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September 2015 | Vol. 7 Issue 9

Celebrate local agriculture at a modern dairy farm!

IN THIS ISSUE

Two big Agriculture events coming up this month!

Resources for your garden

We an help you manage your home finances successfully

September is abuzz with agriculture events!

Our ag team has a couple exciting events to share with the public this month. First, on September 15 we will be unveiling our long-awaited Meat Locker in Corning. We will build on the success of the Tompkins County meatlocker by offering storage space for those who wish to buy local meats in bulk but don’t have the storage room in their own freezers.

And second, our beloved event, Farm-City Day, returns after a two year hiatus, to the Moss Van Wie Farm in Canisteo on September 26. This is a fun day for the family on a modern dairy farm...check out all the details below.
We love to hear from you!

Celebrate Steuben County Agriculture!

Bring the family to Farm-City Day on September 26th!

Farm-City Day is an educational, fun filled day on the farm where the public can get a first-hand, behind the scenes look at how a modern dairy farm operates. This year’s event is in Canisteo on the Moss-VanWie Dairy Farm from 10 a.m. to 3:00 p.m. on Saturday, Sept. 26.

Plan to spend a day touring the farm, sampling farm products, viewing the huge farm equipment, and watching the kids have fun milking a real cow, petting friendly farm animals and walking through the corn maze. Each child can also pick a pumpkin from the patch to take home with them.

Food is available and it's fun for the entire family. Free admission and parking!

Volunteers are needed for both the Saturday event and the school children tours on Thursday and Friday. Visit the website and click the Volunteer link or call 607-664-2300. Volunteers receive a free T-shirt with this year's logo, shown above!

Farm City Day website
Like the Farm City Day Face book page
New Meat Locker to Open in Corning!

Cornell Cooperative Extension of Steuben County is thrilled to announce that the Corning Meat Locker will be open for business on Tuesday, September 15, 2015! The Corning Meat Locker is a community resource that enables consumers to buy and store large amounts of locally raised meat, even if they do not own a home freezer.

We will be celebrating with an open house on **Tuesday, September 15th from 6-8pm** at the meat locker, located at 55 Ferris Street in Corning. During the open house the community can come and see the locker, learn how to use the locker and meet area farmers.

What is a Meat Locker?

The Meat Locker is a walk-in freezer where people can rent bin space to store locally raised meat in bulk. Individuals can contact a local farm to place an order for bulk meat, as bulk meat is cheaper by the pound. Our web directory, [www.MeatSuite.com](http://www.MeatSuite.com), is a good place to start your farm search. Once you have found your farm/product, set up a membership with the Meat Locker by calling (607) 664-2300 or emailing Kelley Elliott, CCE-Steuben's Local Food Educator, at kje36@cornell.edu. Choose a 25-gallon bin for eight dollars per month or an 18-gallon bin for five dollars per month. You can make your payment via cash, check, or credit card, and you can pay on a month-to-month basis if you so choose. The large bins accept padlocks. The Meat Locker will be open by appointment for drop-off and pickup of your local meat. Once we have developed a customer base we will set regular business hours for pick up.

The Meat Locker is one aspect of the Finger Lakes Meat Project.
Project, which strives to promote local meat affordability while preserving small farm viability. We are primarily funded by the USDA Farmers Market Promotion Program, and have also received a great deal of support from generous donors in our community. You can find us online at www.fingerlakesmeatproject.com. We are on Facebook at www.facebook.com/MeatLockerPilotProject, Twitter as @FLXMeatProject, and Local Food Lab as Finger Lakes Meat Project.

To help consumers with the process, a "How to Buy Local Meat" workshop will be offered Tuesday, September 29th at the Southeast Steuben County Library in Corning, from 6:00-8:00 p.m. This free workshop will help you understand the terms associated with purchasing local meat in bulk (fresh, frozen, halves, quarters, natural, organic, etc.), as well as teach you how to use the Meat Locker and Meat Suite Farm Directory. Learn how and where to find meat that fits your family's needs. Space is limited, reservations can be made by calling 607-664-2300 or by emailing kje36@cornell.edu.

Livestock Behavior Expert Dr. Temple Grandin to Visit Ontario County, NY

Speaking events open to farmers, autism advocates, and general public Thursday and Friday, September 17 & 18, 2015

World-renowned animal behavior expert Dr. Temple Grandin will speak at several locations in Ontario County, NY on September 17 & 18, 2015. An ardent advocate for the humane
treatment of animals and one of the most widely-recognized autistic professionals in the country, Grandin is a noted speaker and author of many books including **Humane Livestock Handling** and **Animals Make Us Human**. She is a professor of Animal Science at Colorado State University and also designs livestock systems that more closely match the natural instincts of livestock, reducing stress and unintended injuries.

**More details and registration due by September 10**

### It's back to school time! Here's how to stay healthy...

#### Children who eat healthy meals do better in school—but it can be hard to come up with new ideas for back to school!

Here are some ideas for healthy lunch and snack ideas for the fall:

- Get your child involved to choose nutritious foods that they like and will eat to find school lunches that make everyone happy and healthy

- Snacks should include two food groups, and healthy meals should include at least three. Try pairing fruit and cheese, veggies and hummus, whole grain crackers and peanut butter, or any other combination your kid likes! Having multiple food groups keeps children full and focused throughout the day

- Trail Mix is a great after-school snack kids can make themselves. [Check out this recipe from Cooking Matters.](http://campaign.r20.constantcontact.com/render?ca=8f9e8d7b-51e0-4f8b-9ad0-1a1cc175fe22&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-1)

- Try the [Tex-Mex Skillet](http://campaign.r20.constantcontact.com/render?ca=8f9e8d7b-51e0-4f8b-9ad0-1a1cc175fe22&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-1) or [Stovetop Mac and Cheese](http://campaign.r20.constantcontact.com/render?ca=8f9e8d7b-51e0-4f8b-9ad0-1a1cc175fe22&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-1) for an easy, nutritious meal for hectic September weeknights

- Make sure you only pack healthy drinks for your children. Good choices are fat free or low-fat (1%) milk, water, or 100% fruit juice

For more ways to empower your child to choose healthy snacks, check out the article [here](http://campaign.r20.constantcontact.com/render?ca=8f9e8d7b-51e0-4f8b-9ad0-1a1cc175fe22&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-1)
Empower Your Grader Schooler’s Snacking

Preserving the harvest of summer...

Food preservation classes have been popular! More coming in October!

The second local food preservation workshop on Boiling Water Canning was held Friday evening, August 14th, at St. Thomas Episcopal Church in Bath. Nutrition Educator and Master Preserver, Jon Sterlace, taught 12 people from Arkport, Avoca, Bath, Corning, Prattsburg, and Savona, how to make and preserve "dilly beans" using the boiling water canning method. As the jars of dilly beans boiled, Jon shared a video about how to can other types of food, and participants tested their knowledge using a game. The diverse group of men and women included seasoned and novice preservers, and everyone enjoyed themselves.

Whether fresh produce comes from privately owned gardens, farmers' markets, CSA shares, or grocery stores, this local food preservation series was organized by Local Food Educator, Kelley Elliott, to educate residents of Steuben County about how to preserve local foods so they can be enjoyed year round. The next workshop on Pressure Canning, scheduled for September 11, is already full. **A second pressure canning workshop and one on meat preservation are being planned for October.** Once the dates, times and venues for these workshops are finalized, they will be advertised on our website, Facebook page, and through press releases.

For any questions about food preservation, including up to date resources, please visit our Food Preservation page on the CCE-Steuben website.

Pick up a copy of the Local Farm Guide to see where YOU can pick up your produce!

CCE-Steuben helps provide better farm management...

Free Woodlot Management Workshop

Saturday, September 12th from 9:30 - Noon at Angus Glen Farms; 3050 Station Road; Watkins Glen, NY. Please join us for this free event to learn about making a family forest better for the next generation!
The walk will highlight: recent logging to promote tree health and regeneration; invasive plant control; integrated timber and livestock production (silvopasturing); wildlife habitat enhancements; and strategies for dealing with forest pests. Foresters and loggers will be present to share their insights, as well as Cornell Master Forest Owner Volunteers who can be consulted individually for advice.

The woods walk will take place rain or shine, and require about one mile of hiking. This event is sponsored by Cornell University’s Master Forest Owner Program (www.cornellmfo.info); Cornell Cooperative Extension (http://cceschuyler.org); and the NY Forest Owner’s Association (www.nyfoa.org). No RSVP is necessary. For additional information please contact Brett Chedzoy by phone (607-535-7161) or email: bjc226@cornell.edu

Apply now for sustainable Ag Grants...

Are you a farmer with a new idea you would like to test using a field trial, on-farm demonstration, or other technique? Are you an educator looking to conduct research with farmers as active cooperators?

If you answered "YES" to any of the above, a SARE grant might be the right fit for you. Funding is available to help you test your ideas in the way of Farmer and Partnership Grants from Northeast SARE* (Sustainable Agriculture Research and Education). Both grants are capped at $15,000.

Details and deadlines are provided below. Have more questions? Contact your NESARE State Coordinator by visiting this directory or contact regional NESARE coordinator Carol Delaney at 802-656-0697 or Carol.Delaney@uvm.edu

Partnership Grants - Due October 6th
The deadline to apply is October 6th. For more information, visit http://www.nesare.org/Grants/Get-a-Grant/Partnership-Grant

Farmer Grants - Due November 12th
The deadline to apply is November 12th. For more information, visit http://www.nesare.org/Grants/Get-a-Grant/Farmer-Grant

Resources for your garden...

Anyone who has some horticultural experience and a sincere desire to share that knowledge with others is
a candidate for the Master Gardener Program.

Cornell Cooperative Extension of Steuben County is offering a regional 40 hour Master Gardener Training for 2015. The training is 8 weeks long and **will meet on Thursdays starting October 1st**. The classes run from 8:30 am to 3:00 pm and will be held at the Cooperative Extension Center, 480 North Main Street, Canandaigua, NY. The fee is $175.00.

For an interview or for additional information, contact Cornell Cooperative Extension of Steuben County **by September 21st** at 607-664-2300 or email with your name, address and phone number to sms64@cornell.edu. Participants will need to have a background check before volunteering.

More details and registration info

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**Exploring the potential for nut crops in Central Western New York**

Exploring the Potential for Nut Crops in Central Western NY...Chestnuts, hazelnuts, heartnuts will be presented September 19, 2015 from 9:00 a.m.-3:00 p.m. and is free and open to the public.

Sponsored by the New Nut Growers Association, the event will be held at the Victor Ng Sugar Bush, 3562 Nunda Byersville Road, Nunda, NY, 14517. Registration is requested by contacting John Wertis, 8144 Searsburg Rd, Trumansburg, NY 14886. Check or money order should be enclosed for $15.00 made out to "NYNGA" to cover cost of lunch and materials. For more information contact (607) 387-4331 or bwwfarmtoday@aol.com.

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**Conserve New York State's Ash: How to Collect Ash Seed**

Join this webinar on September 11 from noon to 1:00 p.m. to see how to collect ash seed,brought to you by Molly Marquand, Ash Program Manager, Mid Atlantic Regional Seed Bank. [www.marsb.org](http://www.marsb.org)

The workshop will focus on current threats to New York State ash species due to the emerald ash borer, and how seed collection can help save the genetic diversity of ash. Attend, learn how to collect your own ash seeds, and join the
nationwide effort to save this important genus of trees.

Watch this webinar

We can help you manage your home finances successfully!

Estate Administration Survival Guide:
What you need to know after the death of a loved one. Is your estate plan a comprehensive estate plan which includes all of the five critical documents?

Do you know what could happen if you don't have one or more of these documents in place? Cornell Cooperative Extension of Steuben County is offering a free workshop to answer these questions, Five Critical Estate Planning Documents ...and five more you may want to consider on two upcoming dates:

- **Wednesday, Sept 9 from 1:00 - 3:00 p.m.** at the Dormann Library, 101 West Morris St., Bath, NY.
- **Friday, Sept 25 from 1:00 - 3:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning, NY.

Patrick Roth, Elder Law Attorney, CPA from Corning, will lead both workshops and discuss such topics as:

- What can happen if you never get around to completing your plan?
- What do each of these documents do and what happens if you don't have them.
- Learn how to prevent disaster from striking you and your loved ones.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more details visit [PutKnowledgeToWork.org](http://campaign.r20.constantcontact.com/render?ca=8f9e8d7b-51e0-4f8b-9ad0-1a1cc175fe22&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-1).

Join other women as we learn how to improve our mind, body and checkbook!

Plan for a fun day out at the **2nd annual Southern Tier Financial Conference: Financial Education for Women by Women** scheduled for October 3, 2015 from 8:30 a.m. to 2:00 p.m. at the Center, 400 Park Ave., Corning. It will be a great way to join other women as we
learn how to improve our mind, body, and checkbook!

The keynote for the day will be Paola Kauffman, lead Exercise Physiologist at Health Works Wellness Fitness Center. Dig a little deeper into the topics of stress management, exercise and diets.

The speakers for the day include:

- Amy Irvine, CFP®, MPASSM , CASL®, Pinnacle Financial Wealth Management, will speak on Designing your future: Retirement, Social Security and Selecting a Financial Advisor.
- Nancy Reigelsperger, Cornell Cooperative Extension of Steuben County financial educator, will cover Who Gets Grandma’s Yellow Pie Plate?. Learn about transferring personal property items.
- Nancy Williamson, ServU Credit Union, will talk about A Grab Bag of Financial Tips. covering everything you need to know from social media to your credit.

Registration is from 8:30 - 8:45 a.m. The conference will be held from 8:45 a.m. to 2:00 p.m. The cost of $25 per person for ages 16 and older includes lunch, networking, the conference and the book The Wall Street journal, Personal Finance Workbook by Jeff D. Opdyke. The day will include door prizes and other vendors and exhibitors.

Registration and pre-payment can be sent to Cornell Cooperative Extension of Steuben County, 3 E. Pulteney Square, Bath, NY. For more details, call 607-664-2300.

Financial Literacy for everyone!

As summer comes to a close, it's time to sharpen those fresh pencils and prepare for school starting again. But perhaps the most important back-to-school item you'll need is your budget. Take a look at these tips for creating - and sticking to - a back-to-school budget.

Practical money skills

Get an inside look at Poverty, Economic Hardship and Resilient Families

The Family Economics & Resource Management (FERM) Program Work Team invites you take part in a "Poverty, Economic Hardship & Resilient Families" Webinar

**Wednesday, September 9, 2015 from 10:00 - 11:00 am** presented by Thomas A. Hirschl, PhD, Professor of Development Sociology at Cornell University

Professor Tom Hirschl recently co-authored Chasing the American Dream: Understanding What Shapes our Fortunes along with two other social scientist colleagues, Mark Robert Rank, PhD, and Kirk A. Foster, PhD. America may be considered the
land of opportunity but the American dream is not attainable for millions of Americans. The book's inside jacket cover states that the authors "provide a new and innovative look into a curious dynamic - the tension between the promise of economic opportunities and rewards and the amount of turmoil that Americans encounter in their quest for those rewards." This webinar will explore that concept and look more closely at the implications of growing economic insecurity at both the top and bottom of income distribution in this country, and the challenges and opportunities those gaps present to us as CCE educators.

In addition to his professorship, Hirschl is the Director of the Population and Development Program, coordinator of the Poverty and Economic Hardship Program Work Team, and Director of the Teen Assessment Program. His scholarly focus is on social class differences in modern society.

Instructions on how to join us for this event are:

**Join WebEx Meeting**

Join by phone at 1-855-244-8681 toll free
or 1-650-479-3207 toll
Meeting number: 643 173 682
Meeting password: Fermwteam1

**Wills versus Trusts: The Great Debate!**

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a free workshop called Wills versus Trusts on **Tuesday, October 6, 2015 from 1:00 - 3:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop. He will present such information as:

- How can a Revocable Living Trust based estate plan help protect you and secure your family's future?
- Do you know the unknown truths about planning with a Revocable Living Trust?
- Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit [www.putknowledgetowork.org](http://www.putknowledgetowork.org).
Plan now to save money on your energy bills this coming winter!

Cornell Cooperative Extension of Steuben County wants to help you save some of those dollars you will spend on heating and cooling your home! Spend a couple hours with Energy Educator Nancy Reiglesperger in our FREE Save Energy Save Dollars class on **Thursday, October 8, 2015 from 6:00-8:00 p.m.** at the Chip Holt Nature Center located in Vitale Park, just off Route 20A (Big Tree Road) in Lakeville, NY.

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few no-cost or low-cost conservation ideas. Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out on these money-saving tips!

Each participant will receive a FREE energy saving item. Please help us plan for the number of attendees by calling to register your space at 585-991-5420 or 585-335-1752.

_Empower New York Workshops are sponsored by the New York State Energy Research and Development Authority (NYSERDA) and developed by Cornell University Cooperative Extension and NYSERDA. Cornell Cooperative Extension of Steuben County provides equal program and employment opportunities._

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**4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.**

**Tractor Supply PAW Event**

Tractor Supply Company is having a PAW event and have requested 4-H to have a display at this September 19th event. 4-H members will receive 4-H on Display if they set up a display and complete the project completion record. For more information contact the specific Tractor Supply Store Manager to...
make arrangements.

Contact information is in the current Steubenite

4-H Project Records are due Monday, September 14

To be eligible for year-end awards to receive project credit, 4-H members are required to complete records for animal science, clothing, flower gardening, vegetable gardening, junior leader and citizenship. The records can be found on our website and click the appropriate program.

Senior Summary and Junior Activity Reports are due Monday, September 30, 2015. The senior summary, for those member in grades 7 and higher, is intended to be a cumulative report of their work as a 4-H member. The Junior Activity Report is to be completed by member in grades 3-6. Cloverbud members are not required to complete a junior report, but any 4-H member wishing to be considered for the Junior Award Trip must complete the form. These forms are also used to select 4-H members for trips and awards. Please check them out on the website.

Buffalo and Western NY Poultry Club and Steuben County Twin Tier Poultry Club Show

The Buffalo and WNY Poultry Club Show will be held on Saturday, September 12 and the Twin Tier Poultry Club Show will be held at the Steuben County Fairgrounds on Sunday, September 13.

For more information check the current Steubenite.

Steuben County Twin Tier Poultry Club Auction

The Steuben County Twin Tier Poultry Club Auction will be held at the Steuben County Fairgrounds on Saturday, September 19. For more information contact Keith Orsanides at 607-776-5098.

Volunteer Training scheduled for October 17

We have scheduled a volunteer training session on October 17 from 10:00 a.m. to noon at the Steuben County Office Building. Please visit here for more details.

Mark your calendars now for the Fall 2015 Paper Clover Fundraiser coming October 7-18, 2015.

During the semi-annual event, we invite friends and family to support 4-H by donating $1 at check out when they are done shopping. 100% of each dollar goes to the 4-H. 70% of all funds collected support local and state 4-H programs right where you live. More details here.
Youth to Celebrate National 4-H Week October 5-11

More than 6 million young people across the country today will celebrate National 4-H Week, an annual celebration of 4-H during the first full week of October. Steuben 4-H will leverage National 4-H Week this year to showcase the great things that 4-H offers young people and highlights the incredible 4-H youth in the community who work each day to make a positive impact on the community. More details here.

CCE-Steuben wants you to explore the outdoors with your family!

A new feature at the youth fishing pond this year will be ice fishing!

The youth fishing pond is always a popular place at the Southern Tier Outdoor Show. But this year, we will be adding a new feature to the pond - half of it will be reserved for a simulated ice-fishing experience.

CNY Custom Rod owner Shawn Hourihan will be spearheading this new feature which will be overseen by his guests, Ben and Luke Blegen. The Blegen brothers are both from Minnesota and are members of the USA Ice Fishing team, which competed in Finland earlier this year. As Pro staffers for Beam Outdoors, the Blegens will offer ice fishing seminars at the show both Saturday and Sunday. Watch the website for specific times and details.

Meet U.S.A. Ice Team Member Ben Blegen and his twin brother, Luke!

The Southern Tier Outdoor Show will be held

October 10-11, 2015 at Wilkins RV in Bath, NY

The Southern Tier Outdoor Show has indoor and outdoor spaces for vendors and organizations promoting and selling outdoor gear and activities. Call today to get the best space! Call Carla at 607-583-3224.
Volunteers to help with activities at the show are also welcome.

Find out more about the Southern Tier Outdoor Show
Volunteer at the Southern Tier Outdoor Show

Around the Community...

September is Hunger Action Month: Help Solve Hunger by Sharing the Connection to Help!

Nearly 49 million Americans struggle with hunger - signifying that hunger exists as a real issue throughout the nation, New York State, and the local Southern Tier community.

September is Hunger Action Month™, when Feeding America and member food banks ask everyone in America to take action to fight hunger in their community, all month long. Established in 2008, Hunger Action Month is an opportunity to join a movement that has a real and lasting impact on the efforts to end hunger.

Individuals can get involved by advocating and raising awareness, making donations, volunteering, and referring those in need to 2-1-1 HELPLINE - all of which help to create a hunger-free and healthy Southern Tier!

Whether searching for the nearest food pantry, looking for education on hunger issues, connecting seniors to groceries, or finding an agency to donate to, 2-1-1 HELPLINE provides connections to local hunger services, programs, support, and more throughout Steuben, Chemung, Allegany, Schuyler, and Yates Counties.

Visit www.211helpline.org or dial 2-1-1 (1-800-346-2211) to get connected to help today!

211 Helpline

Cornell Cooperative Extension of Schuyler County announces the first ever Rock N Run!

- 5k run or walk along the Catharine Valley Trail and 1K fun run for youth!
- Saturday, October 24 9:00am, Montour Falls
- Come dressed as your favorite pop icon or wear clothing from your favorite era.
- $25 pre-registration at

https://raceroster.com/events/2015/5447/rock-n-run

The 3rd ANNUAL CASA SUPERHERO 5K and 1K FUN RUN
is coming to Watkins Glen High School on Sunday, Sep 20 Register by September 5 to save $5 on your entry and guarantee a free T-SHIRT for 12 and over, or a CAPE for all kids under 12! Teams welcome!
More information on registration and sponsorship

Thank you for joining us this month!

We hope some of the programs and information we have offered above will be of service to you and your family. If we can help in any way, please call us at 607-664-2300.

Sincerely,

Carla Dawejko
Cornell Cooperative Extension of Steuben County

Cornell Cooperative Extension of Steuben County
3 Pulteney Square East  |  Bath, New York 14810
607-664-2300  |  crd24@cornell.edu  |  http://www.PutKnowledgeToWork.org

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

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