

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

August 2025
Volume 10 - Issue 8

IN THIS ISSUE

Board and Association News	3
Agriculture	4-14
CCSWCD Chautauqua County Soil & Water Conservation District	15
4-H/Youth Development	16-20
Master Gardener	21
EFNEP ~ Building Healthy Habits (Expanded Food and Nutrition Education Program)	22-23

COVER: Vineyards at Johnson State Winery. The Johnson Estate family farm consist of 300 acres of land growing thirteen varieties of grapes owned and operated by Frederick Johnson Jr. and his wife Jennifer. Johnson State Winery is now the oldest continuously operating estate winery in New York State.

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

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

The Chautauqua County Extension Connection (USPS#101-400) is published monthly by Cornell Cooperative Extension of Chautauqua County. Subscription included in minimum of \$65 Program Participation fee. Periodical Postage Paid at Jamestown, NY 14701. "POSTMASTER: Send address changes to the: Chautauqua County Extension Connection at 525 Falconer St. JCC Carnahan Center, PO Box 20 Jamestown, NY 14702-0020."

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Association News

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Louis Smith	Hog
Shawn Huntington	Sheep
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From the Office of the Executive Director

I hope you were able to join us at the Chautauqua County Fair. I would like you to join me in extending a special thank you to all our volunteers and CCE staff that helped make this fair a success. It was heartwarming to see familiar faces, and the quality of animals that our families have been raising. The domestic projects were exceptional, and the friendships, both youth and adult, made it all priceless. It was also a great opportunity for 4-H staff, volunteers, parents, and youth to enjoy and reflect, but also to learn. And I mean learn beyond showing animals and presenting a sewing project, but truly learn about our own behaviors, our appreciation for opportunities and how we can grow from our experiences and make the 2026 program year even better. To all our sponsors and supporters, a simple thank you will never mean as much as your support has to us. We sincerely appreciate you helping us keep 4-H thriving in Chautauqua County.



Speaking of growing, you may have noticed that the number of staff at CCE Chautauqua has grown. With support from the WNY Foundation, the board of directors and staff have been working for over a year to grow our capacity in Agriculture and Youth Development. We now have four employees in the 4-H program with Lynne Wahlstrom as the team supervisor, handling fundraising, and program development. Jeff Tome as the Animal Science Educator, Sarah Hatfield as the special interest educator and Lisette Cabrera as the Club support coordinator. Our agricultural program has three employees, with Katelyn Walley-Stoll as the program team leader and association operations support, Eliza Hensel as the natural resource educator and Sofia Russo as the agriculture program coordinator. We also received good news that our Building Healthy Habits Program funded by the Expanded Food and Nutrition Program is funded for 2026, Wendy Alexander can continue her amazing work educating about nutrition throughout the county.

Unfortunately, good news always seems to be accompanied by counteractive bad news. Our bad and very sad news is that the Federal government has stopped funding the Supplemental Nutrition Education program. This decision, made at the federal level, was not anticipated and unfortunately leaves us with no option but to conclude our SNAP- Ed programming by September 30, 2025. The impact this will have on the community and partners that we serve I suspect will be more severe than we can imagine. I recognize the disruption this may cause for our

partnering organizations planning and services, and I want to take this opportunity to extend my heartfelt thanks for their collaboration throughout our time working together. The dedication of our staff and partners to promoting healthy eating, physical activity, and food resource management among SNAP- eligible individuals has been essential to the program's success. Together, we have made a meaningful and lasting difference in the health and well-being of residents across Chautauqua County. As we prepare for this transition, we remain committed to supporting our partners and participants through the end of the program. I am deeply saddened that Molly Harvey and Mary Ryder are leaving our team.

You can reach any of our departments via their respective emails: Chautauquanutrition@cornell.edu; chautauqua4h@cornell.edu or chautauquaag@cornell.edu.

Chautauqua County Agricultural News

Heightened Concern Regarding Invasive Box Tree Moth

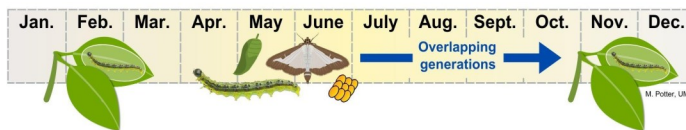
by Sofia Russo, Ag. Coordinator, CCE Chautauqua

There have been recent reports that a Westfield community member has identified the Box Tree Moth (*Cydalima perspectalis*) in Chautauqua County. The box tree moth (BTM) was first detected in Western New York in July of 2021 in Niagara County. It was suspected that the moths either flew or were blown in from a nearby Canadian infestation. Since then, established populations of BTM have been reported in Erie County, as well as Orleans County. As of 2021, Animal Plant Health Inspection Service (APHIS) has confirmed BTM in Massachusetts, Delaware, Michigan, and Ohio. The presence of this pest is new to Chautauqua County and puts boxwood plants in our area at risk of infestation.

Box tree moth is an invasive pest that severely damages, and in some cases kills boxwood (*Buxus* species) plants if infestations go unmanaged. This moth is native to East Asia and is a known pest in Europe where the boxwood is native. Although boxwood is not native to the United States, it is a popular landscape plant and has been used ornamentally since the 1600s. The box tree moth has four stages of its life cycle: egg, larva (caterpillar), pupa, and adult. BTM can have multiple generations per year, with the number of generations varying based on temperature and climate.



Photos retrieved from [CCE IPM](#)



The moths lay eggs in clusters of 5-20 eggs on the underside of boxwood leaves. The eggs are a pale-yellow color and may develop black dots as the larvae begin to form. It takes roughly 3 days for eggs to hatch. The larval stage of the BTM is often the most detrimental to boxwood health because the caterpillars are aggressive feeders. Heavy infestations can completely defoliate boxwood plants, killing the plant in the process. The caterpillars start out greenish-yellow with shiny black heads. As they mature, they develop the distinctive pattern of black and white stripes with black spots and a yellow stripe down the side. They feed on the leaves as they grow and overwinter in silky web shelters made within the leaves of boxwood plants, emerging as the weather warms back up in spring. Depending on the weather, caterpillars mature into adults within 14 days. Mature larvae then pupate within silk cocoons amongst the foliage; pupae typically are green or light brown and develop dark brown patterns as they mature. The adult moths emerge and are medium sized with a wingspan of around 4 cm. They are typically white with a brown head and abdomen, with white wings outlined in a thick brown border. There is also a less common melanic form where the moths have brown wings with a small white spot on the forewing. Adults will live for about 2 weeks, where they mate and lay eggs, continuing the life cycle. Overlapping generations often appear between May and October.

BTM is most easily recognized by the webbing made by the caterpillars as they grow to maturity. This is often the first sign of detection. Other signs of early detection include chewed, cut, or “peeled” leaves, scattered green/black frass (caterpillar droppings), as well as dieback and browning from heavy feeding. Signs of damage may not be apparent at the beginning of infestation because young larvae hide amongst twigs and leaves. Severely infested shrubs often take on a brown or scorched look. As the foliage dwindles, the caterpillars will also feed on bark of stems, which leads to plant death.

It's important to catch this pest before it spreads. The spread of BTM can occur both naturally and through human activity. This is particularly important for nurseries, which can move the pest farther and at faster rates. To detect the pest, you can look for signs of

damage, especially on the inside of the plant canopy. It's imperative to inspect regularly, most importantly during active periods from March through October. The most effective strategy to stop an infestation from occurring is through early, proactive management. This includes hand picking larvae from lightly infested plants. Placing caterpillars in buckets of soapy water or freezing them in a sealed bag before disposal. It's also important to clear leaf litter and debris in the fall. Particularly around infested plants to remove overwintering sites. Keeping boxwood plants healthy through proper pruning and watering will help to reduce plant stress and better support plant recovery from minor infestations. These mechanical controls are useful in small gardens or during early stages of infestation. For more severe infestations, approved chemical applications can be used to rid boxwood of the pests. Lists of approved insecticides have been provided for both [small scale gardens](#) as well as for [commercial landscaping and nurseries](#) and can be found on Cornell CALS Integrated Pest Management website by following this link <https://cals.cornell.edu/integrated-pest-management/outreach-education/fact-sheets/box-tree-moth>.



Image retrieved from CCE IPM showing webbing and foliage destruction from BTM larvae.

If BTM is identified and detected in boxwood, proper disposal is imperative to reduce the spread of this pest. If you remove infested plant material:

- **Double bag** in plastic and place in municipal waste. It is encouraged to allow sealed bags to sit in the sun for several days to ensure remaining larvae are killed before disposing.
- **Do not compost at home** or leave clippings for yard waste pick up. It is important to ensure all potential BTM are killed before disposing to not introduce the pest at new locations.

- **Burning or deep burial** may be an option- be sure to check with municipality before doing so.
- **BTM must be destroyed before plant material can be moved.** This may include double bagging or chemically treating before Buxus spp. is relocated.

BTM is now a Federally regulated species, and its distribution is very limited in NYS, so it's important to stay on top of reporting. If you detect box tree moth on your boxwood or suspect that it may be a box tree moth, report it to US Ag & Markets through their Box Tree Moth Public Report portal which can be found on their website or by following <https://agriculture.ny.gov/reportBTM>.

BTM is a serious threat to boxwood species in New York. With vigilant monitoring, early intervention/management, and responsible disposal, we can help to stop the spread. Whether you're a home gardener, landscaper, or nursery personnel, your actions matter. Keep a close eye on our boxwoods and take the necessary steps to protect one of our most prevalent plants in managed landscapes.

Cornell Cooperative Extension
Chautauqua County

Cornell Cooperative Extension
Cattaraugus County

GAME OF LOGGING

Chainsaw Safety Courses

LEVEL ONE
WEDNESDAY, AUGUST 20TH

LEVEL TWO
THURSDAY, AUGUST 21ST

\$150 / PARTICIPANT / LEVEL

HARRIS HILL STATE FOREST

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Chautauqua County Holstein Club Hosts 77th Annual Holstein Show

By Lona Carlberg. Results from July 19th, 2025.

Please note, these have been adapted for space. Reach out to our office for the entire show report.

The Chautauqua County Holstein Club hosted the 77th Annual Holstein Show on Saturday, July 19, 2025 at the Chautauqua County Fairgrounds in Dunkirk, New York. Mr. Chris Curtiss of Attica, New York was the official judge for the day with 54 head of cattle shown and 14 group classes. Show Committee members were Nichelle and Lona Carlberg, Co-Chairs, Dennis Carlberg, Randy Wiltsie, Bill Kane, Nicholas Yotpolis, Larry Brown, and Anna Crowell.

JUNIOR HEIFER CALF - Sr. Show - 1) Reliance Alpha Aria-Red, Reliance Dairy, Sherman; 2) Reliance Unstopabul Fae-ET, Reliance Dairy, Sherman; 3) Country Ayre Hulu 8455-Red ET, Evie Woodis, Dewittville. **Jr. Show - 1)** Country Ayre Hulu 8455-Red-ET, Evie Woodis, Dewittville; 2) Mid Knight Shwtm Milksplash, Ella Olmstead, Jamestown; 3) Sweet Peas Bullseye Asia, Carlie Ward, South Dayton.

INTERMEDIATE HEIFER CALF - *Sr. Show* - 1) Ms Halocrest Uns Jingle-Red, Howard Ivett and Country Ayre, South Dayton; 2) Country Ayre Luster P 8379, Evie Woodis, Dewittville; 3) Curr Vale AE ARC Lovely-ET, Maecee Nickerson, Clymer. ***Jr. Show* - 1)** Country Ayre Luster P 8379, Evie Woodis, Dewittville; 2) Saxton Hill Damion Tweety, Evan Mierzwa, Forestville; 3) Country Ayre Hulu 8348-Red-ET, Evie Woodis, Dewittville.

SENIOR HEIFER CALF - Sr. Show - 1) Reliance D Back Sweets-Red, Brandon Nickerson, Sherman; **2)** McGarr Farms Radiant Lust-ET, Reliance Dairy and Larry & Beanie Hill, Sherman; **3)** Reliance Lemagic Taylor, Liam Nickerson, Sherman. **Jr. Show - 1)** Reliance Lemagic Taylor, Liam Nickerson, Sherman; **2)** RO MA ME Fitters Choice Angela, Grace Meyer, Springville; **3)** Saxton-Hill Good Time, Violet Walker, Dunkirk.

SUMMER YEARLING HEIFER - *Sr. Show* - 1) Petittclerc Alligator Sweet, Emmersen Crawford, Clymer; 2) Ms Altitude Cas-Red-ET, Reliance Dairy, Sherman, 3) Falcon-Crest AC McKenna-Red, Falcon-Crest Holsteins, Frewsburg. ***Jr. Show* - 1),** Petittclerc Alligator Sweet, Emmersen Crawford, Clymer; 2) Liddleholme Alpha Sweetie, Levi and Madison Hotchkiss, Sherman.

JUNIOR YEARLING HEIFER - Sr. Show - 1) Reliance TS Lamborgini-ET, Reliance Dairy, Sherman; 2) RO MA ME Fitters Choice Dixie, Grace Meyer, Springville; 3) MS J Folts Maxim Liquor-ET, Ana Frederes, Falconer and Onnolee Lind, Cassadaga. **Jr. Show - 1)** RO MA ME Fitters Choice Dixie, Grace Meyer, Springville; 2) MS J Folts Maxim Liquor-ET, Ana Frederes, Falconer and Onnolee

Lind, Cassadaga; 3) Green Banks 9340-Red-ET, Keyaman Keys, Sinclairville and Green Banks Farm, South Dayton.

INTERMEDIATE YEARLING HEIFER - Sr. Show - 1) Reliance Unix Lucy-ET, Reliance Dairy, Sherman; 2) Eminent Thunder Struck 689, Owen Carlberg, Jamestown; **Jr. Show - 1)** Eminent Thunder Struck 689, Owen Carlberg, Jamestown.

SENIOR YEARLING HEIFER - Sr. Show - 1) Saxton Hill
Warrior Lainey, Denise Saxton, Cassadaga.



Randi Frank with the Honorable Mention of Youth Show - Country Ayre Hulu 8455-Red-ET owned by Evie Woodis; Emma Rowe, Dairy Ambassador; Evie Woodis with the Res. Jr. Champion of Youth Show - Country Ayre Luster P8379; Emerson Crawford with the Jr. Champion of Youth Show - Petitclerc Alligator Sweet; Judge Chris Curtiss

Sr. Show - JUNIOR CHAMPION, BEST BRED & OWNED UNDER 2 YEARS OLD, BEST RED & WHITE UNDER 2 YEARS OLD - MS Halocrest Uns Jingle-Red, Howard Ivett and Country Ayre, South Dayton.

RESERVE JUNIOR CHAMPION - Reliance TS Lamborghini-ET, Reliance Dairy, Sherman;

Jr. Show - JUNIOR CHAMPION - Petitclerc Alligator
Sweet , Emmersen Crawford, Clymer;

RESERVE JUNIOR CHAMPION - Country Ayre Luster P
8379, Evie Woodis, Dewittville.

JUNIOR BEST THREE FEMALES - Sr. Show - 1) Reliance Dairy, Sherman; **2)** Country Ayre, Dewittville; **3)** Saxton Hill, Cassadaga; **Jr. Show - 1)** Country Ayre, Dewittville; **2)** Carlberg Farm, Jamestown.

JUNIOR TWO YEAR OLD - Sr. Show - 1) & 1st Best Udder - Brandt View Prnl Camila-ET, Reliance Dairy, Sherman; 2) & 2nd Best Udder & Production, Country Ayre Alyst 7643, Lily Woodis, Dewittville.

JUNIOR THREE YEAR OLD - Sr. Show - 1) & 1st Best Udder & Production, Country Ayre Parsly 7239, Country Ayre, Dewittville; 2) & 2nd Best Udder, K AC E Master Assassin, Collin Crawford, Clymer; 3) Eminent Hancock 617, Anna Carlberg, Jamestown;. **Jr. Show - 1)** K AC E Master Assassin, Collin Crawford, Clymer; 2) Eminent Hancock 617, Anna Carlberg, Jamestown.

SENIOR THREE YEAR OLD - Sr. Show - 1) & 1st Best Udder & Production Winner, Country Ayre Tatoo 7134-ET, Country Ayre, Dewittville; 2) **& 2nd Best Udder**, Petitclerc Devour Francy, Reliance Dairy, Sherman.

Sr. Show - INTERMEDIATE CHAMPION FEMALE - Brandt View Prnl Camila-ET, Reliance Dairy, Sherman;

RESERVE INTERMEDIATE CHAMPION - Country Ayre Parsly 7239, Country Ayre, Dewittville.

Jr. Show - INTERMEDIATE CHAMPION FEMALE - K AC E Master Assassin, Collin Crawford, Clymer. **RESERVE INTERMEDIATE CHAMPION** - Eminent Hancock 617, Anna Carlberg, Jamestown.

FOUR YEAR OLD - Sr. Show - 1) & 1st Best Udder - Reliance Lucid Flashy-Red, Ben Nickerson, Sherman; 2) **& 2nd Best Udder** - Lam Jan Kingdoc Fifi Fofum, Dayne Jantzi, Clymer; 3) & Production, Ms NHW Drifter Dwyatt, Larry & Beanie Hill & Dylan Neckers, Falconer. **Jr. Show - 1)** Lam Jan Kingdoc Fifi Fofum, Dayne Jantzi, Clymer.

FIVE YEAR OLD - Sr. Show - 1) & Best Udder & Production - 2nd Choice NHW Atwood Wink, Larry & Beanie Hill & Dylan Neckers, Falconer.

AGED COW & 125,000 POUND COW - Sr. Show - 1) & 1st Best Udder & Production Winner - Reliance Penthouse Fae, Reliance Dairy, Sherman.

SENIOR CHAMPION - Sr. Show - Reliance Penthouse Fae, Reliance Dairy, Sherman; **RESERVE SENIOR CHAMPION** - Reliance Lucid Flashy-Red, Ben Nickerson, Sherman.

GRAND CHAMPION & CHAMPION UDDER - Sr. Show - Brandt View Prnl Camila-ET, Reliance Dairy, Sherman;

RESERVE GRAND CHAMPION & BEST BRED & OWNED - Sr. Show - Country Ayre Parsly 7239, Country Ayre, Dewittville;

SENIOR CHAMPION & RESERVE GRAND CHAMPION & BEST BRED & OWNED OF YOUTH SHOW - Jr. Show - Lam Jan Kingdoc Fifi Fofum, Dayne Jantzi, Clymer. **GRAND CHAMPION - Jr. Show** - K AC E Master Assassin, Collin Crawford, Clymer. **BEST RED & WHITE OF SHOW - Sr. Show** - Reliance Lucid Flashy Red, Reliance Dairy, Sherman.

PRODUCE OF DAM - Sr. Show - 1) Reliance Dairy, Sherman; 2) Saxton Hill, Cassadaga; 3) Country Ayre, Dewittville. **DAM AND DAUGHTER - Sr. Show - 1)** Reliance Dairy, Sherman; 2) Anna Carlberg, Jamestown. **Jr. Show - 1)** Anna

Carlberg, Jamestown. **BEST 3 FEMALES - Sr. Show - 1)** Country Ayre, Dewittville; 2) Carlberg Farm, Jamestown. **Jr. Show - 1)** Carlberg Farm, Jamestown. **EXHIBITOR'S HERD - Sr. Show - 1)** Reliance Dairy, Sherman; 2) Country Ayre, Dewittville; 3) Carlberg Farm, Jamestown; **Jr. Show - 1)** Carlberg Farm, Jamestown.. **PREMIER BREEDER** - Country Ayre, Dewittville; **PREMIER EXHIBITOR** - Reliance Dairy, Sherman.

The Committee would like to thank all of the sponsors for this show: Wall Street Dairy, LLC and Greg Wolcott Family; Miller Fencing; Chautauqua County ABS Group; Ormond Farm; Dairy One; Great Lakes Insurance Services Group; IBA; Larry Brown; Erika Huyck, DVM; Barney's Hoof Trimming; LandPro Equipment LLC; Southern Tier AI Services; Westfield Ag & Turf; Betty Crowell; Green Banks Farm; 3 C's Catering & The Falcon's Nest Banquet Hall; A. R. Timmel Farm Equipment; Halocrest Holsteins; Carlberg Farm Livestock and Produce; Country Ayre Farm; Cline Crest Farm; Gold Star Feed and Grain LLC; Growmark; Falcon-Crest Holsteins; Alliance Advisory Group; Kanecrest Farm; John Wiggers and Son, Inc.; Harry Austin Milling; NYP; Farm Credit; Falconer Funeral Home; JAVA Farm Supply; Eastern States; Steamburg Milk Producers Coop.; Lictus Keystone, Inc.; Animal Hospital of Waterford; The Forage Source, LLC; Morse Funeral Home; Peterson Funeral Home, Attica Veterinary Associates, PC. Also, thank you to Larry Romance & Son, Inc. for use of a skid steer and to Arissa Hitchcock for her photography of the show: "A Beautiful Glimpse".



Ella Olmstead, Dairy Ambassador; Madison Nickerson with the Res. Grand Champion and Best Bred & Owned - Country Ayre Parsly 7239 owned by Country Ayre; Brandon Nickerson holding Braxton Nickerson with the Grand Champion and Champion Udder - Brandt View Prnl Camila-ET owned by Reliance Dairy; Emma Rowe, Dairy Ambassador; Judge Chris Curtiss.

CCE-Chautauqua Welcomes New Ag Program Coordinator
Cornell Cooperative Extension Welcomes Sofia Russo to New Position

Cornell Cooperative Extension of Chautauqua County is pleased to welcome Sofia Russo as their new Agriculture Program Coordinator. Sofia brings hands-on experience in sustainable agriculture, education, and community outreach to support and enhance agricultural initiatives in Chautauqua County. She can be reached by calling 716-664-9502 ext. 203 or emailing ssr236@cornell.edu.

CCE Chautauqua has been undergoing an internal capacity study which has led to innovative growth and positive restructuring. This new position will increase capacity and efficiency within CCE Chautauqua while providing outstanding support and guidance to our county's agricultural community.

Russo is a budding agricultural professional with strong interest in sustainable food systems and community-based agriculture. She recently earned her bachelor's degree in Animal Behavior, Ecology, and Conservation from Canisius University. Since 2023, she has worked with Cornell Cooperative Extension in various roles, including as a farm technician with Cornell Vegetable Program and as an intern with the Lake Erie Regional Grape Program, where she supported their Spotted Lanternfly monitoring efforts with NY Department of Agriculture and Markets. She also worked with the Massachusetts Avenue Project (MAP) in Buffalo, NY as an intern where she gained hands on experience in urban agriculture, youth education, and value-added product development.



CCE Chautauqua Agriculture Team Leader, Katelyn Walley-Stoll, states, "We are so excited to have Sofia's diverse experiences and passion for agriculture and education join our growing team. Her skills and dedication will help us to continue to grow our program at CCE Chautauqua to continue to meet the needs of our community."

In this new role, Sofia will coordinate agricultural programming in Chautauqua County, working with a diverse team to provide high quality, research-based resources to gardeners, homesteaders, farmers, agribusinesses, agricultural stakeholders, and everyone in between. Sofia looks forward to bringing personalized assistance to farms in Chautauqua County and continuing to connect the agricultural industry to Cornell resources.



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CCE-Chautauqua Welcomes New Natural Resources Educator

Cornell Cooperative Extension Welcomes Eliza Hensel to New Position

Cornell Cooperative Extension of Chautauqua County is pleased to welcome Eliza Hensel as their new Natural Resource Educator. Eliza's professional and academic background is founded in an interdisciplinary approach to environmental sciences. She has worked with college programs, urban-agriculture businesses and she founded a non-profit compost pick-up program. She attended Eckerd College where she majored in both Environmental Studies and Animal Studies for her bachelor's degree. She can be reached by calling 716-664-9502 ext. 220 or emailing emh275@cornell.edu.

Hensel's foundation in urban agriculture and environmental education began in her time at Eckerd College. From overseeing student volunteers to guiding farm renovation projects such as the addition of vermicomposting systems, Hensel's impact on Eckerd's student farm created lasting change. During her senior year practicum internship, she assisted in the redesign of the Eckerd campus compost program, which significantly improved the farm's ability to make a high-quality compost. Her experience while working at the student farm helped her realize the importance of innovation in composting to improve soil health and community health. In her senior year she was awarded the Eckerd Giver Environmental Entrepreneur Award for her creative approach to composting on campus and in the local community through her efforts to create a non-profit start-up "Blue Bucket Compost", a food scrap collection program for local businesses. Following on this momentum, Hensel worked for Michigan State University Extension as their state-wide Compost Systems Educator where her expertise was used helping farmers and community members understand and utilize composting systems. She has also worked with environmental conservation-based youth camps, marine ecology education programs, as well as urban agriculture and gardening businesses.



CCE Chautauqua Agriculture Team Leader, Katelyn Walley-Stoll, states, "Eliza bring such an incredible skill set, experience, and knowledge that will continue to grow and support our programs at CCE-Chautauqua. She's already hit the ground running and will be such an asset to our community." In this new role, Eliza will serve as a Natural Resource Educator and deliver programming in Chautauqua County. She will work with a diverse team to provide high quality, research-based resources to gardeners, homesteaders, farmers, agribusinesses, agricultural stakeholders, and everyone in between. Eliza looks forward to using her experiences and passion for natural resources to assist community members in Chautauqua County and continuing to connect the agricultural industry to Cornell resources.

Mock Truck Inspection Day at CLEREL by Kim Knappenberger, Lake Erie Regional Grape Program

The Lake Erie Regional Grape Program is excited to announce a mock truck inspection day at CLEREL. Two years ago a similar event was held that was very well received and those in attendance appreciated the information. This year Trooper Andrew Lawrence will be giving a classroom type presentation which outlines why the inspections are done and what the troopers are looking for as well as how to prepare your fleet and drivers to pass these inspections. There will be two trucks on site and we encourage attendance for not only those who are hauling grapes this fall, but also those hauling grain. A mock inspection will be done on each truck/trailer following the presentation.

The event will be held on Wednesday, August 20, 2025 from 9:00AM to noon at the Cornell Lake Erie Research and Extension Laboratory at 6592 West Main Rd, Portland NY. The event is FREE but we do ask that you register so we can be sure to have enough room available for all who are interested. Registration is at: https://lergp.cce.cornell.edu/event/preregistration_new.php?id=635 or contact Kate Robinson at 716-792-2800 or kjr45@cornell.edu.

If you or someone in your business drives a commercial vehicle we recommend that you attend and get a refresher to save yourself a possible headache and fine down the road. A commercial vehicle is any single or combination motor vehicle used on a highway in commerce to transport property or passengers AND has a gross vehicle weight of 10,001 pounds or more. Commercial vehicles can also transport hazardous materials. The trooper will review the DOT inspection process as well as what happens when there are violations against a DOT number. He will also go over the state licensing which includes how big of a vehicle can be driven on the standard class D license, air brakes, CDL requirements – both class A and B, and appropriate licensing for farm vehicles.

Late Blight Found in Cattaraugus County

Unfortunately, we've received news from our friends at the Cornell Vegetable Program that Late Blight has been found in Cattaraugus County. As the disease spreads quickly, I would urge everyone in Chautauqua County and other surrounding areas to be on the lookout.

Late blight is a quick spreading, easily traveling, and devastating disease that causes fruit rot and plant death on tomatoes and potatoes. It is caused by the water mold *Phytophthora infestans* and will rapidly spread and infect surrounding fields and areas.

Symptoms include dark lesions that form on leaves and stems. Plants that are in low-lying areas of the field, areas with continual shade, and areas along hedgerows will be most affected. Disease spots are often dark gray to brown in color and may or may not have a ring of pale green tissue around them. They are often irregular in shape and size, and can become as large as a quarter. Leaf spots will often have small fuzzy white spores on the underside of the leaf in wet and humid conditions.

You can take preemptive measures to limit the spread of late blight. Actions include planting resistant varieties; disposing of infected tubers and plant material by placing in a trash bag, burning, or burying; rotating growing areas; scouting frequently and removing suspect plants immediately; applying approved fungicides when appropriate.

For more information, or if you suspect you might have infected plants, please call our office at 716-664-9502 ext. 202 or ext. 224, email

chautauquaag@cornell.edu (for commercial growers) or chautauquamg@cornell.edu (for home gardeners). We will continue to share management tips and resources as Late Blight continues to spread.

Game of Logging - Critical Education for Woodlot Management

Cornell Cooperative Extension of Chautauqua and Cattaraugus Counties invite those interested in learning more about woodlot management and chainsaw safety to two upcoming events. On August 20th and August 21st, CCE will be offering Chainsaw Safety Certification courses conducted by Bill Lindloff's ProCuts.

These certification courses are critical educational opportunities to complete "Game of Logging" requirements needed for woodlot management and safe chainsaw handling. These are hands-on, comprehensive trainings that enable participants to gain real-life experience and knowledge. These are also required trainings for those looking to conduct trail maintenance in any State Forest or State Park. All classes are open to the public and are appropriate for wood lot owners, people who use chainsaws through their work and volunteers who assist in clean-up projects.

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On Thursday, August 21st, Game of Logging Level Two will be held at Harris Hill State Forest, Harris Hill Road parking lot between 28th creek road and W Hill road, Gerry, NY from 8am – 4:30pm. Level 2 focuses on maximizing chainsaw performance through basic maintenance, carburetor setting, and filing techniques. Limbing and bucking techniques are introduced, spring pole cutting is covered and more felling is practiced.

Participants are required to bring chainsaw chaps, eye protection, ear protection, hardhats, and boots. Additionally, participants are encouraged to bring a chainsaw with at least a 14" bar, drinking water, lunches and snacks, chainsaw maintenance tools, extra fuel, and bar oil. These events are all-day, outdoor activities that will be held in all weather conditions.

Registration for each level is \$150/person. If you are interested in participating, or would like additional information, please contact CCE-Chautauqua's Ag Team Leader, Katelyn Walley-Stoll, by calling 716-664-9502 ext. 202 or emailing kaw249@cornell.edu. Register online by visiting chautauqua.cce.cornell.edu and selecting the events tab. Participation is limited to 10 people per level and registration is first come, first serve and is not completed until the fee has been received.

Chainsaw Safety Courses are one of many programs offered by Cornell Cooperative Extension. CCE is a community based educational organization, affiliated with Cornell University, County Government, the NYS SUNY system, and the federal government through the United States Department of Agriculture's National Institute of Food and Agriculture. For more information, call 716-664-9502 or visit our website at www.cce.cornell.edu/chautauqua.

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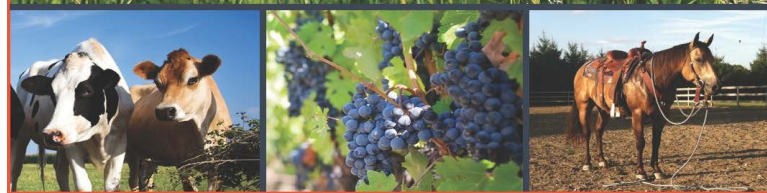
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FARMERS MARKETS: OUR "THIRD SPACE"

Featured Writer

Linnea Haskin

*Community Food System Educator
Cornell Cooperative Extension of
Chautauqua County*

I recently have become familiar with the phrase 'third space.' As I have both managed and visited many 'third spaces' in my life, I admit I was probably late to such knowledge.

Most of us spend much of our time at work or at home. While we can get a lot of our social needs from these spaces, they often come with familiar people, patterns, and at times anxieties or stress.

A 'third space' can provide truly joyous and exciting experiences separate from

our day to day lives. I recently heard the term from a radio interview with Nick Weith, market manager, and Julia Ciesla-Hanley of WRFA discussing the opening day of the Jamestown Farmers market. The proper definition, when thinking of our social lives and community, of a 'third space' is a "public space that serves as a gathering point for people outside of their home (the first space) or work (a second space)." Such places help create a sense of social interaction, fun, relaxation and community.

Nick was spot-on in his description of a farmers market as a 'third space'. I have visited many markets in my life, as one of my favorite adventures to take here at home or when visiting a new place, is to head to a local farmers market. As a former market manager, I understand the

logistics, challenges, and joys that come from 'sprouting' a market each week and I find a meditative sense of camaraderie. But the real joy in visiting a farmers market is the ability to connect with the local community.

Each market is different from the next, in its location, its set-up, its vendors. Depending on the region of the country (or world!), products and food options vary. One of my most exciting food memories was trying an avocado from a California based market for the first time. As a native WNYer I didn't know that the little green fruits could taste so fresh and delicious!

CONTINUED ON PAGE 5

Connecting with 'local' brings new experiences, new tastes and often new friends. And residents and visitors to Chautauqua County have many, many chances to connect with local foods, farms and community.

Having been involved in the food space of our county for over 10 years, I have seen the evolution of our market community. This season it feels like we have more markets than ever before, and that is an incredible thing! Our county is known for our agricultural landscapes and offerings, including the more traditional dairy and grape sectors, but also an ever-growing number of small farms, urban farms, year-long growing operations, homesteads, and small food-based businesses. As our market offerings grow, so do the opportunities for us to enjoy that 'third space' environment.

While I now enjoy having my Saturdays free, I often miss my role as manager of the Jamestown Farmers Market mostly because it ensured I had time each week to spend with my neighbors and friends. Farmers markets are so much more than a shopping trip for groceries or gifts. You truly never know who you may run into on a Saturday morning or late week-day afternoon, bonding over the freshest crops of strawberries or local honey.

They are a place to grab a cup of coffee from a local café, or a slice of pizza from a food-truck. A space to sit down and catch up with friends, old or new. They provide the opportunity to not only meet with, but to learn from, your local farmer, gaining knowledge on sustainable growing practices, the newest crop ready for harvest, or even a recipe or two.

Many of our area markets showcase not only agricultural vendors, but local artisans. This provides a space to enjoy beautiful, handcrafted artwork, jewelry

or beauty products intentionally made with love. Live music or collaboration with regional events, such as Jamestown Pride, the Fredonia Farm Festival, or community yard-sale days add to the excitement.

As our agriculture and arts community grow, so do our market dates and locations. Each pocket of Chautauqua County offers a unique experience at their local farmers market, fueled by the passion and community each village or city fosters.

This year, you would be hard pressed to not stumble upon a farmers market as you enjoy the beauty and adventure of a Chautauqua County summer. All markets accept cash, while most

can assist you in utilizing credit/debit cards. Several markets also accept SNAP benefits and provide a \$1 for \$1 match via the NYS Fresh Connect or Double Up programs. In addition, Office for the Aging and WIC will be distributing early July to all eligible individuals Farmers Market Nutrition Program (FMNP) checks, \$25 worth of benefits accepted by most markets' produce vendors or area farm stands. **See page 9 for a full list of markets across Chautauqua County.**

There so many opportunities to shop locally and enjoy your free time in the community! Remember, for every \$1 you spend on locally grown, raised or crafted products you are putting almost \$2.29 back into our local economy. Supporting local farmers over supermarkets or grocery chains keeps our small, family-owned businesses alive. The more you visit each market, the more others thrive.

I hope you can take time this summer (or winter!) to visit one or all, of our area markets. I promise you will find something exciting and special about each one. I might see you there!

Check out
our recent
article in the
Chautauqua
Gazette!



Margaret
Bruegel of
Roo Haven
Farm @
Fredonia
Farmers
Market



Roberto
Fred of
Roberto
Fred Farm @
Forestville
Farmers
Market

CHAUTAUQUA COUNTY FARMERS MARKET



TIPS FOR SHOPPING AT YOUR LOCAL FARMERS MARKET

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

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

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

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

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

Bemus Point Market

1 Lakeside Drive
June 14-August
Saturdays 10 AM-2 PM

Cassadaga Farmers Market

Ames Common, Maple Ave
June-September
Sundays 12:00 PM to 3 PM



Dunkirk Farmers Market

45 Cliffstar Ave.
June 11-October
Wednesdays 9 AM to 2 PM



Falconer Farmers & Artisans Market

Davis Park
June-August
Saturdays 10 AM to 4 PM

Forestville Farmers Market

5 Main Street
June 19-October
Thursdays 2 PM to 6 PM



Fredonia Farmers Market

Summer Market	Winter Market
Church St.	321 E Main Rd
May-October	Nov-April
Saturdays	Saturdays
9 am to 1 pm	10 am to 1 pm



Lakewood Farmers Market

Chautauqua Ave
June-September
Thursdays 12 PM to 4 PM



Jamestown Farmers Market

Summer Market	Winter Market
16 W 3 rd St	410 N Main St
June 7-Nov	Jan-May
Saturdays 9 am to 1 pm	



Jamestown Mobile Market

Days & Locations Vary
Visit: jfmmny.org



Mayville Evening Market

16 Water St.
June-August
Saturdays 4 PM to 8 PM

Westfield Farmers & Artisan Market

Park Ave.
May 31-September
Saturdays 9 AM to 2 PM

"We see a lot less mastitis."

— Jessica Takitch



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JESSICA TAKITCH
Scottdale, Pennsylvania

Pursuing her dream.
Growing her own
REBEL HEART herd.

Working at Love-Haven Farm
Milking 60 Ayrshires,
Jerseys, Brown Swiss
and a few Holsteins
68 lbs/cow/day
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"I just love Udder Comfort!™ We've been using it 15 years. I put it on fresh cows. I'll do prefresh heifers with edema. We also use it immediately if we see signs of mastitis, and I put it on udders constantly at shows. It's the best for taking all the swelling and edema out," says 4th generation dairywoman Jessica Takitch, Scottdale, Pennsylvania.

She works for Love Haven Farm, milking 60 cows, and is building her own Rebel Heart herd of Ayrshires, Jerseys and Brown Swiss. Her foundation Ayrshire is Lone-Ayr DWhammy Ruby EX90 91MS, purchased as a 3-day-old calf. Today, at age 5, Ruby has blessed Jess with 3 daughters. Led by her or her son Gage Hegedus, Ruby earned grand champion at 2 county fairs last year. Fresh March 23, she is making 100 lbs of 4.5F milk and is due to be reclassified in June. What does Jessica love about dairying?

"Tending God's cattle. I believe God put us on earth to take care of His cattle. Udder Comfort helps us do that. We see a lot less mastitis and inflammation. When we do see mastitis, the milk flow is much easier with Udder Comfort, so they get over it faster," she says.

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Chautauqua County Soil & Water Conservation District Newsletter

Northcrest Business Center, 220 Fluvanna Ave,
Suite 600, Jamestown, NY 14701
Phone (716) 664-2351 Ext 180
Email: chaut-co@soilwater.org
Board Meetings are held the third Wednesday
of each month at 8:30 AM
Board of Directors: Fred Croscut, Pierre Chagnon,
Bruce Kidder, Allen Peterson, Lisa Vanstrom



SWCD Staff:
David Spann, District Field Manager
Cassandra Pinkoski, Grants Specialist
Greg Kolenda, District Field Technician
Gage Lindell, District Technician
NRCS Jamestown Field Office Staff:
Robert Nothdurft, District Conservationist
Anna Emke-Walker, Soil Conservationist

Lawn Care and Water Quality

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

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

Factors to Consider for a Healthy Lawn

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

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

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

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

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

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

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

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

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Rabbit Committee 6:30 PM	5	6 Hog Committee 6:00 PM Exhibition Poultry Committee 6:30 PM Dog Project 6:30 PM	7 Beef Committee 6:30 PM	8	9
10	11	12	13 Rabbit Project 6:30 PM Horse Committee 6:30 PM	14 Market Poultry Project 6:00 PM	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day Office Closed 	2	3	4	5	6
7	8	9 Horse Committee 6:30pm	10 Dog Project 6:30pm Rabbit Committee 6:30pm	11	12	13
14	15  Record Books Due to 4-H Office	16	17 Beef Committee 6:00pm—records Hog Committee 6:00pm—records Dog Committee 6:30pm—records	18	19	20
21	22 Goat Committee 6:30pm—records	23	24 Market Poultry Committee 6:00pm—records	25 Organizational Leader's Meeting 6:30pm	26	27
29	29	30				



Welcome to our new 4-H Staff!



Sarah has taken Josie's position of non-traditional 4-H educator. She is working in the schools and with youth-serving organizations to provide education.

Jeff is our Animal Science educator. His focus is on communication and coordination with the animal science committees and volunteers.

They started their positions the week before Fair and we are excited to have them here on our 4-H team!

Congratulations, Josie!

Josie is the new Catt/Little Valley Ag. Teacher!

Many of you know Josie as a hog 4-H volunteer and our 4-H staff member who provides non-traditional 4-H experiences to schools and youth serving organizations.

We are excited for her in this new chapter of her life and are glad that our goodbye is softened by the fact that she's going to remain a 4-H volunteer in the hog project!

Congratulations to Josie on this step forward in her career. We know she's going to do a phenomenal job in her new position!



Thank YOU for a successful Fair!

By Jeff Tome, 4-H Animal Science Educator

Fair week is a culmination of a lot of the projects at 4-H, and it wouldn't be possible without the dedicated volunteers and 4-H'ers that make it happen. There isn't enough room in a short article to thank people by name, but you know who you are.

Barn superintendents and Teen Superintendents helped everything run smoothly, made sure the barns were clean and that visitors had a great experience. Many 4-H'ers stepped up to help when visitors came from The Relief Zone on Monday to make sure that the kids had a great experience and got to see the animals up close and pet them. It was an experience those kids will never forget.

Many hands make light work, and the fair is a heavy lift where so many details are handled by so many. Every judge that is greeted, every animal cared for, every display created, every milkshake sold, every problem solved and every bit of manure or bedding removed makes the 4-H part of the fair a little bit more of a success. From set-up to tear down, and all the things that happened before and after, volunteers make the barns, building and snack bar work. Thank you all for your hard work.

The Relief Zone (TRZ) Day at the Fair

4-H brought a group of 44 youth from The Relief Zone (TRZ) in Frewsburg to the Chautauqua County Fair on Monday to learn about 4-H and agriculture, experience the animals, and visit the fairgrounds. This field trip is part of an 8 session agricultural education partnership between 4-H and TRZ funded by the NYS Ag and Markets "Transportation For Youth to County and Local Fairs" grant.

The youth split up into groups by ages and went to each animal barn, where a 4-H Tour Guide greeted them, told them about their animals and (where possible) let the children have a hands-on experience with the animal.

The students ate lunch provided by the Chautauqua County Fair Association and the Harness Racing Associations. Youth spent the afternoon learning about horses and revisiting their favorite animals.

Youth left with information about joining 4-H, a voucher for use in the Snack Bar, and a ride pass to come back after the rides started. 43% (19) of the youth on the trip did return to the Fair with their families.



Animal Project News



Sheep Project

Committee Meetings

TBD

Project Meetings

TBD

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

Committee Chair: Shawn Huntington
shuntington@randolphpcsd.org

Exhibition Poultry Project

Committee Meeting

Wednesday, August 6th

Thursday, October 2nd—records



Project Meeting

TBD

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

Committee Chair: Jamie Smith
smith_jamie@mac.com



Beef Project

Committee Meetings

Thursday, August 7th

Wednesday, September 17th—records—
offsite 6:00PM

Beef Project Meetings

TBD

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com



Horse Project

Committee Meetings

Wednesday, August 13th

Tuesday, September 9th

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, August 6th

Wednesday, September 17th—records

Project Meetings

Special Note:

I 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 6:30 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, October 2nd—records

Dairy Project Meetings

TBD

Committee Chair: Bart Nickerson
bjnick@windstream.net



Rabbit Project

Committee Meetings

Monday, August 4th

Wednesday, September 10th

Wednesday, October 1st—records

Project Meetings

Wednesday, August 13th

ALL meetings at 6:30 unless otherwise noted

Committee Chair: Kim Chapman
kchapman4574@gmail.com

September 15th

**All record books due
To Extension Office**



Goat Project

Committee Meetings

Monday, September 22—records

Goat Project Meetings

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

Committee Chair: Aaron Carlberg
216-408-9892



Dog Committee

Wednesday, September 17—records

Dog Project

Wednesday, August 6th

Wednesday, September 10th

All Project and Committee Meetings at 6:30 PM

Committee Chair: Roxanne Young
ryoung6825@outlook.com

Market Poultry Project

Committee Meetings

Wednesday, September 24—records



Market Poultry Project Meetings

Thursday, August 14th 6:00pm

Committee Chair: Melissa Winton
Melissa_deck@yahoo.com



4-H Record Books

Due to the Extension Office Monday, September 15th

The office is open Monday—Friday 8:00am-4:30pm.
Record books CAN be turned in early

Organizational Leader's Meeting

September 25th, 6:30PM, JCC

Please save the date for the Organizational Leader's Meeting. If you have questions, please email Lisette at lmc323@cornell.edu or call 716-664-9502, ext. 214.

Committee Chair Meeting

September 18, 6:00pm, JCC

Please bring your dates for October 2025—October 2026 to the meeting to make the master calendar for the year.

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.

Have special photos or an uplifting story from this past 4-H year?

We would love to see and hear them!

We know our 4-H program is doing great things, but if we don't see or hear about them, we can't share the awesome work our volunteers are doing. Help us spread the word about how great 4-H is by emailing your photos and/or stories to lmw264@cornell.edu.

State Fair

If you are showing at the NYS Fair, notify the office.

State Fair non-animal projects due August 13th to the office. They should be packed and labeled.

State Fair animal entries are due online August 11th

If you are attending the NYS Fair to show your animals or see your non-animal exhibits, please let the office know. Passes should arrive the 1st week in August.

If you are showing an animal, we need to endorse you, so we need to know you intend to show.

If you intend to stay in the dorms as an adult, you need a background check that takes time to complete, so we need a copy of the dorm form to get you pre-registered for a bed and a background check.

Questions? Email chautauqua4h@cornell.edu

Remember: Send Meat Animal Sale Thank You Notes

Don't forget to send thank you notes to buyers and sponsors too!

Include a copy of the thank you in your records and mail a copy to the 4-H Office.

If you need your buyer info please contact the 4-H Office at 716-664-9502 ext. 215

2025-2026 4-H Enrollment

Mark your calendars!

Open enrollment starts October 1st.
Enrollment forms are available on our website, by emailing any 4-H staff member, or at the Extension Office.



Thank you to all of our dedicated parents and volunteers that helped make the 2025 Chautauqua County Fair a success for our 4-H youth. Whether you are helping in the barns, 4-H Building, Snack Bar or behind the scenes, we are truly grateful for all you do. We appreciate the dedication and commitment of our parents and volunteers as they graciously offer their time and abilities to "make the best better".

Who do I call?

Anyone! We'll get you to the right person!

Jeff Ext. 215
jrt284@cornell.edu

- Animal projects
- Animal science committees

Lynne Ext. 212
lmw264@cornell.edu

- If you don't know who to call
- Program Committee
- Teen Ambassadors
- New 4-H Partnerships
- 4-H Fundraisers

Lisette Ext. 214
lmc323@cornell.edu

- Enrollment questions both youth and adult
- Club questions
- Questions about non-animal projects
- Presentation Day

Sarah Ext. 216
sph76@cornell.edu

Non-traditional 4-H experiences in:

- Schools/afterschool programs
- Libraries
- Youth organizations



Cornell Cooperative Extension
Chautauqua County

EVENING IN THE GARDEN

For questions or accommodations,
contact: Katelyn Walley-Stoll
Ag Team Leader
716-664-9502 ext. 202
kaw249@cornell.edu



Wednesday, August 20th, 2025

6pm - 8pm

FREE!

No RSVP Needed

Community Garden
Curtis Street
Jamestown, NY

Located near JCC's Tennis Courts

Topics include: cover cropping,
using a broad fork, preparing your garden
for winter, and more!





Summer Quick Tips August 2025

Cornell
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Extension

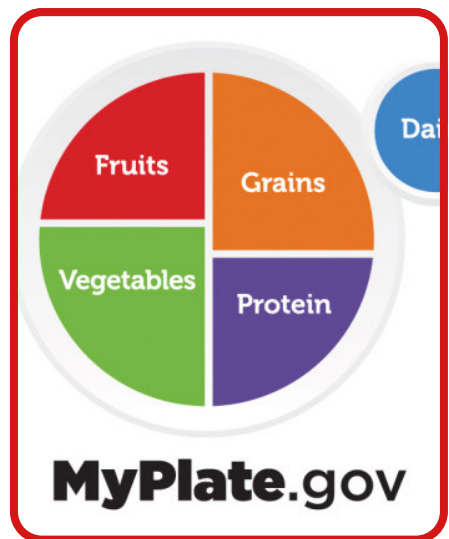
Use-it-up Cooking!



Cooking enthusiast, Diane Sheya, was one of five winners in the 2025 Food Waste Prevention Week Cooking Challenge. She developed a formula on how to mix and match what you already have on hand to make a delicious meal in 30 minutes. Check your refrigerator, freezer, and pantry to see what you have, then follow her formula:

- Base – whole grains, potatoes, rice, pasta bread
- Protein – canned tuna or salmon or other fish, leftover meat or chicken, beans, tofu
- Fresh, frozen or canned vegetables – look for a variety of colors, onions, garlic
- Sauce or binder – spaghetti sauce, canned tomatoes, BBQ sauce, coconut milk, jarred curry sauce, pesto, salsa
- Flavor boosters – herbs, spices, lemon juice, garlic powder, soy sauce, shredded cheese, hot sauce, olives, nuts

See what new meals you can make using this formula. For more ideas, check out <https://www.eatortoss.com/clear-out-the-fridge-dinners-and-lunches/>



MyPlate

Looking for more healthy recipes? Check out MyPlate Kitchen at MyPlate.gov and find recipes that your family will love. The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

- Make half your plate fruits and vegetables: focus on whole fruits.
- Make half your plate fruits and vegetables: vary your veggies.
- Make half your grains whole grains.
- Vary your protein routine.
- Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



Building Healthy Habits Recipe

Baked Tomatoes with Cheese

Serving size 2 slices

Makes 8 slices

Ingredients

2 large tomatoes cut into thick slices (about 1 inch)

1/3 cup shredded cheese (try parmesan, swiss or cheddar)

1 teaspoon oregano

1/4 teaspoon each salt and black pepper

1/4 teaspoon garlic powder or 1 glove of garlic, minced

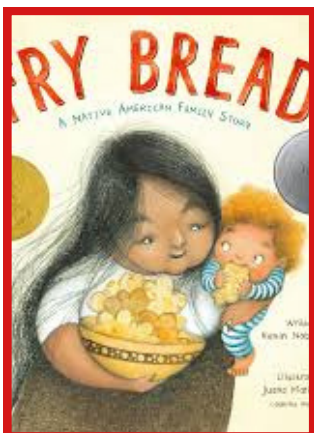
Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Place tomato slices in a single layer in a shallow baking dish.
4. In a small bowl, combine cheese, oregano, salt, pepper, and garlic powder. Sprinkle mixture over tomatoes.
5. Bake 5 to 10 minutes, or until cheese turns golden brown and starts to bubble. Serve warm.
6. Refrigerate leftovers within 2 hours.

Notes: Try on toasted whole wheat bread or an English muffin.



Nutrition Facts: Serving size: 2 slices, calories: 45; total fat: 2g; saturated fat: 1g; sodium: 270mg; total carbohydrate: 5g; added sugars: 0g; Protein: 3g; Calcium: 74mg; Potassium: 238mg, Vitamin C: 12mg Vitamin A: 56mcg
Source: FoodHero.org



Kids' Book Nook

With your child, visit your local library and borrow "Fry Bread: A Native American Family Story" by Kevin Noble Maillard. After reading the story, talk with your child about your own family traditions. August 9th is World's Indigenous Peoples day!

Meet Your Educator

Name:

Extension:

Contact information:



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

is published monthly by Cornell Cooperative Extension of
Chautauqua County, JCC Carnahan Center
525 Falconer Street, PO Box 20
Jamestown, NY 14702-9608

**Periodical Postage Paid at
Jamestown, NY 14701.**



Do you have your tickets for the 8th Annual
Chautauqua Farmer-Neighbor Dinner?

Tickets are still available.



For ticket reservations please contact
Cassandra Skal at 716-270-5471 or
Cassandra.Skal@farmcrediteast.com

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