more information.

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

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