

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

January 2024
Volume 9 - Issue 1

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COVER PHOTO: National Seed Swap Day is celebrated on the last Saturday in January, which is January 27, 2024 to honor the great U.S. tradition of swapping seeds with neighbors.

Many local libraries have opened free seed libraries, see page 16 for the list of libraries.

Image by Shannon Rinow

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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Association News

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 Andrew Campbell, Westfield

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 Mary Jantzi, Clymer
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 Laura LeBarron, Silver Creek
 Jan Schauman, Jamestown
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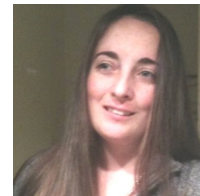
4-H Program Advisory Chairpersons

| | |
|------------------------|------------------------|
| Joyce Edwards | Clothing and Textiles |
| Bart Nickerson | 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

Happy New Year and Thank You for your continued support of Cornell Cooperative Extension of Chautauqua County!

I do hope that your year was full of more ups than downs and more memories than pain. You may have heard we recently received a NY Ag and Markets Grant for Food distribution in Chautauqua County. We are excited to announce we have hired Linnea Carlson Haskin to administer the grant. She begins with CCE Chautauqua on January 4. We are also excited to have received another year of Funding for our Expanded Food and Nutrition Program, now called Building Healthy Habits. We continue to offer programming in Nutrition, Youth Development and Agriculture. We look forward to seeing everyone throughout our many programming opportunities this year. If you have a chance review our last year's successes in our 2023 Annual Report, now available on our website.



It is a time to rejoice in all of our blessings and to look forward to new opportunities. Over the last year, CCE has continued to come together and serve the community with a positive outlook on the future of agriculture, youth development and nutrition. In times of stress and economic struggle, it can be difficult, but the positive feedback, encouraging stories and continued support gives us all hope and encouragement. It is my sincere hope that you find encouragement and positive programming opportunities from CCE-Chautauqua.

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Chautauqua County Agricultural News

Five Ways to Reduce Stress and Fight Pneumonia on the Dairy

Stress doesn't just impact the hardworking dairy producer, it can also impact our calves. External stressors and management factors can compromise their immune system and make them susceptible to respiratory disease. Weaning, transportation and vaccination, to name a few, are all events in a calf's life that can cause stress.

But there are things we can do to manage stress and keep calves healthy. "Taking a closer look at our management practices and improving them can help producers prevent respiratory infections from taking a toll on their herd and their bottom line," said Linda Tikofsky, DVM, Boehringer Ingelheim.

1: Prioritize cleanliness and comfort

"I've seen calves raised successfully in a variety of housing situations," Dr. Tikofsky observed. "Much of that success comes down to good management."

Calves should be put in a clean, well-bedded, draft-free space that shields them from harsh weather conditions. "It is essential that housing for heifers has good ventilation to reduce airborne pathogens and dust that can put disease pressure on young animals," stated Dr. Tikofsky.

Individual calf pens, where young calves don't have nose-to-nose contact, are the best option to minimize the transmission of respiratory pathogens. If group housing is required, keep calves in small

groups with at least 22 to 33 square feet per calf.

2: Practice low-stress handling

How we handle calves can greatly impact their stress levels, and it can also impact how they react to being handled in the future.

"When handling calves, we want to walk in positions where they can see us, and avoid staying directly behind them in their blind spot," explained Dr. Tikofsky. "Other low-stress handling techniques include presenting a calm disposition, avoiding loud noises and removing visual distractions."

3: Feed calves a well-balanced diet

A structured feeding schedule, in which the calf is fed at the same time every day, reduces stress and improves average daily gain. The amount of feed should also be increased in colder weather, as animals burn more calories to stay warm. Work with a nutritionist to ensure calves are well-fed with a properly balanced diet.

4: Manage parasites

Clinical or subclinical parasitism can suppress an animal's immune system and decrease their ability to fight disease. Even calves kept in a confined environment can benefit from lice and mange control in the winter months. "Keep animals comfortable and tackle parasites by working with a veterinarian to implement a deworming protocol that works for your operation," emphasized Dr. Tikofsky.

5: Be ready with a game plan during stressful events

Even with the best management practices in place, some stressful events such as shipping are unavoidable. "When producers know that animals are about to experience a stressful event, metaphylaxis is an option to explore," noted Dr. Tikofsky. Administering metaphylaxis, or a group antibiotic treatment, for at-risk animals can help reduce morbidity and mortality.

"Talk with a veterinarian about finding an antibiotic for metaphylaxis that works best for your herd," Dr. Tikofsky concluded. "Typically, several factors should be evaluated, such as spectrum of activity, speed of action and post-metaphylactic interval, or the length of time the antibiotic is at effective levels in the bloodstream before another dose is required."

REFERENCE:

1 - Costa e Souza JP, Amaral-Phillips D. Respiratory diseases in dairy calves. Cooperative Extension Service: University of Kentucky, College of Agriculture, Food and Environment. Available at: https://afs.ca.uky.edu/files/respiratory_diseases_in_dairy_calves.pdf. Source: Boehringer Ingelheim Animal Health USA <https://www.morningagclips.com/five-ways-to-reduce-stress-and-fight-pneumonia-on-the-dairy/>



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CCE Chautauqua wraps up a successful season of LEAF workshops
Participants enjoyed eight “fun, informative, and interactive” sessions.



In the weeks leading up to the winter solstice, the daylight hours get shorter and the wind brings a chill, but the team at Cornell Cooperative Extension (CCE) of

Chautauqua County kept the fire burning through eight wonderful Learn, Empower, Achieve, Farm (LEAF) workshop sessions this fall.

The workshops, which ranged from crafty (leather tooling and wool felting) to delicious (pressure canning), and from the office (farm marketing) to the garden (native lawns), brought together 49 participants and seven instructors for eight engaging sessions. In addition to providing practical skills and resources, these adult education workshops are intended to be an

opportunity for networking and community-building over shared interests and a warm drink.

Rose Clarke, Agriculture Program Coordinator and host of this season’s LEAF classes, made an effort to source fresh and healthy snacks from farms listed on Chautauqua Grown, another CCE Chautauqua program which aims to connect customers with local farmers and producers.

LEAF will be returning in the new year with more timely topics to support beginning farmers and agricultural education. Stay tuned for updates on the CCE Chautauqua Facebook page, website, or by stopping by the CCE office on the Jamestown Community College (JCC) main campus.



Stay tuned for upcoming LEAF classes!

Topics and dates will be popping up soon on our CCE Chautauqua website and Facebook page

Send questions and suggestions to Rose Clarke, Ag Program Coordinator
 rmc339@cornell.edu / 716-664-9502

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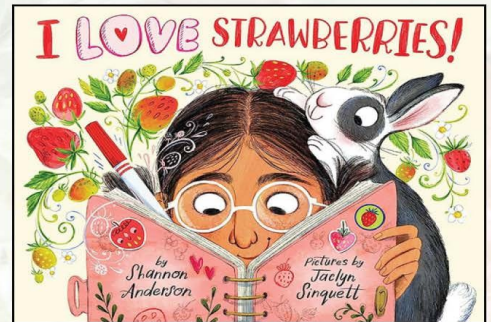
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2024 Agricultural Literacy Week

March 18-22nd is Agricultural Literacy Week!

Volunteers will read an agricultural book to students in schools across Chautauqua County in an effort to increase agricultural education. Agricultural Literacy Week is a celebration of our county's legacy and the hard work of those in our number industry who produce healthy, local food, 365 days a year!



Cornell Cooperative Extension of Chautauqua is currently in need of volunteer readers and seeking donations to ensure the success of this exciting outreach effort. Please contact Josie Allen, 4-H Development Educator with CCE- Chautauqua at 716-664-9502 ext. 216 or jla298@cornell.edu for more information.



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FREE MONTHLY CCE AGRITOURISM WEBINAR SERIES

01/09 - AGRITOURISM FOR MAPLE SYRUP OPERATIONS

- HOSTING LARGE SCALE EVENTS
- CONSUMER TRENDS
- EXTENDING YOUR SEASON

2ND TUESDAYS OF THE MONTH AT NOON 01/09 - AGRITOURISM FOR MAPLE SYRUP OPERATIONS

02/13 - GRANTS FOR AGRITOURISM OPERATIONS

03/12 - STAFFING YOUR AGRITOURISM OPERATION

04/09 - WORKING WITH YOUR LOCAL TOURISM
OFFICE

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LINDSEY PASHOW AT LEP67@CORNELL.EDU.



See us at

- **Keystone Farm Show**
York, PA, Jan. 9-11
- **New York Farm Show**
Syracuse, NY, Feb. 22-24

“The knock-offs just don’t do it.”

— Chuck and Sue Luchsinger



SILVER SPRING FARM
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Over half the herd EX

Chuck and Sue Luchsinger with son Charlie and grandchildren Liam, Quinn and Owen.



“We’ve loved Udder Comfort™ for over 15 years, for any cow with edema, thickness or mastitis. We love it most for the difference in our fresh cows. We use it 2x/day for a few days to a week after calving to prevent damage to the udder. The knockoffs just don’t do it. With Udder Comfort, we definitely know we are losing edema much faster. We can see it working,” says Sue Luchsinger.

Chuck, Sue and son Charlie have a century herd of elite Jerseys at Silver Spring Farm, Syracuse, New York. Over half the 60 cows are EX, with high components on rotational grazing and some TMR. They earned over 60 Premier Breeder and nearly 50 Premier Exhibitor banners over 100 years at NY State Fair. Chuck recalls getting SSF Andreas Linda ready for the 2022 State Fair.

“We used Udder Comfort on her seam, and it came out tremendous,” he says “We also used Udder Comfort on recently fresh cows and heifers in our July 2023 Generations of Excellence Sale. It brings out the natural quality and potential.”

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For external application to the udder only, after milking, as an essential component of udder management. Wash and dry teats thoroughly before milking.

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



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

Barley Straw Pond Kits

Even though barley straw cannot remove algae as fast as other treatments, it has been shown to work as a great long-term control method and can help stop algae from coming back in the future. Here is a brief breakdown of the complicated chemical reaction.

After barley straw is placed in the pond, it slowly begins to decompose. During decomposition, the cellular structure of the barley begins to break down, and the rate of breakdown is dependent on water temperature and oxygen content. Beneficial bacteria will work faster in warmer temperatures and well-aerated conditions, so you'll see faster results from barley in summer compared to winter. After a few weeks in the pond, decomposition changes from being bacteria dominant to fungi dominant, leading to "rotting".

As fungi eat away at the remains of the barley material, humic acid is produced, which is the first major step towards algae control. As the humic acids leech into the surrounding water, it reacts with oxygen and sunlight, becoming more and more unstable which leads to hydrogen peroxide.

Hydrogen peroxide is a powerful algaecide, but when produced from correctly dosed barley it's in a low enough concentration to be safe for fish and still works as an algae deterrent. The US Environmental Protection Agency does not classify barley straw as a legal algaecide; however, homeowners can apply it to their ponds with the caution it might not always work as expected.

The effectiveness of barley straw will depend on the concentration of algae in your pond, the type of algae, and how quickly you want it gone. As with many natural methods of control, the timeframe to see results is often much slower in comparison to mechanical and chemical treatments. If you have a major algae bloom in your pond, and your fish are suffering, opting for a mechanical or chemical treatment to resolve the problem and then using

barley as a preventive method is usually the best way moving forward. The District carries barley straw kits year-round, as well as other non-perishable items that are listed in the District's Tree and Shrub Catalog. See this year's catalog by visiting <https://soilwater.org/annual-tree-shrub-sale/>

If you plan to apply barley straw to a pond, follow these general recommendations:

1. Apply barley straw to a pond as soon as the ice is gone. The algae control properties of barley straw take several weeks to begin.
2. Determine your pond's size in acres, then plan to apply 4-5 bales of barley straw per acre. One acre is 43,560 square feet (roughly 208 feet by 208 feet).
3. When you get the bales, break them up and fluff up the stems so they make a big, loose pile. Stuff the barley straw into the onion sacks. Insert a buoyant object into the bag. The assembly should be able to float at the surface of the pond.
4. Place the sack on the pond surface & anchor it to stay in place, the sacks should be spaced evenly around the pond to assure even coverage. Barley straw should not be anchored near the edge of the pond, except near an in-flowing water course.

If you have additional questions or would like to purchase a barley straw pond kit, please call 716-664-2351 Ext. 5.




1: Taken from the article "A Guide to Pond Barley Straw & How it Works for Clear Pond Water" that was published by PondInformer.com; November 29, 2017; <https://pondinformer.com/how-to-use-pond-barley-straw/>

January

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|-----------------------------------|--------|--|
| Happy New Year! | 1  | 2 | 3 Hog Committee 6:30 | 4 | 5 | 6 |
| 7 Horse Bowl/ Hippology Practice Stockton 1:00 | 8 Program Committee 6:30 Rabbit Committee 7:00 | 9 Horse Project 6:30 L.E.A.F Jr. – Wool Felting 5:30 Rabbit Committee 6:30 | 10 Dog Committee 6:30 | 11 | 12 | 13 |
| 14 | 15  | 16 Rabbit Project 6:30 | 17 Horse Project Beef Committee Dog Project Hog Project 6:30 | 18 Sheep Meetings 6:00/7:00 | 19 | 20 |
| 21 | 22 | 23 Dairy Committee Teen Ambassador Meeting 6:30 | 24 | 25 | 26 | 27 Presentation Day 9:00 AM Horse Trail Riding First Aid Meeting Murphy Fire Center 5:00 |
| 28 | 29 Goat Committee 6:45 | 30 | 31  | | | |

February

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---|---|--|---|--|----------|
| | | | | 1 | 2 | 3 |
| 4 Beef Project Activity | 5 Goat Project 6:45 | 6 Exhib. Poultry Committee 6:30 | 7 Hog Committee 6:30 | 8 Market Poultry Meetings 6:30 Rabbit Committee 7:00 | 9 | 10 |
| 11 | 12 Rabbit Project 6:30 | 13 Exhibition Poultry Project Horse Committee 6:30 | 14 Hog Project Dog Committee Beef Committee 6:30 | 15 Sheep Meetings 6:00/7:00 L.E.A.F Jr. – Stain & Paint 5:30 | 16 Teen Ambassador Trip to Michigan State University → | 17 |
| 18 ← | 19  | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 Horse Project 6:30 Goat Committee 6:45 | 28 Dog Project 6:30 | 29 | | |

4-H Hog Project

March 13th, 2024 Hog Project Field Trip to Lottsville Milling Inc.
17235 PA-957, Bear Lake, PA 16402
Please RSVP by the February 14th meeting.

4-H DairyBuds Project Meeting

Saturday, January 20, 2024 at 1:00 pm
DairyBuds will learn the parts of the cow and make delicious Ice Cream! JCC Carnahan Building, 241 James Ave., Jamestown. RSVP to Lisa: lj4@cornell.edu or 716-664-9502 Ext 203 with names of youth attending

4-H Horse Updates

- Horse Bowl/Hippology 1st Practice, Jan. 7 1:00-3:00 pm, 4409 Bacheller Hill Rd. Stockton
- Horse Bowl/Hippology Practice Jan 15 (Time and place TBA)
- Horse Project meeting, Jan. 17 6:30-8:30 pm, JCC
- Horse Trail Project First Aid meeting, Jan. 27 5:00-8:00 pm, Murphy Fire Training Center
- Horse Project meeting, 6:30-8:30 pm, Feb. 27 JCC
- Horse Communications/Presentation Day March 8th, 2024

4-H Presentation Day!

Presentation Day is a one day event January 27, 2024 from 9:00 am - 2:00 pm. Youth will present during their assigned time slot. Pre-registration is required. Please sign up early and indicate your preferred time choice. Slots will be filled on a first come-first serve basis. Every effort will be made to accommodate preferences, but it is not guaranteed. Assignments to rooms and times will be confirmed to you by Monday, January 22nd.
Make Up Day for extenuating circumstances only Friday, January 26, 2024

Meat Animal Sale Youth

Consider making your arrangements for your extra animals early this year. There will be ABSOLUTELY no animals leaving on the slaughter trucks that have not gone through the meat animal sale. All extra will be leaving after 3:00pm on Sunday on their own trailers.

L.E.A.F Jr. Classes

January 9th 5:30 PM @JCC - Wool Felting
Youth will be able to make their own felted fun shapes out of felted wool!
They will learn about fiber and felting.
This is a process with needles so we ask for anyone with youth 7 and younger to have a parent or guardian present for the class.
Cost: \$5 per youth.
Limited space available

February 15th 5:30-8:00 @ JCC- Stain and Paint
Youth will be able to pick a their design ahead of time and make their own welcome sign or farmhouse décor. Just bring your creativity and willingness to learn! We promise a creative experience you will not forget.
Cost: \$5 4-H youth
\$10 Non-4-Her
MUST Pre-Register. Limited Supplies
Boards will range in size
Watch the newspaper and our Facebook Page for updates



Looking For More Committee Members!

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

- Exhibition Poultry
- Dairy
- Horse
- Beef
- Dog

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

4-H Dairy Bowl Practice Meetings

Join us for the upcoming 4-H dairy quiz bowl practice meetings to learn more about dairy cattle and the dairy industry. In dairy quiz bowl, youth “buzz” in to answer individual questions and work with their other team members (4 youth total) to answer team questions. The meetings will be held at 6:00 – 8:00 pm at JCC in Jamestown on:
Friday evenings: January 5, January 12, February 2, February 9, February 16 and February 23.
Complimentary pizza & snacks provided.

4-H HIGHLIGHTS



Teen Ambassadors 1st College trip to Alfred State College

Kendall Eckman, Abigail Carlberg, Madalyn Reading, and Kiley Jones all got a tour of campus and a tour of the college farm

2024 NYS 4-H LIVESTOCK SUMMIT

JANUARY 24TH TO FEBRUARY 24TH @ 7 P.M.
VIA ZOOM

- January 24th - AgVocating for your Market Animal
Eileen Jensen, New York Animal Agricultural Coalition
- January 31st - Getting it Done at Home!
Tracy Dendinger, Champion Choice Camps
- February 7th - Swine Health
John Heins, National Pork Board
- February 21st - Animal First Aid
Kate Perz, Suffolk County Farm and Education Center Educator
- February 28th - Where is that Steak From?
Jessica Waltemeyer, NYS Extension Small Ruminant Specialist

To Register: [https://cornell.zoom.us/meeting/register/tJMvcOGvpjgiHNO-OmN6ENGxt8vWMfIVYIG](https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJMvcOGvpjgiHNO-OmN6ENGxt8vWMfIVYIG)

For more information contact Brian Aukema at bj14@cornell.edu

VIRTUAL 4-H DAIRY BOWL PRACTICES

Join other youth from across the state for Virtual Dairy Bowl practices, hosted by the NYS 4-H Dairy Committee.

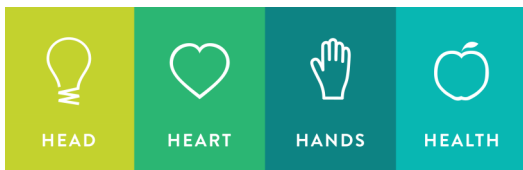


JANUARY 11
JANUARY 25
FEBRUARY 8
FEBRUARY 22
FEBRUARY 29

TIME: 7:00 - 8:00 PM

Register at:
<https://bit.ly/2024DairyBowlPractice>

CONTACT DEBBIE GRUSEMEYER
WITH ANY QUESTIONS AT
DJC27@CORNELL.EDU



4-H Educators Lindsey and Josie had the opportunity to tour The Cornell Campus and learn all about a fistulated cow.
Education is the Premise of Progress!!

Animal Project News



Exhibition Poultry Project

Committee Meetings

February 6th
March 5th

Project Meetings

January 24th
February 13th

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

Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

January 8th

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



Teen Ambassadors

January 23rd
Feb 16th-18th

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



Dog Project

Committee Meetings

January 10th
February 14th

Project Meetings

January 17th
February 28th

**All Project Meetings at 6:30 PM
Committee Chair: Roxanne Young**

Any changes will be posted on
REMIND!

roxy6825@windstream.net



Horse Project

Committee Meeting

January 9th
February 13th

Project Meetings

January 17th
February 27th

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

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Beef Project

Committee Meetings

Jan 17th
Feb 14th
March 13th

Project Meetings

February 4th
March 6th

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com

Market Poultry Project

Committee Meetings

February 8th

Project Meetings

February 8th

Committee Chair: Julie Covert
jcoverts@windstream.net



Sheep Project

Committee Meetings

January 18th
February 15th

Project Meetings

January 18th
February 15th

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Rabbit Project

Committee Meeting

January 8th
February 8th
March 7th

Project Meetings

January 16th
February 12th

ALL project meetings at 6:30 unless otherwise noted

***Committees at 7:00 PM ***

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Hog Project

Committee Meeting

January 3rd
February 7th
March 6th

Project Meeting

January 17th
February 14th
March 13th

***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 Meeting

January 23rd
6:30 PM

Project Meeting

Dairybuds- January 20th
1:00 PM

Committee Chair: Bart Nickerson
bjnick@windstream.net

Meat Animal Sale Committee

March 14th
6:30

Bring 60th plans!!





The Value of Trees By the Numbers

Laura A. Marsala

Apprentice Master Gardener Volunteer

From him who sees no wood for trees/ And yet is busie as the bees/ From him that's settled on his lees/
And speaketh not without his fees.
— English writer John Heywood, 1546

Most people are familiar with the old expression, “He can’t see the forest for the trees,” meaning someone is too bogged down in details to see the whole picture. When you look at trees, are you seeing the whole picture? Do you know what these magnificent sentries contribute to the quality of your life each and every day? Let’s look at some of the important benefits of trees and the reasons they are vital to a healthy planet and a healthy life.

According to the U.S. Forest Service, Department of Agriculture (USDA)¹, healthy trees mean:

- Healthy people: 100 trees remove 53 tons of carbon dioxide and 430 pounds of other air pollutants per year.
- Healthy communities: Tree-filled neighborhoods lower levels of domestic violence and are safer and more sociable.
- Healthy environment: 100 mature trees catch about 139,000 gallons of rainwater per year.
- Homeowner savings: Strategically placed trees save up to 56 percent on annual air-conditioning costs. Evergreens that block winter winds can save three percent on heating.
- Better business: Consumers shop more frequently and longer in tree-lined commercial areas, and are willing to spend more.
- Higher property values: Each large front yard tree adds to a home’s sale price. Every dollar spent on planting and caring for a community tree yields benefits that are two to five times that investment — benefits that include cleaner air, lower energy costs, improved water quality, storm water control, and increased property values.

Scenic America, a nonprofit organization dedicated to preserving and enhancing the visual character and scenic beauty of America, states that a canopy of trees in an urban environment can slash smog levels by up to six percent, and the USDA estimates that one large tree can supply a day of oxygen for up to four people.

The following figures from the Arbor Day Foundation provide astonishing proof that trees are hard at work to protect our environment. Consider these numbers:

- Global forests removed about one-third of fossil fuel emissions annually from 1990 to 2007.
- In Los Angeles, trees remove nearly 2,000 tons of air pollution each year.
- In Chicago, trees remove more than 18,000 tons of air pollution each year.
- In Greater Kansas City, trees remove 26,000 tons of air pollution each year.
- Roadside trees reduce nearby indoor air pollution by more than 50%.
- In one year, an acre of mature trees absorbs the amount of CO₂ produced by a car driven 26,000 miles.

Continue on next page

Not only do trees help keep our air clean and provide oxygen, they also offer the important protection of shade, especially vital as record high temperatures and extended heat waves are becoming more common due to climate change. Tree shade acts like a natural air conditioner, lowering surface and air temperatures and bringing relief to neighborhoods where paved areas absorb more heat and can be five to eight degrees hotter than surrounding areas. These areas also stay hotter, longer. Shaded surfaces may be 20-45°F cooler than the peak temperatures of unshaded materials. Tree shade helps us keep energy costs down by reducing air conditioner use and increasing comfort levels by releasing water vapor into the air through their leaves.

In addition, trees help regulate the environment, provide shelter and food, and protect from erosion. They provide homes for songbirds, owls, frogs, salamanders, bats, flowers, forest mammals, insects, and more. Approximately 80 percent of all terrestrial animals live in forests.

Finally, there is simply the physical beauty, from the dazzling display of colors in the fall and bright greens in the spring, to the soft rustling of the leaves in a breeze and the pleasant sound of mature fruits and nuts hitting the ground. Let's face it: We owe the trees on our planet so much. As threats against them increase – wildfires, drought, invasive species, loss of open space, unmanaged recreation, disease, and debilitating insects – it is more important than ever to protect and help them thrive. As the Chinese proverb goes, the best time to plant a tree was 20 years ago. The second best time is now.

Did You Know in the United States

**25-30 million real Christmas trees
are sold each year**

**For every Christmas tree harvested, 1 - 3
seedlings are planted in the spring**

Almost 15,000 Christmas tree farms

350 million trees are growing on Christmas tree farms

**North American Christmas trees are
grown in all 50 states**

**One acre of Christmas trees produces even
oxygen for 18 people daily**

**There are about 350,000 acres
used to grow Christmas trees**

**Christmas tree farming is a
year round job**

**It can take as long as 15 years to grow a 6 ft
Christmas tree but the average is 7 years**



2024 MASTER GARDENER TRAINING



Classes are Tuesday evenings 6:00pm-8:00pm
March 5, 2024- June 11, 2024

Classes held at CCE Cattaraugus:
28 Parkside Drive Ellicottville, NY
Zoom option is available

Tuition \$125.00

Open to
Cattaraugus &
Chautauqua
County Residents

Apply online, print and mail application or stop by the office

<https://cattaraugus.cce.cornell.edu/gardening/master-gardener-volunteer-program>

Master Gardener Volunteers are individuals from the community who enjoy gardening and use their horticultural skills and expertise to educate others. In return for their training, Master Gardener Volunteers donate their time teaching the community about gardening and the environment.

Subjects included in the training program include:

- Garden Botany • Herbaceous and Woody Plants • Garden Design • Integrated Pest Management • Lawn Care • Nuisance Wildlife Management • Native Plants • Soils, Fertilizers and Composting • Pruning • Vegetable Gardening • Invasive Plants and Pests



SEED LIBRARIES

Many local libraries have opened free seed libraries to encourage community members to garden and grow some of their own food! The list is growing, below are a few libraries that are participating. Feel free to donate any seeds to help their seed library grow.

- Ashville Free Library (Ashville NY) ashvillelibrary.com
- Meyers Memorial (Frewsburg, NY) meyerslibrary.org
- Anderson-Lee (Silver Creek, NY) andersonleelibrary.org
- Mayville Library (Mayville, NY) mayvillelibrary.com
- Seneca Nation Library (Salamanca NY)
- James Prendergast Library (Jamestown, NY) prendergastlibrary.org
- Alexander Findley Community Library (Findley Lake, NY) findleylibrary.org
- Darwin Barker Library (Fredonia, NY) barkerlibrary.org

Give Wildlife Your Christmas Tree

Winter is a difficult time for many wild animals. Food is scarce and shelter is minimal. Why not include them in your holiday spirit by giving them your old Christmas tree? After it has given your family hours of enjoyment, it can be redecorated outdoors to provide food and shelter for birds, squirrels, and other wild animals that may live near your home. Redecorating your Christmas tree, or any other tree already growing on your land, also makes a great winter's day project for children.

Pine cones dipped in melted suet or smeared with peanut butter, or orange skin halves filled with suet and seeds can be hung from branches. Popcorn, raisins, peanuts, and cranberries can be strung and draped around the tree. Orange halves hung from branches attract songbirds, while corn cobs may entice ring-necked pheasants. In addition, the bushy boughs on your old Christmas tree provide shelter from the snow and wind for many animals and a perch for birds that is protected from winter's icy blasts. A good place to locate the tree is near a permanent feeder.

It should be noted that after the Christmas tree has lost its needles, some feeding should be continued through the winter. The feeding of wildlife creates an artificial situation by concentrating a relatively large number of animals in an area that would not be able to support them naturally. Abruptly cutting of the food source could result in death for some of the wild animals that had come to rely on it.

*Source: Gary R. Goff and Valerie Raunig,
Dept. of Natural Resources, Cornell University*



Holiday Plants Beyond the Holiday

Sharon Rinehart - Chautauqua County Master Gardener Volunteer

When the winter arrives and our outdoor gardens are under snow, many of us buy or receive as a gift a plant that is considered a Holiday Plant. They typically have beautiful flowers that brighten our home for the holidays. When the holidays are over and the blooms have ended, many of these plants are discarded. This is not the case in my house. I do not have the heart to discard a plant that has added beauty to the dark drab days of winter. These plants become houseplants that I nurture. As I have kept these plants, it is my personal goal to have them rebloom. Some are easy such as Christmas cactus whereas others such as poinsettia are more difficult. Last year I had great success with my poinsettia reblooming. It was not as full and beautiful as the ones you buy in the store during the holiday season but to me it was very beautiful because I had managed to have it rebloom myself. As I write this, I am trying to have it rebloom again – this is a poinsettia that I have had for 3 years.

This year, before you throw out that holiday plant, consider trying to keep it and find the conditions you need to have it thrive and rebloom.

The Christmas cactus is one holiday plant that most people can successfully keep as a houseplant and have it rebloom. After the blooms have finished, place it in a bright sunny area. Do not overwater. The soil should be nearly dry between waterings. After the danger of frost has passed, the cactus can be moved outside in light shade. It should be brought back inside in the fall when there is a possibility of frost. Try to keep it in a sunny but cool area of the house. Soon buds will develop. At this time, you can move it to locations in your home where you can enjoy the blooms. Christmas cactuses prefer slightly crowded roots so do not repot more than once every three years. With care, this plant will thrive for many years. We have one in our family that is at least 30 years old. It is very large and is covered with blooms every year between Thanksgiving and Christmas.

The beautiful poinsettia may be considered a symbol of the holiday season. To have a poinsettia rebloom can be intensive but also very rewarding. After much diligence, it is a wonderful feeling of success when you see the red bracts.

After the poinsettia has brightened your holiday season, many of the leaves will fall off. At this time, reduce watering (do not let it dry out) and keep in a cool location. In the spring, prune it back to two buds per stem. Transplant it to a bigger pot. When evening temperatures are above 60 degrees, put the plant outside in a sunny location. Fertilize it lightly to encourage new growth. To maintain a bushy plant, occasionally pinch back the growth.

In September, it is time to set the buds. The poinsettia will need cool temperatures, high humidity, and 14 hours of darkness for 10 weeks. This is the time when you are in control to achieve success in reblooming your poinsettia. There are a couple of ways to ensure your plant has 14 hours of darkness. One way is to place it in a closet or cover it with a box for the 14 hours. Uncover and move it into the sun each morning. The way I have developed is to use grow lights on a timer.

My plants are in the basement where it is cool and totally dark. The grow lights come on and off automatically to achieve the 14 hours of darkness. This is the only way I have success because I do not always have the time or even remember to move the plant in and out of the light. If you start this in late September or early October, you should have red bracts before Christmas. After the holidays, you can start the process all over again.



Most everyone has seen or has grown an amaryllis for the holidays. For your first amaryllis, try to buy a bigger bulb. They are more expensive, but the flowers are larger and there are also more flowers per bulb. When it has finished blooming, cut the flowers off. Leave the stem and leaves, which will feed the bulb. In the spring when all danger of frost has passed, place the amaryllis outside in a protected area. Feed it with an all-purpose fertilizer once a month. Before a frost, remove the bulb from the pot and cut back all the foliage. Place the bulb in a sunny window until it is dry. After it is good and dry, place it in a brown paper bag. This should be kept in a cool, dry area. After 6 weeks, repot it in with good potting soil. Put it in a place with indirect light until new growth is seen at which time it can be moved to a sunnier area. Often, you will see leaves forming first. If you are successful, a stalk and eventually a flower will emerge.

A Kalanchoe is a plant seen indoors but is often sold during the holidays because of its beautiful colors of pink, red, orange, yellow, or white. They are succulents so care should be taken not to over water. Because kalanchoe tend to get leggy, either pinch it back or take cuttings in the spring and root in sand or potting soil. In order to have this plant rebloom, you should follow the 14 hours of darkness that was used for the poinsettia. If you have both, put them under the same light/dark system you develop and see if you can be successful with both.

The last plant, which is not a flowering plant, is definitely a plant purchased during the holidays and can be enjoyed all year. The Norfolk Island Pine may look like a pine tree but is not a true pine. It is native to an island in the South Pacific – Norfolk Island. Being a tender plant in our northern climate, Norfolk Island Pine prefers bright and cool temperatures of 60 to 70 in the daytime and slightly cooler nights. It will thrive best with higher humidity. Misting it weekly will help raise the humidity. During the summer, keep it sheltered from wind and direct sun. With proper care, this “pine” can grow quite large. My grandmother had one at least 6 feet tall and would put small ornaments on it every Christmas.

Hopefully, you will look at your holiday plants with a different viewpoint this year. They have brought color and joy to you during the holidays so give them a chance to thrive and do it again next year.

WINTER QUICK TIPS

Building Healthy Habits: Food and Community Nutrition



Tips for Your Choosy Eater

Many preschoolers may choose to eat only certain foods or may want to play at the table and not eat. As long as your child is active and is growing, they are likely eating enough to stay healthy.

Here are some ideas for encouraging a choosy eater:

1. Stay positive and don't refer to your child as a choosy eater. Children often believe what they hear.
2. Offer new foods one at a time and in small portions.



3. At the start of the meal, offer new foods before offering foods your child enjoys. Children are hungry at the start of a meal and are more likely to try new foods.

4. Let your child decide between two healthy foods - try "Would you like an apple or strawberries?" This gives your child a choice yet gives you control over the choice being offered.

5. Be a good role model - let your child see you enjoying a variety of foods. Children often imitate the adults in their lives

**Cornell
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Extension**

GET MORE *Healthy* RECIPES

Apple Sandwiches

Makes 2 servings, serving size 1/2 apple

Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions:

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half, cut side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon of peanut butter on one side of each apple slice.
4. Put 4-6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut butter side down. Squeeze gently.
5. Continue with remaining apple slices.
6. Refrigerate leftovers within 2 hours.

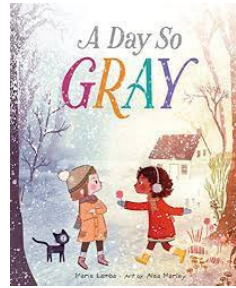
Find more recipes at: <https://fnec.cornell.edu/for-participants/recipe-table/>

Nutrition Facts for 1/2 apple: 150 calories, 1.5g saturated fat, 0g trans fat; 48% calories from fat; 0mg cholesterol, 50mg sodium, 20g total carbohydrates, 3g dietary fiber, 1g added sugars, 4g protein, 0mcg Vitamin D, 18mg calcium, 0mg iron, 206mg potassium

Source: FoodHero.org

Kids Corner

Visit your local library and with your child, check out “A Day So Gray” by Marie Lamba. Read the book with your child then take a walk together to discover the colors you see on a gray day in January!



For more information contact:

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<http://www.facebook.com/adoptinghealthyhabits>



Adopting Healthy Habits

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