Cornell Cooperative Extension
Allegany County

FROM THE DIRECTOR

BLIVEN CELEBRATES 30 YEARS WITH COOPERATIVE EXTENSION

Lynn Bliven started her career with extension as a 4-H educator and has tailored her expertise and knowledge to become one of the most seasoned and experienced Ag Educators in New York. Lynn uses her hands-on experiences to create unique and meaningful educational opportunities, such as poultry processing, beginning farmer outreach and livestock production. She cooperates with specialists on the varied ag teams to offer unique and specialized courses such as Hoof to Rail, Beef Quality Assurance, Pasture Walks and Manure Management Programs.

The Rural Landowners Workshop celebrated its 28th year this past March, with over 100 attendees from Western NY. The Farmer Neighbor dinner, which started as a humble dinner has become a high-end event at the Lake Lodge in Alfred. It is often referred to as the best meal you will have all year, featuring produce and meat from local farmers and producers in Allegany County.

Lastly, when COVID hit, Lynn rose to the occasion and helped organize local Dairy Drives with Barney Farms in Whitesville, to provide dairy products to local residents who were in need. She raised over $11,000 through donations and small local grants through the United Way and the Allegany County Area Foundation. This money also provided food boxes to farmers who were too busy to get to the store for their own needs. We are lucky to have such talent and dedication in our midst. We would like to thank Lynn for her hard work and for rising above the call of duty to support our organization.

Sincerely,
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.
BEEF QUALITY ASSURANCE TRAINING
BY LYNN BLIVEN
AGRICULTURE & NATURAL RESOURCES ISSUE LEADER

Participation in the Beef Quality Assurance (BQA) program is valuable to all beef and dairy producers as it demonstrates a commitment to food safety and quality. BQA upholds consumer confidence in beef and enhances herd profitability through better management.

BQA classroom and hands-on training set production standards for quality and safety. At a recent training at Alfred State College the Farm Practicum students had an opportunity to complete the training and become BQA Certified. While some of these students may enter into production agriculture, others are considering veterinary technology or ag business; all gained a new understanding of the importance of humane handling and production practices to assure quality beef production. Topics covered included animal behavior and proper handling techniques on farm and in transit. How an understanding of biosecurity basics is an essential complement to a properly designed disease-resistant health program and the key practices necessary to achieve goals. Each student also had an opportunity to demonstrate low stress cattle handling and injection site methods; skills they can take with them to their own farm and/or the workplace. The chute side training also help to develop skills in understanding normal cattle behavior and assessment of good health.

The BQA program does more than just help producers capture more value from the cattle they market, it creates a positive public image and enhances consumer confidence in the beef industry. When producers implement the best management practices of a BQA program, they assure their animal are the highest quality they can be.

Many beef cattle buyers, feeders, packers, and retail outlets are requiring that the beef they purchase be produced by BQA certified cattle producers. The program also helps connect farmers with veterinarians, extension specialists and other agencies to assure consumers that all cattle shipped are healthy, wholesome and safe; and are produced using animal well-being, worker safety, and environmentally-sound production practices.

The Beef Quality Assurance Program is supported by The Beef Checkoff. Interested in learning more about BQA or becoming a certified producer, please contact Lynn Bliven.
PRODUCED IN NEW YORK
4-H Cooking Contest

Video entries are due by November 16th @8am

Record your presentation
Upload to YouTube *select ‘unlisted’
(see privacy instructions)
Send your private ‘unlisted’ link, copy your recipe and a photo of you with your finished product to kah248@cornell.edu

Winners will be announced November 20th
HOW TO SHARE YOUTUBE LINKS WITH SPECIFIC PEOPLE

YouTube, a social networking website, gives every Web surfer the opportunity to share their videos with a wide audience. If you run a small business, you can use YouTube to share product information, promotional videos and even training videos with anyone, anywhere in the world. In some cases, you might not want your videos to be quite so accessible, and you may decide to limit certain videos to a few employees or other users. By default, YouTube makes every video you upload public; however, you can make a video unlisted and share it only with specific people who have the link to the video. You can make a video unlisted when you upload it, or you can change a previously uploaded video to unlisted.

Make a Video Unlisted When Uploading

1. Navigate to the YouTube website and sign in to your account.
2. Click “Upload” at the top of the screen.
3. Click “Select Files From Your Computer” and select the video you want to upload. The video begins uploading automatically and the Video Options screen appears.
4. Click “Unlisted” and your choice will be applied to the video as it uploads. Give the YouTube link for the video (on the left side of the screen) to the people who are authorized to view the video.

Make a Video Unlisted After Uploading

1. Navigate to YouTube and sign in to your account.
2. Click your screen name in the upper right corner of the browser window. Click “Video Manager” from the drop-down menu.
3. Click “Edit” under the video that you want to make unlisted.
4. Click “Unlisted” and then click “Save Changes.” Give the YouTube video link, which is located directly under the “Unlisted” button, to the people who are authorized to view the video.

Tips- If the individuals who are authorized to view your video have YouTube accounts and you have connected to their profiles, you can make the video private instead of unlisted. With a private video, only your YouTube friends that you designate can view the video and only from their own accounts.
UPCYCLING WITH A TWIST OF FALL
BY TRICIA HEARY
4-H PROGRAM COORDINATOR

Fun things that I look forward to coming with the colder weather is filling my house with yummy smells as well as decorating my home both inside and out. There are a ton of things you can buy to decorate with and you could spend an absolute fortune. Instead of spending money look at what you have laying around your house and repurpose it into something- upcycle!

One of the most common things that everyone has are tin cans. Tin cans come in a variety of sizes and shapes. With some hands-on creativity, see what you can make! Decide which project you want to do. You can paint them to look like a pumpkin, you can wrap ribbon or fabric around them, or you can pierce them with a nail to make a luminary out of them.

Once you have come up with your project you are ready for the next step. Find your tin cans and choose which size you like or have. Make sure you wash them thoroughly to get any food and the left over adhesive off of them. Check for sharp edges on the cans. You can use plyers to fold the edge down.

If you choose to paint them you will need craft paint or spray paint in whatever color you like. If using spray paint take them outside to paint. If you are using craft paint you can do that inside. Paint your tin can with a coat or two of paint. Spray paint takes about 15 minutes to completely dry. Craft paint takes a bit longer. Once your project is dry you can add decorations like ribbon, twine, small leaves, or flowers. My mind is spinning with all the creative things you can come up with. Have fun upcycling.

There are a ton of websites that you can go to for fall decorating and upcycling to get some ideas for your projects.

Here are a few I found:
- [http://www.pillarboxblue.com](http://www.pillarboxblue.com) this website combines crafts and upcycling and features weekly tutorials that you can try for yourself at home
- [http://www.upcyclethat.com](http://www.upcyclethat.com) lots of ideas for upcycling and inspiration to try something different
- [https://www.myrepurposedlife.com/](https://www.myrepurposedlife.com/) repurposed furniture ideas and how to thrift store make overs
- [https://craftingagreenworld.com/](https://craftingagreenworld.com/) Recycling clothes into a quilt, free quilt patterns and sewing projects
- [https://www.pinterest.com/](https://www.pinterest.com/) Multiple up cycle projects , recipes, what’s trending and much much more!
THE EFNEP NEWSLETTER

NUTRITION EDUCATION

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

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

Take EFNEP classes via Zoom or by phone!

KIDS KORNER

This week visit the library with your child or follow local library protocols for borrowing books and read “Everyone Eats” by Julia Kuo. Learn about what animals like to eat. Pick your child’s favorite food from the book and make a recipe with it, like sweet potato fries.

CONTACT EDNA ELLING
CORNELL COOPERATIVE EXT. OF ALLEGANY COUNTY
585-268-7644 #20  eme62@cornell.edu
EFNEP RECIPE

TURKEY CRANBERRY QUESADILLA

Serving Size: 1 quesadilla
Prep Time: 5 minutes
Serving per recipe: 1

Ingredients:
1 8-inch whole wheat tortilla
2 Tablespoons shredded mozzarella (or any cheese you like)
2 Tablespoons cranberry sauce or dried cranberries
2 Tablespoons cooked turkey, chopped or shredded
1/3 cup fresh spinach leaves

Notes:
♦ Substitute beans, tofu, or other cooked meat for the turkey.
♦ For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.

Directions:
1. Sprinkle shredded cheese evenly over one half of the tortilla. Add cranberry sauce or dried cranberries, turkey and spinach, then fold the tortilla in half over the filling.
2. Heat a medium skillet over medium heat (300 degrees in an electric skillet). Lightly spray with cooking spray, then place tortilla in the skillet. Cover and cook for 2 to 3 minutes on each side, or until the outside is golden brown and contents are heated through.
3. Refrigerate leftovers within 2 hours.

Nutrition Facts:
Serving Size – 1 quesadilla, 250 Calories, 7g Total Fat, 63 calories from fat, 25% calories from Fat, 3.5g Saturated Fat, 0g Trans Fat, 25mg Cholesterol, 340mg Sodium, 32g Total Carbohydrate, 1g Dietary Fiber, 11g Sugars, 5g Added Sugars, 14g Protein, 0% Vitamin D, 15% Calcium, 10% iron, 4% Potassium, 10% Vitamin A, 9% Vitamin C
THE SNAP EDUCATION DEPARTMENT

NUTRITION PROMOTION

TURKEY PUMPKIN CHILI

Ingredients:
- 1 teaspoon vegetable oil
- 1 pound ground turkey
- 2/3 cup chopped onion
- ½ cup chopped green pepper
- 2 cloves garlic, minced
- 1 can (15 ounces) kidney beans, drained & rinsed
- 1 can (15 ounces) white beans, drained & rinsed
- 1 can (15 ounces) pumpkin
- 1 can (15 ounces) diced tomatoes
- 2 cups low-sodium chicken broth
- 2 tablespoons packed brown sugar
- 1 package taco seasoning mix

Directions:
1. Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic.
2. Cook and stir, breaking turkey apart until it is browned and vegetables are tender.
3. Stir in beans, pumpkin, tomatoes, broth, brown sugar and seasoning.
4. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.
5. Refrigerate leftovers within 2 hours

Nutrition Facts:
Nutrition Facts: Serving size: 1 cup; 240 Calories; 7g Total Fat; 2g Saturated Fat; 460mg Sodium; 29g Total Carbohydrates; 6g Fiber; 8g Sugars; 15g Protein.

Recipe & Photo adapted from Foodhero.org

CONTACT YOUR SNAP-ED NUTRITIONIST
BECCI LOEB
ral343@cornell.edu/ 585-268-7644 ext.19
WHAT’S IN SEASON IN WNY?
Apples
Beets
Beans, Snap Cabbage
Peppers
Pumpkins
Potatoes
Squash, Winter Turnips

HAPPY THANKSGIVING!
Follow these food safety tips for a safe holiday!

❖ Make sure to cook your turkey until the internal temperature reaches 165 degrees Fahrenheit
❖ Separate raw meats and poultry from food that won’t be cooked by using separate cutting boards, plates and utensils.
❖ It can take up to 6 days to thaw a turkey, depending on its weight—thaw completely before cooking.
❖ Store leftovers in the refrigerator for up to 3-4 days or freeze to keep longer.
❖ Wash your hands after handling raw meat and poultry products and before touching prepared foods.

TIPS FOR INCREASING PHYSICAL ACTIVITY
Make sure you do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights.

DID YOU KNOW?
Americans prepare 46 million turkeys for Thanksgiving each year. On Christmas and additional 22 million families host an encore with yet another turkey.
PARASITIC WORM INFECTIONS IN SHEEP AND GOATS
BY LYNN BLIVEN
AGRICULTURE & NATURAL RESOURCES ISSUE LEADER

Many of our small ruminant farms have experiencing challenges with parasites throughout the 2020 grazing season. As we head into fall we still need to be watching for signs of parasite overload.

The barber pole worm is the most economically important parasite affecting small ruminant production on pasture. The FAMACHA® card is a tool that uses eye color to identify animals in need of deworming treatment. While hands on FAMACHA certification programs were on hold this year as a result of COVID restrictions there are several on-line based resources related to this topic. University of Rhode Island offers an online FAMACHA certification course at https://web.uri.edu/sheepnogat/famacha and also Maryland has started to offer one at https://www.sheepandgoat.com/online-famacha-certification.

Meningeal worm, also called deer worm, was studied by the Cornell Sheep & Goat Program and Cornell Ambulatory Veterinary Services. Typical signs are a constant itch that develops into a sore often situated in a vertical line coming down from one vertebrae or neurological signs such as tripping when turning or slight drag to a hind leg. The most effective way of preventing infection from deer worm is to reduce exposure of sheep and goats to infected snails and slugs and to limit deer access to grazing pastures. For more details on management and treatment view the Deer Worm Factsheet.

Additional educational webinars on parasite control along with many other sheep and goat topics can be viewed on the Maryland Small Ruminant page at https://www.sheepandgoat.com/webinars.
NEW YORK STATE FORAGE EXCHANGE ANNOUNCED

BY LYNN BLIVEN
AGRICULTURE & NATURAL RESOURCES ISSUE LEADER

Within New York State several regions have experienced drought conditions reducing the quality and quantity of forages produced for dairy and livestock production. To help agricultural producers locate forage to purchase, or for producers that have forage to sell, Cornell Cooperative Extension announces the NYS Forage Exchange website, nysforageexchange.com.

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

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

NYS Forage Exchange is a moderated website, so all ad submissions are reviewed for appropriateness before publication on the forage exchange website. The information provided is general and educational in nature. Employees of Cornell University and Cornell Cooperative Extension do not endorse or recommend any specific product or seller listed on this site.
How is it that October is already over? Summer breezed by and there’s leaves all over your lawn or perhaps you’ve raked them up already. Some of us put them to the curb, some compost and others use them as ground covers. Regardless winter is at our doorstep and it’s time to prepare your garden for next spring, so what needs to be done?

**Taking care of old plants:** There are many options here, you can either remove the spent plants, especially one’s you believe contain diseases or you can choose to bury them to add some extra organic matter to your garden. No dig also helps avoid damaging established root systems and improves your soil tilth and overall health.

**Prepare soil for spring:** This is the time of year to apply either lime or sulfur depending on the pH of your soil. Nutrients: Add your compost, manure, bone meal, kelp, what have you. It requires time to break down and disperse nutrients throughout your garden. There isn’t enough time for all of this to happen in the spring, so do it now. You’re amending your soil, the previous plants have drained your garden of its’ riches and you must replenish the nutrient bank.

**Mulch:** Whether you use commercial mulch or you apply cardboard and straw/grass clippings. It’s ideal that you apply a mulch to cover your naked garden. This helps avoid erosion, retain moisture and regulate soil temperature, protecting those itty bitty microbes that are constantly at work. If you’ve decided to bury your spent plants, ground cover helps preserve those root systems that can easily suffer winters bite.

Make sure to prune your perennials, and divide your bulbs. Divide the plants that appear crowded and replant your daffodils, tulips and crocuses for next year.

Now, some things that don’t require you to go outside and use your hands: Assess how your growing season went. What provided well, what was inadequate, consider what you should plant for next season, what you may have done wrong and what you can improve on. Many times it’s the soil itself that causes your crops to suffer. Perhaps the pH was too high or there was too little or too much moisture. These are the things to consider, but it’s these tribulations that gardeners truly love about gardening, progressively improving your harvest every year.

Oh, and don’t forget to clean your tools, they should be cleaned after every season and in some cases could even use a bit of sharpening. It may seem unnecessary, but a good chef never prepares a meal with a dull knife.
COMMUNITY
FOOD SYSTEMS

FEELING PECKISH: HISTORIOGRAPHY OF AMERICA’S NATIONAL SCHOOL LUNCH PROGRAM THROUGH THE LENS OF PUBLIC CRITICISM

BY CASSANDRA BULL
FARM-TO-SCHOOL COORDINATOR

HISTORIOGRAPHY (noun): The principles, theory, and history of historical writing.

The National School Lunch Program (NSLP) is a federal program of the United States of America that was established in 1946 through The National School Lunch Act. The NSLP has iteratively evolved since its original realization, establishing nutrition standards, incorporating proper procurement practices, and piloting new subsidiary pilot projects to increase its impact on the American people. In 2010, more than 31 million children ate federally-funded meals each school day. A program as ubiquitous as the NSLP does not go without fault and subsequent widespread commentary. The critique of the NSLP too has transformed throughout the years, reflecting the shifting greater needs and ideals of the people in the twentieth and early twenty-first centuries. In examining the way the history of the NSLP was told in the two time periods of 1968-1971 and 2007-2010, we can get a closer glimpse of how the authors’ perspectives of this history had been shaped by the contemporaneous national criticism of school lunch.

In 1968, Cornell University Professor Kathleen Cutlar published an article describing the history of school lunch programs on a global scale. She then focused on school lunch in America and described why the NSLP had been formally adopted after almost 90 years of decentralized national grassroots implementation. In Cutlar’s view, the reason why the NSLP was officially established was due to the greater number of children needing the program’s benefits during World War II. Other reasons she poses for the enactment are: “1) a growing sense of social responsibility for the care and well-being of children; 2) the poor physique of recruits drawn from underdeveloped industrial groups for military service; and 3) slowness to learn of unhealthy and ill fed children as observed by their teachers. In addition, the movement began to be influenced by the development of the modern science of nutrition”.

After a quarter of a century of the NSLP being enacted, researchers, elected officials, and journalists started calling for school lunch reform. This call to action came from the perspective of a hungry and malnourished America. In 1969, a Senate Select Committee on Nutrition and Human Needs toured California where only 10% of students in need received free lunches. Other districts throughout the nation lacked facilities and were ill-equipped to serve food, causing many underserved students to go hungry. The Committee recommended that schools expand the lunch’s calories to cover one-half of daily nutritional requirements for poor students. In a 1969 newspaper article from the Sacramento Observer entitled “The Hungry School Child is Handicapped from Learning”, the author denounced the NSLP for not having federal guidelines that determine who is eligible for free lunches. Though many reasons were identified for the overarching causes, the consensus that the NSLP was not doing enough to feed America’s children was pervasive among the literature during this time. A proponent of increasing the NSLP would be inclined to believe that the program’s inception was due to a sense of social responsibility, further legitimizing their current values. This sentiment may have influenced Professor Cutlar’s connections between the NSLP and nutrition.

(CONTINUED)
In 2008, historian Susan Levine wrote School Lunch Politics: The Surprising History of America’s Favorite Welfare Program. In her book, she attributes the establishment of the NSLP to its long-standing partnership with the agricultural commodities program. “Commodities,” as they are known, are simply surplus subsidized farm products that are guaranteed to be sold to the public school program. Levine states firmly that the person responsible for the NSLP was conservative Georgia Senator Richard Russell, whose first priority was to benefit American agriculture. She writes that “indeed, the National School Lunch Program, from the start, linked children’s nutrition to the priorities of agricultural and commercial food interests, both of which carried more weight in the halls of Congress than did advocates for children’s health.” This new version of NSLP history, I argue, can be better understood when the larger food and nutritional context of the late 2000’s is further explored.

A fervent tidal wave of calls for school food reform resurfaced in 2007-2010, as America seemingly woke up to the obesity epidemic sweeping the nation. One in three children over six were either obese or at-risk of becoming obese, and that obesity rates had either tripled or quadrupled (depending on the age group) between 1964 and the time of their writing. Other scholars during this time period linked the NSLP to the rising obesity epidemic in more nefarious ways. In Dillard’s article Sloppy Joe, Slop, Sloppy Joe, the author argues that “The U.S. Department of Agriculture’s (“USDA”) commodities policy...puts the USDA in a conflict of interest between supporting agribusiness and promoting the good health of American schoolchildren. The USDA supports industries that produce foods contributing to obesity, heart disease, and cancer.” Janet Poppendieck, Professor of Sociology at Hunter College, City University of New York, expands on the notion of commodity foods in her 2010 book Free for All: Fixing School Food in America. Her book explains the infiltration of industrial agriculture and lobbying practices of large corporations. Companies like Tyson profit from their role in turning free government commodities (i.e., raw chicken) into nutritionally compliant pre-packaged, pre-proportioned foods (chicken nuggets) that are heated and served to children daily. When examining the literature of 2008-10, we can understand that Levine’s addition of agriculture in her history of the NSLP was told through the lens of a health crisis.

The time periods of the late 1960’s and late 2000’s are interesting focal periods to juxtapose the way the history of the NSLP was told because public outcry for school lunch reform was inescapable during both eras. In the 1960’s, the NSLP was deemed inadequate because it failed to provide essential calories and nutrients to a malnourished, underserved society in the perceived “Land of Plenty”. While more nutrition standards had been adopted from this time period to the twenty-first century, the NSLP may have overcompensated from its earlier criticism and was blamed, in part, for the 2000’s obesity epidemic. Both of these arguments led to real change in the school food system. In 1975, The School Breakfast Program, The Child and Adult Care Food Program and The Summer Food Service Program were permanently authorized to provide increased opportunities for free meals. In 2010, The Healthy Hunger Free Kids Act was enacted, which increased free meal programs and set strict minimum nutritional standards for reimbursable meals. A common thread throughout the NSLP’s tenure is open and continued denunciation and disapproval. This fluctuating judgement shapes the way legislation’s purpose and written history are shared with the public, both of which may help aid progress in school lunch as new dynamic public health challenges continue to emerge.