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Farm to School grant increases local food in schools

To celebrate our Farm to School Grant award and National Agriculture Day, CCE Steuben coordinated its first farm to school event during Agriculture Literacy Week! During this annual March recognition, we celebrate agriculture and how food gets to our plate.

During Ag Lit Week, Campbell-Savona elementary students celebrated agriculture with a farm fair and local food tastings in their school cafeteria. Students had the option to sample local tastings from Eat Smart New York nutrition educators, meet local producers, sample local products, learn where food is grown in our region, and enjoy the cafeteria’s local roasted potatoes. This event kicked off a Farm to School grant awarded to Cornell Cooperative Extension of Steuben County in collaboration with GST BOCES. With this grant CCE Steuben hopes to increase the amount of local food in our school systems and increase awareness and knowledge of our local food system.

Taste Finger Lakes Expo expands buy local promotion

Several hundred people attended the first Taste Finger Lakes Expo (FLXpo) on February 23, 2018 at Corning Community College. Over 30 vendors from the local agriculture community, representing everything from maple and shrub to meat and local brews, were on hand. This event, that grew from our Locally Grown Food Festival, has expanded into cooking and pairing demonstrations and food trucks. The collaboration brings together tourism promotion organizations and Cornell Cooperative Extension representatives from Tioga, Chemung, Steuben, Schuyler, and Yates Counties in an effort to connect local farmers and restaurateurs in the development of the Finger Lakes Farm Country project.

Above, Senator Tom O’Mara spoke at the day-long Farm Conference that preceded the FLXpo.

Steuben Spotlight

Building Strong and Vibrant New York Communities for 100 years!

April 2018

Volume 16, Issue 1

CCE Steuben Mission

Cornell Cooperative Extension of Steuben County builds strong communities through education and collaboration in the areas of Agriculture & Natural Resources, Financial Literacy, Nutrition Education and 4-H Youth Development.

Community Partner

PutKnowledgeToWork.org
Facebook.com/CCEsteuben
Instagram: @CCEsteuben

Sign up for our monthly E-News on our website. Follow us on Social Media for daily news updates.
Dear CCE Steuben Friends and Supporters,

As we celebrate 100 years of Cooperative Extension in Steuben County, we are taking time to reflect on how far we have come, as well as how far we have yet to go. We have adapted to a myriad of changes, from our beginnings as the Steuben County Farm Bureau in World War I, through the Depression, to a separation from the Farm Bureau to focus on education, and more. As the needs of our community have changed, so, too, has Cooperative Extension.

We see in the news every day that rural areas are struggling. Farmers are in crisis. Youth and adults everywhere are being touched by the opioid epidemic. Families struggle to put healthy food on the table. But there is also a lot of positive action happening in rural areas, some of which you can read in the pages of this newsletter. New farmers, including veterans, are reconnecting with the land. People are returning to the practice of growing and preserving their own food. Youth are flourishing with opportunities like 4-H.

We care about where our food comes from, we care about the future we are creating for our children, and we care about our neighbors. Cornell Cooperative Extension is the neighbor that has been there through it all. A trusted resource for education to improve the community and empower residents to overcome adversity; a force for economic and personal development. As we stand on the shoulders of 100 years of the Extension educators and volunteers before us, we can see that in the next 100 years, Cornell Cooperative Extension’s work will be just as critical as it has been since 1918.

To continue sustaining this effort, we are asking for your support now. Please consider a gift of $100 in honor of our 100th Anniversary. All donations directly benefit the critical programs that Steuben County farmers, families, and youth have come to rely on. In addition, as part of our commitment to sustainability for the next generation, for every donation over $100, including monthly giving options, we will plant a tree here in Steuben County. Thank you—for 100 years of support, and for 100 more!

With gratitude,
Larkin Podsiedlik
Executive Director

Register your gift online at:
http://putknowledge2work.org/donate
or call 607-664-2300
or mail to CCE-Steuben, 3 E. Pulteney Sq., Bath, NY 14810

CCE Steuben celebrates the life and service of Betty Langendorfer. She was a Master Gardener for several decades and was not only a committed volunteer but a great mentor to other Master Gardeners. She was always the first to volunteer at events like vegetable judging at County Fair, Master Gardener plant sales and garden days, and even Farm City Day. Her interest and passion for gardening and the environment led her to become a member of the village shade tree committee where she guided the village in decisions to improve the appearance of the streets and taught the community about diversity and proper plant selection. Betty managed the Master Gardener Hotline - answering a multitude of garden related questions and she enjoyed visiting gardens for the 4-H youth gardening program. Betty will be greatly missed by the staff at CCE Steuben and the Master Gardener volunteers, but we thank her for sharing her joy for gardening with us!

During Agriculture Literacy Week each Steuben County elementary school received the book Before We Eat: From Farm to Table by Pat Brisson intended for second grade classrooms. It takes students on the journey from farm to table to understand different aspects of agriculture and the many possible careers.

It’s a captivating glimpse on what it takes to bring the food to us. The vivid illustrations show the depth of industries and diversity that agriculture includes. Last year, 2,000 books were read to over 56,000 students across New York State. This year 18 school districts throughout Steuben County and several public libraries participated. We were able to reach over 1,500 youth through this program. It has been and continues to be a priority of CCE Steuben to increase awareness and understanding of the local agriculture industry in our community.

Staff and Board committees work on strategic planning

CCE-Steuben staff and board members have met in various groups to update our Vision, Mission and Values statements as part of our Strategic Planning process. The results are listed here:

VISION:
Our work is based in over 100 years of service to the community using the land grant mission. Our vision is a strong community in which residents thrive, maintaining health, self-reliance, and prosperity.

MISSION:
Cornell Cooperative Extension of Steuben County builds strong communities through education and collaboration in the areas of Agriculture and Natural Resources, Financial Literacy, Nutrition Education and 4-H Youth Development.

VALUES:
We believe in constantly working toward a better quality of life for our community. To that end, CCE Steuben is inclusive, service-minded, collaborative, credible, and innovative.
Steuben 4-H members excel during district presentations

Eight Steuben County 4-Hers joined youth from the nine county Finger Lakes Region at Midlakes Intermediate School for District Public Presentations this spring. Overall, 60 4-Hers and families filled six classrooms to hear the presentations.

The day ended with an awards ceremony. The top 20 presenters by score received special recognition. Those from Steuben County were Victoria Kelly, Sarah Lawson, Darren Piniewski, and Bethany Patton. Each Judge could also choose a presenter that stood out or that they wanted to recognize. Those chosen from Steuben were: Peter Kelly, Darren Piniewski.

Photos of county and district presentations can be found on the web at PutKnowledgeToWork.org.

CCE-Steuben nutritionists help to choose foods wisely

Finger Lakes Eat Smart New York (FLESNY) Nutritionist Jon Sterlace celebrated America Saves Week with three Cooking Matters at the Store Event Days in February. A total of 88 attendees visited the FLESNY table at events held in Corning, Painted Post, and Bath. Additionally, 10 people took a grocery tour and learned about how to save money at the store while making healthier choices.

Attendees were given the $10 grocery challenge to purchase at least one healthy choice from each of the five food groups. They also received a $10 store gift card, provided by a mini-grant from the Community Foundation, to purchase their $10 MyPlate choice.

Over 300 Hammondsport Central School students got into the Super Bowl spirit with a bell pepper and kale dip taste test as part of the CATCH curriculum. Each student sampled green peppers representing the Eagles football team and red peppers representing the Patriots football team. They sampled Kale Dip with their vegetables and unsalted pretzels. FLESNY Nutritionist Sara Stamp also educated the students on Go, Slow, and Whoa, and the students were able to verbalize that the sample was a Go snack.

Piggy Bank Parade helps our community learn to save

America Saves Week is an annual opportunity for organizations to promote good savings behaviors and a chance for individuals to assess their own saving status. CCE-Steuben held several successful events during the 2018 event. Workshops provided by local professionals and CCE staff were presented on critical financial topics including Estate Planning with Attorney Patrick Roth, Financial Tips with ServU Credit Union CEO Nancy Williamson, Making the Most of Social Security with financial planners H & H Financial, and Clear the Clutter with Nancy Reigelsperger. We also provided three Lunch and Learn sessions online presented by Financial Planner Amy Irvine on the topics Budgeting for Busy People, Student Loans and Investing 101.

The biggest event was the Piggy Bank Parade. Collaborating with ServU Credit Union, we offered piggy banks to local businesses and agencies and 4-H clubs. Entrants were encouraged to be creative, have fun and promote their business and organization while also promoting the importance of saving money. We had ten entries on display in the County Office building for the week, and people were encouraged to vote for their favorite on Facebook. There were approximately 15,000 reaches on Facebook for this event! The winning agency was Tanner’s Paws for the business and Prattsburgh Pioneers for 4-H, both who received gifts and cash from ServU Credit Union. The week was a big success in terms of promoting awareness of the importance of saving and urging individuals and families to take action.
SAVE THESE DATES!!!

**Southern Tier Outdoor Show**

**Oct. 13-14, 2018**

The 12th annual Southern Tier Outdoor Show is featuring DockDogs this year at the Steuben County Fairgrounds! Vendors offering a variety of outdoor recreation products and services are now signing up. We will offer plenty of new activities such as mini-golf, a laser shooting course, and new seminars! Be sure to follow us on our website at SouthernTierOutdoorShow.com and on facebook at facebook.com/SouthernTierOutdoorShow to hear updates.

**SAVE THESE DATES!!!**

Plan for another fun ladies day out at the 5th annual Southern Tier Financial Conference: Financial Education for Women by Women from 8:00 a.m. to 4:00 p.m. at the Triangle Lounge at Corning Community College on Spencer Hill Campus, 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 Amy Irvine, the financial planner who first envisioned this conference. Follow details at http://bit.ly/womensfinanceconference.

**Farm City Day**

Farm City Day is back again this September to celebrate CCE Steuben’s Centennial! Look for our farm reveal and more information in the coming months.