

Extension in Action

Volume 3 Issue 1

January 2021



Front row (from left): Directors Lisa Pawlowski, Don Telaak, Sherry Charlesworth, and County Legislator Richard Helmich. Back row (from left): Vice President Diane Clayson, Secretary Jessica Golley, Nathan Blesy, Nathan Nelson, President Don Wild, Treasurer Tim Bigham and Executive Director Dick Rivers.

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CCE OF CATTARAUGUS COUNTY CELEBRATES 5TH BIRTHDAY!!

The Cornell Cooperative Extension of Cattaraugus County marked its fifth year as an Independent group at its 2020 annual meeting last month.

Don Wild of Great Valley, who was re-elected president of the Cooperative Extension Board of Directors, said 2020 started with much anticipation — then the coronavirus hit.

“We were starting our fifth year as a brand new association after splitting from Allegany County,” Wild said.

“Our staff was implementing their many programs to serve the needs of our residents in Cattaraugus County,” Wild said. “We had just completed our establishment year for the new Ag Team and had just filled the last position in December.” continued on page 2

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

Continued from page 1.....While “it has been a very interesting and challenging year,” Wild commended Executive Director Richard Rivers and his staff in making the necessary changes to keep moving forward.”

Also re-elected were Vice President Diane Clayson, Treasurer Tim Bigham and Secretary Jessica Golley.

Rivers told the board that the Cornell Cooperative Extension has a strong club and volunteer base. There are 348 youth participating in a wide-range of hands-on projects. Nearly 70 volunteers help the youths in a wide range of activities and projects. Also part of the 4-H program is the Cloverbud program, where 58 5- to 8-year-old youths concentrate on activities over projects like older 4-H members.

One of the disappointments 4-H members experienced in the past year caused by COVID-19 restrictions was the cancellation of the Cattaraugus County Fair. Despite the cancellation of the County Fair, 66 4-H members were able to participate in both a virtual market class animal auction and private sales that netted the youths \$46,325. The online auction was held through Peterson Auctions. Bidders were able to view photos and video of the market class animals.

While the traditional county fair was not held, several youth participated in a virtual showcase, by sending in pictures of projects that were displayed on Facebook with several videos and on the Cornell Cooperative Extension website.

While the 4-H program couldn't hatch chicks at the County Fair, four school districts participated in hatching eggs in their classrooms with eggs and incubators provided by the Cattaraugus County 4-H Program, as well as in class instruction from 4-H staff. This is up from two schools in 2019, Rivers said.



NYS Farm Bureau held their Annual Meeting in conjunction with CCE of Cattaraugus

Back row left to right – Miles Perry Young Farmer Chairman, Kevin Herman Director, Tom Graser Director, Nathan Blesy VP, Tim Bigham, Michael Telaak Director

Front row left to right – Bruce Rossette President, Katie Hill Promotion and Education Chairwoman, David Zilker Director, Chuck Couture Director, Amanda Dackowsky Director, Margie Andrews Secretary. Missing – Dustin Bliss Director, Carmen Wright Treasurer

New to the board are Miles Perry and Michael Telaak, new positions are Bruce Rossette as president and Nathan Blesy as VP.

Agricultural Assessment Program

Farmland Owners May Save on Property Taxes With Agricultural Assessment Program

Application Deadline is March 1, 2021

Owners of actively farmed agricultural land may qualify for a partial reduction in property tax through the Agricultural Value Assessment program. For eligibility requirements, contact your local assessor. Qualified landowners in Cattaraugus County will need to have a Soil Group Worksheet listing the agricultural soils for each parcel they own completed by the Cattaraugus County Soil & Water Conservation District to submit with their application to their assessor. There is a charge of \$25 per parcel for completion of the Soil Group Worksheets. Deadline for application is March 1, 2021. To obtain a Soil Worksheet, contact the Conservation District with your tax parcel information at (716) 350-4010

NYSDEC announces their Spring Seedling Sale

DEC operates the Colonel William F. Fox Memorial Saratoga Tree Nursery, which produces tree and shrub seedlings for conservation plantings on public and private lands. Native New York seed sources are used when available. The nursery's annual spring seedling sale is open to all interested customers in New York and bordering states.

For more information go to their website: www.nysdec.gov

Or contact them via telephone: 518-581-1439

NYS DEC Saratoga Tree Nursery

2369 Route 50 South



2021 Spring Tree & Shrub Bare Root Seedling Sale

The Cattaraugus County Soil & Water Conservation District is accepting orders for the 2021 Spring Tree & Shrub Bare Root Seedling Sale. Several species of conifers, hardwoods, shrubs, and berries are available, as well as assortment packets for reforestation, wildlife, and erosion control. Orders are accepted on a first come, first serve basis until March 8th, 2021. Seedlings will be distributed in April.

To receive an order form, please contact the Conservation District office at (716) 350-4018. Remember, trees make great gifts that last a lifetime!

Cornell Small Farms Program Announces Woodland Mushroom Cultivation Course

Mushrooms are an emerging niche crop with many benefits, including improving farmer stewardship of forested lands and the ability to offer a unique and highly desired product. With a bit of practice, mushrooms can be easily grown in the woods on many products that can be the surplus of healthy forest management.

This course trains new and experienced farmers in the background, techniques, and economics of farm scale woodland mushroom production. Students will learn the basic biology of mushrooms, cultivation techniques for **shiitake, oyster, lions mane, and stropharia** mushrooms, proper conditions for fruiting, management needs, and harvesting and marketing mushrooms. For more information go to: <https://smallfarms.cornell.edu/online-courses/>

BF 151: Woodland Mushroom Cultivation

Growing Mushrooms on Logs, Stumps, and
Woodchips

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



SOUTHWEST NEW YORK FIELD CROP CHRONICLE

Compiled by Josh Putman - Field Crops Specialist, SWNY Dairy, Livestock, Field Crops Program
716-490-5572 jap473@cornell.edu 9 December 2020

UPDATED Registration Links for CORE Pesticide Training

Looking for DEC credits?

Join CCE Field Crops Specialist, Josh Putman, for another opportunity to learn about pest management, current regulations, and pesticide use.

Pre-registration is required by noon the day before your preferred date/time.

Tuesday, Jan. 12th
9am - 10:50am

OR

Thursday, Jan. 14th
11am-12:50pm

Cost: \$20/person payable via card on our website

Register Online:

January 12th - <https://swnydlfc.cce.cornell.edu/event.php?id=1429>

January 14th - <https://swnydlfc.cce.cornell.edu/event.php?id=1428>

Questions?

Contact Josh Putman at:
716-490-5572 or jap473@cornell.edu

A confirmation email will be sent the day before the training with information for accessing the virtual classroom.

This event will be offered via **ZOOM** video conferencing software. Participants will need to use a computer, tablet, or phone with video and audio capabilities.

1.75 Pesticide recertification credits in the CORE category approved!



Yellow, stunted winter wheat following herbicide application - What was the cause?

While warm conditions allowed for timely fall herbicide applications, it is important to remember that most herbicides labeled for weed control in winter wheat have specific instructions. A few things to remember going forward:

- Herbicides should not be applied when the crop is under stress from very cold temperatures,
- when there are wide fluctuations in day/night temperatures,
- when a frost has occurred or,
- when temperatures are below freezing prior to, at or immediately following herbicide applications.

A good rule of thumb is to only apply herbicides to winter wheat when the daily temperature is 50 degrees Fahrenheit or higher. Following this rule of thumb helps avoid possible wheat injury from herbicide applications and improves weed control. It's also possible that some wheat varieties have different tolerance levels to herbicides sprayed during cold conditions. Some herbicide injury symptoms illustrated in the photos below were noticed throughout Western and Southwest NY over the past 2 weeks. As long as the wheat was well established, it should have little to no effect on crop yield. It will be important to evaluate wheat stands in the spring to determine the next management steps.



Two wheat fields show yellowing and leaf burn following herbicide application



Some wheat varieties tolerate herbicides better (L) and untreated wheat field (R)

HELPING YOU PUT KNOWLEDGE TO WORK

The SWNY Dairy, Livestock & Fields Crops Program offers educational programming and research based information to agricultural producers, growers, and agribusinesses. Cornell Cooperative Extension is an employer and education recognized for valuing AA/EEO, Protected Veterans, and Individual with Disabilities and provides equal program and employment opportunities. For more information, please contact Josh Putman 716-490-5572 or jap473@cornell.edu.

Notice of Annual 30-Day Period to Request Inclusion of Agricultural Land within an Existing Agricultural District in Cattaraugus County

Dec. 23, 2020

News From: Planning

Agriculture and Markets Law Section 303-b was enacted in 2003 to provide for the designation of an annual 30-day period during which landowners may submit requests for the inclusion of predominately viable agricultural land into an existing certified agricultural district. Cattaraugus County has designated January 2 through January 31, 2021 as this 30-day period.



Landowners seeking inclusion into a certified agricultural district must submit a "[Landowner Request for Inclusion](#)" form to the Cattaraugus County Department of Economic Development, Planning and Tourism by the January 31st deadline. To request a paper form, contact Patrick McGlew, at 716-938-2387 or [email planning](#). Forms and information are available at: <https://www.CattCo.org/planning/ag-development>.

A public hearing will be scheduled at a later date to consider all inclusion requests and the related recommendations of the Cattaraugus County Agricultural and Farmland Protection Board.

The Agricultural Districts Law was created in 1971 to encourage the continued use of farmland for agricultural production. The Program is based on a combination of landowner incentives and protections, all of which are designed to forestall the conversion of farmland to non-agricultural uses. Benefits include protections against overly restrictive local laws, government funded acquisition or construction projects, and private nuisance suits involving agricultural practices.

As of January 1, 2019, 174 agricultural districts existed statewide, containing 25,673 farms.

Cattaraugus County has over 239,900 acres in its consolidated agricultural district.

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

CCE Board of Directors

Nathan Blesy is a lifelong resident of Ashford. He graduated from Cornell University in 1998 and has been working on the family farm ever since. He is currently a partner on the farm with his father, Harold, and his nephew, Brandon where they milk 300 cows. In 2009 the farm switched from a milking parlor to Lely robotic milkers. Nathan and his wife, Barb, have been married since 1998. They have 5 children: Lexi 20, Ashley 18, and triplet boys Matthew, Tim, and Brett 16. Nathan was a member- and is now a long-time supporter- of both 4-H and FFA. Nathan is a certified 4-H shooting sports instructor in both rifle and shot gun and is a member of the Springville FFA Alumni Association. Nathan has served on the Cattaraugus County CCE board for the past 5 years. He has been actively involved in Farm Bureau for the last 20+ years, including being awarded NY Farm Bureau's Young Farmer & Rancher Achievement Award in 2010 and placing in the top ten nationally. He is currently serving as the Vice President of the Cattaraugus County Farm Bureau, as well as serving on the Regional Advisory Committee and the Dairy Committee of NY Farm Bureau. He is also a member of the Ashford Town Zoning Board of Appeals. In addition, Nathan currently serves as a Delegate for the Upstate Niagara milk cooperative and on the Farm Credit East Customer Service Council.



Thank you, Nathan Blesy 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	ajl387@cornell.edu
Alycia Drwencke	SWNY Dairy	517-416-0386		amd453@cornell.edu
Amy Barkley	SWNY Livestock	716-640-0844		amb544@cornell.edu
Carrie Busekist	4-H Educator	716-699-2377	112	clb274@cornell.edu
Dick Rivers	Executive Director	716-699-2377	122	rer263@cornell.edu
Gayle Patterson	EFNEP Educator	716-699-2377	109	gsp72@cornell.edu
Jesse Meeder	Farm to School Educator	716-699-2377	106	jpm453@cornell.edu
Joshua Putman	SWNY Field Crops	716-490-5572		jap473@cornell.edu
Katelyn Walley-Stoll	SWNY Business Management	716-640-0522		kaw249@cornell.edu
Leann Hodge	EFNEP Educator	716-699-2377	107	lmh292@cornell.edu
Melinda Drabant	SNAP Educator	716-699-2377	111	msd263@cornell.edu
Tamara Bacho	Office Administrator	716-699-2377	100	tsb48@cornell.edu
	Master Gardener Hotline	716-699-2377	127	

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.



4-H Updates



Happy New Year! It is that time of year again for two annual events: Ringed-Neck Pheasant Program and County Public Presentations! Last year we distributed over 1,100 pheasants to 13 different families across the county and hope to get to 1,250 this year. Cattaraugus County has one of the highest distributions in the state and we want to keep that up!

So how does it work? Call or email Abby at the 4-H Office by **Tuesday, March 23rd** to place your order of FREE chicks. You can get as little as 10 or we have some families that get 100-200. Chicks are delivered to the CCE Office mid-June. The purpose of the program is to replenish the population and provide ample hunting opportunity to the area. If you haven't participated in this program before but are interested, call the office. There will be a Zoom style Q & A in the middle of February so be on the lookout for that.

You may be wondering what the scoop is for 2021 Public Presentations. We are still having them and they will still be in February, **BUT** they are going to be a little different this year. Participants will have the opportunity to either set an appointment with the 4-H Office during a scheduled time frame in person or via Zoom. The schedule and sign-up will be available mid-January and presentations will take place the week of February 15th. Public Presentations are a requirement for Horse exhibitors and highly encouraged for all other 4-H members. Perhaps 2021 is the year to give it a try! There will still be opportunities to move on to the District/Regional competitions as well.

****If you are in need of a paper copy of the beef/dairy steer entry form, contact Abby at the 4-H Office and one can be mailed to you. Entries are due January 31st.****

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



Crafting through COVID

In a year of such craziness we in the 4-H office are striving to still maintain as much hands on programming as possible. Homemade Holiday continued this year, but with the crafts in kits and picked up by families. They were able to follow along with written directions or 4-H has a YouTube channel that those with internet access were able to watch and complete their crafts. We plan to a mid-winter crafting kit coming out the 1st week in February feature Valentine's Day themed crafts as well as other hands on Family and Consumer Science projects. There is typically a Spring Fling craft day that is mid-March that we plan on having, whether it is in person or another craft kit pick up is yet to be determined. We hope these projects make it into the Youth Building at the county fair this summer to showcase all the great things our youth continue to do during the year.



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

Nutrition Educators from Cornell Cooperative Extension of Cattaraugus County deliver a series of lessons to income qualified families and youth free of charge. The Expanded Food and Nutrition Education Program, also known as EFNEP, can deliver these lessons in-person, via zoom, and by phone.

Some topics of the lessons include: Budgeting, Meal planning with MyPlate, Food Safety, Moving for Health, amongst many more topics to help our communities enhance and sustain a healthier lifestyle.

Nutrition Educators Gayle Patterson and Leann Hodge are excited to enhance EFNEP throughout the region during the upcoming new year with special workshops for families to become virtually involved in. As plans unfold, more information will become available.

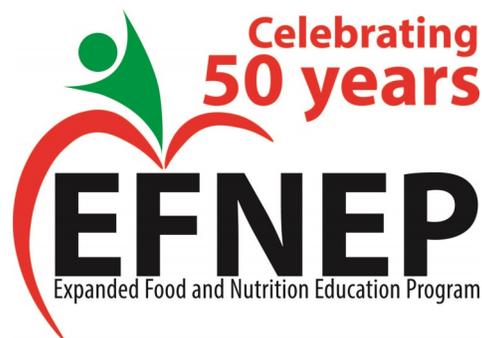
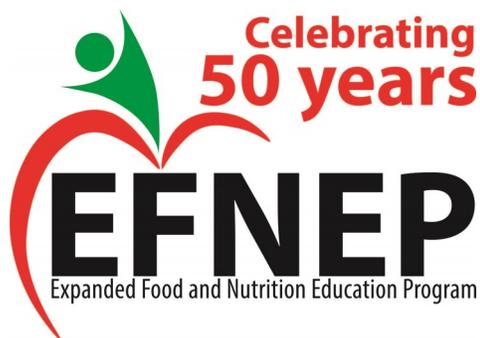
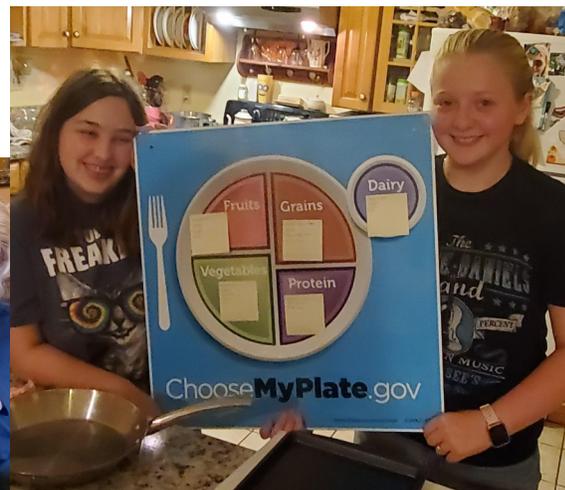
EFNEP participants Donna and her daughters Liberty and Hannah recently and successfully graduated from the Food and Nutrition Education Class (FNEC). Much fun was had by all learning ways to make meals including the 5 food groups and using USDA's **MyPlate** to plan. The family also enjoyed learning new and fun ways to incorporate physical fitness into their daily lives.

"We learned that the EFNEP program is enjoyable for everyone, doesn't matter what age you are. Anyone can change their lifestyle just by taking small steps. Changes can be exercising, drinking more water, and choosing healthier options of food. My girls really enjoyed the classes with Leann as she let them have a hands-on experience with learning."-Donna

"I liked the fitness games we did."- Hannah

"I liked preparing and making the food. I liked when we made the Popeye smoothies with spinach." - Liberty

"The best enjoyment is to see families working together preparing a meal, sharing in conversation and laughter, and of course enjoying the meal that they created together."- Leann, Nutrition Educator



January 2020

The More You Know!



January 19th is National Popcorn day! When it's air-popped and lightly seasoned popcorn is an efficiently healthy snack. That's because it is a **whole grain**, and high-fiber **whole grains** have been linked to a lower risk of heart disease, diabetes, some cancers and other health problems.

DIY Microwave Popcorn:

1. 1/4 cup popping corn
2. Olive Oil
3. Lunch-size brown paper bag

Drizzle olive oil over kernels, and toss until coated. (Use enough to cover kernels but not saturate them.) Place the kernels in the paper bag and roll the top of the bag over twice. Place in the microwave, seam side down, and cook on high for 2 minutes. Sprinkle with seasoning of your choice or enjoy plain!

Broccoli Cheddar Soup



Ingredients:

- 1 cup onion, chopped
- 1 cup carrot, shredded
- 1 1/2 teaspoons margarine of butter
- 2 cups broth, any flavor
- 2 cups broccoli, chopped (fresh or frozen)
- 1 cup nonfat or 1% milk
- 1/4 cup flour
- 1 cup shredded reduce fat cheddar cheese (4 ounces)
- 1/8 teaspoon pepper

Directions:

1. In a medium saucepan over medium-high heat, sauté onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
2. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3-5 minutes
3. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
4. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 1 cup; 180 Calories; 7g Total Fat; 3.5g Saturated Fat; 520mg Sodium; 18g Total Carbohydrates; 3g Fiber; 6g Sugars; 12g Protein.
Recipe & photo adapted from Foodhero.org



TURN YOUR RESOLUTIONS INTO REAL SOLUTIONS

1. Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



2. Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



3. Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



4. Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



5. Celebrate successes

Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



MyPlate
MyWins

December 2016
For more information go to ChooseMyPlate.gov
USDA, Center for Nutrition Policy and Promotion.
USDA is an equal opportunity provider, employer, and lender.

MyPlate, MyWins Tips: Making Family Meals

Plan your meals.

Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.

Prep ahead.

Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.

Make mealtime a priority.

Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!

For more SNAP-Ed NY information:
Patty Amidon
SNAP-Ed NY Project Manager
Paa79@cornell.edu
(585)268-7644 ext. 12

Also be sure to visit www.snapedny.org for recipes, and more tips & tricks to eating healthy on a budget!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). An equal opportunity provider and employer.



Christmas Wreath Auction Fundraiser

COVID-19 has put a damper on many activities this year. Cornell Cooperative Extension in Cooperation with the Ellicottville Chamber of Commerce wanted to bring some holiday spirit to the village. CCE staff gathered greenery and made wreaths to deliver to different businesses in town. 22 businesses and organizations took part in decorating the wreaths and hanging them for visitors to see. Wreaths were then auctioned off with proceeds going to support CCE's educational programming throughout the county. The wreaths and other auction items were able to raise over \$1,500. Holiday spirit awards went to those businesses with the highest bids on their wreaths:

1st Alexandra's Gifts with a Gnome Place Like Home wreath

2nd EVL Now/Snowed In with a Buffalo Bills themed wreath

3rd Betsey's Consignments with a Snoopy themed wreath

Cornell Cooperative Extension would like to thank the businesses that took part in the contest as well as those that bid on our auction items. We look forward to more festive fun next year.



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USCG Captain Eric Nappo
Seneca Lake
www.senecalakefishingcharters.com

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snapplo@aol.com



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

Message from the Executive Director

Happy New Year! As we look back at the past year, we still have many things that we are thankful for at Cornell Cooperative Extension. We are thankful for all those who participate in and support our programs. I am grateful for our board of directors, advisory committees, and the county legislature. I am very grateful to our staff and volunteers, who have adjusted their worksites, schedules and developed new ways to provide programming in our county.

I am grateful for you! Thank you for continuing to support us by reading our newsletters, following us on social media, attending our workshops, enrolling your children in 4-H, reaching out with questions and telling others about the good work we do!

Dick



2021 BOARD OF DIRECTORS

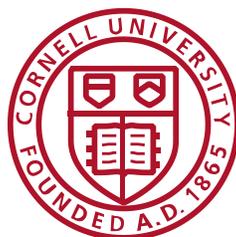
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