

Cornell Cooperative Extension of Chautauqua County's

# Extension Connection



Cornell Cooperative Extension  
Chautauqua County

March 2024  
Volume 9 - Issue 3



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

**IN THIS ISSUE**

Board and Association News	3
Agriculture	4-11
4-H/Youth Development	12-15
Master Gardener	16-17
EFNEP ~ Building Healthy Habits (Expanded Food and Nutrition Education)	18-19

**COVER PHOTO: March is National Agriculture Month!**

**Photo by Julia Olmstead**

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

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

**The Chautauqua County Extension Connection  
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# Association News

## Board of Directors

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 Andrew Campbell, Westfield

## 4-H Program Committee

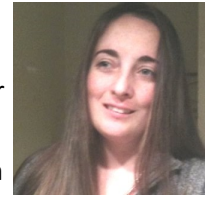
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Joyce Edwards	Clothing and Textiles
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Keith LaRoy	Goat
Roxanne Young	Dog
David Schauman	Beef, Meat Animal Sale
Kasey Fanara	Horse
Nannette Knappenberger	Snack Bar
Jamie Smith	Exhibition Poultry
Julie Covert	Market Poultry
Kim Chapman	Rabbit
Louis Smith	Hog
Shawn Huntington	Sheep

## From the Office of the Executive Director

### From the Office of the Executive Director



Spring always reminds me of new hope and excitement for summer, exciting programming, and outdoor adventures. At CCE we are still accepting 2024 subscriptions so you can stay up to date on our most recent programming opportunities. It is admittedly one of my favorite times of the year. LEAF, Master Gardener, regional programming, and youth opportunities are abundant. This year we are fully staffed and everyone has exciting new and returning opportunities they are planning. We celebrated the new 4-H year at an in-person fundraiser dinner in February at a new location this year. The Chautauqua Harbor Hotel did not disappoint! Thank you to all our volunteers, businesses and community members that helped make the event successful. We are also excited to be highlighting agriculture in our schools with Ag Literacy Week. If you would like to support this program financially or by becoming a volunteer reader, please contact Josie Allen [jl298@cornell.edu](mailto:jl298@cornell.edu). For complete information please see page 5 and visit our website or contact us today.

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# Chautauqua County Agricultural News

## Chautauqua Grown Features Fairbanks Farm



What better way to spend a bright, crisp, February day than surrounded by snow and trees in the New York woods?

On February 21, the Chautauqua Cornell Cooperative Extension team put our busy schedules on hold for a few hours for our bi-monthly staff development day, where we connect with each other and highlight something special in our community. The feature this month was both timely and delicious – maple syrup! Brandon Mead and Katie Fairbanks of Fairbanks Maple in Forestville hosted us at their family sugarbush along Shaw Road. Tucked in between rolling hills, where trees are joined by light blue tubing, the quaint green roof of the wooden barn stands out beautifully against the muted winter colors of the forest.

According to the New York State Maple Producers Association, the state is home to the “largest resource of tappable maple trees within the U.S.,” and hosts over 2,000 maple sugar makers. Not so long ago, the process of making maple syrup included hauling hundreds of buckets of sap to a central spot where the water would be boiled off and the sugars condensed into the thick golden syrup that we pour over pancakes (or drink straight from a cup – it’s that good!). But modern larger-scale syrup production has seen lots of innovation in the last few decades – hence the network of blue tubes carrying the sap instead of people hauling buckets, and a reverse osmosis system removing most of the water instead of hours of boiling - and there is lots of exciting research happening around North America, at Cornell and beyond, aiming to better understand maple, syrup production, and opportunities to strengthen the industry.

We are lucky to have lots of local maple syrup producers in Chautauqua County. Some listed on Chautauqua Grown include:

- Big Tree Maple:** 2040 Holly Lane, Lakewood NY
- DeGoiler’s Maple Products:** 10826 Quarry Rd, Forestville NY
- Fairbanks Maple:** 1968 Shaw Road, Forestville NY
- Gustafson’s Maple Country USA:** 2507 Quaint Rd, Falconer NY
- Maple Run Country Farms:** 61 Jamestown St, Sinclairville NY
- Scott’s Farm & Greenhouse:** 6029 NY-60, Sinclairville NY

Mark your calendars for the 2024 NYS Maple Weekend on March 16-17 and 23-24! There are several sites around the county that will be hosting pancake breakfasts, tastings, demonstrations, and tours.

Thank you to all our local maple producers and their trees for providing us with such a sweet treat!



### Your connection to farm-fresh products!

Honey MEAT  
Fruit Eggs  
Vegetables FIBER

### CHAUTAUQUA GROWN



<https://bit.ly/CHQgrown>

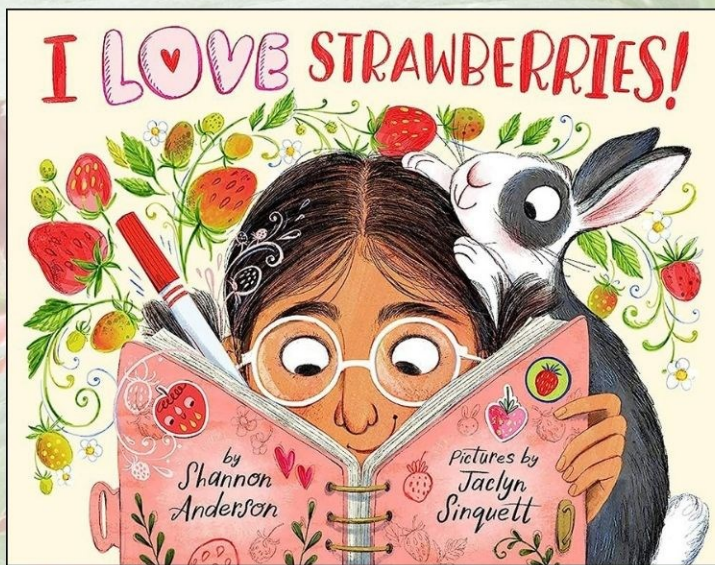


Cornell Cooperative Extension of Chautauqua presents:

# 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



Cornell Cooperative Extension

# Hands-on Dairy Animal Care Training

9:30am to 3:00pm

**Offered in English & Spanish at each site**

Featuring stations with mostly hands-on activities and demonstrations

## Who should attend:

- ◆ Dairy farm owners or managers that want to learn more about the FARM Animal Care Program and receive continuing education credits.
- ◆ Dairy farm workers with animal care responsibilities that want to learn more, gain hands-on experience, and receive continuing education credits.

## Topics covered:

- ◆ FARM Animal Care Program Version 5.0 updates
- ◆ Physical exam and non-ambulatory cow management
- ◆ Dairy stockmanship (heifers)
- ◆ Pre-weaned calf care
- ◆ Euthanasia
- ◆ Fitness for transport



**Registration: \$15 per person** (includes lunch)

## For more information:

Lindsay Ferlito, CCE NCRAT; Lc636@cornell.edu; 607-592-0290

## Thank you to our generous sponsors!

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Upstate Niagara Coop
Zoetis

## 2024 Dates & Locations:

### Northern New York

**Mar 11** | Butterville Farm, 11279 County Rd 75, Adams, NY

**Mar 12** | Beller Farm, 10639 NY 126, Carthage, NY

**Register:** [ncrat.cce.cornell.edu/event.php?id=2314](http://ncrat.cce.cornell.edu/event.php?id=2314)

### South Central New York

**Mar 13** | Glezen Farms, 1024 Caldwell Hill Rd, Lisle, NY

**Mar 14** | Green Hill Dairy, 2288 Mosher Rd, Scipio Center, NY

**Register:** [scnydfc.cce.cornell.edu/events.php](http://scnydfc.cce.cornell.edu/events.php)

### Central New York

**Mar 15** | Saratoga County

**Mar 22** | Madison County

**Register:** [cnydfc.cce.cornell.edu/event.php?id=2344](http://cnydfc.cce.cornell.edu/event.php?id=2344)

### Northwest New York

**Mar 18** | Orleans Poverty Hill Dairy, 13646 West County House Rd, Albion, NY

**Mar 19** | Lake Country Holstein, 4602 Yautzy Rd, Stanley, NY

**Register:** [nwnyteam.cce.cornell.edu/events.php](http://nwnyteam.cce.cornell.edu/events.php)

### Southwest New York

**Mar 20** | R&D Adams Dairy Farms, 4435 Walker Rd, Randolph, NY

**Mar 21** | Alfred State College Farm, 1254 SR 244, Alfred Station, NY

**Register:** [swnydlfc.cce.cornell.edu/events.php](http://swnydlfc.cce.cornell.edu/events.php)





NEW YORK FOOD  
FOR NEW YORK FAMILIES

**Cornell Cooperative Extension** | **Chautauqua County**



## WHY

Chautauqua County, faced with a significant food insecurity rate (24.8% vs NYS 10%), has many opportunities to expand healthy and local food access across the county

## TIMELINE

Program implementation: June thru October 2024  
March thru August 2025

## WHAT

We are seeking Chautauqua County farmers, growers and producers who are willing to sell product at market cost directly to Cornell Cooperative Extension for distribution via the NY Food for NY Families Program

## INTERESTED?

Are you a vegetable/produce farmer or grower? Raise beef or pork? Produce jams, pickles or other value-added products? Contact us today to learn how you can contribute to the NY Food for NY Families program, supporting our local farming economy while providing fresh, local food for our communities most vulnerable

## CONTACT

Linnea Haskin    716-664-9502, ext. 210    [Imc373@cornell.edu](mailto:Imc373@cornell.edu)

# Chautauqua County Ag Trivia Night



Saturday March 30, 2024

6 – 8 PM

Noble Winery

8630 Hardscrabble Rd.

Westfield, NY

*How many gallons of sap is  
needed to make one gallon of  
maple syrup?*

*Trivia. noun. A Quizzing game involving  
obscure facts. (An excuse to have an event...)*

*How many kernels are in an  
average ear of corn?*

Share your knowledge of agriculture with your friends in a fun, low-key event. Teams will answer trivia questions related to agriculture as a group. The highest scoring team will win a prize (and bragging rights).

Cash Bar and Silent Auction to support farm safety trainings.

Dinner and bottled water provided!

**Registration fee, payable at door: \$15/person**

**Call to RSVP your team by March 22<sup>nd</sup> .**

**Shannon Mardino: (716) 969-4189 or**

**Shannon.Mardino@farmcrediteast.com**





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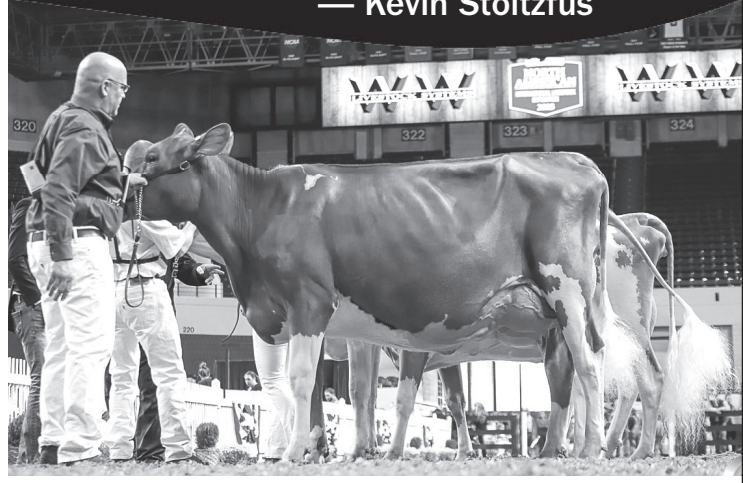
ALL BREEDS  
14 CHAMPIONS

THE CHOICE OF CHAMPIONS



# “When something works, we stick with it!”

— Kevin Stoltzfus



**WARWICK MANOR, Stoltzfus Family, East Earl, PA  
50 Reg. Guernseys, 22,000M 5.0F, SCC under 200,000  
2023 NAILE National Guernsey Show Premier Exhibitor**

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Kevin and Dina and children Kolby, Karli and Kaila are all involved in the dairy. They earned 2023 Premier Exhibitor at the National Guernsey Show in Louisville, where their Sybil was first-place milking yearling, also first at Harrisburg. Of their 50 milkers, 12 made the 2022 Top-100 Component Queen Cows of the Breed.

Their ‘Queens of the Breed’ averaged 25,110M 5.9F 3.3P, with an 89-pt average score, and 5 were nominated All-American in milking form.



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# Learn, Empower, Achieve, Farm

## March 2024 LEAF Workshops and other education events

Cornell Cooperative Extension  
Chautauqua County



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

### **Lake Erie Regional Grape Program Winter Grape Grower Conference**

**Thursday, 3/14, 8:00 AM - 4:30 PM / \$90 for LERGP members, \$125 for non-members**

*A day of learning, camaraderie and networking hosted by the LEFGP at SUNY Fredonia Campus - William's Center.*

*More info and registration at: <https://lergp.cce.cornell.edu/event.php?id=586>*

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### **LEAF: Fuel Your Comfort, Not Your Bills - Smart Energy at Home**

**Thursday, 3/21, 6:00 - 8:00 PM / \$5 per household**

*Learn about home energy efficiency, including resources and funding to support improvements, with **Emily Edmunds**, CCE Sustainability Educator!*

### **LEAF: Crochet 101**

**Tuesday, 3/26, 6:00 - 8:00 PM / \$10 per person**

*Embrace your inner granny square! Join **Wendy Pitoniak** for a crash course on crocheting with local wool and alpaca yarn. All experience levels welcome, materials provided.*

### **LEAF: Spring Fruit Tree Care**

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

*Get your fruit trees ready for the growing season and ask budding questions with **Megan Luke**, PSU Extension Educator specializing in viticulture, tree fruit, and other small fruit production.*



---

Join LEAF workshops 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**

*Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities*

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Rabbit Spring Show Maple Springs Firehall
3	4 Tractor Safety 5:30	5 Dairy Committee Program Committee Exhib. Poultry Committee 6:30	6 Beef Project Hog Committee 6:30	7 Sheep Meetings @ Carlberg Farms 6:00/7:00 Rabbit Committee 7:00	8 Horse Communications	9
10	11 Tractor Safety 5:30 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 6:30 Hog Project-Field Trip Lottsville Milling Inc	14 Meat Animal Sale 6:30  $\pi$	15	16 Horse Trail Riding 6:30
17  Happy St. Patrick's Day!	18 Tractor Safety 5:30	19 Meat Quality Seminar with Amy Barkley 6:00	20 Dog Project Exhib. Poultry Project 6:30	21	22	23 Tractor Safety at Landpro in Falconer 10:00AM
24	25	26	27 Teen Ambassadors 6:00	28 L.E.A.F Jr. Cupcake Decorating 5:30	29 Dairy Discovery Cornell University  →	30
31  HAPPY EASTER						

# Spring April Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Program Committee 6:30	3 Hog Committee 6:30 Goat Committee 6:45	4	5	6 Tractor Safety Driving Test @Larry Romance 1:00 PM
7	8	9 Horse Committee Exhib. Poultry Committee 6:30	10 Dog Committee Market Poultry Meetings 6:30	11 Sheep Meetings 6:00/7:00 Rabbit Committee 7:00	12	13 Goat Pancake Breakfast @ Stockton Fire Hall 9am-12Noon
14	15	16	17 Exhib. Poultry Project 6:00 Beef Committee 6:30	18	19 Rabbit Project 6:30	20 Hog Weigh-ins
21 Super Dog Sunday	22	23	24 Paper Clover Campaign at all Tractor Supply Stores  →	25	26	27
28 Teen Ambassadors Chicken BBQ Fundraiser 5:00 pm	29	30				
			12			



## 4-H Dairy Events

Dairy Buds- March 16th. 1:00 PM @ Carlberg Farm, 1621 Carlberg Road, Jamestown. We will be seeing the robotic calf feeder, discussing how to start training your calf, animal handling safety, and animal identification. \*This is a barn meeting so you must wear rubber boots that can be washed & disinfected and dress for the weather.

Dairy Judging- March 19th. 7:00 PM @ JCC. Coach Ben Nickerson will review the parts of the cow, basics in placing a class and all youth will complete the Hoard's Dairyman Dairy Judging Contest. To plan for materials and refreshments, please RSVP by Friday, March 15<sup>th</sup> with your name and number of youth and adults planning to attend. Please email Lisa Kempisty at [ljk4@cornell.edu](mailto:ljk4@cornell.edu) or call 716-664-9502 Ext 203 to register.

*Additional dairy judging barn meetings are being planned with details to be sent by email to 4-H dairy families and included in the April Extension Connection.*

Dairy Discovery- March 29th-30th @ Cornell. Open to youth 14 years and older. 4-H Dairy Funds will cover the cost for Dairy youth.

### 4-H Fashion Revue

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

### 4-H Horse Project

Horse Communications/  
Presentation Day-March 8th, 2024

### 4-H Clothing Evaluation Day

Saturday, April 20, 2024 8:30 am - 11:00 am @  
JCC Carnahan Center

*Make Up Day for extenuating circumstances April 27th*

### 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.

### ATTENTION: 4-H ANIMAL BARNs

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 Quality Seminar

March 19th @JCC Carnahan Theater 6:00  
With Cornell Specialist, Amy Barkley

We will be comparing different meats and learning about the difference in Commercial vs. "Show Grown".

Please RSVP by March 14th [lc832@cornell.edu](mailto:lc832@cornell.edu)

**\*\*Will count for all MEAT species\*\***

### 4-H Fair Fun Show Organization Meeting

The Fun Show at County Fair is always a great time. We are looking for volunteers to help organize the Fun Show for all barns. This is when we decide on awards, and how to get sponsors. We will meet March 18th at 6:30 at the JCC Carnahan Center room 116. Contact Jan at [janschauman1949@gmail.com](mailto:janschauman1949@gmail.com) for more information.

### Western District Public Presentation Day

Saturday, March 23rd at Springville-Griffith  
Institute High School. 290 N Buffalo St, Springville  
9:00AM-4:00PM

### Teen Ambassador Fundraiser

The TAs will be holding a Chivetta's Chicken Barbeque on  
April 28th at 5:00pm in Dunkirk (Exact place TBD)  
Tickets will be \$15. Get ahold of a teen ambassador or the  
office for tickets and more details

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

March 13th 5:30 @ JCC- Bird Suet

Youth will learn to make Homemade bird suet a few different ways

Cost: \$5

March 14 6:00-7:30 @ 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



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: \$20

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

# 4-H HIGHLIGHTS

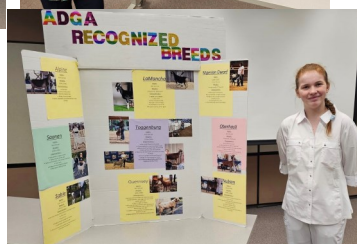
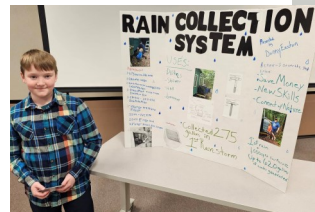
## Teen Ambassadors' Trip to Michigan State University



## Presentation Day!!

A HUGE Congratulations to our top 10 Presenters eligible for Western District:

Tianna Bova	Donald Easton
Kendall Eckman	Logan Ellsworth
Katherine Fortna	Drake Joy
Caitlyn Kriner	Garett Lesch
Lincoln Porebski	Madalyn Reading
Emma Ribauda	Lolita Ribauda





# Animal Project News



## Exhibition Poultry Project

### Committee Meetings

March 5th  
April 9th

### Project Meetings

March 20th  
April 17th

\*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

March 5th  
April 2nd  
May 9th



## Teen Ambassadors

March 27th

\*ALL meetings are at 6:00 PM  
unless otherwise noted



## Dog Project

### Committee Meetings

March 13th  
April 10th

### Project Meetings

March 20th  
April 21st

All Project Meetings at 6:30 PM  
Committee Chair: Roxanne Young  
roxy6825@windstream.net  
Any changes will be posted on Remind



## Horse Project

### Committee Meetings

March 12th  
April 9th

### Project Meetings

March 8th– Communications  
March 16th– trail riding  
May 7th– 4-H Acres workday

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

Committee Chair: Kasey Fanara  
blondieshort24@yahoo.com

## Beef Project

### Committee Meetings

March 13th  
April 17th  
May 8th



### Project Meetings

March 6th

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

Committee Chair: Dave Schauman  
chautcobeeffprogram@gmail.com

## Meat Quality Seminar

March 19th

@JCC Carnahan Theater 6:00 PM  
With Cornell Specialist, Amy Barkley  
Please RSVP by March 14th  
lc832@cornell.edu  
Will count for all MEAT species

## Sheep Project

### Committee Meetings

March 7th  
April 11th  
May 1st



### Project Meetings

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 Meetings

March 7th  
April 11th

### Project Meetings

March 12th  
April 19th

\*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

April 10th

### Project Meetings

April 10th



Committee Chair: Julie Covert  
jcoverts@windstream.net

## Hog Project



### Committee Meetings

March 6th  
April 3rd

### Project Meetings

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: Louis Smith  
716-785-1890

## Goat Project

### Committee Meetings

April 3rd  
May 20th



### Project Meetings

March 11th  
April 13th—Pancake Breakfast 9:00am

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

Watch our Facebook page!

Contact: Keith LaRoy  
716-485-1537

## Dairy Project

### Committee Meetings

March 5th  
6:30 PM

**Project Meetings**  
Dairy Bud meeting– March 16th at 1:00  
Dairy Judging– March 19th 7:00

Committee Chair: Bart Nickerson  
bjnick@windstream.net

## Meat Animal Sale Committee

March 14th  
6:30

Bring 60th plans!!



## Start your Best Garden with Winter Sowing

*Shannon Rinow Master Gardener Coordinator*

Winter in Western New York is a great time to begin garden planning for the season ahead. If you are a gardener, I am sure you can relate to the excitement when the seed catalogs begin to arrive. Although February is a little early to start seeds indoors (think last frost and count backwards!), winter sowing OUTSIDE is a great option!

Those of us in cold climates don't usually think of January and February as times to plant seeds outside; however, for many perennials and hardy annuals, this is a great time to start! Many plants like a period of cold and wet weather to germinate. You will want to stick with cool-season crops – like broccoli, cauliflower and cabbage. Leafy greens – like lettuce, kale and bok choy – are also zone “hardy” annual options. Herbs like sage, oregano, dill, and mint are good winter sowing candidates too. Any plant that is “hardy” in our growing zone is a great candidate for winter sowing. If you are unsure of your growing zone visit here to find out:

<https://planthardiness.ars.usda.gov/>. Wait until late winter or early spring to plant tender annuals. Winter sowing provides many benefits; low-cost plants and low or no cost materials using household items you have on hand. To get started all you need are the following items:

- 1-gallon jugs (milk or water jugs work great)
- Seeds (choose “hardy “native, disease-resistant varieties for best results)
- Seed starting soil (shop at your local nursery for high quality soil)
- Tape
- Knife
- Permanent marker

You do not need grow lights or indoor space because you will use the natural sunlight outside. The 1-gallon jugs act as Mini-greenhouses.

**Step 1:** Collect and wash your 1-gallon jugs. Remove the caps, these will not be used to allow for snow and rainfall to moisten the seeds. Do not add water to the jugs!

**Step 2:** Add drainage holes to the bottom of your 1-gallon jugs. I use a knife, but you will want to take care because the jugs are flimsy. I add about 8-10 holes to the bottom.

**Step 3:** Cut the 1-gallon jug almost into a full circle. I start about half-way up the jug and cut from the handle all the way to the other side. Leave about 3 inches on the back part of the handle so you have a flap for opening and closing the jug.

**Step 4:** Add the seed starting soil. I fill this just below the cut I made.

**Step 5:** Plant your seeds. Read the seed packet to see how deep you should plant them. Some say surface sow, others may need ¼ inch or more. Do not over sow your seeds. Remember in the spring you will need to separate and transplant them. You will want healthy plants. Read the seed packet for spacing.

**Step 6:** Close the 1-gallon jug and tape all the way around. I used blue painters' tape because I had it in hand plus I like to write the plant names on it.

**Step 7:** Label! You will want to label each jug in multiple places. I also keep written records in my garden planner so I can remember what I planted in case the writing washes off. I have had this happen in the past.

Let nature do her thing! You will want to check them in the Spring to ensure the soil is moist. Because they have been outside in the elements, they will be well adapted to the outside temperature. When transplanting, gently separate roots and plant them in an area based on their growing requirements. Do a thorough site assessment well before you transplant. You will want to consider the amount of sunlight, drainage and soil type.

Reach out to our CCE-Master Gardeners for help with your gardening questions! Happy Gardening!





SAVE THE DATE

# GARDENING SYMPOSIUM

SPONSORED BY CHAUTAUQUA COUNTY MASTER GARDENERS

SATURDAY, MAY 4, 2024

9am – 3pm

## Keynote Speakers

Betsy Burgeson and Andrew Johnson

Presentations by Master Gardeners and The BioDome Project

*More information to come*

Admission \$30 / Master Gardener (any county) \$20

Held at Jamestown Community College  
Carnahan Jackson Building, Jamestown, NY



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## Prune Raspberries to Maximize Yield



Early spring is a good time to prune raspberries. Pruning is essential for promoting light penetration and air circulation; eliminating unproductive, diseased wood; and stimulating growth. All of these effects help maximize yield.

All raspberries produce canes which flower and fruit in their second year, then die. When these second-year canes are fruiting, new canes are growing which will fruit the following year. Raspberry plants nearly always produce more canes than needed for optimal fruit size and quality, allowing all canes to fruit would reduce berry size and increase diseases. Pruning, therefore, is vital for maintaining berry size, quality, and plant productivity.

In March, remove the old second year fruiting canes, all weak or damaged canes, and then thin the remaining canes to retain 4-6 canes per hill or per linear foot of row. Winter damaged cane tips should be pruned back to healthy tissue. Beyond this, pruning practices will vary depending upon the type of raspberry, the cultivar and training system. With ever bearing raspberries, such as Heritage, if you are looking for a large fall crop, simply remove all canes to ground level in March.

*Source: Marcia Eames-Sheavly, Cornell*

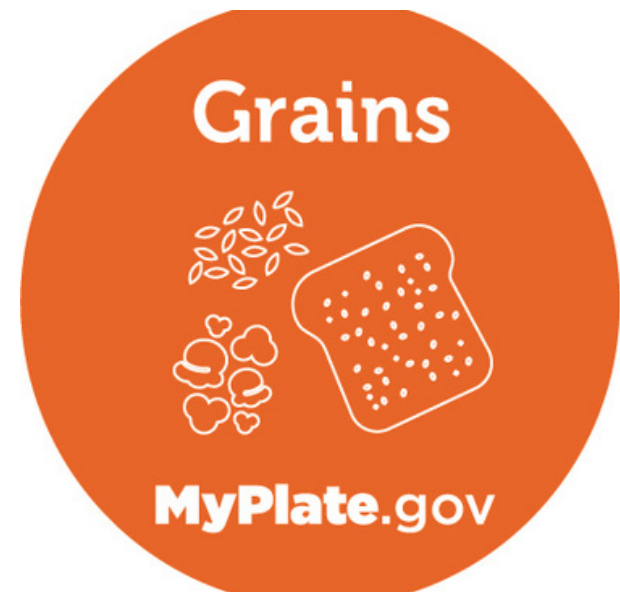
# WINTER QUICK TIPS

## Building Healthy Habits: Food and Community Nutrition



### Make Half Your Grains, Whole Grains

Foods in the grain group include bread, pasta, rice, quinoa, cereal, grits, tortillas, barley, cornmeal, oats, and popcorn. The grain group includes whole and refined grains. Whole grain foods are the healthier choice because they keep the whole grain kernel - the germ, endosperm, and bran. Whole grain foods include whole wheat bread, brown rice, whole wheat tortillas, quinoa, oats, whole wheat pasta, and popcorn.



Refined grains are grains where the bran and germ are removed while milling the grain into flour. Removing the bran and germ removes the fiber, iron, and many B vitamins. Makers of refined grain foods like white bread, pasta, white rice, and crackers often add iron and B vitamins back into the product. Try to make half your grain choices, whole grain foods.

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# GET MORE *Healthy* RECIPES

## Popcorn Seasoning

Serving Size: 1 seasoning recipe for 1 batch of popcorn

Seasoning mix adds minimal calories and fat

Olive oil- 1 tablespoon olive oil  
1 teaspoon of salt

Garlic Parmesan- 1 tablespoon olive oil,  
1 tablespoon grated parmesan  
cheese, 1 teaspoon garlic  
powder

Cinnamon and Brown Sugar- 1 tablespoon  
vegetable oil, 1 tablespoon  
brown sugar, 1 teaspoon  
cinnamon

Southwest- 1 tablespoon olive oil,  
1 teaspoon chili powder,  
1 teaspoon garlic powder,  
1 teaspoon cumin, 1 teaspoon  
cayenne pepper, 1 teaspoon salt

### Directions:

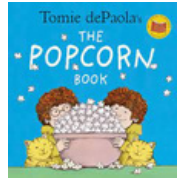
For each seasoning mix, in a bowl, stir together all ingredients. Pour on top of a batch of popped popcorn and stir until well combined.



Source: SNAP-Ed NY

## Kids Corner

Visit your local library and with your child, check out Tomie DePaola's "The Popcorn Book" (40th Anniversary Edition). Together, read the book then tell each other about your favorite part of the book. Now it's time to make popcorn together! Popcorn made without butter is a healthy snack and can be packed and taken with you.



For more information contact:

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