

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

October 2024
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COVER PHOTO

Harvesting season at the Laurie Vineyards LLC located in Ripley, NY

Photo by Josie Laurie



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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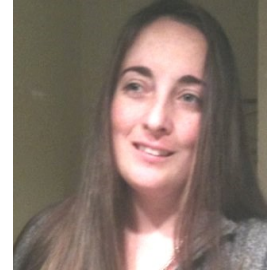
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Kim Chapman	Rabbit
Louis Smith	Hog
Shawn Huntington	Sheep
Teen Ambassador	Cassie Skal

From the Office of the Executive Director

As the leaves begin to change, we are proud to be continuing to offer exceptional programs serving the County's youth, those in need of nutritional assistance and the agricultural producers. We have so many wonderful programs happening, and we hope you can attend. We have Livestock programming, L.E.A.F. workshops, nutrition classes and youth development events coming up this fall. We also recognize that many of our partners and farmers are very busy with harvest upon us and encourage everyone to take in the most beautiful and memorable moments of the autumn season.



We are also continuing our work with Savvy Solutions through a grant with Western NY Foundation, reviewing the open positions at CCE Chautauqua to ensure we have the best structure to move CCE Chautauqua into the future. If you or someone you know is interested in working at CCE Chautauqua please check the jobs section of our website as positions will be posting throughout the fall.

At our CCE Annual dinner we will be recognizing outgoing board and committee members that have volunteered for 3 or 6 years supporting our programs. Please join us in the celebration of CCE and 4-H Youth programming on Monday, October 28 at 6 pm at the Chautauqua Harbor Hotel. If you did not receive an invitation in the mail or if you have any questions, please reach out to Lucy Conti at 716-664-9502.


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Chautauqua County Agricultural News

Improving Energy Efficiency on Your Farm

*Details and Invitation to Participate in an Upcoming October
2024 Webinar*



Cornell Cooperative Extension of Chautauqua is pleased to partner with CCE Tompkins County with the Ag Energy NY Program to provide resources and assistance with energy efficiency for our local agricultural businesses. As the Agriculture Educator for CCE – Chautauqua County, you are welcome to contact me to learn more about energy efficiency opportunities for your business. I have included an overview below and look forward to helping answer your questions.

What is AG ENERGY NY: In 2020, a state-wide agriculture and energy extension effort led by Cornell Cooperative Extension Tompkins County (CCE Tompkins) began as part of the New York State Energy Research and Development Authority (NYSERDA) project *Energy Best Practices for Agriculture*. Visit the NYSERDA Agriculture page for a broad overview of NYSERDA’s work for farmers.

The Ag Energy NY webpage and its outreach resources are developed by CCE Tompkins. Technical content and guidance is collaboratively provided by energy efficiency experts from the Daylight Savings Company, Taitem Engineering, and GDS Associates. Factsheets are designed and reviewed by NYSERDA.

Ag Energy NY focuses on several farm sectors providing efficiency information specifically for crops and vegetables, cattle and beef, swine, orchards and vineyards, poultry and eggs, grain drying, and maple.

These areas have historically not been included in the energy efficiency programs of utility companies, which tend to focus on farm sectors with the highest energy demands: dairy and greenhouse operations. Energy efficiency resources specific to dairy or greenhouse operations are available at the “NYSERDA Energy Best Practices for Agriculture” program page.

How can AG ENERGY NY help my agricultural business?

The Ag Energy NY program helps support farmers with:

- Better understanding of farm energy use
- Evaluating efficient technologies, alternate modes of operation, and practices that optimize energy use
- Making sound investment decisions based on accessible, up-to-date information
Incorporating efficiency into the decision-making process

And offers the following:

- Guidance and outreach resources to help farmers better understand energy use
- Training and assistance for educators to conduct local outreach about farm energy use
- Connection with service providers who can provide site-specific expert advice for farmers
Assistance identifying appropriate energy efficiency grants, loans, and rebates

How can I learn more?

- ⇒ One can visit and review many details on the Ag Energy NY website at: <http://www.agenergyny.org>
- ⇒ Signup for a Consult or Program Updates at: <http://www.agenergyny.org>
- ⇒ Contact Lisa Kempisty, local Agriculture Educator at 716-664-9502 Ext 203 or by email lj4@cornell.edu with your questions and/or to set up a phone call or on-farm appointment to discuss your business’ needs
- ⇒ Participate in an Upcoming Ag Energy NY Webinar in October 2024

Continued on next page

This on-line program will provide helpful information specifically for agricultural producers / agribusinesses to become familiar with how energy efficiencies can help save money and increase productivity. Topics include:

- statewide programs that can assist in identifying how to save energy both within the farm homestead as well as in barns and agricultural equipment
- energy audits and how they help identify improvements for energy efficiencies
- overview of energy efficiency technologies within agricultural production
- grant and financing opportunities for upgrading equipment or renewable energy projects

These programs are free to attend but registration is required. To register, visit <https://agenergyny.org/upcoming-events/>
For more information or questions regarding this program series, contact us at agenergyny@cornell.edu

Western NY Region Ag Energy Efficiencies Program

Host: Cornell Cooperative Extension of Erie County

Date: Thursday, October 24, 2024

Time: 12:00PM – 1:30PM

Cost: Free

Online Webinar

Southern Tier NY Region Ag Energy Efficiencies Program

Host: Cornell Cooperative Extension of Steuben County

Date: Tuesday, October 29, 2024

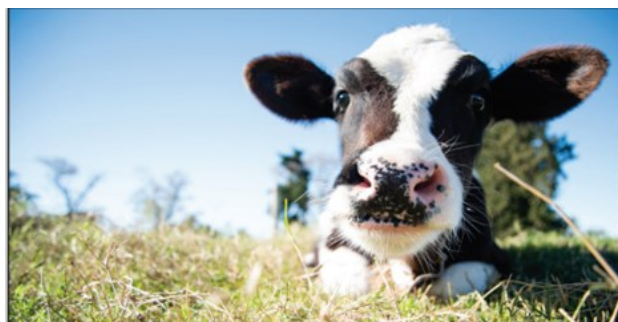
Time: 12:00PM – 1:30PM

Cost: Free

Online Webinar

Article submitted by Lisa H. Kempisty, Cornell Cooperative Extension Educator, with information excerpted from the Ag Energy NY website

NYSERDA's Agriculture Programs



**Helping Agricultural Communities
in New York State become more
energy efficient and profitable.**

Learn more about NYSERDA's Agricultural Energy
Audit Program, REAP Technical Assistance Program,
and Energy-Related Best Practices.



nyserdera.ny.gov/agriculture



NYSERDA

AG-gen-ad-1-v1_S46.25_v1 7/23

Below you will find a brief overview of these three programs:

Agriculture Energy Audit Program (AEAP): This program offers NY state farmers **no-cost energy audits** to help identify energy efficiency opportunities on their farm.

REAP Technical Assistance Program (RTAP): This program has been designed to **assist farmers at no-cost** to make applications to the Rural Energy for America Program (REAP). If awarded, farmers can receive up to 50% of the total project cost.

Energy Best Practices for Agriculture: The best practices have been developed to help **educate producers** with energy-efficient technologies, how they function, the average cost, and the average payback in years.

To learn more about these programs and eligibility here: <https://www.nyserdera.ny.gov/All-Programs/Agriculture-Energy-Assistance>

Contact us now: 800-732-1399

Thank you so much for your support in ensuring the viability and growth of New York's agriculture!

Farm Disaster Preparation Certificate

• **Wednesday, October 16, 2024, 6:00 PM - 9:00 PM**

Thursday, October 17, 2024, 6:00 PM - 9:00 PM

The Farm Disaster Preparation program will help farm owners plan for and manage possible disasters. This program focuses on practical pre-disaster education and preparedness regarding farm equipment safety on the road, fire or structure collapse, storm and wind damage, criminal activity, farm chemical risks, and biosecurity. Farms that complete the training will receive a certificate to provide to their insurer and may be eligible for a credit or discount toward the farm's annual insurance premium. The value of the credit or discount will vary according to individual policies and policyholder circumstances but can be up to a 10 percent discount.

The Farm Disaster Preparation Certificate is directed to all sizes of farms and all types of products. Dairy and livestock farms are especially encouraged to participate in the program due to their additional concerns regarding animal agriculture. The person representing a farm should be the insurance policyholder; other key farm personnel are welcome.

The certificate program will be held on Wednesday, October 16, and Thursday, October 17, 2024, from 6:00-9:00 PM via Zoom. You must attend both sessions to receive the certificate. Space is limited, and pre-registration is requested by October 11. There is a \$35 fee per farm for this program. For more information about the training contact Lynn Bliven at 585-268-7644 ext. 18 or email: lao3@cornell.edu.

To pre-register: https://reg.cce.cornell.edu/FarmDisPrepCertTrn2024_202.

Course Instruction Team: Lynn Bliven, Ag & Natural Resources Issue Leader CCE Allegany County; Stephen Hadcock, Ag. Entrepreneurship and Market Development Team Leader, CCE Capital Area Agriculture and Horticulture Program; Maryellen Baldwin, Farm Business Manager, CCE Oneida County; and Jim Carrabba, Agricultural Safety Specialist New York Center for Agricultural Medicine and Health (NYCAMH).



Pasture Flooding Photo by Lynn Bliven

NYS Ag Society Century Farm Program

The New York State Agricultural Society prides itself on recognizing the best in agriculture. The Century Farm Program is one of the premier programs that recognizes farms when they reach the centennial mark. To date the Ag Society has recognized 408 Century farms, 59 Bi-Centennial farms, and 2 Tri-Centennial farms. The program rules are simple – the farm needs to have hit the centennial mark prior to the convening of the New York State Agricultural Society's annual meeting on January 9, 2025. If your farm has hit this mark, we would love to recognize this amazing achievement.

To register your farm as a Century Farm, go to the following link <https://www.nysagsociety.org/century-bicentennial-farm-award> and fill out the information requested. The information you provide documents the farm's journey to 100 years. The deadline is coming fast – October 15 of 2024. If interested, please send in your information – we would love to see you and recognize you at our upcoming annual meeting.

CCE Chautauqua LEAF Workshops Fall 2024 Schedule

Striving to diversify and grow agriculture in Chautauqua County by connecting our area's residents, homesteaders, and farmers to educational resources.

Registration & more available by calling the CCE office (716-664-9502) or by visiting: <https://chautauqua.cce.cornell.edu/agriculture/leaf-workshops>



Biosecurity: Controlling Dangerous Germs Lurking on the Farm

Wednesday, October 2 / 6:00 – 8:00 pm / JCC Carnahan Center / \$5 per household

It's inevitable: microbes like viruses and bacteria are everywhere! Luckily, most are harmless or helpful, but there are some diseases, such as the recent Avian Influenza outbreak, that we need to take steps to minimize on our farms for the safety of our food and families. CCE Livestock Specialist **Amy Barkley** will explain why biosecurity on our local farms is so important, the latest concerns to be aware of, research-based best practices to keep people and animals healthy, and more.

Farm Succession Planning

Thursday, October 10 / 10:00 – 12:00 pm / JCC Carnahan Center / \$5 per household

When we think of a farm, we may picture a home, a business, a refuge, a lifestyle. It might include land, equipment, equity, animals, and more. A simple 4-letter word is actually a very complicated package, and it's never too early to begin thinking ahead about a smooth transition of your farm to a future owner. **David Chamberlain**, NY FarmNet Financial Consultant, will guide us through a discussion about things to consider, resources available, and next steps for your farm succession plan.

Cultivating Saprophytic Fungus

Monday, October 21 / 4:00 – 6:00 pm / JCC Carnahan Center / \$5 per household

Are you interested in learning more about growing your own mushrooms? See how one small business cultivates saprophytic fungus! **Emilie Barnett** of Barnett's Mushrooms will lead this class explaining their process to producing gourmet mushrooms, cloning wild mushrooms, and growing your own mushrooms using at home kits. Kits will be available for purchase at the end of the class for \$20.



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Information and registration details below on the upcoming Fall Maple Update with NYS Maple Specialist, Aaron Wightman.

Fall Maple Update with Aaron Wightman

Senior Extension Associate

NYS Maple Specialist, Arnot Maple Lab

Co-Director, Cornell Maple Program

Saturday October 19, 2024

9am-12pm

Wyoming County Agriculture & Business Center

Free to attend!

Register Online at:

https://reg.cce.cornell.edu/FallMapleUpdatewithAaronW_256

Register by phone at:

585-786-2251

Register by email at:

err32@cornell.edu

Much has changed in maple sugaring over the past few years. Join NYS maple specialist Aaron Wightman for research updates and tips for making a good crop of high-quality maple syrup and other confections in today's challenging environment. Topics will include:

- Tap timing and sugarbush management in a changing climate
- Sanitation and filtration
- Optimizing vacuum in tubing systems
- Process efficiency, quality control, and food safety
- Question and Answer

Cornell Cooperative Extension Wyoming County

Free to attend - Register online https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=FallMapleUpdatewithAaronW_256



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New York Hosting Stockmanship & Stewardship Event

Registration is underway for the Stockmanship & Stewardship event, October 25-26, at the Agriculture Discovery Center on the Fairgrounds in Hamburg, New York. Funded in part by the Beef Checkoff, Stockmanship & Stewardship is a unique educational experience for cattle producers featuring low-stress cattle handling demonstrations, Beef Quality Assurance (BQA) training, facility design sessions and industry updates.



“Educational programs like Stockmanship & Stewardship elevate producers’ commitment to continuous improvement through BQA principles,” said Chrissy Claudio with the New York Beef Council. “By participating in Stockmanship & Stewardship, cattlemen and women are demonstrating to consumers that they are striving to produce the highest quality, safest beef possible.”

During the event, producers can become BQA certified and recertified, network with fellow cattlemen and women, participate in hands-on demonstrations led by animal handling experts, and learn innovative management techniques. Industry experts will cover topics such as beef x dairy opportunities, pasture management, consumer insights, and cull cattle management. There will also be an opportunity to walk around a truck and trailer to learn pre-trip procedures, ensuring the safety and comfort of livestock during transit. Stockmanship & Stewardship is sponsored by the National Cattlemen’s Beef Association (NCBA), Neogen, and the Beef Checkoff-funded National Beef Quality Assurance program.

“Neogen is dedicated to the advancement of human and animal well-being through science and technology,” said Elizabeth Wonsowski, livestock director of marketing at Neogen. “As a leader within the beef industry and proud partner of cattle ranchers and beef production, we recognize the important role that education and resources play in helping the cattle industry continue to grow in a healthy and sustainable way. We are proud to support NCBA and the Beef Checkoff through the Stockmanship & Stewardship program. Together, we can fuel a brighter future of global food security.”

For more information, complete agenda, fees and to register, visit <https://www.stockmanshipandstewardship.org/>. Cattle producers attending Stockmanship & Stewardship are eligible for reimbursement through the Rancher Resilience Grant. To apply for a grant to cover registration costs and two nights hotel, visit www.ncba.org/producers/rancher-resilience-grant

Links to third-party websites should not be considered an endorsement by the Beef Checkoff of the actual website or the company or organization that owns/manages that website.

About the Beef Checkoff



The Beef Checkoff was established as part of the 1985 Farm Bill. The Checkoff assesses \$1 per head on the sale of live domestic and imported cattle, in addition to a comparable assessment on imported beef and beef products. States may retain up to 50 cents of the dollar and forward the other 50 cents per head to the Cattlemen’s Beef Promotion and Research Board, which administers the national Checkoff program, subject to USDA approval.

2024

STOCKMANSHIP
STEWARDSHIP



October 25 - 26th
Hamburg, NY



FOOD ACCESS 101

WHAT IS FOOD ACCESS

“Food access is about much more than simply the availability of foods for purchase. Consistent, equitable food access for all depends on food systems and social systems that protect and broaden food access.”-The Stray Dog Institute



FOOD INSECURITY

The condition assessed in the food security survey and represented in USDA food security reports—is a household-level economic and social condition of limited or uncertain access to adequate food.-USDA



HUNGER

is an individual-level physiological condition that may result from food insecurity



FOOD APARTHEID

Food apartheid is a system of segregation that divides those with access to an abundance of nutritious food and those who have been denied that access due to systemic injustice-Karen Washington, Food Sovereignty Leader

CCE CHAUTAUQUA IS WORKING TO ADDRESS FOOD ACCESS NEEDS BY CONNECTING THE WORK WE HAVE ALWAYS DONE, SUPPORT LOCAL FARMERS, FOOD PRODUCERS AND NUTRITION EDUCATION WORK.

THE NY FOOD FOR NY FAMILIES BOX PROGRAM IS THE FIRST STEP IN UNDERSTANDING OUR COUNTY'S FOOD ACCESS NEEDS

More Information:

Contact:
Linnea Haskin
Community Food System Educator

Imc373@cornell.edu

"I love how awesome it works!"

— Angela Fuller



**HEINEMAN FARMS, Attica, N.Y., 65 Holsteins, 26,037M and Ayrshires 19,480M
SCC 137,000, 3rd gen. Gordon and Sue Heineman, 4th gen. Angela and Dave Fuller
WDE 2023 Grand, Senior, and Reserve Intermediate Champion Ayrshires**
(Photos: WDE 2023 Grand; Angela with nieces Esther and Eva; Esther with Nat'l Spectacular Grand)

"We've used Udder Comfort™ since we got samples at the 2009 World Dairy Expo. We learned to use the spray when they bag up to calve because we don't have to touch the udder. I love how awesome it works without massage. For prefresh, I use Udder Comfort spray, switching to lotion after calving," says Angela Fuller, Heineman Farms, Attica, New York. She and her husband are partners with her parents, milking 65 Holsteins and Ayrshires.

Angela has loved showing Ayrshires since 7. At World Dairy Expo 2023, she had two homebred champions. Grand and senior was 4-yr-old Heineman Reagan Roz EX93, dam of their AI bull (Rage at ST Genetics). Reserve Intermediate was 3-yr-old Heineman Kingsire Cold Brew EX90. Niece Esther's junior-3 was grand champion of the 2024 National Summer Spectacular.

"I love raising the babies, watching them develop and seeing cow families develop. It's very rewarding. I love this product for fresh cows, hard quarters, and when we show," says Angela. "It soothes any discomfort or inflammation."



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October 1-4 in Madison. Stop by for samples!

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 Emily Reynolds, Executive Director Date: 09/13/2024

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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, Grant Specialist
Greg Kolenda, District Field Technician
Gage Lindell, District Field Technician

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

Autumn Leaf Management

A large portion of solid waste found in landfills across the United States consists of autumn leaves. Many times, fallen leaves are seen as a burden by landowners, when in fact they are a precious resource when returned to the earth. There are several environmentally friendly autumn leaf management options to consider:

Mulch: Use a mulch mower or lawnmower to chop leaves into small pieces. Leaving mulched leaves and grass clippings on your lawn will reduce fertilizer requirements significantly. Be sure to remove your mower bag and skip raking if you wish to enhance your lawn with rich organic leaf matter. Please keep in mind that you may need to make more than one pass if you are using a lawnmower and that you may also need to mow more frequently in order to keep the leaves manageable so that you do not damage your lawnmower.

Use leaf mulch to nourish mulch beds, trees and shrubs by adding 3 to 6 inches (8-15 cm.) of the mixture evenly to the top of mulch beds and around trees and shrubs.

Compost: Add autumn leaves and year end grass clippings to your compost bin and let the leaves and clippings do their magic.

Garden Enrichment: Leaves can be rototilled or plowed directly into garden soil in the autumn. The leaves should easily decompose prior to spring planting time. Add a small amount of granular

fertilizer to the soil to speed up the decomposition process.

Leaf Mold: If you have an overabundance of autumn leaves and have storage space available, pack the leaves (either shredded or whole) into large plastic yard bags. Moisten the leaves, seal the bag securely, and store them in a cool, dark place. In a couple of years (or less if the leaves are chopped or shredded) you will have rich leaf mold that will do wonders for your flower beds and vegetable garden.






1. Taken from article: "What to Do with Fall Leaves" - GardeningKnowHow.com

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Sheep Committee 6:00 PM Sheep Project 7:00 PM Exhibition Poultry 6:30 PM	4	5
6	7 Rabbit Committee 7:00 PM Goat Project 6:30 PM	8 Horse Committee 6:30 PM	9 Dog Committee 6:30 PM Hog Committee 6:00 PM	10 Dairy Committee 6:30 PM	11 Teen Ambassadors 6:30 PM	12
-----National 4-H Week-----						
13	14 Dairy Farm Safety Meeting 10:00 AM Country Ayre Farm	15	16 MAS Committee 6:30 PM Dog Project 6:30 PM	17 Rabbit Project 6:30 PM	18	19
20	21	22	23 Beef Project 6:30 PM Beef Committee (following Project)	24	25	26
27	28 4-H Awards Night & Annual Mtg. 5:30 pm Harbor Hotel	29	30 Exhibition Poultry Project 6:30 PM	31		

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dairy Project 6:30 PM	2
3	4 Rabbit Committee 6:30 PM	5 Goat Committee 6:30 PM	6 Exhibition Poultry Committee 6:30 PM Hog Committee 6:30 PM	7 LEAF Jr. Knit Looming 6:00 PM	8	9 Beef Tagging (At farms)
10 Beef Tagging (If necessary - at farms)	11 Veteran's Day 	12 Program Committee 6:30 PM Horse Committee 6:30 PM	13 Club Officer Training 6:30 PM Dog Committee 6:30 PM	14 Dairy Committee Rm 120 Sheep Committee 6:00 PM Sheep Project 7:00 PM	15	16 Dairy Project 11:00 AM
17	18 Goat Project 6:30 PM	19 Rabbit Project 6:30 PM	20 Exhibition Poultry Project 6:30 PM Dog Project 6:30 PM	21 Presentation Day Training 101 6:30 PM	22	23 LEAF Jr. Plastic Canvas 10:00 AM
24	25	26	27	28 Thanksgiving Holiday 	29 Thanksgiving Holiday 	30



CCE ANNUAL MEETING 4-H AWARDS CELEBRATION

OCTOBER 28TH
5:00-7:00PM

CHAUTAUQUA HARBOR HOTEL
10 Dunham Ave, Celoron, NY 14720

Dinner is provided at no charge, donations are appreciated.
Registration is required before October 21st

Join us to celebrate CCE and 4-H Youth Development with a special chicken and biscuits dinner at the beautiful Harbor Hotel. Annual CCE meeting at 5:30 pm and 4-H Awards to follow Dinner.

Cornell Cooperative Extension | Chautauqua County

NATIONAL 4-H WEEK

October 6th-12th

2024-2025 4-H Enrollment

Mark your calendars!



Open enrollment starts October 1st.

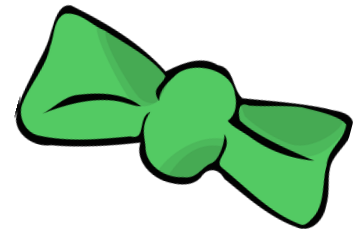
The yearly fee is \$20 per youth not to exceed \$60 per family.

Thank you to the United Way for helping us keep our enrollment fee reduced!



Chautauqua County 4-H 11th Annual Green Tie Affair

Sunday, February 23rd, 2025
Chautauqua Harbor Hotel
Celeron, NY



save the date



2025
NATIONAL
4-H CONFERENCE

FRIDAY, APRIL 11 – WEDNESDAY, APRIL 16

USDA National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE

Interested in attending? Register for the online Information Session, November 21st at 4 PM at www.nifa.usda.gov/national-4-h-conference

UPCOMING LEAF JR. CLASSES

Knit Looming

November 7th at 6:00 P.M.

Learn to knit on a round loom to make hats, scarves, gloves and more!

Registration required. Limit of 25 youth.



Introduction to Needlepoint

Craft of Plastic Canvas

November 23rd, 10 A.M.-12 P.M.

Learn the basics and take home a project! Follow up opportunity will be available for other items.

Registration required. Limit of 25 youth.



4-H Dairy News

4-H Dairy Project Meeting

“Staying Safe on the Farm”

Monday, October 14, 2024 at 10:00 am
Country Ayre Farms
5644 Meadows Road, Dewittville, NY

All youth welcome – Regular 4-H members and Dairy Buds

We will tour the farm to identify safety concerns working with cattle, in the barns, with equipment and other areas on the farm. Our guest presenter from the New York Center for Agricultural Medicine & Health (NYCAMH) will share important farm safety information and give demonstrations for our 4-H youth.

To plan for materials and refreshments, please RSVP one week prior by Monday, October 7th to Lisa Kempisty, Extension Educator, at 716-664-9502 Ext 203 or by email ljk4@cornell.edu.

Hope you can attend to learn more about staying safe on the farm!



Mandatory 4-H Dairy Meeting

Youth must attend one mandatory 4-H dairy expectations meeting being planned for 4-H youth and minimum of one 4-H parent. The dairy committee will discuss the expectations of the 4-H dairy program, handbook, record book and other topics.

Two meetings are currently being planned for Friday, November 1st at 6:30 pm and Saturday, November 16th at 11:00 am (to be held prior to the 4-H Dairy Project meeting – see below) both at JCC. Complimentary pizza will be provided at both meetings. Dairy buds are welcome to attend but will not be required.

Please RSVP to Lisa Kempisty at 716-664-9502 x203 or ljk4@cornell.edu at least 3 days prior to each meeting, to help plan for refreshments.

4-H Dairy Project Kick-off Meeting

Saturday, November 16th at 12:00 noon to 2 pm, with pizza lunch included. All 4-H Dairy members and Dairy Buds are welcome to attend.

Please RSVP to Lisa Kempisty at 716-664-9502 x203 or ljk4@cornell.edu at least 3 days prior to the meeting, to help plan for refreshments.

★ Beef Announcement ★

2024-2025 4-H Beef Project Participants

The first meeting for the Beef Project will be October 23, 6:30, at JCC. All interested in being in the beef project this year should attend.

Registration papers for the beef project must be submitted into the 4-H Office by October 31.

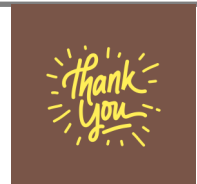
Tagging of all calves will be on November 9. All calves must have a negative BVD certificate, an 840 Federal tag and rabies and shipping fever shots by the tagging date.

If there are any questions, please contact Dave Schauman at 716-487-9650 or contact the 4-H Office.



Thank you from the Sheep Committee

Thank you to Sheep Committee outgoing committee members Wayne and Jennifer McGuire. Thank you for your years of volunteer service!!



Committee Members Wanted

The 4-H Market Poultry committee is looking for additional volunteers. If you are interested in joining this committee or any other of our animal species committees, please reach out to the 4-H office for more details.

Call 716-664-9502 ext. 214 or email Lisette at lmc323@cornell.edu





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 2024-2025 4-H year, your 4-H age is your age as of January 1, 2025.

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 <https://chautauqua.cce.cornell.edu/4-h-youth/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, 2024 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 opportunities. **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** committee helps 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 along with 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.

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 <https://chautauqua.cce.cornell.edu/4-h-youth/4-h-forms>. Members of the community interested in volunteering can contact the 4-H Office at 716-664-9502 ext. 214.

Animal Project News

Exhibition Poultry Project

Committee Meeting

Thursday, October 3rd
6:30 PM

Wednesday, November 6th
6:30 PM

Project Meetings

Wednesday, October 30th
6:30 PM

Wednesday, November 20th
6:30 PM

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

Committee Chair: Jamie Smith
smith_jamie@mac.com



Horse Project

Committee Meetings

Tuesday, October 8th
6:30 PM

Wednesday, November 12th
6:30 PM

Year End Awards Banquet

Sunday, October 20th
2:00 - 4:00 PM

Park Church - Cassadaga
Bring a dish to pass!

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

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Rabbit Project

Committee Meetings

Monday, October 7th
7:00 PM

Monday, November 4th
6:30 PM

Project Meetings

Thursday, October 17th
Tuesday, November 19th

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

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

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Teen Ambassadors

Friday, Oct 11th
Location TBD

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

Contact: Cassie Skal
Cassandra.Skal@farmcrediteast.com



Beef Project

Committee Meetings

Wednesday, October 23rd
(following Project meeting)

Project Meetings

Wednesday, October 23rd

Beef Tagging at Farms

Saturday, November 9th
Sunday, November 10 (if necessary)

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

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com

4-H Program Committee

Tuesday, November 12th
6:30 PM

Hog Project

Committee Meetings

Wednesday, October 9th
Wednesday, November 6th

Project Meetings

TBD

***All project meetings are at 6:30 PM unless
otherwise noted. Committee is at 6:00 PM**

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

Committee Chair: Louis Smith
716-785-1890



Dairy Project

Committee Meetings

Thursday, October 10th
6:30 PM

Thursday, November 14th
6:30 PM

4-H Dairy Farm Safety Meeting

Monday, October 14th
10:00 AM - Country Ayre Farm

Project Meetings

Friday, November 1st
6:30 PM
Saturday, November 16th
11:00AM

Committee Chair: Bart Nickerson
bjnick@windstream.net

Dog Project



Committee Meetings

Wednesday, October 9th
Wednesday, November 13th

Project Meetings

Wednesday, October 16th
Wednesday, November 20th

**All Project and Committee Meetings
at 6:30 PM**

Committee Chair: Roxanne Young
roxy6825@windstream.net

Any changes will be posted on Remind

Market Poultry Project

Committee Meetings

TBA

Project Meetings

TBA

Committee Chair: Melissa Winton
Melissa_deck@yahoo.com



Sheep Project



Committee Meetings

Thursday, October 3rd
Thursday, November 14th

Project Meetings

Thursday, October 3rd
Thursday, November 14th

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org

4-H Meat Animal Sale

Wednesday, October 16th
6:30 PM

Goat Project

Committee Meetings

Tuesday, November 5th

Project Meetings

Monday, October 7th
Monday, November 18th

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

Watch our Facebook page!

Committee Chair: Aaron Carlberg
716-483-5161





Building
Healthy Habits

Autumn Quick Tips

Cornell
Cooperative
Extension



Apple Season!

October is the perfect time to celebrate all things apples. New York State grows hundreds of apple varieties. About half of all apples grown in NY are processed into apple products including cider, juice, applesauce, apple slices, canned pie filling, and hard cider. Like sweet apples? Look for Fuji, Gala, Honeycrisp, Zestar, Macoun, Snap Dragon, and Empire. Like tart apples? Look for Granny Smith, Cortland, and McIntosh.

Apples are the perfect snack- you can easily eat them on the go! Try apples with peanut butter dip, sliced on a sandwich or in a salad, baked with a little cinnamon, or made into applesauce (a great way to use apples that are past their prime freshness).

Cultural Corner

Celebrate National Pasta Day!

October 25th

Pasta comes in all shapes and sizes, fresh, dried and frozen. It can be made traditionally with semolina flour or from many gluten free flours such as chick pea. Enjoy pasta hot or cold, with traditional spaghetti sauce or pesto or explore other cuisines like Thai noodles and peanut sauce. Make October 25th a pasta celebration in your home!

What's in Season

Even though the growing season is coming to an end, there are still many fruits and vegetables to choose from. Look for pears, apples, beets, figs, pumpkin, broccoli, carrots, cauliflower, eggplant, bell peppers, potatoes, artichokes, and brussels sprouts.





Recipe

Applesauce

Makes 6 servings, one serving 3/4 cup

Ingredients

6 apples, any variety, rinsed

1/2 cup water

1/2 teaspoon of cinnamon (optional)

Directions

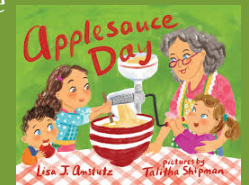
1. Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a clean counter or cooking surface.
2. Optional - peel the apples
 - a. Applesauce with the peel left on is faster to make and healthier. The apple peel has fiber, which helps you feel full.
3. Use an apple corer or slicer to remove the core and cut the apple into slices. If you don't have a slicer, use a chef's knife to remove the core and cut the apple into slices.
4. Dice the apple slices.
5. Measure the water and pour it into a large pot.
6. Add the diced apples to the pot with the water, cover, and put the pot on the stove. Turn the heat to medium-low and cook until apples are tender, about 25 minutes.
7. Take pot off the stove and set aside to cool a bit, about 10 minutes. Once cooled, stir it to help it cool faster.
8. Mash the apples using a potato masher or fork. Add cinnamon or other desired spices now.
9. Serve and enjoy right away or store in the refrigerator in a covered container for up to 4 days.

Nutrition Facts: Serving Size: 3/4 cup Calories: 100, total fat: 0g, saturated fat: 0g, 0 calories from fat; sodium 0mg, carbohydrate: 25g, fiber 4g, total sugars: 19g, added sugar: 0g, protein: 0g, Vitamin D: 0mcg, Calcium: 14mg, Iron: 0mg, Potassium: 196mg

Source: USDA Team Nutrition Cooks!

Kids' Book Nook

With your child, visit the local library and borrow "Applesauce Day" by Lisa J. Amstutz. Read the book with your child then make applesauce as a family. You won't believe how delicious freshly made applesauce is until you make it yourself!



For more information contact:
Cornell Cooperative Extension of
Chautauqua County

Jamestown Office: Wendy Alexander
(716) 664-9502 Ext. 221
wa66@cornell.edu

Monthly Tips:

Building Healthy Habits BHH



Master Gardener Success Story

Denise Cleveland, an avid gardener in the Jamestown, NY area came into the CCE Chautauqua office this summer with some questions and concerns about her tomato plants. She had a soil test done by the Master Gardener help desk along with some advice. She has rare, heirloom tomatoes from seeds brought over from Italy and wanted them to do well and thrive.

Fast forward to the end of September, her tomatoes did quite well, as you can see from their size in the photo. Denise was kind to bring one of her very large heirloom tomatoes in to share. We plan to save the seeds and grow them in our learning grow tower garden.

Our master gardeners are ready to help with your garden question, identification or issue. Bring your question to the Help Line by telephone, e-mail or walk in on Wednesdays Noon to 2PM during the growing season. Our garden experts will review your request and set you in the right direction. Also, as an extra bonus if you bring in a soil sample our garden team will test for PH. PH is important for the adsorption of nutrients in your soil.

Contact us on 716-664-9502 extension 224, e-mail us at chautauquamg@cornell.edu or visit us at the JCC Carnahan Center; 525 Falconer Street; P.O. Box 20; Jamestown, NY 14702-0020, during helpline hours. the "GPS friendly address is 241 James Ave; Jamestown, NY" look for the RED Cornell Signs.



Seed Saving

Dianne Hovey, Master Gardener Volunteer



SEED SAVING TIPS: DRY FRUITED SEEDS VERSUS WET FRUITED SEEDS: Dry Fruited seeds like beans and lettuce can be harvested once the seeds are dry and hard. They require additional air-drying time after harvest before they are cleaned and stored. They can be further dried on a paper plate or coffee filter, screen, or hung upside down in a cool and protected space. The seeds are then threshed to remove healthy, viable seeds from the other material collected. This may be done by shelling, rubbing, stripping the stalks, flailing, stripping stalks, or being tread upon. Screens, colanders, buckets are all helpful equipment. For Wet Fruited seeds e.g. winter squash, tomatoes cucumbers, cut open the harvested crop and extract the seeds with the pulp. And note that cucumbers and summer squash are market/eating mature before the seed is mature for saving. The wet fruit should then undergo wet processing using water to extract or clean the seeds from the fleshy pulp. Melons and winter squash are more easily cleaned after a short soak of 4-12 hours to loosen the pulp residue. Tomatoes and cucumbers should undergo a fermentation process. After cleaning seeds, spread out to dry. A fan can increase air circulation for drying wet-processed seeds. Tomato seeds (and cucumbers) need special treatment. It's best to cut tomatoes horizontally for easiest seed extraction. Tiny tomatoes like cherry and currant tomatoes can be placed in a jar and mashed. The gel (gelatinous placental sacs) that adheres to tomato seeds contains chemicals to inhibit germination. It is best removed by a fermentation process. The seeds and gel are placed in an open glass jar with an equal or more amount of untreated water. The jar should be placed in a warm location between 70 and 85 F. The process takes 24 to 72 hours. Jars may be covered with a paper towel or moved to

Continued on page 22

"Seed saving continued"

a porch if unwanted fruit flies are attracted. Fermentation should be complete in about 72 hours. You want to avoid the tomato seeds starting to germinate once the placental sacs are broken down. The contents can be stirred a few times a day to facilitate even fermentation. If a white mold appears on top of the contents, it may be stirred in as it is not harmful. Mature seeds will sink to the bottom as they are freed of the gel sacs. They will be resuspended when the glass is stirred but sink back to the bottom. After fermentation, add more water to the jar, stir, and then let the mixture settle. Pour off the pulp and immature seeds that float to the top. Repeat if needed until most of the pulp and only viable seeds settle to the bottom. Then rinse these seeds in a small screen strainer until the water runs clear. Spread out to dry on a paper plate. Stir these drying seeds occasionally to prevent them from sticking together. Once dry, the tomato and cucumber seeds are ready to be stored.

MORE ON PROCESSING SEEDS; INSTRUCTIONS FOR FERMENTATION IN OUTLINE FORM: Source: The Farmer's Almanac Saving Tomato and Cucumber Seeds. Because tomatoes and cucumbers have seeds that are coated with gel, the first step is to remove this gel by fermentation. The process may smell bad. So do it somewhere that the smell will not be a problem. Follow these steps. * Only save seeds from cucumber varieties that are monoecious. These varieties bear separate female and male flowers on the same plant. Do not save seeds from gynoecious varieties; they produce only female flowers and are always hybrids. Parthenocarpic or seedless cucumbers will set fruit without pollination but if fertilized will contain small seeds * Squeeze or spoon the seed mass into a container. Glass jars and plastic food containers work well. * Add enough water to equal the volume of the seed mass, and put the container in a warm spot out of direct sunlight. * To keep out fruit flies, you may want to lightly cover the container with a paper towel or jar lid kept askew. * Stir the contents at least once a day. * In a couple of days, the viable seeds will sink to the bottom and the bad seeds and debris and white mold will float to the surface. * Wait 3-5 days for the good seeds to drop. Then rinse away the gunk at the top. * Wash the seeds in several changes of water. * Lay them out in a single layer on a paper towel or plate and put the plate in a warm location. * It can take several weeks for the seeds to air-dry. So stir occasionally so the seeds don't stick together. * Once thoroughly dry, label and store seeds appropriately in a cool, dark, dry place away from strong odors and pests.

The Season Ends: Garden Tool Maintenance

Master Gardener



When the last leaves of autumn fall away and the first flakes of snow (or lately, rain drops) make their appearance, we gardeners look forward to taking a break from the myriad tasks that have occupied us for months. We're more than ready to sit back, relax, and thoughtfully consider the successes, failures, and lessons learned during the past growing season. But our work is not yet finished! These fallow months are the perfect time to honor all those hard-working tools that let you more easily accomplish your gardening and gardening goals. It's time to pay them back by performing maintenance jobs that will assure they are ready for the rigors of the upcoming season. Your tool inventory likely consists of a host of items comprised of wood, metal, and plastic elements. Each tool and its parts require specific kinds of care, but the steps are quite basic and easily accomplished. The goal of good maintenance is a tool that is clean, sharp, well-lubricated, and performs as intended. The tools won't be brand new, but we can keep these well-broken-in items usable and extend their lives with some elemental care. Fortunately, most of the tools we use most often are not motorized. While some of the same tasks apply, powered tools require additional maintenance that is beyond the scope of this article. Our efforts can be categorized as follows: cleaning, repairing, sharpening, lubricating, and storing. Let's address these chores in order.

SHARPENING: A sharp tool is safer and more efficient to use. Certain cutting edges may have been touched up during the season, but now is the time to bring those edges to factory sharpness. You will need files, various grades of sharpening stones, emery paper, etc., for this undertaking. Most sharpening can be done by hand, but it is possible to use powered grinders, as well. Determine the shape needed for the finished edge. Tools like shovels, hoes, and trowels will

usually have a single bevel of approximately 45 degrees, most often on the FRONT side of the blade. Bypass secateurs and loppers also have single bevels, but usually have curved edges and the sharpened angle will be shallower, about 23 degrees. Anvil pruners will have a double-bevel blade so both sides of an edge must be addressed. Be sure to remove any burrs and smooth out any slightly chipped areas on the cutting edge. A very badly chipped edge may result in needing to replace the blade. A quality manufacturer should be able to supply a replacement part. In any event, take your time and be gentle with the file or sharpening stone. Don't overwork or overheat the edge.

CLEANING: The main goal of a thorough cleaning is to remove as much soil, stains, rust, spent lubricant, residual dried plant fluids, and pathogens as possible. Depending on the tool, this can be accomplished by either dry or wet methods. For dry cleaning, the use of a variety of brushes, scrapers, metal or plastic abrasive scouring pads, steel wool, or sandpaper will prove useful. The idea is to remove all soil and rust from metal surfaces, while the wooden parts of handled tools like rakes, shovels and hoes can be brushed clean and then lightly sanded if necessary to obtain a smooth surface. Heavy rust, corrosion, rough wood, or accumulated sap may require the use of a powered wire wheel or grinder to achieve the desired results. Many tools benefit from a wet cleaning process. In an appropriate basin, create a warm soapy bath using dish detergent, many of which contain ingredients that will dissolve oily residue easily. You might also wish to add a portion of bleach to kill any pathogens present. Loppers, pruners, and the like MAY be disassembled if desired. Be sure to keep track of all parts and make a list of the reassembly steps if they are not obvious. The goal here is to clean all contaminants from the wearing surfaces of the tool. A good soak and careful cleaning with a toothbrush will give good results. In the case of wet cleaning, be sure to rinse each part well and dry thoroughly before proceeding to the next phase.

REPAIR/REFINISHING: You should next check the condition of all parts of each tool. Check for broken, missing, or

badly worn parts such as fasteners, springs, etc., and replace as necessary. Check the condition of handles or grips looking for cracks, breaks, or rotted areas especially at shovel, rake, or trowel sockets. Replace them if damaged or worn beyond repair. If a wooden handle on any tool has a rough or chipped finish, now is the time to sand it smooth and refinish it. Apply a coat or two of clear spar varnish or a low-VOC (Volatile Organic Compound) product, drying well and sanding lightly between coats. Those handles will feel better in your hands and will be better protected from moisture or wet conditions.

LUBRICATION: Most metal tools will need some protection from moisture, rust, and corrosion whether in storage or in daily use. This protective film should be renewed frequently. If you have disassembled a tool and cleaned and sharpened it, lubricate the parts now before reassembly. A thin coat is all that is needed. If the tool was not taken apart, lubricant can be applied to the wearing surfaces by using a small dental syringe to provide point lubrication without soaking the whole tool. Unless it is an absolute requirement by the maker, I recommend against the use of petroleum-based oils and lubricants. This is particularly true of metal surfaces that will contact the soil in which food is being grown. Your garden won't become a Superfund site through their use, but there are better options. Plant-based oils such as olive, canola, or peanut and can be used with success. More frequent application may be necessary, but these products are generally preferable.

STORAGE: After performing all the maintenance tasks, allow the tools to dry thoroughly before storing. Try to keep them in a cool, dry location for the duration of the off-season. Most gardening tools end up in outdoor, unheated sheds, but this is not necessarily a bad thing. Our winters in western New York tend to be cold but with low humidity. A cold, dry, protected shed is preferable to a warmish, damp basement environment that might promote rust. Where practicable, long-handled tools should be hung with handles down so that any moisture can drain from the sockets.

Food Preservation



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Visit the National Center for Home Food Preservation at: www.homefoodpreservation.com

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