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Mission
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.

CCE brings today’s generation back to the farm

Farm City Day brought thousands to the Moss-VanWie Dairy Farm in Canisteo, September 24-26. On Thursday and Friday, 1,500 school children toured the farm. They enjoyed the milking parlor where 120 cows are milked twice a day, seeing a newborn baby calf, meeting the Dairy Princess, learning about honey and apples, and sitting on actual farm equipment. On Saturday, over 3,000 people came to the farm, walked the corn maze, petted farm animals, and learned about milk production. All left happy; many with pumpkins. Special thanks go to Cliff and Deb Moss and their family, our generous donors and sponsors, and all of our volunteers. See you again in 2016!

Corning Meat Locker encourages buying local foods

The Corning Meat Locker had a successful open house on September 15, and Steuben County residents are already renting bins to store their locally sourced meat! The Corning Meat Locker, part of the Finger Lakes Meat Project (FLMP), provides inexpensive, shared freezer space for people to store bulk meat purchases. The FLMP also has created an online directory of farms called www.meatsuite.com, to make it easier to find and purchase meat directly from local farms. To find out more about how the Meat Locker works, and to sign up to rent bins, please visit http://fingerlakesmeatproject.com/corningmeatlocker, or contact our office with questions.
Buying local can be a year round project when learning how to preserve

Local food preservation workshops continued in August and September on Boiling Water Canning and Pressure Canning. The final session, Meat Preserving will take place in November. CCE-Steuben Nutrition Educator and Master Preserver, Jon Sterlace, taught 12 people from Arkport, Avoca, Bath, Corning, Prattsburgh, 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.

CCE-Steuben Educator and Master Preserver, Loree Symonds, taught five people from Bath, Caton, Naples, and Troupsburg, how to make and preserve mixed vegetables using the pressure canning method. For assistance making sure your own pressure canner is safe to use, or for any questions about canning, please call the CCE office to speak to our Master Preservers before starting your canning project to ensure a safe and enjoyable canning experience.

Whether fresh produce comes from privately owned gardens, farmers’ markets, CSA shares, or grocery stores, this local food preservation series is educating residents of Steuben County about how to preserve local foods so they can be enjoyed year round. It was organized by Local Food Educator, Kelley Elliott. For any questions about food preservation, including up to date resources, visit the Food Preservation website page.

ESNY team encourages public to use farmers markets

Eat Smart New York (ESNY) educators have reached nearly 7,000 adults and almost 4,000 youth since July with topics like eating more fruits and vegetables, physical activity, and “Rethink Your Drink” lessons at food pantries, farmers’ markets, schools, and more. Eat Smart New York is helping people switch to healthier behaviors every day.

At the Hornell Farmers’ Market, ESNY shared Garden Pasta Salad with a woman who said, “What a delicious and refreshing salad! I'm going to buy a bunch of vegetables while I'm here and make this for dinner tonight.” In Bath, people used the farmers’ market more with their SNAP benefits. Following a nutrition class at Turning Point Catholic Charities food pantry near the farmers’ market, a participant went to the Bath Farmer's Market and asked the ESNY Educator where he could obtain Farmers’ Market tokens using his EBT card. He used those tokens to purchase four bags of local fruits and vegetables from the farmer's market and was thrilled to be able to use his EBT. Throughout Steuben County, ESNY Educators’ outreach work has resulted in many more people shopping at the markets in Bath, Hornell, and Corning.

At the Steuben County Fair, ESNY collaborated with the Food Bank of the Southern Tier to feature their “Smoothie Bike,” a bicycle connected to a blender that allows visitors to make their own smoothie through physical activity! Participants took turns pedaling the ingredients into a smoothie, and everyone received a sample of delicious strawberry-banana smoothies. They also spun a wheel to answer questions about sugary drinks and healthy alternatives.

The 4-H Shooting Sports Hunting Simulator made a comeback as part of the CCE-Steuben booth activities at the county fair, along with information about some environmentally friendly homemade cleaning products.
Steuben 4-H members demonstrate their life skills at county and state fairs

Steuben County Fair: Left, Lily Campbell was the winner of the Cloverbud Cake Contest honoring Megan Cratsley in the 4-H Building. Above, Superior Herdsman-ship Winners - one from each animal species on exhibit for the entire fair week.

John Stierly Reserve Champion Novice Jr. Swine Showmanship

County Fair

Four Steuben 4-H members went to state clothing revue

Steuben had 3 Grand Champions and 3 Reserve awards at the state fair dog show

Steuben 4-H members earned 9 purple rosette special recognition awards

State Fair

Nearly 100 Steuben 4-H'ers exhibited projects and competed in contests at the 2015 New York State Fair. For full details of winners and awards, visit our website.

CCE Financial Program trains new budget coaches and helps empower women


The second annual event offered a keynote on stress and nutrition by Paola Kaufman, lead Exercise Physiologist at Health Works Wellness Fitness Center; retirement planning by Amy Irvine; transferring assets by Nancy Reiglesperger; and a grab bag of financial tips by Nancy Williamson, ServU Credit Union. The women in attendance gave the event a thumbs up for the speakers, resources and networking. A third event is being planned for November 2016.

Reiglesperger began training new volunteer budget coaches (pictured right) in October. The new volunteers are learning how to guide a family with their cash tracking, credit, goal setting and spending plan. There is a growing need for Steuben residents to learn financial strategies for creating balance in their unique family situations. New coaches can help them gain control of their finances.
CCE-Steuben takes the lead on organizing the Southern Tier Outdoor Show each October in Bath to help regional families learn about wildlife, outdoor activities and healthy hobbies. The 2015 show was attended by over 7,000 visitors who enjoyed 3D archery and dog contests, reptile and falcon shows, numerous youth activities including making 4-H survival bracelets, a NYSDEC Hunter Safety Education Course, and healthy exercise on the new aerial ropes course. Nearly 150 exhibitors showcased outdoor gear and services. Many thanks to our partners, Wilkins RV, Inc., WETM-TV and Equinox Broadcasting, and to our generous sponsors.

The Expanded Food and Nutrition Education Program at CCE-Steuben is expanding! Currently Educators Pat White and Pat Lamphier are helping eligible families and youth improve their health through better nutrition habits. They are now offering new programs for the community on prevention of diabetes and its complications and teaching children how to make healthy choices.