A warm welcome from CCE Steuben’s new leadership

Dear Friends of Extension,

As the new Executive Director of CCE Steuben, I am looking forward to working with all of you to continue our mission of putting knowledge to work. I have been brought in to a very knowledgeable and supportive staff and board and I have already been welcomed by many community partners. I appreciate our connections with Cornell University and Steuben County Government and I plan to continue to foster those relationships while growing new ones.

I have lived in Steuben County my whole life and am invested in cultivating this region. I came to CCE with years of supervisory and nonprofit experience and am thrilled to have this opportunity to help CCE staff grow their programs while representing our association as a whole.

Please feel free to reach out to me at (607) 664-2301 or email me at tsm223@cornell.edu to introduce yourself and share any ideas or questions you may have. I am grateful for this opportunity and am excited for what is ahead!

Tess McKinley
Executive Director

Steuben 4-H’ers showcase skills at county/state fairs

Steuben County sent 146 4-H exhibits to this year’s state fair in the areas of communications and expressive arts, food and nutrition, food preservation, fine arts, home environment, hobby crafts, child development, wearable art, textiles and clothing, photography, horticulture exhibits including vegetables and cut flowers, and STEM exhibits in woodworking, shop projects and electrical. 44 youth exhibited animals and/or competed in animal science knowledge contests at the 2019 NYS Fair. All exhibits did very well.

There were several special awards to Steuben County 4-H’ers. For the entire list of awards, please see http://bit.ly/2019fairawards.

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Exploring fresh fruits and veggies at various summer sites

Finger Lakes Eat Smart New York (FLESNY) Nutritionist Jon Sterlace visited the Southeastern Steuben County Library in Corning on Wednesdays this summer to promote produce provided by the Food Bank of the Southern Tier. Jon said, “Kids’ Farmer’s Markets are a great way for youth to get a nice selection of fresh fruits and vegetables at no cost to them. What we have been trying to do is identify recipes and samples for veggies that youth may not have tried before. We used Brussels sprouts, zucchini, and green beans the first three weeks. Then this past week we used all of the fruits that were being distributed (watermelon, green seedless grapes, plums, and apples) to make little skewers to give the kids a variety.” At the events, Jon also provided 10 Tips Nutrition Series handouts on fruits and vegetables to show different ways to add them to their diets and how they help us be healthier. During the Brussels sprouts food demo, one mother said, “We will definitely make this recipe for 5 Minute Brussels sprouts (from the FLESNY website) at home. My kids really liked it!”

FLESNY Nutritionist Jon Sterlace worked with six youth in a series of classes hosted in the kitchen at CCE-Steuben. The 3rd-5th graders used the Cooking Matters for Kids curriculum to learn safe cutting skills, how to use the oven safely, how to measure, and other helpful kitchen tips. During one class, attendees Isla and Darby carefully cut up their own sweet potatoes, tossed them in oil and spices, and baked them in the oven to make a healthier version of fries. They said, “The sweet potato fries tasted really good, and were so easy to make!”

We shared the nutritional benefits of fruits, vegetables, whole grains, low-fat dairy choices, and healthy protein options during the workshops. The kids enjoyed participating in interesting educational activities such as a Rethink Your Drink scavenger hunt, and a CATCH physical activity relay. We met at the grocery store on the final day to find healthy choices where we shop for food. The kids selected MyPlate foods to practice their cooking skills while making healthy dishes on their own.
During this insightful workshop, the hosts covered a multitude of different species and environments, and answered questions on what to do to prevent or treat infestation on homeowner’s properties. Greg Muller, DEC Senior Forester, highlighted forest insect pests such as Emerald Ash Borer, spotted lanternfly, Asian longhorned beetle, hemlock wooly adelgid, and others.

In the second hour, Brittany Lagaly, Finger Lakes National Forest Invasive Species project coordinator from the Finger Lakes Partnership for Regional Invasive Species Management (FL-PRISM), shared information about common terrestrial invasive species in the Finger Lakes area and their ecological impact.

One participant said, “Thank you very much for having these workshops. I have found them very useful and have taken some positive steps to manage the problems within my portion of the environment. We are all stewards of the land, after all.”

**Dairy, Livestock, and Field Crops team is training Steuben County agribusiness**

The Southwest New York Dairy, Livestock, and Field Crops Program (SWNYDLFC) is a partnership between Cornell University and the Cooperative Extension Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben Counties. The new team has been busy responding to timely requests from agricultural producers from across the region on topics ranging from weed identification and management, business planning, employee training, herd health, and much more. For more information, or to connect with any of the team’s specialists, call 716-640-0522, email swnyteam@cornell.edu, or visit swnydlfc.cce.cornell.edu.

**Farm Business Management:**

In light of the upcoming Sexual Harassment Prevention Training Requirement for all NY employers, SWNYDLFC Farm Business Management Specialist, Katelyn Walley-Stoll, decided to offer a series of informal discussions and presentations across the region with a goal of raising awareness and connecting farm business owners with resources. These events have been connecting people with the Business Management Specialist position as a resource for navigating these new requirements and managing employees. One such discussion had representation from farms with a total of over 300 employees. During this busy harvest season, farmers have also been reaching out to Katelyn directly to learn more about how to ensure their businesses are in compliance. The team at Cornell University’s Agriculture Workforce Development Program have developed several resources for farms, including Farm Focused Training Videos, which are available at agworkforce.cals.cornell.edu. Farms are continuing to reach out for resources and clarification. For more information, Katelyn can be reached by calling 716-640-0522 or emailing kaw249@cornell.edu.

**Field Crops and Forage:**

Palmer amaranth is one of the most troublesome weeds in the United States. Field Crops and Forage Specialist with SWNYDLFC, Joshua Putman, recently found Palmer in dry bean and soybean fields in Steuben County - which is the first confirmed case in a field setting.

It is thought that the weed was brought into the state by a piece of equipment, possibly from areas in the country where Palmer amaranth has been an issue. This weed can significantly impact yields and have devastating economic impacts on farms in NY.

By locating and identifying this issue, extension specialists can be better prepared to help growers control this problematic pest. For more information, Joshua can be reached by calling 716-490-5572 or emailing jap473@cornell.edu.

Katelyn Walley-Stoll presenting on Sexual...
The first session of the six-part Master Gardener volunteer training course took place on Saturday, September 21. The workshop included introductory botany topics such as determining if your flowering plant is a monocot or dicot, woody and herbaceous plant differences, flower parts, and seed saving for flowers and vegetables.

The day ended with a scavenger hunt around Cutler Botanical Gardens at CCE Broome. There, participants put the information of the day together and explored the gardens on a finer, botanically-minded focus rather than simply enjoying the gardens for their beauty. It was a beautiful day and successful finish to the initial class.

Our 2019 Annual Meeting Dinner Event is going to be SO MUCH FUN!

Join us for a fun evening together! We will be celebrating our Friends of Extension for the year, enjoying a tasty dinner, bidding on some great gifts, and then we’ll be playing TRIVIA!!
This summer CCE Steuben held their first joint twilight meeting in conjunction with the Cornell Vegetable Program in Steuben County at Cory Mark Farms. This meeting allowed their teams to connect with growers in the region and provide educational material on two important crops in the county: potatoes and dry beans. There were 20 registrants in attendance, including dry bean and potato growers as well as industry members from across the western New York region.

Nice weather made it possible to have the dry bean portion of the meeting in the field. Cornell plant pathologist Sarah Pethybridge informed the group about white mold, including its lifecycle and management recommendations. Marion Zuefle, New York State Integrated Pest Management Vegetable IPM Extension Educator, provided hands-on education about western bean cutworm and showed growers insect samples and trapping options for pest monitoring in dry beans. Growers also had the opportunity to practice using a sweep net for locating leaf hoppers, while Cornell Entomologist, Brian Nault, presented a session on leaf hopper management in beans.

The second half of the twilight meeting focused on potatoes, and was more discussion based between potato growers and Cornell faculty. Walter De Jong, who heads Cornell’s potato breeding program, shared updates about new potato varieties being tested as well as successes in the past few years that are available for growers. Growers also provided feedback on late blight monitoring and tracking systems to Cornell plant pathologist Chris Smart, who presented on late blight strain management and development, and yearly disease progression. Lastly, Brian Nault discussed management options for Colorado potato beetle, and talked through possible future insecticide rotations with growers in order to avoid insecticide resistance.

The Hornell YMCA hosted weekly garden programming in conjunction with nutrition education provided by Jon Sterlance and Austin Nichols. In July students harvested garlic and replanted that bed with basil seeds. Later the small basil plants were spread evenly around the perimeter of the bed. The youth also weeded and replanted two additional beds, adding peat moss to improve soil, and replanting with fall crops.

Austin Nichols later visited the Hornell YMCA for the second lesson in a six-week gardening/nutrition series. This course is based on the Great Garden Detective curriculum, and has the children learning about the importance of gardening and how fruits and vegetables can help keep them healthy. Austin separated the children into groups of four and reviewed with them what plants need in order to survive and how that is similar to what humans need. These things are: sun, water, air, and food (soil). Each group was then given five plastic cups and were instructed to place a folded-up paper towel and single seed into each cup. Each seed was then placed in a different set of circumstances to see how they would grow. The children voted on which seeds they thought would grow given the circumstances. Of the five cups only three of the seeds grew. The children exclaimed, “Oh wow! Look how much this seed grew without sunlight!” and said they were surprised that “the seed without soil was able to still grow.”
CCE Steuben 4-H’ers showcase their life skills at Steuben County Fair