FROM THE DIRECTOR

COUNTY LAW 244 DISCUSSION

Last spring I shared information on County Law 224, and how its funding impacts our local programming. Having just returned from Albany where the Executive Director’s across NY State met with their local representatives, I thought it was a good time to continue the discussion!

Cooperative Extension is seeking an increase of $4 million for a total County Law 224 funding of $8 million. This funding stream has not been increased in 25 years (how old were YOU in 1994?). Cornell Cooperative Extension (CCE) is positioned to respond through its connection to Cornell’s world-class research to every local community in the state. This additional New York State investment in Cornell Cooperative Extension will:

- Enhance CCE associations’ ability to respond quickly to emerging needs and opportunities, such as weather emergencies and state priorities such as the establishment of new Taste NY locations.
- Heighten CCE’s ability to leverage additional county funding and competitive grant support.

Sincerely,

Laura K. Hunsberger
Executive Director

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CCE-ALLEGANY

STAFF & PERSONNEL

STAFF

Administrative Staff
Laura Hunsberger, Executive Director
lkh47@cornell.edu, 585-268-7644 ext 17

Kim Robb, Finance Manager
alleganyfinance@cornell.edu

Ag Economic Development
Lynn Bliven, Issue Leader
lao3@cornell.edu, 585-268-7644 ext 18

Spenser Howden, Community Educator
sth68@cornell.edu, 585-268-7644 ext 14

Master Gardener Volunteers
alleganymg@cornell.edu 585-268-7644 ext 12

4-H and Youth Development
Krista Humbert, Issue Leader
kah248@cornell.edu, 585-268-7644 ext 11

Tricia Heary, Program Coordinator
pjh34@cornell.edu, 585-268-7644 ext 16

Fileve Palmer, AmeriCorps VISTA
palmerf@alfredstate.edu, 585-268-7644

Lisa Reynolds, STEM Coordinator
lmr264@cornell.edu

Family, Health and Well-Being
Patty Amidon, EFNEP Program Educator
paa79@cornell.edu 585-268-7644 ext 20

Community Food Systems
Cassandra Bull, Farm-to-School Coordinator
cb775@cornell.edu, 585-268-7644 ext 25

BOARD OF DIRECTORS

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

THE HIGHLIGHT OF THE MONTH

STAFF SPOTLIGHT

TERI VIOLET

This past month we did not say good-bye, but rather “see you soon” to Teri Violet, our EFNEP Nutrition Educator who retired from the Cooperative Extension System. With over twenty years in the EFNEP program, Teri Violet has worn many hats. She has been a staff supervisor and trainer for new staff, a recruiting guru, the go-to person to mentor new staff, and an excellent educator who has reached hundreds of EFNEP participants in a wide variety of settings.

Teri capitalized on a broad array of opportunities associated with EFNEP and advanced her overall well-being by always volunteering to attend trainings, being a part of campus state-wide projects and by practicing in her own life the concepts she taught to participants. She embodied a positive influence within communities and across programs and organizations by serving on a number of boards of directors of agencies she partnered with over the years as well as being an integral member of community coalitions dedicated to health, wellness and resource management. Within the CCE Allegany Office, Teri served as the go-to nutrition and healthy lifestyle authority. She lead interactive activities showcasing EFNEP lessons for both the staff and Board of Directors, which were always entertaining and educational.

Teri possesses a genuine passion for serving her community and making a difference in peoples’ lives. We miss her bright smile and contagious laugh already.
QUILT FUNDRAISER

Quilt block kits are now available at the 4-H Office. The kit consists of supplies and instructions to make 3 blocks that will be included in the annual 4-H Quilt. Also included in the kit are 20 quilt raffle tickets for you to sell. We are asking that you return the completed blocks by May 1st. All raffle ticket money is due July 1st. Please contact the 4-H Office if you would be interested in a sewing lesson, prior to picking up your kit.

PUBLIC PRESENTATIONS

All members that would like to participate in the ‘4-H end of the year trip’ will need to participate in a Public Presentation as well as two county wide fundraisers. Saturday, February 2nd we will be holding the first of two Public Presentation Events, at the Belfast School from 9 am until 12 pm. A make-up date has been scheduled for Saturday, March 2nd at the 4-H Office in Belmont. If you are interested in attending either event you must pre-register. Please contact the 4-H Office today.

CUBA CHEESE FUNDRAISER

March 1st kicks off our Cuba Cheese Sale! Order forms are available from your club leader or directly from the 4-H Office. This Fundraiser will concluded April 1st, and orders will be available for pick up mid-April. Prizes will be awarded to our top 3 sellers!

BEEF STICK FUNDRAISER

Our current fundraiser is Wilson Beef Sticks. We do ask for a deposit of $ 20 per bag and the rest upon completion of the sale.
NEW: 4-H LOCK BOX
Now at the 4-H Office we now have a locked box. It is located to the right of our interior door, accessible to the public after business hours. You now can securely drop off payments with your enrollments and fundraisers.

DAY-OLD PHEASANT CHICK PROGRAM
The Day-Old Pheasant Chick Program allows people to participate in raising and releasing pheasants to enhance hunting opportunities in the fall. The program is a partnership among DEC, hunters, 4-H youth groups, and landowners interested in rearing and releasing pheasants.

If you are interested in rearing chicks you will need to contact the office by March 22nd with your order. We will contact you with the date the chicks arrive. As soon as the chicks arrive at the office you will need to pick them up or make arrangements to have them picked up immediately. Contact Krista at kah248@cornell with your order.

CLOTHING REVUE UPDATE
As Clothing Revue approaches, please keep in mind that we have sewing machine available at the 4-H Office for you to borrow. We also have fabric and patterns for you to have. The 2019 4-H Clothing Revue will be Friday, May 17th at the Angelica Grange.
REGIONAL HORSE BOWL
Cattaraugus County is hosting the Regional Horse Bowl for our area. It will take place on **Sunday, March 10th at 1:00 pm**. The location is, **Otto Immanuel Lutheran Church** in East Aurora. Cattaraugus County will provide light refreshments. If you are interested in attending, please contact Tricia at the office by **Friday, March 1st**.

PRE-FAIR REGISTRATION FOR HORSES
Mark your calendars! **Thursday, April 11th at 6.30 pm**. We will be completing pre-fair paper work for horse. Including registration, coggins and rabies certificates. This is a great time to get together and make sure you have all required paperwork ready for fair. We will be providing snacks at this time too! Please let Tricia know if you are interested in attending.

ATTENTION: 4-H HORSE YOUTH
*New this year, members will need to do a public presentation in order to show at fair. If you cannot make either of the scheduled dates, you must contact the office to schedule an alternative date.*

LIVESTOCK SKILLATHON
Livestock Skillathon will be on Saturday **February 23rd at the Belmont Boces**. Registration opens at **9.00 am**. The contest will begin at **9:30 am**. Lunch will be provided. *Please pre-register with Tricia, at the 4-H Office if you are planning to attend.*
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

Looking for something to do with your elementary-aged children over Winter Break? Borrow Explore Winter! : 25 Great Ways to Learn about Winter by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library.

This book is jam packed with experiments and projects to help your child learn more about winter and includes indoor and outdoor activities.
PEANUTS—A HEALTHY CHOICE

The Dietary Guidelines for Americans encourages us to choose a variety of protein foods, including plant based proteins like unsalted nuts. Research tells us that eating peanuts and tree nuts, like almonds, as part of a healthy diet helps reduce our risk of developing heart disease. Because nuts are relatively high in calories, choose a small portion and use them to replace other protein foods like meat and poultry. Replacing protein foods that are higher in solid fats, like meat and poultry, with choices that are lower in solid fats and/or that are sources of oil, like peanuts, is a healthy choice.

Peanuts are a nutritional powerhouse. One ounce of roasted peanuts, without added oil or salt, has 170 calories, 14 grams of healthy fat, zero grams of cholesterol, only 2 milligrams of sodium, 7 grams of protein and 2 grams of dietary fiber! Peanuts are also a good source of magnesium, folic acid, and vitamin E. Many Americans do not eat enough foods rich in magnesium and vitamin E, so adding peanuts to your meals and snacks can help you increase your intake of these nutrients. Nuts often get bad press because they are high in fat. Almost one half or 7 grams of the 14 grams of fat in one ounce of peanuts is monounsaturated fat, or the fat that is good for your heart. It is the same fat that makes olive oil so widely known for being a heart healthy oil choice.

Peanuts are one of the more affordably priced nuts, making them a natural choice for many families. Peanut butter is a great way to add plant protein to your family’s diet. To keep the added sugars in check in your diet, look for natural peanut butter (not peanut spread) that only contains peanuts and salt.

IDEAS FOR ADDING PEANUT BUTTER TO MEALS:

- Try topping cereal, oatmeal or salads with peanuts or adding peanuts to yogurt, soups or stews.
- Keep peanuts or peanut butter and crackers in your desk drawer at work for an energizing afternoon snack.
- Add peanut butter to oatmeal, smoothies, yogurt or stews.
EFNEP RECIPE

PEANUT BUTTER PITA POCKETS

INGREDIENTS
- 2 apples, pears, bananas, peaches or mangoes
- 2 medium whole wheat pita pockets
- 1/4 cup chunky peanut butter

DIRECTIONS
1) Wash and slice fruit.

2) Cut pitas in half to make 4 pockets.

3) Warm each pita half in the microwave for about 10 seconds to make them more flexible.

4) Carefully open each pocket and spread about 1 tablespoon of peanut butter on the inside walls of each pita half. You may need to warm the peanut butter in the microwave for a few seconds, especially if it has been in the refrigerator.

5) Fill each pocket with sliced fruit.

Serving Size: 1/2 sandwich
Makes 4 servings

NUTRITION FACTS
Nutrition Facts: Serving Size: 1/2 sandwich, 220 calories, 9g total fat, 1g saturated fat, 0mg cholesterol, 249mg sodium, 32g total carbohydrate, 6g dietary fiber, 9g total sugars, 7g protein, 1% vitamin A, 2% calcium, 8% iron, 6% vitamin C
You don’t have to be a meteorologist to tell that we had some pretty wet weather this past fall. In fact, it’s still pretty wet out there, a simple stroll around your yard would reveal some pretty squishy, not yet frozen ground. And probably some pretty muddy boots. This squishy earth means that the ground is saturated, and in many cases can’t absorb much more of the rain and continual snowmelt we inevitably will continue to endure. Water that runs over the land rather than soaking into the ground is called runoff. Take a look at the rivers and streams around your house and you’ll notice the water levels are probably a lot higher than normal, and lovely shades of brown. That’s because “as runoff washes over the land it picks up and dissolves lawn chemicals, garden fertilizers, bacteria from pet and animal waste, and eroded soil particles” (Landscaping for Water Quality, CCE Onondaga).

At first glance rain gardens appear like any other garden used in the landscape, but they are more than that. They are gardens specifically designed to capture and slowly absorb the water coming from a roof, driveway, patio, or large areas of open lawn. By soaking up that extra water that would normally flow off the land, the gardens prevent pollutants from being picked up and washed into our lakes, rivers, and streams. The plants take up some of the water through their web of roots that act like filters, and then transpire (release water vapor into the atmosphere) and help remove any pollutants that may have already been picked up. If properly designed, rain gardens should only hold water for 1 to 2 days, mosquitoes should not be a problem as a result.

The design and installation of a rain garden is not complicated, and can be done by anyone that enjoys playing in the garden. However, there are some important things to remember. The location of the rain garden should be a spot that is already in the path of runoff from impervious surfaces, or a spot where it could be easily diverted. If you’re trying to capture water from your roof, consider running drainage pipe from your gutter directly to the garden. Gardens should be at least 10’ from any structure to avoid damage that could occur as a result of water infiltration, also keep them well away from septic systems, and avoid steep slopes.

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Rain gardens should be installed in WELL -DRAINED soil, if water is held too long it could affect the health of the plants, and invite unwelcomed insects. You can test how well your soil drains by doing a simple percolation test. Simply dig a hole 6” to 12” and fill it with water. Observe the water as it drains, if it is quickly absorbed you have well drained soil, if it holds water (or water is present when you dig the hole) you have poorly drained soil and the garden should be placed elsewhere.

Sizing: The size of the rain garden should be determined based on the total area of impervious surface you are trying to collect water from (catchment area), multiplied by the amount of rain fall. Rain gardens should be sized to capture ¾ inch of rain from the area we measured (0.0625). Finally divide that number by the depth of the rain garden, should be 6 inches (.5 feet). Keep in mind your roof may slope to different gutter systems, so only measure area sloped towards your rain garden location.

Length x Width of catchment area  (Area)
Area x 0.0625 (rain fall) 
Divide by .5’ (depth of rain garden) 
Equals total square footage of your rain garden

Construction:
As in any instance where you’ll be digging underground you need to contact Dig Safely NY for a location request to make sure there are no underground utilities in the area you’ll be working in. When constructing your rain garden the 6 inches should be your deepest point, everything else should slope gently from the edges to this point. Keep in mind you’ll be adding mulch at a depth of 3” so the actual depth at the deepest point will be 9”. The shape of your garden can be whatever you like, as long as the area is equal to that square footage you previously calculated. If constructing on a slope, create a slight berm on the downhill edge of the garden so you don’t lose water. Once everything is dug out, you’re ready to plant!

Planting and Plant Selection: Refer to the referenced publication at the end of the article “Landscaping for Water Quality in the Finger Lakes Region,” CCE Onondaga, for a great rain garden plant selection chart. Plants should be able to tolerate periods of standing water, and drought. The use of native plants is also a great idea. Native plants are generally stronger, deeper rooted, less likely to spread, often deer resistant, suited to our native pollinators, and beautiful. Make sure whatever plants you choose are suited for the hardiness zone you live in. When planting perennials and shrubs make sure you dig a hole that is wider than it is deeper, no deeper than the soil in the pot if not slightly higher, and that you rough up the roots after removing them from their pots to ensure healthy root growth. When back filling, make sure to pack soil in tightly, and that there are no air pockets on any of the sides of the root ball. Finally add mulch, the depth of mulch in any garden should be 3”, however, depth around the plant should only be an inch to a trace. Do not bury your plants with mulch!! After planting and mulching is completed, water, and water every day (unless there are long periods of rain) for at least a month after to help plants along until they grab hold of your soil. Be sure to water during periods of drought the first year as well to help your plants along. Now sit back and enjoy, you have now personally contributed to cleaner water!

Reference:
Illustrations provided by:
Bob McNamara, courtesy of CCE Onondaga
For More info about rain gardens contact:
Spenser Howden, Ag Educator, CCE Allegany, (585)268-7644
UPCOMING EVENTS
HORTICULTURE DEPARTMENT

HORTICULTURE
WOODLAND WILD FLOWERS
Free and open to public
Tuesday, February 19, 2019
4:00 PM - 5:30 PM
Alfred Box of Books
There is no better sight after a long cold winter than all of those bright flowers that poke their heads up in early spring and cover the woodland floor. These flowers are ephemeral, here today, gone by late May. Join Master Gardener Mary Lu Wells as she teaches us about these spring flowers, and you’ll have a whole new appreciation for these beauties when the snow melts! Think spring!

STARTING SEEDS
Tuesday, March 12, 2019
4:30 PM - 5:30 PM
Alfred Box of Books
Looking to break those late winter blues? What better way to do that than to get an early start in your veggie garden! Join Master Gardener, Mary Lu Wells at the Box of Books, in Alfred, and learn the secrets of starting seeds indoors, and how to care for them until it’s time to put them out. Bring all your seed starting questions and you’ll go home ready to grow strong, vibrant seedlings ready to go out as soon as the cold breaks! This is free to the public. No registration required, just show up!

ASPARAGUS PLANTING
Saturday, March 16, 2019
11:00 AM - 12:00 PM.
Tinkertown Hardware, Alfred Station
Preparing and planting an asparagus bed takes time and effort, but is well worth it. Join Master Gardener Mary Lu Wells and learn the ins and outs of bed preparation and kick off your next asparagus adventure with confidence! This is free to the public. No registration required, just show up!
UPCOMING EVENTS
AGRICULTURE DEPARTMENT

COMING SOON

RURAL LANDOWNERS WORKSHOP
Saturday, March 2, 2019
9:00am-3:00pm.
This is the 27th Annual Rural Landowner Workshop. Presenters are brought in from both private and public sectors to provide participants with up-to-date information. The program will be held at Pioneer Central School located on County Line Road in Yorkshire, NY. Cost for this program is $30 and pre-registration is required by February 15th. For more information or to pre-register contact Lynn Bliven lao3@cornell.edu, 585-268-7644 ext. 18.

FARM DISASTER PREPARATION CERTIFICATE TRAINING
Wednesday March 20, 2019
9:00am-3:00pm
Cooperative Extension Office, Belmont
FDPC training program will 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. By special arrangement with several farm insurance carriers, farms that complete the Farm Disaster Preparation Certificate training will receive a certificate to provide to their insurer as a condition of eligibility for receiving 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.

Pre-registration is required by March 15, 2019. Training fee is $35.00 per farm. The person representing a farm should be the insurance policyholder; other key farm personnel are welcome $12/additional farm member. To register, please send check payable to CCE Allegany County, 5435A County Rd 48 Belmont, NY 14813. Contact: Lynn Bliven (585) 268-7644 ext. 18, lao3@cornell.edu.

WE WELCOME & SUPPORT DIVERSITY AT ALL LEVELS, REFLECTING THE DIVERSITY OF NEW YORK STATE.
NEWS & UPDATES

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 or contact Lynn Bliven for application and guidelines.

THE CORNELL BEEF FARM ACCOUNT BOOK & THE BEEF FARM BUSINESS SUMMARY
The Cornell Beef Farm Account Book is designed to help the farm manager collect all the information required for the Beef Farm Business Summary. Data that is collected can be entered into the FINPACK software which is a confidential analysis of business records from participating beef farms. This data will be used to develop benchmarks specific to New York which will give users the tools to identify strengths and weaknesses of their farms and thereby increase profitability.

Once you fill out the Cornell Beef Farm Account Book, you have already compiled the information for the Beef Farm Business Summary. However, you do not need to use the Account book to complete a Beef Farm Business Summary. The forms to complete the summary can be found at http://blogs.cornell.edu/beefcattle/producer-resources/beef-farm-business-summary/.

To purchase a Cornell Beef Farm Account book ($10) and/or for assistance in completing a Beef Farm Business Summary, contact Lynn Bliven by phone (585) 268-7644 ext. 18 or email lao3@cornell.edu.
It’s no secret. Winter is here and, as typical for western NY, it will be here for a while yet. Also typical is the closing up of livestock facilities, especially calf barns, to minimize the effects of winter. Unfortunately, this action usually proves to be counterproductive as it leads to a stale, humid environment and greater morbidity (incidence) of disease, especially respiratory illnesses.

For this reason the individual calf hutch is still the “Gold Standard” for calf care (even though it may not be considered as such by the caregivers themselves). The primary justification for closing up a barn is fear of cold air, however, a properly designed ventilation system will introduce the minimum volume of air to maximize calf health. Like the calf hutch, a barn can be cold and the calves healthy if they are adequately bedded and properly fed. The minimum volume of fresh air is 15 cfm per calf or 4 air changes per hour (4 X barn interior volume), whichever is greater.

Some may argue that air movement at that rate will produce drafts, and I would agree, if the introduced air is not distributed either through wall / ceiling vents or a positive pressure tube ventilation (PPTV) system. By definition, a “draft” is air moving at greater than 60’/minute, and “still air” is moving at less than 60’/minute. A properly operating system will achieve still (not stagnant) air at roughly 4’ above the bedded floor. This is often where issues arise. Caregivers will complain that they feel a breeze on their face, so therefore, the barn must be drafty. However, they forget that they are feeling that breeze at 5’ - 6’ above the floor. Try it down at calf level, and while you’re down there, check for any foul odors. If you smell something other than fresh air you may have a dead zone. This is quite common in individual pens, especially if they have solid sides. If possible, replace one or two sides with a livestock panel, particularly if they are perpendicular to the flow of air.

Unfortunately, even a well designed system can be thwarted if the entrance of fresh air and/or exit of stale air is too small or even nonexistent. Too small of a cross sectional inlet area creates too much resistance to air flow – like choking an engine or kinking a hose. Too small of an exhaust area means stale air can’t leave, and if stale air can’t leave fresh air can’t come in. Remember, you can breathe through a straw, but you can’t breathe through a soda bottle. I have been called out to calf barns with PPTV system problems only to find that the doors have been shut and the curtains closed tight. Once opened an appropriate amount the problem was solved.

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What’s an “appropriate amount”? You want air to enter or exit at 400’ – 500’/minute (4.5-5.5 mph), so you total the cfm capacities of the fan(s) and divide by 400’/minute. This will get you the minimum required square feet of cross sectional area. For example, if your calculations say you need 200 sq. ft. and your calf barn is 100’ long, drop the curtains 1’ on each side ((100 x 1) + (100 x 1) = 200 ft2). If one side is particularly windy, drop it a little on that side and more on the other, as long as the total equals 200 sq. ft. Alternatively, you could install an exhaust fan(s) equal in capacity to the tube fan(s).

I have seen where producers have wanted to use barn attic space as a warming plenum during cold weather. This does work providing the same cross sectional rules are maintained for fresh air into the attic and any ductwork supplying air to the fan. Some contractors may want to install mixing dampers or place the fan offset from the wall to mix warm interior air with the cold outside air – DON’T DO IT! All you’ll be doing is spreading humid, pathogen-laden, polluted air faster and farther. One cough will become three which will become eight... You get the idea.

Since these systems (minimum ventilation) operate 24/7/365 they have a life expectancy of only five years, and that’s only if they have been regularly serviced. Belt drive fans will need to have the belts replaced and/or tightened, direct drive fans lose efficiency, fan blades get dirty, protective screens become clogged with feed, trash, or snow, and after-market modifications such as heaters and filters can further restrict air flow.

So get out there and clean and service those fans. Make sure the inlets and/or tubes are unobstructed and moving freely. If you have an older system, have your equipment supplier evaluate its performance – it may be time to make repairs or do something different.

HOT OFF THE PRESSES

As we go to print, Pro-Dairy has just released a set of fact sheets on tube ventilation in pre-weaned calf barns. They have also published a decision tree on evaluating ventilation needs in pre-weaned calf barns. These are available on the Pro-Dairy website on the Resources page, just scroll down.

photo by Timothy X. Terry
FARM TO SCHOOL GRANTS
AWARDED TO ALLEGANY DISTRICTS

CASSANDRA BULL
FARM-TO-SCHOOL COORDINATOR

The 2018 cycle of Farm to School Grants were announced by Governor Andrew Cuomo in late December. This is the fourth grant cycle through the Department of Agriculture and Markets to fund Farm to School programs across the state, totaling 3.5 million in investments for these projects. Last year, Cornell Cooperative Extension of Allegany County was fortunate to be awarded funding for their From Carrots to Curriculum Project, and this year Allegany County secured even more funding for Farm to School activities.

The 2018 Farm to School Grant cycle allotted funding to 18 different projects, totaling $1.5 million, and two of these awards were given for programs in Allegany County!

Genesee Valley Central School District was awarded $50,621 for additional equipment, to hire a Farm to School Coordinator for their district, and for local food marketing. Starting in the Fall of 2019, Genesee Valley CSD plans to procure all of their broccoli, green beans, and corn locally. They will also purchase 880 pounds of NYS grown fruit to serve in their parfaits and smoothies. Genesee Valley will serve local beef, hot dogs, and grape juice monthly as well.

Wellsville Central School District, in partnership with Scio, Bolivar-Richburg, and Friendship School Districts were awarded $39,211 to procure an outdoor freezer that will store processed and frozen in-season produce. Cafeteria Managers in these districts will purchase local vegetables while it is available in season, and then will process and freeze this product to serve throughout the school year. This freezer will help these districts store larger quantities of produce, and many of their existing freezers are at capacity and cannot store additional vegetables. Wellsville CSD and their partner districts will be able to serve Allegany county-grown vegetables one to two times each week in their school meals.

This funding for our county marks a monumental commitment to our local farming community, to our schools, and to the students that will be positively impacted from being served high-quality vegetables. On behalf of Cornell Cooperative Extension of Allegany County, I would like to express my sincerest gratitude to Governor Cuomo and the Department of Ag and Markets for this great opportunity.

HELPING NEW YORK STATE FAMILIES AND COMMUNITIES THRIVE IN OUR RAPIDLY CHANGING WORLD.
Winter can be tough in tough in the Southern Tier. Weather makes travel difficult, the nights are long, and days are cold. Despite the challenges of recruiting volunteers and administering the Job & Life Skills Boot Camp in Allegany County our team met the challenges with high spirits and enthusiasm. With our fearless leader, Executive Director of the Cornell Cooperative Extension, Ms. Laura Hunsberger and Allegany County Extension’s very own 4-H Resource Coordinator, Ms. Krista Humbert, and six volunteers (three from Alfred State College, one anthropologist, Allegany County’s Jail Administrator, and the Under Sheriff) we were able to administer the “boot camp” to all of Friendship Central School’s sophomore and junior classes! That is a total of 45 students over 8 weeks. The process began in late November and ended this past week, on January 23rd.

Additionally, the Monday after New Year helped kick off the program for Bolivar-Richburg’s sophomores and seniors. In total we planted seeds of job preparedness by getting students to set goals and recognize their skills and valuable experiences (both school and extracurricular activities). We helped them build resumes and start LinkedIn pages to market themselves and grow their professional networks using the internet as a tool. We reached about 70 students, pushing our grand total of students that have gone through the Job & Life Skills Boot Camp to over 100!

We also held our first volunteer Lunch and Learn training day on January 17. Brian Loucks from SCORE, Kimberly Wrazen from Otis Eastern Service LLC., Sherry Weirich from Allegany County Employment and Training, and anthropologist Dr. Joe Stahlman helped review our materials, brainstormed solutions to challenges we have faced, and gave us their commitment to help administer the program and support us for the long haul. Based on suggestions from the training session we are busy putting together online training materials to facilitate future Lunch and Learns and tackle the challenge of limited time. Lastly, I am happy to report the “boot camp” has a web page on the main Allegany County Cornell Cooperative Extension’s web page.

Find us at: http://allegany.cce.cornell.edu/4-h-youth-development/job-and-life-skills-boot-camp