March 2017 | Vol. 9 Issue 3

March is National Nutrition Month!

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Welcome to National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign celebrated annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2017 is "Put Your Best Fork Forward", which acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time. The 2015-2020 Dietary Guidelines for Americans suggest starting with small changes in order to make healthier lasting changes you can enjoy. This year's theme for National Nutrition Month® inspires us to start with small changes in our eating habits - one forkful at a time.

So whether you are planning meals to prepare at home or making selections when eating out, Put Your Best Fork
Forward to help find your healthy eating style. Here are some tips:

1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
4. Find activities that you enjoy and be physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

National Nutrition Month

17 Health Tips for 2017

Healthy Eating on the Run: A Month of Tips

Great March Recipes:

Pasta with Greens and Beans Recipe

Kiwi-Pineapple Slaw Recipe

Tortilla Casserole Recipe

Heart Disease Interview

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Find out more on this video.
Upcoming Agriculture Programs

Forest Management Public Workshop

Do you have woods? Do you want to learn how to increase their value and improve their health? The Cornell Cooperative Extension of Yates County Master Forest Owner volunteers can help! A common misconception is that our forests are healthiest if they are left to their own devices, and that we should leave them alone and not interfere with natural processes. However humans have impacted forests in New York State for centuries and our forests are far removed from truly natural systems that can regulate themselves. It's up to us to care for them with good management practices that will ensure healthy forests for generations to come.

Check out our workshop in Penn Yan on March 4, 8:30 a.m. to 12:00 p.m..

More details here.

Master Your Farm Taxes

Live preparation of an actual 2016 farm tax return will show you what goes where and highlight important issues, such as equipment depreciation, self-employment taxes, gasoline/fuel credits, savings strategies, and various deductibles. The presenter will be Gerald LeClar, NYFarmNet consultant. Come get all your questions answered and feel prepared to file your own farm tax return.

Check out this workshop in Binghamton on March 4, 1:00-3:00 p.m.

More details here.

Steuben County Crop Symposium

The annual Steuben County Crop Symposium will be held March 7 from 9:00 a.m. to 2:00 p.m. in Bath. Sessions include;

Jerry Cherney - Alfalfa-Grass Mixtures in New York State
The vast majority of alfalfa acreage in NY is sown with a perennial grass. Until recently, there has been very little research on grass species selection or management of mixtures. We do not know what the optimum percentage of grass should be in mixtures, and it is unclear how consistent grass percentage is across
species, varieties and environments. We also are not sure how well the new reduced lignin alfalfa varieties fit with alfalfa-grass mixtures, particularly the Round-Up Ready varieties. 2016 alfalfa-grass research trials will be discussed, along with current alfalfa-grass management recommendations.

Henry Kelsey - Overview of the 2016 season with an update on the most common corn and soybean insect and disease pests. Pest identification, biology, and management will be discussed. There will be an overview in particular of the spider mite in soybeans and why the population was so large this past season.

More details here.

Fill Your Freezer: Purchasing Local Meat in Bulk

The Finger Lakes Meat Project, a project of Cornell Cooperative Extension of Tompkins County, is pleased to announce a workshop on purchasing locallyraised meat is scheduled for March 9 from 5:30-7:30 p.m. at the Southeast Steuben County Library. Buying local has become mainstream and practically expected for produce, but many still struggle when navigating the world of locally-raised meat.

Most people think local meat is expensive, but it doesn't have to be! Purchasing local meat in bulk directly from a farm can be even more affordable than grocery store meat imported from the Western US. The "Fill Your Freezer" class will demystify the world of bulk-buying to the public (it's not just for restaurants and stores), and show participants how to make this strategy work for their families.

We will tackle all the questions potential buyers might have about bulk buying, walk participants through confusing terms like "grass-fed," "heritage breed," and "quarter," and offer solutions to common barriers: how do I find a farm? How do I contact a farmer? And where do I store all that meat?

More details here.

Farming 101

Are you interested in starting a farm? If you are then come join us at the Farming 101 workshop March 11 from 9:00 a.m. to 3:00 p.m. at the Chemung County Fairgrounds. In this workshop you will learn about planning your farm, soil and site considerations, land clearing and forest resources, and basics of livestock and crop production.
Beginning Sheep and Goat Production

Are you interested in raising sheep and goats? If so, come join us at our Beginner Sheep and Goat Production Class on April 28 from 6:00-8:30 p.m. at the Chemung County Fairgrounds. Dr. Tatiana Stanton of the Cornell Sheep and Goat Programs will be coming to speak on the basics you need to consider when getting started with small ruminants such as purpose, breeds, markets, health, nutrition, housing, fencing, predator control, kidding/lambing, etc.

Winter Market update!

Bath is open every Thursday (March 2, 9, 16, 23, and 30) from 2:30-6:00 p.m. at the Bath Fire Hall at 50 East Morris St. The public is welcome and there is free parking. Come enjoy some local foods and products during the cold winter months!

To get updates on the market, text BATHFM to 51555 on your smartphone!

The Painted Post Farmers' Market is open this month on March 18 and 25. It is held from 11:00 am to 3:00 pm on two Saturdays per month at the Local 313 Union Hall, 225 Steuben St., Painted Post.

Corning Winter Farmers' Market is open for another great season from 11 am to 3 pm, at the Corning Information Center on 1 Market Street on the 1st and 3rd Saturdays through April. This month they will be open March 4 and 18.

SNAP/EBT benefits are accepted at these markets.

Visit our Local Foods page for these and other winter markets! For more information, call CCE-Steuben at (607) 664-2300, or email Stephanie Mehlenbacher at sms64@cornell.edu.

Let us help you manage your home finances effectively

February Financial Classes
America Saves Week is February 27 - March 4, 2017

America Saves Week is an annual opportunity for individuals to assess their savings and take financial action. Each year, we encourage savers - or potential savers - just like you to set a goal, make a plan, and save automatically. Visit our webpage for a number of actions you can take during this special week including:

Financial Planning Basics
Thursday, March 2 from 6:00 - 8:00 p.m. Southeast Steuben County Library, Corning

Does estate planning seem a little complicated? Let us help you start with the basics. This educational and informational workshop will be presented by H&H Financial Group.

Learn how to track your spending, understand the difference between wants vs. needs and the first steps in gaining control of your financial destiny. Additionally, estate planning can help you understand why you might need one, what is covered in the plan and how to offer protection to your children and family, even if you're not here.

This class is free, but please call now to register at 607-664-2300.

March Financial Classes
The following free classes will be held at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning:

Estate Administration Survival Guide: The Probate Process
Monday, March 6 from 1:00-3:00 p.m.

The loss of a loved one is always difficult. If you are named as the Executor of the decedent's estate, your legal duties compound the difficulty and could leave you feeling lost. If you want to know what needs to be done after the death of a loved one, join us in a free informational workshop called The Estate Administration Survival
Guide: The Probate Process

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop.

Long Term Care Planning

Wednesday, March 22 from 1:00 - 3:00 p.m.

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 offers a free workshop, Long Term Care Planning, to help sort through the options.

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.

To register for any of the above classes, please call 607-664-2300.

Learn more about finances on our website

See how much you can save by going Solar!

Solarize Campaign Kickoff Event

Cornell Cooperative Extension Steuben County (CCE-Steuben) is kicking off the Going Solar STC campaign with an event from 6:30-8:00 p.m. on Thursday, March 9 at The Center, 400 Park Ave., Corning. They will be celebrating the accomplishments of the first Going Solar STC campaign and will begin launching the second wave.

Annalise Kukor, CCE Tompkins, will be discussing the benefits of solar energy. Come meet solar installers that will be featured in the new campaign and hear from real people who went solar through our last campaign. The meeting is open to everyone that is interested in solar energy. Refreshments will be provided.

The meeting is free and open to the public, but registration is preferred by calling CCE-Steuben at (607) 664-2300 or emailing ABK95@cornell.edu by March 6. For more information, visit GoingSolarstc.com.
First Solarize Campaign Meeting
Then the [first of several Solarize Meetings](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=d157fef8-c464-4f88-a8ca-c1c67693cfa1) will take place on March 22 in Addison from 5:00-8:00 p.m.

Ever thought about using the sun's rays to power your house? Want to save money on future electricity bills or stop having to worry about rising utility costs? Concerned about the environment and want to reduce your personal emissions? Than solar energy could be right for you!

Join us for this solar workshop where we'll give you a brief introduction to solar, our campaign that's offering discounted pricing on solar arrays, and a chance to meet and ask questions to three local installers to see if solar is right for you.

At the event you'll be able to sign up and get your home assessed FREE of charge - there's nothing to lose by signing up and there is no commitment once you do. If you to just come to the event and meet installers before making any decisions that's okay - refreshments are on us!

We're Hiring!

Opening for a Temporary Summer Nutrition Educator

This temporary position will take place from April through September of 2017. For details on the position and how to apply visit our [website employment page](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=d157fef8-c464-4f88-a8ca-c1c67693cfa1).

Horticulture Workshops
Fruit Tree Pruning

Join us March 18 from 8:30 a.m. to 12:30 p.m. for a Fruit Tree Pruning session at Reisinger’s Apple Country in Watkins Glen. Guest Speakers are Rick Reisinger and family, John Reynolds and Matt Hayes. Topics will include General Fruit tree care, pruning young to mature trees, learn proper thinning, bud grafting and top working Hedgerow Apple trees.

Call 6070-664-2300 to register.

Planning Your Vegetable Garden

Starting a vegetable garden at home is a great way to spend time with children or spend time outdoors in the sun. Planting a garden with vegetables also rewards you with nutritious fresh vegetables, enjoyment and economic savings. Join Cornell Cooperative Extension of Chemung County to learn how to start a vegetable garden this spring. No yard? Don't worry! We will also talk about square foot gardening, vertical gardens, container gardening, etc.

Speaker: Jingjing Yin, Horticulture Educator at CCE Chemung
Place: Steele Memorial Library (large conference room)
Address: 101 E Church St., Elmira, NY Workshop fee: Free, but a $3 suggested donation helps support our Horticulture program.
Please register with Chemung CCE at 607-734-4453, or jy578@cornell.edu.

Growing Vegetables in a High Tunnel

Saturday March 25th, 9am-2pm
Cornell Cooperative Extension of Broome County will be hosting a workshop on learning the fundamentals of growing vegetables using high tunnels. This workshop will be a fast paced all-inclusive presentation given at Shared Roots Farm by Judson Reid, of the Cornell Cooperative Extension Harvest NY team.

Topics that will be covered include: varieties, cultural practices, pest controls, etc... We also will look briefly at business planning and marketing, and then will host an on-farm hands-on component including a tour of the farm and discussion of their CSA and farmers market operation. The cost to attend this workshop is $25, which includes all presenter materials and lunch. Priority for spots will be given to Veterans in the Southern Tier, but others
are welcome to attend as space permits. Travel stipends are available for veterans traveling further than one hour.

More details here

Agriculture in the Classroom

Looking for Book Sponsors for Ag Literacy Week

New York Agriculture in the Classroom and CCE-Steuben are preparing for the 11th annual Agricultural Literacy Week to be held March 20-24, 2017. Last year, over 2,000 books were read to over 52,000 second graders throughout New York State.

This year’s book is The Grapes Grow Sweet written by Lynne Tuft. Volunteers will be participating in this educational event by reading The Grapes Grow Sweet to second grade classrooms across Steuben County during Agricultural Literacy Week. Their involvement will be an exciting venue to publicly support agriculture and provide an educational opportunity for children throughout New York State to learn about the essential grape industry and the role the grapes play in the food system and our state’s economy.

At the conclusion of the day’s activities, the book will be donated to the school or classroom library so students and teachers have it to reference throughout the school year. This book is a captivating glimpse of growing up on a vineyard, and it takes students through every aspect of growing grapes, paired with Julian's excitement about participating in his first grape harvest.

Please consider donating a book to one of our county school libraries. Each book costs just $12. With your help we can reach all 18 schools across Steuben County.

To donate online please visit our website. To send a check, please mail to Cornell Cooperative Extension of Steuben County, 3 East Pulteney Square, Bath, NY 14810.

More information about Agricultural Literacy Week
Save these dates!

2017 Backyard BBQ is June 2nd

Put June 2 on your calendar for a fun social event with Cornell Cooperative Extension in Painted Post! We will be having our annual event at the Heritage Village of the Southern Finger Lakes. We are putting together an amazing pie contest and barbecue dinner, along with our usual silent auction, keynote program, music, and tours of the village. You won't want to miss it, and you'll want to bring the whole family because there will be something for everyone! Be looking for your invitation in the mail or by email soon!

Announcing 2017 Farm City Day

Farm City Day is back in 2017! We will be taking you to Hornell to the Karr Dairy Farm on Saturday, September 23, 2017. It's always a great time for the entire family. So look for more information as we approach summertime.

It's another fun, free, family event!

Celebrating Local Foods!

February's Locally Grown Food Festival draws a crowd

The annual Locally Grown Food Festival is a great way to bring producers and the public together, so people can learn about the benefits of buying local. Find out more here:
4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.

4-H GROWS HERE

March Dog Madness
March Dog Madness is Sat. March 18 at Cornell University and is an annual conference for adult and teenage 4-H volunteer leaders. 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. The registration deadline is the first 100 to register and pay the $30 registration by March 10. Follow this link for details.

Be A Horse Show Judge For a Day
FREE to 4-H Members (All Counties) Follow this link for details.

Cloverbud Day
4-H Cloverbud Day being held Saturday, March 18 from 10:00 - 11:30 a.m. at the Steuben County Office Building in Bath. Follow this link for details

4-H Robotics Team Meets
The team is continuing to practice for the NYS Robotics Challenge at the New York STate Fair. Follow this link for details.

4-H Garden Meeting
April 8th 1p.m. - 2:30p.m. @ Civil Defense in Bath. Follow this link for details
Cornell Vet School Open House
The students, faculty, and staff of the Cornell University College of Veterinary Medicine invite you, your family and friends to our 51st annual Open House on April 1st. Follow this link for details

Equine Feed Seminar
Richard Kennedy of Cargill Animal nutrition will do a presentation on Understanding the Facts about Starch and Sugar in Your Horse's Diet. The session will be followed by a Question & Answer session and refreshments provided by Country Crossroads Feeds & Seeds of Andover, NY. This event is free, but please call 607-664-2300 to register!

Clothing Revue is May 5
There are two Clothing Evaluation dates coming up prior to the Clothing Revue: April 5 and April 19. Follow this link for details.

SAVE THE DATE:
Steuben County Fair - August 15-20, 2017

Southern Tier Outdoor Show

Local Outdoor Show brings nationally known professionals to Bath!
Ben Blegen has been a regular at our Southern Tier Outdoor Show for the past three years, and this year will be no different. But this year he will coming to us directly off the USA Ice Team's recent competition in Latvia. Ben works with our youth to show them how to properly ice fish on our simulated platform over the youth fishing pond. They are getting some pretty good advice, because Ben and the USA Team just placed 8th out of 14 world teams in the World Ice Fishing Championship!

Let's take a look at what the World Ice Fishing competition looks like. Click on the picture below:
We will be looking forward to seeing Ben and talking to him about his travels when he comes to Bath in October! Be sure to bring the kids to meet a celebrity!
The Southern Tier Outdoor Show is moving to the Steuben County Fairgrounds for our 11th annual show! We need volunteers to help both at the event and throughout the year for planning. Our next bi-monthly meeting will be held March 14 at 4:00 p.m. at the CCE-Steuben office in Bath. Please call Carla Dawejko at 607-583-3224 or email crd24@cornell.edu if you would be interested in being on a committee to help us plan the 2017 show.

Consider being a vendor in this great new location!!!
Sponsorship information
Follow us on Facebook!

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

Text
CCE to 41444
to support
CCE-Steuben programs

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

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