Extension Connections

October 2024… Volume VIII Issue 9

Cornell Cooperative Extension of Lewis County News

In This Issue

HELLO October!

Cornell Cooperative Extension | Lewis County

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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 Agriculture by Cooperative Extension.

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 E. Ledoux

Michele Ledoux
Executive Director

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

LEWIS COUNTY 4-H STATE FAIR RESULTS 2024

The hard work and perseverance have paid off. Congratulations on your well-deserved success! You're all an inspiration to other 4-H youth in Lewis County. Wishing you even more success in the future.

In 2024, several Lewis County Youth brought their 4-H Projects to the State Fair to grow their learning and experiences. This is the culmination of a year's worth of hard work and learning. Their hard work represents the best in New York State. Lewis County 4-Hers brought their best to the New York State Fair for the following 4-H and Youth Shows in 2024:

Dairy Cattle:

Showmanship: Caroline Murdie, Ava Chang, Carly Snyder, Chase Snyder, and Caleb Bush

Judging: Caroline Murdie, Augustus Scoville, and Caleb Bush

Youth Breed Classes:

Holstein: Landon Peters – Blue/Winter Yearling Heifer, Megan Klossner – Blue/Summer Yearling Heifer, Augustus Scoville – Blue/Winter Calf Heifer, Augustus Scoville – Blue/Spring Calf Heifer, Jackson Peters – Red/Spring Calf Heifer.

Ashier: Meghan Klossner – Hon Mention/Jr. 2 Year Old

Jersey: Ava Chang – Blue/Winter Calf Heifer

Brown Swiss: Carly Snyder – Blue/Fall Calf Heifer

Guernsey: Caleb Bush – Blue/Fall Calf Heifer, Blue/Fall Yearling Heifer in Milk, Blue/Jr 2 Year Old Cow

18 U.S.C. 707

Horse:

Western: Malorie Hawn – Showmanship 4tt,

Road Hack 6th, Horsemanship 4th,

Western Discipline Rail 6th

Poultry:

Showmanship: Deacon Fuller, Autumn Tebo, and Tristyn Gutierrez

Breed Classes:

American: Autumn Tebo – Blue Premium

NSO: Deacon Fuller – 2 Blue Premium, Blue, and Red

Bantam: Tristyn Gutierrez – Blue Premium

Rabbit & Cavey :

Showmanship: Caroline Murdie, Mikaedyn Graves, Mayliana Graves, Tristyn Gutierrez, and Deacon Fuller

Breed Classes:

Blue Eyed White Holland Lop: Caroline Murdie – Red

Lionhead: Mikaedyn Graves – Best of Breed

Dwarf Hotot: Mayliana Graves – Best of Breed

Rhinelander: Tristyn Gutisrrez – Best of Breed Doe, Res. Best of Breed Buck

Rabbit and Cavey Decathlon: Caroline Murdie, Mikaedyn Graves, Mayliana Graves, Tristyn Gutierrez, and Deacon Fuller

Youth Building:

Cloverbuds: Emma Goad, Jordan Aubin, Koraleigh Horahan, Callan Thomas, and Maeve Thomas

Hobby Crafts and Home Environment: Jordyn Kurta – 2 Blue, Colin Sullivan – 2 Blue, Kilmeny Keller – 1 Blue and 1 Red, Deacon Fuller – 1 Blue

Photography: Caleb Bush – 1 Red, Abigail Kurta – 1 Blue, Colin Sullivan – 1 Blue, Aurora Dietrich – 1 White, Morgan Walters – 1 Blue

Horticulture: Caleb Bush – 1 Blue

STEM: Kane Walters – 1 Blue, Cuyler Keller – 1 Blue, Kipp Keller – 1 Blue, Evan Baxter – 1 Red

YOU'RE INVITED!

ALL LEWIS COUNTY 4-H YOUTH AND THEIR FAMILES ARE ENCOURGED TO JOIN IN THE CELEBRATION FOR ACHIEVEMENT NIGHT!

PLEASE PLAN TO JOIN US IN CELEBRATING THE 2023-2024 PROJECT YEAR

DATE: MONDAY, OCTOBER 21, 2024

TIME: 6:00 – 8:00 PM

LOCATION: CCE LEWIS, 7395 EAST RD., LOWVILLE

WE WILL CELEBRATE WITH AN AWARDS CEREMONY AND AN ICE CREAM SUNDAE BAR!

PLEASE RSVP BY OCTOBER 14

PHONE: 315-376-5270 EMAIL: lewis_4h@cornell.edu

4-H SPARKS CLUB

We meet the first Monday of the month unless it's a holiday (then it's the following week). All registered 4-H youth are welcome to come and join us!

Time: 6:00 pm – 8:00 pm

October 7th– Let's Make Butter

November 4th – Give Thanks

December 2nd – Holiday Ornaments

January 6th – Kindness Month

February 3rd – Winter Fun Activity

March 3rd – Maple

April 7th – Mini Green Houses

May 5th – What Can You Catch and Learn About Fishing

We will meet at the CCE Building in a classroom.

Look for a monthly update and more details in the Extension Connections newsletter and on the 4-H Facebook page.

Have Questions? Phone: 315-376-5270 Email: lewis-4h@cornell.edu

4-H Homeschool Club

Youth age 5-18 are welcome to attend, learn, and complete a fun, hands-on activity. Topics will vary every month.

Meetings will be held at the CCE Lewis from 1:00 – 2:30 pm

Dates are as follows: Wednesday

October 9th, November 13th, and December 11th

All youth must attend with an adult. Enrollment in 4-H will be required.

For more information, and to pre-register, please contact the office.

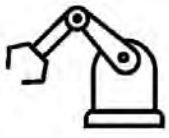
Phone: 315-376-5270 Email: lewis-4h@cornell.edu

4-H ROBOTICS CLUB

Meeting: on Wednesday

Dates: October 16th, November 13th, December 11th

Time: 6:00 – 7:30 pm



Youth Aged 10+ are welcome.

Location: CCE Lewis County, 7395 East Rd, Lowville

For more information, Email: lewis-4h@cornell.edu Phone: 315-376-5270

4-H Sparks Club

Monday October 7th

Time: 6:00 pm – 8:00 pm

Location: CCE Lewis County,7395 East Road, Lowville

Come churn up something tasty with this fun activity!

Learn how to make your own butter!

Who doesn't love butter? In this activity, you will learn about where butter comes from and how to make your own butter!

It's Time for 4-H Enrollment!

September is the time to become a 4-H member or renew your membership.
Are you interested in what Lewis County 4-H has to offer?

Who can be a 4-H member? Young people ages 5 to 19 are invited to join. 4-H is open to everyone regardless of race, religion, ethnicity, gender, or place of residence.

What is 4-H? 4-H is the Youth Development program of Cooperative Extension. 4-H programs use the 4-H Essential Elements to create the context of Positive Youth Development and engaging learning opportunities. Young people in the 4-H community learn leadership, citizenship, and a vast array of life skills that benefit them for the rest of their lives. 4-H members pledge themselves to build a better community, country, and world.

If you are interested in all that 4-H has to offer and would like to join.

Contact: CCE Lewis Office, 7395 East Road, Lowville

Phone: 315-376-5270 Email: lewis-4h@cornell.edu

Introducing Denise DeVoe

Our New 4-H Youth & Family Team Leader

Hello 4-H and CCE Families! I wanted to take a minute to introduce myself as the new 4-H Youth and Family Team Leader.

I am relatively new to the 4-H world, but I have been working with children and families in and around Lewis County for the past twenty years. Prior to joining the CCE team, I worked for the Department of Social Services for just over ten years. Through my time at the Department I was able to meet some of the most wonderful, caring people; and I learned just hoe fortunate I am to have been raised in our community. So when the opportunity arose to help enrich the lives of our youth, I jumped in head first!

Though born just outside Talcotville, I live in Boonville with my family where we run Bonnie Brooke Farm. You may recognize our giant rock with the painted cow. If not, we also sell the world's best sweet corn, but I may be a bit bias. 😊 I have two boys, a dog, and as anyone with a farm knows, far too many cats. I enjoy watching my children play football for ACS and you can find us at Boonville Lanes just about every Saturday morning from September to May.

I am thrilled to have been given this opportunity with the Lewis County 4-H program and can't wait to start bringing in some exciting new programs. I look forward to meeting all of you and helping our children discover their sparks!

Contact Information: Office: 315-376-5270 Cell: 315-405-0782 Email: dcd242@cornell.edu

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To the families, youth, volunteers and Lewis County Community:

October will mark a page that is turning, a chapter that is coming to an end. My time in the CCE Lewis office will be coming to a close in October. This change means that I will be moving and join my husband in a recent career change that has taken him to Western NY. I have been humbled by the people who have shown hospitality and grace in my time as 4-H Program Manager in Lewis County. I am grateful for the time, experiences and the people who have made the time here in Lewis County fruitful and meaningful for our youth, families and for me as a professional. Thank you for the growth, experiences, friendships and memories.

With Gratitude, Melissa Watkins

The Power of Play: How Fun and Games Help Children Thrive

By: Michael Yogman, MD, FAAP

More than just a chance to have fun, play is serious business when it comes to a child's health and development. From peek-a-boo to pat-a-cake and hide-and-seek to hopscotch, the many forms of play enrich a child's brain, body and life in important ways.

The American Academy of Pediatrics (AAP) clinical report, *The Power of Play: A Pediatric Role in Enhancing Development in Young Children*, explains how and why playing with both parents and peers is key to building thriving brains, bodies and social bonds—all important in today's world. Research shows play can improve children's abilities to plan, organize, get along with others and regulate emotions. In addition, play helps with language, math and social skills, and even helps children cope with stress.

A prescription for play

Despite its many benefits, statistics show that the amount of time children get to play has been declining for decades. Tightly structured family and school schedules, fewer safe places to play and rising media use and screen time are among the reasons. To help keep play a key part of childhood, pediatricians may begin writing a "prescription for play" at every well-child visit through age 2. Pediatricians also advise parents to look for quality childcare or preschool programs that include playful approaches to learning.

Age-specific ideas for playful learning

Learning is best fueled by tapping into a child's natural urge to play, rather than just outside factors like test scores. As they actively engage with and joyfully discover their world, children gain 21st century skills that increasingly call for teamwork and innovation.

The AAP encourages parents to use play to help meet their child's health and developmental milestones, beginning from birth. Some examples of ways to do this:

Birth to 6 months old

- **Playful learning can start with a baby's** first smile**.** Responding with a smile of your own is a form of play that also teaches a baby a critical social-emotional skill: *"You can get my attention and a smile from me anytime you want—just by smiling yourself."*
- **Imitate your baby's coos and babbles and have back-and-forth "conversation"** using your baby's sounds as a prompt. This sort of vocal turn-taking forms the basis of social language skills.
- **Show your baby interesting objects such as a brightly colored toy.** Let them bring safe objects to their mouth to explore and experience new textures.
- **Place your baby in different positions** so they can see the world from different angles. Supervised tummy time play is great for this.

7 to 12 months old

- **Make sure your baby has a safe environment** to crawl and explore.
- **Give your baby opportunities to learn that their actions have effects**—for example, when they drop a toy and it falls to the ground. Put a few toys within reach of your baby so they can take toys out and play with them.
- **Use a mirror** to show your baby their different facial expressions.
- **Play peek-a-boo.** This reinforces object permanence, the idea that something still exists even if you can see it. You'll know your baby gets the idea if you hide a toy under a blanket and they go looking for it.
- **Expose your baby to a variety of sensory experiences.** Taking them outside to play on the grass or catch bubbles, for example, is a great way to do this.

1 to 3 years old

- **When choosing child care and preschools**, look for those that include unstructured playtime. Playful learning, where children take the lead and follow their own curiosity, should be the main focus of high-quality early childhood education.
- **Let your child play with blocks, empty containers, wooden spoons, shape sorters and puzzles.** Simple and inexpensive objects are some of the best ways to support a child's creativity and grasp of how the world works. Remember, it is parents and caregivers' presence and attention that enriches children—not fancy electronic gadgets.
- **Give your child opportunities to play with peers.** This is a good age to try a parent-supervised playdate.
- **Help your child explore her body through different movements**—for example, walking, jumping and standing on one leg.
- **Provide opportunities for make-believe play**—for example, pretending to drink out of an empty cup or offering toys that enable pretend play.
- **Read regularly to and with your child.** Encourage pretend play based on these stories. Ask your child to tell you what else might happen in the story.
- **Sing songs and play rhythms** so that your child can learn and join in the fun. Encourage moving to the beat. Begin to introduce some age-appropriate games like Simon Says.

4 to 6 years old

- **Provide opportunities for your child to sing, dance and draw.** Activities that involve music and art support cognitive, social-emotional and multisensory skills.
- **Tell stories to your child** and ask questions about what they remember.
- **Give your child time and space to act out imaginary scenes**, roles and activities. You can provide dress-up clothes and props, but allow play to be unstructured. Remember that some boredom allows for creativity.
- **Allow your child to move between make-believe games and reality**—for example, playing house and helping you with chores.
- **Schedule time for your child to interact with friends** to practice socializing and building friendships. This are great opportunities to encourage sharing and cooperative play.
- **Encourage your child to try a variety of movements** in a safe environment—for example, hopping, swinging, climbing and doing somersaults.
- **Balance media use and screen time** to with "real world" activities. Age-appropriate media can have benefits for older children, especially if you watch and play with them. But real-time social interactions and play are much better for children than digital media for learning. Create a family media plan to set some ground rules such as no media at the dinner table or in the bedroom.
- **Encourage your child's school to offer recess and playful learning** approaches in addition to more structured learning activities like reading, memorization and worksheets.

Play as a toxic stress buster

In addition to boosting a child's health and development, play helps to build the safe, stable and nurturing relationships that buffer against toxic stress and build social-emotional resilience. The mutual joy and one-on-one interaction that happens during play can manage the body's stress response. In one study, 3- to 4-year-old children, anxious about entering preschool, were two times more likely to feel less stressed when allowed to play for 15 minutes, compared to classmates who listened to a story.

Types of play: Mix it up

Different types of play have different benefits for children:

Toys and object play

When playing with an object such as a toy, babies become little scientists. They use their sensory-motor skills to explore its properties and conduct "experiments." To learn if an object is solid, for example, they might bang it on the floor. Preschool-age children also use objects to develop abstract thought and concepts like symbolism, using a banana as a telephone, for example, along with sharing and taking turns.

Physical play

Physical fun such as free play during recess helps develop children's motor skills, prevent childhood obesity and build emotional intelligence. The gentle thrill of a playground slide, for example, lets a child build confidence as they take risks in a relatively safe environment. Games such as duck-duck-goose and tag also help children build other socio-emotional skills such as empathy as children learn to be careful not to hurt others by tapping someone too hard, for example. You can also provide opportunities for organized sports to learn teamwork.

Outdoor play

Outdoor play is particularly important because it lets children use all their senses to build skills like spatial awareness and balance. It can also improve a child's attention span. Studies suggest that young children in countries where schools allow more time for recess see more academic success as children get older. Yet, an estimated 30% of U.S. kindergarten children no longer have recess. Advocate for safe playgrounds in your community; exposure to nature helps children appreciate the importance of climate resilience.

Pretend play

This type of play lets young children experiment with different social roles and learn to cooperate. Dress up, make believe, and imaginary play also encourage creativity and builds more complex negotiation, communication and language skills. (*"You be the teacher, and I will be the student,"* a child might say.)

Remember

Giving your child plenty of opportunities to play is one of the best ways to help them grow into curious, creative, healthy, and happy adults equipped with the skills they need today. Next time your child asks to play with you, jump at the opportunity! Share the joy of discovery as you connect with each other and the world around you.

About Dr. Yogmamn

Michael Yogman, MD, FAAP, is past Chair of the American Academy of Pediatrics (AAP) Committee on Psychosocial Aspects of Child and Family Health. In addition to "The Power of Play," Dr. Yogman has authored AAP policy statements on toxic stress, resilience, addressing early childhood behavioral problems and other topics. He recently retired from practice and continues to teach, write and do research as Assistant Professor of Pediatrics at Harvard Medical School. He is also on the Leadership Council of the Center on Universal Education at the Brookings Institute and Board Chair of the Playful Learning Landscapes Action Network. Previously, he has served as Board Chair of the Boston Childrens Museum and a legislative appointee to the Massachusetts Advisory Board on Child Mental Health. Dr. Yogman received his medical degree from Yale University and a master's in Maternal and Child Health from Harvard School of Public Health.

Last Updated

5/3/2023

Source

American Academy of Pediatrics (Copyright © 2023)

STOCKMANSHIP & STEWARDSHIP

2024

October 25 - 26th
Hamburg, NY

Join us for an outstanding two day event sponsored by Neogen!

- Hear from world renowned stockmanship clinicians and other industry experts.
- Session highlights include chute-side trainings, herd health planning, cattle handling, and a chance to get BQA certified!
- Full registration includes all events and meals, student pricing and one-day registration options available!

FRIDAY, OCTOBER 25TH

- Breakout sessions covering biosecurity, nutrition, and industry hot topics, including an update from Certified Angus Beef
- Live cattle handling demonstrations

SATURDAY, OCTOBER 26TH

- BQA Certification and industry updates
- Classroom demonstrations

REGISTER TODAY!

stockmanshipandstewardship.org

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SP 50-767, Revised April 2020

Oregon State University Extension Service

Preserving Foods

Pumpkins and Winter Squash

Squash and pumpkins are native to the Western Hemisphere and are members of the gourd family. There are many varieties of fall and winter squash and pumpkins suitable for preservation. Squash varieties include acorn, buttercup, butternut, banana, golden delicious, Hubbard, and sweet meat. Sugar and pie varieties of pumpkins are best for eating and preserving. **Note:** Spaghetti squash should not be canned because the flesh does not stay cubed when heated. A good option is to freeze.

Harvesting - Pumpkin and winter squash are at their peak when they are mature, firm, bright-colored, and have a hard rind.

Harvest all types of squash and pumpkin before the first frost. Squash are ready to harvest when the rind is hard enough to resist fingernail scratches.

Storage - Mature squash and pumpkin in good condition can be stored for several months at temperatures of 50-55°F. in a 50-70 percent relative humidity.

> **Note:** Pumpkins and squash deteriorate rapidly if stored below 50°F. Squash/pumpkins that have been exposed to freezing conditions before harvest do not keep well. Do not store pumpkin or squash near apples and pears. These fruits give off ethylene gas as they ripen which causes yellowing of the squash and shortens the storage life.

Preserving - Pumpkin and squash may be preserved by canning, freezing, and drying. The seeds can be roasted.

Canning (hot pack, cube only) - An average of 16 pounds of squash is needed per canner load of 7 quarts; an average of 10 pounds for 9 pints.

> **Preparation -** Wash, remove seeds, cut into slices, peel. Cut into 1-inch cubes. Boil 2 minutes in water. Fill jars with hot cubes and cooking liquid. Leave 1-inch head space.
>
> **Caution: Safe processing times have not been determined for mashed or pureed squash.**
>
> Remove air bubbles, wipe rims, adjust lids, and process in a pressure canner.
>
> **Processing -** Squash and pumpkin must be processed in a pressure canner at 240°F. (10 pounds pressure with a weighted gauge; 11 pounds with a dial gauge). Ask your county Extension Office for pressure adjustments if you live above 1,000 feet. Process at 240°F., pints 55 minutes; quarts 90 minutes.
>
> After processing, remove canner from heat and wait until pressure returns to zero. Remove weight or slowly open petcock. Wait 10 minutes. Unfasten canner lid and remove it carefully.

For an added margin of safety, boil all home-canned vegetables for at least 10 minutes before tasting.

Freezing

Preparation – Wash, cut into cooking-size sections and remove seeds. Cook until soft (in boiling water, steam, in a pressure cooker or bake in oven or microwave).

Remove pulp from rind and mash. Cool by placing pan with pureed squash in cold water and stirring occasionally. Package in freezer bags or containers. Seal, label, and freeze. **Note:** For spaghetti squash, cook, but do not mash the pulp.

Drying (Pumpkin and Hubbard Squash)

Wash, cut in half and remove seeds and cavity pulp. Peel thin outer skin. Cut into ¼ inch strips. Steam for 2-3 minutes or until almost tender.

Dry at 140°F. for 2-3 hours, reduce temperature to 130°F. and continue drying until tough and brittle.

Store pumpkin in a cool, dry place. Pumpkin stored longer than 1-2 months at room temperature can develop an undesirable flavor.

Dried pumpkin can be rehydrated and pureed in a blender or food processor and used in pumpkin pie or as a vegetable side dish.

Pumpkin Leather

2 cups pumpkin or squash, cooked and pureed
½ cup honey or brown sugar
¼ teaspoon cinnamon
⅛ teaspoon nutmeg
⅛ teaspoon powdered cloves

Blend all ingredients well. Spread on a lightly oiled drying sheet or cookie sheet lined with plastic wrap. Dry at 140°F. in a dehydrator or oven.

Drying Roasted Seeds – Wash the seeds carefully to remove the clinging fiber. Dry the seeds in a dehydrator at 115°-120°F. until crisp or in the oven at 150°F. for 1-2 hours, stirring frequently

To roast: Mix thoroughly 2 cups dry seeds, ½ teaspoon Worcestershire sauce, 1½ tablespoons melted butter, and 1 teaspoon salt. Place in a shallow baking pan and roast (1 hour at 250°F.; 30 minutes at 275°F.; or 10-15 minutes at 300°F.) Be sure to stir the seeds frequently as they roast.

Storing – Place the cooled seeds in a plastic bag and store. For long term storage, keep in the refrigerator or freezer. The seeds will become rancid if stored at room temperature for long periods of time.

Source: OSU Master Food Preserver Program

Late Blight Alert!

Elisabeth Hodgdon, CCE Eastern NY Commercial Horticulture Program

Late blight, a serious disease of tomatoes and potatoes, was found in a home garden in Lewis County recently. Late blight is caused by a water mold, *Phytophthora infestans*, which produces spores that can travel by wind. Wet and stormy weather helped the spread of late blight. Symptoms appear as brown lesions with a "water-soaked" appearance on leaves and stems. Fruit develops large dark spots as well. A key diagnostic feature of this disease is the production of white spores around the lesion that are easily seen without a microscope. You can check for spore production by placing leaves with a suspected infection on a damp paper towel in a closed plastic bag for 1-2 days and observing whether the spore's form. Home gardeners and commercial growers are encouraged to scout frequently for the disease and use a routine fungicide program for the remainder of the fall. Products containing copper and chlorothalonil are two materials that may be used in home gardens. Copper is recommended for late blight prevention for organic operations. Commercial growers should consult the Cornell Integrated Crop and Pest Management Guidelines for Vegetable Crops for a full list of labeled fungicides. If you suspect that you have late blight in your crop, contact Mellissa Spence; CCE Lewis, 315-376-5270. An infected crop should be destroyed (buried, or bagged and disposed of) as soon as possible to prevent spread of the disease. Check seed catalog listings for resistant varieties to consider for next year's crops. More information on late blight from Cornell plant pathologists may be found on https://www.vegetables.cornell.edu/crops/tomatoes/late-blight.

Late blight on tomato stems and fruit (Photos: Margaret McGrath and Martha Sudermann)

Nationwide
is on your side

A year-round strategy for managing grain

As you know, grain-related accidents can happen when you least expect it — and can be highly disruptive to your business. That's why being prepared is so important. This document was created to help you shape a strategy for how to best manage grain year-round, which will help minimize grain-related accidents and help improve your bottom line.

Pre-harvest

Preparation is the first step in effectively managing grain. Set aside time before harvest to plan for the upcoming season and identify areas of your operation that may need attention.

Address the following areas prior to harvest:

- Check fields to map out and maximize crop readiness
- Identify fields or areas of fields where molds or toxins may develop
- Make all necessary grain bin repairs

Evaluate the following equipment for needed repairs:

- Aeration fans and exhaust vents
- Bin floors (check for holes, blocked sumps, slide gate operation, etc.)
- Unload augers
- Spreaders, if equipped
- Stirators, if equipped
- Electrical function
- Roofs and side walls (check for leaks or other damage)
- Bearings (check for lubrication)

Harvest

Although weather conditions and other factors can make it challenging, proper grain management during the harvest season can help ensure that your grain is in the best condition possible for market.

Help improve worker safety.

High-moisture grain can create problems — such as poor grain flow and equipment malfunction — that cause workers to enter grain bins. Maintaining high-quality grain can help minimize these issues and improve safety by keeping workers out of grain bins.

Sample grain.

Sampling loads of grain can provide helpful information about your grain's moisture content. Grain moisture content and temperature prior to storage affect its storage life.

Just one load of wet grain can become the source of out-of-condition grain that creates issues such as a plugged sump. Have a drying plan in place if you're equipped with a grain dryer. When in doubt, sell the grain to avoid the issues that may arise from storing it.

Collect grain samples to assess:

- Moisture level
- Grading
- Fines removal
- Potential molds or toxins

Take additional samples if molds or toxins are found. Do not rely on samples from combine equipment only. These results detail moisture content and yield, but typically do not provide enough information regarding foreign matter or visible mold.

If necessary for grain grading, retain samples of grain loads and take them to calibrated equipment and grain graders.

Track loads of grain.

Be sure to track individual loads of grain so you know what is in each grain bin. This can also assist in identifying areas you should monitor for hot spots during long-term storage.

Post-harvest

Grain management still plays an important role after harvest is complete.

Monitor stored grain.

Use caution and follow industry best practices when entering grain bins to collect samples. Due to the potential of bridging grain, the bin should not be entered after the after the first load of grain is removed.

Check stored grain on an established frequency (preferably weekly), monitoring temperature cables and using stirators if available. Sample grains using the smell test. When necessary, run aeration fans to maintain proper moisture levels and reduce the temperature for long-term storage.

Constant grain monitoring can help you catch issues early on, before they become large problems. This can help reduce financial losses and help improve the safety of your workers.

Core grain bins.

When filling grain bins, fines and foreign matter accumulate in the center of the bin. This reduces aeration flow and can cause grain in the center of the bin to go out-of-condition. To address this problem, grain bins should be cored (grain removed from the center of the bin) to help improve aeration. The deflection cone should be one-third of the bin diameter. If time allows, this could be done during the harvest season.

Help us save lives.

Learn more about grain management, grain quality and safe-work practices and procedures at **grainbinsafetyweek.com.**

Integrated Pest Management (IPM) for Mosquitoes on Dairy, Livestock, and Horse Farms

Recent outbreaks of equine encephalitis highlight the urgent need for effective mosquito control measures on farms. This disease is primarily transmitted by mosquitoes, with the black-tailed mosquito, *Culiseta melanura*, serving as a significant vector. Found from the Midwest to the East Coast, *Culiseta melanura* typically produces two generations per summer. The virus is maintained through a natural cycle involving birds and mosquitoes, but other mosquito species can also transmit it after feeding on an infected host. Controlling *Culiseta melanura* is challenging due to its preferred habitat of swamps, which are difficult to manage. Additionally, since other potential mosquito vectors require aquatic environments for reproduction, any standing water on a farm or near a home can become a breeding ground. Effective management should include regular monitoring and elimination of standing water, alongside integrated pest management (IPM) strategies, to reduce mosquito populations and the associated risk of equine encephalitis. For more information on *Culiseta melanura please view the following site:* https://edis.ifas.ufl.edu/publication/IN950#

Reducing Mosquito Breeding Sites

The most crucial step in mosquito control is limiting their breeding areas. Mosquitoes can lay eggs in any standing water, from small containers, puddles to large ponds. Here are some key areas to monitor and manage:

1. **Old Tires:** Tires used to secure silage pit plastic can collect water, providing a perfect breeding site. If using tires on the farm, ensure they are cut or drilled to prevent water accumulation.
2. **Plastic from Hay or Haylage Bags:** Discarded plastic can create pockets that collect rainwater, creating mosquito habitats. Dispose of or recycle old plastic properly to avoid this issue.
3. **Manure Lagoons:** While lagoons are essential for managing liquid manure, they can also become mosquito breeding sites. Properly constructed and maintained lagoons are less likely to support mosquito populations. Regularly remove weeds from the banks and edges to reduce their attractiveness to mosquitoes.
4. **Waterers:** Ensure that all waterers are regularly cleaned to remove organic material and replace the water frequently. Repair any leaks that may cause standing water to accumulate around waterers, as these can become breeding sites.
5. **Barn and Barnyard Drainage:** Proper drainage around barns is crucial. Ensure rainwater can drain away from the barns to avoid standing water. Gutters should be kept clear of organic debris that could cause water to pool.
6. **Containers and Equipment:** Old containers or equipment that collect water should be emptied or disposed of properly. Regularly inspect the farm for any items that could collect rainwater and create mosquito habitats.
7. **Rainwater Barrels:** While useful for water conservation, rainwater barrels can be ideal breeding grounds for mosquitoes. Empty these barrels weekly to disrupt the mosquito life cycle and prevent eggs from developing into larvae.

8. **Natural Water Bodies:** Ponds and swamps are natural habitats for mosquitoes and can be challenging to manage. While treatment options are available, they typically require a special DEC (Department of Environmental Conservation) permit and must be applied by a certified applicator.
9. **Biological Control Options**: Biological control for mosquitoes is limited but can be helpful as part of an IPM approach. Predators like birds, bats, and predatory insects feed on adult mosquitoes, but their impact is usually not sufficient to keep populations low due to the high reproductive rate of mosquitoes. For controlling larvae, *Bacillus thuringiensis israelensis*, a naturally occurring bacterium, that can only be used to control larvae in containerized waters in NYS. Make sure to follow label instructions.

Chemical Control Options

In cases of high mosquito populations, insecticide products may be necessary. It is essential to choose the right insecticide for the specific type of livestock. The VetPestX website provides a comprehensive guide to selecting and using insecticides for different livestock species, including the appropriate formulations and application methods. You can access VetPestX at VetPestX.

Vaccination and Consultation

Vaccination against mosquito-borne diseases like equine encephalitis is an essential part of disease prevention. Consult with your veterinarian for vaccination options and recommendations tailored to your farm's needs.

By taking these steps, you can significantly reduce the mosquito population on your farm and help protect your livestock from mosquito-borne diseases. Remember, the key to mosquito control is vigilant monitoring and proactive management of potential breeding sites.

References:

DEC Pesticide Products to Control Mosquitoes

DEC Mosquito Control.

Eastern Equine Encephalitis (EEE)

Managing Mosquitoes on the Farm

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://anrcatalog.ucanr.edu/pdf/8158.pdf

Reducing the Risk of Mosquito Breeding on Farms

Black-Tailed Mosquito *Culiseta melanura* (Coquillett) (Insecta: Diptera: Culicidae)

https://edis.ifas.ufl.edu/publication/IN950#

Author: Ken Wise-NYSIPM, Cornell University, Dairy and Livestock IPM Coordinator

Bee Meeting Group

Location: CCE Lewis, 7395 East Road, Lowville

Date: Tuesday, October 8th

Tuesday, November 19th

Time: 6:00 – 8:00 pm

If you have questions or are interested, call the office, and talk to Mellissa Spence.

Phone: 315-376-5270 Email: lewis@cornell.edu

Average Rainfall for August 2024

Town	2022	2023	2024	3 Year Avg.
Croghan	4.33	7.22	7.45	6.33
Denmark	3.8	6.55	6.93	5.76
Greig	3.9	13.3	7.7	8.3
Harrisburg	4.17	8.29	6.12	6.19
Lewis	5.41	13.11	7.58	8.7
Lowville	4.22	6.85	10.08	7.05
Martinsburg	3.8	5.98	9.18	6.32
Montague	5.71	0	8.95	7.33
New Bremen	4.78	10.66	8.08	7.84
Talcottville	6.56	10.57	7.18	8.10
Turin	4.88	10.25	9.4	8.18
Watson	5.43	10.41	8.56	8.13
West Turin	6.09	10.37	9.38	8.61
Total Average	**4.85**	**9.46**	**8.20**	**7.45**

2024 ICE CREAM TRAIL WINNERS!

Lewis County Ice Cream Trail

GRAND PRIZES:

1. Stewarts Make Your Own Sundae Party Kit (feeds 50 people)

Aurora Place

2. 1 Lewis Lanes Birthday Party for 6 people

Carla Bango

3. 1 Ice Cream Cake gift basket sponsored by CCE of Lewis County
Nathan Dicob

4. 1 Moo-licious Basket from the Lewis County Dairy Princess –
Gretchen Renders

Cornell Cooperative Extension

Contest date: November 6-7, 2024
Ithaca, NY
Applications due on October 1, 2024

4H NEW YORK

Calling all youth food system and technology entrepreneurs!

In partnership with Grow-NY, Cornell University, NYS 4-H, New York FFA, and New York Agriculture in the classroom, we are pleased to share exciting youth opportunity to build businesses in New York State.

Our Youth are in the next generation of business developers, agriculture, food and technology leaders. With the hope of inspiring in the future of food, select middle and high school youth will be chosen to attend the Grow-NY competition. Outstanding students will be selected to pitch their business idea during the competition to a panel of judges.

The Grow-NY competition takes place in November each year. Information about your current business plan or business idea will be required to be considered for this experience. One winner will be selected amongst the pitches by a panel of judges. The top pitches will be awarded a cash prize.

Application Information

Applications for the 2024 Grow-NY Youth Competition are now open. Applications are due on October 1, 2024, at 11:45 pm

Eligibility

New York State youth enrolled in middle or high school at the time of the competition are eligible to apply, including public, private, and home schools.
Contact Sarah Hale at s.hale@cornell.edu for questions or program clarification

Apply to Bring Students to the Grow-NY Competition

New York Agriculture in the Classroom is offering the opportunity for students to attend the Grow-NY Competition so that they may see firsthand the innovative ideas, entrepreneurial spirit, and for the first time, attend a student-centered workshop. Space is limited to 20 students per competition day and lunch will be included. Students selected to pitch in the Youth Contest will receive complimentary registration and need not apply to attend.
Applications for the 2023 are now closed. Please check back in the fall of 2024 for information about next year's competition.

Prizes

All prizes are intended for business or educational expenses and were sponsored by Taste New York, a New York State Department of Agriculture and Markets program.
First place: $3,000
Second place: $2,000
Third place: $1,000

Cornell Cooperative Extension
Lewis County

A Celebration of Agriculture

CCE of Lewis County, Soil & Water, and Farm Bureau

Location: CCE Lewis, 7395 East Road, Lowville, NY

Date: Wednesday October 23, 2024

Time: Meetings Start at 5:30 pm. Guest Speaker Start at 6:30 pm

Guest Speaker: Brian Steinmuller from NY State Department of Ag & Markets / Division of Land & Water Resources to speak on Climate Resilient Farming.

Hors'D'Oeuvers, dessert, and beverages, will be available to snack on. Farm Bureau will be having their Pie Auction after the guest speaker.

We encourage you to reserve your spot by Tuesday October 15th.

The public is welcome to attend. It's a charge of $10 per person or $15 per couple.

Please call the office to register at 315-376-5270

Cooperative Extension of Lewis County
7395 East Road
Lowville, NY 13367
315-376-5270

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CALENDAR OF UPCOMING EVENTS

June - October Saturdays	Lowville Farmers Market Lewis County Fair Grounds Time: 8 am – 2 pm	Contact: Rhonda Farney Phone: 315-346-6759
June – October Tuesdays	Lyons Falls Farmers Market Riverside Park Pavilion Time: 11 am – 4 pm	Contact: Katie Liendecker Phone: 315-451-2567
June – October Thursdays	Lewis County Hospital Farmers Market Lewis County General Hospital Time: 11 am – 2 pm	Contact: Darcy Zehr Phone: 315-376-5225
October 1st	Grow-NY Applications Due	Contact: Sarah Hale Email: s.hale@cornell.edu
October 7th	4-H Sparks Club CCE Lewis Office Time: 6:00pm – 8:00pm	Phone: 315-376-2570 Email: lewis-4h@cornell.edu
October 8th	Bee Meeting CCE Lewis Office Time: 6:00 pm – 8:00 pm	Mellissa Spence 315-376-5270/mms427@cornell.edu
October 9th	4-H Homeschool Club CCE Lewis Office Time: 1:00- 3:00 pm	Phone: 315-376-2570 Email: lewis-4h@cornell.edu
October 12-19	Farm & Market Discovery Zone Lowville Free Library – Community Room	Phone: 315-376-5270 Email: drn44@cornell.edu
October 16th	4-H Robotics Club CCE Lewis Office Time: 6:00pm – 8:00 pm	Phone: 315-376-2570 Email: lewis-4h@cornell.edu
October 21st	4-H Achievement Night CCE Lewis Office Time: 6:00pm – 8:00pm	Phone: 315-376-2570 Email: lewis-4h@cornell.edu
October 23rd	A Celebration of Agriculture CCE, Soil & Water, and Farm Bureau Annual Meeting	Phone: 315-376-5270 Email: lewis@cornell.edu
October 25-26th	Stockmanship Stewardship Hamburg, NY	stockmanshipandstewardshardship.org
November 4th	4-H Sparks Club CCE Lewis Office Time: 6:00pm – 8:00pm	Phone: 315-376-2570 Email: lewis-4h@cornell.edu
December 4th	4-H Sparks Club CCE Lewis Office Time: 6:00pm – 8:00pm	Phone: 315-376-2570 Email: lewis-4h@cornell.edu

Sign up to receive our emails at...

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

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