FROM THE DIRECTOR
ANNUAL MEETING COMING SOON
When? November 12 at 6:00 p.m.
Where? Belmont Legion (29 Schuyler St.)

Join the educators, staff and Board Members of CCE Allegany as we wind up our year. There will be a presentation by the Southwest New York Dairy, Livestock, and Field Crops Team as they introduce and highlight the role of this new agricultural team, their efforts in Allegany, Cattaraugus, Chautauqua, Erie, and Steuben Counties, and their programming goals going forward into 2020.

The Ag Team specialists work with Cornell Faculty and Extension Educators statewide to address the issues that impact the agricultural industry and provide services to farms of all sizes and production techniques. Their educational programming and support ranges from workshops to on-farm events, and includes one-on-one consultations. The program is designed to meet the rapidly changing needs of our region’s diverse agricultural community.

Sincerely,

Laura K. Hunsberger
Executive Director
STAFF 585-268-7644

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CCE IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR VALUING AA/EEO,
PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES.
THE HIGHLIGHT OF THE MONTH

NEW PROGRAMS COMING TO OUR OFFICE

LAURA HUNSBERGER

Starting October 1, 2019, two new programs will begin in Allegany County. The Industrial Hemp Initiative (IHI) will conduct an economic development study and develop a business implementation strategy for the complete integration and development of industrial hemp as an agricultural crop, raw fiber source, building material, food/feed supplement and seed stock. Processing equipment and finished products will provide employment stimulus and business development opportunities in the Southern Tier West Region of New York State.

This project is funded through the Appalachian Regional Commission and is incorporating the expertise of 6 local colleges and universities, local IDA/County Planning Departments, Cooperative Extension Specialists, Soil and Water Offices and regional farmers. The IHI directly responds to the statewide industrial hemp initiative developed by Governor Andrew Cuomo and fully supported by the Departments of Ag and Markets, Empire State Development and Cornell University. The recognized potential impacts on business development and far reaching effects of industrial hemp production and processing are including stimulus for railroad shipping and job development and positive economic impact to all counties of the Western NY Economic Development Region. Involvement of students across multiple disciplines, from marketing to agriculture, biology to mechanical engineering offers the opportunity for young adults to contribute to and learn from the birth of a local industry.

Additionally, newly funded SNAP (Supplemental Nutrition Assistance Program) Education program will be offering educational programming throughout the Allegany, Cattaraugus and Chautauqua region to families eligible for SNAP. Programming will focus upon eating more fruits and vegetables, drinking fewer sweetened beverages and practicing healthy lifestyles. This will be done through free workshops, food demonstrations, cooking classes, grocery store tours and community events. We also support families and other community partners to build and sustain edible gardens, farmers markets and school wellness committees.

This is a 5-year grant through the NYS Office of Temporary Disability and Assistance (OTDA).

Caption: SNAP logo from the USDA
RE-ENROLLMENT FORMS

Re-enrollment forms have all been sent out and are due back to the office by December 1st. Re-enrollments received after December 1st will be assessed a $5.00 late fee. Please contact the office if you need assistance.

NATIONAL 4-H WEEK

October 6-12 Please share with us, how you and or your club celebrate National 4-H week! If you participate in the annual window decorating contest, please share your photos with us! Be sure to check out our Facebook page ( Allegany County 4-H Program) to see how fellow 4-Her’s are celebrating!

PAPER CLOVER @ TRACTOR SUPPLY CO.

October 9-20 #DonateAMillion: Every spring and fall, Tractor Supply Co. holds a paper clover fundraiser and 100% of the proceeds goes towards local, state and national 4-H programs. Tractor Supply Co. guarantees a minimum donation of $200,000 per paper clover campaign, totaling in a minimum donation of $400,000 annually to 4-H programs! Here in Allegany County, we use the paper clover money to fund educational trips, clinics and workshops. We are very appreciative of all the support our local Tractor Supply Co.’s provide to our program and for the paper clover program as well! If you (clubs and or individual members) would like to set up a booth at a Tractor Supply during this campaign, please contact the office and we can help make those arrangements!

Image on right: Mighty Makers 4-H club painted a window display during 2018 National 4-H Week.
4-H STEM EDUCATION

Allegany County, Cooperative Extension STEM Educator, Lisa Reynolds has partnered with Wellsville Central School’s teacher, Mrs. Bump and together they have begun leading an in depth program about bats! Together, they are working with 23 6th graders and at this time the kids (and adults too) are learning about bat myths, nutrition, diseases, human impact, and of course the many benefits of bats! The kids will be organizing and conducting a workshop for the kindergartener's at the end of October and will conclude the program by mounting 7 bat houses throughout the community that they design and construct themselves! The kids will also be creating informational displays that will be displayed at various places throughout the community. We are all very excited about this new program and it will be very rewarding for all involved to know a positive impact was made to our community as well! For more information about this program or to see how you can become involved, contact Lisa Reynolds at lmr264@cornell.edu

FUNDRAISING OPPORTUNITIES

**Quilt Block Packets:** Sew quilt blocks for the Sarah Beiler Memorial Quilt Fundraiser (lesson available)

**Gourmet Creations: Assorted gourmet mixes**
- Sale dates: October 1st-November 8th
- Order and $ due: to office November 8th
- Pickup at CCE Office: First week of December

**Lisa’s Wreaths: Assorted holiday fresh holiday wreaths from East Wind Nursery**
- Sale dates: November 1st- November 20th
- Orders and $ due: to office November 20th
- Pickup at CCE Office: First week of December

**Wilson Beef Sticks:** Sell individual sticks (deposit is required) and/or take orders for full bags.
- Sale date: January 6th- February 7th
- Orders and $ due: to office February 7th
- Pickup at CCE Office: February 14th

**Cuba Cheese:** Assorted cheeses and delicacies
- Sale date: March 2nd- April 3rd
- Orders and $ due to office April 3rd
- Pickup at CCE Office: week of April 20th (TBA)

**Hog Wild and Quilt Raffle Tickets:**
- Tickets will be available for sale May 1st and are due to the office July 1st.
THE CLOVER CONNECTION

MARK YOUR CALENDARS

- **October 8th**: Livestock Program Development Committee Meeting at 6:30 at the 4-H office

- **October 13th**: Nitrate Free Sandwich Meat Making Workshop at the 4-H Office. Join us at the 4-H office at 2:00 on Sunday, October 13th as Billy Murphy, owner of Bills Custom Cutting and Smokehouse in Angelica, NY teaches us how to make nitrate free sandwich meat! This will be a very hands-on workshop and everyone will love the quality and taste of the freshly processed meat that’s not full of preservatives! In addition at participating in the workshop, everyone will leave with a little to enjoy at home as well! Contact Lisa Reynolds today to reserve your spot, as space is very limited.

- **October 15th**: Feed Bag Workshop at 6 pm at the 4-H office. This class has full registration.

- **October 19th**: End of Year Award Trip to the Challenger Learning center in Allegany

- **October 22nd**: Horse Program Development Committee Meeting at 6:30 at the 4-H office. It is important for committee members to attend as we will be planning upcoming clinics for the coming year.

- **October 23rd**: Pizza, Pumpkins and Paperwork Party. 4-H Staff will be available to assist with paperwork, club leaders will also be here to share information on club activities. Perfect time to make new friends and catch up with old, decorate a pumpkin and kick off the new 4-H year!

- **October 24th**: Feed Bag Workshop at 6 pm at the 4-H office. Bring a cleaned feed bag and join us on October 24th at 6:00 for the feed bag tote making workshop!! The first class filled up in less than an hour and the second class is filling up quickly as well! Contact the 4-H Office today to reserve your spot!

- **November 2nd**: Science Sampler Day at Cornell University. The STEM Program Work Team is hosting 4-H Science Sampler Day on Saturday, November 2 at Cornell University from 10:30-5:00 and is open to youth in grades 5-8. Youth will choose three workshops to participate in for the day. Workshops include soil science, soil painting, sustainable energy, wearable electronics, computer science, social media and more! Contact Lisa Reynolds for more information regarding transportation and scholarships available for this educational and very fun day!

Left: 4-Hers at the 2018 Pizza, Pumpkins, and paperwork party.
THE EFNEP NEWSLETTER

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.

KIDS KORNER

Go to the public library with your child and borrow “Apples” by Gail Gibbons. This terrific book tells the reader about how apples are grown and harvested. After you read the book together, do an apple taste test. Choose a number of different apple varieties from the grocery store or farmers’ market. You only need to buy one apple from each variety you choose. Try varieties you are not familiar with to see if there are other varieties you might like to eat as a family. Rate each variety and decide what variety (or varieties!) is your new favorite apple.
OCTOBER IS APPLE MONTH

Nothing says "it’s fall" in Western New York more than the fresh, local apples being sold at farmers’ markets, farm stands and in the supermarket. Many orchards allow families to pick their own apples, which is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit http://www.nyapplecountry.com/pick.php.

Store apples in the crisper drawer of your refrigerator to keep them crunchy and delicious. The cool air helps to preserve and keeps them fresher than apples stored at room temperature. Avoid storing them near foods with strong odors like onions. Storing apples with broccoli, cauliflower, cabbage, cucumbers or leafy greens can damage the vegetables, as apples give off a gas that can cause other fruits and vegetables to spoil more quickly.

Research shows that apples are a good source of fiber, vitamin C and pectin, which is a soluble fiber that can help lower cholesterol. They make a great, on-the-go snack and are a great ‘fast food’ — just wash and eat! Try adding raw apples to salads and sandwiches, dipping slices in peanut butter for a healthy snack or cooking apples to make your own, fresh applesauce.

IN SEASON THIS MONTH: FRUITS & VEGGIES GALORE!

This month, before the first frost, look for green and yellow beans, corn, eggplant, lettuce, peppers, spinach, summer squash and tomatoes. All month you can find beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, kale, leeks, onions, parsnips, potatoes, pumpkins, winter squash, Swiss chard, turnips, apples, grapes, pears and watermelon.
EFNEP RECIPE

AUTUMN SOUP

INGREDIENTS
- 1 butternut squash (about 4 pounds)
- 1 tablespoon olive or canola oil
- 1 onion, diced (about 1 cup)
- 2 apples (peeled, cored and sliced)
- 4 cups reduced sodium chicken broth
- 4 ounces Neufchatel cream cheese, cubed

DIRECTIONS
1. Wash squash and pat dry with a paper towel. Prick skin 6-8 times with a knife or fork. Place squash on a microwave safe plate and microwave for 5 minutes.
2. When the skin of the squash is cool enough to touch, cut off the tops and bottom of the squash. Cut off peel and cut in half lengthwise. Scoop out seeds. Cut squash in cubes.
3. Heat oil in a large saucepan over medium high heat. Add onion and cook for 5 minutes.
4. Add squash, apples and chicken broth. Heat to boiling and then reduce heat to medium low. Cover and cook for 25 minutes until squash and apples are tender.
5. Blend soup until smooth with a blender or food processor.
6. Return soup to saucepan and add Neufchatel cheese. Cook and stir with a whisk until cheese is melted.

Serving Size: 1 1/2 cup
Makes 6 servings

NUTRITION FACTS
Serving Size – 1 1/2 cup, 210 Calories, 63 Calories from Fat, 7g Total Fat, 30% Calories from Fat, 2.5g Saturated Fat, 0g Trans Fat, 15mg Cholesterol, 440mg Sodium, 35g Total Carbohydrate, 6g Dietary Fiber, 12g Total Sugars, 6g Protein, 0mcg Vitamin D, 138mg Calcium, 955mg Potassium, 2mg Iron

SOURCE: HEALTHY & HOMEMADE 2019 NUTRITION & FITNESS CALENDAR, IOWA STATE UNIVERSITY EXTENSION & OUTREACH
AUTUMN: BULBS IN,
BULBS OUT
BY STEVEN JAKOBI
MASTER GARDENER VOLUNTEERS

Remember those bulbs you ordered from catalogues months ago? The crocuses, irises and daffodils? Well, they are starting to arrive now and it’s time to plant them during the month of October. And if it isn’t enough to put the garden to bed, to plant the garlic and those spring-flowering bulbs, you have the added chore of digging some bulbs up to put into storage. Wait – did you say dig some up? Oh, yes, because along with planting bulbs, it is soon time to dig up the dahlias, canna lily, calla lily, and the gladioli.

Ok, let’s start with planting. Ideally, the bulbs of plants that will flower in the early spring (the crocus, daffodil, snowdrop, etc.) go in about six weeks before the first frost. When that will occur is, of course, anyone’s guess, but in the last twenty years or so, that date keeps getting pushed back more and more as the planet warms. It is safe to say, though, that it’s about time to plant. Different kinds of bulbs go in at different soil depths, but a frequently mentioned rule-of-thumb is to dig a hole two to three times as deep as the bulb’s height. But this is just a general guideline, as tulips do best when planted at a depth of 8 inches, hyacinths at 5-6 inches and crocuses at 3 to 4 inches. Large allium bulbs prefer a depth of 8 inches, while small specimens of the same should be at 2 inches. And don’t forget that the pointy end of the bulbs faces upward when placed into the hole.

As some bulbs go in, the summer-flowering ones need to be dug up and put into storage until next spring. These include dahlia, gladiolus, some species of lilies, and elephant ear (technically, some of these “bulbs” are corms, rhizomes, or tubers but, from a practical point of view, the terminology is of no consequence). These plants originated in tropical or sub-tropical areas of the world and they are unable to survive the cold winter conditions found in our area (planting zone 5). Once they are carefully dug up after the first frost kills back their foliage, the bulbs are stored in well-aerated mesh bags or paper sacks in such a way that they are not crowded together. A temperature regime of around 50 °F and dark are recommended for storage. That is because these bulbs are living organisms whose cells continue cellular respirations and produce moisture which rot fungi thrive on. Some gardening websites recommend washing the soil off the bulbs prior to drying and storage, but I don’t do this. While I do shake the excess soil of the bulbs, I believe that washing is unnecessary and removes some of the protective coating of outer plant tissue, as well as the soil particles that contain beneficial microbes that are antagonists of rot fungi and bacteria.

Ok, it’s time to go and let’s start digging. Come next year, all the hard work we put in now will be rewarded by the beautiful flowers that these plants will produce.

Photo of an iris provided by Steven Jakobi
BEGINNING A SUCCESSFUL SMALL FARM OPERATION

CCE can offer you the training and resources to select an enterprise suited for success. This introductory course designed for small, part-time or prospective farmers will be held on Tuesday evenings, October 15th, 22nd, 29th, & November 5th at the CCE Center 5435A County Rd 48 Belmont, NY 14813 from 6:00 to 8:30 PM.

Topics to be covered: Agriculture 101 is an introduction to agriculture within the region and an overview of agricultural terminology. Since the soil is the foundation of farming, the series continues with the Basics of Soil & Plant Fertility. Basics of Farm Bookkeeping & Taxes introduces participants to sample financial systems available for use and tax related farm issues. Selecting an enterprise without checking the farm resources or marketing opportunities can create a roadblock to success. In the fourth class of the series we take a look at Selecting an Enterprise & Marketing What You Produce.

Enrollment will be limited; pre-registration is required by Friday, October 11, 2019. Fee is $65 for the workshop series per individual or farm enterprise or $20 for individual session. For more information or to pre-register contact Lynn Bliven, 585-268-7644 x 18.

2020 GUIDE TO FARM PRODUCTS: AGRICULTURE, FORESTRY, & AGRITOURISM GUIDE FOR ALLEGANY COUNTY

There is an increasing number of farms and natural resource based businesses in Allegany County. Many are marketing farm products directly to the consumer and offering tourist activities at the farm. Effective marketing and guiding consumers to rural places of business can be a challenge.

CCE of Allegany County will again be publishing a guide to area producers and recreational activities in the agricultural industry. This will be a full color, 9" x 4" booklet with fold out map of the county showing location of each listing. In addition to farm listings the guide will include important agricultural information along with health and nutrition benefits from consuming quality locally grown food products.

If you would like to have a listing in the 2020 Guide to Farm Products, please complete the enclosed form and return it by October 31, 2019. Basic listings are free of charge however you still must complete form and return it by October 31st. Forms are available on your website at: http://allegany.cce.cornell.edu/agriculture/2020-guide-to-farm-products or you may request copy by mail or email. The basic listing category will include farm name, mailing address, contact number, email and website. Farms with basic listing will be include on the map and in directory by products/services offered.

Fees for adding a farm photo or logo will upgrade your listing is $30 per farm. Upgraded listings will include items from basic listing plus photo, availability and additional information up to 600 characters (with spaces). Full color, copy ready, ad space available in booklet or on the back side of map. Fee of $35 for business card size; 60$ for 5"h x 4"w ad and $100 for 9"h x 4"W ad. Photos and copy ready ads should be emailed directly to lao3@cornell.edu.

The guide will be available for distribution in January 2020. For more information about this project or to discuss your listing please contact Lynn Bliven at 585-268-7644 ext. 18 or email lao3@cornell.edu.
UPCOMING EVENTS
AGRICULTURE DEPARTMENT

CCE ANNUAL MEETING
You are Cordially Invited to Attend the Annual Meeting of CCE Allegany County on Tuesday, November 12, 2019 at the Belmont American Legion 29 Schuyler St. Belmont, NY 14813. Evening will begin with Welcome & Introduction 6:00 PM followed by dinner, business meeting and a Presentation by the Southwest New York Dairy, Livestock, and Field Crops Program.

Join Regional Specialists with the SWNYDL&FC program as they introduce and highlight the role of the new team; their efforts in Allegany, Cattaraugus, Chautauqua, Erie, and Steuben Counties; and their programming goals going forward.

Dinner: Beef on Weck & Pulled Pork Sliders, Mac & Cheese, Mixed Veggies, Baked Beans, Broccoli Salad and Beverages.

Pre-registration is required. Please RSVP by November 8, 2019. Cost $15/person. Please make check payable to: Cornell Cooperative Extension and Mail to: Lynn Bliven, CCE Allegany County 5435A County Road 48 Belmont, NY 14813. Phone reservations: 585-268-7644 ext. 18, or Email reservations to: lao3@cornell.edu

BERRY GROWERS WORKSHOP
Please join CCE Allegany County and Harvest NY for a growers meeting on Thursday, November 14th hosted by Alfred State College, College Farm located at: 1254 State Route 244, Alfred NY 14802 from 1-4 PM. The program is intended to aid the potential and established grower. Topics to be covered: Site Selection and Preparation; Maintenance of Established Plantings; Case Studies – interactive small group discussion and Hands-on skills – weather permitting please bring appropriate attire for outdoors.

WNY Berry Specialist, Esther Kibbe will be our speaker. She serves growers with support on pest management, variety selection, fertility and cultural management for strawberries, blueberries and raspberries. Esther brings a wealth of berry background having worked for Driscoll Strawberry Associates as a plant breeder and global trainer for scientific staff, and a consultant for a number of farms in Western NY.

Pre-registration is required. Please RSVP by November 11, 2019. Cost $10/farm. Please make check payable to: CCE Allegany County and mail to: Lynn Bliven, CCE Allegany County 5435A County Road 48 Belmont, NY 14813. Or you may make phone reservations: 585-268-7644 ext. 18, or email reservations to: lao3@cornell.edu and pay at the door.

Cost $15/person. Please make check payable to: Cornell Cooperative Extension and Mail to: Lynn Bliven, CCE Allegany County 5435A County Road 48 Belmont, NY 14813. Phone reservations: 585-268-7644 ext. 18, or Email reservations to: lao3@cornell.edu
OCTOBER IS BQA MONTH!
ATTENTION: BEEF & DAIRY PRODUCERS

CCE of Allegany County will be hosting a Beef Quality Assurance training on Friday, October 25 from 3-6 PM. The program will be held at the Alfred State College Farm on 1254 State Route 244, Alfred NY 14802.

Pre-registration is requested by October 23, 2019. Youth aged 14 and over can be certified. 4-H and FFA members are encouraged to attend. Cost of training materials and supplies is $5/person, fee waived for college students and youth.
To register for the event please contact Lynn Bliven 585-268-7644 ext. 18, lao3@cornell.edu. The Beef Quality Assurance Program is supported by The Beef Checkoff.

CATTLE BEHAVIOR & HANDLING
IMPORTANCE FOR BQA

Saturday, November 2nd 9:30-11:30 AM
Hosted by Wild Geese Farm 8499 Agett Rd. Franklinville, NY 14737

Providing facilities that allow safe, humane, and efficient movement and/or restraint of cattle and providing disease prevention practices to protect herd health, including access to veterinary medical care are part of the Code of Cattle Care for Beef Quality Assurance. This workshop will cover some key concepts for animal health and handling and provide an opportunity to hear and share personal experiences.

Program will cover setting up and designing safe, affordable handling facilities, an overview of NYSCHAP and Official ID tagging programs for NYS and a tours of the farm facilities.

This is a BQA recertification workshop. If you are Level 2 BQA Certified you will need to provide an updated Veterinarian Client/Patient Relationship (VCPR) form, if needed please request a form when you pre-register.

This will also serve as chute side training for those that have taken online BQA course. You MUST pre-register so we know how many animals we will need. If you are seeking BQA Level 2 you will need to provide a Veterinarian Client/Patient Relationship (VCPR) form.

There is no fee to attend however pre-registration is required by October 31st. For more information or to RSVP please contact Lynn Bliven lao3@cornell.edu or by phone: 585-268-7644 ext. 18.
FARM -TO-SCHOOL
CASSANDRA BULL
FARM-TO-SCHOOL COORDINATOR

GENESEE VALLEY SOCCER TEAM
HUSKS CORN FOR CAFETERIA
This Autumn, Genesee Valley Central School has been enjoying local corn! They have served sweet corn grown in Dansville, NY several times already in September. The soccer team came to the rescue and helped husk over 2,000 ears of corn for the cafeteria to freeze and serve throughout the winter. This has all been made possible by their Farm to School Grant which allowed GV to hire the district’s Farm to School Coordinator, Anne Campbell, and a new combination steamer/oven.

TOWER GARDENS DELIVERED TO SCHOOLS FOR AG EDUCATION
Cornell Cooperative Extension of Allegany County received funding to purchase Tower Garden for 5 local districts, and LED lights for 2 districts who already had these hydroponic systems. This will help schools further integrate garden-based STEAM education in the classroom.

BOLIVAR RICHBURG SELLING GARDEN PRODUCE TO CAFÉ JACOB
As of September 2019, Bolivar-Richburg’s Sustainable Living and Agriculture started a partnership with Bolivar restaurant, Café Jacob. Students will sell produce grown at the WEE Center to the café, which will be highlighted in seasonal specials, as a fundraiser for their program!

NEW NY THURSDAY INITIATIVE IN ALLEGANY COUNTY CAFETERIAS
Allegany County Cafeterias will all be participating in the statewide NY Thursday initiative. Each month, a majority of the county’s K12 cafeterias will feature dishes with ingredients sourced from New York farms and food businesses. County Legislators were invited to serve this inaugural special meal on October 17th.