FROM THE DIRECTOR

SIGNS OF SPRING!

While spring is still a few weeks away, if you’re anything like me the first robin to appear gets me very excited for warmer weather! I think we all have those telltale signs of nature that makes us think of the seasons changing and longer days.

I love snowdrops… they are often the first flower to emerge through the snow. Some of you may see 4-H Public Presentations are a sign of the end of indoor programming and the start of getting outdoors!

How about seed catalogues? Many of us pour over seed catalogues while there is a foot of snow on the ground, planning and dreaming of sunny, warm weather. What about the smell of manure being spread on agricultural fields?

Sap running and smoke pouring from sugar shacks as sap gets evaporated into syrup is a sure sign of the weather changing!

However, you like to notice the start of a new season, you will be encouraged to see the exciting programming listed inside this newsletter. Reach out and come to a program!

Laura K. Hunsberger
Executive Director

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CCE-is an employer and educator recognized for valuing AA/EEO, providing equal program and employment opportunities.

CCE-ALLEGANY

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5-H and Youth Development

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CCE-is an employer and educator recognized for valuing AA/EEO, providing equal program and employment opportunities.
The NY Beef Producer’s Association (NYBPA) recognized Lynn Bliven, with Cornell Cooperative Extension (CCE) of Allegany County, with the “Extension Educator of the Year” award, at their Annual Meeting held virtually on January 22, 2021.

The NYBPA, colleagues and supervisor cited her expertise, passion and devotion to improving the competitiveness and profitability of beef producers in Allegany County and across the state. Whether at the entry level or more experienced, Lynn has helped many farms with business planning, production, marketing and land use. She has been instrumental in supporting Farmer’s Markets in Allegany County providing another outlet for beef producers.

Lynn is extremely knowledgeable in the regulations surrounding the NYS packing and processing industry. This expertise has guided Cornell Cooperative Extension’s effort in evaluating what support this industry needs and how CCE can meet them. She is a USDA certified Livestock Market Reporter with her certification serving the beef industry well. She has held several grading clinics, helping producers understand the characteristics of cattle that determine value. She also serves as a substitute reporter at auction barns recording live animal features and price received. Reporting of this nature provides transparency in the value of cattle. She gained experience collecting carcass data as part of a research project. This knowledge then led her to conduct several “Hoof to Rail” programs teaching producers how to evaluate the live animal and following through to the carcass.

Concerning using technology to reach producers both pre-COVID and currently, she is the go-to person. Dr. Mike Baker, Cornell Beef Specialist noted, “If it were not for Lynn’s support, I would have not been able to deliver my Stocker Short Course to 4 locations across NY so seamlessly”.

Nancy Glazier, NWNY Dairy, Livestock and Field Crops team recognized her role as a mentor to new CCE educators. Joan Petzen, also on the NWNY Dairy, Livestock and Field Crops Team stated, “Lynn is the whole package. She is knowledgeable. Understands how to be an effective educator. Is compassionate and has a huge passion for what she does. Lynn is also dependable partner and leader.”

From another colleague, Lisa Kempisty, CCE Chautauqua County: “Lynn is very well received and respected by all as she has much personal experience raising livestock on her own farm and willingly shares her experiences to help others learn.”

Finally, from the Association Director of CCE Allegany, Laura Hunsberger: “I cannot think of anyone more deserving of this award. Lynn puts her heart into her work. The producers who benefit from her dedication are truly lucky.”
GOOD WORK, PATTY!

THE HIGHLIGHT OF THE MONTH

CORNELL’S STATEWIDE DIVERSITY, EQUITY & INCLUSION / BELONGING CORE LEADERSHIP TEAM

Patty Amidon of Cornell Cooperative Extension (CCE) of Allegany County has been selected to serve on the new Statewide Diversity Equity and Inclusion (DEI) /Belonging Core Leadership Team, where the team will be responsible for identifying the vision and strategies for CCE to become a model antiracist organization within 5 years. Patty, the Southwestern NY SNAP-Ed team Program Manager has a MSEd in Health Education and combines over twenty years of experience in program coordination, administrative management, and leadership.

"Cornell Cooperative Extension has a strong, ongoing commitment to diversity, equity and inclusion in our work to serve an increasingly diverse New York State population” said Chris Watkins, Director of Cornell Cooperative Extension. The statewide team of 24, will work to actively create and sustain a culture of belonging that embraces a diverse workforce, volunteer base and program audiences.

“We firmly believe that an emphasis on belonging in CCE’s strategic planning will maximize our capacity to create and innovate as we best serve the emerging needs of communities throughout New York State.”

Belonging at Cornell is a framework designed to continue the progress towards making Cornell a more diverse and inclusive environment. Its mission is to focus our collective efforts on creating a campus community where individuals from diverse backgrounds and life experiences can both contribute and thrive.

PATTY AMIDON
INSTRUCTOR TRAINING SCHEDULED!

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America’s largest youth development organization—empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. ~ National 4-H

THE NEW YORK STATE 4-H SHOOTING SPORTS PROGRAM FOCUS ON POSITIVE YOUTH DEVELOPMENT

4-H Shooting Sports is a comprehensive non-formal education, recreation, and competitive program focused on Positive Youth Development. 4-H Shooting Sports programing utilizes the safe and responsible use of firearms to address youth social issues related to STEM, health living, and civic engagement. In doing so, the 4-H shooting sports program provides opportunities for youth to gain valuable skills, practice leadership, and build relationships with non-parent adults. These three critical factors are the building blocks that enable youth to achieve mastery, feel a sense of belonging, explore independence, and act generously. When youth are engaged as resources worthy and capable of development, rather than objects to be fixed, they become competent, confident, connected, caring, character driven, and contributing members of society.

POSITIVE YOUTH DEVELOPMENT PROGRAMS HAVE THREE MAJOR COMPONENTS:
1. Positive and sustained relationships between youth and adults.
2. Activities that build important life skills.
3. Creating opportunities for youth to apply what they are learning to improve their communities, both as participants and as leaders.

THE FUNDAMENTAL PRINCIPLES OF POSITIVE YOUTH DEVELOPMENT ARE:
1. Competence - Positive view of one’s actions in specific areas, including social and academic skills.
2. Confidence - An internal sense of overall positive self-worth and self-efficacy.
3. Connection - Positive bonds with people and institutions that are reflected in exchanges between the individual and their peers, family, school, and community and in which both parties contribute to the relationship.
4. Character - Respect for societal and cultural norms, possession of standards for correct behaviors, a sense of right and wrong (morality), and integrity.
5. Caring - A sense of sympathy and empathy for others.
6. Contribution - Contributions to self, family, community, and to the institutions of a civil society.

CONTINUED ON PAGE 6
THE CLOVER CONNECTION

CONTINUED FROM PAGE 5

OBJECTIVES OF THE NATIONAL AND NEW YORK STATE 4-H SHOOTING SPORTS PROGRAMS:
1. To encourage participation in natural resources and natural resource science programs.
2. To enhance the development of self-concept, character and personal growth.
3. To teach safe and responsible use of firearms and archery equipment.
4. To promote the highest standards of safety, sportsmanship, and ethical behavior.
5. To expose participants to a broad array of vocational and life-long vocational activities related to shooting sports.
6. To strengthen families through participation in life-long recreational opportunities.
7. To complement and enhance the impact of existing safety, shooting and hunter education programs using experiential educational methods and progressive development of life skills and abilities.

INSTRUCTOR TRAINING

NEW YORK STATE 4-H SHOOTING SPORTS CURRICULUM

New York State 4-H Shooting Sports takes our responsibilities to youth, their families and the communities in which we all live very seriously. We are committed to offering the safest and best programming possible. All curriculum disciplines for archery and firearms are taught and supervised by New York State 4-H Certified Shooting Sports Instructors or Nationally Certified 4-H Shooting Sports Instructors. All 4-H Shooting Sports Instructors must also adhere to the National 4-H Shooting Sports Code of Ethics.

4-H Shooting Sports is based on the National 4-H Shooting Sports mandated curriculum and training regimen and offered in the following disciplines:
• Air Pistol/Pistol
• Archery
• Hunting/Outdoor Skills
• Muzzleloader
• Rifle
• Shotgun

STEM (Science, Technology, Engineering and Math) components are incorporated into all 4-H Shooting Sports curriculum disciplines.

Instructor training has been scheduled for June 5-6 in Wyoming County at Camp Wyomoco. They will offer both archery and shotgun certifications. If you are interested or would like additional information regarding this training please contact Krista Humbert (kah248@cornell.edu).
Coronavirus disease (COVID-19) can affect children and young people directly and indirectly. Beyond getting sick, many young people’s social, emotional, and mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage can continue to affect them across their lifespan.

Some of the challenges children and young people face during the COVID-19 pandemic relate to:

- Changes in their routines (e.g., having to physically distance from family, friends, worship community)
- Breaks in continuity of learning (e.g., virtual learning environments, technology access and connectivity issues)
- Breaks in continuity of health care (e.g., missed well-child and immunization visits, limited access to mental, speech, and occupational health services)
- Missed significant life events (e.g., grief of missing celebrations, vacation plans, and/or milestone life events)
- Lost security and safety (e.g., housing and food insecurity, increased exposure to violence and online harms, threat of physical illness and uncertainty for the future)

CDC developed this COVID-19 Parental Resource Kit: Ensuring Children and Young People’s Social, Emotional, and Mental Well-being to help support parents, caregivers, and other adults serving children and young people in recognizing children and young people’s social, emotional, and mental health challenges and helping to ensure their well-being.

RESOURCES BY AGE GROUP
Learn about the social, emotional, and mental health challenges faced by each age group, find out what you can do to help, and access age group specific resources to get you started.

RESOURCES
Explore different types of resources available to help you support young people’s social, emotional, and mental well-being across the lifespan.

- Postcard Reminders
- Door Hangers
- Activity Book
- Board Game
- Conversation Starters
- STEM and Other Activity Ideas
- Social media
- Children Preparedness
- Get Immediate Help in a Crisis
- Other Information Resources

For details on the above shared article please visit the CDC website at: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html
KIDS KORNER

Visit your local library and check out “The Fruits We Eat” by Gail Gibbons. Read the book to your child. When you finish, ask them to draw a picture that includes all of their favorite fruits. Is there a new fruit from the book that you can buy at the supermarket and try as a family? Talk about your favorite family recipes made with fruit.

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:
- Family Nutrition Education
- 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 EDNA ELLING
CORNELL COOPERATIVE EXT. OF ALLEGANY COUNTY
585-268-7644 #20  eme62@cornell.edu
Focus on fruit. One of the key messages from MyPlate encourages Americans to choose fruit in all forms (fresh, frozen, canned and dried). Fruit is a great addition to any meal. Some other ideas to consider are adding fruit to green salads (apples, pears, grapes), to sandwiches (apples, pears, sliced strawberries), to plain tap water to add flavor (lime, lemon, orange, strawberries, apple slices) and to hot or cold cereal. For more ideas for eating fruit each day, visit www.myplate.gov.

For more ideas how to Personalize Your Plate, visit www.eatright.org.
FRUIT PIZZA

INGREDIENTS

- 1 English muffin (try whole grain)
- 2 Tablespoons reduced-fat cream cheese
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple

NUTRITION FACTS

Nutrition Facts: Serving Size – 1/2 of muffin + fruit. 120 Calories, 3g Total fat, 27 calories from fat, 27% calories from fat, 1.5g Saturated fat, 0g Trans Fat, 10mg Cholesterol, 170mg Sodium, 19g Total Carbohydrate, 2g Dietary Fiber, 7g Sugars, 0g Added Sugars, 4g Protein, 114mg Calcium, 0mcg Vitamin D, 1mg Iron, 149mg Potassium

NOTES

1. Use any combination of fruit including apples, bananas, and raisins.
2. Try peanut, sunflower or other nut butter in place of cream cheese.
3. Sprinkle with nuts or seeds for added crunch.

DIRECTIONS

1. Wash hands with soap and water.
2. Split English muffin and toast the halves until lightly browned.
3. Spread cream cheese on both halves.
4. Divide the fruit between the two halves and arrange on top of the cream cheese.
5. Serve immediately.

Serving Size: 1/2 muffin
Servings Per Recipe: 2

Source: www.foodhero.org Oregon State University
KALE AND WHITE BEAN SOUP

INGREDIENTS
- 1 cup onion chopped
- 1 teaspoon garlic powder
- 1 teaspoon oil
- 2 cups broth
- 1 1/2 cups cooked white beans
- 1 3/4 cups dices tomatoes
- 1 tablespoon Italian seasoning
- 3 cups kale, shopped

DIRECTIONS
1. In a saucepan over medium-high heat, saute onion and garlic in butter or margarine until soft.
2. Add broth, white beans and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover and simmer for about 5 minutes.
4. Add kale and Italian seasoning. Simmer until kale has softened. About 3-5 minutes.
5. Serve warm.
WATER WISE GARDENING

BY CAROL SITARSKI
MASTER GARDENER VOLUNTEER ALLEGANY COUNTY

Water wise gardening, drought smart gardening, or xeric gardening – these terms are all the same for gardening techniques used to conserve water. In the current weather patterns, gardeners need to start applying both new and old tricks to get the most out of our gardens. It’s neither hard nor expensive to do this.

First you need to consider the size of your garden and its watering needs during the summer months. Most flower or vegetable beds require at least two inches of rain a week. Trees and bushes require up to five- or six-inches during periods of drought. To figure how much water is needed, first determine the garden’s square yardage that needs to be watered. Then divide by 5 (1 inch of water equals 5 gallons of water per square yard). For a garden 4’ by 60’ you’ll take 240 square yards and by divide by 5, giving you 48 gallons of water needed for just an inch of water and 96 gallons for 2 inches.

Here are a couple of easy tips for conserving water while gardening:
1. Mulching beds by at least 2 inches will require less watering. The ground will not dry out as quickly, it will keep the roots cool and happy, help prevent weeds, and protects plants from frost upheaval. Wood chips, shredded bark, straw, living mulches (such as sedums), and plastic covers are all good choices.
2. Picking out more plants that grow naturally for your area or perennials is another way as they have root systems that can go longer with less water.
3. Rather than using sprinklers, switch to drip irrigation watering hoses. These are easy to set up, relatively inexpensive, will cut down water usage tremendously and they can even be set up for container gardening. Gardeners who use these rave about their successful results.

I hope this was helpful! Try using some of these techniques for the up-coming gardening season and so you can reap all the rewards.
In order to safely and effectively control insect pests or plant diseases you first need to be able to accurately identify what you have. While many broad-spectrum herbicides or pesticides may be labeled for a long list of plant issues, if not applied at the correct stage of growth or in the correct amount you will be throwing money away and creating a negative impact on the environment. Integrated Pest Management (IPM) is the best approach to balancing protection of your plants in an environmentally friendly way. Many of your questions can be answered at our local Cooperative Extension office in Belmont. If you are unsure what insect or plant you have, we can assist with Insect/Plant Identification; fee is $10.00 per sample.

If we are unable to address pest and disease questions locally, samples can be submitted to the Cornell University Lab. Diagnostic fees range from $40-$80 and include shipping cost. Services are available for vegetables, trees, annual and perennial plants, mushrooms, and turf.

We also provide soil pH tests for lawns, gardens, pastures or crop fields; fee is $3.00 per sample. If you are looking for a more detailed soil analysis, we will assist you in completing and submitting samples to Agro-One for $20.00 per sample. If you are unsure how to collect a soil sample, please contact our office. Samples that are not properly collected or handled will impact the accuracy of the test. Once you receive your test results from Agro-One, we can assist you in interpretation and application needs for soil amendments.

We can also assist with nutrient analysis of hay, forage, and grains; and water testing for livestock and vegetable producers. Staff are currently working from home so please contact Lynn Bliven at 585-268-7644 ext. 18 or email lao3@cornell.edu to arrange for timely diagnostic services.
FARM DISASTER PREPARATION CERTIFICATE TRAINING

CCE will host a Farm Disaster Preparation program to help farm owners plan for and manage disasters that might occur. This program focuses on practical pre-disaster education and preparedness, regarding farm equipment safety on the road, fire or structure collapse, storm and wind damage, criminal activity, farm chemical risks and biosecurity. Farms that complete the Farm Disaster Preparation training will receive a certificate to provide to their insurer and may be eligible for a credit or discount toward the farm’s annual insurance premium. The value of the credit or discount will vary according to individual policies and policyholder circumstances but can be up to a 10 percent discount.

The Farm Disaster Preparation Certificate is directed to all sizes of farms and all types of products. Dairy and livestock farms are especially encouraged to participate in the program due to their additional concerns regarding animal agriculture. The person representing a farm should be the insurance policyholder; other key farm personnel are welcome.

Certificate program will be held on Tuesday March 16 and Thursday, March 18th, 2021 from 6:30-9:00 PM via Zoom. You must attend both sessions for certificate.

Space is limited and pre-registration is requested by March 10th to allow time for mailing resource materials. There is a $35 fee per farm for this program.

For more information or to pre-register contact Lynn Bliven at 585-268-7644 ext. 18 or email at lao3@cornell.edu.

Course Instruction Team:
- Lynn Bliven, Ag & Natural Resources Issue Leader CCE Allegany County
- Stephen Hadcock, Team Leader CCE Capital Area Ag & Horticultural Program
- Tess Southern, Ag Educator CCE Madison County
- Jim Carrabba, Agricultural Safety Specialist New York Center for Agricultural Medicine and Health (NYCAMH).
Replacing Missing PTO Shields at Discount Prices

By Lynn Bliven
Agriculture & Natural Resources Issue Leader

Winter may not be the time you are thinking about using some of those parked pieces of machinery but as you walk by them take a good look at the PTO shields. We all know that damaged or missing shields can be the cause of serious injuries or even death. The typical PTO running at 540 RPM can wrap an arm or leg around the shaft nine times in one second. Yes, replacement shields are expensive and sure as rain you’ll just get the new one on and some yahoo will damage it, somehow. But the truth is these are just excuses. So, as the fast-talking salesman says; “Have I got a deal for you.”

A program offered through the New York Center for Agriculture Medicine and Health (NYCAMH) can provide replacement PTO shields at substantially reduced cost. There are two shields available depending on your needs and each shield comes with a bearing assortment to make retrofits easy. Prices range from $59.00 to $83.00 depending on the unit needed. Measure the bottom of the bearing groove to find the size needed. If the diameter is 2 1/8 inches or smaller order part number AS20090. If the diameter is larger than 2 1/8 inches order part number AS30090.

An added feature of the replacement shield is the Bare-Co Patent lever release shaft guard which allows the guard to be pulled back to get to those hard-to-reach grease fittings. So if you are thinking that the missing shield makes it easier to grease the universal joint that problem is solved.

Order your replacement PTO shields by calling NYCAMH at 800-343-7527 or visit website at https://www.nycamh.org/programs-and-services/pto-shield.php.

Your family, your workers and you all deserve a better chance to stay safe and healthy around the farm.
COMMUNITY

FOOD SYSTEMS

SCIO & BELFAST AWARDED STATE FARM GRANTS FOR FARM TO SCHOOL
40 NEW YORK TEACHERS … $100,000! DOLLARS!

CASSANDRA BULL
FARM-TO-SCHOOL COORDINATOR

Teachers in New York were asked to submit their innovative teaching ideas the week of January 11 for an opportunity to win State Farm® Teacher Assist grants. Two hundred submissions were accepted and reviewed. In the end, State Farm recognized and awarded 40 New York teachers with a $2,500 grant to implement or support their classroom projects. Two of these projects in Allegany County were awarded funding. Teachers Kyle Canfield, High School Science Teacher at Scio CSD, and Josh Hazelton, Science and Technology Teacher at Belfast CSD, will use their awards to promote Farm to School programs in their respective districts.

“As a company, we have a long history of working with teachers, educators, and students across the country. We are heartened by the immense response received from teachers sharing their solutions to overcoming challenges,” said Annette Martinez, State Farm Senior Vice President. “Congratulations to the winners. We are proud to support you and help you reach your goals!”

At Scio, this grant will allow the purchase of the initial start-up equipment required for Canfield’s ninth grade Living Science students to take care of honeybees safely at school leading to the successful harvest of honey. Teaching about bees allows students to further understand that pollinator insects are vital for plants to produce food, and therefore are essential components to our food system. “I believe that the future of education can incorporates technology into outdoor settings to further inspire our students to appreciate the natural world” says Canfield.

At Belfast, this funding will purchase two vertical hydroponic growing systems. For over thirteen years, Hazelton has been teaching an upper-level course called Hydroponics and Aquaponics in which students design and maintain several tech-heavy agricultural projects. These new hydroponic systems will be used in his eighth-grade technology class and help demonstrate the breadth of the subject. Having hydroponics available to the eighth grade may spark an interest in younger students and inspire them to keep technology in mind when deciding their future careers.

These grants were written with support from Cornell Cooperative Extension’s Farm to School Coordinator, Cassandra Bull. Bull works with stakeholders in each unique district in whatever way they need to help build the capacity of Allegany County’s Farm to School programs. Her work connects NY agribusinesses to school cafeterias, assists teachers to develop garden-based curricula, and helps find funding that these programs need to thrive. For more information or to be involved, please contact Bull at CB775@cornell.edu. For more information about State Farm, please visit http://www.statefarm.com

Caption: Educational beehive for students

HELPING NEW YORK STATE FAMILIES AND COMMUNITIES THRIVE IN OUR RAPIDLY CHANGING WORLD.