FROM THE DIRECTOR

Cornell Cooperative Extension (CCE) is a partnership between the federal, state and county governments, Cornell University, and the citizens of New York State which exists in every county, bringing research-based solutions to communities. The State-funded side of the equation comes to CCE Associations in the form of County Law 224. This funding covers salaries of professional staff and increases our capacity to proactively respond to local emerging needs.

Specifically in Allegany County, our 224 funding has supported programs such as the Beef Quality Assurance Programs, forestry management, invasive plant and insect impacts, agro-forestry education, web-based programming, Youth Public Presentation events, the 4-H Clothing Revue and the Produced in New York cooking challenge. Unfortunately, this funding has remained flat-funded since 1994. Cooperative Extension Executive Staff gathered in Albany at the beginning of March to visit and educate legislative representatives on the impacts of this funding stream. We are requesting an increase in this funding from the Governor’s budget.

Sincerely,
Laura K. Hunsberger
Executive Director
CCE-ALLEGANY

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CCE IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR VALUING AA/EO,
PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES.
CORNELL COOPERATIVE EXTENSION ENCOURAGES YOUNG PEOPLE TO BECOME COMPETENT, CARING, AND CONTRIBUTING CITIZENS.

THE HIGHLIGHT OF THE MONTH

AGRICULTURE LITERACY WEEK

*Allegany County Schools are all in for New York Ag Literacy Week*

CCE EDUCATOR COLLEEN CAVAGNA

Cornell Cooperative Extension of Allegany County and NYS Ag in the Classroom Program collaborate with our local Allegany County Schools to celebrate NY Ag Literacy Week - March 19 – 23. This is a time to recognize and educate our youth on the importance of farming. In celebration of New York agriculture, volunteers throughout Allegany County read an agricultural themed book to second graders. Students and teachers get to listen to the book and then follow-up the reading with hands-on lessons. Further activities are also suggested that the classrooms can do later to continue their agricultural journey. The book is donated to the school or classroom library with a bookplate recognizing the New York Ag in the Classroom Program. Allegany County Schools are on board with this wonderful program and have participated since its inception 13 years ago.

This year's book is: *Before We Eat: From Farm to Table*, By Pat Brisson and Illustrated by Mary Azarian.

The book displays the vast opportunities and diversity that New York agriculture encompasses this year. Students are taken on the journey from farm to table to understand different aspects of agriculture and the many possible careers involved. This is a captivating glimpse on what it takes to bring the food we eat to our table which nourishes our body and spirit.

Alfred-Almond’s 2nd grade classes concluded that their food requires ‘many’ hands and drivers before it gets to their lunch boxes! The students came away from the program realizing they should be thankful to our NYS farmers who work so hard to bring food to their tables. Eleven Alfred-Almond Elementary classes were surveyed to find out how many students or their families came from farms. They concluded that they had 22 local farmers!! Dairy and beef edged out the chicken and tree farmers present at their school.

Second Grade teachers, including Mrs Woughter, Mrs. Forshee and Mrs. Olix, had homework asking students to stop, think, and be grateful the next time they have their school lunches!
JUNIOR IRON CHEF EVENT

Please join us on April 20th at the CCE Office in Belmont from 5-8 pm.

Teams will work together to create the tastiest of dishes. 4H members, leaders and their families are all encouraged to attend and participate in this exciting event!

You must pre-register by April 16th. We hope to see you there! Please contact Krista Humbert for more information.

MARKET POULTRY

If you are interested in showing Market Poultry we strongly encourage attending the poultry workshop on Thursday April 26th from 6-8 P.M. at the CCE Belmont office. Herm Webber will be presenting. We will provide information on ordering, payment, and raising of poultry. Please take this opportunity to attend the clinic and find out what it’s all about!

CUBA CHEESE

4H Annual Cuba Cheese Fundraiser will begin April 2nd and end on April 27th. Sale brochures are available at the 4-H Office, please get yours today.

CLOTHING REVUE

The 4H Clothing Revue will be Friday May 18th at the Angelica Grange located in Angelica’s Park Circle. You can choose to either make your own clothes, or embellish an already made article of clothing. We ask parents to bring a small snack to share with everyone. Judging starts at 5pm and the event starts at 6pm. You will need to write a commentary, that will be read during your presentation. Commentary and Registration forms are available on our website, http://allgany.cce.cornell.edu. If you cannot access these, contact the office for mailed forms.

4-H LEADERS NEEDED!

We are in desperate need of more leaders! If you or someone you know would be interested in the rewarding endeavor please contact the 4-H Office today. We will provide new leader training as well as ongoing support to aid with your success.
LIVESTOCK NEWS

There will be a Livestock meeting on Tuesday April 3rd at 6.30 pm adults welcome to attend. The meeting will be held at the Extension office in Belmont. There will be a Livestock Educational Meeting for youth on Monday, April 9th at 6-8pm at the extension office. We will focus on cuts of meat, parts of the animal and general knowledge. **You need to register for this by April 6th please contact the office.** *Livestock 4-Her's need to attend one educational clinic in order to show at fair.*

HOBBY HORSE CLINIC

The Hobby Horse Clinic was a great success, 4Her's practiced patterns and even participated in a mini competition using horses that they created themselves. 10 youth attended the fun-filled clinic!

MAILING OUT FAIR ENTRIES

This year we are mailing out entries directly to the 4-H'ers based on project selection sheet. If you have changes or are unsure of your selected projects for fair please contact the office and we can update your information. As always you can go to our website and find all pre-fair & fair forms. *Pre-fair entries are due to the 4H Office by May 1st.*

INK RECYCLING

The CCE Office is collecting used ink and laser jet cartridges as part of a recycling program. Money earned will be used to support our county wide programs. Please consider recycling with us. **Thank you for your support!**

SPECIAL NOTE

As a portion of the work Matt Bliss is tackling for his Eagle Scout badge, he has decided to take responsibility for care of the horse arena at the fairgrounds. The arena needs some work so Matt is creating a plan to see this done. He has presented his ideas to the fair board and is now working on funding and a start date. He will need some help while working on the arena. If you would like to help in any way, please contact Tricia at the office for further details.
BIRTHDAYS
APRIL

MAY
Cassondra Guilford, Kristen Hurd, Allison Norman, Richard Stewart, Trevor Abbey, Cason Dick, Rachel Flemming, Barbara Benjamin, Diane Foster, Jackson, Waldon, Viola Foth, Madison Morehouse, Taylor Hale, Beth Symeslatini, Zachari Bloxsom

HORSE NEWS

Horse PDC meeting. Thursday April 5th at 6.30 pm adults welcome to attend. Meeting will be held at the Extension office in Belmont.

Regional Horse Communications’ Saturday April 7th starting at 9 am at the Our Lady of the Angels Catholic Church in Cuba.

Hippology is the study of horses and we will be having a completion on April 28th in East Aurora, If anyone is interested in attending please contact Tricia by April 16th.

Photography Class at the fairgrounds on Saturday May 19th at 10 am till 12:00 pm. Register by May 14th.

Horse Clinic. Saturday May 19th at 12.30 pm. We will be checking Tack and filling out fair paper work. Register by May 14th.

Open Ride for 4-H youth on June 16th starting at 10 am. We will be working on how to properly back your horse and trail obstacles. We will also be doing rider evaluations. *You will need to let the office know if you need one. If you are moving up in your riding skill you will need one, if you have a different horse then last year you will need one.
FURRY FRIENDS RABBIT & CAVY CLUB

The Furry Friends is a long standing 4H Club that focuses on learning about rabbits and cavies. All club activities surround educating members on proper care of their pets. The projects that the club members work on include items that will assist in the care and showing of their animals, such as:

- Club members made ‘carrying cages’ in 2017 that they use to transport their rabbits and cavies to shows.
- In 2016 ‘nesting boxes’ and ‘hay bags’ were made for their pets.
- This year The Furry Friends plan to make a ‘hay rack.’

These exciting projects will certainly be on display in this year’s 4H Youth Building at the Allegany County Fair!

In addition to participating in the Rabbit and Cavy shows at our county fair, The Furry Friends club participates in the Orleans County 4H Rabbit and Cavy show and the Erie County Floppers and Hoppers 4H Rabbit and Cavy Show. Furry Friends 4H Club is a regular at the NYS Fair as well. This year 12 members of the club went to the State Fair to participate in the decathlon. In 2017, Tristan Erway, Brandon Roulo and Audrey Hugar won 1st place Jr. Cavy in a team competition!

At the Furry Friends Christmas Party, members exchange gifts for their rabbits and cavies. This is a well-loved tradition that dates back as far as leader and former member, Michele Erway can remember.

If you would like more information about the Furry Friends 4H Club please consider attending one of their meetings.

RABBIT & CAVY SHOW

The Rabbit & Cavy 4-H Club Show will be help May 5, 2018 at the Olean Mall located on 400 North Union Street, Olean, NY 14760.

Entries will be $3.00 if post marked or emailed by April 2, 2018. $4.00 for day of show entries. Please send entries to Michele Erway, 226 Singerland Road, Genese, PA 16923, or email at merway@northernpottersd.org. Please make checks payable to Michele Erway.

Questions? Call Michele at 585-610-0235, or Charles Erway at 585-610-0328.
APRIL IS NATIONAL GARDENING MONTH

Tired of eating vegetables and fruit that are grown hundreds or thousands of miles away? Miss that ‘just picked’ flavor of summer ripe produce? Celebrate National Garden Month by planting lettuce in your yard or in containers on your porch. Lettuce is an easy to grow vegetable that grows best in the cool temperatures of spring time. You can use your EBT card to buy the seeds.

The five varieties of lettuce include loose-leaf, romaine, butter head, French and crisp head. Lettuce comes in many colors, textures and tastes so choose one (or more!) that your family enjoys.

Plant your lettuce seeds directly in the soil and plant only 1/8th inch deep. Lettuce seeds need light to germinate. Keep the soil moist while the plants are growing. At 50 degrees, your seeds should begin to grow in about 7 days. You can harvest individual leaves by cutting the leaves with scissors. If you plant a type of lettuce that forms a head, like romaine, butter head and crisp head, you can wait until the head is fully grown before harvesting or you can cut individual leaves. Consider planting a few seeds one week, then a few more seeds the next week and so on so you have lettuce to eat for many weeks.

Freshly grown lettuce is terrific in salads, on sandwiches or to roll up other ingredients in (lettuce wraps). Two cups of shredded lettuce only has 10 calories, so including lettuce in your daily meals is a great way increase nutrition without adding lots of calories.

GO LEAN WITH PROTEIN—CHOOSE EGG THIS MONTH

Eggs are not only for breakfast! Eggs are a healthy and less expensive protein source, averaging $1 per pound. In addition to breakfast, try hard boiling eggs to keep in the refrigerator for a quick snack or as an addition to a packed lunch. Consider making an egg dish for dinner. Afraid eggs are not part of health diet? Think again – research shows that most Americans can enjoy an egg a day without increasing their risk for heart disease. One large egg only has 70 calories, is a good source of protein and contains a variety of vitamins and minerals.
WORKSHOP SERIES

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:

- Eating Smart, Being Active
- Finding A Balance
- Diabetes
- Healthy Children, Healthy Families
- Healthy Cents
- Breastfeeding

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

CONTACT TERI VIOLET
CORNELL COOPERATIVE EXT. OF ALLEGANY COUNTY
585-268-7644 #20 // TLV2@CORNELL.EDU
BAKED KALE FRITTATA

Ingredients:
- vegetable cooking spray
- 1 bunch kale (3 cups chopped, stems removed)
- 1 large onion (1 cup chopped)
- 1 teaspoon vegetable oil
- ¼ cup water
- 5 eggs
- ½ cup skim milk
- 2 ounces low-fat cheddar cheese (1/2 cup grated)
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions:
1. Preheat oven to 375. Coat 9-inch round or square baking pan with vegetable cooking spray.
2. Wash and chop kale. Chop onion.
3. Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown.
4. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
5. In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour mixture into baking pan.
7. Bake 20 minutes.
8. Remove from oven and let set for 2 to 3 minutes. Slice into wedges or pieces.

Nutrition Facts:
Serving Size: 1/6th of pan, 110 calories, 50 calories from fat, 5g total fat, 1.5g saturated fat, 0g trans fat, 155mg cholesterol, 330mg sodium, 7g total carbohydrate, 1g dietary fiber, 2g sugar, 5g protein, 110% vitamin A, 15% calcium, 70% vitamin C, 8% Iron.
Years ago, I was invited to my aunt’s house for Thanksgiving dinner. Since she lived out-of-town, I had never been to her home. It was a rainy, dreary day outside, but, I walked into her home and it felt like spring. She had African Violets on window shelves throughout her home and they were all in bloom!

The African Violet (Saintpaulia ionantha) originates from the coastal woods of East Africa. The name comes from a combination of where it originated geographically, East Africa, to its resemblance to our traditional violet. It has a tendency to mutate easily so today breeders have developed a variety of flowers and leaves that you can choose from. The size of this beautiful houseplant ranges from 6 to 16 inches in diameter. The colors of the flowers are numerous with choices of the well-known blue-violet to lavender, a fuchsia to pink or even white. My Aunt’s home was a showcase, chronically her first purchase and then subsequent purchases for a different color, size flower or leaf. Her love of the flower made her an expert at caring for them and these plants responded by blooming almost non-stop.

If you are looking for a touch of spring in the winter months, grow one or more of these plants in your own home. Once set up with the right lighting and proper watering, they are easy to maintain.

Lighting: Lighting is crucial in producing blooms on your African Violet. A bright area is needed but without direct afternoon sunlight. Usually an east or west window is a safe bet, but everyone’s home is different. If they are placed in a south window they will need afternoon protection. The results of too much light will turn the leaves a pale green. Too little light will have an opposite effect on the leaves and the leaf petioles will elongate taking away that beautiful symmetrical shape. You may have to experiment a little to see where your plant will thrive in your home. Rotate the pot a quarter turn each day to keep the plant growing evenly.

Artificial Lighting: Artificial lighting is another alternative. Hang fluorescent lights from 4 to 12 inches above the plants for approximately 14-16 hours a day to encourage growth and blooming. The violets need at least 8 hours of darkness to produce flowers so be sure to turn the lights off each night.

Soil: The soil for this plant needs to be well drained, porous and fertile. There are numerous stores and nurseries that sell a special mixture for African Violets. If you are a novice, this would be a good choice. A water-soluble fertilizer will help to maintain a healthy plant (read the label).

Pots: Placing your plant in a decorative clay pot has great appeal but the water evaporates more quickly in a clay pot and may require more watering. An alternative is plastic or a clay pot that is glazed on the inside area. Be careful not to get a pot that is too large as the plant likes to be root bound when flowering. Think 2-3” pots for small beginner plants. Whatever the size, the bottom of the pot must have drainage holes in the bottom so that the plant is not sitting in water.

Watering: When watering, tepid water is best. If cold water touches the leaves, it may damage and discolor them, you can use a paper towel to soak up any water that inadvertently gets on the leaves. Your plant needs to be moist, but well drained. Allow the top of the soil to dry out before watering again. Too much water will cause the roots to rot and the plant will die. Too little water will limit growth and flowering.

There are two ways to water, from the top of the plant and bottom watering. Watering the plant from the top will help to remove the excess salt in the soil by adding water until it comes out the drain holes. Be careful not to get water on the leaves. If you choose to water the plant from the bottom, place a saucer under the pot and fill it with the water. The plant will absorb the moisture. After about 30 minutes, drain the saucer so the plant is not sitting in the water, never leave an African Violet sitting in water, it will rot the roots.

As with any houseplant, if you bring a new one into your home, quarantine it first. There is always the chance of insect or mite infestation and any new plant could affect your other houseplants.

You may eventually want to try your hand at increasing your plant population without purchasing more violets. Older plants develop more than one crown giving you an advantage of knowing where to separate them. But, African Violets are delicate and this takes extra care so not to damage the root system. Waiting until you are comfortable with handling your plants would be a good decision.

If you are looking for an early touch of spring, try an African Violet! Plants have a way of growing on us!
THE CORNELL COOPERATIVE EXTENSION SYSTEM IS A TRULY UNIQUE ORGANIZATION ESTABLISHED OVER 100 YEARS AGO.

THE HORTICULTURE DEPARTMENT

REAWAKEN YOUR GARDENING PASSION—NO MATTER YOUR AGE

DEBBIE MACREA
ALLEGANY COUNTY MASTER GARDENER VOLUNTEER

All living things are aging and, in theory at least, all mature at the same rate of speed.

Why, then, does it seem that my garden is aging oh-so-beautifully, while the GARDENER?? My aching knees and back, more arthritic hands, my decreasing stamina…

aging gracefully is NOT how I would describe myself.

So, what is a gardener to do? My love for my gardens is NOT decreasing at the same rate as my stamina. In fact, like my ever-growing love for my beautiful grandchildren, the many lovely “babies” I’ve placed so carefully around my landscape are the jewels of my dawning golden years! How could I just quit them?

One of my favorite garden writers- Sydney Eddison- apparently shares my plight and has written a book that jumped off the shelves and into my fretting hands. The title promised answers to these growing questions of mine…. “Gardening for a Lifetime: How to Garden Wiser as you Grow Older.” It’s a gem; find it and you too will be wiser!

Here follows some of her sage advice… and some of mine:

1) Prioritize!! As you constantly assess and reassess your family of perennial plants, be on the lookout for lazy or difficult performers. If a plant doesn’t “really” earn its keep - be vicious, be strong! Send it down the road to a (younger) gardening friend - or to the compost!!

2) Replace labor intensive perennials with shrubs- whose lovely season-long foliage and sometimes flowers too - come with far less maintenance demands. That is, if chosen and placed wisely!

3) Consider ground covers - for the same reasons; with both shrubs and ground covers - there are SO many handsome choices.

4) Mulch, mulch, mulch!! The reasons are many. (Subject for another article) The appearance is well worth the cost and energy spent.

5) Cut back your perennials gradually throughout the season, rather than all at once at season’s end (which is guaranteed to give aching muscles or even injury). By spreading this chore out over several months, it becomes less overwhelming, and feels more like pleasant grooming time spent among your flowers. As a perennial’s blossoms pass, cut it back to its lowest leaves, or even to the crown. The resultant flush of fresh growth will quickly fill the gap, be lovelier than expected, and carry through winter’s chill’s as a low “snow trap,” helping to insulate the plant’s crown against freezing or frost heave.

6) Think about your legacy. This gorgeous, unique landscape you’ve created over a lifetime of devoted love and labor will be ONE. But, the wise advice and mentoring you have shared over the same years will no doubt be even more lasting. And speaking of mentoring… is there a budding (pun!) young gardener near you who would covet the opportunity of learning from your accumulated wisdom and tricks - in exchange for spending some free or very affordable hours assisting with some of the more unwieldy, but still necessary aspects of garden upkeep?

7) On that same note - learn to be honest with yourself (maybe one of life’s hardest lessons!) and know when to ask for help! Surely there is someone for whom you’ve done many favors, who would love the chance to repay you.

8) Learn to accept a different standard of perfection. Doubtless, one reason your garden has matured so beautifully is due to your perfectionism. But, as a garden ages and the gaps between specimens fill in, the sweeping clumps of mingled plants may allow your grooming efforts and hours to relax a little.

9) Switch your focus to containers or raised beds. (Word of warning- don’t allow the numbers or size of those containers to become the next great problem!) Maybe a couple of raised beds, built closer to your door than the remainder of this burdensome landscape, will suffice in feeding your continuing passions. Lift some of those star perennials from a distant border and move them to your new miniature landscape.

10) Giveaways!! Don’t we all love the shared plants from lifelong gardening friends, which so enrich the garden experience?! Bonus—you still get to enjoy visiting those treasured plants in your friends’ gardens- while enjoying someone else’s hard labor!

That’s life…a continual cycle of seasons, passions, creative solutions, learning and WONDER!!
In the early 1990s I lived in Concord, Massachusetts. Despite growing up in a big city, I was always interested in agriculture – especially in the natural way of farming. So, my then wife and I became board members in the Massachusetts chapter of the Natural Organic Farmers Association, NOFA, in 1991 (since then, NOFA has morphed into the Northeast Organic Farming Association). Back then, organic farming was just beginning to take off on the east coast and in Oregon and California as a well-known consumer phenomenon, and I grew to know many Massachusetts organic farmers and their production methods.

One of the individuals I met was an organic farmer named Robyn VanEn. Co-founder of the Indian Line Farm in Berkshire County, MA, she was an early proponent of Community Supported Agriculture, or CSA. She learned this approach of doing business from a Swiss friend and introduced the CSA concept to the U.S. in 1985. From a modest 200 or so in 1991, CSAs today number well over 6,000 and are still growing. Robyn VanEn’s vision of CSA’s had three important benefits: saving farmland from development, re-establishing local and regional food supplies to benefit consumers, and bringing back community involvement to farming.

According to the latest census figures, less than two percent of the U.S. population lives on farms today. Many people have no real idea where food comes from, other than it miraculously appears in the grocery store. Sociologists point out that many of our citizens have lost contact with the basic values of land stewardship, cycles of renewal, and the treasures of what poet Wendell Berry called “this once bountiful and beautiful land.”

But what is Community Supported Agriculture? Like all good ideas, the concept of CSAs is straightforward, yet brilliant in its simplicity. The consumer, in effect, becomes a “shareholder” in the production of agricultural goods. The subscriber pays a sum of money up front for a certain level (or “share”) of crops raised during the growing season. The farmer upholds his/her end of the bargain by providing an agreed-upon quantity, quality and variety of produce on a regular (usually weekly) basis during the growing seasons.

Consumers benefit by getting fresh, locally grown products. The farmer benefits by having the capital to buy supplies at a time when they are most needed, by increasing his profit margin, and by diluting her risk involved in what is a most unpredictable business venture. Having an already established clientele takes away the worry, stress, and expense of having to market the products, and frees the farmer to do the best possible job for the consumer. In addition to getting fresh and wholesome food, the local community also benefits by saving the farmer from potential financial difficulties and, thus, keeping farmland from being developed into housing developments or strip malls.

Consumer participation in the farm can vary depending on the availability of time, level of interest, as well as the personality of the farmer. Some subscribers drive to the farm weekly to put in a few hours of work in exchange for a reduced price of the share. Others make a family outing of going to the farm to pick up produce and visit with the farmer and other shareholders. Still others may simply wish to get their shares at conveniently located, prearranged locations in towns or at farmers markets.

A typical share in the northeast consists of a twenty-week or so supply of fresh produce. In the early spring, cool season greens, radishes, spring onions, and spinach are usually available. As the season progresses, carrots, peas, and beets mature. Summer, of course, is the high volume season when tomatoes, melons, peppers, cucumbers, corn, beans, garlic, onions, and summer squash, as well as cut flowers are included in the typical fare. In fall, potatoes, cabbage, broccoli, spinach and a variety of other greens are offered. Many farmers extend the growing season by offering honey, grains and flour, poultry, eggs, maple syrup, and other value-added products (at an additional cost).
Now that cover crop seed is widely available in small quantities for home gardeners, it’s easier than ever to incorporate these wonder-workers into your garden plans. While planning your seed purchases, take time to review last year’s season. Did you have a bed or area that was too weedy to give good yields? Needs organic matter? Just took too much time and attention? Consider planting a spring cover crop of oats. They germinate readily in cooler soil, can tolerate wetness fairly well and, planted densely, can quickly cover the soil and prevent weed germination. Oats tolerate a wide pH range but do require lots of sun. (Plant again in early fall to make a winter-killed mulch that protects and conserves soil). Cut or mow at around 45 days of growth to kill it, and either let dry on the surface to mulch transplants, or incorporate into the soil to add organic matter.

Another inexpensive, easy springtime weed suppressor is annual rye, not to be confused with cereal rye, also called garden rye or ryegrass. Annual rye germinates easily in cool soils, and if planted thickly grows rapidly to a dense canopy that crowds out weeds. It can be cut several times (and fed to the pet rabbits or to chickens!) then turned under to decompose and add organic matter to your soil.

Later in spring, after your soil is warmed to at least 50 degrees, you can plant buckwheat, the garden workhorse. Not only does buckwheat suppress weeds and gather up phosphorus for your subsequent crops, but the flowers will make your resident bees very happy. Buckwheat requires cutting just after flowering, unless you want to save seed or risk lots of volunteers (not a really bad thing) the following year. Cut buckwheat approximately 2-3” up from the soil surface, to stop growth. You may then just lay the stalks on the surface to dry and mulch your next crop.

For comprehensive cover crop information see the Sustainable Agriculture Research and Education website at www.sare.org/cover-crops. Allegany County residents may call your Cornell Cooperative Extension Master Gardener Volunteers at (585) 268-7644 Ext.23.
AGRICULTURE & NATURAL RESOURCES
FOCUSING ON ECONOMIC DEVELOPMENT

SOIL IS ALIVE! WE WILL SURVIVE
Tuesday, April 10th, 2018 from 10am-2pm
Off Duty, INC 5184 State Route 244, Belmont, NY 14813

AGENDA
10 AM - The soil beneath your feet in Allegany County: basic info about our soils. & Untangling Web Soil Survey: getting soils maps and data from your computer. Matt Havens, Soil Scientist with USDA- Natural Resources Conservation Service
Matt resides in the Town of Willing, South of Wellsville. He received his Master’s Degree in Agronomy, Specialized in Soil Science from Penn State. He has been with NRCS for 30 years, 7 of those years in Delaware County, NY, and 23 years stationed in Allegany County worked on making soil maps in Delaware, Allegany, and Cattaraugus Counties. Temporary assignments in Livingston, Essex, Lewis, and Herkimer Counties in NY. He is currently the Project Leader for the Glaciated Allegheny Plateau and Catskill Mountain Area as well as the Glaciated Lake Erie Plateau (21 million acre area).

11:00 AM - Soil Health Impact on Farm Profitability and Beyond Cover Crops - Harold Schrock, Cayuga Ag & King’s AgriSeed.
Harold has a very diverse agriculture background having worked in numerous different agriculture related fields and studied under many of the most famous names in sustainable agriculture. Having managed dairy and produce operations in the past, currently Harold manages his family farm, featuring grass finished beef cattle, laying hens, and a variety of certified organic broad acre crops. Besides his own farming experience Harold has been a Kings AgriSeed’s dealer for more than 10 years and worked for Advancing Eco Agriculture as a soil and crop health consultant for more than 5 years. In this role he provides consulting services and nutrient recommendations for a wide variety of Northeast Farms, fruit and vegetable growers, commodity crop growers and dairies; both conventional and certified organic farms.

12-Lunch

12:30—Stressed?! What to Do About It – NY FarmNet
Farmers and farm families are faced with a variety of stressors on a daily basis. Learning to manage feelings and behaviors during hectic times takes time, practice, and help from a professional.

1:00 PM - How to Speed Up Progress with Harold Schrock
There is no cost to attend however RSVP requested by April 3 to assist with planning for meals and materials. Please contact Lynn Bliven at lao3@cornell.edu or (585)268-7644 ext. 18.
Every March, the Allegany County CCE hosts a one-day crash course for rural property owners who want to make the most of their best resource. Despite the Nor'easter March 3 brought together 140 landowners at Pioneer Central School in Yorkshire. This is the venue where, for over two decades, owners have gained basic knowledge that will help them keep and enjoy their property while picking up some practical ideas that could generate income. Instructors are recruited from the cutting edge of academia and professional fields. Many return year after year to share the latest breakthroughs in a range of useful topics.

State Extension Forester Pete Smallidge, director of Cornell University’s Arnot Teaching and Research Forest, opened the program with “An introduction to the Identification and Ecology of the Typical Northeastern Forest Tree Species.” The kick-off session was open to all the workshop attendees. Smallidge’s presentation provided fundamentals of hardwood identification through observation of habitat and features: flowers, fruit, twigs, foliage, bark, crown architecture and shade tolerance.

Kristi Sullivan, Conservation Program Coordinator with Cornell’s Department of Natural Resources, outlined AVID, Assessing Vegetation Impacts from Deer. This method of identifying long-lasting white-tailed deer browse impacts, data collection and a vegetation measurement protocol help determine if herd size is balanced with the available habit. A lack of species diversity and other undesirable after-effects of an oversize herd are not easily or quickly reversed. State and local decision makers can use this type of field data to determine herd size and take appropriate steps. Landowners were asked to visit aviddeer.com to get involved in this effort. In a separate workshop in the afternoon, Sullivan discussed characteristics of the eastern coyote and the black bear, two examples of wildlife that have managed to thrive and expand both their population and range, despite habitat fragmentation caused by humans. Many rural landowners enjoy hunting and others enjoy observing the creatures - from a distance. Sullivan passed along some tips to minimize conflicts with humans and encourage these animals to have a healthy fear of people. (continued...)
The annual workshop is an opportunity to educate the landowners about invasive species. Simple precautions can be taken to help prevent the spread of terrestrial and aquatic invaders. Sharon Bachman, of Erie CCE, advised practicing the “Arrive Clean Leave Clean” method to avoid spreading pests. She warned against purchasing garden seedlings and un-composted mulch that could harbor the cocoon of a new invasive, “crazy jumping worm,” that consumes other tree and plant seedlings. Leaving behind soil that won’t hold moisture and resembles coffee grounds. The spotted lanternfly and its ugly gray egg masses that can be found pasted to landscape stones and lawn furniture, is another invasive that travels as a hitchhiker. While neither of these have been found in the area, landowners should stay alert.

That message was repeated by Andrea Lock, the Western New York coordinator of Partnership for Regional Invasive Species Management (PRISM). By logging in to the www.nyimapinvasives.org web site, vigilant landowners can learn some steps to take while reporting sightings of a long list of invasives already that are already present and threatening the countryside including forests, wetlands, grasslands.

Pesticide treatments have been developed for use by certified professionals to save some ash trees from emerald ash borer infestation. Arborist William A. Snyder reviewed the EAB history, diagnosis and rating the level of decline in a tree, the difference between white and green ash trees, and the four treatment options available: Emamectin benzoate, Imidacloprid, Dinotefuran, and Azadirachtin. In a separate session, Snyder discussed the blight of the American chestnut, once an economic staple in our region, and reviewed plans to restore blight-resistant varieties to our Eastern forests.

Land conservationist Dave Bojanowski of the Genesee Valley Conservancy pointed out how different types of land trusts can restrict future uses while protecting farmlands, wetlands, ranches, forests, watersheds and river corridors. Tax incentives, donation or purchase may be available from one of several conservancies in the region, to provide added benefits or help achieve landowner objectives.

Landowners looking for technical or financial assistance with conservation management programs heard of options from Kristen Schnepp-Giger of the National Wild Turkey Federation, Shanna Shaw and Nicole Kubiczki of the Natural Resource Conservation Service. Food plots and forest habitat, wetland reserves can benefit from conservation planning and management, and may be in line for funding and technical assistance programs such as the Young Forest Initiative, EQUIP and ACEP-WRE.

Some landowners received instruction on two ways to see an economic return from forest products. Ken Brown, of Field of Dreams Farm, told attendees there is a need for more Christmas tree growers and encouraged them to check with the local and state associations at christmastreeswny.org or christmastreesny.org. He also provided a list of desirable tree varieties, sources for plants, horticultural tips and marketing advice. Don Gasiewicz of Wyoming County CCE and a successful mushroom farmer at Toad Song Mushrooms, described how to choose culled or small-diameter trees to produce high value gourmet mushrooms and shared his inoculation, fruiting and marketing techniques.

It’s not too early to plan to attend the 2019 program Saturday, March 2nd. Contact Lynn Bliven, (585)268-7644 ext. 18 or lao3@cornell.edu to be added to the mailing list or with your questions about forested acreage.
COMMUNITY FOOD SYSTEMS

WHY FARM TO SCHOOL?

FROM THE NATIONAL FARM TO SCHOOL NETWORK
The Benefits of Farm to School

COMMUNITIES WIN
Farm to school benefits everyone from students, teachers and administrators to parents and farmers, providing opportunities to build family and community engagement. Buying from local producers and processors creates new jobs and strengthens the local economy.

FARMERS WIN
Farm to school can serve as a significant financial opportunity for farmers, fishers, ranchers, food processors and food manufacturers by opening doors to an institutional market worth billions of dollars.

KIDS WIN
Farm to school provides all kids access to nutritious, high-quality, local food so they are ready to learn and grow. Farm to school activities enhance classroom education through hands-on learning related to food, health, agriculture and nutrition.

ADVISORY BOARD MEMBER SEARCH

CCE Allegany is in the process of assembling an Advisory Board for their project, “From Carrots to Curriculum: Implementing Farm-to-School in Allegany County”. This advisory board will be comprised of students, parents, cafeteria managers, teachers, farmers, school board members, and anyone in the community who wants to help guide this project throughout the next two years. If you are interested in becoming an Advisory Board member, please contact Cassandra Bull at cb775@cornell.edu or by calling 585-268-7644 ext 25.
UPCOMING EVENTS
WE HOPE TO SEE YOU THERE

AGRICULTURE EVENTS

Soil is Alive! We Will Survive
Tuesday, April 10, 2018 from 10 am-2pm at Off Duty 5184 State Rte. 244 Belmont, NY 14813.
Presenters:
• Matt Havens, Soil Scientist NRCS - Part 1-
  "The soil beneath your feet in Allegany County” basic info about our soils. Part 2-
  "Untangling Web Soil Survey" getting soils maps and data from your computer.
• Harold Schrock, Cayuga Ag & King’s AgriSeeds: Soil Health Impact on Farm Profitability and Beyond Cover Crops. How to Speed Up Progress.
• FarmNet: Stressed?! What to Do About It

Lunch provided. No cost please RSVP with Lynn Bliven by April 3 lao3@cornell.edu (585)268-7644 ext. 18

Penn/York Ag-stravaganza
Saturday, April 14th, 2018. 9am-1pm at the Genesee Environmental Center, 682 Ellisburg Road (Route 244) Genese, PA. Lunch provided RSVP requested by April 6. No cost, for more details or to pre-register please contact Lynn Bliven lao3@cornell.edu (585)268-7644 ext. 18

Beef Stocker Cattle – Necropsy
Saturday, April 21, 2018 10am at Alfred State College Farm, 1254 State Route 244 Alfred, NY 14802. No fee, please RSVP with Lynn Bliven by April 18 lao3@cornell.edu (585)268-7644 ext. 18

DAP Funding Extended
The Dairy Acceleration Program is an initiative of Governor Cuomo in partnership with the NYSDA&M and NYS DEC designed to enhance profitability of dairy farms while maintaining a commitment to environmentally responsible dairy farming.

Funds may be used for business planning, the creation of strategic business plans focused on increasing the viability, design of new or remodeled facilities, development or update of CNMP and the design of eligible best management practices (BMPs) identified in the farm CNMP, including the construction inspection and as built certification for that practice. Farms must have lactating dairy cattle and be shipping milk. Heifer boarding operations, under the large CAFO size, may apply for CNMP and design of BMP funds.

For more details visit: http://prodairy.cals.cornell.edu/dairy-acceleration.
UPCOMING EVENTS

HORTICULTURE EVENTS

GROWING RASPBERRIES AND STRAWBERRIES
April 7th (Saturday) – 11:00 – Noon
Tinkertown Hardware

TREES & SHRUBS FOR BIRDS IN THE LANDSCAPE
April 17th (Tuesday) – 6:30 – 7:30 pm Online Zoom Class

GARDENING DAY—GROWING VEGETABLES
May 3rd (Thursday) – 5:30 – 8:30 pm Grace United Church, Wellsville

WOODLAND FLOWERS & FERN WALK
May 5th (Saturday) – 10:00 am – Noon Wells Homestead (4981 McAndrews Road, Andover NY 14806)

GARDEN-WALK: TREES & SHRUBS FOR BIRDS
May 19th (Saturday) – 10:00 am – Noon Wells Homestead (4981 McAndrews Road, Andover NY 14806)

***Contact Colleen Cavagna to signup for any of these classes. Pre-registration is required.

4-H EVENTS

CUBA CHEESE FUNDRAISER
Begins April 2nd and ends April 27th

LIVESTOCK MEETING
Tuesday April 3rd at 6:30pm

HORSE PDC MEETING
Thursday April 5th at 6pm

REGIONAL HORSE COMMUNICATIONS
Saturday April 7th starting at 9am

LIVESTOCK EDUCATIONAL MEETING
April 9, 6-8pm, Register by April 6th

IRON CHEF
April 20th, 5-8pm, Preregister by April 16th

MARKET POULTRY WORKSHOP
Thursday April 26th from 6-8pm

RABBIT & CAVY SHOW
May 5th, Olean Mall

CLOTHING REVUE
May 18th, Judging starts at 5pm, Event Starts at 6pm

PHOTOGRAPHY CLASS
Saturday, May 19th, 10AM-noon
Register by May 14th

HORSE CLINIC
May 19th at 12:30pm, Register by May 14

OPEN RIDE
June 16th starting at 10AM

WE BRING LOCAL EXPERIENCE AND RESEARCH-BASED SOLUTIONS TOGETHER.