

Cornell University

Cornell Cooperative Extension
Cattaraugus County



SPRING 2019

4-H Clover Minder

THE 2019 FAIR THEME IS.....

Are you ready to have the time of your **LIFE** at fair this year?

Are getting your **CHUTES & LADDERS** ready for the show?

Don't wait until the last minute or you'll be
in a **SCRABBLE** to get all your supplies!

You don't want to be **SORRY** if you miss out on the 2019 Cattaraugus
County Fair—it only comes around once a year!

So put your thinking caps on and get out of the **MOUSE TRAP** of your
mind to come up with some awesome ideas to decorate your stalls,
costumes, booths, anything with your favorite board games!

...BOARD GAMES!

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CCE of Cattaraugus Co.
28 Parkside Drive
Ellicottville, NY 14731
716-699-2377

Looking for a great gift idea?

Now selling gift certificates for the Snack Shack at the 2019 Cattaraugus County Fair! Order yours from the 4-H Office today in the amount of \$5, \$10, \$15, \$20, or \$25. You will not have to use the entire amount at one once, but you will have to spend at least \$5 per purchase.

4-H Curriculum Books

We have Curriculum Books galore on everything you could imagine! From Animal Science to Gardening, to Outdoor Adventures, and so many more the possibilities for ideas are endless! If you would like some, all we are asking for is a monetary donation if possible.

"Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities"
Please contact the Cornell Cooperative Extension of Cattaraugus County office if you have any special needs.



Fashion Revue



May 9th CCE Office

5-6:30PM judging Fashion show at 7PM

Entries may include: sewn garments, costume, crocheted and knitted clothing, and purchased garments. Contact the 4-H Office for complete requirements.

Cattaraugus County will be hosting the Regional Fashion Revue on June 1st

Those that are 14 and over or those that have been in a sewing project for 3 or more years (not including Cloverbud) can participate at the Regional Level

If you need assistance with your sewing project or your club would like to learn more about sewing please contact Carrie at the 4-H Office to schedule a FACS Committee member to assist you



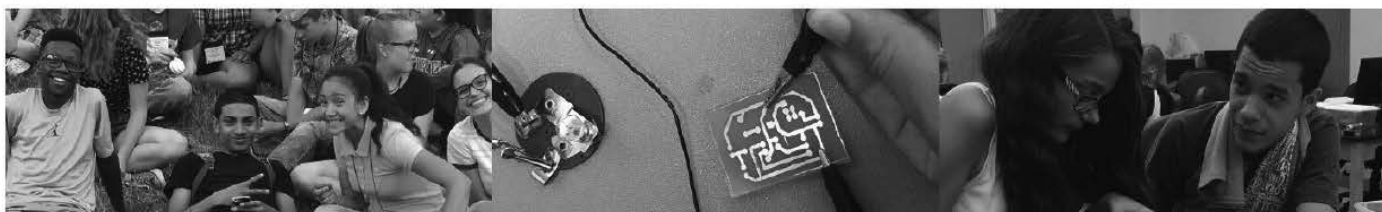
S.T.E.A.M Camp

During their Mid-Winter Break 20 youth from across the county gathered at the 4-H Office to participate in the 1st ever STEAM Camp. Science, Technology, Engineering, Art/Agriculture and Math activities were done with a focus on food and fitness. The 4-H



partnered with CCE's East Smart New York program educator Melinda Drabent to make our adorable healthy breakfast of a fruit frog. We also partnered with Meagan O'Brien of Healthy Community Alliance to do a variety of fun activity breaks to keep us active throughout the day. The youth were able to learn about how yeast works and then make their own healthy pizza with vegetable toppings for lunch with their homemade dough. Kids got artistic with grains and beans to create grain mosaics during our camp. Finally we did some "egg" citing experiments with eggs. It was a fun filled day for the youth. Thank you to all our partners as well as all of the volunteers that helped to make the day possible for the 4-H kids.





New York State 4-H CAREER EXPLORATIONS CONFERENCE

Program Descriptions

Focus for Teens

A Tour of Human Development Across the Lifespan

Blue Jeans: Creation to Reuse

Cardiac Engineering: At the Heart of It All

Chemical Engineering:

From Tiny Particles to Giant Explosions

Discover Astronomy

Fossil Collecting and the Science of Paleontology

I've got something to tell you...Podcasting

Learning to Program Robots with Roibu

Maps, Apps, and Drones: 4-H Geospatial Exploration

Media Corps

Rockets, Boats, and Robots

Science and Animals Grow Here

So you want to be a Food Scientist?

Women in Science

University U

Breathing Life into Robots

Build Your Own Genetic Circuit

Dig It: Art, Archaeology and the Afterlife

Nutritional Artist

Our Changing Menu: Climate Science & Food

Polymer Mechanics

Exploring Nanotechnology

Dates: June 25-27, 2019

Location: Cornell University

Arrival: 10 AM - 12:00 PM on June 25

Departure: 2:30 PM on June 27

Cost: \$260 per youth and \$260 per chaperone

Registration: Opens April 1, closes June 1

Program Tracks:

University U: teens entering 8th - 9th grades

Focus for Teens: teens entering 10th grade & up

Scholarships available to those interested in attending. Registration is done through the 4-H Office. Contact Abby or Carrie in the 4-H Office for a registration form and the full Career Explorations packet.

The 4-H Career Explorations Conference is made up of two program tracks - **University U** (for those entering 8th & 9th grade) and **Focus for Teens** (those entering 10th grade and up). Teens choose the grade appropriate program and then Focus participants select three Focus programs they are most interested in exploring.

- **University U:** Participants will be introduced to Cornell's campus through campus tours and participating in six different departmental workshops that will expose participants to a wide variety of topics. Youth will be randomly assigned to these UU programs.

- **Focus for Teens:** This is a more intense program where participants spend 3 days with a specific Department. Returning Focus for Teens participants should not apply to the same department program they attended in previous years. See program listings for more details.

CPR & FIRST AID TRAINING



**American
Heart
Association.**



Certified Instructors will
provide on-site training in
CPR, First Aid, and AED!

- ♥ Cost is \$55 per person—
payment preferred in
advance. Make checks
payable to CCE Catt. Co.
- ♥ Lunch will be provided
for no additional cost
- ♥ Appropriate casual
attire
- ♥ Only 24 spots available!

Must RSVP to Abby at
716-699-2377 ext. 130 or
ajl387@cornell.edu

May 18, 2019 from 9am – 4pm

Cornell Cooperative Extension of Cattaraugus County
28 Parkside Drive
Ellicottville, NY 14731



Cornell University

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4-H CLOTHING REVUE ENTRY BLANK

Name: _____ Birthdate: _____ Age as of 1/1/19 _____

Address: _____ Phone Number: _____

Club: _____ Number of years in 4-H Clothing Projects _____

Name the item(s) made for this year's revue: _____

Attach sample of material(s)

Used for garment(s) made:

Attach pattern picture or a

sketch of garment(s) made:

Fabric content _____ Estimated cost of item _____

Check one: ☐ Junior 8-12 years

☐ Senior 13 – 19 years

☐ Cloverbud

► **FOR OFFICE USE ONLY** ◄ ☐

Date received: _____

Commentary Received: ☐

Official Market Entry Form
Cattaraugus County 4-H & FFA Livestock Program
 This form is due at Tagging Day (1st Saturday in May)

Catt. Co. Tag #: _____

Scrapie's/
 USDA Official #: _____

OFFICE USE ONLY

*This form must be filled out completely or it will NOT be accepted (including all required signatures). Spare animals must be entered on a separate entry form. If the animal is being shown by a Cloverbud **AND** in a market class by another 4-Her, then the 4-Her who is taking the animal in the market class fills out the Official Market Entry Form.*

Swine

- ☐ 1st entry
- ☐ Spare entry
- ☐ Cloverbud entry

Lamb

- ☐ 1st entry
- ☐ Spare entry
- ☐ Cloverbud entry

Goat

- ☐ 1st entry
- ☐ Spare entry
- ☐ Cloverbud entry

For 4-H or FFA member to complete:

- Child's Name: _____ Phone: _____
- Complete Address: _____
 House Number/Road Name Town/State Zip
- 4-H Age (as of 1/1/19): _____ Child's Birthdate: _____
- Club Name (or Lone Member): _____

Market Animal Information

- Official Scrapie or USDA Tag #: _____ Any other Tag #: _____
- Animal's Birthdate: _____ Date Purchased: _____
- Animal's Breed: _____ Animal's Name: _____
- Breeder's Name: _____
- Breeder's Address: _____
 House Number/Road Name Town/State Zip
- Is this your first project of this species? YES or NO
- Will this animal be raised with anyone else's animal? _____ If so, who's? _____
- During the fair, please house this animal with _____. I understand that this housing is not guaranteed due to housing/pen restrictions. Only the superintendents can change the pens once the housing assignment has been made!

By signing my name below, I agree that the above information is true. I agree that I have read/will read the Code of Conduct, the current Livestock Manual, read and signed the Quality Assurance Pledge and have received the Project Books for my market project(s).

 4-H/FFA Member's Signature

 Parent/Guardian's Signature

Please indicate below the Showmanship Class you will be exhibiting in at the 2018 Cattaraugus County Fair by putting an "X" in the box.

Swine

<input type="checkbox"/>	Class 101	Cloverbuds (5-7 yr. olds)
<input type="checkbox"/>	Class 103	1 st year Jr. (13 and under)
<input type="checkbox"/>	Class 104	1 st year Sr. (14 and over)
<input type="checkbox"/>	Class 105	Showman 9 & 10
<input type="checkbox"/>	Class 106	Showman 11, 12, & 13
<input type="checkbox"/>	Class 107	Showman 14 & 15
<input type="checkbox"/>	Class 108	Showman 16 & Over

Sheep

<input type="checkbox"/>	Class 101	1 st yr. showman (13 & under)
<input type="checkbox"/>	Class 102	1 st yr. showman (14 & over)
<input type="checkbox"/>	Class 103	Junior Showman (9 & 10)
<input type="checkbox"/>	Class 104	Intermediate (11, 12, & 13)
<input type="checkbox"/>	Class 105	Senior (14 & over)
<input type="checkbox"/>	Class 106	Cloverbud Leadline (5-7)

Goat

<input type="checkbox"/>	Class 101	Sr. Showman (14-19)
<input type="checkbox"/>	Class 102	Jr. Showman (8-13)
<input type="checkbox"/>	Class 103	1 st yr. (ages 13 & under)
<input type="checkbox"/>	Class 103A	1 st yr. (ages 14 & over)
<input type="checkbox"/>	Class 104	1 st yr. showman (age 8)
<input type="checkbox"/>	Class 105	Cloverbuds (5-7)

2019 Regional Horse Bowl Results

Novice - 1st Place Team

1st Tara Lovern
2nd Galvin Nugent
5th Peyton Rogers
6th Madison Hoag
8th Talin Nugent



Senior - 1st Place Team

1st Haley Stang
3rd Rylyn Tunstall
4th Delanie Tunstall
6th Kendyl Rogers
7th Lexi Tunstall
10th Mary Gerlach

2019 Public Presentations Results

On Saturday, February 16th a total of 54 Cattaraugus County 4-H members participated in our Annual Public Presentations Contest. We would like to recognize and congratulate our Top Presenters in both the Jr. and Sr. divisions who had (or have) the opportunity to go on and compete at the District or Regional Competitions!

Seniors: Brianna Beutler, Arianna Cozzarelli, Addie Kolb, Hayden Kolb, Lindsey Kolb, Anna North, Eliza Schrantz, Sydney Smith, Megan Stang, and Kate Winsor

Juniors: Taylor Griffin, Abigail Kujawa, Galvin Nugent, Lainey Quattrone, Jillian Riley, Katie Riley, Katrina Schrantz, and Aryana Sears

4-H Dog Program

Beginning in late April/early May, we will be starting our 4-H Dog Classes to prepare for Dog Graduation and the Fair. This year we have the following instructors and volunteers:



Emily Bailey-Bevacqua (Allegany, NY)

Marcia Stang (Perrysburg, NY)

Cheri Stady (Allegany, NY)

Leslie Wenz (Ellicottville, NY)



Keep an eye on your weekly emails for specific times and locations that classes will be held!

Calendar of Events

***April 12th**— Dairy Judging @ Ken Dechow's in Randolph at 7:30 PM

April 13th—Shooting Sports Shoot at Ellicottville Sportman's Club at 10 am—Bring a 4-H Friend!

April 13th—Regional Horse Hippology in Erie County. Send registrations to Carrie!

April 13th—Farm Bureau Ag Trivia Night

April 16th—Family & Consumer Sciences Committee Meeting at CCE at 9:30 am

April 16th—Livestock Committee Meeting at CCE at 6:30 pm

April 17th—Horse Committee Meeting at CCE at 7 pm

***April 18th** —Rabbit Decathlon Clinic at CCE at 6:30 pm

***April 18th**— Dairy Judging @ Darin & Katie Hill's at 7:00 PM

April 22nd—CCE Board of Director's Meeting at CCE at 6:30 pm

April 25th— Shooting Sports 6PM Shoot Weather Permitting EVL Sportsman's Club

***May**—Be on the lookout for upcoming dates for Livestock Judging and Skill-a-thon events.

May—4-H Dog Classes begin at various locations.

May 1st—4-H Market Turkeys arrive to office. *Date is subject to change*

***May 1st**—Health Paperwork Requirements for Fair (4-H and Open Show exhibitors welcomed) with Dr. Shannon Carpenter at CCE at 6 pm. Each species will be covered.

***May 2nd** —Rabbit Showmanship Clinic at CCE at 6:30 pm

May 3rd - 5th—2019 Bonanza Horse Show at Nash Hill Equestrian Center

May 4th—Tagging Day for market animals at the Fairgrounds (9-11 am Goats, Lambs, Pigs—required) and (1-3 pm for Beef and Dairy Steers—recommended)

May 7th—Family & Consumer Sciences Committee Meeting at CCE at 9:30 am

May 9th—County Fashion Revue at CCE at 5 pm

May 11th—Dairy Committee Meeting at CCE at 9:30 am

May 15th—Horse Committee Meeting at CCE at 7 pm

***May 16th**—Rabbit General Overview Clinic at CCE at 6:30 pm. Bring your rabbit with you to this clinic!

May 18th—CPR/1st Aid Training at CCE from 9 am—4 pm. Must RSVP with Abby as spaces are limited.

May 20th—CCE Board of Director's Meeting at CCE at 6:30 pm

May 21st—Livestock Committee Meeting CCE at 6:30 pm

May 27th—Offices will be closed. Happy Memorial Day!

Calendar of Events Continued

June 1st—EVERYTHING DUE TO THE 4-H OFFICE

FAIR ENTRIES, LEASE PAPERWORK, PROJECT BOOKS, MARKET SALE STORIES

(Carrie & Abby will be at the Office, but there will be a drop off box outside the door due to Fashion Revue held inside. Entries can also be dropped off at the 4-H Horse Show at the Fairgrounds to the Show Office!)

May 31st - June 2nd—2019 4-H State Qualifier Horse Show at the Fairgrounds

June 1st—District Fashion Revue at CCE at 10:30 am

June 4th—4-H Market Chickens arrive to office. *Date is subject to change*

June 5th—Pullorum Testing at the Fairgrounds from 6 - 7 pm for show/fancy birds.

Market birds & waterfowl excluded.

June 12th—Make Up Public Presentations at CCE at 7 pm.

Keep an eye on our weekly emails for date changes or additions to the calendar

Some reminders for this summer's Fair:

Please respect the 4-H/FFA entry deadline of June 1st. *All Open Show entries must be turned into the Fair Office*

- ◆ **Temporary RV parking** is available for the full week or partial week (out Wednesday by noon) for families exhibiting animals. For an application, call the Fair office at (716) 938-9146. Sites are very limited. We've never had to turn anyone away, but there's a first time for everything.
- ◆ **Gate Passes** - ALL exhibiting 4-H members who need entrance to the grounds must purchase a \$10 wristband good for daily entrance. *Presale midway tickets cannot be substituted.*
- ◆ **Exhibitor Passes** - Parents of exhibiting 4-H members are eligible for one exhibitor pass (up to 3 animals exhibited) or two exhibitor passes (4+ animals). These are \$15 each. The parent's name is on the pass. They are non-transferable.
- ◆ **Parking** - Families exhibiting dairy, alpaca, beef, goats, sheep and swine will receive **one** parking pass to be used with the vehicle used to transport feed, etc. onto the grounds. These will be distributed through the front office only. 4-H horse exhibitors will park in the free parking lot outside the 10th Street gate. Tack stalls are available for supplies. We try to limit the number of vehicles on the grounds in an effort to keep the animals and children safe.
- ◆ **Presale gate tickets** good for entrance and midway rides are available at the Fair office, as well as many satellite locations (Cattaraugus County Banks, Olean area Community Banks, among others). These are \$8 each and are available through the close of the day on Sunday, July 28. Many entrants purchase these for friends and/or relatives who would like to come in for animal shows, contests, working at the Snack Shack, etc. Gate entrance is \$12 once Fair begins.
- ◆ **Weekly gate passes** for non-exhibitors (or if your family exceeds the amount of passes previously described) are: Adults (18+) \$35; Juniors (12-17 yrs.) \$25; Children (2-11 yrs.) \$20. Children under age 2 are admitted at no charge.
- ◆ **Memberships** in the Cattaraugus County Agricultural Society for 2020 are available at the Fair office and will be sold until October 1, 2019. Adults - \$30; Juniors - \$20; Children - \$15. Membership provides gate entrance, along with a vote (adults only) at the annual meeting in November.

Fundraising News



CONGRATULATIONS to our top sellers of the Individual Candy Bar Sales Contest! Between February 1st and April 1st, the following 4-H members sold the most chocolate bars in all of Cattaraugus County 4-H!

Schrantz Family of Eliza, Katrina, and Luke sold 15 boxes! They each get a \$10 Snack Shack Gift Card.

Wick Family of Amber and Ryan sold 8 boxes! They each get a \$10 Snack Shack Gift Card.

Seiflein Family of Ben and Olivia sold 8 boxes! They each get a \$10 Snack Shack Gift Card.

Alysa Williams sold 10 boxes! She will get a \$25 Snack Shack Gift Card.

Danica Silleman sold 7 boxes! She will get a \$20 Snack Shack Gift Card.

**Watch our Facebook Page to see if you sold enough candy bars to pie
Abby and Carrie in the face at Fair this Summer!**

Hog Wild

Hog Wild Tickets will be available starting May 1st. These tickets are \$1 for the opportunity to win a freezer ready hog! You can pick them up at the office, during Tagging Day, and at the 2019 Bonanza Horse Show at Nash Hill. This is the last fundraiser of the year.

Envelopes have 30 tickets in them. One envelope is equivalent to one fundraising credit.

SCHOLARSHIPS AVAILABLE

A Scholarship fund has been set up in memory of Carl "Butch" George, due to generous response of his family and friends. "Butch" had always been a big supporter of 4-H and it's youth, and continues to give back even through his passing. 4-H members can apply for scholarship for 4-H events, such as Career Explorations, State Capitol Days, 4-H Camp, etc..... If interested in applying, please contact the 4-H Office.



Grow Food

Seeds and plants used to grow food are eligible for purchase with SNAP benefits (food stamps).

What counts?

- Seeds that produce edible plants (like pepper seeds, lettuce seeds, and many others)
- Plants that are edible (like tomato plants, green pepper plants, fruit trees, and many others)
- Edible food producing roots, bushes, and bulbs (like asparagus crowns and onion bulbs)
- Seeds and plants used to grow spices for use in cooking (like herb seeds or plants)



What doesn't count?

- Soil
- Gardening Supplies
- Moss
- Fertilizer
- Other gardening things that are not food-bearing plants or plant seeds

How to use SNAP for seeds or plants?

- Call ahead to make sure the vendor accepts SNAP for seeds/plants
- Consider community gardens or window gardens as you plan your garden

Regional Highlight: Collaborating with NFMMC

Eat Smart New York (ESNY) is continuing its partnership with Niagara Falls Memorial Medical Center by expanding our reach to support our Niagara Falls community. A few example of our collaboration include:

- ◆ NFMMC will feature ESNY videos about healthy lifestyle choices in their waiting rooms
- ◆ ESNY will continue to provide nutrition education regularly in the NFMMC Wellness Connection Center
- ◆ ESNY will provide orientations for NFMMC about our program so they can share with their patients

We love our partners & the work we do to serve our communities!

Snack Attack

Did you know that popcorn is a whole grain? Check out this chili popcorn recipe for a quick snack.

Makes: 4 Servings

Ingredients

- ☐ 4 cups **popped corn**
- ☐ 1 tablespoon **margarine** (melted)
- ☐ 1 teaspoon **chili powder**
- ☐ 1 dash **garlic powder**



Directions

1. Mix popcorn and margarine in bowl
2. Mix seasonings thoroughly and sprinkle over popcorn
3. Mix well and serve immediately

Recipe adapted from USDA Mixing Bowl

Nutrition Facts: 60 Calories; 3.5g Total Fat; 1g Protein; 7g Carbohydrates; 1g Fiber; 0.5g Saturated Fat; 35 mg Sodium

Skillet Lasagna

Makes: 8 cups

Ingredients

- ☐ 1/2 pound **mushrooms**
- ☐ 1/2 chopped **onion**
- ☐ 1 package **frozen spinach**, thawed
- ☐ 1/2 teaspoon **garlic powder**
- ☐ 2 1/2 cups **pasta sauce** (26-28 ounce container)
- ☐ 1 cup **water**
- ☐ 8 ounces **wide noodles** (try whole wheat noodles)
- ☐ 1 package **low-fat cottage cheese** (12 ounces)
- ☐ 1/2 cup shredded, **low-fat mozzarella cheese**



Directions

1. Stir mushrooms, onions and garlic together in large skillet over medium heat
2. Add spaghetti sauce and water to skillet and bring to boil
3. Add uncooked noodles, stir, cover with lid, reduce the heat and simmer 5 minutes
4. Squeeze thawed spinach to remove the juice then stir into the noodle mixture. Cover and simmer for 5 minutes.
5. Spoon cottage cheese over top. Sprinkle mozzarella, cover and heat another 5-10 minutes until heated through and noodles are tender.

Nutrition Facts: Serving size: 1 cup; 280 Calories; 70 calories from fat; 8g Total Fat; 3g Saturated Fat; 25mg Cholesterol; 570mg Sodium; 33g Total Carbohydrates; 4g Fiber; 9g Sugar; 19g Protein; Vitamin A 90% Vitamin C 8%; Calcium 15%; Iron 15%

Photo and Recipe adapted from FoodHero.org

Did you know?

Oranges aren't the only food to give you a good dose of vitamin C. Bell peppers, broccoli, Brussel sprouts, and strawberries are all great sources of Vitamin C.

Questions? We're here for you.

Cattaraugus 699-2377 x111

Erie 822-2288

Chautauqua 363-6050 x1229

Niagara 299-0905 x287

VISIT US AT **EATSMARTWNY.ORG**
FOR MORE RECIPES, TIPS, AND TRICKS.



@EatSmartWNY



/EatSmartNewYorkWNY

Small changes can make a big difference.

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

April Fools Meatloaf

Want a fun way to fool your family? Make meatloaf cupcakes and top them with mashed potatoes. Serve with veggie sides and you have a filling meal!

Makes: 5 servings

Ingredients

- ☐ 1 pound **ground turkey** (85% lean)
- ☐ 1/2 cup **oats** (regular, dry)
- ☐ 1 **egg**
- ☐ 1 small **onion**, minced
- ☐ 1/4 cup **ketchup**
- ☐ 2 **celery stalks**, chopped
- ☐ 2 **garlic cloves** minced
- ☐ 1/2 **green pepper** (seeded and diced)



Directions

1. Heat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Portion meat mixture into muffin pan or cups.
4. Bake in 25 minutes or until it reaches an internal temperature of 165 degrees.

Notes

Try foodhero.org's mashed turnips and Potatoes for your "frosting"



Nutrition Facts: Serving size: 1 muffin; 227 Calories; 12g Total Fat; 3g Saturated Fat; 103mg Cholesterol; 184mg Sodium; 11g Total Carbohydrates; 1g Fiber; 4g Sugar; 18g Protein; Calcium 51mg; Potassium 319mg; Iron 2mg

Recipe adapted from USDA's Mixing Bowl

Be Active Your Way!

As the weather warms up, make a plan to get moving

- ♦ Limit TV time
- ♦ Spring cleaning! Get active while freshening up where you live
- ♦ For celebrations, skip the candy. Fill baskets with physical activities, like : jump ropes, chalk, beach balls, water bottles, and frisbees



Start simple
with **MyPlate**

ESNY Western Region is funded by USDA's Supplemental Nutrition Assistance Program-SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.



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Find us on:
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adoptinghealthyhabits](http://www.facebook.com/adoptinghealthyhabits)



EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Cattaraugus County programs, call (716) 699-2377

Produced by Cornell Cooperative Extension April 2019

April is National Garden Month

Tired of eating vegetables and fruit that are grown hundreds or thousands of miles away? Miss that 'just picked' flavor of summer ripe produce? Celebrate National Garden Month by planting lettuce in your yard or in containers on your porch. Lettuce is an easy to grow vegetable that grows best in the cool temperatures of spring time. You can use your EBT card to buy the seeds.

The five varieties of lettuce include loose-leaf, romaine, butter head, French and crisp head. Lettuce comes in many colors, textures and tastes so choose one (or more!) that your family enjoys.

Plant your lettuce seeds directly in the soil and plant only 1/8th inch deep. Lettuce seeds need light to germinate. Keep the soil moist while the plants are growing. At 50 degrees, your seeds should begin to grow in about 7 days.



You can harvest individual leaves by cutting the leaves with scissors. If you plant a type of lettuce that forms a head, like romaine, butter head and crisp head, you can wait until the head is fully grown before harvesting or you can cut individual leaves. Consider planting a few seeds one week, then a few more seeds the next week and so on so you have lettuce to eat for many weeks.

Freshly grown lettuce is terrific in salads, on sandwiches or to roll up other ingredients in (lettuce wraps). Two cups of shredded lettuce only has 10 calories, so including lettuce in your daily meals is a great way increase nutrition without adding lots of calories.

Go Lean With Protein – Choose Eggs this Month

Eggs are not only for breakfast! Eggs are a healthy and less expensive protein source, averaging \$1 per pound. In addition to breakfast, try hard boiling eggs to keep in the refrigerator for a quick snack or as an addition to a packed lunch. Consider making an egg dish for dinner. Afraid eggs are not part of health diet? Think again – research shows that most Americans can enjoy an egg a day without increasing their risk for heart disease. One large egg only has 70 calories, is a good source of protein and contains a variety of vitamins and minerals.



The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:

Eating Smart Being Active
Family Nutrition Education
Curriculum
Finding A Balance — Diabetes
Healthy Children, Healthy Families
Healthy Cents

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

Choose Health: Food, Fun
and Fitness
Cooking Up Fun! Vary Your
Veggies

If you or your organization are interested in scheduling classes, please contact your local nutrition educators:

Gayle Patterson OR Chris Terhune
Cornell Cooperative
Extension of Cattaraugus County
Phone (716) 699-2377
Email address:
gsp72@cornell.edu OR
clt23@cornell.edu

*This material was funded by the USDA's
Expanded Food and Nutrition
Education Program.*

KORNER IDS

With your child, visit the library and borrow "Growing Vegetable Soup" by Lois Ehlert. It tells the story of a father and child growing a vegetable garden together.

Zesty Spinach Omelet

Serves: 1
Serving: 1 omelet

Ingredients:

2 eggs, beaten
2 tablespoons water
Dash cumin
Dash salt
Dash black pepper
Non-stick cooking spray
1/2 cup cooked spinach
1/4 cup reduced, fat cheese,
shredded
Salsa (optional)

Directions:

1. In medium bowl beat eggs, water, cumin, salt and pepper together using fork.
2. Spray skillet with non-stick cooking spray.
3. Heat a large skillet to medium high heat.
4. Pour egg mixture in a pan. Lift edges of eggs and tip pan as needed to let uncooked mixture flow beneath and cook.
5. Cook until almost set. Spread spinach and cheese over 1/2 of the omelet. Using spatula, fold other side of omelet over filling. Top with salsa and serve.

Source: Cooking With EFNEP-Recipes for Eating Smart and Moving More. North Carolina State University EFNEP. 2015

Source: Cooking With EFNEP-Recipes for Eating Smart and Moving More. North Carolina State University EFNEP. 2015

Nutrition Facts: Serving Size: 1 omelet, 220 calories, 10g total fat, 3.5g saturated fat, 420mg sodium, 7g total carbohydrate, 1g dietary fiber, 20g protein





4-H CAPITAL DAYS

May 19-21, 2019



4-H Capital Days is a NYSACCE4-HE sponsored event that gives youth an opportunity to meet and interact with legislators and tell their 4-H story. 4-H Capital Days creates awareness of career opportunities in New York State government, better understand state government, and network with delegates from other counties. Delegates are chosen by their county 4-H program. **2 delegates are selected from each county. Cost is \$225**, but scholarships are available to participate. Contact the 4-H Office if you would like to go.

4-H Open Horse Show Dates Cattaraugus County



Bonanza Horse Show — May 3-5, 2019

At Nash Hill Equestrian Center (indoor arena available) in Gowanda, NY

Open Show/4-H State Qualifying—May 31-June 2, 2019

At Cattaraugus County Fairgrounds in Little Valley, NY

Fall Classic Horse Show — September 27-29, 2019

At Nash Hill Equestrian Center (indoor arena available) in Gowanda, NY

Stabling and Camping Available

For Entry Forms and more information visit us at:

<https://www.facebook.com/groups/cc4Hopenshows/>

<http://cattaraugus.cce.cornell.edu/4-h-youth>

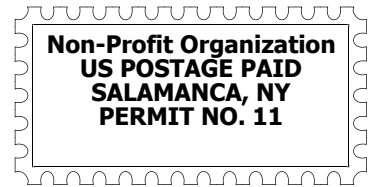


Scholarship Winner

Congratulations to Thomas Starks on being the recipient of a \$1,000 scholarship from the New York State Shooting Sports Program. The recipient (s) of these scholarships are selected based on their current active status, their overall experience in both local and NYS 4-H programs, and their growth of participation in 4-H Shooting Sports. His application showed that he has progressed both in the general 4-H program and the 4-H Shooting Sports program from a member to a leader.



**Cornell Cooperative Extension
Of
Cattaraugus County
28 Parkside Drive
Ellicottville, NY 14731**



Return Service Requested



**What you need to know as a Cattaraugus
County 4-H Member!**

Returning 4-Her's must re-enroll by January 1st each year

Each 4-Her must participate in and complete 2 fundraisers

(Cuba Cheese, Candy Bars, Hog Wild)

Each 4-Her must attend at least 2 educational clinics

Each 4-Her must participate in 1 community service activity

Your County Contacts Email

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