

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

September 2025
Volume 10 - Issue 9

IN THIS ISSUE

Board and Association News	3
Agriculture	4-8
4-H/Youth Development	9-13
EFNEP ~ Building Healthy Habits (Expanded Food and Nutrition Education Program)	14-15
Master Gardener	16

COVER: Over 300 people attended August 19th's Farmer Neighbor Dinner in Ellington to celebrate Chautauqua County Agriculture!

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."

Cornell Cooperative Extension of Chautauqua County Staff Contact Information

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

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

Lucia Conti, Association Admin. Asst.
lpc33@cornell.edu
716-664-9502 ext. 209

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

Eliza Hensel, Natural Resources Educator
emh275@cornell.edu
716-664-9502 ext. 220

Sofia Russo, Ag. Program Coordinator
ssr236@cornell.edu
716-664-9502 ext. 203

Lynne Wahlstrom, 4-H Youth Development Educator
lmw264@cornell.edu
716-664-9502 ext. 212

Sarah Hatfield, 4-H Youth Development Educator
sph76@cornell.edu
716-664-9502 ext. 216

Jeff Tome, 4-H Youth Development Educator
jrt284@cornell.edu
716-664-9502 ext. 215

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

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

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
wa66@cornell.edu
716-664-9502 ext. 221

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

Association News

Board of Directors

Alyssa Porter - President
George Haffenden - Treasurer
Dawn Betts- Secretary
Randolph (Randy) Henderson
Emma Boutelle
Jessica Brehm
Chad Buck
Suzanne Fassett-Wright
Dinah Hovey
Heather Gregory
Sue Lindsey
Louis Smith
Pat Walker
Fred Johnson, County Legislator
Tom Nelson, County Legislator
Renee Mooneyham, Extension Specialist

Agriculture Program Committee

Melissa Baideme, Westfield
Emma Boutelle, Kennedy
Jessica Brehm, Falconer
Andrew Campbell, Westfield
Katelyn Card-Allen, Jamestown
Virginia Carlberg, Frewsburg
Cynthia Carlson, Van Buren Pt
Shannon Rinow, Panama

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

As Autumn rolls in, I hope you can look back over the past few weeks of summer reminisce of good memories made. I always prefer to focus on the positive and cool crisp weather, often reminds me to reflect and remember the good adventures of summer. From county fairs to the flavors of fresh foods, fall reminds me just how quickly time passes and to slow down and enjoy every moment of the day. I hope you have more good days than bad.



In the office here at CCE Chautauqua we have been balancing the difficult with the good. We are blessed to have new staff, growing programs and excitement and innovation in abundance. We are also struggling with the loss of nutrition program funds and balancing how we might manage those changes. We recognize the need for nutrition-based education, and support for our residents and we will continue to do what we can to meet the needs of our residents.

Congratulations to all our youth that attended or presented projects at The Great New York State Fair. I hope many of you were able to enjoy the exceptional company and meal at the Farmer Neighbor Dinner. A special thank you to the committee that put together an excellent evening with exceptional award winners and delicious cuisine prepared by 3C's catering, hosted at the beautiful Grandview of Ellington.

As a reminder, slow moving traffic on country roads will continue all year and we may see an increase during the next month as fall harvest commences. Please be safe and enjoy the wonderful bounty Chautauqua County has to offer. Visit our Chautauqua Grown website to find your nearest local producer.

SWARM REMOVAL NEED HELP REMOVING A HONEY BEE SWARM?

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

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



Agriculture
and Markets

Chautauqua County Agricultural News

Chautauqua County Farmer-Neighbor Dinner Farm Summary

Retired WJTN farm broadcaster Dennis Webster prepared and spoke this report for the Farmer-Neighbor Dinner after consulting with a dozen knowledgeable experts including farmers and Extension Educators.

A year ago, many concord grape growers in the Lake Erie Grape Belt were punished by a severely restricted crop, the result of a bad spring freeze. This year those same growers could be punished by an unusually large 'rebound' crop. Rested from last year, the vines were developing a potential all-time record amount of fruit... up to 10.5 tons per acre this year. The recent dry spell has pulled expectations back to 8 to 9 tons per acre, still a very large crop.

But, while supply is good, demand is not. Neither the wine nor sweet juice market is robust at this time. The August 15th open market price report suggests a ton of concords will be valued in the range of \$200 to \$325 this year. One buyer increased its price by \$25 a ton, but another announced a \$125 per ton decrease from 2024. Many growers will face 'allocation,' meaning not all their grapes may be taken.

For field crops, it has been a 'challenging' year. It rained and rained and rained through the spring and then stopped. Ground too wet to work meant corn went in late, and then, come tasseling time, there was no precipitation. Corn height and maturity varies widely across the region.

As for hay, the usually lush first cutting was good and timely for some, but diminished by the rain and wet conditions for others. Some healthy, ready to harvest fields were unapproachable. I learned of one farmer who took a much delayed first cutting of hay after the 1st of August. Later cuttings have suffered from a lack of moisture, as well.

So, is there any good news?

The spotted lantern fly has NOT YET caused significant problems for Chautauqua County. The latest Cornell map, as of a month ago, showed it as close as Erie County New York and Venango and Mercer Counties in Pennsylvania.

A number of farmers have reported that the return for a hundred pounds of quality milk is between \$20 and \$25. All farms are different, but I'm told that amount of money will cover the cost of production. Some may make a little profit.

A year ago, July 2024, the Jamestown blend price in Federal Order 1 was \$21.11. That Jamestown blend is no longer being calculated. In its place is the Buffalo/Rochester/Syracuse blend price, which last month was \$19.36 a hundred.

Blend prices announced by milk marketing orders may not reflect what farmers actually receive, but are valuable for comparison purposes.

With a July count of just under 28 million head, the beef herd in the United States is the smallest it has been since 1952. So, the right animal today can be worth a lot of money. Country Ayre Farm's Dick Kimball, one of the awardees at this year's Farmer-Neighbor Dinner, told me recently that any calf with a little Angus in it is worth hundreds of dollars, and some have gone for \$1,100 to \$1,200 at auction. One commentator called the upswing in beef prices over the last six years 'mind boggling.' On the opposite end though, dairy replacement heifers can be very expensive in the current environment.

A few other notes:

One farmer who spoke to me for this report said labor issues are getting hot. Many non-English speaking farm workers are running scared, regardless of their immigration status.

The increasing age of the farm population is a long-term, ongoing concern. A front page article in *USA Today* on Monday, August 18th is headlined "Farmers are aging; worry grows." The article goes on to say that nearly 40% of all farmland in the U.S. is owned by farmers over 65 years of age. If you are young and interested in agriculture... there is a place for you in this industry.

And finally, there is this:

Cooperative Extension's, Katelyn Walley-Stoll, Agriculture Team Leader, noted recently that Chautauqua County continues to stand out in the count of farms here. As noted in the Farmer-Neighbor Dinner program, the total number of farms in the county in the last Census of Agriculture (2022) was 1,291, second only to Steuben County with 1,373. What makes our number stand out is that it continues to increase, a little at time, in contrast to many other counties in New York. And those new farms that are coming on-line, Katelyn says, are small operations that have gone from hobby farms to real businesses. And a great proportion of those new farm businesses are engaging customers directly, reinforcing a trend that has been growing for most of the 21st century. With all the challenges, there is a lot to look forward to in Chautauqua County's farm future.

Stay open to the opportunities as well as the challenges.

CCE SPONSORED LOCAL ROOTS A SUCCESS THANKS TO COMMUNITY PARTNERS

Due to budget constraints and the federal elimination of the USDA's Local Food Purchase Assistance Cooperative Agreement Program, the community distribution for CCE's New York Food for New York Families program had to end in June.

However, we thankfully were able to continue through the full season, funding and supporting Office for the Aging's Local Roots program!

Between June and August this program:

- Invested over \$70,000 into local ag producers, primarily local organic farm Abers Acres.
- Provided produce weekly, for a total of 12 weeks, to 450 individual senior citizens.
- Partnered with the Jamestown Farmers Market, who distributed produce to 12 county senior centers and residential homes.
- Provided a program for dedicated volunteers and JFM staff to support local food access.



While federal cutbacks make the future of this program uncertain, CCE is committed to continuing our partnership with the Jamestown Farmers Market and Office for the Aging as we all grow and explore impactful food access programs.

Local Roots is a CSA-style (Community Supported Agriculture) produce program focused on increasing access to the first thing often cut from diets of those struggling with Low or Very Low Food Security – FRESH fruits and vegetables!

The 30-minute produce distribution occurs at 12 locations each week to pre-registered older adults. Locations include Forestville, Dunkirk, Fredonia, Brocton, Cherry Creek, Sinclairville, Mayville, Findley Lake, Clymer, Jamestown, Falconer, and Lakewood.



LARRY ROMANCE & SON, INC.
Parts - Sales - Service

Come see us for all your Vineyard - Dairy - Construction & Consumers Needs

SHERIDAN, NY • 2769 ROUTE 20
(716) 679-3366 • tractorsales@netsync.net

ARCADE, NY • 543 W. MAIN ST.
(585) 492-3810

www.larryromanceandson.com

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



What's Bugging You? Webinars

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

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

September 5: Top 5 rodent exclusion tips

Feeding Friendly Insects: Get ready to plant

Excluding rodents from your home can feel like a big job. Here are 5 actions to prioritize this fall. It's almost time for fall planting! Learn how to make final preparations to plant wildflowers that feed friendly insects.

October 3: Winterize your home orchard

Feeding friendly insect 4*

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

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

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

CROP GROWERS
Crop Insurance from Farm Credit East

PROTECT YOUR CROP and your farm's bottom line.



Unpredictable weather like late frosts or summer hail storms can damage fruit crops. This can leave you with a total crop loss or damaged fruit you can't market.

Our Crop Growers specialists understand local weather and work with producers to develop a risk management plan that not only aligns with their risk tolerance but helps them meet their financial goals. When Mother Nature leaves a chilling effect across your region, we will make sure you're still standing after the thaw.

Our goal is to protect your investment.

Find out why we're the first choice for crop insurance.

800.234.7012 | CropGrowers.com

CROP GROWERS IS AN EQUAL OPPORTUNITY PROVIDER

Is My Sealed Jar Safe?

Martha Zepp, Former Program Assistant, Pennsylvania State University, Updated: August 8, 2024

Safety of a canned good depends upon more than a lid popping as it cools. Proper canning methods destroy microorganisms that cause food spoilage and illness and control the activity of enzymes.

- *My jars all sealed; so, they must be safe.*
- *If it isn't safe, wouldn't it look bad—or wouldn't it smell bad—or wouldn't it taste bad?*
- *I must be doing things right because no one has ever gotten sick.*
- *Grandma did it that way and she never killed anyone.*

Extension Educators have heard all the above comments and/or some version of those when people find that scientifically recommended methods differ from what they learned from parents, grandparents, friends, or the internet. So, let's look at each statement.

Why is a Sealed Lid Not a Sign that the Contents Inside Are Safe?

Home food preservation methods are based on destroying microorganisms and enzymes. These can be molds, yeasts, and bacteria that are destroyed by heat from cooking and processing. The most dangerous of the organisms are spores produced by bacteria - especially spores of *Clostridium botulinum*. Spores are tiny, seed-like units that are produced by living organisms and are inactive until conditions become suitable for reproduction. *C. botulinum* spores become extremely dangerous when they germinate because they produce a deadly toxin.

If It Looks, Smells, Feels, and Tastes Okay, It Must be Safe, Right?

Indeed, our sensory system will alert us to some types of spoilage.

- We can see some molds, but not all. If bubbles are present, it's a good indication that yeasts have caused fermentation. If the product has turned dark or soft, enzymes have been active, or there was too much air present that caused oxidation. Note: molds may lower the acidity of the product in the jar and allow *C. botulinum* spores to germinate.
- If something smells bad, bacterial or yeast activity would be suspected. Flat-sour spoilage, identified by contents smelling sour like vinegar and the food being tasteless, is caused by thermophilic bacteria that survive high temperatures and the product not being cooled in a timely manner. Never allow canned goods to sit in a canner overnight and do allow a few inches of space between jars on the counter for air to circulate. Also, never cover jars with a towel or

anything else that will hold heat in when they should be cooling.

- Never taste food you suspect is spoiled. If a canned product has an off-taste, it is likely the work of one of the spoilage organisms. For example, yeasts often produce a sour flavor. Not all spoiled food will taste bad.
- The most dangerous of spoilage organisms, *C. botulinum*, does not have a taste, you cannot see it, and it does not have an odor. Pressure canning recommendations for low-acid meats and vegetables are based on destroying the spores produced by this bacteria before they have a chance of germinating and producing the deadly toxin that causes botulism food poisoning. Never taste a low-acid food that has been improperly canned.

Follow research-tested canning recipes like Penn State Extension's Let's Preserve (<https://extension.psu.edu/food-safety-and-quality/home-food-safety/lets-preserve>) series.

As always, when in doubt, throw it out!

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.



GEORGE HAFFENDEN LUTCF
AGENT

716.386.5393

ghaffenden@American-National.com

PO Box 300 Strykersville, NY 14145

<https://an.insure/georgehaffenden>

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

License 000000

14-065.87136.V4.03.20

"This made me a believer."

— Isaac Folts



FOLTS FARM, NORTH COLLINS, NEW YORK
 The Folts Family, 2 robots, 120 cows
 97 lbs milk/cow/day, SCC 96,000
 BAA 110.9, queen of Isaac Folts' renovation
 project show barn is 4x Junior All-American
Tusc-Vu Avalanche Cali-ET EX96 (pictured)
Top photo by Claire Swale

"Since starting the dairy in 2016, we've relied on Udder Comfort.™ We use it on udders a couple days before calving, and after they calve for a day or more, depending on the cow and appearance of her udder. Cows in the robot barn get it mostly after calving. After walking through the robot, it's easy to do. Our robots track SCC and conductivity, so we also use Udder Comfort on any flagged cow 2x/day until she's not being flagged," says Isaac Folts of Folts Farm, North Collins, N.Y. This young man renovated a building into a show barn for his 50 animals and helps his parents with the 120 cows in the robot barn, averaging 97 pounds, 96,000 SCC.

"I also use Udder Comfort at the shows every day to take the pressure off and keep cows comfortable," Isaac adds.

"With Udder Comfort, I see more quality, texture, and they seem to produce better. One of the first cows I put it on was nominated open All-American as a senior-two. This made me a believer."

UDDER COMFORT™
 Quality Udders Make Quality Milk

Her Comfort is Our Passion!

Softer udders ⇒ Faster milking
 Better quality ⇒ **MORE MILK**

1.888.773.7153 uddercomfort.com
uddercomfort.blog

Our 27th Year!
 Helping reach
 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.

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 Project 6:30pm	11	12	13
14	15  Record Books Due to 4-H Office	16	17 Dog Committee 6:30pm Beef Committee 6:00pm - records Hog Committee 6:30pm	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 4-H booth at Apple Fest
28 4-H booth at Apple Fest	29	30				

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rabbit Committee 6:30pm—records	2 Dairy Committee 6:30pm Exhibition Poultry 6:30pm	3	4
5 National 4-H week begins	 Wear Green for 4-H		8 Dog Committee 6:30pm	9 Sheep Committee 6:00pm	10	11
12	13	14	15 Dog Project 6:30	16	17	18
19	20	21	22 Beef Project 6:30pm	23	24	25
26	27	28	29	30	31	



**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!

2025-2026 4-H Enrollment

Mark your calendars!

Open enrollment starts October 1st.

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

Thank you to the United Way for helping us keep our enrollment fee reduced!



UNITED WAY
Chautauqua
County

L.E.A.P comes to CCE!

Love School's LEAP (Learning Enrichment Academic Progress) summer day camp spent a day with CCE!

Sarah with 4-H led a nature scavenger hunt. Lynne and Jeff with 4-H promoted the Rabbit and Dog Projects with meet-and-greets with a therapy dog and rabbits. Colton Reynolds brought his horse for a meet-and-greet as well.

The Nutrition department whipped up a healthy corn and tomato salad with corn donated by Carlberg Farm while the Master Gardeners did a Journey of a Waterdrop activity and Eliza from the Ag department led a wildflower seed bomb station.



Do you have items you'd like to donate?

4-H is looking for donations of some materials for new programs.

Please contact Sarah Hatfield at (716) 664-9502 ext. 216 or email sph76@cornell.edu to arrange drop-off or ensure that we still need items. Thank you!

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

2025 -26 Beef Enrollment



October 31 Deadline



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

They must have their steer or heifer by the end of October.

Animal Project News



Sheep Project

Committee Meetings
Thursday, October 9
Project Meetings
TBD

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org

Exhibition Poultry Project

Committee Meeting

Thursday, October 2nd—records

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

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

Beef Project Meetings

Wednesday, October 22

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com



Horse Project

Committee Meetings

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, September 17th—records

Project Meeting

Special Note:

★ Iremind 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

Wednesday, October 1st—records

Project Meetings

Wednesday, September 10th

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, 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

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.

4-H State Fair Project Pickup

9:00am-4:30pm September 3–10 at the Extension Office

Please be prompt in picking up your projects the week of the 3rd. If you need special arrangements to pick them up, please contact the office.

Remember: Send Meat Animal Sale Thank You Notes

Registration is due Thursday, September 25

If you are interested in attending the 2025 4-H ABC (Agri-Business Careers) Conference, please let us know!

Youth attend 2 mini-tours of local agri-businesses, spend time in the Agriculture Career Investigation Lab, and deep-dive into 2 of the 5 Agribusiness majors offered by SUNY Cobleskill.

48th Annual
4-H Agri-Business Career Conference
2025
October 16-17 @ SUNY Cobleskill



SUNY Cobleskill

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

Congratulations to our State Fair Participants!

Congratulations to every youth who went to the State Fair to participate in state 4-H activities!

We'd like to celebrate your successes! If you have a win at State Fair, please let Jeff know at jrt284@cornell.edu or call 716-664-9502, ext. 215

Thank you!

Thank you, Nancy!

Thank you to Nancy Johnson who transported our Chautauqua County Projects to and from State Fair and set up our Chautauqua County booth!

4-H Calendar

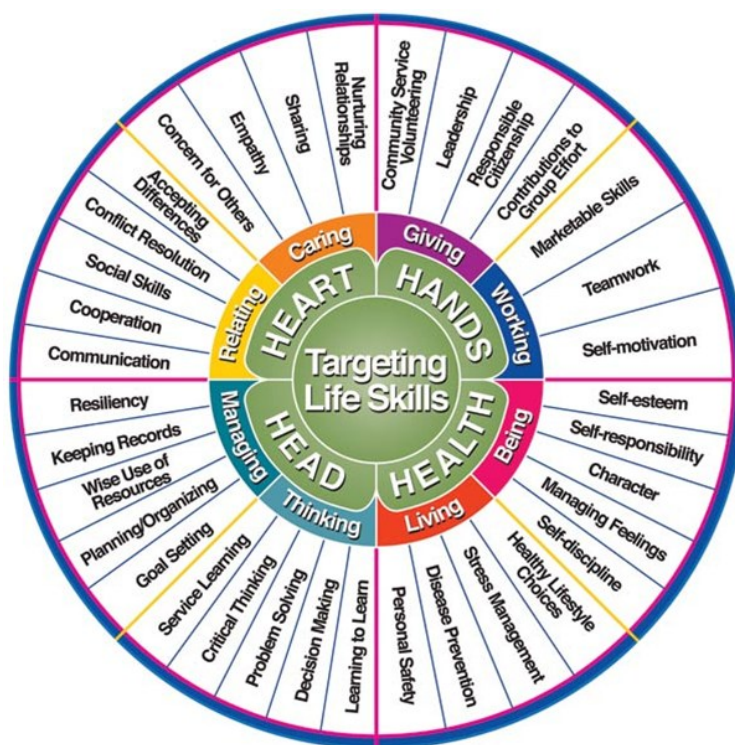
Project Records are due by September 15. These must be completed and turned in in the envelope. Extra envelopes are available in the 4-H office, just ask Jeff Tome, the new animal science educator and he can get you one.

State Fair Projects can be picked up from 9:00 a.m. - 4:30 p.m. Monday through Friday, from September 3 to September 10. Thank you to Nancy Johnson for taking the projects to the fair, setting them up and bringing them back to Chautauqua County.

Dairy Cattle 4-H'ers move up at State Fair

Final results were not in at press time, but Chautauqua County made a good showing at the New York State senior 4-H Dairy Cattle Judging. Dayne Jantzi had the second highest score at 469 and Larsen Swan was just 8 points lower with the 5th highest score. They both went on to the second day.

Elizabeth Jones moved on to the second day of judging as well, taking 14th place in the New York State 4-H Beginner Cattle Judging with a score of 227. Final results were not in, and results were not yet in for the other barns.



4-H Awards Night/CCE Annual Meeting

4-H Awards night/banquet will be held along with our brief CCE Annual Meeting on Monday, October 28th at 5:30 PM. More details to follow!



Chautauqua County 4-H Green Tie Affair

Sunday, February 23rd, 2025
Chautauqua Harbor Hotel
10 Dunham Ave.
Celeron, NY 14720





Fall Quick Tips September 2025

Cornell
Cooperative
Extension

Back to School

Trying to have your child eat healthy can be difficult. As school begins, try these tips for a healthy school lunch:

- Involve your kids! Let them choose what they would like for lunch. This increases the likelihood they'll eat it and reduce waste. They can also help wash fruits and vegetables, make simple sandwiches, or pack their lunch box. Kids can help make a list of approved foods and choose from it.
- Mix it up! Offer a variety of foods from different food groups, including whole grains, fruits, vegetables, and protein sources. Include some familiar foods your child enjoys, but also try introducing new items in small portions. Try fun combinations like peanut butter and banana roll-ups, or a pizza wrap on a whole wheat tortilla.
- Prioritize Food Safety! Wash hands before and after handling food. Use insulated lunch bags and ice packs to keep perishable items chilled. Be mindful of food allergies or restrictions the school may have.



Food Safety

September is Food Safety Month! Food borne illnesses affect millions of people every year. Follow the four tips below to reduce your risk of getting a food borne illness.

1. **CLEAN** - Always wash hands with soap and warm water for at least 20 seconds. Wash cutting boards, dishes, utensils, and counter tops and rinse fruits and veggies before preparing.
2. **SEPARATE** - Keep raw meat, poultry, seafood, and eggs from other foods while shopping and in your refrigerator. Use separate cutting boards for fresh produce and raw meats.
3. **COOK** - Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria. Use a food thermometer to check temperatures.
4. **CHILL** - Refrigerate or freeze food as soon as possible.



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



Building Healthy Habits Recipe

Cowboy Salad

Serving size ½ cup

Makes 8 cups

Ingredients:

2 cans (15 ounce each) black eyed-peas or black beans, drained and rinsed

1 ½ cups corn (if canned, drain and rinse, or cooked from fresh or frozen)

1 bunch cilantro, chopped

1 bunch green onions (about 5), chopped

3 medium tomatoes, diced

1 avocado, chopped (optional)

1 tablespoon vegetable oil

2 tablespoons vinegar or lime juice

½ teaspoon each salt and black pepper



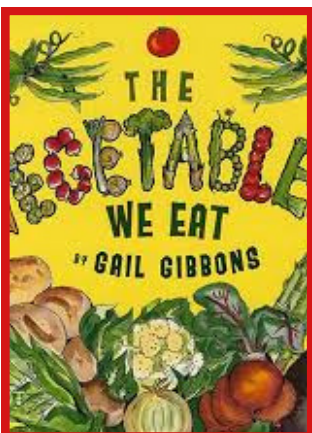
Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. In a large bowl, combine the beans, corn, cilantro, green onions, tomatoes and avocado.
4. In a small bowl, mix together oil, vinegar, salt, and pepper.
5. Pour mixture over veggies and toss lightly.
6. Refrigerate leftovers within 2 hours.

Notes: Use as a filling for tacos, burritos or wraps, on a burger, over a baked potato, or as a snack with baked tortilla chips.

Nutrition Facts: Serving size: 1/2 cup, calories: 90; total fat: 3.5g; saturated fat: 0g; sodium: 260mg; total carbohydrate: 14g; added sugars: 0g; Protein: 4g; Calcium: 27mg; Potassium: 291mg, Vitamin C: 8mg Vitamin A: 8mcg

Source: FoodHero.org



Kids' Book Nook

With your child, visit your local library and borrow "The Vegetables We Eat" by Gail Gibbons. Kids will learn how vegetables grow and how they get to the store. Talk about your favorite veggies after reading.

Meet Your Educator

Name: Wendy Alexander
Extension: CCE Chautauqua County

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



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.

Cornell Cooperative Extension
Chautauqua County

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

EVENING IN
THE GARDEN



Wednesday, September 17, 2025

6pm - 8pm

FREE!

No RSVP Needed
Held Rain or Shine

NEW Demonstration Garden
James Avenue
Jamestown, NY
Located near JCC's Science Building



Our speaker will be Dan Stone,
City of Jamestown Arborist, who will
share techniques for pruning, mulching,
protecting your tree from pests and
disease, and even some favorite
recommendations for your home.



Cornell Cooperative Extension is Chautauqua County's link to Cornell University. Our purpose is to make available to the individuals, families, communities, and businesses of Chautauqua County the resources and research-generated knowledge of Cornell University. By identifying and addressing local needs, Cornell Cooperative Extension provides practical information to help people help themselves and develop their leadership potential. Please feel free to contact Cornell Cooperative Extension for more information.

The "Extension Connection" is prepared by the CCE staff and is published monthly by Cornell Cooperative Extension - Chautauqua County. **If you have information for the "Extension Connection" it needs to be in the CCE office by the 10th of each month for the following month's issue.**

The views expressed in presentations made at CCE meetings or other CCE events are those of the speaker and not, necessarily, of CCE or its Board of Directors. Presentations at CCE events, or the presence of vendors at CCE events, do not constitute an endorsement of the vendor or speaker's views, products or services.

With regard to any information presented at any CCE event, CCE does not makes any warranty, express or implied, including the warranties of merchantability and fitness for a particular purpose, and specifically disclaims any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, service or process presented and makes no representation that its use would not infringe upon privately owned or intellectual property rights such as Copyright, Trademark, Trade Dress etc.

The presence of a commercial vendor at a CCE event, and the presentation by any vendor of any information regarding any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply CCE's endorsement, recommendation, or favoring of such item or organization.

Any such material presented by any vendor in any format, without limitation, is for informational purposes only. Any potential customer of any vendor, who is present at a CCE event, is expected to conduct their

own due diligence and assessment of the vendor, product, or services as appropriate for their needs.

The information herein is supplied with the understanding that no discrimination is intended and no endorsement by Cornell Cooperative Extension is implied. Please contact the Cornell Cooperative Extension - Chautauqua County office if you have any special needs.