Celebrating Healthy Foods and Agriculture

IN THIS ISSUE

We celebrate Agriculture Literacy Week this month

Give your kids a financial foundation with the Money Bookshelf

It’s Nutrition Month!

Job Openings!

Buy a Paper Clover beginning March 27

Our office is now in the Steuben County Office Building Annex!

Our new address:

We are now settled with the following as our new physical and mailing address:

20 East Morris Street
Bath, New York 14810

Visit here for new phone numbers and a tour of the new space!

Agriculture Education

Join us during New York Ag Literacy Week: March 18-22, 2019

2019 Agricultural Literacy Week begins Monday, March 18th and runs through Friday, March 22nd. In celebration of New York agriculture, volunteers throughout the state will read a book with an agricultural theme to second graders. Students and teachers will also benefit from hands-on lessons and
receive follow up activities. The book will be donated to the school or classroom library with a bookplate recognizing the donor and NY Agricultural Literacy Week. 2,000 books were donated last year while thousands of second graders participated in fun and educational activities.

This year’s book, On the Farm, At the Market, displays the unique markets and diversity that encompasses many aspects of New York's agriculture focusing on food production and direct marketing. Students will be taken on the journey to local rural, suburban, and urban farmers' markets seeing a strong, interconnected community by following the food production and sales processes of three different farms. The book also explores the interconnected community of farmers and eaters, and how the food sold at the market comes together to create the meals we share.

CCE-Steuben would like to donate one of these books to all 18 school libraries in Steuben County. Won’t you help? The book only costs $12 and you can purchase one on our website.

Read more here...

Exploring Agritourism Series
Are you an existing farm or business looking to expand in a new direction? If so, have you ever considered agritourism as an option? We would love to help you explore this further and invite you to join us for one (or all three) of the workshops planned for February 23, March 2 and a third date to be determined. Each workshop will feature a panel of successful farms, businesses, and professionals from the region involved in agritourism.

Read more here

Spotted Lanternfly Basics
In conjunction with the New York State IPM Program and the Department of Agriculture and Markets, the Northeastern IPM Center will host a collection of webinars, titled "Spotted Lanternfly Basics." Each webinar will focus on, and be tailored to, a specific commodity group:

- Spotted Lanternfly Basics for Hops, Berry, and Vegetable Growers (Feb. 26, 2019, 10:00 a.m.)
• Spotted Lanternfly Basics for Grape and Apple Industries (Feb. 26, 2019, 1:00 p.m.)
• Spotted Lanternfly Basics for Christmas Tree Growers (Mar. 4, 2019, 10:00 a.m.)
• Spotted Lanternfly Basics for Nursery, Greenhouse, and Landscape Industries (Mar. 4, 2019, 1:00 p.m.)

Register here

Farmers Market Community Meetings
Join us for a Farmers’ Market Community Meeting hosted by Cornell Cooperative Extension of Steuben County. There will be two sets of meetings:

• Corning area: **February 26 and March 12**
• Bath and Hornell area: **March 19 and 26** at the Steuben County Office Building Annex

The goal of these meetings are to create and/or strengthen relationships among individuals and groups that support farmers’ markets. Growers, community organizations, market managers, and enthusiastic community members are encouraged to attend both meetings!

Read more here...

Designing a Safe and Sanitizable Packing Line
**Wednesday, March 6, 2019, 9:00 AM - 12:00 PM**

Join Robert Hadad of the Cornell Vegetable Program will explain how to design a packing line that fits your budget and maximizes efficiency and food safety.

Read more here...

Steuben County Crop Symposium
**Saturday, March 9, 2019, 8:45 AM - 1:30 PM**

Our 2019 session will include

• Regulatory Updates Related to the Federal Worker Protection Standard, Christopher Wainwright, DEC Pesticide Control Specialist
• Alfalfa Grass Mixtures and Management in New York State, Jerry Cherney, Cornell Soil and Crop Sciences, School of Integrated Plant Science
• An overview of 2018 Corn and Soybean Seasons, Henry Kelsey, WNY Crop Management Association

Don’t forget to bring your pesticide ID cards to the event. Pesticide credits are 2.5 for 10, 1a, 21; 2 for 23; 1 for 22, 24, 25. To register call Bambi at 607-664-2300.

Read more here...
Produce Safety Alliance Grower Training  
**March 11-12, 2019**

Are you a farmer interested in produce safety? Are your markets asking for food safety plans or third party verification? Do you want to understand produce safety issues as they relate to the Food Safety Modernization Act (FSMA) Food Safety Ryle, third party audits and Good Agricultural Practices (GAPs)? Participation in this training will give you the tools to create an on-farm food safety plan and complete one of the requirements of either FSMA OR the New York State Grown and Certified branding program. We will also discuss potential funding streams to make infrastructure upgrades to your farm related to food safety!

Cost starts at $100 per farm and includes 2 registrations, all meals, manual and AFDO certificate. 2 DEC credits available 1a, 10, 22, and 23.

[Read more and register here...](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=df389fe7-7b52-4d27-bea7-05c70952a944)

Baskets to Pallets  
**March 14-15, 2019**  
**Irondequoit Conference Center, Rochester NY**

Ensure your success by joining us for 'Baskets to Pallets', a comprehensive two-day introduction to selling wholesale.

Are you looking to diversify sales beyond the farmers market, CSA and farm stand? Food hubs, grocery stores, schools and cooperatives are looking for your products to meet growing consumer demand for locally produced food. Yet, doing successful business with wholesale buyers requires planning and preparation.

Something for everyone...The 'Baskets to Pallets' course is designed for farmers of all enterprises and will cover building relationships with buyers, customer management and record keeping, pricing, grading and packaging, uniformity and consistency, and food safety, among many other topics! This fun course includes plenty of hands-on activities and opportunities for peer learning and small group discussion.

[Read more and register here...](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=df389fe7-7b52-4d27-bea7-05c70952a944)

NYS Dry Bean Growers Meeting  
**Friday, March 15, 2019, 8:30 AM - 12:30 PM**

The 2019 NYS Dry Bean Growers Meeting and Variety Evaluation will be held Friday, March 15, from 8:30 am - 12:30 pm, at Cornell AgriTech at the New York State Agricultural Experiment Station.
Join us for updates on dry bean production and marketing, Western bean cutworm activity, white mold management, breeding, varieties, and the use of dry beans in school lunches. We will also review research priorities and gather suggestions for future educational programs. The second half of the program will feature evaluation of the Cornell dry bean variety trial with 56 dry bean cultivars that were canned by Furmano Foods on display for taste and visual appearance. DEC and CCA credits have been applied for.

**Read more here...**

**Farm Bureau Seminar**
Saturday, March 16, 2019, 10:00 AM - 2:00 PM

Local fire departments need to know what farmers have on their farm - where their chemicals are stored, what kinds of chemicals, etc. Farmers need to connect with their local departments somehow to help them understand circumstances on their farms to better facilitate emergency responses. Fire departments will be on hand to explain.

**Read more here...**

**Seed Starting**
Thursday, March 21, 2019, 2:00 PM - 3:00 PM

Starting your own seeds is a cost effective way to grow a greater variety of plants for your garden. Join Cornell Cooperative Extension of Chemung County to learn how to start seeds successfully. The topics we will cover include techniques for starting seeds indoors, proper care, lighting and watering, and how to prepare your seedlings for transplant.

**Read more here...**

**Save the Date:**

- [Hazard Analysis Critical Control Point Programs for Meat and Poultry Processors Workshop and Cured Meats Processing Workshop - April 2-5](#)  Register by March 27th
- [Farm Food Safety Training with GAPS - April 10-11](#)

**Financial Education this month**

Just two more days to vote for your favorite piggy bank!
Our Piggy Bank Parade Contest wraps up on Saturday, so get over to our facebook page and vote for your favorite pig now!

The winning pig will receive $100 from ServU Credit Union and the second place pig will receive $50.

Click here to vote!

Join our free six-session program for parents and caregivers

Many parents and caregivers are eager to build a good financial literacy foundation for their kids, but might not feel they have enough time, tools, and confidence. Fortunately, many of the building blocks for financial well-being - like patience, planning, and problem-solving - don't require a lot of financial know-how. The Money as You Grow book club is a family financial education program that uses children's books to help families learn key money concepts through reading, play, and quiet one-on-one talks.

Don't feel you have enough time, tools, or confidence? Now you don't have to be a money expert. The Money As You Grow Bookshelf can provide easy building blocks for financial well being: patience, planning and problem-solving. We will use children's books to learn key money concepts through reading, play and quiet one-on-one talks.

The sessions are designed for youth ages 6-10 and their parents/caregivers. Families will each receive a book to take home, healthy snacks, and activities. Childcare, including meals and activities, are available on site for younger siblings.

The sessions will take place on Mondays, March 11, 18, 25, April 1, 15, and 22 at the Dormann Library, 101 West Morris Street, Bath. Attendance at all six sessions is requested. For more information contact Tara at 607-776-4613.

This program is brought to you by CCE-Steuben and the Dormann Library and is funded by the STLS Coordinated Outreach SErvice Advisory Council and developed by the Bureau of Consumer Financial Protection.

Free workshop offers Long Term Care Planning

Tuesday, March 19, 2019, 1:00 PM - 3:00 PM
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.

Read more here...

The Estate Administration Survival Guide - The Probate Process
Thursday, March 28, 2019, 1:00 PM - 3:00 PM

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.

Read more here...

Lifefolio
Tuesday, March 26, 2019, 6:00 PM - 8:00 PM

Our lives are marked by special moments like graduations, weddings, births and retirement. We plan for them for months or years. But we don't plan for our last special moment - our last day. What will happen to our families if we are suddenly not there to provide for them? It's important to have an action plan now. Being organized is one of the keys to efficiency. But most people would find it a challenge to locate their critical documents when they needed them most. Would you?

Cornell Cooperative Extension of Steuben County is hosting Lifefolio, an educational
and informational workshop presented by H&H Financial Group.

In the event that something unfortunate happened to you, and you were no longer able to act on your behalf, would your loved ones know where all your important financial, legal, and health documents are located? LifeFolio is a simple, straightforward filing system to help you identify and organize your important financial and personal documents. We teach you what you need to do, before it happens, so there is one less thing to worry about.

Read more here...

Save the Date!
We will have workshops on the following in April. Watch for our next newsletter for details!

- **Clear the Clutter** - April 16
- **Wills versus Trusts** - April 23
- **Long Term Care Planning** - April 30
- Two part series on **Student Loans** - April 30 and May 7

All of the above workshops are free, but please call 607-664-2300 to reserve your space!

**Nutrition Education: Eat Smart New York!**

National School Breakfast Week is March 4-8, 2019
FUEL UP FOR....

National School Breakfast Week
March 4-8, 2019

Featuring

Banana Split Boats

- NY Vanilla Yogurt (Upstate Farms)
  - Banana
  - Strawberries
  - Granola
  - Whipped Cream

NATIONAL NUTRITION MONTH
Everything You Eat and Drink Matters: Focus on Variety, Amount and Nutrition

What and how much you eat and drink, along with regular physical activity, can help you manage your weight and lower your risk of disease. But how do you achieve a healthy eating style? Check out these tools on Choose MyPlate.gov to learn to balance healthy eating and physical activity:

- Explore the MyPlate, MyWins tip sheet to learn the building blocks for creating your own healthy eating style.
- The MyPlate Daily Checklist (formerly Daily Food Plan) shows your food group targets - what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, gender, height, weight, and physical activity level.
- This one page handout, 10 Tips for enjoying your food but eating less, gives some great ideas for enjoying your meals while making small adjustments to the amounts of food on your plate.
- Create an eating style that can improve your health now and in the future by making small changes over time. Start with small changes that reflect your personal preferences, culture and traditions.

FLESNY March Recipes:

- Popeye Power Smoothie
- Beef and Barley Soup
- Gingered Beet and Carrot Slaw
- Chicken, Broccoli, and Pasta Bake

For more information about healthy eating and active living in the Finger Lakes, check out Finger Lakes Eat Smart New York and like us on Facebook!

EFNEP: Helping Families Eat Better for Less!

National Nutrition Month

Celebrate National Nutrition Month® with the Academy of Nutrition and Dietetics! The campaign focuses on making healthy food and physical activity choices. What small change can you make this month to make your life a little healthier?

From the Academy, here are some ideas to get you started with making a small, healthy change:
1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.

Check out the 10 tips series on www.choosemyplate.gov for easy, real life ideas for making small, healthy changes in your life.

March is National Frozen Foods Month
March is National Frozen Foods Month and it is a great time to focus on frozen fruit and vegetables. Frozen fruit and vegetables are picked, processed and frozen usually within 24 hours. Because the time from picking to freezing the produce is so short, frozen fruit and vegetables often have more nutrients than fresh. This is especially true during winter when fresh produce has to travel many miles and days to get to our stores. Look for sales this month on all types of frozen food at your supermarket.

View the latest EFNEP Newsletter here

Do you Know A Cornell Student?

Looking for an intern

CCE Steuben is hiring an intern to bring geospatial technology to youth in Steuben County! This exciting opportunity is only open to Cornell CALS undergraduate students, and offers great experience in community work with Cooperative Extension. Applications are due at this link:

Emerging geospatial technology and 4-H in Steuben County

Join Our Team!
Current Openings

**Dairy Management Specialist (Cooperative Extension - Southwest New York)**
This position will be located in Steuben County

**Farm Business Management and Livestock Specialist Cooperative Extension - Southwest New York**
This position will be located in Chautauqua County

*Cornell Cooperative Extension of Steuben County provides equal program and employment opportunities. No person shall be denied employment on the basis of any legally prohibited discrimination involving, but not limited to, such factors as race, color, creed, religion, national or ethnic origin, gender, sexual orientation, age, or qualified disability. Individuals who bring a diverse perspective and are supportive of diversity are strongly encouraged to apply.*

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

**4-H GROWS HERE**

**Cornell Equine Seminar Series**
SECOND TUESDAY OF EVERY MONTH
Come learn about equine health and management topics from Cornell's equine experts!
*Read more...*

**4-H Robotics is now weekly!**
*Check out our schedule here.*

**Both Dog Obedience Sessions are now weekly!**
*Check out our schedule here*

**Goat Clinic**
To be held March 19 in Andover
*Read more....*

**Day Old Pheasant Chick Program**
The New York State Department of Environmental Conservation is once again accepting requests from Cornell Cooperative Extension offices to provide 4-H youth with day old pheasant chicks free of charge through the departments Day Old Chick Program. This program provides youth a unique animal project that helps bolster both animal husbandry
skills, and encourages involvement in the outdoors. Help us celebrate 100 years of the Day Old Chick Program this year by encouraging youth to raise and release pheasants across New York!!

Steuben County requests must be submitted to Kim Randall at 607-664-2571 by Monday, March 18. The pheasant chicks will be delivered to Bath on a weekday in May and those who ordered will be contacted with date and time as it comes available. Rearing guides are available upon request and can also be downloaded from the DEC’s webpage.

**Barnyard Fun Day and Livestock Show**

Barnyard Fun Day from 9am - Noon and the Livestock Show from 1 - 4pm will be held on Saturday, March 23, 2019 at the Livestock Pavilion on Judd Falls Road, Ithaca. The Livestock Show and Barnyard Fun Day is Cornell University’s Block and Bridle Club’s annual showcase of student animal handling combined with a family friendly outreach event to educate the public about animal agriculture.

*Read more here...*

**Spring 4-H Paper Clover Fundraiser**  
**March 27 - April 7, 2019**

Visit your local Tractor Supply this spring and purchase a paper clover to help Steuben County 4-H members attend 4-H camps and leadership events.

Every year, 4-Her's in Steuben County participate in a number of 4-H programs to help improve their knowledge and leadership skills. This fall, local Steuben County Tractor Supply stores are continuing their long-standing partnership with 4-H for the 2019 Spring Paper Clover Campaign to make it possible for more youth in the community to experience 4-H's youth-led, hands-on programming.

*Read more here...*

**Cloverbud Day - March 23**

*Read more here....*

**4-H Small Animal Classes are back!**

Join us March 24th from 1-3 p.m. at the Civil Defense Building in Bath. This class will be specifically aimed at our intermediate level youth ages 10 and up who have a good handle on the basics of small animal care but want to learn a little more about health, disease and
production. We will have two guest speakers joining us this day, so come prepared to learn and with questions!

Our third class will be held in May and will potentially be a field trip to a commercial poultry farm. This class is for our advanced level youth and will be limited to youth ages 13 and up. More information will be posted as it details are finalized.

All of our classes are open to any 4-H youth, but we do have specific goals. For more information contact Jenny Groen or call 607-664-2576.

**Attention Beef Cattle, Dairy Cattle and Swine Producers**

NEW for cattle and Swine - All cattle and swine must be identified by an official USDA radio frequency identification (RFID) eartag, commonly referred to as an "840 RFID tag" or an equivalent official RFID tag if the animal was tagged in another country for admission to NYS and County Fairs in 2019. Cattle and swine which are already identified by 840 visual eartags will be exempt from the 840 RFID tag requirement.

- [2019 Animal Health Requirements for Admission to NYS and County Fairs](#)
- [Interstate Health Requirements](#)

NEW for cattle (dairy and beef) and Swine - All cattle and swine must be identified by an official USDA radio frequency identification (RFID) eartag, commonly referred to as an "840 RFID tag" or an equivalent official RFID tag if the animal was tagged in another country. Cattle and swine which are already identified by 840 visual eartags will be exempt from the 840 RFID tag requirement.

For more information about the new 840 RFID ear tag requirement for cattle and swine [visit our website.](#)

**2019 Order Form for FREE White Half Duplex (HDX) RFID Official '840' Button Tags**
For Dairy Cattle, Beef Cattle and Swine Exhibitors
[For an order form and more information click here](#)

**Calling all Teens**

**Registration for State Teen Action Rep Retreat (STARR) is Open**
(April 5-7, 2019)

STARR is a three - day fun-filled event where 4-H teens, ages 13-19 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. It will be held at the NYS Fairgrounds, Syracuse. For workshop

[Registration Information](#)
descriptions and the schedule visit https://nys4-h.org/starr. The registration fee is $85 per person plus the $10 4-H enrollment fee (for any non 4-H member). Register for STARR through the CCE-Stuben office by Monday, March 11.

The keynote speaker is Aric Jackson. Preparing the Next Generation to Live Well & Lead Boldly. For over a decade, people have allowed themselves to be inspired and motivated by the words of Mr. Aric Jackson. His mission is to Teach, Inspire, and Encourage all those who hear him, and to take the challenge of helping others pursue their goals and dreams. Visit Aric's website at http://www.aricspeaks.com/

If you have any questions about STARR contact Kim Randall at 607-664-2571.

SAVE THE DATE!

- Steuben County 4-H Robotic Challenge - April 27 - this event is now open to schools
- 4-H Equine Extravaganza - April 28
- 4-H Clothing Revue - May 3
- Animal Crackers 2019 will be held May 4th with the theme: Horse & Poultry! Register here

Southern Tier Outdoor Show

The 13th annual Southern Tier Outdoor Show is Oct 12-13, 2019

Nationally-recognized predator hunter Tom Bechdel of Saegertown, Pennsylvania, brings his nationally acclaimed seminar and hunting tips to the Southern Tier Outdoor Show this October.

A hunter for more than 40 years, Bechdel's coyote seminar will include: The life of the coyote, How to find coyotes, How and when to call coyotes, How to use electric and mouth calls, and The use of decoys.

He will also deliver a Deer Hunting Seminar which will include: The life of the whitetail, Scouting for deer, Proper use of deer scents, Proper set-ups for deer, and Cover both gun and archery.
Stay in touch with us on Facebook at SouthernTierOutdoorShow and on Instagram at STOutdoorShow.

For more information visit SouthernTierOutdoorShow.com.

Community Events


Reinventing Power: America's Renewable Energy Boom takes us across the country to hear directly from the people making our clean energy future achievable. These individuals are working to rebuild what's broken, rethink what's possible, and revitalize communities. These stories are proof that America does not need to choose between keeping our lights on and protecting our communities. Critically, Reinventing Power underscores the notion that we don't have to sacrifice jobs for a clean environment. Supporting a clean energy future means building a better, more prosperous future for everyone. Over the film's 50 minutes, you'll meet people in eight states whose lives were changed by the renewable energy industry while exploring various aspects of the clean energy industry from innovation to installation.

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
20 East Morris Street | Bath, New York 14810
607-664-2300 | crd24@cornell.edu | http://www.PutKnowledgeToWork.org

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=df389fe7-7b52-4d27-bea7-05c70952a944
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.

Cornell University Cooperative Extension provides equal program and employment opportunities. CCE does not endorse or recommend any specific product or service. This newsletter is solely intended to educate consumers about their choices.