September 2018

Lewis County Extension News

- Going Back to School
- Free App of the Month
- It’s Apple Season!
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- And More...

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For further program details, contact or visit our office, which is open from 8:30 a.m. to 4:30 p.m. Monday through Friday. Please feel free to contact us at any time. Our telephone number is 315-376-5270.

Sincerely,

Michele Ledoux
Association Executive Director

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Please contact the Cornell Cooperative Extension of Lewis County office if you have any special needs or are unable to pay.
On opening day at the 2018 Lewis County Fair, for the first time in Lewis County there were two goat dairy farms recognized for the Dairy of Distinction Award; Hidden Pastures Dairy owned by Andrew and Blake Place and Cedar Hedge Farm owned by Jeff Van Arsdale and Jan Virkler.

The Northeast Dairy Farm Beautification Program recognizes attractive dairy farms with a Dairy of Distinction award, for which they receive a colorful red, yellow, and white 18 X 24 inch Dairy of Distinction sign to display along the roadside of their farmstead. This honors dairy farm families and their employees for their hard work and dedication for maintaining well-kept dairies. Lewis County is fortunate to currently have 24 family dairy farms proudly displaying this Dairy of Distinction honor.

Dairy of Distinction Award; Cedar Hedge Farm - Jeff Van Arsdale and Jan Virkler

Dairy of Distinction Award; Hidden Pastures Dairy - Andrew and Blake Place
Meet Our New Brewing Expert

The New York brewing industry is getting a helping hand.

On August 20th, Kaylyn Kirkpatrick joined the Department of Food Science as brewing extension associate based at Cornell AgriTech in Geneva, New York. She will help brewers across the state get the most out of their products.

Kaylyn Kirkpatrick joined the Department of Food Science as the brewing extension associate. Photo by Matt Hayes / College of Agriculture and Life Sciences

Kirkpatrick earned her bachelor’s degree in biochemistry from Colorado State University and a master’s degree in food science at Oregon State University, where she studied in the Brewing Science Lab. She is co-founder of Intea Kombucha in Corvallis, Oregon, and most recently worked as a beer chemist at New Belgium Brewing Co. in Fort Collins, Colorado.

We spoke to her about her ambitions in this new role and what she sees ahead for New York’s brewing industry.

As brewing extension associate, what will you be doing day-to-day?

I envision each day being unlike the other and driven by the changing needs of the brewing industry. I may coordinate beer or hop analysis in our beverage analytics lab, design and implement educational workshops on beer and raw ingredient quality, or work with brewers to improve their process and product offerings. Initially, I plan to engage with brewers and hop growers around the state to determine what areas we should be focusing on and where educational resources are most needed.

What are you passionate about in this role?

I am passionate about helping others succeed in expressing their vision and sharing their craft. Having personal experience building a small food business, I understand some of the challenges facing food entrepreneurs. I also understand how thrilling it is to grow a brand and see customers enjoy your product. I hope that by working with New York brewers and hop growers to develop and improve the quality of their products, I can be a part of that excitement!
What is it about Cornell that has you most excited?

I’m very excited to build upon the innovative and growing craft beverage industry in New York and join Cornell’s College of Agriculture and Life Sciences. I’m especially excited to join the Cornell AgriTech community in Geneva. Cornell AgriTech is fortunate to be surrounded by passionate food and beverage entrepreneurs and cutting-edge food science research, all in one place!

What’s your favorite style of beer?

I find myself getting more interested in food and beer pairings these days and so my preference for style of beer is constantly changing! But I love trying new things and I am excited to see a lot of creative and non-traditional recipes coming out of the craft beer scene in New York.

How will your position benefit the New York state brewing industry?

The brewing industry here in New York has experienced a massive growth in the craft beer segment in recent years, and a big part of this is due to farm breweries. I think one of the most pressing issues for farm brewers will be finding reliable access to high quality New York grown ingredients and managing the quality of those raw materials throughout the brewing process. I will bring my own experience working in brewing quality assurance and work closely with New York brewers to apply best quality practices to their individual process. What is so beneficial about my position is that I have the time, energy, and resources to troubleshoot brewing and raw ingredient quality so that brewers can focus on managing their process, developing new products and crafting truly amazing beers.

How will you know you’re successful in your new role?

I will know that I’ve been successful in my role when New York is recognized both nationally and globally for its regional craft breweries and outstanding beer quality.

Source: https://cals.cornell.edu

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**Corn Moisture Testing**

Wednesdays ONLY
at Cornell Cooperative Extension Lewis County
5274 Outer Stowe Street Lowville NY 13367
Starts September 5th
8:30 am – 2 pm
Each sample take about 1 hour to complete.
Questions, please call Mellissa Spence at 315-376-5270
or Mike Hunter at 315-778-8602
Going Back to School!!

Starting school or returning back to school is a time of excitement, joy and happiness for many children. However many kids feel nervous about going back. Thinking about what their classroom teacher will be like? Where their classroom is? Where will they sit at lunch? Parents can help ease the transition of going back to school with these simple tips.

Routines, Routines, Routines.
Summer is often a time where schedules are very different. Help your kids practice going to bed at an earlier time and getting up at an early time two weeks before school starts. Starting early helps children to be able to predict their school time routine before having to actually implement it. Have your child practice choosing their outfit for the next day and laying out their clothes. Decide how you will pack lunches as a family or decide to eat school lunch.

Get Ready.
The task of fulfilling back to school lists can be a daunting task for families. Don’t underestimate the importance picking out a new backpack or lunch box has for kids. Although it may be easier for a parent to pick these supplies up on a trip without the kids-playing a role in preparing for school eases the transitions.

Practice!
If your child is going to a new school for the first time- show them the way. Practice entering the school, finding your way to the new classroom, locating the bathrooms, and walking to and from school. If your child is riding the bus identify the bus stop both at home and where the bus will drop your child off at school. If you are unsure- call the school and ask them. Many schools will let you take a tour during the summer months before school starts.

Connect with your Classroom Teacher
Start your partnership with your classroom teacher early. Inform them of any concerns you or your child may have about school. Let your teacher know any specifics about behavior or health concerns.

Talk! Talk! Talk!
Create an environment where your child can share their excitement and worries about the upcoming school year. Create a countdown of how many days until school starts. Create a list together of what your child is most excited about!

Don’t Over Do it!
Helping your child prepare for school is important- but don’t overdo it. You can make back to school too big of a deal for your family. Just because September was a hard month for you growing up, it might not be for your child. You are the best judge of when your child needs reassurance, and how to go about giving it. Remember it’s normal to feel a little nervous or fluttery about that first week back. Everyone, including teachers feel that way.

Source: https://extension.umaine.edu
Make the Connection
Between Nutrition and Learning

As students head back to school, it is important to recognize the connection between good nutrition and learning. Helping students to make healthy eating choices can set them up for success. First look at what happens when students do not make healthy choices or are simply hungry. They are less physically active, less curious, less attentive and less independent. They tend to be more uneasy or nervous, more irritable or grouchy, not interested in learning, and unable to concentrate. How does this look in the classroom? There was a first grade boy in my nutrition class who just could not seem to stay awake during the class, even though his classmates were engaged in our lively discussions and fun activities. We talked about the importance of eating breakfast and some simple and quick ways to get fueled up for the day. Though not a morning person, he did commit to trying to eat a baggie of cereal on the way to school each morning. A week later he and his friends were anxious to tell me about the change that had come over him. The sparkle in his eye and his raised hand time and again during that class demonstrated the difference it had made for him. Children and adults alike need food to fuel their bodies for action and for learning. Eating a good breakfast starts the day out well for better performance, improved concentration and a more positive attitude. A good breakfast should consist of healthy foods from three of the five food groups. Examples include whole grain cereal, fruit and low-fat milk; or eggs, whole grain toast and juice. But a great breakfast can be whatever works: low-fat yogurt with granola and fruit; a slice of leftover pizza or bowl of leftover spaghetti and meatballs with cheese. It could be as simple as a peanut butter whole wheat tortilla rollup with a glass of 100% juice or as unconventional as a slice of leftover meatloaf grilled on rye bread dipped in cottage cheese. A bonus is that not only do students who make healthy food choices today feel better and have better chance of succeeding in school now, but they also tend to make better food choices as adults. These can help with performance at work as well as improving overall health.

Source: University of Missouri Extension; By Janet Hackert, Regional Nutrition and Health Education Specialist
24 Tips For Packing A Healthy, Affordable Lunch

You probably go to great lengths during the school year to ensure your child has the right equipment — pens, notebooks, clothing — to make it through the day. Proper nutrition is also a key ingredient for school success because it fuels brain cells and gives your child the energy and nutrients he or she needs for optimal learning. Packing your child’s lunch lets you know exactly what he or she is eating. Follow these tips and not only will you save money, you will also pack a nutritious lunch that your child will enjoy.

Save Money

Invest in a good container. Choose an insulated bag and freezer packs to keep food at a safe temperature.

1. Use washable and reusable containers. Avoid using plastic sandwich baggies. Buy containers in a variety of sizes to fit your lunchbox needs.
2. Buy in bulk. Avoid single-serve packaging. You save money when you buy food in bulk and pack it yourself into single servings. Buy a large container of yogurt or pudding and use 4-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.
3. Make your own. Look beyond lunch meat. Slice your own meat or grilled chicken breast and cut it into strips or cubes. Avoid prepackaged lunches since they are high-priced.
4. Send in leftovers. Invest in a good insulated food container to keep food warm. Homemade soup is always a good option.
5. Buy what is on sale and use coupons. Get whatever is on sale each week and work it into a menu. Use fruits and vegetables that are in season.
6. Buy store-brand food and compare unit prices.
7. Look high and low — bargains are usually on the top or bottom shelves, not at eye level.
8. Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.

Make it Nutritious

Pack a rainbow! Provide a variety of options — the more color, the more nutrients.

10. A healthy lunch should contain foods from each of the five food groups: carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious; have more fiber, vitamins and minerals; and keep blood sugar steady for optimal learning.
11. Select protein foods wisely. Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.
12. Buy fruits and vegetables that are in season and serve them creatively. Examples include baby carrots with yogurt dip or other cut vegetables with low-fat dip or hummus.

13. Choose low-fat or fat-free dairy products like yogurt, milk and cheese. These are great calcium and protein sources.

14. For side items, rethink that bag of chips. Instead, choose carrots sticks, celery sticks with peanut butter and raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.

15. For dessert, think beyond the cookie. Try whole-grain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.

16. Choose a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D. Avoid drinks with calories and no nutrients.

**Make It Fun**

Add some fun touches to the meal. The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes.

18. Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they would like to try. Let them help pack their lunch.

19. Think beyond bread when making sandwiches. Think whole-grain bagels, whole-grain pita wraps and whole-wheat tortillas. A good alternative is a whole-wheat pita pocket with hummus, shredded vegetables and grilled chicken strips.

20. Pack a variety of options to keep a child’s interest. Avoid packing the same lunch every day — this prevents kids from getting bored.

21. Vary the preparation. Try grilled or baked, chopped or grated, plain or with a dip.

22. Practice good nutrition yourself. Children learn by association — you need to be a role model. Discuss with them the benefits of healthy eating.

23. Don’t get discouraged if your child rejects a food on first taste. It can take 15 to 20 tries before a child gets used to a new food.

A nutritious lunch does not have to be boring or cost you a fortune. Making small changes can save you money. Try one or two tips each week and soon you should see some relief in your grocery bills. Remember that well-nourished children have a greater chance of success at school because they have the fuel and the energy they need to play and learn.

Source: Damaris Karanja, Nutrition and Health Education Specialist, St. Louis County, University of Missouri Extension
Prepare and Eat More Meals at Home

Preparing and eating meals at home is an important step toward eating healthy. Too many of us eat out in restaurants and on the go more than we should. We know that when we eat out we usually eat larger portion sizes; more calories, fat, and sugar; fewer fruits and vegetables; fewer whole grains; and fewer low-fat dairy products.

Meals you prepare and eat at home don’t have to be fancy or gourmet, and they don’t have to take a lot of time. Preparing a simple meal at home takes about as much time as driving to a fast food restaurant or ordering a pizza.

You can have easy, quick, and healthy meals at home. Just keep it simple with these four steps: PLAN, SHOP, FIX, and EAT.

**Plan**
- The first and most important step is planning. Start by keeping a list of the things your family likes to eat. This list can help you as you plan for each week. If you try a new recipe that everyone likes, don’t forget to add it to the list. Keep the master list taped inside the kitchen cupboard.
- The number one reason people say they can't eat healthy is lack of time. If you plan meals, you will actually save time and money in the long run. By planning ahead, you will have the things on hand you need to fix quick, easy, healthy meals for you and your family — and it won't take any more time than going to the drive-thru.
- Set aside 30 minutes to plan for the next week.
- Make a list of the main dish and the side dishes that you will serve for each day of the week. Select recipes that have few ingredients and that use quick cooking techniques.
- Post the menu on the refrigerator.
- Get input from your family members. Use your list of everyone’s favorite foods, including main dishes, salads, vegetables, fruits, and desserts.
- Look in cookbooks, newspapers, Web sites, or magazines for quick main dish and side dish ideas. Add them to the list. File recipes in a file, box, or loose-leaf notebook.
Shop
• Shop regularly, whether once a week or once a month. This saves time, gas, and money.
• In-season fruits and vegetables are less expensive and taste better.
• Visit local farmer’s markets or farm stands for lower prices and better quality.
• Stick to the list. You are less likely to overspend and less likely to forget ingredients you may need for your week’s menus.
• Don’t shop hungry. Eat a snack, or go shopping after eating a meal.
• Get the kids involved by letting them choose a new fruit or vegetable that they’d like to try or an old favorite. Kids who get to help pick out foods and help fix them are more likely to try them.

Fix
• Stick to your plan.
• Wash and prepare fruits and vegetables in advance.
• Make extra of a main dish for another meal.
• Add a favorite canned or frozen fruit or vegetable to any main meal.
• Check your meal plan each evening, and take out frozen meats the night before. Place them in a dish in the refrigerator to thaw safely for the next day’s dinner.
• Get the kids involved. Fixing meals can be fun for the whole family. Children are more likely to try new foods if they help get them to the table. Safety comes first. Encourage good hand-washing.

Eat
• Eat together: All families are busy. Make eating together a family priority. Mealtime is a great opportunity for parents and kids to be together. Adults are important role models for kids and can influence foods they taste and learn to eat. Remember that kids often take more time to eat than adults do. Take your time through dinner, and enjoy the extra few minutes sitting at the table before cleaning up.
• Turn off the TV: Turn off the television, radio, cell phone, and beeper so everyone can focus on the conversation without distraction. Let the answering machine pick up calls, or turn off the phone ringer to avoid dinner interruptions.
• Share events of the day: Ask each person at the table to talk about a fun activity or something good that happened that day. It is a wonderful time to catch up on special school events or achievements of the kids in your family. You can also plan upcoming family activities (maybe going for a walk after dinner).
• Make healthy choices: It is easier to make healthy choices when meals are prepared at home and families sit at the table together to share that meal. It is a good time to talk about and model healthy eating, portion sizes, and trying new foods.

Adapted from eXtension May 19, 2011 Families, Food and Fitness

Health Matters is a weekly column centering on providing helpful tips for healthy living on an array of topics. Remember to get approval from your doctor before starting any exercise program or other health regimen. This week’s column was provided by Michele Ledoux of Cornell Cooperative Extension of Lewis County.
It’s Apple Season!
Now is the best time to visit your local orchard to pick your own apples. The culinary delights that you can create in your kitchen with apples are endless. Try some of these favorites:

### Apple Cider Baked Beans
Slow cooked in a flavorful sauce, the wonderful aroma of these simmering beans will warm your heart and your kitchen. Beans are comfort food. They are naturally low in fat and high in vegetable protein, vitamins, minerals and fiber. Remember that one cup dried beans will yield slightly more than 2 cups cooked. 2 cups dried white navy beans, picked over, washed and soaked (May substitute canned beans by using three 15 ounce cans of navy beans or great northern beans. Drain and rinse. Proceed with recipe.)

- 1 small onion, diced
- 4 tablespoons molasses
- 8 teaspoons Dijon mustard
- 2 tablespoons tomato paste
- 1/2 teaspoons salt
- 2 teaspoon black pepper
- 2 teaspoon dried thyme
- 1 small bay leaf
- 1 teaspoons cider vinegar
- 4 teaspoons soy sauce
- 1 1/3 cups apple cider, boiling
- Boiling water

To prepare beans: Pour beans onto a flat surface (countertop) in a single layer. Pick out rocks, dirt balls, off colored and broken beans. Discard. Wash beans in two changes of cold water. Cover with 3 inches of water and allow beans to soak overnight or 8 to 10 hours. (Quick soak method: Cover cleaned beans with 3 inches cold water and bring to a boil over medium heat. Boil for 10 minutes, turn heat off and let stand for 2 hours or more. Proceed as directed below.)

Preheat oven to 250 degrees. Drain beans, reserving liquid. Bring liquid to a boil. Pour beans into a deep oven-proof casserole or bean pot. Add all the ingredients, stir and add enough reserved boiling to cover beans. Cover the casserole with foil or the lid. Bake 6 hours, adding a little more water if necessary after 3 hours of baking. Yield 6 servings.

Source: [http://extension.illinois.edu](http://extension.illinois.edu)

### Best Baked Apples
Your microwave makes this old-fashioned recipe into a fat-free dessert that’s so easy to prepare. Substitute hazelnut flavored syrup (or another syrup from your favorite coffee bar) for the maple syrup for a grown-up treat.

- 4 New York State baking apples, cored
- 4 tablespoon(s) maple syrup
- 1/2 cup apple cider
- Ground cinnamon

Peel 1-inch around tops of apples. Place apples in microwave-safe casserole dish. Pour cider around apples. Fill each apple with 1 tablespoon syrup and dust lightly with cinnamon. Cover and microwave on high for 10 minutes until fork tender.

4 Serving(s); Nutrition facts: Kcal: 150 kcal, Fibers (g): 3g, Sodium (mg): 3mg

Source: [http://www.nyapplecountry.com](http://www.nyapplecountry.com)
Experience your favorite autumn activities and nature this fall with these free fall apps!

**Take a Hike**

Fall is the perfect time of year to see all that nature has to offer. Find trails near you with [AllTrails](https://www.alltrails.com/mobile) (Free, iOS and Android). The app boasts guides for 50,000 trails across North America. Find a place for a quick hike or run, or explore new mountain biking or fly-fishing areas.

**Pick-Your-Own Apples**

There’s no better fall activity, at least where I live in the Northeast, than visiting an apple orchard or two. I haven’t yet discovered an app that lets you know the picking conditions at different orchards, but that doesn’t mean your phone can’t improve the experience.

When you head home with a peck of apples, bring [Apple Recipes](https://play.google.com/store/apps/details?id=com.apples.recipes&hl=en) (Free, Android) with you. This app offers recipes from apple biscuits to apple cake and everything in between. Use these and ensure your food and money don’t go to waste.

**Check Out the Foliage**

There may be no better fall activity than watching the leaves change. Fall is inundated with hues of red, orange, yellow and brown, prompting people to seek out the best foliage displays. While you can wander the countryside in hopes of catching the colors, it is easier than ever to find guidance using your smartphone with [Leaf Peepr](https://newengland.com/today/seasons/fall/leaf-peepr/) (Free, iOS and Android). Leaf Peepr crowd-sources foliage reports, complete with photos, comments and a slider to rate the color of the leaves. Dedicated entirely to fall foliage, this app enables users to locate and report on the best places to go. Post photos, leave comments and rate the foliage of your location by color.

If you want to enjoy more than just the color of the leaves, check out [LeafSnap](http://leafsnap.com/) (Free, iOS), which will identify those trees and plants for you.
To All New York Dairy and Livestock Producers:
Many of you are aware that companies that have been picking up dead stock from farms have halted pick-ups. The NYS Department of Agriculture and Markets (NYSDAM) is discussing the situation with the companies to determine a course of action regarding the disposal of downed and dead animals. In the meantime, New York producers will need to consider other methods of disposal. The following information is provided as guidance; however, these activities may also be subject to local law.

On-Farm Burial
On-farm burial may be a viable option for many farms. New York Agriculture and Markets Law has the following provisions for disposal. These provisions are applicable to all farms, including farms operating under a Concentrated Animal Feeding Operation (CAFO) permit.

https://www.agriculture.ny.gov/AI/AILaws/Article_26_Circ_916_Cruelty_to_Animals.pdf

§ 377. Disposal of dead animals.
(1) The carcasses of large domestic animals, including but not limited to horses, cows, sheep, swine, goats and mules, which have died otherwise than by slaughter, shall be buried at least three feet below the surface of the ground or otherwise disposed of in a sanitary manner by the owner of such animals, whether the carcasses are located on the premises of such owner or elsewhere. Such disposal shall be completed within seventy-two hours after the owner is directed to do so by any peace officer, acting pursuant to his special duties, police officer, or by a designated representative of the commissioner.

(2) Notwithstanding section forty-one of this chapter, any violation of this section shall constitute a violation. This section shall not apply to animal carcasses used for experimental or teaching purposes.

The Department also recommends the following considerations for onsite burial:
- Locate onsite mortality management activities so that prevailing winds and landscape elements minimize odors and protect visual resources.
- Locate the facility down-gradient from springs or wells whenever possible; at least 200 feet from wells and open water; above the 100-year floodplain elevation; and avoid areas with seasonally high-water tables. (Please note that State law requires that the highest part of the buried animal must have
at least 3 feet of soil over it and burial must occur within 72 hours.)

- Onsite mortalities should not be disposed in liquid manure storages.
- Any farm operating under a CAFO permit must carefully observe the provisions of the permit and the farm’s Comprehensive Nutrient Management Plan (CNMP), including working with their AEM Certified Planner.

On-Farm Composting

You may also choose to compost dead animals.

Farms operating under a CAFO permit that choose to compost must do so in accordance with the 2014 Cornell Waste Management Institute recommendations “Composting Animal Mortalities” [http://cwmi.css.cornell.edu/composting.htm](http://cwmi.css.cornell.edu/composting.htm) or the NY 316 NRCS Standards as planned in their CNMP.

For non-CAFO farms, you may compost mortalities on-site without a permit using 2014 Cornell Waste Management Institute recommendations [http://cwmi.css.cornell.edu/composting.htm](http://cwmi.css.cornell.edu/composting.htm). In addition, under State law, up to 10 carcasses per year can be from off-site sources, and the animal carcasses must be placed within the compost pile on the day received (6 NYCRR Part 360-3.2(a)(4)). To handle additional off-site animals, the farm must obtain a solid waste management facility registration under 6 NYCRR Part 360-3.2(b)(3). The registration form can be found at: [http://www.dec.ny.gov/chemical/52706.html#Application_Forms](http://www.dec.ny.gov/chemical/52706.html#Application_Forms)

Animal Health Best Practices

The Department strongly recommends the following precautions:

- Be decisive when it’s time to cull an animal. Make the decision early while the cow is still marketable. With disposal being more difficult now, it’s more likely that every dealer, market, and slaughter buyer will be refusing marginal (weak/nonthriving) calves and cull cows for fear that they will not make it successfully all the way to slaughter.

- If chemical euthanasia is used to dispatch an animal on the farm, the option for composting might be restricted due to chemical exposure to birds of prey, scavengers and neighbors’ free-roaming dogs. You must take precautions to be sure that dogs, cats, and wildlife cannot gain access to the animals being composted.

- Do not delay burial or encasement in a composting bed. The longer you wait to deal with a mortality, the more difficult the carcass will be to handle and the chances of spreading disease will increase.

Source: David Smith, DVM; New York State Department of Ag & Market, [http://www.agriculture.ny.gov](http://www.agriculture.ny.gov)
Farm Business Management

Is Pasture, Rangeland, and Forage (PRF) Insurance Right For Me?
By: Kelsey O’Shea

Finances are tight for many farmers right now. Is it worthwhile to pay for crop insurance? To answer that question, farmers need to carefully evaluate their business risks as well as the costs and potential benefits of crop insurance. Pasture, Rangeland, Forage (PRF) Insurance can compensate your farm when low levels of rainfall (or other forms of precipitation, including snowfall) limit forage or hay production. Unlike other commodity insurance options, “indemnity” payments (the money you receive when something goes wrong) are based solely on rainfall levels, rather than your yield or revenue.

Area Insurance
PRF Insurance pays indemnities based on rainfall within your “grid” (a typical rural NY county contains all or part of 4-6 grids, while St. Lawrence has all or part of nearly 20), not rainfall on your fields. On one hand, this eliminates the need for record keeping related to current forage yields and provision of historic records. There is no need to submit a claim, indemnities are automatically paid out based on actual rainfall in your area. On the other hand, if rainfall is different for your fields than in your grid, you may not receive an indemnity even if you experience rainfall-related forage loss. It is critical to take into account this possibility when making PRF decisions.

Know Your Risks
Without crop insurance, what forage-related risks is your business exposed to? Start by assessing your farm’s projected bottom line. How much does your profitability depend on the productivity of your pasture? For example, if your business is projected to make $20,000 in profits after expenses but you depend on your own pasture and/or hay for at least $20,000 worth of forage value, a very dry year could eliminate your profits (if your pasture can’t feed your animals and you have to buy feed from elsewhere or cull or sell smaller animals). If feed or grazing value is an important input to your farm business, you may want to protect yourself from risks in this area. Be aware, however, that PRF only helps farmers when there is a lack of rainfall. Even if wet weather causes issues for harvesting forage, above-average rainfall levels will not result in indemnity payments.

How Much to Insure
Coverage level: Farmers must choose a “coverage level” for their crop insurance. Your chosen coverage level represents the point at which low rainfall triggers an indemnity payment. For example, if you purchase coverage at the 90% level, and your area receives 90% of the average rainfall “index value,” you can receive an indemnity. You may choose a coverage level between 70% and 90%.

Productivity factor: You must also choose a “productivity factor.” This is a percentage of the County Base Value (CBV) that the USDA Risk Management Agency (RMA) estimates can be produced per acre on pasture and hayland in your county. You can select anywhere from 60%-150% of the CBV, based on how your normal productivity compares to the CBV. In St. Lawrence County in 2018, the base value for hayland is $248 (non-irrigated) and $186 (irrigated), and the base value for pasture is $57.90.

When to Insure Index intervals: With PRF, you choose which months to insure. You must choose a minimum of at least two, two-month “index intervals.” Many northeast farmers purchase PRF coverage for summer months, given that that is when our animals are grazing or when we are producing hay. However, if you depend on a certain level of snowfall, winter coverage could also be helpful. Review historical precipitation levels to see how your needs compare to normal weather patterns.

Percent of value: You will not be compensated at the full coverage level for each index interval.
Rather, each index interval selected is assigned a “percent of value” of at least 10% and no greater than 70%, and when added together, all of the ‘percents of value’ selected must sum to 100%.

**What will it cost?**
The federal government helps share the cost of crop insurance premiums with farmers. Depending on your coverage level, 51-59% of your premium cost is covered by the government.

To calculate your approximate premium costs, visit the RMA Pasture, Rangeland, Forage Support Tool at: https://prodwebnlb.rma.usda.gov/apps/prf#

Here’s how to use the tool:

- Starting with the “Grid Locator” tab, enter your farm address to identify your “Grid ID.” Any payment you receive is based on the average rainfall in your grid.
- Once you know your Grid ID, you can use it to view historical precipitation levels (as a percent of “normal” index levels) in the “Historical Indexes” tab.
- You can also use your Grid ID to estimate your premiums and indemnities in the “Decision Support Tool” tab. You will need to enter your chosen coverage level and productivity factor, as well as information about your intended use of the land and its acreage, in the “Protection Information” area. You will choose index intervals and their corresponding percent of value for each index interval in the “Protection Table” – click “Calculate” to see your premiums and estimated indemnities.
- In the “Estimated Indemnities” tab, the tool will use your selections to give you information about the indemnity payments which would have resulted from those same choices in past years.

**Sign Up Soon!**
The deadline to enroll in PRF for 2019 is November 15th, 2018. To enroll, contact a crop insurance agent. Find an agent by asking a neighbor or using the Agent Locator tool at rma.usda.gov/tools/agent.html

Visit ag-analytics.org/cropinsurance for more information about crop insurance.

Cornell University delivers crop insurance education in New York State in partnership with the USDA, Risk Management Agency. This material is funded in partnership by USDA, Risk Management Agency, under award number RM17RMETS524020.

Source: North Country Ag Advisor, September 2018
Bank Overdraft Protection Services

By: Trish Savage, University of Missouri Extension Financial Education Specialist

Overdraft Protection is an option many banks and credit unions offer to clients so their transactions (demands for withdrawal) will be processed and vendors paid even when there are insufficient funds in their bank account. Each time the service advances funds to cover the check, debit, or automatic bill payment, an overdraft fee is charged (basically it is a short term loan for a fee and interest).

Do you use an overdraft protection service? If so, you are one of the many consumers who do. Increased use and cost of these services has drawn attention and raised concerns from the Consumer Financial Protection Bureau (CFPB). According to a CFPB report (June 2013), 61 percent of service charges came from fees for overdrafts and insufficient funds in 2011. The report also found that consumers who chose to opt in for the service ended up paying higher fees and were more likely to end up with involuntary account closures than those who declined to opt in.

The best way to prevent costly overdraft charges is to manage your cash flow. Simply put: know your account balance and spend accordingly. But, “life happens” and situations can arise when your funds don’t cover your spending. As with any product or service, consumers must be aware of the costs involved.

There are a variety of ways to cover overdrafts, some more costly than others. Before choosing or “opting in” for overdraft protection, find out specific options, fees, limits and factors involved with your individual account.

Tips to avoid overdrafts: adhere to a spending plan based on your income; arrange automatic deposit from income sources or use mobile bank deposits; enter all transactions into your check registry, updating balance; compare your records with the banks (check on-line for most up-to-date balances); arrange for email or text alerts to warn of possible overdraft; maintain “cushion” dollars to cover miscalculations, untimely withdrawals or deposits.


Finally, update the will as you add (and subtract) members of your family. You may need to change the executor or guardians. Destroy old versions of the will, and store the new one in the safe place. Give a copy to a family member or friend. When you die, your family does not need the added burden of taking care of your unplanned estate. Take action now.

Source: http://extension.missouri.edu/nwregion
Family Farm Day
Public Open House 10am-3pm
Grace-Way Farm
Refreshments available
Saturday, October 13th
at Marc and Christina Laribee
9627 State Route 26, Lowville, NY 13367
~Rain or Shine~

Directions:
From Carthage: Take Route 26 towards Lowville, 5.2 miles on right.
From Lowville: Take Route 26 towards Carthage, 9.1 miles on left.

- Educational Displays
- Free Ice Cream & Yogurt
- Children’s Activities
- Machinery Display
- Farm Tours
- Scavenger Hunt
- Wagon Rides
- ...and much more

Sponsored by: Cornell Cooperative Extension of Lewis County,
Lewis County Farm Bureau and Lewis County Soil and Water
For more info: 315-376-5270 (CCE)
Don’t Give Up Yet: Time for Late Summer Chores

A lot of gardeners are ready to take a break by mid-August, after having spent the previous three months diligently weeding, mulching and watering.

But don’t give up on your annual flowers yet.

KEEP ON DEADHEADING

Zinnias, calendula, cosmos, ageratum, snapdragons, marigolds and more will stop flowering if you let them go to seed.

Keep snapping off the faded flowers or, better yet, keep cutting the flowers for bouquets to keep them from going to seed. Calendula thrives in the cooler temperatures of September, so I often prune them back quite hard in August in order to push out lots of new growth that will flower well into the fall.

They can easily take a light frost. Zinnias and ageratum are some of the most sensitive to frost, so keep making bouquets of these to enjoy as much as possible now while they are at their peak.

OVERSEEDING YOUR LAWN

September is an ideal time to overseed or to start a whole new lawn. Most of the weed seeds have sprouted for the year so there will be much less competition. Get the seed down in the first half of September so the young plants have enough time to get established before winter.

Rake back the crabgrass and do what you can to get the good grass seed to contact the soil for better germination. Just scattering the seed on top of the crabgrass will do little good. As the crabgrass dies with the cold, your new grass plants can take off and fill in. By ensuring a dense turf this fall, next spring crabgrass and other weed seeds will have a much harder time getting established.

For more information on this and other home lawn care topics including helpful video clips, check out "Lawn Care: The Easiest Steps to an Attractive Environmental Asset" at http://turf.cals.cornell.edu/lawn/lawn-care-the-easiest-steps-to-an-attractive-environmental-asset.

HERBS

Now is a good time to harvest and store herbs for use later in winter cooking and dried arrangements. Pick them on a sunny morning after the dew has dried but before the sun is strong. Remove the seed heads and flowers unless you are drying the herbs for everlasting bouquets.

The simplest method is to hand them upside-down in bunches fastened with a rubber band in a well-ventilated location out of direct light so they can retain as much color and essential oil as possible. You can also use a drying screen made of 1-by-2-inch lumber and window screening or cheesecloth. Discarded window screens work well, too. Strip the leaves or flowers from the stems and spread them in a thin layer on the screen. For very small-leaved herbs such as thyme, dry the whole stem.

Place the screen in a warm, well-ventilated place out of direct sun. Gently stir and turn the leaves once a day until they are dry and can be put into air-tight storage containers. A completely dry herb will crumble easily when rubbed between your hands.
By late summer many of the shorter-season summer crops have faded and stopped production. Go ahead and remove any of these plants once you realize they are finished so you can clear that section of ground and get a short-term cover crop planted.

Cucumbers, green beans, summer squash and zucchini, and the early plantings of parsley and lettuce, are some of the crops in my garden that may still be half alive but are through producing. By pulling them out now rather than waiting until they die completely, I’ll have a head start on improving the soil.

Once I’ve cleared a section of my garden of these plants, I’ll spread an inch of my homemade compost if I have any and/or an inch of peat moss, chopped leaves, dry grass clippings or bagged manure over the area and turn it under with a shovel. I can then scatter oats, annual ryegrass or crimson clover seeds over the area to grow as an early fall cover crop. The oats and crimson clover will die over the winter; the annual ryegrass may or may not. Even their dead tops provide a cover to the soil to avoid erosion, which then provides organic matter when I plant my crops there next spring.

Source: Amy Ivy is a regional vegetable specialist with the Eastern NY Commercial Horticulture Program of Cornell Cooperative Extension. Home gardening questions are handled by each county’s Cornell Cooperative Extension office.

### Average Rainfall for July

<table>
<thead>
<tr>
<th>Town</th>
<th>2017</th>
<th>2018</th>
<th>3 Year Avg.</th>
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</thead>
<tbody>
<tr>
<td>Croghan</td>
<td>1.93</td>
<td>4.79</td>
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<tr>
<td>Denmark</td>
<td>0.90</td>
<td>4.10</td>
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<tr>
<td>Greig</td>
<td>2.70</td>
<td>3.30</td>
<td>3.20</td>
</tr>
<tr>
<td>Harrisburg</td>
<td>1.72</td>
<td>4.97</td>
<td>2.76</td>
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<tr>
<td>Lewis</td>
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<td>4.81</td>
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<tr>
<td>Leyden</td>
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<tr>
<td>Lowville</td>
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<tr>
<td>Martinsburg</td>
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<tr>
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<tr>
<td>Talcottville</td>
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<td>4.07</td>
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<tr>
<td>Turin</td>
<td>1.62</td>
<td>5.80</td>
<td>3.10</td>
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<tr>
<td>Watson</td>
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<tr>
<td>West Turin</td>
<td>3.70</td>
<td>5.00</td>
<td>4.05</td>
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<tr>
<td>Total Average</td>
<td>2.05</td>
<td>4.91</td>
<td>3.19</td>
</tr>
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</table>
Firewood Bugs Me

It’s economical, sustainable and keeps you in shape, not to mention that nothing feels so good as a seat by the woodstove on a sub-zero night. What’s not to like about heating with wood?

Certain things do bug people. The mess, for one. Stacking and splitting can get old. Adjusting the “thermostat” may involve a trip to the woodpile. And occasionally, unexpected guests arrive.

Firewood, I’ve discovered, comes from “trees” which are covered in “bark,” under which insects can hide. As wood brought inside warms up, it feels like winter’s over to these critters, who gleefully sally forth. Inevitably, insects and homeowners are both disappointed.

The good news is, you can take steps to discourage critters from making your woodpile their condo to begin with. Also, most of these guests are merely a nuisance and just want out. The bad news is, well, they’re a nuisance. The two types of firewood crawlies are shelter seekers and wood borers. Both kinds of stowaways usually head for a window where you can let them out or...something.

Shelter seekers need a place to crash for the winter; they’d be as happy in a brush pile as in a firewood pile. They include wooly caterpillars, ladybird beetles, and non-insects like spiders and centipedes.

Wood borers range from less than one-eighth up to three inches long, but most are on the small side. The largest are round headed borers; the pine sawyer and its similar, sinister cousin the Asian longhorn beetle are examples. Flat headed borers include the bronze birch borer and the invasive emerald ash borer. Like all bark beetles, the ambrosia and elm bark beetles are small and don’t enter the wood.

With some notable exceptions, wood borers seek dying or just-killed trees, sometimes arriving to lay eggs minutes after a tree is felled. Obviously they don’t need social media to keep up on news. They do need moisture, though, which plays into control options.

If conditions are right, it’s possible for particular insects to cause trouble. Tiny powderpost beetles (one-sixteenth of an inch) can infest bare hardwood in high-moisture environments. In the heating season your living space is too dry for them to survive. But firewood stored in a warm basement could be an issue if the joists are unpainted hardwood, which is sometimes the case in very old homes. Carpenter ants also need moisture to set up housekeeping. Unlike termites, they can’t eat wood, and can only make nests where moisture has initiated decay.

No matter what kind of wiggly passenger you see on firewood, never treat it with insecticide. Burning insecticide-treated wood poses a real health risk to those in the home.

The key to critter prevention is this: If they’re not in your firewood, they’re not getting inside. And they only like firewood if it’s damp. Seasoned wood that’s been stored off the ground and out of the weather is unlikely to harbor insects. Keeping firewood out of garages and basements is highly recommended—ideally it should be stored away from the house in a non-attached structure.

If you cut your own wood, timing can help. Trees cut between late autumn and early spring, especially if the wood is split right away, are less likely to garner wood-boring insect eggs. However, even if insects get a start, they’ll perish when the wood is fully dry.

Source: Paul Hetzler, Cornell Cooperative Extension of St. Lawrence County;
**Free Household Hazardous Waste Collection Days**

Open to All **Residential Households** in Jefferson, Lewis and St. Lawrence Counties

*(No Businesses, Schools, Farms, Municipalities or Conditionally Exempt Small Quantity Generators-CESQGs)*

Sponsored by the Development Authority of the North Country, Jefferson, Lewis and St. Lawrence Counties and the NYS Dept. of Environmental Conservation

**2018 Events**

<table>
<thead>
<tr>
<th>Event Date &amp; Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 5, 2018 from 9:00 AM - 1:00 PM</td>
<td>Jefferson Co Hwy, 21897 CR 190 (Outer W. Main St.), Watertown, NY</td>
</tr>
<tr>
<td>May 19, 2018 from 9:00 AM - 1:00 PM</td>
<td>Human Services Bldg., 80 SH 310, Canton, NY</td>
</tr>
<tr>
<td>September 8, 2018 from 8:00 AM - 12:00 PM</td>
<td>Lewis Co Transfer Station, 7956 NYS Rt 26, Lowville, NY</td>
</tr>
<tr>
<td>September 15, 2018 from 9:00 AM - 1:00 PM</td>
<td>Ogdensburg Bridge &amp; Port Authority Industrial Park, Ogdensburg, NY</td>
</tr>
<tr>
<td>October 6, 2018 from 9:00 AM - 1:00 PM</td>
<td>Jefferson Co Hwy, 21897 CR 190 (Outer W. Main St.), Watertown, NY</td>
</tr>
</tbody>
</table>

**The following materials WILL be accepted:**

- Solvents
- Pesticides
- Vehicle Fluids *(NO motor oil)*
- Fluorescent Light Tubes
- Adhesives
- Epoxy Resins
- Polishes & Waxes
- Antifreeze
- Pool Chemicals
- Photography Chemicals
- Household Cleaning Products
- Driveway Sealers
- Wood Preservatives
- Corrosives
- Home Chemistry Sets
- Aerosol Cans Containing Product
- Products Containing Mercury *(No Thermostats)*
- **OIL BASED** Paints *(NO Latex Paint)*
  *If paint can be cleaned up with water—it is not oil based*

**The following materials WILL NOT be accepted:**

- Latex Paint *(Dry up and dispose in trash)*
- Motor Oil *(Recycle at a Service Station)*
- Asbestos
- Materials Containing PCBs
- Construction & Demolition Material
- Smoke Detectors *(Manufacturer Mail-in)*
- Commercial or Agricultural Hazardous Wastes
- Non-residential Hazardous Wastes
- Automotive Batteries *(Recycle at Retailer)*
- Explosives, Flares and Munitions
- Tires
- Non-Hazardous Recyclable Materials
- Unsorted Solid Waste
- Radioactive Materials
- Empty Aerosol Cans *(Put in Recycling Bin)*
- Propane Cylinders / Tanks
- Electronic Equipment *(no computers, TVs, etc)*
- Batteries
- *(E-waste & Batteries—Bring to County Transfer Station for recycling)*

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**Pharmaceuticals**

Unwanted or unused prescription and over the counter pharmaceuticals / medications from residential households only will be collected by Law Enforcement Officials at all events except the Lowville event

For more information call (315) 661-3234 or visit

[www.facebook.com/NorthCountyRecycles](http://www.facebook.com/NorthCountyRecycles)
Agritourism Workshop

Topics to be covered:
1. Getting Started with Agritourism
2. Visitor Expectations and Customer Relations for an Agritourism Destination
3. Income Sources in Agritourism
4. Agritourism Liability and Questions to Clarify With Your Insurer
5. Marketing Your Agritourism Enterprise
6. Are You Ready to Host Visitors at your Farm?
   -Agritourism Enterprise Checklist

Join us in the morning or evening for this Agritourism Workshop!!!!

Friday, October 19, 2018
10am – Noon or 5pm – 7pm
Location: Cornell Cooperative Extension Conference Room
5274 Outer Stowe St
Lowville, NY 13367

Workshop Presented by Regional Harvest NY Specialist: Lindsey Pashow
Lindsey Pashow will be also be available for an Office visits or Farm visits
Between 1pm - 4pm on October 19

Register by October 15 at 315-376-5270 or lewis@cornell.edu

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individual with Disabilities and provides equal program and employment opportunities.
LEWIS COUNTY, NY SUPPORTS OUR DAIRY INDUSTRY!

September: Refuel with Dairy

During the month of September, the Lewis County Dairy Princess Court, in partnership with Naturally Dairy, will be visiting local sports teams and events to educate on the importance of a healthy diet including dairy and refueling with chocolate milk after exercise. Chocolate milk is a natural source of high-quality protein to help in your recovery after a tough workout!

Have a sporting event or cause you want us to be a part of? Email naturallydairy@gmail.com.

Contact us!
naturallydairy@gmail.com
Follow us on Facebook & the web!
  @naturallydairy
www.naturallylewis.com/naturallydairy
Dairy...The Law of Diminishing Returns – How Do We Know When We’ve Reached It?

Submitted by: Lindsay Ferlito

Today’s economy has every producer struggling to find ways to increase cash flow. We fill stalls, add a few more cows, keep plentiful heifers in the pipeline and estimate our projected inventory of first calf heifers due to calve and add it to the count of cows in our milking string. Banks, profit teams, nutritionists, owners, veterinarians, managers – everyone looks at these numbers. Adding more cows lets us extrapolate out numbers of projections of what milk production could look like and potentially positively impact cash flow. We know feed costs, we know how long it takes us to milk extra cows; we put numbers to things to define what these extra cows can do to our bottom line.

But at what point does putting an extra cow in the barn start to yield negative results? Yes, milk per stall may look great, but what strain or stress has it put on the entire system? With fresh cow groups, or close-up dry groups, we know exactly how many cows we can put in the group before we start seeing metabolic issues. With heifers, though, can we define exactly what those negatives are? And what about the added strain on human factors? If you have narrow alley ways, slippery floors in the summertime and more cows in a group than before, what does that do for the efficiency of the worker? How about the worker’s state of mind while trying to sift through that group of cows?

When we overcrowd the system, yes, we’re trying to be as productive as possible – filling the barn to capacity will pretty much always yield more cash flow than a barn that’s half full. Pushing the limits leads us to the law of diminishing returns – we put another cow in the group, but instead of the average of the group being 80 lbs/cow, now it’s 78 or 77. Still positive, because we added more milk, but not quite as high as we were before. If we overcrowd the fresh cow group and end up with more ketosis and DA’s – that’s the point of diminished returns, not a fun or a profitable place to be.

So let’s think about these points in our system and how we can relate it back to results. Yes, we need cash flow, but more animals aren’t always the answer. I challenge you to look at each point in your system and identify where you may be past the point of getting a positive return. If we were making $24 conventional milk again, I have a feeling that a lot of transition heifer barns would be going up to correct a huge overcrowding issue in our replacement program. Again, though, more animals isn’t always the answer. To relieve crowding, we can either put animals in a bigger space, or we can remove animals from the space. New barns aren’t in the cards dairy producers are holding right now, so removing animals from the space is the next best answer. Do you know how many heifers you need to maintain your herd size or plan for expansion? Odds are, with the results in reproductive efficiency that I see on many herds today, we don’t need to keep a 1:1 ratio of heifers to cows – probably 80% of the cow herd is realistic, even if a herd is in expansion mode.
If you only keep 80% though, that means some heifers have to leave! I challenge herds all the time – what are the criteria for deciding if that heifer gets to stay? This needs to be decided BEFORE the calf hits the ground. Many times, I’ve seen half beef breeds running around in heifer pens because the producer decided to use beef semen as a way to either get a problem cow pregnant or to convince themselves that they don’t want to keep the genetics from the cow, and they didn’t sell the calf afterwards. In either scenario, the producer needs to make a management decision AHEAD OF TIME. Every herd has a bottom third of cows. This is a good place to start making decisions about which animals to keep.

What happens when we start maximizing our system instead of overtaxing our system? We have less waste milk to feed – or the capacity to feed more milk to fewer calves and maximize growth. Letting a few calves leave the farm immediately may open up opportunities to starting weighing heifers at specific time points to reveal gaps in performance that then can be addressed. We have less crowded heifer pens – or healthier calves that don’t have underlying respiratory disease and have reached puberty faster. We have heifers that reach the milking string more quickly – or properly sized heifers calving in that start to pay you back more quickly. With the milking string, we have cows calving in that have no metabolic issues and reach consistently high peak production. We have time to not just trim cows that need attention, but to do maintenance trims on the whole herd. We have ample bedding in stalls and cleaner pens for cows to spend their day in. From the human aspect, taking care of healthy cows and calves is far less stressful than caring for the poor performers in the group.

Making these management decisions doesn’t happen overnight, and can be overwhelming. Having conversations with your nutritionist, veterinarian and/or extension educator is a great place to start. Implementing your strategy will be a challenge, but taking a proactive approach to managing herd size will benefit your dairy in the years to come.

Source: North Country Ag Advisor, September 2018
Symptoms of northern corn leaf blight (NCLB) are seen across New York State and Northern New York, as well as the US Corn Belt, each season. Severity of symptoms varies widely, from insignificant to devastating, for some fields in some years. NCLB can cause yield loss if it develops early enough in the season. Corn hybrids differ in their resistance to NCLB; cropping practices and weather patterns also influence disease progression.

NCLB is a foliar disease caused by the fungus *Exserohilum turcicum* (syn. *S. turica*) which overwinters in NNY in infected corn residues. Spores are produced when warmer temperatures and humidity conditions are favorable in spring and early summer of the following season. Fungal spores are subsequently transferred from residues on the soil surface up and onto leaves and stems by rain and wind.

Infections and lesions first appear on lower leaves and progress upward on the plant. Spores also are spread from plant to plant and from field to field, sometimes over long distances, with wind and weather systems. The disease develops under wet conditions and moderate temperatures (64-81 °F). The fungus needs just 6 to 18 hours in the presence of moisture on the leaf surface to infect a leaf.

Symptoms are often observed following long periods of heavy dew and overcast days. Moderate temperatures and wetter than normal summer can cause the disease to develop earlier. Hot, dry summers limit disease development and spread, as do very cool summers.

The characteristic cigar-shaped leaf lesions are 1-6 inches long and run parallel to the leaf margins. Lesions begin as a gray- green color and become a pale gray or tan when they fully develop. When conditions are moist, lesions produce dark gray spores that give the lesions a dirty appearance. As the disease progresses, the lesions combine to form larger areas of dead tissue on the leaves.

Hybrids that are partially resistant to NCLB usually produce fewer and smaller lesions and produce fewer spores.

If an NCLB infection begins early in the season, before or during the tasseling and silking stages, a significant loss of yield may occur. The later the lesions develop, the less impact the disease will have on yield. Foliar lesions reduce the leaf area available for
photosynthesis, however, the relationship between the amount of the leaf tissue that is covered by lesions and the amount of yield loss is not predictable. NCLB lesions can also lead to stalk rot development and lodging, which also affects yield.

Control measures

Select resistant varieties – Corn hybrids with moderate resistance to NCLB are available across a range of maturities. Lesions will develop on these hybrids, but disease progress will be delayed sufficiently, and yield loss is less likely. Seed companies often indicate the degree of resistance with a numerical scale. It is important to pay attention to these scales because not all are the same.

Manage Residue – Continuous corn and no-till or reduced-tillage systems are at a higher risk of disease because residues are left on the soil surface. A one-year rotation away from corn, followed by tillage prevents disease development in the next year’s corn crop. In a no-till or reduced tillage field that has a history of NCLB, a two-year rotation out of corn may be best to reduce the amount of disease in the next corn crop.

Fungicides – Fungicides are registered for use on NCLB in NYS and may be necessary in certain situations. Farmers must remember that it is another cost to corn production and economic factors must be considered when deciding to apply the fungicide for NCLB treatment. When scouting reveals disease presence on tasseling to early silking fields and weather forecasts predict conditions favorable for disease development, fungicide applications have the greatest likelihood of economic return. It is important to protect the ear leaf and the leaves above it as the plants enter reproductive stages.

References and Further Reading


Source: North Country Ag Advisor, September 2018

Amanda Bond, CATS Summer intern, scouts a soybean field in Franklin County. July 2018 Photo Credit: Kitty O’Neil
Leaf Peeping
By Sue Gwise, Horticulture Educator

Here in New York, we love to admire the beautiful oranges, reds, and yellows offered by deciduous trees in autumn. But, what actually causes leaves to change colors in the fall? A series of physiological changes in the tree, triggered by environmental factors, cause this beautiful transition to take place.

Tree leaves are green because they contain chlorophyll. Chlorophyll is a general name for several types of green pigment in leaves that absorb light energy. This light energy is eventually converted into carbohydrates (food for the tree) in a process called photosynthesis. Chlorophyll are green because of the parts of the light spectrum that they absorb and reflect.

As autumn approaches, the days get shorter, temperatures become cooler, water is less abundant and sunlight is less intense. With these environmental signals, trees begin to cease many of their physiological functions in order to save energy through the winter. One way in which trees save energy is to shed their leaves. An ‘abscission layer’ forms at the point where the leaf joins the twig. This layer is almost like a scar. The vascular tissue in this area is destroyed. This causes the leaf to dry out and then fall from the tree. As the abscission layer forms, the chlorophyll in the leaf become depleted. When the chlorophyll are gone, other colors that are in the leaf begin to show up. Some of these colors have always been present in the leaf, but we cannot see them due to the predominance of chlorophyll. Other colors are formed by chemical changes within the leaf. Thus, with the chlorophyll gone, we see the brilliant colors of autumn.

These other colors, or pigments, are present in varying amounts in the leaves depending on the tree species and environmental factors. For example, leaves that contain abundant amounts of carotenoid pigments will turn yellow (Hickory and Birch species). If tannins are present along with the carotenoids, the leaves will be a golden yellow (Beeches and Aspens). In Maples and Oaks, sugars accumulate in the leaves because the trees’ vascular systems shut down before the sugars can be moved from the leaves. This causes pigments called anthocyanin to form. These leaves then take on a red or purplish color.
The intensity of the autumn display varies from year to year. Soil moisture and weather conditions during the entire season have a major effect on the colors. Years with a warm, wet spring and pleasant summer weather are usually followed by the best displays. A warm spell in the fall will decrease the intensity of the colors. In general, a series of warm, sunny fall days and crisp, but not freezing nights, encourage the most brilliant displays. It will be interesting to see what effect this summer’s high temperatures and drought will have on the fall colors.

In upstate New York, the autumn display runs from mid-September through the end of October. One of the most picturesque autumn “leaf-peeping” drives is the loop that runs from Watertown to Tupper Lake to Old Forge and Boonville.

The physiological and chemical processes in leaves that happen during autumn have been studied extensively. Yet, many of these processes are still not completely understood. Enjoy the fall colors and marvel at the way nature makes everything ‘fall’ into place!

Source:  http://ccejefferson.org; September/October 2018 Horticulture News
<table>
<thead>
<tr>
<th>CALENDAR OF UPCOMING EVENTS</th>
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<tbody>
<tr>
<td><strong>September &amp; October</strong></td>
</tr>
<tr>
<td>Wednesday Only... Corn Moisture Testing 8:30am-2pm</td>
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<td><strong>September 4, 11, 18 &amp; 25</strong></td>
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<td><strong>September 6, 13, 20 &amp; 27</strong></td>
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