

Extension in Action

Volume 4 Issue 1

January 2022



WINTER IN THE GARDEN

Our gardens are at rest as we await the arrival of Spring. Now is the time to prune your fruit trees/bushes. Proper tools are essential for pruning. Tools should be sharp as to create clean cuts & should be cleaned/sanitized after every use on a single tree/bush as not to promote disease.

Rule 1 - Remove all dead, dying, diseased wood & bark flaking off. You never want to take more than 1/3 of a tree.. But dead wood is not counted as part of your 1/3

Rule 2 -Take off all vertical branches called water sprouts – prune all those out!

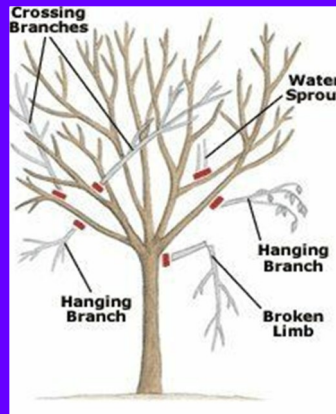
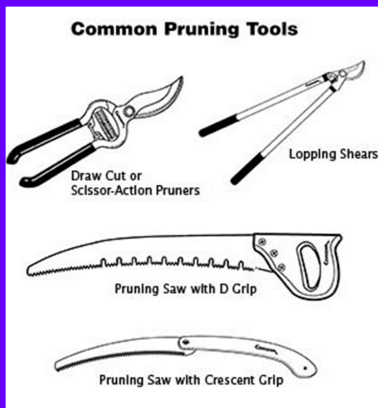
Water Sprouts – Water sprouts are thin branches which normally grow straight up from lateral branches. – wasted wood drains energy from the tree

Rule 3- Remove all crossing and rubbing branches

Rule 4- Remove any branches that double back into the center

Rule 5-Remove Suckers – Suckers are unwanted shoots which grow near the base of the trunk

Contributors-Tamara Bacho & Melinda Drabant– Master Gardener Volunteers



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New Electronic Newsletter

Please be advised that we will be considering going to an electronic newsletter after this edition. If you would like to receive our newsletter electronically, please submit your email address to: cattaraugus@cornell.edu If you would like to still receive a paper copy, please send your name & address to: cattaraugus@cornell.edu If you are currently receiving the 4-H weekly newsletter we will add your email to the list.

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

CCE CHAUTAUQUA AND CATTARAUGUS PARTNER FOR SUCCESS CCE Welcomes New Master Gardener Volunteer Program Coordinator

-by Emily Reynolds and Dick Rivers



JAMESTOWN, NEW YORK (January 12, 2022) -- Cornell Cooperative Extension of Chautauqua and Cattaraugus Counties have partnered together to bolster the Master Gardener Volunteer program in each of our counties. While the program in Chautauqua has been successful for several years now, it lacked the dedicated staff support that it deserves. Cattaraugus is currently redeveloping a Master Gardener Volunteer Program. "The Partnership just made sense" remarked Dick Rivers and Emily Reynolds, Executive Directors. "Partnerships like this help Cornell Cooperative Extension meet the needs of the residents of our counties."

CCE is very excited to welcome Shannon Rinow as Program Coordinator. She has provided a brief biography to introduce herself.

"My name is Shannon Rinow, and I am so excited to begin this new adventure as your new Master Gardener Volunteer Program Coordinator for Chautauqua and Cattaraugus counties! Since I was a young girl, gardening and agriculture have been a passion of mine. I recall helping tie posts at my grandparent's grape farm at a young age and harvesting vegetables and flowers from their home garden. I have had my own garden for the past decade, and each summer as the

sweet smell of peonies return after a long winter, it always brings me back to those younger years helping at my grandparents' farm.

In recent years, I co-own and operate a small suburban farm, Bee Happy Farm & Apothecary, alongside my husband, Mike and two sons, Mason (13) and Kyle (19), where I am a beekeeper and raise livestock (pigs, sheep, goats, poultry). We love the quirky personalities of our animals and have learned so much as their caretakers. Each day is an adventure and always something new! My family and I are in the process of relocating to Ashville, NY from Amherst, NY, a suburb right outside of Buffalo. We purchased a small fixer-upper farm where we plan to expand and grow organic vegetables and cut flowers. In my free time, I enjoy speaking to our community about the importance of honeybees and advocating for environmental and land stewardship. On any given day, you can catch me bottle feeding an orphaned piglet, nursing a sick chicken back to health or caring for new ducks in my living room! There is always something to do or someone in need, and I would not want it any other way.

I recently learned to crochet and have a fondness for spinning wool (although I am still learning!) and making homemade soaps and wreaths. I love the simple joys of homesteading and no matter how many days, months, and years go by, I am equally as excited to get fresh eggs from my chicken coop as the first day! Cornell Cooperative Extension has been an invaluable resource to me, and I am grateful to be a part of giving back to our community."

Mrs. Rinow will begin her work with CCE in February, please join us in welcoming her. She can be reached at smr336@cornell.edu.

PANCAKE BREAKFAST

WHEN

February 12th

8:30am -11:30am

WHERE

Cattaraugus

Fireman's Club

South St, Cattaraugus, NY

Chinese Auction



BENEFITS 4-H
TEEN GROUP TRIP
TO WASHINGTON
D.C

ADULTS

\$8.00

KIDS 12 & UNDER

\$5.00



Thinking about a solar lease? Here are 5 things you should consider.

By [Katelyn Walley-Stoll](#), Farm Business Management Specialist with [Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Program](#).

January 15th, 2022

Rural landowners across the Southwest New York Region, and New York State in general, have been receiving invitations from solar companies to lease their land for utility scale solar arrays. While this has been around for several years, the general trend of increasing renewable energy sources has spurred lots of conversations about the potential benefits, pitfalls, and logistics of hosting solar arrays on your property.

One thing to note is that solar leases are rarely something landowners should feel pressured to rush right into. Careful consideration, consultation with legal counsel, and an evaluation of the role such a lease would play into a farm business plan are all important steps before signing on the dotted line. Here are 5 things to consider as you think about leasing your land for solar.

The Benefits of Solar Leases: Solar energy is an important part of reducing carbon emissions and meeting [statewide](#), [national](#), and [global](#) efforts of increasing renewable energy sources. As a landowner, a solar lease can also provide a steady income stream, ranging from \$250 - \$2500/acre/year. While this isn't as profitable on a per acre basis as other production options, for unused or marginal land, solar leases can help [diversify farm revenues](#). There are several companies in our area recruiting land parcels for solar development, which could work to your advantage! Research and contact [developers in your area](#) for the best lease rates and agreements.

Solar Leases and Your Farm Business Plan: Having a farm business plan in place is so much more than a dusty binder sitting on a shelf in the farm office. A business plan tells you where you're going, why you're doing what you're doing, and what other types of opportunities you'd like to explore. Depending on your [farm's business plan](#), [stage in the business life cycle](#), and [succession planning](#) goals, solar may help spur new growth or hinder new investment opportunities. A solar lease can affect how you might use that land in the future, which could include mortgages, property sale, production diversification, expansion, or generational use.

You'll Need Legal Counsel: Lease agreements are living documents that can be adapted to meet your needs. This could range from including provisions that protect actively farming around the solar arrays (apiaries, [small ruminant grazing and market garden production](#)), hunting, right of ways, insurance and liability concerns, and more. Leases can range in length from 20 to 40+ years, and it's important to have a sound and fair lease in place from the beginning. There's very little chance of changing the lease terms once it's in place.

Effect on Property Taxes: If you're currently receiving an [Agricultural Assessment](#), or other property tax reduction, taking the land out of production agriculture and into a solar array may require paying some of those reductions back and [conversion penalties](#) (you can typically negotiate that the solar company pays these costs). A solar array can sometimes increase the value of your property and your tax obligations. Once the land is in a lease, the solar developer should also be responsible for any real property taxes, PILOT payments, etc. There is a renewable energy tax exemption that will protect increases for a 15 year period, but this often expires before the lease does – and many towns in our region have [opted out of this program](#). Be sure to research potential tax implications prior to negotiating the lease agreement.

“THE UGLY”: You may have heard some horror stories related to array construction, maintenance, and disassembly. Much of this can be negotiated with sound legal counsel who is familiar with solar arrays into your lease agreement. However, things do (and probably will) happen and you should be prepared to handle these issues on your property. Some areas of concern include:

Construction debris during the installation phase, traffic, and potential interruptions to your farming practices.

Dismantling the solar equipment at the end of the lease and the oversight of that process, which should be laid out in very specific terms in the lease. Be sure to include specifications of the quality of the property (returning it back to production).

Security, assurances, and/or bonds in place to cover the termination of the lease and equipment in the case of developer bankruptcy or missed payments.

Company transitions with the nature of the renewable energy industry, your lease will likely change hands several times and you will need to navigate those ownership changes.

Local zoning approvals may be a breeze or a community uproar depending on your area and could delay a potential project.

Solar leases and their potential impact on our agricultural industry can be both an exciting and an intimidating topic of conversation. While the situation will vary from farm to farm, developer to developer, and community to community – the most important thing will be reaching out to sound legal counsel to negotiate a fair agreement and reflecting on your farm’s business goals.

For more information, visit any of these great resources below:

[Leasing Your Farmland For Wind and Solar Energy Development from New York Farm Bureau.](#)

[Utility Scale Solar – What You Should Know by Timothy X. Terry from Cornell PRO-DAIRY](#)

[Landowner Considerations for Solar Land Leases from NYSERDA](#)

[Solar Installations in Agricultural Districts from NYSERDA](#)

[Solar Leasing Workshop Materials from CCE Herkimer County](#)

Written by Katelyn Walley-Stoll, Cornell University Cooperative Extension, Southwest New York Dairy, Livestock, and Field Crops Program. For more information, contact 716-640-0522, kaw249@cornell.edu, <https://swnydlfc.cce.cornell.edu/>. SWNYDLFC is a partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben counties. CCE is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



Solar Panel in the Snow sourced from Pixabay.com.

Photo Caption: Area land owners should take careful consideration when evaluating solar array leases for their farm businesses.

2022 TREE & SHRUB SEEDLING SALE ORDER FORM

Name _____ Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____

CONIFEROUS TREES	SEEDLING SIZE	BUNDLE OF 25	BUNDLE OF 50	BUNDLE OF 100	QTY	COST
DOUGLAS FIR	9-15"	\$25.00	\$45.00	\$75.00		
WHITE PINE	9-15"	\$25.00	\$45.00	\$75.00		
COLORADO BLUE SPRUCE	9-15"	\$25.00	\$45.00	\$75.00		
WHITE SPRUCE	9-15"	\$25.00	\$45.00	\$75.00		
NORWAY SPRUCE	9-15"	\$25.00	\$45.00	\$75.00		
HARDWOOD TREES	SEEDLING SIZE	PRICE PER BUNDLE OF 10			QTY	COST
RED OAK	12-18"	\$20.00 BUNDLE OF 10				
WHITE OAK	18-24"	\$20.00 BUNDLE OF 10				
PIN OAK	12-18"	\$20.00 BUNDLE OF 10				
BLACK CHERRY	18-24"	\$20.00 BUNDLE OF 10				
BLACK WALNUT	12-18"	\$20.00 BUNDLE OF 10				
RED MAPLE	12-18"	\$20.00 BUNDLE OF 10				
SYCAMORE	12-18"	\$20.00 BUNDLE OF 10				
ELDERBERRY	6-12"	\$20.00 BUNDLE OF 10				
CONSERVATION PACKETS	SEEDLING SIZE	PRICE PER BUNDLE OF 10 (2 EA. SPECIES)			QTY	COST
NATIVE FLOWERING – ELDERBERRY, WHITE FLOWERING DOGWOOD, NANNYBERRY, EASTERN RED BUD, BLACK CHOKEBERRY	12-18"	\$25.00				
BIRD & BUTTERFLY – BUTTERFLY BUSH, ELDERBERRY, NINEBARK, DENSE BLAZING STAR, STELLA DE ORO DAYLILY	12-18"	\$25.00				
BERRY PLANTS	SEEDLING SIZE	PRICE PER BUNDLE			QTY	COST
BLUEBERRY	15-24"	\$40.00 BUNDLE OF 5				
BLACKBERRY	12-24"	\$40.00 BUNDLE OF 10				
RASPBERRY	9-15"	\$40.00 BUNDLE OF 10				
FERTILIZER TABLETS	QUANTITY	PRICE PER BAG			QTY	COST
FERTILIZER TABLETS	BAG OF 10	\$2.00				
ORDER TOTAL:						
OFFICE USE ONLY:						
CHECK #						
SALES RECEIPT #						

**ORDERS DUE
BY:
MARCH 4, 2022**

**ORDER PICK-UP:
APRIL 22, 2022**

Orders are on a first-come, first-served basis. We have no control over actual seedling size. These are small bare root seedlings and do not come in pots and are not balled & burlapped. No refunds will be issued if you neglect to pick your order up on the scheduled date. We will not replace any seedlings after they have left our distribution center. It is out of our control as to when or how you plant your seedlings so we will not be held responsible. **Reminder postcards for pick-up date will be mailed at a later date.**

Cattaraugus County
Soil & Water
Conservation District
8 Martha Street,
PO Box 1765
Ellicottville, NY 14731
(716) 350-4018
www.cattcoswcd.org

Submit Payment with this order form by check or money order, made payable to
CATTARAUGUS COUNTY SWCD to the address above.

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

Agricultural Assessment Program

Farmland Owners May Save on Property Taxes With Agricultural Assessment Program

Application Deadline is March 1, 2022

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, 2022. To obtain a Soil Worksheet, contact the Conservation District with your tax parcel information at (716) 350-4018.

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
Amy Barkley	SWNY Livestock	716-640-0844		amb544@cornell.edu
Camila Lage	SWNY Dairy	607-422-6788		cd546@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	Master Gardener Educator			jpm453@cornell.edu
Katelyn Walley-Stoll	SWNY Business Management	716-640-0522		kaw249@cornell.edu
Melinda Drabant	SNAP-ED	716-699-2377	111	msd263@cornell.edu
Shannon Rinow	Master Gardener Coordinator			smr336@cornell.edu
Tamara Bacho	Office Administrator	716-699-2377	100	tsb48@cornell.edu
	Master Gardener Hotline	716-699-2377	127	cattaraugusmg@cornell.edu

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.

Cornell Cooperative Extension

Find us on:
facebook®

<http://www.facebook.com/adoptinghealthyhabits>

Day to Day Eats blog
blogs.cornell.edu/daytodayeats/



EFNEP Newsletter

Produced by Cornell Cooperative Extension February 2022

For more information about this and other County programs, call 585-343-3040

Keep a Lid on Sodium

February is American Heart Month® and the sodium in the food we eat plays an important role in heart health! The Dietary Guidelines for Americans 2020-2025 encourages all Americans to choose foods and beverages with less sodium. So, what does that mean and how can you start to reduce the amount of sodium your family consumes?

According to the Dietary Guidelines, the average American, aged 1 and older, consumes more than 3,300 milligrams (mg) of sodium each day. The recommended amount of sodium is 2300mg per day for anyone aged 14 and older. Sandwiches make up 21% of the sodium consumed (this includes hot dogs, burritos, and tacos) and 8% from mixed rice and pasta dishes (excluding macaroni and cheese) and 5% from pizza. Too much sodium in your diet can increase your blood pressure, cause dehydration, affect how your blood clots, and can stiffen your arteries causing your heart to work harder when pumping blood to the rest of your body.

Follow these tips from MyPlate to reduce sodium in your family's diet and help keep hearts strong:

1. Read the Nutrition Facts Label. You can see how much sodium is in one serving of the food or beverage and you can use this information to make lower sodium choices.
2. Eat a variety of fresh and frozen (without added sauces) vegetables and fruit. These are very low in sodium. When you choose canned vegetables, rinse them with water before eating or using in a recipe.
3. Look for key words on food packages—brined, cured, salted, pickled all tend to have high amounts of sodium.
4. Make meals at home. Most of the sodium we eat comes from commercial processed and prepared foods and beverages which includes foods prepared at restaurants and take out locations.
5. Pick your flavor. Sodium free herb and spice blends are available in almost any combination you can imagine. Enjoy Mexican, Italian, Jerk or Greek flavors? You'll find a spice blend for that!



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

The EFNEP program provides nutrition education to income-eligible 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
Breastfeeding

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 our Veggies
Teen Cuisine

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

Gayle Patterson
Cornell Cooperative
Extension of Cattaraugus
County
gsp72@cornell.edu |
cattaraugus.cce.cornell.edu
(ofc): 716.699.2377 ext.109

Kids Corner

Looking for something to do with your elementary aged children over Winter Break? Borrow [Explore Winter! 25 Great Ways to Learn about Winter](#) by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library. This book is jam packed with experiments and projects to help your children learn more about winter and includes indoor and outdoor activities.

Honey Mustard Dressing

Make 6 servings

Serving size 2 tablespoons

Ingredients

- 1/2 cup low fat plain yogurt
- 3 tablespoons 1% or nonfat milk
- 1 tablespoon of honey
- 2 teaspoons of prepared mustard (any type)

Directions

1. Wash hands with soap and water.
2. Combine yogurt, milk, honey, and mustard in a small bowl and stir until smooth. Cover and chill for 30 minutes in the refrigerator.
3. Refrigerate leftovers within 2 hours.

Notes: *Honey should not be fed to children under 1 year old.*

For a stronger mustard flavor, add an extra teaspoon or two of mustard.

Perfect for your favorite salad!

Nutrition facts for 2 tablespoons: 30 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 5g total carbohydrate, 0g dietary fiber, 5g total sugars, 3g added sugars, 1g protein, 0% Vitamin D, 4% calcium, 0% iron, 2% potassium, 0% calories from fat



Source: www.foodhero.org Oregon State University, Oregon State Extension Service

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

*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.*

SNAP-Ed New York

SAVE TIME. SAVE MONEY. EAT HEALTHY.

SOUTHWESTERN REGION

Try this hearty Kale and White Bean Soup



Ingredients

- 1 cup onion, chopped (1 medium onion)
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 tablespoon oil
- 2 cups broth (chicken or vegetable)
- 1 ½ cups cooked white beans (1 can – 15.5 ounces, drained and rinsed)
- 1 ¾ cups diced tomatoes (1 can – 14.5 ounces with juice)
- 1 tablespoon Italian seasoning
- 3 cups kale, chopped (fresh or frozen)

Directions

1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
2. Add broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

The Guidelines

Make every bite count
with the *Dietary Guidelines for Americans*. Here's how:



You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active – and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.



For more information:
Patty Amidon, SNAP-Ed NY Project Manager

✉ paa79@cornell.edu
(585)268-7644 ext. 12



Cornell University
Cooperative Extension

28 Parkside Drive

Ellicottville, NY 14731

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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, and for you.

It is time to thank 3 of our senior board members who are leaving the board of directors. Diane Clayson, Nathan Blesy and Don Wild have each completed six years on the board. According to our Constitution a director can serve only 6 years. We welcome 3 new members to the board, Beth Falk, Pat Walker and Sharon Wild. We are excited to have them a part of our board.

On the home front, we have completed our lease arrangements with the Town of Ellicottville for the next 6 years. The Town of Ellicottville is very supportive of CCE and we will now be seeking contractors to bid the work for needed renovations. More to follow in our next newsletter.

We have been providing this newsletter in print form and mailed to you. We are now exploring the possibility of moving to an electronic version. Before we consider this option, please let us know if this would be a hardship to not receive a printed copy. We will take into serious consideration whether to make this change. Please respond to the article earlier in this issue.

Thank you,

Dick



2022 BOARD OF DIRECTORS

Jessica Golley, President

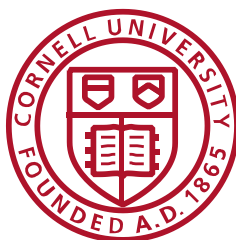
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