

# Extension in Action

Volume 3 Issue 2

April 2021



## 2021 CATTARAUGUS COUNTY FAIR IS OFFICIALLY HAPPENING!!!

Stay tuned for more details.....



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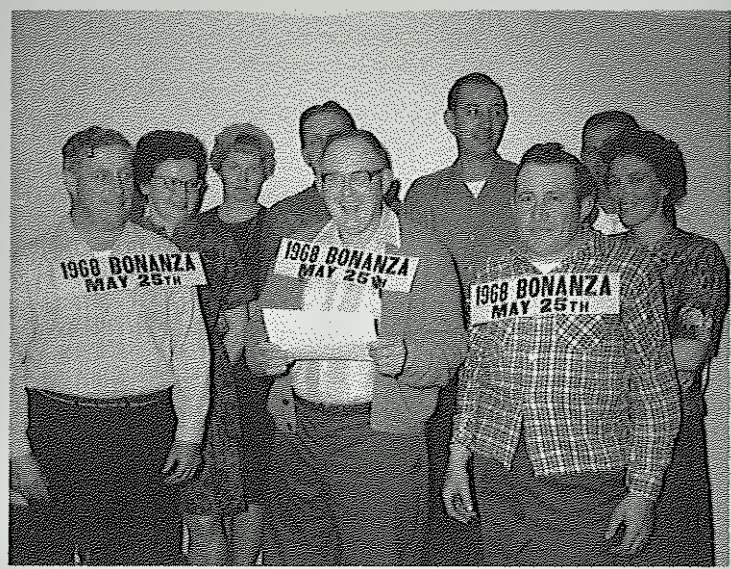


<http://cattaraugus.cce.cornell.edu/>



# Grandpa, tell me about the good old days.....

By Carrie Busekist



I can remember when I did my internship here at Cattaraugus Cooperative Extension my grandpa told me how he helped to raise the money to build the building that we are still in over 50 years later. There were many fundraisers but the biggest was the Bonanza. Held at the county fairgrounds there were tents put up so there could be a Chicken BBQ, Demo Derby, Craft and Bake Sales, Horse Show and Consignment Sale.



From the back of this picture: E. Mosher, May Neal, Joanne Smith, Ed Chapman, Jess Brown, Bob Busekist, Bob & Mary Teeft.

The 1968 Bonanza was an effort undertaken by many families to ensure that Cooperative Extension would have a place to call their own. I don't know their stories, but when I found the group picture going through files and saw my grandpa I had to find out what our family connection was. Grandpa was put in charge of the consignment sale of calves and heifers. He went around to each farm in the county to ask for donations and pick out animals to be consigned or sold outright for the cause. His oldest son, John, my dad was just learning to drive and fondly remembers Saturday lessons driving all over Cattaraugus County visiting farms and farmers.

Maybe this is where he learned his love for gabbing with anyone and everyone, or never seems to be lost wherever he goes. The Bonanza was a huge success he remembers with people from all over the county coming to support extension. The support didn't stop their after the money was raised and the building was built. Many 4-H clubs my grandparents included helped to plant flowers and trees around the building and helped to maintain them for years until the gardens had been established.



Cooperative Extension has been a spot for many memories for families through the years. Whether they have been active as 4-H members, participants in EFNEP or SNAP programs, taken a Master Gardener workshop or used our many available resources. We are glad this traditional continues and new memories are made with us and the support we receive from the community keeps our programs going and thriving.

4-H is a **community** of **young people** **across America** who are learning **leadership, citizenship** and **life skills.**



# Pie Contest Winners

Everyone did an amazing job and the judges were very impressed with the pies

It was decided by the judges everyone will receive a 4-H clover etched glass pie plate as scores were too close to decide. We will notify you when prizes are ready to be picked up. Our Winners are :

Reagan Pawlowski

Eric O'Brien

Khloe Duffy

Anna O'Brien

Caleb Sieracke

McKenzie Dimmig

Everyone that submitted a video is winning a gift card to The Station in West Valley. **Thank you to The Station for being a sponsor of this event.** We will also take a field trip later this spring to see their homestead.



# Cooking with Carrie

A FUN, FOOD and FAMILY Adventure

Starting April 1st 6pm on zoom

8 weeks of classes

Receive a cook book of recipes being used

Some ingredients may be provided



## Win Prizes

Email Carrie if you would like to sign your family up [clb274@cornell.edu](mailto:clb274@cornell.edu)

## Agriculture Literacy Week 2021

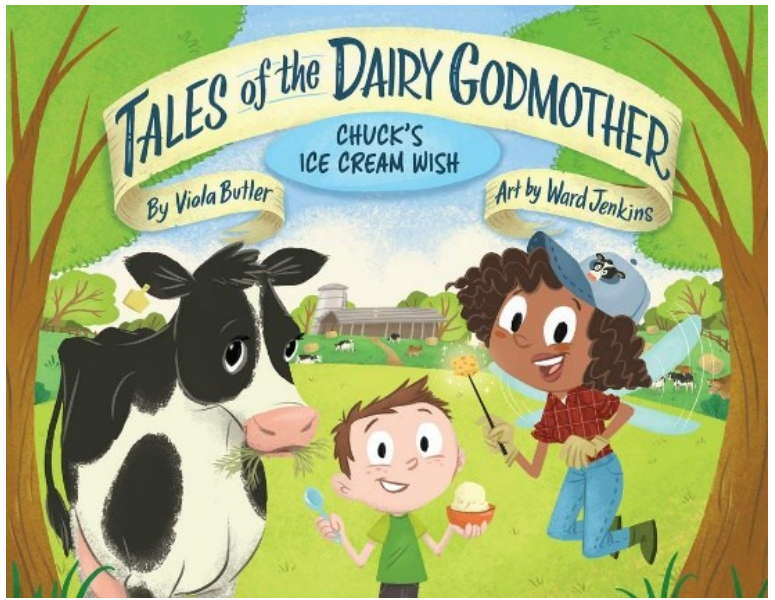
Although we had to switch some things up this year, Ag Literacy Week was still a big hit across Cattaraugus County. We had 7 schools, 59 classrooms, and 914 students in grades UPK – 5<sup>th</sup> participate in this year's reading of *Chuck's Ice Cream Wish: Tales of the Dairy Godmother* by Viola Butler.

The story follows Chuck on his journey for ice cream, but first he must learn how important the Dairy Industry is to get his wish. Chuck gets to help on the farm by milking the cows twice a day and putting in the extra work around the farm between milkings. He comes to appreciate that the ice cream he craves so badly actually takes a lot of work and tastes that much better after a hard day's work.

Students also got a firsthand look at a working dairy operation. Not only did they get to listen to the story read by our own Cattaraugus County 4-H members, but they also got to go on a virtual tour, play some farm BINGO, ask questions to a real dairy farmer, and make their very own ice cream in a bag!

This program would not be possible without the help and support from the Variety Pack 4-H Club (recording reading the book); Hill's Valley Farm (virtual dairy tour and extra activities); Upstate Niagara Cooperative Inc. (donating half and half for the ice cream); NY Ag in the Classroom (providing the books); and the Cattaraugus County Farm Bureau.

June is National Dairy Month; we plan on doing this program with our 4-H members. If you're interested in participating let the 4-H Office know and keep an eye on your newsletter for more information!



# WANTED!

8 Youth age 13-19 to work with a gardening pilot program.

\*Field Trips \*FREE Gardening Supplies \*FOOD! \*Explore Other Cultures

Email Carrie if you are interested in participating or for more details





# 6th Annual



# Spaghetti Dinner

Preview Basket Raffle ticket items on Facebook "Cattaraugus County 4-H". Winners will be notified!



Limited number of dinners available for "drive-ins". Guarantee your dinner by purchasing a pre-sale ticket!

***Cattaraugus County Fairgrounds 4-H Snack Shack***

***Saturday, April 17, 2021 3:00-7:00 PM***

***\*DRIVE THRU ONLY\****

*\$8.00 Presale or \$10.00 at the gate*

*7 years & under \$5.00*

*Ticket available at the Cattaraugus County 4-H Office*

For more information contact Abby Luzier at:

716-699-2377 EXT 130

585-369-4044

ajl387@cornell.edu

**All proceeds raised at this event will be used for ribbons and awards at the 2021 Cattaraugus County Fair.**

"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"

<http://cattaraugus.cce.cornell.edu/>



## CCE Board of Directors

Don Telaak has been a member of the CCE Board of Directors for four years. He is described by others as a faithful board member, very involved, always thinking, and full of great ideas.

Don and his brother own Telaak Farms in Mansfield, NY. Together, they purchased the cattle and equipment from his parents in 1984, and have since grown the farm from 120 cows to over 400 cows, plus other livestock. The farm has been a robotic operation for the past 3.5 years and Don is in charge of both crops and machinery. He is excited that his nephew and niece are also involved in the farm, as this next generation brings new energy and enthusiasm to Telaak Farms.

Don lives in Mansfield with his wife, Lynn, who is currently teaching animal science at Olean BOCES. Lynn partners with Hills Valley Farm to raise Brown Swiss show cows. In addition to the show cows, Don and Lynn have two dogs, two birds, two alpacas, two horses, and they report often singing “EIEIO” around their home!

In addition to serving on the CCE Board, Don is a member of the Cattaraugus County Agriculture and Farmland Protection Board. He also formerly served two terms on the WNY Crop Management Board. Don is a lifelong tractor puller and is currently building a vintage drag car. Thank you Don for your continued efforts as a valuable member of the CCE Board of Directors!



*Thank you, Don Telaak, for your dedication and service to the CCE of Cattaraugus County!*

## Office Directory

You can also contact us at: <https://cattaraugus.cce.cornell.edu>

Our fax: 716-699-5701

Name	Dept.	Phone	Ext	Email
Abigail Luzier	4-H Educator	716-699-2377	130	<a href="mailto:ajl387@cornell.edu">ajl387@cornell.edu</a>
Alycia Drwencke	SWNY Dairy	517-416-0386		<a href="mailto:amd453@cornell.edu">amd453@cornell.edu</a>
Amy Barkley	SWNY Livestock	716-640-0844		<a href="mailto:amb544@cornell.edu">amb544@cornell.edu</a>
Carrie Busekist	4-H Educator	716-699-2377	112	<a href="mailto:clb274@cornell.edu">clb274@cornell.edu</a>
Dick Rivers	Executive Director	716-699-2377	122	<a href="mailto:rer263@cornell.edu">rer263@cornell.edu</a>
Gayle Patterson	EFNEP Educator	716-699-2377	109	<a href="mailto:gsp72@cornell.edu">gsp72@cornell.edu</a>
Jesse Meeder	Farm to School Educator	716-699-2377	106	<a href="mailto:jpm453@cornell.edu">jpm453@cornell.edu</a>
Joshua Putman	SWNY Field Crops	716-490-5572		<a href="mailto:jap473@cornell.edu">jap473@cornell.edu</a>
Katelyn Walley-Stoll	SWNY Business Management	716-640-0522		<a href="mailto:kaw249@cornell.edu">kaw249@cornell.edu</a>
Leann Hodge	EFNEP Educator	716-699-2377	107	<a href="mailto:lmh292@cornell.edu">lmh292@cornell.edu</a>
Melinda Drabant	SNAP Educator	716-699-2377	111	<a href="mailto:msd263@cornell.edu">msd263@cornell.edu</a>
Tamara Bacho	Office Administrator	716-699-2377	100	<a href="mailto:tsb48@cornell.edu">tsb48@cornell.edu</a>
	Master Gardener Hotline	716-699-2377	127	<a href="mailto:cattaraugusmg@cornell.edu">cattaraugusmg@cornell.edu</a>

*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.*

*Accommodations for persons with disabilities may be requested by calling Cornell Cooperative Extension of Cattaraugus Co. at 716-699-2377 no later than one week before the beginning of any event to make arrangements. Requests received after this date will be met when possible.*

# 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 2021*

## It's National Garden Month!

### Benefits of Growing a Vegetable Garden

#### 1. The freshest food possible

When you plant your own food, you know exactly what went into your process; the seed types you selected and any growing challenges encountered. Not only will you be able to harvest your produce at its peak, you can consume it at its freshest too as you've eliminated time produce spends traveling to the grocery store.

#### 2. Physical activity

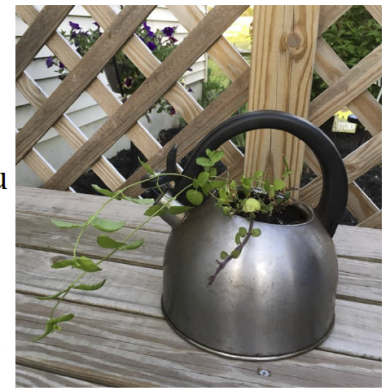
When you prepare, plant, weed, water, and harvest a garden, you also get sunshine, fresh air, and physical activity. The exercise can help you stay in shape, relax and reduce stress.

#### 3. Family time

Gardening is an activity that kids of all ages can take part in. They can help with weeding, watering, planting, and even harvesting, depending on their ages. Gardening gets everyone together, active, and engaging with each other and nature.

#### 4. Use your SNAP benefits

You can use your SNAP benefits (EBT card) to buy vegetable plants and seeds to start your home garden.



Used kitchen items can be repurposed into fun containers for gardening. This is a mint plant growing in an old tea kettle.

### Tips for New Gardeners

- **Start small** – Gardening can be an investment. Start with container gardening if you want to give it a whirl. Tomatoes and peppers are good starters and are easy to eat.
- **Soil** – Use the right soil for the plant. Depending on the plant, you may need to check with the garden center to determine if you have the right soil to grow a particular plant or tree.
- **Potted Plants** – Anything in a container, such as a clay, plastic or resin pot will require more watering than a plant that has been placed in the earth. Depending on the daily temperature, these plants will likely need to be watered at least twice a day.

# KORNER

# IDS

Visit your local library and check out "How a Seed Grows" By Helene J. Jordan. Read the book to your child. When you finish, create a simple paper chain craft and label the stages of seed growth with your child.

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, including by Zoom and phone.

Workshop series include:

Family Nutrition Education Curriculum

Finding A Balance — Diabetes

Healthy Children, Healthy Families

Healthy Cents

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

Gayle Patterson OR  
Leann Hodge

Cornell Cooperative Extension of Cattaraugus County

**Phone:** 716.699.2377

**Email addresses:**  
gsp72@cornell.edu OR  
lmh292@cornell.edu

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

## April Fool's Day Breakfast! Surprise Fried Egg

Serves 1

### Ingredients:

- 1 toaster waffle, toasted
- 1/2 cup low fat vanilla yogurt
- 1 canned peach half (canned in its own juice or water)

### Directions:

1. Spread vanilla yogurt on a round waffle
2. Top with a half of a peach.



Looks like a fried egg!

### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 waffle (272g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 22g	
Includes --g Added Sugars	<b>--%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 3mg	15%
Potassium 186mg	4%

Source: [www.kidscokingactivities.com](http://www.kidscokingactivities.com)  
2% calories from fat

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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SAVE TIME. SAVE MONEY. EAT HEALTHY.

**SOUTHWESTERN REGION**

**BLACK  
BEAN  
BURGER**



**Ingredients**

- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice
- 2 scallions (green and white minced about 1/4 cup)
- 2 tablespoon Chopped fresh cilantro (or basil leaves or a combination)
- 1 clove garlic (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

**Directions**

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about 3/4 to 1 inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun.

**SNAP BENEFITS**

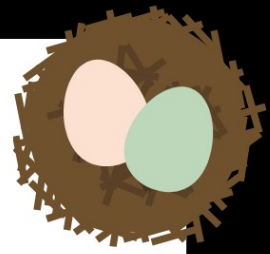
**GROW GARDENS!**



**FOR MORE INFORMATION VISIT**

**SNAPGARDENS.ORG**





# Turn your Easter eggs into a snack!



**GET OUTDOORS THIS SPRING  
CONNECTING WITH NATURE  
CAN RECHARGE YOU.**



**We are in this together.**

For more information:  
Patty Amidon, SNAP-Ed NY Project Manager  
✉ [paa79@cornell.edu](mailto:paa79@cornell.edu)  
(585)268-7644 ext. 12



**Cornell University  
Cooperative Extension**



## *Heavenly Devil Eggs*

### INGREDIENTS

- 6 eggs (in shell)
- 2 tablespoons light mayonnaise
- 1 teaspoon mustard
- Optional Garnishes:
- paprika or cayenne pepper (if you like it hot)
- pickle
- relish
- sliced scallions
- sliced green or black olives

### DIRECTIONS

1. Put eggs into a saucepan. Cover with cold water.
2. Bring eggs to a simmer (small bubbles) and cook for 12 minutes.
3. Remove from the heat and drain.
4. Crack eggs under cold water and allow to cool. Remove shells.
5. Split eggs in half, lengthwise and remove yolks.
6. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
7. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired.

**THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP). AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**

“Since Spring 2020, Southwestern SNAP-Ed has adopted full responsibility of learning new systems, technologies, and virtual essentials. In turn SNAP-Ed has been able to provide multiple virtual nutrition education options to youth as well as adults. Rolling into spring 2021,



Cornell Cooperative Extension  
Cattaraugus County

**Gardening  
Workshop Series  
2021**



Cornell Cooperative Extension of Cattaraugus County continues its virtual Gardening Workshop Series, featuring presentations focused on home gardening, and resources from the Cornell Garden Based Learning Library and Master Gardener Volunteer program.

The workshops are hosted and presented by Cornell Cooperative Extension staff, regional Master Gardener Volunteers, and other local gardening experts. Each session focuses on one or two gardening topics, with time allotted to questions and answers. If you are interested in these topics as a beginner or experienced home gardener, we encourage you attend any of these free educational sessions via Zoom presentation.

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**Conducting a pH Soil Test / Planning for Pollinators** (Same content on both dates)

*Watch Cattaraugus County Master Gardeners conduct a pH soil test, and then discuss how to interpret and act on the results. Next, learn how to plan to attract beneficial pollinator insects to your garden.*

April 20<sup>th</sup> at 7:00 PM – [Registration Link](#)

OR April 22<sup>nd</sup> at 10:00 AM – [Registration Link](#)

**Container and Raised Bed Gardening** (Same content on both dates)

*Discover different methods to enjoy gardening in small spaces, including containers and raised beds. Discuss different techniques for building and managing these styles of gardens.*

May 18<sup>th</sup> at 7:00 PM – [Registration Link](#)

OR May 20<sup>th</sup> at 10:00 AM -- [Registration Link](#)

*Questions? Please contact Jesse Meeder [jpm453@cornell.edu](mailto:jpm453@cornell.edu)*

 **Master Gardener Program**

28 Parkside Drive

Ellicottville, NY 14731

Return Service Requested

Non-Profit Organization

US POSTAGE PAID

SALAMANCA, NY

PERMIT NO. 11

<http://cattaraugus.cce.cornell.edu/>

### Message from the Executive Director

Spring is here and we are welcoming the change. Such a pleasure to go outdoors and see some green on the ground and buds on the trees.

Our Board of Directors welcomed Sherry Charlesworth as a new director in January. The board also elected officers for the year: President, Jessica Golley, Vice President, Sherry Charlesworth; Treasurer, Tim Bigham; and Secretary, Lisa Pawloski. Two of their goals this year involved the decision to stay at the Town Center in Ellicottville which includes developing a renovation plan to update our section of the building. The second goal is the development of a funding plan to assist in paying expenses. More information will be forthcoming as details are finalized.



*Dick*

### 2021 BOARD OF DIRECTORS

Jessica Golley, President

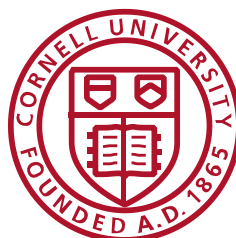
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Tim Bigham Treasurer

Lisa Pawloski, Secretary

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Richard Helmich

Norm Marsh

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