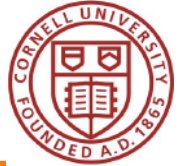


Extension in Action

Volume 5 Issue 4

September 2023



Welcome Our New Sustainability Campaign Educator On Board!

Hello! My name is Emily Edmund and I am the new Sustainability Educator. I have lived in western New York for most of my life and currently reside in Freedom, NY. I graduated from Hartwick College in 2022 with a Bachelor degree in Environmental, sustainability and society. I have spent a lot of time interning at environmental organization, volunteering at animal shelter, helping people work on their fitness/nutrition with personal training.

My personal interests include hiking, swimming, working out, cooking and spending time with my dogs. I am excited to be joining the CCE team and looking forward to building relationships, learning the current programs and growing my skills. I can't wait to meet everyone!

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

Master Gardener's Present



Lunch & Learn

Register today!

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

or call 716-699-2377 ext 127

FREE Fall Mini Hybrid Series

Join us in-person (28 Parkside Drive Ellicottville)
or via Zoom Noon-12:30pm to learn about various
horticulture or food preservation topics!



Growing Garlic in WNY

Wednesday, September 20, 2023

Master gardeners will discuss methods, tips and tricks to successfully grow garlic in our cold region.



Winterizing your Garden

Tuesday, September 26, 2023

Master Gardeners will provide best practices for prepping your garden for winter. This is an essential step to having a lush garden next spring.



Growing Herbs

Tuesday, October 24, 2023

National Herbal Medicine Week takes place in October. Master Gardeners will share information on herb uses and tips on how to successfully grow your own herb garden!



National Pickle Day

Tuesday, November 14, 2023

Does this pickle your fancy? In honor of National Pickle Day, Come learn the art of pickle making and how to pickle other products!



CORNELL UNIVERSITY COOPERATIVE EXTENSION PROVIDES
EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES.

Cold Frames Can Extend Your Growing Season

In person class October 19th from 6-7pm @ 28 Parkside Drive, Ellicottville, NY 14731

By Laura A. Marsala

Apprentice Master Gardener Volunteer

If closing down the garden for winter is a sad day at your house, consider extending your growing season by constructing a cold frame. They can be inexpensive to make, and many cooler weather vegetables—such as leaf lettuce, spinach, kale, arugula, beets, carrots, chard, parsley, and radishes—do quite well into the cold months if protected properly. Cold frames are also great places to harden off seedlings that were started indoors in the spring.

Exactly what is a cold frame? Simply put, it's a box with a translucent covering, rather like a mini-greenhouse, that protects your plants from winter's fluctuating temperatures, winds, and precipitation. Cold frames moderate these extremes by capturing the sun's warmth during the day. Closing the cover at night helps retain that warmth. The sides and cover of the cold frame provide protection as well.

MATERIALS & CONSTRUCTION

While ready-made cold frames may be purchased, they can be made from scrap material you have on hand. Timber, bricks, plastic, Plexiglas, even hay bales can work, as long as light is able to enter and ventilation is adjustable. Here are some construction tips:

Use hardwood if possible as it will last longer than softwood.

Don't use wood that's been treated with creosote or similar non-earth-friendly products, especially if you'll be positioning the cold frame directly on the soil. If painting it, use a non-toxic paint.

Top the box either with glass (perhaps an old storm window) or a frame covered with clear plastic. Thicker materials will provide more insulation. Old windows and shower doors are classic subjects for this project.

Hinge the cover or add a sliding lid so that it may be opened for ventilation on warm days.

A crude cold frame can be made by cutting the bottoms out of plastic milk jugs and placing them over individual plants, holding the jugs in place with mounded soil. During sunny days, remove the caps for ventilation.



POSITIONING YOUR COLD FRAME

Select a location that gets the maximum sun exposure (facing south), noting where the shade of trees and buildings fall. If the back of the frame is cut higher than the front, it is more efficient to catch the slanting rays of the winter sun. Set the frame directly on your garden soil if you have raised or garden beds. Prepare the soil as you would for any vegetable crop.

CHOOSING YOUR CROPS & PLANTING

Select cool-weather vegetables that are popular in your household. Make sure your cold frame is big enough to accommodate plant height. Consider your region's low temperatures.

Plant crops in later summer or early fall so they will grow to maturity before it gets too frigid. For most areas, that means your crops should be nearing full size by late November. After that, further growth will be limited. Once cold weather really sets in, the cold frame acts like a cooler that keeps your crops fresh until you harvest them.

After planting, water young plants as you normally would out in the garden. Even moisture, not overly wet soil, is best. As temps decrease, the need to water is reduced.

HOW TO USE YOUR COLD FRAME

A minimum/maximum thermometer inside the frame helps keep track of temperatures. In times of extreme cold, an insulated, reflective cover over the frames at night is helpful as long as it's opened during the day to let in the sun. You won't need to use the cover for your fall-planted, cold-frame crops until night temperatures start to dip below 40°F. Once you start covering the cold frame, be mindful that most days you will need to lift the cover during the day, at least a bit, to vent the cold frame. On sunny days, the temperature inside a closed cold frame can get hot enough to ruin these cool-season crops, so always err on the side of venting too much than too little.

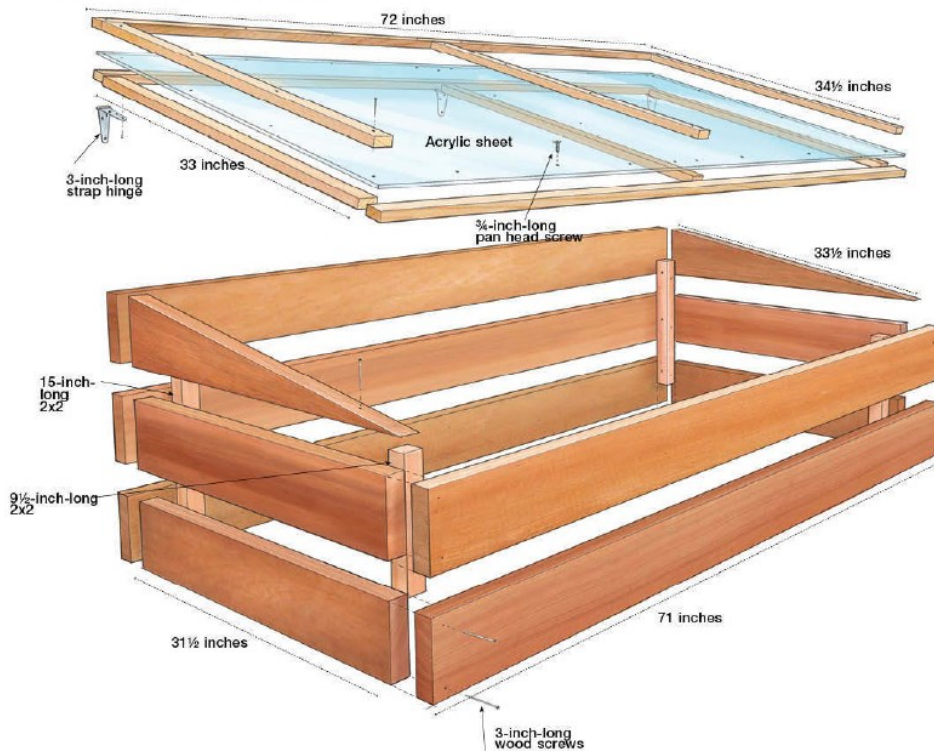


Once the weather turns cold, your crops won't need much maintenance other than venting and harvesting. Start harvesting early to thin out crops, allowing more space for the remainder to mature. As you harvest full-size plants and free up space in the cold frame, consider replanting lettuce or spinach for an early spring crop.

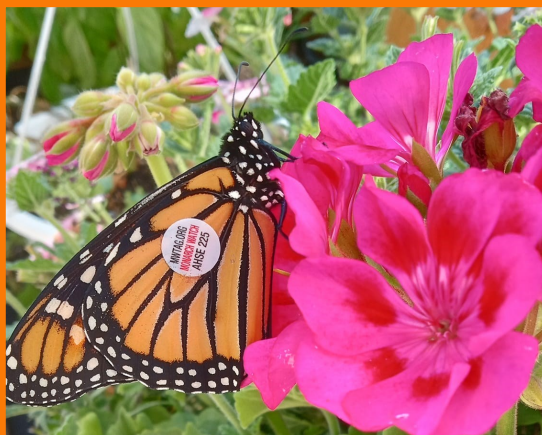
These are only some of the highlights for building and using cold frames. There are many styles and techniques, and an abundance of information is readily available online. These simple structures are ready to go to work for you with minimum effort, so take this pause in early fall—after garden cleanup and before leaf duty starts—to get your fresh winter vegetables off to a great start.



An easy-to-build cold frame



Dimensions for a simple cold frame. Most frames can be constructed in an afternoon.



Tamara Bacho tagged and released this Monarch Butterfly from our CCE office. Hopefully it will be found & reported.. She has a dozen more that will be eclosing soon & those will also be tagged.



Gardening with Bulbs for Spring

with Master Gardener, John Balacki

When: Wednesday, November 15, 2023
5:00pm-6:00pm

Where: Cornell Cooperative Extension
28 Parkside Drive Ellicottville NY

Register: Please preregister by visiting the link below
or calling the office at (716) 699-2377

https://reg.cce.cornell.edu/springbulbs_258

FREE CLASS

Register today!



It's always a good plan to have something to look forward to. And in gardening, in late fall and winter, we look forward to spring.

Spring blooming bulbs are the tonic to shorten the winter doldrums. In fact, there are spring blooming bulbs that will appear as early as a February thaw and continue sequentially into May.

Most of us are familiar with crocus, daffodils and tulips. But how about trying some new and interesting bulbs for that springtime lift we all need? And, how about some new variations of our old 'tried and true' standbys?

This talk will cover old favorites and suggest others that you may not be familiar with and will be based on the many years of experience in which I have enjoyed growing springtime bulbs. Suggestions and some advice will be offered to help you select the best bulbs for success in our climate and where to find them.

Cornell Cooperative Extension
Cattaraugus County

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





Vermicomposting Class



Join Cornell Cooperative Extension's Master Gardeners for a free class on vermicomposting or worm composting! Kids and adults will learn how worms reduce our food waste and turn it into rich organic matter. We have some fun activities planned!

Where: Randolph Library
26 Jamestown Street

When: Saturday, October 21, 2023
1:00pm-2:00pm

Register: Call (716) 358-3712
or stop by the Library



Master Gardener Volunteer Program

What is the Master Gardener Volunteer Program?

The Master Gardener Volunteer Program is a nationwide educational program and in New York State, consists of a corps of volunteers who are trained by Cornell Cooperative Extension in the science and art of gardening. Master Gardener Volunteers are individuals from the community who enjoy gardening, and use their horticultural skills and expertise to educate others.

In return for their training, Master Gardener Volunteers donate their time teaching the community about gardening and the environment. Each volunteer agrees to give back 50 hours of service over a one-year period, and then continue in the program as a certified Master Gardener Volunteer.

Subjects included in the training program:

- Garden Botany
- Culture and Maintenance of Herbaceous and Woody Plants
- Garden Design
- Integrated Pest Management
- Lawn Care
- Nuisance Wildlife Management
- Native Plants
- Soils, Fertilizers and Composting
- Pruning
- Vegetable Gardening
- Invasive Plants and Pests
- Any much more!

What Does A Master Gardener Do?

- Teach gardening to children, adults, educators and community groups
- Staff horticultural booths at shows and fairs
- Provide horticultural advice to the public at farmer's markets, garden centers and other venues
- Give lectures to garden clubs and community
- identify pests and answer horticulture inquiries
- Write gardening articles for CCE- Newsletter
- Design and maintain demonstration gardens for the benefit of the public
- Work with schools to provide garden based learning programming
- Act as a mentors and give technical guidance to school and community gardening projects

What are the qualifications to become a Master Gardener Volunteer?

- A basic interest and knowledge about gardening
- Enthusiasm for acquiring and sharing horticultural knowledge and skills
- Interest in teaching others
- Ability to communicate verbally and in writing
- Understanding of CCE- educational mission
- Flexible time schedule to allow participation in the program
- Willingness to volunteer time on horticultural projects and to help meet the goals of the county's CCE Program.

Are you interested in becoming a Master Gardener Volunteer? Please contact us today to learn more!



National 4-H Week is October 1st—7th and we are celebrating by challenging your minds with 4-H trivia! Every day on our Facebook page, *Cattaraugus County 4-H*, we will have trivia questions for each age division (Cloverbuds 5-7 years; Juniors 8-13 years; Seniors 14-18 years). Those who comment the correct answer on our post will be put into a drawing for our grand mystery prize at the end of the week.

4-H'ers are...

4X

more likely to
give back to their
communities

2X

more likely to
make healthier
choices

2X

more likely to
participate in
STEM activities

October 4th—15th is the Fall Paper Clover Promotion at Tractor Supply! Our local TSC store supports Cattaraugus County 4-H all year round! Stop and see our Jr. Superintendents at the Olean/Allegany Tractor Supply at 1pm on Monday, October 9th while they help spread the word about 4-H and why it is important to them.



Congratulations to our 4-H Youths who placed at the fair. Thank you to "A Beautiful Glimpse" for capturing all these moments!



We will be doing the Cuba Cheese Shoppe Fundraiser again this year. Orders & money are due on November 9th, delivery will be on December 5th!

Cuba Cheese Shoppe

FUND RAISING PROGRAM

THE FINEST
NEW YORK STATE

*Cheeses and
Gourmet Specialties*



4-H is a **community** of **young people** **across America** who are learning **leadership, citizenship** and **life skills.**



A Fond Farewell

We bid a fond farewell to Carrie Busekist who has been one of our 4-H Educators for over 5 years. We are thankful for all of her contributions to CCE. Carrie will be volunteering with us in the future so it is not goodbye. We'd like to wish her well on her future endeavors!



A partnership between Cornell University and the CCE Associations in these five counties: Allegany, Cattaraugus, Chautauqua, Erie, and Steuben.

Since July of 2019, our program has provided low-cost, high-quality, research based programming to dairy, livestock, and field crops farmers and agribusinesses in Southwest New York. We are uniquely positioned to work collaboratively with Cornell Faculty, a statewide network of CCE specialists, and area agribusinesses to provide tailored support to Cattaraugus County while continually soliciting feedback to adapt to regional and community needs. If you have any questions about the program, our resources, or our events and outreach, please don't hesitate to contact Katelyn Walley-Stoll, Team Leader (and Cattaraugus County Resident) by calling 716-640-0522.



A Beef Quality Assurance meeting was held at a well known farm in

Perrysburg which taught farmers how to handle and medicate livestock according to national standards. This program is one of two options required of farms that want to participate in the NY Grown and Certified Program, and is required by larger beef processors.

SWNYDLFC connected a well known dairy farm located in East Otto with crucial funding that allowed them to modernize their record keeping system, analyze farm profitability, and create a farm succession plan for continued sustainability. The farm has also been able to reach out to the team regarding employee training, facility planning, and farm business management decision making.



A Calving and Dystocia workshop, held at Ellicottville's CCE office, invited beef and dairy farmers to learn how to correct common difficult cattle births using a life-sized cow/calf model. Area farm owners and employees attended to have the opportunity to hear from Cornell



experts and practice these critical skills for their own use!

A "Shop Talk" was hosted at a well known dairy farm in Little Valley focusing on "Managing In-Field Variability". This meeting highlighted best management practices for ensuring that feed enters the bunk at the highest quality possible and allowed for the open discussion of challenges producers face and opportunities to improve their understanding of harvesting systems through research-based knowledge.



Cattaraugus County Highlights



Katelyn Walley-Stoll
Farm Business Management
& Team Leader
716-640-0522
kaw249@cornell.edu



Amy Barkley
Livestock Management
716-640-0844
amb544@cornell.edu



Camila Lage
Dairy Management
607-422-6788
cd546@cornell.edu



Katelyn Miller
Field Crops and Forage
716-640-2047
km753@cornell.edu

SWNYDLFC IMPACT BY THE NUMBERS (Summer 2019 - Summer 2023)

5,797

Farm Consultations on topics related to Farm Business Management, Field Crops, Dairy Management, and Livestock Production.

11,760

Event and program direct participants who've attended one of our 299 events/ collaborations or have received our direct email/mail updates.

1,615

Website submissions, press releases, interviews, and Facebook posts providing timely information to a large audience.

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.



Great News!

Our newsletter recently received national recognition from the National Association of County Agricultural Agents Annual Meeting and Professional Improvement Conference held in Iowa last month. Congratulations to the team - Katelyn Walley-Stoll, Amy Barkley, Camila Lage, Katelyn Miller, and Kelly Bourne! Read more about Katelyn Walley-Stoll's travels and her recognition with an Achievement Award, inside.



A partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie and Steuben Counties.

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Volume 4 • Issue 9 • September 2023

CCE of Cattaraugus County Board of Directors

A note from our Board of Directors

Cornell Cooperative Extension and Cattaraugus County Farm Bureau will hold their annual meetings on Friday, October 20 at 28 Parkside Drive, Ellicottville, NY. All residents and business owners of Cattaraugus County are invited to attend.

The vote for the CCE Board of Directors position will take place during the annual meeting. All persons, who, as of the date of a voting event, are Cattaraugus County residents, 18 years of age or older, and who qualify as an enrollee in accordance with Article IV, Section 1* are eligible to vote at such event.

*Enrollment is open to all persons interested in the work of the association. Persons become enrollees by: (a) participation in programs or activities of the association, evidenced by registration or lists generated with respect to such programs or activities, (b) requesting the association to place their names on an association list that will be maintained for one calendar year, or (c) serving the association as a volunteer.

If you would like more information, please contact our office at: 716-699-2377x100
or cattaraugus@cornell.edu

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
Emily Edmunds	Sustainability Educator	716-699-2377	106	eme67@cornell.edu
Gayle Patterson	EFNEP Educator	716-699-2377	109	gsp72@cornell.edu
Kelly McDonald	Executive Director	716-699-2377	122	kmm525@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
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.

FALL FRUITS & VEGGIES

Building Healthy Habits: Food and Community Nutrition



QUICK TIPS

Apples



September is the start of apple picking season in NY. Did you know that NY grows more apple varieties than any other state! Apples are a healthy choice especially to aid with digestion. They contain over 20% of your daily fiber needs and helps lower blood cholesterol and control blood sugar levels. One apple also contains 8% of Vitamin C and 7% of potassium daily needs.

Kitchen Tips for Apples:

- Choose apples that are firm with no soft spots or wrinkled skin. They should make a “snap” sound when cut with a knife or bitten.
- Apples can be stored in the refrigerator for up to 20 days or on the counter for up to 7 days.
- Wash under cold water before eating
- Dip or coat sliced apples with 1 part lemon juice to 3 parts water to prevent browning

Visit www.applesfromny.com to find local orchards, cideries and more places to pick your own. You can also see which apples are in season and view their taste on a sweetness scale.



**Cornell
Cooperative
Extension**

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.

GET MORE *Healthy* RECIPES

Apple Cinnamon Wrap

Makes 8 servings

3 tbsp sugar

1 tsp cinnamon

2 apples (2 cups, finely chopped)

1/3 cup low-fat vanilla yogurt

4 6-inch whole wheat tortillas

2 tsp vegetable oil

Cooking spray

Directions:

1. Mix sugar and cinnamon in small bowl
2. Wash and finely chop apples, place in medium bowl
3. Add yogurt to apples, stirring to mix
4. Lay tortilla flat, lightly spray with cooking spray, sprinkly with spoonful of cinnamon sugar
5. Flip tortilla and use 1/4 of apple mix, fill half of tortilla and fold over other half
6. Heat oil in pan on medium, place folded tortilla in pan, cook for 1 minute, flip and cook second side.
7. Remove from pan and cut in half, Repeat.

Nutrition Facts for half tortilla: 120 calories, 3g total fat, 1g saturated fat, 0mg cholesterol, 170mg sodium, 21g total carbohydrates, 1g dietary fiber, 10g total sugars, 5g added sugars, 3g protein, 0mcg Vitamin D, 23mg calcium, 0mg iron, 57mg potassium, 23% calories from fat

Source: CHFF

Kids Corner

Grab some apples and cut into chunks. Kids can help too! Once you have a bowl of apple chunks, grab some tooth picks and have your child(ren) build. The best part is they can snack as they build and you can join in on the building fun! Try building people, houses, or machines.

Please supervise while using toothpick



MEET YOUR EDUCATORS:



Gayle Patterson
Sheldon Kenyon
CCE Cattaraugus
716.699.2377 Ext 109 OR 107
gsp72@cornell.edu OR
smk348@cornell.edu

Helpful Hints

Remember that Snacks are a Bridge between meals, NOT Meal Replacements.



<http://www.facebook.com/adoptinghealthyhabits>

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

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



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



Welcome to SNAP-Ed!

Move More!

20 Free Family Fun Physical Activities

1. Take family walks
2. Play tag with your children
3. Walk the family pet
4. Always take the stairs
5. Park farther away and walk when running errands
6. Splitting up yard work and involving the whole family
7. Have a family dance party
8. Take a walk around a museum
9. Plant a garden
10. Master the hula hoop
11. Ride bicycles
12. Chip in with the chores
13. Wash the car at home
14. Make a chalk obstacle course
15. Play hide and seek
16. Walk to the children to school
17. Take a hike or "nature" walk
18. Limit screen time
19. Play catch or throw a frisbee
20. Hold a weekly active family game night



How can we help our kids fuel their learning?

Start with a well-balanced, nutritious breakfast!

Breakfast is a crucial meal for school-age children for them to actively participate in school, stay energized, and be ready to learn.

Eating a healthy breakfast improves your children's mood, behavior, concentration, memory recall, and hand-eye coordination, alertness, problem-solving ability, test scores, and school attendance.

Try these breakfast ideas:



- Oatmeal, with fresh or dried fruit, nuts and seeds, low-fat dairy or low-fat yogurt, and to save time you can make Overnight Oats, there are many recipes with different variations, find the one that works for your child. Quick, affordable, easy, and ready to grab on the go in the morning!



- Whole grain pancakes are another great breakfast and you can serve with a side of fruit and a dollop of low-fat yogurt. Try Banana Oat Pancakes or any of the many recipes available. Make these ahead of time and freeze them so kids can grab them and pop them in the toaster or microwave on the go!



- Eggs are a easy and nutritious breakfast and you can do so many things with them, scrambled, omelets, hard-boiled, and mini quiche bites (muffins)! So many recipes can be made ahead of time to help ease the busy morning schedules, and then stored in containers for easy access to heat up in the morning. Try, Healthy Egg Burrito, Baked Kale Frittata, Veggie Quiche Muffins, or Spanish Omelet.

For these great recipes and more visit : Recipe Bank - SNAP-Ed New York (snapedny.org)

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)

Nutrients	Amount
Calories	160
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	55 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	0 g
Protein	8 g

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.

Program Highlight

Farmer's Markets are Open!

Where and when can YOU visit your Local Farmer's Market?

Chautauqua County: Local Food Guide for 2023-2024 that is packed full of great information such as, where and when the Farmer's Markets are, how to use a variety of programs to help make local food accessible and affordable to all. To find out more, visit <https://www.tourchautauqua.com/explore/farms-and-markets>

Cattaraugus County: Most of these run weekly May - October weather dependent, on different days of the week. There are markets in: Little Valley, South Dayton, Salamanca, Ellicottville and Olean. Check out the list of dates below for each market, dates and times by visiting <https://agcatt.com/tags/farmers-market>

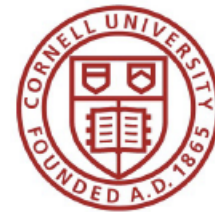
Allegany County: Local Food Guide Visit <https://agriculture.ny.gov/farmers-markets-county>



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



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



28 Parkside Drive
Ellicottville, NY 14731

A note from the Executive Director

I always get excited about changes when the weather starts to cool, the leaves start to turn to vibrant fall colors, Cattaraugus County looks beautiful dressed in this fall pallet. This month we will be starting new educational programing in our region around the topics of energy and sustainability, food systems, food safety and nutrition, and we are welcoming new employees.

Our nutrition teams through SNAP and EFNEP will transition from summer programs at farmers markets, fairs and youth camps to school-based activities, working directly with families, medical practices and through outreach with food pantries and community organizations. Our EFNEP team hosts in-person and virtual classes; they are developing a cookbook class where they will teach budgeting and shopping tips and make healthy snacks and recipes together, participants in each session will develop the final cookbook for their group.

The Master Gardeners have several fall programs planned throughout the county and will provide virtual and in-person lunch-and-learn sessions and opportunities to learn about gardening in cooler weather. Sessions on cold frames, growing garlic and planting bulbs have been scheduled. Planning is happening for a 2024 Master Gardener training.

National 4-H week is October 1-7; we will be celebrating all month long in our association. Abby Luzier will be headed to the State Convention where she will be presented with an Achievement Service Award for her work as a 4-H educator through CCE. Our local 4-H clubs will kick off their annual Fundraising through Cuba Cheese Sales and Paper Clover sales at local retailers and fall registration for Youth and Volunteers will be underway.

Our Southwest Dairy, Livestock, Field Crops and our Produce and Grape teams are busy with harvests and education services through their programing. They can be found throughout the region supporting local agriculture initiatives and local farmers.

I hope that we can entice you to learn more about a subject that interests you through our program portfolio. If your organization needs a speaker or would like to host a program on one of these topics please contact our office. We have extremely talented and knowledgeable staff and volunteers and we would like to work with you. Thank you, for your support of our programs.

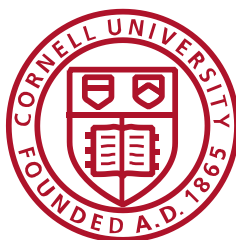
Sincerely,

Kelly McDonald, Executive Director



2023 BOARD OF DIRECTORS

Jessica Golley, President
Sherry Charlesworth, VP
Tim Bigham Treasurer
Lisa Pawlowski, Secretary
Brandon Clayson
Beth Falk



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State Extension Specialist

Richard Helmich
Norm Marsh
Lisa Mussal
Pat Walker
Sharon Wild