

Extension in Action

Volume 5 Issue 1

January 2023



***WISHING YOU &
YOURS A HAPPY
NEW YEAR!***

2023 Agricultural Program Subscription



Please return by January 31, 2023 to receive the benefits of a full year's subscription

**Cornell Cooperative Extension
Cattaraugus County**

Building Strong and Vibrant New York Communities.

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.

INSIDE THIS ISSUE:

Agricultural Subscription	1-4
NYSDEC Sale & office directory	5
4-H Pancake Breakfast	6
Master Gardeners	7
EFNEP	8-9
SNAP-ED	10-11
Executive Director	12

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

SUBSCRIBE TODAY!

When you subscribe to the CCE—Cattaraugus Agricultural Program, you receive the following benefits:

- Three exceptional regional teams options. Please be sure to select which areas are of interest so we can send you the most relevant information.
- A Quarterly subscription to the CCE—Cattaraugus INSIDER which includes upcoming events announcements, is complimentary for all subscribers, via email or postal mail (please indicate on the subscription card.)
- Newsletters, mailings and email blasts pertinent to your interest with current agriculture information.
- Access to Cornell Cooperative Extension Educators and program specialists providing assistance with production and management issues and linkage to Cornell University research and resources.
- 10% discount on Agro One full analysis soil testing done through the CCE office in Ellicottville.
- Further development of Cattaraugus County Agriculture through programming support.

Southwest NY Dairy, Livestock, and Field Crops Program (SWNYDLFC)

A team of Specialists providing education in: Farm Business Mgmt., Dairy, Livestock and Field Crops. Crops, Cows and Critters Newsletter— complimentary electronic subscription. Paper copies available for additional fee. Telephone, Email, In-Person Educational Meetings/conferences & field visits.

Cornell Vegetable Program (CVP)

Team of Vegetable Specialists providing education in: Food Safety, Variety Evaluation, Market, Development, Pest Management, Soil Health and Cultural Practices.

Benefits: VegEdge Newsletter (Complimentary electronic, paper copies available at \$ 35 additional fee.

Telephone/Email consultations, Educational Meetings, Direct Mailings, In-Field Educational Opportunities, Conduct / Coordinate On-Farm Research Trials in the Region.

Lake Erie Regional Grape Program (LERGP)

A team of Grape Specialists providing education in: Business Management, Cultural Practices, IPM, Vine Nutrition and Soils. Benefits: Vineyard Notes Newsletter, Weekly Electronic Crop Updates, Applied Research.

MEET OUR TEAMS



Our Cornell Vegetable Team: bottom left, Julie Kikkert (Team Leader), Robert Hadad. Top left, Christy Hoepting, Margie Lund, Judson Reid & Elizabeth Buck.



Our Southwest Dairy, Livestock & Field Crop Program Team: from left to right, Katelyn Walley-Stoll (Team Leader), Katelyn Miller, Amy Barkley & Camila Lage.



Our Lake Erie Regional Grape Program Team: from left to right, Jennifer Phillips Russo (Team Leader), Kevin Martin Business Management & Andy Muza IPM Extension.

2023 Cornell Cooperative Extension Subscription Card

To enroll by mail return this card with payment

By January 31, 2023 to:

CCE Cattaraugus 28 Parkside Drive, Ellicottville, NY 14731

Any Questions or concerns, please call 716-699-2377

Name _____

Farm Name (if applicable) _____

Mailing Address _____

City, State, Zip _____ Telephone # _____

Email (You may list up to 2 emails): _____

Please send Extension Insider by email _____ or Postal _____

I am interested in (check ALL that apply) _____ Dairy _____ Livestock
_____ Field Crops _____ Berries _____ Grapes _____ Home Gardening
_____ Food Preservation _____ Commercial Vegetable Production

Calculating Subscription Costs: Base Fee allows

Producer the Services of all Three Teams

Required	\$50.00	Base Fee for All Agricultural Producers
		with email newsletters
\$35.00	\$ _____	SWNYDLF Additional Fee to Receive paper Newsletter
\$35.00	\$ _____	CVP Additional Fee to receive paper mailing of Veg/paper mailing of Veg/Edge
\$35.00	\$ _____	LERGP Additional Fee to Receive paper mailing of Vineyard Note
Choose your own amount	\$ _____	<i>Special Contribution to: (Tax Deductible)</i> CCE Cattaraugus _____ 4-H Program _____ Master Gardener _____
Grand Total	\$ _____	ADD up all numbers in this column.



Department of
Environmental
Conservation



**COLONEL
WILLIAM F. FOX
MEMORIAL
SARATOGA
TREE NURSERY**
Tree and Shrub Seedlings for
Planting in New York State
2023
January 3–May 12

Trees and Shrubs...

- Improve air and water quality
- Stabilize streambanks
- Create windbreaks and conserve energy
- Reforest idle land
- Produce wood products
- Produce wildlife food and cover
- Improve aesthetic value of the landscape

www.dec.ny.gov/animals/9395.html

Office Directory

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

Our fax: 716-699-5701

Name	Dept.	Phone	Ext.	Email
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Katelyn Walley-Stoll	SWNY Business Management	716-640-0522		kaw249@cornell.edu
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	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.



Jr. Superintendents



pancake breakfast



February 4th

4-H Office: 28 Parkside Drive, Ellicottville

8:30am-11:30am

Kids 12 & under \$5

Adults \$8

Basket Raffle

Benefits 4-H Teen Group



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

BECOME A MASTER GARDENER VOLUNTEER!



Do you love gardening??

Would you like to give back to your community?



Cornell Cooperative Extension | Cattaraugus County

28 Parkside Drive Ellicottville, NY 14731

Classes held online Wednesdays 6pm-7pm

February 8, 2023 - May 20, 2023

1-2 in-person classes monthly

Tuition is
\$125.00

Applications available online, pick-up in our Ellicottville office
or call (716) 699-2377. Deadline is **January 16, 2023**

cattaraugus.cce.cornell.edu/gardening/master-gardener-volunteer-program

Cornell Cooperative Extension provides equal program and employment opportunities

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



EFNEP Newsletter

Produced by Cornell Cooperative Extension January 2023

For more information about this and other Cattaraugus County programs, call : 716.699.2377

Enjoy Frozen Vegetables and Fruit!



Frozen vegetables and fruits can help you save money when grocery shopping, give you more variety when choosing produce, help you increase the amount of vegetables and fruits in your diet, and give you all the nutrients and healthy eating benefits of fresh vegetables and fruit.

Frozen produce is often less expensive per ounce or pound than fresh varieties. This is especially true during winter. Compare the unit price of the produce you are looking to buy and consider how you will use it. Frozen produce is already washed and chopped, so using it may save you time. Adding frozen vegetables to soups, stews, casseroles, or other recipes can provide you with more variety during winter than what you might find in the fresh produce section.

Having a variety of frozen vegetables and fruits on hand helps you to add variety to meals and snacks and because of its convenience, can help you increase the amount of vegetables and fruit you eat every day. You can have a vegetable side dish cooked and ready to serve in just a few minutes when you use frozen vegetables, helping you get dinner served quickly.

It's often thought that frozen vegetables and fruits are less healthy and have fewer nutrients than their fresh counterparts. Good news! Frozen produce is just as healthy and has the same nutrients as fresh produce. Most frozen produce is picked and processed when it is at the peak of ripeness and the nutrients are locked in during the freezing process.

Choose frozen vegetables and fruit with no added sauces or sweeteners. They are low in calories, budget friendly and a great way to add color, flavor, nutrients and variety to your meals, especially during the winter.

EFNEP provides nutrition education to income-eligible families, young adults and children in counties throughout New York State.

A series of 8 classes is offered to adults and young adults in person, via Zoom or by phone.

Workshop series include:

*Family Nutrition Education Curriculum

*Finding A Balance — Diabetes

*Healthy Children, Healthy Families

*Healthy Cents

A series of 6 classes is offered to youth aged 8-18 in-school, at after-school programs and through 4H.

Workshop series include:

*Choose Health: Food, Fun and Fitness

*Teen Cuisine

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

Gayle Patterson OR
Sheldon Kenyon
Cornell Cooperative Extension
of Cattaraugus County
Phone: 716.699.2377
Email:
gsp72@cornell.edu OR
smk348@cornell.edu

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

KORNER

IDS

Visit your local public library and borrow the children's classic "The Snowy Day" written by Ezra Jack Keats. Read this book to your child and explore a snowy day through the eyes of a child. When you finish reading, go outside together and explore the snowy world in your neighborhood, yard or local park.

Broccoli Potato Soup

Makes 4 servings Serving size: 1/4 of recipe

Ingredients

4 cups broccoli (chopped) - (try frozen broccoli)
1 onion (small, chopped)
4 cups chicken or vegetable broth, low-sodium
1 cup evaporated milk, non-fat
1/2 cup mashed potatoes, instant (prepare with water to make 1 cup potatoes; could also use 1 cup leftover mashed potatoes.)
salt and pepper (to taste, optional)
1/4 cup cheddar cheese, shredded (or cheese of your choice)

Directions

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 tablespoon cheese over each serving.



Nutrition Facts for 1/4 of recipe: 194 calories, 5g total fat, 2g saturated fat, 10mg cholesterol, 310mg sodium, 26g total carbohydrates, 3g dietary fiber, 10g total sugars, 0g added sugars, 15g protein, 1mcg Vitamin D, 307mg calcium, 2mg iron, 921mg potassium, 82mg Vitamin C, 23% calories from fat

Source: Arizona Nutrition Network, Don't Play With Your Food: Fall and Winter Cookbook myplate.gov/recipes

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E-mail: msd263@cornell.edu to receive the monthly newsletter!



Welcome to SNAP-Ed!

Is winter giving your kids cabin fever?
Below are some indoor activities if they can't make it outdoors.



PHYSICAL ACTIVITY FOR KIDS: INDOORS!

A Helpful Infographic



Benefits

- Better mood
- Sleep well at night
- Stronger muscles and bones
- Healthy weight
- FUN!

Recommendations

- Ages 6-17 years old: 60 minutes of moderate or vigorous physical activity each day
 - include muscle and bone-strengthening activities like climbing and jumping at least 3 days a week
- Ages 2-5 years old: play actively several times each day



Examples

- Scavenger hunts
- Keep balloon off the ground
- Sports/action charades
- Obstacle course
- Assign action for each number in a deck of cards (ex- 8 means 10 jumping jacks)
- Get them moving during screen time (60 minute show=15 minutes of commercial breaks)





BOOST YOUR IMMUNE HEALTH* WITH NUTRITION

VITAMINS AND MINERALS FOUND IN FRUITS, VEGETABLES, LEAN PROTEINS, DAIRY AND WHOLE GRAINS, REGULATE AND SUPPORT THE IMMUNE SYSTEM. IMMUNE HEALTH HAS BEEN LINKED TO DECREASED RISK OF ACQUIRING INFECTION AND IMPROVED IMMUNE RESPONSE.

WHAT ARE NUTRIENT DENSE FOODS?

LEAN PROTEINS

Protein helps the body build and repair tissues. Examples of good sources of protein are meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

LOW FAT DAIRY

Provides calcium and vitamin D to support bone health. Dairy products are fluid milk, milk products and calcium-fortified soymilk (soy beverage). Look for low fat or fat free options.

FRUITS & VEGETABLES

Eat a colorful variety of fresh, frozen or canned fruits and vegetables to consume an array of vitamins and minerals. Examples: bell peppers, oranges, kiwi, tomatoes, kale, spinach, sweet potatoes.

WHOLE GRAINS

At least half of the grains you eat should come from whole grains. Look for phrases like 'whole wheat' or 'whole grain'. Examples: whole wheat flour, oats, quinoa, buckwheat, brown rice.

Recipe of the Month



Ingredients

- 1/2 cup nut butter or seed butter (almond butter used for nutrient analysis)
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 cup oats
- 1 tablespoon sunflower seeds

Directions

1. Measure out all the ingredients.
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8 x 8 baking dish
4. If desired, add toppings such as nuts, seeds, or dried fruit!
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.



For more information:
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<http://cattaraugus.cce.cornell.edu/>

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Ellicottville, NY 14731

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Message from the Executive Director

The CCE of Cattaraugus County has decided to provide an opportunity for you to join the Extension by supporting the Teams that provide services to the agricultural communities of our county. We are very fortunate to have the specialists of the Dairy, Livestock and Field Crops Team, the Cornell Vegetable Team as well as the Lake Erie Regional Grape Program available to producers.



Your support will allow our CCE to provide additional agricultural services to support your needs. Please complete the form and if desired donate to one of our other programs. You may send a check for the amount you desire to our CCE office in Ellicottville.

Thank you for your interest and support.

Dick

2023 BOARD OF DIRECTORS

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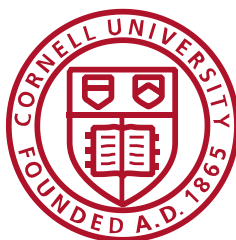
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