

Extension in Action

Volume 2 Issue 3

September 2020



MISCELLANEOUS PHOTO: Back in 1920, Cornell University was holding agricultural field days. Seven to ten thousand people turned out for this field day held on a college farm a mile and a half from the campus.

INSIDE THIS ISSUE:

Annual Meeting	1
SWNY	2
4-H	3-5
Board of Directors	6
EFNEP	7-8
SNAP-ED	9-10
Preserving Tomatoes	11
Executive Director	12



CCE ANNUAL MEETING

October 21, 2020

Cattaraugus County Farm Bureau
and Cornell Cooperative Extension
*Are hosting joint Annual meetings at the
Ellicottville Town Center.*

Please mark your calendars for this evening.

Watch for more details!





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 (26 August 2020)

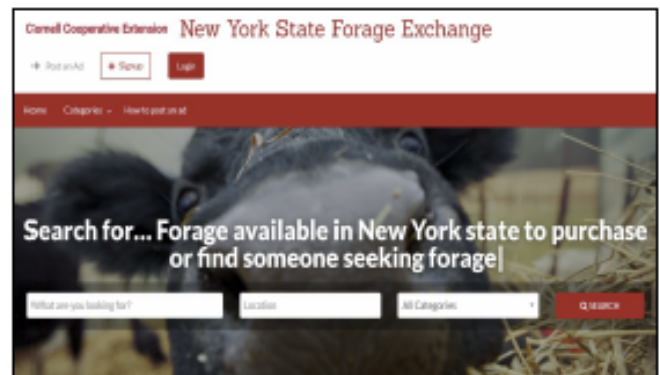
New York State Forage Exchange

This year, several regions throughout the state have experienced drought conditions reducing the quality and quantity of forages produced for dairy and livestock. To help agricultural producers locate forage to purchase, or for producers that have forage to sell, Cornell Cooperative Extension announces the NYS Forage Exchange website, found at <http://nysforageexchange.com>.

The NYS Forage Exchange provides a free system to match potential sellers and buyers of forage within New York State. Sellers can easily register within the system and then post the forage they have available to sell. Potential purchasers can browse the advertisements, and then contact the seller through email for additional information or to complete purchase arrangements.

A video on how to use the NYS Forage Exchange can be found at <https://youtu.be/GNPjSIPLrxM>. The video is also available on the Forage Exchange website.

This is a moderated website, so all ad submissions are reviewed for appropriateness before publication on the forage exchange website. The information provided is general and educational in nature. Employees of Cornell University and Cornell Cooperative Extension do not endorse or recommend any specific product or seller listed on this site.



Weed Seed Collection

Researchers and state extension specialists are working together to help producers determine if weeds that remain in fields have become resistant to commonly used herbicides. Horseweed (marestail), tall waterhemp, and Palmer amaranth are top priority weeds that growers might find this fall; horseweed and Palmer amaranth are present in Southwest NY. If you think you have a weed species that survived a herbicide application, consider collecting seed/seedheads to submit for testing or contact your local extension specialist.



Palmer amaranth seed (female)



Horseweed, marestail



Tall waterhemp (male)



Palmer amaranth



Seed collection

Register now for our CORE pesticide training and Pasture Management Series at:

<https://swnydlfc.cce.cornell.edu/events.php>

HELPING YOU PUT KNOWLEDGE TO WORK

The SWNY Dairy, Livestock & Field 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.

CATTARAUGUS COUNTY 4-H PROGRAM



A Resource Guide For:

- Parents
- Leaders and Volunteers
- Current and Prospective Members

Providing Information About:

- 4-H Program Overview
- 4-H Clubs
- Animal Science
- Family and Consumer Science
- Leadership Opportunities

**Cornell Cooperative Extension
Cattaraugus County**

CLUBS & LONE MEMBERS

4-H Clubs come in all shapes and sizes, with members ranging from age 5-18. They learn and grow through regular meetings, trips, contests, projects, and fair events.

Lone Members often pursue specific interests and still benefit from access to the same resources available to clubs. As a Lone Member, the 4-H Office acts as the Club Leader.

Cloverbuds are children ages 5-7 as of/on January 1st of the current program year.

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.



LEADERS, VOLUNTEERS, AND PARENTS

Club Leaders, Volunteers, and Parents are the heart of 4-H often taking on the role of teacher, mentor, helping hand, etc. Their hard work and dedication to the program, paves the way for youth to become well-rounded, confident, and successful individuals.

ANIMAL SCIENCE

Why Choose an Animal Program?

- Gain knowledge of the animal industry
- Learn money management skills
- Learn sportsmanship, responsibility, and other skills related to taking care of an animal
- Compete in local, state and national competitions
- Make connections and friendships with people who have the same interests as you
- Feel the reward of raising, owning and selling an animal

What Does Cattaraugus County have to Offer?

- Alpaca
- Beef Cattle (Market & Breeding)
- Cat/Dog
- Dairy Cattle (Traditional) & Dairy Steer (Market)
- Goat (Market & Breeding)
- Horse
- Poultry (Traditional/Exhibition & Market)
- Rabbit/Cavy (Traditional)
- Sheep (Market & Breeding)
- Swine (Market & Breeding)



Are There Any Other Animal Science Projects?

- Ringed Neck Pheasant Rearing (June)
- Incubation/Embryology (Spring/Summer)

FAMILY & CONSUMER SCIENCE

Why FACS?

- Learn and apply basic life skills
- Allow creativity to become reality
- Compete in local and state competitions

What types of programming is FACS?

- Homemade Holiday and Spring Fling
- Fashion Revue
- Food Science
 - Baking
 - Canning and Preserving
- Sewing Workshops

OTHER TIDBITS

What else is there to do? The list is endless, but here are some popular programs:

- Community Service
- Environmental Science
- Horticulture
- Photography
- Shooting Sports
- STEM (Science, Technology, Engineering, & Mathematics)
- Woodworking

ANNUAL EVENTS

For a full calendar and event details, please contact our office.

Fundraisers:

- Niagara Candy Sale (all year round)
- Cuba Cheese (October-December)
- Hog Wild (May-August)

Program & Project Opportunities:

- Public Presentations (Feb-April)
- Ag Literacy (March)
- Dairy and Horse Bowl (March)
- Hippology Competition (March)
- Pheasant Release Program (March)
- Tractor Safety Training (March-May)
- Career Explorations at Cornell (June)
- Cattaraugus County Fair (July-Aug)
- State Fair in Syracuse (Aug/Sept)
- Fashion Revue (May)
- Craft Days (Winter/Spring)
- Shooting Sports (ongoing)
- 4-H Curriculum Activities (ongoing)

Leadership Opportunities:

- Proposing/Hosting Educational Events
- 4-H Teen Council
- 4-H Club Leader/Volunteer Trainings
- Teen Leaders & Assistants at State Fair
- Capital Days
- Career Explorations

RESOURCES FOR SUCCESS

To be added to our mail and/or email list serve, please contact our office.

Extension Newsletter

Mailed quarterly—this newsletter provides information with everything CCE has to offer.

Email List Serve

Our main source of spreading the news! Updates sent out every Friday with upcoming 4-H events and opportunities.

Social Media:

Facebook- Cattaraugus County 4-H

CCE Website

www.cattaraugus.cce.cornell.edu

New York State 4-H

<http://nys4h.cce.cornell.edu>

National 4-H

www.4-h.org

Your County Contacts are:

Abby Luzier & Carrie Busekist

28 Parkside Dr.

Ellicottville, NY 14731

Phone: 716-699-2377

Fax: 716-699-5701

ajl387@cornell.edu & clb274@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."

Tarryn Herman

I chose to make a bench because I was bored at home during quarantine and we had a metal base of a bench laying around. I made new boards and painted the metal base. I also stained the boards and polyurethane them. Doing this project I learned that wood needs a good clear coat of polyurethane because it will last longer during harsh weather conditions. I also learned to wear safety goggles to keep my eyes from getting dust in them. Dust makes eyes very itchy.



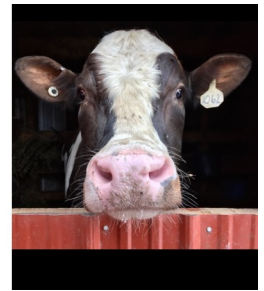
Eric O'Brien

Eric's favorite part of their family's vegetable garden is all of the snap peas that he got to plant and take care of. They are also his favorite snack out of the garden. He started them out from seedlings and planted them and other plants in the garden.



Estella Estus

My steer's name is Tom. I would like to thank all my past buyers for supporting 4-H, I appreciate their generosity greatly. I would also like to thank my grandparents and parents for all they have done to help me raise Tom.



Khloe Duffy

Is 8 years old and a member of the Perrysburg Barn Buddies. She made this tie blanket to show how much she loves 4-H.



Olivia Seiflein

I have been showing animals with 4-H for 9 years. This year my steer's name is Bucky and he is an Angus steer born April, 8, 2019 on our farm. He weighs about 1165 pounds and I know he will taste amazing!



Audrey Hurlburt

I am 14 years old from Great Valley. I have been in 4-H for 7 years. Nutty buddy weighs 1300.



Mark and Luke Smallback



Jason Degenfelder

I'm 16 years old and live in the town of Otto. My steer's name is George. He's a Holstein that weighs about 1250 lbs. I really liked my steer this year because he is a shorter animal and filled out (muscled) nicely. I want to thank all my previous buyer's and bidder's for supporting me in the past. Hope you enjoy him



Ben Seiflein

I am 13 years old and this is my 7th year in 4-H. My steer's name is Theo. He is a black Angus born on April 21, 2019 on our farm. He weighs approximately 1,200 lbs and has been fed grain from Gramco.



Justin Degenfelder

I am 18 years old and from Cattaraugus / Otto. My steer this year is Moose and he is a Holstein weighing approximately 1350 lbs. This will be my last year in 4-H and it's not ending the way I had hoped but I have enjoyed my years in 4-H. Now that I am out of school, I have decided to stay home on our farm and hopefully take it over in the future. I would like to thank all my past buyer's and bidder's. I hope whoever buys my steer that you are satisfied with him.



Mason Snyder

My name is Mason Snyder and I am 18 years old. This is my 9th year as a member of the Leon Leopards 4-H Club. I live in Cattaraugus and just graduated from Cattaraugus Little Valley Central School. I will attend SUNY Alfred in the fall and will major in the environmental science field. Through my 4-H years I mostly raised pigs. I also gave goats a try one year. This is my first and only year of raising a steer for 4-H. It has been a challenge.



Hayley Stang

I am 16 years old and a member of the Perrysburg Barn buddies 4-H club. This is my 4th year raising Market chickens, I have raised Flip and Flop to be a juicy 10 lbs and know that they will make for delicious meals.



Renee Uberty

I am 13 years old. I live in the town of Farmersville and I am going into the 8th grade. I have been in 4H for five years but this is my first time selling turkeys. My turkeys are called "Zit" and "Waddies." They are both toms. The project has taught me how to care for birds and how to make sure they are safe, clean and not scared. I'd appreciate your support on bidding on my turkeys.



Khloe Duffy

I am 8 years old and part of the Perrysburg Barn Buddies 4-H club. This is my rooster Shimmer. I really like to force Abby to pet Shimmer and scare her with my chickens.



Emily Chapman

I am 13 years old and from Randolph. This is my second year raising a market goat. The money raised from this project will go towards my next years. Thank you for your continued support through this crazy times



The 2020-2021 4-H Program Year is just around the corner! If your children are 5-18 years old before January 1, 2021, they are eligible for 4-H. Look for the enrollment form in the weekly Friday emailed newsletter as we get closer to the new year in October.

What types of programming can you expect in the upcoming year? We plan to continue with our Facebook Live videos (Cattaraugus County 4-H) and are hopeful to do as much in person programming as possible, as well as the potential for some Zoom classes. We know this past year didn't turn out the way any of us would have liked, but we are excited to get back at it with you this year!

If you would like to be featured on one of our Facebook Lives, let us know! We would love to see what you're up to with your projects.

Brooke Eddy

My name is Brooke Eddy and this is my goat Captain! This is my last year selling and my last year with a goat. He is weighing around 95 pounds. He has awesome length and extension! He will taste great!



Anna O'Brien

Anna is a first year Cloverbud and enjoys helping take care of her family's goats. Her favorite thing is feeding the goats treats.



Garrett & Skylar Cooper



Everleigh Schultz

"Sun Catcher" I wanted to make something pretty. I learned that my crafting beads make art work



Leah Olejniczak

Leah was a snowboarder in the Randolph Elementary School production "Snow Biz." She painted her snowboard prop choosing a bright chevron design that would show up well on stage



Mandy Hurlburt

I am 16 years old and from Great Valley. My pig CheckMate weighs 275 pounds. I've been showing pigs for 8 years. Checkmate was born on our farm from a pig we raised last year.



Anderson Cross



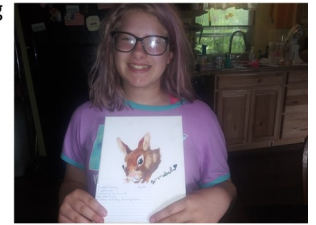
John Kratts

I am 13 years old and I live in Hircaldie NY. This is my 4th year in 4-H but my first year raising a pig. My pig is a Hampshire cross named Dan. He should weigh between 260 and 280 pounds at auction time. As you can see from the pictures Dan is a very muscular pig his hams are huge. I would appreciate your bid on my pig Dan. I have enjoyed raising Dan because he is a good personality, he is very laid back. I think he would taste good in your freezer



Annabelle Fredenburg

It is my first year in 4-H. I chose to submit in 2 categories baking and fine arts and crafts. I chose the painting because I am learning to enjoy different techniques and growing!



Eli Olejniczak

Eli wrote a program in Java Script for a Yahtzee game. He enjoys coding and continued to improve his knowledge and skills while completing his Advanced Computer Programming project.



Abigail Kujawa



Paul Hurlburt

I am 10 years old Great Valley. T-Bone my steer weighs 1,200 pounds. He is a nice angus cross. This is my first year doing a steer. I have been to 5 shows and have done very well in showmanship.



Wyatt Weaver

This is my 2nd year raising a market lamb and in 4-H. Unfortunately we can not meet our buyers in person but appreciate everyone's help and support. The money raised from my project will go towards my next year project.



Harper Smith & Olivia Knab



Jack Tupper

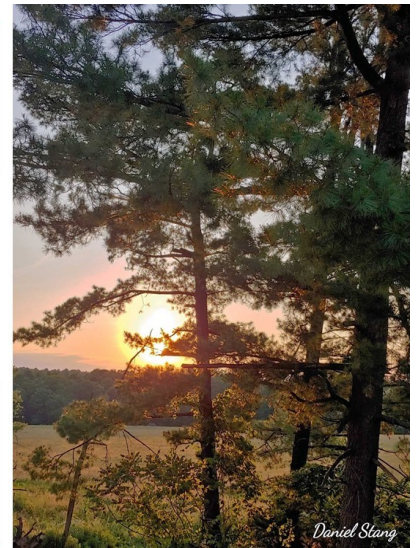
Kitty Eyes

The reason I chose this picture is because my cat Neno has kept me company all through quarantine. I learned a bit more on taking pictures with unpredictable animals.



Katrina Schrantz

I am 12 years old. I live in Gerry, NY. This is my 6th year in 4-H. My market lamb weighs about 110 pounds. My lambs name is Bashful after the Seven Dwarfs. He was born on my farm on February 4th. I love Bashful. He is such a sweetheart and loves to cuddle. I walk him almost everyday and we have experimented this year with a better feed which is making them firmer. We have noticed that the feed is working. Bashful has a really nice loin. I also like how long and tall he is. I would like to thank all of my past buyers Kerr's Custom Butchering, Mr. Geir at NYP Ag Services, Davis Hillside Farms, and Senator Borrello. Thank you for all of your support during these uncertain times.



Daniel Stang

CCE Board of Directors

Tim Bigham is in his thirtieth year as a Field Advisor for New York Farm Bureau and, as such, serves six county Farm Bureau organizations in western New York. Tim grew up on a steady diet of 4-H and FFA and worked summers on the farms of relatives and neighbors. He graduated from the State College of Environmental Science and Forestry with two degrees but decided that a broader employment in agriculture was his future. Tim has served on numerous boards and committees including 24 years as a member of his local board of education and 10 years as church treasurer, he also serves as Treasurer for CCE of Cattaraugus Co. Tim lives with his wife Debbie and youngest son in Farmersville which has been deemed the most appropriate residence of a Farm Bureau staffer. Tim has two older sons who live elsewhere. In his spare time he enjoys disc golf, cross country skiing, bow hunting and crossword puzzles.



Thank you, Tim 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	

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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 Cornell Cooperative Extension of _____ County programs, call _____.

Produced by Cornell Cooperative Extension September 2020

It's National Family Meals Month



Every September, the Food Marketing Institute (FMI) hosts the nation wide National Family Meals Month with the goal of getting families to enjoy one more meal together each week with food purchased from their local supermarket. Eating together as a family as little as three times a week has many benefits, including kids who are 4x less likely to smoke, 3x less likely to use marijuana and 2x less likely to drink alcohol. Also, families who eat at least three meals together each week eat healthier, with a 24% increase in eating healthy foods like vegetables, fruits and calcium rich foods like low fat milk.

Family meals are a great way to increase communication in your family. FMI reports that 71% of teenagers said their favorite part of family meals was catching up and spending time with family members. Here are some conversation starters from FMI to encourage open communication at your family meals:

1. Children aged 2-7: What makes you feel loved? Name three things that are fun for you.
2. Children aged 8-13: What is your special talent? What is your best quality?
3. Children aged 14-100: What is the funniest thing that happened to you today? What are you most looking forward to in school this week?

Source: nationalfamilymealsmonth.org

Take EFNEP classes via Zoom or by phone

Interested in taking classes on healthy eating and saving money at the grocery store? Your local EFNEP educator can work with you via Zoom or over the phone to provide these classes to you, free of charge. Just contact the nutrition educator listed on the back of this newsletter to set up your own series of classes. Classes are designed to be interactive and are offered when it is convenient for you.



The EFNEP program provides nutrition education to low-income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:

Family Nutrition Education Curriculum

Finding A Balance — Diabetes

Healthy Children, Healthy Families

Healthy Cents

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

Gayle Patterson:
gsp@cornell.edu

OR

Leann Hodge:
lmh292@cornell.edu

Cornell Cooperative Extension
Of
Cattaraugus County

716.699.2377

KORNER IDS

Libraries are now open to lend books. Check out “The Vegetables We Eat” by Gail Gibbons. In this book the author talks about the shapes, colors, textures and taste of many vegetables available in the summer. Have your child pick a vegetable they would like to try and take a trip to the farmers’ market or farm stand to buy the vegetable. Once at home, encourage your child to help you prepare it to serve at a family meal.

Sautéed Zucchini

Serving Size: 3/4 cup
Prep Time 10 minutes

Servings per recipe: 4

Ingredients:

2 medium zucchini
2 teaspoons vegetable oil
1 clove garlic, minced or 1/4 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon oregano, dried

Directions:

1. Wash zucchini and cut into 1/4 inch rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).
3. Add garlic and zucchini, then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate left overs within 2 hours.



Nutrition Facts: Serving Size – 3/4 cup, 40 Calories, 2.5g Total Fat, 56% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 80mg Sodium, 3g Total Carbohydrate, 1g Dietary Fiber, 2g Sugars, 1g Protein, 0% Vitamin D, 2% calcium, 1% iron, 6% potassium, 1% Vitamin A, 20% Vitamin C

Source: www.foodhero.org - Oregon State University Extension Service, Family & Community Health

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

*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.*

September 2020

{ Get Up & Move! }

If you're trying to save time and money, or you're simply more comfortable working out at home, get fit without a gym by using these tips:

- Take advantage of free workout videos.
- **Walk when possible.** Walking is the most underrated exercise. You can add extra steps to your day by parking further away to walk or by walking around when on the phone. Want to make it fun? Turn walking into a fun social event by inviting your friends or co-workers along for a Monday Mile.
- **Take the stairs.** Elevators are great when you're going to the 10th floor, but taking the stairs whenever it's possible can make a big difference on your health. You can even walk up and down the stairs of your own house or apartment building to add a bit of exercise to your day.



{ What's in season in WNY? }

- Apples
- Eggplants
- Grapes
- Onions
- Peppers
- Pumpkins
- Radishes
- Squash
- Tomatoes

{ Did you know? }

Grapes develop on the vine that can reach a length of 50 feet. One vine usually produces 40 clusters of grapes.





Baked Apples & Squash

Ingredients:

- 2 cups winter squash cubes
- 2 cups apple cubes
- 1 tablespoon vegetable oils
- 1/2 teaspoon cinnamon
- 1 tablespoon sugar
- 1/2 teaspoon salt

Directions:

1. Peel the squash, remove the seeds and cut into bite size pieces.
 2. Peel the apples, remove the core and cut into bite size pieces.
 3. Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
 4. Spread the mixture on a metal baking pan.
 5. Bake in a 425 degree oven for 20 to 30 minutes, or until squash is soft.
- Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 3/4 cup; 110 Calories; 3.5g Total Fat; 0.5g Saturated Fat; 290mg Sodium; 20g Total Carbohydrates; 3g Fiber; 11g Sugars; 1g Protein

Recipe & photo adapted from

FoodHero.org

Tips for Picky Eaters

1. Let your kids be “produce pickers.” Let them pick out fruits and veggies at the store.
2. Have your child help you prepare meals.
3. Offer choices. Rather than ask, “Do you want broccoli for dinner?” Ask, “Which would you like for dinner, broccoli or cauliflower?”

For more SNAP-Ed 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!



Preserving Your Tomato Harvest the Easy Way – by Jesse Meeder

Delicious tomatoes from the home garden are something many of us look forward to all year – there is no comparable flavor to be found in any grocery store that comes close to a ripe tomato found just outside your kitchen door. In my own garden, the tomato plants we grow have been started from seed in late February, carefully raised, protected and potted up as they grow in the greenhouse, transplanted in the garden in late May, pruned, fed, watered and trellised all summer before finally producing fruit in late July and into August. Six months of stored solar energy and soil nutrients working together to create the ripe red prize.

These tomatoes are of course best consumed fresh in a whole variety of dishes – but by the time the end of August appears, many of us are simply overwhelmed by the bounty. Those cherry tomatoes keep pumping out tomato candy, and the slicers just will not quit! Wouldn't it be nice to save some of this flavor and nutrition for the coming cold winter, when grocery store tomatoes are all that can be found? We have done all this work through the warm months, after all.

Most of us have heard of canning tomatoes, or drying them, or making sauces to preserve. These methods are great ways to save tomatoes but can be labor and equipment intensive. One of the simplest and easiest ways to preserve these fruits is simply to freeze them – with almost no prep needed. After pulling off any remaining stem or leaf material from the top of the tomato, they can simply be loaded whole into gallon freezer bags and stacked in your kitchen or chest freezer and kept all year.

In January, when the wind is blowing and the days are short and dark, reach into your freezer and place a pile of summer on your cutting board. A frozen tomato can be cut in half or quartered, and slipped into soup broth, added to a roast in the crock pot, or cooked down into a rich sauce. I enjoy including the skin of the tomato in my cooking, but if you would prefer not to, the frozen skin can be scored in several places with a knife, and then slipped off of the whole tomato, with very little fuss. Frozen tomato slices, or halved cherry tomatoes can be used to top that pizza you have just placed in the oven, too. Delicious!



28 Parkside Drive

Ellicottville, NY 14731

Return Service Requested

Non-Profit Organization

US POSTAGE PAID

SALAMANCA, NY

PERMIT NO. 11



"Autumn carries more gold in its pocket than all the other seasons." – Jim Bishop

Message from the Executive Director

The photo shown on page 1 of this issue was found in our photo archives recently. Thought you may find it interesting that the picture of the Cornell Field Days is one hundred years ago. Just think, Cornell University and Cooperative Extension are still "alive and well" a 100 years later. Although so much has changed our mission is still the same. **Cornell Cooperative Extension** puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.



Dick

2020 BOARD OF DIRECTORS

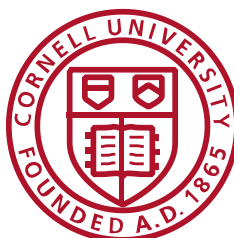
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