

# Extension in Action

Volume 3 Issue 4

September 2021



## Become a Master Gardener in Cattaraugus County

We are building a new team of Master Gardeners in Cattaraugus County! If you are interested in gardening, horticulture, and working on educational community projects, then the Master Gardener Volunteer Program might be for you.

### What is a Master Gardener Volunteer?

Master Gardener Volunteers are prepared to be peer educators who build relationships with community audiences, neighbors, and organizations. They work to integrate local experience and research-based knowledge to help their communities manage gardens, lawns, and landscapes with an emphasis on food security and environmental stewardship.

Volunteers might work in our office to answer questions from the public to our gardening hotline, or assist in conducting garden soil tests for residents, or identify garden pests and plant disease problems. Master Gardeners could work with the county 4-H program with gardening projects, work with a local school or community garden, or perhaps write an article or informational fact sheet for a local publication.

### How Do I Become a Master Gardener?

Master Gardeners must complete the 55-hour training course offered by CCE, which offers instruction in many relevant aspects of horticulture and gardening science, with curriculum guided by the Cornell Garden Based Learning Library. Once graduated from the core training, the new Master Gardener Apprentice's complete 50 hours of volunteer work in the first year, before becoming full Master Gardeners with a 30-hour volunteer commitment annually to stay active within the program.

CCE Cattaraugus is happy to be recruiting new volunteers and is offering the Master Gardener training course starting this fall, running from November 13<sup>th</sup> through March 2022. The course will be offered as a hybrid, with some sessions virtual, and some sessions offered in person. A virtual option will be available for all sessions. Space is limited, and there is a registration fee of \$125.00.

If you are interested in finding out more about this program, and receiving and application, please contact Jesse Meeder, [jpm453@cornell.edu](mailto:jpm453@cornell.edu).

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Photo by Tamara Bacho 2021

“The butterfly is a flying flower,  
The flower a tethered butterfly.”

— Ponce Denis Écouchard Le Brun

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

## About Me

Hello Everyone!

My name is Ashley Lyman and I am excited to be interning with the Cattaraugus County Cornell Cooperative Extension to finish my bachelor's degree in animal science with a minor in agricultural education through SUNY Cobleskill; I also have my associate's degree in agricultural science through SUNY Morrisville.

I grew up immersed in agriculture through my family's dairy farm, the Allegany County Dairy Princess Program, and the Cuba-Rushford FFA Chapter. My family has exhibited colored breed dairy cattle at the Allegany County Fair for over 40 years and have exhibited at the Cattaraugus County Fair and the Erie County Fair for half if not equal to those years. We have also exhibited our dairy cattle at the New York State Fair and the All-American Dairy Show in Harrisburg, PA for several years. At the age of eleven I began getting involved with my county's dairy princess program and was our 2015-2016 dairy princess; since then I have taken on the responsibility of running our dairy princess program for Allegany County.

Being heavily involved in my high school's FFA chapter is where I developed the passion for teaching agriculture. My agricultural teacher and FFA advisor has been a huge role model to me in the way she has always put her students and FFA members before herself, maintains the personal/professional relationship with her students, and gives her all when it comes to competition preparation and events. I have seen the growth in me as well as so many other students and children through the power of agriculture that I hope to one day be able to play such a significant role in.

I am a busy body; on top of my time here through December I work a full time job at the Orchard Park Veterinary Medical Center as a Veterinary Assistant. My heart and soul truly belongs to animals and agriculture so where I go from here is a good question. I may continue my education with a veterinary technician degree, go to graduate school for agricultural education, work in extension, or find myself back on a dairy farm as a calf or herd manager. I do know one thing, wherever I end up it will be with animals and agriculture.

I look forward to my time here with Cattaraugus County and working with all of you throughout the months ahead!





**CATTARAUGUS COUNTY FARM BUREAU**  
**&**  
**CORNELL COOPERATIVE EXTENSION OF CATTARAUGUS CO.**  
**CORDIALLY INVITE YOU TO ATTEND**  
**OUR JOINT ANNUAL MEETING**  
***“THE TASTE OF CATTARAUGUS COUNTY PIG ROAST”***



**OCTOBER 20, 2021-6:30PM TO 8:30PM**  
**28 PARKSIDE DRIVE, ELLICOTTVILLE, NY 14731**

**ALL COUNTY BUSINESSES AND RESIDENTS ARE ENCOURAGED TO JOIN US FOR A FUN FILLED EVENT AND TO FIND OUT MORE ABOUT YOUR CCE & FARM BUREAU**  
**A BUFFET STYLE DINNER WILL BE SERVED @ 7PM FEATURING A PIG ROAST WITH LOCAL FOODS & REFRESHMENTS. FOLLOWED BY SHORT BUSINESS MEETINGS FOR BOTH ORGANIZATIONS.**

**WE WILL THEN WRAP THE EVENING UP WITH DRAWING DOOR PRIZES!!**

**THERE IS NO CHARGE FOR THIS EVENT**

*Donations are greatly appreciated*

**PLEASE RSVP BY OCTOBER 11, 2021 @ 716-699-2377 EXT. 100**

**PLEASE FEEL FREE TO SHARE THIS INVITATION**

*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**

# FARMER TAX \$CHOOL

*An educational series from Cornell Cooperative Extension Farm Business Management Specialists offering courses designed to inform and empower farm managers to better understand their tax obligations, management strategies, and improve farm profitability.*

## **Income Tax Planning for Farms that File a Schedule F**

*Wednesdays, October 13th, 20th, 27th  
7pm - 8:30pm  
\$25/farm*

A three-part series for farms that are already filing a Schedule F covering tax planning and goals, handling farm profits/losses, and strategies to improve your tax position while also working positively with your accountant/tax preparer. Our first session will provide an overview of tax planning, the management of tax liability, and assessing your record keeping system. Second session will delve into everything Schedule F - depreciation and classifying revenues and expenses. The final session will be led by a professional tax-preparer who will introduce tax planning strategies and the timeline for implementation with ample time for questions and discussion.

## **Farm Financial Records for Decision Making & Tax Management**

*Thursday, December 2nd  
7pm - 9pm  
\$10/farm*

A primer for beginning farmers, or a tune-up for those already in production, on recording income and annual expenses, capital expenditures and depreciation with additional information covering loans & credit card or revolving loan payments, sales of business assets, and deducting losses.

## **Tax Management for Beginning and Small Farm Businesses**

*Tuesday, January 18th  
7pm - 9pm  
\$10/farm*

A one-night virtual meeting for beginning and part-time farmers that provides useful tax information enabling participants to be make better tax decisions for their business. Federal and state income taxes will be covered. Tax regulations specific to NYS will be covered as well.

## **Farm Specific Tax Code Benefits**

*Tuesday, January 25th  
7pm - 8:30pm  
\$5/farm*

For farm businesses of all shapes and sizes, tune in to learn more about the tax advantages available for farms. This workshop will include information for the current tax season.

**LEARN MORE: [tinyurl.com/ccetaxschool](https://tinyurl.com/ccetaxschool)**

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. For accommodations and accessibility concerns, please Katelyn Walley-Stoll by calling 716-640-0522. This information is for educational and reference purposes only and is not a substitute for sound legal counsel and tax preparation. Cornell Cooperative Extension is dedicated to providing research-based information to our agricultural producers. Every effort has been made to provide correct, complete and up-to-date recommendations. Changes occur constantly and human errors are possible.

For more information, or for assistance in finding the course that is right for you, contact your regional Farm Business Management Specialist or any of the following planning team members:

**Bonnie Collins**

CCE Oneida County  
315-335-4268  
bsc33@cornell.edu

**Steve Hadcock**

Capital Area Agriculture and Horticulture  
518-380-1497  
seh11@cornell.edu

**Elizabeth Higgins**

Eastern New York Commercial Horticulture  
518-949-3722  
emh56@cornell.edu

**Mary Kate MacKenzie**

South Central New York Dairy and Field Crops  
509-294-6073  
mkw87@cornell.edu

**Dayton Maxwell**

Capital Area Agriculture and Horticulture  
518-380-1498  
dtm4@cornell.edu

**Joan Petzen**

Northwest New York Dairy, Livestock, and Field Crops  
716-378-5267  
jsp10@cornell.edu

**Nicole Tommell**

Central New York Dairy, Livestock, and Field Crops  
315-8677-6001  
nt375@cornell.edu

**Katelyn Walley-Stoll**

Southwest New York Dairy, Livestock, and Field Crops  
716-640-0522  
kaw249@cornell.edu

## THE DETAILS

### **COST**

Each course has its own fee. See below for more information regarding our program scholarships.

### **REGISTRATION**

Register online by visiting [tinyurl.com/ccetaxschool](http://tinyurl.com/ccetaxschool). This is REQUIRED three business days in advance of the workshop. You can register for one, some of, or all courses. Following your registration, you will receive a confirmation email and an invitation to complete a pre-course survey. This survey will help our instructors tailor the topics covered in each course.

### **CAN'T MAKE IT LIVE?**

Sign up any and we'll send you a recording following the workshop.

### **TECH REQUIREMENTS**

Zoom (on phone, tablet, or computer). You may also call in and request paper documents be mailed to you.

### **IS THIS FOR ME?**

This series has options for agricultural producers of all shapes, sizes, and time in business.

### **SPONSORSHIP**

We are currently seeking agribusiness sponsorship for this series. We will be providing all of our participants with a directory of sponsors and their financial support services offered.

## **Cornell Cooperative Extension**

**Experiencing financial hardship?  
Attend for free!  
Select the "scholarship" option at payment.  
Support for this option is made possible by our generous sponsors.**

# FARMER TAX \$CHOOL





*2021 Cattaraugus County Fair was a success!! CCE of Cattaraugus County would like to thank all the 4-Hers, their parents, our sponsors and especially our wonderful volunteers for making this happen. A special thanks to "A Beautiful Glimpse" for capturing these memories!*



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



## Please welcome Camila Lage, Dairy Management Specialist to South Western New York Dairy, Livestock and Field Crops Team

Camila Lage will be working on research and outreach related to dairy herd health and management, calf and heifer rearing, milk quality, nutrition, and improving efficiency and environmental sustainability of dairies. You can reach Camila by emailing [cd546@cornell.edu](mailto:cd546@cornell.edu) or by calling 607-422-6788.

Camila grew up in the largest milk producing state of Brazil. She graduated as a Veterinarian from the Federal University of Minas Gerais - Brazil, where she also got her MSc. and Ph.D. in Animal Science with a focus on calf rearing. Camila spent 2 years of her Ph.D. program at Penn State as a visiting scholar, working with Dairy Nutrition, especially related to protein nutrition. Camila then worked as a Postdoc at the University of California-Davis, where she worked with the economic opportunities of implementing automatic milking technologies in dairy farms. She is looking forward to working with producers in the area and connecting the agricultural industry to Cornell resources.



### Office Directory

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

Our fax: 716-699-5701

<u>Name</u>	<u>Dept.</u>	<u>Phone</u>	<u>Ext.</u>	<u>Email</u>
Abigail Luzier	4-H Educator	716-699-2377	130	<a href="mailto:ajl387@cornell.edu">ajl387@cornell.edu</a>
Amy Barkley	SWNY Livestock	716-640-0844		<a href="mailto:amb544@cornell.edu">amb544@cornell.edu</a>
Camila Lage	SWNY Livestock	607-422-6788		<a href="mailto:cd546@cornell.edu">cd546@cornell.edu</a>
Carrie Busekist	4-H Educator	716-699-2377	112	<a href="mailto:clb274@cornell.edu">clb274@cornell.edu</a>
Dick Rivers	Executive Director	716-699-2377	122	<a href="mailto:rer263@cornell.edu">rer263@cornell.edu</a>
Gayle Patterson	EFNEP Educator	716-699-2377	109	<a href="mailto:gsp72@cornell.edu">gsp72@cornell.edu</a>
Jesse Meeder	Farm to School Educator	716-699-2377	106	<a href="mailto:jpm453@cornell.edu">jpm453@cornell.edu</a>
Katelyn Walley-Stoll	SWNY Business Management	716-640-0522		<a href="mailto:kaw249@cornell.edu">kaw249@cornell.edu</a>
Leann Hodge	EFNEP Educator	716-699-2377	107	<a href="mailto:lmh292@cornell.edu">lmh292@cornell.edu</a>
Melinda Drabant	SNAP-ED	716-699-2377	111	<a href="mailto:msd263@cornell.edu">msd263@cornell.edu</a>
Tamara Bacho	Office Administrator	716-699-2377	100	<a href="mailto:tsb48@cornell.edu">tsb48@cornell.edu</a>
	Master Gardener Hotline	716-699-2377	127	<a href="mailto:cattaraugusmg@cornell.edu">cattaraugusmg@cornell.edu</a>

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# EFNEP Newsletter

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

*Produced by Cornell Cooperative Extension September 2021*

## September is National Food Safety Education Month

According to the Centers for Disease Control and Prevention, every year an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness, also called food poisoning. Take these steps to help prevent food poisoning:

1. **CLEAN**—wash your hands and surfaces often with hot, soapy water. Rinse fresh produce under running tap water, including those that you don't eat the skins (citrus, melons) .
2. **SEPARATE**—don't cross contaminate. Keep raw meat, poultry and fish separate from ready-to-eat fresh fruits and vegetables, bread and cheese.
3. **COOK**—cook food to a safe internal temperature and use a food thermometer to check the internal temperature of the food.
4. **CHILL**—refrigerate food promptly. This includes fresh food and leftovers. Keep your refrigerator at 40 degrees or below and use an appliance thermometer to monitor the temperature. The freezer should be at 0°F or below.

Visit [www.fightbac.org](http://www.fightbac.org) for additional ways to keep your food safe.



### In Season This Month: Lots of Fruits and Vegetables

September is a bountiful month at the farmers' market and produce is plentiful. New this month are Brussels sprouts, kale, grapes and watermelon. You will also find apples, peaches, pears, plums, green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, collard greens, corn, cucumbers, herbs, onions, peppers, potatoes, Swiss chard, summer squashes and tomatoes. Don't forget to use your Farmers' Market Nutrition coupons, your WIC fruit and vegetable check or EBT card at many markets and farm stands.



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

**A series of eight 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:

**Gavle Patterson**— 716-699-2377  
Ext. 109  
gsp72@cornell.edu

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

**Cattaraugus.cornell.edu**  
Nutrition Educators of CCE Cattaraugus County  
Facebook page Kitchen Connections  
Thursdays @ 11

# KORNER IDS

It's back to school time and kids come home from school ready for a snack! With your help, let your kids make this healthy snack that includes locally grown apples!

## **Peanut Butter Yogurt Dip with Apples**

Serves 14

Serving size 2 tablespoons of dip

### **Ingredients**

1 cup nonfat plain yogurt  
1 teaspoon vanilla  
1/2 cup peanut butter  
Apples of your choice, washed

### **Directions**

1. Combine yogurt, vanilla and peanut butter in a bowl and mix well.
2. Keep dip in a covered container and refrigerate until ready for use.
3. When you are ready to eat, use a knife or apple wedger to cut apples. Dip apples into peanut butter dip and enjoy!



Nutrition facts for 2 tablespoons of dip: 70 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 45mg sodium, 3g total carbohydrate, 0g dietary fiber, 2g total sugars, 1g added sugars, 4g protein, 0mcg Vitamin D, 22mg calcium, 0mg iron, 74mg potassium, 64% calories from fat

Source: *Finding A Balance* curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences

# SNAP-Ed New York

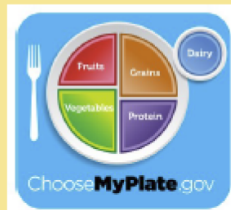
SAVE TIME. SAVE MONEY. EAT HEALTHY.

## SOUTHWESTERN REGION

### It's National Whole Grains Month

Make small changes to create a healthier eating style. This month, try to make half of your grains whole grains.

- ◆ **Eat More Whole Grains:** like whole-wheat flour, bulgur (cracked wheat), oatmeal, whole-wheat pasta, 100% whole grain crackers and brown rice
- ◆ **Eat Less Refined Grains:** like white flour, white bread, and white rice



*Get your whole grains in with:*

## OVERNIGHT OATS

This recipe is easy and delicious. Great for breakfast on the go. Flavored yogurt could be substituted for extra sweetness. Try with any combination of fruit you have on hand!

### Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple)

### Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. (For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small jars with lids.)
4. Refrigerate leftovers within 2 hours.



# Healthy Snack Ideas:



visit <https://www.snapedny.org>  
for full recipes and nutrition facts



## Back to School Snacks

Kick off the school year with healthy snacks. Snacks are a great way to eat more fruits and veggies.

- ♦ **Fill up on Fruits.** Fresh, frozen, dried, or canned fruits can be easy “grab-and-go” options that need little prep.
- ♦ **Portion Size Matters.** Store snack-size bags in the cupboard. These are easy-to-grab and control serving sizes.
- ♦ **Smart Sipping.** Offer low-fat milk or water. If your family prefers a little fizz, add seltzer water to a ½ cup of 100% fruit juice.
- ♦ **Delicious Dippers.** Keep cleaned and cut veggies in the fridge. Carrots and bell peppers are great options. These ready-to-go snacks can be dunked in fun dips like hummus or yogurt dips.



## iChoose600

Did you know that many restaurant meals have more calories than a home cooked meal? There is good news. Many restaurants are now listing the calories of their foods.

- ⇒ Choose restaurant meals under 600 calories to help lose weight, be healthy, and save money.
- ⇒ Find tips to keep your meals to 600 calories or less with @iChoose600 on Facebook.

iChoose®

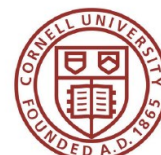
Next time you eat out at a chain restaurant, what will you choose?

[Facebook.com/ichoose600](https://www.facebook.com/ichoose600)



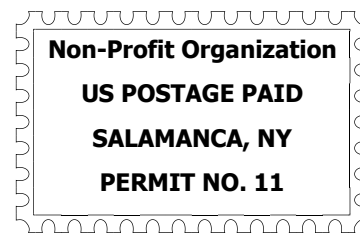
For more information:  
Patty Amidon, SNAP-Ed NY Project Manager

✉ [paa79@cornell.edu](mailto:paa79@cornell.edu)  
(585)268-7644 ext. 12



Cornell University  
Cooperative Extension

28 Parkside Drive  
Ellicottville, NY 14731  
Return Service Requested



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

**Message from the Executive Director**

As you have seen in the preceding pages there are many great opportunities available that may be of interest. Additionally, I would like to share:

**Building Update** – we are about ready to start the renovation of our offices at the Town Center in Ellicottville. A new lease is being finalized with the Town that will provide new opportunities including a new entrance to CCE, a demonstration kitchen for in person and online programming and updated office areas.

**Master Gardener Class** will begin in mid-November and there is still time to sign up. Jesse Meeder will be lead instructor and completion of the program will lead to certification as a Master Gardener.

**Annual Meeting** will be held here on Wednesday, October 20<sup>th</sup>. We are exciting about hosting a “Pig Roast” along with the short business meeting of the Catt. Co. Farm Bureau and CCE. CCE will elect three new board members. Any Cattaraugus County resident over 18 is eligible to vote.

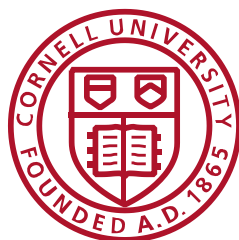
All our other programs including 4-H, EFNEP and SNAP programs will be in full swing this fall, either in person or online. The Southwest Dairy, Livestock and Field Crops Team is available to assist the farming community in Cattaraugus County.

Dick



**2021 BOARD OF DIRECTORS**

Jessica Golley, President  
Sherry Charlesworth, VP  
Tim Bigham Treasurer  
Lisa Pawloski, Secretary  
Nathan Blesy  
Diane Clayson



Renee Mooneyhan  
State Extension Specialist

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Nathan Nelson  
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Don Wild