

Extension in Action

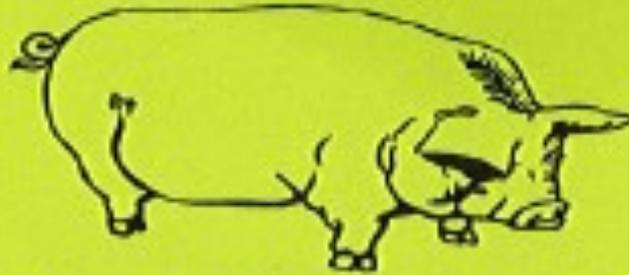
Volume 3 Issue 3

July 2021



Cattaraugus County 4-H Hog Wild

Win a freezer ready processed pig.



Drawing: Saturday week of Fair
Donation: \$1.00 each



Tickets available from 4-H Members, at our office and at the fair!

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

Cattaraugus County 4-H Offers Incubation Project Despite Covid-19

By: Abby Luzier, 4-H Youth Development Educator

Many students across the county have benefitted from this year's Incubation & Embryology program. Throughout the first three weeks of May I have been meeting with classrooms to talk about the incubation process and what is happening inside the egg as the chick develops.

Normally, this would be done in-person and the students would get hands-on experience with candling the eggs and witnessing the chick's hatch. However, with the current circumstances surrounding Covid-19 it was best to be done virtually. 54 different classrooms from 6 school districts with students in grades Pre-K to 5th participated this year.



The first two weeks we talked about the early development and I was able to candle the eggs in a way that the students could see through a Zoom or Microsoft TEAMS meeting. As we got further in the development, we began talking about the breeds of chicks that would be hatching out along with their physical characteristics and personality traits.

The most exciting part for students is being able to watch a chick hatch. Luckily, I was able to get a video of the chicks hatching and time lapse it so they could get an idea of the process and still have that experience.

All-in-all it was a rewarding experience with the students, and I am looking forward to being back in the classroom next year! The chicks that hatched headed to their forever homes with some of our 4-H families in the poultry program so that they can raise them and show them at the county fair.



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.





2021 Junior Department Schedule of Events (Subject to Change)

Thursday, July 29	1 pm – 4 pm	Educational Booth Set Up in Youth Building
	5 pm – 8 pm	Youth Building Exhibit Judging
Saturday, July 31	9 am – 11 am	Youth Building Exhibit Judging
	2:00 pm	All Jr. Dept. Livestock, Dairy, Poultry/Rabbit, & Alpacas must be in place
	2:00 pm	Youth Exhibitor Meeting (<i>Livestock Arena</i>)
	2:30 pm	Market Poultry Show (<i>Mary Elizabeth Dunbar Building</i>)
	4:30 pm	All 4-H Horses must be in place
	5:00 pm	4-H Horse Exhibitors Meeting
	5:30 pm	Mounted Games Exhibition (<i>Horse Arena</i>)
	6:00 pm	Beef & Dairy Steer Weigh-Ins (<i>Market Animals Only</i>)
Sunday, August 1	6:30 pm	Goat, Sheep, & Swine Weigh-Ins (<i>Market Animals Only</i>)
	10:00 am	Cloverbud Horseless Horse Show (<i>Costume Class immediately to follow</i>)
Monday, August 2	10:00 am	Jr. Dept. & Open Alpaca - Showmanship, Obstacle, Costume (<i>Livestock Arena</i>)
	2:00 pm	Gaming Horse Show (<i>Horse Arena</i>)
	4 pm – 6 pm	4-H/FFA Livestock Skillathon (<i>Livestock Arena</i>)
	7:00 pm	Goat Showmanship Practice (<i>Livestock Arena</i>)
Tuesday, August 3	9:00 am	Western Horse Show (<i>Horse Arena</i>)
	9:00 am	Exhibition/Fancy Poultry Show (<i>Mary Elizabeth Dunbar Building</i>)
	9:00 am	4-H/FFA Livestock Judging Contest (<i>Livestock Arena</i>)
	10:00 am	4-H/FFA Dairy Judging Contest
		4-H/FFA Agronomy Contest (<i>immediately following Dairy Judging Contest</i>)
	11:00 am	Jr. Dept. & Open Goat Show (<i>Livestock Arena</i>)
	4:30 pm	Miniature Horse Show (<i>Horse Arena</i>)
	6:00 pm	Dairy Showmanship Practice (<i>Dairy Arena</i>)
Wednesday, August 4	7:00 pm	Swine Showmanship Practice (<i>Livestock Arena</i>)
	9:00 am	Dressage Horse Show followed by Jumping (<i>Horse Arena</i>)
	9:00 am	Open Holstein Show (<i>Dairy Arena</i>)
	9:00 am	Jr. Dept. & Open Swine Show (<i>Livestock Arena</i>)
	9:00 am	Poultry Knowledge Contest (<i>Mary Elizabeth Dunbar Building</i>)
	10 am – 1 pm	4-H/FFA Wildlife, Tree, & Tool ID (<i>Conservation Building</i>)
	1:00 pm	Jumping Horse Show (<i>Horse Arena</i>)
	3:00 pm	Rabbit/Cavy Show (<i>Mary Elizabeth Dunbar Building</i>)
	4:00 pm	Driving Horse Show (<i>Horse Arena</i>)
	6:00 pm	Alpaca Knowledge Contest (<i>Livestock Arena</i>)
Thursday, August 5	7:00 pm	Sheep Showmanship Practice (<i>Livestock Arena</i>)
	9:00 am	English Horse Show (<i>Horse Arena</i>)
	9:00 am	Jr. Dept. Dairy Show (<i>Dairy Arena</i>)
	11:00 am	Jr. Dept. & Open Sheep Show (<i>Livestock Arena</i>)
	3:00 pm	Master Showmanship Finals for Horse (<i>immediately after Driving</i>)
	4:00 pm	Market Poultry ONLY Released
	5:00 pm	Legislator Social (<i>Snack Shack</i>)
	6:00 pm	Cat Show (<i>Outside Poultry Barn</i>)
Friday, August 6	7:00 pm	Beef & Dairy Steer Showmanship Practice (<i>Livestock Arena</i>)
	9:00 am	Rabbit/Cavy Showmanship & Decathlon (<i>Mary Elizabeth Dunbar Building</i>)
	9:00 am	Jr. Dept. Beef & Dairy Steer Show (<i>Dairy Arena</i>)
		Master Showmanship Contest (<i>immediately following Beef Show</i>)
	4:30 pm	Dog Knowledge Contest (<i>near Dairy Arena</i>)
	5:00 pm	Dog Show (<i>Dairy Arena – immediately following Master Showmanship</i>)
	7:00 pm	Swine Photos (<i>Livestock Arena</i>)
Saturday, August 7	9:00 pm	Feed MUST be removed from all market animals for 12 hours (Leave Water!)
	8:00 am	Beef & Dairy Steer Weigh-Ins (<i>Market Animals Only</i>)
	8:30 am	Goat, Sheep, & Swine Weigh-Ins (<i>Market Animals Only</i>)
	9:00 am	Open Beef Show (<i>Dairy Arena</i>)
	10 am -12 pm	4-H/FFA FACS Contest (<i>Youth Building</i>)
	1:30 pm	Champion Livestock Showman Contest (<i>Livestock & Dairy Arenas</i>)
Sunday, August 8	5:00 pm	Barnyard Olympics & Exhibitor Dance Party (<i>Livestock Arena</i>)
	8:00 am	Open Colored Breeds Dairy Show (<i>Dairy Arena</i>)
Monday, August 9	1:30 pm	Youth Market Animal Sale (<i>Dairy & Livestock Arenas</i>)
	7:00 am	Market Animals ONLY Released
Tuesday, August 10		Staggered dismissal of all other animals by superintendents
	9 am – 3 pm	All Youth Building Exhibits & Booth Pick Up

Awards Ceremony TBD mid – late August



Do you have trees in your yard that were defoliated by gypsy moth caterpillars?

New York State Department of Environmental Conservation-June 26, 2021

Here are some things you can expect for your trees in coming months, as well as ways you can help care for them when the caterpillars are gone:

 **Hardwoods** – A healthy leaf-bearing tree will likely leaf out again as the caterpillars disappear, though leaves will probably be smaller than usual. If your tree lost ALL its leaves and does not grow any new ones in the next two months or so, watch it in the spring. If it still does not leaf out next spring, it has died.

 **Conifers** – If your needle-bearing trees lost more than 50% of their needles, there's a good chance they probably won't recover. Keep an eye on them in the coming seasons, and if you have concerns or think the tree could endanger a house if it were to fall, contact an arborist.

Losing lots of leaves this time of year stresses trees and can weaken them, making them vulnerable to pests, diseases, or even competition from invasive plants who swoop in to steal the now-sunny understory space. If trees in your yard show signs of recovery, keep a close eye on them in upcoming months and watch for potential issues. Give them a little extra care when appropriate like:

- watering in dry conditions,
- weeding around the trunk,
- mulching properly - just 1-2 inches deep (if you plan to mulch), and,
- scraping off gypsy moth egg masses in fall/winter (if applicable).



If you have concerns, arborists are here to help. If you're a woodland owner who saw major forest defoliation, watch for new leaves this summer. If this is not the first year of the outbreak in your area and you have concerns for next year, contact a forester for a consultation: <https://on.ny.gov/3vW0Jp4>.

Trees are pretty resilient, but sometimes they can use a little help from their human friends to get them through tough times. A watchful eye and a little extra TLC can go a long way in helping your trees get healthy

The U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) is now accepting nominations for County Committee members. This year's election will be held for Local Administrative Area 3: Machias, Yorkshire, Farmersville, Freedom, Franklinville, Ischua and Lyndon. County Committee members make important decisions about how federal farm programs are administered locally. Nominees should be participating or cooperating in a USDA program and reside in LAA 3. Nomination forms for the 2021 election must be postmarked or received in the local FSA office by Aug. 2, 2021. For more information, contact the Cattaraugus County FSA Office at 699-2375.

Emily J. Miller

County Executive Director

Cattaraugus County Farm Service Agency





Cattaraugus County Dairy Court 1986



We recently came across this 35 year old blast from the past picture of the Cattaraugus Co. Dairy Court. Kerri Martin has identified herself as being the 4th on the right. Lisa Dechow was crowned Dairy Princess. Do you know any of these young ladies? Maybe you are one of them. We'll have a blow up of this picture at the fair and you can let us know, see you there!

Woods Walk sponsored by the Allegany Foothills Chapter of the NY Forest Owners Association.

The July 17th Woods Walk will be at John & Gayle Rembold's property 6666 Sweeney Hill Road, Cattaraugus, NY starting at 9:45am.

We will review forest activities on the property and view the results of these activities.

These include early plantation development, road building, timber harvest and EQUIP sponsored invasive control and TSI.

We will also observe the effects of deer browsing and discuss open field management.

We are hoping to have a forester on hand and our walk will be on "fairly flat" ground. Bottled water will be provided and there will be a port- a-potty available.

We are limited on shade so prepare for the weather.

Bring your own beverage and lunch if you so desire.

All are welcome to attend.



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

Cornell Cooperative Extension of Cattaraugus County Board of Directors



Thank you, 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
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
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-ED	716-699-2377	111	msd263@cornell.edu
Tamara Bacho	Office Administrator	716-699-2377	100	tsb48@cornell.edu
	Master Gardener Horline	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.

EFNEP Newsletter

For more information about this and other Cattaraugus County programs, call 716-699-2377

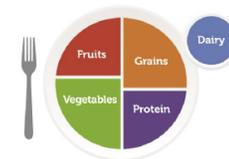
Produced by Cornell Cooperative Extension July 2021

It's MyPlate's 10th Birthday!

Join MyPlate's birthday celebration by downloading the *Start Simple with MyPlate* app and set simple goals for healthy eating.

It's easy—just follow these steps:

1. On your mobile device, go to <https://www.myplate.gov/resources/tools/startsimple-myplate-app> to download the app.
2. Set your goals for each food group (vegetables, fruits, grains, protein, dairy).
3. See real time progress as you track your goals and use MyPlate tools for ideas on how to meet your goals.
4. Earn badges as you meal food group goals and strive to earn the ultimate MyPlate badge.
5. Share your success on social media and encourage others to join the Challenge. Tag @myplate and use hashtag #myplateturns10.



Start simple
with **MyPlate**

Lots of variety in local vegetables and fruits available this month at your local farmers' market!

Look for these vegetables:

Lettuce, kale, collards
Yellow and green beans
Beets
Onions
Zucchini and yellow squash
Bell peppers
Broccoli and cabbage
Cucumbers and eggplant
Peas
Potatoes



Look for these fruits:

Peaches
Blueberries
Blackberries
Cherries
Nectarines
Apricots
Raspberries
Plums



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

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

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

Gayle Patterson
gsp72@cornell.edu
716-699-2377-ext.109

Leann Hodge
lmh292@cornell.edu
716-864-1627

Tune into: Kitchen Konnections
Thursdays @ 11AM
FACE BOOK

Nutrition Educators of CCE
Cattaraugus County

CCE of Cattaraugus County

KORNER

IDS

Summer reading programs are in progress at your local library. Sign you and your children up for the reading challenge and other programs scheduled. While there, borrow “I Can Eat a Rainbow” written by Olena Rose. After reading the book with your child, have them draw pictures of their favorite vegetables and fruits. Did their choices create a rainbow?

Summer Italian Vegetables

Serves 6
Serving size 1/2 cup

Ingredients

1 onion chopped
1 zucchini or yellow squash, diced
1 tomato, diced
1 bell pepper, chopped
1/2 teaspoon dried oregano
1-8 ounce can tomato sauce
1/2 cups shredded part-skim mozzarella cheese



Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. Combine onion, squash, tomato, and bell pepper in a baking dish.
4. Sprinkle with oregano.
5. Pour tomato sauce over the vegetables.
6. Bake uncovered for 20-30 minutes.
7. Top with cheese. Bake for another 5 minutes until cheese melts.

Refrigerate leftovers within 2 hours

Nutrition facts per 1/2 cup serving: 70 calories, 2.5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 330mg sodium, 9g total carbohydrate, 1g dietary fiber, 5g total sugars, 1g added sugars, 4g protein, 0mcg Vitamin D, 96mg calcium, 1mg iron, 313mg potassium
32% calories from fat

Source: Eating Smart Being Active Colorado State University and University of California Extension

SNAP-Ed New York

SAVE TIME. SAVE MONEY. EAT HEALTHY.

SOUTHWESTERN REGION



INGREDIENTS

- 1 CUP CHOPPED PEACHES, CANNED OR FRESH (ABOUT 1.5 TO 2 MEDIUM FRESH)
- 1 LARGE TOMATO, CHOPPED
- 1 BELL PEPPER, SEEDED AND CHOPPED
- 1/2 CUP CHOPPED ONION (1/2 MEDIUM ONION)
- 1/2 CUP CHOPPED CILANTRO
- 1 TABLESPOON LIME JUICE
- 1/4 TEASPOON EACH SALT AND PEPPER

DIRECTIONS

1. COMBINE PEACHES, TOMATO, BELL PEPPER,
2. ONION AND CILANTRO IN A LARGE BOWL.
3. ADD LIME JUICE, SALT AND PEPPER AND GENTLY STIR TO MIX.
4. COVER AND REFRIGERATE UNTIL READY TO SERVE.
5. REFRIGERATE LEFTOVERS WITHIN 2 HOURS.

Peach Salsa

Serves 16



SNAP-Ed
New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.



TRY WITH TACOS, TOSTADAS, FISH, CHICKEN, AND MORE. FOR EXTRA FLAVOR, ADD CAYENNE PEPPER OR DICED JALAPENO PEPPERS.

FIND RECIPE AT:

[HTTPS://WWW.SNAPEDNY.ORG/2020/09/PEACH-SALSA/](https://www.snapedny.org/2020/09/peach-salsa/)



OR WATCH HOW TO MAKE IT AT:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=OYSBPGDMHT4](https://www.youtube.com/watch?v=OYSBPGDMHT4)

VISIT YOUR LOCAL FARMERS MARKET THIS JULY!

What is in season in WNY?

- Beans
- Broccoli
- Cabbage varieties
- Cucumbers
- Cauliflower
- Corn
- Kale
- Herbs
- Lettuce Varieties
- Summer Squash
- Tomatoes
- Apples
- Blueberries
- Cherries
- Blackberries
- Raspberries



FLIP THE SCRIPT ON GRILLING



Add some new ingredients to your grilling menu. Think beyond hamburgers and hotdogs. Get creative!

Have a bunch of veggies at home? Grill them up. Pepper, squash, sweet potatoes, peppers, and eggplants are all great grilled.

Try grilling lean proteins like chicken kabobs or veggie burgers

Skip the ice cream! Grill fruit kabobs, pineapple, pears, or whatever whole fruits are on sale are the perfect treat for after dinner.

Add physical activity to your cookout. Try an outdoor game, family walk, or get everyone dancing to some music!

Reduce the calories, increase the nutrients, and have fun.



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



Cornell University
Cooperative Extension



In 2021, Cattaraugus County CCE has begun several garden education initiatives, and plans to increase the opportunities it offers to the community later this year. Starting this past winter, and continuing once a month, workshops and discussions on gardening topics have been offered virtually, with many county residents registering and attending. The sessions have included wide ranging topics such as garden planning, creating a plan for pollinators in your garden, soil testing, gardening with raised beds, and most recently, learning about garden weeds and weed management strategies. Recordings of these sessions can be found by searching for Cattaraugus Master Gardeners on Youtube.com.

The Association has also received a grant this year to pilot a new youth gardening curriculum, based on the popular Seed to Supper program, and featuring activities and lessons exploring garden knowledge and discussions about diversity, equity, and inclusion in our food system and world. 7 Cattaraugus County 4-H youth are participating in the program, engaging with the curriculum, visiting local farms and gardens throughout the summer, and exploring gardening on their own and with their peers. These young leaders will hopefully continue to develop their interests in growing food, and exploring gardening and agriculture, both at CCE and into their future lives and careers.

This summer, the Cattaraugus County Master Gardeners will begin recruiting new Master Gardener Volunteers. Master Gardeners are volunteers trained in research- based knowledge and practical gardening skill, who have a desire to work in their communities performing peer to peer and neighbor to neighbor gardening assistance and education. Gardeners who are interested in this program should contact the extension office by phone, drop in, or email cattaraugusmg@cornell.edu and find out how to apply. Current Master Gardeners will be hosting a booth at the County Fair this year, located in the 4-H building. Be sure to drop by and chat with us about any garden questions you might have during fair week August 1-8. The Master Gardener display will also feature helpful information this year on pollinators and pollinator friendly gardens and will be a great chance to learn more about what extension is offering in your community. Hopefully we will see you there!

Presenters

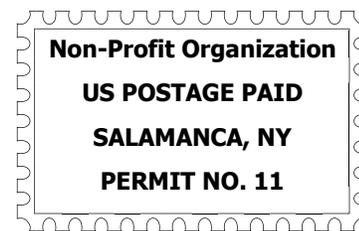
Jesse Meeder, CCE Cattaraugus Farm to School Educator, Master Gardener Coordinator. Owner of Little Bear Farm, a vegetable market garden in Franklinville NY, and farmer in WNY since 2007, in urban and rural areas.

Melinda Drabant, CCE Lead Nutritionist for Southwest NY Region. Certified in Holistic Health & Yoga. Cattaraugus Master Gardener Apprentice and Archery Youth Instructor.

Tamara Bacho has been the Office Administrator @ CCE of Cattaraugus Co. for 5 years. Her interests include gardening, fishing, hunting, photography & wildlife observation.



28 Parkside Drive
Ellicottville, NY 14731
Return Service Requested



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

Message from the Executive Director

Welcome to our summer issue of *Extension in Action*. A pleasant relief from our cool spring. We are busy preparing for the Cattaraugus County Fair (August 1 – 8) in Little Valley. Seems like a very long time since the 2019 Fair. Glad to be back after the COVID-19 pandemic. Hope this finds you well and now getting out to local events in the county.

There are a couple of plans that I want to share with you: The Master Gardener Program is progressing well and we expect to offer our first class in the Fall to certify those wishing to become Master Gardeners. There is a need for this program as evidenced by the participation and interest in the monthly programs we produced this spring.

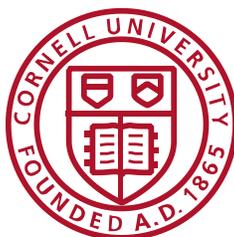
We are working on a grant with Allegany, Chautauqua and Steuben Counties to provide instruction for the meat processing industry. There is a shortage of processing capabilities as shown by the extended time that producers are required to wait for service.

Dick



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