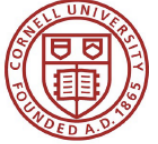


Extension in Action

Volume 5 Issue 2

March 2023



CCE of Cattaraugus County Board of Directors



Board member, Pat Walker, grew up in Hartington, Nebraska on a small, general livestock farm and was active in 4-H for many years. She graduated from Iowa State with a BS in Animal Science and moved to New York in 1978 for a job as Dairy/ Livestock Extension agent, which she did until 1984. After that she did consulting work for FmHA and worked on her husband's family dairy farm.

In 1994, she was hired as Agriculture teacher/FFA advisor at Pine Valley, and then, in 1998 became Ag teacher/ FFA advisor at Randolph until her retirement in January 2022. She proudly started the Randolph youth trap team at Randolph in 2008 and coached it until retirement.

Today, she is active in St Pat's Altar and Rosary Society, she volunteers for trap club and is a substitute bus driver for Randolph Central. She has 3 children and 4 grandchildren.

Thank you for your service, Pat, and for your years of commitment to agriculture and the community!

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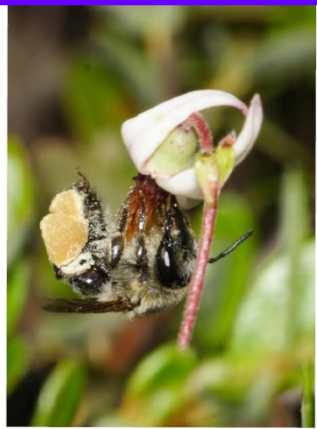
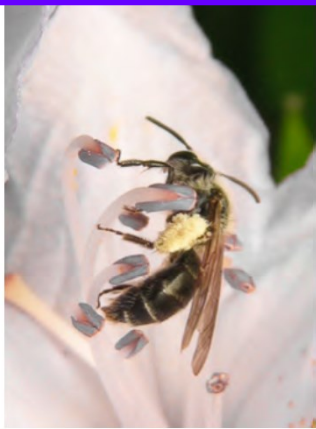


Our New Entrance

Please stop in & step thru our new entrance to see the renovations that have been completed!

**CCE of Cattaraugus
Staff &
Board of Directors**

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



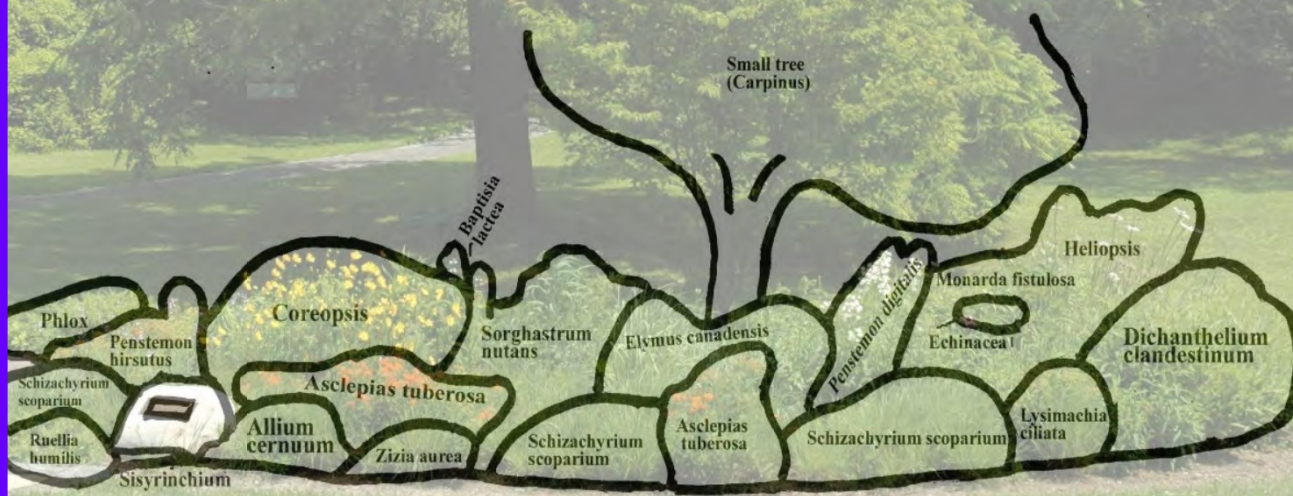
Creating a pollinator garden for native specialist bees

of New York and the Northeast



Cornell University

Maria van Dyke
Kristine Boys
Rosemarie Parker
Robert Wesley
Bryan Danforth



For more information go to this link: <https://cornell.app.box.com/v/pollinator-gardens-native-bees>

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

Whether You Live in the City or in the Woods...

Sun Lovers



Treehuggers



Wetland Dwellers



Urban Citizens



Open Your Yard for the Locals!



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

Master Gardener News Corner

By Shannon Rinow, Master Gardener Coordinator

New Horticulture Newsletter

I am excited to announce the release of our new Master Gardener horticulture newsletter! Our first edition was published last month. It will be released on a bimonthly basis, to share information and resources with our local community.

You can visit our website to access it:

<https://cattaraugus.cce.cornell.edu/gardening>



Master Gardener Help Desk

Did you know Cattaraugus County has a Master Gardener help desk?? You can call (716) 699-2377 or email: Cattaraugusmg@cornell.edu with any gardening questions, plant recommendations, bug identification and pH testing. pH is important for the adsorption of nutrients in your soil.

Planning a vegetable garden?



**Cooperative
Extension**
Tompkins County

Education Center
615 Willow Avenue
Ithaca, NY 14850-3555
t. 607.272.2292
f. 607.272.7088
e. tompkins@cornell.edu
www.ccetompkins.org

FIRST SEEDING AND TRANSPLANTING DATES FOR VEGETABLES IN NEW YORK

As early as garden may be worked in Spring or about April 15.	After the date of the last average frost in Ithaca area - - May 14.	After the soil has become warm in Spring June 1.
Beets Broccoli (x) Brussels Sprouts (x) Cabbage(x) Carrots Cauliflower (x) Celery (x) Endive Kale Kohlrabi Leeks Lettuce Mustard Onions ♦ Parsley Peas Radish Swiss Chard Spinach Turnips Rutabagas	Beans Eggplant* Pepper* Popcorn Potatoes Sweet Corn Tomatoes*	Basil Cucumber Muskmelon* Okra* Pumpkins* Squashes, Summer Squashes, Winter* Watermelon*

* Indicates variety is transplanted.

(x) Indicates may be transplanted or seeded. If transplanted probably, should be transplanted later than date given.

♦ Indicates may be transplants, sets or seed.





Department of
Environmental
Conservation



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

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

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
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Gayle Patterson	EFNEP Educator	716-699-2377	109	gsp72@cornell.edu
Katelyn Miller	Field Crops and Forage Specialist	716-640-2047		km753@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
Michael Nelson	Farm to School	716-699-2377	119	mcn62@cornell.edu
Shannon Rinow	Master Gardener Coordinator	716-699-2377	127	smr336@cornell.edu
Sheldon Kenyon	EFNEP Educator	716-699-2377	107	smk348@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.

4-H Spring Break FUN!

Monday: 2pm Eden Valley Creamery Tour and tasting

Meet at the creamery or transportation from the office at 1:15.

Tour and Tasting are free but opportunity to purchase cheese and ice cream available

Tuesday: Corning Museum of Glass FREE lunch included

Drop off from 7:30am-8:15am return to office 5pm

Wednesday: 5:30pm Ellicottville Brewing Company-Little Valley Site

See EBC's state of the art equipment and their impact on our environment and economy and how they brew and package.

One parent must accompany children

Thursday: 10am-1pm **Food, Fun and Friends** Farm to School, SNAP and EFNEP

Join us for activities Lunch Provided

Friday: 10am-12pm **4-H Fun Friday** Master Gardeners join us for fun with soil, seeds and snack

Please RSVP to the 4-H office by March 28th for each day you are attending

Each day counts as an educational credit.

All 4-H ages welcome.

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



8th Annual



Spaghetti Dinner

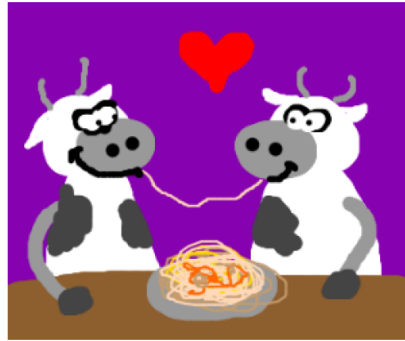
Support Cattaraugus County 4-H

Pie Auction

beginning

@ 6:00 PM

Fresh homemade pies



Basket Raffle

beginning

@ 3:00 PM

Drawing during pie auction

Cattaraugus County Fairgrounds Corporate Building

Sunday, March 26, 2023 3:00-7:00 PM

Dinner will be served from 3 - 6pm (or until sold out) followed by the pie auction at 6pm and basket raffle drawing

\$10.00 Presale or \$12.00 at the door

7 years & under \$5.00

Tickets available at the Cattaraugus County 4-H office

Sponsored by 4-H Livestock Committee

For more information, Contact Abby Luzier at:

716-699-2377 EXT 130

All proceeds raised at this event will be used for improvements to the Livestock facilities on the Cattaraugus County Fairgrounds.

"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/>

EFNEP Newsletter

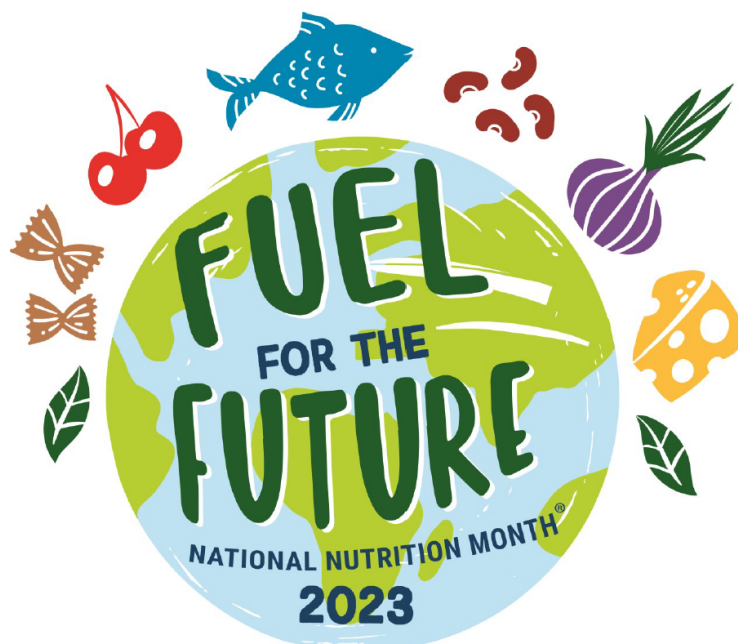
Produced by Cornell Cooperative Extension March 2023

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

Let's Celebrate National Nutrition Month®!

1. As a family, each week this month, try one new fruit or vegetable.
2. Make a plan to eat together more often.
3. Get your entire family involved in preparing meals, setting the table and cleaning up.
4. Cut back on salt by flavoring your food with no salt added herb and spice blends, and by using a squirt of lemon or lime juice to bring out the flavor.
5. Include all family members when planning meals for the week. Ask each family member to suggest one meal they would like to have and ask them to help plan the meal.
6. As a family, take a walk, go to the playground or the park after dinner.
7. When grocery shopping, look for foods with less packaging.
8. Try a meatless meal once a week—focus on recipes using beans like kidney, cannellini, garbanzo, black and great northern beans.
9. Turn off the TV and put away phones, computers and tablets during meal times.
10. Interested in growing your food? Now is the time to plan your garden. Need some help getting started? Contact the Master Gardeners at your local Cornell Cooperative Extension.

Excerpted from 50 Ideas to Get Involved in National Nutrition Month®, www.eatright.org.



EFNEP provides nutrition education to income eligible families with children.

Are you eligible? Do you:

- have children who attend Early Head Start and/or Head Start?
- use your SNAP card to buy food?
- receive WIC?
- have children who eat free meals at school?

EFNEP helps you make healthy food choices while saving money at the store.

Learn to:

- eat more fruits and vegetables and how to afford them
- drink fewer sugar sweetened beverages
- take control of your weight
- be more physically active

EFNEP offers a series of hands-on, interactive, and supportive classes. Join us in-person for group classes or one-on-one visits, virtually by Zoom or by phone. Call to schedule your sessions today!

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
gsp72@cornell.edu OR
Smk348@cornell.edu

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

KORNER IDS

With your child, read “Just Try One Bite” by Adam Mansbach and Camila Alves McConaughy. How is this story similar or different to what happens in your house when trying new foods?

Brown Rice with Corn and Beans

Makes 6—1/2 cup servings

Ingredients

- 1 cup low-sodium broth
- 1 package (1.25 ounce) taco seasoning or 1/4 teaspoon each of chili powder, garlic powder, ground cumin, and oregano
- 1 cup instant brown rice
- 1/3 cup salsa
- 1/2 cup corn (frozen or canned, drained and rinsed)
- 1/2 cup black beans (cooked or canned, drained and rinsed)

Directions

1. Wash hands with soap and water.
2. Bring the vegetable broth and seasonings to boil in a medium saucepan.
3. Add the rice, salsa, corn and beans. Turn heat to low, cover the saucepan and let cook undisturbed for 10 minutes.
4. Gently stir before serving.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts for 1/2 cup: 110 calories, .5g total fat, 0g saturated fat, 0mg cholesterol, 480mg sodium, 22g total carbohydrates, 3g dietary fiber, 1g total sugars, 0g added sugars, 3g protein, 0mcg Vitamin D, 7mg calcium, 0mg iron, 103mg potassium, 15mcg Vitamin A, 3mg Vitamin C, 4% calories from fat

Source: Oregon State University www.foodhero.org



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/>



SAVE TIME. SAVE MONEY. EAT HEALTHY.

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



MARCH IS NATIONAL NUTRITION MONTH®



Creamy Potato and Leek Soup

(Makes: 8 Servings) Source: FoodHero.org, recipe/ Creamy Potato and Leek Soup



Ingredients:

- 3 leeks (about 3 cups diced)
- 3 potatoes (about 3 cups diced)
- 2 Tablespoons margarine or butter
- 4 1/2 cups low-sodium chicken broth
- 1/4 cup 1% milk
- 2 garlic cloves, minced or
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Directions:

1. Remove root and green tops from leeks. Slice in half lengthwise and rinse well under running water. Slice crosswise into 1/4 inch slices.
2. Scrub potatoes under running water with a clean vegetable brush; cut into small cubes.
3. Melt margarine or butter in a 2-quart saucepan over medium heat.
4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
6. Add remaining broth, milk and pepper. Simmer for about 5 minutes.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size: 3/4 cup

Calories 150	Total Carbohydrate 21 g
Total Fat 5 g	Dietary Fiber 2 g
Saturated Fat 3 g	Total Sugars 2 g
Cholesterol 10 mg	Added Sugars included 0 g
Sodium 55 mg	Protein 5 g

This year's theme for National Nutrition Month is **Personalize Your Plate**, which promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

Here are some health tips that offer you some good diet decisions:

1. **Eat Breakfast.** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.
2. **Make Half Your Plate Fruits and Vegetables.** Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and dietary fiber to your plate. Eating 2 cups of fruit and 2 ½ cups of vegetables is your daily goal. Experiment with different types, including fresh, frozen, and canned.
3. **Watch Portion Sizes.** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
4. **Be Active.** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
5. **Get Cooking.** Preparing foods at home can be healthy, rewarding, and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
6. **Order Out without Ditching Goals.** You can eat out and still stick to your healthy eating plan. The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled, or steamed.
7. **Explore New Foods and Flavors.** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.



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



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

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Message from the Executive Director

“Spring is Sprung” or at least we hope. As I glance at the articles in this issue, it feels that we are getting closer to seeing green grass, trees budding and flowers sprouting from the soil. Almost time for the fields to be cultivated and planted.

The new CCE Cattaraugus sign is up at our new entrance. The remodeling project is almost complete with the large screen monitors and technology to be installed this week. We are so pleased with the new look and the modernization of our facility.

As I anticipate retiring in the next month, this will be my last newsletter to write. It has been an extreme pleasure to have served as your Executive Director for the past five years. I wish the Extension Staff and Board of Directors the best and confident they are in a better position to serve the community with quality programs to meet their needs.

Dick



2023 BOARD OF DIRECTORS

Jessica Golley, President

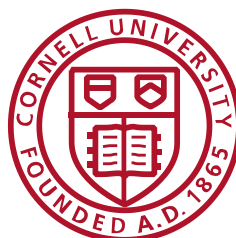
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