

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

April 2024
Volume 9 - Issue 4

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COVER PHOTO: April is National Garden

Month! A time to celebrate the joys of gardening and the many benefits it provides.

Gardening offers numerous physical and mental health benefits. Research has shown that spending time in nature can lower stress levels and boost mood.

Photo by Shannon Rinow

Your picture could be on our next cover!

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

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Association News

Board of Directors

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 Andrew Campbell, Westfield

4-H Program Committee

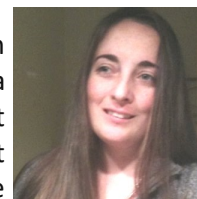
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Bart Nickerson	Dairy
Keith LaRoy	Goat
Roxanne Young	Dog
David Schauman	Beef, Meat Animal Sale
Kasey Fanara	Horse
Nannette Knappenberger	Snack Bar
Jamie Smith	Exhibition Poultry
Julie Covert	Market Poultry
Kim Chapman	Rabbit
Louis Smith	Hog
Shawn Huntington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

From the Office of the Executive Director

It's one of my favorite times of the year! Happy spring! Soon our region will see beautiful sunshine! I hope you can take a moment to enjoy its warmth and all the goodness that comes in springtime. CCE Chautauqua has Eclipse glasses at the office. If you have not yet secured a pair, please feel free to stop in and pick some up. We will not be hosting a watch party but will be partnering with other local organizations so you may see us out and about that day.




We are bursting at the seams with programming and opportunities, please read this publication and reach out with any questions. We are also completing an internal Capacity Study that is helping us evaluate areas of success and opportunity for improvement. It is a great opportunity to reflect on all the growth, change and amazing programs we offer and hope to offer soon.


February ended with a fantastic 4-H Dinner fundraiser in which we raised over \$20,000. We are extremely grateful for the community support of our program. Our highlighted program in March was Agricultural Literacy week. A special thank you to over 25 readers who helped us reach 20 schools and 5 libraries to read an agriculture based book to over 3,000 students. Thank you to our volunteers, donors, and schools for your participation in this event. CCE will be donating over 50 books to local schools and community libraries through this program.

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Chautauqua County Agricultural News

Chautauqua Farmer-Neighbor Committee Call for Sponsors

The Chautauqua Farmer-Neighbor Committee will host the 7th annual Chautauqua Farmer-Neighbor Dinner on Tuesday, August 20, 2024, at The Grandview of Ellington, 1116 West Hill Road, Ellington, NY.

Chautauqua county is rich in agriculture and home to over 1,275 farms. With such prominence in our County, the tie to farming is something many have come to know and love. Our community is fortunate to enjoy rural landscapes that are preserved by our farming operations, along with access to wholesome, locally produced foods. This event is an opportunity to celebrate our community's farmers that work tirelessly to produce safe, wholesome food for all to consume.

This farm-to-table dinner will showcase a variety of delicious food products. While each year's dinner is different and dependent on the donations provided, it is sure to include a beautiful array of fruits, vegetables, lamb, turkey, beef, pork, maple syrup, and honey, all grown and harvested by nearby farmers and prepared by 3C's Catering of Kennedy, NY. No farm-to-table dinner would be complete without locally produced beverages, including beer, wine, milk, and grape juice. The event regularly sells out, with over 230 people gathering to celebrate farmers and food.



Do you have locally produced product?
Would you like to promote your farm?
Consider making a food donation or
monetary donation for the 7th annual
Chautauqua Farmer-Neighbor Dinner.

Chautauqua Agriculture
Farmer-Neighbor Committee

If you would like to make a donation of any kind, please
contact Cassandra Skal at Farm Credit East at
(716) 270-5471 or cassandra.skal@farmcrediteast.com.

The committee is currently seeking Chautauqua-produced products to be included in the dinner, as well as sponsorships for the event. If you are interested in helping to sponsor the program with a monetary donation or local food donation, no matter the quantity, please contact Cassandra Skal at Farm Credit East at (716) 270-5471, or by email at cassandra.skal@farmcrediteast.com.

Individual dinner tickets are now available for \$20 per person, or \$10 for children ages 12 and under. Agricultural Advocate tables are available to purchase for \$175, and include a full table reserved for 8 diners and your name in the event program. Tickets, including the Agricultural Advocate package, can be purchased online at: bit.ly/CHQFND or by calling the Cornell Cooperative Extension office at (716) 664-9502.

This event is hosted by the Chautauqua Farmer-Neighbor Committee, a collaboration between public and private businesses supporting agriculture and local producers. A big thank you goes out to our current Barnraiser Sponsor, Farm Credit East, a financial cooperative providing credit and financial services to farmers and agribusinesses.



Calling all Meat Animal Sale past buyers & Alumni participants. 4-H is looking for old sale photos, merch, sale books, etc. If you know of someone who had bought in the past please send them to Lindsey for all questions, photos, and memorabilia lc832@cornell.edu or call the office at 716-664-9502 ext. 212
All items will be given back but need to be properly labeled!

A TRIP TO EDEN VALLEY CREAMERY

Linnea Haskin - Community Food Systems Educator



Despite a weekend snow storm, I jumped into my car one recent Monday morning, and took a sunny drive from our CCE offices in Jamestown to Eden Valley Creamery in South Dayton. I was very excited to visit the local cheese maker, as I am not only a cheese fanatic, but a HUGE fan of their cheeses. I particularly love their horseradish cheese curds and 'Bills Mafia' cheddar!

Eden Valley Creamery was formally established in 2019, but had been a dream of Mammoser Farm's owners Norbert and Ethel Mammoser for a long time. Located in the Eden Valley, this farm is currently home to around several hundred cows that are milked daily, providing up to 500 gallons of milk per batch towards cheese production.

The mission of this local creamery is to "deliver high quality, artisan cheese from our 100% Certified Organic milk." And boy do they deliver!

I was given an in depth tour of the facility by staff Jason, and cheesemaker Luke, starting with their retail store front, offering their cheeses as well as a variety of other local products. I then went on to view the vat as milk, fresh from the farm, as it slowly churned into curds. Shortly after my arrival, the whey was drained from the vat, leaving behind curds that would soon be flavored and packaged for anxious customers across the region.

I was happy to learn that Eden Valley Creamery, who are committed to creating a no-waste product, incorporate some of the whey into a delicious caramel product, perfect for apple slices and ice cream. Jason also discussed their vision of packaging cheese in smaller 'cubed' sizes, perfect for families on the go or area schools for lunchrooms or after school programs.

After viewing the vat in action, Luke showcased his pride and joy, the "aging room" where various cheeses are aged anywhere from several weeks to many years. As a cheese lover I was enthralled by the rows upon rows of aging cheese. Eden Valley has recently taken to continuing the craft of artistic rind cheeses under the 'Reverie' label, formerly of Mayville NY; including a chamomile infused cheese, and a caraway specked tomme style cheese.

Following the tour of the indoor facility, I was treated to a few experimental cheeses... that I just can't reveal! What I will say is I was incredibly impressed with the breadth of creativity from Eden Valley's cheesemakers, and the continued commitment to quality and tasty products. Their commitment extends to utilizing local ingredients whenever possible.

After eating my weight in cheese, and leaving with even more gifts of my favorite dairy product, I was taken to one of the barns, where I visited and pet some very friendly cows.

Certainly not a bad way to start the week! We at CCE are excited to work with producers such as Eden Valley Creamery to supply food for our summer NY Food for NY Families program. Eden Valley will supply up to 700 pounds of cheese per month, which will be distributed via local food security organizations throughout our county. Delicious food provided directly to families and individuals who need it most, and who may not realize we have cheese locally crafted.

I have quite enjoyed meeting a variety of farmers over these past few months, and look forward to building even more partnerships as we work to support local producers, while feeding our community. For more information on Eden Valley Creamery visit: www.edenvalleycreamery.com



ALFALFA SCOUTING

SWNYDLFC is looking for alfalfa fields to scout throughout the region. Scouting entails:

- ✓ Measuring the height of the alfalfa to help determine estimated NDF value
- ✓ Utilizing a sweep net to measure Potato Leafhopper populations

CALL KATELYN MILLER

 716-640-2047

 km753@cornell.edu

SWNYDLFC is a partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben counties. CCE is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



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Manure Pit & Confined Space Rescue – Free Training
Open to farmers, first responders from NY, OH and PA

When: Saturday April 13, 2024 at 8 am – 3 pm, depends upon on number of attendees, training will continue till 5 if enough participants suit up.

Where: ELGIN BEAVERDAM HOSE COMPANY

17920 N Main St, Elgin, PA 16413 (Erie County, PA)

Call Mark Muir 814-397-0033 **RSVP BY April 3rd** email: mark@muirstead.com

Classroom training in the morning. Teams of seven in full turnout gear, SCBA (self-contained breathing apparatus), rope rigging will go through the hands-on training at a time in the afternoon.

Manure Pit Rescue – Confined Space Rescue

This training addresses procedures for safely entering the confined space of a manure pit to perform rescue operations in low oxygen situations, including the importance of air quality monitoring before, during and after rescue, proper use of self-contained breathing apparatus (SCBA), harnessing, rope rigging for below grade rescue and the use of a rescue tripod. Students will have the opportunity to work through several evolutions in various roles with our one-of-a-kind training prop.



NECAS Director Dan Neenan commented, “On-farm manure storages pose a risk for injury or death not only to farmers but to those who respond to emergencies on the farm.

The National Education Center for Agricultural Safety is pleased to offer this special education opportunity about manure pit hazards to farmers and emergency responders.

This training saves lives,” “It is important for rural volunteer firefighters to train in agricultural rescue techniques,” said Dan Neenan, Manager National Education Center for Agricultural Safety. “Many rural departments have not had training with confined space incidents which could place the victim and firefighters in danger. Our training **offers the skills and knowledge necessary,**” said Neenan.

Light breakfast, snacks, drinks and lunch provided by Erie County Farm Bureau.

Department requirements: Full NFPA compliant gear with SCBA is required to participate in the hands-on portion and 150 gallons of water must be provided.

Sponsors include:

Ashtabula County Farm Bureau

Chautauqua County Farm Bureau

Erie County Farm Bureau (PA)

Erie County Firefighters’ Association

National Education Center for Agricultural Safety (NECAS)

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— Jill Wisner



PLEASANT VALLEY JERSEYS, Chambersburg, PA
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 daughter Jill and husband Josh Wisner
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“We’ve been using Udder Comfort for 15 years. Nothing else we tried worked. We always have Udder Comfort here because it’s the only one that works. It gets swelling down fast and makes cows comfortable so they do better,” Jill explains and looks forward to trying the Udder Comfort Battery-Operated Backpack Sprayer to do large fresh groups quickly as their seasonal spring calving gets underway soon.



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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 180
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, Grants Specialist
Greg Kolenda, District Field Technician
Gage Lindell, District Technician
NRCS Jamestown Field Office Staff:
Robert Nothdurft, District Conservationist
Anna Emke-Walker, Soil Conservationist

Lawn Care and Water Quality

What most of us do not realize is that most lawns do not have to be meticulously managed to remain healthy and attractive. Some gardeners, in an attempt to achieve a “perfect” lawn, may use unnecessary or excessive amounts of fertilizers, water and pesticides. This is a waste of money and only contributes to water pollution.

A healthy, dense lawn will help reduce weed invasion and is the best defense against pesticide and fertilizer overuse and runoff. The idea is to use grass species and varieties that are tolerant to insects, disease, and drought, thereby reducing our need and use of pesticides, fertilizers, and water.

Factors to Consider for a Healthy Lawn

Establishment: Use varieties tolerant to insects, disease, and drought. The current guidelines can be obtained from Cornell Cooperative Extension.

Fertility: Maintaining a reasonable level of fertility is important to a healthy, vigorous lawn, but over fertilization is an environmental hazard and a waste of money. Do not apply more than 1 pound of actual nitrogen per 1,000 square feet at one time. Use slow-release types of nitrogen except in the fall. The number of applications per year is dependent of the species of grasses, but not more than three are needed. Applications are generally added around Memorial Day, Labor Day and Thanksgiving.

Water: Most lawns require one inch of water per week. Grass does not need any water until it fails to spring back after you walk on it. Then measure what you apply with a rain gauge or a container and a ruler will do just as well.

Soil pH: A soil test is generally recommended to determine the need for lime as well as fertilizers. Changing the pH is best done slowly over time and it alone can tremendously increase your lawn’s vigor.

Mowing: Mowing height is generally determined by the species with the most being cut down to a height of approximately 2 inches. Leaving the clippings on the lawn reduces fertilizer requirements by 25% or more.

Thatch: People often think that thatch is a build-up of undecomposed grass clippings. Actually, thatch is the condition where the roots of the grass plant become “root bound” and cannot penetrate the soil. Thatch is the result of over fertilizing, and prevention is best, but if you suspect you already have a problem, consult with your Cornell Cooperative Extension office.

Pests: Prevention is often best, but when a problem arises, be sure that the pest is properly identified. Treating for the wrong problem is costly and can harm the environment. Once the pest is identified, seeking out environmentally friendly management practices to control the issue should be the first line of defense.

*This article has been condensed from **Great Lawn, Great Gardening** “Lawn Fact Sheet #12”.*

Spring

April

Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Program Committee 6:30 PM	3 Hog Committee 6:30 PM Goat Committee 6:45 PM	4	5	6 Tractor Safety Driving Test @Larry Romance 1:00 PM Dairy Judging @Reliance Dairy
7	8	9 Horse Committee Exhib. Poultry Committee 6:30 PM	10 Tractor Safety Makeup Day @Larry Romance 5:30 PM Dog Committee Market Poultry Meetings	11 Sheep Meetings 6:00/7:00 PM Rabbit Committee 7:00 PM	12 Teen Ambassadors Bowling Party 7:30 PM	13 Goat Pancake Breakfast @ Stockton Fire Hall 9am-12Noon
14	15	16	17 Exhib. Poultry Project 6:00 PM Beef Committee 6:30 PM	18	19 Rabbit Project 6:30	20 Hog Weigh-ins Clothing Evaluation Day 8:30 AM - 11:00 AM
21 Super Dog Sunday	22 Dairy Judging Bob Austin's Dairy Farm in Sinclairville 7:00 PM	23	24 Paper Clover Campaign at all Tractor Supply Stores & Joann Fabrics	25	26	27 Beef Carcass Eval. Coffaro's, Sugar Grove 12:00 PM Market Poultry-Chick pick-up @ Runnings 2:00-5:00
28	29 Auction & Marketing 101 6:00	30				

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sheep & Goat Weigh-Ins at Fairgrounds 5:30 PM Hog Committee 6:30 PM Dairy Committee 6:30 PM	2	3	4 Beef Classic 8:30-10:00 Check-in Sheep Weigh-Ins 10:30
5	6 Rabbit Committee 7:00 PM	7 4-H Acres Work Day Open to all 4-Hers 5:30 PM Exhib. Poultry Committee 6:30 PM	8 Beef Committee Dog Committee 6:30 PM	9 Program Committee 6:30 PM	10 Fashion Revue Carnahan Center 6:30 PM	11
12 	13 Rabbit Project 6:30 PM	14 Horse Committee 6:30 Organizational Leaders Meeting 6:30 PM	15 Dog Project Hog Project 6:30 PM	16	17	18 Exhib. Poultry Project TBA
19	20	21	22	23	24	25
26	27 	28	29 CONSERVATION FIELD DAYS: 4-H Out of Office	30 CONSERVATION FIELD DAYS: 4-H Out of Office	31	

****Open Community Service Day!!****

Tuesday May 7th Work Day

Clean up 4-H Acres in Stockton @ 5:30PM

Pizza and drinks will be provided

4-H Acres is run & owned by 4-H Foundation & supports our Horse & Dog programs, but open to all 4-H projects and clubs to use.

This is the perfect way to give back, and to finish some lone member credits. Counts towards community service!

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 trailer.

Dairy Bud Meeting

Saturday, April 6th @ 1:00-2:30

Carnahan Center @ JCC in Jamestown

Auction & Marketing 101

On April 30th at 6:00PM @ JCC Carnahan Theater

In efforts to help a lot of our young market youth and giving others a better chance to secure your buyers we will be hosting a class to go over exactly how our auction works and all the "know how" to better prepare our youth. Following the auction information meeting, we will have break out sessions for youth to have the opportunity to play out how to talk to your buyers and leave with buyers packets and some buyers names, numbers, and addresses to talk to them in person. Please Pre-Register to assure we will have enough volunteer help and resources printed off.

This class will only benefit you and your Meat Animal Sale check!

The Auction 101 meeting will last about 30-45 mins. Youth who might not need that information are welcome to come late and attend the marketing class.

4-H Hog Project

April 17th- Hog Project Fundraiser @JCC 6 pm-7 pm.

April 20th- Weigh-in/tagging day

Dog Show Dates

June 9th; June 23rd, June 30th, @ 10:00 AM

4-H Fashion Revue

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

4-H Clothing Evaluation Day & Fashion Revue Information

Clothing Evaluation will be held Saturday, April 20th at 8:30am at JCC. Youth who have completed a sewing project may bring their item for evaluation. Youth will also practice modeling for the Fashion Revue. Please bring a draft of your commentary which should outline the project, fabric, any new skills or challenges, and where the youth might wear the project.

Fashion Revue will be held on Friday, May 10, 2024 at JCC 6:30pm.

Donations needed for Fashion Revue

Please consider making a monetary or sewing related product donation towards Senior & Junior awards. Awards are due on April 20th at Clothing Evaluation Day. If you are donating gift cards, please consider donating multiple cards in small amounts of \$5 - \$10 so that your gift can reach more youth.

For more information, contact Debbie Caruso at: debbiecaruso99@gmail.com

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!*

Organizational Leaders Meeting May 14, 2024, 6:30 pm @ JCC Carnahan Center

Chautauqua County Fair 4-H Fun Show

Saturday, July 20th at 3:00 in the main show arena
There will be two divisions:

- Seniors- 14 and older
- Juniors- 13 and younger

Dress yourself & your animal up and join in on the fun!
Sign up on your 4-H Voucher!

4-H Horse Events

April 5th- Standardbred Racing Tour @ Buffalo Raceway at 10AM. Contact Sara Couchman 716-969-6022

April 6th- Regional Horse Communications @ Cuba Elem.

April 13th- State Horse Bowl @ Frank B. Morrison Hall
JUNIORS: Registration 7:45/ Event 8:00

SENIORS: Registration 12:30 / Event 12:45

April 18th- HORSE EVENT APPLICATIONS DUE!

April 27th- Regional Hippology

May 18th- State Horse Communications @ Frank B. Morrison Hall in Ithaca at 9AM

L.E.A.F Jr. Classes

April 9th 6:00 @ JCC-Recycled Shopping Bag

Youth will be working with our instructor Cassie Skal, and cutting up old dog and cat food bags sewing them together and creating a reuseable shopping bag. We have about 5 sewing machines, so we will have to be patient and take our turns. If anyone has their own, they are welcome to bring it to use as well. Please pre-register with Lindsey.

lc832@cornell.edu or call 716-664-9502 ext. 212

⇒ Cost: Voluntary Donation \$5



4-H HIGHLIGHTS

VIRTUAL 4-H DAIRY JUDGING SERIES

Inviting all youth and coaches to this Dairy Judging workshop series with Dr. Doug Waterman and Kevin Ziemba. Both are experienced in judging cattle and coaching state 4-H and Collegiate teams.

MAY 2
MAY 9
MAY 16



TIME: 7:00 - 8:00 PM

Register at:
<https://bit.ly/3wPiGM5>

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



CHAUTAUQUA COUNTY

4-H Goat Project

PANCAKE BREAKFAST

April 13th, 2024
9AM-12 Noon

\$10 ADULTS

\$5 5 & under

Stockton Volunteer Fire Hall
28 Stockton-Kimball Stand Rd, Stockton NY

KICKSTART YOUR DAY!

All proceeds benefit the
4-H Goat Program

Congratulations to our Western District Public Presentation Participants:



Logan Ellsworth, Kendall Eckman,
Donald Easton, Tianna Bova, Drake
Joy, Emma Ribaldo, Lolita Ribaldo,
Garrett Lesch, & Maddie Reading



Special recognition to Maddie Reading and
Garrett Lesch for scoring 100% and
finishing in the top 5!



Thank you to our volunteers:
Kylie Keefe & Louis Smith for
evaluating and representing our
county.

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**

April 2nd
May 9th
June TBA



Teen Ambassadors

April 12th-Bowling
7:30 PM

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

Dog Project



Committee Meetings

March 13th
April 10th
May 8th

Project Meetings

March 20th
April 21st
May 15th

SHOWS:

June 9th
June 23rd
June 30th

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

April 9th

Project Meetings

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

April 17th
May 8th

Project Meetings

April 27th -Beef Carcass Evaluation at Coffaro's 12:00

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com

Sheep Project

Committee Meetings

April 11th
May 1st

Project Meetings

April 11th



May 1st -Weigh ins at Fairgrounds 5:30
May 4th -Weigh ins at Fairgrounds 10:30

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

Committee Chair: Shawn Huntington
shuntington@randolphpcsd.org

Rabbit Project

Committee Meetings

April 11th

Project Meetings

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

April 27th-Chick Pickup
Runnings @ 2:00 PM

Committee Chair: Julie Covert
jcoverts@windstream.net



Hog Project

Committee Meetings

April 3rd
May 1st

Project Meetings

April 17th (Fundraiser)
April 20th -Weigh ins at Fairgrounds 5:30
May 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

Dairy Project

Committee Meetings

May 1st
6:30 PM

Project Meetings

***Dairy Judging:** April 6th at 1:00 pm at Reliance Dairy, 3711 Pelton Rd, Sherman, NY

***Dairy Judging:** April 22nd at 7:00 pm at Bob Austin's Dairy Farm, 5002 Route 380, Sinclairville, NY

Committee Chair: Bart Nickerson
bjnick@windstream.net



Goat Project

Committee Meetings

April 3rd
May 20th

Project Meetings

April 13th—Pancake Breakfast 9:00am
May 1st -Weigh ins at Fairgrounds 5:30

ALL meetings are at 6:45 PM unless otherwise noted
Watch our Facebook page!

Contact: Keith LaRoy
716-485-1537



2024

GARDENING SYMPOSIUM

SPONSORED BY CHAUTAUQUA COUNTY MASTER GARDENERS

SATURDAY, MAY 4

9am – 3pm

Admission \$30

Master Gardener (any county) \$20

Add Lunch: \$11

Held at Jamestown Community College

Carnahan Jackson Building

241 James St., Jamestown NY 14701

For new and seasoned gardeners alike!

Keynote Speakers include:

Betsy Burgeson, Supervisor of Gardens and Landscapes, Chautauqua Institution

Andrew Johnson, PE, CPESC

*Professional Engineer, Certified Professional in Erosion and Sediment Control

Presentations by BioDome Project and Master Gardeners on growing mushrooms, vegetable gardening, composting, and so much more!

All proceeds directly support Master Gardener horticulture outreach and programming in Chautauqua County

chautauqua.cce.cornell.edu/gardening or chautauquamg@cornell.edu
716-664-9502 Ext. 224



Enhancing The Community: One Trowel at a Time

CORNELL UNIVERSITY COOPERATIVE EXTENSION PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES.



SCAN HERE TO REGISTER & GET MORE INFO



Have a Gardening Question?

Contact the Master Gardener Helpline:

Wednesdays noon-2 pm April – September
(716) 664-9502 x224 chautauquamg@cornell.edu

Master Gardener Plant Sale

Saturday, May 18, 2024

10:00am-1:00pm

Rain or Shine

Cash or Check Only

at the JCC Science Center

525 Falconer Street

Jamestown, NY 14701

GPS address: 241 James Ave

**Perennials, Annuals, Native Plants,
Vegetables & Herbs**

Gently used Gardening Books & Equipment!

Free soil pH testing

(Just drop off your soil sample in a small plastic baggie. We will test while you shop!)

For more information call the CCE
Office at (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.



CCE Chautauqua, Cattaraugus and Allegany Master Gardener Spring 2024 Lunch & Learn

Join virtual or in-person in your county CCE!
Noon-12:30pm



Register online:

https://cornell.ca1.qualtrics.com/jfe/form/SV_6PyN5urKqX7NHYq



Raised Bed & Container Gardening

Tuesday, March 12, 2024

Join Master Gardener, Melanie Brown as she shares information on growing in containers and raised garden beds.

Food Preservation "Scavenger Hunt"

Tuesday, March 26, 2024

Are you interested in learning how to preserve your food? The internet has so much information it can be overwhelming to find reputable sources. Join CCE Master Food Preservers to learn about safe practices to help you on your journey.

Integrated Pest Management (IPM)

Tuesday, April 23, 2024.

Are you looking for options to get rid of pests in your garden without using pesticides? Join CCE-Master Gardeners and learn about Integrated Pest Management (IPM).

Gardening in a Warming World

Tuesday, May 7, 2024

Did you know that most of the country is now in a new growing zone? The USDA updated their zone map, and we are in a warming trend. Join our CCE- Master Gardeners to learn how this change can contribute to new weed and pest pressures, and how to plan ahead.

Youth Development School/Home Teaching Gardens

Tuesday, May 28, 2024

There are so many benefits to gardening. Join 4H and CCE-Master gardeners as they dive into gardening with youth. Emotionally, gardening reduces stress while cognitively it improves attention and memory. There are many sensorial lessons that are found throughout the garden; including color recognition, fragrance identification, and learn how fresh food tastes.



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.

What's Bugging You? Webinars

2024 SCHEDULE

Each month, experts will share practical information and answer questions on using integrated pest management (IPM) to avoid pest problems and promote a healthy environment where you live, work, learn and play. We'll end with an IPM Minute, and cover a specific action you can take in the next few days to help you avoid pest problems.

All webinars are scheduled for 12- 12:30pm on the first Friday of each month.

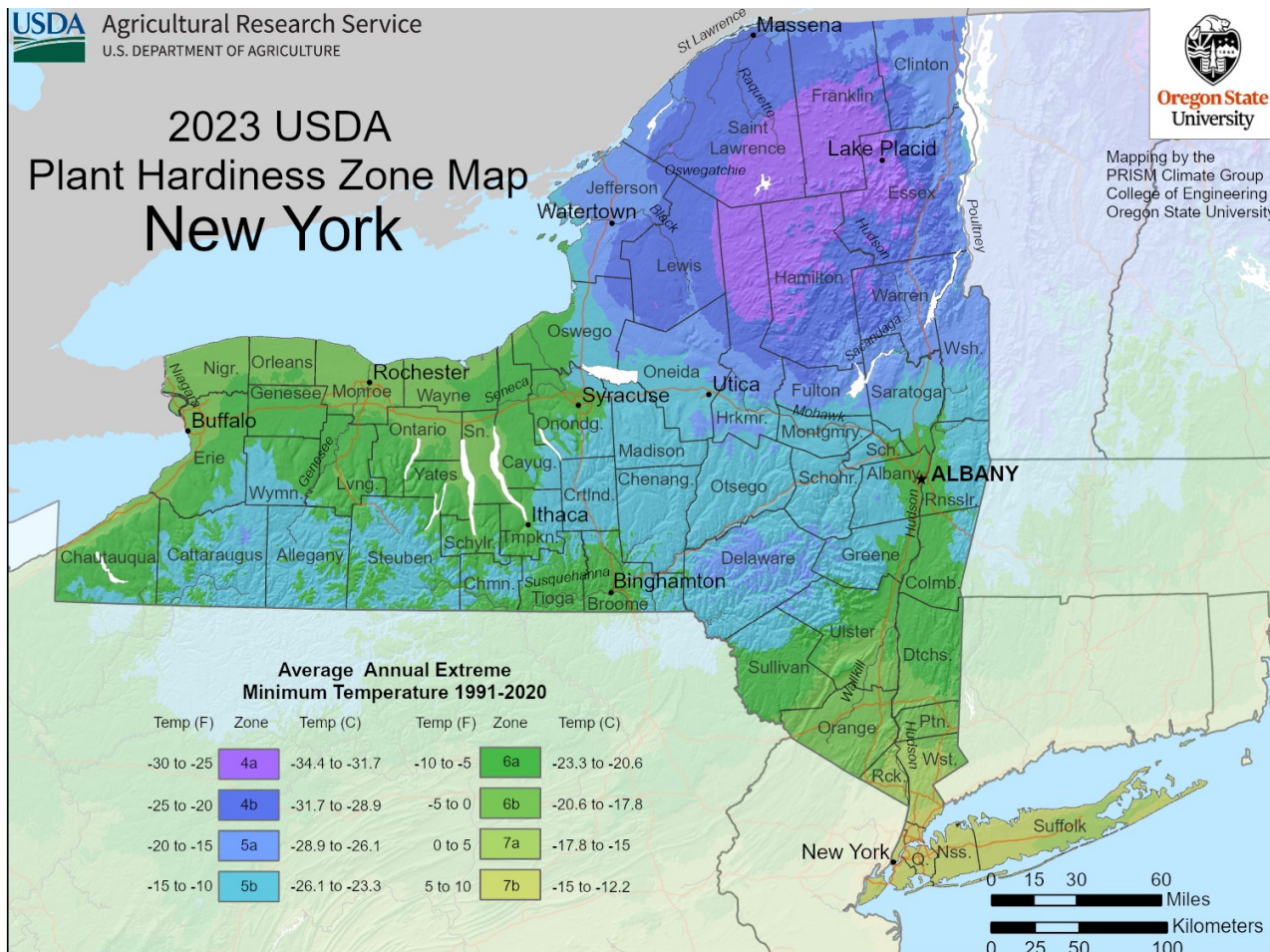
April 5: Weed ID | IPM Minute: Rats in Vegetable Gardens

May 3: No-Mow May | IPM Minute: What to Do with Grass Clippings

June 7: Tick & Mosquito Yard Treatments | IPM Minute: Myth - Mosquito Repellent Plants

July 5: Japanese Beetle Management IPM Minute: Aphid-Eating Insects

For more information, including how to register, visit <https://cals.cornell.edu/new-york-state-integrated-pest-management/outreach-education/events/whats-bugging-you-webinars>. You will receive a Zoom link the week of the event.



SPRING QUICK TIPS

Building Healthy Habits: Food and Community Nutrition



April is National Garden Month

April is a wonderful month to start cool season vegetables- like radishes, lettuces, and spinach- in your garden. Your garden can be a plot of land in your yard, a raised bed you build with wood, or a good sized flowerpot full of potting soil. Homegrown vegetables are often more flavorful than those you choose at the store. Gardening can help to decrease your food bills and may help improve your mental and physical health. Being outside in nature can help lower stress and boost your mood!



Use your EBT card to buy vegetable seeds and plants from any retail store who accepts EBT. Some of the easiest vegetables to grow from seed are green and yellow beans, lettuce of all types, spinach, fresh herbs, green onions, and radishes. When you buy seeds, be sure to read the back of the package to find out how deep and far apart to plant seeds. Make sure to thoroughly water your seeds and plants after planting. Check seeds daily to see if they need water, once sprouted, water when dry. Contact your local Cornell Cooperative Extension with all your gardening questions!

**Cornell
Cooperative
Extension**

GET MORE *Healthy* RECIPES

Spring Garden Salad

Serving Size: 1 cup

Serves 10

Salad Ingredients

- 1 bag of baby spinach OR 7 cups of other salad greens
- 3 oranges or 1 - 15 oz can of mandarin oranges in juice (drained)
- 1 1/2 cups of washed, halved strawberries
- 1 cup of walnut pieces (toasted) optional

Salad Dressing Ingredients

- 1 teaspoon of sugar
- 1/4 teaspoon paprika
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 1/2 teaspoon vinegar (any type)
- 1 teaspoon finely chopped onion
- 2 tablespoons vegetable oil

Directions

1. Wash hands with soap and water
2. Wash and dry spinach or salad greens, tear into pieces and chill.
3. To prepare orange: cut off peel and membrane of out part of the sections. Using a paring knife, gently cut out sections from membrane edges. This will make orange sections with no outer membrane. If using mandarin oranges, drain juice.
4. Make dressing by mixing sugar, paprika, orange juice, lemon juice, vinegar, onion and oil in a small bowl or jar with tight lid. Shake well. Set aside.
5. Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts: Calories per serving: 100; Total Fat: 6 g; Cholesterol: 0mg; Total Carbohydrate: 11 g; Added Sugar: 0g; Fiber: 3g; Protein: 2g; Calcium: 69 mg; Potassium: 166 mg; Vitamin C: 56 mg

Source: Revised from FoodHero.org

Kids' Book Nook

To begin your gardening adventure, take your child(ren) to the public library and borrow, "Plant it! Grow It! Eat It!" by Kathryn Selbert. Together, read the book and decide what vegetables you want to grow and talk about the insects that are helpful for our plants.

Are you ready for the April 8th eclipse? Many libraries and schools are giving away free eclipse glasses. Pick up a pair for everyone in your family!



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



Instagram

Building Healthy HabitsBHH

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Thank you to all the sponsors and volunteer readers that helped with Agriculture Literacy Week!

Through this program, readers were able to connect with over 3,200 students at 20 different elementary schools and 5 libraries in Chautauqua County! Thanks to our sponsors, each class got fresh strawberries to taste and a book was donated for the school to enjoy!

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By identifying and addressing local needs, Cornell Cooperative Extension provides practical information to help people help themselves and develop their leadership potential. Please feel free to contact Cornell Cooperative Extension for more information.

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