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Savor the Flavor of Eating Right!

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March is National Nutrition Month!

The 2016 theme for National Nutrition Month is Savor the Flavor of Eating Right. How can you enjoy your healthy choices more?

- Be mindful. It's not just about what you eat, but how and when and why you eat. Take time to enjoy your meals, the flavors and traditions, and eating with friends and family!
- Use spices. Try new spices
and herbs to add a punch of flavor without all the salt.

- Try recipes & foods from other cultures to shake up your normal routine. Find ideas here!

Easter comes early this year, which means favorite springtime vegetables will be on the table again. Try this classic Asparagus Gremolata recipe at your springtime celebration. Asparagus is tossed with lemon, garlic, and parsley for a fresh pop of color and flavor!

To celebrate National Nutrition Month, join the CCE-Steuben Nutrition Team at a variety of events throughout the county. We'll be highlighting spring recipes, healthy eating, and sharing information about the new Dietary Guidelines. Find us at a food pantry, school, or community organization near you!

More information can be found on our website

Do you love to cook and want to share your skills?

Are you passionate about food and nutrition, and want to share your skills? We are recruiting for volunteers to help with our 6-week Cooking Matters nutrition education program in the Corning-Elmira area. You can help lead classes and grocery store tours, and make a difference in our community. If you have culinary experience, or just love helping people learn how to eat healthy, join us!

Cooking Matters empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. You'll assist Cooperative Extension Educators in coordinating and teaching cooking & nutrition classes and helping families learn how to stretch their food dollar to buy healthy food.

Email LLP36@cornell.edu or call 607-664-2300 to learn more and to sign up.
Upcoming Farming and Horticulture Workshops

24th Annual Rural Landowner Workshop
Held at: Pioneer Central School, County Line Rd Yorkshire, NY
Saturday, March 5, 2016

Registration begins at 8:30 a.m. Refreshments/Exhibits in Cafeteria Auditorium: 9:15-10:15 a.m.

Opening Session - Birding in the Southern Tier, Craig Braack, Allegany County Historian. Learn where to go in our area, what to look for, how to listen for bird calls, look for different habitats, the best times of the year to visit and most importantly- WHY. Presentation will include bird photography with many photos of local birds and places; Moss Lake, Montezuma National Wildlife Refuge, etc.

Visit our website for session descriptions and registration information

Strategic Marketing in one night!
3 dates & locations to choose from, 6:30-8:30 PM at all locations FREE

Cortland, Tuesday, Feb. 16 at CCE-Cortland, 60 Central Avenue, Cortland
Ithaca, Tuesday, Mar. 1 at Groundswell, 225 S. Fulton St., Ithaca
Bath, Tuesday, Mar. 15 Steuben County Civil Defense Center, 7220 State Rte 54, Bath

FOR: Early Stage Beginning Farmers, Experienced Beginning Farmers, Experienced Farmers

Is your marketing strategy "we sell whatever we have to anyone that will buy it"? Learn how a focused strategy and specific efforts can reduce your marketing labor needs and make every step count. If you want to sharpen and focus your marketing skills or just don't know where to begin developing a marketing plan, we can help! Co-sponsored by Cornell Cooperative Ext. and Groundswell Center for Local Food & Farming, with support from USDA's Beginning Farmer & Rancher Development Program, Grant #11674923.

To register please visit http://groundswellcenter.org/2016-programs-listing/ and complete the Program Interest Form and indicate your interest in "Strategic Marketing".

Farming 101 - learn all about what you need to know!
Getting started in a farm business or with a farming enterprise on your land for home food consumption is an exploratory process... start small, find out what you like to do and what does well at your site. Cooperative Extension and Groundswell are co-hosting a one-day workshop that covers the basics of getting started including talks by experienced farmers on raising livestock or horticultural crops. The same workshop is offered on two dates in two locations: March 12, 9-3, at the Schuyler County Extension office or March 19, 9-3, at the TC3 Farm.

Details on our website

Chinese Medicinal Herb Production In New York State
March 15th 6:00-8:00 pm- Room 120 of the Human Services Complex in Montour Falls, NY 14865.

Please join Jean Giblette of High Falls Gardens www.highfallsgardens.net. Some crops take on value to buyers as a group, not singly — particularly Chinese medicinal herbs. The movement toward producing these herbs in the U.S. has slowly gained ground over the past two decades. An effective production and marketing model involves close cooperation between licensed herbal practitioners and farmers. Using a blend of current concepts, cooperatives, food hubs, CSA - the model is being developed here in NY, thanks to funding from the New York Farm Viability Institute.

Details on our website

Backyard Fruit Production Workshop
Saturday, March 19, 2016- 8:30am-12:30pm.

This workshop will cover stone fruits, pears, apples, blueberries, raspberries, currants, and strawberries. Workshop Location: Reisinger’s Apple Country 2750 Apple Lane Watkins Glen, NY. your host: Rick Reisinger, guest speaker: John Reynolds. For more info please contact Roger Ort 607-535-7161 or email rlo28@cornell.edu. Pre-registration is required with payment by March 15, 2016. Workshop fee is $20. This workshop is a joint venture between Cornell Cooperative Extension-
Build Farm Profits with SNAP
Tuesday, March 22, 2016, 5:00 PM - 7:00 PM.

Cornell Cooperative Extension of Schuyler County will be hosting a "Build Farm Profits with SNAP" information session on Tuesday, March 22nd 2016, from 5:00 pm-7:00 pm, at the Human Services Complex 323 Owego Street in Montour Falls, NY(Room 120).

This free workshop is designed for farms who want to learn more about increasing their customer base by accepting SNAP/EBT benefits at their farm and at farmers’ markets. Diane Eggert, from the NY Farmers’ Market Federation, will lead the workshop, explaining what it takes for farms to accept SNAP/EBT. Farms can sign up, via the NY Farmers' Market Federation, to become a SNAP/EBT vendor at the workshop. Any farms who want to sign up that night will need to bring a valid driver’s license, social security card, Federal Taxpayer ID number, date of birth, home address, phone number, and a voided check. There are fantastic incentives, including (but not limited to) a free card reader that accepts Visa/Mastercard in addition to the SNAP/EBT card.

Rare Fruit Workshops- Persimmons & Pawpaws- Held at 2 Locations!!

- Wednesday March 30, 2016 10:00 am-1:30 pm, Bath Civil Defense Building, Bath, NY
- 6:00-9:00 pm March 30th at Vince’s Park, Intersection of Route 318 and 5/20, Seneca Falls, NY.

Hobbyist, Homeowner, Commercial Grower Workshop. Interested in unusual fruits? Come learn all about growing pawpaws and persimmons! Topics include site selection, insects and disease management, pollination and sourcing plants. World renowned speaker and expert Jerry Lehman, will be sharing knowledge based on his 25 years’ experience.

Grafting Workshop
Tuesday, April 12, 2016, 6:00 PM - 8:30 PM.
Learn the history of grafting, see a hands-on grafting demonstration, learn how to make your own grafts. Take home two grafted trees (many varieties to choose from or bring your own scion wood) Fee $25.

Details on our website

**Nut Grafting Workshop**  
Tuesday, April 26, 2016, 6:00 PM - 8:30 PM

Learn the history of grafting, see a hands-on grafting demonstration, learn how to make your own grafts, take home two grafted Heartnut trees, Pre-Registration is Required, workshop Price $35.00.

Details on our website

**Bringing affordable solar energy to Steuben County**

Cooperative Extension is participating in a joint effort with *Going Solar STC* to enhance renewable energy education in the Southern Tier

Going Solar Southern Tier Central is a community effort to bring affordable solar energy to Chemung and Steuben counties. Come to a FREE community event to learn about options and incentives for going solar. The deadline for enrolling in this community driven program is March 31, 2016 so choose one of the Going Solar! events at left to get all the details on this unique local program.

Find out where the upcoming meetings will be held
Winter Farmer's Markets are open!

Buy fresh at a Winter Farmer's Markets near you!

Three Winter Farmers' Markets are open this winter in Corning, Painted Post, and Bath. These markets provide additional income to local farms through the cold months, they strengthen local economies and communities, and they give county residents the opportunity to purchase locally produced food throughout the year. Each market features vendors selling vegetables, meat, bread, honey, maple, preserves, eggs, wine, dried fruit, wreaths, and more.

The Corning Winter Farmers' Market is located at the Corning Information Center on 1 Market Street is open on the 1st and 3rd Saturdays through April. SNAP/EBT benefits are accepted at this market.

An Indoor Farmers' Market at the Bath VA Medical Center is open from 2:00 p.m. to 5:00 p.m. inside the Leisure Room (Building 92), the first building on the right as you enter the medical center, on the second and fourth Thursdays through March.

A Painted Post Indoor Farmers' Market will be held from 11:00 a.m. to 3:00 p.m. on Saturdays, March 12 and 26, at the IUE-CWA Local 313, on 225 Steuben St.

For more information, call CCE-Steuben at (607) 664-2300, or email Kerri Bartlett.

Classes to help manage your finances...

Free Workshop: Clear the Clutter
...and simplify years of accumulation!

Do you feel like you are drowning in clutter? Overwhelmed by the sheer volume of stuff? Having trouble finding the item you need? Clear the Clutter and Simplify Your Life and Finances may be the workshop that helps you address these questions.

Cornell Cooperative Extension of Steuben County offers a free workshop entitled Clear The Clutter which will be held in several locations this month:

- Monday, March 8 from 6:00 - 8:00 p.m. at
the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

- **Monday, March 14 from 1:00-3:00 p.m.** at the Dormann Library, 101 West Morris St., Bath.
- **Tuesday, March 22 from 1:00-3:00 p.m.** at the Fred & Harriett Taylor Memorial Library, 21 William St., Hammondsport.

Nancy Reigelsperger, CCE-Steuben Financial Educator, will help you discover the strategies for taking a positive approach to controlling the clutter you might have. She will cover goal setting, ideas on how to begin the overwhelming task, sorting, organizing, and disposing. Miscellaneous items may find new homes at such places as historical museums, the Salvation Army, with family members, churches, libraries, and book sales.

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).

**Free Workshop on Long Term Care Planning**

It is an aging society, so there are some important facts everyone should know to begin planning for long term care for your loved ones. Cornell Cooperative Extension of Steuben County is offering a free workshop, Long Term Care Planning, to help sort through the options from **1:00-3:00 p.m.** on **Tuesday, March 15, 2016** at the Dormann Library, 101 West Morris Street, Bath.

The workshop will be led by Patrick J. Roth, Elder Law Attorney, CPA from Corning. He will explain what Medicare covers, veteran options, Medicaid eligibility for a nursing home, long term care insurances, and planning options for you and your family. The session will include:

- Discover the four parts of Medicare and what is covered by each part.
- Learn about financial benefits that you may be eligible for if you (or your spouse) are a veteran.
- Discover the Medicaid eligibility rules surrounding long term care.
- Learn how to plan for your future long term care costs.

Registration is requested by calling 607-664-2300. For more information visit [PutKnowledgeToWork.org](http://PutKnowledgeToWork.org).
How to Avoid Becoming A Victim of Investment Fraud

The Family Economics Resource Management Program Work team at Cornell University is pleased to be able to partner once again with the Cornell Law School Securities Law Clinic to present a webex on avoiding scams and investment fraud. The webex will take place on March 17 at 1:00 PM and will originate from the Cornell University Law School. This would be a great program for local agencies and consumers in Steuben County. Details on how to take part in the webex will be sent out closer to the date of the event.

Students from the Cornell Law School Securities Law Clinic will give the one-hour presentation on How to Avoid Becoming A Victim of Investment Fraud. This topic is of critical importance given the many scams and investment frauds that have affected people in upstate New York, particularly senior citizens. Cornell SLC has given this presentation twice in the past to CCE FERM staff, the last time several years ago, and the presentations were well received. Among the issues discussed are how to investigate financial advisers and products, warning signs, and what to do once the investor has a problem.

Please contact Nancy Reigelsperger at 607-664-2300 for more information.

Surviving Tough Times!

Let us help you stretch those dollars!

You have undoubtedly noticed that grocery prices have been rising each year. The cost of feeding your family continues to increase; yet the selection and quality of the food you buy often falls short of what you’re seeking. An excellent way to gain more control over your family’s diet while stretching dollars is to have a garden. But not all households are able to accommodate a backyard vegetable garden.

Read more about a Rented Garden Plot...

6 Things You Need to Know About Grocery Store Aisles

10 Secrets of Thrift Store Shopping

Check out our financial website page or contact CCE-Steuben Financial Educator Nancy Reigelsperger.
NY Ag Literacy Week - March 14-18, 2016

Seeking Volunteers, Donors and Classroom Requests

New York Ag in the Classroom is pleased to announce The Apple Orchard Riddle by Margaret McNamara (Illustrated by G. Brian Karas) has been selected as the 2016 Agricultural Literacy Week book in support of its mission of fostering awareness, understanding, and appreciation of agriculture and the food and fiber system. This year will focus on apple production in New York! This fun and exciting story shares the journey of Mr. Tiffin's class on a field trip to an apple orchard. The students learn about every aspect of the farm from how apples are harvested, the process of making cider, and the many different varieties of apples. While the class picks their apples and experiences the farm, Mr. Tiffin gives them all a riddle to ponder. This book was selected as the 2015 American Farm Bureau Foundation for Education's Book of the Year.

Ag Literacy Week's success in Steuben County depends on volunteer readers. Throughout New York, volunteers enter classrooms and help raise children's awareness of the largest industry in the county and in New York. Agriculture's role in our daily lives is often taken for granted, so Ag Literacy Week is a great way to help youth make the connection between their food and fiber and agriculture.

We are in need of volunteers to read this book to 1st and 2nd grade classrooms in each Steuben County School during March 2016.

The book will be donated to the school library with a special bookplate recognizing the donor and NY Ag Literacy Day. Volunteers are needed to be readers for this event and donors are needed as sponsors at $12 a book. If you are interested in being a volunteer, a donor, or having a volunteer come to read to your classroom contact Kim at ksb3@cornell.edu or at 607-583-3185. For more information about NY Ag Literacy week visit http://www.agclassroom.org/ny/programs/literacy.htm

For more information about the New York Agriculture in the Classroom Program, Ag Literacy Resources, and Lessons visit http://www.agclassroom.org/ny/index.htm

4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.
Save the Date for Clothing Revue
The 4-H Clothing Revue will be held May 6, 2016 at the Avoca Central School beginning at 7:30 p.m.

Clothing Evaluation Dates
Wednesday, April 6, North Cohocton Methodist Church, 3:00 - 5:00 p.m.
Wednesday, April 20, 4-H Office, County Office Bldg., Bath, 3:00 - 5:00 p.m.

Family and friends are encouraged to attend. Everyone is welcome.

4-H Garden Meeting
All 4-H members, leaders, and parents are invited to attend the annual 4-H Spring Garden Meeting on Saturday, March 12th
Time: 1:30 p.m. Seed Distribution, 2:00 - 4:00 p.m. Program
Location: Civil Defense Building, Route 54, Bath (across from Kwik Fill)
Registration Form

Cloverbud Day
Saturday, March 19, 2016, 10:00 AM - 11:30 AM
Just for Cloverbuds!

Calling ALL 4-H Cloverbuds from the county, a special day just for you!
Join us March 19 from 10-11:30 a.m.
County Office Building, Bath
We have 3 fun activities planned!
Station 1: Gardening Project - Welcome Spring!
Station 2: Cooking Project
Station 3: Craft Project - Easter/Spring theme
TEENS (14 & Up): We will also need your help! This is a wonderful opportunity to gain Jr. Leader experience!
Register here

Learn about Animal Health Requirements for Fairs
Animal Health Requirements for admission to NYS and County Fairs Meeting March 10, 2016
One representative per family for all 4-H exhibitors planning on showing Beef, Sheep, Swine, Meat Goat, Dairy Goat, and Dairy Cattle at the 2016 Steuben County Fair are highly encouraged to attend the meeting on Thursday, March 10 at 6:30 at the Civil Defense Building, 7220 State Route 54 Bath. Dr. Pepi Leids will give a presentation on the Animal Health Requirements for admission to NYS and County Fairs. The forms will also be available that are required to identify market animals, identify commercial/grade animals, or to lease animals. If you have any questions contact Kim at ksb3@cornell.edu or 607-583-3185
March Dog Madness Adult and Teen Leader Training
Online Registration is now open!
March Dog Madness is an annual conference for adult and teenage 4-H volunteer leaders. 2016 Theme: Together We Make A Difference Workshops engage participants in science based information training. Current animal health, animal behavior, industry trends and youth development issues are addressed. Since 2002, guest presenters have included stakeholders, extension professionals, community and youth experts. All interested adult and teen leaders are invited to attend this one day information packed program on March 19, 2016 at Cornell University, Ithaca in Morrison Hall and the Livestock pavilion on Judd Fall Road from 9 am - 3 pm. This program helps community leaders understand and practice principles that they can take back and share with 4-H members at the local level. Adult and teen leaders gain networking skills, exchange ideas and have an opportunity to work together in a university setting.
Registrations due March 11

STARR 2016
Do you want to be a STARR? Yes? Then be sure to register TODAY!

The State Teen Action Representative Retreat (STARR) is a three-day, fun-filled event where 4-H teens participate in a variety of workshops and activities meant to challenge, excite and further develop life skills. The event is planned by teens and adults serving on the youth/adult STARR planning committee. STARR is open to all NYS 4-H teens. Registration is now open and will close on Monday, March 14, 2016 at 11:59 pm. To register, contact Kim Randall at the CCE Office - ksb3@cornell.edu or 607-583-3185

Date: April 29 - May 1, 2016
Location: New York State Fairgrounds- Syracuse, NY.
Cost: $85.00 per person. Registration fee covers lodging and meals. For workshop descriptions and more information visit this link.

Dog Training Seminar
Grisha Stewart, Author of BAT for Reactivity, will be in Cicero, Onondaga County offering seminars on March 3 @ 1pm and March 10 @ 2pm. To learn more visit http://grishastewart.com/tw Grisha indicated normally each person has to register, but for 4-H members themselves, she can let them each bring one parent/guardian for free. They just need to email her at info@grishastewart.com and give the name of the adult who would be attending with them. The same offer is open for trainers - if they register themselves, they can bring a 4-H youth for free. Grisha offers free videos on her membership site as well.

Animal Crackers
Animal Crackers will be held on Sat. May 7 at Cornell University with dairy and goat workshops. Youth and their chaperones should plan to register through their county 4-H office completing the registration form along with $15 per 4-H member by April 11. You can register for the dairy cattle group (all levels), a beginner level goat group or an intermediate level goat group. For more information including preliminary workshop descriptions and a tentative schedule click here! If you have any questions contact Kim Randall at 607-583-3185 or at ksb3@cornell.edu.

Educational Seminar about Swine scheduled for March 30
There will be an Educational Seminar about Swine on Wednesday, March 30 at 5:30 p.m. at Homestead Coal, Inc. 7147 State Route 415 N in Bath. A presentation from a Show-Rite representative will be discussing selection, nutrition and health of show pigs. Information will be available regarding various feeds from Show-Rite, Sunglo and Keystone Mills.

**Save the Date:**

- [Dairy Showing and Growing Workshop](Dairy Showing and Growing Workshop) - April 30
LEARN MORE ABOUT YOUR FLOCK
FREE, INTERACTIVE POULTRY SEMINAR
>> Feeding & Nutrition
>> Care & Husbandry
>> Seasonal Info & Tips
>> Flock Management
>> Q & A Session

Monday, March 21st
6:00 P.M. Registration  6:30 P.M. Presentations
Andover Fire Hall
60 S. Main St (Corner of Main & 417)
RSVP by March 16th to
Country Crossroads  (607) 478-8858
Refreshments & Door Prizes

Fun for the Whole Family!
All knowledge levels welcome - something for everyone.

To find out more, visit www.nutrenapoultryfeed.com.
Help us choose the talent for our celebration concert!

The Southern Tier Outdoor Show would like your input!

The Southern Tier Outdoor Show is celebrating its 10th event in 2016! And we want to
celebrate with you! We are considering having an evening concert on Saturday, October 8 at the close of the show. But who shall we feature as the entertainment? Would you be more inclined to attend if it were a tribute band such as Hotel California, the official Eagles tribute band, or if it were regional talent? Would you prefer a country band or something a little different?

Here is a link for you to enter your comments about this, so we can select the best choice for a memorable celebration: Click here to take survey.

The event will be held October 8-9 at Wilkins RV, Inc. Several anniversary activities are being planned for this celebration show. Be sure to follow us on the website and on Facebook!

For additional information, contact Carla Dawejko by email or call 607-664-2300. www.SouthernTierOutdoorShow.com facebook.com/SouthernTierOutdoorShow

Around the Community...

SAVE THE DATE!!

Maple Weekends: March 19-20 and April 2-3, 2016
Maple Weekend™ is a Family Event
FREE: Sample Pure Maple Syrup with Silver Dollar Maple Pancakes: 10 am - 4 pm

About 110 maple producers across New York will be hosting open houses for the public to see how maple syrup and other related products are made. This family-oriented event is sure to delight visitors of all ages. Participants will be boiling sap into maple syrup and many will demonstrate the making of other maple products. Of course, visitors can sample and purchase the maple products. Tour of our sugarhouse, learn about reverse osmosis and ride the wagon to our woods to see the tubing and collection system. Admission is FREE!

Trout Creek Farm
Dan Henning & Jacquie Shellman, David & Geri Henning
(585)755-3868; (585)755-3825; (585)410-4619; (585)410-4617
10045 Mattoon Road, Prattsburg, NY 14873
Email: dhenning2@rochester.rr.com
We carry maple syrup, maple peanuts, maple BBQ sauce and maple mustards.
Driving: NYS Rt 53 to Mattoon Rd. South on Mattoon. Follow our signs.
Maple Weekend Website

60th Annual Steuben County Dairy Festival: June 4, 2016
Visit our website for applications and additional information.

Yard N Garden Day - Yates County - March 19
Every year in March the Yates County Master Gardener host Yard 'N Garden Day in the County Building Auditorium. This year, Yard 'N Garden Day will be on March 19th.
http://yates.cce.cornell.edu/events/2016/03/19/yard-n-garden-day

Small Business Development Center Programs
Corning Community College’s
Small Business Development Center presents:

Business Planning Workshop

Wednesday, March 9th
8:30 – 10:00 a.m.

Location:
STC Regional Planning & Development Board
8 Denison Parkway East
3rd Floor, Suite 310
Corning, NY

There is no cost for the workshop but registration is required by March 7th

or to register:
call (607) 937-6861
or e-mail
sbdc@cornings.cc.edu

This workshop is designed for the person who is thinking about starting their own small business or an existing business owner seeking financing. Topics discussed will be Federal and State legal requirements and how to write a business plan. There will be ample time for questions and answers.

Small Business Development Center
8 Denison Parkway East
Corning, NY 14830

Funded in part through a Cooperative Agreement with the U.S. Small Business Administration. The support given by the U.S. Small Business Administration through such funding does not constitute an expressed or implied endorsement of any of the cooperator(s) or participant(s) opinions, products, or services.

Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Contact Mary Thompson at 607-937-6861 with requests.
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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