



Extension Connections

~ Cornell Cooperative Extension of Lewis County News ~

May 2020... Volume 11... Issue 5

- ★ **2020 Local Food Guide**
- ★ **Preventing Lyme Disease**
- ★ **Storing Fresh Produce**
- ★ **Covid-19 Resources**
- ★ **4-H at County Fair**
- ★ **Gardening**
- ★ **4-H Projects**
- ★ **Free Apps**
- ★ **And More...**



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The listing of any organization in this publication is strictly for informational purposes only and does not constitute an endorsement by Cornell Cooperative Extension of any of the products or services that may be offered by the organization.

The material is sent for your information as part of the program for 4-H, Family Development and Commercial Agriculture by Cooperative Extension.

For further program details, contact our 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.

During this COVID-19 period we are closed to the public but all staff are accessible through their voicemail and email. For a list of staff's email and phone numbers please see the back page.

Sincerely,

Michele E. Ledoux

Michele Ledoux

Association Executive Director

Please contact the Cornell Cooperative Extension of Lewis County office if you have any special needs or are unable to pay.

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.

CORNELL COOPERATIVE EXTENSION OF LEWIS COUNTY

Cornell Cooperative Extension of Lewis County remains committed to providing needed services to our county residents in the areas of agriculture and general residential needs.

The office is currently not open to the public but the staff of the Association are working remotely Monday through Friday and on the weekends as needed by answering their phones, emails planning programs along with staying up to date on the latest agriculture and food systems information as it becomes available to pass along to our farmers and producers in the county.

We continue to update our social media platforms (Website, Facebook and Twitter sites) to reflect the ongoing issue and provide timely and relevant information to help families with meal preparation, finance questions, how to talk with your kids about COVID-19 and other helpful ideas to keep your children engaged in fun and interesting projects. We are transitioning from our former in person workshops to new online workshops. Some of the larger agriculture workshops are now being offered that way. We will offer other learning opportunities remotely and over different social media platforms for our 4H'ers, volunteers, farmers and the general public. Stay tuned!

Please feel free to call our office at 315-376-5270 and leave a message on the staff persons' voicemail that you are looking for or contact them via their email. All emails and phone numbers are listed on our website ccelewis.org or visit our Facebook pages (Lewis County Cooperative Extension of Lewis County and Lewis County 4-H, New York) or Twitter account (CCE Lewis County) for more information.

We are here –providing useful research based information at your fingertips for you! Stay Safe!

COVID-19 FINANCIAL WELLNESS RESOURCES

The below resources have been compiled by the FERM Program Work Team to provide you and your family with pertinent financial management resources to assist you during this challenging time.

Resources available at the Federal level

The **Consumer Financial Protection Bureau (CFPB)** has information ranging from what to do if you have trouble paying your bills, are facing income loss, or have a problem with a financial service.

<https://www.consumerfinance.gov/coronavirus/>

Visit **The Internal Revenue Service (IRS)** for all your tax-related needs.

<https://www.irs.gov/coronavirus>

IRS Free File

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Payment Deadline Extended

<https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>



The **Federal Deposit Insurance Corporation (FDIC)** provides information linking banks, technology and consumers.

<https://www.fdic.gov/>

The **Federal Trade Commission (FTC)** provides regular consumer alerts regarding scams along with tips and advice for consumers on a variety of financial and consumer related topics.

<https://www.ftc.gov/>

The **Federal Communications Commission (FCC)** has information on scams and a list of cell phone providers who have pledged not to terminate service for 60 days under the Keep Americans Connected initiative.

<https://www.fcc.gov>

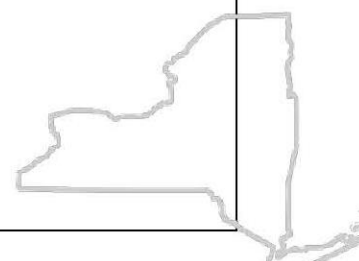
New York State Resources

The **Attorney General of New York State** has detailed information on Coronavirus resources and warnings on current consumer scams.

<https://ag.ny.gov/>

Link to all NYS programs and services through the **NYS Governor**.

<https://www.governor.ny.gov/>



The **NYS Comptroller's** office has a financial toolkit on their website that covers a variety of personal finance concerns that New Yorkers may be dealing with as a result of the coronavirus.

<https://www.osc.state.ny.us/covid-19/financial-toolkit.htm>

The site www.mybenefits.gov allows you to research and prescreen your eligibility for benefits such as HEAP, SNAP, Assistance programs, health insurance and tax credits.

The **New York WIC** program provides food, information on health and nutrition, education and support for low-income women and children up to age five.

www.health.ny.gov/prevention/nutrition/wic

Find helpful **Cornell Cooperative Extension** resources and the **NY Extension Disaster Education Network** information.

<https://eden.cce.cornell.edu/>

Resources from Extensions throughout the United States

North Dakota State University Extension

<https://www.ag.ndsu.edu/publications/money>

University of Wisconsin-Madison Extension

Managing Your Personal Finances in Tough Times

<https://fyi.extension.wisc.edu/toughtimes/>

Financial Resources to Help Get Through COVID-19

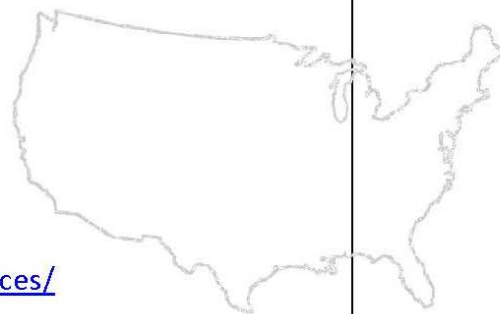
<https://fyi.extension.wisc.edu/toughtimes/covid-19-financial-resources/>

North Dakota State University Extension – Facebook: @NDSUExtension

Blogs:

Breathing Room: A Space to Take a Breath & a Step Towards Wellness

<https://breathingroom.umd.edu/2020/03/19/coronavirus-covid-19-protect-your-health-and-find-help-for-financial-stress/>



April 13, 2020

FERM is a statewide effort by Cornell Cooperative Extension to help individuals and families to adopt management behaviors which lead to more secure financial situations and affordable use of resources through education and practice, including:

- *Enhancing financial literacy skills of consumers*
- *Increasing consumer awareness of energy resource choices*
- *Encouraging and augmenting professional development for extension educators*
- *Documenting and reporting program impact*

Management Strategies During COVID-19

Go to PRO-DAIRY's COVID-19 Web Page for New Resources !!



<https://prodairy.cals.cornell.edu/publications/covid-19>

If you have difficulty accessing resources by internet,
email Robin Wendell-Zabelowicz at rw583@cornell.edu for help.

PRO-DAIRY specialists have developed new resources and updated others to support you as you navigate through the uncertain environment created by COVID-19. Recognizing the range in circumstances faced by farmers across the state, these resources cover a full spectrum.

We also have a number of additional resources online, including our [WEBINARS](#) and [PODCAST](#) series, with topics of Spring Field Crop Contingency Planning, Milk Supply Challenges, Milk Distribution, and more.

Please be safe, reach out to us, and help support each other, as we navigate these challenging times.

Ten Key Herd Management Opportunities on Dairy Farms During Low Margin Times

By: Tom Overton, Jason Karszes, Robert Lynch, Julio Giordano, and Mike Van Amburgh

An unanticipated significant downturn in net milk price over the next several months due to the COVID-19 disruption of consumer demand and dairy processing makes it even more critical for dairy producers to focus their management skills on making sure that their herd management is “being all that it can be”.

1. Maximize milk component production
2. Relentlessly seek marginal milk opportunities
3. Don't lose fresh cows
4. Identify and potentially cull low value and low profit cows
5. Ensure that all management protocols are still appropriate, are working and are being followed
6. Don't incur excess heifer rearing costs: raising animals longer than necessary or raising too many
7. Get the most out of your reproduction program
8. Optimize neonatal management
9. Strategically identify ration opportunities
10. Maximize your feeding management program

Do's and Don'ts for Dairy Farmers When Facing Financial Difficulty

By: Wayne A. Knoblauch

Wayne A. Knoblauch, Professor, Dyson School of Applied Economics and Management, SC Johnson College of Business, College of Agriculture and Life Sciences, has prepared a list of 25 Do's and 11 Don'ts strategies for farmers.

Understanding Your Breakeven Cost of Production

By: Jason Karszes

With the unprecedented times around the world leading to significant projections of decreased earnings on dairy farms in 2020, understanding different financial aspects of your business is critical. A key starting point is to understand different measures of cost of production and what a break-even milk price may be for your farm. While earnings are key for long term success and paying back investments, short term cash costs are important

during times of negative margins and erosion of equity due to cash operating losses. Knowing these costs and how much below, or above, the milk price they might be determines how much equity might be lost during low periods, and how fast equity can be rebuilt when positive margins return.

Diet and Management Considerations for Emergencies: Reducing Milk Flow Without Harming Cows and Threatening Future Production

By: Mike Van Amburgh, Tom Overton, and Julio Giordano

Given the unprecedented market conditions and the inability to get milk processed effectively in the short-term, processors are asking dairies to reduce milk supply at a time when it is not possible to cull heavily due to decreased meat processing facility capacity for cattle.

We are providing these diet and management considerations to help dairy producers and their advisors meet this unusual request, while maintaining cow health and working to ensure that cows have the capacity to resume normal milk production relatively quickly once this situation stabilizes. These considerations may fit management for some but not all dairies. Every operation will have to determine what might work best for them under their current management conditions.

Herd Health Do's and Don'ts During the COVID-19 Pandemic

By: Rob Lynch

Each time the dairy industry experiences low milk prices, managers start looking for ways to save money. This is smart and something that all good businesses do. If less money is coming in, how do we cut down on how much money goes out without hurting the business in the long run? These decisions can be challenging when it comes to herd health expenses since the consequences of a bad decision might not be seen right away.

Here are a few do's and don'ts to consider as we all turn our attention again to reducing unnecessary expenses on the dairy. During this pandemic there are a few additional things to consider when making cost saving decisions like labor availability, social distancing, and cleaning protocols for high touch surfaces. These precautions add cost to daily operations but are effective in limiting spread of COVID-19.

Spring 2020 – Contingency Planning By: Joe Lawrence

Feeding Milk to Cows?

By: Tom Overton, Mike Van Amburgh, and Rob Lynch

Over the past week, with dairy farms dumping milk and/or being asked to decrease milk shipped by as much as 20 percent, the topic of feeding milk back to lactating cows and/or replacement heifers has been raised. Dr. Matt Akins and Liz Binversie with the University of Wisconsin prepared an article we are sharing with the following additional key points.

Feeding Strategies During Challenging Times

This article by Tom Overton and Larry Chase remains a valuable and relevant resource.

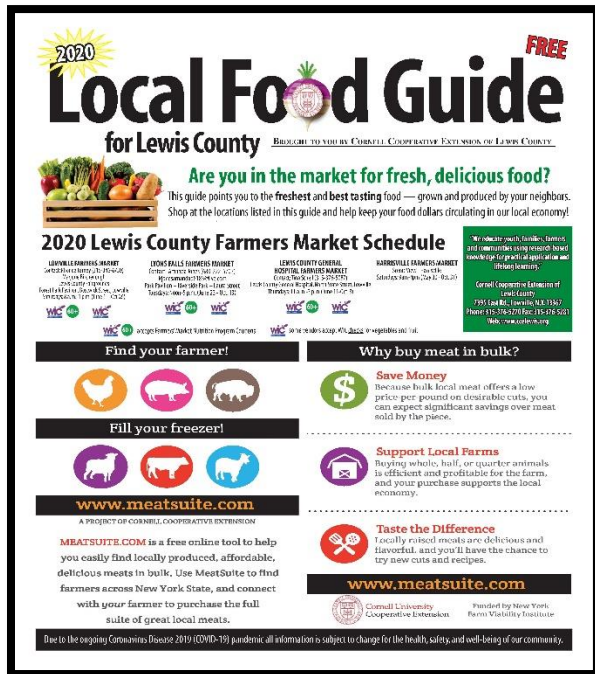
View the **Progress of the Dairy Farm Report #3: Selected Financial and Production Factors** that summarizes data from 135 NY farms that participated in the 2019 Dairy Farm Business Summary.

Diversity and Inclusion are part of Cornell's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans and Individuals with Disabilities.



Cornell CALS
College of Agriculture and Life Sciences

Lewis County Local Food Guide 2020



You can't find hamburger, pork or chicken in the grocery store? Are the food shelves empty every time you go shopping? CCE Lewis can solve your problem! The Lewis County Local Food Guide 2020 is now available on-line. You can contact the producers and order directly from the farm. The items available now are beef, pork, chicken, honey, milk products, cheese products, butter, and maple syrup. You are doing yourself a favor by eating healthy and feeling better knowing where your value added products come from and how it is grown. Just contact the producer in the Local Food Guide 2020 and they will be glad to sell you locally grown food and at the same time you are helping to support our farmers in Lewis County.

BUY LOCAL AND BUY FRESH!

Gabrielle Wormuth Joins CCE Staff

Gabrielle Wormuth has joined the Cornell Cooperative Extension of Jefferson County staff and agriculture team as the new Dairy and Livestock educator. "Gabby" will assist dairy and livestock farmers in Jefferson and Lewis Counties with a wide spectrum of production topics including animal welfare, and herd management.

Gabby Wormuth (Domagala) grew up on her family's small dairy farm in Lewis County. She graduated from Cobleskill in 2017, earning her Associates Degree in Agricultural Business and Bachelor's Degree in Animal Science, with a focus in



(photo by Don Shall, creative commons/flickr.com)

showing her cattle at the county fair and farming with family.

"I am excited that my role of Dairy & Livestock Specialist will offer me the opportunity to give back and support the hardworking farmers in an industry that I am so passionate about."



(Gabby Wormuth, photo provided)

Dairy. After graduation, she helped manage a large dairy operation in central New York and was a calf nutrition consultant for a milk replacer company. She specializes in on-farm troubleshooting with herd management practices, Spanish translations, cattle reproduction, calf & heifer raising and human resource management.

Outside of work, Gabby enjoys making memories with her one-year-old son, Liam. In addition, she spends her free time milking her cows and growing her herd of show cattle. Gabby looks forward to her younger five siblings

Where Can You Find a Proficient Supply of Meats, Maple Syrup, Goat Cheeses and Milk Products?

Let's think out of the box! Lewis County producers can supply the community with local produced products in the area. Because of the lack of supplies in the large box stores and the uncertainty of resupplying, why not buy your beef, pork, eggs, lamb, and chicken from your local producer. Cornell Cooperative Extension of Lewis County provides the community with the Local Food Guide that is distributed around the local businesses and Farmers Markets. Obviously, vegetables and fruits are not available at this time but farmers are still producing meats, goat products, cheeses, maple syrup, honey, eggs, and milk products year round. Producers are providing USDA processed meats to all consumers that contact them. The food guide provides a list of producers that have products you may need at this time. The Local Food Guide of Lewis County is available on the CCE Lewis website at <http://ccelewis.org/agriculture/local-foods> or by calling 315-376-5270. Another way to find local foods is online at <https://nysmaple.com/> under the buy local section. The www.meatsuite.com website will connect you with a farmer to purchase USDA processed meats by retail or by bulk in purchasing whole, half, or quarter animals. By purchasing in bulk, the cost per pound is more economical and you may choose what cuts you desire when talking to the local butcher. There are a variety of producers that raise their animals grass fed, organic and conventional and you will know who it comes from and the farming practices of that farmer. So if you are thinking about buying local and want more information about the local producers in the area please call our office.

Remember to practice all the Public Health guidelines around good proper handwashing and social distancing. These producers can sell you items online or by appointment at their farm.

Cooking in Quarantine

Homemade and Healthy



Fruit Salsa and Cinnamon Chips

A nice spring recipe, easy to make and even easier to chow down!

Instructions:

- Preheat oven to 400 degrees Fahrenheit

Fruit Salsa:

- Remove caps from strawberries and peel kiwis and apple.
- Finely dice all fruit and mix together in a large bowl.
- Add 1/4 c sugar and juice from half of a lemon and mix thoroughly.
- Cover and refrigerate for at least 30 minutes. This can be made a day ahead of time and refrigerated overnight.

Cinnamon Chips:

- Melt half a stick of butter in the microwave.
- Lay out 6 tortillas and brush butter over them, covering them completely.
- Mix sugar and cinnamon together and sprinkle over tortilla covering completely.
- Cut tortillas into wedges and arrange on the baking sheet.
- Bake for approximately 7 minutes or until crispy.

Ingredients:

- 1 pint of strawberries
 - 2 kiwi
- 1 Granny Smith Apple
 - 1/4 cup of sugar
 - 1/2 of a lemon
 - 6 tortillas
- 1/2 stick of butter
 - 1 cup of sugar
- 1-2 tablespoons of cinnamon

Dip and enjoy!!!



Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

<u>FRUIT</u>		<u>VEGETABLES</u>				
Apples (more than 7 days)	Berries	Artichokes	Belgian Endive	Cauliflower	Leafy Vegetables	Radishes
Apricots	Cherries	Asparagus	Broccoli	Celery	Leeks	Spinach
Asian pears	Cut Fruit	Green Beans	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts
	Figs	Beets	Cabbage	Green Onions	Mushrooms	Summer Squashes
	Grapes		Carrots	Herbs (not basil)	Peas	Sweet Corn

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados Kiwi Nectarines Peaches Pears Plums Plumcots

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

<u>FRUIT</u>			<u>VEGETABLES</u>			
Apples (fewer than 7 days)	Citrus fruits	Persimmons	Basil (in water)	Garlic*	Peppers†	Tomatoes
Bananas	Mangoes	Pineapple	Cucumber†	Ginger	Potatoes*	Winter Squashes
	Melons	Plantain	Eggplant†	Jicama	Pumpkins	
	Papayas	Pomegranates		Onions*	Sweet Potatoes*	

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.

*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

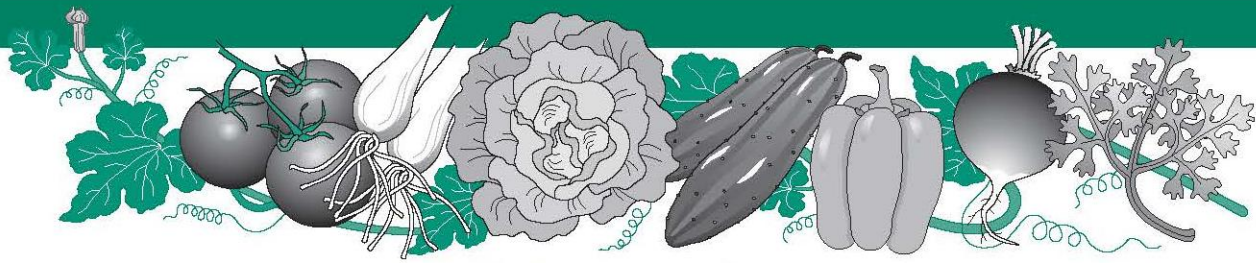
†Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to FruitsAndVeggiesMoreMatters.org

Source: UC Davis Postharvest Technology



Container vegetable gardening

Adequate sunlight, water, and fertilizer plus a well-drained growing medium are essential for successful container gardens.

Containers

Containers may be plastic, clay, ceramic, or wood. Almost any type of container can be used as long as it has drainage holes in the bottom. Drill drainage holes in plastic and wood containers, if no drainage holes are provided. If using wood, avoid treated lumber and select containers made of red cedar or redwood.

Most vegetables require containers that hold at least 6 to 8 inches of potting mix. Root crops, such as carrots, and tomatoes and other large plants require deeper containers. See Table 1 for the amount of potting mix needed to fill various sized containers. See Table 2 for the approximate size containers recommended for various vegetables.



Growing media

Container gardens require a growing medium that drains well, yet does not dry out too fast. Soilless potting mixes have several advantages over soil. They are free of plant disease organisms and weed seeds, are less likely to compact, hold moisture and plant nutrients well, and are lightweight—making the container more portable. Soilless potting mixes can be purchased from garden centers and retail outlets or they can be prepared using the proportions in Table 3.

Crop selection

Most vegetables that grow in a backyard garden do well as container-grown plants. Those with compact growth habits are best suited for containers. See Table 4 for suggested cultivars.

Summer care of container gardens

Location—Nearly all vegetables grow and produce best when grown in full sunlight. Plants that bear fruit, such as cucumbers, tomatoes, peppers, and eggplant, require at least

6 hours of direct sunlight per day. Root crops (beets, carrots, and onions) also require 6 or more hours of direct sunlight. Leafy vegetables (lettuce, cabbage, greens, spinach, and parsley) tolerate more shade than most other vegetables.

Watering—Plants grown in containers require frequent watering because they dry out quickly from sun and wind. Some plants may require daily watering. Apply enough water to reach the bottom of the container and allow the excess to drain through the drainage holes. Never allow the soil to dry out completely between waterings; this may cause the plants to drop their fruits and flowers. However, over-watering also will slowly kill plants because the roots will not receive enough oxygen. When watering, avoid wetting the leaves, especially if watering late in the day. Wet leaves encourage the development of plant diseases.

Fertilization—Container-grown plants require fertilization more frequently than garden-grown vegetables because they have less soil from which to obtain nutrients. A soluble fertilizer (15-30-15 or 20-20-20) applied once every week or two is recommended. This can be applied while watering. Many commercial potting mixes contain a slow release fertilizer. If using one of these mixes, it may not be necessary to begin fertilization until mid-summer.

Tomato tips—When growing standard-sized tomato varieties, use a stake or cage to keep the vines upright. If staked, plants should be pruned to produce manageable one- or two-stem plants. To prune a tomato, remove the small shoots that form in the axils of the leaves and stems. If these shoots are not pinched out, they will grow and make the plants difficult to train. Tie the stems loosely to the stake. Tomato cages should be made of fencing material of at least 4-inch mesh so the fruit can be harvested easily. Cages should be at least 24 inches in diameter.

For more information

Additional information about vegetable gardening and other horticultural topics is available from local extension offices and from these Web sites:

ISU Extension Distribution Center (online store)—
<https://store.extension.iastate.edu/>

ISU Extension Horticulture—
www.yardandgarden.extension.iastate.edu

Table 1. Pot size and capacity

Diameter inside top (inches)	Approximate soil content
4	2 ½ cups
5	1 quart
6	2 ½ quarts
7	3 quarts
8	1 gallon
9	1 ½ gallons
10	2 gallons
12	3 gallons
14	5 gallons
16	7 ½ gallons

Table 2. Container size for vegetables

Crop	Minimum size	No. of plants per container
Beets	2 gallon	Thinned to 2-3 inches apart
Cabbage	2 gallon	1 plant
Carrots	2 gallon	Thinned to 2-3 inches apart
Cucumber	2 gallon	2 plants
Eggplant	2 gallon	1 plant
Green beans	1 gallon	2-3 plants
Leaf lettuce	1 gallon	4-6 plants
Parsley	½ gallon	1 plant
Pepper	2 gallon	1 plant
Radishes	2 gallon	Thinned to 1-2 inches apart
Spinach	1 gallon	Thinned to 3 inches apart
Swiss chard	1 gallon	1 plant
Tomatoes		
Cherry	2 gallon	1 plant
Standard	4 gallon	1 plant

Table 3. Soilless potting mix recipe

Materials	To make 2 bushels
Shredded sphagnum peat moss	1 bushel
Vermiculite	1 bushel
Ground limestone	1 ¼ cups
Superphosphate (0-20-0)	½ cup
or concentrated superphosphate (0-45-0)	¼ cup
Granular 5-10-5 fertilizer	1 cup
Moisten with water; store in plastic garbage bags.	

Table 4. Suggested vegetable cultivars for container gardens

Beets	Red Ace, Ruby Queen
Carrots	Danver's Half Long, Little Finger, Nantes Half Long
Cucumber	Patio Pickle, Pickle Bush, Salad Bush, Spacemaster
Eggplant	Fairy Tale, Ivory, Ophelia
Green beans	Derby, Provider, Topcrop
Lettuce	Black Seeded Simpson, Green Ice, Green Salad Bowl, Red Sails, Red Salad Bowl, Buttercrunch
Parsley	Champion Moss Curled, Dark Green Italian
Pepper	Bell Boy, Cajun Belle (hot), Lady Bell, Mariachi (hot), New Ace
Radishes	Champion, Cherry Belle, Comet, Sparkler, White Icicle
Spinach	Long Standing Bloomsdale, Melody, Tyee
Summer squash	Pic-N-Pic, Zucchini Elite
Swiss chard	Fordhook Giant, Lucullus
Tomatoes	
Standard	Bush Early Girl, Celebrity, Jetstar
Patio	Patio Hybrid, Patio Princess, Mega Bite
Cherry	Little Sun Yellow, Terenzo

Prepared by Richard Jauron, extension horticulturist.

...and justice for all

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.



Using Home-Grown Herbs with Your Vegetables

Drying: As the herbs begin to blossom, pick tender stems containing mature succulent leaves. Wash stems and leaves in cold water, drain and dry on paper towels. Tie herbs in small bunches and hang

upside down in a warm, dry ventilated room, away from direct sunlight. When thoroughly dry, remove leaves from stems and store in the dark in glass jars or plastic bags. Tender leaf herbs such as basil, tarragon and mint, will mold if not dried quickly.

Try hanging the tender-leaf herbs or those with seeds inside paper bags to dry. Tear holes in the sides of the bag. Suspend a small handful (large amounts will mold) of herbs in a bag and close the top with a rubber band. Place where air currents will circulate through the bag. Any leaves and seeds that fall off will be caught in the bottom of the bags.

When herb leaves or seeds are dry you can clean them by separating them from stems. Pack in suitable containers to prevent loss of the essential oils that give the herbs their delicate flavor. Storage in glass, metal or plastic freezer bags in paper boxes will preserve the odor and flavor.

Another method, especially nice for mint, sage or bay leaf, is to dry the leaves separately. Remove the best leaves from the stems. Lay each leaf on a paper towel and without allowing leaves to touch, cover with another towel and layer of leaves. Five layers may be dried at one time using this method. Dry in a very cool oven. The oven light of an electric range or the pilot light of a gas range furnishes enough heat for overnight drying. Leaves dry flat and retain a good color. Package the herbs promptly in moisture-vapor-proof containers. Protect from light to retain color.

Drying In A Microwave Oven: The drying of herbs in a home microwave oven has been questioned because it is not known what effect such a very small food load may have on the magnetron tube in the oven. In theory the light load and limited moisture of the herbs would not provide enough moisture for correct function of the oven. Follow directions for your particular make. Small, occasional harvests should present few problems if a small container of water is placed in the appliance when the drying is done.

Freezing: Harvest and wash as above, then dry thoroughly. Pack in small plastic bags and freeze. Another method is to place small amounts of the herb in ice-cube trays, and cover with water and freeze. When frozen, remove from trays and store in plastic bags in the freezer.

Frozen herbs will keep for at least six months, but are not suitable for use as garnish. Chop frozen herbs as soon as they come out of the freezer.

Vinegar, Oils & Butters

Vinegar: The preparation of flavored vinegar involves the addition of one or several culinary herbs to commercially bottled vinegar. Any type of vinegar may be used, depending on personal preference. The procedure is to heat vinegar in an enamel pan and pour it into a bottle. (Do not let the vinegar boil.) Add one herb or a combination of herbs to taste. See chart for herb blends. Let the mixture set for two weeks before using. Store the mixture in tightly capped bottles.

Oils: There are growing concerns that herbs (and garlic) stored in oil that is not acidified and not refrigerated may carry a risk of botulism. Commercial garlic-in-oil products usually contain acidifying agents such as phosphoric or citric acid. In the home, it is best to make herb-oil mixtures fresh as needed for each use and not to store them, especially do not store at room temperatures.

Basic herb butter: ¼ pound butter or margarine, one to three tablespoons dried herbs or two to six tablespoons fresh herbs, ½ teaspoon lemon juice and pepper. Combine ingredients and mix until fluffy. Pack in covered container and refrigerate. Any of the culinary herbs and spices may be used.

Cooking with Herbs

Herbs can provide creative, tasteful alternatives to salt for flavoring foods. Through the skillful use of herbs and spices, imaginative flavors can be created and simple foods made into gourmet delights.

Herbs and spices differ only in that herbs tend to be plants grown in temperate areas while spices grow in tropical regions.

There are no strict limits to the use of herbs. A good general rule is not to mix two very strong herbs together, but rather one strong and one or more milder flavors to complement both the stronger herb and the food.

Here are some tips for cooking with herbs and spices:

- *In general, the weaker the flavor of the main staple item, the lower the level of added seasoning required to achieve a satisfactory balance of flavor in the end product.
- *Dried herbs are stronger than fresh, and powdered herbs are stronger than crumbled. A useful formula is: $\frac{1}{4}$ teaspoon powdered herbs = $\frac{3}{4}$ to 1 teaspoon crumbled = 2 teaspoons fresh.
- *Leaves should be chopped very fine because the more cut surface exposed, the more flavor will be absorbed.
- *Be conservative in the amount of an herb used until you're familiar with its strength. The aromatic oils can be strong and objectionable if too much is used.
- *The flavoring of herbs is lost by extended cooking. Add herbs to soups or stews about 45 minutes before completing the cooking. But for cold foods such as dips, cheese, vegetables and dressings, herbs should be added several hours or overnight before using.
- *Beware when purchasing herbal salt blends. Many are merely herbs added to salt. Read the ingredients carefully or just blend your own combinations.

Strength of Herbs

Strong or Dominant Flavors: These should be used with care since their flavors stand out—approximately one teaspoon for six servings. They include bay, cardamom, curry, ginger, hot peppers, mustard, pepper (black), rosemary and sage.

Medium Flavors: A moderate amount of these is recommended—one to two teaspoons for six servings. They are basil, celery seed and leaves, cumin, dill, fennel, French tarragon, garlic, marjoram, mint, oregano, savory (winter and summer), thyme and turmeric.

Delicate Flavors: These may be used in large quantities and combine well with most other herbs and spices. This group includes burnet, chervil, chives, and parsley.

Herb Blends

Following are some suggested herb blends:

Egg herbs: basil, dill weed (leaves), garlic, parsley

Fish herbs: basil, bay leaf (crumbled), French tarragon, lemon thyme, parsley (options: fennel, sage, savory)

Poultry herbs: lovage, marjoram (two parts), sage (three parts)

Salad herbs: basil, lovage, parsley, French tarragon

Tomato sauce herbs: basil (two parts), bay leaf, marjoram, oregano, parsley (options: celery leaves, cloves)

Vegetable herbs: basil, parsley, savory

Some suggested herb blends: (continued)

Italian blend: basil, marjoram, oregano, rosemary, sage. Savory, thyme

Barbecue blend: cumin, garlic, hot pepper, oregano

French herbal combinations:

***Fines herbs:** parsley, chervil, chives, French tarragon (sometimes adding a small amount of basil, fennel, oregano, sage or saffron)

***Bouquet garni mixtures:** bay, parsley (two parts), thyme. The herbs may be wrapped in cheesecloth or the parsley wrapped around the thyme and bay leaf.

Herbs and Their Uses

Annual Herbs: An annual is a plant in which the entire life cycle is completed in a single growing season.

Herb	Part Used	Use
Basil, Lemon	leaves - fresh and dried	tomato dishes, soups, meats, peas, green beans, cucumbers, zucchini, shellfish, lobster, pasta sauce
Basil, Opal		
Basil, Sweet		
Chamomile	blossoms	soothing herbal tea, hair rinse, insect repellent
Chervil	leaves - fresh and dried	salads, soups, fish, egg, meat and cheese dishes
Summer Savory	leaves - fresh and dried	all kinds of meat, fowl, green salads

Biennial Herbs: A biennial is a plant that normally requires two growing season to complete the life cycle. Only vegetative growth occurs the first year; flowering and fruiting occur in the second year.

Herb	Part Used	Use
Parsley	leaves - fresh and dried	add to foods whenever possible, high in vitamin C content

Perennial Herbs: A perennial is a woody or herbaceous plant living from year to year, not dying after once flowering.

Herb	Part Used	Use
Chives	fresh tops	mild onion substitute, dips, salads, spreads, sauces vegetables
Horehound	leaves & stems	candy, teach for colds
Hyssop	flowers & tops	fish, lamb, soups, stews
Lavender	flowers & leaves	sachets, potpourri, repels moths, flies, and mosquitoes
Lemon Balm	fresh leaves	add to hot or iced teas, fruit cups, salads, potpourri
Lovage	all parts	celery flavor - stalks in soups, salads, fish & poultry; seeds in biscuits; leaves in tea
Catnip	leaves - fresh and dried	fruit salads, lamb, cold drinks, tea (helps indigestion), candies; cook with peas and carrots
Egyptian Mint		
Emerald-Gold Mint		
Orange Mint		
Peppermint		
Peppermint, Variegated		
Spearmint		
Spearmint, Variegated		
Rosemary, prostrate	leaves - fresh and dried	lamb, pork, chicken, fish, vegetable dishes, fruit salads and juices, stews, soups

Herb	Part Used	Use
Sage pork, Sage, Pineapple Sage, Purple Sage, Variegated	leaves - fresh and dried	fish, legumes, game, cheese, tomatoes, spinach, onions, eggplant, tea, butters
Winter Savory	leaves - fresh and dried	all kinds of meat, poultry, green salads, beans
Tarragon French	leaves - fresh and dried	vinegar, fish, lamb, poultry, salads, sauces, seafood, pickles, preserves, cabbage
Thyme, Lemon Thyme, Oregano Thyme, Winter Thyme, Gold-lemon	leaves - fresh and dried	sausages, pork, salads, seafood, veal, poultry, vegetables

Source: CCE Suffolk County

Indoor Vegetable Seed Starting

Warm season vegetable crops such as tomatoes, peppers and eggplants are killed by frost.

Additionally, they require both warm soil and air temperatures to steadily grow towards fruit production. Starting seeds for these crops indoors provides an opportunity to get a head start on a short outdoor growing season. Your jumpstart on gardening success is maximized with some effort and attention to details that produces vigorous, sturdy, short, dark green transplants.

Select plant varieties that will do well in your garden conditions.

When you grow your own vegetable crops from seeds you will usually have more varieties to choose among than when you buy transplants from a nursery. Check out the Vegetable Varieties for Gardeners (VVfG) web-based tool that compiles information from gardeners about what they are growing. You can search among 7,000 varieties including heirlooms and the latest hybrids with details on resistance to insects or diseases: <http://vegvariety.cce.cornell.edu/>



Gather supplies.

- Buy fresh seeds from reliable sources. Consider a germination test on seeds saved.
- Purchase a lightweight soil-less seed starting mix that is sterile and weed free. Typically, these commercial mixes contain peat moss, vermiculite and some perlite and fertilizers.
- Use containers that are about 3 inches deep with holes in the bottom for drainage. There are lots of possibilities from fiber pots and cell packs to yogurt cups and cut off milk cartons. Sterilize reuse containers with a 10% bleach solution.
- Even with a bright, unobstructed south-facing window supplemental light can be needed. Consider a four-foot long, two-bulb fixture with 40-watt cool white bulbs with a timer. Low-Cost Grow-Light Frame: www.gardening.cornell.edu/vegetables
- A thermostatically controlled heat mat designed for plants might also make achieving the required soil warmth for sprouting your specific seed easier. A soil thermometer might also be helpful.
- Use a watering can with fine holes or mister to deliver gentle watering.

Do not start seeds too early. Order your seeds in the fall to be certain the varieties you want are still available but err on the side of starting your seeds too late rather than too early in the spring. Small plants will catch up and surpass overgrown leggy plants that may never recover from being held in a pot too long. It ideal to plant warm season crops outside 2 to 3 weeks after average last frost when the soil has warmed and nighttime temperatures are consistently above 45°F. Start tomato, pepper and eggplant seeds about 6 weeks before your anticipated transplant date while cumpers, melons or squash are start only about 3 weeks before. Resources at this site will help you determine the chance of a 32°F occurrence in your area in the spring (last frost):

<http://blogs.cornell.edu/horticulture/climate-weather/>

Read the seed packet for specifics on germination. Generally, plant seeds 2 to 3 times deep as they are wide and 1 to 2 inches apart. Fill a clean container to the brim with moist soil-less mix and use a knife or finger to poke a hole to the proper depth. Alternatively, spread seeds on top and scatter layer of seed starting mix over them. Plant a few more seeds per container than needed as all may not germinate. Use a permanent marker on recycle plastic or wooden stick to label containers with at least the variety and start date. Some will cover containers with clear plastic wrap to seal in moisture. This strategy is not necessary but it is essential that the seedling mix is kept evenly moist. Water by misting or set containers into an inch of water for no more than an hour to letting them soak up as much as they can from below. Additionally, until seeds germinate, place out of direct sun in warm spot. Seeds germinate best in a constant soil temperature that is somewhere between 75°F to 90°F. Check your seed packet for specifics.

After seeds germinate place in direct light. If using lights keep them 3 to 6 inches away from emerging plants and on for 12 to 16 hours per day. Consider adding aluminum foil along the edge to reflect more light on plants. Keep the soil moist with delicate watering and maintain air temperature about 65°F to 70°F during the day (10°F cooler at night is fine). When plants have two true leaves, thin to one plant per pot or every 1.5 inches. Water with half strength weak solution of fertilize at this point.


Do not be in a rush to get plants outside. As mentioned above, plant warm season crops outside 2 to 3 weeks after average last frost when the soil has warmed and nighttime temperatures are regularly above 45°F. Additionally, prepare plants for the outdoor life by hardening them off for a week or two before transplanting. Reduce the amount of water they receive and increase their exposure to sun, wind, and cool temperature by placing them outside in a lightly shaded area for increasingly longer periods.

Choose a still, cool, cloudy day to plant outside or plant late in day if sunny. In a prepared area loosen soil and dig holes large enough to accommodate the root system and at proper spacing that is specified on the seed packet or in another resource. Carefully slide the well-watered plants out of their containers using the stem to place them in their holes. Tap the soil gently around transplants to achieve good root to soil contact. Keep soil moist for first week or two to allow seedlings to establish roots.

Keep records of what you did and when you did it. Your observations will be critical in fine-tuning your planting strategies and schedule in the years ahead to achieve success in producing the best vigorous, sturdy, short, dark green transplants.

Source: www.gardening.cornell.edu





COVID-19 PREVENTATIVE MEASURES


HOMEMADE HAND SANITIZER

In the absence of the availability of commercial hand sanitizers, the World Health Organization recommends the following recipe for homemade hand sanitizer as part of their COVID-19 response.
These ingredients can typically be found at drugstores and some supermarkets.

WHAT YOU NEED	WHAT TO DO
<ul style="list-style-type: none"> • Small spray bottle • 1 teaspoon of 3% hydrogen peroxide • 1 tablespoon of 98% glycerin • Isopropyl alcohol and sterile distilled or boiled cold water in ONE of the following combinations: <ul style="list-style-type: none"> • 1 cup + 2 tablespoons of 99% isopropyl alcohol PLUS 1/4 cup + 1 teaspoon water • 1 cup + 3 tablespoons of 91% isopropyl alcohol PLUS 2 tablespoons + 2 and 1/2 teaspoons water 	<ol style="list-style-type: none"> 1 Pour alcohol into a medium container, ideally with a pouring spout 2 Add hydrogen peroxide, then glycerin and stir 3 Measure and add water 4 Sanitize spray bottles by adding in a small amount of leftover alcohol, swirling around and allowing to air dry 5 Fill bottle with solution and label clearly with contents.

USING HAND SANITIZER

To use, spray on all surfaces of your hands and rub them together until they feel dry.



These small quantity recipes are derived from WHO's Guide to Local Production: WHO-recommended Handrub Formulations

NC STATE

EXTENSION

Stay informed: go.ncsu.edu/covid-19
www.cdc.gov/coronavirus/2019-ncov

Updated March 16, 2020

NC STATE

UNIVERSITY



Cooperative Extension Tompkins County

Compost Education
Education Center
615 Willow Avenue
Ithaca, NY 14850-3555

Rotline 607.272.2292
for compost help
acm1@cornell.edu
www.cceetompkins.org/compost



BASICS

- ▼ “Composting” means the controlled decomposition (decay) of organic material such as yard trimmings, kitchen scraps, wood shavings, cardboard, and paper.
- ▼ “Compost” is the humus-rich material that results from composting.
- ▼ Compost contributes nutrients and beneficial life to the soil, improves soil structure, and helps prevent runoff that can pollute rivers and lakes.
- ▼ Compost helps the soil absorb and retain nutrients and moisture, and protects plants from diseases and pests. Better moisture retention means less watering, allowing you to conserve water and reduce runoff pollution.

COMPOST BENEFITS

Compost makes good mulch. It can also be mixed into garden and potting soils.

Nutrients. Compost contains the full spectrum of essential plant nutrients. However, you should test the nutrient levels in your compost and soil to determine what supplements your landscape requires. Ask your county extension agent for more information.

- ▼ Compost contains micronutrients such as iron and manganese that are often absent in synthetic fertilizers.

Composting

- ▼ Compost releases its nutrients slowly, over several months or years.
- ▼ Soil enriched with compost retains fertilizers better than lifeless soil does. Less fertilizer runs off to pollute waterways.
- ▼ Compost balances both acid and alkaline soils, bringing pH levels into the optimum range for nutrient availability.

Soil Structure. Compost helps bind clusters of soil particles (aggregates). Soil rich in aggregates is full of tiny air channels and pores that hold air, moisture, and nutrients like a sponge.

- ▼ Compost helps sandy soil retain water and nutrients that would normally wash right through the sand.
- ▼ Compost breaks up tightly bound particles in clay or silt soil, allowing roots to spread, water to drain, and air to penetrate.
- ▼ Compost alters the texture and structure of all soils, increasing their resistance to erosion.
- ▼ Compost particles attract and hold nutrients strongly enough to prevent them from washing out, but loosely enough so that plant roots can take them up as needed.
- ▼ Compost makes any soil easier to work and cultivate.

Beneficial Soil Life. Compost introduces and feeds diverse life in the soil, including bacteria, insects, worms, and more, which support vigorous plant growth.

- ▼ Compost bacteria break down mulch and plant debris into plant-available nutrients. Some soil bacteria also convert nitrogen from the air into a plant-available nutrient. Beneficial insects, worms, and other organisms are plentiful in compost-enriched soil; they burrow through the soil keeping it loose and well aerated.
- ▼ Compost suppresses diseases and harmful pests that overrun poor, lifeless soil.

Water Quality. Compost increases soil’s ability to retain water and decreases runoff. Runoff pollutes water by carrying soil, fertilizers, and pesticides to nearby streams.

- ▼ A 5 percent increase in organic material quadruples the soil’s ability to store water.
- ▼ Compost promotes healthy root growth, which decreases runoff.
- ▼ Compost can reduce or eliminate your use of synthetic fertilizers.
- ▼ Compost reduces the need for chemical pesticides because it contains beneficial microorganisms that protect your plants from diseases and pests.

Be sure to contain your compost pile so that it doesn’t wash off your yard during a rainstorm. An excess of nutrients in water can deplete the oxygen available to fish and other aquatic life.

Prevent Lyme Disease

Before gardening, camping, hiking, or just playing outdoors, make preventing tick bites part of your plans.



Lyme disease is spread by the bite of an infected tick. In the United States, an estimated 300,000 infections occur each year. If you camp, hike, work, or play in wooded or grassy places, you could be bitten by an infected tick.

People living in or visiting New England, the mid-Atlantic states, and the upper Midwest are at greatest risk. Infected ticks can also be found in neighboring states and in some areas of Northern California, Oregon and Washington. But you and your family can prevent tick bites and reduce your risk of Lyme disease.

Protect Yourself from Tick Bites

Know where to expect ticks. Blacklegged ticks (the ticks that cause Lyme disease) live in moist and humid environments, particularly in and near wooded or grassy areas. You may get a tick on you during outdoor activities around your home or when walking through leaves and bushes. To avoid ticks, walk in the center of trails and avoid walking through tall bushes or other vegetation.

Reported Cases of Lyme Disease -- United States, 2017



1 dot placed randomly within county of residence for each confirmed case

Though Lyme disease cases have been reported in nearly every state, cases are reported from the infected person's county of residence, *not* the place where they were infected. Visit [cdc.gov](https://www.cdc.gov) for more Lyme disease data.

Repel ticks on skin and clothing. Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. EPA's helpful search tool can help you find the product that best suits your needs. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth. Use products that contain permethrin on clothing. Treat clothing and

gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

- The Environmental Protection Agency (EPA) has an online tool to help you select the repellent external icon that is best for you and your family. (<https://www.epa.gov/insect-repellents/find-repellent-right-you>)
- For detailed information about preventing ticks on pets and in your yard, see Lyme Disease Prevention and Control (<https://www.cdc.gov/lyme/prev/index.html>).
- For detailed information for outdoor workers, see NIOSH Safety and Health Topic: Tick-borne Diseases (<https://www.cdc.gov/niosh/topics/tick-borne/>).

Perform Daily Tick Checks

Check your body for ticks after being outdoors, even in your own yard. Search your entire body for ticks when you return from an area that may have ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body and your child's body for ticks:

Blacklegged Tick (*Ixodes scapularis*)



- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist

Check your clothing and pets for ticks because they may carry ticks into the house. Check clothes and pets carefully and remove any ticks that are found. Place clothes into a dryer on high heat to kill ticks.

Remove Attached Ticks Quickly and Correctly

Remove an attached tick with fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small; however, other diseases may be transmitted more quickly.

Over the next few weeks, watch for signs or symptoms of Lyme disease such as rash or fever. See a healthcare provider if you have signs or symptoms. For more information, see tick removal.

Be Alert for Fever or Rash

Even if you don't remember being bitten by a tick, an unexpected summer fever or odd rash may be the first signs of Lyme disease, particularly if you've been in tick habitat. See your healthcare provider if you have symptoms.

Prevent Ticks on Animals

Prevent family pets from bringing ticks into the home by limiting their access to tick-infested areas and by using veterinarian-prescribed tick prevention products on your dog.

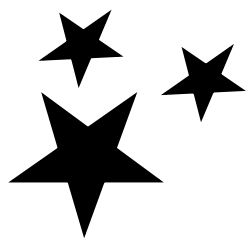
Create Tick-safe Zones in Your Yard

Modify your landscaping to create "Tick-Safe Zones." It's pretty simple. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Regularly remove leaves, clear tall grasses and brush around your home, and place wood chips or gravel between lawns and wooded areas to keep ticks away from recreational areas (and away from you).

- **Use a chemical control agent.** Use acaricides (tick pesticides) to reduce the number of ticks in treated areas of your yard. However, you should not rely on spraying to reduce your risk of infection.
- **Discourage deer.** Deer are the main food source of adult ticks. Keep deer away from your home by removing plants that attract deer and by constructing barriers (like a fence) to discourage deer from entering your yard and bringing ticks with them.

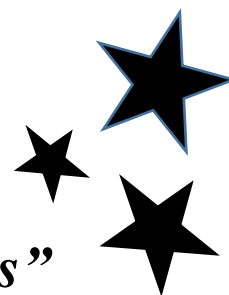
Source: <https://www.cdc.gov>





...COUNTY FAIR...

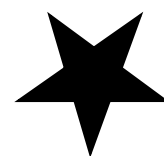
July 21-25, 2020



2020 Theme: “A Celebration of Generations”

**Entries must be completed online at:
<http://lewiscountyfair-ny.fairentry.com/>**

Fair Season is right around the corner! Do you know what you need to prepare? Watch your mail for the 4-H Fair Guide and look over the list below to make sure you meet important deadline dates.



YOUTH BUILDING:

- Online Entries due **by Wednesday, July 15th**
- Entries will be evaluated in the Youth Building on **Friday, July 17th from 1-4pm**
- Clubs should start planning your display booth. Remember to reserve your “SPOT” early. Every club is encouraged to display in the youth building. Our goal is to have 100% participation. We can do it – TOGETHER!

ANIMALS:


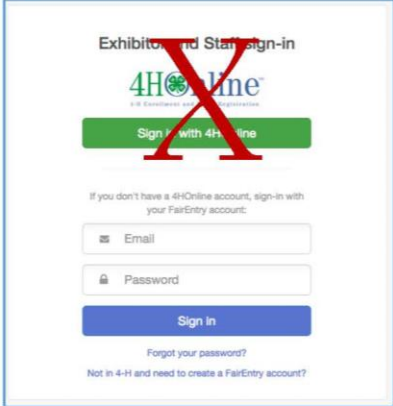
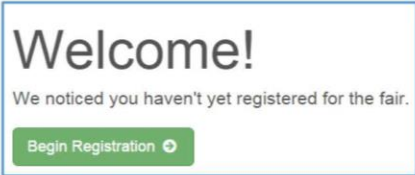
- Submit large animal identification certificates **BY June 1st** to the 4-H office (copies at the 4-H office or online at ccelewis.org under the 4-H Youth Development/4-H Forms section.
- Horse exhibitors need to have copies of their current negative Coggins as well as their current rabies certificate on file at the 4-H office **by June 1st**.
- Read the Youth Department rules in the Lewis County Fair Book.
- 4-H Animal Entries **WILL BE ONLINE SUBMISSION ONLY by June 5th**.
- Animals must be in place at fairgrounds on **Monday, July 20th by 9:00pm**
- All animal entries must have their current health records with them at the fair and be prepared to produce them upon request.
- If you are planning to exhibit poultry at our fair, they must be certified pullorum free. NYS Ag & Markets will perform this **mandatory pullorum test at the Cooperative Extension Office on Thursday, June 25th at 5:30PM**.
- Horse Barn Clean Up Day – **Wednesday, June 3rd – 6:00-8:00pm**
- Small Animal Building Clean Up Day, **Saturday, June 20, 9:00am** until finished.
- Ownership Rules – Most project animals must be owned by the 4-H'er to be exhibited at the county and state fair. The name of the 4-H'er must appear on the registration certificate as the owner. However, horses can be family owned instead of owned by the 4-H'er. If you do not own your project animal, you will need to submit a non-ownership form to the 4-H Office **by June 1st**.



Please contact the 4-H Office with questions at 315-376-5270.



Entry Process

<ol style="list-style-type: none"> 1. Enter projects for the Lewis County Fair at: http://lewiscountyfair-nv.fairentry.com <i>Recommended Internet Browsers: Google Chrome or Firefox. Older versions of Internet Explorer may cause unexpected results. Fair Entry will work on any device with an internet connection... computer, tablet or smartphone.</i> 	
<ol style="list-style-type: none"> 2. If you have registered for a Fair with FairEntry before, enter your login information. 3. If you have not registered with FairEntry before, select to Create a New Account. Follow the instructions to create your account. <p>Note: Lewis County 4-H families do not have a 4-HOnline family account... please login with a FairEntry account.</p>	
<ol style="list-style-type: none"> 4. Click "Begin Registration" 5. Enter information and review your entries for completeness and accuracy. 6. Once all entries have been entered for exhibitors in your family, submit for approval. 	
<p style="text-align: center;">TIPS</p> <ul style="list-style-type: none"> • Be sure to complete your entries (including the final "Submit" step) prior to the cut-off date. Entries are not final until they have been submitted. • Register all entries for each exhibitor in the family before proceeding to the Payment section (4-H is free). If you are entering open classes that have a fee it is not required to pay online this year. You can pay when you pick up forms, etc. at the fair office. • Check your email inbox for a confirmation email with a list of your entries and any related fees. • Make sure to visit the Lewis County fair web-page at www.lewiscountyfair.org for the most up to date information and assistance in using the new system including some videos. • Youth Animal Online Entry Deadline: June 5th. Animal need to be in place at the fairgrounds by 9pm on July 20th. • Youth Building Online Entry Deadline: July 15th. Exhibits will be entered online. Projects will be evaluated at the fairgrounds in the LeRoy Nichols Building on Friday, July 17th from 1-4pm. There will be fair entry cards available at the youth building on evaluation day if you are unable to complete the online entry process. 	



County Fair 4-H Jr. Superintendents

Applications due to the office by Friday, June 26th

HELP WANTED: Youth Building & Small Animal Building – 15 positions available!

REQUIREMENTS:

- Entering at least **6th grade**
- 18 hours for the week
- Variety of responsibilities
- Explain 4-H to the public
- Assist with activities
- Aid the judges during evaluations



**Superintendents MUST attend an orientation/training session on
*JULY 17th from 9am to Noon.***

TASKS MAY INCLUDE:

- **Chick Exhibit Maintenance** -- to include feeding, caring and answering the public's questions regarding the chicks.
- **General Maintenance** -- watering flowers and plants, picking up litter, sweeping, dusting, and general building clean up.
- **4-H Public Relation Activities** -- These activities will introduce the public to 4-H, assigned by 4-H staff (demonstrating a project, handing out promotional materials, etc.)

>There is a \$40.00 premium for this leadership role<

THERE ARE ONLY 15 TOTAL SPOTS AVAILABLE.

Return your application to the 4-H office by June 26th to be eligible.

2020 COUNTY FAIR 4-H JUNIOR SUPERINTENDENT APPLICATION

NAME _____

ADDRESS _____

PHONE _____ CLUB _____

GRADE (entering in the fall) _____ NUMBER OF YEARS IN 4-H _____

NUMBER OF YEARS AS A JUNIOR SUPERINTENDENT _____

Please number your preferences on where you want to work: (1st, 2nd, 3rd choice)

Small Animal Barn _____ Youth Building _____ Both _____

List any FAIR experiences (both county and state).

List the skills you have that will help you do this job well. (example: public speaking, working with others as a team, animal science or other project area, etc.)

Do you have any other commitments during Fair week we need to work around your schedule? (example: public presentations, animal shows, family vacations, etc.)

PLEASE RETURN THIS FORM TO:

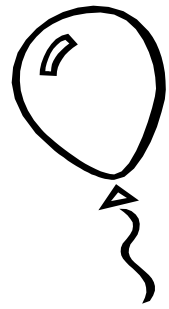
Cornell Cooperative Extension, 4-H Office,
7395 East Road, Lowville, New York 13367 or email lewis@cornell.edu

Deadline: June 26, 2020

JOB DESCRIPTION

Lewis County Fair 4-H Jr. Superintendent YOUTH BUILDING & SMALL ANIMAL BUILDING

Supervised by 4-H Staff



General Description of Tasks & Responsibilities:

Youth Building:

- Responsible for assisting with the evaluation process of project entries on Friday in the Youth Building.
- Will assist in general maintenance of Youth Building to include watering flowers and plants, picking up litter, sweeping and general cleaning.
- Participate in public relation activities to promote and introduce the public to 4-H
- Will interact with the public by assisting with project area demonstrations and activities.



Small Animal Building:

- Jr. Superintendents will be responsible for assisting judges with record keeping on show days. They shall also provide additional support as needed for events in the animal buildings including small animal, horse and dairy buildings.
- Responsible for feeding, care and answering the public's questions about the chick exhibit.
- These youth will assist in daily maintenance of Small Animal Building to include watering flowers and plants, picking up litter, raking, sweeping and general cleaning.
- Jr. Superintendents will encourage youth and assist where needed in Small Animal Building to have exhibits fed, watered and cleaned out by 9:00 a.m. daily.
- They will participate in public relation activities to promote and introduce the public to our 4-H program. They will also interact with the public by answering questions related to 4-H and animal exhibits.

Skills and Abilities Required:

1. Public Speaking.
2. Knowledge of Lewis County 4-H.
3. Possess a pleasing personality and appearance.
4. Ability to work with large groups and moving audiences.
5. Willing to receive direction from 4-H Staff.
6. Enthusiastic.

Eligibility Requirements:

1. Must be entering at least 6th grade.
2. Must be able to devote 18 hours to the program. (scheduling for the week will be flexible so as to be able to accommodate junior superintendent's other fair happenings.).
3. Demonstrate responsibility.
4. Must attend orientation/training session (July 17th).

Training and Orientation Needed:

1. Mandatory training will be held on July 17 from 9am-noon - for all applicants that are accepted for this leadership opportunity. Upon selection, participants will receive a letter of notification. Location of training will be in this communication.

Expected Results:

1. Junior Superintendent will gain more ease in public speaking situations.
2. Junior Superintendent will gain valuable work experience and improve leadership skills.
3. There is a \$40.00 premium for successful completion of this Junior Superintendent position.

Stewarts Holiday Match Program

Cornell Cooperative Extension of Lewis County, as well as our 4-H members and families, wished to reach out and thank Stewarts Shops for donating six-hundred-dollars to our 4-H youth program. This generous donation provided by Stewarts Shops through the Holiday Match Program will provide 4-H extension educators the ability to purchase supplies and materials utilized to provide essential hands-on educational learning

experiences to youth within Lewis County. A few of these opportunities include the North Central Regional Dairy Bowl, Conservation Field Days, Career Ex, and various STEM projects and activities that allow youth the chance to explore their passions outside the classroom as well as identify future career opportunities.

In a time when community involvement is essential to growing and providing brighter futures, we are incredibly fortunate and thankful to have Stewarts Shops as part of our community in Lewis County. To learn more about the Holiday Match program and additional Stewarts Shops contribution programs, please visit <https://www.stewartsshops.com/community-giving/>.



Tractor Safety Tips

1. Know your tractor
2. Never start in a closed shed
3. Use roll-over protection structures and wear a seatbelt
4. Never allow passengers
5. Never leave a tractor engine running
6. Take your time and use common sense
7. Avoid loose-fitting or torn clothing while working with equipment



For more information, visit farmsafety.mo.gov

MASON BEE HOUSE PROJECT

Materials:

- 1 empty tin can, label removed and washed.
- spray paint in your desired color (optional)
- rolls of scrap paper, hollow bamboo stalks, or hollow reeds to put inside
- Nail and hammer to make a hole in the can
- String to hang your mason bee house

Tools:

- Nail
- Hammer

Instructions:

- Cut your stalks of bamboo/hollow reeds to whatever length is needed to fit the can
- Using a thick nail and hammer, make a hole in the bottom of the can to thread the twine through
- Paint the tin can if desired
- Thread the string through the hole and knot the end
- Add the hollow structures inside the can, packing as tightly as possible
- Hang your mason bee house wherever you want your bees to hang out.



Materials for this project can be found for free at the 4-H Office, in the foyer of the Lewis County Educational Center located at 7395 East Road Lowville, New York 13367.

PHOTOSYNTHESIS LAB



Problem:

What do plants need to grow? What happens to a plant that does not have sunlight or water?

Materials:

Twelve small, bean plants are suggested. Only four plants are necessary, but it's good to have the extras in case one or two don't make it for reasons outside of the experiment. Sharpie for labeling pots A sunny place A dark place (e.g., a closet) Water and watering container Paper and pencil/crayons for recording results.

Procedure:

1. Begin with 12 small, healthy plants. Divide them into four groups.
2. Label the pots with words or simple pictures, three pots each: sun, water, sun and water, nothing (neither sun nor water).
3. Keep the "sun" plants in the sunny spot; keep the others in the dark place.
4. Water the "water" plants daily or as necessary for your climate. Do not water the others.
5. Check on the plants daily and record your findings in a chart labeled with the date along the left and each of the four categories along the top.

Additional Ideas:

- Have youth create drawings of the plants.
- Ask what color the plants are, how tall they are, and how do they feel.



4-H Small Animal Barn Clean-Up Day

Where: Lewis County Fairgrounds

When: **Saturday, June 20th - 9:00 AM until done**

We will be cleaning out pens and setting up cages; wear your old clothes and sneakers.



Horse Barn Clean-up Day

Wednesday, June 3rd, 6-8 PM

Bring shovels, rakes and a smile! All who are competing in horse events at the Closed Show and Fair should plan on helping.

4-H Horse Riding Evaluations

The 2020 show season is quickly approaching! It is time to start thinking about paperwork for the upcoming horse show season. Those who are new to the 4-H horse program, moving up a riding level, planning on jumping or riding a different horse must have a riding evaluation. A small committee will observe the rider and upon their findings, place them in the appropriate riding level. This is for safety and to ensure the rider and horse combination is in the proper division.

NOTE: Riding evaluations need to be done before the Closed Show on June 6th.

If you are new, or know you will be moving up a level, please contact Rob at the 4-H office at 315-376-5270 to set up your evaluation appointment.



Animal Identifications Due by June 1st, 2020

Forms are on our website at: <http://ccelewis.org/4-h-youth-development/4-h-forms>



Upcoming Pullorum-Typhoid Clinic

When: Thursday, June 25th, 2020 @ 5:30 PM

Where: Lewis County Educational Center
7395 East Road, Lowville, NY

Will you be showing birds this upcoming Fair season? Don't miss our Pullorum/Typhoid testing date. It will be held at Cooperative Extension on Thursday, June 25th at 5:30 PM. All poultry that will be shown at the county and state level need to be tested. Birds must be at least four months (16 weeks) old. Chickens, turkeys, guinea fowl, peacocks, pheasants & quail are eligible. Pigeons and waterfowl are exempt from testing. There will NOT be testing prior to the poultry show at the county fair. This is a free service conducted by the NYS Department of Agriculture and Markets, registration through the office is not required but preferred at 315-376-5270.



IMPORTANT: The turkey testing procedure is different, and the blood test is not immediate. Please inform the office as soon as possible if you plan on testing a turkey.

National Volunteer Month



April is 4-H Volunteer Month, and Cornell Cooperative Extension of Lewis County wished to highlight four of its many wonderful volunteers who generously give their time and dedication towards our organization to educate 4-H youth. Through their selfless act of volunteering, 4-H leaders help to guide and support local youth grow in a wide array of subject matters ranging from topics such as animal husbandry to sewing and cooking. Through these lessons and workshops, they help develop essential and healthy skills for youth that can be utilized throughout their lives, helping to shape compassionate, productive members of their community. For this, we would like to highlight and thank all they do for our organization, youth, and community.

Windy Klossner

Windy has been the leader of the Turin Tigers Club along with Lorelle Sherman since 2012. These two club leaders became involved in the club as they both wanted their children involved in 4-H activities however did not have any preexisting clubs within the South Lewis area. Seeking to provide opportunities for her family and friends similar to what Windy was able to experience as a 4-H member of the Turin Turtles, she organized a group, and the Turin Tigers was created. The Turin Tigers, which now consists of 30 members ranging from cloverbud's to teens, participates in many various activities. However, a few of the group favorites include sewing, a community service project for a local church as well as a holiday Thanksgiving meal which they all create and share. Windy's favorite part of being a 4-H Volunteer Leader is the opportunity to see youth hone their public speaking skills and the comradery her youth share with one another.



Creedence Cathey



Creedence has been the leader of the 4-H small animal club for the past three years and became involved with this program as her family had a small hobby farm and sought a greater interest in learning more about animals as well as ways to participate in county and state fair. Her club consists of fifteen members whose participants primarily focus on 4-H animal science with each monthly meeting highlighting a different animal. In addition to teaching about animal's youth involved in this group participate in a dog shelter clean up annually as well as participate in the paper clover fundraiser. Her greatest strength comes from her willingness to try new programs and create engaging activities for her youth as well as additional enthusiastic leaders involved to help with club programs. These other leaders, which include Monica & Marion Reed, are always willing to help co-teach with Creedence allowing the group the unique ability to share their knowledge and skillsets with the group. Creedence's favorite part of being a 4-H leader is the ability to watch members grow and learn throughout their time in the club and throughout County Fair.

Steve and Evy Bernat

Steve and Evy Bernat have been involved with 4-H for almost 30 years. Evy has been an educator, a leader for Small Animal Club, and a 4-H parent. The reason these two started volunteering in 4-H was because of the kids, not just their own but the joy and success of all the kids that participate in 4-H. Today both Steve and Evy are leaders of Lewis County's 4-H Shooting Sports club. The Bernat's found interest in Shooting Sports after attending a volunteer training, and they have since then dedicated a lot of their time to the organization and training that comes along with being a club leader. Before being a part of Shooting Sports, Evy was the leader of the Small Animal Club trying to fill the void of our county's needs. They say they continue to volunteer their time with 4-H because they see the long lasting relationships that are built not only with the kids but the parents as well. Steve and Evy continue to donate their time and energy because they are proud of the success that shines through their kids day after day and year after year. We appreciate everything that they do not only for their club but for the community and our 4-H program in general!



Cathy Littlefield-Bush

Cathy has been involved in 4-H since she was just a little girl, participating in multiple events including showing cows at the fair, dairy bowl, attending 4-H camps and more. She was highly involved and able to travel to various places meeting all sorts of people that she still stays in contact with today. After aging out of 4-H Cathy was asked to come back as a volunteer for help with the dairy bowl team. She enjoys giving back and wants the youth of our county to have the same great experiences and opportunities that she did, and that is why she has decided to further her volunteering into a club leadership position. As a leader she enjoys seeing what 4-H has to offer, "I love that 4-H allows for youth of all ages and interest levels to come together to learn, grow and develop interests that may not have had an opportunity to experience before." Cathy is now a leader of our Lewis County 4-H group called Blue Jeans and Boots, she likes to keep their club traditional, which means they do not focus just on one topic or subject matter. She states that she wants her youth to be well rounded in various topics and activities, they participate in cooking, sewing, wood working projects, crafts, public speaking and more. Cathy states, "This is what keeps me volunteering as a 4-H leader; the opportunity to give back to our youth so that they develop leadership skills, have experiences that give them choices for the future and gives them the chance to make lifelong friends." Volunteers like Cathy help this program to thrive, and we are so thankful to have her.



4-H Survey

We are working to provide program in this no contact world we are currently living in. We are curious about what type of programming you would like, age groups, time of day, platforms (Facebook, Website, Zoom) etc.

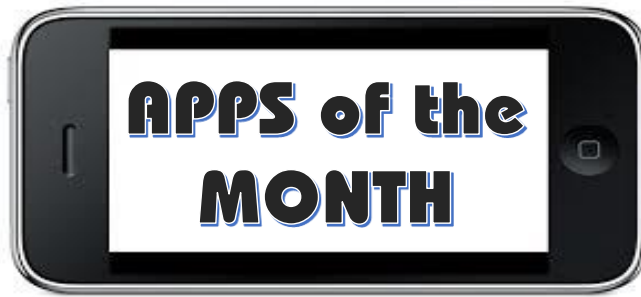


If you have any thoughts or suggestions please email lewis@cornell.edu.

In the meantime we continue to add youth activity resources on our website 4-H page at <http://ccelewis.org/4-h-activities-ideas>

Again, if we can be of assistance please don't hesitate to reach out to any of us.

Thank you,
Cornell Cooperative Extension 4-H Staff



Grow & Tell Gardening App

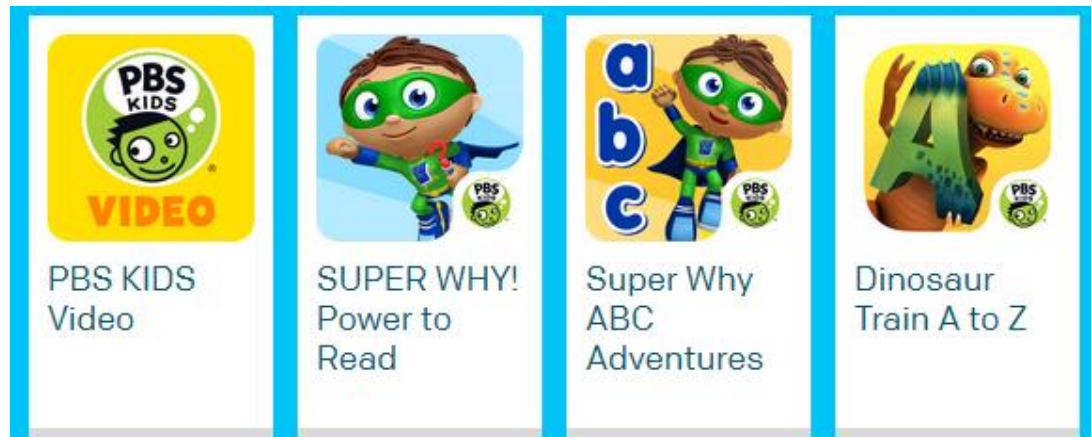
What grows where? On Grow&Tell, share what vegetables grew well, which didn't grow so well, and which ones tasted best. See what other gardeners near you are growing, and download your own personal gardening journal. The free app is available on the App Store for iPhones, Google Play for android phones or as a website at www.growandtell.us. Development of the app was funded by a grant from the eXtension Foundation to promote innovation in the Cooperative Extension Service.

Source: <https://news.uaf.edu>



PBS KIDS

The PBS KIDS Video app gives kids and parents access to thousands of free videos, including full episodes and clips from top PBS KIDS series. With this app, kids can watch their favorite PBS KIDS shows anytime, anywhere! PBS KIDS



offers all children the opportunity to explore new ideas and worlds through media. Stream the PBS KIDS 24/7 channel on the app for free (no subscription or login required). Tap the "LIVE TV" button to watch what's airing on your local PBS station right now.

Child-Safe: The app provides a safe, child-friendly viewing experience for all ages. Kids can easily browse and watch videos at home, on the road, or anywhere with a mobile or WiFi connection.

Parent Resources

The app also includes features that parents can access through the Grownups tab including:

- Learn more about a TV series, such as intended age and learning goals.
- Download related PBS KIDS apps.

Available at: <https://pbskids.org/apps/filter/app/>



Cooperative Extension of Lewis County
7395 East Road
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315-376-5270

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Due to the ongoing Coronavirus Disease 2019 (COVID-19) pandemic all information is subject to change for the health, safety, and well-being of our community.



Cornell Cooperative Extension of Lewis County Contacts

Cornell Cooperative Extension of Lewis County remains committed to providing needed services to our county residents. The Association is currently making plans to hold meetings and learning opportunities remotely and over a variety of social media platforms. Stay tuned! The Extension office is not open to the public and has moved to remote operations. Contact the office at 315-376-5270. Stay Safe!

Website: www.ccelewis.org

General Email: lewis@cornell.edu

Facebook: <https://www.facebook.com/CornellCooperativeExtensionOfLewisCounty/>
<https://www.facebook.com/lewiscounty4h/>

Twitter: <https://twitter.com/lewisccce>

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Sign up to receive our emails at...

<https://mailchi.mp/74ec9472b999/ccelewis>

A link is also on our website
at www.ccelewis.org

