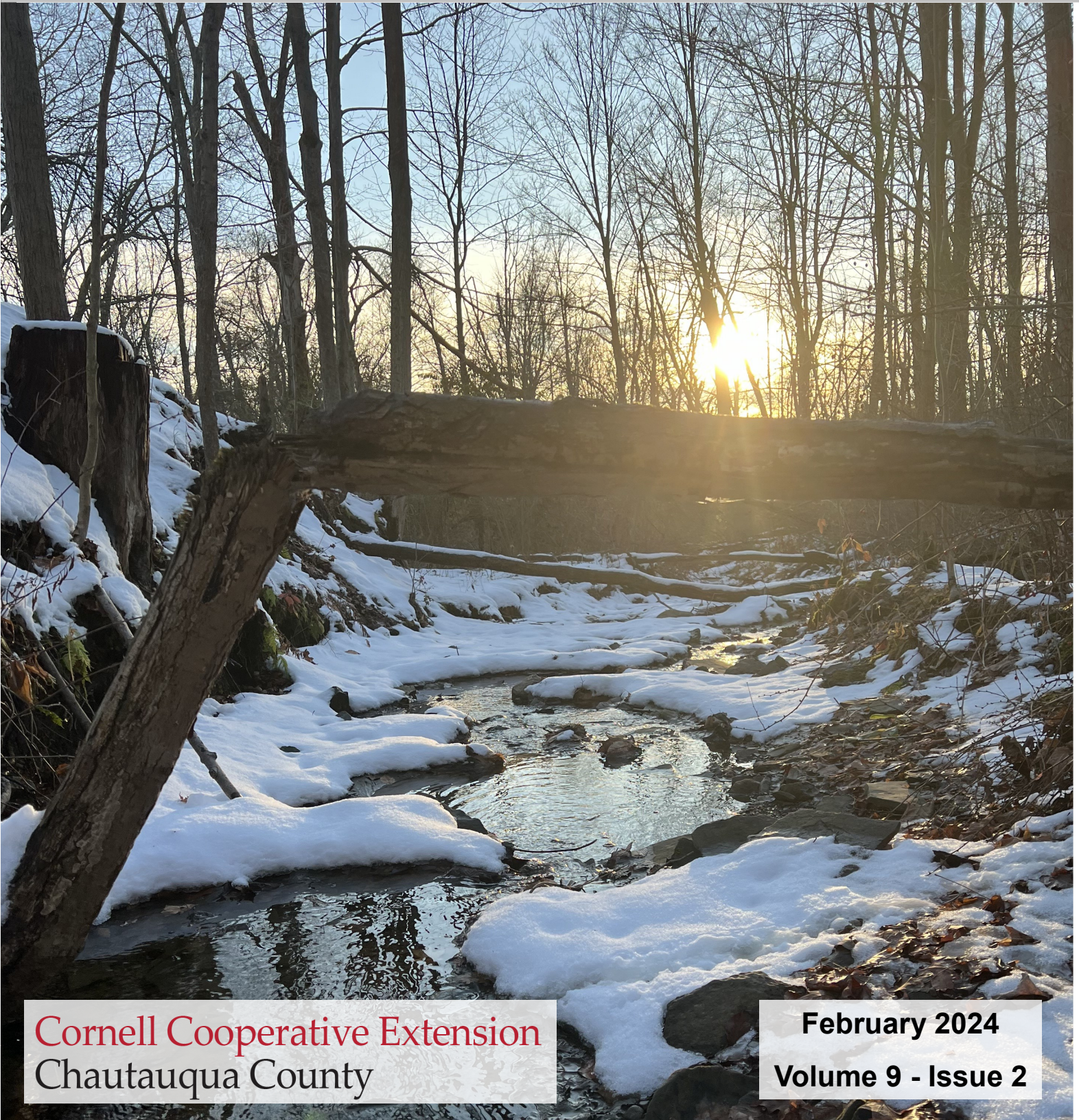


Cornell Cooperative Extension of Chautauqua County's

# Extension Connection



Cornell Cooperative Extension  
Chautauqua County

February 2024  
Volume 9 - Issue 2

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[www.cce.cornell.edu/chautauqua](http://www.cce.cornell.edu/chautauqua)

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**COVER PHOTO**

**A wintery day in Busti, NY**

**Your picture could be on our next cover!**

**Send your submission to [lpc33@cornell.edu](mailto:lpc33@cornell.edu)**

**The Chautauqua County Extension Connection  
(USPS #101-400)**

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# Association News

## Board of Directors

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 Dan Heitzenrater  
 Patty Benton  
 Jan Schauman  
 Louis Smith  
 Dinah Hovey, Master Gardener Rep  
 Tom Nelson, County Legislator  
 Renee Mooneyham - Extension Specialist

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 Rosemary Joy, Fredonia  
 Mike Wilson, Silver Creek  
 Ron Almeter, Westfield  
 Katelyn Card-Allen, Jamestown  
 Jessica Brehm, Falconer  
 Ben Nickerson, Sherman  
 Virginia (Ginny) Carlberg, Jamestown  
 Emma Boutelle, Kennedy  
 Andrew Campbell, Westfield

## 4-H Program Committee

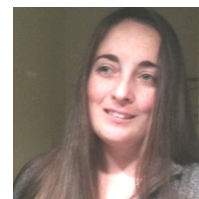
Mary Jantzi, Clymer  
 Betty Catanese, Stockton  
 Louis Smith, Silver Creek  
 Laura LeBarron, Silver Creek  
 Jan Schauman, Jamestown  
 Keith LaRoy, Kennedy  
 Sue Lindsey, Ashville

## 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

February...BRRR... what a great month to make plans for warmer weather, read a good book, or attend a professional development workshop. Ok, I know lots of you still have outside responsibilities and some enjoy the cold. Whatever you choose this month I hope it makes you smile every day! At CCE Chautauqua we are smiling about upcoming programming. We have LEAF (Learn, Empower, Achieve, Farm) workshops set up for the spring, youth programming happening in schools and libraries across the county, and we are having the 4-H Green Tie Affair Dinner again!! We sincerely hope you can join us on Sunday, February 25 at the Chautauqua Harbor Hotel, in Celoron, NY. This new location is sure to add a great new spin on our favorite dinner of the year! Tickets are on sale now. Call our office to get yours today: (716) 664-9502, Ext, 214. We also have several nutrition classes, grocery store tours and more happening all month. If you would like regular updates about our programs and activities, please subscribe online or call the office today for a subscription brochure.



In January we welcomed Linnea Haskin to our team at CCE Chautauqua. A native of Frewsburg, NY, Linnea has worked and volunteered in various capacities across the Chautauqua County food system. Following her graduation from Fordham University with a Master of Social Work, she worked with the Salvation Army to establish a food pantry program in Dunkirk, collaborating with a variety of community programs and services. She also spent time with the Chautauqua Health Network as the Building Healthy Communities Coordinator, partnering with six county school districts and municipalities to implement healthy eating and complete street policies. For the past six years she has managed the Jamestown



and its programs, including overseeing the establishment of the Jamestown Mobile Market, a local food access program that reaches over 600 individuals per year. In addition, she served three terms as Chair of the Chautauqua County Food Policy Council and is currently a member of the Regional Leadership Team under the Food Future WNY Initiative. She loves to spend time with her friends volunteering at the Fredonia Farmers Market, as well as tending to her garden. She is a Master Preserver and enjoys finding ways to both preserve and cook with locally grown produce. Her passion for food systems began in 2015, when as a grad student receiving SNAP benefits, she discovered the joys of local farms and markets, particularly those that have expanded access for the most vulnerable of our communities. She resides in Jamestown, NY with her husband and five cats.

*Continued on next page*

Continued from page 3 ( Office Executive Director)

Linnea is excited to take her food systems background and connections to her new role under the “Grow Chautauqua Food System Program,” directly addressing food security concerns prevalent throughout the county. The program, funded under the NY Food for NY Families program, will include implementation of several food distribution events across Chautauqua County, working directly with local farmers, dairy producers, and other NYS ag producers to procure product. Partnerships under the program include Brigiotta’s Farmland Produce, who has agreed to be a lead partner in packaging all NYS food, as well as Office of the Aging; St. Luke’s Episcopal Church and the Grow Jamestown programs; Rural Ministries of Dunkirk; and Five Loves + 20 Fish ministries.

Cornell Cooperative Extension of Chautauqua County has a rich and diverse history of supporting the food system in Chautauqua County and throughout the region. From supporting producers to educating consumers there are few areas of the Food System not touched by CCE Programming. CCE is also known for its ability to connect and collaborate with the various organizations in the county successfully serving the needs of residents. This expansion of capacity for CCE hopes to increase the collaboration abilities of the Chautauqua County Food System. The current position is funded through the Department of Ag and Markets, NY Food for NY Families grant. Linnea will assist in the oversight of those funds and coordinate the distribution of the locally produced food to our community.



## NAP

### NON-INSURED CROP DISASTER ASSISTANCE PROGRAM FROM THE USDA FARM SERVICE AGENCY

NAP provides financial assistance to producers of non-insurable crops to protect against natural disasters that result in lower yields or crop losses or prevents crop planting. To qualify for assistance, covered crop losses must occur as a result of an eligible cause of loss during the coverage period and directly cause, accelerate, or exacerbate destruction or deterioration of the eligible crop as determined by the county committee.

Join us for this free webinar where we'll be answering:

- What does NAP Cover?
- What is a Coverage Period?
- What is a Coverage Level?
- What is an Approved Yield?
- How are Payments calculated?
- How do I report my acreage?
- How do I report my production?
- How do I file a notice of loss?
- How do I apply for Payment?

Cornell Cooperative Extension is an equal opportunity,  
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## Cornell Cooperative Extension

### SPEAKER



**Sandra Scott**  
County  
Executive Director

### LIVE

Wednesday  
February 21st, 2024  
6:30pm - 7:30pm

### JOIN US

Free registration at  
[tinyurl.com/NAPCCE](https://tinyurl.com/NAPCCE)



Register to receive the recording.

### QUESTIONS?

Nicole Tommell  
[nt375@cornell.edu](mailto:nt375@cornell.edu) or 315-867-6001

Katelyn Walley  
[kaw249@cornell.edu](mailto:kaw249@cornell.edu) or 716-640-0522

# Chautauqua County Agricultural News

## Repurposing This Ol' Barn for Small Ruminants

**Many farms and properties that people inherit or purchase come with existing structures that can be used for livestock. This free webinar shares how to evaluate these barns for small ruminant use, particularly old dairy barns.**

When starting out raising livestock, the easiest and least expensive housing is the housing already on the property. For many, this means the use of facilities previously used to house dairy cows. Often these buildings are not well ventilated and may need upgrades to make them suitable places for keeping sheep and goats.



Join Cornell Cooperative Extension's Livestock Program Work Team on Thursday, February 22, 2024, at 7:00 pm for a **FREE** webinar on this topic. Tim Terry, the Farmstead Strategic Planning Specialist with Cornell University CALS – Pro-Dairy, will discuss the ins and outs of retrofitting older dairy facilities for small ruminant use. Tim has many years of experience helping farms correct the deficiencies in these barns to make them functional and safe. He will discuss evaluating existing structures to make sure they are worth using and what upgrades will need to be made.

This presentation is sponsored by the Cornell Small Ruminant Team made up of Cornell Extension Educators from across New York State. Although the examples provided throughout the presentation will be featuring small ruminants, the concepts are appropriate for all species of livestock that we may house in these barns including poultry, swine, beef, and other species.

This meeting is free of charge and will be held over Zoom. Registration is required and will provide you access to the program recording. To register, please visit:

<https://cornell.zoom.us/meeting/register/tJckcuytqjlsG9d7uBwcvEZJmCInbBukF9o9>

For more information about this topic or to request accommodations for this program, please contact Lisa Kempisty, Dairy & Livestock Educator, Cornell Cooperative Extension of Chautauqua County at 716-664-9502 Ext 203 or ljk4@cornell.edu.

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## CHAUTAUQUA GROWN



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Chautauqua County

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## NY Food for NY Families Awarded to CCE

In late 2023, CCE Chautauqua was one of 26 organizations awarded the NY Food for NY Families grant via New York State Department of Agriculture and Markets. The program was funded through the USDA and aims to boost investment in New York farmers while increasing local food access for communities, particularly those with a significant number of 'food desert' or Healthy Food Access Priority areas.

As NY Governor Kathy Hochul states, "Every New Yorker deserves access to fresh, healthy, and delicious local food that helps them feel their best, which is why we're taking solid steps to strengthen our state's food supply system...The New York Food for New York Families program is part of that commitment, helping to get more New York products onto tables in communities that need them most. The funds awarded today will help local food organizations across the state expand their reach, feeding more families and offering greater support to our farmers – a win-win for our state."

We will be working with a variety of farms and small value-added producers, ranging from fruit/vegetable farms to dairy and meat producers, to procure product that will be distributed to four specific areas of Chautauqua: Jamestown; Dunkirk; Sherman/Clymer region; and senior living homes serviced via Office of the Aging's Local Roots program.

Over \$500,000 will be invested in NY products.

Chautauqua County has several large areas that lack significant healthy food access, particularly local food access. This is due to a variety of factors including lack of public transportation; little to no area farmers markets or farm stands; or communities facing financial, racial or other systemic barriers including black, Indigenous, and other people of color, low-income families, youth and senior citizens.

Partners in this grant project include St Luke's Episcopal Church and the GROW Jamestown programs; Chautauqua County Office of the Aging; 5 Loaves and 2 Fish Ministry; Chautauqua County Rural Ministries; the City of Dunkirk; and Brigiotta's Farmland and Produce, whom will be assisting in the procurement and packaging of NYS local food boxes. These boxes will be distributed in partner communities, first come first serve, to any individual who visits distribution sites. No income or other eligibility conditions will be required. Distribution events will begin in June of this year, and run through August of 2025.

CCE Chautauqua is excited to organize this large-scale project, not only to continue to support local farms and connect them to consumers, but to expand our reach and understanding of the needs of food-insecure communities within the county.

For more information or to register as a participating farmer/producer visit: <https://agriculture.ny.gov/new-york-food-new-york-families>



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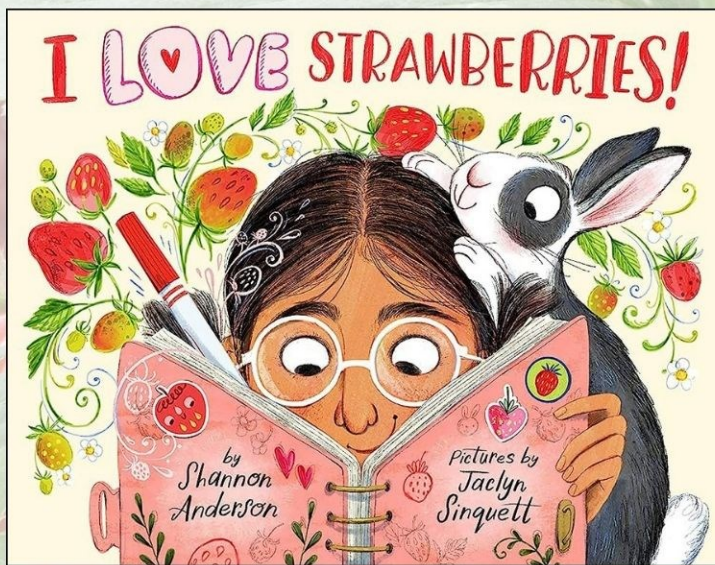
[www.larryromanceandson.com](http://www.larryromanceandson.com)

Cornell Cooperative Extension of Chautauqua presents:

# 2024 Agricultural

# Literacy Week

## March 18th-22nd



Featuring:

***“I LOVE Strawberries”***  
***by Shannon Anderson***

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!

For more information, to  
schedule a volunteer to read at  
your school, or to become  
involved as a reader or book  
donor, please contact Josie Allen,  
4-H Educator with Cornell  
Cooperative Extension at 716-  
664-9502 ext. 216 or jla298  
@cornell.edu.



Cornell Cooperative Extension  
Chautauqua County



New York  
Agriculture  
in the Classroom



# Learn, Empower, Achieve, Farm

## February 2024 LEAF Workshops

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

### **Knitting 101**

**Monday, 2/5, 5:00 - 7:00 PM / \$10 per person**

*Gain a new appreciation for local wool and relax with a fun group of crafters in this knitting workshop. All skill levels welcome (including beginners) and materials provided for in-person attendees!*

### **Native Plant ID and Winter Seed Sowing**

**Wednesday, 2/7, 6:00 - 8:00 PM / \$5 per person**

*Native plants and trees are beneficial for the land and local wildlife. Join **Jonathan Townsend** of Royal Fern Nursery for an overview of native plant identification, and learn how to start native plants from seed.*

### **From Frost to Feast**

**Thursday, 2/15, 6:00 - 8:00 PM / \$5 per household**

*Season extension is a suite of techniques in fruit and vegetable production that allows harvest 12 months of the year. CCE Vegetable Specialist **Judson Reid** will discuss approaches such as variety, planting dates, row cover, high tunnels, and greenhouses.*

### **Integrated Pest Management & Pesticide Safety**

**Wednesday, 2/21, 6:00 - 8:00 PM / \$5 per household**

*There is a lot out of our control when growing crops and gardens, but luckily we have lots of options to address pest control! Start the season strong with tips from **Katelyn Miller**, Field Crops Specialist.*

### **Soil, Water, Conservation, and You**

**Wednesday, 2/28, 6:00 - 8:00 PM / \$5 per household**

*Addressing concerns or starting up improvement projects on your property can be overwhelming. Soil & Water Conservation District Field Technicians **Greg Kolenda** and **Gage Lindell** will give an overview of available resources, share local stories, and answer questions about how the SWCD and NRCS might be able to help you.*

---

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

Register online at <https://bit.ly/LEAF2024> or call **716-664-9502**



**NY Beef Producers Encouraged to Log On for Virtual Beef Programming in February**

Cornell Cooperative Extension’s Livestock Program Work Team (CCE LPWT) is pleased to offer virtual learning opportunities for local beef producers in February. There is no cost for the Zoom programming, but registration is required in order to receive a link for each Zoom meeting. Upcoming programming dates, topics and registration details are included below.

**Tuesday February 13, 2024 6:30pm: Understanding Beef Diseases and Vaccinations That Can Prevent Them**

Raising healthy and productive beef animals is key to the success of your beef operation, regardless of the size. Join us on Tuesday February 13, 2024 at 6:30pm to learn about common beef diseases and ailments and what vaccines maybe used to prevent them. In addition to covering common beef diseases, this webinar will also discuss diseases caused by ticks. Clarifying the differences between types of vaccines:

modified live, versus killed, as well as, explain how vaccines differ from bacterins. Guest presenter is Dr. Shannon Carpenter, D.V.M., Field Veterinarian with NY State Agriculture and Markets.

Registration link: <http://tinyurl.com/3n37htz9>

**Tuesday February 20, 2024 6:30pm: Getting Feeder Calves Off to a Good Start/Weaning and Backgrounding**

Livestock, Dairy and Equine Educator from Orange County CCE, Grace Ott, will join us to review the importance of adding value to your feeder cattle. Ensuring the success of your feeders’ future begins with getting them off on the right "hoof". This webinar will share tips and strategies related to weaning and backgrounding cattle.

Registration Link: <http://tinyurl.com/5ydsun4f>

Please contact Lisa Kempisty, Dairy/Livestock Educator with Cornell Cooperative Extension of Chautauqua County, at 716-664-9502, or ljk4 @cornell.edu with any questions.



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New York Beef Producers Assoc. &  
Chautauqua County Beef Producers Assoc.  
present:

# 2024 REGION 2 ANNUAL MEETING

Lakewood Fireman's Training Grounds  
Packard St. (off Summit Ave) Lakewood, NY

\$30 Per person (payable at the door)

**5:30 pm** - Social Hour

**6:00 pm** - Buffet Dinner

Chuck Roast provided by  
Moon Meadow Farm, LLC.  
The Card Family

All are welcome. Membership in  
these beef producer groups is  
not required.

Following the buffet dinner a short business  
meeting will kick-off the evening. Our guest  
speaker will share information regarding  
Mycotoxins and their impact on your operation.



## JOHN WINCHELL

Mycotoxin Expert 

John Winchell comes to us from Eden, NY. He is a graduate of  
The Ohio State University, and John has been a dairy cattle  
nutritionist for over 25 years. He has focused on forage quality  
for 20 years, and is nationally recognized for his harvest  
analytics and forage harvest timing. Very comfortable on the  
farm, he has a reputation for troubleshooting herd and forage  
challenges. John speaks at many conferences and also is a very  
popular speaker throughout North America. He also has many  
articles published in Progressive Dairyman and Progressive  
forage.

John currently works for Alltech and he has sales and on farm  
support responsibilities in the NE USA as well as being on the  
Alltech World Mycotoxin Team. He is also part of the USA Alltech  
inoculant team.



Cornell University  
Cooperative Extension

# SATURDAY, FEBRUARY 17

### REGISTRATION:

RSVP by February 12, 2024

**TED CARD**

(716) 664-0356  
lvlg1259@netsync.net

**CHELSEY NELSON**

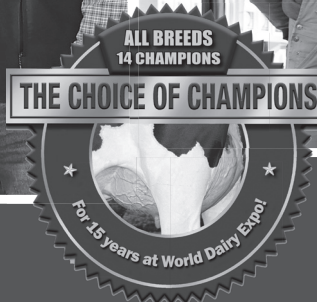
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— Jeff King



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(Clockwise) Jonathan, Jeff, and Jan King with Kings-Ransom Casp Daze-ET EX94 95MS, dam of popular sires Dropbox and Dreamy. Jonathan, Pandora, Jan, Becky, and Jeff King with their award-winning 'Drink Like a King' milk! Daze udder at 21 DIM.

“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. We’ve used Udder Comfort 10 years, blue spray in the parlor, white lotion at shows. We see a real benefit from the start of bagging to milkout,” says Jeff King, Kings-Ransom Farm, Schuylerville, New York, milking 1000 registered Holsteins with over 30,000M at 90,000 SCC.



Award-winning King Brothers Dairy products start with quality udders making quality milk, crediting staff, milking routines, genetics, sand bedding, cow comfort, including Udder Comfort for fresh cows. Over 120 EX in this large freestall herd produce A.I. sires like Dynasty, Cadillac and Dropbox from homebred cow families like Cleavage, Cleo, and Dextra.

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

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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, District Conservationist  
Anna Emke-Walker, Soil Conservationist

## Conservation District Announces Annual Tree & Shrub Sale

Each year Chautauqua County Soil and Water Conservation District introduces thousands of bare root seedlings into Chautauqua County, New York. All plants that are selected for the District's annual sale are selected for their quality rating for hardiness in Chautauqua County and are made available to the public at an affordable rate to promote landowner conservation.

Landowners can practice conservation by planting seedlings and wildflowers to support pollinators and provide food and shelter to wildlife, reduce heating/cooling expenses, protect water quality with buffers, reduce air pollution and stabilize eroded land. Seedlings are an inexpensive way to replace trees that have been damaged, harvested or lost to disease.

All stock that is sold is bare root, meaning the plant is harvested with little or no soil attached to the roots. Because the stock is bare root, plants must be harvested and replanted while in a dormant state and while soil conditions are still moist.

For the upcoming 2024 sale, the District selected many species that are native to the State of New York, several of which are native to Chautauqua County.

Conifer varieties will be offered: including Eastern Larch and Rocky Mountain Juniper. Several hardwood varieties will be offered: including Common Persimmon and Paw Paw. Shrub varieties will be offered: including Button Bush, Elderberry, and Eastern Red Bud.

A total of two native fern varieties will be offered. A total of four berry varieties will be offered, including blueberries and Viking aronia berries. Apple, Peach, and Fruit Cocktail (Apricot, Cherry, Nectarine, Peach, and Plum) packages will also be offered.

Please note that stone fruit varieties included in the Fruit Cocktail package will have the best survival rate when introduced into Northern Chautauqua County, closest to Lake Erie.



In addition to domestic fruit tree packages, apple wildlife tree packages will also be available. Please note that fruit trees that are included in wildlife tree packages may be slightly misshapen but are still hardy and suitable enough to be planted to enhance or develop a wildlife area.

Wildlife tree packages and conservation seed mixes are extremely popular with local conservationists and sportsman. The conservation seed mixes that will be offered in this year's catalog are ideal for food plots, thrive in a variety of soil types and support wildlife and wild game. (Conservation seed mixes are also available outside of the Districts annual sale.)

Tree protector tubes and stakes, tree armor guards, conservation seed mixes and other nonperishable items are also made available during the annual sale.

Chautauqua County Soil & Water Conservation District's 2024 Tree & Shrub Catalog is anticipated to be mailed out by mid-January, the deadline to order out of the catalog will be April 1st. Visit [SoilWater.org](http://SoilWater.org) to download a catalog and order form or feel free to call 716-664-2351 Ext. 5.

Please be advised that pickup will take place at our Storage Barn located at 3542 Turner Road in Jamestown, New York on a specified date at the end of April. The exact date will be announced as soon as it is determined.

The District would also like to inform pond owners that Barely Straw Pond Kits that are used to control algae can be purchase prior to the annual sale, as the kits should be added to the pond as soon as the ice leaves the pond in the spring for optimal results.



In order pick up barley straw kits prior to tree pick up, those interested should contact the Chautauqua County Soil & Water Conservation District office Monday through Friday to schedule a time to pick up their kit.

Like and follow Chautauqua County Conservation District on Facebook to receive sale updates and learn more about the District.

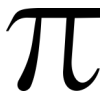


Chautauqua County Soil & Water Conservation District is focused on the conservation of soil, water, and the natural resources within Chautauqua County. The District upholds this responsibility by synchronizing the efforts of a number of cooperating agencies, concerned businesses, landowners, and units of Government in order to implement best management practices that support and promote environmental responsibility.



# 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 Teen Ambassadors Pizza Party 5:30 PM	21	22	23	24
25 Green Tie Affair  	26	27 Horse Project 6:30 Goat Committee 6:45	28 Dog Project 6:30	29 L.E.A.F Jr. Homemade Cheese 5:30 PM		

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Dairy Committee Program Committee Exhib. Poultry Committee 6:30	6 Beef Project Hog Committee 6:30	7 Sheep Meetings 6:00/7:00 Rabbit Committee 7:00	8 Horse Communications	9
10	11 Goat Project 6:45	12 Rabbit Project Horse Committee 6:30	13 L.E.A.F. Jr. Bird Suet 5:30 Beef Committee Dog Committee Hog Project 6:30	14 Meat Animal Sale 6:30  	15	16 Horse Trail Riding 6:30
17  Happy St. Patrick's Day!	18	19 Meat Quality Seminar with Amy Barkley 6:00	20 Dog Project Exhib. Poultry Project 6:30	21	22	23
24	25	26	27	28 L.E.A.F Jr. Cupcake Decorating 5:30	29 Dairy Discovery Cornell University  —————→	30
31 						

### 4-H Hog Project

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

### 4-H Horse Updates

- Horse Project meeting, 6:30-8:30 pm, Feb. 27 JCC
- Horse Communications/Presentation Day March 8th, 2024

### ATTENTION: 4-H ANIMAL BARN

Please check with the office before ANY barn set-up dates are picked. The fairgrounds is rented out a lot in the spring and early summer. So, please check first before set up date is announced to assure no one else will be on the fairgrounds.  
*The sooner you notify the 4-H office, the better!*

### 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.

### 4-H Fashion Revue

Fashion Revue  
Friday, May 10, 2024  
6:30 pm  
@ JCC Carnahan Center

### 4-H Clothing Evaluation Day

Saturday, April 20, 2024  
8:30 am – 11:00 am @ JCC Carnahan Center  
*Make Up Day for extenuating circumstances*  
Saturday, April 27th, 2024

### 4-H Dairy Discovery

March 29-30, 2024 at Cornell University. Open to youth 14 years and older.  
4-H Dairy Funds will cover the cost for Dairy youth.

### 4-H Dairy Tour of Growmark FS

Mark your calendar for Monday, February 19<sup>th</sup> from 9:30 am – 11:30 am (School holiday) for a tour of GROWMARK FS, 1031 Poland Center Rd, Kennedy, NY, hosted by Brad Griffith and his staff. GROWMARK FS provides sales & service for agriculture fertilizer, seeds, crop protection products, crop consulting, soil testing, crop plans and Precision Planting Systems.

We will tour the GROWMARK FS business, seeing the equipment they use on our local farms, including their high off the ground field sprayers; and learning about soil sampling, soil pH, lime & fertilizers; and the latest technologies using Precision Planting with a corn seeder.

Please RSVP by Monday, February 12<sup>th</sup> with the number of 4-H youth and adults planning to attend by replying to this email ([ljk4@cornell.edu](mailto:ljk4@cornell.edu)) or calling 716-664-9502 Ext 203.

All regular 4-H members and DairyBuds are welcome to participate.

### 4-H Fair Fun Show

The Fun Show at County Fair is always a great time. If you are interested in making it an even bigger and better event, we need your help. Contact [janschauman1949@gmail.com](mailto:janschauman1949@gmail.com) for more information.

### 4-H Foundation (4-H Acres)

The Chautauqua County 4-H Foundation is looking to purchase a used riding lawnmower that is in good repair in order to maintain 4-H Acres in Stockton.

We are also looking to purchase a used refrigerator in good condition to be used at the Snack Shack at 4-H Acres. Please contact/email Jan Schauman at [janschauman1949@gmail.com](mailto:janschauman1949@gmail.com)

### 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: February 2, February 9, February 16 and February 23.  
Complimentary pizza & snacks provided.

Spring: April 24th – May 5th

Fall: October 2nd – October 13th



# CHAUTAUQUA COUNTY 4-H 10TH ANNUAL GREEN TIE AFFAIR

**SUNDAY, FEBRUARY 25TH, 2024**  
PRESALE TICKETS AVAILABLE NOW THROUGH FEBRUARY 16TH

**PRESALE: \$25**  
**DOOR TICKET: \$30**

## NEW LOCATION!!

CHAUTAUQUA  
HARBOR HOTEL  
10 DUNHAM AVE,  
CELORON, NY  
14720



PROCEEDS  
BENEFIT  
CHAUTAUQUA  
COUNTY 4-H  
YOUTH  
DEVELOPMENT  
PROGRAMS

HAVE A HEART  
FOR 4-H

HAVE A HEART  
FOR 4-H

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

**DINNER**  
5:00 PM

**PIE AUCTION  
TO FOLLOW  
DINNER**

### TABLE SPONSOR INFORMATION:

TABLE SPONSORSHIPS ARE AVAILABLE FOR \$275 AND INCLUDES:

- 10 DINNER TICKETS
- CUSTOM CENTERPIECE SIGN
- A PAGE OF RAFFLE TICKETS
- ADVERTISEMENT ON PLACEMATS
- NAME ON THANK YOU BANNER
- ADVERTISEMENT IN LOCAL PRESS

SPONSORS ARE DUE IN OFFICE BY FEBRUARY 16TH.

CALL LINDSEY AT 716-664-9502 X212 TO RESERVE YOUR TABLE TODAY!

SPONSORSHIPS RECEIVED AFTER THE FEBRUARY 16TH CUTOFF CANNOT BE GUARANTEED ALL ADVERTISEMENT BENEFITS.

## THINGS NEEDED!

- Baskets made up for raffle
- Bake Sale Items
- Centerpieces
- Volunteer Helping Hands (please signup in advance)

All of these are great ways for lone members to get their requirements in! If you have any interest email Lindsey, lc832@cornell.edu or call 716-664-9502 ext. 212

## L.E.A.F Jr. Classes

February 15th 5:30-8:00 @ JCC- Stain and Paint Youth will be able to pick 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

Feb 29th 5:30-6:30 @ JCC- Homemade Cheese Youth will learn a little bit about dairy education and the importance of milk. Then will be able to make their own fresh mozzarella cheese. We will send youth home with their cheesy snack and the recipe so they can make right at home! Cost: \$5



## 2024 NYS 4-H LIVESTOCK SUMMIT

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

- January 24th - AgVocating for your Market Animal  
Eileen Jenson, 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-OmN6ENgjxt8vWMfIVYiG>

For more information contact Brian Aukema at bja14@cornell.edu

## VIRTUAL 4-H DAIRY BOWL PRACTICES



FEBRUARY 8  
FEBRUARY 22  
FEBRUARY 29

TIME: 7:00 - 8:00 PM

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

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



March 13th 5:30 @ JCC- Bird Suet Youth will learn to make Homemade bird suet a few different ways

Cost: \$5

March 28th 5:30 @ JCC -Cupcake Decorating Kids will learn different piping techniques and be able to do their own designs on their 4 cupcakes they can take home

Cost: TBD

- ⇒ All courses we ask to pre-register with Lindsey lc832@cornell.edu or on the Cornell Registration if applicable
- ⇒ Watch the newspaper and our Facebook Page for updates



# Animal Project News



## Exhibition Poultry Project

### Committee Meetings

February 6th

March 5th

### Project Meetings

February 13th

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

Committee Chair: Jamie Smith  
smith\_jamie@mac.com

## 4-H Program Committee

**\*ALL meetings are at 6:30 PM**

Feb 6th

March 5th

April 2nd



## Teen Ambassadors

Feb 16th-18th

Feb 20th (BRING FAIR T-SHIRT DESIGNS)

**\*ALL meetings are at 5:30 PM unless otherwise noted**



## Dog Project

### Committee Meetings

February 14th

March 13th

### Project Meetings

February 28th

March 20th

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

Any changes will be posted on  
REMIND!



## Horse Project

### Committee Meeting

February 13th

March 12th

### Project Meetings

February 27th

March 8th

March 16th

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

Committee Chair: Kasey Fanara  
blondieshort24@yahoo.com



## Beef Project

### Committee Meetings

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



## Sheep Project

### Committee Meetings

February 15th

March 7th

April 11th

May 1st

### Project Meetings

February 15th

March 7th

at Carlberg Farm

April 11th

May 1st

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

Committee Chair: Shawn Huntington  
shuntington@randolphcsd.org



## Rabbit Project

### Committee Meeting

February 8th

March 7th

### Project Meetings

February 12th

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

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

Committee Chair: Kim Chapman  
kchapman4574@gmail.com



## Market Poultry Project

### Committee Meetings

February 8th

### Project Meetings

February 8th

Committee Chair: Julie Covert  
jcoverts@windstream.net



## Hog Project

### Committee Meeting

February 7th

March 6th

April 3rd

### Project Meeting

February 14th

March 13th

April 17th (Fundraiser)

**\*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

March 5th

6:30 PM

### Project Meeting

Growmark, FS Tour

February 19th 9:30 AM

Committee Chair: Bart Nickerson  
bjnick@windstream.net



## Goat Project

### Committee Meeting

February 27th

### Project Meetings

February 5th

March 11th

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

Watch our Facebook page!

Contact: Keith LaRoy  
716-485-1537

## Meat Animal Sale Committee

March 14th

6:30

Bring 60th plans!!



## Houseplant Care During Winter

Growing conditions for houseplants are less than ideal during the winter months. Short days and long nights, low relative humidity and cold drafts can be stressful to many houseplants. Horticulture specialists with Iowa State University Extension & Outreach say that good consistent care should keep them healthy and attractive.

### How often should I water houseplants in winter?

In general, houseplants require less frequent watering during the winter months than in spring and summer. Watering frequency depends upon the plant species, composition of the potting mix, environmental conditions (temperature, light and humidity) in the home and other factors. When watering houseplants, continue to apply water until water begins to flow out the bottoms of the pots. Discard the excess water.

### Should houseplants be fertilized in winter?

Fertilization is generally not necessary during the winter months as most houseplants are not growing during this time. Indoor gardeners should fertilize their houseplants on a regular basis in spring and summer when plants are actively growing.

### How can I raise the relative humidity indoors for my houseplants?

Many houseplants prefer a relative humidity of 40% to 50%. Unfortunately, the humidity level in many homes during the winter months may be only 10% to 20%. Humidifiers are an excellent way to increase the relative humidity in the home. Simple cultural practices can also increase the relative humidity around houseplants. Grouping plants together is an easy way to raise the humidity level. The water evaporating from the potting soil, plus water lost by plant foliage via transpiration, increases the relative humidity in the vicinity of the houseplants. Another method is to place houseplants on trays (saucers) filled with pea gravel or pebbles. Add water to the trays, but keep the bottoms of the pots above the water level. The evaporation of water from the trays increases the relative humidity around the plants.

### What are proper indoor temperatures for houseplants in winter?

Most houseplants prefer daytime temperatures of 65 to 75°F and night temperatures of 60 to 65°F. (In winter, day and night temperatures in the lower range of the aforementioned temperatures are fine for most houseplants.) Temperatures below 55° or rapid temperature fluctuations may harm some plants. In winter, keep houseplants away from cold drafts and heat sources (such as fireplaces, furnace vents and radiators). Also, make sure houseplant foliage doesn't touch cold windows.

Source: Richard Jauron, Willy Klein - Iowa State University Extension & Outreach



*Trimming the brown portions off the leaves with a scissors can improve appearance, but new browning will occur if the root cause is not addressed*

## Why Does My Houseplant Have Brown Leaf Tips & Edges?

Brown leaf tips or edges can happen on any indoor plant but are common on some species like spider plant and dracaena. Trimming the brown portions off the leaves with a scissors can improve appearance, but new browning will occur if the root cause is not addressed.

### LOW HUMIDITY

The most likely cause is low humidity. The humidity levels in homes is often low, especially during the winter months. Raise humidity levels by using a humidifier, pebble tray, terrarium, or by grouping plants together to allow their collective foliage to hold-in more humidity.

### INCONSISTENT WATERING OR IMPROPER FERTILIZATION

Inconsistent watering, in particular allowing plants to dry out too long between waterings, will cause leaf edges and tips to turn brown. Excess salts can build up in the soil when too much fertilizer is applied which can also lead to brown leaf tips. Water and fertilize appropriately to prevent further browning.

### WATER QUALITY

Too much chlorine and other chemicals in the water, such as fluoride, can cause brown leaf tips, especially over an extended period of time on sensitive species like spider plant, ti plant, dracaena, prayer plant, and calathea. Use a different water source if this issue is suspected.

Source: Aaron Steil - <https://hortnews.extension.iastate.edu/faq/why-does-my-houseplant-have-brown-leaf-tips-and-edges>



Try this hearty  
Kale and White Bean Soup



### Ingredients

- 1 cup onion, chopped (1 medium onion)
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 tablespoon oil
- 2 cups broth (chicken or vegetable)
- 1 ½ cups cooked white beans (1 can – 15.5 ounces, drained and rinsed)
- 1 ¾ cups diced tomatoes (1 can – 14.5 ounces with juice)
- 1 tablespoon Italian seasoning
- 3 cups kale, chopped (fresh or frozen)

### Directions

1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
2. Add broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning.
5. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
6. Refrigerate leftovers within 2 hours.

## Cornell Cooperative Extension

## Building Healthy Habits:

Food and Community Nutrition

You know you need physical activity to stay healthy.  
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active – and start feeling better today.

### How much activity do I need?

#### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



#### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

Tight on time this week? Start with just 5 minutes. It all adds up!

Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.

For more information contact:

Cornell Cooperative Extension of Chautauqua County

Jamestown Office: **Wendy Alexander**

(716) 664-9502 Ext. 221

wa66@cornell.edu

Dunkirk Office: **Ko Svetanics**

(716) 664-9502 Ext. 215

kws75@cornell.edu



Adopting Healthy Habits

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