

MONTHLY PUBLICITY

APRIL-JULY 2020

Livingston County News

Genesee Country Express

Country Folks

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Genesee Sun

Steuben Courier Advocate

LIVINGSTON COUNTY NEWS

AGRICULTURE

Farmers donating milk for 'World Milk Day'

BY BEN BEAGLE
ben@livingstonnews.com

World Milk Day will be marked in Livingston County on June 1 – the first day of Dairy Month – with a free milk distribution.

The event is scheduled from 4 to 6 p.m. at Craigs Station Creamery, 1840 Craig Rd., York. Milk will be distributed through first come, first served, until the milk is gone. The Livingston County Farm Bureau is partnering with Natural Upcycling, Craigs Station Creamery and Dairy Farms of America to offer the free community milk distribution in honor of World Milk Day and June Dairy Month.

"It is our way of giving back to the local community who continues to be impacted by the COVID-19 crisis and honor the hardworking dairy farmers of our community," said Leslie Hamilton, president of the Livingston County Farm Bureau.

The effort is made possible through a grant from ReFed, a nonprofit food waste reduction organization. The grant is helping Natural Upcycling, one of the businesses associated with Noblehurst Farms, distribute milk locally to food banks, food pantries and community members affected by COVID-19, according to Christopher Noble, chief financial officer of Natural Upcycling.

The upcoming event is believed to be the first observation of World Milk Day in Livingston County. The internationally-recognized day, established by the Food and Agriculture Organization of the United Nations, recognizes the importance of milk as a global food and the dairy industry that makes its living from milk.

"We thought it would be a

Up to 2,000 gallons of whole milk made exclusively with milk from Noblehurst Farms is expected to be distributed.

Cornell Cooperative Extension of Livingston County's Ag in the Classroom program also plans to hand out an agricultural activity for children to take home.

The farmers are encouraging residents to "take a leisurely drive into the countryside, past newly planted cornfields and freshly mowed alfalfa" to the creamery. Once there, residents will be guided through the Craigs Station campus where they will receive a free gallon of milk, bottled by Pittsford Farms Dairy.

"We'll have lots of signage and volunteers to guide people through the Craigs Station campus," Noble said.

Social distancing procedures will be followed and people can stay in their vehicles the whole time while milk is distributed.

A few other things are also being arranged, including setting up cows on a nearby pasture. The Livingston County Dairy Princesses are expected to attend. Some other giveaways are being planned.

"It's all coming together fairly quickly with lots of support from the community," Noble said.

World Milk Day has been observed on June 1 annually since 2001.

June 1 also marks the beginning of Dairy Month, which has its origins in "National Milk Month," a grocery/milk promotion that sought to distribute extra milk during the warm months of summer. By 1939, June had become the official "dairy month" and became a chance to remind people of the health benefits that dairy products provide.

YOUTH

Finger Lakes 4-H offers online learning

SPECIAL TO THE LCN

GENESEO — Have you ever thought about trying bird watching, kitchen scrap gardening, or making a calm jar with your family? Those interested can learn those fun activities and more by visiting the FLX 4-H Learning Launchpad, an online learning platform.

They can join 4-H educators and volunteers to learn about topics and activities youth and families can do at home.

The 4-H program is part of Cornell Cooperative Extension, connecting youth to research-based information through Cornell University. The mission of the New York State 4-H Youth Development program is to connect youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society. That means providing learning opportunities to youth in our communities only now in a virtual environment, officials said in a news release.

4-H Educator Sarah Bagley came up with the idea for the FLX 4-H Learning Launchpad soon after the COVID-19 outbreak led to school closings and the suspension of in-person 4-H activities.

"When faced with the reality of having to switch 4-H programming completely online, I knew that there was strength in numbers," Bagley said in a news release. "Collaborating as a district instead of focusing just on programming for individual counties allowed us to expand our program offerings and deliver content more frequently. My colleagues throughout the district bring a variety of talents and abilities to the virtual environment, and we have enjoyed connecting with our communities in this new way."

CCE Livingston County Youth Development Team Leader Mark Wittmeyer said, "The collaboration by 4-H Educators in the Finger Lakes District exemplifies why Cooperative Extension and 4-H are at the forefront of youth development outreach education."

The objectives of the Launchpad are to maintain a sense of connection with 4-H families across the nine county Finger Lakes Region, connect research based resources with new audiences, and complement at home learning. New information and activities are posted daily at 10am and additional content (offered in a variety of

formats) is added frequently throughout the week.

The Launchpad also recently challenged our audience to spread cheer by painting their windows with encouraging scenes.

Activities are on a range of topics. Livingston County 4-H Educator Renee Hopkins led a lesson on birdwatching and the Merlin Bird ID App.

Likewise, Livingston County Ag in the Classroom Educator Bernadette Harwood has led lessons on ecosystems and soil.

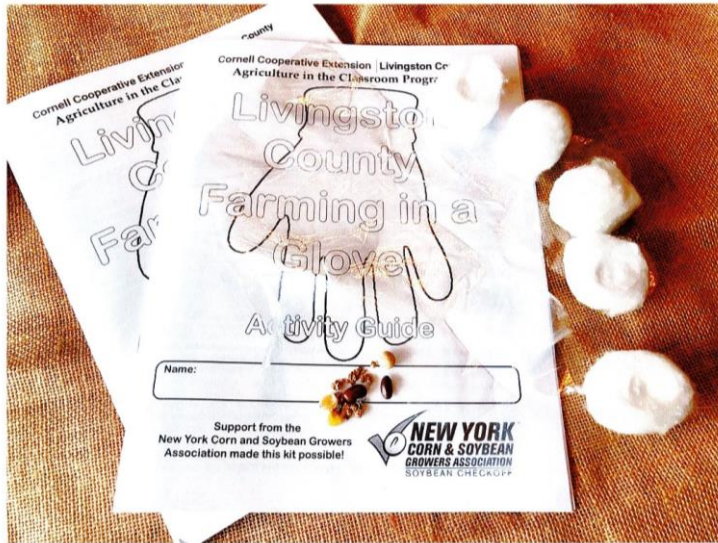
"When discussions turned toward lesson topics, I knew bird watching would be a great fit," Hopkins said. "It can be done anywhere — you can get outside as a family or watch from a window. Practicing bird identification helps strengthen your ability to focus and notice detail and if you do it regularly, you may begin to see patterns and even make predictions."

To access the FLX 4-H Learning Launchpad activities, search for it on Facebook and follow the Launchpad page. Also, visit the webpage at <http://cclivingstoncounty.org/4-h-youth/flx-4-h-learning-launchpad> to find links to each activity.

LIVINGSTON COUNTY NEWS

Ag in the Classroom program offering lessons for students at home

Special to The LCN
Apr 26, 2020



Cornell Cooperative Extension of Livingston County Home lesson. Included in the "Farming in a Glove" kit created by Cornell Cooperative Extension of Livingston County are seeds that can be transplanted in a garden or eaten as sprouts.

For Bernadette Harwood, a mother of two school-age children, was thinking of ways to keep her children learning at home when she came up with the first idea for a new program of at-home lessons being created by Cornell Cooperative Extension of Livingston County's Ag in the Classroom Program.

Harwood, an Ag in the Classroom educator, said two things were weighing heavily on her mind: the need to serve educators and the community, while also fulfilling obligations to the New York Corn & Soybean Growers Association grant recently awarded to the Ag in the Classroom Program.

"I am a working mom, trying to home school my children and continue to do my job," Harwood said. "I was trying to develop something that could help our parents and educators keep students engaged in learning while sharing what our farmers are currently working on in their operations."

That led to Cornell Cooperative Extension to begin working to develop a series of innovative lessons to engage students who are at home with schools closed during the COVID-19 pandemic.

"Agriculture science is a great way to help students engage in all educational areas," Harwood said.

Her first science lesson is designed for families with children in Grades K-4.

The "Farming in a Glove" kit allows students to learn some of the common crops grown in Livingston County, explore the differences in seeds, and watch them grow. The kit includes most of what families need – except cotton balls and something to hang the glove.

Families will also receive a seed diagram, observation journal, directions, and additional resource links. All of the seeds included in the kit can be transplanted in a garden or eaten as sprouts.

With this science kit, students can see what the seeds look like as they grow and what they require to germinate. Students have the opportunity to follow a plant from germination to a food source, or from farm to fork.

Nearly 1,500 kits have been requested from families across the county. There have also been inquiries from teachers in the surrounding area.

Locally, teachers have been supportive of the project, because it offers students an opportunity to learn something new without needing to be connected through technology.

Harwood is hoping to offer additional lessons in the coming weeks. While she has several ideas, acquiring the necessary supplies has proven to be difficult with non-essential businesses being closed.

Besides offering activities by mail, Harwood is also leading virtual lessons on the FLX 4-H Learning Launchpad Facebook page. The page, developed by 4-H educators in the Finger Lakes region, offers a variety of virtual programming to families.

The Ag in the Classroom Program works with Livingston County schools to foster awareness, understanding, and appreciation of how agriculture affects everyday lives. The goal is to help educate students, teachers, and our community about agriculture and food systems.

For more information on the CCE Livingston County Ag in the Classroom Program, contact Harwood at beh53@cornell.edu.

LIVINGSTON COUNTY NEWS

4-H turning to virtual fair

BY BRENDAN MCDONOUGH
bmcdonough@livingstonnews.com

GENESEO – The cancellation of the Hemlock Fair due to the COVID-19 pandemic, won't stop Livingston County's 4-H members from showing off their projects.

"To keep everyone safe we are doing an all virtual fair experience this summer," said Youth Development Team Leader Mark Wittmeyer.

The way it works is people will submit a video or photograph for judging – just as they would at the live fair.

"Members will be taking pictures and videos of their projects then submitting them to us and a judge will be talking to them through Zoom live, or a judge will be independently looking at each picture or video and judging them," said Wittmeyer.

From animals to other exhibits Wittmeyer says 4-H members will be awarded the same prizes and awards as they would during a fair event.

"Instead of having a judge live to look at the animal at the fair, a judge will be doing that through a video conference or

through looking and watching videos that members have submitted of their animals or projects," said Wittmeyer.

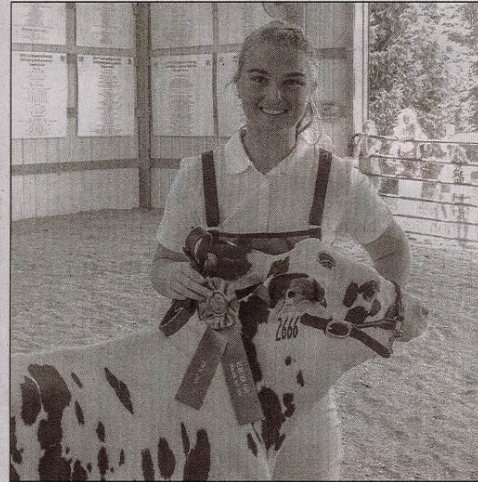
There won't be any public viewing of the videos or photos instead the competition will be spread out over a period of time.

Wittmeyer said that while the experience will look a little different, 4-H members will still be able to learn the same skills that they would at an actual fair event.

"It is like the Super Bowl. They are practicing and learning new skills, or maybe they learned something and got better the next time. All of that comes together at the fair and I am showcasing my animal or whatever project that they made," said Wittmeyer.

This year is the 100th anniversary of the Livingston County 4-H Program. Staff originally planned to host a

"birthday party" at the Hemlock Fair. Instead, an "End of Summer 4-H Celebration" is being tentatively planned for August or September – pending government orders – at the fairgrounds. This will allow members to socialize as a 4-H



Steve Eichorn/Special to The Livingston County News, File Photo

Jordan Proctor is seen at the 2019 Hemlock "Little World's" Fair following a 4-H showmanship competition.

family and to help make the virtual 4-H experience extra special.

Wittmeyer said a unique event is planned this year.

"We are going to have a contest because we are all kind of working outside of the nor-

mal rules of a traditional fair experience," Wittmeyer said. "We are going to have a contest to kind of name whatever the kids want to call this. Since it is not the Hemlock Fair and we are trying to make it fun for the kids, too."

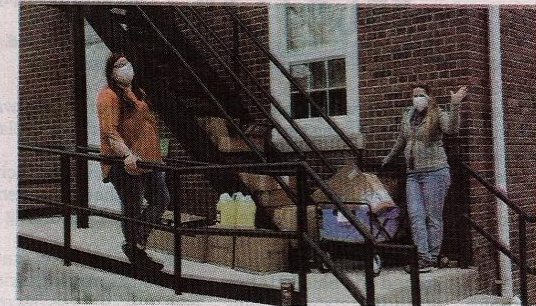
Hand sanitizer, face masks distributed to farms

MOUNT MORRIS – Cornell Cooperative Extension of Livingston County held a free Hand Sanitizer & Face Mask Distribution event for the agriculture community on Thursday, May 14 in Mt. Morris.

The association provided hand sanitizer and washable cloth face coverings to 41 Livingston County farms and ag operations with approximately 350 employees. Altogether, 680 two-ounce spray bottles, 52 one-gallon pump bottles, and 935 face coverings were distributed.

For many, the distribution came at just the right time! While some were running low on supplies and seeking to replenish, others have been unable to find them available. One recipient said, "You can't find hand sanitizer or masks in stores or online. It's so frustrating. Thanks for doing this for farmers."

Interim Executive Director Tim Hayes said: "This was a



Educators Bernadette Harwood (L) and DeAnna Croteau (R) assisting with the distribution event. [PHOTO PROVIDED]

classic example of multiple agencies working together to meet a critical need. CCE Livingston was enthusiastic about distributing much needed supplies to the farmers and agriculture operations in Livingston County. Governor Cuomo, our state and local governments, New York State Agriculture and Markets, The New York State Fairgrounds, and Livingston County Farm Bureau were all

partners in this effort." Hayes added, "Hopefully, we'll get more supplies soon and be able to provide these important items to the Livingston County agriculture community."

For more information about Cornell Cooperative Extension of Livingston County, visit www.ccelivingstoncounty.org or call 585-991-5420 | 585-335-1752.

LIVINGSTON COUNTY NEWS



Cornell Cooperative Extension of Livingston County educators Bernadette Harwood, left, and DeAnna Croteau, right, assist with the distribution of masks and hand sanitizer to Livingston County farms and agricultural operations on May 14.

Extension offices distribute hand sanitizer, masks

Cornell Cooperative Extension Office in Livingston and Genesee counties helped distribute important needed supplies to local farm operations to help prevent the spread of the novel coronavirus that causes COVID-19.

Cornell Cooperative Extension of Livingston County conducted a free hand sanitizer and face mask distribution event for the agriculture community on May 14 in Mount Morris.

The association provided hand sanitizer and washable cloth face coverings to 41 Livingston County farms and ag operations with about 350 employees. Altogether, 680 two-ounce spray bottles, 52 one-gallon pump bottles, and 935 face coverings were distributed.

For many, the distribution came at just the right time with some farm representatives saying they were running low on supplies or having difficulty being able to replenish them.

"This was a classic example of multiple agencies working together to meet a critical need," said Interim Executive Director Tim Hayes. "CCE Livingston was enthusiastic about

distributing much needed supplies to the farmers and agriculture operations in Livingston County. Governor Cuomo, our state and local governments, New York State Agriculture and Markets, The New York State Fairgrounds, and Livingston County Farm Bureau were all partners in this effort."

Hayes said Extension hoped to get more supplies soon for another distribution to the agriculture community.

A similar effort in Genesee County distributed free hand sanitizer on May 19.

The distribution, scheduled after this issue of "Tractor Factor" went to press, was expected to include farms of any type along with farm stands, CSA's, greenhouses and U-pick operations. The goal is to support safe and healthy workplace practices to keep the agriculture workforce strong.

The Genesee County effort

is being conducted by the Cornell Cooperative Extension of Genesee County in partnership

with New York State Agriculture and Markets, CY Farms LLC and Genesee County Farm Bureau.

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CORNELL COOPERATIVE EXTENSION

Sanitizer, mask distribution event set for farms

SPECIAL TO THE LCN MOUNT MORRIS—Cornell Cooperative Extension of Livingston County has scheduled a second hand sanitizer and face mask distribution event for the agriculture community from 9 a.m. to noon July 14 in Mount Morris.

washable, cloth face coverings. Quantities will be limited to 2 gallons, 20 spray bottles and 20 masks.

For more information about visit www.ccelivingston-county.org or call (585) 991-5420 or (585) 335-1752.

Cornell Cooperative Extension of Livingston County,

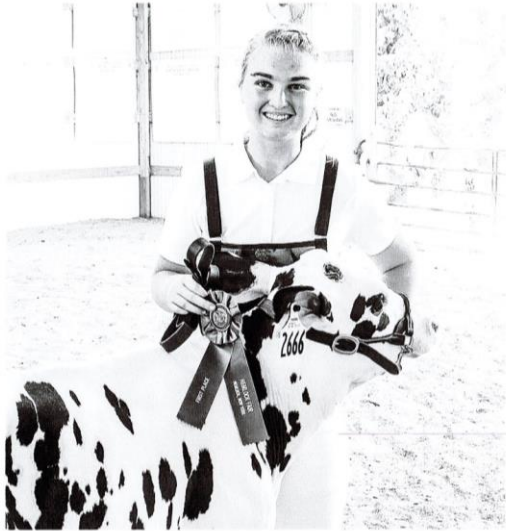
Participants are encouraged to pre-order by sending an email to livingston@cornell.edu. Pick-up will be done at the side entrance of the CCE Livingston County office at 3 Murray Hill Dr., Mount Morris. Those unable to attend are encouraged to contact the office to make alternate arrangements.

This free event is for farmers, producers and agriculture-related operations. Sanitizer is available in one-gallon pump bottles and 2-ounce spray jars. Also available at

LIVINGSTON COUNTY NEWS

Cooperative Extension planning a virtual fair experience for 4-H youth

By BRENDAN MCDONOUGH
bmcdonough@livingstonnews.com
Jun 12, 2020



Steve Eichorn/Special to The Livingston County News. File Photo Jordan Proctor is seen at the 2019 Hemlock "Little World's" Fair following a 4-H showmanship competition. This year's competitions will be conducted virtually following the decision to cancel the Hemlock Fair.

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The way it works is people will submit a video or photograph for judging – just as they would at the live fair.

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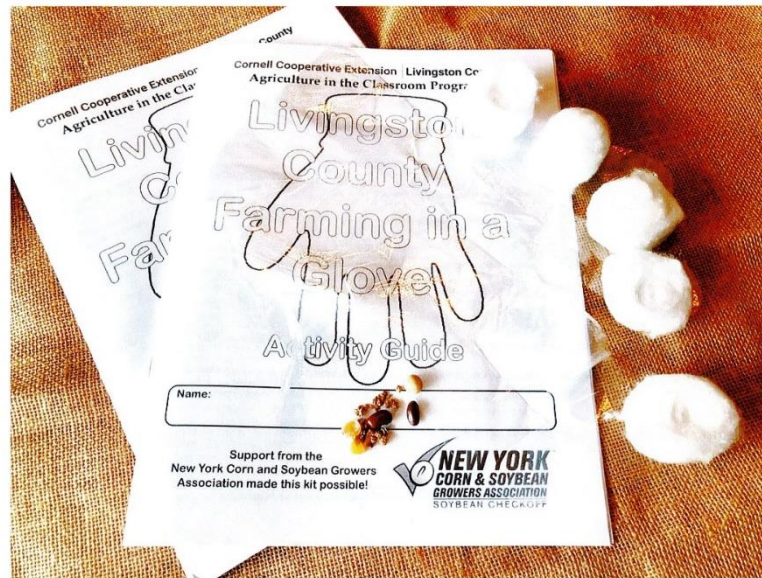
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LIVINGSTON COUNTY NEWS

Ag in the Classroom program offering lessons for students at home

Special to The LCN
Apr 26, 2020



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4/29/2020

Ag in the Classroom program offering lessons for students at home | Top Story | thecn.com

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LIVINGSTON COUNTY NEWS

CCE Livingston County names new executive director

By BEN BEAGLE
ben@livingstonnews.com
Jun 16, 2020

Jolie Spiers, who has more than 20 years of experience in community engagement and development, has been named executive director of the Cornell Cooperative Extension of Livingston County.

Spiers said she looks "forward to continuing to bring a high level of service to the community, translating Cornell's world class research into initiative that support Livingston County agriculture, business, youth and families."

"I am ready to get started and can't wait to meet our many partners, stakeholders and constituents," Spiers said.

She takes over for Tim Hayes, who had been serving since November 2019 as Extension's interim executive director, following the retirement of Bo Freeman, who had been executive director for 14 years. Hayes had retired in July 2019 from Geneseo Central School, where he had spent the previous 13 years as district superintendent.

Spiers has spent seven years at the University of Rochester where she most recently was senior director of alumni relations, overseeing programming from the School of Medicine and Dentistry, School of Nursing and Eastman Institute for Oral Health.

Before relocating to Rochester, Spiers lived on the Mississippi Gulf Coast and worked in county government and for United Way.

Spiers has a bachelor's degree in journalism from the administration from the University of Rochester's Sim

Freeman had been with the Cooperative Extension since 2005. During his tenure, Freeman implemented and partners including the Chip Holt Nature Center in Lak Livingston County Area Chamber of Commerce, to na



Cornell Cooperative Extension of Livingston County is a non-formal education organization which is part of the national land grant university system.

Extension staff and trained volunteers deliver education programs, conduct applied research, and encourage community collaborations. Extension educators connect people with information on topics such as commercial and consumer agriculture, nutrition and health, youth and families, finances, energy efficiency, economic and community development, and sustainable natural resources. Our ability to match university resources with community needs helps us play a vital role in the lives of individuals, families, businesses, and communities throughout Livingston County.

LIVINGSTON COUNTY NEWS

Finger Lakes 4-H offers online learning

Apr 27, 2020

GENESEO— Have you ever thought about trying bird watching, kitchen scrap gardening, or making a calm jar with your family? Those interested can learn those fun activities and more by visiting the FLX 4-H Learning Launchpad, an online learning platform.

They can join 4-H educators and volunteers daily to learn about exciting topics and activities youth and families can do at home.

The 4-H program is part of Cornell Cooperative Extension, connecting youth to research-based information through Cornell University. The mission of the New York State 4-H Youth Development program is to connect youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society.

Today, more than ever before, that means providing learning opportunities to youth in our communities only now in a virtual environment, officials said in a news release.

4-H Educator Sarah Bagley, came up with the idea for the FLX 4-H Learning Launchpad soon after the COVID-19 outbreak led to school closings and the suspension of in-person 4-H activities. The FLX 4-H Learning Launchpad is being "launched" amid the crisis to offer the high quality 4-H experience that our families value in a safe online environment.

"When faced with the reality of having to switch 4-H programming completely online, I knew that there was strength in numbers," Bagley said in a news release. "Collaborating as a district instead of focusing just on programming for individual counties allowed us to expand our program offerings and deliver content more frequently. My colleagues throughout the district bring a variety of talents and abilities to the virtual environment, and we have enjoyed connecting with our communities in this new way."

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LIVINGSTON COUNTY NEWS

Produced in New York gets 4-H youth cooking and learning

special to the Lcn
Apr 6, 2020



Livingston County Cornell Cooperative Extension Photograph Lily Sharp makes a recipe during the Produced in New York demonstration that fe nearly 50 4-H members.

Livingston County was brimming with 49 talented 4-H members at the annual Produced in New York Food Demonstration event.

Creative use of a New York ingredient was abundant, as 4-H members prepared a recipe in front of judges, offered a sample for evaluation, and answered questions from the judges and audience members.

This year's recipes included Peanut Butter Honey Energy Bites, Cauliflower Soup, Corn Pudding, Maple Snickerdoodles, Meatball Sliders, Blueberry Scones and more.

The event, which took place in February, offers a chance to learn about New York food products and demonstrate culinary skills.

It also serves as a fun introduction to presenting in public. Since several 4-H members present at the same time, the event can help youth build confidence in a less stressful setting.

"You can really see confidence bloom during this event," 4-H Educator Renee Hopkins said. "Youth learn how to harness their nerves and develop confidence in themselves by pushing through those jitters and creating food that families get excited about."

Presenters were: Eden Arnold, Dalton Bennett, Julianna Braun, Marshall Braun, Michaela Bugman, Rowyn Carter, Victoria Charlebois, Finn Cole, Jayden Coty, Audrey de Wit, Rian de Wit, Valarie Ellis, Devon Flick, Lindsay Flick, Fiona Gelb, Ty Halpenny, Alyssa Healy, Amara Jerome, Kamryn Jerome, Aydan Low, Aaron Lubberts, Cheyenne Lubberts, Brooke McGregor, Luca Mennucci, Maddalena Mennucci, Madelyn Mulvaney, Loghan Nowak, Colten Potts, Courtney Potts, Adrianna Robb, Kaelub Rodgers, Howie Sexton, Lucy Sexton, Lily Sharp, Onnolee Shutt, Reid Shutt, Emily Vattimo and Adelyn VerHague.

Cloverbud presenters (ages 5-7) included: Meredith Bugman, Brigid Cole, Madelyn Coty, Tucker Drum, Nathalie Gelb, Kiara Gramkee, Payton Halpenny, Aryia Marcellus, Giuseppe Mennucci, Elizabeth Mensinger and Sophia Young.

Due to their outstanding demonstrations, the following members have been invited to participate at the Produced in New York Food Demonstrations at the New York State Fair in August: Devon Flick, Lindsay Flick, Aydan Low, Lucy Sexton, Lily Sharp and Reid Shutt.

4/18/2020

Produced in New York gets 4-H youth cooking and learning | Top Story | thelcn.com

Volunteer judges were Joyce Benham, Mary Clark, Carolyn Czarnecki, Ann Davis, Bekah Finster, Marci Fruttkoff, Tim Hayes, Donna Lindsay, Margaret Linsner, Gardner Low, Anna Macauley, Becky Minnich, Ron Niedermaier, Mary Ann Scharmberg, Holly Watson, Sue Werner, and Michelle Wolgast.

This year's event was at the United Methodist Church of Livonia and the Scottsburg United Methodist Church.

LCN – MASTER GARDENER COLUMN

Master Gardener: Seeds, bees and early flowers on my mind

By Julie Brocklehurst-Woods
Master Gardener
Apr 12, 2020

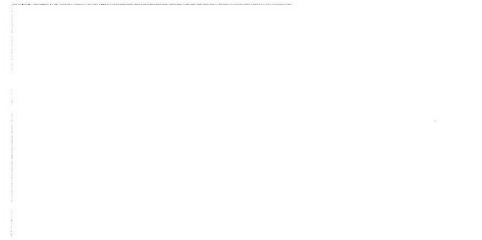


Julie Brocklehurst-Woods/Special to The LCN A river of Chionodoxa bulbs runs down a bank.

My readings this week have described a boon in vegetable gardening this year. Seeds are flying off the shelves at some suppliers. People currently have extra time at home available, and may be concerned about their food supply.

Now is a good time to plant seeds for transplanting into the garden. I always start warm weather plants around April 1; it is better to start these plants a little late rather than early. Seeds for some cooler weather plants are already in containers in my sunny garage window. Cool season vegetable seeds have been planted directly in my garden bed.

This past week I've been spending some time on an online seed starting course offered for free at fruitonseeds.com (usually \$98). This is a local business in Naples. They are generous with sharing information, enabling gardeners to achieve success.



Each class is pretty short, offering a video with written material. The video provides background and context for the written specifics. Course participants have the opportunity to post questions, which I believe are answered within a few days.

There are also excellent vegetable gardening videos on the website GoodGardeningVideos.org. Unlike videos posted to YouTube, the Good Gardening site videos have been reviewed by a team of gardening experts for accuracy and clarity.

Use the word "extension" in your internet search regarding vegetable gardening to ensure that there are Cooperative Extension articles in your selections. These resources will be of the highest quality.

I usually stay with one topic per article, but I also enjoy writing about whatever is on my gardening mind. Right now, that's bees and early flowers.

For the past couple of years, I've been seeing information on Facebook stating that bees need dandelions because it is their first food of spring.

That makes no sense to me, because I always see bees on my early spring flowers, beginning with my winter aconite as early as February. Crocus, snowdrops, the various Scilla bulbs (including Glory of the Snow, or Chionodoxa), primrose, hyacinths, pulmonaria and hellebores all attract bees, flies and other pollinators. Pansies are available as garden centers open. I have all of these plants plus forsythia in bloom right now. Most dandelions won't be blooming for probably another month.

So, bees will be fine without dandelions. In fact, dandelion pollen lacks essential amino acids for bees, according to my readings.

Bees will feed on most flowers, though they do have their favorites. It can be difficult for bees to enter long narrow trumpet-shaped flowers, and flowers with dense petals. Flowers that open fairly flat are easiest for them to access.

My lawn is far from perfect, but I do remove most dandelions one way or another. I include clover, and enjoy a number of short flowers including violets in my lawn, but the broad flat leaves and endless seeds of dandelions can take over too easily.

In order to support early spring pollinators, I recommend including early spring bulbs like those mentioned above. Snowdrops and short crocus varieties can be planted in groups right in the lawn.

The foliage will be ready to be chopped off by the time your lawn needs mowing.

Julie Brocklehurst-Woods has been a Master Gardener Volunteer with Cornell Cooperative Extension of Livingston County since 2002. She enjoys helping gardeners become successful gardeners, especially helping people identify tools and strategies to prioritize and simplify their gardening tasks. She will answer gardening questions by email: JulieBW48@gmail.com.

LCN – MASTER GARDENER COLUMN

Master Gardener: Reducing stress in the age of COVID-19

By Julie Brocklehurst-Woods
Master Gardener
Mar 29, 2020



Julie Brocklehurst-Woods/Special to The LCN Stay calm and garden on. A portion of the display created by the National Warplane Museum, Geneseo, as it appeared at the recent Gardenscape expo in Rochester.

Life changes quickly. I've been saying this over the past year or so. My husband and I are moving into our later 60s. People in our social circles are encountering health changes which require significant adaptations - sometimes long-term.

And then along comes the coronavirus. Though we knew it was coming, there is nothing like the day that you learn it is spreading nearby.

I attended Gardenscape on March 13. That may have been my last venture into a community activity for awhile.

That evening I learned that the virus was spreading in Monroe County and, likely, in Livingston County. Three days later, we're in a state of emergency, with schools and churches closed and many grocery shelves bare. Restaurants are only offering take-out.



I participate in several community groups and I expect that they won't be meeting for the next few months. I'm retired, what are my plans? Gardening of course - as much as my body can tolerate.

In spring, I can work at any time of day without getting too warm. I also enjoy bike rides lasting an hour or more.

I had a couple garden talks scheduled, but I cancelled them for my own safety and theirs.

I began painting cards a couple of years ago, I will work on that. We all want to be back in control of the choices we make for our lives, but part of me looks forward to this less-frenzied interlude.

We are all feeling stressed about this illness and getting outdoors is a great way to reduce that stress and improve our immune system.

There is an interesting article circulating about the 1918 flu pandemic. It states, "medics found that severely ill flu patients nursed outdoors recovered better than those treated indoors. A combination of fresh air and sunlight seems to have prevented deaths among patients and infections among medical staff. There is scientific support for this. Research shows that outdoor air is a natural disinfectant. Fresh air can kill the flu virus and other harmful germs. Equally, sunlight is germicidal and there is now evidence it can kill the flu virus.

I am not qualified to offer medical advice, but working outdoors makes us all stronger and healthier. Spending time outdoors might at least help prevent illness by boosting our immunity, and make symptoms less severe.

An article from the Cleveland Clinic, "What happens when your immune system gets stressed out," explains more about the stress-immune system connection.

I believe that some similar principles can be applied to both people and plants:

n Transition yourself gradual to the outdoors in spring.

n Clean up the winter debris gradually, not all in one day.

n We need sunlight and outdoor air, but not too much sun especially in mid-day.

Be well: keep your distance, wash your hands, help others.

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LCN – MASTER GARDENER COLUMN

Master Gardener: A guide to spring planting

By Julie Brocklehurst-Woods
Master Gardener
Apr 26, 2020



Julie Brocklehurst-Woods/Special to The Livingston County News This pansy basket was purchased locally. "Master Gardener" columnist Julie Brocklehurst-Woods then gradually exposed it to outdoor conditions before planting.

My email last week included a question from a reader asking for help with answering gardening questions; my email address is in the sidebar for more information.

Given the current Coronavirus pandemic, mail-order nurseries are also making accommodations. Many will enable some to purchase online, but check out the details, which vary.



AREN'T THESE JUST THE CUTEST LITTLE THINGS YOU HAVE EVER SEEN? FIVE LEMURS BORN AT BRITAIN'S WHIRLSNADE

4/29/2020

Master Gardener: A guide to spring planting | Top Story | thelcn.com

Purchased locally or from afar, green plants purchased in early spring probably came straight from a greenhouse. They need to be gradually accustomed to outdoor growing conditions. I put my plants in the garage for a couple of days, which is cooler at night. I then move them to an outdoor shaded spot, near my house for wind protection, for a couple more days. I next increase sun and wind exposure by moving them further away from the house. This process should be spread over at least a week, until you reach full sun/wind exposure.

Your soil also needs to be considered when putting in new plants. It's not a good idea to dig and plant in wet soil. The soil will likely get compacted, then be rock hard when it dries. If you squeeze a clump of soil in your hand, it should crumble, not form a sticky lump.

Spring is a great time of year to purchase bare-root plants, most often available for trees and shrubs. This may be the best way to purchase woody plants. Too often, these plants stay in pots too long, with roots entirely filling the container. Unless many of the roots of large potted woody plants are pruned off at planting time, the plant will often strangle itself after a few years.

Bare root plants will often benefit from initial careful nurturing. They need well-worked soil and additional water to become established. They may be shipped well before your soil is ready. You should remove the packaging used for shipping when you receive them, and soak the roots for a couple of hours. After this, if the soil isn't ready for planting, I like to put them in a large container of moist potting soil. One container can hold several plants, they don't need to be spaced for this purpose. I keep this pot in an outdoor protected spot until planting time, checking regularly for moisture, and watering if needed.

I have often purchased small shrubs by mail in spring, potted them up for the summer, and planted them in the fall. Sometimes they grow so quickly that I have to up-pot them in mid-summer. This way, I get a shrub with a well-grown root system for an excellent price.

4/29/2020

Master Gardener: A guide to spring planting | Top Story | thelcn.com

So email me those gardening questions! I will probably respond to you the same day, and may choose to address your topic in a future column. Your questions enable me to stay in tune with my readers, and I thank you.

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LCN – MASTER GARDENER COLUMN

'Open Gardens' an invitation to adventure

Open Gardens in the Buffalo area will be available this year at no cost for all five Thursdays and Fridays in July.

This program is an offshoot of the Buffalo Garden Walk, which usually takes place the last weekend of July in the city of Buffalo, though this main event is cancelled this year. While the Buffalo Garden Walk is usually attended by many thousands, and generally includes miles of walking, I have been able to park just a few houses away from the private Open Garden homes I have visited. I have never encountered crowds at Open Gardens residences.

Last year Gardens Buffalo Niagara developed an app for Open Gardens, which makes it easier to find the gardens and related information.

The app was updated this year, so I no longer need to purchase the booklet each year. It is available on the App Store for a one-time cost of \$5.

I will miss having the booklet to take notes for the following year, but the app

MASTER GARDENER



**JULIE
BROCKLEHURST-
WOODS**

makes it so much easier to find the current information I need. I can create my own list of gardens I have visited.

Within the app I can more easily plan each adventure. I can view a list of addresses, or all locations marked on a map.

The homes are organized in 12 neighborhood groups, which often have similar visiting times. Homeowners choose the dates people visit, sometimes just Thursdays or Fridays, sometimes both. Open hours start at 10 a.m. and continue until 2 p.m. for some, not until 5 to 9 p.m. for others, with 2 to 5 p.m. as still another option. Open

Gardens homeowners put up an Open Gardens sign in their front yard. If you do not see a sign, they are not open, even though they are on the schedule for that date/time. Life happens, sometimes things do come up.

There is a check-in option on the app for individual properties, but it wasn't functioning on the day I am writing this. It may notify homeowners of your arrival, and perhaps will let you know if they have closed on a specific date.

Gardens Buffalo-Niagara also facilitates garden festivals within specific communities. Some of these have been cancelled this year. Lockport, the University

District (Samuel P Capen Garden Walk), Amherst, Tonawanda, East Buffalo, South Buffalo, and Niagara are all listed on the Gardens Buffalo-Niagara website as having events scheduled this year. Most of the walks are on different weekends.

Additional gardening events, many virtual, will be available from Gardens Buffalo-Niagara for those who are most comfortable staying home. Examples include gardeners talking about their gardens, interviews with garden professionals, garden stories, and live interviews with gardeners in their gardens. Visit the website, www.gardensbuffaloniagara.com, to sign up for emails if

you want to be included.

The closest Open Gardens to Livingston County are south of Buffalo. I can reach some of them in just over an hour by following Route 20A west.

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LCN – MASTER GARDENER COLUMN

Master Gardener: Using tomato cages to deter deer

By Julie Brocklehurst-Woods
Master Gardener
Jun 20, 2020

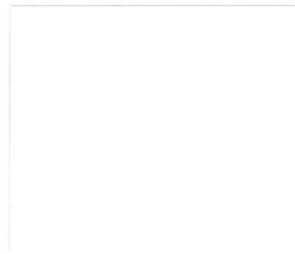


Julie Brocklehurst-Woods/Special to The Livingston County News Fully recovered. These hosta leaves were completely eaten by deer early in the season, but were able to re-grow under the protection of two circular tomato cages.

June is one of my favorite gardening months, there is so much in bloom! It is when the last of the spring bulbs overlap with the fresh perennials of the new gardening season. There is still enough moisture in the soil so plants are not beginning to droop a bit, like they do in July and August.

This year, I am enjoying some plants that have been previously demolished by deer, including hostas. My new tool is round tomato cages.

I have used these circular structures in the past to surround smaller plants. Deer bump into them and move on, apparently startled by their unfamiliar feel. This year, it occurred to me that these devices laid on their side could also work.



I grow a lot of daylilies. In the early spring, deer munch their early tender growth right back to the ground. This year I placed horizontal tomato cages in a row over the plant, each held in place by a metal plant support stake. This worked perfectly, no damage at all.

I next surrounded a patch of hosta leaves with two cages on their edge facing the lawn, where the deer most often browse. The leaves had already been eaten to the ground, but they all grew back, with only a few leaves damaged on the edge. One of the cages was completely covered by leaves.

Ok, I was onto something. I bought 10 additional tomato cages, and secured them over plants the deer had demolished last year, including Montauk Daisies, Stokesia, and some small shrubs.

Deer don't bother the leaves on my goatsbeard plant, but they had repeatedly eaten the flowers. Three taller cages surrounding this plant enabled these flowers to glow in the morning sun.

I have a huge old bush clematis on which I have tried to remember to spray the buds; this year they are all intact. I thought the deer might reach over the cages on the ground, but perhaps they were startled by the movement when they bumped into the wire. When used at the base of larger plants, these cages may become hidden by foliage. Even when not covered, they aren't very visible at a distance.

Deer resistant plants also enable me to have nice gardens. There are some I have successfully used in my big back border, on the distant edge of our back yard, backed by open fields with numerous deer. In spring I enjoy snowdrops, winter aconite and lots of daffodils, and many alliums as the lungwort and ferns emerge. Late spring

includes iris then plentiful peonies, along with wegelia, baptisia, and poppies. Lower layers of cranesbills and ladies' mantle fill out this picture.

Summer features a succession of perennial sunflowers and ornamental grasses, along with coneflowers brown-eye Susan's, Nepeta, and bright red Crocosmia. Fall stars include the silver leaved plants including lamb's ear, artemisia, and sages; ornamental grasses, chrysanthemums, and fall anemones.

Spray products that include eggs can also be effective in deterring deer. During spring growth, it's difficult to protect emerging stems and leaves. Simple barriers can be effective throughout the season.

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LCN – MASTER GARDENER COLUMN

Master Gardener: Ideas for simple vegetable gardening

By Julie Brocklehurst-Woods
Master Gardener
May 23, 2020



Colorado State University Extension Leafy greens are quick and easy to harvest when grown in a deck container.

The traditional planting time of Memorial Day is close at hand, and it's not too late to put in a few veggies.

Planting in containers can make your garden easier to install and maintain, though it will require more frequent watering. Five gallon buckets, with several large drainage holes drilled in the bottom, can make very affordable containers. Many lightweight attractive resin containers are also available for purchase.

A large bag of potting soil (3 cubic feet) will probably fill three buckets to the brim. The soil will settle after planting and watering. Garden soil is too heavy for containers, not allowing enough air to reach plant roots. Place your containers as close as possible to your water supply for easier watering, and where they will receive six hours or more of sun each day. In hot weather the containers may need daily watering. The sun starts moving to the south in late June, so your buckets may need to be moved as the weeks pass to obtain maximum sun.

You should plant your buckets with whatever your family enjoys eating, but not all plants are equally easy to grow. Bush green beans are easy and very productive. Many people enjoy eating fresh tomatoes, still warm from the sun. Summer squash is also very productive. A bucket can accommodate four green bean or chard plants, but only one tomato or squash plant. The small cherry tomatoes will ripen earliest, and be most productive.

Chard or kale will grow well in the heat of summer, but lettuce and spinach are cool weather plants, so would need to be planted in August for fall harvest. Many herbs are quite easy to grow, especially parsley. Basil isn't difficult, but it requires more water than most other herbs.

It's important to provide fertilizer for your veggies. I find pelletized slow-release fertilizer easiest to use, and a bottle of it lasts a long time. Instructions on the container indicate that this product will last up to three months, but you should fertilize monthly because it is released from the pellets more quickly in hot summer weather.

People who don't often grow vegetables may find that plants are more successful than seeds. Green beans need to be seed-grown, but the other vegetables mentioned here should be available as plants in local garden centers now.

If you haven't grown vegetables before, buckets are an easy way to get started with minimal labor and cash investment. Additional options include growing in straw bales, and containers of much larger sizes. I think it's always wise to start out small, to see how much you and your family uses the produce, and how well your family manages the attention these plants need.

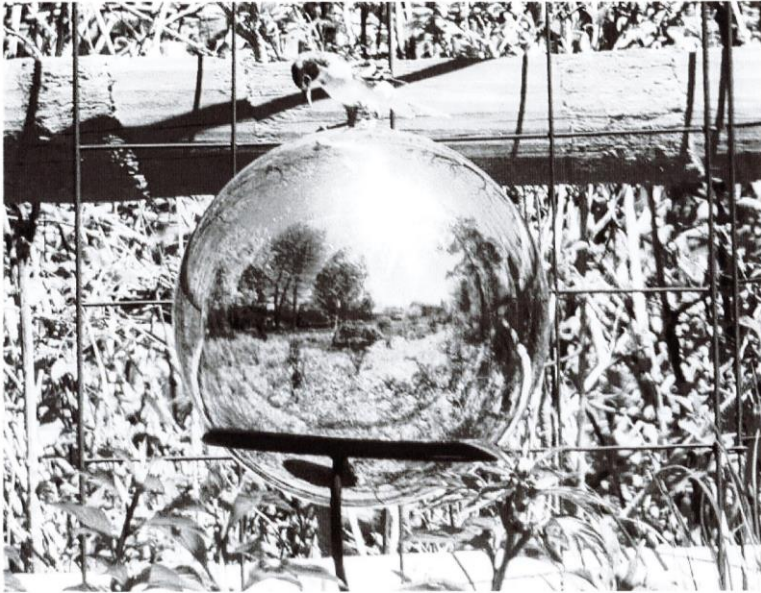
More information on growing vegetables in containers may be obtained via a Google search using the phrase "container gardening Cornell CCE".

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LCN – MASTER GARDENER COLUMN

Master Gardener: Mix up plantings to keep things fresh

By Julie Brocklehurst-Woods
Master Gardener
Jun 7, 2020



David Woods/Special to The Livingston County NewsAn oriole checks out its reflection in Master Gardener Julie Brocklehurst-Woods' garden gazing ball.

Memorial Day has passed, and the garden is in, sort of. I planted seeds for my vegetable garden and some flowers over the holiday weekend. There is good soil moisture, so I thought I wouldn't need to water them often to enable them to germinate.

Because of the unexpected heat on Memorial Day, and a few days following, I finally hauled out the hose midweek.

The plants I started from seeds indoors aren't quite big enough for the garden yet. It was too cold this spring to transition them to outdoors on my usual schedule. Once they get outdoors, their growth skyrockets. They are generally healthy and will find their homes in the ground in a couple of weeks.

Each year I try to include something new in my vegetable garden. I planted a different variety of squash, delicata. It is a winter squash with a long growing season, so we won't be eating it until September.

There is no zucchini this year, though I have enjoyed it past summers, for awhile.

I'm growing ginger this year, which I purchased in February from Fruition Seeds in Naples. It needs a long season, so I put it on a heat mat for a couple of months indoors. One piece is now planted in a large pot on my patio, and the rest is in the ground. The soil in pots stays warmer, so I expect that piece will be more productive relative to its size.

I also plan to try growing Brussels sprout. This is a fall crop, so I won't be starting these seeds until June. I'll then plant them outside in August. This is different timing than for the rest of my plants, so I'll have to make myself some reminder to keep on track with it.

To learn more about growing these edibles, and benefits from the experience of others, I consulted GoodGardeningVideos.org and YouTube for more information.

I'm also growing some new annuals from seed, including: Honeywort (*Cerinthe major*), Sun Ball (*Craspedia*) and Gomphrena Fireworks. These are small flowers that will make nice small bouquets in a two- to three-inch vase. I primarily enjoy my flowers outdoors, but a small bouquet on a windowsill can't be beat. Flowers don't last as long indoors, and make something else for me to clean up.

Baltimore Orioles have been providing us with great entertainment in recent weeks. Last year, my neighbor had an oriole at her hummingbird feeder and I ended up ordering an orange feeder that people recommended. By the time I received it, they had mostly moved on to their nesting site, though I occasionally I saw an orange flash leaving the feeder.

This year, I put it out in early May at the same time as the hummingbird feeder, and we now have two pairs feeding often. A friend recommended that I feed them grape jelly, and it's working. They also love fluttering around my gazing ball on a sunny day, chasing the reflected bird.

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LCN – MASTER GARDENER COLUMN

Master Gardener: Primroses are tougher than you think

By Julie Brocklehurst-Woods
Master Gardener
May 9, 2020



Julie Brocklehurst-Woods/Special to the Livingston County News Primula veris, commonly called cowslip, will tolerate a variety of soil and light conditions.

Primroses are delightful spring plants that I have been researching lately. We often see pots of them in stores perhaps beginning in March, when greenhouses begin to warm up from the sun. I have tried planting these outdoors in May, when the weather warms up, but they often don't come back.

I became aware that there were tougher primroses available when we bought a different house nearly 16 years ago. There were a couple of creamy white primrose plants with yellow centers under a pine tree that began blooming in late winter. Either under the tree or now in quite a bit of sun, I never have to water these plants.

Somewhere in my gardening journey, I acquired a taller primrose with fuchsia pink blossoms in May. A common name for them is candelabra primroses. This plant not only returns faithfully each year, it also produces some seeds, with a few growing into new plants.

A few years ago, a gardening friend gave me some yellow primroses, telling me that they would bloom in the shade. They did bloom but didn't really thrive in deep shade, so I moved them to a brighter spot last fall and they are already happier. They began blooming in mid-April, about 4 feet tall.

I had tried researching primroses, but couldn't identify the variety of these tough plants. The standard primrose cultural information stated that rich loamy soil and steady moisture are required for this plant, certainly not true for the primroses I had in my garden.

Finally this month, with a little more time on my hands, I found information on long-lived primroses, on the website of the New York Botanical Garden. This information included the three varieties I have mentioned, providing me with accurate botanical names. I could now buy more of these varieties and search out additional plants with this heritage.

That earliest creamy primrose is called *Primula vulgaris*, also known as a wild primrose. The pine tree that previously shaded these plants was taken down two years ago, and they are happy getting more sun. This year I divided one of the clumps, and will do the other this fall.

Newer plants that have been bred from this plant include the Belarina series, sold in Moravia pots, which includes at least five colors of long-blooming plants. This is a very short plant, with blossoms just a couple inches off the ground.

Those slightly taller yellow primroses are *Primula veris*, often called cowslips. Both this plant and the vulgaris plant produce new plants each year by roots, so the clump gets larger. A couple of hybrids developed from this plant include one called Katy McSparron and a larger one sometimes called a giant cowslip.

The taller candelabra or Japanese primroses are fairly common at garden centers in May, in shades of red, pink, white and orange. Their blossoms form layers, similar to this elegant light fixture.

The New York Botanical Garden website also described an additional long-lived primrose, *Primula denticulata*, commonly called drumstick. It's is now on my (long) list of plants to buy.

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LCN – MASTER GARDENER COLUMN

Tomato cages deter deer

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This year, I am enjoying some plants that have been previously demolished by deer, including hostas. My new tool is round tomato cages.

I have used these circular structures in the past to surround smaller plants. Deer bump into them and move on, apparently startled by their unfamiliar feel. This year, it occurred to me that these devices laid on their side could also work.

I grow a lot of daylilies. In the early spring, deer munch their early tender growth right back to the ground. This year I placed horizontal tomato cages in a row over the plant, each held in place by a metal plant support stake. This worked perfectly, no damage at all.

I next surrounded a patch

MASTER GARDENER



JULIE BROCKLEHURST-WOODS

of hosta leaves with two cages on their edge facing the lawn, where the deer most often browse. The leaves had already been eaten to the ground, but they all grew back, with only a few leaves damaged on the edge. One of the cages was completely covered by leaves.

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plant enabled these flowers to glow in the morning sun.

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Deer resistant plants also enable me to have nice gardens. There are some I have successfully used in my big back border, on the distant edge of our back yard, backed by open fields with numerous deer. In spring I enjoy snowdrops, winter aconite and lots of daffodils, and many alliums as the lungwort and ferns emerge. Late spring includes iris then plentiful peonies, along with wegelia, baptisia, and

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Livingston County News

Home & Garden

Ideas for simple vegetable gardening

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You should plant your buckets with whatever your family enjoys eating, but not all plants are equally easy to grow. Bush green beans are easy and very productive. Many people enjoy eating fresh tomatoes, still warm from the sun. Summer squash is also very productive. A bucket can accommodate four green bean or

MASTER GARDENER



JULIE BROCKLEHURST-WOODS



GARY BACHMAN/MISSISSIPPI STATE UNIVERSITY EXTENSION

The stems of Swiss Chard Bright Lights are lovely when grown in containers.

chard plants, but only one tomato or squash plant. The small cherry tomatoes will ripen earliest, and be most productive.

Chard or kale will grow well in the heat of summer, but lettuce and spinach are cool weather plants, so would need to be planted in August for fall harvest. Many herbs are quite easy to grow, especially parsley. Basil isn't difficult, but it requires more water than most other herbs.

It's important to provide fertilizer for your veggies. I find pelletized slow-release fertilizer easiest to use, and a

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GENESEE COUNTRY EXPRESS



Hand sanitizer, face masks distributed to farms

Posted May 20, 2020 at 1:39 AM

MOUNT MORRIS — Cornell Cooperative Extension of Livingston County held a free Hand Sanitizer & Face Mask Distribution event for the agriculture community on Thursday, May 14 in Mt. Morris.

The association provided hand sanitizer and washable cloth face coverings to 41 Livingston County farms and ag operations with approximately 350 employees. Altogether, 680 two-ounce spray bottles, 52 one-gallon pump bottles, and 935 face coverings were distributed.

For many, the distribution came at just the right time! While some were running low on supplies and seeking to replenish, others have been unable to find them available. One recipient said, "You can't find hand sanitizer or masks in stores or online. It's so frustrating. Thanks for doing this for farmers."

Interim Executive Director Tim Hayes said: "This was a classic example of multiple agencies working together to meet a critical need. CCE Livingston was enthusiastic about distributing much needed supplies to the farmers and agriculture operations in Livingston County. Governor Cuomo, our state and local governments, New York State Agriculture and Markets, The New York State Fairgrounds, and Livingston County Farm Bureau were all partners in this effort."

Hayes added, "Hopefully, we'll get more supplies soon and be able to provide these important items to the Livingston County agriculture community."

For more information about Cornell Cooperative Extension of Livingston County, visit www.ccelivingstoncounty.org or call 585-991-5420 | 585-335-1752.

CCE Livingston County names new executive director

The Cornell Cooperative Extension of Livingston County Board of Directors has named Jolie Spiers as the association's new Executive Director.

Spiers joins CCE Livingston County with more than 20 years of experience in community engagement and development. She spent seven years at the University of Rochester where she most recently was Senior Director

of Alumni Relations overseeing programming for the School of Medicine and Dentistry, School of Nursing and Eastman Institute for Oral Health. Before relocating to Rochester, Spiers lived on the Mississippi Gulf Coast and worked in county government and for United Way. She holds a BA in Journalism from the University of Mississippi and an MBA from Rochester's Simon Business School.

"I am honored to join CCE Livingston County and look forward to continuing to bring a high level of service to the community, translating Cornell's world class research into initiatives that support Livingston County agriculture, business, youth and families," said Spiers. "I am ready to get started and can't wait to meet our many partners, stakeholders and constituents."

Tim Hayes had been

serving as Interim Executive Director throughout the search process. Tim retired in July 2019 after serving thirteen years as Superintendent for the Genesee Central School District.

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GENESEE COUNTRY EXPRESS

FLX 4-H Learning Launchpad: A virtual learning experience

New York State Finger Lakes 4-H District offers opportunities for online learning

Have you ever thought about trying bird watching, kitchen scrap gardening, or making a calm jar with your family? Learn these and more by visiting the FLX 4-H Learning Launchpad, an online learning platform. Join 4-H educators and volunteers daily to learn about exciting topics and activities youth and families can do at home.

In New York State, 4-H is part of Cornell Cooperative Extension, connecting youth to research-based information through Cornell University. The mission of the New York State 4-H Youth Development program is to connect youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society. Today, more than ever before, that means providing learning opportunities to youth in our communities only now in a virtual environment.

Ontario County 4-H

Educator, Sarah Bagley, came up with the idea for the FLX 4-H Learning Launchpad soon after the COVID-19 outbreak led to school closings and the suspension of in-person 4-H activities. The FLX 4-H Learning Launchpad is being "launched" amid the COVID-19 outbreak to offer the high quality 4-H experience that our families value in a safe online environment.

"When faced with the reality of having to switch 4-H programming completely online, I knew that there was strength in numbers," Bagley said. "Collaborating as a district instead of focusing just on programming for individual counties allowed us to expand our program offerings and deliver content more frequently. My colleagues throughout the district bring a variety of talents and abilities to the virtual environment, and we have enjoyed connecting with our communities in this new way."

CCE Livingston County Youth Development Team Leader Mark Wittmeyer said, "The collaboration by

4-H Educators in the Finger Lakes District exemplifies why Cooperative Extension and 4-H are at the forefront of youth development outreach education."

The objectives of the Launchpad are to maintain a sense of connection with 4-H families across the nine county Finger Lakes Region, connect research based resources with new audiences, and complement at home learning. New information and activities are posted daily at 10am and additional content (offered in a variety of formats) is added frequently throughout the week.

Wayne County 4-H Team Leader, Jessica Spence, is also leading an ongoing video series where families can observe chicken eggs as they develop in an incubator. The process of chickens changing from eggs to chicks takes just about three weeks!

The Launchpad also recently challenged our audience to spread cheer by painting their windows with encouraging scenes.

Activities are on a wide range of topics. Livingston County 4-H

Educator Renee Hopkins led a lesson on bird-watching and the Merlin Bird ID App. Likewise, Livingston County Ag in the Classroom Educator Bernadette Harwood has led lessons on ecosystems and soil.

Hopkins said: "When discussions turned toward lesson topics, I knew bird watching would be a great fit! It can be done anywhere - you can get outside as a family or watch from a window. Practicing bird identification helps strengthen your ability to focus and notice detail and if you do it regularly, you may begin to see patterns and even make predictions. And to top it all off, the Cornell Lab of Ornithology has created some fantastic and easy to use bird identification tools and multiple Citizen Science Projects you can join - adding a great deal of value to your bird watching outings."

To access the FLX 4-H Learning Launchpad activities, visit <http://celivingstoncounty.org/4-h-youth/flx-4-h-learning-launchpad> to find links to each activity.

Livingston County 4-H planning all-virtual fair experience

With the cancellation of the 2020 Hemlock Fair, the Livingston County 4-H Program is feverishly working to organize an all-virtual fair experience that will help ensure 4-H families, volunteers, judges and staff remain healthy during this historic pandemic.

The final decision was made after consultation with the Livingston County Department of Health, Finger Lakes Region Re-opening Plan and Cornell University.

While the fair experience will look different this year, one thing that will remain the same is the commitment to provide members with an opportunity to share the projects they have completed and the skills they have developed with an evaluator.

"Reflecting and sharing what youth learned with a caring adult is a key component in the Experiential Learning Model used in 4-H," 4-H Educator Renee Hopkins said. "Through this process, youth gain an understanding of what steps they went through to complete a project, identify triumphs and troubles along the way and begin thinking about where their learning might go next."

This year members will interact with an evaluator and receive, that ever-important, constructive feedback through a video conferencing platform such as Zoom.

The 4-H Livestock Auction, which provides individuals and businesses the opportunity to acquire fresh, top quality meat and chicken while supporting a worthwhile youth activity, will also be conducted online. The Livestock Auction, held during the Hemlock Fair, is the culmination of a 9-month project for market beef animals, a 3-month project for market hogs and lambs,

and a 10-week project for market birds.

Youth Development Team Leader Mark Wittmeyer said, "As a 4-H Program, we felt it was vital to provide members with as much of a 'normal' fair experience as possible under the extreme circumstances. Members have worked too hard all year long completing projects as building exhibits, raising and training animals for 4-H shows and planning a business strategy to sell their market animals at the annual market animal auction for the fair experience to be completely taken away from them this summer. Although youth have already had many things completely canceled this summer, the fair experience will not be one of them."

Since this year is the 100th anniversary of the Livingston County 4-H Program, staff were originally planning to hold a "birthday party" at the Hemlock Fair. Instead, an "End of Summer 4-H Celebration" is now being tentatively planned for August/September (pending government orders) at the fairgrounds. This will allow members to socialize as a 4-H family and enjoy a meal together. 4-H staff will also announce major awards and accomplishments from this year's fair experience.

Finally, to help commemorate this year's all-virtual fair experience, a scrapbook (digital and hard copy) will be created to capture all of the fun and creative work that 4-H families and clubs are doing at home.

To learn more about Cornell Cooperative Extension of Livingston County or the Livingston County 4-H Program, visit www.ceslivingstoncounty.org or call 585-091-5420 | 585-335-1752.

GENESEE VALLEY PENNY SAVER



Q&A with the Master Gardeners

Look for this weekly column! Your questions answered by the local Cornell experts.

Q.

1. How do I get rid of spiny sow thistle and Canada thistle?

Anne B.

Spiny sowthistle is a winter annual that is actually in the sunflower family and not a true thistle. Spiny sowthistle spreads by seed. It flowers from late spring through the summer, depending on the location. The flower is yellow, resembling a dandelion, but forms in a corymbiform cluster. The root of spiny sowthistle is a taproot. It is found in waste areas and other open areas such as roadsides and thin turf. It can be controlled by mowing which prevents the stem and

from **Cornell Cooperative Extension, Livingston County**

flowers from forming and eliminates seed formation. The plant can also be cut out. A postemergent herbicide application is effective when spiny sowthistle is young and actively growing but should not be needed if the location will be mowed. For best results, treat prior to bolting.

Canada Thistle is a rhizomatous perennial. Since Canada thistle has a deep root system, the only mechanical approach for controlling this weed is to exhaust the storage roots (exhaust perennial roots). Food reserves in the roots reach a minimum in June and then increase as food flows from the shoots to the storage roots. Consequently, shoots should be removed for

the first time by early June. Mowing or repeated cutting may be used to help prevent the production of seeds and starving the plant. Persistent removal of the shoots before they attain several leaves will exhaust the storage roots within two years and eliminate the weed. One study found a 21 day weeding schedule was optimal. Postemergent applications of a systemic herbicide may be used. Fall is typically the best time for these treatments when the plant is translocating

food reserves to the rooting structures. Other good times are during the early bolting stage when plants are 6-10" tall and during the bud to flowering stage. Some of the common lawn weed control materials are effective. Spot treatments are good for limited stands. Glyphosate products labeled for the use are effective. Lawns should be properly maintained to promote a healthy, dense turf that with managed mowing will compete well with weeds.

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Will lavender grow in and around small stones if it has some soil under it?

Lavender is a sun worshiper, loves heat, and grows best in infertile, well-drained and slightly alkaline soil. Of course, lavender plants need soil, but will do just fine in an area where there are many small stones. Avoid heavy clay soil that does not drain well. Plant in the spring when danger of frost has passed, mixing some compost into the soil to get your plants off to a good start. Some lavender growers recommend putting a layer of crushed oyster shells or limestone

from **Cornell Cooperative Extension, Livingston County**

in the bottom of the planting hole to improve drainage and to increase the alkalinity of the soil. Also, some suggest mulching around lavender plants with pea sized gravel. The theme, good drainage is essential. Fertilize sparingly or you will get leaves at the expense of flowers. Lavender thrives in dry conditions so be careful not to overwater to prevent root rot. Also, dry heat helps to release lavender's strong and wonderful fragrance and because of that aroma, deer generally stay away.

In this area, the most commonly grown Lavender is English lavender (*Lavandula augustifolia*) because it survives best in our cold climate.

Garden stores generally stock two cultivars, 'Hidcote' with silvery foliage and deep purple flowers and 'Munstead' with green foliage and a violet or blue-purple flower. In the past few years, one called 'SuperBlue' has become more popular and is one that I find does very well here. It is a little shorter and heavier blooming cultivar than the two mentioned above.

Linda Phillips, Master Gardener



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Q. I'm running out of pots for my herb garden on my back deck. Can I combine herbs like rosemary, basil, and parsley in the same pot so they can grow, and I don't have to buy more pots to clutter my deck?

You can grow two herbs with similar size and needs in the same pot, but the pot will need to be twice as big if you want good growth. Rosemary and sage can grow into small shrubs within a season, so each needs its own pot. Basil is a small plant that needs a lot more water than other herbs, a separate pot would be best to hold 4-6 plants. Parsley is also a small plant, so one pot would be needed

from **Cornell Cooperative Extension**, Livingston County

for 4-6 plants. Thyme and oregano could share a large pot.

Q. What are the best plants for attracting hummingbirds?

Hummingbirds are truly one of the joys of summer - tiny and feisty and beautiful. They like lots of concentrated nectar, preferably sucrose. Tubular flowers are best since they hold the most nectar. They are attracted to bright colors, with red being their favorite, but also yellow, orange, pink, and purple. There are many lists you can find online, but at the top of almost every list is Bee Balm. Others on the lists include Cardinal Flower (Lobelia Cardinalis), Columbine,

Daylilies, Salvia (the blue or purple ones), Foxglove, Butterfly Bush, Trumpet Vine, and Bleeding Heart. Also, some easy to grow annuals like Zinnias and Petunias attract them. Although not on any list I saw, at my house I have seen the hummingbirds visit the Guara, Crocosmia Lucifer, and Angelonia. Some trees preferred (according to one online list) are Crabapple, Tulip Tree, Horse Chestnut, Hawthorn, and Eastern Redbud. In my yard, they hang out in the Katsura

Tree and go back and forth from the tree to the feeders and flowers all day long. I recently purchased a flat feeder and have found that the hummers love it as well as the upright feeder. They sit on the flat surface for several minutes at a time with their wings still, enjoying the sugar water. A combination of feeders and flowers can make your yard a favorite spot for these remarkable little creatures.

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COUNTRY FOLKS

B10 • June 22, 2020

COUNTRY FOLKS WEST

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Special thanks to Roy

Teitsworth Inc. for their willingness to assist with this year's auction!

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COUNTRY FOLKS

B14 • July 6, 2020

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MANURE HANDLING

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GENESEE SUN



FLX 4-H Learning Launchpad: A Virtual Learning Experience Offering Opportunities for Online Learning

BY SUN STAFF

Have you ever thought about trying bird watching, kitchen scrap gardening, or making a calm jar with your family? Learn these and more by visiting [.]

Livingston's Cornell Cooperative Extension Announces New Executive Director

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STEUBEN COURIER ADVOCATE

The Steuben
Courier Advocate

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Posted Apr 26, 2020 at 3:41 PM

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To access the FLX 4-H Learning Launchpad activities, search for it on Facebook and follow the Launchpad page. Also, visit the webpage at <http://celivingstoncounty.org/4-h-youth/flx-4-h-learning-launchpad> to find links to each activity.

4-H is a worldwide youth development program open to all youth aged 5 to 19, who want to have fun, learn new skills, and explore the world. In return, youth who participate in 4-H find a supportive environment and opportunities for hands-on or "experiential" learning about things that interest them. Learn more at <https://nys4-h.org/>.