

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

October 2025
Volume 10 - Issue 10

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COVER: Find out why we have 100 trays of spinach growing in our office at our upcoming workshops!

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

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

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Jamestown, NY 14702-0020
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Association News

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Shannon Rinow, Panama

4-H Program Committee

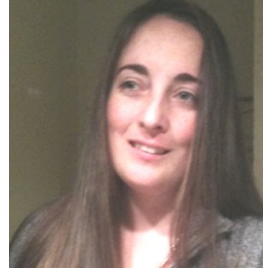
Betty Catanese, Stockton
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Jan Schauman, Jamestown
Keith LaRoy, Kennedy
Lindsay Eckman, Frewsburg
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4-H Program Advisory Chairpersons

Joyce Edwards	Clothing and Textiles
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Roxanne Young	Dog
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Kasey Fanara	Horse
Marie Warner	Snack Bar
Jamie Smith	Exhibition Poultry
Melissa Winton	Market Poultry
Kim Chapman	Rabbit
Louis Smith	Hog
Shawn Huntington	Sheep
Cassie Skal	Teen Ambassadors

From the Office of the Executive Director

As the leaves begin to change even earlier than normal this season, we are proud to continue offering exceptional programs serving the county's youth, those in need of nutritional assistance and our agricultural producers. We have so many wonderful programs happening, and we hope you can attend. We hope to see you at our upcoming Agriculture workshops (including composting, soil sampling, succession planting, and windowsill gardening topics with giveaways!), nutrition classes and youth development events coming up this fall. We also recognize that many of our partners and farmers are very busy with harvest upon us and encourage everyone to take in the most beautiful and memorable moments of the autumn season, while staying safe through evening harvests and sharing the road with heavy farm equipment.



I'd like to take a moment to invite you to our upcoming Annual Meeting, slated for Saturday, October 25th at our office (JCC Carnahan Center, Jamestown). This year, we will be offering a unique opportunity to get to know us while we build a fun filled day of workshops, food, and celebration. Our day will begin with Spinach centered learning opportunities with learning options for the entire family. We will then offer free lunch, a brief Annual Meeting, and a keynote presentation given by Mary Beth Debus, our iCap consultant who has been helping us to better restructure our organization. In the afternoon, we will celebrate our 4-H youth with an awards ceremony, complete with ice cream and photo opportunities.

Saturday, October 25th will be an open-house style, fun-filled day to celebrate all that we have to offer here at CCE-Chautauqua. You will find additional details regarding this event throughout this newsletter. You will also be receiving an invitation in the mail, if you have any questions, please reach out to our office at 716-664-9502. We hope to see you there.

As always, we're grateful for our staff, stakeholders, and community members for their continued dedication to the communities that make up Cornell Cooperative Extension of Chautauqua County.

SWARM REMOVAL NEED HELP REMOVING A HONEY BEE SWARM?

The beekeepers listed below have indicated that they provide bee removal services. The following contact information is provided as a public service and is not an endorsement of any of the beekeepers listed. AGM does not license or issue permits to remove honey bees. In addition, AGM does not have any information regarding a beekeeper's qualifications or training to remove honey bees.

View the list
agriculture.ny.gov/swarm-catcher-list



Agriculture
and Markets

Chautauqua County Agricultural News

8th Annual Chautauqua Farmer-Neighbor Dinner Held

The 8th annual Chautauqua Farmer-Neighbor dinner was held at “The Grandview of Ellington” on August 19th. Over 260 were in attendance to enjoy and celebrate Chautauqua County agriculture. The dinner, prepared by 3 C’s Catering of Kennedy and dessert, prepared by The Cornerstone Restaurant and Bakery of Sherman, incorporated locally sourced products from Chautauqua County agricultural producers and local businesses.

The goal of this event was to help open the lines of communication between farmers and neighbors and educate about the farming community in Chautauqua County. Dennis Webster and Cassandra Skal served as the Master and Mistress of Ceremony for the event and provided insightful agricultural statistics for the County.



The Chautauqua Farmer-Neighbor Committee presented three awards during the event. Richard (Dick) Kimball of Dewittville received the Friend of Agriculture Award. Dick along with wife Joan, son Seth, daughter Heather and her husband Mike operate Country Ayre Farms, LLC. In 2008, the Kimball family had the opportunity to purchase a farm in Chautauqua County and move from their current facility in Massachusetts. In Massachusetts, Dick had a passion for serving the agricultural community which continued when he moved to New York. He became active with the Chautauqua County Farm Bureau serving as the president for eleven years and as the District 1 State Director for NY State Farm Bureau for six years. These roles allowed Dick to advocate for agriculture in Albany and Washington, D.C.



Multiple awards were presented to recognize local leadership, excellence, and innovation in agriculture. Chautauqua County Soil and Water Conservation District (SWCD) presented their Chautauqua County Agricultural Environmental Management (AEM) Farm of the Year to Mid-Knight Dairy, LLC of Jamestown. Mid-Knight Dairy, LLC is owned and operated by John and Laura Knight and their daughter Julia and husband Travis Olmstead. The farm started in 1963 and have seen many changes over the last 60 plus years. In 2020 the farm began no-till corn planting and in 2023 the farm went to no-till grain drill planting. In 2023, a concrete manure storage was constructed using grant funding from Soil and Water and the Natural Resources Conservation Service (NRCS). Manure is now more efficiently utilized and in 2024 the farm started using manure injection to prevent nutrient runoff. Originally recognized in 2010 for their on-farm enhancements, SWCD felt the farm’s continued push for balancing agricultural production and watershed awareness deserves to be recognized and highlighted a second time.

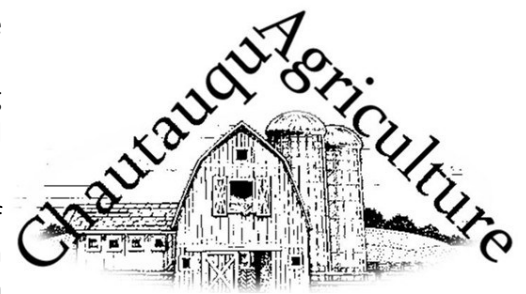


Double A Vineyards, Inc. of Fredonia was recognized as this year’s Agricultural Impact Award. Dennis and Sue Rak along with their sons, Adam and Abram operate nearly 1,000 acres focused on vineyards (500 acres), produce, and nursery stock. The nursery business has grown to be the largest part of the operation, currently producing approximately four million plants a year with over 150 grape varieties and a variety of

berry stock. These products are sold to wineries and commercial growers across the United States. Double A's nursery stock has helped advance the industry and increase other farmers' production. The entire family has taken an active role serving on both industry and community boards to help impact both local and national policy.

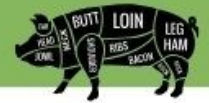
IronVine Farms of Portland operated by the McCausland Family was the recipient of the Agricultural Innovator award. Having begun as a grape farm in 1999, the farm has expanded and diversified to include an equine facility (2002), beef operation (2017) and farmstand (2019). The McCausland's tout efficiency striving to have several purposes for any piece of equipment. The equipment needed for farming has always been expensive, so the idea of some of it only being used a few weeks each year to the McCausland's to figure out where it could be used in other endeavors.

This year's event would not have been possible without the support of our many sponsors including our Barnraisers: Chautauqua County Farm Bureau, Chautauqua County Sheriff Quattrone, Farm Credit East, ACA, Five & 20 Spirits and Brewing & Mazza Chautauqua Cellars of Westfield, Good Grass Farm of Mayville, and Terra Firma Systems of Sherman. The Chautauqua Farmer-Neighbor Dinner is held annually and is always looking for new sponsors and producers to contribute. Interested parties can contact Cassandra Skal at cassandra.skal@farmcrediteast.com to be added to next year's contact list. The Chautauqua Farmer-Neighbor Committee is a collaboration between public and private businesses supporting agriculture and local producers.



Have you heard?
There's a "new trade" in town!

Announcing NYS's approval of Butcher Trade and Apprenticeship



Learn more about the **NEW**
Butcher registered apprenticeship in this
open forum discussion with project partners

Thursday | Oct 2 | 7 pm
on Zoom

All are welcome to join in the Butcher trade open forum

- Learn about the **new registered Butcher apprenticeship program** from NYS Dept. of Labor
- Learn how to host an apprentice and about the advantages and supports provided to your business
- Review the outline of the work processes, knowledge, skills, and training hours outlined for the new registered Butcher apprenticeship
- Open forum discussion on how this new apprenticeship program can play a critical role in filling a workforce shortage and to professionalize a trade in the ag sector

Please **RSVP** to receive the meeting link and a copy of the apprenticeship booklet and trade outline

RSVP to:

Kimberly LaMendola

klamendola@southerntierwest.org 716-945-5301 x2211

OR

Amy Barkley

amb544@cornell.edu 716-640-0844

Cornell Cooperative Extension
Chautauqua County



SEEDS FOR SUCCESS-ION

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JCC Carnahan Center,
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Jamestown, NY 14701

Thursday, October
16th, 6:00-7:00 p.m.

Get growing! Join our **FREE**
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harvest.

PLUS take home a spinach
starter tray, 5 seed packs, and
recipe cards to keep it going at
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RSVP by:

716-664-9502 ext. 203

chautauquaag@cornell.edu



For questions, accommodations, or more information contact:
CCE-Chautauqua at 716-664-9502 or chautauquaag@cornell.edu



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presents

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Freeville, NY *



Oct. 6-7

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in tractor operations and safety at the
Homer C. Thompson Research Farm
October 6-7, 9am-5pm. This course
combines classroom instruction with
practical experience on multiple tractor
models. Support for lodging is available
and lunch will be provided both days.

**Free for NY
Veterans**

* Register today by scanning
the QR code below or
visiting:
[tinyurl.com/
FOTractorSafety](http://tinyurl.com/FOTractorSafety)



9:00 AM - 5:00 PM

2-days

LEARN:

- Essential Safety Techniques
- Proper Operation of a Variety of Tractors
- Attachments and Implements 101



This event will be hosted by the Cornell Small Farms Program's Veterans in Agriculture Project, Farm Ops, at the Homer C. Thompson Farm located at 133 Fall Creek Rd, Freeville, NY 13068. Please contact Farm Ops at 607.261.6412 or rm2283@cornell.edu if you have any questions.

Cornell Cooperative Extension
Chautauqua County

Compost 101 Workshop



**FREE COMPOST BINS
TO THE FIRST 25 REGISTRANTS**

What You'll Learn:

- ✓ Essential Composting Techniques
- ✓ How to understand the lifecycle of a compost pile
- ✓ Understand the role of microbes, carbon and nitrogen
- ✓ Hands on Pile Building Activity (bring your compostables from home!)

Event Details:

- 📅 October 2nd 2025
- 🕒 6:00-7:00 PM
- 📍 525 Falconer St. Jamestown, NY 14702

RSVP & Questions to:
chautauquaag@cornell.edu

FREE CLASS!
(RSVP PREFERRED)

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SUPPORTING LOCAL IN THE FALL/WINTER

While visits to local farm stands and markets may be a little warmer in the spring and summer, there are plenty of opportunities to shop local during the 'off-season'. Check out these farms and farmers markets for your continued local needs!

Fredonia Farmers Market

Winter Market Saturdays
321 E Main Rd 10 am to
Nov-April 1 pm



Jamestown Farmers Market

Winter Market Saturdays 9
410 N Main St am to 1 pm
Jan-May



Abers Acres

884 NY-394 Kennedy, NY
Winter Hours Vary

**Indoor store; frozen berries; popcorn; maple
syrup and Christmas Trees**

www.facebook.com/abersacres



Carlbergs Farm Stand

1982 Peck Settlement Road
Jamestown, NY
Winter Hours Vary

**Winter CSA; mushrooms; milk;
meat products and more**

facebook.com/Carlbergfarmproduce



Green Heron Growers

2361 Wait Corners Road
Sherman, NY 14767

Open Year Round, Daily 8 AM to 8 PM

Meats, mushrooms, cheese and more



Peterson Farm

3260 Fluvanna Ave,
Jamestown, NY 14701

Nov- Dec: 10 AM to 5 PM

Jan-May, Wed-Saturday, 10 AM-5 PM

**Meat, cheeses, value-added products,
baked goods**

Good Grass Farm

2943 Open Meadows Rd.
Ashville, NY, United States, New York

**Fresh Thanksgiving Turkeys
(pre-order now!)**

www.goodgrassfarm.com

Stand Fast Farm

4899 Van Buren Rd.
Dunkirk, NY, United States, New York

**Fresh Thanksgiving Turkeys
(pre-order now!)**

<https://www.standfastbeef.com>

Coan's Dusty Acres

1199 Frew Run Rd
Frewsburg, NY, United States, New York
Christmas Trees, Wreaths and more

Haff Acre Farm

5065 W Lake Rd, Mayville, NY, United
States, New York
Christmas Trees, honey and more

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Managing Editor (Name and complete mailing address)
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18. Signature and Title of Editor, Publisher, Business Manager, or Owner
Emily Reynolds Date 09/12/2025

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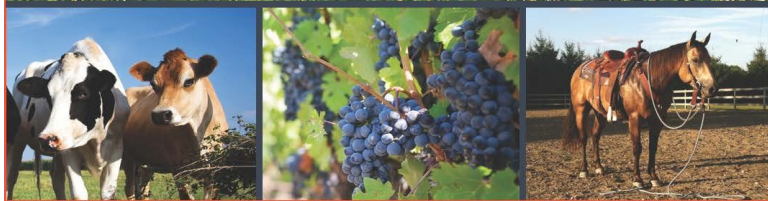
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Each month, NYSIPM experts share practical information and answer questions on using integrated pest management (IPM) to avoid pest problems and promote a healthy environment where you live, work, learn and play.

All webinars are scheduled for 12:00 - 12:30pm on the first Friday of each month.

**October 3: Winterize your home orchard
 Feeding friendly insect 4***

In this event we're focusing on fall tasks that are good IPM practices. Cleaning up your home orchard can mean fewer pests to attack your tree fruit in the spring. Fall is also the right time to plant seeds or seedlings of perennial wildflowers that feed friendly insects.

**November 7: Understanding indoor cockroaches/
 Invasive tawney field cockroach**

Several cockroach species are found in homes, and each one tells a story of why it's there. Learn to distinguish different indoor cockroaches, and stick around to hear about the newest cockroach invader in the Northeast.

To register please go to: <https://nysipm.cornell.edu/whats-bugging-you/first-friday-events>

If you want to rewatch one of our seminars you can find them in our YouTube playlist at <https://tinyurl.com/4p7k6y4y>



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— Dale Covert



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“We use it on fresh and prefresh. We start spraying udders 1x/day 10 days before calving. Our first calf heifers do so much better coming into milk with softer udders, and they are more comfortable. If we see any swelling or flakes, or a cow not milking out the way I like, we go to Udder Comfort,” says Dale Covert of West Winfield, New York.

Dale milks 65 registered Holsteins and Jerseys with purebred Ayrshire, Brown Swiss, Dutch Belts, Fleckvieh, Guernsey, and Lineback in the herd too. Longevity, performance, A2, and polled are part of his balanced breeding program that has achieved some milestones.

Dale bred 4 straight Holstein generations over 200,000 lifetime and has 5 straight homebred Jersey generations on the farm: heifers with 4 dams milking, including a 3-yr-old VG88 and her 3 dams EX91, 92, 90.

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Chautauqua County Soil & Water Conservation District Newsletter

Northcrest Business Center, 220 Fluvanna Ave,
Suite 600, Jamestown, NY 14701
Phone: (716) 664-2351 Ext 5
Email: chaut-co@soilwater.org
Board Meetings are held the third Wednesday
of each month at 8:30 AM
Board of Directors: Fred Croscut, Pierre Chagnon,
Bruce Kidder, Allen Peterson, Lisa Vanstrom



SWCD Staff:
David Spann, District Field Manager
Cassandra Pinkoski, Grant Specialist
Greg Kolenda, District Field Technician
Gage Lindell, District Field Technician

NRCS Jamestown Field Office:
Robert Nothdurft, Resource Conservationist

Autumn Leaf Management

A large portion of solid waste found in landfills across the United States consists of autumn leaves. Many times, fallen leaves are seen as a burden by landowners, when in fact they are a precious resource when returned to the earth. There are several environmentally friendly autumn leaf management options to consider:

Mulch: Use a mulch mower or lawnmower to chop leaves into small pieces. Leaving mulched leaves and grass clippings on your lawn will reduce fertilizer requirements significantly. Be sure to remove your mower bag and skip raking if you wish to enhance your lawn with rich organic leaf matter. Please keep in mind that you may need to make more than one pass if you are using a lawnmower and that you may also need to mow more frequently in order to keep the leaves manageable so that you do not damage your lawnmower.

Use leaf mulch to nourish mulch beds, trees and shrubs by adding 3 to 6 inches (8-15 cm.) of the mixture evenly to the top of mulch beds and around trees and shrubs.

Compost: Add autumn leaves and year end grass clippings to your compost bin and let the leaves and clippings do their magic.

Garden Enrichment: Leaves can be rototilled or plowed directly into garden soil in the autumn. The leaves should easily decompose prior to spring planting time. Add a small amount of granular fertilizer to the soil to speed up the decomposition process.

Leaf Mold: If you have an overabundance of autumn leaves and have storage space available, pack the leaves (either shredded or whole) into large plastic yard bags. Moisten the leaves, seal the bag securely, and store them in a cool, dark place. In a couple of years (or less if the leaves are chopped or shredded) you will have rich leaf mold that will do wonders for your flower beds and vegetable garden.



Taken from article: "What to Do with Fall Leaves" -
GardeningKnowHow.com



Interested in becoming a 4-H Animal Science Committee Member?

Most committees are looking for members, especially Market Poultry.

Market Poultry is also looking for a chairperson.

If you are interested in serving on any committee, please submit a letter of interest to Jeff.

If you have questions, please email Jeff at jrt284@cornell.edu or call 716-664-9502, ext. 215.

Send us your pictures and stories!

We love seeing photos of your club and project activities, so we've made a place for you to easily share them with us. Just go to <https://bit.ly/4-HPhotos> and select the photos you'd like to upload on your phone or computer!

FAQ's About 4-H

Who can enroll in 4-H?

Youth must be 5 years of age and no older than 18 years of age as of January 1, 2026 to participate in 4-H this year.

Where can I find youth or volunteer enrollment paperwork?

Enrollment forms are available at club meetings, animal project meetings, from the 4-H Office, or online: bit.ly/2026EnrollmentForms. Contact the 4-H Office if you would like enrollment information mailed or emailed. **Re-enrollments are due by November 1st or will be charged a late fee.**

What does it cost to participate in 4-H?

\$20.00 per child not to exceed \$60.00 per family. The enrollment fee can be paid by cash or check payable to "CCE", or via PayPal on our website.

What programs are available in Chautauqua County 4-H?

We offer Animal Science programs, Clubs, and Family Consumer Science Opportunities. Youth can complete a variety of opportunities based on their interests.

What role do volunteers play in 4-H programming?

Volunteers are key to the success of 4-H programs. Volunteers must complete enrollment paperwork each year as well. Enrollment forms are available at the 4-H Office or by visiting <https://bit.ly/2026EnrollmentForms>. Members of the community interested in volunteering can contact the 4-H Office at 716-664-9502 ext. 214.

4-H Awards Ceremony

October 25, 1:00 PM
JCC Carnahan Center Theater

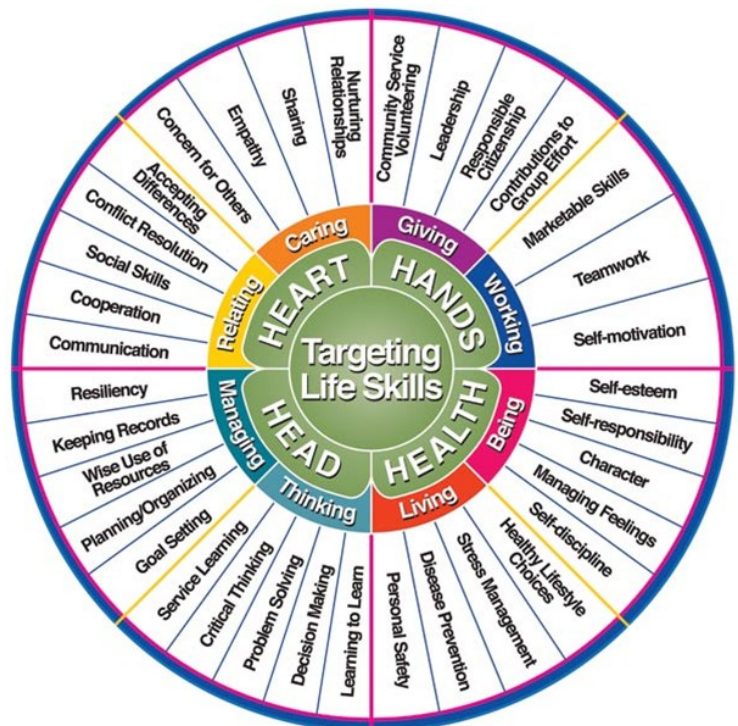
You're invited to the 2025 4-H Awards ceremony which will be held as part of the CCE Open House event on October 25, 2025.

The day is open-house style, so you're welcome to attend whichever sessions you'd like.

11am: Spinach Success-ion Educational Workshops and Giveaways.

12pm: Free lunch and CCE Annual Meeting Featuring a keynote from our iCap consultant Mary Beth Debus.

1pm: 4-H Awards Ceremony with ice cream social to follow and photos by CCE staff.



Chautauqua County 4-H Green Tie Affair

Sunday, February 22, 2026
Chautauqua Harbor Hotel



3pm: Basket Raffle and Bake Sale
5pm: Dinner with Pie Auction to follow

We are looking for about 15 YOUTH interested in baking pies for the auction - reach out to Lynne if you're interested!

Stanley Weeks Scholarship

Applications due 10/7 to the Extension Office

Applications available at
<https://bit.ly/2025StanleyWeeks>

This scholarship is for youth entering an agriculture-related field.

2025-2026 4-H Enrollment

Enrollment forms are available at the Extension Office, on our website, or at <https://bit.ly/2026EnrollmentForms>

Open enrollment starts October 1st.

The yearly fee is \$20 per youth, not to exceed \$60 per family.

Thank you to United Way of Chautauqua County for reducing our enrollment fees!



Give your old stuff new life at 4-H

4-H needs donations of some materials for new programs.

Contact Sarah Hatfield if you have questions at (716) 664-9502 ext. 216 or at sph76@cornell.edu. Thank you!

- Old denim jeans (holes are ok!)
- Silk neckties
- LEGO bricks (brand-name)
- Wool roving (even little scraps are good)
- An old blender (it has to work!)
- A variety of eggs (different colored chicken, turkey, pheasant, quail, duck, etc.)
- Old leather jackets or gloves
- Small headed hammers
- Wooden cutting boards
- Animal pelts/hides (domestic or wild – rabbit, fox, coyote, bobcat, sheep, cow, deer, etc.)

4-H FALL FUNDRAISER

THRU
OCTOBER
11TH



\$9.50 each

Help support Chautauqua County 4-H by reaching out to any of our 14 clubs or by contacting the 4-H office at 716-664-9502 ext. 214



2025-26 Beef Meeting and Enrollment

October 16, 6:30 PM: First Beef Meeting

October 31 Deadline to Enroll

Any 4-H'er interested in joining the Beef Project needs to contact Dave Schauman at 716-487-9650.

4-H'ers must have their steer or heifer by the end of October.



Thank you, 4-H Volunteers!

Volunteers are the ones who really make things move at 4-H. Thank you all for everything you do, from hauling pens to teaching children to wrangling animals, 4-H couldn't run without your help.

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rabbit Committee 6:30pm - records	2 Dairy Committee 6:30pm Ex Poultry Comm. 6:30 pm	3	4
5 National 4-H week begins	6 Goat Committee 6:45 pm 	7 Stanley Weeks Scholarship Applications Due	8 Dog Committee 6:30 pm Hog Committee 6:00 p.m.	9 Sheep Committee 6:00 pm Sheep Project 7:00 p.m.	10	11
12	13	14 Horse Committee 6:30 pm	15 Dog Project 6:30 pm	16 Beef Project 6:30 pm Beef Committee Following	17	18
19	20 Goat Project 6:30	21	22	23 Rabbit Project 6:30pm	24	25 CCE Open House 11am - 3pm 4-H Awards 1pm
26	27	28	29 Exhibition Poultry Project 6:30pm	30	31	

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Goat Committee 6:45 pm	4 	5 Hog Committee 6:00 pm Beef Committee 6:30 pm Ex Poultry 6:30pm	6 Dairy Committee 6:30 pm	7	8 Beef Weigh in and Tags
9	10 Rabbit Committee 6:30 pm	11 Horse Committee TBD 	12 Sheep Committee 6:00 pm Sheep Project 7:00 pm	13	14	15
16	17 Goat Project 6:45 pm	18 Dog Project 6:30 pm Exhibition Poultry 6:30 pm	19	20	21	22 Beef Hoof Trimming Tentative
23	24 Rabbit Project 6:30 pm	25	26	27 	28	29

Animal Project News

Sheep Project



Meetings

Thursday, October 9
Thursday, November 13

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org

Exhibition Poultry Project

Committee Meeting

Thursday, October 2nd—records
Wednesday, November 5



Project Meeting

Wednesday, October 29
Wednesday, November 19

ALL meetings are at 6:30 PM unless otherwise noted

Committee Chair: Jamie Smith
smith_jamie@mac.com



Beef Project

Committee Meetings

After Project Meeting on October 16

Beef Project Meetings

Thursday, October 16

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com

Horse Project



Committee Meetings

Tuesday, October 14
Tuesday, November 11

Project Meetings

TBD

ALL meetings are at 6:30 PM unless otherwise noted

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Hog Project

Committee Meetings

Wednesday, October 8

Project Meeting

Wednesday, November 5



Special Note:

Remind now needs to be downloaded as an app and an email address needs to be linked with it. The classroom code for hog project is

@hogpr

PLEASE download the app so you can get our announcements.

Any questions call/text Dawn
716-969-4310

**All meetings are at 6:00 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

Thursday, October 2nd—records
Thursday, November 6

Dairy Project Meetings

None in Oct / Nov

Committee Chair: Bart Nickerson
bjnick@windstream.net



Rabbit Project

Committee Meetings

Wednesday, October 1st - records
Monday, November 10

Project Meetings

Thursday, October 23
Monday, November 24

ALL meetings at 6:30 unless otherwise noted

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Dog Committee

Wednesday, October 8th
Wednesday, November 12

Dog Project

Wednesday, October 15th
Wednesday, November 19

All Project and Committee Meetings
at 6:30 PM

Committee Chair: Roxanne Young
ryoung6825@outlook.com



Market Poultry Project

Committee Meetings

TBA

Market Poultry Project Meetings

None in Oct / Nov



Goat Project

Committee Meetings

Monday, October 6
Monday, November 3

Goat Project Meetings

Monday, October 20
Monday, November 17

ALL meetings are at 6:45 PM unless otherwise noted

Watch our Facebook page!

Committee Chair: Keith LaRoy
Keithlaroy@yahoo.com

Sign up for the new 4-H year!

PLEASE JOIN US FOR A

CCE

CHAUTAUQUA

OPEN HOUSE



SATURDAY, OCTOBER 25TH

11AM - 3PM

COME WHEN YOU CAN

STAY FOR A BIT, STAY FOR THE DAY

CCE @ JCC CARNAHAN CENTER

525 FALCONER STREET

JAMESTOWN, NY 14701

11AM - SPINACH SUCCESSION WORKSHOPS

12NOON - LUNCH, KEYNOTE SPEAKER, ANNUAL MEETING

1PM - 4-H AWARDS CEREMONY & PICTURES

2PM - ICE CREAM SOCIAL

Master Gardeners

We Remember Wickie

A Tribute to "Wickie" Sharon Y. Stapleton, née Vogle, 1952 - 2024
By CCE-Chautauqua Master Gardener Volunteer, Dinah Hovey
Presented at Evening in the Garden on August 20th, 2025



We remember Wickie.

Wickie Stapleton was our friend and a great gardening gal! She was a longtime Master Gardener and chairperson of our Demonstration Garden and Evening in the Garden committees.

She was a stalwart volunteer for our Help Desk service where Master Gardeners answer gardening questions and concerns from the public.

Wickie recruited us to present topical programs for our Evening in the Garden series. Many of us did not feel we were ready, but Wickie knew better. As a consummate teacher, Wickie knew it was her job to guide us to greater understanding of gardening topics and of ourselves and what better way to understand a subject than to teach it.

Wickie was generous with her time and talents. She had vast home gardening experience and knowledge. She started her gardening journey alongside her grandparents. She shared her knowledge with her grandchildren and with our Chautauqua County community.

Wickie introduced us to dehydrated tomatoes, seed saving, winter sowing, and vegetable powders. From her, we learned about the 'Juliet' grape tomato, a workhorse in many of our gardens. We learned about an early and productive pole bean, the 'Northeast'. We learned that her favorite Swiss Chard was 'Fordhook Giant' and her favorite lettuce was 'Red Sails'. Her favorite seed company and catalog was High Mowing Organic Seeds, in Vermont.

Wickie Stapleton, our friend and colleague. A leader in our Cornell Cooperative Extension Service Master Gardener Volunteer Program. A mentor to new Master Gardeners. An advocate for gardening in our wider community. A teacher and a friend.

We miss you, Wickie Stapleton. We remember you. We will encourage and teach others.

Cornell Cooperative Extension
Chautauqua County

Sign up to learn more about
gardening and becoming a
Master Gardener!



Are You Getting The MOST Out Of Your Soil?

Come join us for a hands-on **FREE** workshop led by Katelyn Walley-Stoll to learn how to maximize your soil without the guesswork!

Whether you're a backyard gardener or managing acres of farmland, this workshop is for you!

Why Soil Sampling Matters

How to Take a Proper Sample

Reading and Using your Results

What You'll Learn

To Register

(716)-664-9502 ext.203

chautauquaag@cornell.edu

Thursday, October 9th

6:00-7:00 PM

JCC Carnahan Center, Jamestown



Fall Quick Tips October 2025

Cornell
Cooperative
Extension

Fall Fruits and Vegetables



Fall is here, and that means lots of tasty seasonal fruits and veggies! This is a great time to try something new or use your favorites in a different recipe. Right now, you'll see cauliflower, winter squash (like acorn and butternut), Brussels sprouts, potatoes, sweet potatoes, and beets. You'll also find plenty of apples and pears. Each of these foods has different vitamins, minerals, and fiber that your body needs. Eating a mix of colorful produce—sometimes called “eating the rainbow”—is a fun way to stay healthy.

Not sure about some of these? Give them a try! For example, many people think they don't like Brussels sprouts because they've only had them boiled or steamed, which can make them mushy and too strong in flavor. But roasting them is a game-changer! Just wash them, cut an “X” in the bottom stem, toss them with oil, salt, and pepper, and spread them out on a baking sheet. Roast at 425°F for about 20 minutes. Roasting makes them tender and brings out a delicious sweetness that might surprise you!

Eat Together, Eat Better

Eat Together, Eat Better this month by turning mealtime into family time!

1. Cook together – Invite your child to help by rinsing fruits and veggies, setting the table, or turning off the TV.
2. Eat together – Make mealtime special by focusing on each other. Try making it a “no phones” zone.
3. Talk together – Ask fun questions like, “If you could invite anyone to dinner, who would it be and why?” or “What made you happy today?”

Sharing meals isn't just about food—it's about connecting, laughing, and making memories as a family.



This material is funded by Expanded Food and Nutrition Education Program, USDA, and NIFA



Building Healthy Habits Recipe

Baked Apples and Squash

Serving size 3/4 cup

Makes 3 cups

Ingredients:

2 cups winter squash cubes

2 cups apple cubes

1 tablespoon vegetable oil

½ teaspoon cinnamon

1 tablespoon sugar

½ teaspoon salt

Directions:

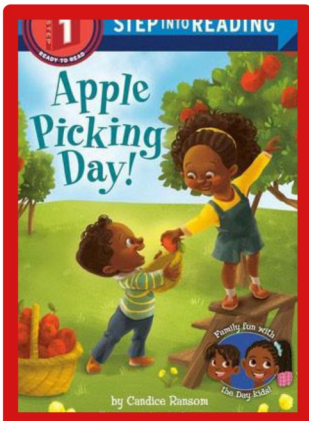
1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 425 degrees.
4. In a large bowl, combine all ingredients. Toss to coat evenly.
5. Spread mixture on a baking sheet.
6. Bake for 20-30 minutes, or until squash is soft.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 3/4 cup, calories: 110; total fat: 3.5g; saturated fat: 0g; sodium: 290mg; total carbohydrate: 20g; added sugars: 3g; Protein: 1g; Calcium: 41mg; Potassium: 315mg, Vitamin C: 18mg Vitamin A: 374mcg
Source: FoodHero.org



Celebrate National Apple Month!

New York grows many different kinds of apples. This month, check out a local farmer's market to see which apples are grown near you. Or, try apple picking! Many orchards let you pick your own with your friends and family. Be sure to call ahead to check which kind of apples are ready. To find an orchard near you, visit: applesfromny.com



Kids' Book Nook

With your child, visit your local library and borrow "Apple Picking Day" by Candice F. Ransom and read it together. After reading, talk about different ways you can enjoy apples for a healthy snack!

Building Healthy Habits BHH



Meet Your Educator

Name: Wendy Alexander

Extension: Cornell Cooperative
Extension of Chautauqua County

(716) 664-9502 ext. 221 or
wa66@cornell.edu

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Jamestown, NY 14701.

COMING THIS OCTOBER... CCE'S FALL WORKSHOP SERIES

02
October

Composting 101

Learn how to turn your garbage into garden gold!

 CCE @ JCC Carnahan Center
525 Falconer Street Jamestown, NY

6:00-7:00 PM

09
October

Soil Sampling for Success

Dig smart—learn to sample, test, and understand your soil

 CCE @ JCC Carnahan Center
525 Falconer Street Jamestown, NY

6:00-7:00 PM

16
October

Seeds for Success-ion

Plant, preserve, and plate—grow food that keeps on giving

 CCE @ JCC Carnahan Center
525 Falconer Street Jamestown, NY

6:00-7:00 PM



25
October

CCE Open House Event

Annual meeting, 4-H Recognition Ceremony, Workshops & more!

 CCE @ JCC Carnahan Center
525 Falconer Street Jamestown, NY

11:00 AM- 3:00 PM

RSVP and
Questions to:  chautauquaag@cornell.edu
 **(716)-664-9502 ext. 203**

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