

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

April 2025

Volume 10 - Issue 4

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COVER: Spring is in the horizon!
Image by J_Blueberry from Pixabay

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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Cornell Cooperative Extension of Chautauqua County Staff Contact Information

Emily Reynolds, CCE Executive Director
eck47@cornell.edu
716-664-9502 ext. 201

Katelyn Walley-Stoll, Agriculture Team Leader
kaw249@cornell.edu
716-664-9502 ext. 202

Darcy Cramer, Finance Associate
dlc284@cornell.edu
716-664-9502 ext. 208

Lucia Conti, Association Administrative Assistant
lpc33@cornell.edu
716-664-9502 ext. 209

Lynne Wahlstrom, 4-H Youth Educator
ilmw264@cornell.edu
716-664-9502 ext. 212

Josie Laurie, 4-H Development Educator
jla298@cornell.edu
716-664-9502 ext. 216

Lisette Cabrera, 4-H Program Coordinator
lmc323@cornell.edu
716-664-9502 ext. 214

Melissa Watkins, Agriculture Educator
mew235@cornell.edu
716-664-9502 ext. 203

Molly Harvey, SNAP Ed Nutrition Educator
mmh273@cornell.edu
716-664-9502 ext. 208

Mary Ryder, SNAP Ed Nutrition Educator
mer262@cornell.edu
716-664-9502 ext. 217

Wendy Alexander, EFNEP Nutrition Educator
wa666@cornell.edu
716-664-9502 ext. 221

Linnea Haskin, New York Food for New York Families
lmc373@cornell.edu
716-664-9502 ext. 210

SWNY Dairy, Livestock, and Field Crops Program
CCE Chautauqua, @JCC Carnahan Center
Jamestown, NY 14702
716-640-0522
kaw249@cornell.edu

Lake Erie Regional Grape Program
6592 W. Main Road
Portland, New York 14769
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

Association News

Board of Directors

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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

It is one of my favorite times of the year! Happy spring! Soon our region will see beautiful sunshine! I hope you can take a moment to enjoy its warmth and all the goodness that comes in springtime.



We are bursting at the seams with programming and opportunities, please read through this publication and reach out with any questions. As a result of our internal Capacity Study, we are expanding our team! We are extremely excited to now have on board with us, Lynne Wahlstrom as a 4-H Subject Educator and team supervisor, and Katelyn Walley-Stoll as the agricultural team leader for CCE Chautauqua. We are hiring more positions and encourage everyone to check out our website <https://chautauqua.cce.cornell.edu/jobs> for more details.

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

A SMART CHOICE

Choosing the right insurance is about more than just getting the quickest quote. For more than a century, **AMERICAN NATIONAL** has provided reliable service and knowledgeable advice from local agents who take the time to listen and understand your unique needs.



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14-065.87136.V4.03.20

THE INVASIVE SPOTTED LANTERNFLY



Department of
Environmental
Conservation

Agriculture
and Markets

SPOTTED LANTERNFLY (SLF) IS AN INVASIVE PEST from Asia that prefers to feed on tree-of-heaven, an invasive tree species, but will also feed on - and harm - important New York State crops and plants. Grapes, hops, fruit trees, maples, and walnuts are all at risk. We need your help to protect agriculture in New York State, so please report SLF if you see it.

SLF life cycle stages from nymph to adult:



If you believe you've seen the invasive spotted lanternfly, please send a photo and the location to:

spottedlanternfly@agriculture.ny.gov

To find out more, please visit:

www.agriculture.ny.gov/spottedlanternfly



Spotted Lantern Fly has the potential to damage multiple agricultural crops in New York. SLF is a pest of apples, grapes, hops, maple, walnut, and others. New York is estimated to produce more than 30 million bushels of apples each year, while grapes in New York are valued at an annual harvest of \$52.8 million. Additionally, the expanding hops industry and the maple and timber industries would also be negatively impacted by the spread of SLF.

Where to Spot SLF

SLF can be transported on outdoor goods and equipment. SLF can also hitchhike in vehicles. Look for SLF on:



Landscaping, remodeling, or construction materials and waste.



Packing materials, such as wood crates or boxes.



All plants and plant parts, including, but not limited to, nursery stock, green lumber, fruit and produce, and other material, such as roots, branches, and mulch.



Outdoor household articles, including, but not limited to, tarps, tile, stone, deck boards, and mobile fire pits.

WHAT CAN YOU DO?

- Inspect- vehicles, packages, outdoor plants, structures, toys for signs of Spotted Lanternfly, nymphs and eggs.
- Take picture, then either place in a jar or resealable bag and freeze, OR kill SLFs that you see. Report your findings to NY Ag and Markets.



Reporting Spotted Lanternfly

- Take pictures of the insect, egg masses, or infestation. Include something in the photograph for scale, such as a coin or pen.
- Collect the insect and place it in a freezer or a jar with rubbing alcohol/hand sanitizer.
- Note the location (address, intersecting roads, or GPS coordinates), shipping information, and any other relevant information.
- Email the information to: spottedlanternfly@agriculture.ny.gov



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 miss one of the Poultry Webinars offered in March?



No Problem! We can help you get the information that you missed! The recorded webinars can be accessed at:

<https://chautauqua.cce.cornell.edu/agriculture/dairy-livestock/poultry>

Sharing the Road with Farm & Construction Vehicles

What Drivers Should Know:

- This equipment is heavy, making it hard to accelerate, slow down, & stop.
- They often cross the centerline when making a turn.
- They have large blind spots.





LARRY ROMANCE & SON, INC.

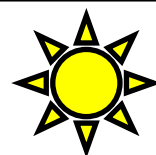
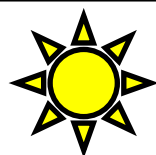
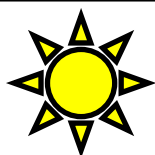
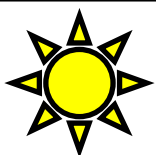
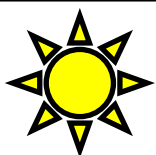
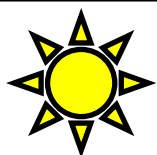
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RESILIENT GARDENS CONFERENCE



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

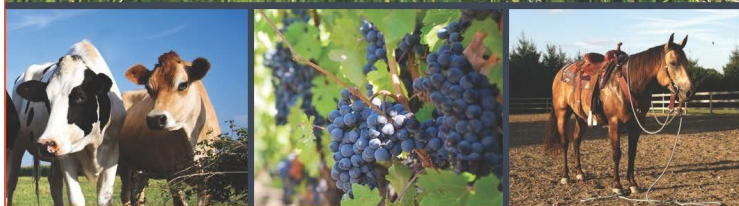
GENEVA, NY, CORNELL AGRITECH

Email Ashley Helmholdt for questions alm443@cornell.edu

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



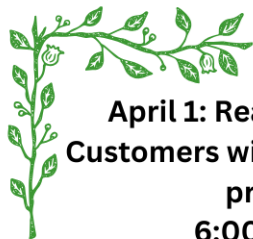
Join Today!
NYFB.org 800-342-4143





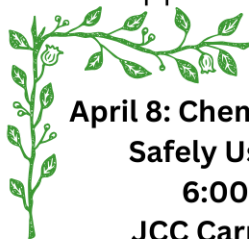
Spring 2025 LEAF Classes!

LEAF, meaning *Learn, Empower, Achieve, Farm*, is a series of classes that are available to anyone with interest in learning about aspects of Agriculture, no experience necessary. Learn, Empower, Achieve, Farm (LEAF) workshops are adult education classes open to all. CCE-Chautauqua strives to diversify and grow agriculture in Chautauqua County by connecting our area's residents, homesteaders, and farmers to educational opportunities.



**April 1: Reach New Market
Customers with SNAP and other
programs
6:00-8:00PM,
JCC Carnahan Center**

Are you a farmer/producer that is interested in engaging new customers with your products? Learn how SNAP and other programs can help!



**April 8: Chemicals 101: How to
Safely Use Chemicals,
6:00-8:00PM,
JCC Carnahan Center**

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



**April 22: Soil Health and
Regenerative Practices:
Foundations for a Healthy
Garden
6:00-8:00PM,
JCC Carnahan Center**

Learn how soil health is the cornerstone of garden vitality, covering topics including soil ecosystems and using cover crops!



**April 29: Chainsaw Safety
Basics:
(Co-Sponsored by NYCAMH)
10AM-Noon, JCC Carnahan
Center**

What EVERYONE needs to know about operating a chainsaw! Learn about operation, maintenance, gear and safety practices to use every time you operate a chainsaw.



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



Questions?
Call (716)664-9502 ext 203 or
chautauquaag@cornell.edu

Cornell Cooperative Extension | Chautauqua County



AG Trivia Night

PRE-REGISTRATION: \$15
AT DOOR REGISTRATION: \$20

YOUTH WELCOME & ENCOURAGED!

**DOORS OPEN AT 5:30PM
TRIVIA STARTS AT 6:00PM**

**SATURDAY
APRIL 5**

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- PRIZES FOR YOUTH 1ST & 2ND PLACE

Call or Text Cassie 814-790-3506 to register today!

HOSTED BY: **FARM BUREAU CHAUTAUQUA**

What's Bugging You? Webinars

2025 Schedule

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

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

April 4. Pest Rats Explained/ Myth: Cats for rat control

Join New York State Integrated Pest Management on World Rat Day to learn all about the brown rat and what makes it a pest. We'll then address the myth of cats for rat control

May 2: Spongy Moth Caterpillar Management– Feeding Friendly Insects: Plan to Prep Your Soil

In NY, spongy moth caterpillars start showing up in May. You'll learn why there are more caterpillars in some years than in others, and why you should manage them when they are still small. Also, make a plan to spend the summer preparing to plant wildflowers that feed friendly insects For more information, including how to register, visit

<https://nysipm.cornell.edu/whats-bugging-you/first-friday-events>

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



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Udder Comfort is #1 for these two!



THIELE DAIRY FARM, CABOT, PENNSYLVANIA
Edward and Lorraine Thiele
and sons William (left) and James (right)
40 cows produce 95 to 100 pounds/cow/day



“We’ve been using Udder Comfort™ over 10 years for fresh cows, any mastitis, and anything that involves swelling. It’s great stuff, especially for tough cases. We swear by it,” says James Thiele, visiting our booth at the PA Dairy Summit. Twin brother William visited us at the Keystone Farm Show too.

They are 6th generation farmers with parents Edward and Lorraine at Thiele Dairy Farm, established in 1868 near Cabot, Pennsylvania, where they love working with nature, cattle, and crops, sharing the stewardship of 300 acres, 40 milk cows, and their youngstock, also sharing with the community what farming is all about through events at the farm and social media. Lorraine is known to paint round bales by the road to ‘put a smile on someone’s face.’
(Scan QR to qrco.de/ThieleBales to read about it.)

“Udder Comfort reduces swelling. That’s the main thing,” James adds. “It has a really good smell to it, and we prefer the blue lotion because we see the blue color and know we’ve put it on. It’s a good reminder to use it.”

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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.

2025 Ag Literacy Week Success!

Thank you to all
the readers,
donors, and
sponsors for
making the 2025
Ag Literacy week a
success!



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 9:00 AM Dairybud Meeting 1:00 PM Mid-Knight Dairy
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 Program Committee	11	12 Goat Pancake Breakfast 9:00 am- Noon Park Church Dairy Judging 11:00 AM Mid-Knight Dairy
12	14	15 Dairy Committee 6:30 PM	16	17 Dairy Judging 1:00 PM Neckers Family Farm	18	19
20	21	22	23 Beef Project 6:30 PM Beef Committee To follow	24	25	26 Clothing Evaluation 8:30 AM
27 Horse Project 2:00 PM	28	29	30 Exhibition Poultry Project 6:30 PM			

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dairy Committee 6:30 PM	2 Rabbit Committee 6:30 PM	3 Clothing Evaluation Make-Up 8:30 AM Beef Classic
4	5 Goat Committee 6:30 PM Wants and Needs meeting 6:00 PM Fairgrounds	6	7 Hog Committee 6:00 PM Exhibition Poultry Committee 6:30 PM Sheep Weigh In 5:30 PM	8 Beef Committee 6:30 PM Program Committee	9 Fashion Revue 6:30 PM	10 Goat and Sheep Weigh-In Fairgrounds 10:30 AM
11	12	13	14 Dog Committee 6:30 PM Horse Committee 6:30 PM Hog Project 6:30 PM	15 Rabbit Project 6:30 PM	16	17
18 Goat Showmanship Clinic 9:00 AM	19	20	21 Conservation Field Day Dog Project 6:30 PM	22 Conservation Field Day	23	24
25	26 	27	28	29	30 Exhibition Poultry Project Off Site	31



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 trailers.

Congratulations Chautauqua County Horse Bowl!

Chautauqua County's 4-H Horse Project had a great showing at the Regional Horse Bowl contest! Congratulations to all of our competitors and good luck to those headed to States!

Novice Division:

9th place individual: Violet Hanson

Our combined county team took 3rd place in this division

Junior Division:

Jordan Morris tied for 10th place individual

Our combined county team took 4th place in this division

Senior Division:

3rd place individual: Mariah LaRoy

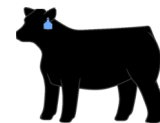
4th place Individual: Maja-Alis Hanson

7th place individual : Charlotte Couchman

9th place individual: Brayden Stalter

Our Senior team took 2nd place

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

Committees Looking for Members

Most of our livestock committees are looking for new members, especially Market Poultry.

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



If you are curious about or have questions about serving on a committee, please email at: chautauqua4h@cornell.edu to let us know!

4-H Clothing Evaluation Day & Fashion Revue

Clothing Evaluation will be held Saturday, April 26th at 8:30am at JCC. Youth who have completed a sewing project may bring their item for evaluation. Youth will also practice modeling for the Fashion Revue. Please bring a draft of your commentary which should outline the project, fabric, any new skills or challenges, and where the youth might wear the project.

Fashion Revue will be held on Friday, May 9, 2025 at JCC 6:30pm.

Donations needed for Fashion Revue

Please consider making a monetary or sewing related product donation towards Senior & Junior awards. Awards are due on April 26th at Clothing Evaluation Day. If you are donating gift cards, please consider donating multiple cards in small amounts of \$5 - \$10 so that your gift can reach more youth.

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



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>



Green Tie Affair Update:



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

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.

4-5 Goat Project Pancake Breakfast

April 12th, 2025 9AM-12Noon

Park Church

49 Sinclair Drive, Sinclairville, NY 14782

50/50 and basket raffle

Meal includes real eggs and maple syrup!

\$12 Ticket

\$6 for kids 5 or younger



001



Hog Weigh-in

April 5th 9am-2pm

Chautauqua County Fairgrounds

Please bring \$2 per pig for dewormer and bring your completed breeder form.

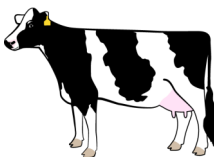
Apparel will be handed out at weigh-in

Dairy Judging

On-Farm Dairy Judging meetings:

Saturday April 12, 2025, at 11:00am at Mid-Knight Dairy LLC, 3232 Fluvanna Townline Road, Jamestown NY. 14701

Thursday April 17, 2025 at 1:00pm at Neckers Family Farm, 439 Letters Road, Clymer, NY. 14724



Dairy Buds Meeting

April 5th 1pm Mid-Knight Dairy

The April Dairybuds meeting will take place on Saturday April 5th at 1pm at Mid-Knight Dairy, LLC in Jamestown, NY. Dairybuds will learn about general calf care, how to put on a halter, and measuring height and weight.



Congratulations Dairy Bowl!

We sent 20 youth on 5 teams to District Dairy Bowl and all did a wonderful job!

Beginner Division

Individuals:

1st: Evan Mierzwa
2nd: Westyn Bruyer
9th: Dale Perry
Chautauqua teams took 1st and 2nd place in this division

Junior Division

Individuals:

1st: Tyler Crowell
6th: Isabella Jones
8th: Emelise Runge
10th: Emma

Ribaudo

Chautauqua teams took 1st and 5th place in this division

Senior Division

2nd: Larsen Swan
7th: Grace Meyer
10th: Abigail Carlberg
Chautauqua's team took 2nd place in this division



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

Tuesday, April 8th
Wednesday, May 7th

Project Meetings

Saturday, May 31st
TBD

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

Committee Chair: Jamie Smith
smith_jamie@mac.com



Beef Project

Committee Meetings

Wednesday, April 23rd
(following Project meeting)
Thursday, May 8th

Project Meetings

Wednesday, April 23rd

Beef Classic Show

Saturday, May 3rd
Fairgrounds

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

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com



Sheep Project

Project Meetings

Thursday, April 10th
@ Carlberg Farms

Sheep Weigh-In

Fairgrounds
Wednesday, May 7th
Saturday, May 10th
5:30 PM

***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, April 8th
Wednesday, May 14th

Project Meetings

Sunday, April 27th @ 2:00 PM
(at Couchman's in Stockton)

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

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com

Hog Project



Committee Meetings

Wednesday, April 2nd
Wednesday, May 7th

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



Goat Project

Committee Meetings

Monday, May 5th

Goat Showmanship Clinic

Sunday, May 18th
4-H Acres
9:00 am - Noon

Goat Pancake Breakfast

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

Goat Weigh-In

Fairgrounds
Saturday, May 10th
10:30 AM

***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

Thursday, April 3rd
Friday, May 2nd

Project Meetings

Tuesday, April 8th
Thursday, May 15th

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

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Dairy Project

Committee Meetings

Thursday, May 1st
6:30 pm

Dairy Buds Meeting

Saturday, April 5th
1:00 pm
Mid-Knight Dairy

Dairy Judging

Saturday April 12, 2025
11:00 am
Mid-Knight Dairy
Thursday April 17, 2025
1:00 pm
Neckers Family Farm

Committee Chair: Bart Nickerson
bjnick@windstream.net



Dog Project

Committee Meetings

Wednesday, April 2nd
Wednesday, May 14th

Project Meetings

Wednesday, May 21st

**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

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



Master Gardener Plant Sale

Saturday, May 17, 2025

10:00am-1:00pm

Rain or Shine

Cash or Check Only

at the JCC Science Center

525 Falconer Street

Jamestown, NY 14701

GPS address: 241 James Ave

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

Gently used Gardening Books & Equipment!

Free soil pH testing

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

For more information call the CCE
Office at (716) 664-9502

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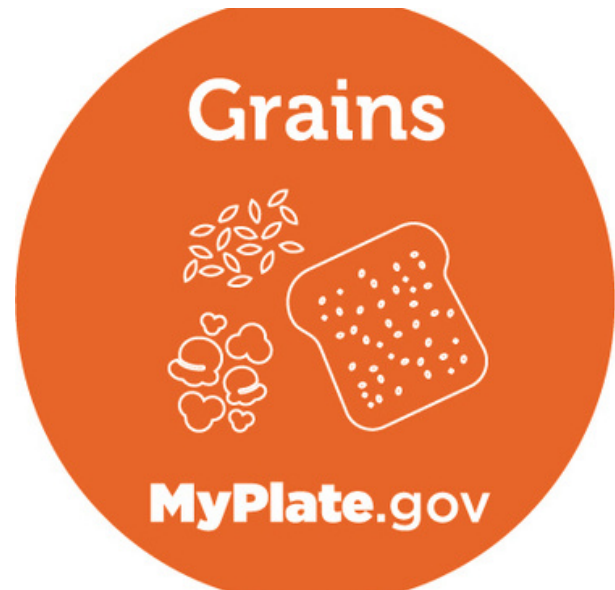
WINTER QUICK TIPS

Building Healthy Habits: Food and Community Nutrition



Make Half Your Grains, Whole Grains

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



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

**Cornell
Cooperative
Extension**

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