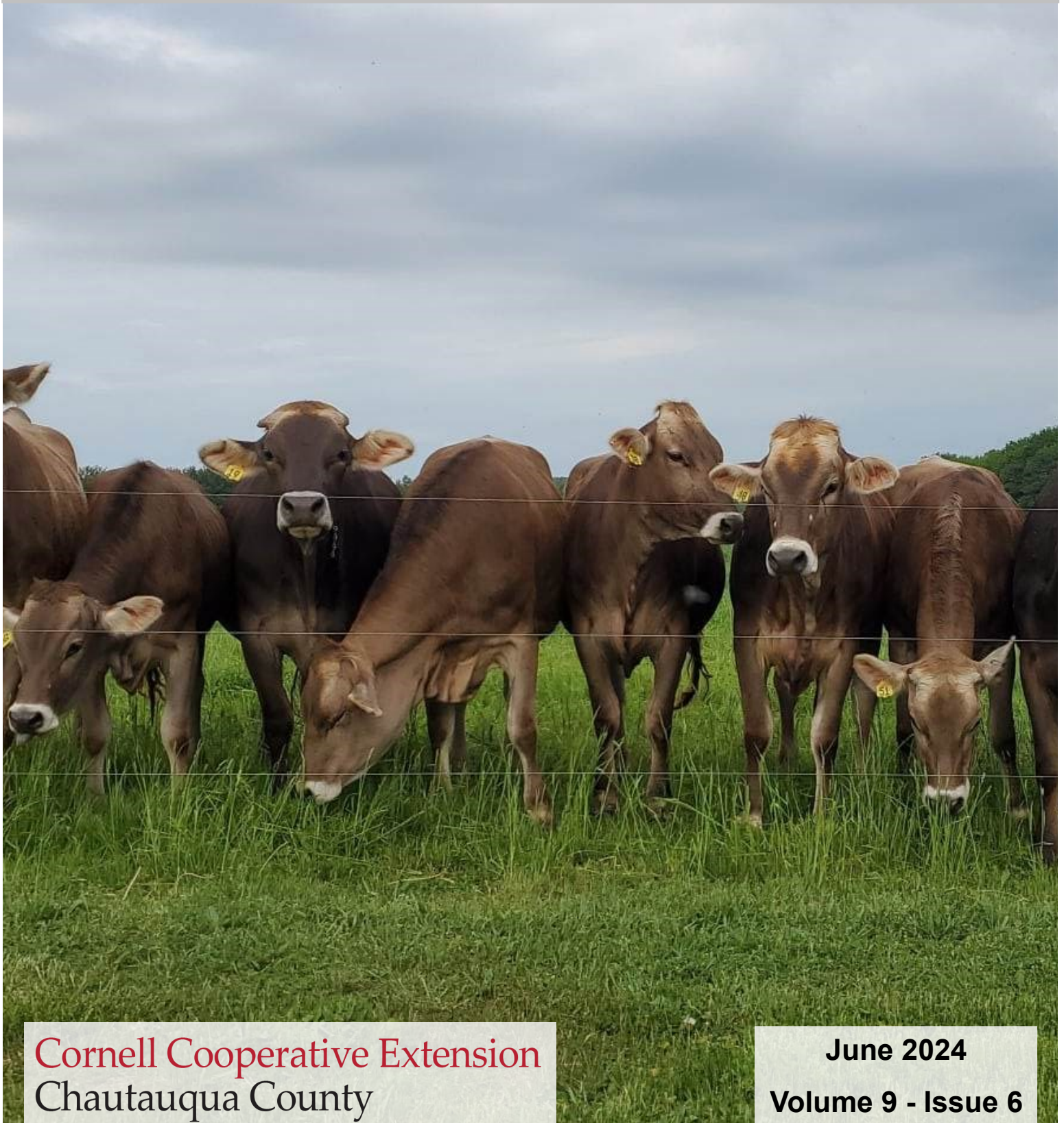


Cornell Cooperative Extension of Chautauqua County's

# Extension Connection



Cornell Cooperative Extension  
Chautauqua County

June 2024  
Volume 9 - Issue 6

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## COVER PHOTO: June Is Dairy Month

**Brown Swiss Cattle - by Lindsey Crisanti Meeder**

From the [International Dairy Foods Association](https://www.internationaldairyfoods.org/):

“National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.”

**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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716-792-2800

**Cornell Vegetable Program**  
480 North Main Street  
Canandaigua, NY 14424  
585-394-3977 ext. 426

**CCE - Chautauqua County**  
@ JCC Carnahan Center  
525 Falconer St. PO Box 20  
Jamestown, NY 14702-0020  
Phone: 716-664-9502 Fax: 716-664-6327  
[www.cce.cornell.edu/chautauqua](http://www.cce.cornell.edu/chautauqua)

# Association News

## Board of Directors

Randolph (Randy) Henderson - President  
 Alyssa Porter - Vice President  
 George Haffenden - Treasurer  
 Chad Buck - Secretary  
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 Pat Walker  
 Louis Smith  
 Camille Martir Rosado  
 Dawn Betts  
 Dan Heitzenrater  
 Jessica Brehm  
 Sue Lindsey  
 Emma Boutelle  
 Fred Johnson—County Legislator  
 Dinah Hovey, Master Gardener Rep  
 Tom Nelson, County Legislator  
 Renee Mooneyham - Extension Specialist

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

## 4-H Program Committee

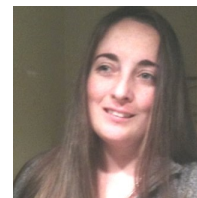
Mary Jantzi, Clymer  
 Betty Catanese, Stockton  
 Louis Smith, Silver Creek  
 Laura LeBarron, Silver Creek  
 Jan Schauman, Jamestown  
 Keith LaRoy, Kennedy  
 Sue Lindsey, Ashville  
 Lindsay Eckman, Frewsburg  
 Taylor Young, Panama

## 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
Marie Warner	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

What a beautiful spring! I hope you have all had a chance to enjoy the sunshine and some of our fantastic programming this Spring.



Have you ever considered or know anyone interested in serving as a member of our agricultural team? We are currently developing what that position may look like, but we do know change is in the wind. Our wonderful agricultural coordinator Rose Clarke is leaving. We are excited for her with the next chapter in her life but are very sad to have her leave our team. Please encourage anyone interested in working with Cornell to visit our website <https://chautauqua.cce.cornell.edu/jobs>. Once positions are determined and approved, applications and details will be available on the website. Ko Svetanics, one of our nutrition educators has also decided to depart our team. She too will be missed. Because her position is an annual grant funded program we will not be rehiring. We wish Ko and Rose the best of luck in their new adventures.

We have lots of great programming throughout the summer and are already planning for fall activities. Stop by and see the Master Gardener's Demonstration Garden at the JCC Community Garden or come to an Evening In The Garden program. Pop into one of our upcoming agricultural programs and be sure to set aside some time to share in the accomplishments of our 4-H youth at this year's County Fair July 16- 21, 2024. We look forward to seeing you at any one of our events this summer.

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Products and services may not be available in all states. Terms, conditions and eligibility requirements will apply. Life insurance and annuity products underwritten by American National Life Insurance Company of New York, Glenmont, New York. Property and casualty products and services may be underwritten by Farm Family Casualty Insurance Company or United Farm Family Insurance Company, both of Glenmont, New York.

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# Chautauqua County Agricultural News

## Chautauqua Farmer-Neighbor Dinner Tickets Available

**Chautauqua County, New York:** The Chautauqua Farm-Neighbor Committee is pleased to announce that tickets are now on sale for the 7<sup>th</sup> annual Chautauqua Farmer-Neighbor Dinner. The event is scheduled for Tuesday August 20, 2024 at The Grandview of Ellington, 1116 West Hill Road, Ellington, NY.

Social hour begins at 5:00pm with appetizers and various agricultural related exhibitor displays. Dinner will begin at 6:15pm followed by presentation of awards to Friend of Agriculture, Farm of the Year, Legacy Farm, and AEM Conservation Farm of the Year. Dennis Webster will serve as the Master of Ceremony for the evening.



Come indulge in this delectable farm-to-table dinner with the menu built around what is local, fresh, and available.

Individual dinner tickets are 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](https://bit.ly/CHQFND) or by calling the Cornell Cooperative Extension office at (716) 664-9502. Be sure to reserve your tickets early, as there is limited seating available.

Sponsorships and donations are still being accepted. If you are interested in helping to sponsor the program with a monetary donation or local food donation, please contact Cassandra Skal at Farm Credit East at (716) 270-5471 or [cassandra.skal@farmcrediteast.com](mailto:cassandra.skal@farmcrediteast.com).

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 Sponsors: Chautauqua County Sheriff James Quattrone, Emma J. Brook Flower Farm of Westfield, Farm Credit East of Mayville and Wegmans of Jamestown.



The Chautauqua  
Farmer-Neighbor

Dinner menu is  
built around what local farmers  
are willing to donate.



From bacon to peppers to melons, 3C's  
Catering will showcase all products  
that are given.

Do you have a Chautauqua produced  
product you would like included in  
the dinner?

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.

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Chautauqua County  
DEPARTMENT OF PLANNING AND DEVELOPMENT

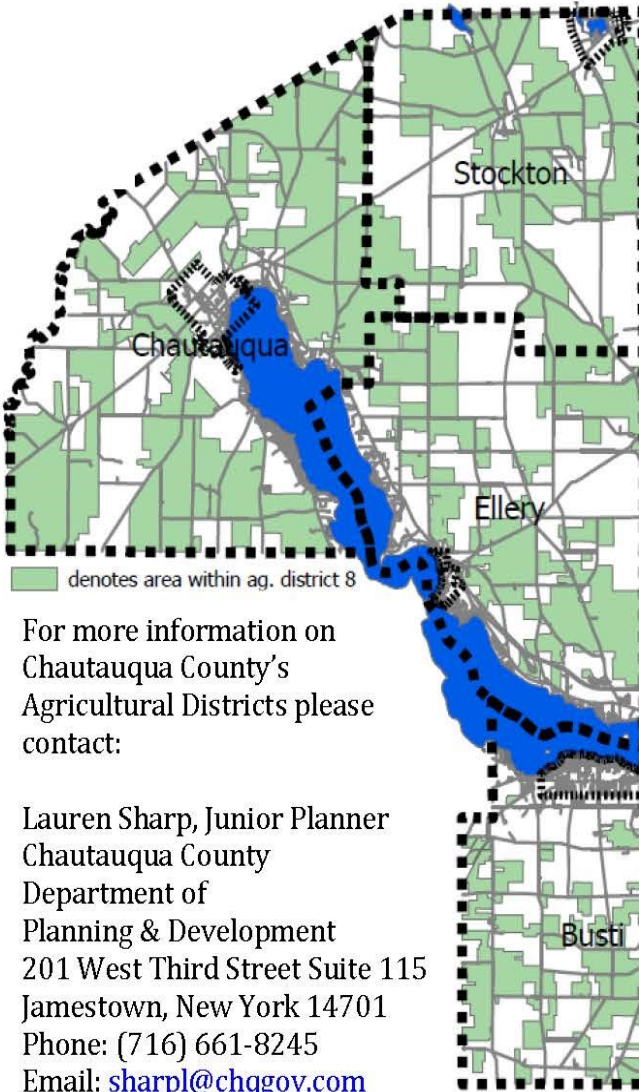
# Agricultural District 8 Eight-Year Review

Towns of Busti, Carroll, Chautauqua, Ellery, Ellicott, Kiantone, Poland, & Stockton

Chautauqua County Agricultural District 8, located in the Towns of Busti, Carroll, Chautauqua, Ellery, Ellicott, Kiantone, Poland, and Stockton, Villages of Bemus Point, Cassadaga, Celoron, Falconer, Lakewood, and Mayville, and the City of Jamestown, encompassing 99,006 acres is currently being reviewed. The goal of the review process is to identify property that should either be added or removed from the existing agricultural boundaries.

Chautauqua County has designated August 1<sup>st</sup> to August 30<sup>th</sup> as the thirty (30) day public review period for the eight-year review of District 8. During this thirty (30) day period, any municipality, landowner, or State Agency whose territory is within the Agricultural District may propose a modification to the Agricultural District. Landowners may submit requests to **add** parcel(s) of predominantly viable agricultural land or **remove** parcel(s).

The Chautauqua County Department of Planning and Development will accept requests from August 1<sup>st</sup> through August 30<sup>th</sup>. Please submit all requests to the Department of Planning and Development, 201 West Third Street Suite 115 Jamestown, New York 14701 or email to [sharppl@chqgov.com](mailto:sharppl@chqgov.com) on or before 4:30 PM on March 31, 2023.



The Agricultural District 8 Review Worksheet, current Agricultural District Maps, and additional information can be found on the Chautauqua County Department of Planning and Development website at: [bit.ly/CHQagdistrict](http://bit.ly/CHQagdistrict). A map of District 8 is on file and open to public inspection at the Clerk's Office of the Chautauqua County Legislature in Mayville, New York. Please call 716-753-4215 to schedule an appointment.

An agricultural district is a geographic area which consists predominantly of viable agricultural land. Agricultural operations within the district are the priority land use and afforded benefits and protections to promote the continuation of farms and the preservation of agricultural land.

For more information on Chautauqua County's Agricultural Districts please contact:

Lauren Sharp, Junior Planner  
Chautauqua County  
Department of  
Planning & Development  
201 West Third Street Suite 115  
Jamestown, New York 14701  
Phone: (716) 661-8245  
Email: [sharppl@chqgov.com](mailto:sharppl@chqgov.com)

# CHAUTAUQUA COUNTY FARMERS MARKET



## TIPS FOR SHOPPING AT YOUR LOCAL FARMERS MARKET

**Know WNY Seasonality:** Prior to visiting, research WNY seasonal produce items so you know what kinds of fruits and vegetables to expect when you arrive at the market! Seasonality will differ depending on the type of market you visit, as well as the time of year

**Bring a reusable bag:** Many farmers and vendors do not offer plastic bags in support of the local environment. Visiting a market is the perfect time to bring that reusable tote! Many markets also sell bags as a fundraiser for their events

**Go early:** Farmers markets tend to be less crowded in the earlier hours, and it gives you the chance to get the best selection of products

**Talk with the farmers:** If you find a product that is new to you, or if you are curious about a farmers' business, don't be afraid to ask questions! Most farmers and vendors are more than happy to discuss their products, origins, growing practices and even may share recipes and cooking tips

**Buy in Bulk:** Many of the best pricing deals at farmers markets are when you buy in bulk. You can also purchase product in bulk to preserve, via canning or freezing

### Dunkirk Farmers Market

Ruggles Street

Wednesdays 10 AM to 2 PM



### Forestville Farmers Market

Park Street

June-October

Thursdays 9 AM to 1 PM



### Jamestown Public Market

Third Street

June-October

Saturdays 10 AM to 2 PM



### Jamestown Mobile Market

Days & Locations Vary

Visit [jtownpublicmarket.org](http://jtownpublicmarket.org)



### Westfield Farmers & Artisan Market

Park Ave.

May-September

Saturdays 9 AM to 2 PM

### Cassadaga Farmers Market

Maple Ave

June-September

Sundays 12:30 PM to 3:30 PM



### Fredonia Farmers Market

Church Street

Saturdays

May-October 9 AM to 1 PM

Masonic Lodge

November-April 10 AM to 2 PM



### Lakewood Farmers Market

Chautauqua Ave

June-September

Thursdays 10 AM to 2 PM



### Mayville Farmers Market

Village Park

June-September

Thursdays Noon to 4 PM



Chautauqua County 4-H is partnering with Master Gardeners and The Audubon Community Nature Center to present:

# GROWING YOUR FOOD SERIES

**Where:** Audubon Nature Community Center in the Kitchen Garden

\*All classes are from 5:30-7:00 PM

### Dates:

- Thursday, May 9th: Starting your Garden
- Thursday, June 6th: Composting 101
- Thursday, June 27th: Promoting Pollination
- Thursday, July 25th: In Season Plant Care
- Thursday August 29th: Harvesting from the Garden

Questions? Contact Josie Allen at 716-664-9502 ext. 216.



Open to youth and adults!

\*Please be advised there will be no access to public bathrooms on the grounds.



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**Cornell Cooperative Extension Presents:**



# 2024 BROILER FIELD DAY AT SUNNY COVE FARM ALFRED, NY

**THURSDAY, JUNE 6, 2024, 5PM - 7:30PM**

## JOIN US TO EXPLORE BROILER PRODUCTION, PROCESSING, AND FINANCES

Farmer Meghan raises small batches of organic broilers, processing them on-farm under the 1,000 bird exemption.

### Schedule:

Farmer Meghan introduces the farm and how she raises broilers

Review of financial considerations for broiler enterprises and what it takes to make a profit

Tour Meghan's processing set-up and have a discussion about food safety during processing

Hands-on further processing demonstration (taking a carcass into cuts allowed under the 1,000 bird exemption)

This event is FREE and registration is required.  
<https://tinyurl.com/SunnyCoveFieldDay2024>

For registering or questions reach out to Kelly at  
585-268-7644 or [klb288@cornell.edu](mailto:klb288@cornell.edu)

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# LOCAL FOOD & FARM FEST

*Senior Citizen's Day*

*At Carlberg Farm*

**JUNE 11, 2024**

12:00 PM TO 5:00 PM

INFO ON SNAP AND OTHER FOOD BENEFIT PROGRAMS

FARM TOURS OF A WORKING STRAWBERRY AND PRODUCE FARM

FARMER'S MARKET WITH LOCAL VENDORS

Sponsored by:



## 2024 Game of Logging Chainsaw Safety Training



Hands-on training to build knowledge and skill in chainsaw use, maintenance, and felling, limbing, and bucking techniques.

**2024 Course Dates:**

Course fee: \$150 per day\* ~ 8:00am-4:30pm

**Wednesday, August 21: Game of Logging Level 1** (Mayville, NY)

**Thursday, August 22: Game of Logging Level 2** (Jamestown)



\*Scholarship available for volunteers maintaining public trails thanks to a grant from the Northern Chautauqua Community Foundation!

Register and learn more at:

<https://chautauqua.cce.cornell.edu/events>

or by calling the office: 716-664-9502

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## LEAF WORKSHOP TRAIL SAFETY



TUESDAY

**JUNE 4, 2024**

**6:00 - 8:00 PM**

MAYVILLE, NY

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United States

ajg.com

## Are you Receiving the Residential Agricultural Energy Discount through your Electric Provider?

It is time to reapply for the Residential Agricultural Discount Program through NYSEG, RG&E, and National Grid. Funding from the New York Power Authority allows agricultural producers to receive a discount on certain types of electric service. To receive a full year's discount, applications are due July 1<sup>st</sup>.

**National Grid:** For more information on the Residential Agricultural Discount Program visit (<https://www.nationalgridus.com/Agricultural-Discout>) or contact them at 1-800-642-4272.

**RG&E:** For more information on the program or application form, visit [rge.com/ResAgDiscount](http://rge.com/ResAgDiscount) or contact them at 800-743-2110, Monday through Friday, 7 am to 7 pm.

**NYSEG:** For more information about the program or application form, visit [nyseg.com/ResAgDiscount](http://nyseg.com/ResAgDiscount) or contact them at 800-572-1111, Monday through Friday, 7 am to 7 pm.

Please contact Lisa Kempisty, Cornell Cooperative Extension Educator, at 716-664-9502 Ext 203 if you have any questions or need more information.



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## 2024 Soil Health & Climate Resiliency FIELD DAYS

SAVE THE DATES  
[FieldDays.NewYorkSoilHealth.org](http://FieldDays.NewYorkSoilHealth.org)



### 10 Field Days Across the State!

- JUNE 12 | 10:00 AM - 3:00 PM**  
Western NY – Westfield | Betts Farm  
Topic: vineyard soil health
- JUNE 21 | 1:00 PM - 4:00 PM**  
New York City – Location TBA  
Topic: soil biology, urban soil health
- JUNE 25 | 3:30 PM - 6:00 PM**  
Hudson Valley – Germantown | Hearty Roots Farm  
Topic: biochar
- JULY 16 & AUGUST 20 | 10:00 AM - 3:30 PM**  
Eastern NY – Albany County | Location TBA  
Topic: cover crops for cut flowers
- JULY 25 | 10:00 AM - 3:30 PM**  
Central NY – Seneca Falls | Rodman Lott & Son Farms  
Topic: cover crops, reduced tillage, soil health, pest mgmt
- AUGUST 15 | 3:00 PM - 5:00 PM**  
Northern NY | Peru - Champlain Valley | Location TBA  
Topic: orchard soil health
- AUGUST 19 (ENGLISH) | 4:00 PM - 5:30 PM**  
**AUGUST 20 (SPANISH) | 4:00 PM - 5:30 PM**  
Suffolk County | Long Island Hort. Research & Ext. Center  
Topic: summer cover crops
- AUGUST 30 | 4:00 PM - 6:30 PM**  
Central NY - Tompkins County | Oechsner Farms  
Topic: organic field crops
- SEPTEMBER 24 | 4:00 PM - 6:30 PM**  
Central NY | Backbone Farm & Ramble On Farm  
Topic: soil amendments



## Chautauqua County Dairy Ambassador News



*Sadie Steward, our 2023-2024 Chautauqua County Senior Dairy Ambassador looks forward to another year of promoting milk & dairy products.*

My name is Sadie Steward, and I am so excited to announce that I have the opportunity to serve as Chautauqua County's Senior Dairy Ambassador for my second year. I have been involved in this program since I was 4 years old, and I am grateful to have the opportunity to still be involved. The Dairy Ambassador Program is an important part of my life, as it is my role to educate the public about milk and dairy products and support the dairy industry. I have participated in many activities over the years, such as Milk for Health events at the Erie County Fair and Explore and More in Buffalo, spending the week at our very own Chautauqua County Fair with a booth to visit with the public, milk refuel events and much more! I plan to continue expand my knowledge on this industry and participate in many more public activities. The Chautauqua County Dairy Ambassador Program includes a team of many youth and is open to any youth who have an interest in learning and educating the public about the dairy industry. An upcoming event my team is looking forward to is our upcoming Dairy Promotion Meet and Greet. This will be held on Saturday, June 22, 2024, at 1:00 PM at the Ellington United Method Church, 776 W Main St, Ellington NY.

Join us to meet the current dairy promoter Sadie Steward and her court! Learn more about what our program entails and how you can be part of it! We will be painting signs with Prickly Pear. Current Dairy Promoters will

receive a \$20 credit towards their sign. Any new promoters will be reimbursed \$20 after they have attended two events! RSVP to Heather Woodis (508) 320-8570 and watch for an invite from Prickly Pear to select your sign!

Milk and dairy products have many important nutrients for our health. Dairy is packed full of calcium, which is crucial for building and maintaining strong bones and teeth. It also has protein, vitamins like A and B12, and minerals like phosphorus. These nutrients help our bodies grow and function properly. Dairy products like milk and cheese are very versatile and can be enjoyed in all kinds of delicious ways. As summer will soon be here, we encourage you to try out this very easy and fun summer recipe below and incorporate dairy into your everyday life!

### **Frozen Yogurt Fruit Popsicle:**

3 cups of Fruit (your choice)

-3 cups of Vanilla Yogurt

#### **Directions:**

-Place 1/2 cup fruit in each cup.

-Place 1/2 cup yogurt into cups of fruit.

-Stir each cup with plastic spoon and place in center of cup.

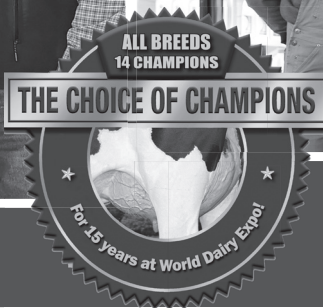
-Freeze until firm

-Enjoy!



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

— Jeff King



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

*(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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## **CORNELL COOPERATIVE EXTENSION (CCE) and NEW YORK FOREST OWNERS ASSOCIATION (NYFOA) TEAM UP TO STUDY TICKS IN CATTARAUGUS AND CHAUTAUQUA COUNTIES.**

This Spring volunteers representing NYFOA, Allegheny Foothills Chapter (AFC) and Master Gardener Volunteers from CCE Cattaraugus and Chautauqua will team up to get the word out about the New York State Tick Blitz and to collect tick specimens from our region for identification and testing.

The NYS Tick Blitz is a community-engaged project that works with volunteer participants to help determine the presence and distribution of newly invasive tick species. The project is a partnership between Cornell University Department of Entomology, the Northeast Regional Center for Excellence in Vector-Borne Diseases (NEVBD) program and the NYS Integrated Pest Management Program. The goal of the NYS Tick Blitz is to understand the presence and range expansion of two invasive tick species that are not monitored through the NYS Department of Health's extensive monitoring program. These two tick species are the Asian Longhorned Tick, *Haemophysalis longicornis*, and the Lone Star Tick, *Amblyomma americanum*. More information on these species can be found on the NEVBD website: <https://www.neregionalvectorcenter.com/ticks>

It's a great educational opportunity for volunteers. It's free to participate, training will be offered, and participants will learn about tick habitat, tick bite prevention, and get hands-on experience in entomological research.

How does the Tick Blitz work? Volunteers will be trained to collect ticks properly and safely in their community. Ticks will be collected during the Tick Blitz and the specimens will be mailed to Cornell University where they will be identified by a team of entomologists and results will be made available through a public website and shared with volunteers.

Training will take place in person and virtually in early June. CCE Cattaraugus is hosting in person training on **June 4<sup>th</sup>** from 12pm to 1:30pm in Ellicottville. You can register to participate before May 24<sup>th</sup> through the Tick Blitz registration: [bit.ly/2024TickBlitz](https://bit.ly/2024TickBlitz)

Additional virtual training will be held on **June 6<sup>th</sup>** from 12pm to 1pm which will be recorded so more can watch and participate in the Tick Blitz Events.

Dick Brennan, NFOA Member and Master Forest Owner says, "NY Tick Blitz provides important information on tick identification and management for anyone who is active in the outdoors including Master Forest Owner (MFO) volunteers and woodland owners. Participation in the program also provides the opportunity to gather needed information and brings a sense of satisfaction in serving your community. It's well worth the effort."





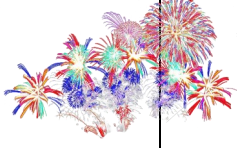



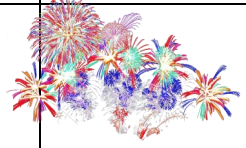
Tick Blitz is being expanded this year to include Western NY. Track the history of Tick Blitz: [TickBlitzMap\\_071723 \(arcgis.com\)](https://arcgis.com)

The Cornell Cooperative Extension educational system in Cattaraugus County enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

CCE Cattaraugus is a subordinate governmental agency with an educational mission that operates under a form of organization and administration approved by Cornell University as agent for the State of New York. It is tax-exempt under section 501(c)(3) of the Internal Revenue Code. The association is part of the national cooperative extension system, an educational partnership between County, State, and Federal governments. As New York's land grant university Cornell administers the system in this state. Each Cornell Cooperative Extension association is an independent employer that is governed by an elected Board of Directors with general oversight from Cornell. All associations work to meet the needs of the counties in which they are located as well as state and national goals. For more information, call 716-664-9502 or visit our website at [www.cce.cornell.edu/chautauqua](http://www.cce.cornell.edu/chautauqua). Cornell University Cooperative Extension provides equal program and employment opportunities.

# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Hog Barn Set Up 7:30AM Stockton 9:30AM Fair	3	4 Goat Project 6:45 Rabbit Committee 7:00	5 Hog Committee 6:00 Market Poultry Committee 7:00	6	7	8
9 Sheep Barn Set-Up @ fairgrounds  Dog Show @ 4-H Acres	10	11 Exhibition Poultry Committee Horse Committee 6:30	12 Hog Project Market Poultry Comm. 6:30	13 VOUCHERS DUE!!  Rabbit Project 6:30	14  flag day	15 Market Poultry Barn Set-Up
16 Mrkt Poultry Show 	17 CLCS Mini Farm Day All day	18	19 	20	21	22
23 Dog Show @ 4-H Acres	24	25	26 Pullorum Testing 5:30 Dairy Committee 6:30	27	28	29 Goat Barn Set-Up
30 Dog Show @ 4-H Acres	June is National Dairy Month!					

				July					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	1	2	3 Hog Project	4 	5	6			
7	8 4-H Building Set Up 10:30AM	9 Evaluation Day 1 5:00-8:00	<b>Club Booth Set up</b>				13 Evaluation Day 2 9:00-2:00		
14 Snack Bar Opens 7:00AM Booth Judging 2:00	15 	16	17	18	19 60th Meat Animal Sale!!!	20			
21 	22	23	24	25	26	27			
28	29	30	31						

### 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 up & your animal and join in on the fun!

*Sign up on your 4-H Voucher!*

### 60th Meat Animal Sale

Friday, July 19th at 12NOON. All are welcome to come watch the excitement of the auction at the Main Show Arena on the Chautauqua County Fairgrounds.

If anyone has any old photos, memorabilia, or catalogs from past sales they would like to share and have on display at the fair, please contact Lindsey at the 4-H office.

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

### Fair Book

The fair book is now available on our website and is a fillable PDF. Some printed copies are available in the office!

**Be sure to turn in your voucher *NO LATER* than June 13th!**

### 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 trailer.*

### Dog Show Dates

June 9th; June 23rd; June 30th, @ 10:00 AM  
At 4-H Acres in Stockton

### 4-H Barn Set-Ups

Hog: June 2nd 7:30am Stockton and 9:30 AM Fairgrounds

Market Poultry: June 15th Set-Up (Show June 16th)

Sheep: June 9th. Bring plyers, screwdrivers, for staple pulling

Rabbit: July 9th at 6:00 PM

Goat: June 29th

### 4-H Building Set-Up

Monday, July 8th 10:30AM @ the Fairgrounds.

Actively looking for youth and adult help.! Please let Lindsey know if you are able to attend!

### Non-animal Species 4-Hers

If you do not have an animal on the fairgrounds but want to be a part of the fair excitement and help in the snack bar talk to the office and we will get you passes!

### Dairy Fitting and Showmanship Clinic

June 1st @ Country Ayre Farm in Dewittville, NY Times still being confirmed - tentatively plan on the Dairy Buds to participate from 8:30 am -10:00 am, and the regular aged 4-H dairy members from 10:00 am - 4:00 pm.

More details along with registration information will be provided by email to all enrolled 4-H dairy youth in early May.

Reminder - All 4-H dairy youth planning to participate in the Chautauqua County Fair will need to attend at least 2 dairy project educational meetings. This activity will count as one educational meeting.

### OPEN CLASS INTEREST!

Entries due July 1st TO THE FAIR OFFICE.

This has nothing to do with us, so please do not submit your entries to our office. This is just a friendly reminder to our "double-dippers".





# 4-H MEAT ANIMAL SALE PROGRAM POLICY



**MISSION STATEMENT:** *Training Tomorrow's Leaders Today to raise the best quality animal by teaching the 4-Her decision making, herdsmanship, ethical behavior, marketing and communication skills while utilizing parents and leaders for guidance.*

1. The only animals sold at fair are raised by a 4-Her as their market animal project. The 4-Her must sell a blue or red ribbon animal of their choice. All animals that go through the sale become the property of the buyer. No animals may be swapped.
2. Only one animal per species may be sold in the Meat Animal Sale unless the 4-Her has both the grand and reserve champion in the same species-they both must sell in the Meat Animal Sale. Market Poultry will be sold as a pen of 2 birds. Market goats will sell by the head. If the 4-H'er brings an animal to the fair as a project market animal, it must be sold provided it meets all the requirements of the program it is in. For 4-H'ers with more than one animal per species, see rule #6.
3. Commissions will be determined by Meat Animal Sale Committee to reflect market, economic and sale expenses. For year 2023, commission on all animals sold in the Meat Animal Sale is 6 percent.
4. Ribbons will be awarded in all market animal classes (beef, sheep, swine, poultry, and goats) by the designated judge for each species. Ribbons will be awarded based on quality and proper finish at the time of the show.

**Blue** - Excellent:

**Red** - Good:

**White**- Possible No Sale

- ⇒ Youth who receive a white ribbon for the meat animal that they may be selling in the Meat Animal Sale will receive a warning for their first offense. The youth and their family will meet with the Meat Animal Sale committee and the respective animal project committee to discuss better methods for raising an animal that is properly finished. If a youth receives a second white ribbon with an animal of the same species the next consecutive year, they will not be eligible to sell their animal of that species.
- *Example: Jimmy Smith Raises a market hog in the 2023-2024 4-H year. The judge gives Jimmy's hog a white ribbon based on the finish of his hog on show day. Jimmy is allowed to sell his hog this year. Jimmy joins the hog project the next year and again receives a white ribbon. He is not eligible to sell his animal in the meat animal sale but may sell it privately. Jimmy tries to raise a hog for the third year and again receives a white ribbon. The cycle begins again and he may sell his animal in the sale. "*

5. Youth are encouraged to be present for both their show and sale day. If a youth is not present for show day and/or sale day their animal will be sold at the conclusion of the entire sale. The youth may choose to sell their animal outside of 4-H and arrange their own slaughter and trucking arrangements.
6. **Market animals not sold in the Meat Animal Sale are to be released Sunday July 21<sup>st</sup> at 3 PM. Youth must make their own slaughter and trucking arrangements for these animals. ONLY meat animal sale animals will be loaded on Sunday morning going to the respective processor. No exceptions.**
7. Animals purchased through the Meat Animal Sale and donated back for resale will be sold at the end of that species. **The original buyer must state that they donate the animal back for resale to benefit an animal species, 4-H Meat Animal Sale, 4-H General fund, endowment etc. The resale buyer's money goes to where the original buyer designates. The resale buyer gets the animal.**
8. . The sale order for each species will go as followed: Grand Champion first, Reserve Champion second, and the rest in a lottery system. 4-H Committees must select sale order immediately following their show and submit the sale order to the 4-H Office.
9. All market animals are to be weighed in once for their qualifying weight. See species handbook for qualifying weights on each species. The animals will be sold at this weight.
10. With all 4-H Animal Science Projects, there is an inherent risk involved. Cornell Cooperative Extension, its employees, and volunteers assume no responsibility for any loss or damage. Animals left on premises by the buyer after closing of the barn are done so at the sole risk of the buyer.
11. The possibility exists that health issues or other concerns may arise after the sale and before the slaughter of the animal. If this happens, the buyer(s) are at risk and will have the authority to make decisions regarding the treatment of the animal. The Meat Animal Sale Committee will make every effort to protect the well-being of animals sold through the Meat Animal Sale Auction.
12. Once the gavel falls, the bidder becomes the owner, and the seller becomes the caregiver until the animal leaves the fairgrounds on Sunday following the sale. The buyer is responsible for the trucking of the animal from the fairground as based upon the directions on the sale receipt. The price per pound paid that is above the current market price is considered to be a charitable donation and is tax deductible.
13. Any situation that does not meet above criteria (1-12) must be brought to the attention of Meat Animal Sale Committee and will be dealt with on a case-by- case basis and voted on by secret ballot.

## MEAT ANIMAL SALE PARTICIPANTS

If you plan to donate proceeds from the sale of your market animal-you must get a "Charitable Donation Form" from your adult barn superintendent at the Fair. **This form must be turned into the 4-H Office prior to the sale-WHEN SALE ORDER IS DRAWN.** You must bring the following information with you to fair to complete form: percent of donation, name of charitable organization, and the complete address of charity. **If form is not completely filled out- the donation will not be deducted from your check-you will be responsible to send it on your own.**

Give Big CHQ is a 24-hour online fundraising event that connects individuals with causes they care about in the community! Hosted by the Chautauqua Region Community Foundation, this event is an opportunity to come together as a community to celebrate the important work of local nonprofits, like ours.

# Give Big CHQ June 13th 2024

This year we are changing the different levels of giving. We are focusing on putting more money into our LEAF Jr. classes, presentation day, youth awards night, and possibly some volunteer CPR trainings! Updates will be made on our Give Big profile leading up to the event.

If you take a look at their website, our very own Madalyn Oakes is right on the front page! <https://www.givebigchq.org/>

Our direct link for giving day is:  
<https://www.givebigchq.org/organizations/cce-chautauqua4h>



## Recognizing Our Youth Aging Out

Morgan Becker, Silver Creek  
Hallie Boardman, Stedman  
Lydia Covert, Lakewood  
Lexus Eschenbach, Sherman  
Mackenzzy Graziano, Forestville  
Tegenya Graziano, Fredonia  
Kamryn Harper, Jamestown  
Breanna Keefe, Stedman  
Adam Lesch, Fredonia  
Cole Nickerson, Corry  
Grace Pfleuger, Conewango Valley  
Hannah Schauman, Ashville  
Luisa Smith, Cherry Creek  
Leighanne Swan, Sherman  
Erma Jean Wolcott, Mayville

We wish you all the best of luck with your future endeavors and hope 4-H took part into you becoming your future self



Fair Dates:  
July 15<sup>th</sup>-  
July 21<sup>st</sup>



### SAVE THE DATE!

Friday, July 19th @ NOON  
60th Meat Animal Sale T-Shirts will be available to purchase through an online store soon. Stay tuned!

# 4-H HIGHLIGHTS



## NYS 4-H Horse Communications

We are thrilled to announce the placings from our NYS 4-H Horse Communications contest! We saw such great topics and sportsmanship May 18th.

The judges were telling us how pleased they were with the variety of topics! Thank you to all the youth, parents and volunteers who helped make this day happen for the youth and for the program!

Senior Individual:  
7th – Mariah LaRoy  
9th – Kendall Eckman

Junior Individual:  
7th – Phoebe Brandow

Senior Public Speaking:  
1st – Charlotte Couchman  
3rd – Maya Hanson

**Pictured:** Kendall Eckman (L),  
and Charlotte Couchman (R)



## NYS 4-H Dairy Bowl Contest

Congratulations to our youth who participated in the NYS Dairy Bowl Contest on April 27th at Cornell University.

Tyler Crowell's Jr. Western District team placed 1st and he was 7th individual.

Westyn and Eval were on a Western District Beginners Team that also placed 1st. Individually, Westyn placed 2nd and Eval placed 6th.

Thank you to Dan and Anna Crowell, long-time 4-H leaders from South Dayton, for coaching our county program the last couple years, and for volunteering to coat at the district level.

South out to Dayne Jantzi who volunteered and shared his knowledge and encouragement to other 4-H members. Dayne excelled in 2023 at the National Level of Dairy Bowl and once youth make it to the highest level, they are ineligible to participate as a team member.

**Pictured:** (L to R) Westyn Bruyer, Evan Mierzwa, and Tyler Crowell

## 4-H Fashion Revue May 10th

25 youth participated this year as the 4-H members were evaluated on their sewing as well as their modeling abilities. Special awards were given to First Year sewists, Outstanding Sewing, Western District representatives and New York State Fair Representatives.

### Western District Clothing Revue Participants:

Logan Ellsowrth  
Claudia Almekinder  
Fiona Cortright  
Mitchel Tauzel

**Pictured:** (Front L to R) Claudia Almekinder, Mitchell Tauzel, Serenity VanVleck, Grace Reid, Myra Rose Joy, Drake Joy, Harrison LeBarron, Fiona Cortright. (Back L to R) Gianna Valone, Ava Valone, Everett LeBarron, Gavin LeBarron, Tianna Bova.



# Animal Project News

## Exhibition Poultry Project



### Committee Meetings

June 11th

### Project Meetings

Pullorum testing- June 26th (TBA)

**\*ALL meetings are at 6:30 PM unless otherwise noted**  
Committee Chair: Jamie Smith

smith\_jamie@mac.com

## Horse Project

### Committee Meetings

June 11th

### Project Meetings

June/July Shows

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



## Rabbit Project

### Committee Meetings

June 4th

### Project Meetings

June 13th

July 9th Barn set-up 6pm

August 5th (State Fair Meeting)

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

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

Committee Chair: Kim Chapman  
kchapman4574@gmail.com



## Goat Project

### Committee Meetings

June 29th

### Project Meetings

June 4th- Voucher Meeting

June 29th

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

**Watch our Facebook page!**

Contact: Keith LaRoy  
716-485-1537



## 4-H Program Committee

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

July Fair Week

TBA



## Beef Project

### Committee Meetings

August 28th

### Project Meetings

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

Committee Chair: Dave Schauman  
chautcobeefprogram@gmail.com

## Market Poultry Project

### Committee Meetings

June 12th

### Project Meetings

June 5th

June 15th- Barn Set-Up

June 16th- Show



Committee Chair: Julie Covert  
jcoverts@windstream.net

## Hog Project

### Committee Meetings

June 5th

July -No Committee



### Project Meetings

June 2nd @730

July 3rd

July 13th pig weigh in

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

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

Committee Chair: Louis Smith  
716-785-1890

**60th Meat Animal Sale**  
**Friday, July 19th**  
**NOON**

## Dog Project

### Committee Meetings

Sept 18th

### Project Meetings

Sept 11th



### 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

## Teen Ambassadors

June 14th

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

## Sheep Project

### Committee Meetings

June 9th



### Project Meetings

June 9th -Barn set up

@ Fairgrounds

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

Committee Chair: Shawn Huntington  
shuntington@randolphcsd.org

## Dairy Project

### Committee Meetings

June 26th

6:30 PM



### Project Meetings

June 1st- Dairy Fitting & Showmanship  
Clinic @ Country Ayre Farm

Committee Chair: Bart Nickerson  
bjnick@windstream.net

## Thyme

### Thymus Vulgaris, Lamiaceae

By- Sara Slagle– Master Gardener Volunteer Apprentice



Image Source Botany in a Day, Thomas J Elpel

Most don't think of thyme as another one of those miracle herbs. You probably use it to spice up a nice chicken or potato dish, but are you aware of the amazing healthy benefits of this humble herb that most gardeners grow?

Thyme is native to Southern Europe and the Mediterranean where it grows wild but has since been domesticated as one of the "Fab Four" that nearly every gardener has grown at one time or another. When it comes to the medicinal properties of thyme, taste is one of the first factors of its potency. There are a multitude of varieties, and the spicier tasting ones make for the best medicine. That doesn't mean to say that your average garden thyme doesn't have its benefits, because it sure does.

As you very well may know, thyme has a strong aroma, which is why it's often used in smaller doses when it comes to cooking. It's warm and drying energetics make for one of the more potent herbs that can aid digestion and pain relief. It can be used for more common things such as normal cold and flu symptoms (fever, sore throat, cough) to the more irregular ones, such as toothaches, open wounds and digestive discomfort – just to name a few.

In traditional folk medicine, thyme was used to fight bacterial infections prepared as either a tea or mouthwash to treat inflamed gums and toothaches. It was also used as a topical remedy for fungal infections and minor cuts and wounds. It's drying energetics made it a top candidate for relieving coughing spasms and your more-than-average-sore throat infections. (Fun fact: one of the main herbs in Ricola throat lozenges is thyme—yum!) Further yet, it was used as a common liver tonic, stimulating the digestive system to treat indigestion, poor appetite, and digestive parasites.

Thyme is a great beginner herb to grow – you probably have some in your garden as we speak! It's one of those great cut-and-come again plants that can yield several harvests throughout a season and now you know what to do with it all.

Parts used: leaves

How to Grow: Zone 3-10, full to partial sun, well-drained soil, April – September

Energetics: warming, drying

Medicinal properties: antimicrobial, carminative, antispasmodic, expectorant, emmenagogue

Medicinal preparations: infused honey, infused vinegar, tincture, tea/infusion, steam inhalation, oil & salve, culinary spice, cough syrup.

Medicinal uses: infections, symptoms of cold & flu, urinary tract infections, topical fungal infections, wounds, burns, toothaches, congested sinuses, mouthwash, digestive spasms, menstrual cramps.



*The information provided is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Always work with your physician or qualified healthcare provider before adjusting medications or adding supplements. As with other medicines, the plants that are covered can have synergistic effects when mixed with prescription medications, over-the-counter medications, or other plants. It is also important to note that the regulations that govern some medicinal plants can vary widely from location to location.*



**Building**  
Healthy Habits

June 2024

# Spring Quick Tips

Cornell  
Cooperative  
Extension



## National Fruit and Veggie Month!

With the growing season in full swing, there are plenty of fresh fruits and vegetables available. Be sure to check out your local farmers' market!

Some tips for adding more fruits and veggies to your family's meals this summer:

1. Slip them into sandwiches! Add lettuce, tomato, bell pepper, cucumber, or radish slices
2. Easy to Eat finger foods - slice veggies like peppers, carrots, or celery to dip in hummus.
3. Have fruits as dessert! Fruits are low in calories but high in flavor and taste great after a meal.
4. Eat the Rainbow! See how many colors your family can eat with each meal or snack.

### Cultural Corner

Try cooking with a new fruit or veggie from around the world! Look for:

Horned Melon (Africa) - yellowish-orange fruit that is perfect for a snack or salad

Kiwi Berries (Korea/China) - about the size of a grape and tastes like kiwi

Nopales (Mexico) - aka cactus paddles have a flavor of lemony green beans crossed with okra

### Shopping Tips

Buying seasonal fruits and vegetables can be a fun way to teach your children about the seasons. In season produce tastes better and is less expensive. Try buying in bulk and freezing extras for later.

Check out this site to see what's in season:

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>



## Recipe

### Pea Guacamole

Makes 12 servings, Serving size 1/4 cup

#### Ingredients

- 2 cups frozen peas, thawed
- 2 tablespoons lime juice
- 1/2 cup grape tomatoes, halved
- 1/4 cup red onion, chopped
- 1 can green chilies, drained and diced (4 ounces)
- 3 tablespoons cilantro, chopped
- 1 clove fresh garlic, minced
- 1/4 teaspoon black pepper

#### Directions

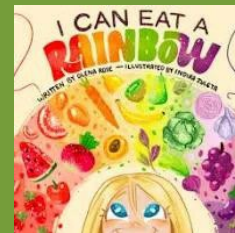
1. Wash hands with soap and water.
2. Mash peas until smooth
3. Add the lime juice, tomato, green chilies, garlic, and black pepper. Mix well.
4. Serve with an assortment of raw vegetables and whole grain tortilla chips.



Nutrition Facts: Serving Size: 1/4 cup Calories: 27, total fat: 0g, saturated fat: 0g, cholesterol: 0mg, sodium 57mg, carbohydrate: 5g, fiber 2g, total sugars: 2g, added sugar: 0g, protein: 2g, Vitamin D: 0mcg, Calcium: 12mg, Iron: 1mg, Potassium: 68mg

#### Kids' Book Nook

To learn more about eating fruits and vegetables, visit your local library and check out "I Can Eat a Rainbow" by Olena Rose. After reading the book, see who can eat the rainbow!



For more information contact:  
**Cornell Cooperative Extension of  
Chautauqua County**

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

## Monthly Tips:

Building Healthy Habits BHH



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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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