

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

March 2025
Volume 10 - Issue 3

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COVER: A colorful winter sunset!



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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Portland, New York 14769
716-792-2800

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Association News

Board of Directors

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Tom Nelson, County Legislator
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Katelyn Card-Allen, Jamestown
Virginia (Ginny) Carlberg, Jamestown
Andrew Campbell, Westfield
Shannon Rinow
Melissa Baideme

4-H Program Committee

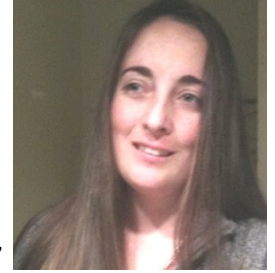
Betty Catanese, Stockton
Laura LeBarron, Silver Creek
Jan Schauman, Jamestown
Keith LaRoy, Kennedy
Lindsay Eckman, Frewsburg
Taylor Young, Panama

4-H Program Advisory Chairpersons

Joyce Edwards	Clothing and Textiles
Bart Nickerson	Dairy
Aaron Carlberg	Goat
Roxanne Young	Dog
David Schauman	Beef, Meat Animal Sale
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

Spring always reminds me of new hope and excitement for summer, exciting programming, and outdoor adventures. At CCE we are still accepting 2025 subscriptions so you can stay up to date on our most recent programming opportunities. It is admittedly one of my favorite times of the year. LEAF, Master Gardener, regional programming, and youth opportunities are abundant. This year we are hiring a few more positions, and our current staff have exciting new and returning opportunities they are planning. The 4-H Fundraising Dinner was recently held at The Chautauqua Harbor Hotel and it was a fabulous event! Thank you to all our volunteers, businesses and community members that helped make the event successful. We are also excited to be highlighting agriculture in our schools with Ag Literacy Week. If you would like to support this program financially or by becoming a volunteer, please contact Josie Allen jla298@cornell.edu. For complete information please visit our website or contact us today.



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14-065.87136.V4.03.20



Farmers!

**Are you looking for more information about pricing
Consumer experiences, and ways to improve market
Sales?**

Check out one or both of these Classes!

6:00: Creating and Pricing Consumer-friendly Meat with MeatSuite.

In this session we will cover an introduction to MeatSuite. Then we'll share how to make bulk meat sales more approachable for first-time buyers including a demonstration of MeatSuite's newest tool, Bundle Builder. Bundle Builder allows you to easily assemble "bulk bundles" and set prices.

7:30: Farmers Market Sales Data: Using the Customer Experience and Pricing to Improve Market Sales Performance.

In this session we will cover the results of Cornell research on customer spending and prices at farmers markets. Learn practical ways to increase customer spending and daily sales. This session is appropriate for farms selling, fruit & vegetables, meat, dairy, and eggs as well as other farm products.

**Presenter:
Matt LeRoux,
Cornell**

Tuesday, March 11th, 6:00 – 8:30pm
CCE Chautauqua
JCC Carnahan Center
(with dinner at 7)



Cost - \$10/farm (includes dinner)

To Register, call/email Kelly, at klb288@cornell.edu 585-268-7644
ext 10 or

register here: <https://swnydlfc.cce.cornell.edu/event.php?id=2538>



2025 Chautauqua County 4-H Tractor Safety Certification Course

For youth 14+

Course Schedule

April 14-19th, 2025

- April 14th: JCC Carnahan Center, 9:00am-3:00pm
- April 15th: JCC Carnahan Center, 9:00am-3:00pm
- April 16th: Falconer Land Pro, 4:30-7:30pm
- April 17th: Westfield Ag and Turf, 1:00-5:00pm
- April 18th: No Class
- April 19th: Driving Test Day*

*Location and time to be determined

Course Details

This course allows youth aged 14-16 years old to legally operate farm equipment and machinery for hire.

- Cost for 4-H Youth: \$25
 - Cost for non 4-H Youth: \$35
- There are 4 hours of homework to complete prior to April 14th.

Registration is due March 31st, money is due by April 14th (first class)

To sign up, go to <https://chautauqua.cce.cornell.edu>, call 716-664-9502 or email jla298@cornell.edu



CHAUTAUQUA COUNTY
4-H



Cornell Cooperative Extension
Chautauqua County

Did you know that Maple is the first harvest of the year?

NEW YORK STATE
Maple Weekend

Visit a NYS maple producer farm for a delicious, fun-filled outing that has a little something for all maple-lovers to taste and experience.

MARCH 22-23 & MARCH 29-30 2025

Learn more about NY Maple at
<https://www.mapleweekend.com/>

You are the Best Protection Your Birds Have

Follow these steps to defend your flock from poultry disease



Separate for Safety

- Separate your poultry from the rest of your property.
- Use only one entry and exit.



Keep it Clean

- Clean regularly.
- Keep dedicated clothes and shoes near your poultry enclosure to wear when tending your flock.



Don't Haul Disease

- Spray tires where germs are most likely to collect.
- Clean equipment with soap and water before and after nearing your flock.



Don't Share Equipment

- Don't share tools, poultry supplies, or other equipment with other flock owners.
- Clean and disinfect any shared items before they reach your property.



Keep Flocks Away From Open Water

- Wild birds carry disease: keep flocks away from ponds and places where they gather.
- Don't walk or travel in areas where wild birds may have been.



Report Sick Birds, Know the Warning Signs

- Lower egg production
- Soft-shelled or misshapen eggs
- Runny nose, sneezing, trouble breathing

Make these steps your every day, every time routine.



Report any signs of illness or unexplained deaths to your state department of agriculture, or USDA at (866) 536-7593.

Contact your extension agent for more information.



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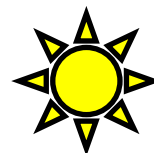
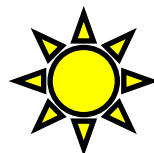
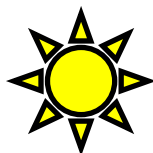
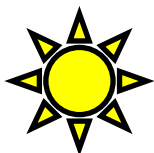
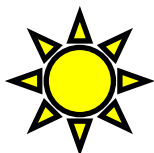
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Chautauqua County Farm Bureau[®]
is working hard every day to
protect the future of agriculture
and our rural landscape



Join Today!
NYFB.org 800-342-4143

RESILIENT GARDENS CONFERENCE

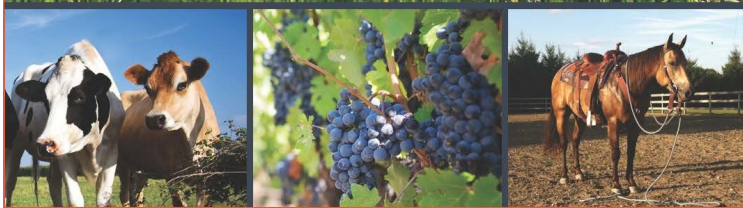
Join us for two days of workshops and tours on gardening topics and skills adapted to the unique resource needs of community and budget gardeners lead by CCE Specialists and Community Garden Leaders.

JUNE 20TH -21ST 2025

GENEVA, NY, CORNELL AGRITECH



Email Ashley Helmholdt for questions alm443@cornell.edu



TREE CARE CLINICS

FREE & OPEN TO THE PUBLIC ~ REGISTRATION REQUIRED

Sponsored by the Mayville Tree Advisory Committee & the Mayville Library

March 22: IDENTIFYING THE TREES OF WESTERN NY

New York State Dept. of Conservation Foresters Justin Kindt & Nate Morey will discuss how to identify some of the more common trees found in Chautauqua County.

March 29: PROTECTING YOUR TREES FROM HARM

Chautauqua County Master Gardener Volunteer Laura Marsala will talk about ways you can protect your trees from deer browse, harsh weather conditions, disease, and pests.

April 5: POLLINATION POWER: NATIVE TREES TO THE RESCUE

Chautauqua Watershed Conservancy Conservationist Carol Markham will explore how our yards can become essential safe havens for local pollinators such as bees, butterflies, and birds, and how native trees help create the perfect habitat for them.

April 12: INVASIVE SPECIES: REMEDIES & REPLACEMENTS

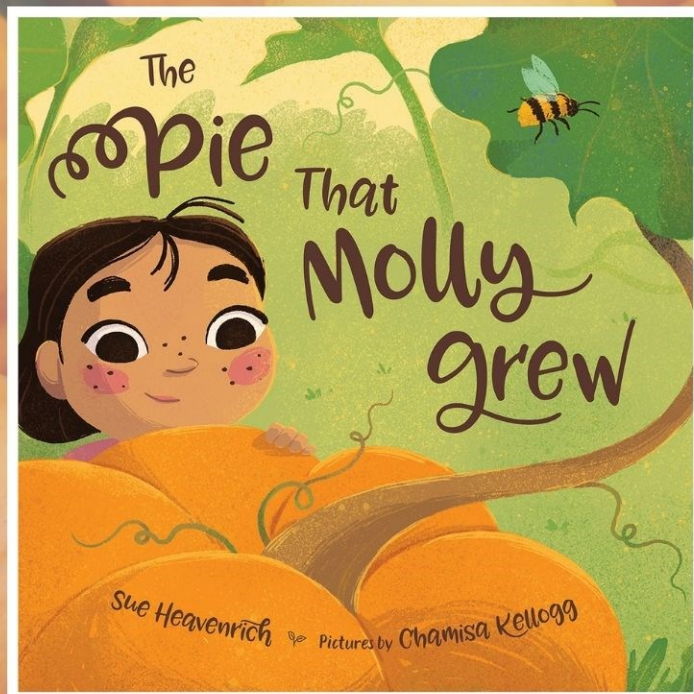
A speaker from Western NY PRISM* will address the impact invasive species have on our environment, effective management techniques, and what home gardeners can safely plant to replace them.

All clinics held on Saturdays at the Mayville Library, 10:30-11:45 a.m.



Cornell Cooperative Extension of Chautauqua presents:

2025 Agricultural Literacy Week March 17th-21st



Featuring:
"The Pie That Molly Grew"
by Sue Heavenrich

March 17-21st is Agricultural
Literacy Week!

Volunteers will read an
agricultural book to students
in schools across Chautauqua
County in an effort to increase
agricultural education.

Agricultural Literacy Week is a
celebration of our county's
legacy and the hard work of
those in our number one
industry who produce healthy,
local food, 365 days a year!

To schedule a volunteer to read at
your school, become involved as a
reader or book donor, or for more
information, please contact Josie
Laurie at CCE Chautauqua at 716-
664-9502 ext. 216 or email
jla298@cornell.edu.



Cornell Cooperative Extension
Chautauqua County



New York
Agriculture
in the Classroom

CCE LIVESTOCK PWT PRESENTS:

RAISING LAYING HENS FOR EGGS: IS IT ALL IT'S CRACKED UP TO BE?

Tuesday, March 11th, 2025
6:30pm - 7:30pm via Zoom

Join us to learn about:

- Local Regulations for Chicken Ownership
- Expectations for Your Flock
- Raising Layers from Peep to Egg
- Costs of Owning Your Own Flock
- Best Practices and Regulations for Selling Eggs
- Q and A

Register for free here:
<https://tinyurl.com/GettingStartedLayingHens>

For program questions, contact Amy Barkley at amb544@cornell.edu or (716) 640-0844




CCE is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with disabilities and provides equal program and employment opportunities.

The CCE Livestock Program Work Team Presents:

AVIAN DISEASE AND HIGHLY PATHOGENIC AVIAN INFLUENZA - THE LATEST UPDATES AND WHAT IT MEANS FOR POULTRY HEALTH

Join Dr. Jarra Jagne of Cornell's College of Veterinary Medicine and Dr. Chad Wall of NYS Department of Agriculture and Markets for an evening of learning about avian disease, including Highly Pathogenic Avian Influenza (HPAI).

Topics:

- Updates on the HPAI Outbreak Symptoms of HPAI
- Common Small Flock Diseases
- HPAI Disease Look-Alikes
- Keeping Your Birds Safe

Two ways to attend in Chautauqua County on March 18 from 6:30-8:00PM:

Free webinar



Register for this free webinar here:
<https://tinyurl.com/HPAI2025>



OR



Join us in-Person
at the
Panama Methodist Church
22 Main St.
Panama, NY

For program questions, contact Melissa Watkins at mew235@cornell.edu or (716)664-9502 ext 203 or Amy Barkley at amb544@cornell.edu or (716) 640-0844

First Aid & CPR Training

THURSDAY
MARCH 20TH
CHAUTAUQUA SAFETY VILLAGE
2695 NY-394, ASHVILLE, NY
5:00PM-7:00PM

Hosted by Chautauqua County Farm Bureau

Learn Life-Saving Skills!
Join Our First Aid & CPR Training



WHAT YOU'LL LEARN:

- Certified instructors with hands-on training
- Earn a certificate of completion
- Essential skills for everyone - no prior experience needed!



WHY ATTEND?

- Safety on the farm includes more than equipment, weather, and animal disasters
- Free for Farm Bureau Members
- \$20 for non-members

Limited spots available! Don't miss out, secure your spot today
Register Now

Cassie Skal
spfarmgirl4@yahoo.com
or Text/Call 814-790-3506

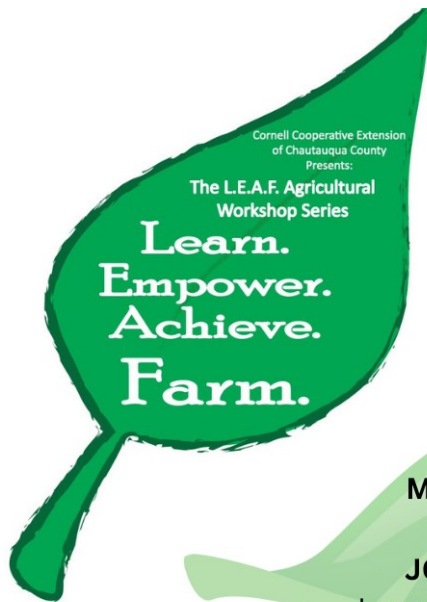
Game of Logging Chainsaw Safety Program

Coming May 13, 14
and August 20, 21 2025

For more information, visit
<https://chautauqua.cce.cornell.edu/environment/emergency-preparedness/chainsaw-safety>







Spring 2025 LEAF Classes! Explore offerings with LEAF!

March 25: Felting Fun

6:00-8:00PM

JCC Carnahan Center

Learn about fiber and felting in this fun workshop, featuring soap felting and needle felting

April 8: Chemicals 101:

How to safely use chemicals

Learn about how to safely and properly use chemicals, cleaners, herbicides and pesticides at home and on the farm.

April 1 Reach New Market

Customers with SNAP and other programs

6:00-8:00PM

JCC Carnahan Center

April 22:

Soil Health and Regenerative Practices::

Foundations for a healthy garden

6:00-8:00PM

JCC Carnahan Center

April 29: Chainsaw Safety Basics

What EVERYONE needs to know about operating a chainsaw!

To Learn more and register, please visit:
<https://chautauqua.cce.cornell.edu/agriculture/leaf-workshops>



Berry 101 Online Workshop

Anya Stansell - Harvest NY Small Fruit Extension Specialist

Mar 6, 2025, 3:00 PM

To register please go to: https://cornell.zoom.us/join/register/6rgMeUorQlub_UAeJksNhg

After registering, you will receive a confirmation email containing information about joining the zoom meeting.

Description:

Berry 101 production notes (15 mins): essential info to know before planting strawberries, blueberries, raspberries.

CCE berry research update (10 mins): review of research projects we are doing to help berry growers.

Grower-led discussion (5-10 mins): addressing anything the participants have questions/thoughts about.

Don Gasiewicz- (10 min.) Soil and foliar nutrient analysis testing for soil and plant health Hannah Young- Natural Resource Conservation Service resources for Betty Growers- irrigation, tunnels, etc..



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- Beginning Farmer Programs
- Crop Insurance



"Then and now, best thing we could have done!"

— Michelle Hasheider-Burianek



Generations of success with Udder Comfort:
Michelle Hasheider-Burianek and daughter Teagan (above and at right)
3rd and 4th generation at ELM FARMS, OKAWVILLE, ILLINOIS
125 cows, 2 Robots, RHA 25,000, SCC average 180,000

"We started using Udder Comfort™ 15 years ago. It was the best thing we could have done to make a tremendous difference. People try to get us to use other products, but they don't ever stand up to the results with Udder Comfort," says third generation dairywoman Michelle Hasheider-Burianek of Elm Farms in southern Illinois.

"We use this routinely on our fresh cows when they calve in. They are separated after going through the robot, and we apply the Udder Comfort at the head gates for 2 to 3 days; heifers 4 to 5 days. Udders milk out nice and evenly, and we save money by shipping more milk with less need for treatments. If we see a conductivity spike or hard quarter, we grease her up with Udder Comfort. Any animal in the sick pen also gets it," Michelle explains.

"Our kids really enjoy showing, so we also use Udder Comfort on our show cows. I'll even use it on a swollen hock, it's that good," she adds.

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Better quality ⇨ MORE MILK

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their potential
since
1998!



For external application to the udder only, after milking, as an essential component of udder management. Always wash and dry teats thoroughly before milking.

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, Al Peterson
Bruce Kidder, Lisa Vanstrom, Pierre Chagnon



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

NRCS Jamestown Field Office:
Robert Nothdurft, District Conservationist
Anna Emke-Walker, Resource Conservationist

Conservation District Announces Annual Tree & Shrub Sale

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

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

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

For the upcoming 2025 sale, the District selected many species that are native to the State of New York, several of which are specifically native to Chautauqua County.

Conifer varieties will be offered: including Eastern Hemlock and Balsam Fir. Several hardwood varieties will be offered: including Common Persimmon and Paw Paw. Shrub varieties will be

offered: including Allegheny Serviceberry, Elderberry and White Flowering Dogwood.

A total of two native fern varieties will be offered. A total of four berry varieties will be offered, including blueberries and everbearing strawberries. Apple and pear fruit tree packages will also be offered.



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

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

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

Chautauqua County Soil & Water Conservation District's 2025 Tree & Shrub Catalog has been mailed out, the deadline to order out of the catalog will be April 1st.

Visit SoilWater.org to download a catalog and order form or feel free to call 716-664-2351 Ext. 5 or email Chaut-Co@soilwater.org to request a catalog.

Please be advised that pickup will take place at our Storage Barn located at 3542 Turner Road in Jamestown, New York on a specified date at the end of April. Baring any major weather event, the pick up is anticipated to be April 18th and 19th.

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

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



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Beef Bowling Party Cutting Lanes, Clymer	3 Rabbit Committee 6:30 PM	4 Goat Project 6:30 PM	5 Hog Committee 6:00 PM Exhibition Poultry Committee 6:30 PM Beef Project 6:30 PM	6 Rabbit Project 6:30 PM	7	8
9	10 LEAF Jr. 6:30 PM Program Committee 6:30 PM	11 Horse Committee 6:30 PM	12 Hog Project 6:30 PM @ Coffaro's Dog Committee 6:30 PM	13 Dairy Committee 6:30 PM Beef Committee 6:30 PM	14	15
16	17	18	19 Dog Project 6:30 PM	20 Sheep Committee 6:00 PM Sheep Project 7:00 PM	21	22 Teen Ambassador Pancake Fundraiser @Applebee's
23	24 Goat Committee 6:30 PM	25	26 Exhibition Poultry Project 6:30 PM	27 MAS Committee 6:30 PM	28	29 Western District Presentation Day
30 Horse Project 2:00 PM	31					

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Hog Committee 6:00 PM Dog Committee 6:30 PM	3 Rabbit Committee 6:30 PM	4	5 Hog Weigh In Fairgrounds Time TBD
6	7	8 Exhibition Poultry Committee 6:30 PM Horse Committee 6:30 PM Rabbit Project 6:30 PM	9 Market Poultry Project 6:00 PM Market Poultry Committee to follow	10 Sheep Project Carlberg Farms 7:00 PM	11	12 Goat Pancake Breakfast 9:00 am- Noon Park Church
12	14	15	16	17	18	19
20	21	22	23 Beef Project 6:30 PM Beef Committee To follow	24	25	26 Beef Classic Show Dunkirk Fairgrounds
27 Horse Project 2:00 PM	28	29	30 Exhibition Poultry Project 6:30 PM			



Cloverleaf Express



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!

Save the date for the Chautauqua County Beef Classic!



May 3, 2025

Chautauqua County Fairgrounds

Sponsorship forms are out now.

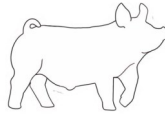
If you have any questions or would like to sponsor the show, contact Julie Covert at (716) 499-9173 or jcoverts@windstream.net

Meat Animal Sale Youth

Consider making your arrangements for your extra animals early this year. There will be ABSOLUTELY no animals leaving on the slaughter trucks that have not gone through the meat animal sale. All extra will be leaving after 3:00pm on Sunday on their own trailers.

Hog Field Trip to Coffaro's

If you would like to attend the HOG Project meeting on March 12th at Coffaro's in Sugargrove, you need to sign up at the January or February Hog project meetings.



Committees Looking for Members

Most of our livestock committees and our Program Committee are looking for new members.

Livestock committees especially need those who are willing to be hands-on helping lead our project workshops.

If you are interested in serving on a committee, please email chautauqua4h@cornell.edu to let us know!

Save the Date: Dairy Discovery

March 28-29, 2025 at Frank Morrison Hall
507 Tower Rd Ithaca, NY 14853

Topic: Maximizing the feed management program
More info: <https://cals.cornell.edu/pro-dairy/our-expertise/youth/dairy-discovery-workshop>

NEW FOR 2025 FROM THE NE REGIONAL VOLUNTEERISM TEAM



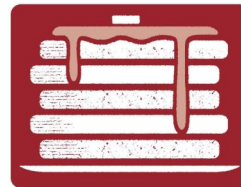
These programs are structured to offer connection, engagement, and networking for 4-H volunteers from all 11 states the Northeast Region. Zoom sessions start with "connection before content" with fun icebreaker games and conversation. The main session topic is led by experts, 4-H staff, or volunteer panelists. Volunteers work in breakout sessions to share ideas and learn from one another.

GROWING BEYOND THE RIBBON: March 19th -6:30-8 pm

Join us to explore how the Danish System can be used as a strategy to cultivate youth who continue to grow and thrive. Take a closer look at what those colored ribbons mean and learn strategies to cultivate youth thriving by meeting youth where they are and guiding them to their next level of growth.

REGISTER NOW

www.tinyurl.com/4HNERV2025



Flapjack FUNDRAISER

Short Stacks for a Tall Cause

You're Invited to an Applebee's® Flapjack Fundraiser Event to support

CCE Chautauqua 4-H Teen Ambassadors

Tickets: \$10 Date: 03/22/25 Time: 8am - 10am

See organization for ticket purchase prior to event.

For Ticket Purchases Contact

Cassandra Skal
(814) 790-3506
spffarmgirl4@yahoo.com

Applebee's Location For Event

340 East Fairmount
Avenue Lakewood, NY
14750-2134 (716) 763-3500

**2025 NYS 4-H ANIMAL CRACKERS
MAY 3, 2025**

@ CORNELL UNIVERSITY



THIS YEARS SPECIES INCLUDE:
 • DAIRY
 • GOATS (DAIRY AND MEAT)
 • RABBITS
 • POULTRY

SAVE THE DATE



Watch for more information or visit -
<https://cals.cornell.edu/nys-4-h-animal-science-programs/state-events/programs/animal-crackers>



SAVE THE DATE

**2025 MARCH DOG MADNESS
MARCH 8TH, 2025**
 WILL BE HELD ON CORNELL CAMPUS



MORE INFORMATION COMING IN THE NEW YEAR

4-H Horse Project

Horse Communications/
 Presentation Day-March 1st, 2025

Green Tie Affair Update:



Thank you to everyone who donated, attended, and volunteered to make this event a success!

The event was just 2 days ago as of the time of writing this, so all the numbers are not in.

Money raised by portions of the event:

- Bake sale \$574.00
- Pie auction \$6,802.50 between 17 pies
- Basket raffle \$4,030.00 from

We had 480 seats available between 48 tables. All were sponsored or had tickets sold out prior to the event. The hotel generously put up 2 additional tables in the overflow room for us to be able to sell door tickets. Next year, we will plan on having 50 tables to sponsor and 500 tickets for sale.

Western District Public Presentation Day

Saturday, March 29th at the Revive Wesleyan Church
 Hamburg, NY
 Time: TBD

**Pre-Fair Exhibitor's Meeting
With Dr. Card-Allen**

6:30pm at JCC or on Zoom
 Pre-registration required at <https://bit.ly/2025Pre-Fair>

Presentation Day

We commend and congratulate all who stepped up to the challenge to prepare and present their topics on Public Presentation Day! Youth who gave exceptional presentations were selected to participate at the Western District Public Presentation Day contest at the Revive Wesleyan Church in Hamburg, NY on March 29th. This year Tyler Crowell, Emerson Dodd, Katherine Fortna, Elizabeth Jones, Isabella Jones, Drake Joy, Ava Meyer, Grace Meyer, Ava Nearhoof and Madalyn Reading were selected to participate at the Western District level with Logan Ellsworth and Owen Carlberg serving as alternates.



EXPLORE GARDENING

REGISTER TODAY AT:
<https://bit.ly/25LeafJRSpring>
or scan the QR Code



COLD SOWING & MICROGREENS

March 10, 2025

Join the Master Gardeners to learn about how to garden in the winter with cold sowing and microgreens! You will leave with 2 containers ready to grow at home. Cost \$10 for non-4-H member, \$5 for 4-H member.



BUILD A BUG HOTEL

April 1, 2025

Learn about our native pollinators and how we can help them do their jobs. You will build and leave with an insect hotel to help native pollinators. Cost \$15 for non-4-H member, \$10 for 4-H member.



SEED CREATURES

May 1, 2025

Learn about our native plants and how we can help them grow. You will leave with clay creatures embedded with seeds you can "plant" to help bring wildflowers to your favorite spaces! Cost \$15 for non-4-H member, \$10 for 4-H member.

QUESTIONS? CONTACT



Cornell Cooperative Extension



716-664-9502 Ext. 212



chautauqua4h@cornell.edu



CHAUTAUQUA
COUNTY

4-H



Animal Project News

Exhibition Poultry Project

Committee Meeting
Wednesday, March 5th
Tuesday, April 8th

Project Meetings
Wednesday, March 26th

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

Committee Chair: Jamie Smith
smith_jamie@mac.com



Beef Project

Committee Meetings
Thursday, March 13th
Wednesday, April 23rd
(following Project meeting)

Project Meetings
Sunday, March 2nd—bowling
Wednesday, March 5th
Wednesday, April 23rd

Beef Classic Show
Saturday, April 26
Fairgrounds

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com



Sheep Project

Committee Meetings
Thursday, March 20th

Project Meetings
Thursday, March 20th
Thursday, April 10th
@ Carlberg Farms

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Horse Project

Committee Meetings
Tuesday, March 11th
Tuesday, April 8th

Project Meetings
(both at Couchman's in Stockton)
Sunday, March 30th @ 2:00 PM
Sunday, April 27th @ 2:00 PM

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

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com

Hog Project



Committee Meetings
Wednesday, March 5th
Wednesday, April 2nd

Hog Weigh In
Saturday, April 5th
Fairgrounds
Time TBD

***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
Thursday, March 13th
6:30 PM

Committee Chair: Bart Nickerson
bjnick@windstream.net



Goat Project

Committee Meetings
Monday, March 24th

Project Meetings
Tuesday, March 4th

Goat Pancake Breakfast
Saturday, April 12th
9:00 am - Noon
Park Church in Sinclairville

ALL meetings are at 6:30 PM unless otherwise noted
Watch our Facebook page!

Committee Chair: Aaron Carlberg
216-408-9892

Rabbit Project

Committee Meetings
Monday, March 3rd
Thursday, April 3rd

Project Meetings
Thursday, March 6th
Tuesday, April 8th



ALL meetings at 6:30 unless otherwise noted

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Dog Project

Committee Meetings
Wednesday, March 12th
Wednesday, April 2nd

Project Meetings
Wednesday, March 19th

All Project and Committee Meetings at 6:30 PM

Committee Chair: Roxanne Young
roxy6825@windstream.net

[Any changes will be posted on Remind](#)



Market Poultry Project

Committee Meetings
Wednesday, April 9th
(following Project Meeting)

Project Meetings
Wednesday, April 9th
6:00 PM

Committee Chair: Melissa Winton
Melissa_deck@yahoo.com

4-H Program Committee

Monday, March 10th
6:30 pm @ JCC

4-H Meat Animal Sale Committee

Committee Meeting
Thursday, March 27th
6:30 pm @ JCC

2025

GARDENING SYMPOSIUM

SPONSORED BY CHAUTAUQUA COUNTY MASTER GARDENERS

SATURDAY, MAY 3

8:00 am - 12:45 pm

Keynote Speakers

Sarah Sorci

Native Herbs for the Home Garden

Sally Cunningham

The ecology need for native and pollinator plants, habitat protection, soil, plant and tree health in your garden.

Presentation

Jamestown Garden Leaders

School Gardens in the Jamestown Public School District

With Q & A about gardening with children

Location

Jamestown Community College
Carnahan Center

241 James St., Jamestown NY 14701

Cost to attend:

General \$25

Master Gardener (any county) \$15

After April 25: \$30 or \$20 for MG



SCAN HERE TO REGISTER & GET MORE INFO



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.



Building
Healthy Habits

Spring Quick Tips

Cornell
Cooperative
Extension



Fresh Takes from Your Freezer:

Smart Solutions for Modern Living

March is National Frozen Food Month. Celebrate the ease and healthfulness frozen vegetables and fruits can add to your family meal preparation. Did you know frozen food is a budget-friendly food option?

- Combat rising grocery costs without sacrificing quality.
- Reduce food waste with perfect portions.
- Use what you need, save the rest.
- Consistent pricing year-round provides budget predictability.
- Breakfast to dinner flexibility.

Frozen food is quality you can count on. It is flash-frozen at peak freshness which preserves nutrients and flavor. Frozen produce gives you year-round access to seasonal favorites.

Egg Substitutions

With the current high price of eggs, consider using a substitute for eggs in your recipe. Eggs leaven (rise) a baked good, by trapping pockets of air and helping the batter to expand (think pancakes). They hold ingredients together, like meatballs. Additionally, eggs add moisture to a recipe.

To leaven- 1/4 cup of carbonated water or 1 tablespoon of vinegar and 1 teaspoon of baking soda

Hold together- 3 tablespoons canned bean liquid also known as aquafaba (1 egg or egg whites)

Moisture- 1/4 cup of buttermilk or milk (dairy or non-dairy)



Recipe

Broccoli Cheddar Soup

Makes 4 servings, one serving is 1 cup

Ingredients

- 1 cup chopped onion
- 1 cup shredded carrot
- 1 1/2 teaspoons butter
- 2 cups low-sodium broth (any type)
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup nonfat or 1% milk
- 1/4 cup flour
- 1/2 cup shredded cheddar cheese
- 1/8 teaspoon black pepper



Directions

1. Wash your hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a medium saucepan over medium-high heat, sauté onion and carrot in butter until onions begin to brown. add broth and broccoli. Simmer until broccoli is tender, 5-7 minutes.
4. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until thickened, 3-5 minutes.
5. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
6. Refrigerate leftovers within 2 hours.

Note: You can thicken the soup with 2 tablespoons of cornstarch instead of flour.

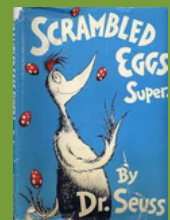
Nutrition Facts: Serving Size: 1 cup Calories: 180, total fat: 7g, saturated fat: 3g, 20% calories from fat, sodium 200mg, carbohydrate: 19g, added sugar: 0g protein: 10g, Calcium: 217mg, Iron: 1mg, Potassium: 481mg, Vitamin A: 367mcg
Source: foodhero.org



Kids' Book Nook

With your child, visit your local library and borrow "Scrambled Eggs Super!" by Dr. Seuss or watch the book being read by MrsMorrisReads at <https://youtu.be/KYel0ZTP7SY?feature=shared>.

After reading, ask your child what wacky recipe they would like to make.



For more information contact:

Cornell Cooperative Extension of
Chautauqua County

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

Monthly Tips:

Building Healthy Habits BHH



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