

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

December 2024
Volume 9 - Issue 12

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COVER PHOTO Gray Geese
Image by Hans Benn from Pixabay



Your picture could be on our next cover!
Send your submission to lpc33@cornell.edu

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Association News

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Emma Boutelle, Kennedy
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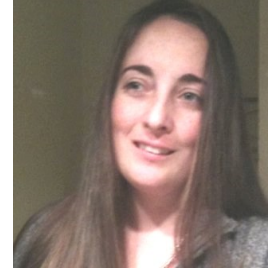
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Roxanne Young	Dog
David Schauman	Beef, Meat Animal Sale
Kasey Fanara	Horse
Marie Warner	Snack Bar
Jamie Smith	Exhibition Poultry
Melissa Winton	Market Poultry
Kim Chapman	Rabbit
Louis Smith	Hog
Shawn Huntington	Sheep
Cassie Skal	Teen Ambassadors

From the Office of the Executive Director

As the year concludes, I cannot help but reflect on our successes and look forward to the future. A special thank you to the Chautauqua County Legislature for their generous and continued support. Please visit our website and review our 2024 Annual Report. We continue to grow into 2025 as we have received support from WNY Foundation to grow our staff capacity to better develop, manage and improve programs in Nutrition, Agriculture and Youth Development. We are very pleased to have new staff members Melissa Watkins and Lynne Wahlstrom, each serving a temporary position to help us advance programming while developing positions that will help CCE in the future.



This time of year, it is also important to recognize The United Way of Southern Chautauqua County for their support that allows 4-H members the opportunity to join 4-H through a partial assistance scholarship. This support allows members the opportunity to experience the nation's greatest youth development program. I encourage everyone to support the United Way Campaign efforts that annually will invest more than \$1 million dollars into 40 organizations in Southern Chautauqua County. You can visit them directly at www.uwayscc.org.

If you have not yet joined 4-H or subscribed to CCE of Chautauqua County, you can do so by visiting our website www.cce.cornell.edu/chautauqua or calling the office at 716-664-9502.

As always please feel free to contact me with any questions or concerns, enjoy the upcoming holidays and in a world where you can be anything, be kind.

Free Pressure Canner Testing

Do you have a pressure canner with a dial gauge? Have you ever had it tested? It is recommended that these gauges be tested annually. Our CCE Office can check the gauges on your pressure canner for free! Email lpc33@cornell.edu to schedule an appointment!

Chautauqua County Agricultural News



Department of Agriculture and Markets

Notice for New York Cattle Producers: Questions and Answers

Beginning November 5, 2024, there will be only one USDA-official tag type approved for cattle. [USDA's final rule](#) for cattle ID requires all official tags applied to cattle after November 5, 2024 to be both RFID and visually readable. New York State will no longer be supplying silver metal National Uniform Eartagging System (NUES or 'brite') tags for use in cattle or swine when our current supply is finished.

What does this mean for you as a producer?

If you apply eartags as official identification to cattle, you need to use RFID tags starting November 5, 2024. Cattle born in the USA will need 840 eartags.

What are RFID tags?

RFID tags are electronic identification tags that can be scanned from a distance, as well as read visually. They come in several different shapes, all of which are RFID capable. They all have 15-digit identification numbers, which are printed on them and may also be read electronically. RFID tags may also have a bangle with a shorter management number on them. Currently, these tags can be privately ordered, customized, and purchased through approved tag manufacturers.



Do all cattle need official eartags?

The new USDA final rule does not change which cattle receive official eartags; it only changes which eartags that are considered official. If you do not currently need official tags in your cattle, they still do not require official tags. Some examples of cattle that currently require official identification: cattle going to a livestock dealer or through a market, cattle moving out of state on a CVI, cattle coming to your New York farm, all animals traveling to a New York sponsored fair. Please note that this includes all young calves that arrive at markets for sale as feeders (which currently are receiving metal NUES tags at markets).

What about cattle that already have a NUES or other official eartag?

All cattle (including dairy, beef, heifers, and steers) that already have a NUES tag or another grandfathered form of official ID in their ear by November 5, 2024, will be considered officially tagged for life. These cattle will not require an RFID-capable 840 tag applied. You can choose to add an 840 RFID tag to them, but it is not required. Grandfathered tags (i.e. – 12-digit F.A.I.R. tags, truncated AIN tags, tags starting with 982- or 985-) applied before March 11, 2015, will also continue to be considered official ID for the animals that have them. The aforementioned tags applied after March 11, 2015, and any NUES tags applied after November 5, 2024, will not be considered official identification.

What if I choose to sell cattle without official eartags as slaughter-only animals?

Not putting an official identification on these animals restricts who can buy them. At auction, or off the farm, these animals must be sold to an USDA-recognized slaughter facility per federal requirements. The yellow slaughter-only tag will be applied to the animals as identification to allow traceback.



What should you do with your old silver metal or white plastic NUES tags or non-RFID 15-digit tags that are no longer official in cattle if applied after November 5, 2024?

You can return those tags to the Department. You can also continue to use them as official tags in deer. They may also be used in swine, although the Department recommends using 840 RFID tags in swine as well as cattle.



How do I tell if my 840 tags are RFID capable?

Visual-only 840 tags can look very similar to tags that have an RFID capability. The images below show an RFID tag on the left and a non-RFID on the right. If you cannot tell whether your tags are RFID capable, ask your veterinarian to test them with a reader.



How do I get 840 RFID tags?

New York State Department of Agriculture and Markets received a limited supply of 840 RFID-capable ear tags for distribution to New York Producers, Dealers and Markets through USDA Traceability Funding in Federal Budget year 2024-2025. We have distributed all of these tags for this federal year in advance of the November 5, 2024 implementation of the new USDA cattle traceability rule. We anticipate additional supply in April 2025 and will update our order forms when we have tags available. Producers should reach out to the suppliers of 840 tags to order sufficient tags to cover their needs. You will be responsible for ordering these directly from a supplier. USDA lists all manufacturers online. Visit vsapps.aphis.usda.gov/aims/AllProductNew.do, choose "Program Approved," and "Cattle" as the species to see a comprehensive list of manufacturers. Only RFID capable devices will be approved starting November 5, 2024.

Continued on next page

Where do I buy USDA approved RFID-capable 840 eartags?

You can buy these tags from manufacturers or distributors. As of October 30, 2024 approved manufacturers on the USDA website include: [All Data Tags LLC](#), [Allflex USA, Inc.](#), [AniTrace, Inc.](#), [Datamars Inc.](#) (Including Temple Tags and Zee Tags), [Digital Angel Corp.](#), [Eriginate Corp.](#), [Global Animal Mgmt.](#), [Leader Products](#), [Shearwell Data Ltd](#), [Y-TEX](#)

Can I cut out a NUES or other official tag that was grandfathered in?

No. New York State law (Article 5 § 95-a) prohibits removal of official ear tags or other identification without authorization by the Commissioner of Agriculture and Markets.

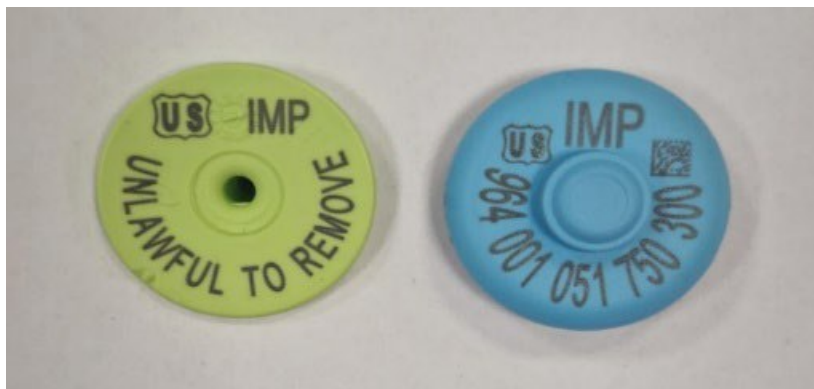
What about brucellosis tags for cattle?

Orange metal NUES tags, as seen below, are approved Brucellosis tags per USDA. However, these will not be considered official ID if applied after November 5, 2024.



What do I do about Canadian cows that lose their tags?

If you have cattle that have been imported from Canada or Mexico that lose their official ID (aka a '124' or a '484' tag), you can obtain replacement tags from the Department or from your local Category 2 accredited veterinarian. These tags are green-blue bicolor, have "IMP" on them, and begin with '964' as seen below. These tags may only be applied to foreign-born animals that have lost their original ID. You will be required to record the original animal ID and replacement ID and keep this information for traceback for at least five years per [9 CFR 86.3](#). We are happy to provide assistance with record management if you need these tags. Do not put 840 RFID tags into cattle born in another country. Do not apply these bicolor tags to cattle born in the USA.



Can I still order NUES tags for my farm?

No. We will no longer carry these tags. They cannot be independently printed.

Can state metal tags still be used in pigs?

Yes.

Can 840 tags made for cattle be used in sheep, lamb, and goats?

No. Do NOT use cattle RFID tags on small ruminants. These animals have their own RFID tags.

Can backtags still be used?

Yes, backtags can still be used. Cattle that are going direct to a USDA inspected slaughter facility can move on **only** a USDA backtag. All other cattle that need official identification must be identified with an 840 RFID tag.

What about the large bulls that go to slaughter?

They can go direct to slaughter on a USDA backtag.

What is the monthly limit for our farm on RFID tags from the State?

We are currently out of stock of 840 RFID tags. Please reach out to Dr. Rebecca Mitchell directly at Rebecca.Mitchell@agriculture.ny.gov in April 2025 about future free 840 RFID tags.

In the case that you have placed an order with a manufacturer or distributor and the delivery is longer than anticipated- emergency supplies may be provided on a case-by-case basis. Call the office at 518-457-4066 for assistance.

Is the State also notifying dealers and veterinarians that they will need to use 840 RFID tags as of November 5, 2024?

The State is conducting outreach to stakeholders through multiple platforms. Please feel free to give our outreach information to any producers that have questions.

Where can I go to learn more about official identification types for cattle?

Please reach out to go over this information with us directly:
email Rebeca.Mitchell@agriculture.ny.gov or call (518)457-4066



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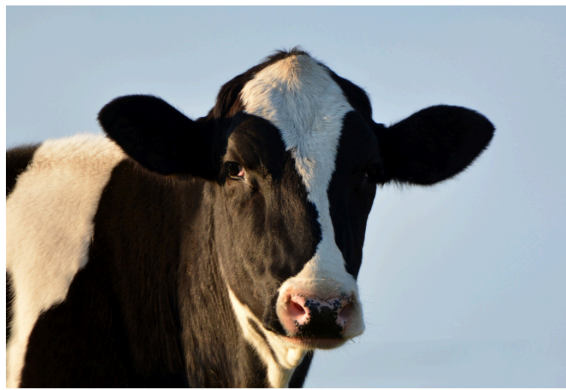
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GETTING A SEASONAL FLU SHOT IS MORE IMPORTANT THAN EVER.



BIRD FLU COULD BECOME MORE DEADLY IF MIXED WITH SEASONAL VIRUSES.

The CDC recommends flu vaccination for everyone aged 6 months and older and particularly for people who are at higher risk of serious complications from the flu.

- Seasonal flu vaccine does not protect against H5N1 (Avian/Bird Flu)
- Increasing seasonal flu vaccination among farmworkers can prevent severe illness.
- Fewer people sick with seasonal flu means fewer opportunities for the seasonal and avian virus to mutate and potentially result in a new virus which could pose a significant public health concern.

FREE FLU VACCINES

For Dairy & Poultry Farmworkers:



The flu vaccine is widely available, found at pharmacies, health clinics and doctor's offices. Visit vaccines.gov to easily find a location near you!



Can't leave the farm? We can come to you!

Call us at 716-753-4491 to schedule an on-site clinic!

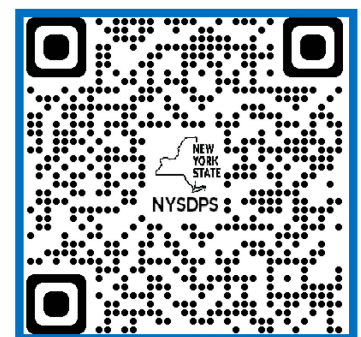


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CCE Chautauqua LEAF Workshops Fall 2024 Schedule



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>



This workshop is for participants who have ever dreamed of having their own farm operation! Topics covered will be broad and include enterprise selection, insurance, marketing, and resources for future exploration of owning your own farm business. This workshop will be taught by Katelyn Walley-Stoll, Team Leader and Farm Business Management Specialist from the Southwest New York Dairy, Livestock, and Field Crops Program with Cornell Cooperative Extension. Participants of this workshop will receive a comprehensive binder with additional resource material.

Join in-person at the JCC Carnahan Center (241 James Ave, Jamestown) or watch virtually on Zoom. Register online at https://reg.cce.cornell.edu/LEAF2024F_206 or call 716-664-9502.



There is a mental health emergency in rural America, with higher rates of depression and suicide and less access to mental health care services than in cities. Join us for an evening with Jeff Winton, Founder and Chairman of Rural Minds, and Christina Marsh, NY FarmNet Consultant, as they share mental health and wellness information and resources for people in our local rural communities.

Join in-person at the JCC Carnahan Center (241 James Ave, Jamestown) or watch virtually on Zoom.

Register online at https://reg.cce.cornell.edu/LEAF2024F_206 or call 716-664-9502. Cost: \$5 per household



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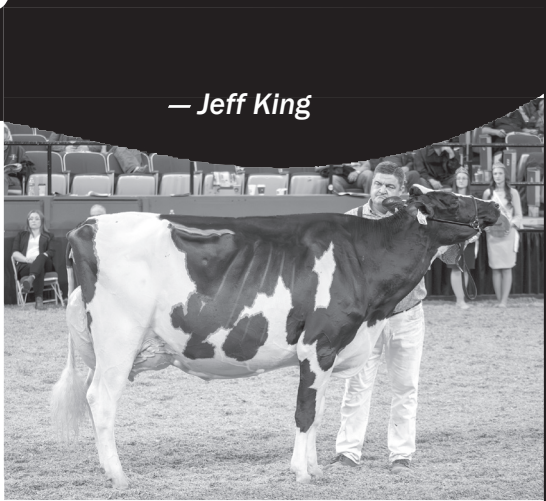
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“...works tremendously on fresh 2-year-olds.”

— Jeff King



(Left) Adam King, Emily Mikel, Jonathan and Jeff King with first-place best 3 females at World Dairy Expo, including Kings-Ransom Doc Drizzlin EX92, owned by Lauren King, with Jeff (above) at the halter. (Right) Jonathan, Pandora, Jan, Becky, and Jeff King with their award-winning King Brothers milk!

KINGS-RANSOM FARM AND KING BROTHERS DAIRY
The King Family, Schuylerville, NEW YORK
1000 Reg. Holsteins RHA 30,000M, SCC 90,000, 120 EX



“We use Udder Comfort™ on fresh cows, works tremendously on fresh 2-yr-olds. It softens udders quickly, reducing pressure and increasing comfort for better performance,” says Jeff King, Kings-Ransom Farm, Schuylerville, N.Y., milking 1000 registered Holsteins, making over 30,000M at 90,000 SCC.

“We have used Udder Comfort over 10 years, blue spray in the parlor, white lotion at shows. We see a real benefit from the start of bagging to milking out after,”

Award-winning King Brothers Dairy milk and dairy products start with quality udders making quality milk.

They credit good staff, genetics, sand bedding, cow comfort, consistent milking routines and Udder Comfort for fresh cows. They brought 7 homebred Holsteins to the 2024 World Dairy Expo.

They brought home first, best udder, and best bred and owned junior-3 Kings-Ransom Doc Drizzlin EX92. The Kings also had first among competitive best 3 females.

“It’s easy to love the great ones, but when cows walk in the freestall barn with good feet and legs and udders full of milk, cows the kids enjoy showing and do well with and learn from, that’s what it’s all about,” adds Jan King.

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A DAY AT GAKWI:YO:H FARM

Linnea Haskin, Community Food System Educator



Corn ashing process, used to remove the husk from each kernel

Gakwi:yo:h Farms is a community farm located on the Seneca Nation. According to the Seneca Nation of Indians: “Gakwi:yo:h Farms addresses food security and food sovereignty through community engagement and wellness by implementing a Haudenosaunee approach to agricultural practices. Our goal is to produce healthy food, employ quality food processing procedures and make these foods available to our community members, from field to table. The foundation of our mission rests on the ability to positively impact our people, to contribute to a conscious shift toward healthier eating habits and to change the way we bring food into our homes.”

Several staff members from CCE Chautauqua and other CCE counties spent a recent November day visiting the farm, learning from those who care and tend to the land within the context of their culture. Members of the nation, and staff at the farm, graciously shared practices in cleaning and preparing white corn after harvest, as well as provided opportunities to learn of their seed library (composed of seeds vital to the preservation of Indigenous culture); the farm's major maple syrup production; and time to assist in weeding the farm's strawberry patch, assisting in its growth for another season.

After our tour, visitors were fed a delicious and traditional Roast Corn soup. The generosity of Gerry Fisher, Acting Director, and the rest of the passionate staff was much appreciated.

Connection to Extension Work

CCE Chautauqua has partnered with Gakwi:yo:h Farms in the past, collaborating to bring a Master Preserver course directly to the nation. This partnership assisted in the Nation's ultimate goal of sharing and teaching the joys of preservation to members of their community.

In addition, the farm offers produce and Bison meat from the harvests to local school districts, including Salamanca Central Schools who, along with CCE Chautauqua, has also received a NY Food for NY Families grant. Salamanca schools introduce a variety of culturally appropriate foods and dishes to students, expanding their lunch offerings to align more with traditions of the Seneca. SCSD has also shared resources and connections with CCE Chautauqua as our Farm to School programming expands.

Supporting the Farm

While the goal of Gakwi:yo:h Farms is to support a sovereign food system for the Seneca nation, there are ways our wider community can support the work.

The general public is invited to shop at the farm's summer market, as well as to follow their Facebook page for updates and information on the farm. Harvests are also available via a Mobile Market that travels the nation, and the farm also vends at the Salamanca Farmers Market during the summer.

Visit the farm at: <https://www.facebook.com/GakwiyohFarms> OR <https://sni.org/community-services/gakwiyoh-farms/> for more information.

Roast Corn soup with roast corn, beans, and ham hock



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 Gagnon,
Bruce Kidder, Allen Peterson, Lisa Vanstrom



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

Stream Erosion & What to Do About It

Within Chautauqua County, many landowners have been experiencing erosion in their streams and ditches due to the increased rain events that have been taking place throughout the past few years. Landowners have been seeing unprecedented rain events one after the other, which has greatly affected water channels all throughout the county. If you are one of these people, our office can provide technical assistance and possibly obtain grant funding for your project.

The procedure from assessing your erosion problem to the end result of fixing it is quite simple, but it is usually a long process. The first step to fixing an erosion problem is to call professionals, like Soil & Water, to assess the issue. Once this is done, technical assistance can be provided through designing and permitting the project. Determining if your project needs a permit is simple, but if your property falls on a protected stream, this can lengthen breaking ground on a project by months. For a protected stream project, a permit must be sent into the New York State Department of Environmental Conservation (NYSDEC). They must review the project, which can take months due to the influx of permit requests they receive on a regular basis. It is advisable to plan well in advance for any stabilization project that a landowner would want to pursue.

Grant funding is also something that the District may be able to help a landowner pursue. Grant funding is not something that will be available to all landowners because it is usually dependent on the watershed that your project falls within. One common grant funding opportunity that this office utilizes is known as the



2% Bed Tax Water Quality Grant. This opportunity can fund up to \$40,000 on one project. The minimum a landowner can apply for is \$500. This grant is competitive, and they are reviewed in the spring by the Chautauqua County Waterways Panel. There are several criteria that this panel uses to rank the applications like erosion and sediment control benefits, water quality benefits, feasibility, ecological benefits, riparian buffers, and more. However, it is a good idea to plan well ahead before applying for this grant because work can not begin until the year after the grant is approved. If the erosion you are experiencing on your property is severe and needs immediate attention, this grant may not be a good fit.

While there are many landowners who need assistance to resolve their erosion issues, the Soil & Water office is prepared to help. Call us at 716-664-2351 x5 to set up a time to visit your property. We are looking forward to helping you!

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Goat Committee 6:30 PM	3	4 Exhibition Poultry Committee 6:30 PM	5 Beef Project 6:30 PM Beef Committee (following Project)	6 Rabbit Committee 6:30 PM	7
8	9 Rabbit Project 6:30 PM	10 Horse Committee 6:30 PM	11 Hog Committee 6:00 PM Dog Committee 6:30 PM	12 LEAF Jr. Holiday Ornament Class 6:00pm	13	14
15	16	17 Goat Project 6:30 PM	18 Hog Project 6:30 PM	19 Sheep Committee 6:00 PM Sheep Project 7:00 PM	20	21
22	23	24 Christmas Holiday 	25 Christmas Holiday 	26	27	28
29	30	31				

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day 	2	3	4
5	6	7 Goat Project 6:30 PM (only if 12/17/24 meeting is cancelled)	8 Hog Committee 6:00 PM Dog Committee 6:30 PM Exhibition Poultry Project 6:30 PM	9 LEAF Jr.	10 Dairy Quiz Bowl 6:00 PM	11
12	13	14 Horse Committee 6:30 PM	15 Hog Project 6:30 PM Dog Project 6:30 PM	16 Rabbit Committee 6:30 PM Beef Committee 6:30 PM	17 Dairy Quiz Bowl 6:00 PM	18
19	20 Martin Luther King Day 	21 Rabbit Project 6:30 PM	22 Horse Project 6:30 PM	23 Sheep Committee 6:00 PM Sheep Project 7:00 PM	24	25 4-H Presentation Day
26	27	28 Goat Committee 6:30 PM	29	30 Dairy Committee 6:30 PM	31 Dairy Quiz Bowl 6:00 PM	



CONGRATULATIONS, CHARLOTTE!



Charlotte Couchman represented Chautauqua County 4-H at the Eastern Nationals 4-H Horse Round-Up in Louisville, Kentucky.

She was awarded **National Champion** in the Public Speaking Horse Communications Contest!



CHAUTAUQUA COUNTY
4-H

Paper Clover
Nov. 29 – Dec. 15

Funds support 4-H camp, scholarships & leadership activities.

JOIN US FOR

LEAF JR.

Holiday

ORNAMENT CLASS

December 12th, 6:00pm

Tool leather, needlefelt wool, and use your imagination to create your own ornaments!

Limit 20 youth.

Cost: \$5 for enrolled 4-H, \$10 for non-enrolled youth

CHAUTAUQUA COUNTY 4-H 11TH ANNUAL GREEN TIE AFFAIR

SUNDAY, FEBRUARY 23RD, 2025
PRESALE TICKETS AVAILABLE NOW THROUGH FEBRUARY 13TH

LOCATION

CHAUTAUQUA
HARBOR HOTEL
10 DUNHAM AVE,
CELORON, NY
14720



PROCEEDS
BENEFIT
CHAUTAUQUA
COUNTY 4-H
YOUTH
DEVELOPMENT
PROGRAMS



PRESALE: \$25

DOOR TICKET (LIMITED): \$30

TABLE (10 SEATS) \$275

**BASKET RAFFLE
& BAKE SALE
3:00 PM**

**DINNER
5:00 PM**

**PIE AUCTION
TO FOLLOW
DINNER**

CORNELL COOPERATIVE EXTENSION PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES

Animal Project News

Exhibition Poultry Project

Committee Meeting
Wednesday, December 4th
6:30 PM

Project Meetings
Wednesday, January 8th
6:30 PM

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

Committee Chair: Jamie Smith
smith_jamie@mac.com



Beef Project

Committee Meetings
Thursday, December 5th
(following Project meeting)
Thursday, January 16th
6:30 PM

Project Meetings
Thursday, December 5th

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com



Dog Project

Committee Meetings
Wednesday, December 11th
Wednesday, January 8th

Project Meetings
Wednesday, December 18th
Wednesday, January 15th

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

Any changes will be posted on Remind

Horse Project Committee Meetings

Tuesday, December 10th
6:30 PM
Tuesday, January 14th
6:30 PM

Project Meetings
Wednesday, January 22nd
6:30 PM

***ALL meetings are at 6:30 PM unless otherwise noted**
Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Hog Project



Committee Meetings
Wednesday, December 11th
Wednesday, January 8th

Project Meetings
Wednesday, December 18th
Wednesday, January 15th

***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: Louis Smith
716-785-1890

Market Poultry Project

Committee Meetings
TBA

Project Meetings
TBA

Committee Chair: Melissa Winton
Melissa_deck@yahoo.com



Sheep Project



Committee Meetings
Thursday, December 19th
Thursday, January 23rd

Project Meetings
Thursday, December 19th
Thursday, January 23rd

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org

Rabbit Project Committee Meetings

Friday, December 6th
6:30 PM
Thursday, January 16th
6:30 PM

Project Meetings
Monday, December 9th
6:30 PM

Tuesday, January 21st
6:30 PM

ALL meetings at 6:30 unless otherwise noted

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Dairy Project

Committee Meetings
Thursday, January 30th
6:30 PM

Dairy Quiz Bowl Meetings
Friday, December 13th
Friday, January 10th
Friday, January 17th
Friday, January 31st

***An additional hands-on meeting in January TBD**

Committee Chair: Bart Nickerson
bjnick@windstream.net



Goat Project

Committee Meetings
Monday, December 2nd
Tuesday, January 28th

Project Meetings
Tuesday, December 17th
Tuesday, January 7th - (This meeting will only be held if 12/17/24 meeting is canceled.)

ALL meetings are at 6:30 PM unless otherwise noted
Watch our Facebook page!

Committee Chair: Aaron Carlberg
216-408-9892

4-H Program Committee

Monday, December 9th
6:30 PM



HEAD



HEART



HANDS



HEALTH



Winter Quick Tips

Cornell
Cooperative
Extension



Ideas for Low-Cost Holiday Meals!

High food prices may impact holiday meals this year. Some low-cost ideas for holiday meals include:

1. Make a list of the ingredients you need, then check your cupboards, refrigerator, and freezer to see what you already have and then cross those items off your list.
2. Serve water infused with fruit or vegetables or try seltzer if you prefer carbonated drinks.
3. Prepare less food. Maybe you can make smaller amounts, or decrease the number of dishes you plan to serve. Make sure to still include family favorites!
4. Trim protein costs. Buying a whole turkey is less per pound than a turkey breast. Include a soup or casserole that has protein- the amount of protein will be less than if you are serving slices of meat, poultry, or fish.
5. Choose recipes with fewer ingredients.
6. Refrigerate leftovers within 2 hours of serving. This ensures that the food will be safe to eat later.

Cultural Corner

Kwanzaa

This African American holiday celebrates seven principles. The principles are named in Swahili, the language most spoken in Africa. These principles are: Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kuumba (creativity), and Imani (faith)

What's in Season

Look for apples, brussels sprouts, beets, pears, carrots, and winter squash.





Recipe

Chicken (or Turkey) Pot Pie

Makes 6 servings, one serving is 1/6th of recipe

Ingredients

- 1 and 2/3 cups frozen mixed vegetables
- 1 cup cooked chicken, diced (or try leftover turkey)
- 1 can (10.75 ounces) condensed cream of chicken soup, reduced sodium
- 1 cup baking mix, reduced fat
- 1/2 cup milk, fat-free
- 1 egg

Directions

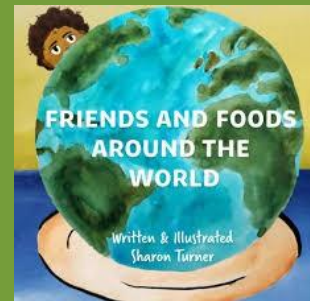
1. Wash your hands with soap and water.
2. Pre-heat oven to 400 degrees F.
3. Mix vegetables, chicken, and soup in ungreased, 9-inch pie plate.
4. Stir baking mix, milk, and egg in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.



Nutrition Facts: Serving Size: 3/4 cup Calories: 189, total fat: 4g, saturated fat: 1g, 19% calories from fat, sodium 716mg, carbohydrate: 26g, protein: 13g, Calcium: 86mg, Iron: 2mg, Potassium: 256mg
Source: The Texas A&M University System

Kids' Book Nook

With your child, visit the local library and check out "Friends and Foods Around the World" by Sharon Turner. Talk with your child about their favorite food from the book.



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



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Extension Connection - December 2024

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