

Cornell Cooperative Extension of Chautauqua County's

Extension Connection

Cornell Cooperative Extension
Chautauqua County

September 2023
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COVER PHOTO: Locally grown flower centerpieces designed by Emma J Brook Flower Farm, Westfield, NY, featured at the annual Chautauqua Farmer Neighbor Dinner.

Photo by Lindsey Crisanti

Your picture could be on our next cover!

Send your submission to lpc33@cornell.edu

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Association News

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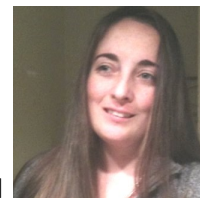
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Roxanne Young	Dog
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Kasey Fanara	Horse
Nannette Knappenberger	Snack Bar
Jamie Smith	Exhibition Poultry
Julie Covert	Market Poultry
Kim Chapman	Rabbit
Ken Styers	Hog
Shawn Huntington	Sheep

From the Office of the Executive Director

It has been another wonderful and busy month for CCE Chautauqua. Congratulations to all our youth that attended or presented projects at The Great New York State Fair.



I hope many of you were able to enjoy the exceptional company and meal at the Farmer Neighbor Dinner. A special thank you to the committee that put together an excellent evening with exceptional award winners and delicious cuisine prepared by 3C's catering, hosted at the beautiful Grandview of Ellington. As we move forward into full harvest and cooler evenings, we wish everyone the best.

As a reminder, slow moving traffic on country roads will continue all year and we may see an increase during the next month as full harvest commences.

Please be safe and enjoy the wonderful harvest of Chautauqua County. Visit our Chautauqua Grown website to find your nearest local producer.

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Chautauqua County Agricultural News

Mentoring youth for successful careers in the dairy industry

By Julie Berry '97



Enthusiasm was palpable at Junior DAIRY LEADER graduation, held in August on the Cornell University campus at Morrison Hall. The day is a culmination of an intense year of hands-on learning, exposure to industry issues, networking, farm tours and travel, all designed to push comfort zones and promote leadership growth. Entry into the program is competitive, with applications being a precursor to college applications that are the next step for many graduates.

“This is an amazing program that helps to really cultivate students, especially when they're leaving high school and finding what they want to do in the workforce,” said 2023 graduate Kirsten Widrick. “The most impactful part for me was learning there's many different people in it who are young, and they're all interested in the dairy industry, in different parts of New York. You connect with other people who you'll have lifelong friendships with.”

Led by PRO-DAIRY Senior Extension Associate Debbie Grusenmeyer, Junior DAIRY LEADER (JDL) has inspired over 500 youth, ages 16 to 19, for 24 years. The innovative program is designed to build critical enthusiasm for the industry and to develop the next generation of dairy leaders.

Students participate in on-farm production analysis, develop resumes for internship opportunities, enhance teamwork, communication, and problem-solving skills, prepare public presentations, and participate in farm tours and regional seminars.

“If you want to stay in Ag, there's a million different fields you can go into, and a bunch of opportunities that not only need you but also want you,” said Isaac Folts. “I think if you're nervous, just apply and give it a shot. You will have fun and you'll see a lot of new things, interact with amazing people, and have opportunities down the road.”

Congratulations to Erma Wolcott, 4-H Member from Mayville who recently completed the 2023 Junior DAIRY LEADER Program! (Erma is third from the right in the photo). Erma shares the following on her experiences:

“I think that Junior DAIRY LEADER was very a good tool for learning about the dairy industry. There are so many jobs that I didn't think about that this program introduced me too. My favorite trip we took was to Madison Wisconsin, we toured many large dairy farms and talked to many industry professionals about how they got to where they are now. One of the biggest messages I took away from the program was that it's okay to not know what you want to do in the future, and that you don't need it all figured out now. Try different classes, jobs, or internships - you never know what is going to spark your interest.”

2023 Graduates included, Abbie Ainslie, Amelia Brewer, Luke Enyart, Allison Gabel, Matthew Haier, Allison Michel, Peter Mueller, Holly Niefergold, Reagan Reese, Sadie Thume, Kristen Widrick, Erma Wolcott, Stephanie Youngers.

Article credit: Cornell Cals

Artificial Insemination Training for Beef and Dairy to be Offered

An AI training is being planned in Chautauqua County for October 9-11, 2023 for beef and dairy cattle producers and farm employees interested in learning how to breed cows. The cost will be \$200 per person, which will include the classroom session, hands-on Artificial Training at a farm and materials. Participants will need to bring their own lunch.

Please contact Lisa Kempisty, Extension Educator at 716-664-9502 Ext 203 or lik4@cornell.edu by September 22nd if you have an interest in participating or to learn more details.



CHAUTAUQUA GROWN

Chautauqua Grown Open Barn Doors Day

SUNDAY, SEPTEMBER 17, 2023
10:00 AM until 4:00 PM
Animals | Demonstrations | Tours
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- ◆ Home Fresh: Starter, Breeder, Ex Egg Layer
- ◆ Organic: Starter, Broiler, Layer pellets
- ◆ Meal Worms & Scratch

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- ◆ 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
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Alpaca:

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Chautauqua County Agriculture Celebrated at the Farmer-Neighbor Dinner

Chautauqua County, New York: The sixth annual Chautauqua Farmer-Neighbor dinner was held at “The Grandview of Ellington” on August 23rd. Over 225 were in attendance to enjoy and celebrate Chautauqua County agriculture. The dinner featured locally produced products, with 36 local producers’ agricultural products being incorporated into the meal.



The goal of this event was to help open the lines of communication between farmers and neighbors and educate about the farming community in Chautauqua County. Dennis Webster served as the Master of Ceremony for the event and provided insightful agricultural statistics for the County. This year’s speakers were 4-H member Laine Carpenter, who is a fifth generation farmer and his grandfather Bob Carpenter. Their perspective on agriculture gave those in attendance a snap shot of how agriculture has changed through Bob’s years but also what has stayed consistent and is being passed on in skills and knowledge to Laine.

Multiple awards were presented to recognize local leadership, excellence, and innovation in agriculture. Chautauqua County Soil and Water Conservation District presented their Chautauqua County Agricultural Environmental Management Farmer of the Year to Cabhi Farm, LLC of Clymer. Cabhi Farm, LLC has implemented multiple best management practices on their farm to protect their natural resources and ensure the future of their farming community.



The Chautauqua Farmer-Neighbor Committee presented three awards during the event. Clyde Rodgers, Rodgers & Sons, Inc. of Cherry Creek received the Friend of Agriculture Award. Clyde, Jan, and their three sons, Ken, Mike, and Bob have helped countless producers when it comes to purchasing and servicing agricultural equipment, educating the public at Ag Days and supported youth by purchasing animals in the 4-H auction. Roberto Fred of Roberto Fred Farms was recognized with this year’s Legacy Producer Award. Roberto Fred Farm specializes in produce both wholesale and retail, participates in five local farmer’s markets, and was featured in the documentary “Foodways; Stories of Farms, Food, and Resilience. Roberto has been farming for over 35 years and with the continued support of his family and community plans to continue farming into the future. New this year, the committee presented an Agricultural Impact Award. This award was presented to the Card Family of Moon Meadow Farm for their efforts to support not just their family farm but other farms as well. In 2022, the Card Family opened Moon Meadow Farm Custom Cuts and Butchering, a 20-C licensed kitchen to cut and package not only their meat products but surrounding producers’ products as well with a goal to market local livestock and provide quality meats to customers who want to know where their food comes from.

This year’s event would not have been possible without the support of our many sponsors including our Barnraisers: Chautauqua County Farm Bureau, Emma J. Brook Flower Farm of Westfield, Farm Credit East, ACA, and Sheriff Jim Quattrone and our Harvesters: 3 C’s Catering of Kennedy, Good Grass Farm of Ashville, Hillside Metal of Sherman, and Knight Vineyards, LLC of Ripley. The Chautauqua Farmer-Neighbor Dinner is held annually and is always looking for new sponsors and producers to contribute. Interested parties can contact Lauren Sharp at sharp@chqgov.com to be added to next year’s contact list. The Chautauqua Farmer-Neighbor Committee is a collaboration between public and private businesses supporting agriculture and local producers.

AS GRAIN BIN FATALITIES RISE, CHAUTAUQUA COUNTY FARM BUREAU ORGANIZES A SAFETY SEMINAR FOR FIRST RESPONDERS

More than 65 first responders took part in the first Grain Bin Safety Seminar on Aug. 17, 2023, at the Hartfield Firehall. Grain bin deaths rose more than 45 percent from 2021 to 2022 according to a Purdue University study. Working to fight against this trend, Chautauqua County Farm Bureau organized a Grain Bin Safety and Rescue Training Seminar for Chautauqua County's Special Rescue Team, Firefighters, and First Responders.

The need for this specialized training has dramatically expanded in recent years as Chautauqua County has seen an increase in acreage of grains being planted, harvested, and stored by local farmers. Recognizing this need, the Chautauqua County Farm Bureau began discussions with local emergency responders on how best to train them in advance of needing the skills during an actual emergency.

Chautauqua County Farm Bureau collaborated with the County's Special Rescue Team to bring representatives from the **National Education Center for Agricultural Safety (NECAS)** to the county to provide the training.

On a national level, NECAS is dedicated to preventing illnesses, injuries, and deaths among farmers and ranchers, agricultural and horticultural workers, and their families and employees.

Grain bins pose a unique hazard for both farmers and emergency responders. If a person were to become trapped inside a grain bin, a person could be buried in seconds, with suffocation being the leading cause of death. When rescuing a trapped person, first responders must take special care in this dangerous environment which is unlike any other they may encounter in an emergency. Fatalities can occur when someone becomes trapped only chest-deep, due to pressure on the lungs, which can lead to asphyxiation.

While firefighters receive special training for HazMat and operating in confined spaces, operating in a grain bin can become a worst-case scenario hybrid of all these situations.

The training was divided into two parts, an extensive classroom session and then open-air training with an active mobile grain entrapment simulator. The first responders were provided a great deal of grain bin safety and entrapment and extraction training information, followed by hands-on training on the extraction procedures used to free a trapped individual.



Complicating rescues can be many factors including the flammability of grain dust. The dust particles are extremely small, so there does not have to be a lot of dust to mix with oxygen and an ignition source for an explosion to happen.

Total grain engulfment can take only a mere 20 seconds, with almost no chance of survival. Yet, across the USA, grain entrapments are on the rise when other farm accidents are not.

Firefighters and responders who took part in the training will pass along the information to others throughout the county.

The organizers wish to thank the following for helping with the event: Lesch Farms LLC, Growmark, Westfield Ag & Turf, A N Martin Grain Systems, Hartfield Fire Department, Chautauqua County Special Team members, local Firefighters and First responders, and a special thanks to Steve Bourgeois, the Chautauqua County Special Rescue Team Coordinator.

This article was written by James Joy, Director with the Chautauqua County Farm Bureau, who organized this training





"Empire Livestock – Vision & Plans for the Future"

Wednesday, September 13, 2023 6:30 pm, Lakewood Fireman's Training Grounds

Packard Street, (off Summit Avenue), Lakewood, NY (A complimentary light meal will be provided – RSVP's requested)

Everyone interested in learning more about marketing livestock is invited to attend.

Our guest speaker will be Heidi Nicholas, new owner of the 6 Empire Livestock sale barns and co-owner with her husband Gene of Nicholas Meats, an 800 head/day slaughterhouse near Loganton, Pa. Heidi will join us to talk about her vision and plan for Empire Livestock, including the ramping up of beef marketing sales, renovation of barns, bringing in out of state buyers, board sales and more.

A complimentary light meal including Hamburger & Hotdogs will be provided.

To accurately plan for the meal, reservations are requested by Monday, September 11th by contacting Ted Card at 716-664-0356 or by email at lvg1259@netsync.net.



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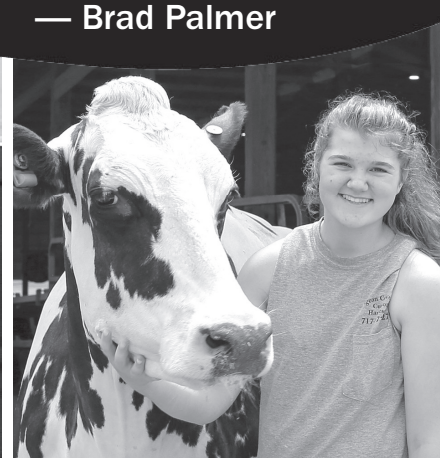
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— Brad Palmer



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Palmer Family, 440 cows, 94 lbs, SCC 140,000

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“We got back on the Udder Comfort last year for its effectiveness and ease of use. Spraying fresh udders with Udder Comfort after each milking for 5 days after calving really helps our milk quality,” he adds.

Three generations are involved in the operation: Brad and Linette and their son Logan and daughter Hailey and Brad’s parents Lonnie and Debra.

They milk 440 Holstein and Jersey cows, averaging 94 pounds with SCC 140,000.

“We like using Udder Comfort in the parlor. It delivers better coverage and better results,” adds Hailey. She does herd health and breeding while Logan is mostly involved in crops and feeding. Hailey also shows Ayrshires, a breed she loves that her mom grew up with.

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Chautauqua County Soil & Water Conservation District Newsletter

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



SWCD Staff:
David Spann, District Field Manager
Cassandra Pinkoski, Grants Specialist
Greg Kolenda, District Field Technician
Gage Lindell, District Field Technician
NRCS Jamestown Field Office Staff:
Robert Nothdurft, District Conservationist
Anna Emke-Walker, Soil Conservationist

A Forest in Need

Many landowners across Chautauqua County own property that contains woodland within its borders. Woodlands, or forests, are a fantastic resource for landowners to have access to. A woodlot can provide recreational uses like hunting, ATV riding, and hiking, or can simply be used for financial gain as a well-managed woodlot. Over the years of use, a landowner may notice issues that arise, like erosion on trails, water crossings in poor condition, or maybe logging roads in disrepair. What can be done to amend these issues?

The Chautauqua County Soil & Water Conservation District may be able to help. One route a landowner can pursue would be through the Agricultural Environmental Management (AEM) program. The District also offers technical assistance to landowners in need at no cost for our consultation. Upon request of assistance from the landowner, a staff member would set up a convenient time to meet and walk the land with the owner. This allows our staff to get a visual as to what could be the root of the issue, where it's taking place, and what would most effectively treat the issue. Staff can suggest a plan of action, provide contractor options, and assistance in permitting if need be. It may also be recommended that a forester help implement a forest management plan if the landowner is inclined to create a healthier, well managed forest, in addition to making some income. Let's say the landowner has had time to review all available options and they decide to pursue the AEM program.


What exactly is AEM? This program is voluntary, and incentive based to help participants in making sensible, cost-effective decisions while protecting

New York State's natural resources. To partake in this program, there is a five-tiered approach. Tier one is utilized to gauge the interest of the prospective applicant. Tier two is utilized to assess the existing stewardship and environmental concerns. Tier three will help to develop a property-specific conservation plan. Tier four's purpose is to implement the best management practices identified in tier three. The fifth tier provides the opportunity to evaluate and update plans. This process has the potential to provide the landowner with financial assistance to help cover the costs associated with implementing the determined best management practices.

If you are a landowner that feels you and your forest could benefit from the services our office provides, please contact us. Our phone number is 716-664-2351 x5. We have many resources and paths to suit a multitude of different needs. The Chautauqua County Soil & Water Conservation District looks forward to hearing from you!



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day 	5 Committee Chair Meeting 6:30 PM	6	7	8	9
10 Dairybud Picnic @Cherry Creek Town Park 1: PM	11	12 Rabbit Project 6:30	13 Dog Project 6:30 Program Committee 6:30	14	15 <div style="border: 2px solid black; border-radius: 50%; padding: 5px; display: inline-block;">Record Books Due</div>	16
17	18 Rabbit Committee 7:00	19 Horse Committee 6:30	20 Dog Committee 7:00 Organizational Leader's Meeting 6:30	21 Sheep Committee 6:00 L.E.A.F. Jr. Hog Committee 6:30	22	23
24	25 Dairy Committee 6:30 PM	26	27 Exhibition Poultry Committee 7:00	28	29	30

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Enrollment Starts!	2	3 Program Committee 6:30	4	5	6	7
National 4-H Week						
8	9	10 Rabbit Committee 7:00	11	12 Sheep Committee 6:00 Sheep Project 7:00	13	14
15	16	17	18	19	20	21
22	23 Rabbit Project 6:30	24	25	26	27	28
29	30	31 	11			

Enrollment

Mark your calendars!

Open enrollment starts October 1st.

Our fee has been dropped to \$20 a youth with no family to exceed \$60.

This is all thanks to our friends at United Way and the county for increasing our funding.

Program Committee

We will be looking for two new people to join program committee starting January 2024. Elections are this fall. If you have interest, please reach out to the 4-H office for more information.

4-H Committee Chair Meeting

Tuesday, September 5th
6:30pm at JCC Carnahan Center

4-H Organizational Leader's Meeting

Wednesday, September 20th
6:30pm at JCC Carnahan Center

Record Books Due

September 15th.

Record Books submitted September 16th-29th will only be eligible for a red award and youth may not be eligible for year-end awards.

Absolutely NO RECORD BOOKS will be accepted after September 29th.

Coming Soon...

4-H office available to public at JCC in Fredonia on Fridays. We hope to make this more convenient for our North County Residents! Hopefully by October 1st!

L.E.A.F Jr. Class

Homemade Applesauce

Thursday, September 28th 6:30 PM at Patterson Library in Westfield.

Please sign up with Lindsey by Sept 26th to ensure we will have enough apples and supplies. Free to 4-Hers and \$5 for all other youth.

4-H Apparel & T-Shirt Contest

Congratulations to our T-Shirt contest winner, Lyla Hamilton who inspired the apparel design!

The sale starts October 16th through November 3rd. We will have printable forms and also have paper copies available in the office. Money will be due at the time of sale. To the right, is a sneak-peek rough draft of the back design



Looking For More Committee Members!

The Chautauqua County 4-H is looking for more members to join their committees

- Exhibition Poultry
- Market Poultry
- Dairy
- Horse
- Beef

Please reach out to the 4-H office for more details! If you have any interest email Lindsey, lc832@cornell.edu or call 716-664-9502 ext. 212

State Fair Projects

Exhibits and ribbons can be picked up September 13th.

Awards Night

4-H Awards night and banquet will be announced at a later date. Stay Tuned!!



STATE FAIR FUN!



Chautauqua County received 1st in Mounted Games at State Fair!
 Pictured: Linda Morrison, Dylan Portice, Kendall Eckman, Wyatt Portice, and Maja Hanson.



Western District 4 H Beginner Dairy Quiz Bowl Team Received 2nd Place. Pictured: Tyler Crowell, Stephen Vranich from Wyoming County, Westyn Bruyer, and Isabella Jones.



Our Senior Division Dairy Judging Kids. Larsen Swan finished in 5th and Dayne Jantzi finished in 10th. Earning them a chance to compete at the National Level!



Wyatt with his 3rd place ribbon and Dylan with his 1st!



Club projects to be judged at State Fair 2023



Tyler Crowell took 1st place individual for Dairy Bowl



FAQs About 4-H



Who can enroll in 4-H programming?

Youth must be 5 years of age and no older than 18 years of age as of January 1, 2024 to participate in 4-H this year. Non-competitive Cloverbud programming is available at the club level and in all animal projects except Beef and Hog for youth ages 5-7. Youth ages 8-18 are considered regular 4-H members. For the upcoming 2023-2024 4-H year, your 4-H age is your age as of January 1, 2024.

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

Enrollment forms are available at club meetings, animal project meetings, and from the 4-H Office open daily from 8:00am-4:30pm. Fillable PDF forms will also be available online at cce.cornell.edu/chautauqua/4-h-forms. Contact the 4-H Office if you would like enrollment information mailed or emailed. **Re-enrollments (youth who have previously participated in 4-H programming)** must submit enrollment paperwork and payment by November 1, 2023 or will be assessed a \$10.00 late fee. Youth who have never participated in 4-H do not have to enroll by November 1st but are encouraged to do so.

What programs are available in Chautauqua County 4-H?

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

What does it cost to participate in 4-H?

The United Way of Southern Chautauqua County sponsors 4-H and reduces the cost of enrollment to \$20.00 per child not to exceed \$60.00 per family. Submit completed enrollment forms for each child, the completed enrollment scholarship form (one per family), and payment of \$20.00 per child (not to exceed \$60.00 per family), it's that easy! The enrollment fee can be paid by cash or check payable to "CCE", or via PayPal on our website. To pay via PayPal, visit cce.cornell.edu/chautauqua, scroll to the bottom of the home page and click the yellow pay now button. This covers insurance and overhead costs.

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

What role do volunteers play in 4-H programming?

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



CHAUTAUQUA
COUNTY
4-H

Animal Project News



Exhibition Poultry Project

Committee Meetings

Sept 27th
7:00 pm

Project Meetings

TBA

Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

September 13th
October 3rd

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



***RECORD BOOKS DUE
SEPTEMBER 15TH**



Dog Project

Committee Meetings

Sept 20th
7:00 PM

Project Meetings

Sept 13th
6:30 PM

All Project Meetings at 6:30 PM

Any changes will be posted on
REMIND!

Committee Chair: Roxanne Young
roxy6825@windstream.net



Horse Project

Committee Meeting

September 19th
6:30 PM

Project Meetings

TBA

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Beef Project

Committee Meetings

TBA

Project Meetings

TBA

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

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com



Rabbit Project

Committee Meeting

Sept 18th
October 10th
7:00 pm

Project Meetings

September 12th
October 23rd

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

*Committees at 7:00 PM *

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Market Poultry Project

Project Meetings

TBA

Committee Chair: Julie Covert
jcoverts@windstream.net

Sheep Project

Committee Meetings

September 21st
October 12th

Project Meetings

October 12th

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Hog Project

Committee Meeting

September 21st

Project Meeting

TBA

*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

September 25th
6:30 PM

Project Meetings

Sunday, September 10th
Dairy Bud Picnic
1:00 PM

Committee Chair: Bart Nickerson
bjnick@windstream.net



Goat Project

Committee Meeting

TBA

Project Meetings

TBA

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

Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537



Growing Garlic in Western New York

By Master Gardener Coordinator, Shannon Rinow

September means back to school and for gardeners, it marks the end of our growing season of summer crops like tomatoes, and peppers. You do not have to throw the “trowel” in just yet - This is the perfect time to prep your garden bed and get started on garlic planting! Garlic prefers cool weather when developing foliage- So, fall in WNY is the perfect time for growing garlic.

Before you start planting, you will want to do some planning and prep. Choose a weed-free, well-drained location. Raised beds are ideal. Do not plant where other onion family crops have been grown in the past 3 years. Garlic does not produce a fertile seed, so it is propagated using cloves. This is exciting because for each garlic bulb, you can grow multiple full garlic bulbs! Plant cloves 3-8 weeks before the ground freezes, typically this is early October in WNY. *If your soil is loose and well-prepared, you can plant in very early spring, but fall plantings usually yield more. You will want to plant the cloves pointed side up, and plant 1-2 inches deep in zones 5-10. Space plants in rows 12” apart to give them some room to grow. If you are unsure which zone, you are in, visit the website learn more <https://planthardiness.ars.usda.gov/>



It is recommended to mulch your newly planted garlic cloves with straw or fall leaves (hence, free!) to protect the cloves during the colder months. The mulch will help maintain moisture in the Spring and summer months.

In June, you will notice your plants start to develop scapes through the center of their stalks. Cut off the scapes before they uncurl as they take energy away from bulb formation. Bonus!! The scapes taste like mild garlic and can be used for cooking just like you would use garlic.

As the days and weeks go by the garlic stalks will start to yellow and brown. It can be tempting to pull the garlic up too early. These final weeks are important for the growth of the garlic bulbs! So, when will garlic be ready? Garlic is ready to harvest when leaves begin to yellow or brown and fall over, but there are still about 3-4 or 50% green leaves on the plant. In WNY, this happens typically at the end of July/ early August or approximately about a month after you remove the scapes.

Garlic is easy and fun to grow and has very little pest pressure- music to any gardener’s ears! Have a little fun and experiment when choosing which garlic to grow. There is a great resource list of garlic varieties here: <http://cconondaga.org/resources/garlic-varieties>



2023

GARDENING SYMPOSIUM

SPONSORED BY CHAUTAUQUA COUNTY MASTER GARDENERS



Saturday, September 23, 2023
9:00am-3:00pm

Held at Jamestown Community College- Carnahan Building
GPS-Friendly Address: 241 James St. Jamestown, NY 14702

ADMISSION \$25.00
MASTER GARDENER [ANY COUNTY]:\$15.00
ADD LUNCH + \$10.50

For new and seasoned gardeners alike!
Speakers include Lori Brockelbank and Ken Parker. Also, presentations by Master Gardeners on Composting, Growing Garlic, House Plants, Regulated Invasive Plants, Perennials, Bulbs plus MORE!

Scan here to register & learn more!



All proceeds directly support Master Gardener horticulture outreach and programming in Chautauqua County

Visit to register & learn more:

Chautauqua.cce.cornell.edu/events/2023/9/23/2023-gardening-symposium

EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Chautauqua County programs, call 716-664-9502

Produced by Cornell Cooperative Extension September 2023

It's National Family Meals Month



Every September, the Food Marketing Institute (FMI) hosts the nation wide National Family Meals Month with the goal of getting families to enjoy one more meal together each week with food purchased from their local supermarket. Eating together as a family as little as three times a week has many benefits, including kids who are 4x less likely to smoke, 3x less likely to use marijuana and 2x less likely to drink alcohol. Also, families who eat at least three meals together each week eat healthier, with a 24% increase in eating healthy foods like vegetables, fruits and calcium rich foods like low fat milk.

Family meals are a great way to increase communication in your family. FMI reports that 71% of teenagers said their

favorite part of family meals was catching up and spending time with family members. Here are some conversation starters from FMI to encourage open communication at your family meals:

1. Children aged 2-7: What makes you feel loved? Name three things that are fun for you.
2. Children aged 8-13: What is your special talent? What is your best quality?
3. Children aged 14-100: What is the funniest thing that happened to you today? What are you most looking forward to in school this week?

Source: nationalfamilymealsmonth.org

In Season This Month: Lots of Fruits and Vegetables

September is a bountiful month at the farmers' market and produce is plentiful. New this month are Brussels sprouts, kale, grapes and watermelon. You will also find apples, peaches, pears, plums, green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, collard greens, corn, cucumbers, herbs, onions, peppers, potatoes, Swiss chard, summer squashes and tomatoes. Don't forget to use your WIC fruit and vegetable check or EBT card at many markets and farm stands.



EFNEP provides FREE nutrition education to income eligible families with children.

Are you eligible? Do you:

- have children who attend Early Head Start and/or Head Start?
- use your SNAP EBTcard to buy food?
- receive WIC?
- have children who eat free meals at school ?

EFNEP helps you make healthy food choices while saving money at the store.

Learn to:

- eat more fruits and vegetables and how to afford them
- drink fewer sugar sweetened beverages
- take control of your weight
- be more physically active

EFNEP offers a FREE series of hands-on, interactive, and supportive classes. Join us in-person for group classes or one-on-one visits, virtually by Zoom or by phone. Call to schedule your sessions today!

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

Wendy Alexander
Cornell Cooperative Ext.
Jamestown
716-664-9502 ext. 221
wa66@cornell.edu

Ko Svetanics
Dunkirk
716-363-6575 or
716-664-9502 ext. 215
kws75@cornell.edu

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

KORNER IDS

Libraries are now open to lend books. Check out "The Vegetables We Eat" by Gail Gibbons. In this book the author talks about the shapes, colors, textures and taste of many vegetables available in the summer. Have your child pick a vegetable they would like to try and take a trip to the farmers' market or farm stand to buy the vegetable. Once at home, encourage your child to help you prepare it to serve at a family meal.

Sautéed Zucchini

Serving Size: 3/4 cup
Prep Time 10 minutes

Servings per recipe: 4

Ingredients:

- 2 medium zucchini
- 2 teaspoons vegetable oil
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon oregano, dried

Directions:

1. Wash zucchini and cut into 1/4 inch rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).
3. Add garlic and zucchini, then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate left overs within 2 hours.



Nutrition Facts: Serving Size – 3/4 cup, 40 Calories, 2.5g Total Fat, 56% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 80mg Sodium, 3g Total Carbohydrate, 1g Dietary Fiber, 2g Sugars, 1g Protein, 0% Vitamin D, 2% calcium, 1% iron, 6% potassium, 1% Vitamin A, 20% Vitamin C

Source: www.foodhero.org - Oregon State University Extension Service, Family & Community Health

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*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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